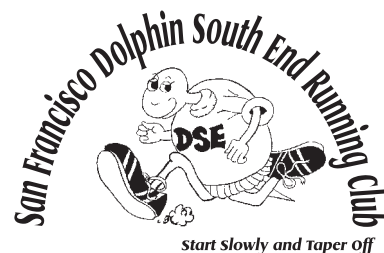


DSE NEWS



42nd Year

January 2008

2008 DSE ELECTION RESULTS

Calvin Chan

The voting for 2008 DSE club officers has been completed and the results are as follows:

President: **Joel Rizzo**
 Senior Vice President: **Uwe Schling**
 2nd Vice President: **Grant Johnson**
 Secretary: **Bob Morris**
 Treasurer: **Wendy Newman**

The New Officers will take their positions effective as of the 2008 Gala.

I have enjoyed my tenure as your President. A big thanks to the outgoing officers **Adrian Jue**, **George Sacco** and **Sam Roake**; continuing treasurer **Wendy Newman** as well as the Officers At Large **Janet Nissenson** and **Kevin Lee**.

Thanks to all the candidates who participated and to all the DSE members who took the time to vote. **Congratulations to the new club officers.**

DSE GALA—JAN 26TH (RSVP Deadline—Jan 15th) (Awards program Deadline—Jan 4th)

Ken Reed

The DSE GALA, held at the Irish Cultural Center at 6:00 PM, Saturday, January 26, 2008, may be a **mystery** to newer members and those who have never attended. It will be a fun time to eat, drink, meet other members, and enjoy the program. Here is some of what you can expect:

- Good food at a sit down dinner with dessert, coffee & wine
- Yummy appetizers with no host bar
- Raffle and free giveaways to attendees
- **RUNNING MEMORABILIA CONTEST—BRING AN INTERESTING TROPHY, MEDAL, WHITE ELEPHANT, ETC. AND A STORY—PRIZES FOR WINNERS**

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From the President's Desk

◆ ◆ ◆ ◆ ◆ CALVIN CHAN

VOTE OF CONFIDENCE

I would like to congratulate the newly elected Club Officers. The club can not run without having officers. We are so fortunate to have these members step up and take the challenge. I will be there to help them when needed.

AWARDS PROGRAM

This is a reminder that the deadline to submit your form is Jan. 4, 2008. You have run miles and miles and need to have something to show for it. Don't lose out on having your trophy ordered for you.

DSE GALA

Ken Reed is putting his heart into having a fun and exciting DSE gala. This year the Gala will be on January 26, 2008. With a theme of Mardi Gras we are sure to have a great time. Forms for this event are available at our runs or online. If you are planning to attend, please submit your form by January 15 to Susana Seban at 172 Clipper St., S.F. 94114.

JANUARY RACE SCHEDULE

To celebrate a happy New Year, join us for a 4 mile fun run. Meet us on Jan. 1, at 9:00 AM in the lower Golden Gate Bridge parking lot at Battery Rd. and Lincoln Blvd. On Jan. 6, you can choose your run. Come and run a single or double **Lake Merced loop. Double Loop starts at 8:30 AM.** On Jan. 13, we will be meeting at **Little Marina Green** to run the **Fort Point 12K.** Come out and view some of San Francisco's best scenery. On Jan 20, back by popular demand is our

continued on page 2

- Movies & Photos displayed of DSE races (see how you look running)
- Learn more about social and running activities like Trinidad, Hawaii, Medoc, Pikes Peak, and more...
- Awards recognizing DSE runners for participation
- Awards for age group runners, race and training miles, etc.
- Kids' Awards for participation and speed
- Officer and Volunteer Awards
- DSE Souvenir Gift for all attendees.

**B THERE
OR B SQUARE...
CU JANUARY 26TH**

CLASSIC STU-PEDS

by Stu Ruth



Sawyer Camp Trail 5K/10K run. Meet at Crystal Springs Rd. & Skyline Blvd., San Mateo, in the park. Back in S.F. Golden Gate Park, we will be running the **Polo Field 5K** on Jan 27. Meet on the south side of the Polo Field on Middle Drive.

DSE VOLUNTEERS AT KAISER PERMANENTE HALF MARATHON

We will not be having a run on February 3. If you are not participating or have not yet volunteered yet, please join the DSE Aid Station. Fred Haber has agreed to serve as Aid Station Captain. You can contact him at dsefred@yahoo.com. The Aid Station will again be at Bernice Rogers Road and Middle Drive in Golden Gate Park.

DSE COURSE RECORDS NOW POSTED ON WEBSITE

Janet Nissenson

After months of research, I'm pleased to announce that as of January 1, 2008, DSE course records will be posted on the website (see Course Records). These include male and female records for both the courses on our current schedule and ones from days past.

A few items to note: First, several of our current courses are adjusted distances from long established races. For example, the current Ferry Building 4M was for many years only 3.83M. Both the current and previous distances/times are listed. Second, I am still missing a few assorted

months of newsletters, including all of 1972, all but 4 months of 1971, and everything prior to January of 1971. If anyone has copies of these, please let me know. Obviously, any race times from these issues could not be factored in to determining course records. Last, there were numerous instances over the years where the race results clearly stated the course was short, marked incorrectly, or that the lead runners took a wrong turn, etc. None of these races were figured into the course records.

After having been a DSE member for not quite a year, Grant Johnson holds

a staggering number of seven current course records! For our "retired" course records, Eddie Lanzarin held a leading six records for the men and Marilyn Taylor five for the women.

Thanks again to Jane Colman, Sheldon Gersh, John Gregson, and Jim Pommier for letting me borrow their newsletters. This project would not have been possible without them.

My next goal is to gradually begin posting past years' race results on our website (currently they only go back to 2004) so that everyone will be able to look back and reminisce. More updates on this to follow soon.

◆◆◆◆◆ How to contact the DSE Newsletter ◆◆◆◆◆

The DSE Newsletter is published monthly for the DSE Running Club.

Mail/Phone/Email Address

The DSE Newsletter mailing address is
Jane Colman
692 60th Street
Oakland, CA 94609-1420
Phone 510-652-3116
Email janecol@earthlink.net

Articles and Photos

Email is preferred. If you mail photographs and want them returned, include a self-addressed stamped envelope. Articles may be edited for length and clarity.

Letters to the Editor

The DSE Newsletter encourages readers to share their opinions for publication. Letters should be brief and accompanied by your name. All letters become the property of the DSE Newsletter and will be edited for length and clarity.

Submission Deadline

Please submit your material to the editor by the 20th of each month if you would like it to be published in the following month's newsletter.

Mail

DSE Runners
P.O. Box 210482
San Francisco, CA 94121-0482

Telephone

Hotline: 415-978-0837

Website/Membership Application:

www.dserunners.com

WEBMASTER: Natalie Nissenson

sparklethenfade@aol.com

ASSISTANT: Stephen Boesch

GREAT ACHIEVEMENTS IN RUNNING

Theo Jones

We have all read of runners who have used exercise along with lifestyle changes to lose weight, often with dramatic results. We are fortunate to have an example in our club, Uwe Schling, who has been willing to show us a "before" photo of himself to contrast with what we now see of him every Sunday morning. And he has agreed to serve as an officer in the club for 2008!

From 280 Pounds to Napa

Hi! I'm Uwe. Let me first explain how to pronounce my name as this seems to be the most difficult part of my joining DSE for my fellow members (ask Kevin Lee). The main problem is that it's not an English name, so the sound you make to pronounce it doesn't exist in English. The "U" is pronounced like "ooo", as if you've just seen the most spectacular fireworks (not in SF of course because you wouldn't see them through the fog). The "W" sounds like a "V" as in "very". Now we come to the hard part, the sound that doesn't exist. The "E" in Uwe sounds like a combination of "er" and "eh" but not really, see what I mean? The best way to think of it is like "Hoover" without the "H" sound and without the "r" sound.

I started running because I desperately needed some exercise; my weight was up to 280 pounds at my worst. I was out of shape, not even able to run half a block. I wanted to avoid medical problems, being concerned that I was headed for: a heart attack but that's survivable, a stroke but that wouldn't happen to me (denial is another powerful tool) or diabetes and I can't stand needles.

I used to enjoy bicycling but it is an equipment-driven sport and, as my wife can attest, I would buy all the gizmos and gadgets available to go along with the bare necessities and then we'd be broke. I was also afraid to get on the road around here as this is not a very bike-friendly area. I've always remembered that I had had one good run while I was in the military in the East German Army. I thought to myself, "that seemed fun," and maybe if I wasn't forced to do it I might like it.

I found out about DSE by searching on the Internet and found only two running clubs in San Francisco. One had a really expensive membership fee and the other (DSE) had really cheap races. I eventually saw a DSE race on one of my training runs and they looked like a mellow bunch of folks so I thought I'd give them a try. I'm so glad I did! It has given me the help, support and above all the friends I needed to keep going when things got tough.

I had been walking occasionally but not on a regular basis. I had lost about 33 pounds by being not quite so gluttonous in my eating habits and basically just eating less. I started running in July 2006 using the *CoolRunning.com* beginners' program called Couch to 5K. I went from running a really difficult one minute run and worked my way up to the 5K and then 10K and have so far finished 2 half marathons. So far this is the most meaningful running for me.

Everyone wants to know the secret that helped me lose the weight. It's the secret everyone knows but doesn't want to admit: eating healthily and in moderation and having a good steady exercise program that challenges you a little. Oh yeah, and lots and lots of willpower and discipline.

Side story: I am a train operator for BART. We can only wear company issued uniforms. Early on as I started to lose weight a co-worker asked me if I had been losing weight. Being very shy and not wanting to draw attention to myself, I denied it and said I "was wearing my big shirt today to make it look like I had." As I started to lose 30, 40, 50, 60 pounds and other co-workers noticed and would ask about it, she would pipe in,

"oh no, he's just wearing his big shirt today." Eventually after about 70 pounds she figured it out, since my whole outfit was now really baggy. I have since received a new issue in the right size.

Among some of the benefits that I have noticed since I started running: my mood improved (my wife says I'm not a grouch anymore), I stopped snoring, I'm taller (standing up right), my skin condition improved and everyone says I look younger. I went hiking in 95 degree heat and humidity in Hawaii recently and actually enjoyed it. It used to be I was content to lie in the shade on the beach and nap.

My current goal is to run a marathon. I'm hoping to be ready for Napa in March. My ultimate goal for my first marathon is to finish. My secondary goal is to finish comfortably. I really appreciate the writer John Bingham, who made the point in his book *No Need for Speed*: There is no

finish line! This to me means that after you cross that finish line, life goes on. I run for me.

Theo suggested I add some humor to my letter but I don't joke around...I just talk funny.

I want to take a few lines here to thank some of the members of the DSE for pushing me to go forward. At the volunteer appreciation picnic in August, I was surprised to find out that Grant had added my name to the list of prospective candidates for club officer. And to top it off that I would be unopposed! I am in the process of reluctantly writing a statement on my candidacy (*Ed: it was published in the December newsletter, and Uwe is now Senior Vice President-elect*).

I look forward to meeting members I have not met yet and am always grateful for advice, hints and suggestions. I need all the help I can get!



Uwe BEFORE he took up running
Photo courtesy of Uwe Schling



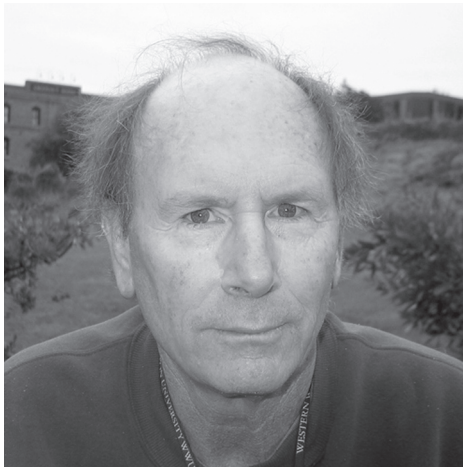
Note: The numbers ① ② ③ ④ ⑤ next to a runner's name represent the placement of the first five female finishers.

December 2, 2007

Ferry Building 4M

Race Director: Richard Finley

Volunteers: James Alfieri, Calvin Chang, Laurence Chalem, Joe Connelly, Colby & Jeff Houston, Peggy Kang, Bobby Marty, Liese & Wally Rapozo, Barbara Robben, George Sacco, Uwe Schling



Race Director Richard Finley

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PL	NAME	AGE	TIME
1	Josh Babiak		20:56
2	Billey Scott	22	21:11
3	David Mosier	25	23:18
4	Jason Reed	28	23:47
5	Milan Drager	32	24:15
6	Jorge Rivera	27	24:50
7	John Woods	43	25:54
8	Andy Roth	39	25:27
9	Chris Lacy	39	26:06
10	Mark Peters	32	26:07
11	Audrey Amara ①	27	26:24
12	Ben Martin	20	26:46
13	Claire Blaney ②	32	26:53
14	Daryl Luppino	48	27:07
15	David Pickavance	28	27:18
16	NO NAME		27:27
17	Garrick Frew	22	27:29
18	Kenley Gaffke	29	27:29
19	Dale Hogan	29	27:56
20	Mark Olson	16	27:57

21	Cory Nyamora	30	28:04
22	King Wayman	58	28:27
23	Joel Rizzo	41	28:28
24	Naomi Stanford ③	57	28:30
25	Tim Lang	33	28:31
26	Patrick Lee	60	28:45
27	Rick Torreano	58	28:55
28	Amy Sonstein ④	37	28:55
29	Karl Olson	55	29:10
30	Jorge Larre	57	29:30
31	John Blaney	41	29:38
32	Steve Kim	25	29:51
33	Ed Celestina	56	29:52
34	Chad Norwood	35	29:56
35	Marie Appel ⑤	43	30:06
36	Kevin Cook	22	30:09
37	George Baptista	64	30:10
38	Mark Kelley	51	30:12
39	Dave Flinn	39	30:17
40	Patrick Mattimore	57	30:59
41	Paul Mosel	66	31:05
42	Larry Wuerstle	52	31:13
43	Theo Jones	69	31:39
44	Annelise Hays	44	31:58
45	Bess Kennedy	32	32:34
46	Jianhui Zhang	35	32:34
47	Kathleen Lail	39	32:45
48	Kenneth Fong	46	32:50
49	Peking Duck	52	32:54
50	Gary Brickley	54	33:00
51	Wade Meyer	28	33:01
52	Marr Rhodes	37	33:02
53	Kelly Bader	27	33:04
54	Marian Lyons	60	33:20
55	Justin Bradshaw	30	33:40
56	Sam Roake	71	33:45
57	NO NAME		33:57
58	Peter Royce	72	34:00
59	David Lakin	46	34:04
60	Jamila Jackson	28	34:31
61	Jack Olson	11	34:35
62	Ben Bialla	10	34:36
63	Linda Bialla	44	34:40



Ferry Building Run turnaround

Photo by Don Watson

64	Peggy Kang	72	34:54
65	Vito Bialla	59	34:56
66	April Worley	26	35:15
67	Bill Clifford		35:18
68	Bonnie Nelson	23	35:37
69	Tom Post	24	35:38
70	Jim McBride	64	35:49
71	Dave Floersch	66	36:19
72	Donna D.		36:39
73	Ken Reed	62	37:12
74	Avery Vilche	37	37:24
75	Wendy Newman	57	37:27
76	Jen Flinn	34	37:45
77	Roxy Williams	52	37:55
78	Henry Nebeling	75	38:55
79	Jack Bascom	66	39:06
80	NO NAME		39:35
81	Elizabeth Boyd	46	39:43
82	Jeff Darrow	58	38:55
83	Stewart Blain	30	39:47
84	Lauren Collins	29	40:05
85	Colette Collins	29	40:07
86	Stuart Ruth		40:09
87	Richard Couvillion	79	40:20
88	Bill Woolf	72	40:28
89	Lina Izumi	32	41:16
90	Debbie McDonald		41:37
91	Megan Guttmann	25	42:24
92	Mike L.	43	42:51
93	Lisa Angell	26	44:10
94	Jim Kauffold	70	45:12
95	George Sacco	69	47:02
96	Jane Colman	64	51:53
97	Barbara Robben	73	51:54

SELF-TIMERS

Ed Olkowski	65	73:41
Elaine Gecht	63	
Jane Lee	57	
Jim Pommier	74	
Roxanne Pezzy		
Tony Stratta	77	

KIDS' RUN

Ashley	9	10:46
Richard Tauber	5	11:11
Shannon Luppino	11	11:23
Nicole	7	11:49
Colby Houston	7	12:03
Douglas Orizinkis	12	14:13
Sam	5	15:14
Jakob Lail	3	16:00
Hetti Hsia	4	17:00
Lena Hsia	4	17:00

December 9, 2007

Conservatory 5K

Race Director: Eduardo Vasquez

Volunteers: George Sacco, Barbara Robben, George Baptista, Lucy Pon, Richard Pon, Jeremy Calnan, Calvin Chan, Janet Nissenson, Danielle Diego, Oliver Chan, Diane Okubo-Fong, Kevin Lee, Marie Appel



Race Director Eduardo Vasquez
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PL	NAME	AGE	TIME
1	Mark Janes	32	16:58
2	Jason Reed	28	17:39
3	Milan Drager	32	18:07
4	Ky Faubion	22	18:07
5	Adam Lucas	40	18:12
6	No Name		18:22
7	Jerry Flanagan	42	18:27
8	Kennet De Silva	26	18:29
9	Anna Bretan ❶	23	18:50
10	Grant Johnson	24	19:14
11	Garrett Hodges	16	19:28
12	Ray Garcia		19:29
13	Adrian Jue	25	19:45
14	George Rehmet	41	20:07
15	Robert D. Britain	49	20:07
16	Dale Hogan	29	20:13
17	Cameron Foetzsch	37	20:15
18	Matthew Fabry	35	20:17
19	Andrew Freid	40	20:41
20	Phil Sarin	30	20:44
21	Daryl Luppino	48	20:51
22	Vincent Gulli		20:51
23	Mark Olson	16	20:56
24	David Altena	47	20:58
25	Andre Clark	35	21:01
26	Jeremy Calnan	48	21:02
27	Sloane Cook	18	21:04
28	John O'Leary	26	21:05
29	Nick Garcia		21:08
30	Gene Hart	32	21:09
31	Kyle Rose	28	21:11
32	Steven Wittrock	37	21:16
33	Jim Flanigan	58	21:18

34	Michael Gulli	48	21:23
35	Peter Hsia	47	21:29
36	Patrick Lee	60	21:34
37	Dave Flinn	41	21:35
38	Amy Sonstein ❷	37	21:36
39	Jim Buck	65	21:41
40	John Mietley	47	21:48
41	Steven Pitsenbarger	39	21:49
42	Rick Torreano	58	21:54
43	Craig Edwards	62	22:11
44	John Blaney	41	22:17
45	Margaret Williams ❸	32	22:23
46	Marie Carlotti ❹	51	22:31
47	Karl Olson	55	22:32
48	George Baptista	64	22:34
49	Julius Schillinger	60	22:41
50	Marie Appel ❺	43	22:47
51	Uwe Schling	37	22:58
52	Wayne Plymale	56	23:00
53	Dan Salmelo	34	23:13
54	Theo Jones	69	23:20
55	Eric Park	62	23:22
56	B. Fry	27	23:24
57	Patrick Mattimore	57	23:25
58	Steve Kim	25	23:36
59	Keith O. Johnson	69	23:37
60	Kyle Jorgensen		23:58
61	Jonathan Page	29	24:01
62	Kim Juarez		24:07
63	Rich Juarez		24:07
64	Daniel Rothbaum	39	24:08
65	Tom Huster	64	24:11
66	Ed Kinchley	58	24:21
67	Mark Kelley	51	24:29
68	Steve Nissenson	59	24:43
69	Kathleen Lail	39	24:45
70	Thomas Smiley	51	25:04
71	Gary Brickley	54	25:06
72	Patrick Regan	40	25:08
73	No Name		25:15
74	Marian Lyons	60	25:20
75	William Bernick	18	25:22
76	Richard Pon	56	25:35
77	Peter Royce	73	25:36
78	David Lakin	46	25:37
79	Grant Barbour		25:38
80	Sam Roake	71	25:48
81	Kristy Jorgensen	11	25:53
82	Wendy Newman	57	25:58
83	Greg Brown	58	25:59
84	Ed Roth	26	26:01
85	Gina DiGirolamo	29	26:08
86	Paul Mosel	66	26:19
87	Janet Nissenson	48	26:21
88	Jim McBride	64	26:23
89	Hunter Juarez	8	26:24
90	Jack Barbour	8	26:30
91	Judith Waitz	47	26:31
92	Kurt Jorgensen	41	26:35
93	Raymond White	63	26:40

94	Brian Hartley	54	26:57
95	Briana Meyer	23	26:58
96	Anana Aax	22	27:03
97	Alex Alchrointsev	16	27:07
98	David Floersch	66	27:10
99	Ken Reed	62	27:17
100	Daniel Hoberman		27:26
101	No Name		27:54
102	Bob Morris		28:06
103	Alex Loucks	25	28:21
104	Jen Finn	34	28:28
105	Tony Wasserman	62	28:34
106	Susan Haines	39	28:40
107	Lorrie Kalos	47	28:43
108	Joann Babiak	51	28:48
109	Mary Rose Fabi	34	28:55
110	Andres Stinchfield	30	29:09
111	John Wynne	41	29:10
112	Jane Wynne	8	29:10
113	Emma Blackburn	9	29:12
114	Steve Blackburn		29:30
115	Jack Bascom	66	29:31
116	Bayard Fetler	43	29:32
117	Amy Ellingson	43	29:47
118	Henry Nebeling	75	29:51
119	No Name		29:58
120	Patty Phleger	53	30:01
121	No Name		30:02
122	Bill Woolf	72	30:13
123	Annapurna Holtzapple		30:13
		10	30:13
124	Bob Holtzapple	44	30:15
125	Jeff Houston	49	30:30
126	Kenneth Fong	46	30:31
127	Audrey Dunaway	10	30:33
128	David Dunaway		30:34
129	Suma McGourty	39	30:35
130	Cynthia Loukides	39	30:42
131	Jacqueline Dunaway		30:53
132	No Name		30:55
133	Katie Burns	9	31:20



Greg Brown (r) will run his 800th race on New Year's Day; Wayne Plymale (l) has finished about 860 races already

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continued on page 6

CONSERVATORY 5K
continued from page 5

134 Sam Miekley	11	31:38
135 Vince Nims		31:39
136 Dakota Juarez	10	31:40
137 Abby Cabana	8	31:45
138 Alex Cabana	10	31:48
139 Lily Taft	10	31:49
140 Lisa Taft		31:50
141 Leslie Miekley	48	31:51
142 Calvin Hom		31:52
143 Jim Kauffold	70	31:53
144 Jack Gettert		31:54
145 Kieran Gettert		31:58
146 Barbara Robben	73	32:00
147 No Name		32:01
148 No Name		32:07
149 No Name		32:08
150 Ellen Smith	26	32:10
151 Willis	26	32:10
152 Naomi Wooten	48	32:12
153 Neal Hopkins	21	32:12
154 Mary Jean Pramik	59	32:13
155 Emma Sell	10	32:17
156 Molly Sell		32:21
157 Alyssa Urban	10	32:39
158 Karne Burrous	48	32:40
159 Ella Haberman	10	32:59
160 Natalie Burrous	10	33:00
161 Ruby Bowser	8	33:00
162 Maggie Barbour	8	33:01
163 Russ Kiernan		33:13
164 Trixie Bowden	10	33:14
165 Anne Barbour		33:15
166 Betsey Bowden		33:16
167 Megan Guttman	25	33:24
168 Robert Peri	62	33:25
169 Dennis Colbert	66	33:58
170 D. Hoffman	36	34:07
171 Andrew Lee	18	34:08
172 Chase Gettert	8	34:09
173 Kate Miekley	8	34:26



Russ Kiernan arranged for about 60 children to run with us at the Conservatory 5K; here are two of them after the race

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174 Raydan Alhubaishu		34:40
175 George Sacco	69	34:42
176 Susan Burns		34:52
177 Dennis Hassler	74	35:00
178 Story Vreeland	10	35:19
179 Therese Vreeland		35:22
180 Eliza Ross	9	35:35
181 Tracy O'Brien		35:36
182 A.J. O'Brien		35:37
183 Jacqueline Romero	21	35:39
184 Raimondo Romero	18	36:04
185 Lucy Pon	55	36:35
186 Jane Colman	64	36:36
187 Marcia Martin	55	37:04
188 Samantha Elliott	8	37:43
189 Ruby Saltzmann	8	37:43
190 Michael Holtman		37:44
191 Ching Shaeffer	11	37:45
192 Eve	22	37:47
193 Sean McMunn	19	37:55
194 Ella Caraker	10	38:16
195 Anna Maria Gassen	10	38:27
196 Jordan Blackburn	11	38:28
197 Judith Blackburn		38:32
198 Jeanne McKinney	40	38:32
199 Windy Chien	40	38:34
200 Shannon Luppino	11	38:52
201 Juditz Jarosz	67	39:42
202 Eva Dunaway	8	39:42
203 Ann Dunaway		39:54
204 Kendall Islam	10	41:06
205 Courtney Islam	7	43:35
206 Salim Islam		43:37
207 Phoebe Walker		45:11
208 Jori Hook		45:15
209 Taliya Woodside	21	49:28
210 Kristen Erario	35	49:30
211 Idalia M.	30	50:51
212 Alex M.	25	50:53
213 Lauren Ross	7	56:01
214 Rich Ross		56:02
215 Karen Islam		56:54
216 Trevor Islam	3	56:56

SELF-TIMERS

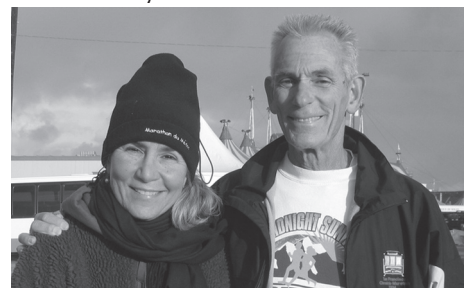
Sunhi Kim	49	
Kim Chee Kim	2	
Tony Stratta	77	
Richard Hannon	72	
Jane Lee	57	
Don Watson	78	
Yong Cho	49	1:08
Fred Haber	48	
Roxanne Pezzy		
Phyllis Nabhan	60	
Bob Theis	75	
Wally Rapozo		
Liese Rapozo		
Ryan Burmeister	22	
James Lee		
Robert Brizuela	67	

December 16, 2007

Mission Rock 5K

Race Director: Bill Woolf and Wendy Newman

Volunteers: Calvin Chang, Yong Cho, Joe Connelly, Kiley Faubion, Fred Haber, Grant Johnson, Bobby Marty, Ton Pang, Ken Reed, George Sacco, Uwe Schling, Michele Wayne



Race Directors Wendy Newman and Bill Woolf

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PL	NAME	AGE	TIME
1	Kennet De Silva	26	18:43
2	Daryl Luppino	48	20:53
3	David Altena	46	20:57
4	Andrew Freid	40	20:59
5	Chris Finarelli	23	21:18
6	Rick Torreano	58	21:41
7	Jorge Larre	51	21:51
8	Michael Gulli	48	21:54
9	Leo Rosales	53	22:03
10	Margaret Williams ①	32	22:13
11	Mike Stough	31	22:14
12	George Musante	52	22:18
13	Benjamin Chelf	29	22:13
14	Ande Croll ②	28	22:33
15	Jeremiah Ray	24	22:34
16	Marie Carlotti ③	51	22:40
17	Marisa Ceballos ④	26	22:42
18	Sarah Gulli ⑤	15	22:52
19	Pablo Estrada	29	22:54
20	George Baptista	65	23:00
21	Tana Rusitanonta	30	23:39
22	Larry Wuerstle	52	23:41
23	NO NAME		23:43
24	Patrick Mattimore	57	23:47
25	Wayne Plymale	56	24:14
26	Tom Huster	64	24:33
27	Gary Brickley	55	24:37
28	Lina Khatib		24:43
29	Frank Shum		24:44
30	Steve Nissenson	59	24:49
31	Rodney Grussing	38	24:52
32	Stephanie Soler	33	25:08
33	Randolph Siwabessy		25:10
34	Gregory Brown	58	25:24
35	Ai Tanaka	38	25:28
36	Jim McBride	64	25:30
37	Michael Haywood	32	25:35

continued on page 7

38	Sam Roake	71	25:55
39	Judy Waitz	47	26:01
40	Mark Kelley	51	26:12
41	Peter Royce	73	26:22
42	Janet Nissenson	48	26:33
43	NO NAME		26:52
44	Marian Lyons	60	26:58
45	David Floersch	66	26:59
46	Brian Hartley	54	27:05
47	Patrick Lee	60	27:11
48	Peking Duck	52	27:11
49	Sheldon Gersh	62	27:39
50	Alan Dale	62	27:58
51	Mort Weisberg	71	27:58
52	Bob Morris		28:05
53	Lorrie Kalos	47	28:23
54	Suzana Seban	54	28:44
55	Jack Bascom	66	29:00
56	Denise Barragan	40	29:04
57	Jeff Houston	49	30:26
58	Joseph Connelly	46	30:27
59	Kenneth Fong	46	30:28
60	Henry Nebeling	75	31:01
61	Susan NoLastName	48	31:33
62	Barbara Robben	73	31:38
63	Marissa Pike	38	32:08
64	Annie Zeiler	15	34:54
65	Jim Kauffold	70	34:57
66	George Sacco	69	36:47
67	Shannon Luppino	11	38:16
68	Erica Chesley	19	38:26
69	Bob Theis	79	39:29
70	Margo Banowisz	48	42:06
71	Virginia Rosales		45:16
72	Dee Farkas	80	46:12
73	Rosemary Bredahl	72	46:15

SELF-TIMERS

Doerte Murray	66
Ed Olkowski	64
Gary Davis	old
Jim Pommier	74
Kim Chee Kim	2.5
Paul Mosel	66
Sunhi Kim	49



Mission Rock runners

Photo by Don Watson

DSE AT THE RACES

Note from the Editor: If your name is missing from the results, I apologize. There are several possible reasons: it may be missing from the DSE roster, it may be misspelled in either the roster or the results list, or I may just have missed it. For races outside of the Bay Area, I depend on members to notify me about results.

PL	NAME	AGE	A.G.	PL	AGE GROUP	TIME
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Run for the Hungry 1 Mile, November 18

2	Eduardo Vasquez	34	1	M30-39	5:13
15	Keith Johnson	69	1	M60-69	6:43
16	Julius Schillinger	60	2	M60-69	6:44

Run for the Hungry 5K, November 18

1	Eduardo Vasquez	34	1	M30-38	18:02
2	Milan Drager	32	2	M30-39	18:33
5	George Rehmet	40	1	M40-49	21:08
23	Marie Carlotti	51	1	F 50-59	23:15
28	Keith Johnson	69	1	M60-69	23:41
29	Julius Schillinger	60	2	M60-69	23:44
66	Peggy Kang	72	1	F 70-79	27:45
92	Lorrie Kalos	47			28:44
101	Pat Cunneen	74	1	M70-79	29:45
121	Roxanna Pezzy	49			32:01

Quadruple Dipsea, 28.4 miles, Mill Valley, November 24

12	Jason Reed	28			4:48:30
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Run Wild 5K, November 25

15	Eduardo Vasquez	34	2	M30-39	17:37
25	Milan Drager	32	5	M30-39	18:36
74	Alistair Berven	13	4	M 5-13	21:59
80	Patrick Lee	60	3	M60-69	22:10
99	George Musante	52	7	M50-59	22:51
102	Wayne Plymale	55	8	M50-59	22:52
119	Keith Johnson	69	6	M60-69	23:26
188	Jack Major	65	7	M60-69	25:23
203	Joseph Connelly	46	25	M40-49	25:45
211	Sigurd Berven	42	28	M40-49	25:56
246	Russell Breslauer	62	12	M60-69	26:46
249	Judith Waitz	47	13	F 40-49	26:58
255	Peggy Kang	72	1	F 70-79	27:00
387	Rebecca Rozewicz	53	12	F 50-59	29:27
509	Barbara Robben	73	2	F 70-79	31:30
602	Jeffry Darrow	58	55	M50-59	32:45
786	Carol Epstein	54	41	F 50-59	35:38
798	Jeff Houston	49	76	M40-49	35:52
896	Dennis Hassler	74	5	M70-79	37:36
915	Marcia Martin	55	56	F 50-59	38:16
923	Rose Royce	73	5	F 70-79	38:24
945	Catherine Schling	44	101	F 40-49	38:53
1032	Shannon Luppino	11	48	F 6-13	41:15
1051	Ben Berven	7	81	M 6-13	41:42
1384	Gloria McKay	80	4	F 80-99	55:03
1531	Cynthia Major	60	52	F 60-69	59:52
1655	Stasia Reisfield	36	216	F 30-39	1:06:37
1656	Derek Reisfield	44	134	M40-49	1:06:38

Run Wild 10K, November 25

12	Peter Hsia	47	3	M40-49	37:18
43	Roy Clarke	52	6	M50-59	40:41
45	David Moulton	40	11	M40-49	40:43
64	Candes Gentry	30	2	F 30-39	41:52

continued on page 8

82	Michael Sweet	38	20	M30-39	43:08
89	Daryl Luppino	48	19	M40-49	43:22
118	Andrew Freid	50	25	M40-49	44:31
178	Naomi Stanford	57	1	F 50-59	47:05
198	King Wayman	58	24	M50-59	47:39
233	Marie Carlotti	51	6	F 50-59	48:45
269	Leland Faust	61	6	M60-69	49:34
272	Lucille Wing	50	8	F 50-59	49:40
283	Uwe Schling	37	57	M30-39	49:58
297	Ed Kinchley	58	40	M50-49	50:26
327	Richard Nippes	59	44	M50-59	51:18
333	Julius Ng	56	46	M50-59	51:34
334	Mark Kelley	51	47	M50-59	51:34
381	Paul Mosel	66	11	M60-69	52:42
385	Gary Brickley	54	59	M50-59	52:43
386	Mitchell Sollod	58	12	M60-69	52:43
462	Gregory Brown	58	69	M50-59	54:28
463	Marian Lyons	60	1	F 60-69	54:29
578	Stephanie Soler	33	63	F 30-39	56:26
785	Peter Royce	72	2	M70-79	1:01:04
1066	Gary Aguiar	52	122	M50-59	1:09:17
1070	Roxanna Pezzy	49	117	F 40-49	1:09:30
1258	Robert Brizuela	68	42	M60-69	1:29:17

LMJS 4th Sunday 5K, Oakland, November 25

15	Eric Park	62	4	M60-69	24:05
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LMJS 4th Sunday 10K, Oakland, November 25

11	Noe Castanon	37	3	M30-39	46:48
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Woodside Trail 10K, December 1

59	Jim Kauffold	70	1	M70-79	1:13:40
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Woodside Trail 35K, December 1

3	Jason Reed	28	1	M20-29	3:02:02
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California International Marathon, Folsom to Sacramento, December 2

51	Grant Johnson	24	5	M20-24	2:44:16
56	Cliff Lentz	42	7	M40-44	2:45:13
86	Eduardo Vazquez	34	16	M30-34	2:49:32
232	Peter Hsia	47	25	M45-49	3:00:54
417	Kenet De Silva	26	52	M25-29	3:10:50
497	Adrian Jue	25	62	M25-29	3:14:19
1352	Russ Kiernan	69	4	M65-59	3:40:02
1532	Marie Lorenzo-Davis	43	64	F 40-44	3:44:20
1871	Noe Castanon	37	265	M35-39	3:53:11
3667	Gregory Brown	58	158	M55-59	4:44:44
4251	Lucy Wong	45	243	F 45-49	5:11:02
4663	Marcia Martin	55	62	F 55-59	6:00:15

Muir Woods Trail Run 33K , December 15

3	Jason Reed	28			3:00:16
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Results for the Miracle Mile, Christmas Classic 5K, and LMJS 4th Sunday Runs will appear in the January DSE News.

Peggy Kang, George Rehmet, Eduardo Vasquez, Greg Brown (in back), Marcia Martin, Jane Colman, Keith Johnson, Amy Sonstein, Jason Reed after the Christmas Classic
© 2007 Paul Mosel



THE CHANGING COURSE OF THE DOLPHIN SOUTH END RUNNERS CLUB

Ted Vincent

A sign of the changes in DSE road racing over the past two decades is evident in where we run our races. We have cut way back on races in the city streets, and we have all but eliminated races which start at the Dolphin South End club. Lest it be forgotten, DSE stands for the Dolphin South End Runners, the merger of running groups within the two rowing clubs at Aquatic Park.

Back in the mid-1980s our schedule included many a city street run. We had courses to create real traffic chaos, since course monitors were considered a sissy luxury. There was the Nob Hill Run. It went straight up the Cable Car line from Aquatic Park and back down, and 5 demerits for any runner who chickened out at a red light and stopped flying downhill. In a similar spirit we had the Nob Hill Run from our Dolphin Club. Among others was the Diamond Heights Run. It was an inverted pyramid. Run the flat top, dive down and gasp as you try to surface. The race with the most traffic had to be our Bay to Breakers Practice, which for many years had the SF Fire Department Runner's Club control intersections on Howard by placing fire engines across them. In addition, we had the Bay to Breakers Revisited, a Fall season racing of the famous course without fire trucks.

Another city street run now discontinued is the Mt. Davidson Easter Egg Rumble. Starting at CCSF runners trudged up Mt. Davidson, (most people taking the switchback of streets), but then on the return there was a dirt gully dropping straight down many blocks. Most contestants took this in place of the safe return.

The abovenamed street courses were part of the era of our founder Walt Stack, who considered running through streets a way to draw attention to road running at a time when much

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◆◆◆ Volunteers Needed ◆◆◆

DSE would not be able to put on 40+ races each year without the continued effort of its dedicated volunteers. There is an ongoing need each week for at least five volunteers to assist the Race Director. Two volunteers will be needed to handle registration from 8:00–9:00 AM (these volunteers would therefore have the opportunity to also run the race), and three volunteers to assist with finish line timing and stringing from 8:55 AM to the race end (a good option for self-timers, those nursing injuries or otherwise not racing that week).

Following are upcoming races at which we need a full slate of volunteers:

Jan 6	Single/Double Lake Merced	Feb 10	Golden Gate Bridge Vista 5M
Jan 13	Fort Point 12K	Feb 17	Rainbow Falls 5K
Jan 20	Sawyer Camp 5K/10K	Feb 24	Waterfront 10M/5K
Jan 27	Polo Field 5K	March 2	Windmill 10K

Due to the dual race distances at the Lake Merced, Sawyer Camp, and Waterfront races in January and February, we will need additional volunteers. This will include course monitors, aid station workers, and especially finish line workers. We will also have a small aid station for the Fort Point 12K and will need a volunteer for that job.

A reminder that members will need to volunteer at least two hours each year to receive a small trophy, and four hours to receive a large trophy at the year-end Gala. If you can assist at any of the races listed above, please contact Kevin at dse.pekingduck@juno.com or 415-751-9653 or simply sign your name to the Volunteer Sign-Up Sheet that is available at each weekly race.

THE CHANGING COURSE OF THE DOLPHIN SOUTH END RUNNERS CLUB *continued from page 8*

of the public considered the sport an exclusive purview of serious athletic competitors and not one to include those who might wish to “Start Slowly and Taper Off.” Now everybody knows road racing is for everybody. No need to make points by racing past people’s houses. So, our schedule features courses in parks.

One area where we might have thrown the baby out with the bathwater is in our near elimination of races that start where we were born—in front of the Dolphin and South End Clubs. We have only two races starting there this year. In 1984 we had five in the first half of the year alone. While few lament not zooming Nob or Coit hills, there were many other DSE starts at our birthplace in the past: One went to Ft. Point, another went almost to Ft. Point then up to the Golden Gate Bridge. We had the Single and Double Muni Pier,

an opportunity for the present or past track runners to shine, and the same course was also used for our Biathalon, which attracted many good swimmers. This runner remembers entering the water in 45th place and finishing in 89th of some hundred total.

Thank goodness that we still have the Ferry Building Run from the club. But the Presidio Gate race which used to start at the Dolphin Club now runs the opposite direction from Presidio Gate. Considering the beauty of Aquatic Park, and the opportunity for post-race eats, it seems a shame there are not more races where we started.

Attendance-wise our club is doing fine without either the streets or our club site. So, perhaps the above can be considered no more than the ruminations of a doddering long-time member.

ELIMINATION OF DSE NEWSBOARD

Janet Nissesnon

As mentioned last month, the DSE newsboard on the website has been receiving frequent and numerous amounts of spam. While recent security measures have prevented these unsavory messages from actually appearing on the website, it continues to be a daily chore for our webmaster to manually reject these items, usually several dozen each day. Therefore, and also due to lack of use by members, the newsboard has been permanently removed from the website. If members have an urgent running-related message that needs to be communicated within DSE, please contact one of the officers who can arrange to have a Yahoo Groups email sent out to all registered group members. Thank you for understanding the need for this action.

REDUCED RACE ENTRY FEE FOR TEENS/YOUTHS

Janet Nissesnon

In order to encourage more children and teens to participate in our races, and to provide families with a bit of financial relief, the DSE Board of Directors is pleased to announce the following changes in race fees for runners ages 17 and under. There is no change in fees for adults ages 18 and over.

Ages 11-17: DSE members, \$2, non-members \$3

Ages 10 & under: free for both members and non-members

These new rates are effective with the first official race of the year on January 6, 2008. DSE members who volunteer at race registration should make note of these changes. A revised price list will be created and posted. Please note that these fees refer to teens/youths participating in the adult races. Our monthly 1/2 mile Kids’ Races continue as always to be free for those ages 12 and younger.

◆◆◆ Monthly Running Schedule ◆◆◆

- 1) All race entries are payable at the event by cash only (sorry, no checks) unless you register online at www.active.com by 9:00 AM on the Friday before the race.
- 2) All races are \$3 for members and \$5 for non-members unless otherwise noted.
- 3) Kids 10 & under are free. Youths 11–17 pay \$2 if members, \$3 if non-members.
- 4) Race dates and times are subject to change without notice. Check the DSE hotline at 415-978-0837 for any changes.
- 5) Race Day registration is from 8:05–8:55 AM unless otherwise noted.
- 6) Finisher's ribbons to all participants. Place ribbons to first 5 men and women unless otherwise noted.

For 24-Hour race information call the DSE Race Hotline at 415-978-0837

Tue Jan 1 Hangover FUN RUN, 4 miles

START/FINISH: Golden Gate Bridge lower parking lot at Lincoln Blvd & East Battery Road

STARTING TIME: Runners at 9:00 AM. Walkers are encouraged to start early.

COURSE DESCRIPTION: Run on East Battery Road path onto Golden Gate Bridge, run north across bridge to Vista Point viewing area, turn around and return the same way to finish.

Note: FUN RUN is non-sanctioned, no entry fee, no course marking, self-timed and does not count toward race attendance.

Sun Jan 6* Single/Double Lake Merced Runs 4.5M/9M

START/FINISH: North End Lake Merced Parking Lot (foot of Sunset Blvd)

STARTING TIMES: **Double: 8:30 AM, Single: 9:00 AM.** Walkers are encouraged to start early.

COURSE DESCRIPTION: Run one or two 4.5 mile clockwise loops around the lake staying entirely on jogging/pedestrian path.

*** Kids' Run (1/2 mile) begins at 9:45 AM—Same Start/Finish location as adult race.**

Sun Jan 13 Fort Point Promenade 12K

START/FINISH: Yacht Rd Parking Lot, 1 block north of Marina Blvd (Little Marina Green)

NOTE NEW START/FINISH LOCATION!

STARTING TIME: Runners at 9:00 AM. Walkers are encouraged to start early.

COURSE DESCRIPTION: Run clockwise loop of Yacht Harbor, turnaround at end of parking lot, exit left along diagonal dirt path and left onto Marina Blvd. Traverse uphill/downhill on Ft. Mason path and turnaround at vertical wood posts at east end of Aquatic Park. Return to Start and then run west along Crissy Field/Golden Gate Promenade. Stay along path into Fort Point National Historic Site. Turn around at end of parking lot and return same way to finish.

Sun Jan 20 Sawyer Camp Trail 5K/10K

START/FINISH: South trail entrance at Crystal Springs Rd & Skyline Blvd., San Mateo

STARTING TIMES: **10K: 9:00 AM, 5K: 9:05 AM.** Walkers are encouraged to start early.

COURSE DESCRIPTION: Run north on paved bike path. 5K turnaround is just past the 1.5 mile mark, 10K turnaround is 0.1 miles past the 3 mile mark. Each half mile is permanently marked by a sign along the right side of the trail. Return the same way to finish.

No Pets or Baby Joggers/Strollers allowed on Trail!

Sun Jan 27 Polo Field 5K

START/FINISH: South Side of Polo Fields, Golden Gate Park

STARTING TIME: Runners at 9:00 AM. Walkers are encouraged to start early.

COURSE DESCRIPTION: Run eastbound on Middle Drive, turn left onto Overlook Drive, left onto Transverse Drive and left onto Kennedy Drive. Run west down Kennedy Drive to Bernice Rogers Way, left on Bernice Rogers Way, then left onto Middle Drive to finish.

Sun Feb 3 NO DSE RUN

DSE Volunteers at Kaiser Permanente Half Marathon Aid Station - www.pamakids.org

MEETING PLACE: Bernice Rogers Way & Martin Luther King Drive, Golden Gate Park

REPORTING TIME: 7:30 AM.

◆◆◆ Group Runs ◆◆◆

- ◆ Wednesday at 7:15 AM (prompt) —6 to 9 miles (less for walkers). Meet by the big wooden fish at Buck's Restaurant, 3062 Woodside Road, Woodside (1 mile west of Hwy 280). Course includes 4 miles of trails and road to Huddart Park. For more information contact Judith at webbsight@earthlink.net or Ken Reed at 415-586-3104 or RunKenRun@aol.com.
- ◆ Saturday at 8:10 AM—6 mile training run. Meet at the water fountain at Kennedy Drive and Transverse in Golden Gate Park.
- ◆ Monday at 6:00 PM—adidas Sport Performance Store San Francisco, 845 Market Street. Led by Warren Change and DSE Sr. VP Adrian Jue. Open to all ages and levels. Runs vary from 3–8 miles, and refreshments are provided after the run.

Membership ♦ ♦ ♦ ♦ ♦ ♦ Information

The DSE was founded in 1966 by members of three clubs who were also interested in running—the Dolphin Club, the South End Rowing Club and the San Francisco Rowing Club.

The DSE has grown into San Francisco's largest running club with about 450 members. The club holds races throughout the city almost every Sunday, with courses that range in difficulty and distance (2–6+ miles).

DSE members automatically receive a one year subscription to the *DSE Newsletter* and become members of the Road Runners Club of America. Club members receive free electronic publications of *Footnotes* and *Peak Running Performance*.

Annual Dues are \$25 for an individual membership and \$30 for a family membership (two or more people with the same address). There is a \$5 discount for memberships that opt to receive the monthly newsletter online. Renewal dues are payable by the date shown on the mailing label of your DSE newsletter. Dues can be paid by either personal check or money order made out to DSE and mailed to Richard Finley at the address shown below, or online at www.Active.com.

Membership applications can be downloaded from the DSE website, www.dserunners.com, or contact **Richard Finley** at nishikifinley@sbcglobal.net or write to **Richard Finley, c/o DSE Runners, 805 Vega Circle, Foster City, CA 94404.** **Changes of Address are also to be sent to Richard Finley.**

Folding ♦ ♦ ♦ ♦ ♦ ♦ Session

DATE: Wednesday, January 30, 2008

TIME: 7:00 PM

PLACE: Fred Haber & Yong Cho
1261 – 31st Avenue
(between Lincoln & Irving)
San Francisco 94122
415-242-3304

Come out and join the newsletter folding session—a small gathering of DSEers who get together for a bit of fun, food, and folding. All DSEers are encouraged to participate. We begin folding at 7:00 PM and usually wrap up before 9:00 PM.

Please remember to bring drinks or snacks to share after the folding session. If you would like to host a folding session, contact Jane Colman at janecol@earthlink.net.

Weather ♦ ♦ ♦ ♦ ♦ ♦ Report ♦ ♦ ♦

Meteorologist Mike Pechner



It looks like dry and cold weather for the first week of the New Year including the Hangover Run. Dry weather will continue into the second week of January.

Heavy rains will come into the Bay Region around the 11th with drier weather around mid-month. A colder storm with lower snow levels will move in during the period from the 18th through the 22nd with several days of chilly rain. Dry weather will return for a few days around the 23rd

with more rain on the 27th or 28th. Dry weather will conclude the month.

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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Walt Stack

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DOUBLE DIPSEA RACE DIRECTOR
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PERMITS
Suzana Seban suzana@network172.com
Wendy Newman wsn99@aol.com

Happy Birthday! ◆◆◆◆◆◆◆◆

3	Chris Kalos	20	Julian Sum
	Nathan Yanko		Stan Yasuhara
4	Thomas McManus	22	Margaret Williams
	Matt Stringer	23	Yong Cho
5	Julius Schillinger		Katelyn Flanagan
7	Elizabeth Terry		Phyllis Nabhan
8	Stephanie Atwood		Lucy Wing
	Russ Kiernan	24	Brian Harris
	Joshua Lail	25	Robert Fry
11	Lina Khatib	26	Jason Reed
13	Judith Jarosz	27	Hashim Bashiruddin
15	Jeremiah Hallisey	29	Thomas Kutrosky
	Laura Tapia	30	Kevin Cuevas
18	James Austin		Choi Yee Wong
	Jeffrey St. Claire	31	Stephen Landry
19	Michael Rouan		Cliff Lentz
	Janna Voss		

New Members

BERKELEY

Fiona Willis

DALY CITY

Cathie Schling

FOSTER CITY

Jaime Abdilla

OAKLAND

David Altena

PACIFICA

Leo Rosales

Virginia Rosale

SAN FRANCISCO

Kenley Gaffke

SAN MATEO

Caroline Lim

David Lim

Katherine Lim

Terri Lim



San Francisco

Dolphin South End Running Club

Postmaster, Return Undeliverable Mail To:

Richard Finley

805 Vega Circle

Foster City, CA 94404

DSE email list and electronic newsletter

Join the DSERUNNERSCLUB egroupp mail list to receive DSE updates and other running information, by linking to <http://groups.yahoo.com/group/DSERunnersClub/join>.

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Reminder: The date on your label shows when it's time to pay your membership dues (look inside under Membership Information). Please pay your dues and we'll keep sending you the news!