

2008 RACE SCHEDULE NOTES

Janet Nissenson

After reading Ted Vincent's article last month, I thought the points he brought up merited a reply, so that the membership might have a better understanding of some of the changes made to the 2008 race schedule.

First, just to clarify, there are actually four races that start/finish at the Dolphin Club, not two. They are Waterfront 10M/5K on 2/24, Embarcadero 10K on 3/30 and 11/9, and Ferry Building 4M on 12/7.

Second, there are several reasons why other courses such as the Walt Stack 10K and Fort Point 12K have had their start/finish moved to the Marina Green/Crissy Field area. The major reason concerned the unavailability/undependability of restrooms. National Parks Service (NPS) closed the restrooms at both ends of Aquatic Park in late 2006, due to budget constraints. The other remaining public restrooms (Hyde Street pier and Maritime Museum Visitors Center) don't open until 9:30 AM. Despite repeated pleas/negotiations, NPS will not open them any earlier for us. We have been discreetly referring runners to use restrooms at nearby hotels/shops, though this is not very considerate or professional behavior on our part. The restrooms at the Cannery seem to operate on a hit or miss schedule—sometimes they're open by 8:00–8:30 AM, other times they're not. Technically, those restrooms are for use of the patrons of the shops and restaurants there, not the general public.

The other issue at hand concerns parking. Once the free parking on Van Ness Avenue fills up, runners must resort to meters or garages, both of which are expensive. And for longer races, parking at a 1-hour limit meter doesn't work for most runners.

Last, we have recently learned from our RRCA State Rep, George Rehmert, that Aquatic Park is due to be closed to the public for renovation beginning August 1. The renovation is estimated to take between 12 and 18 months. This follows last summer's fencing off of the Municipal Pier, where another of our race courses was staged. Fortunately for DSE, this closure will affect only our Fort Point 12K race on 10/26, which included a loop through Aquatic Park. This race will probably be shortened to a 10K distance to allow for this closure.

Another issue we are always concerned with in planning our races is runner safety and the club's liability. This is largely why races like the Nob Hill and Coit Tower runs don't exist any longer. It seems that whenever you pick up a newspaper these days, there is a story about some entity or other being sued for presumed negligence. Like it or not, we live in a time of increased awareness of safety, more rules and restrictions, and less freedom to do as we please wherever we please. Perhaps part of this can be attributed to the dire financial straits most municipalities and government agencies find themselves in, so that police, rangers, etc. are eager to hit us up for permits in order to generate revenue. Whatever the reasons, we can no longer map out courses wherever we please, especially through heavily trafficked areas.

I think for many reasons a lot of us wish for simpler, more carefree times like the 1970s. However, since we can't turn the clock back, we need to make the best of what we do have. DSE continues to prevail 42 years after its founding, while so many other races and clubs no longer exist. We continue to find ways to re-invent ourselves and adapt to the ever-changing times.

FROM THE PRESIDENT'S DESK
continued from page 1

With the ongoing renovation of the Land's End Trail, the GG Bridge Vista has been downsized to a 5 miler. The new race is quite unique: it includes running two levels of the Land's End Trail along with a new turnaround location. The 2/17 Rainbow Falls 5K in GG Park is a crowd pleaser; don't forget to mark your calendar to attend. The Waterfront 10M & 5K are back on 2/24. This very popular race series continues to grow every year. Mark your calendar to attend or volunteer. Note the 8:30 AM starting time.

2008 DSE GALA REVISITED

If you were not one of the 130+ gala attendees on January 26, you missed one of the best DSE Galas in recent memory. It was packed with award recognition, along with good food and good fun with a Mardi Gras theme. Special thanks to Gala Coordinator Ken Reed and everyone else who lent a helping hand.

Next month's newsletter will feature an article on this year's DSE Gala. Awards are listed in this issue on pages 8–11, and also on the DSE web site. Photos of the Gala appear on pages 1, 9 and 11.

◆◆◆◆◆ 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
webmaster@dserunners.com
ASSISTANT: Stephen Boesch



The Dolphin South End Running Club (DSE) Presents:

The Waterfront 10 Mile & 5K

Date: Sunday, February 24, 2008

Time: 8:30am – 10M 8:40am – 5K

Fees: 10M - \$5 (everyone)

5K – Ages 18 & over \$3 for DSE members, \$5 for non-members

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

Awards: 10M – Medals 3 deep in 10-year divisions (29 & under,
30-39, 40-49, 50-59, 60-69, 70+)

5K – Ribbons to Top 5 Overall Male/Female
Finisher ribbons to all participants for both races

Register online at www.active.com

Race day registration begins at 7:30am

Start/Finish: The Dolphin Club

Foot of Jefferson & Hyde Streets, San Francisco

*Both courses are out and back – flat, fast & scenic – great training race
for spring marathons – one of only a very few 10M races in northern California*

Water station at 3 miles and 7 miles for 10M Race

FOR MORE INFORMATION:

www.dserunners.com

Race Hotline: (415) 978-0837

RUNNING

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

December 25, 2007

Christmas Blind Date Relays, 2 x 2 M

Race Director: Kevin Lee

Volunteers: Jeremy Calnan, Joe Connelly, Hilary Fong, Bobby Marty, Paul Mosel, Phyllis Nabhan

Team Results

PL	LEAD/ANCHOR	TIME
M1	Eduardo Vazquez/Kennet De Silva	24:36



First place team

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M2	Joel Rizzo/Randy Conner	26:36
M3	Patrick Lee/David Moulton	26:47
C1	LouAnn Conner/Jason Reed	27:05
C2	Marie Carlotti/Oliver Chan	27:34
C3	Peggy Kang/Vincent Gulli	31:26
M4	David Floersch/Noe Castanon	31:40
C4	Amy Sonstein/Fred Haber	31:47
C5	Wendy Newman/Michael Sweet	32:12
C6	Mike Gulli/Lina Khatib	32:53
C7	Susan Herder/Eric Park	34:17
C8	Helena Girakovic/Hashim Bashiruddin	34:33
M5	Bill Woolf/Tom Smiley	38:27

Individual Results

1	Jason Reed	11:59
2	Eduardo Vazquez	12:05
3	Randy Conner	12:08
4	Oliver Chan	12:12
5	David Moulton	12:17

6	Kennet De Silva	12:31
7	Vincent Gulli	13:28
8	Noe Castanon	13:53
9	Mike Gulli	14:12
10	Amy Sonstein	14:16
11	Joel Rizzo	14:28
12	Patrick Lee	14:30
13	Michael Sweet	14:31
14	LouAnn Conner	15:05
15	Marie Carlotti	15:22
16	Eric Park	15:37
17	Hashim Bashiruddin	16:49
18	Fred Haber	17:31
19	Wendy Newmam	17:41
20	Helena Girakovic	17:44
21	David Floersch	17:47
22	Tom Smiley	17:50
23	Peggy Kang	17:58
24	Susan Herder	18:39
25	Lina Khatib	18:41
26	Bill Woolf	20:37

SELF-TIMERS

Paul Mosel
Phyllis Nabhan
Uwe Schling



Santa Phyllis

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CLASSIC STU-PEDS

by Stu Ruth



January 1, 2008

Hangover FUN Run, 4M

Note from the editor: If your name is missing, incomplete, or misspelled, it's because I couldn't read it on the sign-up sheet.

Elaine Koga Kennelly
Paul Kennelly
Mike Gulli
Kris Lee
Chris Sullivan
Dave
Patrick Lee
Jane Lee
Hilary Fong
Hashim Bashiruddin
Catie Byrne
Kenneth Fong
Paul Mosel
David Altena
Philip Van Dusen
Beth Van Dusen
Bobby Marty
Ken Reed
Uwe Schling
Cathie Schling
Kevin Lee
Tony Wasserman
David Floersch
Cammie Dingwall
Bob Morris
Fred Haber
Yong Cho-Haber
Roy Clarke
Jerry Flanagan
Scot Wood
Kevin Cox
Joe K.
Marie Appel
Janet Nissenson
Steve Nissenson
Marcia Martin
Keith Johnson
Wendy Newman
Bill Woolf
Bill Dake
Pauline Dake
Marie Daniel
Don Daniel
Dale Ashlock
Clark Avery
Larry Wuerstle
Joel Rizzo
Kay T.
Richard Finley
Tyler Abbott
T.T. Abbott
Jeff Houston
Sandra Seiki

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HANGOVER RUN
continued from page 4



Hangover Runners
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Justin Seiki
Stephanie Seiki
Calvin Chan
Diane Okubo Fong
Sasha Vitomski
Len Goldstein
Cindy Toler
Aaron Low
Phyllis Nabhan
Liese Rapozo
Wally Rapozo
Rick Nippes
Dimitri Sklvavopoulos
Alexandra Dixon
Tom Huster
Johanna Merriss
Lina Khatib
Ron Dorey
John Lang
Jack Bascom
Bob Brizuela
Graciela C.

January 6, 2008
Lake Merced 4.5M and 9M
Race Director: Gary Brickley
Volunteers: Calvin Chan, Joseph Connelly, Peggy Kang, Jane Lee, Phyllis Nabhan, Henry Nebeling, George Sacco, Uwe Schling, Anne Single, John Weidinger, Megan



Race Director Gary Brickley
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Single Loop, 4.5M

PL	NAME	AGE	TIME
1	Grant Johnson	24	26:16
2	Chikara Omine	25	26:37
3	Milan Drager	32	28:22
4	John Woods	43	28:25
5	Omar Cerrales	28	28:51
6	Samuel Harvell	45	29:04
7	Genaro Diaz	46	30:34
8	Liam Murphy	16	30:39
9	Peter Hsia	47	30:49
10	Daryl Luppino	48	31:08
11	Rick Torreano	58	31:40
12	Mike Gulli	48	31:51
13	Sloane Cook	18	32:13
14	Amy Sonstein ①	38	32:30
15	Markham Miller	43	32:31
16	Jim Buck	65	32:43
17	Gilbert Yau	46	32:47
18	Patrick Lee	60	32:55
19	Steven Pitsenbarger	39	33:26
20	Will Heidel	30	33:52
21	Margaret Williams ②	32	33:55
22	Hank Pellissier	55	35:09
23	Tyler Abbott		36:10
24	Tom Huster	64	36:18
25	Bill Murphy	57	36:19
26	Kathleen Lail ③	39	36:27
27	Steve Nissenon	59	36:30
28	James Alfieri	42	37:25
29	Jim McBride	65	37:59
30	William Bernick	18	38:06
31	Bianca Hugo ④	25	38:31
32	Neal Ashton	51	38:36
33	Judith Waitz ⑤	48	38:39
34	Patrick Regan	40	38:54
35	Peggy Kang	72	40:25
36	Hashim Bashiruddin	51	40:54
37	Wendy Newman	57	41:09
38	Joseph Connelly	46	41:11
39	Ken Reed	62	41:22
40	Kim Havens	30	41:25
41	Katherine Theus	20	41:55
42	Philip Van Dusen	48	41:56
43	Bob Morris		42:05
44	Robert Archibald	50	42:11
45	Suzana Seban	54	42:25
46	Susan Haines	39	42:33
47	Lorrie Kalos	47	42:41
48	Julia Parrish	45	43:17
49	Amy Qu	39	43:33
50	Paul Griffith	46	43:34
51	Alice Miller	48	43:37
52	NO NAME		43:43
53	Jack Bascom	66	44:49
54	Bill Woolf	72	45:03
55	Patty Phleger		45:05
56	Mike Gee	53	45:07
57	Jeff Houston	49	46:07
58	Vince Nims	39	47:45

59	Dennis Donahue	47	47:54
60	Marni Serlin	45	47:59
61	Joshua Cruz	15	48:37
62	Barbara Robben	73	51:14
63	Stasra Reisfield		54:08
64	Derek Resifield		54:08
65	Grace Hsu		54:38
66	Sharon Cheng	24	54:39
67	John Weidinger	66	55:34
68	Megan Guttman	25	55:58
69	Karen Chau	37	57:10
70	Ron Lau	39	57:11
71	Virginia Rosales	44	60:01
72	Stella Wong	57	65:04
73	Edwin Wong	66	65:04



Double loop winner Jason Reed
getting his 1st place ribbon
Photo by Rick Torreano

Double Loop, 9M

1	Jason Reed	28	54:40
2	Adam Carlson	25	56:53
3	Ky Faubion	22	57:00
4	Jerry Flanagan	42	58:06
5	Jorge Rivera	27	58:27
6	Kennet De Silva	26	58:45
7	John Mintz	41	61:26
8	Michael Sweet	38	65:13
9	George Rehmet	41	66:07
10	Ashley Relf ①	25	67:11
11	Joel Cruz	21	67:19
12	Eduardo Vazquez	35	68:33
13	Dale Hogan	29	68:42
14	Joel Rizzo	42	69:55
15	Theo Jones	69	70:35
16	Leo Rosales	53	71:14
17	John Blaney	41	73:17
18	Dave Flinn	41	73:20
19	Jon Yonago	44	73:22
20	Uwe Schling	37	73:29
21	Keith Johnson		73:36
22	Kenneth Fong	46	76:16
23	George Baptista	65	78:23
24	Thomas Pang		80:30

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LAKE MERCED 9M

continued from page 5

25	Mark Kelley	51	80:56
26	Sam Roake	71	81:34
27	Janet Nissenson ②	48	82:14
28	Peter Royce	73	82:54
29	Paul Mosel	66	83:14
30	David Floersch	66	84:58
31	Adele Matthews ③	41	88:40
32	Jim Kauffold	70	114:44

SELF-TIMERS

Bob Theis	79	
Dennis Hassler	74	55:02(S)
Elaine Gecht	64	
George Anderson	79	
George Sacco	70	
Jesse Agbayani	55	
Kim Chee Kim	2	
Liese Rapozo	80	
Lina Khatib		
Richard Hannon	72	
Robert Brizuela	68	136:46(D)
Roxanna Pezzy		
Sasha Vitomski		
Sunhi Kim	49	
Tony Stratta	77	99:00 (S)
Wally Rapozo	79	

KIDS' RUN

Shannon Luppino	11	4:17
Richard Tauber	5	4:20
Jakob Lail	3	5:00
Jim Gallagher	72	

January 13, 2008

Fort Point 12K

Race Director: Calvin Chan

Volunteers: Marie Appel, Robert Brizuela, Joseph Connelly, Jerry Flanagan, Richard Hannon, Kevin Lee, Bobby Marty, Paul Mosel, Phyllis Nabhan, Joel Rizzo, Leo Rosales, Virginia Rosales, Uwe Schling



Race Director Calvin Chan

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PL	NAME	AGE	TIME
1	Nathan Yanko	26	42:43
2	Grant Johnson	24	44:12
3	Ryan Ogliore	29	44:15
4	George Riley	50	44:48
5	Chikara Omine	25	44:57
6	Jason Reed	28	45:36
7	Maggie Visser ①	39	46:24
8	Oliver Chan	25	46:30
9	Lisbet Sunshine ②	43	47:05
10	Kennet De Silva	26	47:32
11	Jorge Rivera	27	47:49
12	Ky Faubion	22	49:12
13	Brian Burbank	43	50:08
14	Milan Drager	32	50:54
15	Jim Granahan	58	51:13
16	Rory Mays	31	53:01
17	Corrie Drakulich ③	26	53:12
18	Liam Murphy	16	53:19
19	Daryl Luppino	48	53:19
20	Kenley Gaffke	29	53:20
21	Jeremy Calnan	48	53:50
22	Eduardo Vazquez	35	53:51
23	Sloane Cook		53:52
24	Dale Hogan	29	54:04
25	Lakeisha Poole ④	29	54:38
26	Frank Shum		55:21
27	Pete Nowicki	49	55:39
28	Rick Torreano	58	55:48
29	Patrick Lee	60	56:01
30	Milton Lorig	55	56:03
31	Jose Luiz Prado	27	56:24
32	Bruce Adams	34	56:24
33	T. Cody	43	56:47
34	Jorge Larre	51	57:20
35	Amy Sonstein ⑤	38	57:23
36	Megan Knight	27	57:54
37	Margaret Williams	32	58:32
38	Gilad Halperin	33	59:10
39	Steven Pitsenbarger	39	59:24
40	Stanley Chan	36	59:40
41	Joel Rizzo	42	60:03
42	Marie Carlotti	51	60:04
43	Tim Hanlock	36	60:09
44	George Baptista	65	60:36
45	Peter Hsia	47	60:38
46	Peter Bennet	43	60:41
47	Kenneth Fong	46	61:13
48	Steve Kim	25	61:26
49	Mark Kelley	51	61:42
50	Lazaro Sanchez		61:51
51	Theo Jones	69	62:00
52	Eric Mun	25	62:02
53	Phil Mulligan	33	62:04
54	Keith Johnson	69	62:23
55	Kathleen Lail	39	63:39
56	Nancy Krivanka	45	65:52
57	Beth Van Dusen		65:54
58	Nicole Devlin	39	65:57
59	Madeleine Van Engel	24	67:02



Paul Mosel at Fort Point doing double duty as course monitor and photographer

Photo by Don Watson

60	April Worley	26	67:51
61	Gary Brickley	55	68:59
62	Sam Roake	71	69:05
63	David Floersch	66	69:14
64	Stephanie Soler	33	69:28
65	Gregory Brown	58	69:59
66	Leah Fergenson	31	70:06
67	Erin Padalino	25	70:52
68	Alex Ianculescu	27	71:24
69	Peter Royce	73	71:56
70	Jay Jacobsen	62	72:37
71	Theresa Woo	45	72:45
72	Lina Khatib		72:55
73	Joseph Connelly	46	72:59
74	NO NAME		73:55
75	Alfred Tolentino	36	75:31
76	Wendy Newman	57	76:29
77	Suzana Seban	54	76:29
78	Stephen Woo	48	77:38
79	Bill Woolf	72	78:27
80	Brian Hartley	54	79:05
81	Michael Kilzer	44	80:33
82	Jack Bascom	66	82:02
83	Henry Nebeling	75	83:40
84	NO NAME		86:00
85	Naomi Wooten	48	87:58
86	Jim Kauffold	70	87:59
87	Fred Haber	48	88:00
88	Paul Kennelly	62	92:37
89	Ernest Shimzu	43	97:27
90	Marcia Martin	55	100:15
91	Jane Colman	64	100:15
92	Elaine Koga Kennelly	65	107:43

SELF-TIMERS

Brie Reybine		
Don Watson	78	
Elaine Gecht	64	
Jesse Agbayani	56	
Jim Pommier	75	
Liese Rapozo	80	
Richard Finley	59	
Richard Hannon	72	
Robert Brizuela	68	114:09
Tony Stratta	77	105:00
Wally Rapozo	79	
Yong Cho	49	

January 20, 2008

Sawyer Camp Trail 5K and 10K

Race Director: Jim Kauffold

Volunteers: Amy Qu, John Lang, Bill Wolf, Joseph Connelly, Bobby Marty, Ken Reed, Brie Reybine, Kevin Lee, Calvin Chan, Sandra Seiki, Carole Mawson, Steve Nissenson, Fred Haber, Suzana Seban, George Sacco, Wally Rapozo, Helen Kauffold, Wendy Newman, Janet Nissenson, Yong Cho



Race Director Jim Kauffold

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5K

Note: Our gallant race results tabulator is still working on corrections to the times in the 5K, which will be posted on the web site.

PL	NAME	AGE	TIME
1	Chafik	34	16:34
2	Dylan Sutton	34	17:40
3	Brad Hansen	24	17:59
4	Herman Vandermolen	44	19:50
5	Mark Peters	32	20:29
6	Luiz Vergas	50	20:54
7	Andres Stinchfield	30	20:59
8	Andrew Freid	40	21:02
9	Alec Hernandez	14	21:05
10	Chris Domine	41	21:08
11	Derek Drummond	28	21:15
12	Patrick Lee	60	21:16
13	Kyle Jorgensen	14	21:17
14	Rick Torreano	58	21:53
15	Steven Pitsenbarger	39	22:29
16	Nick Butterfield		22:29
17	Marie Carlotti ①	51	22:56
18	Marie Appel ②	43	23:08
19	Rick Crocker	40	23:28
20	Shirley Knott ③	48	23:37
21	Keith Johnson	69	23:40
22	Hank Pellissier	55	23:59
23	Joe Law	29	24:09
24	Ed Kinchley	58	24:10
25	Robert Lloyd	30	24:29
26	Arleen Law ④	44	24:55
27	Tom Huster	64	24:58

28	Karen Pinckard ⑤	48	25:03
29	Neal Ashton	51	25:06
30	Steve Nissenson	59	25:11
31	Angela Knotts	26	25:26
32	Janet Nissenson	48	26:01
33	Sandra Sigurdson	51	26:26
34	Wendy Newman	57	26:28
35	Paul Mosel	66	26:41
36	Eric Booker	30	26:46
37	Jonas Champion	20	26:47
38	Bridget Carberry	26	26:49
39	Sherry Sanders	12	26:59
40	John Sanders	51	27:01
41	Chris Yeung		27:17
42	Juliette Johnson	38	27:19
43	Laurie Quinlan	50	27:29
44	Wyeth Whiting		27:58
45	Suzanne Morris	58	28:00
46	Suzana Seban	54	28:06
47	Dana Farkas	48	28:11
48	NO NAME		28:26
49	Annie Theodos	50	28:29
50	Kristy Jorgensen	11	29:02
51	Kurt Jorgensen	41	29:05
52	Mary Rose F.	43	29:42
53	Tommy Law	42	29:50
54	Patrick Cunneen	74	30:01
55	Francisco Mendez	32	30:04
56	Erika Costanzo	27	30:21
57	Vinan Anasthi	38	30:51
58	Jeff Darrow	58	31:04
59	Lesley Dyer	40	31:07
60	Yvonne Hopkins	53	31:08
61	Cori Doble	33	31:28
62	Karen Deeker	47	31:30
63	Mike Dudley	46	31:40
64	Ann Liu	23	31:45
65	Christina Hao	26	31:56
66	Linda Edwards	44	31:58
67	Kim McMurray	34	32:04
68	Lorraine Giammona	40	32:09
69	Linda Vermeulen	48	32:11
70	Maria Tulipani	44	32:25
71	Susan Lopez-Guerra	46	32:26
72	Mildred Arencibia	34	32:30
73	Celinda Moore	38	32:32
74	Cheri O'Neill		32:36
75	Barbara Robben	73	33:01
76	Cindy Toler	46	33:05
77	Pavla Thatcher	38	33:07
78	Marcia Martin	55	33:14
79	Carmella Corrigan	59	33:47
80	Marilyn Crille	59	33:56
81	Michelle Moalem	39	34:24
82	K. Perez		34:25
83	Mary Pat Paver		34:45
84	Kristine Lange		35:04
85	Kieion Sommer	7	35:29
86	Geoff Hansen	38	36:10
87	John Weidinger	66	36:38

88	Annie Zeiler	15	37:30
89	Amy Sullivan	43	37:49
90	Susan Kelly	44	38:13
91	Michelle Bernentos	32	38:15
92	Errol	12	39:11
93	Mort Weisberg	71	39:13
94	Shannon Luppino	11	40:23
95	Karen Crum	44	40:57
96	Patrick Teng	32	41:03
97	Bob Theis	79	41:09
98	Betty Cunneen	74	43:38
99	Shirley Wan	32	43:45
100	Rolando Araniva	42	48:39
101	Anna Wheeler	12	48:54
102	Naterlia Manzanares	12	48:56
103	Dee Farkas	80	49:28
104	Rosemary Bredahl	72	50:59

10k

PL	NAME	AGE	TIME
1	Grant Johnson	24	35:11
2	Tom Garvin	44	35:22
3	Paul Roach	34	35:36
4	Peter Trudelle	22	35:45
5	Justin Bronder		36:12
6	Jason Reed	28	36:29
7	Michael Ward	53	36:44
8	Maria Fregoso ①		36:49
9	Ky Faubion	22	37:48
10	Jorge Rivera	27	38:06
11	Jerry Flanagan	42	38:08
12	Adam Miller	40	38:09
13	Clint Scott	36	38:18
14	Kennet De Silva	26	38:20
15	Kevin Lohner	33	38:40
16	John Woods	43	38:43
17	Joe Vasiliov	38	39:01
18	Eduardo Vazquez	35	40:00
19	Robert Darling	58	40:41
20	Tracy Hogan ②		40:49
21	Joe Lange		40:55
22	Ethan Ravage	45	41:08
23	Liisa Miller ③	42	41:17
24	George Rehmet	41	41:24
25	David Altena	46	41:48
26	Jeremy Calnan	48	42:09
27	Lakeisha Poole ④	29	42:39
28	Daryl Luppino	48	42:43
29	Felix Tong	28	42:37



The front of the 10K pack

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SAWYER CAMP TRAIL 5K AND 10K
continued from page 7

30	Zel Walker	13	43:06
31	Tony Fregoso	41	43:20
32	Tony Hilton	40	43:23
33	Frank Shum		43:35
34	Robert Daleiden	37	43:37
35	Lem Oandasan	44	43:44
36	Paige Sommer	5	43:45
37	Thomas Cobb		43:56
38	Kevin Peterson	30	44:05
39	Erik Waher	26	44:28
40	Laurie McDonough	31	44:39
41	Alan Morgan	38	44:44
42	Matthew Meyer	18	44:56
43	Jorge Larre	51	45:04
44	Jeff Bedolla		45:05
45	George Ambus	40	45:06
46	Mimi Hahn		45:20
47	Margaret Williams	32	46:02
48	Derek Fogt	35	46:33
49	Chad Forrest	33	46:33
50	Leslie Hunter	25	46:34
51	Mariah Walker	12	46:39
52	Thuy Le	36	46:51
53	Kenneth Fong	46	46:52
54	Neil MacDonald		46:53
55	Kelly Emo	43	47:12
56	Uwe Schling	37	47:17
57	Matthew Fabry	35	47:46
58	George Baptista	65	48:27
59	Matt Tamel	39	48:43
60	Ed Lange	64	48:56
61	David Lim	38	49:29
62	Michael Johnson	24	50:16
63	Frances Schulze	53	50:41
64	Gregory Brown	58	50:45
65	Gary Brickley	55	51:04
66	Ken Bloesch		51:06
67	NO NAME		51:25
68	Amity Westcott	33	52:03
69	Matt Tennant	31	52:18
70	Veronica Vaskim	25	52:21
71	Rachel Dewald	36	52:33
72	Kat Powell	57	52:35
73	Dustin Schaefer	27	52:37
74	Theo Jones	69	52:50
75	Sam Roake	71	53:20
76	Maridee Charlton	51	53:24
77	Kathy Torgersen		53:38
78	Joseph Connelly	46	54:30
79	Kris Kruse	49	54:38
80	Tony Morris	40	54:47
81	Cecilia Ceja	35	54:59
82	Trudy Hofmann	68	55:08
83	Jenn Bolich	30	55:19
84	Mateo Ortega	31	55:32
85	Peter Royce	73	55:51
86	See Bee	47	56:18
87	John Occhipinti	41	56:48

88	Johanna Merriss	57	56:58
89	Sabrina Okada	43	57:42
90	Tony Morris	9	57:55
91	Janice Rensch	62	58:01
92	Mai Wheeler		58:19
93	Laura Froelich	40	58:36
94	Suzanne Simpkins		58:48
95	Christine Arnold		58:49
96	Philip Simpkins		58:52
97	Julia Fasick	43	58:57
98	Tracy Fulton		59:05
99	Janet Sims		59:35
100	Carole Mawson	63	60:29
101	Dorte Lindhard		60:36
102	Sheena Mawson	25	60:41
103	Chris Lantman		60:52
104	Nancy Shaw	37	61:01
105	Bob Morris		61:14
106	Stephanie Soler	33	61:15
107	Kim Carpenter	39	61:17
108	Alexander Thatcher		61:08
109	Marnie Elizaga		62:26
110	Naomi Atkins	31	63:43
111	Jacqui Spinney		63:59
112	Shaw-chin Chiu		64:46
113	Beth Fish	30	66:29
114	Danielle LoBue	29	66:29
115	Jennifer Drysdale	29	79:18
116	Elaine Koga Kennelly	66	79:40
117	Paul Kennelly	62	79:41
118	Carrie Miller	34	79:59

SELF-TIMERS

Ann Agbayani	47	
Christine Pappas	39	
Ed Olkowski	65	57:30
Gene French	61	
George Sacco	70	
Jesse Agbayani	56	
Liese Rapozo	80	
Jane Lee	57	
Jim Pommier	75	
Robert Brizuela	68	
Shin Song	40	
Sunhi Kim	49	
Wally Rapozo	79	



Race results tabulator Joe Connelly finishing the 10K

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2007 DSE TOP 5 AWARDS

RACE ATTENDANCE—MEN

PL	NAME	DSE RACES
1	Kevin Lee	43
2	George Sacco	42
2	Bobby Marty	42
4	George Baptista	40
5	Paul Mosel	39

RACE ATTENDANCE—WOMEN

PL	NAME	DSE RACES
1	Kathleen Lail	35
2	Marian Lyons	33
3	Liese Rapozo	29
3	Suzana Seban	29
5	Jane Colman	28
5	Janet Nissenson	28

RACE MILES—MEN

PL	NAME	DSE RACES
1	Jason Reed	606.5
2	Kennet De Silva	529.6
3	Gregory Brown	517
4	Eduardo Vazquez	367.7
5	Noe Castanon	344.5

RACE MILES—WOMEN

PL	NAME	DSE RACES
1	Barbara Robben	333
2	Amy Sonstein	289.6
3	Marian Lyons	255.9
4	Liese Rapozo	231
5	Jane Colman	207

TOTAL MILES—MEN

PL	NAME	DSE RACES
1	Gregory Brown	2157
2	Eduardo Vazquez	2125.5
3	Richard Hannon	1730
4	Paul Mosel	1557
5	Jeff Houston	1550

TOTAL MILES—WOMEN

PL	NAME	DSE RACES
1	Amy Sonstein	1570
2	Marian Lyons	1562.4
3	Marie Appel	1450
4	Janet Nissenson	1300
5	Wendy Newman	1200

PLACE POINTS—MEN

PL	NAME	TOP 5s	PTS
1	Grant Johnson	22	103
2	Jason Reed	20	62
3	Mark Janes	13	42
4	Jerry Flanagan	14	34
5	Eduardo Vazquez	8	32

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2007 DSE MONGO AWARDS

PLACE POINTS—WOMEN

PL	NAME	TOP 5s	PTS
1	Amy Sonstein	24	90
2	Marie Carlotti	12	35
3	Kathleen Lail	10	31
4	Margaret Williams	8	26
5	Fiona McCusker	9	23

VOLUNTEERS

PL	NAME	EVENTS	PTS
1	George Sacco	42	47
1	Bobby Marty	42	39
3	Calvin Chan	34	39
4	Kevin Lee	30	36
5	Joe Connelly	25	25

2007 DSE KIDS' RUN PARTICIPATION AWARDS

BOYS

Jakob Lail
Tim Abbott
Richard Tauber

GIRLS

Shannon Luppino
Hetti Hsia
Lena Hsia



Most frequent Kids' Run participant
Shannon Luppino, and family
© 2008 Paul Mosel



Oldest male active DSE participants
Wally Rapozo and Bob Theis
Liese Rapozo got the award for oldest
female active DSE member

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NAME	TOTAL MILES	RACE MILES	MARATHON	DSE RACES	VOLUNTEER EVENTS	POINTS
Marie Appel	1450	61.25	N	21	16	19
George Baptista	1500	215.4	N	39	7	10
Jack Bascom	707	206.5	N	32	2	2
Hashim Bashiruddin	250	70	N	20	6	6
Ellen Breslauer	286	17	N	5	0	0
Russell Breslauer	946	69	N	12	0	0
Gary Brickley	865	205	N	35	6	7
Robert Brizuela	272	10	N	22	4	5
Gregory Brown	2157	517	Y	27	0	0
Jeremy Calnan	1356	238.1	Y	30	2	2
Noe Castanon	1428.4	344.5	Y	30	2	5
Calvin Chan	327	0	N	34	34	39
Jane Colman	900	207	N	28	2	5
Joe Connelly	386	75	N	27	25	25
Kennet De Silva	1351	529.6	Y	24	2	4
Matt Fabry	852	200	Y	28	2	5
Jerry Flanagan	1200	278.6	Y	26	2	5
Hilary Fong	250	70	N	19	9	9
Kenneth Fong	450	0	N	35	1	2
Richard Hannon	1730	39.3	Y	21	15	18
Jeff Houston	1550	211	N	32	3	7
Tom Huster	400	101	N	28	6	6
Keith Johnson	980	140	N	18	2	5
Theo Jones	1086	233	Y	24	4	4
Peggy Kang	140	67.4	N	8	7	10
Jim Kauffold	1044	138	N	34	7	12
Elaine Koga Kennelly	-	124	Y	3	0	0
Kathleen Lail	1179.1	181.8	N	35	2	2
Kevin Lee	300	0	N	39	30	36
Patrick Lee	1205	245	N	37	2	2
Daryl Luppino	960	240	N	38	11	11
Marian Lyons	1562.4	255.9	Y	32	2	2
Marcia Martin	1130	130	Y	16	2	5
Paul Mosel	1557	264	N	39	7	10
Phyllis Nabhan	950		N	23	20	20
Henry Nebeling	820	182	N	28	4	4
Wendy Newman	1200	166	N	27	5	9
Janet Nissenson	1300	130	Y	28	14	21
Steve Nissenson	1155	101	N	22	8	11
Jack Olson	200	20	N	5	0	0
Karl Olson	1500	50	N	8	0	0
Mark Olson	800	75	N	0	0	0
Wayne Plymale	1100	138	N	11	1	1
Liese Rapozo	480	231	N	29	4	7
Wallace Rapozo	516	195	N	29	6	9
Jason Reed	1000	606.5	N	37	5	5
Joel Rizzo	1100	232	Y	29	4	4
Barbara Robben	250+	333	N	15	3	3
Peter Royce	584	134	Y	19	1	4
George Sacco	941.5	167.3	N	42	42	47
Uwe Schling	1260.3	147.9	N	38	14	17
Suzana Seban	574	172	N	29	6	9
Amy Sonstein	1570	289.6	N	27	1	4
Tony Stratta	800	123	N	28	2	5

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2007 DSE AGE GROUP AWARDS

MEN 29 & UNDER

- 1 Jason Reed
- 2 Grant Johnson
- 3 Kennet De Silva
- 4 Kevin Fry
- 5 Carlos Reyes

WOMEN 29 & UNDER

- 1 Shannon Luppino
- 2 Janet Fry
- 2 Jennifer Hanby

MEN 30-39

- 1 Milan Drager
- 2 Matthew Fabry
- 3 Noe Castanon
- 4 Mark Janes
- 5 Eduardo Vazquez

WOMEN 30-39

- 1 Kathleen Lail
- 2 AmySonstein
- 3 Michele Wayne Kong
- 4 Margaret Williams
- 5 Stephanie Soler

MEN 40-44

- 1 John Woods
- 2 Jerry Flanagan
- 3 Joel Rizzo
- 4 Andrew Freid
- 5 Adam Lucas

MEN 45-49

- 1 Daryl Luppino
- 2 Jeremy Calnan
- 3 Peter Hsia
- 4 Kenneth Fong
- 5 Jeff Houston

WOMEN 40-49

- 1 Lina Khatib
- 2 Janet Nissenson
- 3 Judith Waitz
- 4 Fiona McCusker
- 5 Hilary Fong

MEN 50-54

- 1 Jorge Larre
- 2 Gary Brickley
- 3 Mark Kelley
- 4 Kevin Lee
- 5 Hashim Bashiruddin

MEN 55-59

- 1 Patrick Lee
- 2 Patrick Mattimore
- 3 Daz Lamparas
- 4 Gregory Brown
- 5 Steve Nissenson

2007 DSE MONGO AWARDS

continued from page 9

Bob Theis	850	139	N	N	33	2	4
Eduardo Vazquez	2125.5	367.7	Y	N	19	5	8
John Weidinger	483.9	41	N	N	10	1	1
John Woods	1154	144.4	N	N	29	2	2
Bill Woolf	1140	196	N	N	33	7	12

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

PA/USATF Cross Country Championships, November 18

Women, 4M

99	Amy Sonstein	37	68	F <40	30:31
100	Heather Johnson	36	69	F <40	31:00
139	Barbara Robben	73	2	F 70-79	43:46

Masters Men, 6M

132	Russ Kiernan	69	13	M60-69	46:43
155	Hashim Bashiruddin	50	61	M50-59	54:34

Open Men, 6M

67	Mark Janes	32			36:58
84	Jason Reed	28			40:26

Oceanside Turkey Trot Open 5K, November 22

114	Amy Sonstein	37	2	F 35-39	21:29
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Miracle Mile, December 16

5	Eduardo Vazquez	35	3	M30-39	4:56
9	Joseph Connelly	46	2	M40-49	5:00
15	George Rehmet	41	4	M40-49	5:21
22	Patrick Lee	60	1	M60-69	5:35
26	Julius Schillinger	60	2	M60-69	5:50
33	Keith Johnson	69	3	M60-69	6:12
35	Kenneth Fong	46	11	M40-49	6:15
55	Gary Brickley	55	6	M50-59	6:55
63	Gregory Brown	58	7	M50-59	7:22
68	Patrick Cunneen	74	1	M70-79	7:37
74	Jim Gallagher	72	2	M70-79	7:50
80	Jim Kauffold	70	4	M70-79	8:21
82	Marcus Johnson	14	4	M13-19	8:33
84	Jane Colman	64	1	F 60-69	8:40
85	Marcia Martin	55	3	F 50-59	8:41
86	Gary Aguiar	52	9	M50-59	8:43
87	Barbara Robben	73	1	F 70-79	8:52

Christmas Classic 5K, December 16

3	Jason Reed	28	3	M20-29	17:39
4	Eduardo Vazquez	35	1	M30-39	18:15
18	George Rehmet	41	3	M40-49	20:11
32	Jim Flanigan	58	5	M50-59	21:10
40	Amy Sonstein	38	2	F 30-39	21:58
49	Patrick Lee	60	1	M60-69	22:55
56	Marie Carlotti	51	1	F 50-59	23:23
60	Ed Kinchley	58	9	M50-59	24:12
61	Mark Kelley	51	10	M50-59	24:12

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62	Keith Johnson	69	3	M60-69	24:16
71	Paul Mosel	66	4	M60-69	24:33
75	Julius Schillinger	60	6	M60-69	24:43
80	Cammie Dingwall	44	5	F 40-49	25:07
99	Gary Brickley	55	18	M50-59	26:42
109	Wendy Newman	57	2	F 50-59	27:24
113	Peggy Kang	72	1	F 70-79	27:34
132	Gregory Brown	58	23	M50-59	28:14
133	Lorrie Kalos	47	11	F 40-49	28:21
137	Joseph Connelly	46	26	M40-49	28:25
128	Kenneth Fong	46	27	M40-49	28:25
171	Patrick Cunneen	74	1	M70-79	30:47
176	William Woolf	72	2	M70-79	31:08
179	Jim Kauffold	70	3	M70-79	31:30
181	Barbara Robben	73	2	F 70-79	31:51
182	Roxanna Pezzy	49	17	F 40-49	32:10
198	Gary Aguiar	52	30	M50-59	33:40
212	Marcia Martin	55	6	F 50-59	36:10
213	Jane Colman	64	2	F 60-69	36:13

Rodeo Beach Trail Run, 8K, December 22

3	Jason Reed	38			37:11
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Rodeo Beach Trail Run, 20K, December 22

3	Chikara Omine	25			1:27:50
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Rodeo Beach Trail Run, 30K, December 22

5	Kennet De Silva	26			2:46:46
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LMJS 4th Sunday 5K, Oakland, December 23

12	Kevin Cuevas	16	2	M <20	24:54
45	Judy Jarosz	67	1	F 60-69	41:19

LMJS 4th Sunday 10K, Oakland, December 23

15	Noe Castanon	37	5	M30-39	46:45
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Santa's Gold Rush 5M, Richmond, December 25

	Gregory Brown				45:14
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Seabreeze Splash and Dash 5M, Berkeley, January 1

7	Amy Sonstein	38	1st female		37:21
	Greg Brown	58			42:08
	Barbara Robben	73			53:24
	Jane Colman	64			57:51

OC Marathon, Irvine, January 6

552	Gregory Brown	58	29	M55-59	4:44:31
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Race for the Grasshopper 5K, Cowpens Battlefield, SC, January 12

218	Dennis Hassler	74	6	M 70+	34:29
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Pacifica Trail Run 9K, January 19

43	Barbara Robben	73			1:22:57
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Pacifica Trail Run 30K, January 19

3	Jason Reed	28			2:41:37
10	Peter Hsia	47			3:01:38
12	Oliver Chan	25			3:03:26

WOMEN 50-59

- 1 Suzana Seban
- 2 Marie Carlotti
- 3 Wendy Newman
- 4 Johanna Merriss
- 5 Evelyn Martinez

MEN 60-64

- 1 George Baptista
- 2 Tom Huster
- 3 Ken Reed
- 4 Jim McBride
- 5 Eric Park

MEN 65-59

- 1 Paul Mosel
- 2 George Sacco
- 3 Jack Bascom
- 4 Jim Kauffold
- 5 Theo Jones

WOMEN 60-69

- 1 Marian Lyons
- 2 Jane Colman
- 3 Dina Kovash
- 4 Elaine Koga
- 5 Kay Teiber

MEN 70-74

- 1 Sam Roake
- 2 Bill Woolf
- 3 Henry Nebeling
- 4 Peter Royce
- 5 Mort Weisberg

MEN 75+

- 1 Bob Theis
- 2 Wally Rapozo

WOMEN 70+

- 1 Barbara Robben
- 2 Peggy Kang
- 3 Liese Rapozo



Age group trophies
Photo by Rick Torreano

GREAT ACHIEVEMENTS IN RUNNING—KEN FONG

Theo Jones

Around 1976 DSE organized a 100-woman one mile relay race, run on the SF State University track at Lake Merced, and set the world record for the event (listed in the Guinness Book of Records) before losing it soon afterwards to another club. So, what do you think: how many shirtless runners could we get at a DSE race? Is there a Guinness Book of Records entry for this? Anyone want to organize it? Call it the “Shirtless in San Francisco” race? We can thank, or blame, **Ken Fong** for starting this...

First, my greatest achievement in running is to be part of this great club. It is often the best part of my week. I love the people, the diverse courses, and the competition. A week doesn't go by that I am not thankful to everyone that makes this club go and to Walt Stack (and buddies) for starting it. I have watched as people like Rick Shea and Kevin Lee devoted a good part of their lives to furthering the club, often to the detriment of their own running, work, and personal lives. It has been a joy to see Popsicle sticks become electronic timers, Walt's estimated distances become G.P.S. measured courses, and insured, permitted events become the norm.

I was born in San Francisco, and grew up in Mill Valley. I attended Tamalpais High School, UC Davis, and UOP Dental School. My wife Diane and I just celebrated our 10th wedding anniversary. One of my favorite movies is *It's a Wonderful Life* with Jimmy Stewart. He realizes by the end of the movie that he has everything: loving family, close friends, loyal colleagues, and financial security. Even though I complain about lack of free time to run and bicycle, it is a joy to go to work daily and I am surrounded at work by some of the most talented and responsible people that I know. Diane works as one of the hygienists, and even my parents come in twice a week to help out.

I joined the cross country running team as a freshman at Tam High in 1976. It was the height of the running boom. There were plenty of role models including Steve Prefontaine, Bill Rodgers, Lasse Viren, and Jim Ryun. There was also this shirtless guy that I would see running across the Golden Gate Bridge when I worked with my dad (also a dentist) on Saturday mornings. I would later find out that his name was Walt Stack. I never thought that I would one day run in his club. I always loved sports, anything with skis, balls, bats, rackets, wheels, anything. Running had become very popular in the 70's and at 5'8" and 130 pounds I figured I at least looked like a runner.

I had an uncle who was a good tennis player who persevered year after year until he was ranked in the top five in the country. He attained this status in his mid-eighties after the scores of players above him either gave up or died. I always found this inspiring. My goals are lower, but I would like to keep running for a long time. Kevin Lee says about me, “You're not a runner, you're a pedestrian.” I think he is exaggerating a little, but I know that I am more consistent than fast.

I am probably best known for my shirtless running. When I joined the club in 1989 there were many shirtless runners (unfortunately all male). I never saw Walt run in a shirt regardless of the weather, and when I tried it, I liked it too. I have modified Walt's routine by starting and finishing with a shirt so as not to offend the ladies. It's like the Bay to Breakers where the people that shouldn't run it naked do. My excuse is that I run shirtless as a tribute to Walt. Unfortunately Walt isn't known in other countries like China where I was reprimanded in Mandarin or in Italy where I got disapproving looks and a few chuckles for running shirtless.

For the future, I am hoping to run long enough to be a member of the “gray tag” club. I expect my challenge will be to get up a little earlier and to finish in time to pass out ribbons. I will try to welcome new members as I was welcomed into the club, remembering how nice it was to be acknowledged. I want to make the time to volunteer more so as to lessen the burden of organizing our events on the usual few. I hope my knees hold up longer than whatever eventually kills me, and to accumulate enough finisher ribbons to fill my casket.

Note from Theo Jones: As mentioned in the November newsletter, next month's article will be the last one I will be submitting. Fortunately Jim Kauffold and Bill Woolf have volunteered to carry on the tradition.



◆◆ Letters ◆◆

READING ASSISTANCE FOR HARRY

Hi Kevin,

Thanks for your willingness to help me stay in touch with the DSE.

By the way, I am still looking for someone who would be willing to read the DSE newsletter onto a cassette tape for me. I will provide the tape and the mailer. Postage sent to and from the blind or visually impaired goes free so there is absolutely no cost involved. I don't need all the race results as I can usually dig them out from our web site.

I am interested however in articles written by our members as well as any article from the club re important matters such as special events.

As always,
Harry Cordellos

FOLDING SESSION REFRESHMENTS

Hi, fellow runners,

My name is James Stratta, longtime runner with the club. I am a little upset at the notice to bring your own drinks, plus snacks, to the folding session. Think about it—the least the club can do, for volunteering one's own time, is to provide food and drink. People are not robots.

James Stratta

(Editor's note: the Folding Session announcement suggests that members bring drinks OR snacks to share with others. After the work is done (and sometimes before) the session becomes a potluck party, with much of the refreshments provided by our generous hosts. To my knowledge, no one attending a folding session has ever complained, nor has anyone willing to work on getting the newsletter out ever been turned away for arriving empty-handed.)

◆◆◆ 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:

Feb 10	Golden Gate Bridge Vista 5M	March 9	St. Patrick's Day 4M
Feb 17	Rainbow Falls 5K	March 23	Easter Roller Coaster 5K
Feb 24	Waterfront 10M/5K	March 30	Embarcadero 10K
March 2	Windmill 10K	April 6	Great Highway 4M

We especially need volunteers at the Waterfront 10M/5K and the Windmill 10K, as both races will feature an aid station and course monitors, in addition to volunteers for registration and finish line.

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.

LEAVING THEIR MARK:

The DSE is losing one of its best runners, and couples, as Mark Janes & Olivia Horgan depart for Portland, OR.

Joseph Connelly

It's said you never forget your first time. Mine was August 7, 2005. I got to raise my hand before the start of the Memorial 4.5M run in Golden Gate Park when the RD asked, "Is anyone running with the DSE for the first time?" Instantly I felt right at home.

Several kilos heavier than I am today, I ran my heart out that morning on an out-and-back course, if memory serves me. I recall being surprised to see a quite fleet-footed young woman sprinting near the front of the pack, long before I approached the turnaround.

Nearly 20 minutes after the first runners finished I finally stumbled home, but not before some young woman decided to pass me at the end, being paced by some very fit looking guy who "brought her on home" ahead of yours truly. By one second. "File this one in the memory bank, Joe," I said to myself. "You'll be able to use it later."

Poetic justice didn't take long to rear its lovely head once I found out who the couple in question was: Mark Janes & Olivia Horgan. When I later learned the secret of checking the races results on the website—a secret I now have since become a part of, for better or worse—I noticed that the gazelle-like woman sprinting near the front of the pack, an unknown named Tori Tyler whom I doubt we have ever heard from again, had nipped Mark by two seconds to finish in second place overall. I bet it was her first time, too.

Fast-forward two-and-a-half years later. The run on January 27, also in GGP, may be Mark and Olivia's last with DSE for a while, as they are headed northward to Portland, OR. Janes decided to leave his Mark at his last race, taking first in the Polo Field 5k while I finished one spot ahead of Olivia, thanks no doubt to Mark being too tired to double back and sprint her in. There is a Darwin after all.

If you'd like to stay in touch with Olivia & Mark you can via email at oliviahorgan@fastmail.fm and markjanes@fastmail.fm. From everyone at DSE, thanks for all you have given to the club and best of luck in your new hometown.

◆◆◆ 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

Sun Feb 3 NO DSE RUN

DSE Volunteers at Kaiser Permanente Half Marathon Aid Station

MEETING PLACE: Kennedy Drive near Chain of Lakes Drive (about mile 6)

REPORTING TIME: 6:30–7:00 AM

Sun Feb 10 Golden Gate Bridge Vista, 5M

START/FINISH: USSSF Monument, Seal Rock & El Camino del Mar NW Parking Lot

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

COURSE DESCRIPTION: Run South along El Camino del Mar, right onto lower Land's End Trail, traverse up spiral staircase, run uphill/downhill along El Camino del Mar; take lower fork at 30th Avenue staying on El Camino del Mar which merges into Lincoln Blvd. Follow guardrail until reaching the apex (level ground); complete a clockwise turnaround loop and return to finish along upper Coastal Trail.

Sun Feb 17 Rainbow Falls 5K

START/FINISH: Transverse and Kennedy Drive in Golden Gate Park

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

COURSE DESCRIPTION: Run east up Kennedy Drive to McLaren Lodge. Turn around at Barricade at Kezar Drive, start back and turn right on East Conservatory Drive. Run up and around East Conservatory Drive then back onto Kennedy Drive and return westbound to finish.

Sun Feb 24* Waterfront 10M & 5K

START/FINISH: Dolphin Club, Jefferson & Hyde Streets

STARTING TIMES: **10M: 8:30 AM, 5K: 8:40 AM.** Walkers are encouraged to start early.

COURSE DESCRIPTION (10M): Run eastbound on Jefferson (against traffic) which turns onto Embarcadero (sidewalk). Run past Willie Mays Plaza (AT&T Park), left onto Third St, cross Lefty O'Doul Bridge, veer left then curve right onto Terry Francois St, left on Illinois St. Turnaround is at 1192 Illinois St (just before 23rd St). Return same way to finish.

ENTRY FEE: \$5.00; Online at www.active.com or Race Day registration.

COURSE DESCRIPTION (5K): Run eastbound on Jefferson (against traffic) which turns onto Embarcadero (sidewalk). Run past Pier 9 entranceway, turn around at black/white vertical post and return same way to finish.

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

Sun Mar 2 Windmill 10K

START/FINISH: Kennedy Drive at Great Hwy (Dutch Windmill) in Golden Gate Park

Benefit for Sri Lanka aid relief. Awards, Aid Station, etc. \$5 entry fee (including members)

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

COURSE DESCRIPTION: Run eastbound up Kennedy Drive to intersection prior to McLaren Lodge (Kezar Drive/Second Barricade). Turn around and return the same way back to finish.

Sun Mar 9* St. Patrick's Day Run, 4M

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

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

NOTE: First day of Daylight Savings Time—Set clocks ahead one hour!

COURSE DESCRIPTION: Run eastbound on Yacht Harbor, turnaround at end of parking lot and return back to start. Then run westbound along Crissy Field/Golden Gate Promenade staying on straightaway path into Fort Point National Historic site. Turn-around at end of parking lot (touch side of building) and return along same route to finish.

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

◆◆◆ 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, February 27, 2008
TIME: 7:00 PM
PLACE: Fred & Yong Haber
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



February overall looks wetter and colder than normal than normal. We'll have a wet start to the first week of the month with rain this weekend and probably for the half marathon on Sunday. Rain will return around mid-week and again around the 10th.

We can then expect few days of dry weather before more rain around the 16th. Another cold storm should move in around the 22nd, followed by dry days until the end of the month.

♦♦♦ Club Officers & Coordinators ♦♦♦



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