

March 2008

Wendy Newman

You may have already begun to see some changes at our races' sign-up table. We've redesigned our waiver forms and tightened up the process a bit to protect the club. Going forward, it will be necessary for all runners and volunteers to sign waivers at each race. And everyone must both print and sign their name after reading the appropriate waiver.

It has been brought to the club's attention that both runners and volunteers are potentially at risk for getting injured and that we must have all participants read and sign a waiver. The requirement to have the participants print their name in addition to signing is probably pretty obvious—some people have some pretty illegible signatures!

We realize this new requirement may be a little more of an inconvenience when signing in to run or volunteer at one of the club's races. We hope you will understand and support our effort to protect the club and continue having it provide a great running environment for many years to come.

Wendy Newman

In order to renew your membership, it is now necessary to fill out a membership/renewal form and send it with your check to our membership coordinator, Richard Finley. This will allow Richard to easily update the club's records. You can find this form on the DSE website or at the race registration table at our weekly races. In the past, just writing a check has been acceptable to renew your membership. It has been brought to our attention by the RRCA that when renewing memberships, the member must submit a renewal form and read and sign the waiver on the form. In the case of a family membership, all adults (18 years and older) must sign the waiver. We've redesigned the form so that doing this will not be difficult. If your contact information remains the same, all you need to do is write your name on the form, indicate that it's a renewal (by checking a box), read, date and sign the waiver and send it with your check to Richard Finley. If you're renewing and your contact information

*continued on page 2*

◆ ◆ ◆ CALVIN CHAN

DSE is pleased to announce that the 2009 RRCA Convention will take place in San Francisco for the first time since 1983. DSE is the largest Bay Area running club and will share the workload with a consortium of other local running clubs.

To prepare for this venture, DSE is sending two representatives to the 2008 RRCA 50th Anniversary Convention in Cincinnati. This will be a great opportunity for them to see firsthand the makings of a successful RRCA Convention, attend the RRCA Club College, and bring back expertise for next year.

We are very happy to kick off the Windmill 10K race series on March 2, to be followed by a second race on July 27. All net proceeds will be donated to the Sri Lankan Runners Fund. Please note that the entry fee will be \$5 for all race participants. For further race information, see race flyer at <http://www.srilankanrunnersfund.com/Windmill%2010k.html>.

DSE races reward the individual runner with fitness and self-worth. On 3/2 the Windmill 10K will focus on contributing to a very worthwhile charity (see above for further information). We will celebrate another ethnic theme, the "Luck of the Irish," with the annual staging of the St. Patrick's Day 4 miler. Please note that St. Patrick's Day weekend is also the start of Daylight Savings Time, so

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has changed, this is a good time to update the club's records.

Membership/renewal forms and pre-addressed envelopes to our membership coordinator will be available at all our races to easily facilitate this process. An alternate way to renew your DSE membership is to do it online. Go to [www.dserunners.com/members.html](http://www.dserunners.com/members.html) and click on the colorful box that says Register online/active.com (sorry, but this option is now only available to individuals). Although there is a \$3 charge to use active.com, the membership fee has been discounted by that amount, making the cost to you the same as if you renewed through the mail.

## NEW DSE WEBMASTER NEEDED

After several years as the DSE Webmaster, Natalie Nissenson will be stepping down from the position as soon as a replacement can be found. Natalie will be receiving her Masters Degree this spring and then beginning full-time employment. DSE thanks her for all of her hard work on improving and maintaining our website over the past 4+ years.

Interested members should contact her for more information at [webmaster@dserunners.com](mailto:webmaster@dserunners.com). We are looking for someone with experience in designing and maintaining websites. The webmaster will need to update information on a regular basis, and the position therefore comes with a small stipend. If you can help, please contact Joel at [joelrizzo@hotmail.com](mailto:joelrizzo@hotmail.com).

## GALA VOLUNTEERS—THANK YOU

Ken Reed

Just like to let all DSEers know that the reason we had much fun, ate very well, saw many race movies and Harry's Dipsea movie, played with rocket balloons and colorful Mardi Gras beads, drank a bit, showed our memorabilia and listened to stories of bygone races, received a glass DSE coffee/beer cup, dressed up and received our justly deserved awards was because of the following Gala Volunteers:

**Gary Brickley, Calvin Chan, Yong Cho Haber, Jerry Flanagan, Vince French, Theo Jones, Adrian Jue, Kevin Lee, Bobby Marty, Wendy Newman, Janet Nissenson, Liese Rapozo, Wallace Rapozo, Ken Reed, Suzana Seban, Lucy Wing, Bill Woolf, William Galvin, Lucy Pon, Richard Pon, Peter Royce, and Fred Haber.**

### THANK YOU!

We had a Gala follow-up meeting last week in order to receive input, both positive and negative, about the Gala. If you would like to contribute your Gala input, please email Ken at [runkenrun@aol.com](mailto:runkenrun@aol.com) and I'll make sure it gets to the 2008 Gala Committee.

FROM THE PRESIDENT'S DESK  
continued from page 1

be sure to set your clocks ahead! There is NO DSE RUN on 3/16. This is a great opportunity to enter "Across the Bay 12K", [www.rhodyco.com](http://www.rhodyco.com). If you attended last year's revised Easter Roller Coaster 5K, you know that everyone walked away wondering whether it was easier to run the very challenging race course or to find the Easter eggs. Please mark your calendar to spend Easter with DSE on 3/23, and don't forget to bring the kids! On 3/30 please join DSE when we embark on another glorious running journey at the Embarcadero 10K.

### OLYMPIC TORCH BEARER

On April 9, San Francisco will play host to the Olympic Torch, the only North American city to do so. The city has had an essay contest to pick the lucky torchbearer. The contest deadline has passed, but if you are interested in volunteering to support the efforts of the Olympic Torch Relay in San Francisco, you can apply at [www.sustainablejourney.org/asj\\_volunteerform.html](http://www.sustainablejourney.org/asj_volunteerform.html).

### VOLUNTEERING

I just would like to remind everyone how important is to be volunteering, not only for DSE but for your community—and not only will you be rewarded with good karma, you might even get an excellent review from your employer. I want others to enjoy this as much as I do and, by extending this to the new members, I believe it will help us to a bright future in DSE. I believe we can do a lot more to build on Walt Stack's visionary legacy. He would be very proud of us.

## ◆◆◆◆◆ 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](mailto: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.

## ◆◆◆◆◆ How to contact the DSE ◆◆◆◆◆

### Mail

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

### Telephone

Hotline: 415-978-0837

### Website/Membership Application:

[www.dserunners.com](http://www.dserunners.com)

WEBMASTER: Natalie Nissenson  
[webmaster@dserunners.com](mailto:webmaster@dserunners.com)  
ASSISTANT: Stephen Boesch

# GREAT ACHIEVEMENTS IN RUNNING

Theo Jones

*Many writers in this series have commented on the pleasure they get from our Sunday morning races. For a few at the front the challenge comes from trying to win outright and for them the satisfaction lasts longer than the pain. Most others will not be at the front but yet are competing just as vigorously with the clock or with their own weekly rivals. For yet others the pleasure is in a relaxed morning run with friends and the opportunity to enjoy the sights and sounds of a different park or neighborhood. For Bob Morris Sundays provide the latter—except sometimes when Ken Reed is around! He writes...*

My first experience running was inauspicious to say the least. It was in high school gym class. I had never run for distance in my life, and I was required to run twice around the football field. It was pure hell. Out of my gym class of 50 or so males, I was dead last (almost literally). I remember the gym teacher taunting the last in the group with “Here come the smokers!” I had never smoked in my life, so it was doubly insulting.

You would think that after this experience I would hate the idea of running. But a few years later a friend of mine in college succeeded in making me appreciate its significant benefits to the body and spirit. We would jog around Lake Nokomis, a lake close to my childhood home in Minneapolis, about a three mile course. Much later when

I moved to Florida I ran with a running club, and started to experiment with longer distances, including half marathons. At first, the idea of a full marathon was tempting, but I felt it was out of reach. I had to be content to feel the vicarious pleasure of watching Lina cross the finish line in her marathons.

I never officially joined the running club in Florida because this club had a competitive edge that was incompatible with my goals. I run for the exercise, and because running outdoors clears my mind of the tensions of

the world. I have virtually no desire for competition in running (although if Ken Reed is in striking distance towards the end of a race, I have been known to shift to attack mode). So when I moved to SF in 1999 and saw the DSE’s motto, I knew this was the club for me. The balance of competitiveness and fun in the DSE is in perfect harmony with my goals. The DSE is also a great introduction to the diversity of the SF community, and the different courses provide an exposure to neighborhoods I might otherwise not have appreciated. The DSE is also a sort of yellow pages of services: I found my dentist, a painter, and a contractor through the DSE. The Sunday breakfast sessions after races have become a staple of my social diet, and I have established a number of satisfying friendships with interesting people.

Although I have never been a fast runner, I’ve been inspired since joining the DSE to run marathons. The highlight of my marathon career was perhaps running the Twin Cities marathon a few years ago. It was definitely a homecoming for me because part of the course skirted the same lake that I ran around when I was being introduced to running, just a block from my childhood home. I’d like to run a marathon again in the future, but even if I don’t, I look forward to many more years of Sunday runs.



*Note: I want to thank sincerely all those who contributed articles over the last 21 months and Paul Mosel for providing most of the photographs. Jim Kauffold and Bill Woolf will be taking over this feature and I’m sure they would appreciate your support.*

## MY FIRST HALF MARATHON

Suzana Seban

It was great! My first 1/2 Marathon! Ran the whole way, got soaked, and finished right on my “target time” of 2:10! And I have you, DSE members, to thank for it! I couldn’t have even considered running a 1/2 Marathon before joining the club and getting such amazing support from everyone:

Fred and Yong and the gang of Saturday “water fountain” runners, everyone who participates at Sunday races, as well as the officers/coordinators who make it all happen, and even the Woodside runners (especially Jim and Ken) who encourage me to keep running miles and miles, up and down those hills. And, of course, my coach, Wendy, who helped me prepare by running long distances with me for six weeks, and Bill who gave me a “free race” coupon. Thank you all!

On the day of the race, I saw about two dozen DSEers—the water stop, directing traffic and people along the course, and even cleaning up at the finish. That was very encouraging! And what made the race even more fun was seeing the many DSE runners along the course—some going

back while I was running down (on Great Highway), and others going south, while I was coming back north. It helped a lot! And, around mile 10 of the race, I had a “sign from above”: right after the turnaround at the south end of the Great Highway, I saw a beautiful “split” rainbow over the coast and the ocean. That put a smile on my face, and made my legs move faster towards the finish. It was a wonderful (and very wet) day, and I thank you, everyone!



After the race was over...

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

**January 27, 2008**

**Sawyer Camp Trail 5K**

Corrected results for the Sawyer Camp Trail 5K on January 20 have been posted on the DSE website.

Race tabulator Joe Connelly reports: "You haven't lived until you watch 30+ minutes of DSEers stumbling into the chute. A special nod to Cathie and Uwe Schling for filming the results. Yes, many of our races are now being captured on videotape, so be careful what you say when you cross the finish line."

**January 27, 2008**

**Polo Field 5K**

**Race Director:** Eduardo Vazquez

**Volunteers:** Adrian Jue, Hilary Fong, Bobby Marty, Jesse Agbayani, Calvin Chan, Joseph Connelly, Kevin Lee, George Baptista, Richard Hannon, George Sacco, Uwe Schling, Diane Okubo-Fong



**Race Director Eduardo Vazquez**  
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PL	NAME	AGE	TIME		
1	Mark Janes	32	17:50	60	Suzana Seban 54 28:31
2	Steve Holcombe	24	18:10	61	Michelle Cox 33 28:56
3	Adam Henry	22	18:23	62	Sam Roake 71 29:17
4	Adam Lucas		18:27	63	Jack Bascom 66 29:26
5	Jorge Rivera	27	18:40	64	Jeanine Mills 34 29:42
6	Jerry Flanagan	42	18:47	65	Susan Haines 39 29:45
7	Milan Drager	32	19:17	66	Hashim Bashiruddin 51 30:37
8	Jeremy Calnan	48	20:12	67	Ray Demes 36 30:37
9	Emily Enstice ①	29	20:30	68	Laura Unger 29 30:47
10	Andrew Freid	40	20:56	69	Nina Kaiser 28 31:16
11	Candes Gentry ②	30	21:06	70	Stephanie James 38 31:25
12	Michael Gulli	48	21:12	71	Paul Griffith 46 31:45
13	Luis Vargas	50	21:14	72	Jim Kauffold 70 31:47
14	Rick Torreano	58	21:18	73	Jeff Houston 49 31:52
15	Frank Shum		21:43	74	Bill Woolf 72 31:55
16	Noe Castanon	37	21:54	75	Mike Dudley 46 32:25
17	Natalee Fisher ③	17	21:56	76	Rafael Aguilar 16 32:48
18	Ray Fisher	57	21:58	77	Miguel Angel 22 33:00
19	Patrick Lee	60	21:59	78	Yong Haber 50 33:19
20	Joel Rizzo	42	22:16	79	Fred Haber 48 33:20
21	Amy Sonstein ④	38	22:19	80	Tim Keane 25 33:23
22	Kelly Emo ⑤	43	22:44	81	Brenda Martin 24 33:24
23	Daryl Luppino	48	22:45	82	Michelle Moalem 39 34:11
24	King Wayman	58	22:49	83	Susan Lorken 35 35:03
25	Marie Carlotti	51	23:01	84	Cindy Toler 46 35:06
26	Gordon Schatz	55	23:35	85	Jane Colman 64 39:31
27	Sergio Sanchez		23:37	86	Cesar Aquilar 13 40:55
28	Lazaro Sanchez		23:44	87	Vicki Strickland 45 41:18
29	Lucas Bennecker		23:46	88	Jessica Crawley 24 44:25
30	Hank Pellissier	55	23:53	89	Brie Reyburn 68 44:40
31	NO NAME		23:57	90	Elaine Hutsinpillar 46:45
32	Steven Pitsenbarger	39	24:05		
33	William Galvin	37	24:07		
34	Keith Johnson	69	24:14		
35	Eric Park	62	24:19		
36	Tom Huster	64	24:50		
37	Bill Murphy	57	24:51		
38	Gregory Brown	58	25:01		
39	Stephanie Soler	33	25:03		
40	Gary Brickley	55	25:04		
41	Kathleen Lail	39	25:06		
42	Veronica Vaskinn	25	25:08		
43	Steve Nissenson	59	25:10		
44	Paul Mosel	66	25:30		
45	Kenneth Fong	46	25:31		
46	David Lakin	46	25:51		
47	Neal Ashton	51	26:22		
48	Janet Nissenson	48	26:34		
49	Lina Khatib		26:52		
50	David Floersch	67	27:05		
51	Russell Breslauer	62	27:07		
52	Wendy Newman	57	27:10		
53	Greg Jackson	37	27:11		
54	Theo Jones	69	27:19		
55	Joseph Connelly	46	27:24		
56	Olivia Horgan	34	27:48		
57	Bob Morris		27:57		
58	Robert Archibald	50	28:11		
59	Ken Reed	62	28:18		



**Racing along the alternative course**  
Photo by Don Watson

**SELF-TIMERS**

Barbara Robben	73	
Bob Theis	79	
Dennis Hassler	74	46:10
Don Watson	78	
George Sacco	70	
Jane Lee	57	
Jesse Agbayani	56	
John Lang	68	
Karen Pinckard	48	
Kim Chee Kim	2	
Richard Finley	59	
Richard Hannon	72	
Sunhi Kim	49	
Tony Stratta	77	80:00

**February 10, 2008**

**Golden Gate Vista 10K**

**Race Director: George Sacco**

**Volunteers: Calvin Chan, Joel Rizzo, Don Watson, Joseph Connelly, Henry Nebeling, Kevin Lee, Hilary Fong, Noe Castanon, Jack Bascom, Phyllis Nabhan, Jeanie Jones, Theo Jones, Jerry Flanagan, Uwe Schling, Bobby Marty**



**Race Director George Sacco**

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PL	NAME	AGE	TIME
1	Jason Reed	29	39:41
2	Eduardo Vazquez	35	40:49
3	Jorge Rivera	27	41:46
4	Daniel Sanchez	24	42:22
5	John Woods	43	42:38
6	Milan Drager	32	43:00
7	Kennet De Silva	26	43:25
8	B. J. Ricketts	32	44:15
9	Ky Faubion	22	44:59
10	Mark Peters	32	45:06
11	Stephen Luycky	44	45:55
12	Sloane Cook	18	46:32
13	David Altena	46	46:45
14	Luis Vargas	50	47:18
15	Matthew Fabry	35	47:59
16	Andrew Freid	40	48:26
17	Steven Wittrock	37	48:34
18	Cognasse Yuan	36	48:40
19	Sarah Rice ①	34	48:52
20	Rick Torreano	58	48:55
21	Steven Stephens	64	49:11
22	Steven Pitsenbarger	39	49:46
23	Amy Sonstein ②	38	49:57
24	George Ambus	40	50:23
25	Jim Buck	65	50:51
26	Louise Stephens ③	42	51:41
27	Roger Garcia	51	51:47
28	Marie Carlotti ④	51	52:19
29	Gordon Schatz	55	52:35
30	Lindsay Dow	50	53:04
31	Patrick Lee	60	53:08
32	George Baptista	65	53:37

33	Leila Adell ⑤	21	54:05
34	Jean-Paul Ghen	xx	54:09
35	Don Daniel	38	54:30
36	Jeff Bertholet	48	54:56
37	Paul Mosel	66	55:23
38	Kenneth Fong	46	55:24
39	Paul Wehrley	32	55:44
40	Kathleen Lail	39	57:13
41	Eric Park	62	57:26
42	J. Sairamesh	40	58:03
43	Theo Jones	69	58:17
44	Ellen Smith	26	58:19
45	Christine Arnold	37	58:20
46	Wotciechowski	39	59:04
47	Lina Khatib		59:12
48	Chris Long	37	59:21
49	Shilpa Chen	28	60:10
50	Janet Nissenson	48	60:32
51	Steve Nissenson	59	60:32
52	Brian Harris	55	61:03
53	Colette Hill	27	61:08
54	Joseph Connelly	46	62:04
55	Ken Reed	62	62:11
56	Sean Simmons	25	62:25
57	Joe Simmons	55	62:26
58	Juliette Johnson	38	62:31
59	Barbara Allen	29	62:39
60	Belinda Johnson	46	63:18
61	Adrian Johnson		63:19
62	Sam Roake	71	64:07
63	Jesse DeClercq	36	64:21
64	Emily Scheitrum	24	64:23
65	Wendy Newman	57	65:48
66	Neal Ashton	51	66:06
67	Bob Morris		66:31
68	John VanDyk	37	66:37
69	Garry Schultz	50	68:06
70	R. Archibald	50	69:48
71	Sharon Koshy	21	69:57
72	Jim Kauffold	70	70:08
73	Bill Woolf	72	70:15
74	William Bernick	18	70:41



**Patrick Lee heading up the last big hill**

Photo by Don Watson

75	Jeff Houston	49	71:14
76	Alice Miller		71:38
77	Jackie McEwen	30	71:51
78	Lyle Drew		72:51
79	Jessica DeClercq	29	74:13
80	Hashim Bashiruddin	51	79:27
81	Jane Colman	64	82:07
82	Lucy Pon	55	82:09
83	Madeleine Greene	25	82:50
84	Kristina Palmieri	24	82:52
85	John Busillo	50	87:20
86	Matt Hoehne	28	87:22
87	Elaine Koga Kennelly	66	95:55
88	Paul Kennelly	62	95:56
89	Dennis Hassler	74	96:22

**SELF-TIMERS**

Don Watson	78
Jesse Agbayani	56
Kim Chee Kim	3
Marie Appel	43
Roxanne Pezzy	
Richard Hannon	72
Robert Brizuela	68
Sunhi Kim	49
Yong Haber	50

**February 17, 2008**

**Rainbow Falls 5K**

**Race Director: Kevin Lee**

**Volunteers: George Sacco, Peggy Kang, Jeremy Calnan, Phyllis Nabhan, Calvin Chan, Fred Haber, Carmen Tran, Robert Brizuela, Jesse Agbayani, Doug Oizvasku, Marie Appel**



**Race Director Kevin Lee**

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PL	NAME	AGE	TIME
1	Jason Reed	29	17:21
2	Adam Henry	22	17:57
3	Jorge Rivera	27	17:58
4	Jerry Flanagan	42	18:31
5	John Woods	43	18:37
6	Samuel Harvell	45	18:58
7	Sloane Cook	18	19:11
8	Kenley Gaffke	29	19:14

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**RAINBOW FALLS 5K**  
continued from page 5

9	Roy Clarke	52	19:23
10	Lessley Anderson ❶	34	19:35
11	Felix Do	18	19:36
12	Noe Castanon	37	20:04
13	Luis Vargas	50	20:23
14	Robert D. Britain	50	20:27
15	Matthew Fabry	35	20:49
16	Frank Shum		20:51
17	Will Colglazier	27	20:54
18	Nancy J. Morales ❷	43	20:57
19	Sunil Parekh	21	21:11
20	George Rehmet	41	21:12
21	Rick Torreano	58	21:13
22	Daryl Luppino	48	21:18
23	Ben Martin	20	21:30
24	Joe Wehrheim	36	21:35
25	Patrick Lee	60	21:38
26	Steven Pitsenbarger	39	21:46
27	Andres Stinchfield	30	21:51
28	Michael Sweet	38	21:59
29	Joel Rizzo	42	22:06



**Our new President leads a pack  
at the turnaround**

Photo by Don Watson

30	Craig Edwards	62	22:15
31	Kelly Emo ❸	43	22:21
32	Michael Holderreed	25	22:23
33	Marie Carlotti ❹	51	22:30
34	Karl Olson	55	22:32
35	Uwe Schling	37	22:38
36	No Name		22:44
37	George Baptista	65	22:48
38	No Name		22:49
39	Alfred Hu	47	23:03
40	Kenneth Fong	46	23:04
41	Keith O. Johnson	69	23:12
42	Steve Kim	25	23:17
43	Joe Law	29	23:19
44	Joe Czech	54	23:26
45	Stephanie Soler ❺	33	23:30
46	Yuliya Oryol	37	23:44
47	Caius Van Nouhuys	39	23:45
48	Susan Beville	24	23:47
49	Karen Azevedo	44	23:48

50	Larry Wuerstle	51	23:56
51	Daz Lamparas	55	23:58
52	Gary Brickley	55	24:00
53	Ed Kinchley	58	24:05
54	Paul Mosel	66	24:11
55	Jose H. Ruiz	52	24:25
56	Eric Park	62	24:32
57	Brian Harris	55	24:44
58	Steve Nissenson	59	24:51
59	Neal Ashton	51	24:54
60	Kevin Cuevas	17	24:56
61	Jim McBride	65	24:56
62	Tracy Fulton	34	25:19
63	Phil Melman	47	25:31
64	Tom Huster	64	25:40
65	Janet Nissenson	48	25:51
66	Lisa Griffin	43	25:53
67	Wendy Newman	57	26:12
68	Alicia Calonico	38	26:27
69	Gregory Brown		26:33
70	Russell Breslauer	62	26:40
71	Ken Reed	62	26:41
72	Jen Melman	36	26:55
73	Sandra Sigurdson	51	27:03
74	James Perez	60	27:07
75	Peggy Kang	72	27:10
76	Mary Rose Fabi	34	27:15
77	Robert Archibald	50	27:31
78	Nina Kaiser	28	27:34
79	Suzana Seban	54	27:48
80	Ruth Conza	38	27:53
81	Jenn Hanby	27	27:54
82	Justin Heilenbach	31	28:09
83	Robin Jackson	50	28:11
84	Brian Tucker	32	28:12
85	Thomas Smiley	51	28:13
86	Lina Khatib		28:21
87	Joe Fitzgerald	30	28:39
88	Jim Kauffold	70	29:08
89	Susan Haines	39	29:14
90	Jim Gallagher	72	29:18
91	Linda Forster	44	29:39
92	Amy Ellingson	44	29:51
93	Erick Shackelford	58	30:03
94	Robert Miller	66	30:15
95	Lucy Conroy	44	30:51
96	Irma Rios	67	30:52
97	Ray Petrini	42	30:55
98	Bill Woolf	72	30:58
99	Henry Nebeling	75	30:59
100	Christin Rice	32	31:12
101	Debra Schmitt	42	31:31
102	Rebecca Crabb	29	31:56
103	Roberto Soulé	38	32:00
104	Karen Soulé	34	32:08
105	Katrina Garcia	27	32:09
106	Maddie Wolf	14	32:17
107	Willa McCormack	14	32:18
108	Hollie Wallenfels	14	32:20
109	Nadine Levin	14	32:21

110	Lindsay Thimmig	15	32:22
111	Miguel Angel	22	32:24
112	Courtney Radonich	26	32:27
113	Brie Reybine		32:27
114	Kristina Palmieri	24	32:29
115	Jane Colman	64	32:51
116	Dina Falk	45	32:55
117	Elliott Hoff	39	32:57
118	Jack Olson	11	33:06
119	Lucy Pon	55	34:25
120	Paul Kennelly	62	35:58
121	Elaine Koga Kennelly	66	35:59
122	Lizzie West	15	36:04
123	Kelsey Falk	14	36:05
124	Reneé Williams	47	36:06
125	Elaine Hutsinpillar	63	37:29
126	Archana Goyal		38:10
127	Margo Banowicz	49	40:29
128	Judith Jarosz	68	40:31
129	Mike Hung	57	40:39
130	Shannon Luppino	11	44:11
131	Alia Hicks	12	45:02
132	Katie Watson	27	45:24
133	Hashim Bashiruddin	51	47:06

**SELF-TIMERS**

Bob Theis	79
Jesse Agbayani	
Liese Rapozo	80
Wally Rapozo	79
George Sacco	70
Sunhi Kim	49
Kim Chee	3
Robert Brizuela	68
Richard Hannon	72
Carolyn Clark	
Tony Stratta	77
Gary Davis	55
Yong Haber	50
Don Watson	78
Jim Pommier	75
Jane Lee	57
Keshav Goyal	1:05
Meera Goyal	1:05

**CLASSIC STU-PEDS**  
by Stu Ruth



"I THINK I'M MISSING AN ORTHOTIC"

# 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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## Arizona Rock 'n' Roll Marathon, Phoenix, January 13

1977	Edward Celestina	57	64	M55-59	3:59:43
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## 2008 TCRS #1, Tennessee Valley, 3.78M, January 20

### Women

10	Amy Sonstein				26:36
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### Men

48	Russ Kiernan				27:30
75	Julius Schillinger				29:37
102	Jeff Houston				39:15
105	Dennis Hassler				45:10

## LMJS 4th Sunday 15K, January 27

3	Geroge Rehmet	41	2	M40-49	64:35
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## Jed Smith Ultra Classic 50K, February 2, Sacramento

4	Jason Reed	29	1	M 1-29	3:39:35
7	Chikara Omine	25	2	M 1-29	3:54:20
9	Eduardo Vazquez	35	5	M30-39	3:57:22
12	Oliver Chan	26	3	M 1-29	4:08:17

## Trinidad Clam Beach Run, 8.75M, Trinidad, CA, February 2

120	Marie-Pierre Carlotti	51	2	F 50-54	1:13:32
155	Faustine Dufka	17	1	F 15-18	1:19:04
172	Mort Weisberg	71	2	M70-74	1:21:12
196	Wendy Newman	57	2	F 55-59	1:24:25
208	Sam Roake	71	3	M70-74	1:25:56
246	Jack Bascom	66	4	M65-69	1:33:51
248	William Woolf	72	4	M70-74	1:34:42
257	Brierly Reybaine	68	3	F 65-69	1:40:20
297	Jim Pommier	75	1	M75-79	2:27:53
305	Liese Rapozo	80	1	F 80+	2:48:42
307	Wallace Rapozo	79	2	M75-79	2:59:01

## Kaiser Permanente San Francisco Half Marathon, February 3

8	Nathan Yanko	26	3	M25-29	1:14:26
57	Mark Janes	32	14	M30-34	1:22:11
87	Jerry Flanagan	42	8	M40-45	1:24:33
119	Peter Hsia	47	10	M45-49	1:26:40
126	Kennet De Silva	26	26	M25-29	1:26:56
153	George Rehmet	41	23	M40-44	1:28:20
267	Jeremy Calnan	48	21	M45-49	1:32:06
265	Ian Reid	64	4	M60-64	1:32:02
300	Oliver Chan	25	49	M25-29	1:32:59
307	Adrian Jue	26	50	M25-29	1:33:14
343	Jakob Gron	36	57	M35-39	1:34:12
470	David Altena	46	39	M45-49	1:36:56
418	Jeff Landry	36	67	M35-39	1:35:59
533	Candes Gentry	30	30	F 30-34	1:38:19
700	Bob Bowman	53	34	M50-54	1:41:35
830	Theodore Jones	69	1	M65-69	1:43:46
839	Louise Stephens	42	35	F 40-44	1:43:53
878	Allison Groves	44	38	F 40-44	1:44:33
904	Amy Sonstein	38	30	F 35-39	1:45:17
955	Naomi Stanford	57	3	F 55-59	1:46:14

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# TREK TO TRINIDAD

Brierly Reybaine

Once again, and for some the 22nd time, a small group of DSE runners journeyed 300 miles north for the Trinidad to Clam Beach Run. We ranged in age from seventeen to eighty, half of whom were seventy plus. Liese Rapozo, 80, placed first in her age category. Her husband, Wally, 79, placed second in his age group behind Jim Pommier, 75, who took first. In the 70-74 division Sam Roake, 71, came in third behind Mort Weisberg, 71, who was second. I was third in my age group, 65-69. Wendy Newman earned a second in the 55-59 division. Marie-Pierre Carlotti took second in the 50-54 division, and her daughter, Faustine Dufka, 17, placed first in hers.

The race was no slam dunk, but we all dunked at least up to our waists in Little River, holding the rope with two hands, as instructed, lest the current sweep us out to sea. Bill Woolf briefly dared "no hands" in order to pass a slower competitor but almost "headed for Japan." When Wally and Liese arrived at Little River, they had to wait fifteen minutes to cross as by then the race officials were allowing only three at a time on the rope. Runners were offered a bus ride in lieu of the river crossing, but Jim, Liese, and Wally did not wimp out. I heard that at some point the Coast Guard forbade any further crossings. Needless to say, hardly anyone lingered at the finish line for the bonfire, drinks, or Humboldt State Band. (Mort says the band did keep with tradition and marched into the ocean.) Most of us headed straight for our dry clothes in the cars we'd left there earlier.

First out of the parking lot for hot showers and the awards were Wendy, Bill, Marie-Pierre and Faustine. The second wave was Jack Bascom, Sam, Mort, and his grandson, Michael Johnson. Meanwhile Doerte Murray, Neil Mahoney, and I enjoyed champagne and heat in her car while waiting for Jim, Liese, and Wally. When Jim arrived, Doerte sped him to a hot shower and the awards ceremony, but she came back to the finish to be sure Liese and Wally had arrived safely. They had and were attending a

continued on page 8

**TREK TO TRINIDAD***continued from page 7*

champagne and heat party in my car. We opted for the hot shower first and missed the awards, but it didn't matter as there were still no results for the runners in the 75-79 or 80+ divisions.

All but two of us had braved the rain and raced on Saturday, but with forecasts of continued rain we lost our enthusiasm for the traditional 7:00 AM College Cove run and the 8:00 AM hike around Big Head the next morning. Still, eight of us enjoyed a great Sunday with breakfast at the Samoa Cookhouse, Neil Mahoney's special weekend awards, a stroll through Ferndale and beer at the Mendocino Brewery in Hopland before the final leg home.

Over the weekend some of us announced that this would be our last trip. Liese said that she and Wally thought this would be their grand finale, but her subsequent email also said that she'd "pack more warm clothes next year." Doerte Murray has the best idea: "Next year will be our last trip." Mark your calendar for the Mahoney Trinidad to Clam Beach Run XXIII.

Note: Waterfront 10M and 5K results will appear in the April DSE News.



Wendy Newman and Bill Woolf spent last autumn, as they often do, in the south of France. While there, they ran with their French running club, Spiridon.

In this photo, they had just finished a 10K race in the town of Grasse, north of Cannes. The two Kenyans holding trophies were happy to pose with them.

**DSE AT THE RACES***continued from page 7*

1059	Fiona McCusker	43	47	F 40-44	1:48:07
1070	Joel Rizzo	42	139	M40-44	1:48:19
1168	Leland Faust	61	11	M60-64	1:49:47
1273	Richard Nippes	59	20	M55-59	1:51:06
1304	Lucille Wing	51	9	F 50-54	1:51:24
1406	George Baptista	65	3	M65-69	1:52:43
1428	Gregory Brown	58	23	M55-59	1:52:58
1495	Uwe Shling	37	202	M35-39	1:53:44
1778	Mark Kelley	51	86	M50-54	1:57:44
1841	Marian Lyons	60	1	F 60-64	1:58:27
2153	Jeffrey St. Claire	42	245	M40-44	2:02:37
2398	Gary Brickley	55	53	M50-54	2:05:46
2694	Michael Sovik	42	277	M40-44	2:09:56
2715	Suzana Seban	54	39	F 50-54	2:10:10
2850	Kenneth Fong	45	195	M45-49	2:12:11
2966	Amy Qu	39	197	F 35-39	2:13:16
3038	Peter Royce	73	4	M70-74	2:14:48
3365	Susan Herder	51	58	F 50-54	2:20:04
3406	Lan Nguyen	29	500	F 25-29	2:21:04
3454	Stephanie Soler	33	297	F 30-34	2:21:52
3730	Robert Morris	55	88	M55-59	2:27:11
3733	Joseph Connelly	46	221	M45-49	2:27:14
4011	Gary Aguiar	52	173	M50-55	2:35:25
4136	Kay Teiber	68	4	F 65-69	2:40:38
4210	Patricia Baker	47	173	F 45-49	2:43:27
4238	Lisa St. Claire	41	285	F 40-44	2:44:54
4303	Evelyn Martinez	60	15	F 60-64	2:47:59
4457	Mercedes Acosta	64	21	F 60-64	2:58:14
4584	Elaine Koga Kennelly	65	5	F 65-69	3:13:32
4585	Paul Kennelly	62	57	M60-64	3:14:38

**Kaiser Permanente 5K, February 3**

7	Milan Drager	32	3	M19-39	19:26
72	Julius Schillinger	72	2	M60-99	25:02
96	Paul Mosel	66	3	M60-99	26:22
108	Judith Waitz	48	6	F 40-59	26:45
146	Lisa Griffin	43	9	F 40-59	27:51
175	Peggy Kang	72	1	F 60-99	28:34
613	Barbara Robben	73	7	F 60-99	25:22
620	Jeffry Darrow	58	76	M40-59	35:27
762	Carol Epstein	54	81	F 40-59	37:20
1149	Virginia Cuadra	42	155	F 40-59	45:42
1283	Hashim Bashiruddin	51	130	M40-59	51:47
1684	Marcie Daniel	37	643	F 19-39	1:07:26

**Davis Stampede Half Marathon, February 3**

200	Edward Celestina	57	6	M55-59	1:50:33
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**Tom Caruso 5K, February 10**

67	Tom Huster				24:47
195	Barbara Robben				46:48

**Sequoia Trail Run, 30K, Oakland, February 16**

2	Jason Reed	29	1	M 1-29	2:32:35
22	Peter Hsia	47	6	M40-49	3:02:35

**USA Cross Country Championships, San Diego, February 16****Open Women's 8K**

81	Amy Sonstein	38			39:33
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*continued on page 9*



**Chinese New Year 5K, February 17****Men**

97	Wayne Plymale	56	26:34
104	Peter Hsia	47	27:05
341	Stu Etzler	61	59:18

**Women**

25	Denise Leo	32	25:51
51	Juliann Sum	52	27:26
391	Anne Single	46	50:02
392	Barbara Robben	73	50:03
460	Norma Etzler	59	59:02

**Chinese New Year 10K, February 17****Men**

94	Richard Nippes	59	53:02
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**Women**

29	Lucille Wing	51	53:59
34	Marian Lyons	60	54:33
103	Lucy Wong	45	1:04:09
?153	Joanne Desmond	40	1:34:14

**President's Day 5K/10K, San Mateo, February 19****5K**

9	Amy Sonstein	38	1st woman	23:35
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**10K**

	Neal Ashton	51	54:07
	Greg Brown	48	47:40

**Kids' Run**

Hettie Hsia  
Lena Hsia

## RACE DIRECTORS NEEDED

*Janet Nissenson*

Many thanks to our club officers, Operations Committee members, and additional DSE members for volunteering to serve as 2008 Race Directors. Several races have not yet been assigned, and Race Directors are needed. Prior experience as a Race Director and familiarity with all race day jobs—registration, race announcement, finish line, awards presentation, etc.—is required. All Race Directors get credited with two volunteer points per event, so one race would fulfill the small Mongo trophy requirement, and two races the large trophy requirement.

If you can volunteer as Race Director at any of the following races, please contact Janet at [jlnissenson@aol.com](mailto:jlnissenson@aol.com) or Kevin at [dse.pekingduck@juno.com](mailto:dse.pekingduck@juno.com). Thank you for your support.

July 6	Single/Double Lake Merced
August 10	Daly City Scenic 6.8M/5K
August 17	Golden Gate Park Cross Country 5K
October 12	Golden Gate Park 10K
October 19	Ballpark 5K
November 2	Sawyer Camp 5K/10K
November 9	Embarcadero 10K
December 28	Mission Rock 5K

## 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 to 9:00 AM (these volunteers would therefore have the opportunity to also run the race), and three volunteers to assist with finish line timing/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/events at which we need a full slate of volunteers:

March 2	Windmill 10K
March 9	St. Patrick's Day 4M
March 23	Easter Roller Coaster 5K
March 30	Embarcadero 10K
April 6	Great Highway 4M
April 13	Golden Gate Park 10K
April 20	Marina Green 5K
April 27	Rockaway Beach 5K

We especially need volunteers at the Windmill 10K, as the race 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 a minimum of two races each year to receive a small trophy, and four races to receive a large trophy at the year-end Gala. If you can assist at any of the races/events listed above, please contact Kevin at [dse.pekingduck@juno.com](mailto: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.

# ◆◆◆ 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](http://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 (under 12) pay \$1. All others pay at the adult rate.
- 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.

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

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## **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 before 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.**

## **Sun Mar 16 NO DSE RUN**

Opportunity to run Emerald Across The Bay 12K, [www.rhodyco.com](http://www.rhodyco.com)

## **Sun Mar 23 Easter Roller Coaster 5K**

**START/FINISH:** West end of Mountain Lake Park (12th Ave & Lake)

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

**COURSE DESCRIPTION:** Run eastbound on running path. At fork in road take dirt trail uphill on West Pacific Ave. Turn right on Presidio Ave, turn around at gate entrance (Pacific Street) and return along same route to finish.

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

## **Sun Mar 30 Embarcadero 10K**

**START/FINISH:** Dolphin Club, Jefferson & Hyde Streets

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

**COURSE DESCRIPTION:** Run eastbound on Jefferson (against traffic) which turns onto the Embarcadero (sidewalk). Run to the south end of mini-park beyond Townsend Street (before AT&T Park). Turn around at mini-park entrance and return the same way to finish.

## **Sun Apr 6 Great Highway Run, 4 miles**

**START/FINISH:** Lincoln Way & Lower Great Highway grass path

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

**COURSE DESCRIPTION:** Run left on Lincoln Way, left onto Great Highway pedestrian path and run south to Sloat Blvd. Counterclockwise turnaround at Sloat Blvd and return northbound to Lincoln Way finish.

# ◆◆◆ 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](mailto:webbsight@earthlink.net) or Ken Reed at 415-586-3104 or [RunKenRun@aol.com](mailto: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 a free subscription to the online publication *Footnotes*.

**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.** Membership/Renewal Applications are available on the DSE website, [www.dserunners.com/members.html](http://www.dserunners.com/members.html). From there you can click on the "membership application" link to download the form or on "register online" to join/renew online at [www.active.com](http://www.active.com). If you choose to join/renew by mail, please send a check or money order made payable to DSE and a signed membership/renewal form to our Membership Coordinator, Richard Finley. Renewal dues are due by the date shown on the mailing label of your DSE Newsletter (if you receive one by mail) or by the reminder date provided by e-mail from Richard (if you receive an e-Newsletter).

Questions should be directed to **Richard Finley** at [nishikifinley@sbcglobal.net](mailto:nishikifinley@sbcglobal.net) or **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, March 26, 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](mailto:janecol@earthlink.net).

## Weather ♦ ♦ ♦ ♦ ♦ ♦ Report ♦ ♦ ♦

Meteorologist Mike Pechner



We will see a transition from winter to spring this month with dry and mild weather for the first week or 10 days, including the Napa Valley Marathon day.

In fact, no significant rain is expected through mid-month. All of the rain in March will be during the last half of the month, with several days of rain in the third week and again in the final week of the month, with stormy weather—March will go out like a lion!

## ♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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ANGELICUS  
Walt Stack

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Wendy Newman [wsn99@aol.com](mailto:wsn99@aol.com)



# Happy Birthday! ◆◆◆◆◆◆◆◆

1 Richard Nippes  
Leo Rosales  
Jim Stratta  
2 John Weidinger  
8 Kathryn vonBlankenburg  
9 James Alfieri  
10 Diego McManus  
11 Michael Gama  
15 Lourdes Gregson  
Monica Othon  
16 Steven Kalos  
James O'Donnell  
17 Markham Miller

19 Mark Ashton  
Mark Olson  
21 Andrew Freid  
Debbie McDonald  
Leslie Okamoto  
23 Heather Johnson  
24 Ed Kinchley  
25 Gloria Roman  
27 Marian Lyons  
29 Keith Johnson  
Alex Nissenson  
30 Carole Mawson  
31 Michael Lavelle

## New Members

**CAMPBELL**  
Kelly Emo

**DALY CITY**  
Markham Miller

**SAN FRANCISCO**  
Mike Hung  
Nina Kaiser  
Gordon Schatz

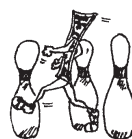


**San Francisco**  
**Dolphin South End Running Club**  
*Postmaster, Return Undeliverable Mail To:*  
Richard Finley  
805 Vega Circle  
Foster City, CA 94404

### DSE email list and electronic newsletter

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

Receive the DSE News online instead of by mail, by sending a request to Richard Finley at [nishikifinley@sbcglobal.net](mailto:nishikifinley@sbcglobal.net). He will notify you when each newsletter is available for download from [www.dserunners.com](http://www.dserunners.com).



**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!