

Janet Nissenson

*continued on page 2*

# JOHN GUINEE'S DSE REMEMBRANCES

Jim McBride

Long-time former DSE member John Guinea, for fifty years a practicing attorney, is retired from running but still with the Club in spirit. He enjoyed years of good times with the DSE and his contemporaries—Bob Marty, Don Watson, Bill Dake, Len Casio, Neil Mahoney, and John Lemke, who ran barefoot.

As a USF basketball player, he was so good that he was assigned to guard the Stanford legend Hank Luisetti, inventor of the jump shot.

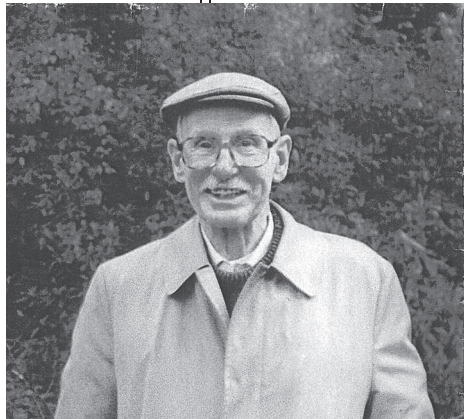
John and his youngest son Larry started running with DSE about the same time. They were introduced to the Club by Colonel Byron Athan, WWII paratrooper, who presently serves as City Manager of San Ramon at age 90. Son Larry went on in 1980 to win the state high school mile with a time of 4:06.

John remembers a cause celebre non-member who refused to pay the entry fee because, he claimed, streets are public domain. Club leaders reasoned with him. Some members considered pulling him off the course. He persisted. Finally after a few tense Sundays, the cheapskate, having established freedom of the streets, disappeared, but was not forgotten.

John tells of an audacious runner, name forgotten, who made a practice of accelerating to top speed over the last couple of kilometers. He invariably

collapsed at the finish. Considerate members waited to catch him so he would not fall on his face.

An annual highlight was the jaunt organized by Neil Mahoney to Trinidad on the north coast, by way of the wine country, for an 8.75 mile race featuring often stormy weather, a river crossing, and finish on the beach. The Trinidad hotel was notorious for gouging visitors in town for the event. Once Len Casio moved an unused bed out of Loretta Albiar's room to another member's room. She was teased the next day.



Loretta, John's companion of many years, once volunteered to work a 6 mile split water stop at the SF Marathon, and found herself once again the victim of runner mischief. An uninhibited marathoner, instead of

stopping for water, relieved himself in the street in mid-stride past Loretta's table. Ugh!

Into his sixties, John ran marathons, including Boston and Paris. In October 2007, the City of Hayward honored him with a lifetime award for volunteer service, at a dinner attended by hundreds of dignitaries and public-spirited people. The famous poem "Abou Ben Adem (may his tribe increase)" pretty well describes good friend and long-time former DSE club member John Guinea.

FROM THE PRESIDENT'S DESK  
continued from page 1

Maverick surfing contest. DSE would like to invite you to join us at the 4/27 Rockaway Beach 5K in Pacifica. This is not a beach run, but rather a challenging out & back roller-coaster race course overlooking the beach and Pacific Ocean.

## DSE VOLUNTEERS AT THE BAY TO BREAKERS MAY 18, 2008

There will be NO DSE run on Bay to Breakers morning. Instead DSE will again be anchoring the intersection of 1st and Howard Streets as Drawbridge Volunteers. At least 30+ volunteers will be needed. As in the past, all interested will need to complete the volunteer application and mail or fax it back to B2B ASAP. When more information is available, it will be sent via the DSE Yahoo E-group or will be available at the weekly DSE races. Prospective volunteers should also check the Bay to Breakers website at [www.baytobreakers.com](http://www.baytobreakers.com).

## CLASSIC STU-PEDS

by Stu Ruth



I'M JUST RUNNING TO SUPPORT  
MY TWENTY DOLLAR A WEEK  
CHOCOLATE HABIT.

### ◆◆◆◆◆ 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: KAY TEIBER

*The following story appeared in the December-January issue of the Noe Valley Voice, a San Francisco neighborhood newspaper.*

## No Finish Line in Sight

Like many athletes passionate about their sport, marathoner Kay Teiber is well-versed in running jargon. The fleet-footed Noe Valley resident peppers her conversation with phrases such as “interval speed work,” “cross-training,” and “deep-water resistance exercise.”

And, like other long-distance runners, Teiber has suffered her share of injuries: broken tibias, fractured metatarsals, and torn ligaments, to name just a few. Indeed, when one considers the myriad of marathon-training mishaps Teiber has endured, it’s a miracle that she hasn’t quit running and joined her peers in more “age-appropriate” endeavors. Such as attending her 50th high school reunion.

“Well, when word got around to my high school peers that I was training for a 26-mile marathon, I guess it created a little bit of a commotion,” Teiber said during a recent interview at the Noe Street home she shares with her husband George.

But that’s not surprising for a woman who usually finds herself as a sorority of one: a 70-year-old marathoner. Well, 69 actually. But who’s counting?



Actually, Teiber is.

“I ran the 2006 Nike Women’s Marathon in five hours and 31 minutes, and I was really hoping to keep my time under five hours,” says Teiber, who has the lithe physique of someone half her age.

All in all, though, Teiber can’t be too disappointed with last year’s results: she crossed the finish line first in her age bracket (65 to 69) this time in 5 hours 27 minutes.

The route, which winds from Union Square through the Embarcadero, the Presidio, Lake Merced, and along the Great

Highway, gives a bird’s-eye view of San Francisco’s most scenic vistas. Most runners, however, are not contemplating the scenery.

“I burst into tears when I crossed the finish line,” Teiber recalled. “Mostly they were tears of joy, but there was a lot of pain and fatigue as well.”

A retired nurse with two adult children and five grandchildren—including triplets born in July of last year—Teiber enjoys spending time with friends and family. However, she would love the opportunity to train with people of her own generation.

---

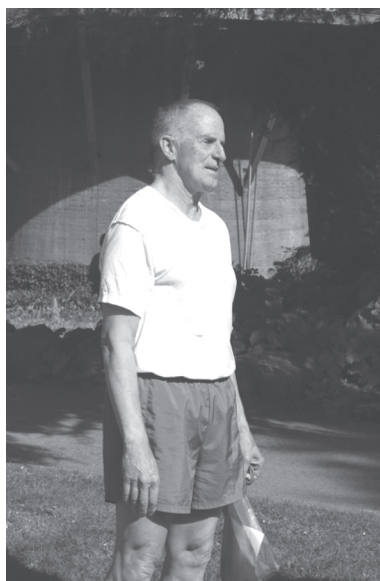
## WATER SKI HALL OF FAME & MUSEUM AWARD OF DISTINCTION

*Jim Kauffold*

The American Water Ski Education Foundation’s Water Ski Hall of Fame ([www.waterskihalloffame.com](http://www.waterskihalloffame.com)) Selection Committee has announced its prestigious Award of Distinction to DSE member Harry Cordellos and four others.

They will receive the Award of Distinction, in recognition of their water skiing accomplishments and contributions to the water skiing community, at the annual Water Ski Hall of Fame banquet on April 19 at the Omni Orlando Resort in ChampionsGate, Florida.

This award recognizes individuals who have made extraordinary contributions to the sport. Recipients may include tournament skiers, innovators, industry



Harry after the Windmill 10K  
© 2008 Rick Torreano

leaders, officials and others responsible for landmark achievements in the development of water skiing as well as those whose long periods of dedication and service deserve special recognition.

Harry was an active member of the Water Skiers with Disabilities Association for several years as a blind athlete. He competed in the first water ski tournament for vision-impaired athletes and, beginning in 1990, he completed and placed in every Disabled Water Ski National Championships for more than a decade. He also has been a motivational speaker and writer on health and fitness issues.

Harry told me that this is his 50th year as a water skier and he really loves the sport.

Let’s give Harry a great big hand!





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

February 24, 2008

Waterfront 10M and 5K

**Race Directors:** Adrian Jue and Joel Rizzo

**Volunteers:** Janice Rensch, John Lang, George Sacco, Mila Dy, Phyllis Nabhan, Eduardo Vasquez, Uwe Schling, Jane Lee, Erika Kikuchi, Joe Connelly, Roy Clarke, Cammie Dingwall, Steve Nissenson, Janet Nissenson, Kevin Lee, Bobby Marty, Fred Haber, Gary Brickley, Jeff Shea, Hilary Fong, Hashim Bashiruddin, Calvin Chan, Jim Kauffold, John Gregson, Jim Pommier, Richard Hannon, Ken Reed, Peggy Kang, Karen Pinckard, Marie Appel, Susan Marie Groppi, Don Watson, Jorge Larre, Mark Kelley



Co-Race Director Adrian Jue  
© 2008 Paul Mosel

#### 10M

PL	NAME	AGE	TIME
1	John Ruprecht	32	58:34
2	Robert Schneider	31	58:41
3	Ruben Gutierrez	34	59:34
4	Roheem Moore	29	62:19
5	Oliver Chan	26	63:19
6	Caryn Heffernan ①	34	63:29
7	John Wood	43	66:48
8	Martin Steer	32	68:15
9	Jorge Rivera	27	69:22
10	Kennet De Silva	26	69:50

11	Sarah Steer ②	32	70:19
12	Mark Peters	32	70:34
13	David Altena	46	72:13
14	Bernardo Tapia	34	73:49
15	Dawn Farrow ③	29	76:33
16	Melanie Roberts ④	22	76:42
17	Thomas Manetta	39	76:57
18	Rick Torreano	58	77:49
19	Amy Rappaport ⑤	47	79:35
20	Kelly Emo	43	80:05
21	Gerardo Briones	42	80:22
22	Lakeisha Poole	29	80:51
23	Marie Carlotti	51	84:34
24	Kenneth Fong	46	84:45
25	Karen Bayloy-Enell	46	85:27
26	George Baptista	65	85:38
27	Jakka Sairamesh	40	85:45
28	Ryan Quiel	27	85:59
29	Steven Pitsenbarger	39	86:15
30	Theo Jones	69	87:05
31	Salina Yeung	40	89:42
32	Kathleen Lail	40	90:28
33	Gregory Brown	58	90:55
34	Karen Pinckard	48	91:11
35	Dan Miller		91:32
36	Tony Morris	40	92:28
37	David Erb	23	93:27
38	Aura Cardona	38	93:40
39	John Van Dyk	37	94:27
40	Pat Geramoni	60	96:08
41	Carolyn Garriott	44	97:17
42	Sam Roake	72	97:18
43	Paul Mosel	66	97:52
44	Bob Morris		104:17
45	Wendy Newman	57	107:14
46	Bill Woolf	72	110:33

#### 5K

PL	NAME	AGE	TIME
1	Kevin Shea	18	16:34
2	Jason Reed	29	18:00
3	Jerry Flanagan	42	18:51
4	Milan Drager	32	19:19
5	Erin Brightwell ①	33	20:39
6	NO NAME		20:48
7	Mike Gulli	48	21:07
8	Bridger Belzer	14	21:13
9	Gene French	61	21:27
10	Markham Miller	43	21:42
11	Daryl Luppino	48	21:43
12	Patrick Lee	60	22:14
13	Amy Sonstein ②	38	22:27
14	Stanley Tsang	47	22:29
15	Mike Stough	31	22:41
16	Kris Duran	20	23:33
17	Terry Belzer	11	23:34
18	Pat Belzer	17	23:35
19	Stephanie Soler ③	33	24:17
20	Kelley Blalock ④	24	24:34
21	Maureen Hogan ⑤	48	25:03
22	Tom Huster	64	25:13



Rounding the corner past Willie Mays  
Photo by Don Watson

23	Emma Keenan-Grice	12	25:21
24	Leah Maxwell		25:38
25	Gary Brickley	55	25:48
26	Neal Ashton	51	25:54
27	Robert Archibald	51	27:59
28	Kelly Porter	29	28:05
29	Kristi Zimmerman	27	28:13
30	Tommie Gause	30	28:40
31	Michelle Cox	33	28:46
32	Toby Duran	45	28:58
33	Matthew Demele	10	29:46
34	Carmel Conway	31	29:47
35	Mike Demele	47	29:49
36	Sarah Kelly	27	30:27
37	Shawna Hellenius	34	30:38
38	Marjorie Schreiber	32	30:39
39	Noreen Farrell	31	31:45
40	Carissa Edwards	29	31:52
41	Rebecca Bernet	31	32:10
42	Frankie Keenan	46	32:11
43	Yong Haber	50	32:20
44	Jeff Houston	49	32:28
45	Jennifer Rivas	39	32:54
46	Melissa Connors	25	32:56
47	Kathy Wright	30	33:11
48	Carisa Koh	26	33:12
49	Mary Liddy	31	34:37
50	Kate Burke		34:38
51	Jane Colman	64	35:30
52	Peggy Kang	72	36:27
53	Catharina Koh	26	36:28
54	Jennifer Miles	28	37:46
55	Carol Reiley	25	38:55
56	Allan Dang	27	38:56
57	George Sacco	70	40:07
58	Jennifer Donovan	35	40:14
59	Cheryl Tabin	29	40:16
60	Paul Kennelly	62	41:11
61	Elaine Koga Kennelly	66	41:23
62	Margo Banowicz	49	41:35
63	Cara Duran	47	41:41
64	Juanita Wilson	37	42:48

continued on page 5

# WATERFRONT RUNS

continued from page 5

## SELF-TIMERS

Ed Olkowski	65	59:44
Sunhi Kim	49	
Kim Chee	3	
Robert Brizuela	68	

## KIDS' RUN

Shannon Luppino	12	4:08
Richard Tauber	5	4:48
Michael N.	9	5:35
Jakob Lail	4	6:05
Doug	12	6:31
T.T. Abbott	4	7:27

March 2, 2008

## Windmill 10K

**Race Director:** Kennet De Silva

**Volunteers:** Azelyn Failor, Joseph Connelly, Bobby Marty, Kevin Lee, George Sacco, Peggy Kang, Hashim Bashiruddin, Phyllis Nabhan, Hilary Fong Shannon Luppino, Janet Nissenson, Thomas Pang, Roy Clarke, Jorge Larre, Grant Johnson, Diane Okubo-Fong, Mercedes Acosta, Bob Archibald



Azelyn Failor and  
Race Director Kennet De Silva  
© 2008 Paul Mosel

PL	NAME	AGE	TIME
1	Martin Ramos	21	33:05
2	Lee Piercy	34	33:46
3	Shaun McGrath	28	34:16
4	Chikara Omine	25	35:37
5	Jason Reed	29	36:08
6	Brian Collett	23	37:35
7	Jorge Rivera	27	37:59
8	Rachel Jesson ①	32	38:09
9	Eric Stewart	39	38:59
10	Ky Faubion	22	39:05
11	Emma Dews ②	33	39:08
12	John Woods	43	39:11
13	Milan Drager	32	39:16
14	Jim Howe	62	39:38
15	B. J. Ricketts	32	39:53
16	Erik Yergensen	23	40:01
17	Stephen Bourque	28	40:13

18	Hans Loedolff	37	41:30
19	David Altena	46	41:43
20	Luis Vargas	50	41:58
21	Matthew Gilman	31	42:01
22	Vincent Gulli	18	42:36
23	Markham Miller	43	42:47
24	Matthew Fabry	35	42:52
25	Dale Hogan	29	43:13
26	Seth Pflizer	33	43:13
27	Joanna Luk ③	28	43:15
28	Rick Norbutas	38	43:27
29	Michael Gulli	48	43:35
30	Andrew Freid	40	43:36
31	Steve Stephens	64	43:54
32	Daryl Luppino	48	44:04
33	Jon Yonago	44	44:08
34	Rick Torreano	58	44:26
35	Thomas Manetta	39	44:32
36	Bob Phillips	51	44:38
37	Tyler Abbott	47	44:42
38	Dave Flinn	42	45:17
39	Bryant Sardella	33	45:24
40	Mark Gordon	51	45:32
41	Patrick Lee	60	45:44
42	Chris Jones	36	45:48
43	Keith Teelucsinh	29	45:54
44	Lana Barkhordarain ④	27	45:58
45	Sven Van Der Sluis	38	46:00
46	Tom Collier	31	46:03
47	Margaret Williams ⑤	33	46:39
48	Hsiaolei Parks	34	46:49
49	Carl Onagno	51	46:54
50	Kelly Emo	43	46:56
51	David Coulman	47	47:03
52	Andre Clark	36	47:07
53	Leandry Estrella	31	47:12
54	Denise Collier	29	47:13
55	Erika Kikuchi	29	47:20
56	King Wayman	58	47:30
57	Keiko Mitsunobu	35	47:34
58	Oscar Cata	00	47:36
59	George Baptista	65	47:41
60	Fred Garza	45	47:52
61	Christy Allen	46	47:54
62	Steven Pitsenbarger	39	48:12
63	Jim Allan	51	48:40

64	Steve Kim	25	48:55
65	Jeffrey St. Claire	41	49:22
66	Mark Kelley	52	49:26
67	Amy Sonstein	38	49:31
68	David Chapman	28	49:58
69	Hannah Leslie	25	50:23
70	Phil Melman	42	50:27
71	Paul Mosel	66	50:35
72	Steve Nissenson	59	50:41
73	Shujie Zhu	35	50:54
74	Jim McBride	65	50:58
75	Ed Kinchley	58	51:03
76	Kathleen Lail	40	51:14
77	Kenneth Fong	46	51:18
78	Chuck Anderson	33	51:37
79	Jennifer Tibbitts	56	51:38
80	Rhonda Stanley	48	51:42
81	Joe DiGiacomo	41	51:49
82	Gary Brickley	55	52:03
83	Alex Lindblad	30	52:11
84	Matthew Grace	32	52:11
85	Daz Lamparas	35	52:12
86	Veronica Vaskinn	26	52:17
87	Celeste Maisel	17	52:23
88	Tom Huster	64	52:44
89	Tony Morris	40	52:52
90	Maridee Charlton	52	53:07
91	David Lakin	46	53:26
92	Neal Ashton	51	53:41
93	Travis Enfied	24	53:58
94	Bill Terry	51	53:59
95	Janet Nissenson	48	54:03
96	Robert Netzer	55	54:28
97	Amanda Sabourov	29	54:43
98	Caitlin Barger	23	54:49
99	Glenn Goldbeck	44	55:46
100	Joseph Connelly	46	55:56
101	Hilary Kerrigan	26	56:04
102	Peter Royce	73	56:18
103	Peggy Kang	72	56:22
104	Sam Roake	72	56:32
105	Carolyn Garriott	44	56:48
106	Vincente Aguigui	48	57:22
107	Lina Khatib	00	57:54
108	Raymond Dames	37	58:02
109	Wendy Newman	57	58:08
110	Monica Burnette	29	58:22
111	James Burnette	31	58:23
112	Johanna Merriss	57	58:30
113	Nicolene McMullen	40	58:32
114	Kristen Luna	25	58:37
115	Bob Morris	55	58:57
116	Tony Morris	9	59:21
117	Tommy English	26	59:47
118	Shilpa Gulati	24	60:02
119	Anders Fox	12	60:11
120	Yvonne Rock	24	61:09
121	Joan Holland	40	61:11
122	Julie Mell	40	61:12



The much-appreciated aid station  
Photo by Don Watson

continued on page 6



123	Cindi Sparks	35	61:25
124	Dia Felix	31	61:55
125	Bob Archibald	51	61:59
126	Jack Bascom	66	62:01
127	Andree Hest	56	62:11
128	Leon Sivertson	71	62:14
129	Jen Melman	36	62:27
130	Alice Miller	48	62:31
131	JoAnne Kambur	73	62:52
132	Kristen Fratto	25	63:09
133	Samarah Edds	31	63:10
134	Tim Sanders	39	63:11
135	West Coghlan	53	63:29
136	Sam Stevenson	74	65:09
137	April Lax	50	65:29
138	Jeff Houston	49	66:03
139	Victoria Miller	20	66:08
140	Tyle Hale	20	66:10
141	Richard Courillion	79	66:23
142	Maya Gorton	32	67:14
143	Lisa St. Claire	41	68:55
144	Jane Colman	64	69:06
145	Jim Kambur	75	69:36
146	Karen Pinckard	48	71:12
147	Scott Novotny	50	73:54
148	Valerie Stratta Trenev	48	75:13
149	Harry Cordellos	70	77:32
150	Jim Kauffold	70	77:32

**SELF-TIMERS**

Ann Agbayani	47	
Ann Dharmay	34	
Barbara Robben	73	
Bob Theis	79	
Brie Reybine		
Carolyn Clark		
Don Watson	78	
Elaine Gecht	64	
Fred Haber	48	
Gary Willis	49	
George Sacco	70	
Jane Lee	57	
Jesse Agbayani	56	
Kim Chee Kim	3	
Liese Rapozo	80	
Marie Appel	43	
Robert Brizuela	68	90:00
Roxanne Pezzy		
Sunhi Kim	49	
Tony Stratta	77	
Wally Rapozo	79	
Yong Haber	50	

**March 9, 2008****St. Patrick's Day 4M****Race Director: Norman Ching****Honorary Race Director: Neil Mahoney****Volunteers: Bobby Marty, Joseph****Connelly, Calvin Chan, Kelly Emo, Daryl****Luppino, Kevin Lee, George Sacco,****Mercedes Acosta, Harry Cordellos,****Peggy Kang, Helen Kauffold, Phyllis****Nabhan, Janet Nissenson, Uwe Schling****Race Director Norman Ching**

© 2008 Paul Mosel

PL	NAME	AGE	TIME
1	Clara Peterson ①	24	22:50
2	Jorge Rivera	27	23:39
3	Sloane Cook	18	23:43
4	Jerry Flanagan	42	24:04
5	Milan Drager	32	24:15
6	John Woods	43	24:48
7	Kenley Gaffke	29	25:18
8	B. J. Ricketts	32	25:27
9	Kennet De Silva	26	25:31
10	Markhan Miller	43	26:17
11	Matthew Fabry	35	26:18
12	Bob Caillouette	53	26:20
13	Robert Britain	50	26:31
14	Vincent Gulli	18	26:38
15	Julian Metcalf	24	26:52
16	Doug Sanders	38	27:16
17	Bob Philipps	00	27:18
18	Candes Gentry ②	30	27:23
19	Gene French	61	27:38
20	Daryl Luppino	48	27:43
21	Eduardo Vazquez	35	27:54
22	Rick Torreano	58	28:02
23	Michael Gulli	48	28:17
24	John Sullivan	42	28:18
25	Oscar Cata	37	28:20
26	Patrick Lee	60	28:22
27	Steven Pitsenbarger	39	28:25
28	Naomi Stanford ③	57	28:35
29	Fiona McCusker ④	43	28:42
30	Armoletto Alessandro	42	28:51
31	Joel Rizzo	42	28:59
32	Amy Sonstein ⑤	38	29:03

33	Noe Castanon	37	29:13
34	Jim Buck	65	29:15
35	Kent Carlomagano	51	29:17
36	Brea Aldorfer	29	29:22
37	Wayne Plymale	56	29:28
38	Doug Lybeck	23	29:30
39	Marie Carlotti	51	29:37
40	Mark Kelley	52	30:05
41	Gordon Schatz	55	30:07
42	Kelly Emo	43	30:13
43	Christy Allen	46	30:16
44	George Baptista	65	30:25
45	Dave Coulman	48	30:40
46	Lazaro Sanchez	44	30:43
47	Eric Park	62	30:45
48	Jose Ruil	52	30:59
49	Larry Wuerstle	52	31:02
50	Phil Melman	42	31:26
51	Kenneth Fong	46	31:39
52	Mara McGinley	18	31:47
53	Maura Dudley	27	31:49
54	Jeff Finucane	29	31:51
55	Kathleen Lail	40	31:56
56	William McCarty	60	31:57
57	Steve Nissenson	59	31:59
58	Gary Brickley	55	32:07
59	Jim McBride	65	32:08
60	Theo Jones	69	32:51
61	Christine Lopez	45	33:04
62	Greg Brown	58	33:12
63	Michelle Rich	22	33:13
64	Thomas Dautel	32	33:15
65	Paul Mosel	66	33:20
66	Neal Ashton	51	33:29
67	Janet Nissenson	48	33:44
68	Chris Jones	36	33:49
69	Kristin Russo	29	34:02
70	Tara Wall	19	34:04
71	Darlene Hall	42	34:23
72	Paola Innaronati	42	34:24
73	Joseph Connelly	46	34:51
74	Sandra Sigurdson	51	35:03
75	Bob Morris	55	35:04
76	Mc Lavelle	55	35:12
77	James Golden	56	35:19
78	Kristi Zimmerman	27	35:28
79	William Bernick	18	36:12
80	Pat Geramoni	60	36:13
81	Thomas Smiley	51	36:16
82	Samantha Trask	23	36:17
83	Suzana Seban	54	36:21
84	Ken Reed	62	36:24
85	Brian Hartley	54	36:31
86	Peggy Kang	72	36:27
87	Mary Durbin	38	36:37
88	Barbara Bauer	55	36:52
89	Sam Roake	72	36:55
90	Cindy Ricketts	34	36:58
91	Jen Melman	36	37:00

continued on page 7

92	Katie Kotiza	25	37:01
93	Karoni Dutt	27	37:09
94	Tim Ziemann	32	37:28
95	Kevin Cuevas	17	37:30
96	Stacie Sather	33	37:43
97	Robert Archibald	51	37:52
98	Pamela Jones	31	38:28
99	Paula Reyes	37	38:29
100	Valerie Mock	22	38:32
101	Jack Bascom	66	38:41
102	Wendy Newman	57	39:56
103	Miguel Angel	22	39:59
104	Aren Vastardis	30	40:07
105	Sonia Kalil	27	40:19
106	Allison Van Gemert	23	40:31
107	Marcel Van Gemert	26	40:31
108	Irene Yang	25	40:35
109	Stephen Fung	13	40:35
110	Nona Radwan	39	40:52
111	Lianna Glodt	29	41:09
112	Jim Kauffold	70	41:26
113	Jeff Houston	49	41:50
114	Iris Lu	23	42:12
115	Julie Sullivan	35	42:14
116	Lloyd Goldfarb	43	42:15
117	Peter Platt	46	43:07
118	Karl Ludwig		43:08
119	Dennis Hassler	74	43:11
120	Tammy Magid		43:44
121	Meaghen English	25	43:51
122	Kay Teiber	68	44:08
123	Harv Gill	28	44:26
124	Peter Royce	73	44:29
125	Morgan von Drehle	25	44:34
126	Juana Smith	53	44:38
127	Andrea Reed	36	44:46
128	Fionnuala McEvoy	30	46:05
129	Anna McAlly	35	46:05
130	Patricia Khane	46	46:05
131	Brenda McAtavey	35	46:05
132	Deborah Shing	23	46:05
133	Izzy O'Hallbran	12	47:29
134	Laura Williams	49	47:52
135	Dot Beineix	53	47:52
136	Robert O'Halloran	43	48:12
137	Matthew Mistica	00	48:12
138	George Sacco	70	48:36
139	Abigayle Ferdon	33	48:37
140	Deborah DiGiuseppe	28	49:42
141	Corinne Miller	00	49:43
142	Sandra Cavoli	42	49:51
143	Richard Fuentes	49	51:30
144	Nina Sundar	30	52:08
145	Bob Theis	79	52:31
146	Michaela Brady	24	52:34
147	Margo Banowicz	49	52:50
148	Maureen Bisio	26	55:46

continued on page 8

## 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
<b>LMJS Couples Relay, 5K/5K, Oakland, February 24</b>					
11	Marie Lorenzo-Davis/David Davis		2	80-99	40:55
14	Jennifer Kuhn/George Rehmet		3	80-99	41:44
24	Heather Johnson/Frank Alupay		7	60-79	43:27
83	Juliann Sum/John Momper		11	100-119	55:21
<b>NorCal 10M, Redding, March 1</b>					
18	Chikara Omine	25	7	M25-29	59:19
25	Oliver Chan	25	8	M25-29	1:00:10
94	Russ Kiernan	70	1	M70-74	1:11:57
257	Dennis Hassler	74	5	M70-74	1:56:32
<b>Skyline Ridge Trail Run, 37K, Palo Alto, March 1</b>					
2	Jason Reed	29		M 1-29	2:59:38
<b>King's Mountain 5M, Woodside, March 1</b>					
25	Keith Johnson	69	1	M65-69	44:52
53	Marcia Martin	55	2	F 55-59	1:04:37
<b>Los Angeles Marathon, March 2</b>					
6207	Gregory Brown	58	197	M55-59	5:02:49
<b>Napa Valley Marathon, March 2</b>					
46	Jerry Flanagan			M40-44	2:59:31
166	Adrian Jue			M25-29	3:22:38
275	Jeremy Calnan			M45-49	3:33:09
799	Uwe Schling			M35-39	4:07:27
1336	Joel Rizzo			M40-44	4:46:06
1683	Gary Aguiar		121	M50-54	5:34:57



DSE Napa Valley  
Marathon finishers  
Photo by Cathie Shling

<b>Running is My High 10K, Oakland, March 8</b>					
9	Marian Lyons	60		3rd woman	54:18
<b>Run for the Seals 4M, Marin Headlands, March 8</b>					
	Amy Sonstein			1st woman	29:07
	Paul Mosel				32:58
<b>Emerald Across the Bay 12K, March 16</b>					
47	Chikara Omine	25	17	M25-59	43:19
56	Jason Reed	29	19	M25-29	43:50
91	Jerry Flanagan	42	10	M40-44	46:29
162	Roy Clarke	52	8	M50-54	49:11
212	Kenley Gaffke	29	37	M24-29	50:33
239	Russ Kiernan	70	1	M70-74	51:35
269	David Altena	46	23	M45-49	52:55
291	Matthew Fabry	35	26	M35-39	53:15
356	Bob Bowman	53	18	M50-54	55:00

continued on page 8

358	Tyler Abbott	47	32	M45-49	55:05
371	Naomi Stanford	57	3	F 55-59	55:28
377	Andrew Freid	40	43	M40-44	55:34
405	Heather Johnson	36	14	F 35-39	56:09
415	Dale Hogan	29	57	M25-29	56:25
425	Louise Stephens	42	10	F 40-44	56:46
442	Stephen Tracy	45	40	M40-44	57:19
471	Amy Sonstein	38	17	F 35-39	58:03
522	Noe Castanon	37	44	M35-39	59:15
526	Michael Gama	49	47	M45-49	59:21
622	Wayne Plymale	56	17	M55-59	1:00:53
736	Leopoldo Rosales	54	49	M50-54	1:02:59
782	Gary Brickley	55	25	M55-59	1:03:49
809	Paul Mosel	66	6	M65-69	1:04:17
858	Jeffrey St. Claire	42	77	M40-44	1:05:03
	Marian Lyons				1:05:21
985	Mitchell Sollod	68	7	M65-69	1:07:29
1034	Wendy Newman	57	16	F 55-59	1:08:15
1164	Peter Royce	73	4	M70-74	1:10:14
1242	Peggy Kang	72	1	F 70-74	1:11:16
1389	Juliann Sum	52	33	F 50-54	1:13:19
1624	Alice Miller	48	49	F 45-49	1:16:54
1661	William Woolf	72	9	M70-74	1:16:59
1966	Lisa St. Claire	41	110	F 40-44	1:22:15
2107	Patricia Baker	47	85	F 45-49	1:24:45
2400	Dennis Hassler	74	12	M70-74	1:32:27
2518	Elaine Gecht	64	22	F 60-64	1:37:38
2595	Mary Jean Pramik	59	52	F 55-59	1:41:14
2754	Virginia Rosales	44	178	F 40-44	1:55:14

**Shamrock 5K, Dublin, CA, March 16**

20	Peter Hsia	47	3	M40-49	18:57
368	Lucia Wong	45	36	F 40-49	31:12

**Bay Area Senior Games, Stanford, March 16****200M**

Marcia Martin	55	2	F 55-59	42.47
---------------	----	---	---------	-------

**400M**

Keith Johnson	69	1	M65-69	1:14.95
---------------	----	---	--------	---------

**800M**

Keith Johnson	69	2	M65-69	2:58.92
---------------	----	---	--------	---------

**1500M**

Keith Johnson	69	2	M65-69	6:29.01
---------------	----	---	--------	---------

## PAST RACE RESULTS NOW ONLINE!

*Janet Nissenson*

After long months of compiling past years' DSE newsletters/race results, I'm very happy to announce that results are now available on our website, dating back as far as 1971. Please note that all results prior to 2004 are stored in PDF file format, so you must have Adobe Acrobat Reader installed on your computer to read them. See the website for additional information on this, and also the most efficient way to open/read the files (which are quite large).

There are still a few isolated newsletters missing, and therefore results from those are not included. These months are: January 1997, November 1990, March 1980, July 1980, November 1978, January 1973, and everything prior to May 1971 that might have been printed. If anyone has these issues, please let me know so that I can make copies of them.

As you can imagine, this was an enormous project. Because of the amount of

*continued on page 9*

149	Laureen Labagh	26	55:47
150	Sylvia Kang	23	56:27
151	Michelle Balance	28	56:55
152	Les Burger	55	57:19
153	Nancy Burger	54	57:22
154	Ali Burger	23	57:23
155	Teresa Chan	23	57:41
156	Marjorie O'Halloran	43	61:29
157	May Ryan	36	61:31

**SELF-TIMERS**

Barbara Robben	73	
Brie Reybine		
Ed Olkowski	65	72:40
Elaine Gecht	64	
Fred Haber	48	
Harry Cordellos	70	
Jane Lee	57	
Jesse Agbayani	56	
Liese Rapozo	80	
Marie Appel	43	
Michele Kong	38	
Richard Hannon	72	
Robert Brizuela	68	
Roxanne Pezzy		
Wally Rapozo	79	
Yong Haber	50	

**KIDS' RUN**

Aram Durgerian	13	4:24
Aidan Durgerian	11	4:39
Jasmyn Duhaylongsod	9	5:53
Nicole Garriott	7	5:55
Shannon Luppino	12	5:57
Richard Tauber	5	5:59
Anya Durgerian	6	6:16
Katelyn Flanagan	7	6:18
Sam Garriott	5	6:50
Gabriel Jones	5	7:30
Jakob Lail	4	7:31
Dyan Duhaylongsod	4	8:01
Connor Flanagan	2	11:15
Tim Abbott	4	11:16
Hetti Hsia	4	15:50
Lena Hsia	4	15:51





# PRACTICE DIPSEA 2008

Janet Nissenson

This year's Practice Dipsea race will be held on Sunday, June 1. As was discussed at last summer's DSE General Meeting, the entry fees for this year's race will be \$10, due to a big increase in permit fees. However, we plan to offer two aid stations, a modest number of course monitors (only if enough volunteers step up), and a finisher memento (besides the usual ribbons). This race is not only a great warm-up for those lucky enough to gain entry to the official Dipsea race the following week, but an alternative for those who were not able to get a "golden ticket" to the official event. DSE has hosted this race for many years, and we hope to continue to do so.

If you are not planning to run, PLEASE HELP US OUT! We need volunteers at registration (7:00–8:00 AM in Mill Valley), at aid stations along the route (Cardiac Hill and one additional locale to be determined), finish line at Stinson Beach (we never have enough help here!), and, ideally, several course monitors to help guide the runners on their way at critical trail junctures. If you are not a trail runner, then this is the perfect opportunity for you to earn some of those required volunteer points. Please contact Kevin at [dse.pekingduck@juno.com](mailto:dse.pekingduck@juno.com) or Janet at [jlnissenson@aol.com](mailto:jlnissenson@aol.com) if you can help out.

We also need to know who will be able to offer runners a ride back to the start. Since this is a point-to-point course, runners either need to carpool, pre-arrange for a ride, take the bus back to Mill Valley (limited service availability), or run/walk back to the start. Beginning in late April, we will have a "ride-matching" list available at the weekly races so that if you can offer a ride, you can fill in your name on the list.

## PAST RACE RESULTS NOW ONLINE!

*continued from page 8*

time and effort involved, I'm sure everyone will understand that I will not be able to make any corrections or changes to the results as they have been posted. What you see is what you get. If someone's name was misspelled back in 1982, then that is how it will be recorded in DSE history. The vast majority of these results are simply scanned copies of the originals, so that making changes to them at this point would be impossible without re-typing every single entry. Several years had to be retyped manually (2003-1998). In order to expedite this process, the following entries were not included: names of Race Directors/Volunteers, runners recorded as No-Names/Turkeys, and Kids' Race Results.

Double Dipsea results were not included with this update, since that race now has its own separate website. Past years' DD results will be posted at that website as soon as possible.

It became readily apparent during this project that courses were anything but accurately measured back in the 1970s and 1980s (thank God for the creation of GPS!). We know now, for example, that the old Ferry Building course was actually 3.83 miles, and not 4 miles (current course is 4M). The old Monument to Baker Beach course (via Clement Street) was actually 5.6 miles, and not 6.5 miles as stated in some results (5:17 miles on those hills?). Some courses list 5 or 6 variations on the distance, giving credence to the theory that perhaps nobody really knew how far they were running, or that the start/finish area changed according to the Race Director's whim that day. Race results were also reported on something of a "when available" basis, so that results from an April race might not be reported until the August newsletter.

As an extra added bonus, some results from non-DSE races from the mid-70s to early 80s were also uncovered during this process, and have been posted on the website to view. This was truly a golden age of running in the Bay Area/Northern California, as evidenced by the variety and sheer numbers of races available back then, as well as the scorching fast times recorded (for example, approximately 300 runners broke 40 minutes at the 1980 Devil Mountain 10K; only 22 runners were sub-40 at the same race in 2007).

I hope that everyone enjoys this "trip down memory lane," and that we can continue to preserve the legacy of DSE and Bay Area running for the generations yet to come.

## ◆◆◆ 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:

April 6	Great Highway 4M
April 13	Golden Gate Park 10K
April 20	Marina Green 5K
April 27	Rockaway Beach 5K
May 4	Walt Stack 10K
May 11	Kennedy Drive 8K
May 25	Mission Rock 4K
June 1	Practice Dipsea 6.8M

We especially need volunteers at the Practice Dipsea, as the race will feature two aid stations and course monitors (if available), 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.

---

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

---

## **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 on Great Highway pedestrian path and run south to Sloat Blvd. Counterclockwise turnaround at Sloat Blvd and northbound return to Lincoln Way finish.

## **Sun Apr 13 Golden Gate Park 10K**

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

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

COURSE DESCRIPTION: Run eastbound on Kennedy Drive, right onto Bowling Green, right onto Middle Drive E, right on ML King Drive and right on West Stow Lake Drive. Run a clockwise half loop around Stow Lake and exit downhill to Kennedy Drive. Run left (westbound) on Kennedy Drive past two 4-way "Stop" intersections, then left on Bernice Rogers Way, left on M L King Drive, left uphill on Middle Drive and left on Overlook (path) to finish.

## **Sun Apr 20 Marina Green 5K**

START/FINISH: Walt Stack Memorial Bench, Marina Green Drive Parking Lot (one block north of Marina Green Blvd, enter via Scott or Fillmore Streets)

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

COURSE DESCRIPTION: Run westbound on Marina Green Drive, left on Avila Street, right on Marina Blvd, left through Yacht Harbor parking lot, left on Crissy Field/GG Promenade. Turn around at fourth sandy beach access (beyond west end of marsh). Return same way to Marina Blvd, run eastbound on Marina Blvd, left at par course (Fillmore St), and left on Marina Green Drive to finish.

## **Sun Apr 27 Rockaway Beach 5K**

START/FINISH: Rockaway Beach parking lot in Pacifica at Dondee & San Marlo Ways

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

DRIVING DIRECTIONS: From Hwy 1 southbound, turn right at Rockaway Beach Blvd traffic light. Drive two blocks and turn right at Dondee Way. Follow Dondee Way to end. Turn left on San Marlo Way and into parking lot.

COURSE DESCRIPTION: Run southbound on beach promenade, left on Rockaway Beach Blvd, right on Nick Gust Way. Continue over footbridge. Veer right and begin paved bike path. Stay on path crossing through the Taco Bell parking lot to rejoin path. Turn around at Pedro Point Shopping Center and return same way to finish.

## **Sun May 4 Walt Stack 10K**

START/FINISH: At the Warming Hut, Golden Gate Promenade/Crissy Field

Park at adjacent Mason Street parking lot or at the Marine Drive parking lot (under GG Bridge)

### **NOTE NEW START/FINISH LOCATION**

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

COURSE DESCRIPTION: Run eastbound along GG Promenade, exit right thru Yacht Harbor parking lot along diagonal dirt path and run left on Marina Blvd. Next travel uphill/downhill on Ft. Mason path into Aquatic Park. Turn around at vertical wood posts at east end of Aquatic Park and return same way to 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, April 30, 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

Near normal rainfall and temperatures are expected in April. Some rain is expected in the first few days of the new month, followed by a week or more of dry, mild conditions. Light rain is expected around the 12th or 13th with dry, sunny and mild weather for the next 10 days. Rain is also expected on several days during the last week of April.

The warmest coastal weather is likely to be after the rain ends in the first week of April.



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



PRESIDENT  
ANGELICUS  
Walt Stack

### PRESIDENT

Joel Rizzo [joelrizzo@hotmail.com](mailto:joelrizzo@hotmail.com)

### SR. VICE PRESIDENT

Uwe Schling [cat-uwe@pacbell.net](mailto:cat-uwe@pacbell.net)

### 2ND VICE PRESIDENT

Grant Johnson  
[grant.grantjohnson@gmail.com](mailto:grant.grantjohnson@gmail.com)

### SECRETARY

Bob Morris  
[bob\\_momcat@yahoo.com](mailto:bob_momcat@yahoo.com)

### TREASURER

Wendy Newman [Wsn99@aol.com](mailto:Wsn99@aol.com)

### OFFICER AT LARGE

Kevin Lee [dse.pekingduck@juno.com](mailto:dse.pekingduck@juno.com)

### OPERATIONS COMMITTEE

George Baptista [gabaptista@att.net](mailto:gabaptista@att.net)

Gary Brickley [gary@brickley.com](mailto:gary@brickley.com)

Calvin Chan [dsecalvin@aol.com](mailto:dsecalvin@aol.com)

Oliver Chan [oli415@gmail.com](mailto:oli415@gmail.com)

Kennet De Silva [kejosi@yahoo.com](mailto:kejosi@yahoo.com)

Jim Kauffold [kauffolds@juno.com](mailto:kauffolds@juno.com)

Janet Nissenson [jlnissenson@aol.com](mailto:jlnissenson@aol.com)

George Sacco [gsgasacco@yahoo.com](mailto:gsgasacco@yahoo.com)

Eduardo Vazquez  
[eduvazlatinboy@yahoo.com](mailto:eduvazlatinboy@yahoo.com)

Bill Woolf [billwoolf2@aol.com](mailto:billwoolf2@aol.com)

MEMBERSHIP Richard Finley  
[nishikifinley@sbcglobal.net](mailto:nishikifinley@sbcglobal.net)

EQUIPMENT Bob Marty

### CLOTHING SALES

Yong Cho [yongdse@yahoo.com](mailto:yongdse@yahoo.com)

### DSE RACE RESULTS

Joe Connelly  
[joeconnelly@earthlink.net](mailto:joeconnelly@earthlink.net)

Marie Appel  
[marienoelsf@hotmail.com](mailto:marienoelsf@hotmail.com)

### KIDS' RACE DIRECTOR

Daryl Luppino 650-757-5247

### DOUBLE DIPSEA RACE DIRECTOR

Ken Reed [RunKenRun@aol.com](mailto:RunKenRun@aol.com)

### PERMITS

Suzana Seban  
[suzana@network172.com](mailto:suzana@network172.com)

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



# Happy Birthday! ◆◆◆◆◆◆◆◆

2 Diane Okubo-Fong  
 3 Lynne Vogel  
 5 Sandy Baumgarten  
 Jeff Landry  
 6 Aaron Brickley  
 7 Ken Reed  
 Richard Hippard  
 Anya Durgerian  
 Stasia Reisfield  
 8 Edwin Dunn  
 Milan Drager  
 Kenley Gaffke  
 9 Wendy Newman  
 11 Lucy Pon  
 12 Gary Aguiar  
 13 Robert Miller  
 14 Barbara Robben  
 15 Vijay Tella

17 Anthony Benson  
 18 Norman Ching  
 Candes Gentry  
 20 Sean Lavelle  
 Dale Hogan  
 21 Michael Antonini  
 Colleen Holland  
 22 Russell Breslauer  
 Steven Pitsenbarger  
 24 Diann Leo  
 25 Jennifer Chan  
 Patrick Sullivan  
 Eva Gutierrez  
 26 Jack Olson  
 27 Pat Wellington  
 Carol Epstein  
 Robert Morris  
 Julian Finley

## New Members

**DALY CITY**  
 Rezelda Tubao  
 Zaldy Tubao  
 Zenaida Tubao

**SAN CARLOS**  
 Pat Geramoni

**SAN FRANCISCO**  
 Richard Best  
 Denise Collier  
 Tom Collier  
 Yoshimi Collier  
 Travis Cooke  
 Chris Jones  
 Sharon Melmon  
 Allison Neves  
 Mark O'Keefe  
 Jacqui O'Keefe  
 Sylvia Warnes

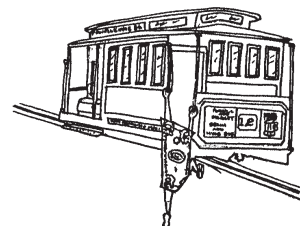


**San Francisco**  
**Dolphin South End Running Club**  
 Postmaster, Return Undeliverable Mail To:  
 Richard Finley  
 805 Vega Circle  
 Foster City, CA 94404

### 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!