

June 2008

## Grant Johnson

After Joel's race Sunday morning, in which he ran a fine Flying Pig Half Marathon, we flew back, and I reflected on our club and the convention. The DSE club is really special. A lot of other clubs admire our perpetual Sunday ritual and cannot believe that we host a race nearly every week of the year and have done it for so long. And finally, I would like to encourage support for the 2009 convention. So let's show off the DSE and San Francisco by gathering a ton of volunteers to help and support the convention. I know that volunteer positions still need to be filled, so please contact Janet Nissenson at [jlnissenson@aol.com](mailto:jlnissenson@aol.com) or George Rehmet at [georgerehmet@yahoo.com](mailto:georgerehmet@yahoo.com).

◆ ◆ ◆ JOEL RIZZO

The 6/8 Twin Peaks Loop 3.63 miler is held on the second Sunday in June. This unique and challenging roller coaster race course offers to its race participants

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## Inside

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## DOUBLE DIPSEA VOLUNTEERS URGENTLY NEEDED!

With less than one month until our club's main event of the year, we are still in need of approximately 25 volunteers, many of these at critical areas along the course. We still need course monitors at Top of the Dipsea Steps, Flying Y, Upper and Lower Windy Gap, and Panoramic Highway/Stinson Beach. Additionally, we need aid station volunteers at all four aid stations—Mill Valley, Muir Woods, Cardiac Hill, and Insult Hill. These are some of the most important jobs in the race, as those volunteers ensure the safety and care of the runners. Without adequate staffing at all of these areas, runners may be subject to dodging cars on their own, being forced to know the course without benefit of guides, and having to "self-serve" at the aid stations. I cannot stress enough how urgent the need is for more volunteers, and ask all of our members who are not planning to run the race to please consider giving back to your club on this day and helping out.

If you are able to volunteer, please contact me at [jlnissenson@aol.com](mailto:jlnissenson@aol.com) or Race Director Ken Reed at [RunKenRun@aol.com](mailto:RunKenRun@aol.com). All volunteers receive a race T-shirt and invitations to both the post-race picnic at Stinson Beach and the DSE Volunteer Picnic in late August. Thanks to all who have already volunteered. We hope that others will quickly follow your great example.

## RUN OR WALK JULY 4 FREEDOM ROAD FOR LAW ENFORCEMENT

*Bill Dake*

On Friday July 4, 2008, join the Freedom Road 5K and Jefferson Mile Runs and Walks in San Francisco's Golden Gate Park to celebrate Freedom. FR features certified courses, video finish, personal event photos and awards 3 deep in all age divisions (12 & under through 80+). Race entry is free for kids 12 & under, and \$12 for adults, if a shirt is desired, by June 20.

The Jefferson Mile starts at 8:30 AM at the Bowling Green on Bowling Green Drive, proceeds south and turns right on MLK Dr, right on Middle Dr and finishes on Middle near JFK Dr. The Freedom Road 5K starts at 9:00 AM on JFK Dr at Conservatory Dr East of the Conservatory of Flowers, proceeds west and turns left at Stow Lake Dr and runs around Stow Lake Clockwise and back down to JFK to finish at the Conservatory of Flowers. You can do the Combo (Mile & 5K) and place in both distances; this is about as much fun as you can have running.

Freedom Road benefits Law Enforcement Against Prohibition, an organization of retired and current Police Officers, Narcotics Officers, Police Chiefs, Judges and Prosecutors who are calling for an end to the War on Drugs. They invite you to use their link and view their video while you are at [PeopleEvents.org](http://PeopleEvents.org).

Go to [www.peopleEvents.org](http://www.peopleEvents.org) to enter online or download an entry. The hotline number is 650-291-8531.

FROM THE PRESIDENT'S DESK  
*continued from page 1*

a panoramic view of the Bay Area on a clear day.

The 6/15 Conservatory 5K brings you back down to earth, to the wonders of Golden Gate Park.

On the fourth Saturday in June, 6/21 is DSE's signature race, the Double Dipsea 13.7miler. This race is a handicap race with age division starting times, with 400-500 race participants and 100+ volunteers. It's a fun and rewarding experience for all, so please reserve your space now as a runner or volunteer. Go to [www.doubledipsea.com](http://www.doubledipsea.com) for further information.

On 6/29 DSE is debuting the Strawberry Hill 5K in GG Park. This race starts and finishes in front of familiar Rainbow Falls, and then circles the Stow Lake Boathouse location via Strawberry Hill.

### 2008 RRCA CONVENTION MAY 1-4

2nd VP Grant Johnson and I would like to thank the DSE for giving two DSE Officers the opportunity to attend the 2008 RRCA Convention held in Cincinnati, Ohio. SF will be the host for the 2009 RRCA Convention. By interacting with many experienced RRCA officials and convention attendees, we gained a great deal of information that we will apply toward making the 2009 RRCA Convention in San Francisco equally successful. More important to the DSE, is the knowledge we gained by attending several RRCA Club College seminars. In the coming months, we will share our insights in the newsletter.

### ◆◆◆◆◆ 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

*Our writer this month, Harry Cordellos, is a well known runner, water skier, and blind athlete. He has starred in a movie running in the DIPSEA, written a book, No Limits, and is a motivational speaker. Harry is a pioneer and leader—an inspiration for all of us. In the words of Dr. Kenneth Cooper, “Teaching people not to quit, not to give in to their disabilities, but to live happier, healthier, and more productive lives by conquering their limitations and fears and recognizing their potential—that is the message of Harry Cordellos.”*

*Jim Kauffold*

## From Water Skiing to Running—Harry Cordellos

If I have any great achievements in running, it's mainly when you compare where I am today from where I started. I was terribly overprotected as a child, from birth on, due to a lack of eyesight at birth and limited eyesight all the way through school. I was never even allowed to play rhythm games such as ring-around-the-rosy in school because the teachers were afraid I would break my glasses or damage my heart. I did have a heart murmur at birth. By the time I was well out of high school, and still fumbling around looking for what to do with my life, I outgrew the heart murmur, but after a total of 14 eye operations for glaucoma, I completely lost all of my eyesight.

In 1958, after graduation, I attended the California Orientation Center for the Blind, where I was taught adjustment skills to live in a world where other people could see. Besides all the academic things I learned, the turning point was exactly 50 years ago, on August 7, 1958. On a weekend social, I was introduced to water skiing at San Pedro Lake, east of Modesto. At the age of 20, I was still a non-swimmer, so why in the world would I try water skiing? Simply because people believed in me, and when they told me to hang on and I yelled, “Hit it,” that's what I did, and that's what turned my life around. It was the first time in my life that I believed in myself and had any self esteem at all, and it would be the last time in my life that anyone would say, “No you can't.”

What does all this have to do with running? Well, because I could water ski, I dared to try a whole range of sports including, eventually, long-distance running.

My first race was the Bay to Breakers in 1968. That was the year that BART was being built. There was no way to run the race up Market Street so the race was moved over to Howard Street, and the Hayes Street hill was added to the race. This May I ran my 41st consecutive Bay to Breakers. I've run it every year since the Hayes Street hill became part of the course. Last year after finishing the race I was presented with a crystal trophy declaring me as the official record holder of the most consecutive B to B races.

Eventually that race led to longer races and dreams of a marathon. My first marathon was in 1970, the original Golden Gate Marathon that ran from Tiburon to the Marina Green. My time was 3:50:14. At that time the qualifying time to get into Boston was 4 hours, so Walt Stack started a one-man campaign to raise money to send me to the Boston Marathon. In the true spirit of the DSE, my mailbox was jammed for several weeks with envelopes containing donations of various sizes. I had to notify the DSE to stop sending donations because my trip was paid for. The Pamakid Runners also sent generous donations. The artist Pat Kleeman of the Pamakid Runners engraved a dime for me that said, “Good luck from the Pamakids”. He said to use it if I needed to call for some spirited help from the club. The thrill of running in the most famous marathon in the world was broken shortly afterwards when it was announced that the qualifying time for Boston

had been changed to 3:50. But, never say die. Peter Mattei, who was then the AAU running commissioner, agreed to set up another official Boston qualifying race for me, which meant that we needed at least 5 runners and a timer. He and a few of us ran over the old Petaluma Marathon course to qualify me for Boston. My finishing time was 3:23:30. This time I really would be going to Boston. My running partner was Larry Fox, but unfortunately, part way through the Marathon, because Larry had just recently had the flu, he had to pass me off to another runner who could not maintain the pace. We finished in 3:30:33, and in the strict tradition of the Boston Marathon, I was not given a finishing time. I got my time from the Medical Joggers Association who recorded all the times. From then on my marathon times steadily improved.

In the Boston Marathon of 1975, I got my all-time personal best along with being the first blind runner to ever break 3 hours. Running with Navy Captain John Butterfield, a former DSEer, we did 2:57:42. which still stands as the American record for a totally blind runner. The world blind runner record is under 2:56:00.

In 1982 I ran the Nike International Vancouver Marathon in British Columbia, Canada, and won the blind world championship category in a time of 3:00:59. In the mid 80s I won the Chi Chimnoy Midnight Marathon against sighted runners, with a time of 3:20:17.

I have run a total of 154 marathons. Fifteen of the marathons were on a brutal course on Catalina Island, which has about 6,500 feet of elevation change and translates into a little more than a triple Dispea. When I ran my 10th Catalina marathon, back in the 90s, I was inducted into the Catalina Island's Sports Hall of Fame. In the year 1999, I was invited to the World Humanitarian Hall of Fame, in Boise, Idaho. I didn't make the Hall of Fame, but I was awarded the Hall of Fame President's Award, given to someone who had contributed a lot to sports.

With more than 38 years as a member of the DSE, and having been a member of the Pamakid Runners since they were founded in 1970, I have made many friends and have had enough adventures to fill several books.

As for great achievements in running, I could never take credit for what I have accomplished on my own. As I close in on the 55,000 mile mark in my running career, it should be noted that, except for treadmill running, every step I take has been with a generous offer of a guide who has given up his or her race to see me accomplish a goal. So, I thank all past, present, and future DSE runners who helped me enjoy the sport of running that I love. And, of course, I will always be indebted to Everett Whitney, the instructor who put a ski rope in my hand 50 years ago and believed I could ski on Don Pedro lake. This year, 50 years later, August 17th will again fall on a Sunday, and at 10 o'clock in the morning, we will recreate that commemorative ride at Flemming Meadows at Don Pedro Lake. Want to join us? Come on up and join the party!



# RUNNING

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

April 27, 2008

Rockaway Beach 5K

**Race Directors:** Wendy Newman and Bill Woolf

**Volunteers:** Bobby Marty, Juliette Johnson, Calvin Chan, Kevin Lee, George Sacco, Liese Rapozo, Grant Johnson, Roy Clarke, Helen Kauffold, Thomas Pang, Janet Nissenson, Uwe Schling, Joseph Connelly, Wally Rapozo



**Race Directors**  
Wendy Newman and Bill Woolf  
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PL	NAME	AGE	TIME
1	Frans Deenen	46	18:18
2	Sloane Cook	18	19:41
3	Ky Faubion	23	19:52
4	Markham Miller	44	21:09
5	Luis Vargas	50	21:45
6	Juan Melendez	51	21:57
7	Daryl Luppino	48	22:03
8	Andrew Freid	41	22:10
9	Felix Tong	28	22:13
10	Steven Pitsenbarger	40	22:35
11	Sharon Hadad ①	37	23:00
12	Rick Torreano	58	23:04
13	Jorge Larre	51	23:18
14	NO NAME #1		23:30
15	Lance Sgamba	21	23:32
16	Kelly Emo ②	43	23:38
17	Roger Garcia	51	23:48
18	Nicole Dozois ③	29	23:49
19	Joel Rizzo	42	24:04
20	Chris Obermeyer	33	24:06
21	Kim Simpson ④	27	24:07
22	Patrick Lee	60	24:19

23	Kelly Toth ⑤	29	24:22
24	Stanley Tsang	47	24:47
25	Daz Lamparas	55	24:51
26	Larry Wuerstle	52	25:01
27	Kristin Slye	39	25:13
28	Kathleen Lail	40	25:18
29	Mark Prichard	52	25:22
30	Joe DiGiacomo	41	25:25
31	Wayne Plymale	56	25:26
32	NO NAME #2		25:27
33	Kenneth Fong	46	25:29
34	Paul Mosel	66	25:43
35	Mark Kelley	52	25:44
36	Gary Brickley	55	25:48
37	Steve Nissenson	59	25:53
38	Stephanie Soler	33	26:00
39	George Baptista	65	26:02
40	Lina Khatib	00	26:04
41	Gogo	00	26:05
42	Lazaro Sanchez	47	26:08
43	N. Constantanopoulos	25	26:34
44	Sean Macnew	34	26:39
45	Ami Hodge	37	27:06
46	Amy Davidson	31	27:09
47	Joseph Connelly	46	27:09
48	Neal Ashton	51	27:13
49	Janet Nissenson	48	27:25
50	Franco Bonoduce	45	27:34
51	Thomas Smiley	51	27:38
52	Chris DeSoto	52	27:45
53	Gregory Brown	58	27:59
54	Bill Doherty	49	28:09
55	Brian Cooper	55	28:11
56	Jacob Quinlan	17	28:13
57	Joyce Jardin	47	28:16
58	Mike Dicker	23	28:27
59	Madeline Stark	19	28:28
60	Bob Morris		28:31
61	Peter Royce	73	28:34
62	Juliette Johnson	38	28:36
63	Steve Biechler	15	28:38
64	Ken Reed	63	28:50
65	Laura Vuskovic	33	29:01
66	Catherine Wachtler	44	29:02
67	Janice Schnerdz	49	29:08
68	Bob Archibald	51	29:09
69	Mc Lavelle	55	29:19
70	Owen Lee	11	29:36
71	Ryan Acbay	10	29:36
72	Suzana Seban	54	29:37
73	NO NAME #3		30:03
74	Colleen Scheitrum	23	30:06
75	Emily Scheitrum	24	30:06
76	Jack Bascom	76	30:17
77	Joe Fitzgerald	30	30:33
78	Erika Costanzo	28	30:35
79	Steve Masters	48	30:58
80	Nanette Nanjo-Jones	41	31:05
81	Sam Roake	72	31:08



**At Rockaway Beach, the views are spectacular but the switchbacks are tough**  
Photo by Don Watson

82	Ken Cahill	44	31:27
83	Collin Quinlan	24	31:30
84	Laurie Quinlan	50	31:38
85	Maureen O'Toole	37	31:49
86	Jim Kauffold	70	31:50
87	Evangeline Jordon	35	32:13
88	Sean Jordon	44	32:13
89	Ben Gumpert	27	32:17
90	Michelle Zuromski		32:20
91	Dawn W.	37	32:21
92	Wes Schulze	60	32:22
93	Gary Bengier	53	32:59
94	Marisa Sharkey	32	33:34
95	Megan Masters	9	34:14
96	Franklin Sanchez	9	34:14
97	Jane Colman	64	34:19
98	Angela Sanchez	5	34:30
99	Eres Cahill	6	34:33
100	Eden Cahill	10	34:33
101	Kim Cahill	43	34:35
102	Alfred Tolentino	36	34:42
103	Diana Huang	37	34:43
104	Glen Garcia		34:44
105	Melissa Driscoll	46	35:11
106	Kay Teiber	68	35:47
107	Sharon Rohrbach	59	35:49
108	Kim Bossi	37	36:17
109	Evelyn Campos	23	36:28
110	Cristina Partida	24	36:29
111	Marcia Martin	55	36:49
112	Virginia Rosales	44	37:07
113	Debbie Pence	52	37:36
114	David	25	37:48
115	Shannon Luppino	12	38:06
116	Jody Courtney	38	38:08
117	Teri Cram	47	38:09
118	Rhoda Garcia	37	39:03
119	Teresita Vichaita		39:14
120	NO NAME #4		39:29
121	Mary Liddy	35	39:29
122	Jim Rohrbach	59	39:36
123	Bob Theis	79	40:25

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ROCKAWAY BEACH 5K  
continued from page 4

124 Clyde	0	40:40
125 Marianne Willett	64	43:21
126 Holly Rios	34	43:23
127 Alex Tsang	14	45:26
128 Jenny Tsang	44	45:30
129 Tyler Tsang	12	45:31
130 Margo Banowicz	49	45:36

**SELF-TIMERS**

Carolyn Clark	
Deborah Pence	
Don Watson	79
Fred Haber	48
George Sacco	70
Jim Pommier	75
Liese Rapozo	80
Richard Finley	59
Wally Rapozo	79
Yong Haber	50

**May 4, 2008**

**Walt Stack 10K**

**Race Director: Uwe Schling**

**Volunteers: Bobby Marty, Karen**

**Pinckard, Calvin Chan, Kevin Lee, Cathie Schling, Phyllis Nabhan, Diane Okubo-Fong, Richard Hannon, George Sacco, Rose Chan, Joseph Connelly**



**Cathie and Uwe Schling,  
volunteer and race director**

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PL	NAME	AGE	TIME
1	Thomas Chapman	27	33:49
2	Jason Reed	29	37:53
3	Adam Lucas	41	37:54
4	Eduardo Vazquez	35	38:28
5	Jonathan Geilhufe	32	38:45
6	Nathan Wong	31	38:54
7	Sloane Cook	18	38:54
8	Kennet De Silva	26	39:43
9	Peter Hsia	47	40:33
10	Milan Drager	33	40:50
11	Leah Evans ①	34	40:53
12	Markham Miller	44	41:13

13	Ky Faubion	23	41:20
14	John Waldeisen	23	42:02
15	Jerry Flanagan	42	42:07
16	Corrie Drakulich ②	26	42:11
17	Vincent Gulli	18	42:17
18	Luis Vargas	50	42:19
19	Albert Hwang	28	42:43
20	John Buckley	46	42:59
21	David Altena	46	43:14
22	Matthew Fabry	35	43:16
23	Jeremy Calnan	48	43:24
24	Michael Gulli	48	43:26
25	Joe Stranel	43	43:28
26	Andrew Freid	41	43:42
27	Sarah Stracher ③	25	44:09
28	Matthew Thomas	29	44:16
29	Daryl Luppino	48	44:26
30	Candes Gentry ④	31	44:47
31	Rick Torreano	58	45:19
32	Doug Laufer	55	45:30
33	Molly Kuehn ⑤	30	45:39
34	Stephen Powell	00	45:51
35	Jeff Finucane	29	45:52
36	Seth Sternglanz	32	45:55
37	Noah Feinstein	32	46:08
38	Johnny Tam	22	46:18
39	Naomi Stanford	57	46:26
40	Chris Sweetland	27	46:28
41	Steven Pitsenbager	40	46:39
42	Noe Castanon	37	46:54
43	Brian Herdon	37	47:24
44	Jorge Larre	51	47:34
45	Amy Sonstein	38	47:39
46	David Rudolph	37	48:01
47	Erika Kikuchi	29	48:08
48	Jose Ruiz	52	48:29
49	Patrick Lee	60	48:43
50	Jim Buck	65	48:53
51	Leo Rosales	54	50:10
52	Sharon Melman	43	50:13
53	Catherine DelVecchio	25	50:22
54	Kenneth Fong	46	50:25
55	Wayne Plymale	56	50:28
56	George Baptista	65	50:32
57	Keith Johnson	70	50:33
58	Stephanie Soler	33	50:39
59	Marisa Ceballos	26	50:46
60	Emily Proskin	30	50:51
61	Thomas Camplin	28	50:53
62	David Klinetobe	47	50:56
63	Alicia Wang	29	51:40
64	Gary Brickley	55	51:42
65	Paul Mosel	66	52:08
66	Brian Murphy	00	52:39
67	Marie Carlotti	51	52:58
68	Gordon Bowman	24	53:57
69	Michael Meyer	29	54:13
70	Neal Ashton	51	54:31
71	Jeff Brennan	36	54:32
72	Jeffrey Skacel	22	55:57

73	Brian Cooper	32	56:26
74	Miguel Angel Castro	22	56:31
75	Gregory Brown	58	56:35
76	Ken Reed	63	57:27
77	Pat Geramoni	60	57:28
78	Kevin Cuevas	17	57:47
79	Joe Rattaro	27	57:53
80	Thomas Smiley	51	58:13
81	Eric Diamond	28	58:15
82	Ken Byk	50	58:17
83	Janize Schneider	49	58:24
84	Jacob Quinlan	18	58:46
85	Joseph Connelly	46	58:59
86	R. Silverman	59	59:16
87	Bob Morris	00	59:19
88	Maya Gorton	32	59:28
89	Julie Goldfarb	36	59:30
90	Lloyd Goldfarb	43	59:35
91	Laura Vuskovic	33	59:37
92	Michael Rothman	57	59:49
93	Suzana Seban	54	59:41
94	Kelly Mason	28	60:15
95	Sam Roake	72	60:24
96	Matt Grunewald		61:27
97	Will Lyon	32	61:44



**The front runners at Crissy Field**

Photo by Don Watson

98	Gerard Popko	43	62:03
99	Felicia Gonzalez	28	62:39
100	Megan Maloney	28	62:57
101	Kathleen Lail	40	63:01
102	Henry Nebeling	75	63:09
103	Stacey Schesser	30	63:22
104	Sonia Kalil	27	63:49
105	Daniella Engen	24	64:29
106	Debbie Yeh	25	65:15
107	Noha	39	65:23
108	Jack Bascom	66	65:52
109	Laurie Quinlan	50	66:15
110	Steve Weick	63	66:25
111	Jim Kauffold	70	67:07
112	Hallina Popko	40	67:25
113	Jane Colman	64	67:39
114	Naomi Wooten	48	71:10
115	Mike Hung	57	71:37

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116	Brie Reybine	00	74:47
117	Mary Jean Pramik	59	75:25
118	Tara Lyon	32	76:33
119	Virginia Rosales	44	95:00
120	Judith Borja	47	99:00

**SELF-TIMERS**

Ann Agbayani	47
Bob Theis	79
Don Watson	79
Elaine Gecht	64
Fred Haber	48
Gary Davis	55
George Sacco	70
Jesse Agbayani	56
Jim Pommier	75
Richard Hannon	72
Karen Pinckard	48
Robert Brizuela	68
Yong Haber	50

**May 11, 2008****Kennedy Drive 8K****Race Director: Grant Johnson**

**Volunteers: Bobby Marty, Ky Faubion, Cathie Schling, Lisa Taylor, George Sacco, Marie Appel, George Teiber, Oliver Chan, Jason Reed, Phyllis Nabhan, Joseph Connelly, Richard Hannon, Kevin Lee, Uwe Schling**

PL	NAME	AGE	TIME
1	Alasdair McClean	26	26:44
2	Marcel Berni	19	27:27
3	Ben Bueler	15	29:36
4	Adam Lucas	41	29:37
5	Eduardo Vazquez	35	30:12
6	Jerry Lee	30	31:05
7	Jim Howe	62	31:23
8	John Woods	43	31:30
9	Kennet De Silva	26	31:46
10	David Altena	46	33:13
11	Kyle Cilia	13	33:23
12	Amélie Stecher	42	33:30
13	Jeremy Calnan	48	33:40
14	Chris Cilia	51	33:58
15	Daryl Luppino	48	33:59
16	Sean Sotelo	30	34:06
17	Ben Martin	20	34:18
18	David Hoatson	49	34:27
19	Jon Yonago	45	34:40
20	Rick Torreano	58	34:43
21	Dave Flinn	42	34:48
22	Emil Martinsek	26	34:59
23	Pete Nowicki	49	35:29
24	Tyler Abbott	45	35:30
25	Steven Pitsenbager	40	35:32
26	Anthony Frisella	30	35:34
27	Molly Kuehn ①	30	35:35

**Kennedy Drive 8K Race Director****Grant Johnson**

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28	Noe Castanon	37	35:42
29	Peggy Lavelle ②	47	35:46
30	Jorge Larre	51	35:57
31	NO NAME		36:03
32	Kevin Cook	22	36:10
33	Fiona McCusker ③	43	36:20
34	Kelly Emo ④	43	36:32
35	Joel Rizzo	42	36:35
36	Peter Hsia	47	36:38
37	Jim Buck	65	35:47
38	Jose Ruiz	52	37:07
39	Ken Hargrave	62	37:13
40	Erika Kikuchi ⑤	29	37:25
41	Frank Perkins	31	37:31
42	Bishop		37:41
43	Mark Kelley	52	37:44
44	Uwe Schling	37	37:56
45	Theo Jones	69	38:11
46	David Klinetobe	47	38:24
47	Larry Wuerstle	52	38:55
48	George Baptista	65	39:16
49	George Durgerian	41	39:21
50	Paul Mosel	66	39:30
51	Gary Brickley	55	39:46
52	Patrick Lee	60	40:16
53	Lina Khatib		40:22
54	Gogo		40:23
55	Kevin Cuevas	17	40:41
56	Kristin Russo	30	40:55
57	Sam Storer	45	40:59
58	Rachel Bishop		41:03
59	Travis Enfield	24	41:09
60	Steve Kim	25	41:10
61	Kathleen Lail	40	41:21
62	Vincente Aguigui	48	41:27
63	Neal Ashton	51	41:56
64	Thanh-Tam Ho	28	43:01
65	Joseph Connelly	46	43:01
66	Judith Waitz	48	43:33
67	Ken Reed	63	44:08

68	Miguel Angel Castro	22	44:19
69	Evelyn Campos	23	44:22
70	Johanna Merriss	58	44:23
71	Patricia Cericola	51	44:25
72	Maya Gorton	32	45:02
73	Erik Luna	29	45:14
74	Rachel Boles	27	45:19
75	Jacob Quinlan	18	45:29
76	Kristin Stent	34	45:35
77	Suzana Seban	54	45:38
78	Alfred Tolentino	36	45:53
79	Bob Morris		46:28
80	Megan Maloney	28	47:07
81	Sam Roake	72	47:13
82	Lansky	55	47:21
83	Henry Nebeling	75	47:31
84	Jack Bascom	66	47:38
85	Sandra Sigurdson	57	47:52
86	Christine Sellai	41	48:19
87	Colette O'Brien	39	48:39
88	Allyn Bruty	37	48:41
89	Richard Best	62	49:16
90	Jim Kauffold	70	49:37
91	Laurie Quinlan	50	49:44
92	Gary Bengier	53	50:29
93	Charlotte Hines	25	50:34
94	Josh Long	27	50:35
95	Jane Colman	64	50:45
96	Marcie Daniel	37	51:20
97	Kay Teiber	68	51:23
98	Bill Woolf	72	51:31
99	Hallina Popko	49	52:36
100	Tammy Magid		53:25
101	Anna McNally	36	53:50
102	Cheri Chang	31	53:54
103	Nick Bruty	38	54:01
104	Linnea Fox	11	54:47
105	Harry Cordellos	70	54:54
106	Gregory Brown	58	54:54
107	Barbara Robben	74	56:37
108	Heather Mead	28	56:41

**SELF-TIMERS**

Ann Agbayani	47
Don Watson	79
Elaine Gecht	64

**Self-timers Fred and Yong Haber****Photo by Don Watson**

continued on page 7

Fred Haber	48
George Sacco	70
Hashim Bashiruddin	51
Hilary Fong	49
Jane Lee	57
Jesse Agbayani	56
Jim Pommier	75
Liese Rapozo	80
Richard Hannon	72
Robert Brizuela	68
Roxanna Pezzy	
Wally Rapozo	79
Yong Haber	50

#### KIDS' RUN

Shannon Luppino	12	5:30
Richard Tauber	5	5:51
Dominic Nocon	7	6:33
Jessie Hohman	6	6:43
Emily Cronan	7	7:07
Richard Nocon	5	7:08
Sean Homan	4	7:09
Liam Strachan	4	7:33
Sean Strachan	3	7:36
Jakob Lail	4	8:21
Lena Hsia	4	9:05
Lettie Hsia	4	9:23
T.T. Abbott	4	9:40
Daniel Cheng	4	12:40

## Summer Evening Race Series Begins This Month!

*Janet Nissenson*

Our 8-week series of Thursday evening races at Lake Merced begins later this month on June 26, and continues each week through August 14. Start time for all races is 6:30 PM, and fees are \$1 per runner (again, please try to bring exact change and leave your coins at home!). The race starts and finishes at the Sunset Blvd parking lot and is one 4.5-mile paved loop around the lake. Come on out and enjoy the fun in the sun (or more likely, the fog). Walkers and non-timed runners are welcome to join in as well (no fee) and should plan on starting between 6:00 and 6:15 PM. Only timed runners will be listed in the results.

Be sure to pick up a flyer at an upcoming race or check out the page on our website for additional information.

# 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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#### GO! St. Louis 5K, April 5

84	Gregory Brown	58	3	M55-59	25:21
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#### GO! St. Louis Marathon, April 6

1222	Gregory Brown	58	39	M55-59	4:48:47
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#### Boston Marathon, April 21

*Note: As usual for out-of-town races, I've included the results only for people who sent them to me.*

9711	Naomi Stanford	57	62	F 50-59	3:41:42
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13738	Theo Jones	69	207	M60-69	3:56:43
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15074	Judith Taksa Webb	64	21	F 60-69	4:02:45
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#### LMJS 4th Sunday 5K, April 27

20	Kevin Cuevas	17	2	M <20	24:42
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21	Noe Castanon	37	5	M30-39	24:51
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58	Barbara Robben	74	1	F 70+	34:31
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77	Judy Jarosz	68	2	F 60-69	41:23
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#### Run for Arctic Awareness 5K (long course), May 3

3	Amy Sonstein	38	1	F 35-39	29:21
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31	Barbara Robben	74	1	F 70+	43:30
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#### Woodside May Day Run, 2.25M, May 3

	Jim Kauffold		1	M70-79	21:50
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#### Pat's Run, 4.2M, San Jose, May 3

152	Kelly Emo	43	1	F 43-49	29:13
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#### Aztec Run 5K, Oakland, May 4

##### Women

30	Barbara Robben	74	1	F 70-99	34:04
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#### Human Race 10K, Mountain View, May 10

44	Kelly Emo	43	2	F 40-49	46:53
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#### Quicksilver 50K, San Jose, May 10

12	Peter Hsia	47			5:04:24
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93	Pat Wellington	60			8:55:16
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#### Quicksilver 50M, San Jose, May 10

2	Chickara Omine	25			6:59:36
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#### Lake Merritt Half Day 6 Hour, Oakland, May 10

2	George Rehmet	41			Miles 38.7
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#### Healthy Kidney 10K, New York, May 17

4130	Joseph Connelly	46	242	M45-49	57:40
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#### Bay to Breakers, May 18

119	Jason Reed	29	48	M20-29	46:09
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135	Kennet De Silva				46:53
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200	Roy Clarke	52	9	M50-59	48:56
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215	Milan Drager	33	48	M30-39	49:21
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217	David Moulton	40	10	M40-49	49:27
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261	Kenley Gaffke	30	53	M30-39	50:46
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337	Francisco Nieves	38	240	M30-39	52:15
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477	George Rehmet	41	66	M40-49	54:32
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570	Bob Bowman	53	31	M50-59	55:23
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676	Jeremy Calnan				56:39
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708	Joel Rizzo				56:57
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747	Naomi Stanford	57	5	F 50-59	57:17
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790	Michael Gama	49	117	M40-49	57:41
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817	Amy Sonstein	38	34	F 30-39	57:54
999	Uwe Schling				59:16
1057	Mark Kelley	52	80	M50-59	59:38
1098	Daciano Lamparas				59:55
1281	Vince French	59	104	M50-59	1:01:01
1292	Gene French	61	12	M60-69	1:01:04
1370	Leopoldo Rosales	54	119	M50-59	1:01:27
1446	Paul Mosel				1:01:50
1477	Richard Nippes				1:01:58
1506	Judith Taksa Webb				1:02:08
1883	Gary Brickley				1:04:03
1931	Marian Lyons				1:04:15
1934	Jeffrey Bui	26	429	M20-29	1:04:17
1937	Gloria Roman	26	139	F 20-29	1:04:17
2118	Kenneth Fong	46	362	M40-49	1:04:58
2308	Mort Weisberg				1:05:46
2339	Mitchell Sollod				1:05:56
2827	Veronica Vaskinn	26	225	F 20-29	1:07:46
3364	Julius Ng				1:09:35
3470	Ken Reed				1:09:54
3480	Gerald Flynn	59	285	M50-59	1:09:57
3555	Kristin Slye	39	237	F 30-39	1:10:08
3951	Suzana Seban	54	53	F 50-59	1:11:23
4203	Peggy Kang				1:12:12
4446	Jeff Slye	36	952	M30-39	1:12:57
5228	Lisa Griffin	43	248	F 40-49	1:15:04
5551	Eva Gutierrez	30	487	F 30-39	1:15:58
6383	Lucy Wong				1:18:06
7210	Wendy Newman				1:20:18
7785	Russell Breslauer	63	197	M60-69	1:21:45
7803	Ellen Breslauer	60	23	F 60-69	1:21:48
8169	Joseph Fitzgerald	30	1526	M30-39	1:22:41
8655	Bill Woolf				1:23:53
9069	Gary Bengier	53	743	M50-59	1:25:07
9073	Jeffrey St. Claire	42	1291	M40-49	1:25:07
9098	Lisa St. Claire	41	496	F 40-49	1:25:11
9152	Michael Rothman	57	747	M50-59	1:25:21
9259	Joi Wong	42	613	F 40-49	1:25:37
10103	Lynne Vogel	56	285	F 50-59	1:28:05
10353	Lucy Pon				1:28:56
10704	Roxanna Pezzy	49	784	F 40-49	1:30:04
10724	Jeffry Darrow	58	876	M50-59	1:30:07
10733	Margie Whitnah				1:30:09
10906	Monica Othon	29	1388	F 20-29	1:30:41
11471	Jim Misener				1:32:32
11941	Harry Cordellos	70	32	M70-79	1:34:25
13149	Candes Gentry	31	1714	F 30-39	1:40:13
14092	John Lang				1:45:59
14582	Jim Peters	70	54	M70-79	1:49:24
14709	Robert Brizuela				1:50:21
15294	Virginia Rosales	44	1317	F 40-49	1:54:38
15422	Paul Kennelly				1:55:33
15423	Elaine Koga Kennelly				1:55:34
15909	Ann Agbayani	47	1383	F 40-49	2:00:07
15969	Jesse Agbayani	56	1220	M50-59	2:00:44
16657	Elaine Gecht	64	198	F 60-69	2:07:34
18066	Janice Rensch	62	271	F 60-69	2:22:13

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## RUNNING THE BOSTON MARATHON

Naomi Stanford

I first started running when I was 43 and within a year was all but addicted to it—easy enough because first I found I liked running and second I found I was good at it (in my age group). In the first few years I ran several marathons and then decided that the training was too much and so I gave up marathons but not running. However, last year my brother telephoned and asked me to run the Dallas White Rock Marathon with him. He's not a runner and was going to train specifically for it but he hadn't left much time. He called in September for the December race, so I said let's do the half marathon instead, as I didn't have time to ratchet up my training to get to marathon capability and I wasn't sure he'd be doing himself a service by going from no running to a marathon in 12 weeks.

But he was insistent and, to cut a long story short, on December 9 we were shivering at the start and were willing to drop out in the event of the predicted lashing rain with thunder and lightning. 26.2 miles later I finished in 3:43:38 and he finished in 4:06:45. About a week later I wondered if my time would qualify me for Boston. I looked and it did. I felt both excitement and alarm—having qualified I felt I had to do it as a) I might never qualify again and b) running the Boston Marathon has been on my list of “things to do before I die” since I took up running and I hadn't taken it off when I'd decided to give up marathons.

Thus I registered and ran the Boston Marathon this year. I finished in a time of 3 hours, 41 minutes, 42 seconds running the first half much faster than the second half—at the half marathon mark I had a predicted time of a 3 hour 23 minute finish. But the predictor was unable to factor in the effect of long hills, increasingly leaden legs, and an inexplicable inability to breathe at mile 16—all leading to the clockwork toy effect of a gradual slowdown in pace with occasional walking breaks.

Nevertheless, it was 2 minutes faster than my qualifying time in the Dallas marathon and I was pleased because

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## DSE AT THE RACES

continued from page 8

18318 Marnie Kelley	50	1010	F 50-59	2:24:42
18846 Mercedes Acosta	64	311	F 60-69	2:30:13
<b>Rotary Run 5K, San Carlos, May 18</b>				
141 Jim Kauffold	70	1	M70-79	29:53
<b>Rotary Run 10K, San Carlos, May 18</b>				
60 Gregory Brown	58	5	M50-59	54:58
<b>Ohlone 50K, Fremont, May 18</b>				
17 Oliver Chan	26			6:12:21
71 Adrian Jue	26			7:55:02
122 Pat Wellington	60			10:50:44

## RUNNING THE BOSTON MARATHON

continued from page 8

the Boston course is a much more demanding (i.e. hilly) one than Dallas, which is totally flat. The highlights for me were the spectators along the route who were superb, yelling encouragement, handing out orange segments, water, jelly beans and paper towels, the perfect weather, and the general thrill of running in "The Boston." In all, runners wanted for nothing, except the course to end, as in addition to the spectators' offerings the organizers provided Vaseline, water, Gatorade, porta-loos, mile markers, kilometer markers, and split times.

"Marathon" must have been the most frequently used word in Boston over the weekend. Everyone seemed to be running it or watching it or talking about it. Walking along the street it was not possible to avoid overhearing conversations on Boston marathons completed, number of marathons run, best marathon kit, marathon weather, suitable marathon food, marathon tips and hints, marathon route advice (start off slow and speed up—which I unfortunately reversed), marathon expo, marathon memorabilia, ways to get to the marathon, ways of getting away from the marathon finish point—the latter very difficult as there was also a ball game on so all public transport was jammed with people, many roads were closed, and walking (at least for the marathoners) was not an option.

After 112 years of Boston Marathons

the organizers seem to have got the logistics totally right, although I don't know whether they would say that and I guess there are always things to improve on. There were great touches that I hadn't seen at other races, like trash bags tied to trees with a note to nearby residents asking them to help clear the route of debris after the event. During the first few miles there were volunteers collecting clothing that people cast off as they warmed up. (For non-runners reading this, it's a standard practice to wear clothing at the start that you don't want and shed it—thus you see people beginning the run in the weirdest assortment of clothing and ending it looking like real runners in singlets and shorts.) My contribution was a pair of gloves about 2 miles in. I did not contribute my lightweight windstopper jacket, instead tying it 'round my waist in case I had to give up and walk in what I'd been warned could be a cold wind!

Did I finish undamaged? Pretty much, just a large blister under my left big toe, and very sunburned arms and shoulders. Learning points: better socks, and remember sunscreen. So what now? Back to my normal running schedule which means several "spare" hours a week. What will I do with them? Well, I'm writing another book proposal—nothing to do with running but another form of marathon if the proposal is accepted.

## UPCOMING DSE MEETINGS

### GENERAL MEMBERSHIP MEETING JUNE 29

There will be a DSE Membership meeting immediately after the Strawberry Hill 5K. Please plan to attend to ask questions and voice your opinions.

### DSE BOARD MEETING JUNE 15

A DSE Board meeting will take place at the de Young Museum café following the Conservatory 5K. All members are welcome to attend and listen, but if you are planning to attend please notify Joel Rizzo at least a week ahead.

## 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:

June 1	Practice Dipsea 6.8M
June 8	Twin Peaks Loop 3.63M
June 15	Conservatory 5K
June 21	Double Dipsea
June 29	Strawberry Hill 5K
July 6	Single/Double Lake Merced
July 13	Golden Gate Bridge Vista
July 20	Marina Green 5K

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. And our premier running event of the year—**Double Dipsea**—takes place this year on Saturday, June 21. As always, over 100 volunteers are needed to put on this race. Please see the separate article on page 2 about how to volunteer for this event.

We also need Race Directors for these remaining 2008 races: Daly City Scenic (8/10), Golden Gate Park Cross Country 5K (8/17), Golden Gate Park 10K (10/12), Ballpark 5K (10/19), Sawyer Camp 5K/10K (11/2). Serving as a Race Director would fulfill the requirement (see below) for the small trophy.

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 Jun 1 Practice Dipsea Run, 6.8 miles**

START: Old Mill Park, Throckmorton Ave, Mill Valley

FINISH: Stinson Beach

STARTING TIME: Runners at 8:00 AM. Walkers are encouraged to start early.

COURSE DESCRIPTION: Course follows Dipsea Trail over Mt. Tamalpais. Course is not marked except for permanent GGNRA trail markers.

**Note: Runners must carry their own water and find their own transportation back to start. There are no course monitors.**

## **Sun Jun 8 Twin Peaks Loop, 3.63 miles**

START/FINISH: Portola Drive & Twin Peaks Blvd

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

COURSE DESCRIPTION: Run up and then down Twin Peaks Blvd, staying on left-hand side of road. Turn left on Clarendon Ave and run uphill then down to Laguna Honda. Turn left on Laguna Honda and run uphill to Woodside Ave and continue up Woodside Ave past the Gas Station and back to Twin Peaks Blvd finish.

## **Sun Jun 15 Conservatory 5K**

START/FINISH: Conservatory of Flowers, Kennedy Drive in Golden Gate Park

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

COURSE DESCRIPTION: Run westbound on Kennedy Drive, make a left (uphill) at Stow Lake Drive, run clockwise loop around Stow Lake, make a right back onto Kennedy Drive and return eastbound to the Conservatory of Flowers finish.

## **Sat Jun 21 Double Dipsea Handicap Race, 13.7 miles**

START/FINISH: Stinson Beach parking lot

STARTING TIME: **HANDICAPPED RACE START WITH FIRST WAVE AT 8:15 AM!**

COURSE DESCRIPTION: Out and back course follows Dipsea Trail over Mt. Tamalpais.

Register online at [www.doubledipsea.com](http://www.doubledipsea.com)

## **Sun Jun 29\* Strawberry Hill 5K**

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, make a right (uphill) at Stow Lake Drive, then before the boat-house take a left and begin a clockwise street loop of Stow Lake. Take a right over the first stone bridge onto island, then left onto lower level dirt path and run a clockwise loop of lower island. Before completing the lower loop make a right and run up to the top of Strawberry Hill. Follow path and continue downhill back to the stone bridge. Cross over stone bridge and complete the clockwise Stow Lake street loop. At the boat-house run downhill onto Kennedy Drive, make a left and return to finish.

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

## **Sun Jul 6 Single/Double Lake Merced Run, 4.5/9 miles**

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

STARTING TIME: **Double Loop at 8:30AM, Single Loop at 9:00 AM.**

**Course closes for both races at 10:45AM.** Walkers are encouraged to start early.

COURSE DESCRIPTION: Run one or two clockwise loops around the lake staying entirely on jogging/pedestrian path before merging left to a straightaway finish back at the Sunset Blvd parking lot.

# ◆◆◆ 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: Tuesday, July 1, 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

June weather looks unremarkable except that it will be cooler than normal. Except for coastal drizzle, I don't think there will be any rain this month unless some tropical moisture sneaks in at the end of the month. Cool, mostly overcast weather is expected for the Practice Dipsea and the regular Dipsea the following weekend. The warmest weather of the month is expected right around the Summer Solstice with inland highs in the 90s but low 60s along the coast. Below-normal sea surface temperatures will translate to lots of coastal fog this month.



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



PRESIDENT  
ANGELICUS  
Walt Stack

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



# Happy Birthday! ◆◆◆◆◆◆◆◆

1	Nicole Agbayani	18	Kelly Cunneen
	Jon Yip		Kim Flannigan
4	Rick Torreano	19	Marie Noel Appel
5	Laurie Sullivan		Jakob Gron
6	Kevin Fry		Terri Lavelle
7	Jane Colman	22	Benjamin Berven
	Stephanie Flanagan		Jason Chen
	Marcia Martin		Grant Johnson
8	Sheldon Gersh	24	Nick Epstein
	Hallina Popko		Janice Rensch
10	Robert Archibald	25	Doris Segner
11	Brian Hartley		Richard Tauber
	Marnie Kelley	27	Lou Bristol
	Michael O'Sullivan		Mary Lou Lemley
	Brierly Reybine	28	Bob Kovash
15	Richard Drechsler	29	Mick Lavelle
16	Richard Pon		Naomi Wooten
17	Pauline Dake	30	John Lindberg

## New Members

### HAYWARD

Diane Prichard  
Mark Prichard  
Tippy Prichard

### SAN FRANCISCO

Gogo Haas  
Penny Malebutr  
Reginald Rodriguez  
Michael Rothman  
Stacey Schesser



### San Francisco

#### Dolphin South End Running Club

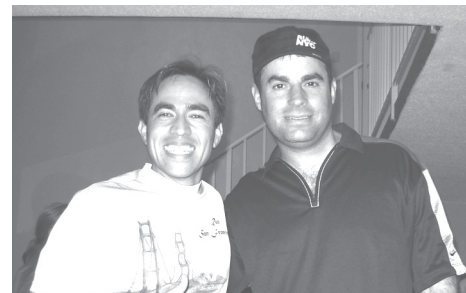
Postmaster, Return Undeliverable Mail To:

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).



**George Rehmet and Joel Rizzo  
at the 2008 RRCA Convention**

**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!