

George Rehmet

continued on page 2

- Refer attendees' questions to appropriate unit leader
- Maintain database of attendees on monthly basis until 2 months out, then weekly basis until 2 weeks out, and then on daily basis
- Communicate with various unit leaders about attendee numbers for seminars, meals, t-shirt sizes, etc.
- Send revenues to Finance Chief
- Put attendees' packets and goody bags together

Food & Beverage Unit Leader

- Communicate with Registration Unit Leader about number of meals
- Communicate with Hotel Food Service Director about number of meals and special needs or requests
- May develop budget
- Within budget, review menu and prices and make recommendations and suggest alternatives to Working Group
- Assign volunteers to guide attendees at functions
- At convention, ensure that food is served promptly and communicate any problems with Hotel Food Service Director
- Communicate with Operations Unit Leader about when food is to be served and when entertainment/seminars are to take place

Advertisement Unit Leader

- Work with Sponsorship Chief for developing sponsors' ads
- Communicate with Convention Book Leader
- Communicate with sponsors about their ads and obtain approval for ads
- Solicit advertisement
- Report to Sponsorship Chief about each potential advertisement before accepting ad

Logistics Chief

- Attend Working Group Meetings
- Oversee Service Branch and Support Branch

Service Branch Director

- Oversee Service Branch and communicate with leaders
- Attend Working Group Meetings

Medical Unit Leader

- Recruit volunteer medical staff
- Maintain first aid kit
- Communicate location of kit and medical staff
- Maintain list of pharmacies and nearby hospitals
- Communicate with Run Coordinator and volunteers about emergency medical procedures

continued on page 3

continued from page 1

DSE AID STATION AT THE SAN FRANCISCO MARATHON AUGUST 3

Ready or not, here it comes—on August 3 the 2009 SF Marathon will be completing a city-wide running tour. Instead of ignoring it, DSE encourages everyone to embrace and support the SF Marathon. If you aren't running and haven't signed up to volunteer at the DSE aid station, Water Stop #6, drop by anyway. We can always use more help. Please arrive by 5:30 AM at the new meeting location on Kennedy Drive near Transverse Drive.

AUGUST RACE SCHEDULE

On 8/10, one week after the SF Marathon, join us just south of the city for the Daly City Scenic Run. The full 6.8M version affords great views and hill training; the 5K will give you a less extreme hill workout.

To prepare for cross-country season, try the DSE Golden Gate Park Cross-Country 5K on 8/17.

There is NO DSE RUN on 8/24. Instead the club will be hosting its annual DSE Volunteer Appreciation Picnic. This event is by invitation only.

The 8/31 Potrero Hill 4M Run is the appropriate DSE Race for the Labor Day weekend. We'll go back to the neighborhood where founding father Walt Stack lived. The highlight of this race is running up Vermont Street, the little-known but actually "crookedest street" of San Francisco.

JUNE GENERAL MEETING RECAP

Before I became a DSE Officer, I never gave the DSE General Meeting a second thought. After attending the

continued on page 3

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

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

Mail/Phone/Email Address

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

Articles and Photos

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

Letters to the Editor

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

Submission Deadline

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

Mail

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

Telephone

Hotline: 415-978-0837

Website/Membership Application:

www.dserunners.com

WEBMASTER: Natalie Nissenson
webmaster@dserunners.com
ASSISTANT: Stephen Boesch

Support Branch Director

- Oversee Support Branch and communicate with leaders

Signage Unit Leader

- Communicate with Graphic Artist
- Communicate with Seminar Unit Leader
- Ensure that signs are in place and changed at appropriate times
- Oversee clubs putting up their banners
- Make other signs as requested by various unit leaders

Security Unit Leader

- Assign and train volunteers in security procedures
- Communicate with Facilities Unit Leader as to placement of security volunteers
- Communicate with Equipment Unit Leader to keep equipment secure

FROM THE PRESIDENT'S DESK

continued from page 2

June 29 General Meeting, I found out that DSE is far more than just a Sunday running club. The General Meeting is an open forum with the opportunity for club members to voice their opinions. I recommend that every club member plan to attend a club General Meeting.

There isn't enough space to go into detail about the issues discussed on June 29. Instead, here is a brief summary.

Despite club membership having leveled off and declined, DSE has a healthy financial outlook.

Running events have come full circle. Our no-fringe inexpensive DSE races are very attractive. Race attendance is booming with many of our 5K and 10K races averaging 150+ race participants.

DSE 'comp' membership renewal as an expression of volunteer appreciation is no longer an acceptable RRCA practice.

The ambiguity of the "Operations Committee" concept has been resolved. Those volunteers formerly listed as Operations Committee members and those listed as Coordinators are now all put under the general heading of "Operations," with no changes in their administrative duties.

A revision of the race attendance category of the award reporting form was approved.

For further details of the June 29 General Meeting, please send your request to DSE Secretary Bob Morris.

NEW DSE CLOTHING LINE

DSE is moving into the 21st century and will be adding a new runner's dri-fit T-shirt along with a long overdue women's tank top. The new clothing line will be replacing cotton fabric with more modern synthetics, as well as improving the design.

GET YOUR CHILDREN TO START EXERCISING!

A study published in JAMA reported fewer than a third of the 15-year-old study participants meeting minimal exercise standards on weekdays (and only about one in six exercising on weekends).

It seems clear that American teenagers are starting bad habits early. The computer, video games, and television provide reasons to sit rather than move. Other studies suggest that safety concerns keep kids inside rather than playing outside, and this contributes to the problem as well.

We have an obesity epidemic in this country. In order for adults to eat well and exercise, the habits really should be ingrained during childhood. With fewer than 3% of 15-year-olds getting a couple of hours of exercise per day, we have a lot of work to do. Otherwise, what we perceive to be a national epidemic now will be nothing compared to what we see when these teenagers become full-fledged adults.

NOTES ABOUT OUR MEMBERS

The Editor

Further information about the late **Otto Sommerauer** came from two sources. LMJS President **Len Goldman** tells us that when Otto retired from Muni he asked his Machinists Union representative to find a new apprentice to whom to give his box and tools. Both Len and DSE member **Don Watson** remember that after a bird rescue at the Ocean Beach run, **Walt Stack** canonized Otto in the Universal Life Church (of which Walt was a minister), and always afterwards called him St. Otto.

Thanks to **Gary Brickley**, who found references to several DSE members in an article by **Dave Albee** in the *Marin Independent Journal* from June 8, the day after The Dipsea Race.

Harry Cordellos was guided over the Dipsea course this year by a Dipsea novice, **Nilita Escobar** of Novato, who wore a blue T-shirt reading "**Blind runner, not me, pass this side**" given to her by DSE weatherman **Mike Pechner**, who has helped Harry in the past but was unable to run this year because of a knee injury.

Tony Stratta, whom we have missed seeing at DSE races recently, attended the June 5 Dipsea dinner, but missed running the Dipsea for the first time since 1987 because he is currently battling cancer. Tony ran his first Dipsea in 1947.

Another DSE Sunday morning regular we have been missing, **Tom Boyd**, told **Phyllis Nabhan** recently that he had had triple bypass heart surgery in May, which is why he hasn't been at the DSE runs. Tom had been having difficulty breathing for some time and the doctor thought it was exercise-induced asthma. After several tests, they found a problem with his heart. They were going to put a stent in but found a blockage and had to do the triple bypass.

We wish speedy and successful recoveries to Tony and Tom, and hope that they will be back with us on Sunday mornings before too long.

Note: There will be no Great Achievements in Running or Turtle Tales this month. Coordinators Jim Kauffold and Bill Woolf reported that they were unable to find anyone to volunteer a story for the newsletter. Please contact them at kauffolds@juno.com or billwoolf2@aol.com if you would like to share your experiences, running or not, in a future issue of the DSE News.



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

June 29, 2008

Strawberry Hill 5K

Race Director: Kevin Lee

Volunteers: Bobby Marty, George Sacco, Uwe Schling, Cathie Schling, Megan Guttman, Dale Hogan, Ken Reed, Hashim Bashiruddin, Hilary Fong, Richard Finley, Gregory Brown, Marie Appel



Race Director Kevin Lee

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PL	NAME	AGE	TIME
1	Anda Greeney	24	16:54
2	Grant Johnson	25	17:54
3	Oliver Chan	26	18:01
4	David Goldman	34	18:46
5	Jonathan Bretan	25	18:48
6	Andrew Waldron	38	18:55
7	Jason Reed	29	19:00
8	Jonas Jacobson	25	19:01
9	Kennet De Silva	26	19:05
10	Josh Rogowski	23	19:32
11	Milan Drager	33	19:40
12	Markham Miller	44	19:44
13	John Woods	44	19:55
14	Anthony Romeo	18	19:59
15	Sloane Cook	18	20:19
16	Jorge Rivera	38	20:34
17	David Altena		20:37
18	Steve Stephens	64	20:48
19	Karl Kunz	61	21:00
20	Luis Vargas	50	21:12
21	Jeremy Calnan	48	21:19
22	Steven Pitsenbarger	40	21:24
23	Daryl Luppino	48	21:28
24	James Moore	49	21:40

25	Chris Ahlgren	24	21:43
26	Dale Hogan	30	21:47
27	Hans Facer	55	21:54
28	Robert D. Britain	50	22:14
29	Lisa Taylor ①	33	22:20
30	Noe Castanon	37	22:33
31	Rick Torreano	59	22:40
32	Michael Kunz	16	22:48
33	Erik	29	23:03
34	Amy Sonstein ②	38	23:09
35	Joel Rizzo	42	23:18
36	John Davin	30	23:53
37	Jon Raven	43	23:56
38	Tyler Abbott	47	23:58
39	Bruce Keno	46	24:01
40	Patrick Lee	60	24:05
41	Milo Malixi	28	24:07
42	Mark Kelley	52	24:17
43	Eric Park	62	24:19
44	Howard Tucker	46	24:27
45	Hannah Robinson ③	29	24:29
46	Larry Wuerstle	52	24:30
47	George Baptista	65	24:34
48	Josh Ridout	36	24:38
49	Skyler Bruno	11	24:48
50	Kenichi Matsumura	30	24:49
51	David Klinetobe	47	24:54
52	Kevin Cuevas	17	25:05
53	Paul Mosel	66	25:08
54	Clive Hatto	40	25:17
55	Rick Carroll	46	25:27
56	Ben Supple	25	26:01
57	Kenneth Fong	46	26:02
58	Annica Menicutch ④	45	26:09
59	Miguel Castro	22	26:21
60	Neal Ashton	51	26:22
61	Margot Schubert ⑤	31	26:24
62	Anthony Menicutch	14	26:26
63	Gary Brickley	55	26:26
64	Steve Nissenson	60	26:37
65	Stephanie Soler	33	26:46
66	Shaun Gallagher	34	27:06
67	William Lewis	25	27:22
68	Mort Weisberg	71	27:31
69	Patricia Cericola	51	27:32
70	Chris Kunz	50	27:33
71	Janet Nissenson	48	27:35
72	William Bernick	18	27:41
73	Kathleen Lail	40	27:52
74	Lloyd Breeland	42	28:01
75	Sarah	31	28:19
76	Thomas Smiley	52	28:26
77	Manuel Castro	18	28:29
78	Johanna Merriss	58	28:31
79	Bob Morris		28:39
80	Sandra Sigurdson	51	28:47
81	Peter Royce	73	29:25
82	Michael Szeto	21	29:26
83	David Lansky	55	29:27
84	Sabina	47	29:28



Starting up Strawberry Hill

Photo by Don Watson

85	Robert Archibald	51	29:40
86	Lorenzo Amadei	10	29:58
87	Ronchetta Catia	43	31:00
88	Aisha Keno	58	31:02
89	Wendy Newman	58	31:03
90	Henry Nebeling	75	31:33
91	Tony Salewski	33	31:35
92	Shipleigh Salewski	29	31:39
93	Jeff Houston	50	31:40
94	Kathleen	47	31:51
95	Julie Beaven	33	32:03
96	Tom Huster	65	32:15
97	Jim Kauffold	70	32:43
98	Alex Koch	41	33:01
99	Barbara Robben	74	33:08
100	Bill Woolf	73	33:34
101	Ronchetti Roberta	47	33:41
102	Martine Glickfield	14	33:55
103	Melissa Salazar	29	34:07
104	Melody Robinson	14	34:13
105	Nancy Radigan	46	34:13
106	Kevin Radigan	48	34:41
107	Kay Teiber	68	34:42
108	Eric Rayner	52	34:50
109	Karishma Manzur	34	35:02
110	Tim Rosa	36	35:03
111	Stefanie Rosa	39	35:32
112	Jose Trevin	48	35:34
113	Mike Nickelson	31	35:43
114	Jane Colman	65	36:38
115	Karen Schkolnick	37	36:53
116	Laurie Huth		36:53
117	Matt Yeakley	45	37:01
118	Mackenzie Fakhouri	26	37:13
119	L. Carole Knight	57	37:17
120	Emily Delmotte	22	37:18
121	Chris Kight	57	37:19
122	Natalya Gray	11	39:41
123	Audrey Gray	40	39:42
124	Michele Davey-Hatcher		
		12	40:01
125	Carmel Hatcher	43	40:15
126	John Davey	41	40:16

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STRAWBERRY HILL 5K

continued from page 4

127	Bob Theis	79	42:37
128	Katja Waldron	14	43:37
129	Zoe Raven	14	43:38
130	Margo Banowicz	49	44:22
131	Piero Serra	9	46:31
132	Pier Luigi Serra	43	46:32
133	Alberto Amadei	53	46:50

SELF-TIMERS

Brie Reybine	
Don Watson	79
Yong Haber	50
Fred Haber	48
Carolyn Clark	
Jane Lee	58
Richard Finley	60
Elaine Gecht	64
Roxanna Pezzy	
Ann Agbayani	47
Jesse Agbayani	56
Wally Rapozo	79
George Sacco	70
Liese Rapozo	80
Gregory Brown	59
Richard Hannon	72
Sunhi Kim	49
Kim Chee	3
Robert Brizuela	68

KIDS' RUN

Skyler Bruno	11	4:26
Shannon Luppino	12	4:38
Meadow	8	4:59
Jakob Lail	4	5:23
Raven	5	6:02
T.T. Abbott	4	9:59

July 6, 2008

Lake Merced Single/Double

Race Directors: Kenneth Fong and Jeff Houston

Volunteers: Bill Woolf, Joseph Connelly, Bobby Marty, Kevin Lee, Calvin Chan, Laurie Sullivan, Diane Okubo-Fong, Mike Pechner, Fred Haber, Oliver Chan, George Sacco, Yong Haber



Race Directors Kenneth Fong
and Jeff Houston

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PL NAME AGE TIME

4.5 Miles

1	Francis Gadayan	22	24:44
2	Chikara Omine	25	25:21
3	David Goldman	34	26:56
4	Milan Drager	33	27:32
5	John Woods	44	27:44
6	Anthony Benson	44	27:58
7	Peter Hsia	48	28:08
8	Sloane Cook	18	28:43
9	Jorge Rivera	28	29:37
10	Luis Vargas	50	29:42
11	Jeremey Calnan	48	29:47
12	Gene French	61	29:59
13	Noe Castanon	37	30:32
14	Steven Pitsenbarger	40	30:44
15	Andrew Freid	41	30:53
16	Kevin Sullivan	16	31:15
17	Tyler		31:26
18	Rick Torreano	59	31:34
19	Noah Feinstein	32	31:57
20	Stuart Davis	57	32:25
21	Jorge Larre	52	32:33
22	Jonathan Fearn	33	32:34
23	Amy Sonstein ①	38	33:06
24	Jose Ruiz	53	33:15
25	George Musante	53	33:17
26	Patrick Lee	60	33:49
27	Lisa Lisanti ②	29	33:58
28	Eric Park	62	34:12
29	Phil Melman	42	34:36
30	Lazaro Sanchez	45	34:57
31	Karla Brennan ③	39	35:26
32	Robert Gray	25	35:37
33	GoGo		35:51
34	Karen Pinckard ④	48	35:59
35	Judith Waitz ⑤	48	36:10
36	Terry Wheatley	47	36:26
37	Neal Ashton	51	36:43
38	Thomas Smiley	52	36:43
39	Jeff Brennan	36	36:45
40	Steve Nissenson	60	37:04
41	Gary Brickley	55	37:08
42	George Baptista	65	37:20
43	Travis Enfield	24	37:26
44	Vincente Aguigui	48	37:59
45	Lina Khatib		38:04
46	Mort Weisberg	71	38:09
47	Courtney Gallagher	22	38:11
48	Audrey Harkness	22	38:11
49	Joseph Connelly	46	38:18
50	Stephanie Soler	33	38:38
51	Lloyd Breeland	43	40:13
52	Jen Melman	36	40:28
53	Ken Reed	63	40:38
54	Raymond White	63	41:30
55	Wendy Newman	58	42:06
56	Henry Nebeling	75	42:22
57	Suzana Seban	54	43:23
58	Skyler Bruno	11	43:36

59	Laurie Quinlan	51	43:56
60	William Bernick	18	44:16
61	Jessica Pechner	14	45:09
62	Mike Hung	57	45:24
63	Jeff Darrow	58	46:52
64	Jim Kauffold	70	47:25
65	Elizabeth Nolan	47	47:27
66	Kevin Smoklen	34	48:02
67	Stewart Blain	31	51:29
68	Matt Hoehne	29	51:30
69	Colette Collins	30	51:31
70	Barbara Robben	74	52:07
71	Marc Payne	36	53:02
72	Laurie Huth	36	53:51
73	Karen Schklonick	37	53:52
74	Shannon Luppino	12	56:38
75	Jack Bascom	67	56:43
76	Bob Theis	79	58:37
77	Jennifer Stephens	45	59:25
78	Margo Banowicz	49	59:43
79	Annette Fiig	42	85:02

9 Miles

1	Kennet De Silva	26	57:19
2	Alfie Holmes	35	57:29
3	Roy Clarke	52	60:47
4	Samuel Harvell	45	61:11
5	David Altena	46	61:45
6	Juan Melendez	51	62:05
7	Francisco Nieves	39	63:33
8	Daryl Luppino	48	63:39
9	Devin Wolfe	40	65:39
10	Ernie Rivas	54	65:41
11	Daniel Kim	33	65:52
12	Peter Wheatley	51	66:47
13	Ed Celestina	57	67:19
14	Norm Wheatley	51	68:10
15	Caroline Tuck ①	43	71:38
16	Natsuko Tsujimura ②	51	72:40
17	Uwe Schling	38	73:18
18	George Rehmet	41	73:29
19	Karen Azevedo ③	45	74:21
20	Daz Lamparas	55	74:25
21	Kenichi Matsumura	30	74:52
22	Veronica Vaskinn ④	26	74:53
23	Marian Lyons ⑤	61	80:11
24	Thomas Fiig	44	80:33
25	Paul Mosel	66	80:44
26	Janet Nissenson	48	81:44
27	Lisa Roach	32	82:28
28	Sandra Sigurdson	51	85:29
29	Mark Hepler	38	86:26
30	Peter Royce	73	86:50
31	Cammie Dingwall	45	88:37
32	Allison Leshefsky	26	89:40
33	Roz Bostock	26	90:23
34	Joan Kramer	65	91:11
35	NO NAME		93:14
36	Richard Best	62	100:26

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LAKE MERCED SINGLE/DOUBLE
continued from page 7

37	Cariwyl Hebert	25	101:09
38	Kelly Winger	28	101:32
39	Diana Yen	37	102:20
40	Alfred Tolentino	36	102:21

SELF-TIMERS

	Ann Agbayani	47	
	Bob Morris		
	Brian Wheatley	49	
	Brie Reybine		
	Denise Demianeau	50	
	Ed Olkowski	65	83:43
	Elaine Gecht	64	
	Emma Wnuk	21	
	George Sacco	70	78:00
	Gregory Brown	59	
	Hashim Bashiruddin	51	
	Hilary Fong	49	
	Jane Lee	58	
	Jesse Agbayani	56	
	Karen D'or	51	63:30
	Leslie Jordon	55	
	Liese Rapozo	80	Double
	Marie Appel	44	
	Roxanne Pezzy		
	Wally Rapozo	79	Double
	Wayne Plymale	56	
	Robert Brizuela	68	135:03
			Double

July 13, 2008

Golden Gate Bridge Vista 10K

Race Director: George Sacco

Volunteers: Bobby Marty, Kevin Lee, Calvin Chan, Phyllis Nabhan, Gregory Brown, Theo Jones, Jeanie Kayser-Jones, Uwe Schling, Joseph Connelly, Yong Cho-Haber

PL	NAME	AGE	TIME
1	Andy Riesenberger	19	35:51
2	Chikara Omime	25	38:58
3	David Goldman	34	40:31
4	B. J. Ricketts	33	41:13
5	Jason Reed	29	42:40
6	Milan Drager	33	42:51
7	Eric Stewart	40	43:53
8	Scott Donnellan		43:59
9	Markham Miller	44	44:07
10	Steve Stephens	64	44:41
11	Jeremy Calnan	48	45:07
12	Jerry Flanagan	42	45:41
13	Eduardo Vazquez	35	45:51
14	David Altena	46	45:52
15	Chris Ahlgren	24	45:54
16	Luis Vargas	50	46:41
17	Matthew Fabry	35	46:42
18	Daryl Luppino	48	46:45
19	Russ Kiernan	70	46:52



Golden Gate Bridge Vista 10K
Race Director George Sacco
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20	Jacob Werhaus	17	47:07
21	Nick Suess	16	47:07
22	Caroline Balkonis ①	24	47:15
23	Robert Britain	50	48:06
24	Steven Pitsenbarger	40	48:09
25	Brian Hutto	43	48:24
26	Noe Castanon	37	48:54
27	Jorge Larre	52	49:02
28	Barry Hull	32	49:42
29	Michael Grilli		49:45
30	Keelan Jones	17	49:52
31	George Rehmet	41	50:05
32	James Russell	57	50:06
33	Louise Stephens ②	42	50:08
34	Amy Sonstein ③	38	50:08
35	Edward Haack	40	50:09
36	Jose Ruiz	53	50:35
37	Erika Kikuchi ④	29	51:19
38	Sam Shaw	16	51:42
39	Morgan Zander		51:48
40	George Musante	53	51:51
41	Joel Rizzo	42	51:55
42	Jan Warhuus	45	53:19
43	Branden Slattey	24	53:39
44	Derek Jung	16	54:26



Volunteers Bobby Martin & Phyllis Nabhan
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45	Theo Jones	69	54:35
46	Marco Vaticano	14	54:46
47	Tyler Abbott	47	54:52
48	Patrick Lee	60	54:58
49	Mark Kelley	52	54:59
50	Paul Mosel	66	55:17
51	Kenichi Matsumura	30	55:20
52	Daz Lamparas	56	55:23
53	David Klinetobe	47	55:48
54	Mark Prichard	52	55:55
55	Kathleen Lail ⑤	40	56:24
56	Kenneth Fong	46	56:29
57	Jackie Kevane		57:00
58	Nir Bialik		57:06
59	Candy Casillas	25	57:07
60	Joseph Connelly	46	57:32
61	Gary Brickley	55	57:38
62	Mort Weisberg	71	58:01
63	Andrew Menzel	15	58:17
64	Katie Wade	25	58:27
65	Bill Arnold	62	58:46
66	Christine Vose	29	59:32
67	Neal Ashton	51	60:26
68	Greg Menzel	48	61:00
69	Christina Blumentritt	29	61:02
70	Sarah Jahn	29	61:11
71	Joe Kaniewski	42	61:23
72	Kristine Amii	21	62:43
73	Laura Kretz		64:20
74	Lisa Warhuus	41	66:09
75	Wendy Newman	58	66:11
76	Sam Roake	72	66:29
77	Marian Lyons	61	66:58
78	Allison Quinn	27	67:14
79	Suzana Seban	54	67:39
80	Henry Nebeling	75	67:52
81	Fred Haber	48	68:22
82	Julian Jaffe	14	68:40
83	Christine Sellai	42	68:54
84	Thomas Smiley	52	70:47
85	David Benavides	21	70:53
86	Susan Herder	51	71:09
87	Emily Delmolte	22	71:21
88	Jim Kauffold	70	71:46
89	Joanna Silber	34	72:30
90	Lisa Henry	43	72:33
91	Paul Mik-sell		72:34
92	Mike Hung	57	72:47
93	Jack Bascom	67	73:32
94	Bill Woolf	73	73:50
95	Susannah Starr	16	73:58
96	Kaylah Cohen		74:45
97	Leticia Gonzalez	25	75:05
98	Lisa Hicks		75:06
99	Jane Colman	65	75:21
100	Catherine Frenette	32	76:30
101	Richard Tuemmlar	60	79:05
102	John Frenette	35	84:59
103	Lanthy Nguyen	28	92:07

continued on page 7

SELF-TIMERS

Bob Theis	79	
Carolyn Clark		
Don Watson	79	
Ed Olkowski	65	
Elaine Gecht	64	
Gary Davis	56	83:43
Gregory Brown	59	
Hana Keefe-Guerrero	16	
John Lang	69	78:00
Liese Rapozo	80	
Richard Finley	60	
Wally Rapozo	79	

July 20, 2008

Marina Green 5K

Race Director: Joel Rizzo

Volunteers: Kevin Lee, George Sacco, Uwe Schling, Cathie Schling, Bobby Marty, Phyllis Nabhan, Gregory Brown, Letty Garbisch, Calvin Chan, Yong Haber, Marie Appel



Race Director Joel Rizzo

© 2008 Paul Mosel

PL	NAME	AGE	TIME
1	Aria Kiani	16	16:55
2	Chikara Omine	25	17:12
3	Mark Bretan	18	17:21
4	Mark P. Taylor	42	17:27
5	Matthew Gilman	32	17:49
6	Eric Stewart	40	17:55
7	Susan Mikecz ❶	29	17:57
8	Jesse Zarate	16	18:11
9	David Goldman	34	18:12
10	Kennet De Silva	26	18:18
11	Jason Reed	29	18:26
12	Milan Drager	33	18:46
13	Kenley Gaffke	30	18:53
14	John Woods	44	19:01
15	Markham Miller	44	19:13
16	Samuel Harvell	45	19:21
17	David Altena	46	19:42
18	Jeremy Calnan	48	19:52
19	Noe Castanon	37	20:14

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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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Fitch Mountain Footrace 3K, Healdsburg, June 8

52	Roger Anawalt	88	1	M 80+	34:14
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Kenwood Footrace 3K, July 4

416	Roger Anawalt	88	1	M85-59	35:05
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Firecracker 5K, Pleasant Hill, July 4.

50	Noe Castanon	37	4	M30-39	19:21
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Run San Ramon 5K, July 4

Women

137	Barbara Robben	74	1	F 70-74	30:51
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Jefferson Mile, July 4

3	Eduardo Vazquez	35	1	M30-39	5:23.24
5	Kennet De Silva	26	3	M20-29	5:29.77
17	George Rehmet	41	6	M40-49	6:10.76
28	Eric Park	62	3	M60-69	6:53.04
35	Amy Sonstein	38	3	F 30-39	7:33.18
46	Greg Brown	59	3	M50-59	17:01.54
	Elaine Gecht	64	2	F 60-69	self-timer

Freedom Road 5K, July 4

3	Chikara Omine	25	2	M20-29	17:16
7	Eduardo Vazquez	35	2	M30-39	18:40
8	Kennet De Silva	26	5	M20-29	18:47
30	Amy Sonstein	38	3	F 30-39	21:46
31	George Rehmet	41	5	M40-49	21:48
52	Paul Mosel	66	5	M60-69	24:52
64	Joseph Connelly	46	10	M40-49	26:15
91	Roxanna Pezzy	49	7	F 40-49	32:19
110	Greg Brown	59	8	M50-59	53:20

Run for the Stinkin' Roses 5K, Gilroy, July 12

21	Neal Ashton		3	M50-59	24:23
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Run to the Lake 10K, Castro Valley, July 13

11	Peter Hsia	48	1	M45-49	40:15
249	Jeffry Darrow	59	10	M55-59	1:12:10
250	Barbara Robben	74	1	F 70-74	1:13:05

San Geronimo TCRS, ~4.6M, July 18

Men

29	Steve Stephens				31:45
64	Jeff Houston				53:18

Women

11	Amy Sonstein				34:57
15	Cammie Dingwall				37:43

Sequoia Trail Run 30K, Oakland, July 19

3	Jason Reed	29	3	M20-29	2:37:13
50	David Klinetobe	47	15	M40-49	3:42:41

Tahoe Rim Trail 50K, July 19

115	Pat Wellington	60			11:35:51
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Jail Break Run, 5K, Dublin, July 20

Women

15	Judith Waitz	48	3	F 40-49	25:56
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continued on page 8

Jail Break Run, 10K, Dublin, July 20**Men**

9	Peter Hsia	48	3	M40-49	41:32
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MARINA GREEN 5K

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20	Chris Ahlgren	24	20:16
21	Keith Myer	43	20:18
22	Gene French		20:33
23	Felix Tong	29	20:36
24	Alicia Ivanhoe ②	19	20:42
25	Steven Pitsenbarger	40	20:51
26	Daryl Luppino	48	20:54
27	Jonathon Lipps	25	21:07
28	Michael Sweet	38	21:10
29	Alan McCrea	28	21:12
30	Candes M. Gentry ③	31	21:13
31	Brian Hutto	43	21:16
32	Heather Donnelly ④	36	21:19
33	Leandry Estrella ⑤	31	21:28
34	Kenneth Johnson	41	21:37
35	Edward Haack	40	21:38
36	Rick Torreano	59	21:42
37	Janice M. Amador	29	21:48
38	Jose A. Ruiz	53	21:56
39	Jorge Larre	52	21:59
40	Luis Vargas	50	22:09
41	Mauro Ruffy	34	22:27
42	Patrick Lee	60	22:31
43	Ben Martin	20	22:36
44	Brett Gagnon	24	22:38
45	Ed Celestina	57	22:41
46	Ben Supple	25	22:44
47	Alpesh Oza	33	22:45
48	Jeff Hamnett	21	22:46
49	Kenichi Matsumura	30	22:47
50	Kevin Cuevas	17	22:49
51	Wayne Plymale	56	22:49
52	Erika Kikuchi	30	22:55
53	Mark Prichard	52	23:07
54	Joshua Krasne	24	23:22
55	Mark Kelley	52	23:26
56	Rob Malcias	32	23:27
57	Gogo		23:28
58	Theo Jones	69	23:30
59	Ed Kinchley	59	23:31
60	Paul Mosel	66	23:34
61	Larry Wuerstle	52	23:39
62	Eric Park	62	23:41
63	Kenneth Fong	46	23:43
64	John Soule	41	23:50
65	Daz Lamparas	56	23:54
66	Scott Tachiki	40	23:58
67	Shunsuke Nabata	21	23:59
68	Rafael Aguilar	18	24:00
69	Michael Moelter	41	24:08
70	Travis Enfield	24	24:15
71	Rachna Sizemore	37	24:15

72	Miguel Castro	22	24:32
73	Steve Nissenson	60	24:34
74	Neal Ashton	51	24:40
75	Jacob Quinlan	18	24:43
76	John Trayers	32	24:45
77	Guenter Hauser	60	24:46
78	O.C. Romero	31	24:48
79	Edgar Pacajos	39	24:51
80	Gary Brickley	55	24:56
81	Chris Nyffeler		25:02
82	Lloyd Breeland	43	25:04
83	Rodrigo Leroux	32	25:12
84	Thomas Smiley	52	25:16
85	Lina Khatib		25:19
86	Brandon Fields	35	25:25
87	Stephanie Gutierrez	23	25:29
88	Vincente Aguigui Jr.	48	25:36
89	David Lakin	47	25:47
90	Robert Umgelter	44	25:57
91	William McCarty	60	25:58
92	Antonio Fuentes	32	26:05
93	Sabine Gounder	29	26:08
94	Christina Trayers	32	26:10
95	Manuel Castro	18	26:10
96	Kent Johnson	57	26:16
97	Janet Nissenson	48	26:22
98	Eudelia Pacajos	30	26:24
99	Peter Royce	73	26:35
100	Elisabeth Johnson	21	27:06
101	Skyler Bruno	11	27:07
102	Shawn Winter		27:21
103	Will Wallis		27:27
104	Wendy Newman	58	27:29
105	Amy Holloway	28	27:39
106	Julia Bruckner	27	27:47
107	Eric Sommerauer	22	27:49
108	Ed Sommerauer	58	27:51
109	Heidi Fields	32	27:52
110	Kristin Johnson	54	27:53
111	Brian Hartley	55	27:58
112	Suzana Seban	54	28:02
113	Michelle Mercer	38	28:04
114	Carina Ljungwald	32	28:28
115	Ivan Gonzalez-Gallo	31	28:28
116	Christina Matejko	25	28:37
117	Anne Nyffeler	26	28:38
118	Silverman		28:55
119	April French	11	29:17
120	Sabina Bauman	47	29:21
121	Laurie Quinlan	51	29:22
122	Kathleen Bannon		29:37
123	Peter Lambert	40	29:43



Patrick Lee coming back through Crissy Field toward the Marina Green
Photo by Don Watson

124	Henry Nebeling	75	29:53
125	Jack Bascom	67	29:54
126	Maria Pantoja		30:12
127	Miguel Guerrero	38	30:18
128	Jon Elsenstein	32	30:31
129	Heidi Kim	30	30:42
130	Sam Roake	72	30:59
131	Collin Quinlan	24	31:14
132	Sara Alm	33	31:17
133	Luisa Duran	27	31:19
134	Alex Dirkson	45	31:20
135	Jim Kauffold	70	31:29
136	Fred Haber	48	31:29
137	Jeanie Jones	72	31:32
138	Jane Colman	65	31:48
139	Leah Gonzales	30	31:59
140	Luis Caragan	28	32:00
141	Susan Wolf		32:02
142	Stacy Lynn	27	32:14
143	Meenear Sao	31	32:24
144	Adam Guedin	32	32:25
145	Terry Sommerauer	51	33:21
146	Jenna Zaidspiner	7	33:47
147	Dan Zaidspiner	36	33:48
148	Milinda Lommer	38	34:30
149	Jeff Houston	50	34:39
150	Harry Cordellos	70	34:41
151	Bill Woolf	73	34:41
152	Tam Tran	38	35:01
153	Jack dePenalope	7	35:40
154	Christopher Herrick	7	35:43
155	Dina Russek	32	35:46
156	Peter dePenalope	50	35:47
157	Rick Hannick	47	35:47
158	Debra Chaum Stroud	47	35:54
159	Larissa Eisenstein	29	35:57
160	Jesus Beltran	30	35:58
161	Cindy Peterson	44	36:00
162	Henry George Petersol	7	36:00

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163 Colette	38	36:17
164 Jackson	10	36:22
165 Shannon Luppino	12	36:42
166 Irene Ung	28	36:47
167 Bob Theis	79	37:45
168 Jack Van Den Bogaerde	76	39:06
169 Nely Fdz		39:32
170 Cesar Aguilar	14	40:42
171 Margo Banowicz	49	40:53
172 Grace McRory	6	47:54
173 Sophie McRory	7	47:58
174 Linda Reena	43	48:02
175 Sarah McRory	10	48:29
176 Sara Zaidspiner	10	51:29
177 Sam Zaidspiner	40	51:30
178 Natalya Gray	11	52:00
179 Audrey Gray	40	52:00

SELF-TIMERS

Robert Brizuela	68	
Ed Olkowski	65	60:02
Cris Wildin	70	
George Baptista	65	
Kate Bedford	30	
Yong Haber	50	
Gregory Brown	59	60:00
Jane Lee	58	
Judith Jarosz		
Richard Hannon	73	
Don Watson	79	
Gary Davis	56	
Carolyn Clark		
George Sacco	70	
Liese Rapozo		
Wally Rapozo		
Henry Joe Peterson	42	



Avoiding the puddle
at the Little Marina Green
Photo by Don Watson

◆◆◆ 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 at which we need a full slate of volunteers:

August 10	Daly City Scenic 6.8M/5K	September 14	Stern Grove 4M
August 17	GG Park Cross Country 5K	September 21	Lake Merced Half
August 31	Potrero Hill 4M		Marathon/4.5M*
September 7	Rainbow Falls 5K	September 28	Oyster Point 5M

* Lake Merced Half Marathon starts at 8:00 AM; 4.5M at 9:00 AM

We especially need volunteers at the **Lake Merced Half Marathon/4.5M** runs (2 distances, 2 finish lines, 2 aid stations). We will need approximately 6 volunteers to work at the aid stations, 2 course monitors, and several people to help with registration and finish line.

We also need Race Directors for the **Sawyer Camp 5K/10K on November 2**. Serving as a Race Director would fulfill the requirement for the small trophy (see below).

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 or 415-751-9653 or simply sign your name to the Volunteer Sign-Up Sheet that is available at each weekly race.

CLASSIC STU-PEDS

by Stu Ruth



◆◆◆ Monthly Running Schedule ◆◆◆

- 1) All race entries are payable at the event by cash only (sorry, no checks) unless you register online at www.active.com by 9:00 AM on the Friday before the race.
- 2) All races are \$3 for members and \$5 for non-members unless otherwise noted.
- 3) Kids (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 Aug 3 NO DSE RUN

DSE Volunteers at Aid Station for SF Marathon, www.runsfm.com

MEETING PLACE: Transverse/Crossover (near Kennedy Drive), Golden Gate Park

REPORTING TIME: 5:30 AM

Sun Aug 10 Daly City Scenic Run, 6.8M & 5K

START/FINISH: Colma School, East Market and Hillside Streets in Daly City (take Eastmoor Ave exit from Hwy 280)

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

COURSE DESCRIPTION 6.8M: Run along Guadalupe Parkway uphill and turn right through fenced gate onto Radio Tower Road. Continue uphill to top. Turn around at white steel fence and return same way to finish.

COURSE DESCRIPTION 5K: Run along Guadalupe Parkway uphill to first "stand up" reflector sign on right side of road. Turn around and return same way to finish.

Sun Aug 17 Golden Gate Park Cross Country 5K

START: At the big tree in Upper Speedway Meadows grass area, Golden Gate Park

FINISH: Lower paved Polo Field track

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

COURSE DESCRIPTION: Run down Speedway Meadows and exit left onto paved path just before Polo Field. Stay on paved path beyond Polo Field parking lot and run clockwise loop around Polo Field perimeter using dirt path around 43rd Ave/Chain of Lakes Drive. Path curves to the right onto Kennedy Drive. Run east on dirt path up Kennedy Drive beyond start area. Loop right onto paved path and continue back down along south side of Speedway Meadows to the Polo Field parking lot for the second time. Exit right through swinging gate onto upper Polo Field dirt track and run downhill onto lower paved track, turn right and run to finish beyond south side Polo Field tunnel.

Note: No sweats check or transportation of personal items from start to finish will be available. If you park at south side of Polo Field allow time to walk about 1/2 mile to start.

Sun Aug 24 NO DSE RUN

DSE Volunteer Appreciation Picnic (by invitation only)

Sun Aug 31* Potrero Hill Run, 4 miles

START/FINISH: 17th and Arkansas Streets

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

COURSE DESCRIPTION: Run along Arkansas, right on 16th St., right on 3rd St., right on Cesar Chavez, right on Vermont, right on 26th St. Then turn left on Kansas, left on Vermont (up crooked street), right on 20th St., left on Kansas, right on 17th St. and run to finish near corner of 17th and Arkansas.

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

Sun Sep 7 Rainbow Falls 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 east up Kennedy Drive to McLaren Lodge. Turn around at barricade at Kezar Drive, start back but turn right on East Conservatory Drive. Run up and around East Conservatory Drive. then back onto Kennedy Drive and return westbound 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 or Ken Reed at 415-586-3104 or RunKenRun@aol.com.
- ◆ Saturday at 8:10 AM—6 mile training run. Meet at the water fountain at Kennedy Drive and Transverse in Golden Gate Park.
- ◆ Monday at 6:00 PM—adidas Sport Performance Store San Francisco, 845 Market Street. Led by Warren Change and DSE Sr. VP Adrian Jue. Open to all ages and levels. Runs vary from 3–8 miles, and refreshments are provided after the run.

Membership ♦ ♦ ♦ ♦ ♦ ♦ Information

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

The DSE has grown into San Francisco's largest running club with about 450 members. The club holds races throughout the city almost every Sunday, with courses that range in difficulty and distance (2–6+ miles). DSE members automatically receive a one year subscription to the *DSE Newsletter* and become members of the Road Runners Club of America. Club members receive 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. 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. 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 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, August 27, 2008
TIME: 7:00 PM
PLACE: Fred & Yong Haber
1261 – 31st Avenue
(between Lincoln & Irving)
San Francisco 94122
415-242-3304

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

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

Weather ♦ ♦ ♦ ♦ ♦ ♦ Report ♦ ♦ ♦ Meteorologist Mike Pechner

August will be a month of contrasts. A heat wave is expected during the first week, with offshore winds. Coastal highs will be in the 70s and 80s and it will reach over 100 in the interior valleys around the Bay Area.

We'll have cooler weather with onshore winds during the second week of the month. The usual pattern—morning coastal fog and afternoon sun with near normal temperatures—is forecast for mid-month and into the third week.

Colder-than-normal weather is expected during the last 10 days, with a possibility of tropical moisture during the last 4 days of the month.



♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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Walt Stack

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Happy Birthday! ◆◆◆◆◆◆◆◆

1	Saskia Napieralla		Jim Flanigan
	Amy Qu	14	Jorge Larre
2	Kennet De Silva	15	Gene French
3	King Wayman	16	Christopher Berven
4	John Antonini	19	Jack Major
	Alistair Berven		Fred Osborne
	Don Daniel		Louise Stephens
	Caroline Lim	20	Ed Baumgarten
	Katherine Lim		Liliana Wong
5	Milinda Lommer	21	Anne Single
	Lan Nguyen	23	Bob Bowman
7	Sarah Gulli		Rob Kay
	Hank Pellissier	24	Lisa Griffin
	Naomi Stanford		Chikara Omine
	Sylvia Warnes	25	Donnelly Gillen
	Joi Wong	27	Peter Antonini
8	Mathew Douglas		Jim Gallagher
	Zaldy Tubao	28	Craig Edwards
9	Thomas Chuey		Alfred Tolentino
	Jennifer Hanby	29	Patricia Baker
	David Moulton	30	David Altena
	Francisco Nieves		Stephanie Bruno
	George Rodriguez		Gregg Whitnah
11	Ben Beeler	31	Ian Reid

New Members

OAKLAND

David Goldman

PACIFICA

Samantha Bruno

Skyler Bruno

Stephanie Bruno

Susan Bruno

PALO ALTO

Sandra Sigurdson

SAN FRANCISCO

Jennifer Bearss

Saskia Napieralla

Ben Martin

Ian Macnider

SAN RAFAEL

Edward Haack

SOUTH SAN FRANCISCO

Laurie Huth



San Francisco

Dolphin South End Running Club

Postmaster, Return Undeliverable Mail To:

Richard Finley

805 Vega Circle

Foster City, CA 94404

DSE email list and electronic newsletter

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

Receive the DSE News online instead of by mail, by sending a request to Richard Finley at nishikifinley@sbcglobal.net. He will notify you when each newsletter is available for download from 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!