

JOURNEY HOME BY RAIL

Peggy Kang

Last July, with only a daypack as luggage, I ventured on a long train journey by coach to Southern Ontario, Canada, where I have family. From Emeryville, I boarded the Amtrak Coast Starlight to Seattle, staying overnight at the Green Tortoise Hostel, where my \$30 overnight charge included a free breakfast. An Amtrak bus took me to Vancouver, where I began a three-day, three-night trans-Canada VIA train ride to Toronto. Pillows and blankets were handed out to passengers at no extra charge.

Passing through the scenic Rockies after a light rainfall, we were treated to an incredibly beautiful double rainbow. The intense colors did not dissipate for five or ten minutes. I met many Canadian military personnel and their families on the VIA train who received free rides during July to anywhere in the country. Delays in schedules were inevitable due to emergencies and freight train priorities in both countries. Passenger trains must wait until these long caravans pass, so many passengers missed their connecting trains to final destinations. The train was six hours late coming into Toronto, so vans were available to take us the rest of the distance, for some people 50-plus miles.

Must-sees in Kingston are Fort Henry and my favorite, the Kingston Penitentiary Museum across the street from the federal prison. One visit isn't enough to absorb all the interesting displays of desperation, ingenuity in trying to escape, musical talents, creative sculptures and paintings, and basic humanity of these inmates. I was amused by an inventive electric gadget that served very effectively as a mouse trap!

I began my journey back to the U.S. after two weeks with the family, from Toronto on the northern hump passing through Buffalo and then on to Chicago to meet up with the California Zephyr. Lightning struck a bridge between St. Catharines and Niagara Falls, so we had to wait an hour and a half until power was restored. Due to heavy rain, thunder and lightning, and tornado conditions while passing through Iowa (the flood state), our train was delayed twelve hours. A freight train about 30 miles ahead of us derailed 17 cars carrying coal, so we were unable to continue. It could have been us because the train did not slow down until we heard the news. I question the safety of some of these extremely long freight trains with heavy loads. I guess it's an economical way to deliver the nation's goods, but dangerous when they are uneven or encounter bad weather. We were bussed to Omaha, Nebraska to wait for the train coming from Chicago. Continuing passengers waited 12 hours in Denver for us to arrive, so they missed the deep gorges and canyon scenery that they normally would have seen; most were very disappointed. I had seen it before. Realizing that they could not return to Chicago from Emeryville, CA on schedule, the conductors decided to drop us off in Reno to be bussed again to Emeryville and other destinations. They needed to clean the train before beginning the eastward trip to Chicago the next morning, so they went straight through to Emeryville without any passengers.

We arrived in Emeryville about 2 AM and I got a ride to San Francisco from a passenger. After 23 days I arrived safely home about 3:30 AM. It was a memorable experience, but you can't be in a hurry!

FROM THE PRESIDENT'S DESK
continued from page 1

would like to have more club member involvement and input, so please mark your calendar to attend.

NEW WEBMASTER

DSE is happy to announce that Jeff Houston will be taking over webmaster duties from Natalie Nissenson. We want to thank Natalie for a great job for her tenure, August 2003–August 2008, and to welcome Jeff aboard.

NATIONAL RUN@WORK DAY ON SEPTEMBER 19

In 1997, the Road Runners Club of America (RRCA, our umbrella organization) founded the National Run to Work Day. The purpose of the event was to get runners to leave their cars at home and run to and from work. While the event was successful in cities with well-developed pedestrian networks and mass transit, the organization realized that running to work was probably not feasible for most of the working population.

On September 19, 2008, the Road Runners Club of America will promote the third annual National Run@Work Day. The goal of National Run@Work Day is for RRCA members and individuals across the country to host community-based events that encourage people to incorporate at least thirty-five minutes of exercise into their daily lives. This can be done by a running club, an individual, or a corporation hosting a running or walking event with a duration of at least thirty-five minutes before work, during lunch, or immediately after work. The RRCA encourages the American

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◆◆◆◆◆ 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.

◆◆ 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
WEBMASTER: Jeff Houston
webmaster@dserunners.com

Aid Station Volunteers

Hashim Bashiruddin
Gary Brickley
Robert Brizuela
Jeremy Calnan
Graciela Castellero
Calvin Chan
Richard Finley
Hilary Fong
Vince French
Fred Haber
Yong Haber
Richard Hannon
Tom Huster
Sunhi Huster
Mark Kelley
John Lang
Jorge Larre
Jane Lee
Kevin Lee
Patrick Lee
Bobby Marty
Paul Mosel
Wendy Newman
Julius Ng
Tom Pang
Roxanna Pezzy
Ken Reed
George Sacco
Cathie Schling
Uwe Schling
Anne Single
Mitchell Sollod
Joanne Suh
Rick Torreano
Don Watson
Mort Weisberg
Edmund Wong
Bill Woolf

and began setting up for the arrival of the first runners projected for 6:30 AM. We were lucky in that our water station had the unique position of being 1/4 mile from the finish of the first half marathon, which ran east while we were west, and 1/4 mile from the start of the second half marathon, so we only served the full marathon, which had 3,955 finishers. I believe that last year we served at least 10,000 half and full marathoners. Everyone had a great time, there were minimal injuries for the Red Cross at our station, and after we were done almost half of the volunteers went out for a much needed group breakfast.

Job well done! See you there next year.

CLASSIC STU-PEDS

by Stu Ruth



Just a few of Bobby Marty's admirers, gathered around him at the DSE Volunteer Appreciation Picnic on August 24

Photo by Jane Colman

FROM THE PRESIDENT'S DESK continued from page 2

public to incorporate at least thirty-five minutes of exercise into their daily lives, which can markedly improve one's overall physical health.

2009 RACE SCHEDULE

The race scheduling meeting went well. We now have a tentative schedule, with two new races added for next year. When we have a final, approved 2009 race schedule, it will be made available to members on the website and at the weekly races.

RUNNING

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

July 27, 2008

Windmill 10K

Race Director: Kennet De Silva

Volunteers: Adrian Jue, Anne Single, Bobby Marty, Calvin Chan, Don Watson, Eduardo Vazquez, George Sacco, Gregory Brown, Hilary Fong, Janet Nissenson, Jeremy Calnan, Joanne Suh, Jorge Rivera, Joseph Connelly, Kevin Lee, Kim Chee Kim, Marny Nahrwold, Oliver Chan, Roy Clarke, Sunhi Kim, Tom Huster, Uwe Schling



Race Director Kennet De Silva

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PL	NAME	AGE	TIME
1	Keith Pierce	28	32:16
2	Chikara Omine	25	35:51
3	Jason Reed	29	36:07
4	Mark Bretan	18	36:19
5	Susan Mikecz ①	29	36:27
6	Ian Macnider	23	37:36
7	Peter Hsia	48	38:00
8	Jonathan Bretan	25	38:57
9	John Woods	44	39:02
10	Eric Stewart	40	39:06
11	Brett Simon	25	39:29
12	Jesse Sleamaker	21	39:32
13	David Altena	46	40:56
14	B.J. Ricketts	33	41:26
15	David Hoatson	49	41:28
16	Doug Croail	56	41:35
17	Phil Sarin	31	41:45
18	Benjamin Draper	25	41:57
19	Juan Melendez	51	41:58

20	Luis Vargas	51	41:59
21	John Waldeisen	23	42:12
22	Patrick Clark	27	42:28
23	Stephen Carroll	23	42:59
24	Daryl Luppino	48	43:03
25	Edward Haack	40	43:23
26	Carlos Fortune	26	43:27
27	Fred Springman	54	43:30
28	Hans Leodolff	37	43:33
29	Dale Hogan	30	43:38
30	Ryuichi Kamochi	43	43:48
31	Ben Martin	20	43:49
32	Dave Flinn	42	44:07
33	Rick Torreano	59	44:11
34	Jimena Barrera ②	34	44:25
35	Michael Molina	30	44:25
36	Kirk Hartman	30s	44:29
37	Lisa Penzel ③	42	44:40
38	Victor Pimental	26	44:41
39	Steven Pitsenbarger	40	44:45
40	Rebecca Simon ④	22	44:58
41	Jorge Larre	52	45:01
42	Amy Sonstein ⑤	38	45:45
43	Dave Cannon	32	46:17
44	Colin O'Brien	18	46:36
45	Karl Bane	60	46:50
46	Joel Rizzo	42	46:51
47	Alfred Hu	47	46:54
48	Wayne Plymale	56	46:55
49	Kenichi Matsumura	30	47:11
50	Eric Williams	46	47:13
51	Robert Meyer	31	47:26
52	Erika Kikuchi	30	47:31
53	Miguel Guerrero	38	47:33
54	Eugene Chin	25	48:02
55	Alan DeLoria	23	48:08
56	Cady Kintner	25	48:13
57	Mark Kelley	52	48:19
58	Karla Brennan	39	48:24
59	Eric Park	62	48:32
60	Samantha Keck	15	48:34
61	Lucy Wing		48:44
62	Patrick Lee	60	49:01
63	Shannav Everts	16	49:07
64	Paul Mosel	66	49:10
65	David Klinetobe	47	49:19
66	Alex Katz	31	49:27
67	Meagan Rossi	24	49:30
68	Theo Jones	69	49:31
69	Kenneth Fong	46	49:40
70	Eric Balderas	16	49:42
71	Gogo		49:44
72	Rachel Young	32	50:05
73	Julia Seyferth	33	50:07
74	Dan Phung	30	50:08
75	Alexandra Fiocco	32	50:09
76	Colleen Norlander	19	50:10
77	Heino Kantimm	37	50:17
78	Jared Louie	24	50:19
79	Gary Etherisgton	41	50:54



DSE photographer Paul Mosel leads a long line of runners

Photo by Don Watson

80	Simon Thompson	24	51:15
81	Neal Ashton	51	51:23
82	Travis Enfield	24	51:38
83	Shunsuke Nakata	21	51:39
84	Gary Brickley	55	51:40
85	Andre Angeles	43	51:47
86	Kathleen Lail	40	51:54
87	Mort Weisberg	71	52:07
88	Steve Nissenson	60	52:17
89	Mark Wenger	34	52:24
90	Jeffrey Chin	21	52:27
91	Javier Rojas	32	52:37
92	Diann Leo	21	52:46
93	C.J. Nichols		53:01
94	Vincente Aguigui	48	53:17
95	Thomas Pang	50	53:28
96	Rey Booker	55	53:30
97	Sandra Sigurdson	51	53:38
98	Joseph Connelly	46	53:51
99	Shujie Zhu	35	54:17
100	Janet Nissenson	48	54:25
101	Manel Marco Juez	35	54:32
102	Lina Khatib		54:38
103	Peter Royce	73	55:43
104	Sam Rodriguez	48	55:44
105	Kurt Thomas	23	55:54
106	David Picariello	54	56:14
107	Wendy Newman	58	56:22
108	Courtney Tisch	27	56:29
109	Eric Tisch	29	56:29
110	Ken Lord	60	56:52
111	Willie Lord	33	56:53
112	Jeff Hseih	26	56:55
113	Stephanie Soler	33	56:57
114	Jamie Thompson	25	57:07
115	Lloyd Breeland	40	57:14
116	Elizabeth Schainbaum	35	57:42
117	Erin Gidlund	29	58:09
118	Susan McDonough	42	58:17
119	Khema Lopez-Martin	37	58:26
120	Don Daniel	38	58:30
121	Suzana Seban	54	58:31
122	Lisa Nestore	47	58:32
123	Toni Nestore	55	58:33
124	Darlene McArthur	15	58:34

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WINDMILL 10K

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125 Susan Citrak	35	58:45
126 Elizabeth White	30	58:50
127 Timothy Verstynen	30	58:50
128 Henry Nebeling	75	58:52
129 George Baptista	65	59:21
130 Jennifer Keck	17	59:24
131 Cicki Croall	54	59:33
132 Jocelyn Lee	23	59:40
133 Benson Chako	27	59:41
134 Laura Froelich	41	59:49
135 Tim Sanden	40	59:56
136 Chad Hancock	28	60:23
137 Lori Nestore	53	61:09
138 Joshua Citrak	33	61:16
139 Adam Lord	31	61:25
140 Maria Pantoja	28	61:54
141 Alpern Oza	33	62:01
142 Gerardo Balderas	47	62:07
143 Mike Hung	57	62:19
144 Tara Robinson	21	62:48
145 Bobby Smallman	22	62:49
146 Bill Woolf	73	63:25
147 Ellen Fehr	19	63:29
148 Margarita Chavez	30	63:35
149 Andrea Hest	50	63:54
150 Jim Kauffold	70	64:07
151 Holly Haley	27	64:11
152 Judy James	49	64:17
153 Paulette McHugh	55	64:41
154 Julie Owens	52	64:42
155 Amy Merritt-Smith	51	64:42
156 Celedonio Llabres	28	65:05
157 Mercedes Marin-Navarro	31	65:13
158 Yong Haber	50	65:27
159 Fred Haber	48	65:27
160 Dana Arntson	42	65:34
161 Linda Ramos	43	65:39
162 Marcie Daniel	37	66:09
163 Karishma Manzur	35	66:19
164 Milinda Lommer	38	67:30
165 Kaelyn Garrity	27	67:31
166 Jane Colman	65	67:37
167 Heather Lim	24	68:05
168 Sue Samse	54	69:44
169 Kara Beaman	31	70:58
170 Letica Chavez	13	70:59
171 Ashley Forrette	25	71:04
172 Alexandra Reuter		71:08
173 Laura McArthur	45	73:40
174 Maple Profant	53	73:55
175 Diana Yen	38	74:06
176 Alfred Tolentino	36	74:06
177 Jessica Liu	23	74:07
178 Susan Bishop	52	75:07
179 NO NAME	54	75:49
180 Sallie Morris	44	76:29
181 Rachel Brusnahan	22	76:29

182 Tina Brusnahan	50	76:30
183 Janice Kay	58	77:16
184 Eksha Woods	36	77:56
185 Tracy Ward	36	77:57
186 Maxine Wilson	34	78:00
187 Mike Nickelson	31	80:15
188 Tammy Magid	35	80:23
189 Annette Angeles Hagarty	42	80:35
190 Deborah Veiga	42	81:14
191 Sara Rocha	49	82:58
192 Gladys Hernandez	58	83:00
193 Billy Ward	36	83:16
194 Matt James	12	83:37
195 Deborah Telesmanic	59	83:42
196 Jennifer Ramirez	24	85:03
197 Kyle Nichols	17	85:32
198 Carmel Hatcher	43	87:42
199 John Davey	41	87:42
200 Roslyn Gentry	35	112:18
201 Ashley Wilson	23	112:18

SELF-TIMERS

Bob Morris		61:00
Bob Theis	79	
Don Watson	79	
Ed Olkowski	65	117:29
Elaine Gecht	64	
Emily Chang	33	
Gregory Brown	59	
Hashim Bashiruddin	51	
Jane Lee	58	
Karen Pinckard	48	
Kim Chee Kim	3	
Liese Rapozo	80	
Richard Hannon	72	
Sunhi Kim	49	
Wally Rapozo	79	
Randy Chen	47	

August 10, 2008

Daly City Scenic Run

Race Director: Andrew Freid

Volunteers: Bobby Marty, Kevin Lee, Fred Haber, Sandra Sigurdson, George Rehmet, Steven Pitsenbarger, George Sacco, Uwe Schling, Joseph Connelly, Yong Haber



Race Director Andrew Freid

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5K

PL	NAME	AGE	TIME
1	Jorge Rivera	28	20:55
2	Alan DeLoria	23	21:56
3	Michael Gulli	48	22:20
4	Marc Crosby	23	22:26
5	Isabelle Connell ①	12	23:15
6	Sarah Gulli ②	16	24:25
7	Eric Park	62	24:30
8	Matt Crosby	57	24:35
9	Patrick Lee	60	24:43
10	Kathleen Lail ③	40	25:04
11	Michael Miller	38	25:15
12	Mark Prichard	52	25:20
13	Theo Jones	69	25:37
14	Kevin Cuevas	17	25:40
15	Steve Nissenson	60	25:56
16	Neal Ashton	51	26:24
17	Judy Quittman ④	41	27:02
18	Tom Smiley	52	29:35
19	Skyler Bruno	11	29:39
20	Suzana Seban ⑤	54	30:04
21	Henry Nebeling	75	30:39
22	Illegible	22	31:55
23	Francis Naca	22	31:59
24	Ken Reed	63	32:05
25	Jack Bascom	67	32:09
26	Jim Kauffold	70	32:43
27	Mai Richardson	24	33:24
28	Fiona Gail Nuñez	23	33:27
29	Milinda Lommer	39	33:51
30	Bill Woolf	73	34:41
31	Laurie Huth	36	40:09
32	Samantha Bruno	15	42:00
33	Bob Theis	80	42:10
34	Jennifer Bearss	45	50:49

6.8M

PL	NAME	AGE	TIME
1	Chikara Omine	25	43:39
2	Jason Reed	29	44:10
3	Peter Hsia	48	46:18
4	Jerry Flanagan	42	49:07
5	Steven Pitsenbarger	40	50:52
6	Luis Vargas	51	51:10
7	Daryl Luppino	48	51:47
8	Edward Haack	40	52:23
9	Mario Diez	32	54:01
10	Noe Castanon	37	54:43
11	Jim Buck	65	55:00
12	Erika Kikuchi ①	30	56:32
13	Joel Rizzo	42	56:49
14	Roger Garcia	52	58:25
15	Daz Lamparas	56	60:24
16	Leo Rosales	54	60:35
17	Gary Brickley	55	60:41
18	Paul Mosel	66	60:54
19	Karla Brennan ②	39	61:09
20	Kenneth Fong	46	62:41

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DALY CITY SCENIC RUNS
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21	Dave Liu	36	63:41
22	Joseph Connelly	46	64:46
23	Mort Weisberg	71	64:49
24	Janet Nissenson ③	48	66:30
25	Mark Kelley	52	66:31
26	Wendy Newman ④	58	68:55
27	Sam Roake	72	71:52
28	Maria Pantoja ⑤	28	77:37
29	Marina Pantoja ⑤	28	77:37
30	Michael Grilli	31	78:07
31	Barry Hull	32	78:08
32	Mary Le	25	78:09
33	Dave Picariello	54	79:12
34	Mike Nickelson	31	80:12
35	Miguel Guerrero	38	87:01
36	Alpern Boza	32	87:12
37	Jane Colman	65	88:17
38	Sylvia Romero Pagan	40	92:06
39	Virginia Rosales	44	101:23

SELF-TIMERS

Brie Reybine		
Don Watson	79	
Elaine Gecht	64	6.8M
George Sacco	70	
Jesse Agbayani	56	
Liese Rapozo	80	
Robert Brizuela	68	6.8M
		2:03:00
Sandra Sigurdson	58	
Wally Rapozo		



Chikara and Jason, already in first and second place going up the hill
Photo by Don Watson



Golden Gate Cross Country 5K
Race Director Bob Morris
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August 17, 2008

Golden Gate Park Cross Country 5K
Race Director: Bob Morris

Volunteers: George Baptista, Laurie Huth, Phyllis Nabhan, Hilary Fong, Hashim Bashiruddin, Bobby Marty, Uwe Schling, Kevin Lee, Diane Okubo-Fong, Marie Appel

PL	NAME	AGE	TIME
1	Jin Daikoku	25	16:10
2	Bryan Kent	22	16:56
3	Chikara Omine	25	17:01
4	Kerry Nehil	30	17:37
5	Ruben Espaizo	43	17:39
6	Luis Luna	13	17:40
7	Ilya Pinsky	17	17:54
8	Ahmed Farah	17	17:58
9	Jason Jaubsco	34	18:06
10	John Butler	15	18:09
11	Tim Walker		18:10
12	Nick Smirnov	24	18:12
13	Jose Lorevrana	23	18:14
14	Brian Lau	16	18:25
15	Jonathan Bretan	25	18:33
16	Carlin Lee	16	18:45
17	Jason Reed	29	18:57
18	Zekaryas Mebrahim		19:03
19	Jerry Flanagan	42	19:03
20	Ky Faubion	23	19:04
21	David Davis	39	19:17
22	Kenley Gaffke	30	19:25
23	Epifanio Nuñez	13	19:25
24	Milan Drager	32	19:34
25	John Woods	44	19:37
26	Mark Olson	17	19:46
27	Carrie Nash ①	36	19:47
28	Julie McGee ②	27	19:50
29	Jorge Rivera	28	20:11
30	Markham Miller	44	20:13
31	Mike Cart	25	20:18
32	David Altena	46	20:21

33	Mario Diez	32	20:39
34	Dale Hogan	30	20:44
35	Derek White	32	20:49
36	Danielle Bisho ③	25	20:50
37	Brett Jackson	28	21:02
38	Sarah Rankin ④	49	21:03
39	Luis Vargas	51	21:07
40	Jeff Linder	17	21:12
41	Jesse David	30	21:16
42	Brandon Snider	25	21:22
43	Steven Pitsenbarger	40	21:23
44	Anthony Saurier		21:30
45	Daryl Luppino	48	21:38
46	Cody Henneman	16	21:38
47	Lucas Newsham	15	21:41
48	Mike Gulli	48	21:42
49	Scott Penwell	27	21:49
50	Peter Zimmer	17	21:52
51	George Rehmet	41	21:54
52	Noe Castanon	37	21:57
53	Mic Nguyen	27	22:07
54	Jose H. Ruiz	53	22:10
55	Amy Sonstein ⑤	38	22:12
56	Lennon Woodbury	27	22:17
57	Rick Torreano	59	22:21
58	Alan DeLoria	23	22:25
59	Tom Cymal	51	22:31
60	Daniel Stevens	21	22:32
61	Aaron Hechmer	36	22:33
62	Jim Buck	65	22:43
63	Mariam Wilkins	16	22:49
64	Mike Sullivan	48	22:49
65	Alfred Hu	47	23:13
66	Colby Allerton	40	23:20
67	Mary Tyson	22	23:21
68	Leo Rosales	54	23:33
69	Anthony Long	16	23:36
70	Shawn Simon	15	23:43
71	Patrick Lee	60	23:46
72	Dan Rosenberg	36	23:53
73	Daz Lamparas	56	23:57
74	Ryan Martinez	23	24:03
75	Kaitlin Martinez	21	24:04
76	Kenichi Matsumura	30	24:08
77	Eric Park	62	24:11
78	Kenneth Fong	46	24:12
79	O.C. Romero	31	24:14
80	Caroline Rhee	27	24:19
81	Cobi Allen	13	24:27
82	Luz Mejia-Mass	15	24:33
83	Keiko Mitsunobu	36	24:34
84	William Mooney	16	24:45
85	Billy Dutton	48	24:53
86	Chase Facer	23	24:55
87	Hans Facer	56	24:56
88	George Baptista	65	25:06
89	Sarah Gulli	16	25:09
90	Tyler Abbott	47	25:09
91	Sam Hodges	10	25:10

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DSE AT THE RACES

92	Mike Hodges	47	25:10
93	Ian Michell	24	25:12
94	Marie Carlotti	52	25:15
95	Paul Mosel	66	25:16
96	Gary Brickley	55	25:23
97	Phuc Nguyen	15	25:25
98	Vivek Khanna	33	25:26
99	Shelby Vollmer		25:37
100	Ashley Milton	27	25:39
101	Sabrina Mazzei	32	25:40
102	Michael Edelstein	50	25:41
103	Neal Ashton	51	25:46
104	John Bowers	41	25:49
105	Karl Olson	55	26:06
106	Chris Javier	17	26:23
107	Anthony Mazzei	33	26:23
108	Wayne Ng	14	26:24
109	Theo Jones	69	26:26
110	Keith O. Johnson	70	26:37
111	M. Allen	44	26:45
112	Bergabei Tadesse	15	26:57
113	Mort Weisberg	71	27:03
114	Lloyd Breeland	43	27:04
115	Michael Scully	45	27:10
116	Peter Royce	73	27:12
117	Kimberly Whittaker	28	27:18
118	Ben Chelf	29	27:19
119	Steve Phillips	44	27:34
120	Maria Pantoja	28	27:37
121	Marina Pantoja	28	27:38
122	Tomio Geron	33	27:46
123	Brian Wilkins	47	27:49
124	Claudia Woolsey	35	27:59
125	Zach Jimenez	15	28:05
126	Susan Picetti	43	28:13
127	Janine May	20	28:19
128	Miguel Guerrero	38	28:20
129	Thomas Smiley	51	29:05
130	Will Clark	33	29:39
131	Angela Espinosa	35	29:40
132	Nina Kaiser	28	29:43
133	Suzana Seban	54	29:47
134	Henry Nebeling	75	29:51



At the finish area, making do with disruptions for Renaissance Faire and Outside Lands concert set-up

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continued on page 8

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

Taiwanese Chinese American Athletic Tournament, 1500m, Cupertino, June 22

359 Patrick Lee (A.G. record) 60 1 M55-65 5:49.80

LMJS 4th Sunday 10K, Oakland, July 27

10 Noe Castanon 37 2 M30-39 44:27

Hope in Motion 5K, Oakland, August 3
Men

16 Neal Ashton 51 2 M50-59 24:51

Skyline 50K, Castro Valley, August 3

12 Jason Reed 29 1 M <30 4:37:39

15 Eduardo Vazquez 35 4:42:03

28 Adrian Jue 26 2 M <30 5:12:39

89 Noe Castanon 37 6:29:26

120 Pat Wellington 60 8:05:59

San Francisco Marathon 5K, August 3

28 Steven Pitsenbarger 40 21 M01-99 20:19

95 Amy Sonstein 38 8 F 01-99 21:35

160 Lloyd Breeland 43 104 M01-99 26:22

171 Judy Waitz 48 57 F 01-99 26:33

248 Nina Kaiser 28 95 F 01-99 28:06

San Francisco Marathon 1st Half Marathon, August 3

29 Peter Hsia 48 6 M40-49 1:26:54

370 Naomi Stanford 57 2 F 50-59 1:44:20

894 Joel Rizzo 42 147 M40-49 1:52:58

1630 Brad Spielman 40 229 M40-49 2:00:27

4561 Kristin Slye 39 756 F 30-39 2:28:54

5261 Mary Jean Pramik 60 17 F 60-69 2:39:25

5866 Kamael Sugrim 32 1063 F 30-39 2:51:48

5889 Mercedes Acosta 64 24 F 60-69 2:52:20

6672 Elaine Gecht 64 44 F 60-69 3:56:44

San Francisco Marathon 2nd Half Marathon, August 3

77 Markham Miller 44 9 M40-49 1:29:30

102 David Altena 46 13 M40-49 1:31:43

106 Ian Reid 64 3 M60-69 1:32:47

147 Francisco Nieves 38 57 M30-39 1:35:49

160 Dale Hogan 30 60 M30-39 1:36:49

201 Tom Collier 31 74 M30-39 1:38:51

208 Chris Jones 36 77 M30-39 1:39:11

474 Veronica Vaskinn 26 68 F 20-29 1:51:12

563 Karen Pinckard 48 30 F 40-49 1:54:54

825 Sandra Sigurdson 52 15 F 50-59 2:02:45

883 Joseph Connelly 46 120 M40-49 2:04:25

1078 Emanuella Chrysoglou 31 183 F 30-39 2:10:32

1162 Laura Froelich 41 92 F 40-49 2:13:51

1227 Joi Wong 42 98 F 40-49 2:15:51

1590 Alfred Tolentino 36 282 M30-39 2:35:39

1612 Jeffry Darrow 59 83 M50-59 2:37:23

1622 Patricia Baker 47 143 F 40-49 2:37:55

1745 Rezelda Tubao 26 339 F 20-29 2:49:15

1886 Jesse Agbayani 56 93 M50-59 3:07:28

1943 Virginia Rosales 44 184 F 40-49 3:23:06

continued on page 8

135 Jack Olson	12	30:13
136 Jim McBride	65	30:23
137 Rebecca Maldonado	15	30:31
138 Rochelle N. Predovic	16	30:45
139 Lia Seratini	26	30:53
140 Rebecca Crabb	29	31:26
141 Katie Gajthaml	47	31:33
142 Jim Kauffold	70	31:37
143 Ashley Scott Bernstein	29	31:38
144 Zachary Bernstein	29	31:38
145 John Cape	21	31:38
146 Allyn Bretan	37	31:47
147 Adele Matthis	41	31:52
148 April French	11	32:03
149 Emily French	7	32:06
150 Natalie Mazaud	6	32:08
151 Jean-Paul Mazaud	56	32:13
152 Sabine Bannon	41	32:13
153 Shelley Hodges	47	32:19
154 Jeff Houston	50	32:28
155 I. Chalif	37	33:02
156 Natalya Gray	11	33:09
157 Jack Bascom	67	33:12
158 Natalie Zachau	23	34:01
159 Katherine Doran	30	34:03
160 Barbara Robben	74	34:16
161 Cheri O'Neill	49	34:19
162 Wendy Newman	59	34:29
163 Heather Jordan	32	34:51
164 Anne Wong	15	35:01
165 Virginia Rosales	44	35:34
166 Laurie Huth	36	35:35
167 Nick Bruty		35:49
168 Megan Vollmer	12	35:58
169 Bill Woolf	73	37:14
170 Francesca Hodges	8	37:56
171 Nick Kruse		38:00
172 Silvia Kruse		38:00
173 Jim Kruse		39:17
174 Meadow Gray	9	39:17
175 Christina Barrett	45	39:20
176 Karen Gray	6	39:47
177 Audrey Gray	41	39:49
178 Hanna Barrett	15	39:50
179 Regina French	48	40:04
180 Gopal Chale	39	40:05
181 Nandakumar Palanisamy	34	40:08
182 Alex McClendon	33	40:09
183 Andrea Reid	31	41:49
184 Bob Theis	80	41:50

SELF-TIMERS

Richard Finley	
Ed Olkowski	65
Karen Pinckard	
Jesse Agbayani	
Liese Rapozo	
Wally Rapozo	

San Francisco Marathon, August 3

8 Chikara Omine	25	3	M25-29	2:41:49
222 Kenley Gaffke	30	35	M30-34	3:22:31
1139 Lucile Wing	51	7	F 50-54	3:57:01
1482 Edward Celestina	57	33	M55-59	4:06:34
1484 Joe Wehrheim	26	231	M35-39	4:06:35
1730 David Klinetobe	47	154	M45-49	4:15:14
1756 David Ressler	44	199	M40-44	4:15:25
1925 Brian Harris	55	45	M55-59	4:20:31
2041 Marian Lyons	61	2	F 60-64	4:23:58
2184 Elaine Mah	46	26	F 45-49	4:27:19
3104 Leopoldo Rosales	54	168	M50-54	4:55:28
3610 Lucy Wong	46	81	F 45-49	5:16:45
4156 Lucy Pon	56	16	F 55-59	5:57:10
4273 Margie Whitnah	60	15	F 60-64	6:12:46
4289 Gregory Brown	60	16	M60-64	6:14:32
4425 Paul Kennelly	63	77	M60-64	7:36:00
4426 Elaine Kennelly	66	7	F 65-59	7:36:00

All Comers Track Meet, Los Gatos High School, August 7

5K

23 Neal Ashton	24:11:37
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Tamalpa Runners TCRS #7, 5.2 Miles, Samuel P. Taylor State Park

Women

8 Amy Sonstein	1	F 30-39	45:33
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Men

16 Steve Stephens	1	M60-69	39:04
27 Russ Kiernan	1	M70-79	41:11
56 Jeff Houston	13	M50-59	66:56

Leading Ladies Marathon, Spearfish, SD, August 17

75 Jane Colman	65	2	F 65-69	5:16:29
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Mount Madonna Challenge 6K Trail Run, Gilroy, August 23

19 Neal Ashton	51	3	M50-59	37:451
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Plate to Plate 5K, August 24

14 Jason Reed	29	5	M20-29	18:23
62 Amy Sonstein	38	3	F 30-39	21:34
76 Erika Kikuchi	30	4	F 30-39	22:11
107 Leopoldo Rosales	54	7	<50-59	23:11
115 Mark Kelley	52	8	M50-59	23:41
157 Paul Mosel	66	3	M60-69	24:38
200 Gregory Brown	59	15	M50-59	25:42
201 Marian Lyons	61	1	F 60-69	25:43
226 Mort Weisberg	71	1	M70-79	26:06
251 Lucille Wing	51	4	F 50-59	26:45
272 Emanuella Chrysolglou	31	21	F 30-39	27:09
668 Barbara Robben	74	1	F 70-79	32:26

Phil Widener Empire Open XC, 3.43M, Santa Rosa, August 23

Women

34 Amy Sonstein	38	26:21
37 Marie Appel	44	27:37
53 Kat Powell	57	31:37

Masters Men

67 Russ Kiernan	70	24:49
68 Jeff Bedolla	55	25:20
72 Jim Flanigan	59	26:43

Volunteers Needed for the JPMorgan Chase Corporate Challenge 2008

- September 17, 2008, Wednesday evening
- 5:30 PM–8:30 PM
- Crissy Field, the Presidio, San Francisco, near the Sports Basement
- Each volunteer receives a commemorative t-shirt and is invited to a “Thank You Party” to be held at a later date

Contact Phyllis Nabhan, volunteer coordinator, 415-752-9930 or pamakid@gmail.com

MARATHON HALL OF FAME UPDATES

Janet Nissenson

For those members already listed on the DSE Marathon Hall of Fame page on our website, please be sure to check and make sure your total number of completed marathons is accurate. Please email Janet at jLnissenson@aol.com to update this number if necessary. Updates are made on a regular basis.

For those members who have yet to join, please visit the Marathon Hall of Fame page at www.dserunners.com for the details. We encourage all members who have completed at least one marathon to have their name listed. It is not required to list your personal best time. Also, as a reminder, only the standard marathon distance of 26.2 miles should be included. Do not include half marathons or ultramarathons.



Thursday Evening Summer Race Series runners gather at Lake Merced

© Paul Mosel

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:

Sept. 7	Rainbow Falls 5K	Oct. 12	Golden Gate Park 10K
Sept. 14	Stern Grove 4M	Oct. 19	Ballpark 5K
Sept. 21	Lake Merced 1/2 Marathon and 4.5M*	Oct. 26	Fort Point 10K
Sept. 28	Oyster Point 5M	Nov. 2	Sawyer Camp 5K/10K

* 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.

SUMMER RACE SERIES CONCLUDES FOR 2008

Janet Nissenson

The final race of the Thursday Evening Summer Race Series was held on August 14, on a typical summer evening at Lake Merced—cold, foggy and windy. The group that assembled for the eight-week series was a small but spirited one, including a fringe group of cyclists who met weekly. We are pleased to announce that this series will return in 2009, and will be extended to a total of 12 weeks. We hope that more DSE members will come out and enjoy the fun (and hopefully even a little sun) next year.

Congratulations to our division winners for 2008! Womens Open (19-37): Heather Leutwyler, Mens Open (19-37): Chikara Omine, Womens Masters (38-49): Cammie Dingwall, Mens Masters (38-49): John Woods, Womens Seniors (50-62): Sandra Sigurdson, Mens Seniors (50-62): (tie) Gary Brickley and Steve Nissenson, Womens Veterans (63+): Betty Baugh, Mens Veterans (63+): George Baptista.

Special recognition goes to those runners who attended all eight races—Betty Baugh, Gary Brickley, Kenneth Fong, Steve Nissenson, Steve Pitsenbarger, and John Woods. And a very special thank you to Bobby Marty and Paul Mosel, who showed up to bring water and equipment and take photographs every single week.

◆◆◆ 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 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 and 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.

Sun Sep 14 Stern Grove Run, 4 miles

START/FINISH: 33rd Avenue and Wawona Street

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

COURSE DESCRIPTION: Run west on Wawona to 34th Ave, left onto Crestlake Street, left onto Sloat Blvd, left at 19th Ave and left/downhill on Wawona back to start (33rd Ave). Run second loop at 34th Ave and Wawona, drop down through barricade to Stern Grove, run entire west-to-east length of grove, left uphill and exit Stern Grove. Turn left at 19th Ave, left/downhill on Wawona and back to 33rd Ave and finish.

Sun Sep 21* Lake Merced Half Marathon and 4.5M Runs

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

STARTING TIME: Half Marathon 8:00 AM!

COURSE DESCRIPTION: Run 3 clockwise loops around the lake staying entirely on jogging/pedestrian path. The 3rd loop is cut shorter by crossing the "drawbridge" east to west at the southern end of the lake.

ENTRY FEE: \$5 members, \$8 non-members. Fees increase to \$8 members, \$10 non-members after September 14.

Note: Race closes at 11:00 AM. No support after that time.

STARTING TIME: 4.5M Run: 9:00 AM. Walkers are encouraged to start early.

COURSE DESCRIPTION: Run one clockwise loop around the lake staying entirely on jogging/pedestrian path.

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

Sun Sep 28 Oyster Point 5M

DRIVING DIRECTIONS: Oyster Point Marina, South San Francisco. Take Oyster Point Exit off Hwy 101. Drive east on Oyster Point Blvd to Marina Blvd, turn right on Marina Blvd and continue to the parking attendant booth (no charge for parking). Immediately past the booth, turn left and drive down to the parking lot which is adjacent to the start/finish (look for signs and/or volunteers to direct you in).

START/FINISH: Near building with address 671, on paved Bay Trail bike/pedestrian path south of main Oyster Point Marina parking lot.

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

COURSE DESCRIPTION: Run northbound on path, make a right turn onto the Bay Trail; stay on the center path that travels through Oyster Cove Marina, run past Marriott Hotel complex, over wooden pedestrian bridge. Turn around along the designated straightaway location; 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 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: Tuesday, September 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.

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

September will be warmer than normal and dry, with many nice days in the city and along the coast and a minimum of fog. It will be pleasant but not hot on Labor Day with some fog at the coast during the weekend. Warm-to-hot conditions will develop for the second week of September with 80 at the beach and 100 inland. Even though temperatures will cool a little bit in the third week of the month, it will still be mild to warm at or near the coast. Temperatures will stay above normal through the end of the third week. Cooling to near normal and return of the fog are expected during the last week of the month.



♦♦♦ Club Officers & Coordinators ♦♦♦



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Walt Stack

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Suzana Seban
suzana@network172.com
Wendy Newman wsn99@aol.com

Happy Birthday! ◆◆◆◆◆◆◆◆

- | | | | |
|----|--------------------|----|-----------------------|
| 3 | Diane Nishiki | 19 | Bob Marty |
| 5 | Mark Prichard | | Ben Pechner |
| 7 | Joe Oakes | | Suzana Seban |
| | Peter Platt | 20 | Marissa Bauman |
| | Fiona Willis | 22 | Sarah Jones |
| 9 | Jeremy Calnan | 23 | Eleanor Pechner |
| | Noe Castanon | | Vanessa Pon |
| | Don Elsener | 24 | Patrick Lee |
| | Colin Finley | | Jim Peters |
| 10 | Susan June Allen | 25 | Henry Black |
| | Joseph Connelly | | Jerry Flanagan |
| 11 | Alice Miller | | Peggy Kang |
| 11 | Brad Spielman | | Penny Malebutr |
| 12 | Roger Anawalt | 26 | Neal Ashton |
| | Denise Collier | | Andrew Bloch |
| | Jim Misener | | Annelle Brickley |
| 13 | Liese Rapozo | | Richard W. Hannon |
| | Stanley Tsang | 27 | Conrad vonBlankenburg |
| 14 | Patrick F. Cunneen | 28 | Vic Ignacio |
| | Henry Nebeling | | Roxanna Pezzy |
| 15 | Jessica Pechner | 29 | Allison Neves |
| 16 | Trevor Aguiar | | Sam Spielman |
| | Jim Kauffold | 30 | Ben Martin |
| | Terri Lim | | |
| | Judith Webb | | |
| | Jamieleigh Wong | | |

New Members

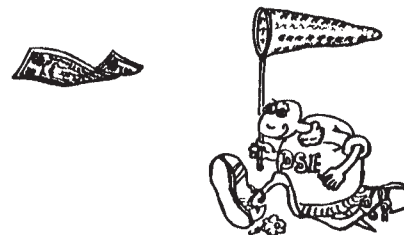
- CONCORD**
Jesse Davis
- SAN FRANCISCO**
San Francisco
Joe DiGiacomo
Donnelly Gillen
Isabelle Landry
Keoni Osborne
Nandakumar Palanisamy
Claudia Pendleton
Scott Penwell
David Picariello
- SAN RAFAEL**
Milinda Lommer



**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 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. 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!