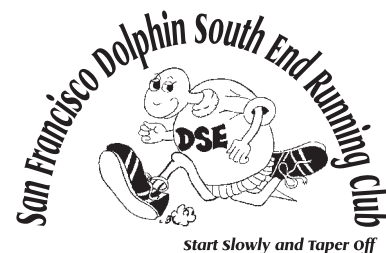


# DSE NEWS



43rd Year

October 2008

## 2009 NOMINATION OF CLUB OFFICERS

*Bill Woolf, Jim Kauffold and George Baptista*

DSE is still accepting nominations for club officers: President, Sr.VP, 2nd VP, Secretary and Treasurer. So far there have been few members showing interest. We hope this will change in the coming month. Here is a great opportunity for you to contribute to your club and to make a difference. The nominations will be closed on October 28th. Introduction articles from the candidates will be submitted by November 15th and presented in the December *DSE News*. Voting will then take place during the first two weeks of December, up until the DSE race on December 14th. The results will then be tabulated and announced in the January 2009 *DSE News*.

For job descriptions, please go to the DSE website, [www.dserunners.com](http://www.dserunners.com). Select Club By-Laws in the left hand column and read Section VII: Duties of Officers. You can also contact current or previous officers for clarification of officer job descriptions. Please contact [kauffolds@juno.com](mailto:kauffolds@juno.com), [gabaptista@att.net](mailto:gabaptista@att.net) or [billwoolf2@aol.com](mailto:billwoolf2@aol.com) to submit your name for the nomination.

There are other ways in which you can contribute to the DSE, one of which is by volunteering for an Operations position. Operations members and coordinators support the club and its officers by performing various administrative duties or serving as Race Directors. A description of the Operations duties can be found by going to [www.dserunners.com](http://www.dserunners.com) and selecting the section titled Operations & Coordinators in the left-hand column.

## A NOTE OF APOLOGY

*DSE Board of Directors*

It has been brought to the attention of officers of the DSE running club that one of our race volunteers was treated with undue disrespect by a volunteer race director at one of our recent Sunday races. We sincerely apologize for this transgression of club standards, which we believe was completely uncalled for. The volunteer in question can be assured that proper steps will be undertaken to assure that this type of behavior will not be repeated, either by the volunteer in question, or by any other volunteer, in the future. The DSE holds all attendees of its races in the utmost respect, and believes that its race volunteers should always reflect these high standards of respect in its treatment of attendees.

## Inside

### FEATURES

A Sneak Peek at the 2009 Race Schedule ..2
Lake Merced Half Marathon .....2
Turtle Tales .....3

### DEPARTMENTS

How to Contact the Newsletter & the DSE...2
Race Results .....4-9
DSE at the Races.....8-9

Volunteers Needed .....9
Monthly Running Schedule .....10
Group Runs.....10
Membership Info .....11
Officers & Coordinators.....11
Folding Session & Weather .....11
Birthdays & New Members.....12

## From the President's Desk

◆ ◆ ◆ ◆ ◆ JOEL RIZZO

### OPERATIONS & COORDINATORS

Formerly known as the *Operations Committee*, the *Operations* are club members who take care of many of the non-club officer administrative duties. This is an ideal situation where club members can help the DSE without the pressure of serving as club officer. DSE would like to encourage members to step forward and volunteer for those positions. Please do not overlook the importance of your coordinators. Please go to our website under Operations & Coordinators to view the positions available. If you can help, please contact Joel at [joelrizzo@hotmail.com](mailto:joelrizzo@hotmail.com).

### OCTOBER RACE SCHEDULE

There is no DSE run on Oct. 5th, so that members can have the opportunity to run Bridge to Bridge 12K ([www.bridgetobridge.com](http://www.bridgetobridge.com)). If it's a 10K you are looking for, come out and run the Golden Gate Park 10K (with kids' run at 9:45) on Oct. 12th. On Oct. 19th, we will be running the Ballpark 5K near the home of the S.F. Giants. Then on October 26th, come run in the beautiful Marina in the Fort Point Promenade starting at the Little Marina Green.

### RRCA CONVENTION UPDATE

There are still have key positions open for the RRCA convention next year, including Logistics Chief, Plans Chief, Registration Unit Local Coordinator, Graphic Artist, Support Branch Director and Equipment Unit Leader. Registration is about to open on *Active.com* for the convention as well as for the

*continued on page 2*

# A SNEAK PEAK AT THE 2009 DSE RACE SCHEDULE

Janet Nissenson

While we are awaiting approval on our numerous race permit requests prior to publishing the full year 2009 DSE Race Schedule, here are a few highlights:

- The return of the former Cure Loop 5K in Golden Gate Park, now aptly renamed the Arts & Sciences 5K. This course will include a loop past the Music Concourse, DeYoung Museum, and newly reopened Academy of Sciences before finishing near the tennis courts.
- The Waterfront 10M/5K races have been moved up to mid-January, so that runners can utilize the fast, flat course as training for the Kaiser Half Marathon and the Napa Marathon.
- For both of our Sawyer Camp races, it was unfortunate but necessary to raise entry fees for members to \$5. This was due to a hefty increase in permit fees. We are altering the schedule of the races so that the 5K will be held at 8:30 AM and the 10K at 9:00 AM. Truly ambitious souls can choose to run both races (provided they can finish the 5K in under 30 minutes and be ready to run again!) for a combined fee of \$8.
- In order to hold a St. Patrick's Day Race as close to the actual holiday as possible, we will be celebrating the holiday by running the Rainbow Falls 5K course on March 15. Across the Bay 12K is held the same day and runs through Crissy Field/Marina Green, so we cannot use our usual course.
- Fortunate timing will allow us this year to hold the Practice Dipsea a full two weeks prior to the official Dipsea Race. Practice will be on May 31, official race on June 14.
- We are very pleased to announce the return of the Summer Evening Race Series at Lake Merced, and the expansion of the series to 12 weeks. We will be racing every Thursday evening from June 11 through August 27. Fees will remain at the bargain price of \$1.
- The Coastal Trail Challenge 10K/Half Marathon will also return to the schedule, after an enforced hiatus due to trail reconstruction.
- We will be debuting a second cross country 5K race, this one in the Presidio.
- And not to be missed will be the Great "Halloween" Highway Run where runners will be encouraged to arrive in costume.

We hope to have the full schedule available for distribution with the November newsletter, as well as publishing it on the website.

# LAKE MERCED HALF MARATHON

Janet Nissenson, Race Director

The third annual Lake Merced Half Marathon saw typical cool, overcast conditions, and some fast finishing times. The top six runners were all under the previous course record of 1:16:12, with the top runner, Richard Jennings, setting the new course record of 1:11:11. In all, a total of 130 runners completed the 2.9 laps around the lake, with an additional 77 opting to run the single loop race. The winner of the 4.5M race was 14-year-old Luis Luna, who ran a spectacular 25:49.

A race of this distance takes many volunteers, especially when coupled with a second race at the same time. My most heartfelt thanks go out to the following: Neal Ashton, Gary Brickley, Robert Brizuela, Joe Connelly, Jessica Davis, Vince French, Fred Haber, Yong Haber, Grant Johnson, Jeanie Jones, Theo Jones, Peggy Kang, Erika Kikuchi, Kevin Lee, Bobby Marty (the "very merry un-birthday guy"), Phyllis Nabhan, Natalie Nissenson, Steve Nissenson, Steve Pitsenbarger, Amy Qu, Wally Rapozo, Jason Reed, Ken Reed, Joel Rizzo, George Sacco, Cathie Schling, Uwe Schling, Sandra Seiki, and Bill Woolf.

Thank you for providing the runners with a safe course, well-stocked aid stations, efficient registration, finish line and timing, refreshments, goody bags, ribbons and awards. We would also like to thank Paul Adams of Point 6 for coming to our race to distribute free socks to our runners. Please check out their website at [www.point6.com](http://www.point6.com). And, as always, many thanks to Clif Bar and Sports Basement, who so frequently support our events with their great products.

Look for the fourth annual Lake Merced Half Marathon to return in September 2009.

## FROM THE PRESIDENT'S DESK

Presidio 10M/10K companion race. We will have an RRCA meeting this month. Please contact me at [joelrizzo@hotmail.com](mailto:joelrizzo@hotmail.com) for a brief description of the duties.

*continued from page 1*

## 2009 DSE GALA

The 2009 DSE Gala will be held on Friday night, January 23, 2009 at a new location, so please reserve the date. Further information will be available in a later issue of the DSE News.

## ◆◆◆◆◆ 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: Jeff Houston  
[webmaster@dserunners.com](mailto:webmaster@dserunners.com)

# TURTLE TALES

*The following is our first Turtle Tale story. Kelly Emo is a first year DSE member who has a wide breadth of running experiences. We could have made this a Great Achievements (GA) article as it certainly is but due to Kelly's injuries this year she referred to the article as a not so great achievement. Typically a Turtle Tale is a description of a running experience. This allows you to tell an interesting story that isn't necessarily an "achievement." You don't have to write a GA article before writing a Turtle Tale. This is an open invitation for our GA alumni and other members to share their old and current stories with us.*

*Jim Kauffold and Bill Woolf*

## RUNNING AMOK IN 2008

I had been a DSE run club lurker, meaning that every few months or so, I would participate in a DSE race and it always seemed like a great deal of fun to be more involved in the club. In addition, I have to admit that I'm addicted to any sort of running challenge, whether it be a new distance, new course, new location to run or, even more compelling, a series where I can get my analytical "jollies" and compute points in a series. Well, DSE offered all of the above, so in January of 2008, I decided to jump in and join the club.

I have had a great time participating in the 2008 series of races so far but, I have to say, the theme of 2008 is where I came face to face with the reality of what my age, lifestyle, genetic predispositions and sheer luck were going to allow me to do. You might say that 2008 is the year when I ran amok in the Bay Area.

## YOUTHFUL EXUBERANCE

All through my 20s and 30s, I was the runner who could be talked into doing anything. If a friend was putting together a team for a 5K, 10K, marathon or even 196 miles from the Hood to Coast, I was a candidate. It didn't matter that I had finals, a launch at work, was two months pregnant or had just gotten over a bad cold, I would find a way to participate. I was blessed with fast recovery skills and a high pain threshold so I usually was able to recover from any over-use mishaps in a week or two.

## STRETCHING THE LIMIT

After running for the Hewlett-Packard running club and several other groups, I decided that nightly 3–6 mile runs were just not enough endorphins for me and I wasn't getting enough on the weekends by limiting myself to 5 and 10Ks with the occasional 12K or 10 miler, so I had to try the marathon. I was only going to run one. It took a lot of time and patience to run for longer than one or two hours on the weekends and I never had much patience for pacing. My usual *modus operandi* in 5 and 10Ks was to go out as hard as I could and hold on for as long as possible. I was notorious for going out sub-6:00 pace but finishing 5Ks in 20+ minutes—you do the math.

I did my first marathon in 1991 at the Humboldt Redwoods in October. We had a heat wave and the race temperature was 90 degrees. I went out fast, feeling good, and hit the half way point at 1:41. I thought this was great! It was in this race that I first experienced the Wall and somehow finished in 3:44, but the last six miles were agony. As I collapsed under my Mylar blanket, with an upset stomach and stumps for legs, I thought, "That's it, no more marathons." Well, all it took was one passerby to say, "Oh, you missed qualifying for Boston by four minutes." Ten marathons and three Bostons later, I can truly say, I like the marathon.

However, I didn't slow down while training for marathons; I continued to do as many 5Ks, 10Ks and relays as possible in between the recoveries and other reasons for time off (I have two daughters, ages 6 and 11, who think their Mom is crazy). My goal was to continue to balance work, family, running and occasionally sleep.

However, three years ago I became a master and this was when the injuries really began. I had a great first six months

of being 40. Because this was the land of new age group opportunity, I took full advantage of it, sometimes racing twice a weekend. I had also discovered the fun of the occasional triathlon as something different although I didn't really train for them, just ran mostly and did the occasional dip in the pool. But halfway through my 40th year, my hamstrings started to get really painful. I started massage and stretching but didn't slow down my race schedule. However, my times started to get slower as I now see that my stride was being affected.

This year, I decided to take my hamstring fate into my own hands and take some time off and get serious treatment. Although I raced a lot in January and February, I decided to run easier in March and April, only doing tempo runs and not racing all out, although somehow I found myself "tempo-pace racing" every weekend. By April of this year, I started to feel better so the harder racing bug hit me again. I was faced with a perfect triviriate of athletic goals: I could compete in the DSE points series, the PA-USATF road racing circuit and several triathlons, including the Sprint national championships which I had qualified for last year, and accumulate some good USA Triathlon points to try to get ranked in my age group. This was the breakthrough year!

Well, little did I know my body was going to revolt on me under the strain of weekly racing. The hamstrings were feeling better but I ruptured the tendon in my right hand in May playing with my kids. This kept me out of the pool and off the bike, so instead I just ran or took a spinning class every day to stay fit and continue to train for the triathlon nationals. However, without the breaks from pounding that swimming gave me, my body started to show warning signs of overuse. June was the infamous month. I did a triathlon on June 7th with plans to do the DSE run on the 8th. But I woke up on the 8th with a slightly sore Achilles tendon. So, instead of a rest day, I took my dog for an "easy" 8 miler. Three days later, I competed in a splash and dash consisting of a 1 mile swim and a 3 mile run. Since this was my first swim since the finger tendon injury, I was slow and felt I had to make it up on the run. I ran well but my Achilles really ached. So, did I take time off? No... I was committed to running a hilly 10.4 leg of the Tahoe relay on June 15th. So, sore Achilles and lots of ibuprofen allowed me to run it but it hurt, bad. The next day, I couldn't walk and my Achilles looked like a roll of quarters.

Fast forward to September, 2008. I'm just starting to run again after 10 weeks off with my Achilles. I realize now that 2008 is the year that I ran amok. I am coming to grips with my reality: after 20 years of running, a busy lifestyle and a genetic predisposition towards overuse injuries, I have to slow down and become more selective. The nice part about DSE is that there is always something very interesting to select from and there is no shame in doing a course at a "stop and smell the roses" pace. So when I return to running more regularly, you will see a more mellow me. I will still occasionally race but not as often, and definitely take more time for yoga, stretching and flower sniffing...to make sure I don't run amok in 2009.





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

August 31, 2008

Potrero Hill 4M

**Race Directors:** Bob Morris and Suzana Seban

**Volunteers:** Bobby Marty, Joseph Connelly, Calvin Chan, Rick Torrealano, Cathie Schling, Thomas Pang, Diane Okubo-Fong, Uwe Schling, George Sacco



Race Directors  
Suzana Seban and Bob Morris  
© 2008 Paul Mosel

PL	NAME	AGE	TIME
1	Jason Reed	29	24:53
2	David Davis	39	24:55
3	Kennet De Silva	27	25:05
4	Kenley Gaffke	30	25:08
5	David Goldman	24	25:31
6	Tricia Frisella ①	22	25:38
7	Milan Drager	33	25:51
8	John Woods	44	26:02
9	Aaron Smith	15	26:04
10	David Camals		26:10
11	Heather Cerney ②	16	26:14
12	Jorge Rivera	28	26:42
13	David Clijsters	34	26:46
14	David Altena	47	27:11
15	Luis Vargas	51	28:08
16	Steve Stephens	64	28:14
17	Alan DeLoria	23	28:15
18	Steven Pitsenbarger	40	28:16
19	Kiet Tran	37	28:25
20	John Casey	33	28:28
21	Daryl Luppino	48	28:30
22	Carlos Ortegon	45	28:48

23	Victor Pimentel	26	28:48
24	J.C. Prenner	49	28:59
25	Tyler Abbott	47	29:13
26	Frank Shum		29:22
27	Rick Torrealano	59	29:25
28	Jose Ruiz	53	29:33
29	Jorge Larre	52	30:32
30	Noe Castanon	37	30:43
31	Adrian Jue	26	30:46
32	Benjamin Sherman	29	30:51
33	George Rehmet	41	30:55
34	George Musante	53	30:57
35	Amy Sonstein ③	38	31:11
36	Brad Spielman	40	31:13
37	Cammie Dingwall ④	45	31:17
38	Ben Taylor	33	31:20
39	Joel Rizzo	42	31:21
40	Gogo		31:46
41	Erika Kikuchi ⑤	30	31:47
42	David Klinetobe	47	31:50
43	Audrey Fedorenko		32:01
44	Patrick Lee	60	32:01
45	Daz Lamparas	56	32:22
46	Arun Bhalla	29	32:24
47	George Baptista	65	32:25
48	Ben Chelf	29	32:27
49	Paul Mosel	66	32:39
50	Tia Kilpatrick	28	32:43
51	Shunsuke Nakata	21	32:50
52	Jeff St. Claire	41	33:05
53	Kathleen Lail	40	33:19
54	Kevin Cuevas	17	33:26
55	Theo Jones	69	33:33
56	Marie Carlotti	52	33:34
57	Michael Moelter	41	33:37
58	Dan Stickler	50	33:38
59	Kenneth Fong	46	33:45
60	John Trayers	32	33:52
61	Emma Dreyman	11	33:53
62	John Bowers	41	33:57
63	Gary Brickley	55	34:10
64	Travis Enfield	24	34:21
65	Neal Ashton	51	34:36
66	Dave Picanello	54	34:42
67	Daniel Tesfat	30	34:45
68	Ann Looni	47	34:53
69	Ken Weller	60	35:09
70	Joseph Connelly	46	35:11
71	Jeff Brennan	36	35:12
72	Gregory Brown	59	35:13
73	Mort Weisberg	71	35:16
74	Lina Khatib		35:19
75	Christina Trayers	32	35:43
76	Beth Meyer	48	35:53
77	Maria Pantoja	28	26:11
78	Peter Royce	73	36:31
79	Dana Farkas	49	36:37
80	Sabina Bannon	47	36:45
81	Wendy Newman	58	36:53
82	Lloyd Breeland	43	37:05

83	Sandra Sigurdson	52	37:15
84	Peking Duck	53	37:17
85	Kathleen Smith	26	37:21
86	Sam Roake	72	37:34
87	Stephanie Soler	33	37:57
88	Elizabeth Gelber	28	38:26
89	Craig Harding	50	38:34
90	Jennifer Yasis	37	38:39
91	Jasmine Chen	33	38:50
92	Henry Nebeling	75	38:52
93	Geneviere Tories		40:08
94	Lisa St. Claire	41	40:34
95	Myles Sussman	43	41:04
96	Kathleen Bannon	49	41:33
97	Jim Kauffold	70	42:10
98	Mike Hung	57	43:07
99	Rocco Mullinax	34	43:24
100	Vincente Aguigui	48	43:24
101	Bill Woolf	43	43:51
102	Sylvia Romero-Pagan	42	44:02
103	Cowboy Guy	55	44:24
104	Miguel Guerrero	38	46:02
105	Madeline Stark		46:12
106	David Hasson		46:13
107	Laurie Huth	36	46:11
108	Nichelle Harris	39	46:51
109	Pat Kennedy	40	50:16
110	Jane Colman	65	50:55
111	Barbara Robben	74	50:55
112	Kira Azzam	22	51:02
113	Darrell Ho Chee	21	51:06
114	Margo Banowicz	49	58:10

#### SELF-TIMERS

Don Watson	79
Fred Haber	48
John Lang	69
Richard Finley	60
Robert Brizuela	68
Yong Haber	50

#### KIDS' RUN

1	Max Bowers	9	2:13
2	Shannon Luppino	12	2:21
3	Richard Tauber	6	2:32
4	Jakob Lail	4	3:05
5	Fritz Bowers	4	3:31



Top of Potrero Hill  
Photo by Don Watson

**September 7, 2008**

**Rainbow Falls 5K**

**Race Director: Hashim Bashruddin**

**Volunteers: George Sacco, Bobby**

**Marty, Peggy Kang, Jesse Agbayani,**

**Laurie Huth, Michael Gulli, Barbara**

**Robben, Hilary Fong, Phyllis Nabhan,**

**Calvin Chan, Cathie Schling, Kevin Lee,**

**Marie Appel**



**Race Director Hashim Bashiruddin**

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PL	NAME	AGE	TIME
1	Ehrin Armstrong	31	16:38
2	Chikara Omine	26	16:43
3	Tim Keenan	47	16:59
4	Jason Reed	29	17:28
5	Thom Trimble	49	17:37
6	David Davis	39	17:56
7	Kennet De Silva	27	18:03
8	David Goldman	34	18:21
9	Kenley Gaffke	30	18:22
10	Milan Drager	33	18:39
11	Jorge Rivera	28	18:57
12	David Altena	47	19:34
13	Matt Medeiros	30	19:52
14	Nate Bisbee	33	19:54
15	Mark Hutchinson	57	20:04
16	Joe Wehrheim	36	20:17
17	Luis Vargas	51	20:22
18	Andrew Freid	41	20:29
19	Jim Moore	49	20:30
20	Steven Pitsenbarger	40	20:30
21	Daryl Luppino	48	20:35
22	Tyler Abbott	47	20:46
23	Elliott Hughes	25	21:02
24	Dan Tavarez	37	21:03
25	Dave Flinn	42	21:04
26	George Rehmet	41	21:11
27	Ivor Brock-Chan	29	21:15
28	Rick Torreano	59	21:20
29	Leo Rosales	54	21:39
30	Jorge Larre	52	22:04
31	King Wayman	59	22:07
32	Amy Sonstein ①	38	22:08
33	Joel Rizzo	42	22:14
34	John Smyth		22:19
35	Patrick Lee	60	22:27
36	Ernie Rivas	58	22:49

37	Catherine Filippone ②	41	22:53
38	Kenichi Matsumura	30	22:55
39	Alli Harmon ③	27	22:59
40	Daniel Tesfai	30	23:00
41	Ben Chelf	29	23:01
42	Joe Czech	55	23:05
43	Dwight Dybdahl	26	23:07
44	Shunsuke Nakata	21	23:12
45	Marie Carlotti ④	52	23:16
46	Daz Lamparas	56	23:19
47	Lee Blaine	66	23:20
48	Gogo		23:29
49	Travis Enfield	24	23:33
50	Mark Kelley	52	23:38
51	Eric Park	62	23:42
52	George Baptista	65	23:44
53	Kenneth Fong	46	23:47
54	Francois Lariviere	56	23:52
55	Paul Mosel	66	23:53
56	Ryan Monell	21	23:55
57	Victoria Ellison ⑤	22	23:58
58	James Eales	48	24:02
59	Neal Ashton	51	24:02
60	Nathaniel Gallego	25	24:11
61	Steve Nissenon	60	24:18
62	Kathleen Lail	40	24:31
63	Wayne Plymale	56	24:36
64	Keith O. Johnson	70	24:46
65	Bruce Leary	57	24:47
66	Jacob Quinlan	18	24:49
67	Gary Brickley	55	24:55
68	Vincente Aguigui Jr.	48	24:58
69	Audrey Gray	41	25:01
70	Lina Khatib		25:02
71	Jeffrey Engels	48	25:04
72	Sandra Sigurdson	52	25:11
73	Uwe Schling	38	25:21
74	Miguel Guerrero	37	25:30
75	Stephanie Soler	33	25:33



**Racing past the Conservatory of Flowers**

Photo by Don Watsoo

76	Emma Dreyman	11	25:36
77	Maria Pantoja	28	26:00
78	Edward Burditt	27	26:01
79	Thomas Gallagher	25	26:06
80	Don Elsener	52	26:13
81	Eddie Schult		26:20
82	Lloyd Breeland	43	26:45
83	Gregory Brown	59	26:54

84	Carole Arcellana	51	26:55
85	Andrew Tivnan	25	26:58
86	Sabina Bannon	47	27:01
87	Janet Nissenon	48	27:02
88	Peter Royce	73	27:11
89	Ray Dames	37	27:15
90	Alicia Germana	27	27:28
91	Thomas Smiley	51	27:51
92	Sam Roake	72	28:02
93	Monica Gallagher	23	28:04
94	Suzana Seban	54	28:11
95	Noa Dreyman	17	28:15
96	Jane Czech	56	28:16
97	Erica Faitek	28	28:19
98	Henry Nebeling	75	28:19
99	Caryn Saladino	29	28:21
100	Janet Saladino	54	28:21
101	Tina Saladino	24	28:25
102	Jim McBride	65	28:37
103	Brian Hartley	55	28:45
104	Yong Haber	50	28:48
105	Christina Wiedbusch	38	28:50
106	Genevieve Tianger	32	29:12
107	Alpesh	35	29:25
108	Amanda Moffitt	24	29:31
109	Sara Shaw	38	29:34
110	No Name		29:37
111	Jodi DeQuiros	31	29:45
112	Peggy Kang	72	29:49
113	Cowboy Guy		30:05
114	Rocco Mullinax	34	30:18
115	Collin Quinlan	25	30:18
116	Jim Kauffold	70	30:23
117	Mike Hung	57	30:40
118	Samantha Westien	38	30:47
119	Elizabeth McCabe	29	30:52
120	Rebecca Apolina	30	30:54
121	Kathleen Bannon		30:59
122	Illegible	21	31:17
123	Kira Azzam	22	31:25
124	Natalya Gray	11	31:31
125	Bill Woolf	73	31:51
126	Wendy Newman	58	31:57
127	Naomi K. Wooten	49	32:00
128	Aaron Low	48	32:06
129	Jeff Houston	50	32:07
130	Janet Lee	35	32:40
131	Linda Kim	34	32:41
132	Xtine Weibel	40	32:47
133	Laurie Huth	36	32:56
134	Milinda Lommer	39	33:21
135	Darrell Ho Chee	21	33:56
136	Kay Teiber	69	34:03
137	Danielle Bell	16	34:49
138	Samantha Robinson	15	34:50
139	Virginia Rosales	44	35:14
140	Laurie Quinlan	51	35:15
141	Emily French	7	35:57
142	Regina French	48	36:00

*continued on page 6*



*RAINBOW FALLS 5K*  
continued from page 5

143	Adam Wright	32	36:42
144	Katie Boyd	36	36:56
145	Cesar Aguilar	14	37:17
146	Noe Castanon	37	37:17
147	Raydan Alhabaishy	18	37:49
148	Andrew Lee	19	37:49
149	Barbara Robben	74	39:16
150	Shannon Luppino	12	39:30
151	Kiara Foissotte	11	39:31
152	Aimee Muir	38	39:40
153	Marie Mullen	39	41:59
154	Adela Wright	31	
155	Noelle Madden	30	
156	John Madden	39	

**SELF-TIMERS**

Bob Theis	80
Jim Pommier	75
Richard Finley	60
Roxanna Pezzy	
Ted Vincent	72
Jesse Agbayani	
Elaine Gecht	64
Jane Lee	58

**September 14, 2008**

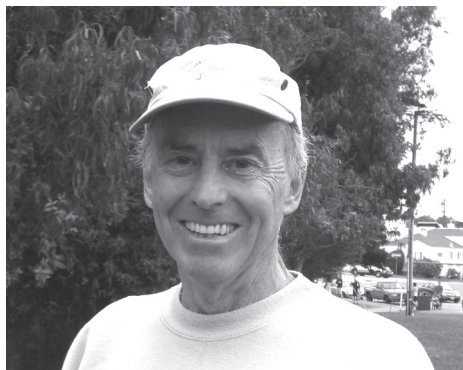
**Stern Grove 4M**

**Race Director: Jim Kauffold**

**Volunteers: Kevin Lee, George Sacco, Bobby Marty, Wally Rapozo, Calvin Chan, Henry Nebeling, Anne Single, Phyllis Nabhan, Ken Reed, Marie Appel**

PL	NAME	AGE	TIME
1	Jason Reed	29	23:47
2	Jonathan Bretan	26	24:25
3	David Goldman	34	24:38
4	Ian Macnider	23	24:44
5	Kennet De Silva	26	25:01
6	Jerry Flanagan	42	25:16
7	Ky Faubion	23	25:44
8	Anthony Benson	44	25:56
9	John Woods	44	26:19
10	Milan Drager	33	26:31
11	Markham Miller	44	27:36
12	Andrew Freid	41	27:42
13	Luis Vargas	51	27:49
14	Jeremy Calnan	49	27:56
15	Matthew Fabry	35	28:01
16	Steven Pitsenbarger	40	28:07
17	Jim Moore	49	28:09
18	Daryl Luppino	48	28:48
19	P. Kiddy	26	29:05
20	Rick Torreano	59	29:16
21	Felix Tong	29	29:28
22	Don Daniel		29:33
23	Leo Rosales	54	29:34
24	Barry Hull	32	29:39
25	Mike Grills	31	29:41

26	Kenichi Matsumura	30	29:56
27	Mike Sullivan	48	29:57
28	Edward Haack	40	29:58
29	Dave Flinn	42	30:14
30	Joel Rizzo	42	30:33
31	Jorge Larre	52	30:43
32	Erika Kikuchi ❶	30	31:02
33	Alfred Hu	48	31:16
34	David Klinetobe	47	31:21
35	Tia Kilpatrick ❷	28	31:24
36	Brian MacIntosh	36	31:27
37	Joseph Maurino	23	31:33
38	Patrick Lee	60	31:43
39	Gogo		32:00
40	Ed Kinchley	59	32:02
41	Theo Jones	69	32:11
42	Bob Senoff	46	32:26
43	Kenneth Fong	46	32:29
44	Daz Lamparas	56	32:30
45	George Baptista	65	32:33
46	Susan Lynch ❸	35	32:41
47	Kira Azzam ❹	22	32:44
48	Mark Kelley	52	32:59
49	Lina Khatib ❺		33:18
50	W. Murphy	57	33:23
51	Steve Nissenson	60	33:24
52	Matt Higgins	32	33:36
53	Dave Picanello	54	33:39
54	Neal Ashton	51	33:48
55	Judy Quittman	41	33:55
56	Gary Brickley	55	34:01
57	Kathleen Lail	40	34:05
58	Maria Pantoja	28	34:19
59	Miguel Guerrero	38	34:21
60	Jeff St. Claire	42	34:25
61	Vincente Aguigui Jr.	48	35:00
62	Scott Abate	38	35:21
63	Caryn Saladino	29	35:29
64	Robert Umgelter	44	35:32
65	Peking Duck	53	36:02
66	Dana Farkas	49	36:16
67	Janet Nissenson	48	36:25
68	Lloyd Breeland	43	36:29
69	Jennifer Nickl	42	36:40
70	Sabina Bannon	47	36:50
71	Wendy Newman	58	37:23



**Stern Grove Race Director Jim Kauffold**  
Photo by Don Watson

72	Mark Richardson	37	38:22
73	Bob Morris		38:37
74	Heather Webster	30	39:07
75	Eva Chrysanthé	40	39:12
76	Lisa St. Claire	41	39:24
77	Suzana Seban	54	39:41
78	Laura Froelich	41	39:49
79	Janet Fry	26	40:23
80	Yong Haber	50	40:29
81	Mary Liddy	36	40:37
82	Rocco Mullinax	34	41:15
83	Travis Enfield	25	41:16
84	Paul	46	41:18
85	Kathleen Bannon		41:28
86	Mike Hung	57	43:02
87	Rezelda Tubao	26	43:12
88	Mai Richardson	24	43:20
89	Jeff Houston	50	43:23
90	Susan Herder	53	43:40
91	Catherine Burke	30	44:16
92	Carmen Connay		44:19
93	Bill Woolf	73	44:34
94	Gary Bengier		44:57
95	Jackie Conlin	30	45:04
96	Vikki McPolin	31	45:06
97	Darrell Ho Chee		45:53
98	Kay Teiber	69	46:40
99	Virginia Rosales	44	46:42
100	Dennis Hassler	74	46:54
101	Nathaya Grey		47:51
102	Audrey Grey		47:53
103	Margo Banowicz	49	55:25



**Post-race recovery**  
Photo by Don Watson

**SELF-TIMERS**

Ed Olkowski	65	79:32
Sunhi Kim	50	
Kim Chee Kim	3	
John Lang	69	
Robert Brizuela	68	
Tom Huster	65	
Jane Lee	58	
Fred Haber	48	
Don Watson		
Roxanna Pezzy		
Dee Farkas	80	
Bob Theis	80	
Ann Agbayani	48	
Jesse Agbayani	56	
Liese Rapozo		
Elaine Gecht	64	

September 21, 2008

Lake Merced Runs

**Race Director:** Janet Nissenson

**Volunteers:** Adrian Jue, Joseph

Connelly, Amy Qu, Ken Reed, Bill

Wolf, Kevin Lee, Bobby Marty,

Natalie Nissenson, Cathie Schling,

Peggy Kang, Erika Kikuchi, Phyllis

Nabhan, Fred Haber, Robert Brizuela,

Gary Brickley, Sandra Seiki, George

Sacco, Steve Nissenson, Grant

Johnson, Steven Pitsenbarger, Theo

Jones, Jason Reed, Uwe Schling, Jeanie

Jones, Vince French, Yong Haber, Wally

Rapoza, Joel Rizzo, Jessica Davis



**Race Director Janet Nissenson**

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**PL NAME AGE TIME**

**Half Marathon (unofficial results)**

1	Richard Jennings	32	1:11:11
2	Chris Thunen	31	1:12:06
3	Ehrin Armstrong	31	1:13:24
4	Robert LaPlante	39	1:14:01
5	Nathan Yanko	26	1:14:49
6	Paul Thibodeau	25	1:15:09
7	Salvador Garcia	28	1:16:23
8	Shawn Gallagher	48	1:19:50
9	Bruce Adams	35	1:20:17
10	Eduardo Vazquez	35	1:21:57
11	Pierre Fourle		1:22:23
12	Jason Reed	29	1:22:57
13	Simon Mutlu	31	1:23:00
14	Spence Green	27	1:23:19
15	Jonathan Bretan	26	1:25:20
16	Ken Camet	47	1:26:09
17	Peter Hsia	48	1:26:48
18	NO NAME		1:27:06
19	Siming Li	31	1:27:13
20	Peter Trudelle	23	1:27:17
21	Chris Grimm	21	1:27:53
22	Richard Howe	62	1:28:14
23	Stuart Searle	35	1:28:17
24	Kenley Gaffke	30	1:28:30
25	Roy Clarke	52	1:28:30
26	Jeff Pauley	38	1:28:30

27	Markham Miller	44	1:28:30
28	Mary Churchill ❶	33	1:29:01
29	Christopher Strunk	38	1:30:10
30	Frank Ruona	62	1:32:00
31	Juan Melendez	51	1:32:20
32	Luis Vargas	51	1:32:32
33	David Goldman	34	1:33:50
34	Ian Reid	65	1:34:37
35	Jeffrey Urbina	36	1:35:04
36	Jackson Pollock	48	1:35:44
37	C. Peterson-Kirby ❷	35	1:35:58
38	Fernando Rayas		1:36:12
39	Jeremy Calnan	49	1:36:28
40	Francisco Nieves	39	1:38:24
41	Jesse Davis	30	1:39:07
42	Robert Arnold	32	1:39:47
43	Norman Geimer	47	1:40:04
44	Shari Tracy ❸	44	1:40:36
45	Steven Pitsenbarger	40	1:41:04
46	Sandy Little ❹	45	1:41:12
47	Rob Markovich	43	1:41:13
48	Angela Zamora-Castillo ❺		
		31	1:42:21
49	Reyana Ewing	38	1:42:55
50	Stephanie Kuehn	34	1:43:24
51	James Scholl	55	1:43:39
52	Andy Salmeron	44	1:43:44
53	Dana Anderson	45	1:43:55
54	R.J. Lozada	27	1:45:00
55	John Ferdico	42	1:45:20
56	Pete Ryan	48	1:45:38
57	Kenichi Matsumura	30	1:45:53
58	Nicki Stendahl	54	1:46:00
59	Edward Haack	40	1:46:05
60	David Klinetobe	47	1:46:07
61	Leo Rosales	54	1:46:11
62	John Sullivan	42	1:46:23
63	Theo Jones	69	1:47:30
64	Larry Duldson	50	1:47:36
65	Noah Relles	24	1:47:52
66	Jin Daikoku	23	1:48:06
67	Chikara Omine	26	1:48:12
68	Cammie Dingwall	45	1:48:14
69	Alton Wong	33	1:48:53
70	Kenneth Fong	46	1:49:11
71	Daz Lamparas	56	1:49:58
72	Judi Shaffer	48	1:51:08
73	Jorge Larre	52	1:51:27
74	Richard Harvey	45	1:51:36
75	Allison Groves	44	1:52:01
76	Joe DiGiacomo	42	1:52:25
77	Arun Bhalla	30	1:54:23
78	Noe Castanon	37	1:54:25
79	Matthew Fabry	35	1:54:27
80	Saiko Oki	37	1:55:38
81	Ehren Tacdiran	23	1:55:40
82	Randall Topacio	23	1:55:41
83	Mark Kelley	52	1:56:33
84	John Giddings	42	1:56:40
85	Gregory Brown	60	1:57:43

86	Donald Fritsche	46	1:57:53
87	Susan Whitecotton	35	1:58:00
88	Jeffrey Wong	24	1:58:58
89	Paul Mosel	66	1:59:05
90	William McCarty	60	1:59:25
91	Colby Allerton	40	1:59:33
92	Natalie Chandler	29	2:01:05
93	George Baptista	65	2:01:15
94	Joseph Connelly	47	2:01:29
95	Kristin Snyder	28	2:02:25
96	Annah Hayes	28	2:04:11
97	Mitch Young	52	2:05:08
98	Anita Devineni	24	2:05:21
99	Melissa Whitecotton	41	2:06:37
100	Pat Geramoni	60	2:07:37
101	Lorina Leung	29	2:07:40
102	Marilou Seiff	56	2:09:23
103	Deborah Wilson	35	2:09:24
104	Barry Fong	34	2:09:36
105	Barbara Zivkov	46	2:10:04
106	Catherine Hayer	46	2:10:06
107	Ayde Vogl	46	2:10:10
108	Estella Lopez	45	2:10:54
109	Michael Slowvik	42	2:11:19
110	Stefanie Pollock	25	2:13:40
111	Tracy Donovan	44	2:14:08
112	Quinn Donovan	41	2:14:09
113	Kristine Kerivan	41	2:15:05
114	Stuart McLean	29	2:16:20
115	Tamara Hartl	35	2:16:22
116	Alfred Tolentino	37	2:17:24
117	Maria Krajewska-Brown		2:18:54
118	Stephen Eglash	51	2:19:08
119	Richard Eglash	41	2:19:09
120	Kara Campbell	39	2:20:06
121	Jocelyn Calma	28	2:24:02
122	Lisa Klaas	35	2:25:04
123	Lupe Martinez	43	2:25:51
124	Jayne Garcia	30	2:36:33
125	Maria Alvarado	28	2:36:34
126	Jack Li	26	2:37:36
127	Adrienne Rossi	30	2:43:30
128	Virginia Rosales	44	2:50:31
129	Adam Wright		2:53:29
130	Ron Vertrees	71	2:55:19



**Half Marathon runner Pat Geramoni**

**Photo by Don Watson**

*continued on page 8*

#### 4.5M

1	Luis Luna	14	25:49
2	Kevin Gordon	33	26:14
3	Zekaryas	14	27:25
4	Jorge Rivera	28	27:49
5	John Woods	44	28:29
6	Epifanio Nuñez	14	28:46
7	Gene French	62	30:21
8	Tyler Abbott	47	30:34
9	Vincent Gulli	19	30:45
10	Daryl Luppino	48	30:46
11	Michael Gulli	48	30:48
12	Leti Cornejo ①	30	30:50
13	Dave Flinn	42	31:12
14	Rick Torreano	59	31:12
15	King Wayman	59	33:07
16	Joel Rizzo	42	33:27
17	Mac Watters	33	33:40
18	Patrick Lee	60	33:55
19	Alli Harman ②	27	34:19
20	Dan Shalom	56	34:27
21	Jenny Parma ③	33	34:47
22	Eric Park	62	35:32
23	Gary Bates	52	35:33
24	Keith Johnson	70	35:34
25	Lina Khatib ④		36:04
26	Gary Brickley	55	36:39
27	Neal Ashton	51	36:49
28	Caryn Saladino ⑤	29	37:15
29	Stephanie Soler	33	37:52
30	Sabina Bannon	47	38:23
31	Danny Hu	23	38:59
32	Lloyd Breeland	43	39:33
33	Mark Richardson	37	39:39
34	Gene Reynolds	50	39:41
35	Wendy Newman	58	40:28
36	Yong Haber	50	40:38
37	Thomas Smiley	52	40:54
38	Jennifer Nickl	42	41:10
39	Heather Webster	28	41:12
40	Henry Nebeling	75	41:30
41	Eva Chrysanthe	40	41:50
42	Suzana Seban	55	42:10
43	Kevin Lee	31	42:11
44	Andrea Howard	20	42:14
45	Raymond White	63	42:15
46	Janet Fry	29	42:54
47	Patrick Cummins	13	43:09
48	John Cummins	44	43:09
49	Myra Hadden	27	43:35
50	Anne Tampol	28	44:04
51	Jennifer Hausler	28	44:09
52	Sean Gibb	23	44:23
53	Millie Tolleson	21	45:10
54	Andrea Arends	25	45:12
55	Cowboy Guy	55	45:13
56	Tony Wasserman	63	45:50

continued on page 9

## 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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### Pasadena Senior Games State Championships, June 7

#### 400 Meter Dash

Keith Johnson	1	M70-74	1:14:29
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#### 800 Meter Run

Keith Johnson	1	M70-74	3:04:51
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### Stadium to Stadium 10K, June 21 (other DSE runners were reported in July)

213 Keith Johnson	2	M 60+	54:08
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### Marinwood Family Fun Run, San Rafael, August 9

#### Women's 5K

1 Amy Sonstein			23:05
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### LMJS Time Is On Your Side, Oakland, August 24 (place based on time estimate)

#### 5K

	PLACE	DIFFERENTIAL	
59 Judith Jarosz	2	+0:03	40:13

#### 10K

5 Gene French	10	+0:45	44:15
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### 10K on the Bay, Hayward, August 30

9 Jason Reed	29	4	M20-29	36:58
126 Barbara Robben	74	1	F 70+	1:12:15

### Mustang Fun-D Raiser 5K, Novato, September 1

121 Jeff Houston	12		M50-54	35:14
128 Dennis Hassler	3		M70-74	37:48

### Mount Tam 10K & 18K, September 13

#### 10K

1 Kennet De Silva	26	1	M25-29	45:49
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#### 18K

30 Erika Kikuchi	30	2	F 30-34	1:38:27
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### Golden Gate Park Open Cross Country 4M, September 6

#### Women

94 Amy Sonstein	38			33:20
117 Kat Powell	57			39:53
119 Barbara Robben	74			48:23

#### Masters Men

3 Cliff Lentz	43			23:06
41 Tyler Abbott	47			26:02
89 Jim Flanigan	59			20:54

#### Open Men

38 Chikara Omine	26			23:51
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### All Comers Track Meet, Los Gatos High School, August 7

#### 5K

23 Neal Ashton				24:11
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### Redwood Park Trail 30K, Oakland, September 6

3 Jason Reed	29	1	M20-29	2:39:40
32 Erika Kikuchi	29	2	F 20-29	3:25:50
55 David Klinetobe	47	24	M40-49	3:53:49

### Banana Chase 5K, September 14, 2008

43 Cliff Lentz	43	4	M40-44	16:35
83 Chikara Omine	26	16	M25-29	17:44
126 Kenley Gaffke	30	12	M30-34	18:36
136 Tyler Abbott	47	15	M45-49	18:51

continued on page 9



## DSE AT THE RACES

continued from page 8

148	David Altena	47	18	M45-49	19:05
230	George Rehmet	40	19	M40-44	20:53
248	Russ Kiernan	70	1	M70-74	21:12
254	Marie Lorenzo-Davis	43	8	F 40-44	21:19
259	Amy Sonstein	38	11	F 35-39	21:23
260	Naomi Stanford	58	2	F 55-59	21:23
278	Jim Buck	65	4	M65-59	21:44
309	Kelly Emo	43	11	F 40-44	22:40
323	Sophia Cannata-Bowman	13	4	F 12-15	23:03
328	Bob Bowman	54	23	M50-54	23:08
372	Keith Johnson	70	2	M70-74	24:07
375	Paul Mosel	66	6	M65-69	24:09
430	Judith Waitz	48	18	F 45-49	25:28
652	Mary Jean Pramik	60	3	F 60-64	30:34
657	Barbara Robben	74	1	F 70-74	30:40
676	Jane Colman	65	4	F 65-59	30:56
830	Peggy Kang	72	2	F 70-74	37:17
866	Dina Kovash	70	3	F 70-74	41:54

**IDIC-15 5K, Killington, VT, September 14**

46	Joseph Connelly	47	8	M40-49	27:26
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**Lewis and Clark Marathon, St. Louis, September 14***Stopped at 10 miles because of flooding*

340	Gregory Brown	59	14	M55-59	1:38:23
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**UCSC XC Challenge, 4M, Santa Cruz, September 20****Women**

33	Amy Sonstein	38			32:08
36	Kat Powell	57			37:52

**Men**

39	Chikara Omine	26			24:36
82	Russ Kiernan	70			29:10
91	Jim Flanigan	59			30:59
104	Hashim Bashiruddin	51			37:46
106	Dennis Hassler	74			50:25

**Skyline to the Sea Trail 50K, Saratoga, September 20**

71	Erika Kikuchi	29	4	F 21-29	6:05:25
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**Race For the Cure 5K, September 21**

217	Judy Waitz	48	14	F 40-49	25:56
366	Kristin Slye	39	58	F 30-39	28:16

## LAKE MERCED RUNS

57	Susan Herder	51	45:53	73	Tiana Magsanoc	19	57:37
58	Jim Gallagher	73	46:01	74	April Sabangan	33	58:03
59	Kathleen Bannon	49	46:08	75	Wai Yu Lau	18	58:07
60	Mai Richardson	24	46:56				
61	Mike Hung	57	47:12				
62	Aimee Riordan	27	48:01				
63	Jane Colman	65	49:10				
64	Alice Miller	49	49:13				
65	Jinshang L.		49:56				
66	Mary Gray	46	51:30				
67	Naomi Wooten	49	51:38				
68	Kim Chee Kim	3	53:08				
68	Tom Huster	65	53:08				
69	Corie Ralston	42	53:23				
70	Robert Ralston	62	53:24				
71	Geena Dabadghav	40	54:07				
72	Yi Qing Chen	24	56:55				



**Bob Theis, 80 years old and still racing!**  
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:

Oct. 12	Golden Gate Park 10K
Oct. 19	Ballpark 5K
Oct. 26	Fort Point 12K
Nov. 2	Sawyer Camp 5K/10K
Nov. 9	Embarcadero 10K
Nov. 16	Polo Field 5K
Nov. 23	Great Highway 4M
Dec. 7	Ferry Building 4M

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.

continued from page 8

76	Judith Jarosz	68	59:50
77	Bob Theis	80	64:06

**SELF-TIMERS**

Brie Reybine	
Crystalina Guevarra	27
Don Watson	79
Liese Rapozo	80
Richard Finley	60
Robert Brizuela	68
Sunhi Kim	50
Tom Boyd	62
Wally Rapozo	79

**KIDS' RUN**

1	Richard Tauber	6	7:43
2	Shannon Luppino	12	7:59
3	Tim Abbott	4	

# ◆◆◆ Monthly Running Schedule ◆◆◆

- 1) All race entries are payable at the event by cash only (sorry, no checks) unless you register online at [www.active.com](http://www.active.com) by 9:00 AM on the Friday before the race.
- 2) All races are \$3 for members and \$5 for non-members unless otherwise noted.
- 3) Kids (under 12) pay \$1. All others pay at the adult rate.
- 4) Race dates and times are subject to change without notice. Check the DSE hotline at 415-978-0837 for any changes.
- 5) Race Day registration is from 8:05–8:55 AM unless otherwise noted.
- 6) Finisher's ribbons to all participants. Place ribbons to first 5 men and women unless otherwise noted.

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

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## **Sun Oct 5 NO DSE RUN**

Opportunity to run the Bridge to Bridge 12K, [www.bridgetobridge.com](http://www.bridgetobridge.com)

## **Sun Oct 12\* Golden Gate Park 10K**

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

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

COURSE DESCRIPTION: Run east along Kennedy Drive, right onto Bowling Green, right onto Middle Drive E, right onto M L King Drive, right onto East Stow Lake Drive, left downhill on Stow Lake Drive and left back onto Kennedy Drive. Run westbound on Kennedy Drive past two 4-way Stop intersections, then left on Bernice Rogers Way, left on M L King Drive, left uphill to Middle Drive and left onto Overlook (path) to finish.

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

## **Sun Oct 19 Ballpark 5K**

START/FINISH: Terry Francois and Illinois Streets (off Mariposa)

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

COURSE DESCRIPTION: Run northbound on Terry Francois, right onto Third Street and right across Lefty O'Doul Bridge.

Upon crossing the bridge, run a double counter-clockwise loop around AT&T Park. Then re-cross the bridge, make a left back onto Terry Francois and return to finish.

## **Sun Oct 26 Fort Point Promenade 12K**

START/FINISH: Yacht Rd Parking Lot, 1 block north of Marina Blvd (Little Marina Green)

**NOTE NEW START/FINISH LOCATION!**

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

COURSE DESCRIPTION: Run clockwise loop of Yacht Harbor, turn around at end of parking lot, exit left along diagonal dirt path and left onto Marina Blvd. Run uphill and then downhill on Fort Mason path and turn around at vertical wood posts at east end of Aquatic Park. Return to start and then run west along Crissy Field/Golden Gate Promenade. Stay on path into Fort Point National Historic Site. Turn around at end of parking lot and return same way to finish.

## **Sun Nov 2 Sawyer Camp Trail 5K/10K**

START/FINISH: South trail entrance at Crystal Springs Rd and Skyline Blvd, San Mateo

STARTING TIMES: 10K: **9:00 AM**, 5K: **9:05 AM**. Walkers are encouraged to start early.

COURSE DESCRIPTION: Run north on paved bike path, turn around at 5K/10K location markings and return the same way to finish.

**No Pets or Baby Joggers/Strollers allowed on Trail!**

## **Sun Nov 9\* Embarcadero 10K**

START/FINISH: Dolphin Club, Jefferson and Hyde Streets

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

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

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

# ◆◆◆ 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.**

## Halloween ♦ ♦ ♦ ♦ ♦ ♦ Party

DATE: Friday, October 31, 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. Come in costume to celebrate Halloween!

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

Overall, October weather is expected to be unusually warm and mostly dry. Some light rain is possible around the 4th, but dry and mild weather is expected for the Bridge to Bridge run. The second week should be warmer than normal, with sunny skies, offshore winds, and city temperatures in the 80s. Warm, dry, sunny weather will continue into the third week of the month as well. The forecast for the time around Halloween is cooler weather with a threat of rain.



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



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ANGELICUS  
Walt Stack

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[suzana@network172.com](mailto:suzana@network172.com)  
Wendy Newman [wsn99@aol.com](mailto:wsn99@aol.com)



# Happy Birthday! ◆◆◆◆◆◆◆◆◆◆

1 Janet Nissenson  
Nandakumar Palanisamy  
2 Sophia Cannata-Bowman  
3 Betty Cunneen  
Penny Peters  
4 Sloane Cook  
Dennis Hassler  
5 Jennifer Bearss  
Stephanie Soler  
7 Marcie Daniel  
Valerie Stratta Trenev  
10 Vincent French  
Jeff Slye  
11 Kristina Landry  
12 Debbie Gulli  
Fred Haber  
13 Elaine Hutsinpillar  
14 Nina Kaiser  
15 Gordon Schatz  
17 Vicente Nims  
19 Jerry Applegate  
Sister Marion Irvine  
Paul Mosel

19 Eric Park  
Vivian Rodriguez  
Larry Wuerstle  
20 Denise Lee  
Ed Olkowski  
21 Stu Ruth  
23 Jack Vidosh  
John Vidosh  
24 Paul E. Gregson  
Silvia Z. McManus-Muñoz  
25 John Blankenship  
26 Yoshimi Collier  
Mike Hung  
Lillia Osborne  
27 Diana Prichard  
28 Karen Pinckard  
29 Calvin Chan  
Michael Kilzer  
30 Theo Jones  
Tina Sandidge  
Lisa St. Claire  
31 Richard Best  
Jim Buck

## New Members

**DALY CITY**  
Ken Weller

**SAN FRANCISCO**  
Elizabeth Collins  
Byron Fairchild  
Sally Fairchild  
James Flynn  
Lynday Orwig  
Taylor Todd

**SAN JOSE**  
Miguel Guerrero  
David Guerrero-Pantoja  
Bruce Leary  
Maria Pantoja



**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](mailto:nishikifinley@sbcglobal.net). He will notify you when each newsletter is available for download from [www.dserunners.com](http://www.dserunners.com).



**Reminder:** The date on your label shows when it's time to pay your membership dues (look inside under Membership Information). Please pay your dues and we'll keep sending you the news!