

November 2008

Bill Woolf, Jim Kauffold and George Baptista

The candidates are:

Introduction articles from the candidates will be presented in the December *DSE News*. Voting will take place during the first two weeks of December until after the DSE race on December 14th. The results will be tabulated and announced in the January 2009 *DSE News*.

OPERATIONS MEETING

Of particular note is the 2009 Waterfront 10M/5K, which has been moved up to mid-January. It would be great to

GENERAL MEETING DECEMBER 7

The general meeting will take place at about 10:30 AM, immediately following the Ferry Building Run, at the meeting room at 1050 Northpoint (just east of Van Ness Avenue).

get an RD for this race very soon.

DSE welcomes new Operations members. Please RSVP Joel at joelrizzo@hotmail.com.

◆ ◆ ◆ JOEL RIZZO

2009 NOMINATION COMMENT

I would like to thank all the individuals who have stepped forward to run for club office and ask all the members to review the candidate articles in the upcoming December newsletter and meet the candidates one on one before casting their votes.

NOVEMBER RACE SCHEDULE

On Nov. 2nd run along the beautiful Crystal Springs Reservoir in San Mateo for a Trail 5K/10K and don't forget to set your clocks back one hour because daylight savings ends and it's time to Fall Back! Then on Nov. 9th meet at the Dolphin Club in Aquatic Park and run to SBC Park—no, Pacific Bell Park—no, try again, AT&T Park. On Nov. 16th, come run a fast 5K, the Polo Field 5K. Keeping it in the western end of the city, the club runs the Great Highway 4 mile run on Nov. 23rd. There is no DSE run on Nov. 30th, so that members can run wild at the annual Run Wild 5K/10K in Golden Gate Park.

2ND DSE RELAY TEAM

We are in the preliminary stages of possibly starting a second DSE team for the Calistoga to Santa Cruz relay in May, if anyone is interested, please e-mail me at joelrizzo@hotmail.com. Thank you.

2009 DSE GALA

The 2009 DSE Gala will be held on Friday night, January 23, 2009. Details and registration forms will be in the December *DSE News*—along with the awards reporting form, so now is the time to make sure you have participated in enough DSE races to earn a trophy.

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TURTLE TALES

Our second Turtle Tale is from one of our Turtle Tales coordinators, Jim Kauffold.

A Turtle Runs Too Fast

In the spring of 1984, I was visiting my family in the Los Angeles area. My sister Kay from Omaha and I decided to go to a run in the Point Ferman area of San Pedro. This is an old shipping and fishing town, located right on the beach south of LA. Many of the old Victorian homes and hills there reminded me of San Francisco.

The run was small and organized by a local running group similar to the DSE club. The run had a small entry fee with an unusual twist. Runners ran without a watch and estimated their time prior to starting. All the entry fees were then divided between the man and woman who won the race and the man and woman who came the closest to running his/her estimated time.

I figured a flat seven minute pace would allow an honest but easy pace. One of the runners told me that the distances were 4.5 and 6.2 miles. I elected to run the 4.5 run and I estimated my time to be 4.5 times 7 or 31:30.

When the run started, I was in the bushes because the restroom was closed. I then caught up and passed most of the starting group. One of the local runners caught up to me after being passed, dropped back, and announced to his friends, "Yep, he's in the race."

As the race progressed, I found myself about 100 yards behind the front runner. The lead runner ran on at the turnaround, which put me in first place for the shorter race. The return gave me an opportunity to size up my competition. I saw my sister, "geezer jocks" talking to each other, and women push-

ing strollers with wobbly wheels. A runner passed me on the way back but he said that he was just on a training run. I remained in first place all way to the finish line.

As I approached the finish line, the race director shouted, "Too fast, too fast!" This confused me, as no one had ever said that I was too fast.

It turned out that the correct distance was 4 miles, not the 4.5 miles I had been told. My finishing time of 28:02 would have been right on for a 4 mile race, but my estimate was for a 4.5 mile race so I didn't win the best-estimate category.

However, I did win the race and my sister was proud of me.

[Editor's note: If DSE members are interested in trying a local time-estimate race, the Oakland Lake Merritt Joggers and Striders puts on an annual 5K/10K race called Time is On Your Side, generally on the 4th Sunday in August.]



Jim racing in 2008, not 1984
Photo by Don Watson

FROM THE ARCHIVES 10 YEARS AGO

The November 1998 *DSE News* reports that Patrick Lee appeared on the television show *Real TV*, in five action sequences: 1) shows Patrick running low hurdles while playing the harmonica, 2) Patrick is shown juggling a soccer ball from one knee to the other, still playing the harmonica, 3) shows Patrick upside down on the still rings, suspended in flight with the now familiar harmonica, 4) here he is shown jumping rope and running down the track, and guess what he's playing, 5) and last, Patrick sells out Hollywood style and hams it up big-time by playing two harmonicas simultaneously.

[Editorial note: I remember Patrick running DSE races playing the harmonica; he's still running with the DSE, but what happened to the harmonica? I'd love to hear it again.]

The same issue includes results for the Fort Point Promenade Run, the old 7.13-mile version of our recent 12K—and it shows how far we've come in the past 10 years. Our recent Fort Point race was the smallest of the races this month, with a total of 84 racers and self-timers; the 1998 version was the largest race reported in that issue, with 58 total runners and walkers. And a good number of those who volunteered, ran or walked at the 1998 run were also present in 2008, including Tom Boyd, Robert Brizuela, Calvin Chan, Jane Colman, Fred Haber, Richard Hannon, Jane Lee, Kevin Lee, Patrick Lee, Marian Lyons, Bobby Marty, Phyllis Nabhan, and Don Watson. That says something about long-time commitment and participation in the club.

◆◆◆◆◆ 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

October 12, 2008

Golden Gate Park 10K

Race Directors: Bob Theis and Robert Brizuela

Volunteers: Bobby Marty, Joseph Connelly, Calvin Chan, Kay Teiber, Dave Sanders, Lloyd Breeland, George Sacco, Luis Vargas, George Teiber, Patrick Lee, Jane Lee, Sarah Orders, Joel Rizzo, Wally Rapozo



Race Directors
Robert Brizuela and Bob Theis

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PL	NAME	AGE	TIME
1	Ehrin Armstrong	31	35:38
2	Sven Wissing	30	37:18
3	David Stanton	46	37:54
4	Kennet De Silva	27	38:52
5	Joe Castillo	30	39:00
6	Dominic Ricci	28	39:02
7	Aaron Lim	24	39:42
8	John Reuter	25	40:00
9	John Woods	44	40:21
10	NO NAME #1		40:50
11	Daniel Nathanson	39	41:17
12	Mark Orders	50	41:18
13	Patrick Clark	27	41:47
14	Jason Reed	29	42:05
15	Michael Gulli	48	42:25
16	Casey Harrell	30	42:51
17	Steven Pitsenbarger	40	42:58
18	Robert Cunningham	28	43:13
19	Adrian Jue	26	43:20
20	Joseph Piasta	24	43:31
21	Daryl Luppino	48	43:40
22	Emma O'Neill ①	22	44:11
23	Josh Lynch	28	44:37
24	James Flynn	32	44:40
25	Bryan Cantwell		45:18
26	Kenichi Matsumura	30	45:40
27	Vincent Gulli	19	45:40
28	Colin Browne	31	45:44
29	Michael Sweet	39	45:59
30	John Sullivan	43	46:00
31	Leo Rosales	54	46:06
32	Jen Allender ②	26	46:13
33	King Wayman	59	46:41
34	Jeffrey Wong	24	46:50
35	Jose Ruiz	53	46:57

36	Andrea Calform	48	46:57
37	Juan Pineda	27	47:12
38	Erika Kikuchi ③	30	47:16
39	Joe Czech	55	47:25
40	Paul Makovec	28	47:33
41	Rob Emery	38	47:40
42	Eric Schell	30	47:42
43	Joel Rizzo	42	47:48
44	Christy Allen ④	47	47:54
45	Theo Jones	69	47:56
46	Ben Jones-Bey	28	47:58
47	Jeff St. Claire	42	48:09
48	Ed Caldwell	50	48:11
49	Will Peters	14	48:26
50	Ed Kinchley	59	48:29
51	Francis Dy		48:36
52	Ben Chelf	30	48:39
53	Daz Lamparas	56	48:47
54	Rodrigo Leroux	33	49:05
55	George Baptista	65	49:24
56	Kenneth Fong	46	49:26
57	Gary Lonergan		49:37
58	Eric Park	62	49:43
59	Oliver Williams	29	50:30
60	Jay Woodland	30	50:42
61	Brenda Entzminger ⑤	31	50:48
62	Robert Reichman	57	51:02
63	Amelia Fisher	23	51:03
64	Gary Brickley	55	51:05
65	Lexy Loewenstein	46	51:14
66	Suzanne Christie	43	51:16
67	Ken Klein	55	51:17
68	Mark Kelley	52	51:18
69	Claire Dooley	23	51:20
70	Kathleen Lail	40	51:26
71	Paul Mosel	66	51:28
72	Cary Chisom	35	51:40
73	Vincent Aguigui	48	51:41
74	Jamie Schmidt	33	51:43
75	Travis Enfield	24	51:49
76	Sabine Gounder	29	51:50
77	Scott Tachiki	40	51:53
78	Stephanie Soler	34	51:56
79	Geri Ottaviano	24	51:57
80	Jay Thomas	52	52:05
81	Eduardo Vazquez	35	52:07
82	Marie Carlotti	52	52:08
83	Steve Nissenson	60	52:27
84	Noe Castanon	37	52:35
85	Jackson Boren	25	53:08
86	Sara Jane Osborne	40	53:11
87	Christina Larson	24	53:34
88	Brenda Pullin	31	53:36
89	JP McLeod	22	53:47
90	NO NAME #2		54:03
91	Jennifer Nickl		54:09
92	Neal Ashton	52	54:13
93	Bronwen Tibbie	33	54:15
94	Shunsuke Nakata	21	54:28
95	Sharon Sanders	50	54:39



Race results coordinator Joe Connelly,
chased by a couple of women through
the Stow Lake parking lot

Photo by Don Watson

96	Joseph Connelly	47	54:54
97	Alice Hu	26	55:19
98	Peter Royce	73	55:28
99	Mort Weisberg	71	55:32
100	Madeleine Van Engel	25	55:35
101	Jeff Young	35	55:57
102	Jon Currey	38	56:02
103	Adria Bani	26	56:04
104	Meera Chary	28	56:23
105	Bertina Morris	36	56:25
106	Christine Jacobs		56:27
107	Thanh-Tam Ho	28	56:28
108	Joanna Sullivan	29	56:29
109	Paolo Bruni	66	56:45
110	Janet Nissenson	49	56:51
111	Alex MacCallum	27	57:08
112	NO NAME #3		57:16
113	Caroline McKay	25	57:18
114	Maira Slattery	46	58:03
115	Patricia Slattery	43	58:04
116	Bree Benkovich	28	58:05
117	Sarah Van Velsor	30	58:07
118	Stan Van Velsor	59	58:07
119	Heath Kraynak	38	58:32
120	Patrick Mauro	39	58:33
121	Jane Czech	56	58:55
122	Karen Berger	43	59:04
123	Henry Nebeling	76	59:08
124	Illegible	36	59:11
125	Mark Hepler	38	59:15
126	Sam Roake	72	59:26
127	Milinda Lommer	39	59:56
128	Edward Haack	40	60:00
129	Juliana Prokopenko	30	60:28
130	Yelena Parker	34	60:34
131	Rosie Chavez	27	60:36
132	Will Wallis	31	60:39
133	Liah Hansen	25	61:04
134	Alicia Vittitoe	24	61:21
135	Paula Rawlings	44	61:24
136	Brian MacIntosh	36	62:07
137	Carolyn Rohde	22	62:16
138	Rocco Mullinax	34	62:32

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GOLDEN GATE PARK 10K
continued from page 4

139 A. Hest	50	63:42
140 Patricia Harrell	27	63:49
141 Lena Nilsson	00	64:03
142 Ann Moon	00	64:28
143 J. Killbourn	41	64:38
144 Matt Hayward	30	64:39
145 Arun Bhalte	30	64:42
146 Eric Shackelford	58	64:49
147 Cowboy Guy	55	65:42
148 Lara Hilley	36	65:56
149 Jennifer Elowsky	34	65:58
150 Jackie Brasseur	37	65:59
151 Taylor Stowe		66:07
152 Carina Jungwald		66:45
153 Ivan	32	66:46

154 Kim Schoessow	25	66:50
155 Craig Goergen	25	66:50
156 Emily Ricci	31	67:21
157 Bill Woolf	73	67:22
158 Dina Russek	32	67:24
159 Carolina Diaz	25	67:48
160 Kellen Prandini	26	67:49
161 Jack Bascom	67	67:56
162 Jane Colman	65	68:05
163 David Haggerty	30	68:37
164 Genevieve Torres	32	68:45
165 Laura Berger	41	68:51
166 Anne Chen	23	68:58
167 Ryan Sweigart	24	69:02
168 Virginia Rosales	44	70:38
169 Jim Kauffold	71	71:37
170 Harry Cordellos	70	71:37

171 Karen Emery	36	71:58
172 Larry Tak	24	72:20
173 Deanna Kojima	23	72:22
174 Sally Fairchild	54	73:48
175 Ali	27	74:03
176 Rachel Woodland	28	75:34
177 Nedda Misherghi	32	82:47

SELF-TIMERS

Ann Agbayani	47
Brie Reybine	
Don Watson	79
Elaine Gecht	64
Jesse Agbayani	56
Liese Rapozo	81
Roxanna Pezzy	

October 19, 2008

Ballpark 5K

Race Director: Marian Lyons

Volunteers: Bobby Marty, Kevin Lee, Calvin Chan, Phyllis Nabhan, George Sacco, Uwe Schling, Joseph Connelly Vince French, Ken Reed



Race Director Marian Lyons

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17 James Flynn	32	20:18
19 Steve Stephens	64	20:23
20 Emma O'Neill ②	22	20:30
21 Kenichi Matsumura	30	20:42
22 Kevin Greenland	25	20:43
23 Rick Torreano	59	20:52
24 Robert Britain	50	20:53
25 Pat Mauro		21:08
26 NO NAME #1		21:08
27 Joseph Macrino	23	21:12
28 Amy Sonstein ⑤	38	21:16



Amy Sonstein racing back from the Ballpark

Photo by Don Watson

PL	NAME	AGE	TIME
1	Christopher Gioia	16	17:21
2	Dirk Vanderpol		17:33
3	David Goldman	34	17:43
4	Ian Macnider	23	17:47
5	Jeff Ickes	36	17:53
6	Kennet De Silva	27	18:17
7	Jorge Rivera	28	18:52
8	Roy Clarke	52	19:06
9	Derek Engelsman	24	19:07
10	Markham Miller	44	19:09
11	Jim Moore	49	19:12
12	Jeremy Calnan	49	19:27
13	Gavin Grace	23	19:33
14	Steven Pitsenbarger	40	19:34
15	Valerie Wielert ①	23	19:41
16	Gene French	62	20:00

29 Ben Chelf	30	21:25
30 Jose Ruiz	53	21:31
31 Peter Lee	42	21:32
32 Naomi Stanford ④	58	21:37
33 David Klinetobe	47	21:45
34 Kevin Cuevas	17	22:01
35 Michael Sweet	39	22:02
36 Daz Lamparas	56	22:25
37 Don Jones	56	22:31
38 Kenneth Fong	46	22:42
39 Shunsuke Nakata	21	22:44
40 Travis Enfield	25	22:50
41 Larry Wuerstle	53	22:51
42 Wayne Plymale	56	22:52

44 Vincent Aguigui	48	23:01
45 Keith Johnson	70	23:01
46 John Trayers	32	23:02
47 Gogo		23:02
48 Mark Prichard	53	23:05
49 George Baptista	65	23:07
50 Eric Park	63	23:19
51 Miguel Guerrero	38	23:24
52 Steve Nissenson	60	23:28
53 Paul Mosel	67	23:42
54 Nick Jerrold	27	23:46
55 Mike M	42	23:50
56 Neal Ashton	52	23:56
57 Gregory Brown	59	24:05
58 Lina Khatib ⑤		24:07
59 Matt Krumme	34	24:12
60 Gary Brickley	55	24:14
61 Lizzy Loeb	35	24:14
62 Sandra Sigurdson	52	24:18
63 NO NAME #2		24:20
64 Patrick Lee	61	24:24
65 Miguel Angel Castro	22	24:27
66 Ray Dames	37	24:29
67 C. Trayers	32	24:32
68 Joseph Connelly	47	25:01
69 Maria Pantoja	28	25:01
70 Tom Traska	57	25:04
71 Dan Tavarez	37	25:06
72 Cyndi Tavarez	34	25:07
73 Heath Kraynak	38	25:08
74 Thomas Smiley	51	25:08
75 Sabina Bunnion	47	25:13
76 Katie Deneau	17	25:32
77 Janet Nissenson	49	25:38
78 Nichele Harris	38	25:51
79 Jessica Howlett	32	25:53
80 Selena Teji	24	25:56
81 Rose Mishaan	27	25:57
82 Jonathan Berman	27	26:04
83 Tom Yan	49	26:05

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BALLPARK 5K

continued from page 5

84	Rebecca Shandrow	27	26:23
85	Mike Sidine	59	26:28
86	Pat Geramoni	60	26:39
87	Andy Sung	19	26:42
88	Dana Farkas		26:43
89	John Ghiorso	28	26:49
90	Keri Ghiorso	31	26:50
91	Rosie Chavez	27	26:51
92	James Golden	57	27:00
93	Sam Roake	72	27:11
94	Alex Merino	30	27:13
95	Jenna Boule	23	27:28
96	Henry Nebeling	76	27:30
97	Rocco Mullinax	34	27:48
98	Sarah Silveira	24	28:02
99	Julie Damiano	26	28:06
100	Yong Haber	50	28:13
101	Fred Haber	49	28:13
102	Tony Wasserman	63	28:17
103	Jack Bascom	67	29:15
104	José Beltran	34	29:24
105	Erica West	32	29:50
106	Steve West	39	29:51
107	Patrick Kennedy	40	29:57
108	Jane Colman	65	30:00
109	NO NAME #3		31:15
110	Allan Tong	29	31:35
111	D. Ruzicka	39	31:55
112	Colleen Amick	39	32:03
113	Jeff Houston	50	32:09
114	Wendy ReevesHampton	40	32:19
115	Ben Swanson		32:39
116	Katherine Tinch		32:43
117	Jill Parmele	26	33:06
118	Laurie Huth	36	33:38
119	Heather Robertt	34	35:14
120	Jennifer Lay	26	35:40
121	Aimee Muir	38	35:44
122	Margo Banowicz	49	36:18
123	Cesar Aguilar	14	37:20
124	Noe Castanon	38	37:21
126	Bob Theis	80	39:09
127	Vivian Ko	30	39:56
128	Robin Borelli	37	40:28
129	Judith Jarosz	68	41:43
130	Eunice Chang	38	42:49
131	Michelle Kim	35	42:50

SELF-TIMERS

Abby Olsen	11
Carolyn Clark	
Don Watson	79
Gary Davis	56
George Sacco	70
Pyper Olsen	8
Robert Brizuela	68
George Anderson	79

October 26, 2008

Fort Point 12K

Race Director: Calvin Chan

Volunteers: Kevin Lee, George Sacco, Bobby Marty, Lyndsay Oroig, Phyllis Nabhan, Amy Qu, Sandra Seiki, Jane Lee, Patrick Lee, Vince French, Jorge Rivera, Marie Appel, Bill Dake



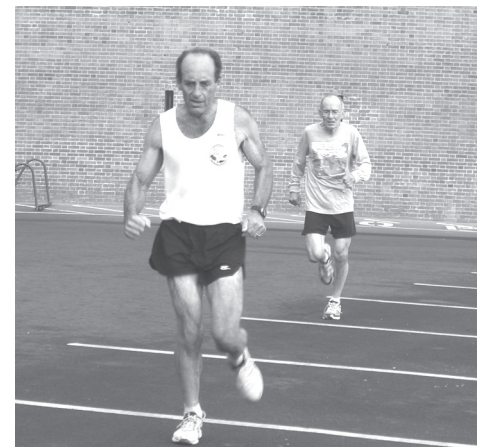
Race Director Calvin Chan with volunteers
© 2008 Paul Mosel

PL	NAME	AGE	TIME
1	Ehrin Armstrong	31	43:33
2	Eduardo Vazquez	35	46:13
3	Ian Macnider	23	46:14
4	Dominic Ricci	28	47:21
5	Kenley Gaffke	30	48:17
6	Mike Molano	40	49:20
7	Neil Hopkinson	48	49:35
8	Lindsay Williams	45	50:48
9	Markham Miller	44	52:28
10	Michael Gulli	48	52:48
11	Jason Reed	29	53:02
12	Paul Consani	31	53:45
13	Jeremy Calnan	49	53:52
14	Emma O'Neill ①	22	54:10
15	Kenichi Matsumura	30	54:20
16	Steven Pitsenbarger	40	54:39
17	Pat Mauro	39	54:50
18	James Flynn	32	54:55
19	Ryuichi Kamochi	43	55:32



It was sunny at the Little Marina Green, but on the approach to the turnaround there were waves splashing onto the road, Fort Point was barely visible, and the Golden Gate Bridge was lost in the fog
Photo by Don Watson

20	Rick Torreano	59	55:44
21	Naomi Stanford ②	58	56:05
22	Jose H. Ruiz	53	56:35
23	Michael Sweet	39	58:02
24	John F. Sullivan	43	58:03
25	Amy Sonstein ③	38	58:21
26	David Klinetobe	47	58:45
27	Joseph Macrino	23	59:48
28	Mark Gordon	52	59:56
29	Daz Lamparas	56	59:57
30	Michelle Mandel ④	34	60:01
31	Joel Rizzo	42	60:14
32	Jorge Larre	52	60:26
33	Ed Kinchley	59	60:31
34	Alexis Baird ⑤	25	60:45
35	Sarah Gulli	16	61:24



Keith Johnson chasing George Baptista back from the Fort
Photo by Don Watson

36	Keith O. Johnson	70	61:32
37	George Baptista	65	61:50
38	John Woods	44	61:52
39	Maura Prendville	27	61:53
40	Erika Kikuchi	30	62:06
41	Gogo		62:40
42	Paul Mosel	67	63:07
43	Mark Kelley	52	63:07
44	Matthew Fabry	35	63:08
45	Kenneth Fong	46	63:25
46	Ryan Hassanein	31	63:51
47	Mark Prichard	53	64:24
48	Gary Brickley	55	64:31
49	Lina Khatib		64:42
50	David Sheridan	29	66:41
51	Neal Ashton	52	67:12
52	Jennifer Nickl	42	67:23
53	Heath Kraynak	38	68:32
54	Stephanie Soler	34	69:29
55	Marian Lyons	61	69:46
56	Olga Gurevich	30	70:05
57	Yong Haber	50	71:55
58	Fred Haber	49	71:56
59	Henry Nebeling	76	72:21

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60	Jim Golden		73:18
61	Jane Czech	56	73:46
62	Joe Czech	55	73:52
63	Lyndsay Oroig	23	74:11
64	Duncan	52	77:26
65	Jim Kauffold	71	79:02
66	Rosie Chavez	27	84:21
67	Ashley Perez		84:22
68	Heather Jordan	32	84:29
69	Bill Woolf	73	84:37
70	Cowboy Guy		88:09
71	Jane Colman	65	91:30
72	Brian McCann	40	91:52
73	Collen Varley	31	91:54
74	Suzanne Clark	42	91:55

SELF-TIMERS

Tom Boyd	62
Don Watson	79
Carolyn Clark	
Richard W. Hannon	72
Elaine Gecht	64
Robert Brizuela	68
Richard Finley	60
Liese Rapozo	
Wally Rapozo	
George Sacco	70

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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Hit the Road Jack 10K, June 1

Brian Hartley	1:02:44
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Santa Fe, New Mexico 5K, June 8

Brian Hartley	32:19
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Spirit 10K Run, Pleasanton, June 15

Brian Hartley	1:06:14
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Run San Ramon 10K, July 4

Brian Hartley	1:02:45
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Wharf to Wharf, 6 miles, Santa Cruz, July 27

Brian Hartley	1:02:30
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Cancer Run for Hope Lake Merritt 10K, Oakland, August 3

Brian Hartley	1:06:31
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Dammit Run, 5.29 miles, Los Gatos, August 9

Brian Hartley	1:00:16
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Hayward Baylands 10K Run, August 30

Brian Hartley	1:10:10
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Mt. Tam Hill Climb, September 1

Men

18	Jason Reed	29	5	46:51
40	Russ Kiernan	70	5	51:28

Women

13	Amy Sonstein	38	7	58:14
14	Erika Kikuchi	30	8	58:15
19	Cammie Dingwall	45	7	63:43

JP Morgan Chase Corporate Challenge, September 17

Women

29	Amy Sonstein	24:25
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Garrin Park Cross Country Challenge, 3.15 miles, September 27, Hayward

Women

55	Amy Sonstein	38	20	F 30-39	24:30
72	Kat Powell	57	13	F 50-59	30:17
75	Barbara Robben	74	1	F 70-99	35:56

Men

64	Tyler Abbott	47	18	M40-49	20:13
115	Russ Kiernan	70	1	M70-79	23:26
116	Jim Flanigan	59	34	M50-59	23:39

LMJS 4th Sunday 5K, Oakland, September 28

20	Kevin Cuevas	17	2	M <20	23:42
28	Miguel Angel Castro	22	8	M20-29	24:50
68	Barbara Robben	74	1	F 70+	33:20
77	Judy Jarosz	68	2	F 60-69	39:19

LMJS 4th Sunday 15K, Oakland, September 28

9	Noe Castanon	38	2	M30-39	73:06
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Presidio Challenge PA XC, 3.55 miles, October 4

Women

46	Amy Sonstein	38	30:02
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CLASSIC STU-PEDS

by Stu Ruth



continued on page 8



Bridge to Bridge finish line

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FROM THE ARCHIVES 35 YEARS AGO

While our race numbers are far greater in 2008 than in 1998, way back in 1973 Walt Stack reported:

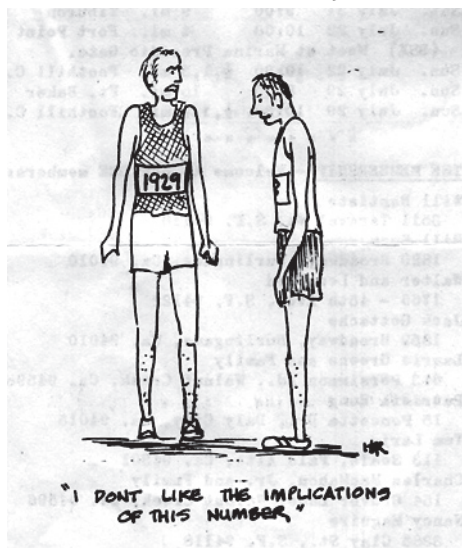
Our last run of 1972 was across the Golden Gate Bridge. 326 members ran. This was the largest single club run in its 7 years of being. This was largely due to the ultra-scenic nature of the run, its shortness (3 miles), the last chance before the annual awards night to get the necessary 7 runs to qualify for a trophy, and half a dozen of our P.E. Director and Coach members bringing their charges.

It looked like the DSE was about to be swamped. The intimacy and camaraderie of a relatively small group seemed in jeopardy. At

continued on page 9

CLASSIC STU-PEDS

by Stu Ruth



DSE AT THE RACES

Masters Men

68	Jim Flanigan	59	28:10
70	Michael Gama	49	28:25
72	Russ Kiernan	70	28:48

Bridge to Bridge 12K, October 5

14	Ian Macnider	23	5	M17-29	46:43
17	Jason Reed	29	6	M17-29	47:09
28	Kenley Gaffke	30	10	M30-39	48:59
36	Roy Clarke	52	2	M50-59	49:49
103	Francisco Nieves	39	34	M30-39	54:21
154	Amy Sonstein	38	10	F 30-39	56:25
279	Erika Kikuchi	30	22	F 30-39	59:47
399	Jeff Landry	37	133	M30-39	1:02:46
400	Kristina Landry	32	37	F 30-39	1:02:48
580	Paul Mosel	66	14	M60-99	1:05:38
634	Brian Harris	55	40	M50-59	1:06:32
657	Stephanie Soler	33	67	F 30-39	1:07:04
831	Joseph Connelly	47	117	M40-49	1:09:53
854	Peter Royce	73	19	M60-99	1:10:15
1033	Henry Nebeling	76	21	M60-99	1:12:34
1404	Wendy Newman	58	32	F 50-59	1:17:06
1544	Joe Fitzgerald	30	336	M40-49	1:19:30
1635	David Lim	38	346	M30-39	1:20:41
1743	Laura Froelich	41	151	F 40-49	1:22:27
1817	William Woolf	73	42	M60-99	1:23:58
1849	Mike Hung	57	120	M50-59	1:24:32
1906	Elizabeth Collins	27	297	F 17-29	1:25:28
1930	Joyce Ignacio-Yip	39	266	F 30-39	1:25:51
1948	Brian Hartley	55	128	M50-59	1:26:18
1951	Rezelda Tubao	26	303	F 17-29	1:26:19
1966	Kay Teiber	69	8	F 60-99	1:26:47
2106	Zenaida Tubao	53	72	F 50-59	1:31:09

Bridge to Bridge 7K, October 5

95	Mitchell Sollod	69	7	M60-99	37:35
224	Russell Breslauer	63	11	M60-99	42:55
324	Peggy Kang	73	1	F 60-99	45:24
554	Jeffry Darrow	59	31	M50-59	49:55
858	Shannon Luppino	12	13	F 8-12	57:39
988	Dennis Hassler	75	31	M60-99	1:03:01
1110	Jaime Abdilla	30	216	F 30-39	1:11:42

YMCA Homefront Run 5K, Richmond, October 5

Women

18	Barbara Robben	74	1	F 70-99	31:26
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Rock 'n' Roll Half Marathon, San Jose, October 5

1690	Daz Lamparas	56	26	M55-59	1:51:01
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Cowtown Marathon, Sacramento, October 5

187	Gregory Brown	49	9	M50-59	4:46:02
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Run for Your Lives 10K, Davis, October 12

29	David Klinetobe		7	M40-49	46:48
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Happy Fish 5K, Fremont, October 12

Men

24	Brian Hartley		5	M50-59	29:11
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Long Beach Marathon, October 12

1683	Gregory Brown	59	71	M55-59	4:59:07
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continued on page 9

Dick Collins Firetrails 50M, Castro Valley, October 12

13	Jason Reed	29	8:14:35
14	Eduardo Vazquez	35	8:15:10

Golden Hills Trail Marathon, Berkeley, October 18

33	Erika Kikuchi	30	4:43:59
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Primo to Primo's 5K, San Ramon, October 19

	Brian Hartley		28:05
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Shoreline Open XC, 5K, Mountain View, October 25**Women**

68	Amy Sonstein	38	22:33
88	Barbara Robben	74	33:44

Napa Valley Wine Country Marathon, Calistoga, October 25

2	Kennet De Silva	26	3:21:33
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San Francisco One Day, October 25-26

			<u>MILES RUN</u>
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24 Hour

23	Noe Castanon	38	85.4
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12 Hour

5	George Rehmet	41	65.1
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Silicon Valley Half Marathon San Jose, October 26

412	Pat Geramoni	1	F 60-64	2:05:32
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Silicon Valley Marathon, San Jose, October 26

490	Gregory Brown	18		5:02:51
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Lafayette Reservoir 10K, October 26

380	Brian Hartley	52	41	M50-59	1:05:41
405	Barbara Robben	74	1	F 70-79	1:08:55

FROM THE ARCHIVES, 35 YEARS AGO

continued from page 8

one of the annual meetings some members suggested we close all new memberships and urge the local commercial press to quit mentioning our runs in the paper. But we agreed not to act hastily and to reconsider the

matter in 6 months. In the meantime, a committee met and ironed out the details of handing out sticks and ribbons and recording times and runners, so that the races run more smoothly now than before.

◆◆◆ Letters ◆◆◆

Hi Joel,

Just a note to thank you for your hospitality, conviviality and organization of the race yesterday [Golden Gate Park 10K]. My wife Karen and I thoroughly enjoyed the run over an excellent course—PRs for both of us having nothing to do with it, of course :-). I've been lucky enough to run through some very varied scenery over the last few months racing from 5Ks to a half marathon, and the GG Park was up there as a highlight. If ever you or any of your members should venture over to the UK, and find yourself along the North Norfolk coast, then I'd be happy to recommend run locations that you might find equally inspiring! I'm sure you'd also be very welcome at our own Club, the North Norfolk Beach Runners—www.nnbr.co.uk.

I hope that our next visit to San Francisco (we try and make one trip a year, if only for a few days stopover) will again coincide with a suitable race or at least a group training session. We'd be delighted to run alongside your colleagues again.

Best regards,

Rob

Rob Emery, 48 Barford Road, Sheringham, NR26 8EQ

◆◆◆ 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:

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
Dec. 14	Conservatory 5K
Dec. 28	Mission Rock 5K

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. **YOU HAVE ONLY TWO MONTHS REMAINING TO FINISH YOUR VOLUNTEER REQUIREMENT!**

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.



See what fun volunteers have!

Photo by Ken Reed

◆◆◆ 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 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.**

Sun Nov 16 Polo Field 5K

START/FINISH: South Side of Polo Fields, Golden Gate Park

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

COURSE DESCRIPTION: Run westbound on Middle Drive, right onto Bernice Rogers Way, and right onto Kennedy Drive. Run up Kennedy Drive to Transverse Drive, right onto Transverse Drive, right onto Overlook (dirt trail) and right onto Middle Drive to finish.

Sun Nov 23 Great Highway Run, 4 miles

START/FINISH: Lincoln Way & Lower Great Highway grass path

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

COURSE DESCRIPTION: Run left on Lincoln Way, left onto Great Highway pedestrian path and run south to Sloat Blvd. Counterclockwise turnaround at Sloat Blvd; return north to Lincoln Way finish.

Sun Nov 30 NO DSE RUN

Opportunity to enter the Run Wild 5K/10K, www.rhodyco.com

Sun Dec 7* Ferry Building Run, 4 miles

START/FINISH: Dolphin Club, Jefferson & 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). Stay on Sidewalk. Turn around 2 feet beyond the south side of Ferry Building complex and return the same way to finish.

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

Sun Dec 14 Golden Gate Park Conservatory 5K

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

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

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

◆◆◆ 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: Saturday, November 29, 2008
TIME: **1:00 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 1:00 PM and usually wrap up before 3:00 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



After the weekend rain to start November, it will turn sunny and warmer, with above-normal temperatures, for the first two weeks of the month. No significant rain of any kind is likely although there may be some light rain around the 10th through the 12th. Dry and mild weather will continue through mid-month and into the third week. The significant storm of the month will fall during Thanksgiving and the holiday weekend, with dry weather returning around the beginning of December.

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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Walt Stack

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Wendy Newman wsn99@aol.com

Happy Birthday! ◆◆◆◆◆◆◆◆

6	Charissa Gung	19	Lucita Wong
	Daryl Luppino	21	Gloria McKay
	Karl Olson	22	Matthew Fabry
7	Denise Leo		Jeanie Jones
9	Jacqueline Pon		Peter Webb
12	Roy Clarke	23	Robert Brizuela
	Nick Leach	24	Michelle Agbayani
	Christina Trayers		Tom Collier
13	Tom Boyd	25	David Lim
	Ellen Breslauer	26	Tom Baruch
	Joseph Fitzgerald		Karl Ludwig
14	John Houghton	27	Kenneth Fong
	Sheldon Wong	28	Harry Cordellos
17	Kelly Emo		Becky Rozewicz
18	Michael Gulli	29	Schuyler Horn
	Bill Murphy	30	Mercedes Acosta
	Rezelda Tubao		

New Members

MILLBRAE
Patrick Mauro

MILL VALLEY
Jane Czech
Joe Czech

SAN FRANCISCO
Crissie Collins
Amanda King
Heath Kraynak
Christina Trayers
John Trayers

DRESHER, PA
Jeffrey Ollis



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

DSE email list and electronic newsletter

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

Receive the DSE News online instead of by mail, by sending a request to Richard Finley at nishikifinley@sbcglobal.net. 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!