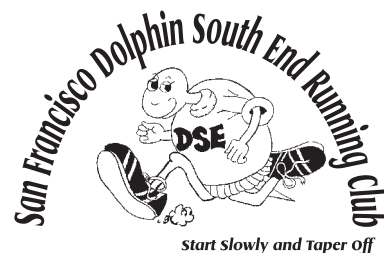


DSE NEWS



43rd Year

December 2008

DSE OFFICER ELECTION

*DSE election subcommittee,
Bill Woolf, Jim Kauffold and George Baptista*

The ballot for the election of 2009 DSE club officers is included as an insert in this issue of the *DSE News*. You may mail the ballot or deposit it in a ballot box at upcoming DSE races. The voting will close shortly after the Conservatory 5K run on December 14th. You must be a member (dues paid) for your vote to be counted.

Please cast your vote for the candidate(s) of your choice. The candidates' statements are in this issue, starting on page 3.

Note that Grant Johnson and Joel Rizzo are candidates for President but have also placed their names as candidates for Senior Vice President. We suggest that you vote your first choice for President and second choice for Senior VP. Please don't vote for the same candidate for both offices.

A big thanks to our candidates:

President: Grant Johnson and Joel Rizzo
Senior Vice President: Grant Johnson and Joel Rizzo
2nd Vice President: Uwe Schling
Secretary: Donnelly Gillen
Treasurer: Wendy Newman

Results of the voting will be announced in the January 2009 *DSE News*. Thank you for your vote.

DSE GALA—Friday, January 23, 2009

Ken Reed

Twelve years ago the DSE Gala was appetizers, desserts and booze—more like a social potluck and less formal than in recent years. You could recognize other runners (fewer suits or ties); you wandered around meeting other DSEers, and could buy coke, wine, beer and mixed drinks for \$1.00.

This year we're doing something both old and new at the Gala. We're having a Friday night buffet-style meal at the Janet Pomeroy Center so everyone can move about a bit, eat and socialize throughout the evening. Yummy appetizers will be served first, followed by both vegetarian and chicken entrees, salad, rolls, and dessert. And we're having an OPEN BAR (no additional cost) including wine, beer, mixed drinks, soft drinks and coffee.

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From the President's Desk

◆ ◆ ◆ ◆ ◆ JOEL RIZZO

THANKS TO EVERYONE!

As President of the DSE, I would like to thank everyone for their support, including the Operations members, the Officer at large and especially the club officers. I look forward to working with you all next year. In addition, I would like to thank the many volunteers for their dedication and hard work—you are really the backbone of our races! Last but certainly not least, I would like to thank Fred and Yong and Janet, Steve and their amazing daughter Natalie (our hardworking former webmaster) for being very gracious hosts while conducting some of our important meetings and gatherings.

WELCOME 2009 & RRCA

In a little over a month, 2009 will be here and in March our parent club, RRCA, will be coming to our hometown of San Francisco! Let's show the RRCA what we are made of and put on a great convention for them! This will be an excellent opportunity to showcase our members and volunteers, and I encourage everyone to mark their calendars *continued on page 2*

DSE GENERAL MEETING DECEMBER 7

Please mark your calendar to attend the last club general meeting for this year. This meeting will review 2008 and highlight year 2009. It will take place immediately following the 12/7 Ferry Building 4-mile run, about 10:30 AM at the meeting room at 1050 Northpoint (off Van Ness Avenue).

Of course we will be honoring our top adult and kid runners, VIP volunteers, outgoing and incoming officers, age group winners, and mongo and small trophy winners. Our new venue has a stage to better facilitate these festivities. There will be plenty of time to meet, gossip and tell a tall tale or two. We'll even have another t-shirt contest with prizes, our annual raffle, and a parting gift for all attendees.

Sign up now and get ready for a fun evening. The invitation form is an insert in this *DSE News* and also online at www.dserunners.com.

ANOTHER PIONEER IS MISSING

Jim Skophammer

Annabel Marsh, veteran marathoner (over 100), ultrarunner and journey runner. A longtime running companion of hers (and mine) called Tuesday afternoon, the 25th, to let me know she was no longer among the living.

I ran my first 50 miler, the old Jed Smith in Sacramento, with Annabel. She had previously told our group that she had run the "Feather River Fifty" and my thinking was, if this old dame can run 50 miles I can too, and that was the start of it. She was maybe 55 at the time and in 1980 it was most unusual for a woman her age to run 50 miles. You may remember when she and Caroline Merrill ran from Boston to San Francisco, I think in 1983. They averaged 50K a day for 80 or 90 days, I forget the specifics.

She and Caroline and others whose names evade me were instrumental in forming a group named "The Peak Busters" who were dedicated to encouraging women to go to Colorado and run Pikes Peak. If you have run Pikes Peak you would have met Annabel and Caroline.

And so, we have lost another of the pioneer long distance runners. Annabel, R.I.P.

GREAT ACHIEVEMENTS IN RUNNING

Grant Johnson

My first memory of distance running was on my grandparents' farm in northern Minnesota. I ran because I was too young to help my father and grandpa bail hay on the fields and this was an excuse to be in their company. I could have chosen to ride on the tractor but I much preferred to run behind it so I could join in their "arduous" work. I don't think my pace was all that fast since I remember that our family dog, an old lazy basset hound, would keep pace and any dog whose ears are longer than its legs is not the fastest of breeds. I had no parental or other external encouragement to run; the idea of running came organically to me.

A few years later I tasted my first actual training, for a 4.4-mile Finnish race called the Sisu in Tiomi, MN. The word Sisu means strength of will, determination, perseverance, toughness, etc. and this word describes the people who live in or near this area. So in the spirit of Sisu and the great Finnish runners of the past such as Paavo Nurmi and Lasse Viren, I began training at my cabin with my father who was also running this race. I tended to start these training runs strong and with

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this important and exciting event.

Registration is open for the RRCS convention at www.rrcaconvention.org. Additionally, registration is open for the companion race, Presidio 10M and 10K, at www.presidio10.com. There will be a team division for the 10K race.

Volunteers still needed to act as Seminar Hosts, Entertainment Unit Leader, and Goody Bags/T-Shirts Leader. Anyone interested should contact George Rehmet at rehmet_runs26.2@sbcglobal.net.

DSE was full of fun and exciting races for everyone to enjoy and participate in this year and 2009 will get only better! Before 2009 starts, however, remember your races by keeping track of your achievements. It's easy to do: all you have to do is tabulate your total running miles, time, etc., and record them on the Award Reporting Form. To celebrate your achievement, don't forget to join us at the DSE Gala on January 23.

DECEMBER RACE SCHEDULE

Finish strong in 2008 by earning your 2008 trophy! On December 7, come out and run the beautiful, scenic 4M Ferry Building Run at the SF Dolphin Club. Do you like the park? Why not join us for the Conservatory 5K on December 14 at the Hall of Flowers in Golden Gate Park. On December 21, the club has no run, but you are encouraged to participate in the Christmas Classic Run and/or the Miracle Mile in Golden Gate Park. On December 25, you can do the Blind Date Relay fun run where each runner runs a 2 mile loop at Stow Lake Boat. On December 28, come out behind ATT Park and run the 5K Mission Rock Run.

◆◆◆◆◆ 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

DSE CANDIDATES' STATEMENTS

GRANT JOHNSON CANDIDATE FOR PRESIDENT/SR. VICE PRESIDENT



In my third year with the DSE, I understand the club from a multitude of perspectives: I know it as a runner, volunteer, board member, and friend. My first year with the club I competed nearly every week and I got to know the courses and structure. This year I have competed much less because of injuries, so my role with the club has been primarily as a board member and volunteer.

I feel this gives me the unique ability to relate to many of our members who no longer compete or compete much less but enjoy the racing atmosphere and the company of our fellow members. In general, I have been a leader since my junior year of high school when I was captain of the cross country team (which came in 2nd at the state meet in the large school division) to currently heading a committee at Schwab Charitable (at which I also work).

I feel I can bring an efficient, thoughtful, and energetic presence to the board. Recently, I attended a seminar on how to better organize and conduct board meetings. I value the importance of streamlining these meetings, while more importantly, completely addressing issues. As President, I vow to avidly search for new and committed volunteers who would share and support the heavy work load of many of our current key volunteers.

JOEL RIZZO CANDIDATE FOR PRESIDENT/SR. VICE PRESIDENT



Although I began my serious running as an adult when I participated in three different running groups, my love of running initially began over twenty-five years ago. My passion reignited largely due to DSE, which provided an environment that motivated and encouraged me to run competitively as well as for pure fun. I have participated in numerous marathons and half marathons and countless

DSE local runs. I have also participated in three 199 mile relays, two of which were with DSE members, and in several Corporate Challenges with my company. I can never forget the overall camaraderie of the team members as we experienced the joy of winning and supporting one another. These types of events, where runners of all levels are challenged and stretched to do their best, continue to fuel my love of running. DSE also fuels this love of running and, as President, I will keep encouraging this environment so that runners and volunteers feel like they are home at DSE.

In addition to continuing as a group that facilitates

friendship and camaraderie among individuals who have a passion for running and volunteering, I want DSE to be recognized as a premiere group which leads and sets an example for other running groups across the country. We are the largest and oldest running group in San Francisco and I want to make sure that we continue in this leadership role by keeping our group inclusive, fun and fiscally sound.

As President, I will continue to educate our new runners on the importance of group running and the benefits of volunteering and giving back to the community. As a regular participant and volunteer at the DSE runs, I have developed great relationships with fellow DSE runners and volunteers and I will continue to foster an environment where others can experience this as well.

With the collaboration of the volunteers, members, officers and board members, we can show DSE to be the premiere running group that it is. This year, I represented DSE as President during the RRCA Annual Convention and it is evident that we can play a key role in influencing RRCA. As the RRCA Annual Convention will be held in San Francisco in 2009, DSE has the unique opportunity to showcase the talents of our members as well as setting an example for other running groups when they come to our hometown of San Francisco.

We have talented members who want to make DSE an organization that is accessible to everyone, whether they love to run and/or volunteer. This will position us to be the best and inclusive running group in San Francisco and beyond. With our continued commitment and passion from the members and the effective, forward-looking leadership which I can continue to provide as President, I foresee nothing but a great future for DSE. We will continue to strengthen the relationship we have with the national RRCA and, as an incumbent president, I am in a great position to help facilitate that relationship between DSE and RRCA.

UWE SCHLING CANDIDATE FOR 2ND VICE PRESIDENT

Hi, I'm Uwe and though I've been with DSE for barely two years most of you will know me from the races.



I will pay my race entrance fees for my DSE races and not cut in line or try to get preferential treatment. I will not use my title as officer to attempt to intimidate other race directors for my personal benefit. I will not assist for a couple of minutes at a race and claim a volunteer shift. I will not wear headphones at races. I will not litter, especially not at

races, especially not directly in front of the registration.

And neither will Grant.

So, in closing: Grant Johnson for President.

continued on page 4

DONNELLY GILLEN **CANDIDATE FOR SECRETARY**



Growing up playing basketball, I always hated to run because I was forced to do it. When I moved to San Francisco for law school in 2005, however, I joined a group of classmates on daily runs and fell in love with the city and the sport. I have subsequently run two half marathons, one marathon, and a myriad of other races. I joined DSE this past year after spending

months in physical therapy and deciding that I needed to find a way to enjoy the sport again. I appreciate that DSE offers runners weekly races and group runs. I have been inspired by elite members of the club to improve my running, and also by recreational runners to enjoy running and the camaraderie of sharing it with others.

I am running for secretary because I want to give back to a club that offers so much to its members and the entire Bay Area running community. I have administrative experience from past jobs and superior organizational and management skills which I learned when serving as Managing Editor of the Hastings Communications and Entertainment Law Journal last

year. These skills will allow me to ensure that the club runs smoothly and that all necessary records and correspondence are available when needed. If this is accomplished I hope to help the club grow and to offer convenient, diverse, and reasonably priced races to members and all Bay Area runners.

WENDY NEWMAN **CANDIDATE FOR TREASURER**



I've been an active member of DSE for more than 15 years and have been serving as club treasurer for the past two years. During this time, I have reorganized and expanded our Quicken database and streamlined our accounting procedures wherever possible. I keep a watchful eye on the club's finances and share this

information in a concise understandable manner to club members. In the past year, I instituted a budget and monitor our income and expenses against it.

I continue to learn about the club's general administration and actively participate in a variety of key club areas (permits, Gala, etc.).



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

November 2, 2008

Sawyer Camp Trail 5K/10K

Race Director: Keith O. Johnson and Marcia Martin

Volunteers: George Sacco, Calvin Chan, Kevin Lee, Fred Haber, Diane Okubo-Fong, Maria Pantoja, Yong Haber, Vince French, Ken Reed, Jim Kauffold, Marie Appel, George Teiber



Race Directors Keith O. Johnson
and Marcia Martin

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5K

PL	NAME	AGE	TIME
1	David Milligan	18	17:24
2	Mauricio Maia	47	17:26
3	Markham Miller	44	18:49
4	Stephen Boesch	41	18:58
5	Jorge Rivera	28	19:05
6	Roy Clarke	52	19:12
7	Jeremy Calnan	49	19:57
8	Mike Dalton	50	20:01
9	Steven Pitsenbarger	40	20:09
10	Mike Conroy	63	20:46
11	Megan Eck 1	18	20:52
12	Luis Vargas	51	21:17
13	Peter Lee	42	21:56
14	Gene Alston	37	22:01
15	Justin Grant		22:22
16	Rich Wood	53	22:44
17	Kelly Emo 2	43	22:50
18	Patrick Lee	61	23:01
19	Larry Wuerstle	53	23:17
20	Eric Park	63	23:27
21	Luis Gonzalez	45	23:28
22	Nicole Watson 3	36	23:32
23	Ken Bloesch	47	23:36
24	James Alfieri	43	23:54
25	Justin Rice	20	24:03
26	Neal Ashton	52	24:04
27	Tyler Boer	11	24:10
28	Denise Leo 4	32	24:14
29	Gary Brickley	55	25:01
30	Sabina Bannon 5	47	25:24
31	Nancy Dudley	42	25:33

32	Deane Shukes	63	25:57
33	Juliette Johnson	38	26:48
34	Janet Nissenson	49	26:53
35	Tom Yan	49	26:56
36	Christy Hadfield	19	26:57
37	Jen Flinn	35	27:06
38	Sam Roake	72	27:08
39	Amy Hinkle	18	27:16
40	Jason Boer	39	28:06
41	April French	11	28:11
42	Erica Denison	40	29:10
43	Hal Kalish	52	29:11
44	Jim Kauffold	71	29:12
45	Morgan Boer	7	29:28
46	Kathleen Bannon		29:34
47	Jane Colman	65	29:38
48	Christine Brumback	35	29:41
49	Mike Dudley	46	29:57
50	Jose Beltran	34	30:01
51	Susan Bush	41	30:12
52	Jack Bascom	67	30:30
53	I. Chalif	37	30:36
54	Gloria Joo	35	31:44
55	Tricia Atanacio	39	31:45
56	Renee Garvin	41	32:15
57	Thomas Smiley	52	33:35
58	Christi Chavez	35	33:39
59	Nick Chavez	28	34:42
60	Joanna Hafter	40	34:49
61	Shannon Luppino	12	36:42
62	Margo Banowicz	49	37:32
63	Natalie Calderon	28	37:59

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SAWYER CAMP TRAIL 5K/10K
continued from page 4

64	Cesar Aguilar	14	38:00
65	Miguel Angel Castro	23	38:07
66	Judie Gilli	34	38:12
67	Rudra Singh	42	38:13
68	Shreya Singh	10	40:58
69	Bob Theis	80	41:33
70	Mike Etheridge	39	41:52
71	Kelly Holbrook	48	47:51
72	Karen Hedman	49	49:30
73	Mike Hedman	44	49:30
74	Krim Stephenson		51:33

10K

1	Samuel Cuadra	18	34:03
2	Ryan Raya	21	34:22
3	Jason Reed	29	36:01
4	Chikara Omine	26	36:11
5	Doug Madgic	42	36:18
6	David Davis	39	37:15
7	Oliver Chan		37:16
8	Ian Macnider	23	37:20
9	Alfie Holmes	36	37:31
10	Anthony Benson	44	38:28
11	Albert Filice	19	39:06
12	David Altena	47	40:06
13	Robert Darling	59	41:44
14	Michael Gulli	48	42:12
15	Jeff Kemp	33	42:26
16	Emma O'Neill ①	22	42:28
17	Dave Halverson	44	42:43
18	Joseph Piaster	24	42:55
19	Mary Zawedzki ②	35	42:57
20	Daryl Luppino	48	43:01



Wet, but no longer raining

Photo by Don Watson

21	Tom Richards	47	43:06
22	James Flynn	33	43:10
23	Paige Sommer ③	38	43:15
24	Dave Flinn	42	43:39
25	Steven Wittrock	38	43:46
26	Burton Lee	36	44:01
27	Rick Torreano	59	44:08
28	Joseph Mocrino	23	44:26
29	Julian Gallegos	25	44:37
30	Jose H. Ruiz	53	45:09
31	Roger Garcia	52	45:15

32	Erika Kikuchi ④	30	45:17
33	Leo Rosales	54	45:34
34	Matthew Meyer	18	45:46
35	Douglas Dormandy	34	45:50
36	Bill Reidy	49	46:01
37	Noe Castanon	38	46:36
38	Jorge Larre	52	47:20
39	Amy Rubin ⑤	43	47:30
40	Luke Priebe	26	47:59
41	Jeff Chaff	31	48:20
42	Miguel Guerrero	39	48:24
43	Emily Werner	23	48:29
44	Kenneth Fong	46	48:36
45	Wayne Plymale	56	48:42
46	Ben Chelf	30	48:49
47	Austin Boer	13	48:57
48	Alex Andrade	40	49:12
49	John Sanders	52	49:34
50	Kelly Kline	40	49:44
51	George Baptista	65	49:50
52	Kathleen Lail	40	49:56
53	John Bihl	50	50:00
54	Mark Prichard	53	50:55
55	Frank Yien	47	50:57
56	Matthew Fabry	35	51:03
57	Angie Weinberger	37	51:08
58	Kevin Cuevas	17	51:24
59	Sarah Gulli	16	51:46
60	Brian Washburn	51	51:56
61	Jeff Justice	59	52:01
62	Gregory Brown	59	52:12
63	Paul Mosel	67	52:13
64	Kimber Kaiser	37	52:51
65	Matt Krumme	34	53:17
66	Marty Vaughan	47	53:38
67	Bruce Washburn	51	54:46
68	Caitlin Sullivan	24	55:07
69	John Geer		56:33
70	Wendy Newman	58	56:35
71	Pat Geramoni	60	56:55
72	Carole Mawson	64	57:17
73	No Name		57:21
74	Cara Sullivan	32	57:22
75	Jim McBride	65	57:24
76	Sujen Lai	33	57:26
77	Karin Jeffery	52	57:32
78	Ullah Salman	44	58:16
79	Tom Cadden	32	58:36
80	Shannon Chi	35	58:46
81	Nancy Forsyth Halsted	31	58:48
82	Deepa Kumar		59:01
83	Fred Zieber	66	59:08
84	Marnie Elizaga	43	59:14
85	Nanette Nanjo Jones	41	60:18
86	Matt Hayward		60:30
87	R. Silverman		61:34
88	Bill Woolf	73	62:15
89	Gladys Alegre	38	62:47
90	Jerrold Grant	35	63:39

91	Edith Ramirez	34	64:04
92	Lourdes Andrade	38	64:09
93	Kathryn Montalvo	39	65:48
94	Brittany Boettker	28	65:49
95	Emily Sexton		65:50
96	Tiffany Brown	24	66:21
97	Meggan Mitchell	32	66:38
98	Nancy Pometta	15	66:46
99	Margaret Pometta	46	66:49
100	A.J. Ranii	6	68:22
101	Anthony Ranii	31	68:23
102	Virginia Rosales	45	68:32
103	Kathy Prows	48	68:59
104	Kay Teiber	69	69:27
105	Olivia Nunez	36	70:39
106	Lana Trem	34	71:56
107	Sylvia Romero Pagan	42	72:19
108	Richard Lynch	54	72:48

SELF-TIMERS

Brie Reybine		
Ed Olkowski	66	59:02
Robert Brizuela	68	10K
Don Watson	79	
George Sacco	70	



Volunteers Vince French and Jim Kauffold
returning with the aid station and
turnaround supplies

Photo by Don Watson

CHRISTMAS CLASSIC 5K
AND MIRACLE MILE

Bill Dake

Celebrate life on Sunday, December 21, at the Christmas Classic 5K and Miracle Mile. Doing the downhill mile followed by the 5K is as much fun as you can have running.

The 8:30 AM Mile and 9 AM 5K benefit the Rose Home Women's Shelter. Go to www.PeopleEvents.org for details, online registration and entry forms. Kids 12 and under are free.

November 9, 2008

Embarcadero 10K

Race Director: Oliver Chan

Volunteers: Bobby Marty, Judith Jarosz,

Calvin Chan, Kenley Gaffke, Fred

Haber, Kevin Lee, George Sacco, Pat

Geramoni, Joel Rizzo, Peggy Kang,

Joseph Connelly, Phyllis Nabhan,

George Teiber



Race Director Oliver Chan

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PL	NAME	AGE	TIME
1	Joel Lanz	35	36:17
2	Jason Reed	29	36:56
3	Ian Macnider	23	37:02
4	Mike DeSantis	41	37:30
5	Peter Hsia	48	38:21
6	Anthony Benson	44	38:35
7	Chris Gullo	28	39:35
8	Kenley Gaffke	30	39:42
9	John Woods	44	40:19
10	Jonathan Salcedo	25	41:12
11	Tara Carter ①	31	41:16
12	Daniel Connelly	43	41:17
13	Gerry Morris	54	41:59
14	Jamie Turner ②	28	42:34
15	Garrett Larsson	29	42:59
16	Jeremy Calnan	49	43:00
17	Daryl Luppino	48	43:04
18	Nicholas Goldsworthy	38	43:17
19	Aaron Gannon		43:20
20	Edward Hwang	35	43:26
21	Tyler Abbott	47	43:33
22	Luis Vargas	51	43:40
23	Joseph Macrino	23	43:40
24	Robert Britain	50	43:49
25	James Flynn	33	44:00
26	Steven Pitsenbarger	40	44:24
27	Joe Abeyta	48	44:42
28	Rick Torreano	59	44:47
29	Kenichi Matsumura	30	44:53
30	Christopher Holden	24	44:55
31	Melissa Aycock ③	32	44:56
32	Juha'sz Katalin ④	30	45:05
33	Emma O'Neill ⑤	22	45:19
34	Ralph Gordon	49	45:20

35	David Lamond	33	45:27
36	Dennis Hearst	36	45:28
37	Erika Kikuchi	30	45:29
38	Jose Ruiz	53	46:04
39	George Musante	53	46:08
40	Noe Castanon	38	46:16
41	Sean Mirt	32	46:32
42	David Klinetobe	47	46:34
43	Joseph Kelleher	28	46:51
44	Brian Herndon	37	47:02
45	Amy Sonstein	38	47:04
46	Jeff Chaff	31	47:20
47	Kurt Wilms	25	47:30
48	Joel Rizzo	42	47:45
49	Joni Castro	28	47:58
50	Josh McGurk	31	48:02
51	Chinh Le	34	48:03
52	Sunil Maulik	48	48:04
53	Jorge Larre	53	48:15
54	Ed Kinchley	59	48:23
55	Danny Harris	30	48:34
56	Rochelle Jones	46	48:37
57	Jeff Dreger	49	48:40
58	Jim Buck	66	48:41
59	J. McGurk	26	49:10
60	Mark Lewandowski	28	49:44
61	Patrick Lee	61	49:52
62	Stephen Turner	53	49:56
63	Kevin Cuevas	17	49:59
64	Daz Lamparas	56	50:01
65	Kathleen Lail	40	50:14
66	James Alfieri	43	50:16
67	Joseph Kim	18	50:19
68	Shelly Duong	32	50:29
69	George Baptista	65	50:29
70	Frank Yien	47	50:43
71	Becky Marshall	23	50:46
72	Mark Prichard	53	50:48
73	Jay Thomas	52	50:59
74	George Woo	45	51:11
75	Billy Wood	35	51:16
76	Naoise O'Loughlin	Irwin	
		31	51:20
77	Kenneth Fong	46	51:23
78	Michael Yee	35	51:28
79	Neal Ashton	52	52:00
80	J. St. Claire	42	52:33
81	Gogo		52:56
82	Gary Brickley	55	52:58
83	Douglas Black	34	52:59
85	Sheree Chou	30	53:04
84	Rennie Nastor	28	53:08
86	Eric Diamond	28	53:26
87	JP Rua	28	53:30
88	Judith Waitz	48	53:48
89	Miguel Guerrero		53:50
90	Matthew Krumme	34	54:05
91	Keith Ruth	46	54:05
92	Matt Fischer	34	54:21
93	Thomas Smiley	52	54:25

96	Sandra Sigurdson	52	54:29
97	Julia Baron	24	54:31
94	Mark Kniesher	26	54:32
95	Joe Rattaro	28	54:41
98	Kann Erol	41	54:45
99	Jeff Gilbertson	36	54:52
100	Tommy Goodwin	24	55:05
101	Paul Mosel	47	55:11
104	Kayje Booker	29	55:20
105	Becky Pollock	31	55:20
106	Marian Lyons	61	55:26
107	Maria Pantoja	28	55:31
102	Mort Weisberg	71	56:04
109	Pat Geramoni	60	56:17
103	Daegon Keller	29	56:19
111	Deena Moore	28	56:27
108	Christopher Shenfield	45	57:01
113	Yong Haber	50	57:03
110	Ken Pedersan	60	57:07
112	Jim Golden	57	57:33
116	Andie Ferman	30	57:36
117	Stefanie Pollock	25	57:44
114	Danny Chung	18	57:56
115	Joseph Connelly	47	58:12
118	Jon Baker	41	58:20
119	Paul Buttery	27	58:27
120	Henry Nebeling	76	58:47
123	Melissa Mangini	36	58:49
121	David Fogarty	53	59:16
125	Anne Pickering	33	59:48
126	Fiona Tierney	45	59:49
127	Lina Khatib		60:11
128	Elaine Wong	28	60:28
129	Stevie Bueger	30	61:01
122	West Coghlan	54	61:04
131	Lisa St. Claire	42	61:05
132	Heidi Buttery	26	61:08
133	Margaret Seggerman		61:35
134	Marcely Ackley	33	61:40
135	Laura Reynaga	27	61:46
124	Jim Kauffold	71	62:06
137	Inna Kelly	32	62:14
138	Nancy Paynter		62:14
139	JoAnne Kambur	73	62:35
140	Irena Lim	29	62:39
141	Millie Tolleson	21	63:09
142	Shira Moyer	23	63:20
143	Jaclyn Yee	35	63:23
144	Liah Hansen	26	63:40
145	Kathy Tran	34	63:45
146	Kelly Johnson	31	63:45
147	Kim Schoessow	25	64:01
130	Craig Goergen	25	64:02
136	Bill Woolf	73	64:38
148	Tony Wasserman	63	65:08
151	Larissa Zimmeroff	36	65:26
149	Jack Bascom	67	65:55
150	Gerardo Copado	23	66:14
153	Hong Nguyen	26	66:14

continued on page 7

155 Kay Teiber	69	66:14
152 Cowboy Guy		70:17
157 Heather Jordan	32	70:51
154 Jeff Houston	50	71:43
156 Dick Couvillian	79	71:47
158 Sue Samse	54	73:18
159 Kathy Gould		77:30
160 Bethany Fischer	29	94:46

SELF-TIMERS

Bob Morris		
Brie Reybine		
Elaine Gecht	64	
Gary Davis	56	
George Sacco	70	
Jane Lee	58	
Kim Chee Kim	3	
Liese Rapozo	81	
Margo Banowicz	49	
Richard Finley	60	
Richard Hannon	73	
Robert Brizuela	68	
Roxanna Pezzy		
Tom Boyd	62	
Tom Huster	65	
Wally Rapozo	80	

KIDS' RUN

1 Richard Tauber	6	4:02
2 Jakob Lail	4	4:39
3 Hetti Hsia	5	5:35
4 Lena Hsia	5	5:35



Four Danish MBA students
at the Embarcadero 10K

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VISITING DANISH MBA STUDENTS

Joel Rizzo

Four Danish students in a Master of Business Administration program at Copenhagen Business School in Denmark are working together with the Danish company Endomondo (www.endomondo.com). They have decided to prepare a marketing plan for the introduction of a product called "Endomondo as their MBA project" in California.

At the November 9 Embarcadero 10K,

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
----	------	-----	---------	-----------	------

Tranaccess 5K, San Jose, October 11

	Kelly Emo	43	2	F 40-49	23:06
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Theta Breakers 10K, Stanford, October 12

41	Kelly Emo	43	2	F 40-49	49:03
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Campbell Oktoberfest 5K, October 18

	Kelly Emo	43	4	F 35-49	22:36
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Run for the Bulls 5K, Palo Alto, October 19

	Kelly Emo	43	8	F 40-49	23:50
--	-----------	----	---	---------	-------

Marsh Madness 5K, Palo Alto, October 25

	Kelly Emo	43	3	F 40-49	23:49
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Silicon Valley Metro 5K, San Jose, October 26

	Kelly Emo	(ran with my 11-year-old daughter Dana)			31:27
--	-----------	---	--	--	-------

Marine Corps Marathon, Arlington, VA, October 26

3937	Judith Taksa Webb	65	1	F 65-69	3:59:11
10617	Sam Roake	72	11	M70-74	4:47:33
11138	Kat Powell	57	36	F 55-59	4:51:23
12856	Joseph Connelly	47	1019	M45-49	

Tamalpa XC Challenge, 4.5M, November 1

Women

70	Amy Sonstein	38			34:30
75	Cammie Dingwall	45			35:25
91	Kat Powell	57			43:20
93	Barbara Robben	74			52:55

Open Men

33	Chikara Omine	26			26:08
37	Jason Reed	29			26:38

Masters Men

86	Russ Kiernan	70			32:18
93	Jim Flanigan	59			32:59

US Half Marathon, November 2

24	Peter Hsia	48	5	M40-49	1:28:55
78	Kenley Gaffke	30	30	M30-39	1:34:44
82	Edward Haack	40	21	M40-49	1:35:21
108	Ian Reid	65	2	M60-69	1:27:26
219	Pat Mauro	39	89	M30-39	1:42:31
472	Ed Kinchley	59	17	M50-59	1:51:48
647	Joel Rizzo	42	96	M40-49	1:55:49
826	Joe DiGiacomo	42	123	M40-49	1:59:33
1127	Marian Lyons	61	4	F 60-69	2:06:11
1449	Stephanie Soler	34	234	F 30-39	2:14:11
1608	Heath Kraynak	38	378	M30-39	2:18:22
1727	Michael Rothman	57	80	M50-59	2:22:14
1758	Donnelly Gillen	25	345	F 20-29	2:23:43
1773	David Lim	38	394	M30-39	2:24:41

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I had the good fortune, along with six others, to test-market a whole new GPS technology that makes running even more exciting. Endomondo is a web-based solution where individuals can

automatically track all their sports data, set up and monitor their personal goals, meet like-minded friends and challenge them, follow their friends' activities and lives and get inspired by them.

November 16, 2008

Polo Field 5K

Race Director: Gary Brickley

Volunteers: Barbara Robben /Joel

**Rizzo, Bobby Marty, Joseph Connelly,
Calvin Chan, Naomi Stanford. George
Sacco, Pat Geramoni, Grant Johnson,
Phyllis Nabhan, Jim Buck, Vince French**



Race Director Gary Brickley

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PL	NAME	AGE	TIME
1	Chikara Omine	26	17:55
2	Jason Reed	29	18:20
3	Ky Faubion	23	18:33
4	Peter Hsia	48	18:44
5	Kennet De Silva	27	18:45
6	Kenley Gaffke	30	19:11
7	John Woods	44	19:33
8	Vincent Gulli	19	19:38
9	Eduardo Vazquez	35	19:41
10	Andrew Menzel	15	19:44
11	Eric Gelino	37	20:00
12	Dan Tavarez	37	20:08
13	Brian Schultz	41	20:11
14	Michael DeMicco	60	20:20
15	Michael Gulli	48	20:22
16	Jeffrey Aber	39	20:24
17	James Flynn	33	20:35
18	Matthew Thomas	29	20:38
19	Mike Sullivan	49	20:55
20	Adrian Jue	26	21:00
21	Kenichi Matsumura	30	21:01
22	Lafe Vitlre	33	21:05
23	Dave Flinn	42	21:08
24	Tyler Evans	25	21:09
25	Emma O'Neill ❶	22	21:15
26	Jon Yonago	45	21:25
27	Luis Vargas	51	21:43
28	Michael Sweet	39	21:49
29	Joseph Kelleher	28	21:56
30	Kevin Fry	29	22:07
31	Mark Olson	17	22:11
32	Erika Kikuchi ❷	30	22:21
33	David Ahn	34	22:24
34	Rick Torreano	59	22:28
35	Melanie Roberts ❸	23	22:40

36	Ed Caldwell	50	22:41
37	Vinay Gupta	25	22:58
38	Noe Castanon	38	23:00
39	Daz Lamparas	56	23:01
40	Jorge Larre	52	23:03
41	Karl Olson	56	23:08
42	Francois Lariviere	46	23:15
43	Joel Rizzo	42	23:20
44	Ryan Sheets	35	23:28
45	Kevin Cuevas	17	23:30
46	Joe Czech	55	23:34
47	Ken Hargrave	62	23:36
48	John Blaney	42	23:39
49	Kenneth Fong	46	23:41
50	Patrick Lee	61	23:44
51	Larry Wuerstle	53	24:06
52	Alexis Baird ❹	25	24:08
53	George Baptista	65	24:16
54	Craig Edwards	63	24:25
55	Eric Park	63	24:30
56	Judy Aber ❺	36	24:34
57	Bruce Leary	57	24:52
58	Dale Hogan	30	24:57
59	Tyler Abbott	47	24:59
60	Rafael Aguilar	17	25:00
61	Paul Mosel	67	25:05
62	Neal Ashton	52	25:18
63	Matt Krumme	34	25:28
64	Thomas Smiley	51	25:28
65	Steve Nissenson	60	25:33
66	Lucy Wing	51	25:26
67	Ben Bialla	10	25:44
68	Vito Bialla	60	25:47
69	Jack Olson	12	26:07
70	Brian Crawford	33	26:11
71	Gregory Brown	59	26:13
72	Cyndi Tavarez	34	26:15
73	Miguel Castro	22	26:17
74	Maria Pantoja	28	26:20
75	Miguel Guerrero	37	26:20
76	Mark Richardson	37	26:24
77	Heath Kraynar	38	26:25
78	Sandra Sigurdson	52	26:26
79	Sabina Bannon	47	26:31
80	Janet Nissenson	49	26:41
81	Uwe Schling	38	26:46
82	Joseph Connelly	47	26:46
83	Jim Goldea	57	27:25
84	Jim McBride	65	27:31
85	Jeff St. Claire	42	27:35
86	Bernard Conlu	42	27:38
87	Greg Lehman	43	27:42
88	Judith Waitz	48	27:44
89	Peter Royce	73	27:49
90	Vincent Conlu	11	27:52
91	Travis Buckman	25	27:53
92	Doku Enfield	24	27:54
93	Jack Ewing	47	27:55
94	Bonnie Timoney	25	27:57
95	Jen Flinn	35	27:58

96	Pat Geramoni	60	28:05
97	Greg Menzel	49	28:12
98	Yong Haber	50	28:16
99	Sam Roake	72	28:21
100	Dave Picariello	54	28:25
101	Olga Gurevich		28:27
102	Marian Lyons	61	28:28
103	Marcie Daniel	38	28:28
104	Erin DeMicco	31	28:29
105	Brian Harzley	55	28:40
106	Jane Czech	56	28:52
107	Milinda Commer	39	29:12
108	Edward Haack	40	29:14
109	Henry Nebeling	76	29:18
110	Stephanie Soler	34	29:30
111	Mai Richardson	24	29:38
112	Lisa St. Claire	42	29:47
113	Mark Lewis	44	29:51
114	Michelle Forgays	25	30:04
115	Mike Hung	58	30:11
116	Cowboy Guy	55	30:34
117	Tony Wasserman	63	31:08
118	Peggy Kang	73	31:30
119	Aaron Siegel	31	31:37
120	Jim Kauffold	71	31:38
121	Amy VanPortflict		31:52
122	Jane Colman	65	32:02
123	Bill Woolf	73	32:05
124	Fernando ???	25	32:14
125	Abbey Hartland	25	32:26
126	Kay Teiber	69	32:50
127	Naomi Wooten	49	33:25
128	Suzana Seban	55	33:38
129	Susan Herder		33:57
130	Mary Gray	46	34:06
131	Natalya Gray	11	34:23
132	Audrey Gray	41	34:25
133	Berklee Bechard	12	34:33
134	Karl Tieze	10	34:46
135	Linda Bialla	45	34:49
136	Shannon Luppino	12	34:58
137	NO NAME		35:10
138	Anna McNally	36	35:49
139	Olivia Gutierrez	6	36:06
140	Aimee Muir	38	36:07
141	Cesar Aguilar	14	36:22
142	Sally Fairchild	54	36:35
143	Katie St. Claire	11	36:39
144	Barbara Robben	74	36:40
145	Jim Buck	66	38:13
146	Kathleen B.	49	40:23
147	Bob Theis	80	40:53
148	Margo Banowicz	49	40:57
149	Illegible	25	42:26
150	Cristina Partidu	25	42:27
151	Evelyn Campo	24	42:28
152	Paul Kennelly		44:53
153	Elaine Koga Kennelly		44:54
154	Judith Jarosz		46:00

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SELF-TIMERS

Brie Reybine	
Carolyn Clark	
Don Watson	79
Fred Haber	49
Gary Davis	56
George Sacco	70
Jesse Agbayani	56
Kim Chee Kim	3

Liese Rapozo	81	
Naomi Stanford	58	
Richard Hannon	73	
Robert Brizuela	68	50:00
Roxanne Pezzy		
Tom Boyd	63	
Tom Huster	65	
Wally Rapozo	80	

DSE AT THE RACES

continued from page 7

1864	Laura Froelich	41	179	F 40-49	2:27:01
1959	Joi Wong	43	192	F 40-49	2:31:00
2164	Rezelda Tubao	26	423	F 20-29	2:42:27

Race Against Pulmonary Hypertension 5K, Stanford, November 2

Brian Hartley	7	M50-59	28:42
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Clarksburg Country Run 30K, November 9

22	Chikara Omine	26	8	M25-29	1:54:41
94	Russ Kiernan	70	1	M70-74	2:19:59
198	Kat Powell	57	5	F 55-59	3:10:25
234	Jane Colman	65	3	F 65-69	3:44:00
241	Paul Kennelly	63	10	M60-64	4:34:49
242	Elaine Koga Kennelly	66	4	F 65-69	4:34:40

Clarksburg Country Run 20M, November 9

34	Adrian Jue	26	4	M20-29	2:30:20
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Two Cities Marathon, Fresno, November 9

455	Greg Brown	59	18	M55-59	4:52:16
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Editor's Note: Because of space limitations in this issue, some November races will be listed in the January DSE News.

GREAT ACHIEVEMENTS IN RUNNING

continued from page 2

great Sisu, but more often than not, my father would be seen carrying his tired boy back for the second half of the run. However, after the gun went off at the race all that practice paid off, for me at least, as I managed to run tirelessly, win my age division, and finish much before my father!

I run because of the simplicity and freedom it brings me. My favorite moments are slipping on a pair of running shoes in the mid-afternoon and cruising through dense forests such as Muir Woods or in the Presidio under the eucalyptus trees. There is a primal comfort during these times. I find an energy in the trails that propels me to prolong my runs and lose any sense of time that I may have had. People often ask me what I think about during these runs, and if my body is feeling good, then my answer is "Nothing." It's meditation, I used to think I never meditated because meditation could only be done in a quiet room or house of worship, but these runs are in fact my meditation.

I have been injured for most of 2008. I hope to start running again soon, whether I get healthy on my own accord or choose to have another knee surgery (my first surgery was in December 2005). In the meantime, I will continue to be active with a race I direct in my hometown called the Gobble Gallop (www.gobblegallop.com) and the DSE. My involvement now with the DSE is primarily with the board of directors (as 2nd Vice President) and as a volunteer at a number of races. I see my relationship with running now as a lot like my grandpa's farm, though now I'm the one organizing the fields while my fellow DSEers run alongside.



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:

Dec. 7	Ferry Building 4M
Dec. 14	Conservatory 5K
Dec. 28	Mission Rock 5K
Jan. 4	Lake Merced 4.5M
Jan. 11	Arts & Sciences 5K
Jan. 18	Waterfront 10M/5K
Jan. 25	Windmill 10K

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 ONE MONTH 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.

We are actively seeking Race Directors for 10-12 of our 2009 races. Please check with Kevin regarding open race dates if you are interested and have some experience as a Race Director.

We will need many volunteers to assist with the Waterfront 10M/5K on January 18. Jobs needed to be filled include registration, finish line, course monitors, aid station, etc.

◆◆◆ 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 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.

Sun Dec 21 NO DSE RUN

Opportunity to enter Miracle Mile/Christmas Classic 5K, www.peopleevents.org

Thu Dec 25 Xmas Blind Date Relays, FUN RUN, 2 x 2 miles

START/FINISH: Stow Lake Boathouse in Golden Gate Park

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

COURSE DESCRIPTION: Take an immediate right turn around Stow Lake, right over first bridge onto island, take right fork and run along dirt trail up Strawberry Hill. Run a clockwise loop up to the top of the hill and return downhill. Exit loop back over drawbridge onto Stow Lake and complete clockwise street loop of Stow Lake to finish.

Note: FUN RUN is non-sanctioned, no entry fee, no course marking, self-timed and does not count toward race attendance.

Sun Dec 28 Mission Rock 5K

START/FINISH: Third Street & Mission Rock

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

COURSE DESCRIPTION: Run along Mission Rock, right onto Terry Francois Street, left onto Illinois Street. Run on Illinois Street to turnaround just beyond 25th Street and return same way to finish.

Thu Jan 1 Hangover FUN RUN, 4 miles

START/FINISH: GG Bridge lower parking lot at Lincoln Blvd & East Battery Road

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

COURSE DESCRIPTION: Run on East Battery Road path onto GG Bridge, run north across bridge to Vista Point viewing area, turn around and return the same way to finish.

Note: FUN RUN is non-sanctioned, no entry fee, no course marking, self-timed and does not count toward race attendance.

Sun Jan 4* Lake Merced 4.5 miles

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

STARTING TIME: Runners at 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.**

◆◆◆ 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

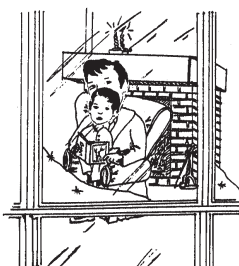
DATE: Tuesday, December 30, 2008
TIME: 7:00 PM
PLACE: Fred & Yong Haber
1261 – 31st Avenue
(between Lincoln & Irving)
San Francisco 94122
415-242-3304

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

The weather will make a dramatic change from unseasonably warm and dry to cold and wet at the end of the first week in December and into the beginning of the second week. Dry, sunny weather is likely before rain returns around the end of the second week of the month. Rain will continue into the beginning of the third week, with wet, cold weather likely for Christmas Eve and Christmas Day. We can expect dry weather for New Years Eve and on January 1st for the Hangover Run.



♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



PRESIDENT
ANGELICUS
Walt Stack

PRESIDENT
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Happy Birthday! ◆◆◆◆◆◆◆◆

2 George Durgerian
Joe Wehrheim
3 Aidan Durgerian
4 Michael Pechner
Kat Powell
6 Cathie Schling
Len Wallach
7 Devin Wolfe
8 Juliette Johnson
George Rehmet
Joel Rizzo
9 Peter Royce
10 Gary Brickley
11 Adrian Jue
12 Amy Sonstein
13 Bean Anderson
George Baptista
Grant Kolling
15 Aaron Gannon
Jim Pommier
16 Jesse Agbayani
Reginald Rodriguez

17 Blake Bengier
Heather Jordan
George Sacco
18 Ed Celestina
Steve Stephens
19 Eduardo Vazquez
20 Crissie Collins
Susan Herder
Chris Jones
Derek Reisfield
21 George Musante
Virginia Rosales
Susanne Steggerda
22 Elaine Gecht
24 Fred Dunn
Kenichi Matsumura
25 Mary Stratta
26 Tim Oliver
28 Arlene Graves
31 David Klinetobe

New Members

OAKLAND
Mary Gray

SAN FRANCISCO
Joseph Macrino
Kenichi Matsumura

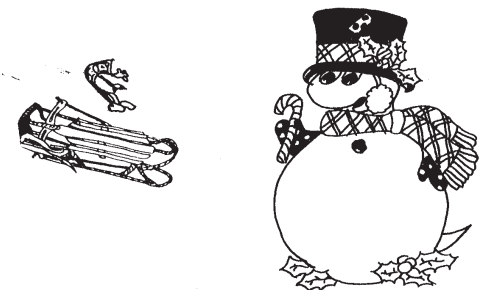


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Foster City, CA 94404

DSE email list and electronic newsletter

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

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



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