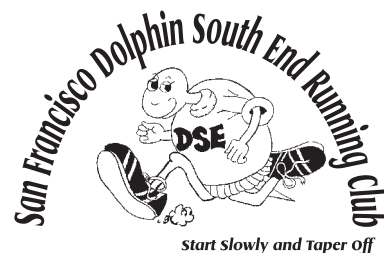


DSE NEWS



43rd Year

January 2009

2009 DSE ELECTION RESULTS

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

The voting for 2009 DSE club officers has been completed and the results are as follows:

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

The new officers will take their positions at the 2009 Gala on January 23.

Thanks to all the candidates who participated and to all the DSE members who took the time to vote. Congratulations to the new club officers. Last, but not least, a big thanks to last year's officers for an excellent job well done!

DSE GALA: IMPORTANT NEWS

Ken Reed

Date: Friday, January 23rd at 7 PM

Place: Janet Pomeroy Center, San Francisco 94132

RSVP (\$\$) DEADLINE: JANUARY 15th

Food:

- Appetizers: (salmon, cheese quesadilla, brochette & olives, nuts & more
- Bar: OPEN all evening: liquors, wine, beer, mixers, sodas and coffee
- Buffet Dinner: salad and vegetables, rolls, vegetarian lasagna, roasted chicken with rice pilaf, desserts

AGENDA

Race T-Shirt Contest: prizes for most exotic T, best ultra T, best foreign country T, best marathon T, most comical T, oldest T (dated)

TOP AWARD: Bobby Marty Award: T with most class & character (no pins or strings attached)

Award Ceremony: awards recognizing DSE runners for participation, awards for age group runners, race and training miles, kids' awards for participation and speed, officer and volunteer awards

Raffle (donor gifts still being accepted)

DSE souvenir gift to attendees

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From the President's Desk

◆ ◆ ◆ ◆ ◆ JOEL RIZZO

DECEMBER GENERAL MEETING

The 12/7/08 General Meeting came back with favorable reviews. In the last six months, membership has increased 15% from 279 to 325. DSE is very solvent, with increases in race attendance resulting in increase of net income. Since our financial situation is good, the members approved a motion to sponsor a second DSE Calistoga to Santa Cruz relay team. On a more fun side, a new eco-awards project will be introduced in January 2009.

DSE BOARD MEETING JANUARY 25

The club officers have scheduled a board meeting immediately following the 1/25 Windmill 10K. Club members are welcome to attend and hear about the issues that the club officers are currently addressing.

JANUARY RACE SCHEDULE

The month of January is packed with a full variety of club events. To celebrate a happy new year and run off all the alcohol from the last 24 hours, one of my favorite runs is our annual Hangover Fun Run on the Golden Gate Bridge on New Years Day.

Then on Jan. 4 come and run around the freshwater lake at Lake Merced for a 4.5 miler.

On Jan. 11 come to our new Arts & Sciences 5K and run by the new Academy of Science and De Young Museum.

The 1/18 Waterfront 10M & 5K is in the DSE "big event" category. DSE needs your participation as a runner or volunteer. If you can volunteer, please contact George at

continued on page 2

VOLUNTEER NEEDS FIRST QUARTER 2009

Janet Nissenson

In addition to our ongoing need for Race Directors, race day volunteers, and general club duty volunteers, there are two events coming up in the first quarter of 2009 for which we are in special need of extra volunteers.

The first is our annual Waterfront 10M/5K race on Sunday, January 18. We have moved the race date up by 4-6 weeks so that runners can now use it as a training race for the Kaiser Half Marathon on February 1. Because of the two distance format and the longer distance of the 10M, we need extra volunteers at registration and finish line, as well as course monitors and aid station crew. There is a sign-up sheet available at the races, so please sign up if you can help. You can also contact the co-Race Directors for this event, George Baptista at gabaptista@att.net or Joel Rizzo at joelrizzo@hotmail.com.

The second is the RRCA National Convention, being held this year in San Francisco. DSE is one of four host clubs for this major event. Volunteers are needed throughout convention weekend, Thursday, March 26 through Sunday, March 29. Sign-up is being handled online via www.active.com. Use this link to view the volunteer jobs: http://dserunners.com/Club_Documents/RRCA_Convention.html. This link is also listed on our website under Volunteers. Please sign up to help if you can. We have no DSE race that weekend and encourage members to participate in the convention's companion race, the Presidio 10M/10K. Links to register for the race are also listed on our website.

FROM THE PRESIDENT'S DESK
continued from page 1

650-637-1296 or gabaptista@att.net.

Finally, on Jan. 25 come by the turn-of-last-century creation, the Dutch Windmill, that was built to provide enough force to successfully pump enormous quantities of water to transform the previous windblown sand dunes into the current lush paradise, for our Windmill 10K.

KAISER PERMANENTE HALF MARATHON

There is NO DSE Race on February 1. Club members are encouraged to run or volunteer at the Kaiser Permanente Half Marathon. Thirty volunteers are needed to man the Kennedy Dr /Chain of Lakes Dr aid station. If you can help, please RSVP to Fred Haber at 415-242-3304 or dsefred@yahoo.com, including your T-shirt size and mailing address.

THANK YOU!

Lastly, it has been an honor being your DSE president this year. It has been an amazing experience and I want to thank the members, volunteers and all the race participants for making the club what it is today.

DSE TRAIL/ULTRA RUNNERS RECEIVE AWARDS

Janet Nissenson

Congratulations to the following DSE members who have earned trail running/ultra running awards this year:

- Kennet DeSilva—for the second year in a row, Kennet has been crowned “King of the Mountain” for earning the most points in the EnviroSports Trail Series. His highlights include first place overall finish at the Mount Tam 10K and second place overall finishes at the Mount Tam Wild Boar 18K and Napa Wine Country Marathon.
- Erika Kikuchi—first place Females 30-39 in the Trail Division for the Pacific Coast Trail Run (PCTR) series. Her highlights include second overall female in the Carmel Valley Trail 25K and first overall female at the Skyline Ridge Trail 23K.
- Jason Reed—first place Males 29 & Under in the Trail Division for Pacific Coast Trail Run series. His highlights include first overall at the Muir Beach 50K and at the Santa Cruz Mountains 29K. In addition, Jason also placed first in the Pacific Association/USATF Ultra Running Series in the Open Men 29 and Under division with a total of 148 points. His highlights include a fourth place overall at the Jed Smith 50K and a fifth place overall at the Whiskeytown 50K.
- Eduardo Vazquez—first place Senior Open Men 30-39 in the PA/USATF Ultra Running Series. His highlights include a fourth place overall at the Helen Klein 50M and a sixth place overall at the Golden Gate Headlands 50K.

Also scoring points in the PA/USATF Ultra Running Series in the Open Men 29 and Under division were Oliver Chan, Chikara Omine, and Adrian Jue. All of these young runners are carrying on the proud ultra and trail running traditions set forth by such DSE stalwarts as Dick Collins, Ruth Anderson and, of course, Walt Stack.

◆◆◆◆◆ 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

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.

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.

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 ECO-AWARDS

Barbara Robben

More and more these days we have become aware that we humans will need to tread more lightly on the earth in the future—if we, and the earth, are going to survive.

Now DSE itself is an excellent example of healthy, simple living with its (almost) weekly running events, combining camaraderie with (almost) no-impact exercise. Yet, how do we get to these events? In many cases, by motor vehicle. So, to get us all thinking about this dilemma, I began to think of how we could learn from those of us who are already arriving at DSE events by some alternative method: bicycle, jogging, Muni and BART, carpooling, etc.

As a beginning, my proposal is to encourage this type of activity with an “eco-award.” At the DSE membership meeting on December 7, I introduced this plan and it was well-received as an idea, but its implementation was left to me.

Proposal: To start things off, for the past year, if you have gotten to DSE races on a regular basis by alternative means, summarize as best you can how you did it. If, on the other hand, you have made your way to a DSE event only once or twice without fossil-fuel, but if the circumstances were innovative or unusual or particularly interesting, write down that story and submit it, as well.

The new eco-awards will be presented at the DSE Gala on January 23, 2009, for this past year.

For the coming year, though, we will all be on equal footing as we start out 2009 with foreknowledge of the eco-awards plan, and stories may be submitted at any time to Barbara Robben, 1964 El Dorado, Berkeley, CA 94707, 510-524-2383, or electronically to the newsletter editor at janecol@earthlink.net.

2008: FIRST YEAR OF RUNNING IN REVIEW

Erika Kikuchi

Perhaps it is a common story to grace the pages of this DSE newsletter, but a year ago, I was not a runner. Far from it. Previously traumatized by a brutal season of cross-country at age fourteen, I hoped to never run again. My exercise regimen consisted of maybe thirty minutes on the elliptical a few times a week, yoga and an occasional long hike. But something inside me had changed. I think the confines of my office and a strong craving for the outdoors pushed me past my tipping point. I've always felt a strong connection with nature, or rather, a longing for it. On family trips as a kid, I remember staring wistfully out the car window at the wilderness I wanted to explore flying past, not caring about the final Disney destination one bit.

As we get older, without a very conscious effort, we find ourselves spending most of our time indoors, going from an apartment to a car to an office and back again, and, sadly, my story was no different. When I noticed one day in late 2007 how nice it was to be outside as I walked the fifty feet from my office to my car, something must have snapped. I pulled on some (not very good) running shoes, headed out to Monte Bello and endeavored to run my way up to the top of Black Mountain, in the middle of the night, with no water or headlamp. Crazy? Maybe (the herd of deer staring me down on the trail seemed to think so), but what can you do when the running bug bites? The walk/run to the rocky plateau at the top and starry sky above made me feel more alive than I had felt in a long, long time. Needless to say, on my list of 2008 New Year's resolutions, top of the list was “Run! Run! Run!”

Last January, I thought maybe I would try entering a race in April or so, after I had trained enough and wouldn't embarrass myself, and I had the dream goal of breaking a 9 minute mile. But because of a certain person (you may know him—he's a DSE member who races more than anyone I know), I went to some races earlier than planned, and because of the community of wonderful, supportive runners at DSE, I fell in love with it all. And so, run, run



run I have! Approximately 1,400 miles, including around 625 race miles, on trails, on pavement, for shorter distances, marathons and ultras, all over northern California. The friends I've made this year at DSE have added so much to an already amazing new experience.

As I happily plan the races and places I will go run in 2009, I reflect on the experience of running and how it has indeed brought me closer to the nature I was craving. Whether running on trails through the Headlands or through Golden Gate Park at a Sunday race, I can only second Grant Johnson's sentiment that running is an energizing form of meditation, one that has immersed me in nature, brought me a deeper knowledge of myself and an overall sense of peace. Non-runners are often critical and ask why I run so much or what I'm running away from, but this year has taught me that I am not running to escape the confines of my office, I am running to embrace the experience of living.

Thanks to everyone at DSE for a great year and here's to happy running in '09! Please visit my running blog at <http://hillsandtrails.blogspot.com>.

CLASSIC STU-PEDS

by Stu Ruth





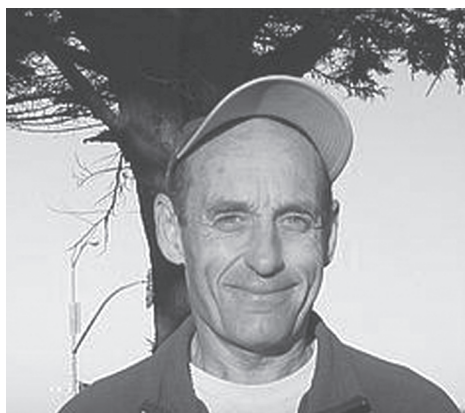
Note: The numbers ① ② ③ ④ ⑤ next to a runner's name represent the placement of the first five female finishers.

November 23, 2008

Great Highway 4M

Race Director: George Baptista

Volunteers: Bobby Marty, Joseph Connelly, Calvin Chan, Kevin Lee, Diane Okubo-Fong, Richard Hannon, George Sacco, Thomas Pang, Joe Czech, Wally Rapozo



Race Director George Baptista

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PL	NAME	AGE	TIME
1	Ian Macnider	23	23:02
2	Jason Reed	27	24:01
3	Kennet De Silva	27	24:25
4	Markham Miller	44	24:37
5	Roy Clarke	53	24:53
6	Edward Haack	40	25:00
7	Vincent Gulli	19	26:02
8	Tom Robinson	31	26:17
9	Jeremy Calnan	49	26:23
10	Michael Gulli	49	26:43
11	Eric Vittitoe	33	26:48
12	Luis Vargas	51	26:50
13	James Flynn	33	26:51
14	Joseph Macrino	23	26:59
15	Kenichi Matsumura	30	27:03
16	Michael Sweet	39	27:21
17	Melanie Roberts ①	23	27:26
18	Rick Torreano	59	27:28
19	Robert Britain	50	27:31
20	Emma O'Neill ②	22	27:36
21	Erin Chalmers	31	28:07
22	Dave Flinn	42	28:15
23	Erika Kikuchi ③	30	28:19

24	Ed Caldwell	50	28:45
25	Jorge Larre	52	28:46
26	Vinay Gupta	25	28:48
27	Joel Rizzo	42	28:58
28	Kevin Fry	29	29:01
29	Daz Lamparas	56	29:41
30	David Klinetobe	47	29:47
31	Emily Werner ④	23	29:53
32	Kelly Emo ⑤	43	30:01
33	Dan Shalom	57	30:04
34	Francis Dy	36	30:05
35	Graham Brew	34	30:11
36	Joe Czech	55	30:23
37	Kenneth Fong	46	30:31
38	John Trayers	32	30:37
39	Rachel Farrell	25	30:48
40	Lazaro Sanchez	47	30:50
41	Ryan Hassanein	31	30:52
42	Mark Kelley	52	30:54
43	Brendan Norwood	28	30:56
44	Christina Trayers	33	30:59
45	Jeff St. Claire	42	31:03
46	Frank Farrell	47	31:10
47	Christine Brew	36	31:11
48	Paul Mosel	67	31:18
49	Eric Park	63	31:24
50	Miguel Guerrero	39	31:37
51	Shunsuke Nakata	21	31:44
52	Kathleen Lail	40	31:47
53	Wayne Plymale	56	31:51
54	Steve Nissenson	60	31:52
55	Stephanie Soler	33	31:55
56	Theo Jones	70	31:59
57	Patrick Lee	61	32:03
58	Gregory Brown	59	32:24
59	Gary Brickley	55	32:29
60	Keith Johnson	70	32:36
61	Doku Enfield	24	32:47
62	Uwe Schling	38	32:49
63	Matt Robinson	29	32:52
64	Dan Peterson	36	32:55
65	Maria Pantoja	28	33:09
66	Sandra Sigurdson	52	33:12
67	Neal Ashton	52	33:23
68	Marian Lyons	61	33:39
69	Joseph Connelly	47	33:40
70	Bernard Conlu	42	33:59
71	Kelly Breen	25	34:09
72	Janet Nissenson	49	34:12
73	Peter Royce	73	34:35
74	Matthew Krumme	34	34:45
75	Travis Buckman	25	34:50
76	Mark Richardson	37	34:51
77	Dana Farkas	49	34:53
78	Jeffrey Young	36	34:56
79	Greg Lehman	43	34:58
80	John McLucas	48	35:30
81	Lindsay Tabas	25	35:49
82	Thomas Smiley	51	35:54
83	Anthony Gulate	33	36:00

84	Jane Czech	56	36:21
85	Lisa St. Claire	42	36:43
86	Marcie Daniel	38	36:59
87	Erin Mann	24	37:01
88	Sam Roake	72	37:03
89	Jim McBride	65	37:07
90	Susan Schuyler	31	37:33
91	Mai Richardson	24	37:48
92	Darren Koepp	00	37:58
93	Jack Bascom	67	38:14
94	Catherine Trainor	19	38:43
95	Mike Hung	58	38:45
96	Steven Yeung	29	39:03
97	Milinda Lommer	39	39:28
98	Jose Beltrán	34	39:31
99	Julia Drees	29	39:48
100	Jim Kauffold	71	40:20
101	Erin Reagan	27	40:22
102	Bob Morris		40:29
103	Eric Shackelford	58	41:08
104	Erika Costanzo	28	41:23
105	Alina Thaxton	30	41:55
106	Harry Cordellos	70	42:09
107	Bill Woolf	73	42:09
108	Jane Colman	65	42:41
109	Suzana Seban	55	42:45
110	Roxanna Pezzy		44:24
111	Mary Gray	46	44:31
112	Jeff Houston	50	44:36
113	Robin Fowler	47	45:33
114	NO NAME		46:19
115	Elaine Koga Kennelly	66	47:43
116	Paul Kennelly	63	47:44
117	Jeannine Mahoney	47	48:05
118	Bob Theis	80	56:21
119	Dave Picarello	54	60:45

SELF-TIMERS

Dee Farkas	81	
Don Watson	79	
Ed Olkowski	66	105:10
Elaine Gecht	64	
Gary Davis	56	
George Sacco	70	
Jane Lee	58	
Kim Chee Kim	3	
Liese Rapozo	81	
Richard Hannon	73	
Tom Huster	65	



Photo by Don Watson

December 7, 2008

Ferry Building 4M

Race Director: Bill Woolf

Volunteers: Amanda King, Joel Rizzo, Amy Sonstein, John Gregson, Bobby Marty, Joseph Connelly, Calvin Chan, Kevin Lee, Donnelly Gillen, Mort Weisberg, George Sacco, Phyllis Nabhan, George Teiber, Sam Roake, Jeff Houston, Thomas Pang, Jerry Flanagan, Uwe Schling



Race Director Bill Woolf

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PL	NAME	AGE	TIME
1	Ian Macnider	23	22:45
2	Daniel Sanchez	25	23:01
3	Joel Lanz	35	23:09
4	Chikara Omine	26	23:13
5	Travis Neal	29	23:18
6	Clive Spencer	41	23:41
7	Gavin Ramos	14	23:45
8	Kennet De Silva	27	23:49
9	Jason Reed	29	24:10
10	Ky Faubion	23	24:19
11	John Woods	44	25:03
12	Andrew Macnider	20	25:29
13	Joe Wehrheim	37	26:02
14	Joseph Macrino	23	26:46
15	Michael Gulli	49	26:48
16	Vanessa Fuchs ❶	32	26:52
17	Jeremy Calnan	49	26:55
18	Luis Vargas	51	27:06
19	George Rehmet	41	27:22
20	Hans Facer		27:27
21	David Lamond	33	27:33
22	Steve Pitsenbarger	40	27:39
23	Philip Stepanek	32	27:40
24	Noe Castanon	38	27:48
25	Daryl Luppino	49	27:54
26	Rick Torreano	59	28:06
27	Michael Dunne	24	28:45
28	Melissa Aycock ❷	28	28:46
29	King Wayman	59	28:50
30	Amy Sonstein ❸	38	28:51
31	Ed Caldwell	50	29:03

32	Colin McGrath	15	29:08
33	Bob McGrath	50	29:10
34	Joel Rizzo	42	29:17
35	Jorge Larre	52	29:24
36	Dharshani Dharmawawardma ❹	29	29:28
37	Raymindo Ullua	29	29:41
38	Jessa Ramos	46	29:43
39	Nicholas Fraboni	25	29:55
40	Phil Melman	43	30:13
41	Tim Glowik	31	30:32
42	Patrick Lee	61	30:34
43	Kenneth Fong	47	30:37
44	Larry Wuerstle	53	30:53
45	Gogo		30:56
46	Theo Jones	70	31:07
47	George Baptista	65	31:10
48	Stephanie Soler ❺	34	31:15
49	Ron Nelson	65	31:17
50	Adrian Flores	39	31:32
51	Shunsuke Nakata	21	31:43
52	Mark Mooney	52	31:45
53	Maria Pantoja	29	31:47
54	Steve Nissenson	60	31:54
55	Mark Kelley	52	31:57
56	Kathleen Lail	40	32:00
57	Paul Mosel	67	32:04
58	Sandra Sigurdson	52	32:07
59	Gary Brickley	55	32:12
60	Neal Ashton	52	32:28
61	Travis Enfield	25	33:28
62	Thomas Smiley	51	33:58
63	John Hukari	45	34:24
64	Kallie Hukari	09	34:24
65	Vincent Aguigui	48	34:31
66	Falina Williams	27	34:39
67	Brandon Sabado	25	34:51
68	Lina Khatib		35:04
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76	Jennifer Garcia	32	36:22
77	Amanda Chanda	30	36:46
78	Michael Brody	29	36:46
79	Carren Enriquez	24	36:50
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81	Henry Nebeling	76	36:54
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83	Rocco Mullinax	34	37:31
84	Alyssa Campbell	29	37:34
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88	Jane Wynne	09	38:20
89	Kaitlin	10	38:21
90	John Miekley	48	38:24

91	John Wynne	42	38:25
92	Erin Kirk	34	38:41
93	Jack Bascom	67	38:44
94	Jock McGrath	09	38:49
95	Peggy McGrath	45	38:50
96	Adam Spiegel	24	39:02
97	Kate Miekley	09	39:12
98	Emily Hawkins	09	39:12
99	Annika Levaggi	09	39:13
100	Alpesh Oza	33	39:14
101	Ana Levaggi	48	39:18
102	Mike Hung	58	39:30
103	NO NAME #2		39:34
104	Sam Mickley		39:36
105	Mike Willey		39:41
106	Jim Kauffold	71	39:42
107	Rusty Stivers	36	39:52
108	Douglas Leu	29	39:57
109	Suzana Seban	55	40:07
110	Veronica Lee	30	40:21
111	Jacob Salazar	16	41:13
112	Susan Burns	45	41:35
113	Mary Gray	46	42:01
114	Barbara Robben	74	42:05
115	Ken Seggerman	56	42:27
116	Margaret Seggerman	57	42:28
117	Dakota Juarez	11	42:30
118	Emiy Oreste	11	42:31
119	NO NAME #3		42:32
120	Maggie Barbar	09	42:34
121	Tom Huster	65	42:45
122	Kay Teiber	69	42:55
123	Lindsay Ibarra	22	43:26
124	Rachel Martinez	26	46:00
125	Naomie LaBrecque	26	47:07
126	Mitchell Schmidt	49	47:07
127	Joanna Thomas	29	47:47
128	Gina Rodriguez	27	47:48
129	Christa Walsh	34	47:54
130	Antoinette LaRocca	28	48:21
131	Robin Fowler	47	48:28
132	Tiara Mead	10	48:29
133	Kim Juarez	43	48:30
134	Rachel Dudum	28	48:37
135	Margo Banowicz	49	49:10
136	Kelsey Norton	11	49:12
137	Sean Norton	42	49:49
138	Ruby Bowser	08	50:41
139	Marie Peralta	47	50:41
140	Barbara Glick	55	50:42
141	Helen Chu	40	50:48
142	Cole Christman	11	50:49
143	Cathy Dietzen	44	50:58
144	Todd Christman	49	50:58
145	Elaine Koga Kennelly		51:36
146	Paul Kennelly	63	51:37
147	Marci Gomes	25	52:22
148	Jon Colby	27	52:23
149	Melissa Stivers	28	52:27

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150	Elsa Gomes	57	53:01
151	Chia-Lyn Lai	30	54:58
152	Frank Gomes	58	54:59
153	Callie Brandeis	09	55:00
154	Emma Price	08	55:01
155	Maddy Stein	09	55:43
156	Selena Bracamonte	27	55:44
157	Krystle Bracamonte	25	57:46
158	Sydney	08	57:48
159	Hayley Pierpont	08	57:49
160	Tim Pierpont	41	57:50
161	Luna	09	57:51
162	Brooke	09	58:26
163	Sharona Silveira	33	62:25
164	Danny Silveira	33	62:37

SELF-TIMERS

Ann Agbayani	48
Bob Morris	
Carolyn Clark	
Elaine Gecht	64
Gary Davis	56
George Sacco	70
Jane Lee	58
Jennifer Bearss	46
Jesse Agbayani	56
Kim Chee Kim	3
Richard Finley	60
Richard Hannon	73
Roxanna Pezzy	
Sunhi Kim	50
Yong Haber	50

KIDS' RUN

1	Shannon Luppino	12	3:55
2	Richard Tauber	6	3:55
3	Miles Ranos	8	3:59
4	Freya Weherm	4	6:06
5	Jakob Lail	4	7:58
6	Allie Williams	2 1/2	8:45

KIDS' RUN, November 12

Note: Results were not available last month.

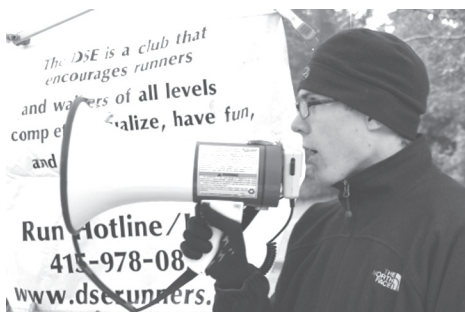
1	Shannon Luppino	12	3:47
2	Richard Tauber	6	3:49
3	Jasmyn Euhaylongsod	9	4:20
4	Lilia Osborne	6	5:45
5	Ryan Euhaylongsod	5	5:53
6	Jakob Lail	4	6:16
7	Keoni Osborne	2	7:39

December 14, 2008

Conservatory 5K

Race Director: Grant Johnson

Volunteers: Alice Dingwall, Jerry Flanagan, Amy Sonstein, Joseph Connelly, Betina ???, Kenley Gaffke, Bobby Marty, Kevin Lee, Calvin Chan, Philip Burkart, Gary Brickley, Phyllis Nabhan, George Sacco, Uwe Schling



Race Director Grant Johnson

Photo by Rick Torreano

20	Elliot King	28	20:25
21	Kenichi Matsumura	30	20:28
22	Dave Flinn	42	20:30
23	Luis Vargas	51	20:33
24	John Davin	30	20:40
25	Sharon Zuboski ③	55	20:46
26	Matt Barger	51	20:56
27	Steven Pitsenbarger	40	20:56
28	Rick Torreano	59	20:57
29	Chad Pearson	35	20:58
30	Bill Reidy	49	21:02
31	Mitch Gordon	30	21:27
32	James Taylor	25	21:29
33	Michael McLaughlin	30	21:31
34	Danoki		21:46
35	Jorge Larre	52	21:58
36	David Odde	45	22:10
37	NO NAME #1		22:16
38	Phil Murphy	65	22:17
39	Cammie Dingwall ④	45	22:20
40	Erika Kikuchi ⑤	30	22:28
41	Daz Lamparas	56	22:31
42	Vincent Gulli	19	22:36
43	Kenneth Fong	47	22:41
44	Jesse Wennik	36	22:52
45	Gogo		22:54
46	Kana Yang	36	22:58
47	Joe Czech	55	23:01
48	Patrick Lee	61	23:10
49	Alexis Baird	25	23:11
50	Jeff St. Claire	42	23:15
51	Bridget Finn	34	23:17
52	Maureen Davin	27	23:20
53	Mark Prichard	53	23:36
54	Maxwell Nakota	21	23:41
55	Vanessa Guzman	23	23:50
56	Joe DiGiacomo	42	23:51
57	Doku Enfield	25	23:54
58	George Baptista	66	24:02
59	Hong Son	18	24:13
60	Sandra Sigurdson	52	24:20
61	Neal Ashton	52	24:21

Editor's Note: The Conservatory 5K was dedicated to the memory of long-time DSE member Annabel Marsh, who passed away on November 26 and had requested that no official memorial service be held. Many DSE members from years past showed up at the race to honor and remember Annabel, including Caroline Merrill, Paul Newman with his German shepherd Joanne Woodward III, Rick Norkin and Mary Cantini-Norkin, Jim Roe and Cheryl Willis, and others whose names have escaped me.



Annabel Marsh and Caroline Merrill in early November at former DSE member Ada Thomas' 95th birthday party

Photo by Marian Lyons

PL	NAME	AGE	TIME
1	Ian Macnider	23	17:30
2	Jason Reed	29	17:59
3	Kenley Gaffke	30	18:08
4	Tom Kelly	34	18:19
5	Sanya Syrstad ①	43	18:21
6	Jorge Rivera	28	18:27
7	Mark Orders	50	18:33
8	Kieran Perez	13	19:08
9	Arthur Breton	22	19:17
10	Joe Grand	33	19:20
11	Vijay Tidwell	18	19:32
12	Steven Gouletas	49	19:37
13	Jay Balagtas	37	19:39
14	Daniel Pu	34	19:41
15	Markham Miller	44	19:46
16	Matthew Thomas	29	19:57
17	Michael Gulli	49	20:04
18	Jon Yonago	45	20:22
19	Joann Pavlovac ②	37	20:23

62	Andrew Tivnan	25	24:22
63	Elaine Mah	46	24:42
64	Gary Brickley	56	24:44
65	Thomas Smiley	51	24:46
66	Steve Nissenson	60	24:50
67	Shirley Fung	29	25:02
68	Michael Thompson	37	25:07
69	Shay O'Reilly		25:20
70	NO NAME #2		25:22

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71	John Brownridge	37	25:25
72	Gregory Brown	59	25:29
73	Sabina Bannon	47	25:31
74	Kerry Bloom	54	25:44
75	Joseph Connelly	47	25:45
76	Marian Lyons	61	25:50
77	Kim Johnson	38	25:55
78	Vincent Aguigui	48	25:56
79	Michael W.	43	26:08
80	Joseph Anurup	34	26:09
81	Jeff Way	46	26:17
82	Janet Nissenson	49	26:34
83	Pat Geramoni	60	26:52
84	NO NAME #3		26:54
85	Bethany Golden	34	27:01
86	Erin Kirk	34	27:03
87	Michelle Rivera	31	27:06
88	Raymond White	64	27:07
89	Joseph Delos Reyes	26	27:11
90	April French	11	27:15
91	Giselle Vitcov	09	27:17
92	Mary Hammel	25	27:39
93	Jane Czech	56	27:49
94	Russell Breslauer	63	27:55
95	Yong Haber	50	27:53
96	Susan MacDonald	37	28:01
97	Simon Yu	35	28:04
98	Mike Trimble		28:05
99	Rocco Mullinax	34	28:07
100	Alyson Tufts	27	28:17
101	Henry Nebeling	76	28:18
102	Lina Khatib		28:34
103	Milinda Lommer	39	28:42
104	Edward Haack	40	28:44
105	Ruby Ghadially	50	28:50
106	Jack Bascom	67	29:06
107	Olivia Cepeda Lopez	22	29:14
108	Mary Liddy	36	29:16
109	Mike Hung	58	29:25
110	Nina Kaiser	29	29:26
111	Kristine Kerivan	41	29:28
112	Noreen Farrell	39	29:36
113	Bridget Baird	61	29:43
114	Laura Froelich	41	29:46
115	Anna Eng	33	30:26
116	Jacki Taylor	38	30:28
117	Gwen Riddell	37	30:30
118	Kathleen Bannen	49	30:37
119	Veronica Lee	30	30:42
120	Bill Woolf	73	30:45
121	Sam Roake	72	31:15
122	Lyndsay Orwig	23	31:40
123	Tanaya Cook	27	31:41
124	Linda Kim	35	31:43
125	Wendy Newman	58	31:59
126	Jim Kauffold	71	32:00
127	Cowboy Guy	55	32:36

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DSE AT THE RACES

Note from the Editor: If your name is missing from the results, I apologize. There are several possible reasons: it may be missing from the DSE roster, it may be misspelled in either the roster or the results list, or I may just have missed it. For races outside of the Bay Area, I depend on members to notify me about results.

PL NAME AGE A.G. PL AGE GROUP TIME

Clarksburg Country Run, 20 miles, November 9

Note: other results were in the December DSE News

25	Edward Haack	40	10	M40-49	2:27:27
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Stinson Beach 30K, November 15

6	Jason Reed	39	1	M 1-29	2:51:16
40	Erika Kikuchi	30	4	F 30-39	3:27:59
60	David Klinetobe	47	23	M40-49	3:49:36

TCRS #10 5K, Larkspur, November 16

Women

8	Amy Sonstein				22:12
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Men

36	Russ Kiernan				20:54
39	Steve Stephens				21:32
82	Jeff Houston				33:33
83	Dennis Hassler				40:25

Thanksgiving Fun Run 5K, South San Francisco, November 22

	Greg Brown				24:xx
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Davis Turkey Trot 5K Baby Jogger Run/Walk, November 22

3	Edward Haack	40	1	M40-49	19:55
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Run For the Hungry 1 Mile, November 23

1	Kenley Gaffke	30	1	M30-39	5:28:16
14	Kelly Emo	44	1	F 40-44	6:55.27

Run For the Hungry 5K, November 23

3	Kenley Gaffke	30	1	M30-39	18:53
96	Judy Waitz	48	6	F 40-49	27:56
112	Pat Geramoni	60	1	F 60-69	28:45

Cross Country Championships, November 23

Women, 4.036 miles

117	Amy Sonstein	38			31:25
140	Kat Powell	57			38:57
141	Barbara Robben	74			46:20

Open Men, 6.09 miles

60	Chickara Omine	26			36:21
82	Jason Reed	29			39:41

Masters Men, 6.09 miles

6	Cliff Lentz	43			35:31
127	Russ Kiernan	70			44:26
155	Jeff Bedolla	55			51:07

LMJS 4th Sunday Run, Oakland, November 23

10K

15	Noe Castanon	38	2	M30-39	59:56
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15K

2	Gene French	62	1	M60-69	69:09
9	Kevin Cuevas	16	2	M <20	81:31

Turkey Trot, 4 miles, Pinole, November 27

	Greg Brown				35:xx
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O'Side Turkey Trot Open 5K, Oceanside, November 27

147	Amy Sonstein	38	2	F 35-39	21:25
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CONSERVATORY 5K
continued from page 6

128	NO NAME #4		33:45
129	Alicia Hoffman	21	33:58
130	Jan Bowne	32	34:44
131	Lauren Zeichner	31	34:45
132	Sally Fairchild	54	34:47
133	Kathryn Sheffield	38	34:58
134	Ed Sheffield	35	34:59
135	Carissa Havemeyer	38	35:03
136	Letty Ernst	39	35:48
137	Elizabeth Rodoni	27	35:57
138	Barbara Robben	74	36:11
139	Jane Colman	65	36:12
140	Regina Roman	27	36:34
141	Laurie Huth	36	36:52
142	Ryan Alvarez	24	37:21
143	Cathy Dietzen	44	37:32
144	Dennis Hassler	75	38:44
145	Chia Lyn Lai	30	39:07
146	Robyn Orr	32	39:19
147	Bob Theis	80	39:30
148	Zaphel Zaphyr	25	39:44
149	Brent Tanamachi	39	40:15
150	Judith Jarosz		40:33
151	Rosalyn Yu	37	40:33+
152	Blancett Reynolds	49	40:33+
153	Bob	50	40:33+

SELF-TIMERS

Elaine Gecht	64
Ellen Breslauer	61
George Sacco	70
Jane Lee	58
Ceis Wildin	70
Roxanna Pezzy	
Wally Rapozo	80

◆◆ Letters ◆◆

The Dolphin South End Running Club was founded on camaraderie, good-fellowship and the common bond of running. Many members have served as volunteers and contributed their time and talents to promote the mission of the club. All who have so selflessly given of their time and effort deserve appreciation for their generous dedication.

In the spirit of acknowledgment, it seems appropriate, at this time, to take the opportunity to thank Joel Rizzo for the wonderful job he has done, tirelessly working "behind the scenes" to promote the success of the club as DSE President this past year.

Sincerely, Elaine Koga Kennelly

DSE AT THE RACES

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Quadruple Dipsea, 28.4 miles, Mill Valley, November 29

14	Jason Reed	29	4:41:23
100	Erika Kikuchi	30	6:12:57

Run Wild for a Child 5K, November 30

16	Kennet De Silva	27	3	M20-29	18:55
39	Gene French	62	2	M60-69	20:42
95	Jeff St. Claire	42	12	M40-49	23:52
122	Kristin Slye	39	9	F 30-39	24:47
126	Sandra Sigurdson	59	3	F 50-59	25:01
209	Russell Breslauer	63	8	M60-69	27:40
216	Lisa St. Claire	42	11	F 40-49	27:54
247	Nina Kaiser	29	22	F 20-29	28:46
288	Jim Kauffold	71	1	M70-79	29:49
405	Barbara Robben	74	1	F 70-79	32:20
464	Roxanna Pezzy	50	20	F 50-59	33:37
501	Jeffry Darrow	59	40	M50-59	34:22
590	Dennis Hassler	75	2	M70-79	36:53
619	Peggy Kang	73	3	F 70-79	37:49
1017	Rose Royce	74	13	F 70-79	57:43

Run Wild for a Child 10K, November 30

29	David Moulton	40	7	M40-49	39:21
70	Russ Kiernan	70	1	M70-79	42:45
83	Adrian Jue	26	12	M20-29	43:31
101	Michael Sweet	39	34	M30-39	44:40
107	George Rehmet	41	24	M40-49	45:08
133	George Musante	53	13	M50-59	46:35
158	Leopoldo Rosales	54	15	M50-59	47:55
170	James Flynn	33	46	M30-39	48:30
198	Kenneth Fong	47	39	M40-49	49:32
237	Leland Faust	62	7	M60-69	50:57
270	Paul Mosel	67	11	M60-69	52:09
294	Gary Brickley	55	29	M50-59	52:48
310	Miguel Guerrero	39	70	M30-39	53:24
315	Maria Pantoja	28	31	F 20-29	53:38
331	Mitchell Sollod	69	14	M60-69	54:07
380	Gregory Brown	59	27	M50-59	55:26
387	Marian Lyons	61	1	F 60-69	55:39
399	Joseph Connelly	47	76	M40-49	56:09
496	Peter Royce	73	2	M70-79	58:55
578	Henry Nebeling	76	3	M70-79	
751	Mike Hung	58	69	M50-59	1:07:41
815	Virginia Rosales	44	93	W 40-49	1:10:59
924	Paul Kennelly	63	32	M60-69	1:22:18
925	Elaine Koga Kennelly	66	14	F 60-69	1:22:23
937	Marcie Daniel	38	152	F 30-39	1:24:08
956	Robert Brizuela	69	36	M60-69	1:33:23

Lollipop Family Fun Run 5K, December 6

Joseph Connelly	47	24:47
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Bah Humbug 5K, San Ramon, December 6

Women

208	Barbara Robben	74	1	F 70-74	31:17
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Men

281	Jeffry Darrow	59	15	M55-59	32:12
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Reggae Marathon, Negril, Jamaica, December 6

56	Gregory Brown		13	M50-59	4:35:58
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California International Marathon, Sacramento, December 7

277	Peter Hsia	48	25	M45-49	2:58:53
559	Markham Miller	44	78	M40-44	3:13:48
677	Edward Haack	40	99	M40-44	3:17:42
986	Adrian Jue	26	108	M25-29	3:36:01
1576	Erika Kikuchi	30	81	F 30-34	3:39:28
2555	Lucille Wing	51	39	F 50-54	3:59:00
3735	Wendy Newman	58	23	F 55-59	4:26:15
4407	Peter Royce	73	9	M70-74	4:49:58
4659	Jane Colman	65	7	F 65-59	5:02:36

Las Vegas Half Marathon, December 7

804	Daz Lamparas	56	32	M55-59	1:51:13
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Muir Beach Trail Run**11K**

16	King Wayman	59	3	M50-59	1:12:28
91	Rezelda Tubao	27	22	F 1-29	1:45:01

17K

1	Nathan Yanko	26	1	M 1-39	1:18:43
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33K

38	Erika Kikuchi	30	6	F 30-39	4:05:31
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50K

1	Jason Reed	29	1	M 1-29	4:41:20
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Honolulu Marathon, December 14

2147	Judith Taksa Webb		3	F 65-69	4:12:31
4963	Joel Rizzo		509	M40-44	4:49:17
19639	Paul Kennelly		919	M60-64	9:35:21
19640	Elaine Koga Kennelly		165	F 65-69	9:35:22

Rodeo Beach Trail Runs, December 20**8K**

1	Jason Reed	29	1	M 1-29	35:50
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20K

28	Erika Kikuchi	30	3	F 30-39	1:52:32
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30K

1	Chikara Omine	36	1	M 1-29	2:30:40
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December 25, 2008**Christmas Blind Date Relays, 2x2M****Race Director: Calvin Chan****Volunteers: Amy Sonstein, Joseph Connelly, Bobby Marty, Kevin Lee, George Baptista, Phyllis Nabhan****Teams**

Note: M represents a male/male team,
C represents a co-ed team.

PL	TIME	NAMES
M1	27:20	Patrick Lee/Chikara Omine
C1	28:03	Marie Appel/Jason Reed
C2	29:21	Erika Kikuchi/Noe Castanon
C3	31:15	George Baptista/Amy Sonstein
M2	31:17	Fred Haber/Randy Conner
C4	35:35	Wendy Newman/Eric Park
C5	36:10	Lou Ann Conne/Bill Woolf
M3	36:17	Paul Mosel/Paul Mosel
M4	38:15	Dave Picariello/Dave Picariello

Individual Results

PL	TIME	NAME
1	11:37	Chikara Omine
2	11:58	Randy Conner
3	12:17	Jason Reed
4	14:06	Noe Castanon
5	15:15	Erika Kikuchi
6	15:17	Amy Sonstein
7	15:21	Lou Ann Conner
8	15:43	Patrick Lee
9	15:46	Marie Appel
10	15:58	George Baptista
11	16:21	Eric Park
12	17:50	Paul Mosel.1
13	18:14	Dave Picariello.2
14	18:27	Paul Mosel.2
15	19:14	Wendy Newman
16	19:19	Fred Haber
17	20:01	Dave Picariello.1
18	20:49	Bill Woolf

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:

Jan. 4	Lake Merced 4.5M
Jan. 11	Arts & Sciences 5K
Jan. 18	Waterfront 10M/5K
Jan. 25	Windmill 10K
Feb. 8	Sawyer Camp 5K/10K
Feb. 15	Ballpark 5K
Feb. 22	Embarcadero 10K
Mar. 1	Great Highway 4M

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. Please see the sign-up list now available at the weekly races.

◆◆◆ 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

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.**

Sun Jan 11 Arts & Sciences 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, left uphill on Stow Lake Drive, then clockwise around Stow Lake exiting on Martin Luther King Drive. Run left on MLK Drive, left onto "horseshoe" streets (Tea Garden, de Young, Academy of Sciences), then left back onto MLK Drive. Run on MLK Drive past Park & Rec baseball fields, then left on Bowling Green Drive to finish.

Sun Jan 18 Waterfront 10M & 5K

START/FINISH: Dolphin Club, Jefferson & Hyde Streets

STARTING TIMES: **10M: 8:30 AM, 5K: 8:40 AM.** Walkers are encouraged to start early.

COURSE DESCRIPTION (10M): Run eastbound on Jefferson (against traffic) which turns onto Embarcadero (sidewalk). Run past Willie Mays Plaza (AT&T Park), left onto Third St, cross Lefty O'Doul Bridge, veer left then curve right onto Terry Francois St, left on Illinois St. Turnaround is at 1192 Illinois St (just before 23rd St). Return same way to finish.

ENTRY FEE: **\$5.00; Online at www.active.com or Race Day registration.**

COURSE DESCRIPTION (5K): Run eastbound on Jefferson (against traffic) which turns onto Embarcadero (sidewalk). Run past Pier 9 entranceway, turn around at black/white vertical post and return same way to finish.

Sun Jan 25 Windmill 10K

START/FINISH: Kennedy Drive at Great Hwy (Dutch Windmill) in Golden Gate Park

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

COURSE DESCRIPTION: Run eastbound up Kennedy Drive to intersection before McLaren Lodge (Kezar Drive/Second Barricade). Turn around and return the same way back to finish.

Sun Feb 1 NO DSE RUN

DSE Volunteers at Kaiser Permanente Half Marathon Aid Station, www.pamakids.org

MEETING PLACE: Chain of Lakes Drive between Kennedy Dr & M L King Dr (6.25 mi)

REPORTING TIME: 7:00 AM

◆◆◆ Group Runs ◆◆◆

- ◆ Wednesday at 7:15 AM (prompt) —6 to 9 miles (less for walkers). Meet by the big wooden fish at Buck's Restaurant, 3062 Woodside Road, Woodside (1 mile west of Hwy 280). Course includes 4 miles of trails and road to Huddart Park. For more information contact Judith at webbsight@earthlink.net or Ken Reed at 415-586-3104 or RunKenRun@aol.com.
- ◆ Saturday at 8:10 AM—6 mile training run. Meet at the water fountain at Kennedy Drive and Transverse in Golden Gate Park.
- ◆ Monday at 6:00 PM—adidas Sport Performance Store San Francisco, 845 Market Street. Led by Warren Change and DSE Sr. VP Adrian Jue. Open to all ages and levels. Runs vary from 3–8 miles, and refreshments are provided after the run.

Membership ♦ ♦ ♦ ♦ ♦ ♦ Information

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

The DSE has grown into San Francisco's largest running club with about 450 members. The club holds races throughout the city almost every Sunday, with courses that range in difficulty and distance (2–6+ miles). DSE members automatically receive a one year subscription to the *DSE Newsletter* and become members of the Road Runners Club of America. Club members receive a free subscription to the online publication *Footnotes*.

Annual Dues are \$25 for an individual membership and \$30 for a family membership (two or more people with the same address). There is a \$5 discount for memberships that opt to receive the monthly newsletter online. Membership/Renewal Applications are available on the DSE website, www.dserunners.com/members.html. From there you can click on the "membership application" link to download the form or on "register online" to join/renew online at www.active.com. If you choose to join/renew by mail, please send a check or money order made payable to DSE and a signed membership/renewal form to our Membership Coordinator, Richard Finley. Renewal dues are due by the date shown on the mailing label of your DSE Newsletter (if you receive one by mail) or by the reminder date provided by e-mail from Richard (if you receive an e-Newsletter).

Questions should be directed to **Richard Finley** at nishikifinley@sbcglobal.net or **Richard Finley, c/o DSE Runners, 805 Vega Circle, Foster City, CA 94404. Changes of Address are also to be sent to Richard Finley.**

Folding ♦ ♦ ♦ ♦ ♦ ♦ Session

DATE: Wednesday, January 28, 2009
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



Except for the possibility of a day or two of rain in the second week of January, it looks as if dry and mild weather will dominate during the first half of the new month. Rain may not develop until around the 26th of January.

Temperatures, especially in San Francisco and the coast, will be unusually mild. It certainly appears that the drought will continue well into January. Inland valleys will be cooled by fog from the Central Valley.

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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Walt Stack

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Wendy Newman wsn99@aol.com

Happy Birthday! ◆◆◆◆◆◆◆◆

2 Heath Kraynak
 3 Nathan Yanko
 4 Thomas McManus
 6 Mary Gray
 8 Russ Kiernan
 Joshua Lail
 11 Lina Khatib
 12 Elizabeth Collins
 13 Judith Jarosz
 Taylor Todd
 15 Jeremiah Hallisey
 18 Jeffrey St. Claire
 19 Michael Rouan
 21 Patrick Mauro

22 Michael Rothman
 23 Yong Cho
 Phyllis Nabhan
 Lucy Wing
 24 Brian Harris
 25 Robert Fry
 26 Jason Reed
 Jacqui O'Keefe
 Maria Pantoja
 28 Gogo Haas
 Joseph Macrino
 30 Kevin Cuevas
 Choi Yee Wong
 31 Cliff Lentz

New Members

ALAMEDA
 James Golden

MORAGA
 Ann Orders
 Grace Orders
 Mark Orders
 Mary Orders
 Sarah Orders

NEW YORK
 John Herbert

SAN BRUNO
 Mark Mooney

SAN FRANCISCO
 Mark Breton
 Ed Caldwell
 Lena Nilsson
 Emma O'Neill

WALNUT CREEK
 Francesca Baci
 Stephen Newbold

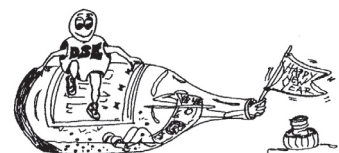


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 Foster City, CA 94404

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!