

February 2009

## From the President's Desk

Photos ©2009 Paul Mosel

**Below, DSE members enjoying the food and revelry**



**Below right, entries in the t-shirt contest**



**Yong Haber and Lucy Wing, two of the day's three Birthday Princesses (not shown, Phyllis Nabhan)**

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We still need a race director  
for the Sawyer Camp Trail  
5K/10K race on February 8!

If you can help, please  
contact Kevin at: 415-751-9653  
or [dse.pekingduck@juno.com](mailto:dse.pekingduck@juno.com).

*continued on page 2*

# RRCA CONVENTION UPDATES

Janet Nissenson

With the 2009 RRCA Convention less than two months away, we continue to look for volunteers to help out during convention weekend and prior.

- We need 6-8 volunteers to help stuff goody bags on Saturday, March 21. If you can help please contact Janet at [jLnissenson@aol.com](mailto:jLnissenson@aol.com).
- There are numerous open positions available at the convention itself, including registration, goody bag/T-shirt distribution, seminar hosts, etc. Please register for any of these positions at [http://www.active.com/page/Event\\_Details.htm?event\\_id=1645382&assetId=b40c9408-e47b-4ed0-b307-5662271d62aa](http://www.active.com/page/Event_Details.htm?event_id=1645382&assetId=b40c9408-e47b-4ed0-b307-5662271d62aa).

DSE members can get a discount for both the convention and for the companion race, which is the Presidio 10M/10K (held on Sunday, March 29). These codes are:

- Convention—DSE09 (for use with online registration at Active). Link to register for the convention is [http://www.active.com/page/Event\\_Details.htm?event\\_id=1637727&assetId=61571db8-270e-4ae5-a808-036a01fa8f59](http://www.active.com/page/Event_Details.htm?event_id=1637727&assetId=61571db8-270e-4ae5-a808-036a01fa8f59). You can also obtain a paper application at the weekly DSE races.
- Race—2009rrca. This can be used with either online registration at [www.Active.com](http://www.Active.com) or on the paper application. Please see [www.presidio10.com](http://www.presidio10.com) to register. Also, there will be a Club/Team competition category for the race, so please be sure to enter DSE Runners in this field.

We hope to see many DSE members helping or attending the convention, and participating in the Presidio 10 race. You can also attend the convention expo at no charge if you don't elect to attend the many seminars and other events.

## CLASSIC STU-PEDS

by Stu Ruth



*FROM THE PRESIDENT'S DESK*  
*continued from page 1*

that I will faithfully execute, and will to the best of my ability exercise the DSE Mission Statement: "To encourage runners/walkers of all levels to compete, socialize, have fun, and improve ourselves."

Thanks for your support.

## BOARD MEETING FEBRUARY 15

A Board Meeting will take place immediately following the 2/15 Ballpark 5K. All club members are welcome to attend, please send your RSVP to Grant by February 12 at [grantjohnson@gmail.com](mailto:grantjohnson@gmail.com).

## MARCH RACE SCHEDULE

There is NO DSE Race on February 1. Club members are encouraged to run or volunteer at the Kaiser Permanente Half Marathon. On February 8, come down to the Sawyer Camp Trail 5K/10K in San Mateo to enjoy the scenic run along the tranquil shores of Crystal Springs Reservoir. February 15 your chance to run around the first privately financed ballpark in Major League Baseball since Dodger Stadium (1962) at the Ballpark 5K. Feel free to high-five the nine-foot statue of Willie Mays as you run by, twice. On February 22nd at the Embarcadero 10K, you can multitask by taking in many of San Francisco's most famous sights such as Fisherman's Wharf, Pier 39, and the Ferry Building. I recommend clam chowder for after the race.

**RRCA CONVENTION 3/26-29**

The RRCA Convention is returning to SF after a 20+ year hiatus. I encourage all DSE members to help make this an event to remember by signing on as a

*continued on page 3*

◆◆◆◆◆ How to contact the DSE Newsletter ◆◆◆◆◆

## ◆ ◆ How to contact the DSE ◆ ◆

*The DSE Newsletter is published monthly for the DSE Running Club.*

**Mail/Phone/Email Address**

The DSE Newsletter mailing address is  
Jane Colman  
692 60th Street  
Oakland, CA 94609-1420  
Phone 510-652-3116  
Email [janecol@earthlink.net](mailto:janecol@earthlink.net)

## 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.

## 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

volunteer—contact George Rehmet at [rehmet\\_runs26.2@sbcglobal.net](mailto:rehmet_runs26.2@sbcglobal.net)—and attending any or all the convention events and the accompanying host race, Presidio 10M & 10K. The article on page 2 has additional information.

### EXERCISING PROPER RUNNER'S ETIQUETTE

At the 1/18 Waterfront 10M, a cyclist stopped by informing a club member he was a victim of improper runner's etiquette. He claims that runners in our race monopolized the bike lane, forcing him to turn off into the driving lanes, nearly causing him an accident. In addition as he was passing by, the outside runner elbowed him. He filed an official police report. Regardless of whether this was an isolated incident, all DSE race participants are requested to follow the rules of the law. This means do not infringe on non-race participants rights. Lets not do anything to tarnish DSE name.

### SENIOR VICE PRESIDENT

25th, Joel Rizzo sent the Board of Directors his resignation as Vice President. Please note the DSE's operations will not be affected by this. The Board is currently looking into the proper procedures for replacing a Board Member.

I deserve it; don't get me wrong. It's just that there is a well-kept secret about energy usage that for the most part renders the above all-but-trivial. Put another way, I could have driven an 8 mpg Hummer to the more than 50 races and expos I attended last year and I'd still be an eco-award finalist.

What'd he just say?

A bit more than two years ago the Food and Agricultural Organization of the United Nations released a report, "Livestock's Long Shadow," that documents the sources of greenhouse gas emissions, those pesky buggers responsible for this little problem you may have heard about called global warming. The report boldly states that livestock generates more "greenhouse gas" (pun intended) than all transportation combined. Don't take my word for it; check it out at <http://www.fao.org/newsroom/en/news/2006/1000448/index.html>.

Since seeing Barbara's request for submissions for the DSE eco-award—less than a month ago—I've learned of additional significant media stories recently published that echo the U.N. report. For example, the current issue of Audubon Magazine has an article titled, "The Low-Carbon Diet: Change your light bulbs? Or your car? If you want to fight global warming, it's time to consider a different diet." Here's a link: <http://www.audubonmagazine.org/features0901/viewpoint.html>.

The Natural Resources Defense Council also weighed in on the subject with, "Another Reason to Eat Less Meat" last November. You can find that one here: <http://www.nrdc.org/thisgreenlife/0711.asp>. It's worth noting that while these two organizations have respectable green credentials, neither is exactly PETA.

Which brings us back to me. I'm one of very few vegan DSE members. This means that if I drive a car that gets 25 mpg while fueling myself with solely with food that grows from the ground (but not while I'm driving, of course), my carbon footprint is actually lighter than if I run or bike everywhere I go and eat a Standard American Diet (SAD). Or, put another way, a fork causes far more global warming than a car key.

Which is why this is the one DSE event where I deserve the first-place ribbon.

Barbara is ready to start collecting 2009 eco-stories. Send your submission to Barbara Robben, 1964 El Dorado, Berkeley, CA 94707, 510-524-2383, or electronically to the newsletter editor at [janecol@earthlink.net](mailto:janecol@earthlink.net).

## 2009 ECO-AWARDS

At the recent Gala, **Barbara Robben** handed out eco-awards to DSE members **Ken Reed**, **Greg Brown**, **Harry Cordellos** and **Jim Kauffold**, and **Joseph Connelly**, all of whom submitted their "eco-stories" of how they get to the DSE races. **Bobby Marty** also received an honorary award because, while he does not bring other people to the DSE runs in his truck, he does bring **all** of the equipment we need for the races, every single week.

*From Ken Reed:* I started biking last year to the DSE races, Saturday AM DSE GGP Water Fountain runs, and Tai Chi lessons at the GGP Senior Center recently. It began as a way to exercise and give my feet a rest, after experiencing chronic plantar fasciitis and peripheral neuropathy for the past couple of years. I stopped running and began walking some. I now bike to DSE and volunteer or power walk, and bike to the post office, Trader Joe's, etc. This way I save the gas for longer trips, heavy loads, and family trips.

*From Jim Kauffold:* Harry Cordellos walked three blocks to the bus stop in Novato and took the bus 33 miles to the Golden Gate Bridge, where he transferred to bus 29 which took him to 25th Avenue and Fulton. He then walked with Jim Kauffold to the start of the Arts & Sciences 5K DSE run.

*From Greg Brown:* Every week I run to the race, run the race, and run back home.

*From Joseph Connelly:* I'm tickled green to learn that Barbara Robben has proposed a DSE "eco-award" as a way of encouraging and fostering environmental stewardship in our great club. As Barbara astutely observed in the January DSE News, "(W)e humans will need to tread more lightly on the Earth in the future—if we, and the Earth, are going to survive." Hallelujah!

In 2009 I ran 48 races. I either walked, biked, or carpooled to 31 of these, including 21 of the 35 DSE runs I attended, as runner or volunteer. I even drove my bike to the finish line of the Bridge-to-Bridge 12k, drove back to the Sunset, took MUNI to the start of the race, ran 7.5M and then biked home, sore legs and all. I'm not counting this one; just thought it was a funny tidbit.

In addition, three of my '09 races were of the large, "Pre-race Expo" type. For all three I rode public transportation to and fro the Expo.

And in 2004, I was the founding "Green" columnist for SF Gate. For all I know, I might have green blood, to match my green Prius.

Still, none of the above is why I should take home the statue on Oscar night. Oh,





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

**December 28, 2008**

**Mission Rock 5K**

**Race Director:** Oliver Chan

**Volunteers:** Amy Sonstein, John Woods, Bobby Marty, Joseph Connelly, Calvin Chan, Kelly Emo, Erika Kikuchi, Kevin Lee, George Rehmet, Phyllis Nabhan, George Sacco, Robert Brizuela, Jason Reed, Uwe Schling, George Teiber



**Race Director Oliver Chan**

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PL	NAME	AGE	TIME
1	Josh Andrews	25	17:02
2	Russell Buckholden	22	17:21
3	Josue Arriaza	21	18:04
4	Kennet De Silva	26	18:06
5	Kenley Gaffke	30	18:39
6	Mark Orders	50	18:49
7	Kirk Flatow	50	19:03
8	Markham Miller	44	19:21
9	David Ripp	56	19:27
10	Sloane Cook	19	19:28
11	Kelsey Ripp ①	18	19:42
12	David Altena	47	19:46
13	Josh Shipp	27	20:13
14	Michael Gulli	49	20:27
15	Seth Portner	38	20:48
16	Jim Flanigan	59	20:58
17	Steven Pitsenbarger	40	21:06
18	Michael Sweet	39	21:12
19	Royce Kallerud	40	21:15
20	Rick Erkkila	32	21:23
21	Steve Stephens	65	21:33
22	Pete Nowicki	50	21:35
23	Mitch Gordon	30	21:36
24	Robert Young	41	21:37
25	Amy Sonstein ②	39	21:49
26	Miguel Guerrero	39	21:55

27	Leo Rosales	54	21:59
28	Jorge Larre	52	22:15
29	Pete McGrath	49	22:25
30	Erika Kikuchi ③	30	22:29
31	Daz Lamparas	56	22:38
32	David Klinetobe	47	22:39
33	Kelly Emo ④	44	22:42
34	Kenneth Fong	47	23:05
35	Patrick Lee	61	23:06
36	Rene Menjivar	52	23:22
37	Larry Wuerstle	53	23:33
38	Marie Carlotti ⑤	52	23:34
39	Christopher Swanson	27	23:35
40	Theo Jones	70	23:41
41	George Baptista	66	23:44
42	Mark Prichard	53	23:51
43	Joe Czech	55	23:57
44	James Smith	36	23:57
45	John Trayers	32	24:15
46	Christina Trayers	33	24:19
47	Kristin Slye	39	24:21
48	Keith Johnson	70	24:32
49	Maria Pantoja	28	24:38
50	Neal Ashton	52	24:42
51	Paul Mosel	67	24:56
52	Jenny Yang	29	25:00
53	Steve Nissenson	60	25:07
54	William McCarty	61	25:08
55	Gregory Brown	59	25:14
56	Ben Chelf	30	25:18
57	Callahan	44	25:19
58	Faustine Dufka	18	25:28
59	Bernard Conlo	42	25:33
60	Nancy Portner	38	25:43
61	Sabina Bannon	47	25:52
62	Gary Brickley	56	26:01
63	Mary Scholten	39	26:12
64	Jeff St. Claire	43	26:17
65	Thomas Smiley	51	26:17
66	Mort Weisberg	72	26:21
67	Joseph Connelly	47	26:22
68	Peter Royce	74	26:24
69	James Golden	57	26:24
70	Janet Nissenson	49	26:59
71	Christian Blakey	11	27:02
72	Carolyn Matula	48	27:04
73	Wendy Newman	58	27:20
74	Denise Foldenauer	35	27:22
75	Pat Garamoni	60	27:35
76	Matt Cinco	14	27:38
77	Vincent Conlu	11	27:40
78	Milinda Lommer	39	27:45
79	Jane Czech	56	27:55
80	Carisa	26	28:31
81	Matt Covey	41	28:43
82	April French	11	28:51
83	Henry Nebeling	76	29:02
84	Aila Norkola-Brookins	48	29:06
85	Dave Nguyen	26	29:08
86	Lisa St. Claire	42	29:17
87	Kathleen Bannon	50	29:44
88	Catherina	26	30:10
89	Kris Aquino	30	30:36
90	Kate Earnart	32	30:46
91	Jonathan Arullano	23	31:34
92	Jill Gawaran	23	31:34
93	Sam Roake	72	31:36

94	Jim Kauffold	71	31:38
95	Robin Fowler	47	31:48
96	Bill Woolf	73	32:04
97	Virginia Rosales	45	32:12
98	Jeannine Mahoney	47	32:33
99	Jeanie Jones	73	32:53
100	Demetrio Silva		32:54
101	Kay Teiber	69	33:16
102	Allis Yang	30	33:37
103	Sharon Finston	48	33:40
104	Bob Finston	54	33:41
105	Carolyn Latham	21	33:42
106	Tammy Magid	35	34:03
107	Karen Javellana	32	37:25
108	Tina Ebojo	34	37:30
109	Eric Legaspi	33	37:30
110	Susan Illegible	56	37:53
111	Jane Colman	65	38:08
112	George Sacco	71	38:08
113	Cathy Dietzen	44	38:17
114	Brian Monsayac	30	38:22
115	Elaine Koga Kennelly	66	39:15
116	Paul Kennelly	63	39:15
117	Tiffany Tweedie	38	41:42
118	Bob Theis	80	42:16

#### SELF-TIMERS

Phillip Bassow	76
Sherrie Golda	66
Marcia Martin	56
Laura Jo Flanigan	19
Jane Lee	58
Don Watson	79
Richard Hannon	73
Robert Brizuela	69



**The front pack leaving Mission Rock**

Photo by Don Watson

**January 1, 2009**

**Hangover Fun Run, 4M**

Sixty-eight people showed up on a foggy but pleasant New Year's morning for the annual ritual of running or walking from the lower parking lot across the Golden Gate Bridge and back. We started at many different times, and got to meet many friends coming and going—truly a wonderful way to start a new year.

Liese Rapozo  
Wally Rapozo  
Bob Theis  
Paul Mosel  
Robert Brizuela  
George Baptista

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Kevin Lee  
Edmond Wong  
Bobby Marty  
Mike Marty  
Ken Reed  
Calvin Chan  
Phyllis Nabhan  
R. Silverman  
Tom Boyd  
Yong Haber  
Fred Haber  
Mort Weisberg  
Jane Colman  
Nicholas Brown  
Elaine Gecht  
Keith O. Johnson  
Marcus Johnson  
Marcia Martin  
Jeff Houston  
Sharon Melmon  
Elaine Koga Kennelly  
Paul Kennelly  
Jeanie Jones  
Theo Jones  
Bill Woolf  
Wendy Newman  
Bob Morris  
Peter Royce  
Rose Royce  
Marie Appel  
Gary Brickley

Patrick Lee  
Jane Lee  
Russell Breslauer  
Ellen Breslauer  
Larry Wuerstle  
Ramona Piona  
Randy Piona  
Naomi Stanford  
Milinda Lommer  
Edward Haack  
Maggie Haack  
Lisa St. Claire  
Jeff St. Claire  
Don Daniel  
Marcie Daniel  
Tom Huster  
Joe Connelly  
Ken Fong  
Diane Okubo-Fong  
John Lang  
Jeanette Figueroa  
Jack Bascom  
Aaron Low  
Janice ?  
Cammie Dingwall  
Chikara Omine  
Tyler Abbott  
T.T. Abbott  
Ron Dorey  
Key Dorey  
Taranga Borba



The Annual Hangover Run Group Shot

© 2009 Paul Mosel

January 4, 2009

Lake Merced 4.5M

**Race Director:** Gary Brickley

**Volunteers:** Jason Reed, Bobby Marty,  
Joseph Connelly, Calvin Chan, Phyllis  
Nabhan, Chikara Omine, Susie Parano,  
George Sacco, Uwe Schling, George Teiber,  
Vince French

Race Director Gary Brickley

© 2009 Paul Mosel



PL	NAME	AGE	TIME
1	Neil McDonagh	27	23:51
2	Jin Daikoku	25	25:39
3	Matt Patout	36	26:09
4	Kennet De Silva	27	26:46
5	Mark Orders	50	27:26
6	Daniel Teshima	18	27:37
7	Adam Lucas	41	27:56
8	Sloane Cook	19	27:58
9	David Ripp	56	28:04
10	Roy Clarke	53	28:18
11	Gavin Ramos	14	28:38
12	Vincent Gulli	19	28:40
13	Markham Miller	44	28:43
14	Kelsey Ripp ①	18	28:56
15	Carolyn Latham ②	21	29:48
16	Michael Gulli	49	29:50
17	Heather Leutwyler ③	30	29:54
18	Michael Sweet	39	30:01
19	Mark Peters	33	30:35
20	Rick Torreano	59	30:43
21	Steven Pitsenbarger	40	30:50
22	Brian Herndon	37	31:02
23	Lisa Chin ④	26	31:03
24	Dave Flinn	42	31:07
25	Tim	26	31:08
26	Noe Castanon	38	31:09
27	Hans Facer	56	31:17
28	Robert Britain	50	31:22
29	Daryl Luppino	49	31:35
30	Eduardo Vazquez		31:52
31	Burton Lee	36	31:53
32	Sarah Orders ⑤	13	31:57
33	Stella Hall	23	32:02
34	Owen McDonagh	24	32:04
35	Jesse Ramos	46	32:06
36	Pamela Richardson	32	32:17
37	Todd Stevens	36	32:19
38	Leo Rosales	54	32:22
39	Amy Sonstein	39	32:32
40	Tim Caulfield	24	32:37
41	Howard Solomon	42	32:54
42	David Klinetobe	48	33:08
43	Tyler Abbott	47	33:12
44	Miguel Guerrero	39	33:16
45	Erika Kikuchi	30	33:19
46	Kenneth Fong	47	33:21
47	Mitch Gordon	30	33:27
48	Phil Melman	43	33:41
49	Wayne Plymale	57	34:02
50	Ed Caldwell	50	34:08
51	Noah Feinstein	32	34:11
52	Ed Kinchley	59	34:13
53	Marie Appel	44	34:15
54	Mark Prichard	53	34:47
55	Patrick Lee	61	35:06
56	George Baptista	66	35:38
57	NO NAME		34:41
58	Mark Kelley	52	35:51
59	Maria Pantoja	28	35:58
60	Lauren Porter	23	36:01
61	Paul Mosel	67	36:05
62	Denise Leo	33	36:07
63	Luis Vargas	51	36:12
64	Keith Johnson	70	36:22

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LAKE MERCED 4.5M  
continued from page 5

65	Neal Ashton	52	36:29
66	Kathleen Lail	40	36:38
67	Steve Nissenson	60	36:49
68	Fran Bendavid	36	36:53
69	Fred Johnston	46	36:59
70	Jane Stephens	13	37:16
71	Meg Keaney	31	37:33
72	Gregory Brown	59	37:46
73	Sandra Sigurdson	52	37:51
74	Mike Gaughan	22	38:04
75	Mort Weisberg	72	38:12
76	Stephanie Soler	34	38:39
77	Don Elsener	53	38:44
78	Joseph Connelly	47	38:56
79	Theo Jones	70	39:03
80	TURKEY		39:24
81	Janet Nissenson	49	39:36
82	Larry Cawaling	47	39:38
83	Dave Picariello	54	39:44
84	Matt Stanton	38	40:02
85	Peter Royce	74	40:07
86	Pat Geroni	60	40:09
87	Marian Lyons	61	40:12
88	Chris Gaughan	00	40:35
89	Wendy Newman	58	40:48
90	Milinda Lommer	39	41:32
91	Thomas Smiley	51	44:45
92	Vanessa Guzman	23	41:50
93	Johanna Merriss	58	41:55
94	Justin	24	42:08
95	Joseph Delos Reyes	26	42:11
96	Adrian Wong	58	42:24
97	Jason Clarke	35	42:41
98	Lauren Dickey	26	42:48
99	Yong Haber	50	42:49
100	Jim Stratta		43:06
101	Leticia Gonzalez	32	43:12
102	P. Teng	35	43:23
103	Jack Bascom	67	44:00
104	Bob Finston	54	44:19
105	Lisa St. Claire	42	44:27
106	Brian Hartley	55	44:28
107	Jim Kauffold	71	44:41
108	Sam Roake	72	44:49
109	Mike Hung	58	45:21
110	Rocco Mullinax	35	45:33
111	Vincent Aguigui	49	45:34
112	Bill Woolf	73	45:38
113	Barbara Robben	74	45:45
114	Karen O'Grady	37	46:00
115	Cowboy Guy	00	46:02
116	Robin Fowler	47	46:06
117	Jane Colman	65	46:17
118	Tom Huster	65	46:19
119	M. Johansson	00	46:20
120	Gloria Joo	00	46:22
121	Mike Rowan	44	47:24
122	Kay Teiber	69	48:13
123	Brenda Cawaling	47	48:34
124	Sharon Finston	48	52:10
125	Virginia Rosales	45	52:40
126	Francisco Nieves	39	53:32
127	Angelica Castellanos	38	53:56
128	Shannon Luppino	12	56:39
129	Lucy Wing	51	57:01



Heading out around the lake  
Photo by Don Watson

130	Dennis Hassler	75	57:27
131	Margo Banowicz	49	57:29
132	Paul Kennelly	63	58:44
133	Elaine Koga Kennelly	66	58:44
134	Bob Theis	80	59:24
135	Judith Jarosz	68	60:05
136	Chia-Lyn Lai	30	72:18

SELF-TIMERS

Barbara Weaver	32
Bob Morris	
Carolyn Clark	
Don Watson	79
Jane Lee	58
Jef Houston	50
Kim Chee Kim	3
Liese Rapozo	81
Marcia Martin	56
Richard Finley	60
Richard Hannon	73
Robert Brizuela	69
Wally Rapozo	80

January 11, 2009

Arts & Sciences 5K

Race Director: Grant Johnson

Volunteers: Bobby Marty, Kevin Lee,  
Calvin Chan, Peggy Kang, George Sacco,  
Roy Clarke, Joseph Connelly, Susanne  
Steggerda, Ken Reed, Vince French



Race Director Grant Johnson  
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PL	NAME	AGE	TIME
1	William Hudson	27	15:53
2	Chikara Omine	26	16:46
3	Ben Jarrett	29	16:55
4	Daniel Sanchez	25	17:24
5	Ian Macnider	23	17:42
6	Jason Reed	29	17:53

7	Kennet De Silva	27	17:55
8	Eduardo Vazquez	36	18:02
9	Luis Montoya	26	18:11
10	Ky Faubion	23	18:16
11	Take Ogawa	32	18:34
12	Adam Lucas	41	18:46
13	Markham Miller	44	19:03
14	Peter Sheldon	41	19:03
15	Michael Gulli	49	19:13
16	Stanley Hu		19:36
17	Jason Grillo	34	19:43
18	Adam Brink	35	19:46
19	Brian Schultz	41	19:59
20	Michael Sweet	39	20:27
21	Gene French	62	20:32
22	Will Colglazier	28	20:37
23	Steven Pitsenbarger	40	20:38
24	Robert Britain	50	20:47
25	Joseph Macrino	23	20:51
26	Noe Castanon	38	20:52
27	Rick Torreano	59	20:52
28	David Lorsch	38	21:01
29	Luis Vargas	51	21:07
30	Steve Stephens	65	21:09
31	Daryl Luppino	49	21:10
32	Matt Barger	51	21:13
33	Mark Hayes	34	21:18
34	Ernie Rivas	58	21:22
35	Kristin Brink ①	31	21:26
36	Leo Rosales	54	21:28
37	Michael Dunne	24	21:57
38	Riya Suising	41	21:58
39	Stella Hall ②		22:07
40	Miguel Guerrero	39	22:09
41	Bill Marlow	64	22:14
42	Amy Sonstein ③	39	22:17
43	Eran Bendard	26	22:19
44	Jorge Larre	52	22:25
45	Tyler Abbott	47	22:30
46	Mark Prichard	53	22:56
47	Kenneth Fong	47	23:01
48	Michael Allen	37	23:07
49	Larry Wuerstle	53	23:14
50	Matthew Fabry	36	23:22
51	Jeff Bennett		23:42
52	Sharon Melman ④	44	23:45
53	George Baptista	00	23:46
54	Patrick Lee	61	23:52
55	Cath Kemp ⑤	28	24:00
56	Robert Rill	26	24:01
57	Kim Skidmore	38	24:03
58	Maria Pantoja	28	24:05
59	Thomas Smiley	51	24:07
60	Lauren Porter	23	24:12
61	Paul Mosel	67	24:15
62	Steve Nissenson	60	24:18
63	Matthew Higgins	33	24:39
64	Adam Brill	26	24:41
65	Matt Hartwell-Herrero	38	24:41
66	Kathleen Lail	40	24:44
67	Gary Brickley	56	24:49
68	Lucy Wing	51	24:58
69	Don Elsener	53	25:03
70	Simon Yu	35	25:11
71	Michael Trimble	34	25:11
72	Sandra Sigurdson	52	25:23

continued on page 7

# ARTS & SCIENCES 5K

continued from page 6

73	Andres Stinchfield	31	25:24
74	Jeff St. Claire	42	25:26
75	Adrian Wong	58	25:29
76	Joseph Connelly	47	25:38
77	Sabina Bannon	47	25:50
78	Rye Purvis	20	25:52
79	Jerry McGowan		25:59
80	Theo Jones	70	26:03
81	Nadia Roan	29	26:04
82	Danny Yang	33	26:05
83	Tim Little	23	26:11
84	Kelly Finnigan	26	26:12
85	Uwe Schling	38	26:16
86	Lisa Grifflin	43	26:17
87	Peter Royce	74	26:23
88	Sara Bothwell	33	26:33
89	Janet Nissenson	49	26:35
90	Mark Kelley	52	26:39
91	Julia Pellegrini	30	26:41
92	Sarah Lauffer	29	26:43
93	Shawn Myers	29	26:45
94	Stan Cheng		27:17
95	Doug Brown	58	27:19
96	Yun Wang	33	27:28
97	Jane Wynne	09	27:36
98	Nicholas Mitdousis	29	27:41
99	John Wynne	42	27:43
100	Jocelyn Thein	33	27:46
101	Michele Lin	34	27:47
102	April French	11	28:00
103	Regina French	49	28:02
104	Marian Lyons	61	28:05
105	Julia Bloch	35	28:06
106	Jennifer Wuest	32	28:07
107	KC Bly	32	28:08
108	Joanna Sullivan	30	28:09
109	Thanh-Tam Ho	28	28:10
110	Aaron Shershow	42	28:12
111	Jim McBride	66	28:16
112	Sean Glang	34	28:17
113	Bob Finston	54	28:26
114	Mary Durbin	39	28:34
115	Henry Nebeling	76	28:42
116	Steve Kim	26	28:44
117	Beverly Cabanntan	31	28:47
118	Amanda Arnett	29	28:57
119	Susan Skidmore	47	29:02
120	Kristina Palmieri	25	29:06
121	Viviana Kempster	29	29:10
122	Betsy Fuller	46	29:12
124	Lisa St. Claire	42	29:17
123	Jack Bascom	67	29:20



Chasing down Kennedy Drive  
Photo by Don Watson

125	Eric Shackelford	58	29:27
126	Tom Huster	65	29:29
127	Kathleen Bannon	50	29:43
128	Wendy Newman	58	29:49
129	Sam Roake	72	29:55
130	Jim Kauffold	71	29:56
131	Suzana Seban	55	30:08
132	Caron Shipley	51	30:20
133	Jane Colman	65	30:30
134	Sonya Hernandez	31	30:40
135	Lena Nilsson	45	31:08
136	Bill Woolf	73	31:42
137	Barbara Robben	74	31:50
138	Virginia Rosales	45	31:53
139	NO NAME	73	32:00
140	Floe	67	32:04
141	Mike Hung	58	32:04
142	Erika Altamirano	34	32:29
143	Sylvia	37	32:31
144	Sharon Garske	34	32:32
145	Jeff Darrow	59	33:28
146	Harry Cordellos	71	33:41
147	Gregory Brown	59	33:41
148	Karina Partida	25	33:55
149	Evelyn Campos	24	33:57
150	Sharon Finston	48	35:02
151	NO NAME		35:48
152	Dennis Hassler	75	36:01
153	Lauren Cleveland	00	37:03
154	Lori Hebert	32	37:04
155	Carolina Castanon	13	37:15
156	Cathy Dietzen	44	37:33
157	Sally Fairchild	54	37:35
158	Amy Kivett	32	37:36
159	Diana Wang	30	37:41
160	Shannon Luppino	12	38:52
161	Robyn Orr	32	38:52
162	Elaine Koga Kennelly	66	39:27
163	Paul Kennelly	63	39:28
164	Cristine Thurber	24	39:48
165	Darrin Thurber	25	39:49
166	Stacey Roberts-Ohr		39:59
167	Wampler	45	42:02
168	Phil Prather	39	42:03
169	Brad Shipley	55	42:12
170	Xiomara Zavala	35	42:16
171	Evan Pippen	29	44:21
172	Tiffany Jefferson	26	44:22
173	Bob Theis	80	44:51
174	K. Kennads	42	44:52
175	Rosalyn Yu	36	46:48
176	Bob Towler	68	48:00
177	J. Diesi	35	49:30
178	Graham Jenkin	37	49:31
179	Kristin Jenkin	37	51:00
180	Jessica Lopretta	31	51:01
181	Kathryn Guziejka	50	51:02
182	Deidre Henshaw	53	51:03
183	Stefani Simpson	34	51:03+
184	Linda Petrie	39	51:03+
185	Steve Simpson	36	51:03+
186	Zachary Simpson	6	51:03+
187	Skylar Simpson	4	51:03+

## SELF-TIMERS

Angelica Castellanos	38
Bob Morris	
Carolyn Clark	

Don Watson	79	
Ed Olkowski	66	56:34
Gary Davis	56	
Jane Lee	58	
Jesse Agbayani	57	
Kim Chee Kim	3	
Liese Rapozo	81	
Richard Finley	60	
Robert Brizuela	69	
Roxanna Pezzy		
Wally Rapozo	80	

January 18, 2009

Waterfront 5K & 10M

Race Directors: George Baptista and Jim Kauffold

Volunteers: Barbara Robben, Kevin Lee, Bobby Marty, Lisa St. Claire, Calvin Chan, Noe Castanon, Chikara Omine, Pat Geramoni, Feed Haber, Patrick Lee, George Sacco, Peggy Kang, Harry Cordellos, Phyllis Nabhan, Janet Nissenson, Richard Hannon, Jim Pommier, Sandra Sigurdson, Joseph Connelly, Steve Nissenson, Judith Jarosz, Suzana Seban, Ken Reed, Vince French



Co-Race Director George Baptista

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## 5K

PL	NAME	AGE	TIME
1	Alan Dunleavy	31	18:23
2	David Goodin	39	18:30
3	Jim Moore	49	20:31
4	John Sullivan	43	20:38
5	Jim Flanigan	59	21:00
6	Mike Slattery	53	21:09
7	Hans Facer	56	21:21
8	Anna Slattery ①	49	21:45
9	Ernie Rivas	58	21:49
10	Matthew Fabry	36	21:55
11	Muntashir Hossain	31	21:57
12	Monique Hamlet ②	16	22:02
13	Mike Dunne	24	22:06
14	Jim Buck	66	22:46
15	John Dale	46	22:51
16	Karl Olson	56	22:57
17	Pete De Los Reyes	54	22:59
18	Robert Rill	26	23:19
19	Will Kuehn	35	23:26
20	Craig Edwards	63	23:35
21	Larry Wuertle	53	23:36
22	Erin Berard ③	28	23:43
23	James Berard	29	23:44

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# WATERFRONT 5K

continued from page 7

24	Crystalina Guevarra ④	27	23:50
25	Karin Andrews ⑤	48	23:51
26	J. Trayers	31	23:56
27	Andres Stindifield	31	23:59
28	Christina Trayers	33	24:06
29	Stephanie Soler	34	24:08
30	Patrick Lee	61	24:19
31	Matt Higgins	33	24:22
32	Diana Keh	26	24:26
33	Jesse Ramos	46	24:28
34	Carlos Rucker	23	24:34
35	Steve Nissenson	60	24:37
36	Kathleen Lail	40	24:48
37	Benjamin Dillenberger	32	24:57
38	Alice Lee	49	25:09
39	Jeff Smith	36	25:13
40	William McCarty	61	25:15
41	Emily Ferrey	27	25:45
42	Theresa Adams	27	25:50
43	Claudia Cabiera	23	26:04
44	Antonella Alunni	24	26:06
45	Sandra Sigurdson	52	26:11
46	Sabina Bannon	47	26:20
47	Jenifer Crouse	34	26:25
48	Brooke Meredith	26	26:26
49	Veronica Tapia	24	26:31
50	Christina Chun	23	26:34
51	Erin Kriessmann	39	26:41
52	Lisa Morgan	22	26:43
53	Brian Doyle	35	26:49
54	Jerry McGowan	70	26:53
55	Dana Farkas	49	26:59
56	Shawn Alexander	28	27:15
57	Sandy Feigin	24	27:30
58	Terri Pagano	31	27:45
59	Kendra Stewart	26	27:47
60	Christian Blakey		27:49
61	Janis Abbingsole	39	27:54
62	April French	11	28:15
63	Nicoli Trefil	15	28:16
64	Imre Trefil	51	28:20
65	Joe Alsup	25	28:23
66	Jack Olson	12	28:26
67	Regina French	49	28:27
68	Yong Haber	50	28:29
69	Tom Huster	65	28:30
70	Dominique Uskert	27	28:37
71	Judith Waitz	49	28:43
72	Marvina Naumezi		28:47
73	Christine Naurot	33	28:48
74	Johanna Merriss	58	28:56
75	Thuy Le	37	29:01
76	Mark Lewis	43	29:02
77	Chris Brischel	60	29:17
78	Zoraida Rodriguez	24	29:28
79	Kathy Middleton	24	29:29
80	Mary Rose Fabi	35	29:29
81	Suzana Seban	55	30:02
82	Kathleen Bannon	50	30:16
83	Molly Omei		30:42
84	Christina Ignacio	25	30:44
85	Jenni Bay	25	30:45
86	Marissa Plume	27	30:47
87	Seana Hull	29	30:59

88	Robin Fowler	47	31:10
89	Dan Shrader	41	31:13
90	Erika Altamirano	34	31:29
91	Dinnis Murphy	58	31:31
93	Alec Hayward		31:34
92	Amber Overholser		31:36
94	Marian Easthope	43	31:46
95	Johnny McCluhan	07	32:04
96	Joanne McCluhan	39	32:05
97	Barbara Robben	74	32:07
98	Jack Bascom	67	32:08
99	Jeff Darrow	59	32:52
100	Shanna Moore Gurrilina	37	33:04
101	Tina Paredes	34	33:07
102	Jennifer McKey	38	33:20
103	Lena Moman	32	33:27
104	Leonie Barrera	39	34:14
105	Mike Grady	31	34:23
106	Cindy Grady	37	34:27
107	Katherine Thrower	33	34:33
108	Molly Hanks	33	34:34
109	Cristina Mann	30	34:35
110	Elizabeth Revelli	31	34:46
111	Lauren Cleveland	27	35:25
112	Catherine Cross	54	36:15
113	Saptarshi Roy	32	36:20
114	Brian Alfaro		36:24
115	Daniel Randleman	31	36:30
116	Shunsuke Nakota	21	36:32
117	Amanda Record	25	36:34
118	Vanita Nemali	39	36:37
119	Lorraine Leong	51	37:10
120	Kimberlie Moriwaki	53	37:12
121	Robyn Orr	32	37:15
122	Jewell Fix	17	37:50
123	Shannon Luppino	12	38:10
124	Margo Banowicz	49	38:41
125	Sally Fairchild	54	38:52
126	Sofia Sebastiani	17	39:00
127	Sarah Abbey	17	39:02
128	Denise Olivera		39:04
129	Kara Stokes	32	39:11
130	Heather Jordan	33	39:22
131	Yamileth Verdin	18	39:33
132	Paige Tompkins	45	39:35
133	Anne Larson	44	40:16
134	Sonya Link	30	40:17
135	Bob Theis	80	41:36
136	Nancy Compton	31	43:02
137	Christina Beck	32	43:04
138	Denisse Gonzalez	25	43:06
139	Stephanie Wong	58	44:41
140	Joanne Desmond	41	45:39
141	Laurie Haggerty	51	51:49



At the registration/snack table

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142	Kathie Schwartz	58	51:50
143	Marlene Cabrera	14	59:44
144	Adriana Huerter	39	59:45

## 10M

1	William Hudson	27	55:16
2	Shawn Gallagher	48	60:07
3	Ian Macnider	23	60:10
4	Spence Green	27	61:25
5	John Chapin	42	61:30
6	Matt Patout	36	62:16
7	Joel Lanz	36	62:25
8	Luis Montoya	26	63:18
9	Kenley Gaffke	30	64:09
10	Peter Hsia	48	64:30
11	Jeff Pauley	39	64:36
12	Roy Clarke	53	64:44
13	Kevein Lohner	34	65:01
14	Mark Orders	50	65:44
15	Kerry Easthope	40	67:10
16	John Spriggs	47	67:52
17	Bob Anderson	61	68:49
18	David Altena	47	69:01
19	Ryan Hoffman	26	69:37
20	Heather Donnelly ①	36	69:45
21	Heather Leutwyler ②	30	70:31
22	Mark Peters	33	71:09
23	Steve McCluhan	38	71:23
24	Rick Torreano	59	71:34
25	Ian Reid	65	72:01
26	Doug Taylor	45	72:03
27	Brian Eagleson	35	72:06
28	Luis Vargas	51	72:23
29	Joseph Macrino	23	72:25
30	Joey Navarro	40	72:28
31	Burton Lee	36	72:31
32	Michael Sweet	32	72:42
33	Daryl Luppino	49	74:05
34	Kenichi Matsumura	31	74:07
35	Nichole Stemberger ③	28	74:21
36	Edward Haack	40	74:23
37	Riya Susing	41	75:01
38	Michael Gaiman	25	76:07
39	Andrea Forker ④	29	76:16
40	Kelly Emo ⑤	44	76:21
41	Keith Sonberg	52	76:41
42	Andrew Lastowka	29	77:06
43	Lana Barkhordarian	27	77:15
44	Liliana Roman	28	77:20
45	NO NAME #1	50-59	77:28
46	Chad Forrest	34	77:29
47	Steven Pitsenbarger	40	77:30
48	Leo Rosales	54	77:50
49	David Klintobe	48	77:55
50	Patrick Oh	35	78:40
51	Jorge Larre	52	78:43
52	Ed Celestina	58	78:46
53	Edward Caldwell	50	78:48
54	Cammie Dingwall	45	78:56
55	Vicki Randall	51	79:02
56	Jim McCormick	56	79:10
57	Olivier Combeau	37	79:26
58	Gabriela Parra	41	79:31
59	George Hirsch	74	79:54
60	Daz Lamparas	56	80:21
61	Rene	52	80:24

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**WATERFRONT 10M**  
continued from page 8



**Bill Woolf with a bevy of beauties,  
all Waterfront 10M finishers**  
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62	Andrew Sell	33	80:31
63	Mark Mooney	52	81:03
64	Lawrence Chang	35	81:30
65	Kathleen Branyl	17	82:13
66	Geraldo Briones	43	82:17
67	Mitchell Gordon	30	82:30
68	Rhett Bratt	40-49	82:33
69	Ifeoma Adams	56	82:41
70	Shannon Fischer	26	82:42
71	Kevin Quinn	42	82:44
72	Kevin Cuevas	17	83:02
73	Mark Kelley	52	83:31
74	Nicola Wraight	28	83:48
75	Joe DiGiacomo	42	83:50
76	Karen Azevedo	45	83:54
77	Phil Melman	43	83:56
78	Alec Wasson	22	84:47
79	Frank Yien	47	85:04
80	Lucy Wing	51	85:18
81	Salina Yeung	41	85:36
82	Tim Larson	25	85:45
83	Jaime Sconberg	23	85:46
84	Mark Prichard	53	86:15
85	Alison Elafros	25	86:35
86	Lafe Vilhlee	30-39	86:50
87	Gary Brickley	56	87:01
88	Fred Johnston	46	87:38
89	Kecia Butlin	24	87:43
90	Denise Leo	33	88:59
91	Antonio Alunni	55	89:14
92	Larisa Archer	31	89:32
93	Marian Lyons	61	90:14
94	Paul Mosel	67	91:05
95	Joseph Connelly	47	91:25
96	Anthony Phillips	52	92:08
97	Ali Shabahangi	40	92:11
98	Mort Weisberg	73	92:14
99	Holly Younglove	24	92:24
100	Aura Cardona	38	92:26
101	Tom Swain	49	93:24
102	Maria Pantoja	28	93:41
103	Cynthia Erb	49	93:46
104	David Erb	24	93:46
105	Stuart Misfeldt	51	94:22
106	Chris Hancock	31	94:39
107	Matt Lingo	29	95:25
108	Heather Whitney	22	95:40
109	Milinda Lommer	39	95:56
110	Danny Chan	38	95:58

111	Meghan Eagleson	30	96:12
112	Colleen Eagleson	37	96:13
113	John McLucas	41	96:17
114	Pat Geramoni	60	96:29
115	Arlene McCarthy	58	96:36
116	Uwe Schling	38	97:08
117	Henry Nebeling	76	98:15
118	Christy Miller	36	99:26
119	Paula Jefferis-Nilsen	54	99:28
120	John Colton	37	99:32
121	Sam Roake	72	99:41
122	Carol Pechler	68	101:56
123	Michael Tenbrinh	36	102:26
124	Jen Melman	37	102:58
125	Miguel Guerrero	39	104:34
126	Rachel MyaingMisfeldt	38	105:02
127	Carole Mawson	65	105:06
128	Rachel Morris	24	106:26
129	Bill Woolf	73	106:42
130	Shannon McGrath	00	108:12
131	Katy Citron	31	108:12
132	Rocco Mullinax	35	111:03

133	Vincente Aguiqui	49	111:04
134	Brent Thomson	57	112:11
135	Steve Hambalek	53	114:49
136	Janet Williamson	65	115:05
137	Floe	67	119:57
138	Terri Brewer	49	122:46
139	Virginia Rosales	45	124:41
140	Dave Picariello	54	127:50

**SELF-TIMERS**

Dee Farkas	81	
Ed Olkowski	66	5K—55:59
Elaine Gecht	65	10M
Jane Lee	58	
Jesse Agbayani	57	10M
Kim Chee Kim	3	
Liese Rapozo	81	10M
Robert Brizuela	69	10M
Sunhi Kim	50	
Thomas Smiley	51	5K—25:52
Wally Rapozo	80	

## 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
<b>Oceanside Turkey Trot, 1M Kids' Race</b>						
10	Richard Tauber	6	7	M	0-6	8:40

**Final 2 Mile, Santa Rosa, December 20**

65	Roger Anawalt	89	3	M	70+	40:09
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**Miracle Mile, December 21**

1	Chikara Omine	26	1	M20-29	4:39
3	Jason Reed	29	2	M20-29	4:44
13	Leopoldo Rosales	54	2	M50-59	5:50
18	Kenneth Fong	47	1	M40-49	5:58
20	Erika Kikuchi	39	1	F 30-39	6:00
33	Keith Johnson	70	1	M70-79	6:30
43	Sandra Sigurdson	52	1	F 50-59	6:58
52	Joseph Connelly	47			7:24
61	Pat Geramoni	60	1	F 60-69	8:19
64	Peggy Kang	73	1	F 70-79	9:00
65	Virginia Rosales	45			9:05
66	Barbara Robben	74	2	F 70-79	9:15
70	Dennis Hassler	75	3	M70-79	10:16
97	Ellen Breslauer	61			32:56

**Christmas Classic 5K, December 21**

3	Chikara Omine	26	2	M20-29	17:40
6	Ian Macnider	23			17:49
9	Jason Reed	29			18:20
10	Kenley Gaffke	30	1	M30-39	18:22
23	Peter Hsia	48			19:56
39	Amy Sonstein	39	2	F 30-39	21:37
47	Francisco Nieves	39			22:25
56	Leopoldo Rosales	54			24:04
60	Joe DiGiacomo	42			24:25
61	Marie Carlotti	52	1	F 50-59	24:30
62	Judith Waitz	49			24:30
65	George Baptista	66	1	M60-69	24:53
68	Mark Kelley	62			25:06
70	Keith Johnson	70	1	M70-79	25:13

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# INTRODUCING THE NEW, IMPROVED DSE POINT SYSTEM

*Joseph Connelly*

The DSE Board has given the green light to a new weekly point scoring system with the hope and belief that it will increase weekly race attendance, keep runners motivated deeper into the year, and foster new "competition" between and among all club members, regardless of gender or age group.

While the new system is quite simple and offers many benefits, it's not as simple to explain all the nuances in a short newsletter article. But let's give it a shot anyway.

Points will be awarded after each Sunday run by reversing the order of all finishers. For example, if 100 people run a race, the first-place person scores 100 points, second place garners 99, and so on, until the final person gets 1 point. Points are distributed regardless of a person's age or gender, and the number of points you receive will be used to calculate the age-division points, replacing the old 10-9-8... system.

While there are no disadvantages to this new system as compared to the old, there are many advantages, including:

1. Rewards those that do more races;
2. Fairer distribution of points in any given week (better reflection of performance);
3. Negates the effect of non-DSE members in the age-group points race;
4. You score points every race, even if finishing outside the top 10 in your age group;
5. Offers an opportunity to see how you compare to all runners in the club, not just those in your age group.

Additional advantages include a much easier time for the volunteer race results team to assign and tabulate point totals week-to-week.

Each month the *DSE News*, space permitting, will publish the current standings, allowing you to see how you are doing, and whether or not you should eat that extra cookie after dinner. The new point system will be retroactive to the January 4 Lake Merced run, the first race of 2009.

## DSE AT THE RACES

72	Maria Pantoja	28	2	F 20-29	25:21
77	Paul Mosel	67	3	M60-69	25:41
87	Sandra Sigurdson	52	2	F 50-59	26:44
89	Kenneth Fong	47			26:51
91	Joseph Connelly	47			27:04
104	Wendy Newman	58	3	F 50-59	28:35
105	Pat Geramoni	60	1	F 60-69	28:39
115	Lisa St. Claire	42			29:25
130	Russell Breslauer	63			31:02
137	William Woolf	73	2	M70-79	32:09
146	Roxanna Pezzy	50			33:18
153	Virginia Rosales	45			34:17
154	Barbara Robben	74	1	F 70-79	34:26
158	Jeffry Darrow	59			35:04
190	Dennis Hassler	75			42:48

### Santa's Gold Rush 5M, Richmond, December 25

Gregory Brown	46:xx
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### LMJS 4th Sunday Runs, Oakland, December 28

5K					
64	Barbara Robben	74	1	F 70+	32:43
76	Judy Jarosz	68	3	F 60-69	41:27
5K Walk					
3	Ed Olkowski	60			59:37
10K					
11	Noe Castanon	38	2	M30-39	47:42
20	Kevin Cuevas	17	2	M <20	52:25

### Splash and Dash 5M, Berkeley, January 1

8	Amy Sonstein	4th female	37:06
	Greg Brown		42:38
	Barbara Robben		53:59

### Resolution Run 5K, Santa Rosa, January 1

167	Roger Anawalt	89	5	M 70+	58:17
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### New Year's Run for a Healthy World 5K, Palo Alto, January 1

	Kelly Emo	1	F 40-49	22:28
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### Angel Island 25K, January 11

15	Kenley Gaffke	30	3	M30-39	2:06:42
47	Erika Kikuchi	30	5	F 30-39	2:23:38

### Pacifica 50K, January 17

1	Nathan Yanko	27	1	M 1-29	4:32:55
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### Redding Marathon, January 18

170	Elaine Kennelly	66	1	F 65-69	7:11:33
171	Paul Kennelly	63	6	M60-64	7:11:33

### P.F. Chang's Rock 'n' Roll Arizona Marathon, Phoenix, January 18

6287	Gregory Brown	59			5:20:45
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Chikara Omine won the Miracle Mile  
and then went on to place 3rd in the Christmas Classic 5K

Photo by Jane Colman



# NEW SYSTEM POINTS

*Note: Each month the newsletter will publish as much of the standings, for DSE members only, as will fit in the available space. Complete listings, including non-member participants, should be available on the DSE website. Note that if you write your name differently at different races (e.g. Ed and Edward), you may be counted as two different people, since the points accounting is done automatically.*

1	Rick Torreano	59	554	4	78	Gregory Brown	59	182	3	304	Cammie Dingwall	45	87	1
2	Michael Sweet	39	547	4	79	Jason Reed	29	182	1	306	Terri Pagano	31	87	1
3	Steven Pitsenbarger	40	521	4	84	Don Elsener	53	178	2	308	Ed Caldwell	50	86	1
4	Daryl Luppino	49	520	4	86	Ky Faubion	23	178	1	315	Noah Feinstein	32	85	1
5	Ian Macnider	23	506	3	89	Stephanie Soler	34	176	2	316	Ed Kinchley	59	84	1
6	Luis Vargas	51	503	4	99	Yong Haber	50	170	3	322	Marie Appel	44	83	1
7	Kennet De Silva	27	480	3	101	Uwe Schling	38	168	3	326	Nicoli Trefil	15	82	1
8	Markham Miller	44	467	3	102	Gene French	62	167	1	332	Travis Enfield	25	80	1
9	Michael Gulli	49	464	3	106	Theo Jones	70	165	2	334	Jack Olson	12	79	1
10	Eduardo Vazquez	36	460	3	112	Jim McBride	66	160	2	336	Milinda Lommer	39	79	2
11	Joseph Macrino	23	439	3	113	Keith Johnson	70	159	2	346	Geraldo Briones	43	75	1
12	Patrick Lee	61	439	4	115	Suzana Seban	55	158	31	349	David Olson	63	74	1
13	Mark Orders	50	426	3	121	Peter Royce	74	153	2	356	Lena Nilsson	45	72	2
14	Steve Nissenson	60	411	4	124	Sam Roake	72	152	4	362	James Stratta	0	70	1
15	Riya Suising	41	409	3	128	Bill Marlow	64	147	1	365	Kevin Cuevas	17	69	1
16	Mark Prichard	53	391	4	131	Emma O'Neill	22	144	1	375	Joe DiGiacomo	42	66	1
17	Jorge Larre	52	373	3	134	Bill Reidy	49	142	1	381	Marie Carlotti	52	64	1
18	Amy Sonstein	39	369	3	139	Jim Flanigan	59	140	1	382	Virginia Rosales	45	64	3
19	Miguel Guerrero	39	364	3	147	Henry Nebeling	76	136	3	384	Eric Shackelford	58	63	1
20	Sandra Sigurdson	52	355	4	149	King Wayman	59	136	1	395	Shannon Luppino	12	59	3
21	Kenneth Fong	47	350	3	150	Sharon Melmon	44	136	1	397	Guy Murtagh	59	58	1
22	Maria Pantoja	28	347	4	154	Jin Daikoku	25	134	1	398	Jaime Sconberg	23	58	1
23	Leo Rosales	54	343	3	162	Barbara Robben	74	130	4	414	Robyn Orr	32	51	2
24	Paul Mosel	67	341	4	165	Neal Ashton	52	130	2	415	Sally Fairchild	54	51	2
25	Brian Schultz	41	331	2	168	Karl Olson	56	129	1	434	Dennis Hassler	75	43	2
26	George Baptista	66	329	3	171	Sloane Cook	19	128	1	439	Harry Cordellos	71	42	1
28	David Klinetobe	48	323	3	174	Pat Geramoni	60	126	3	441	Joseph Reyes	26	42	1
29	Steve Stephens	65	317	2	176	Craig Edwards	63	125	1	469	Lori Hebert	32	34	1
30	Kenley Gaffke	30	313	2	177	Denise Leo	33	125	2	478	Elaine Koga Kennelly	66	32	3
32	Jesse Ramos	46	311	3	178	Gavin Ramos	14	125	1	479	Saptarshi Roy	32	32	1
34	Peter Hsia	48	306	2	184	Vincent Gulli	19	124	1	481	Brian Hartley	55	31	1
36	Kathleen Lail	40	301	3	185	David Altena	47	123	1	485	Paul Kennelly	63	31	3
37	Joseph Connelly	47	297	4	188	Matt Herrero	38	123	1	490	Amanda Record	25	28	1
39	Michael Dunne	24	283	2	189	Dave Picariello	54	122	3	491	Bob Theis	80	28	3
40	Gary Brickley	56	280	3	190	James Berard	29	122	1	495	Margo Banowicz	49	27	2
41	Lucy Wing	51	277	4	195	C. Guevarra	27	121	1	528	M. Guerrero	39	16	1
42	Matthew Fabry	36	273	2	198	Heather Donnelly	36	121	1	529	Mike Rowan	44	16	1
43	Noe Castanon	38	272	2	202	J. Trayers	31	119	1	530	Tiffany Jefferson	26	16	
46	Matt Patout	36	268	2	206	Christina Trayers	33	117	1	531	Heather Jordan	33	15	1
47	Jim Buck	66	263	2	209	Ian Reid	65	116	1	532	Kay Teiber	69	15	1
48	Larry Wuerstle	53	263	2	212	Johanna Merriss	58	115	2	547	Francisco Nieves	39	11	1
50	Dave Flinn	42	258	2	213	Brian Herndon	37	114	1	552	Angelica Castellanos	38	10	1
51	Roy Clarke	53	255	2	214	Jeff St. Claire	42	114	1	558	Jeff Houston	50	8	1
53	Marian Lyons	61	251	4	223	Bill Woolf	73	110	4	569	Joanne Desmond	41	5	1
55	Thomas Smiley	51	246	3	229	Kenichi Matsumura	31	107	1	578	Judith Jarosz	68	2	1
56	Mark Kelley	52	244	3	233	Nichole Stemberger	28	106	1					
58	Heather Leutwyler	30	239	2	234	Edward Haack	40	105	1					
60	Tyler Abbott	47	236	2	238	Joe DiGiacoma	42	104	1					
62	Janet Nissenson	49	221	3	239	Kelly Finnigan	26	104	1					
67	Daz Lamparas	56	208	2	240	Mort Weisberg	72	104	2					
70	Tom Huster	65	193	4	241	Sarah Orders	13	104	1					
71	Mark Mooney	52	191	2	247	Claudia Cabiera	23	102	1					
72	Jack Bascom	67	190	4	248	Lisa Griffin	43	102	1					
73	Chikara Omine	26	186	1	251	Erika Altamirano	34	101	2					
					252	Kelly Emo	44	101	1					
					253	Judith Waitz	49	100	2					
					257	Robin Fowler	47	100	3					
					260	Michelle Larson	34	99	1					
					265	Julia Pellegrini	30	97	1					
					267	Lisa St. Claire	42	97	2					
					284	Doug Brown	58	93	1					
					289	Jane Colman	65	91	3					
					293	Adam Noel	25	90	1					
					295	Ed Celestina	58	89	1					
					297	Jeff Darrow	59	89	2					
					300	Edward Caldwell	50	88	1					
					301	Jim Kauffold	71	88	2					

# REMEMBERING ANNABEL MARSH

Mike Pechner

Annabel Marsh's recent passing was certainly as much a shock to me as it was to all of us at the DSE. I can't remember the first time I met Annabel but it was sometime during the late 1970s. Walt Stack had a habit of attracting women to the DSE. He thought that women were every bit as good as men when it came to running and in some cases better. Walt also thought that women would also give more balance and prestige to the club and as it turned out, he was right.

I ran into Annabel at most of the Sunday races and then at marathons around the Bay Area, including an early Golden Gate Marathon that started at the Ferry Building and went through Fishermans Wharf, Crissy Field, over the Golden Gate Bridge to Sausalito, then on the bike path through Mill Valley, Corte Madera and finally ended at the Larkspur Ferry. This particular day dawned cool and overcast in San Francisco, but after crossing the Golden Gate we were in the sunshine as we dropped down onto Bridgeway in Sausalito. Annabel was a strong runner and was out ahead of me through San Francisco and into Marin. I caught up with her around the halfway mark coming out of a porta-potty near the Bay Model. Right away I could tell she didn't look too good as she stumbled out. I stopped for water and asked her what was wrong. She said she had developed some kind of food poisoning from the dinner the night before and she had been up all night with diarrhea and vomiting. She looked really weak. I asked her why she even started the race and she said she didn't want to disappoint her friends. She could have turned back but she didn't and had the toughness and guts to continue. I stayed with her the rest of the way. She stopped at every water station and porta-potty but we finally finished in around 4 1/2 hours, even though she was very weak at the end.

Annabel and her close friend Caroline Merrill went on to do a lot more running. In fact, they ran across the U.S. in 1984, when Caroline was 42 and Annabel 61. They started in Boston on April 17, after the Boston Marathon, and ended in San Francisco on August 31. They would get up at 4 AM and have a breakfast of coffee, cookies and bananas, then would run 15 miles and stop for lunch and have a milkshake. Then they would do another 15 miles before stopping for dinner around 5 PM. Greyhound sponsored the run and took care of the arrangements. They went through 12 pairs of shoes and dozens of shirts during the run. What few people don't realize was that they ran *against* the prevailing winds, which made the run much harder than going west to east. Needless to say, Annabel and Caroline won the trophy for the most running miles at the 1984 awards dinner!

I will fondly remember Annabel for her grace, beauty and her running abilities. She was co-founder and president of the Peak Busters, but that's another story for another time.

## ◆◆Letters◆◆

Hi Kevin,

I just wanted you to know that I appreciate your help. I received the ribbon yesterday. I wanted this ribbon [Mission Rock 5K], in particular, because I ran faster than I usually do, and I wanted to remember that I had that kind of mental and physical stamina, and I want to take it with me when I return to Seattle on Sunday. Bobby was very nice.

I have such a passion for running. I have been running seriously since high school, doing a lot of long-distance running. I even pushed my son in a marathon when he was two years old. I run by myself now, about 99% of the time, getting up at 4:30 in the morning to do my "morning meditation run" along Alki Beach in Seattle. I love it. Occasionally, I run with other people, like this past Sunday, with the DSE runners. I enjoy sharing my passion and love for running with others. When I lived in San Francisco, I ran the Double Dipsea run, sponsored by your group. Thank you for that race and other ways that you support running in the Bay Area.

Regards,  
Nancy Krivanka

I'm going to be in SF for the weekend to attend a weekend long bat mitzvah event, and was thinking it would be great to find a group of people with whom I could run on Sunday morning. I searched SF Running and found your email address.

I'd like to run something like 6 to 12. Are you or a group you know of running on Sunday morning?

I'm staying in Union Square, and need to probably be back to the hotel so I could change and be ready for the Sunday brunch part of the weekends festivities by 10 AM at the latest.

I would love any suggestions you might offer. I know I could probably just put on my running shoes and head out of the hotel and run to and through the Presidio, but it's always more fun to connect with running groups.

*Both Kevin and Janet responded to this letter, telling the writer about the DSE and in particular about the upcoming Water-front 5K/10M race, and inviting him to participate.*

Thank you both for your gracious responses and for welcoming me to participate in your 5k/10 mi run tomorrow. Sounds like you have a great club and if I ever fulfill the idea of living in SF I will have a good group with whom to mix (run).

Since I don't run 6 minute miles and have to be back at the hotel I won't be able to do the more appropriate 10 miles, but Janet's suggestion of running to the start, doing the 5K and then running back to Union Square sounds doable. I will check more about the miles and potential for running somewhat less busy streets.

Actually now that I say that, I'd picture that running down Market or similar and then running along the Embarcadero up to the Wharf would probably be the more enjoyable route.

It's an amazing thing that runners are so good to each other—assisting someone they've never met. If the world would learn from the two of you it would be a completely different planet.

Thank you and I hope to meet you both tomorrow.  
John



## New Members

### BAKERSFIELD

Christian Blakey

### DALY CITY

Margo Banowicz

### EL CERRITO

Susan Lamb

### MENLO PARK

Patricia O'Brien

### MILL VALLEY

Susan Lamb

### NORTH REDDINGTON BEACH, FL

Steven Friedman

### PALO ALTO

Riya Suising

### PLEASANTON

Robin Fowler

### PORTOLA VALLEY

Michael Dunne

### ROSS

Thomas Smiley

### SAN BRUNO

Angelica Castellanos

### SAN FRANCISCO

Phillip Basson

Jin Daikoku

Betsy Dorsett

Noah Feinstein

Sherrill Golden

Brian Herndon

David Herndon

Gwendolyn Herndon

Jocelyn Herndon

Lori Hebert

Haroun Haroun

Erin Kirk

Heather Leutwyler

Susan Parano

Matt Patout

John Soler

### SOUTH SAN FRANCISCO

Robyn Orr

Saptarshi Roy

### SUNNYVALE

Erika Kikuchi

### WALNUT CREEK

Gavin Ramos

Jesse Ramos

Miles Ramos

Robyn Ramos

Correction: The January newsletter listed Mark Breton as a new member. The name should have been Arthur Breton.

## SHANNON AND MARGO

*This article and photo are reprinted from November/December 2008 issue of The Newline, the newsletter of the Prime Time Athletic Club of Burlingame. Thanks to Daryl Luppino for passing it on to the DSE News.*

Margo Banowicz and Shannon Luppino are a mother and daughter fitness duo. Forty-nine-year old Margo and 12-year-old Shannon have been members of Prime Time since 2006. While you may see them enjoying weight training, swimming, spinning or yoga and dance classes together at Prime Time, they are also dedicated athletes outside the club.

Margo completed her first multisport event this past August at the Luna Bar Women's Triathlon Festival in Sacramento. She competed in the Super Sprint Duathlon and placed 12th overall. This event, which occurred in 90 degree heat, including running, biking and running again.

Shannon, who has competed in children's triathlons since age 5, completed her first adult triathlon last year. At this year's Luna Bar Festival, Shannon competed in the Super Sprint Triathlon and placed 38th overall.

Both Margo and Shannon are members of DSE (Dolphin South End) Running Club in San Francisco. One of their favorite events is the Marines Mothers Mud Run held yearly in Sacramento. They are truly dedicated: Not even rain or wind will stop them. (Only a sale at Macy's will temporarily alter their course!) Congratulations to both of you and keep up the training!



## 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:

Feb. 8	Sawyer Camp 5K/10K
Feb. 15	Ballpark 5K
Feb.22	Embarcadero 10K
Mar. 1	Great Highway 4M
Mar. 8	Potrero Hill 4M
Mar. 15	St.Patrick's Rainbow Falls 5K
Mar. 22	Fort Point 12K
Apr. 5	Golden Gate Park 10K

If you can assist at any of the races/events listed above, please contact Kevin at [dse.pekingduck@juno.com](mailto:dse.pekingduck@juno.com) or 415-751-9653 or simply sign your name to the Volunteer Sign-Up Sheet that is available at each weekly race.

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 ARE IN IMMEDIATE AND URGENT NEED FOR A RACE DIRECTOR FOR FEB. 8 AT SAWYER CAMP! TWO PEOPLE CAN CO-DIRECT. PLEASE VOLUNTEER ASAP!**

# ◆◆◆ Monthly Running Schedule ◆◆◆

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

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

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## **Sun Feb 1 NO DSE RUN**

DSE Volunteers at Kaiser Permanente Half Marathon Aid Station,

[www.pamakids.org](http://www.pamakids.org)

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

REPORTING TIME: 7:00 AM

## **Sun Feb 8 Sawyer Camp Trail 5K/10K**

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

STARTING TIMES: **5K: 8:30 AM, 10K: 9:00 AM.** Walkers are encouraged to start early.

ENTRY FEE: **\$5 for all runners.**

SPECIAL: \$8 Entry Fee to run both races (provided you can finish the 5K race in time for the 9:00 AM 10K race start).

COURSE DESCRIPTION: Run north on paved bike path. 5K turnaround is just past the 1.5 mile mark, 10K turnaround is .1 miles past the 3 mile mark. Each half mile is permanently marked by a sign along the right side of the trail. Return the same way to finish.

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

## **Sun Feb 15\* Ballpark 5K**

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

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

COURSE DESCRIPTION: Run northbound on Terry Francois, right onto Third Street and right turn across Lefty O'Doul Bridge. Upon crossing the bridge, run a double counter-clockwise loop around AT&T Park. Then re-cross the bridge, make a left back onto Terry Francois and return to finish.

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

## **Sun Feb 22 Embarcadero 10K**

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). Run to the south end of mini-park beyond Townsend Street (prior to AT&T Park). Turnaround at mini-park entrance and return the same way to finish.

## **Sun Mar 1 Great Highway Run, 4 miles**

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

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

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

## **Sun Mar 8 Potrero Hill Run, 4 miles**

START/FINISH: 17th and Arkansas Streets

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

COURSE DESCRIPTION: Run along Arkansas, right on 16th St., right on 3rd St., right on Cesar Chavez, right on Vermont, right on 26th St. Then turn left on Kansas, left on Vermont (up crooked street), right on 20th St., left on Kansas, right on 17th St. and run to finish near corner of 17th & Arkansas.

# ◆◆◆ Group Runs ◆◆◆

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



## Membership ♦ ♦ ♦ Information

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

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

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

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

## Folding ♦ ♦ ♦ Session

DATE: Wednesday, February 25, 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](mailto:janecol@earthlink.net).

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



Overall, February will be abnormally warm and unseasonably dry, although some rain will develop on several days during the second week through around mid-month, with rainfall opportunities after that almost nil.

The first week of the new month looks dry, sunny and mild with some highs in the low 70s in the City. We can expect sunny weather with spring-like temperatures during the last ten days of the month. The drought continues!

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



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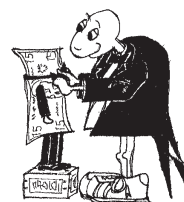
## A decorative horizontal line consisting of a series of black and grey diamonds of varying shades and sizes, arranged in a repeating pattern.

1	Erika Brickley	14	Travis Cooke				Susanne Klatt
	Kim Chee Kim	17	Tyler Abbott			23	Carolyn Clark
3	Noreen Farrell		David Stratta				Brian Herndon
	Evelyn Martinez		Kevin Sullivan			24	Jenny Gallagher
4	Pat Geramoni	18	Kathleen Lail				Phil Gallagher
8	Nick Gallagher		Sam Roake			25	Gary Bengier
	Elaine Koga Kennelly	19	Sig Berven				Joy Ignacio-Yip
	Kevin Lee		Scott Thomas McManus			26	Shannon Luppino
	Eric Shackelford	20	Mark Kelley			28	Michael Kiser
	Veronica Vaskinn	21	Kristin Slye				Mark O'Keefe
	Tom Whitnah		John Trayers				Grace Orders
9	Margo Banowicz	22	Oliver Chan			29	Jane Czech



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**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!