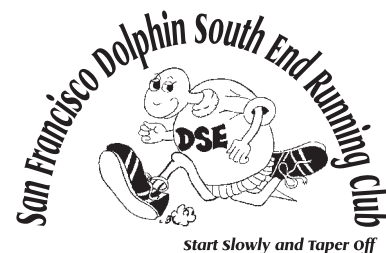


# DSE NEWS



44th Year

October 2009

## LAKE MERCED HALF MARATHON 2009

Janet Nissenson

This year's Lake Merced Half Marathon and accompanying 4.5M run were resounding successes! 2009 saw a tremendous increase in race participation, as well as a sizzling new course record for the half marathon (1:08:34). There were a total of 221 finishers in the half marathon, up from 130 in 2008. There were an additional 100+ runners competing in the 4.5M race. This race is now our second largest after the Double Dipsea.

The dreaded/anticipated heat wave did not materialize on race morning, and so runners competed under cool, slightly cloudy conditions. Thanks to a great crew, registration moved along very well and there were rarely any lines at the tables. The finish line crew did a terrific job in managing two separate finish lines. Our two aid station crews worked extremely hard and provided the runners with much needed support. And our course monitors made sure the runners took the right paths on this multi-loop course. Aside from two unfortunate errors with the age division awards (which have subsequently been corrected), everything went smoothly.

Many thanks to all of the volunteers (names are listed with the race results for the half marathon). It takes a lot of people to put on a race of this size and distance, and we are fortunate to have such hard-working and dedicated people in DSE. Thank you, too, to the members who came out to run the races.

We look forward to making this event even better in the coming year. If you have any suggestions for improving it, please share your ideas with me at [jLnissenson@aol.com](mailto:jLnissenson@aol.com).



Start of the half marathon

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## From the President's Desk

GRANT JOHNSON

### RUNNER'S BLOCK

As I sit down to ponder this month's president's column, I find nothing in my head but writer's block. I cannot think of what to write. Hmmmm, I could go on about the Presidio XC race about which I still heard positive feedback despite a few obstacles. Or I could write about the amazing turnout at the Lake Merced Half Marathon. But neither of these topics occur to me as particularly titillating.

I wonder what DSE's founder Walt Stack would write (what would Walt do—WWWD?), and then it hits me, that's it, so I take off my shirt and open a beer (in the *Running Saga of Walter Stack*, he said he preferred drinking beer in races rather than water "for the simple reason that [he] prefers the taste of beer to water or electrolytes"). Walt, a man who loved to run and loved his runners.

And really that's it. Walt's priorities centered around each runner. He valued each member no matter their background. So I want to write about you: the DSE runner.

Walt wrote a piece for the newsletter in which he rhetorically asked "Who are these runners?" and he discovered that our club is represented by "a lady lawyer, an airport director, a heart transplant specialist, a judge, a yoga teacher, a belly dancer, a narcotics agent, some probation officers, teachers of all varieties and at all levels, taxi drivers, bartenders, plumbers, business men, carpenters, nurses, and doctors."

continued on page 2

Sunday races are the great equalizer. They bring everyone together in a common place each week. No matter who you are or what you do, you have the same opportunity on the same course as everyone else at an accessible price.

You are what is exciting about this club. Today nothing has changed from when Walt wrote that article. Our members still run the gamut. We are young and old, landlord and tenant, man and woman, and we are lawyers, dentists, nurses, accountants, dog walkers, employees of NASA, students, painters, security guards, caterers, gardeners, city workers, retirees, Veg News editors, etc. But most importantly, we are the runners who make up this club and blend together to make up the DSE experience each week.

#### AT THE RACES

Run around the bases (outside of the Stadium) at the **Ball Park 5K** on October 4th. This might be one of the last times you come out to Giants Stadium this season. Go Giants!

The **Golden Gate 10K** on October 11th is a scenic course during a time when San Francisco has perfect summer weather. It may even be summery enough to walk to the beach after the race.

DSE's last foreseeable **Sawyer Camp 5K/10K** races are on October 18th. We are offering a special \$8 fee to those who want to run both races. Please note that the 5K starts at 8:30 AM and the 10K starts at 9 AM.

Soak in the sweet fall air at the **Kennedy Drive 8K** on October 25th as you race through the trees in Golden Gate Park.

Wear your Halloween costume to Fred and Yong's Halloween party/folding session the evening of October 31st (see details on page 15); then sleep in a bit the next morning (back to Standard Time, so set your clocks back an hour) and put your costume back on for the November 1st **Great "Halloween" Highway 4M** on the Great Highway bike path.

#### PARTICIPATION IS THE NAME OF THE GAME

The sport of running is no different than anything else we do in life. You design a blueprint (hold a weekly race) and roll the dice and see how it turns out. The DSE laid out a new race on September 13 called the Presidio XC 5K. One of the positives was that this was a new race course in a heavily forested and scenic park; countered to this we had an ambiguous start/finish location.

On the other hand, we held the classic Lake Merced Half Marthon and 4.5M on September 20. This race was golden; superb race organization, ample volunteer coverage, and 330 race participants. The bottom line is that every DSE race is a new experience—regardless of the outcome, everyone that participates gets the opportunity to enjoy themselves in the DSE atmosphere!

#### NOMINATIONS FOR 2010 CLUB OFFICERS CLOSING OCTOBER 28TH

It was very encouraging to receive the positive feedback and see quite a few club members step forward to place their names for 2010 club officer nominations. If you haven't had the chance to do so, please forward your name to **one** of the nomination committee members, George Baptista at [gabaptista@att.net](mailto:gabaptista@att.net), Jim Kauffold at [kauffolds@juno.com](mailto:kauffolds@juno.com) or Bill Woolf at [billwoolf2@aol.com](mailto:billwoolf2@aol.com).

#### RACE RESULTS COORDINATOR UPDATE

We have a new 4-person rotation (**Marie Appel, Kevin Lee, Chikara Omine** and **Jason Reed**) who will report the race results each week. I want to send a special thanks to outgoing race results coordinator **Joe Connelly** for his committed service over the past 4 years. Cheers!

#### September 6 Marina Green Kids' Run

PL	NAME	AGE	TIME
1	Johanna Kessler	10	5:23
2	Aidan Nicholas	08	5:37
3	Richard Tauber	07	5:43
4	Ronnie Blancas	09	5:45
5	Aeneas Nicholas	06	6:09
6	James Kelly	06	6:30
7	Vironica Blancas	12	7:20
8	Hatti Hsia	05	9:03
9	Maggie Haack	05	9:19
10	Lena Hsia	05	10:08
11	Jakob Lail	05	10:45
12	Sebastian Fisher	02	15:00
12	Reese Blancas	02	15:00
12	Tim Abbott	05	15:00

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

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

##### Mail/Phone/Email Address

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

##### Articles and Photos

Email is preferred. If you mail photographs and want them returned, include a self-addressed stamped envelope. Articles may

##### Letters to the Editor

The DSE Newsletter encourages readers to share their opinions for publication. Letters should be brief and accompanied by your name. All letters become the property of the DSE Newsletter and will be edited for length and clarity.

##### Submission Deadline

Please submit your material to the editor by the 20th of each month if you would like it to be published in the following month's newsletter.

#### ◆◆◆◆◆ How to contact the DSE ◆◆◆◆◆

##### Mail

DSE Runners  
P.O. Box 210482  
San Francisco, CA 94121-0482

##### Telephone

Hotline: 415-978-0837

##### Website/Membership Application:

[www.dserunners.com](http://www.dserunners.com)

WEBMASTER: Natale Nissenson  
[webmaster@dserunners.com](mailto:webmaster@dserunners.com)

# ◆◆◆ Letters ◆◆◆

## IMPROVING THE AGE GROUP DIVISIONS

My name is Daryl Luppino. I have been a steady member of DSE Runners for seven years. This is a quality club and I have a request that may improve an area.

I propose that for the annual age group awards we add a 19 and under age group for both males and females instead of having the children and teenagers grouped in the current 1-29 age group.

Also I propose that we have equal male and female age group divisions in all brackets, rather than having 10-year age groups for some and 5-year age groups for others.

## PAMAKID RUNNERS THANKS THE JPMORGAN CHASE CORPORATE CHALLENGE VOLUNTEERS!

The Pamakid Runners greatly appreciate your help and support. The race went very smoothly thanks to your expert experience and talents. These events would not be possible without the dedicated generosity of people like you. We can not thank you enough.

Phyllis Nabhan

Hi All!

I had the privilege of running my first 5K with you all last weekend at the Presidio Cross Country Run, and I just wanted to let you all know I had a great time!

It might sound silly, but I wanted to let you know I would be out of town the next two Sundays, but I am definitely planning on returning and becoming a permanent member of the DSE Runners club.

Hope tomorrow's run is a blast!

Sincerely,  
Brooke Biord

## CLASSIC STU-PEDS by Stu Ruth



## LAKE MERCED MARATHON

Here are a few kudos expressed by some volunteers to Janet, as a response to her big Thank You to us:

And thank YOU Janet for planning and directing such a big undertaking! And allowing people (who want) to run a Half Marathon that's easy to register for, and not expensive, yet well managed and supplied, etc.

Suzana Seban

Dear Janet,

It is YOU that we should be thanking. I can not believe the amount of baked goods, cut fruit and other goodies you brought to the race. You spent the whole week baking for this event and probably months planning, coordinating and organizing. You did a fantastic job!! You are amazing!

I know many of us greatly appreciate your love, energy and devotion to the DSE. You are a very important part of the success of our events. You make it fun for the runners and the volunteers.

Thank you for your service to the DSE and the running community.

Phyllis

Janet—this was a very well run event, which you did in addition to your exceptional job on the Thursday Lake Merced runs. It's an honor to be one of your assistants and play a small part in the overall success.

Tom

I don't think you can get too many thank you's for all your great work Janet... so Thank You!

It was my pleasure to be a small help on such a huge job you did putting everything together. I'm still new to DSE and runs like this with the contribution of people like you and everyone else make me even more happy to have joined this fantastic and fun club of running fanatics!

Rob

On behalf of all the Lake Merced Half Marathon volunteers, DSE should be thanking you for introducing/continuing to not rest on your laurels to making the Lake Merced Half Marathon (along with the Waterfront 10M, Sawyer Camp Trail series, etc.) the second highest race participant race series behind the Double Dipsea.

DSE is fortunate to have your intuitive fortitude toward improving its race schedule. Many DSE volunteer superlatives are synonymous with Janet Nissenson.





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

August 30, 2009

Arts & Sciences 5K

**Race Director:** Marie Appel

**Volunteers:** Bobby Marty, Phyllis Nabhan, Calvin Chan, Richard Hannon, George Sacco, Yong Cholee Haber, Gene French, Joe Connelly, Vince French, Kevin Lee



Race Director Marie Appel

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PL	NAME	AGE	TIME
1	Chikara Omine	27	16:59
2	Luis Montoya	26	17:31
3	Jason Reed	30	17:39
4	Dave Albert	31	17:52
5	Ian Macnider	24	18:00
6	Ky Faubion	24	18:04
7	Joe Wehrheim	37	18:11
8	Ken Camet	48	18:19
9	Andrew Macnider	21	18:30
10	Kenley Gaffke	31	18:32
11	Sean Roland	40	18:50
12	David Miller	44	18:54
13	Markham Miller	45	19:03
14	Vincent Gulli	20	19:05
15	Michael Gulli	49	19:11
16	Kevin Callahan	35	19:12
17	Eric Stewart	41	19:16
18	Jerry Flanagan	43	19:21
19	Mike Lopez	51	19:24
20	Geoff Rollins	25	19:25
21	Edward Haack	41	19:28
22	Christina Hosenfeld ①	26	19:32
23	Jeff Mezzocchi	38	19:42
24	Luis Vargas	52	19:47

25	Joann Pavlovcak ②	38	19:47
26	Jaysen Dyal	18	19:58
27	Rick Torreano	60	20:06
28	Jason Jones	39	20:09
29	Andrew Freid	42	20:24
30	Noe Castanon	38	20:29
31	Brian Schultz	41	20:32
32	Dave Flinn	43	20:37
33	Ken Allen	41	20:41
34	Daryl Luppino	49	20:41
35	Edward Caldwell	51	20:43
36	Steven Pitsenbarger	41	20:49
37	Riya Suising	42	20:55
38	Lisa Penzel ③	44	20:58
39	Leo Rosales	55	21:14
40	Doreen Brown ④	43	21:22
41	Fiachra McCarron	29	21:28
42	Tyler Abbott	48	21:38
43	Fiona McCusker ⑤	45	21:49
44	Jose Ruiz	54	21:56
45	Sarah Gulli	17	21:57
46	Kenneth Fong	47	21:59
47	Al Nayeri	34	22:05
48	Erik Weiser	43	22:13
49	Marie Carlotti	53	22:17
50	Francois LaRiviere	47	22:24
51	Ilana Griffith	31	22:28
52	Rachel Young	33	22:55
53	Anthony Pristiyak	27	22:56
54	James Eales	49	22:59
55	Jeffrey Norris		23:07
56	Andre Clark	37	23:08
57	Joe Czech	56	23:24
58	Miguel Guerrero	39	23:28
59	Maria Pantoja	27	23:32
60	King Wayman	60	23:35
61	Patrick Lee	61	23:39
62	Edward Houlsby	61	23:41
63	Rob Snavey	39	23:49
64	Barbara Miller	70	23:56
65	No Name		23:58
66	Peter Ulmer	66	24:09
67	Stephanie Soler	34	24:17
68	Theo Jones	70	24:20
69	Ed Hung	31	24:21
70	Mark Kelley	53	24:21
71	Kevin Boyle	36	24:22
72	Slava Rubis	30	24:24
73	Emma Uiloyani	31	24:37
74	Melody Doroso	27	24:39
75	George Baptista	66	24:53
76	Peter Lagally	39	25:16
77	Patrick Regan	42	25:21
78	Michael Friedman	29	25:43
79	Doug Braasch	69	25:52
80	Wendy Newman	59	25:54
81	Tom Huster	66	25:58
82	Colleen Woo	37	26:13
83	Colleen Kidd	44	26:16
84	Tim Grant	49	26:18



First place runner Chikara Omine running through the Arts & Sciences "horseshoe"  
Photo by Don Watson

85	Jacob Quinlan	19	26:42
86	Joanna Wung	24	26:43
87	Jim McBride	66	26:54
88	Brian Christensen	23	26:57
89	Elissa Nesmith	18	27:25
90	Catherine Park	33	27:27
91	Baldip Smgh Dyal	23	27:30
92	Christina Zigliotto	21	27:35
93	Dana Farkas	50	27:48
94	Samrit Dyal	19	27:55
95	Manreet Dyal	24	27:56
96	Jane Czech	57	28:07
97	Victoria Bogdan	26	28:11
98	Floe	68	28:24
99	Collin Quinlan	26	28:26
100	Erin Kirk	35	28:29
101	Melanie Puno	27	28:33
102	Margaret Clark	33	28:39
103	Mike Hung	58	28:43
104	Kiernan Warble	36	28:55
105	Lynn Andrews	37	29:15
106	Jay Facultad	23	29:22
107	Mario Zigliotto	26	29:24
108	Jane Colman	66	29:39
109	Bob Morris		29:44
110	Eva Kokopeli	25	29:59
111	Matt Loughran	46	30:03
112	Cindy Meyers	31	30:03
113	Henry Nebeling	76	30:04
114	Jeff Shopoff	65	30:07
115	Sophia Labeleo	18	30:22
116	Virginia Rosales	45	30:46
117	Andrew Strain	40	30:48
118	Linda Su		30:52
119	Dan Claessens		30:52
120	Monica Salinas	30	30:56
121	David Rosenberg	40	30:57
122	Christina Loo	18	31:02
123	Aryn Natanyan	10	31:07
124	Maria Esmundo	36	31:08
125	Marta Novoa	24	31:40

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# ARTS & SCIENCES 5K

continued from page 4

126	Lizzy Atwood Wills	18	31:42
127	Bianca McCarron	28	31:45
128	Danielle Soucl	33	31:47
129	Molly Jans	32	31:56
130	Rachael Zak	36	31:57
131	Jim Kauffold	71	31:57
132	Bill Woolf	74	32:00
133	Max Laria	25	32:03
134	Paul Griffin	48	32:18
135	Dennis Hassler	75	32:20
136	Julie Bernstein	39	32:34
137	Jessica Brown	30	32:40
138	Jeff Houston	51	32:52
139	Laurie Quinlan	52	33:05
140	Lindsay Hess	27	33:25
141	Timothy Hess	28	33:25
142	John Weidinger	68	33:41
143	Rhianna Dunn	29	33:45
144	Steve Hambalek	53	34:01
145	Jennifer Barton	42	34:24
146	Anya Durgerian	8	34:33
147	Jason Mullen	37	34:39
148	Mary Gray	47	34:45
149	Michaela Hertoghe	13	35:01
150	Erin Hayes		35:55
151	Shannon Luppino	13	35:56
152	Marlene Hertoghe	43	36:23
153	Anupama Balakrishnan		36:28
154	Stephanie Perecko	36	37:05
155	Green Figueroa	34	37:06
156	No Name		37:06
157	Greg Morantz	34	37:06
158	Rebecca Daly	26	37:40
159	Margo Banowicz	50	37:44
160	Angela Douglas	40	37:52
161	Lisa Dawley	44	38:22
162	Kathy Grogan	47	38:28
163	Amy Stoll	42	39:07
164	Judith Jarosz	69	39:22
165	Lauren Goetz	7	43:13
166	Mackenzie Nicholas	9	43:13
167	Sandy Goetz	44	43:14
168	Lily Hodges	8	43:16
169	Lisa Hodges		43:17
170	Adam Wilson	26	44:06
171	Stephanie Dekkinis	44	45:24
172	Aeneas Nicholas		45:52
173	Staci Nicholas		45:54
174	Merrilee McFarland	28	47:11

## SELF-TIMERS

Brie Reybine	
Kim Chee Kim	4
Sunhi Kim	51
Ed Olkowski	66
Richard Hannon	73
Richard Finley	
Paul Mosel	67

September 6, 2009

## Walt Stack Memorial Marina Green 5K

**Race Director:** Grant Johnson

**Volunteers:** Bobby Marty, Joseph Connelly, Calvin Chan, Kevin Lee, Diane Okubo-Fong, Mort Weisberg, George Sacco, Phyllis Nabhan, Gregory Brown, Richard Hannon, Jeanie Jones, Robert Brizuela



Race Director Grant Johnson

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PL	NAME	AGE	TIME
1	Timothy McLeod	23	15:40
2	Patrick Fernandez	22	16:30
3	Brendon Mahoney	29	17:03
4	Jin Daikoku	26	17:07
5	Alex Taylor	30	17:20
6	Michael Scanlon	30	17:22
7	Leandro Blanco	27	17:28
8	Chikara Omine	27	17:31
9	Jason Reed	30	17:37
10	Carlin Lee	17	17:43
11	Misha Bittleston		18:11
12	Ian Macnider	24	18:16
13	Eddie Abney	26	18:18
14	Kenley Gaffke	31	18:25
15	Jerry Flanagan	43	19:15
16	Andrew Macnider	21	19:19
17	Markham Miller	45	19:26
18	Garek Lee	20	19:27
19	Mark Peters	34	19:30
20	Sylvia Smith ①	40	19:36
21	Roy Clarke	53	19:38
22	Ken White	48	19:42
23	Ryan Rackley	29	19:52
24	Chris Talbott	23	19:55
25	Jeff Reichbach	32	20:01
26	Samuell Dia-Munoz	28	20:05
27	Rockstar Frank	22	20:10
28	Joann Pavlovcak ②	38	20:14
29	Luis Vargas	52	20:21
30	David Brewer	39	20:25
31	Michael Arendro	22	20:36
32	Russell Mackie	39	20:38
33	Helen Kas ③	35	20:39
34	Leo Rosales	55	20:40
35	Andrew Freid	42	20:41
36	Ken Allen	41	20:44

37	Rick Torreano	60	20:46
38	Jon Yonago	46	20:57
39	Panya Somnhot	28	20:59
40	Dave Flinn	43	21:10
41	Steven Pitsenbarger	41	21:14
42	Jo Cafaro	27	21:16
43	Daryl Luppino	49	21:21
44	Edward Haack	41	21:32
45	Robin Lie	38	21:34
46	Lisa Penzel ④	44	21:38
47	Mike Megrian	31	21:43
48	Dana Barkeep ⑤	21	21:44
49	Julia Malvino	20	21:46
50	Jim Moore	50	21:53
51	Aja Marsh	26	22:02
52	David Gibson		22:04
53	Louise Stephens	44	22:06
54	Frank Markowitz	52	22:07
55	Pete Kardasis	35	22:08
56	Kristen Lee	22	22:24
57	Kenneth Fong	47	22:25
58	Oscar Cata	32	22:31
59	Jorge Larre	53	22:37
60	Matthew Davidchuk	38	22:43
61	Peter Hsia	49	22:45
62	Marie Carlotti	53	22:53
63	Angel Orozco	28	22:56
64	Oscar	33	22:58
65	Maureen Davin	28	23:01
66	Corrine Brenner	30	23:04
67	Jeffrey Norris	52	23:08
68	Amy Kam	27	23:12
69	Andre Clark	34	23:28
70	Amy Sonstein	39	23:30
71	Larry Wuerstle	53	23:31
72	Wayne Plymale	57	23:32
73	Steve Gentner	30	23:33
74	Dararath Kim	42	23:38
75	Bruce Leary	58	23:46
76	Maria Pantoja	29	23:47
77	Jane Stephens	14	23:49
78	Patrick Lee	61	23:54
79	Alan Yu		23:56
80	Ryan Torgeson	38	23:57
81	Marissa Demercurio	24	24:18
82	Isabel Yague Lobo	25	24:27
83	Noah Kaplan	30	24:30
84	Jose Mota	39	24:35
85	Eric Struntz	36	24:45
86	Angela Nguyen-Dinh	30	24:47
87	Tom Huster	66	24:50
88	Gregory Brown	60	25:04
91	George Baptista	66	25:10
92	Tyson Brohman	29	25:11
93	Patricia Domingo	28	25:16
94	Randi Viola	28	25:28
95	Nicole Pettit	32	25:30
96	Kathleen Lail	41	25:33
97	Steve Nissenson	61	25:59

continued on page 6



WALT STACK MEMORIAL MARINA GREEN 5K  
continued from page 5

98	Branden Slattery	25	26:00
99	Katie Slattery	26	26:01
100	Ian Samson	23	26:06
101	Santi Fabra	34	26:07
102	Marcus Chun	24	26:09
103	Wendy Newman	59	26:10
104	William Bernick	19	26:12
105	Gary Brickley	56	26:13
106	Edward Hung	31	26:15
107	Yong Cholee Haber	51	26:20
108	K. Hall	30	26:26
109	Miguel Guerrero	39	26:28
110	Yichun Chien	32	26:29
111	Pat Geramoni	61	26:34
112	Neal Ashton	52	26:40
113	Johanna Kessler	10	26:44
114	Karen Yokov	48	26:52
115	Lina Khatib		26:54
116	Ashley Fumiko Aldaniel	23	26:55
117	Judith Waitz	49	26:56
118	Sam Roake	73	27:01
119	Stacy Williams		27:04
120	Mary Durbin	40	27:07
121	Theo Jones	70	27:12
122	M. Clark	34	27:20
123	Jacob Quinlin	19	27:51
124	Lindsay Roach	29	27:55
125	Andrew Calley	22	27:56
127	Ginger Bracey	31	28:04
128	Peter Royce	74	28:10
129	Sam Rodriguez	49	28:12
130	Emily O'Connor	26	28:14
131	Mindy Raggio	24	28:27
132	Ellen Derby	25	28:28
133	Arnold Dizon	27	28:30
134	Zevan Soloman	09	28:40
135	Howard Solomon	43	28:41
136	Hollis Nelson	43	28:48
137	Janet Nissenson	49	28:49
138	Mike Hung	58	28:50
139	Bob Morris		29:03
140	Nadine Kessler	42	29:15

141	Floe	68	29:19
142	Megan Bourne	32	29:37
143	Ronnie Blancas	09	29:51
144	Ron Blancas	36	29:52
145	Joseph Connelly	47	29:53
146	Henry Nebeling	76	29:58
147	Sandra Sigurdson	52	29:59
148	Suzana Seban	55	29:59
149	Jeff Shopoff	65	30:05
150	Marian Lyons	65	30:21
151	Ashkan Javaherian	35	30:28
152	Emily Savard	24	30:40
153	Garrett Lamb	29	30:41
154	Tara Nickerson	37	30:423
156	Karoline Galea	29	30:54
157	Luis Ciercoles	34	30:56
158	Kevin Petersen	14	31:14
159	Pete Petersen	45	31:15
161	Julie Bernstein	39	32:10
162	Allison Hubbs	32	32:13
163	Virginia Rosales	45	32:15
164	Jason Chilton	32	32:34
165	Jake Bondar		32:42
166	Harvey Bondar		32:44
167	Jim Kauffold	71	32:45
168	Bill Woolf	74	33:00
169	Cowboy Guy	56	33:25
170	Kate Parun	47	33:28
171	Joy Mirjahangir	29	33:33
172	Daissy Vicuna	33	33:37
173	Linda Brohman	28	34:04
174	Jane Gelder	60	34:09
175	Jen Hanby	28	34:19
178	Tate D.	12	34:33
179	Laurie Quinlan	52	34:41
180	Susan Le	33	34:48
181	Jon Mopera	40	34:56
182	Bobby Upchurch	46	35:00
183	Talecia Greene	25	35:03
184	Dennis Hassler	75	35:06
185	Yutan Inader	09	35:29
186	Kajio Inader	38	35:30
187	Norma Moreno	34	35:44
188	Lou Magalion	39	35:45
189	Sandra Clifford	40	35:52

190	Cathy Dietzen	45	36:06
191	John Weidinger	68	36:08
192	Mary G.	42	36:27
193	Susan Ito	50	36:28
194	Monica Bielsa Segura	33	36:31
195	Jaume Valls	32	36:32
196	Barbara Tuepah	53	37:02
197	Terry Tuepah		37:04
198	Summer Solomon	07	37:06
199	April Solomon	40	37:06
200	Anna Bernick	11	37:14
201	Margo Banowicz	50	37:52
202	Michelle Arender	22	38:15
203	Christina Fowler	22	38:16
205	David Marroquin	37	38:43
206	Kristen Sparrow	55	38:48
207	Carolynn Lewis	20	39:24
208	Julie Folkers	31	39:26
209	Shannon Luppino	13	39:28
210	Vironica Blancas	12	39:52
211	Jessica Kartel	34	39:55
212	Virgie Blancas	34	40:24
213	Lily Hodges	08	43:40
214	Lisa Hodges		43:42
215	Ben Stevens	06	44:04
216	Peter Stevens	44	44:06
218	Jeanne Sellers	40	46:35
219	Sherri Ziesche	40	46:36
220	Bob Theis	81	47:16
221	Trina Histon	40	48:56

SELF-TIMERS

A. Chklakis	54
Brie Reybine	
Ceis Wildin	71
Elaine Gecht	65
Jane Lee	58
Jesse Agbayani	57
Kim Chee Kim	04
Liese Rapozo	81
Martin Kerr	72
Paul Mosel	67
Richard Hannon	73
Robert Brizuela	69
Roxanna Pezzy	
Tom Boyd	63
Wally Rapozo	81



Runners lined up for the race start

Panorama © 2009 Paul Mosel

September 13, 2009

**Presidio Cross Country 5K**

**Race Director:** George Sacco

**Volunteers:** Bobby Marty, Noriko Bazeley,  
Calvin Chan, Peggy Kang, Diane Okubo-  
Fong, Phyllis Nabhan, Joseph Connelly



**Race Director George Sacco**

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*Note: Apologies to all race participants. No race points will be awarded due to an erroneous misdirectional start and finish line confusion.*

*Overall feedback: scenic, challenging race course. Please join us for the 2010 Presidio XC. Revisions are already being made to eliminate all the first-time errors.*

**Runners are listed alphabetically by first name, not by place.**

<u>NAME</u>	<u>AGE</u>
Alex Munoz	39
Alfred Hu	49
Alice Yon	25
Alivia Williams	17
Amanda Ligato	45
Amy Kam	
Amy Sonstein	39
Andre Bach	25
Angela Visser-Keough	39
Antonio Nafria	30
April Morelli	48
Asia Williams	25
Bill Woolf	74
Brooke Biord	23
Chikara Omine	27
Chris Heiser	36
Coghlan	55
Cowboy Guy	56
Dan Dimendborg	28
Dararath Kim	42
Daryl Luppino	49
Dave Flinn	43
Dave Picarello	54
David Davis	40
David Etayo	50

David Klinetobe	48
Diana Bujanja	48
Edmund Buey	21
Edward Hung	31
Eric Fischer	29
Eric Stewart	41
Ericka Heiser	32
Floe	68
Fred Haber	49
Gary Brickley	56
George Baptista	66
Henry Nebeling	76
Henry Schwarz	41
Ian Macnider	24
Jack Mullen	45
Jack Slobodin	74
James Taylor	26
Jane Bosio	48
Jason	33
Jenny Fogarty	26
Jeremiah Clark	28
Jeremy Kolter	26
Jerry Flanagan	43
Jim Buck	66
Jim Kauffold	71
Joe Wehrheim	37
Jon Mopera	40
Jon Yonago	46
Jorge Larre	53
Joseph Connelly	48
Karen Murphy	41
Kathleen Lail	41
Kathleen O'Connor	34
Kenley Gaffke	31
Kenneth Fong	47
Larry Wuerstle	53
Lee Amara	24
Leo Rosales	55
Lina Khatib	
Lisa Penzel	44
Lorenzo Mah	26
Maria Pantoja	29
Marian Lyons	62

Mark Mooney	52
Mary Gray	47
Matt Grunewald	30
Megan O'Connor	39
Megan Wiskus	23
Michael Fischbach	28
Michael Gulli	49
Mike Hung	58
Mike Measer	33
Morgan Flores	27
Neal Ashton	52
Nichele Harris	39
Nils Mattisson	25
Pat Geramoni	61
Patrick Lee	61
Paul Platt	
Peter Royce	74
Randall Conner	41
Rich Ligato	41
Riya Suising	42
Roberto Kolter	56
Sam Roake	73
Sarah Jarmon	35
Shannon Luppino	13
Sharon Munoz	13
Sheila O'Connor	41
Simon Novich	13
Sisi Tang	20
Steve Stephens	65
Steven Pitsenbarger	41
Suzana Seban	55
Taiga Schwarz	11
Theo Jones	70
Thomas Smiley	53
Tom Huster	66
Tom Murphy	36
Tyler Abbott	48
Vincent Gulli	20
Virginia Rosales	45
Wendy Newman	59
William Bernick	20
Willy Franklin	40
Yong Cholee Haber	51

*continued on page 8*



**Cross Country 5K runners**

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# PRESIDIO CROSS COUNTRY 5K

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## SELF-TIMERS

Jane Lee	59
Paul Mosel	67
Elaine Gecht	65
Kim Chee Kim	4
Sunhi Kim	50

September 20, 2009

Lake Merced Half Marathon and 4.5M

Race Director: Janet Nissenson

Volunteers: Adrian Jue, Kevin Lee, Bill Woolf, Lena Nilsson, Bobby Marty, Mark Mooney, Calvin Chan, Mary Gray, Chikara Omine, Miguel Guerrero, Edward Caldwell, Noe Castanon, Erika Kikuchi, Patricia Baker, Fred Haber, Paul Mosel, Gene French, Peggy Kang, George Baptista, Phyllis Nabhan, George Sacco, Rick Torreano, Harry Cordellos, Rob Snavelly, Jim Kauffold, Steve Nissenson, Jorge Larre, Suzana Seban, Joseph Connelly, Tom Huster, Karen Pinckard, Vince French, Ken Reed, William McCarty



Race Director Janet Nissenson

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## Half Marathon

PL	NAME	AGE	TIME
1	Malcolm Richards	26	1:08:34
Course record!			
2	Grant Johnson	26	1:15:23
3	Jorge Martinez	24	1:16:16
4	Shawn Gallagher	48	1:16:24
5	Mario Escobedo	28	1:19:51
6	Ehrin Armstrong	32	1:20:41
7	Joe Kelso	33	1:21:24
8	Eric Johnson	37	1:21:36
9	Alfie Holmes	37	1:21:42
10	Zachary Landman	23	1:21:48
11	Jonathan Reid	40	1:23:14
12	Peter Hsia	49	1:23:27
13	Jason Reed	30	1:24:17
14	Kenley Gaffke	31	1:24:21
15	Siming Li	32	1:24:32
16	Robert Murray	33	1:25:37
17	Randall Conner	41	1:24:54
18	Roy Clarke	53	1:25:43

19	Michael Bergeron	26	1:26:52
20	Jason Scott	26	1:26:53
21	Jamie Saunders	36	1:27:11
22	Michael Gullli	49	1:27:32
23	Edward Haack	41	1:27:36
24	Glen Furuta	47	1:27:50
25	Kenley Raney	30	1:29:04
26	Emily Leahy	28	1:29:05
27	Ken Camet	48	1:29:23
28	Erin Wagner	25	1:29:25
29	Jeff Guido	30	1:29:30
30	John Durand	46	1:29:51
31	Markham Miller	45	1:29:59
32	Crispin Lazarit	35	1:30:36
33	David Lorsch	39	1:30:52
34	Jae Lim	38	1:31:30
35	Jim Howe	63	1:31:33
36	William Lee	40	1:31:39
37	Bob Gottlieb	45	1:31:54
38	Janani Balasubramanian	18	1:32:24
39	Luis Vargas	52	1:32:46
40	Suzanne Bartram	19	1:32:48
41	Jeff Dewey	45	1:33:20
42	Bill Byers	31	1:33:46
43	Juan Melendez	52	1:33:52
44	John Branderhorst	30	1:34:01
45	Helen Kao	35	1:34:16
46	Barry Cohen	42	1:35:10
47	Michael Schulz	63	1:35:25
48	Christine Ramirez	36	1:36:06
49	Zander Lury	36	1:36:14
50	Jeff Pauley	39	1:36:27
51	Mark Tiedens	40	1:36:29
52	David Biewer	57	1:36:30
53	Enrique Rodriguez	35	1:38:05
54	David Wilson	40	1:38:08
55	Gerard Navarro	37	1:38:49
56	Bill Budge	55	1:38:52
57	Di Wu	26	1:39:19
58	John Ferdico	43	1:39:28
59	Ashish Mukharji	40	1:39:51
60	Jason Whipple	41	1:39:52
61	Burton Lee	37	1:40:02
62	Edgar Arvizu	33	1:40:10
63	Olivier Combeau	37	1:41:27
64	Jamie Collie	31	1:41:28
65	John Hamill		1:41:37
66	Dov Sharon	38	1:41:41
67	Janet Perron	24	1:41:42
68	Sharon Adam	40	1:41:45
69	Jagdeep Singh	42	1:42:09
70	Li Zhang	27	1:42:18
71	Norman Geimer	48	1:42:30
72	Noe Castanon	39	1:42:51
73	Kenneth Fong	47	1:43:08
74	Lindsey Shing	33	1:43:39
75	Matthew Cox	35	1:44:01
76	Julie Ong	32	1:44:23
77	Heather Royer	35	1:44:27

78	Linda Lindsay	45	1:44:29
79	David Alltop	50	1:44:49
80	Bruce Leary	58	1:45:02
81	Tim Barry	41	1:45:05
82	Pete Kardasis	35	1:45:21
83	Christy Allen	48	1:45:52
84	David Champagne	48	1:46:34
85	Janet Kjelmry	52	1:46:39
86	Nancy Patten	46	1:47:10
87	Alfred Hu	49	1:47:18
88	Pete Ryan	49	1:47:33
89	Stephen Kambur	52	1:47:35
90	Rujeko Nyachoto	37	1:47:36
91	Gabrielle Miller	37	1:47:49
92	Jorge Larre	53	1:48:07
93	Anne Lynch	36	1:48:13
94	Scott Lynch	39	1:48:32
95	Maria Rivas-Wolf	29	1:48:39
96	Marie Carlotti	53	1:49:09
97	Eduardo Diaz	16	1:49:17
98	Wayne Plymale	57	1:49:23
99	Geri Ottaviano	25	1:50:12
100	Peter O'Brien	30	1:50:16
101	Krysta Maggard	26	1:50:18
102	Michael H. Innes	41	1:50:51
103	Eoin Buckley	29	1:51:01
104	Catherine Filippone	42	1:51:02
105	Theo Jones	70	1:51:13
106	Lynnard Phipps	66	1:51:21
107	Maria DiCioccio	31	1:51:25
108	Dan Hurwitz	30	1:51:27
109	Claire Guido	35	1:51:46
110	Jeanie Sawaya	52	1:52:43
111	Crystal Gaudette	29	1:53:35
112	Leah Hellerstein	23	1:53:53
113	Simone Arias	33	1:53:55
114	Maria Pantoja	29	1:53:55
115	Kevin Porter	57	1:54:02
116	David Levine	39	1:54:37
117	Andrew Freeman	36	1:54:45
118	Scott Yarnell	40	1:55:03

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Half marathoners finishing the second lap  
Photo by Don Watson



# LAKE MERCED HALF MARATHON

continued from page 8

119	Rebecca Pearson	35	1:55:37
120	Angela Hayward	33	1:55:47
121	Dawn Piazza	26	1:56:41
122	Gregoire Simonet	37	1:56:48
123	Jakka Ramesh	41	1:57:14
124	Mark Mooney	52	1:57:33
125	Shelly Lampe	40	1:57:42
126	Mary Collie	32	1:57:50
127	Steve Amador	47	1:58:15
128	John Davin	31	1:58:26
129	John Giddings	43	1:59:01
130	Elton Fong	23	1:59:30
131	Audrey Hubbard	22	2:00:21
132	Wil Zuniga	37	2:00:23
133	Steven Lee	33	2:00:43
134	Nobuo Suzuki	55	2:00:45
135	Kelly Koch	32	2:00:46
136	Myle Zagorsky	31	2:01:08
137	Keith Johnson	71	2:02:10
138	George Baptista	66	2:02:51
139	Yong Haber	51	2:03:02
140	Jay Hoag	51	2:03:08
141	Gregory Brown	60	2:03:23
142	Patricia Choy	34	2:03:31
143	Stephanie Chun	20	2:03:40
144	Anne Kroemer	27	2:03:43
145	Joy Dualan	42	2:05:03
146	Sam Rodriguez	49	2:05:15
147	Marian Lyons	62	2:05:26
148	Wendy Newman	59	2:05:40
149	Carolina Patino	30	2:06:04
150	Dylan Joliffe	26	2:06:48
151	Pat Geramoni	61	2:07:29
152	Mercedes Escobedo	65	2:07:37
153	Juan Escobedo	39	2:07:38
154	Leda Cox	35	2:07:48
155	Whitney Stephenson	49	2:08:22
156	Everth Fuentes	27	2:08:39
157	Tom Huster	66	2:08:40
158	Jaejean Kang		2:10:04
159	Danielle Lovejoy	28	2:10:37
160	Valbona Zhulali	29	2:11:08
161	Paul Monesi	39	2:11:27
162	Elva Maas	48	2:11:46
163	Lara Miraglia	28	2:12:27
164	Mariya Taher	26	2:12:31
165	Susan Jennings	52	2:12:32
166	Junko Tanaka	37	2:12:50
167	Floe	68	2:13:02
168	Dale Adam	65	2:14:28
169	Lina Khatib	00	2:15:14
170	Joanna Silber	35	2:15:37
171	Chris Caster	48	2:15:37
172	Levy Javier	42	2:15:38
173	Julianne Zhu	24	2:15:53
174	Lawrence Edelman	66	2:16:21
175	April Flagg	30	2:16:57
176	Scott Carney	32	2:16:58



Half marathoners finishing the second lap

Photo by Don Watson

177	Sarah Jenkinson	37	2:17:53
178	Don Vongviphut	21	2:21:09
179	Colleen Buckley	31	2:21:11
180	Jenni Harmon	23	2:21:15
181	Sarah Richmond	29	2:21:21
182	William Kenney	44	2:21:22
183	Cassandra Lowney	23	2:22:20
184	Wesley Lau	35	2:23:17
185	Elizabeth Wong	46	2:23:41
186	Maria Krayewska-Brown		
		52	2:23:47
187	Kashyab Rengasamy	29	2:24:03
188	Patrick Phipps	38	2:24:22
189	Sandra Sigurdson	52	2:25:32
190	Lucy Fuentes	27	2:26:13
191	Rheem Araj	29	2:26:16
192	Joanne Kambur	74	2:26:55
193	Tyra Kyles	34	2:27:05
194	Mai Jaroudi	27	2:27:07
195	Mark Clarin	34	2:28:09
196	Ashley Brown	25	2:28:13
197	Kerry Sussman	29	2:28:46
198	Michael Mason	25	2:28:47
199	Randall Rufino	33	2:30:37
200	Julie Kuwabara	32	2:31:59
201	P. White	40	2:32:03
202	Luis Laureano Claudio		
		29	2:36:07
203	Ann Donahue	28	2:38:03
204	Jim Kambur	76	2:38:42
205	Susie Partington	51	2:39:55
206	Elizabeth Yin	27	2:40:37
207	Diana Yen	39	2:40:53
208	Alfred Tolentino	38	2:40:54
209	Margie Whitnah	61	2:43:25
210	Elizabeth Stevenson	33	2:45:30
211	Edgar Posada	29	2:46:17
212	Erika Mendoza	25	2:46:39
213	Manuel Morillo	41	2:47:14
214	Brierly Reybine	70	2:48:18
215	Chris Chung	30	2:50:20
216	Miguel Escobedo	38	2:51:48

## SELF-TIMERS

Jesse Agbayani	57	
Robert Brizuela	69	3:46:00
Elaine Gecht	65	
Ken Loders	50	
Marcia Martin	57	
Roxanna Pezzy	50	

## 4.5M

PL	NAME	AGE	TIME
1	Matt Debski	32	25:08
2	Parker Kelly	40	26:22
3	Dirk VandePol	40	27:59
4	Andrew Jeffery	30	28:26
5	Jeff Mezzocchi	38	28:59
6	Kevin Jeffery	27	29:21
7	Jack Mullen	45	30:04
8	Rick Torreano	60	30:28
9	Daryl Luppino	49	30:32
10	Lisa Penzel ①	44	31:00
11	Dave Flinn	43	31:28
12	Daniel Kim	29	31:59
13	Alexander Winslow	45	32:03
14	Donald Joon	23	32:31
15	Fiona McCusker ②	45	32:53
16	Tim Ford	46	33:09
17	Bill Gong	37	33:35
18	Amy Kam ③		33:36
19	Christian Braun	34	34:10
20	Larry Wuerstle	53	34:24
21	Patrick Lee	61	34:45
22	Rob Snavelly	39	34:49
23	Alan Yu		34:56
24	Francisco Nueves	40	35:44
25	Jason Jimenez	32	36:01
26	Bill Jeffery	60	36:04
27	Lily Yee ④	26	36:33
28	Erin Weriot ⑤	31	36:55
29	Stephanie Soler	34	37:06
30	Franklin Lei	23	37:17
31	Gary Brickley	56	37:25
32	Ban Wong		37:29
33	Mark Kelley	57	37:52
34	Miguel Guerrero	39	37:54
35	Ximena Ares	43	37:55
36	Nancy Howell	42	38:00
37	Thomas Smiley	53	38:06
38	Edward Hung	31	38:30
39	Katie Weed	32	38:42
40	Raymond Chow	22	39:01
41	Neal Ashton	52	39:05
42	Jacob Quinlan	19	39:19
43	Sharon Munoz	13	39:30
44	Alex Munoz	39	39:31
45	Karen McGovern	54	39:44
46	Stephanie Yu	23	39:53
47	Dee Farkas		40:19
48	Richard Hodel	54	40:27
49	Dana Farkas	50	40:34
50	Joseph Connelly	48	40:57
51	Ryan Hill	36	41:17

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52	Raymond White	41:42
53	Kristel Siongeo	26 41:51
54	Pam Eibeck	52 41:54
55	Suzana Seban	56 42:38
56	Muoi (Jenny) Nguyen	20 43:06
57	Henry Nebeling	77 43:10
58	Mike Hung	58 43:27
59	Giana Amador	15 43:31
60	Susanne Graesler	35 43:49
61	Alison Yee	25 43:50
62	Jane Colman	66 43:52
63	Eva Kokopeli	26 43:53
64	Jay Whitman	28 44:04
65	Bob Morris	44:45
66	Robbie David	31 45:02
67	Lazaro Sanchez	46 45:20
68	Selena Sanchez	11 45:21
69	Eric Shackelford	59 45:36
70	James Lerner	24 46:07
71	Elizabeth Hardy	23 46:09
72	Cowboy Guy	55 46:30
73	Danielle Hart	34 46:58
74	Berena Ramirez	27 47:09
75	Lilia Ramirez	47:19
76	Jack Slobodin	74 48:01
77	Briana Olsun	26 48:06
78	Alica Miller	50 48:10
79	Jennifer Barton	42 49:12
80	Mary Gray	47 49:33
81	Alex Lewis-Kashinen	25 49:37
82	Felix Crespín	35 49:45
83	Laurie Quinlan	52 49:55
84	Debbie Yee	36 50:14
85	Steve Hambalek	53 51:22
86	Heather Emery	35 51:30
87	Mike Dela Cruz	32 52:11
88	Ruth Lind	43 52:36
89	Paul Self	27 53:04
90	Matt Lucero	27 53:05
91	Sharon Wong	53:07
92	Jack Skallx	65 53:12
93	Patrick Truong	21 55:21
94	Chris Jenkins	24 55:33
95	Shannon Luppino	13 55:44
96	Vernie Yong Tim	21 57:11
97	Jeff Shopoff	65 57:22
98	Marvin Rogue	23 58:18
99	Sherylou Tapaya	00 58:19
100	Margo Banowicz	50 58:46
101	Bob Theis	81 62:55
102	Marie Sarmiento	27 66:48

#### SELF-TIMERS

Ellen Breslauer	62
Jeanette Figueroa	56
John Lang	69
Karen Pinckard	49
Kris Lee	
Russell Breslauer	64

## QUEBEC CITY MARATHON DES DEUX RIVES

Jim Buck

The sultry month of August is perhaps not the ideal time for a marathon. But in Canada the dog days of late summer take an early exit. By the end of the month the mornings have a chill in the air, the afternoons warming pleasantly in the midday sun. Such were my expectations for the Quebec City Marathon, the running of the two shores of the St. Lawrence River, on Sunday, 30 August 2009.

Saturday's trip to the marathon expo necessitated a ferry ride across the St. Lawrence River from the south-bank city of Levis to Quebec City on the north shore. The sailing, however, was unexpectedly delayed for two hours—unexpected by me, that is. As it turns out, the fighter jets of the French Air Force's aerobatic team put on a scheduled display of flying precision that dazzled crowds lining both banks. The aircraft zoomed up and down the river carrying out precarious maneuvers while trailing streams of red, white and blue smoke to brighten an otherwise grey, gloomy sky.

The expo was a fair size, featuring mostly clothing sales and marathon pundits hawking various events, but alas, I could find no free food. I retrieved my race packet and timing chip and stared blankly at the volunteer giving me directions to the pasta party table. The elderly gentleman chattered away in French but I recognized none of the words. Being accommodating, I nodded, mumbled and pointed to the end of the room. He grinned affirmatively as I moved off in that direction. The pasta party later that evening was very nice; no special entertainment but lots of spaghetti, salad and dessert.

Race morning dawned dismal and wet. There in the south bank city of Levis most runners huddled inside a local high school as a steady light rain fell outside. Temperatures hovering in the low 50s greeted them as they moved outside for the 8:30 start. The statistics would later show a total of 871 runners joining the fray. Not a large total but enough to make it interesting. And as long as the rain stayed light, the conditions were good. As usual in these events, runners were dressed in

everything from tank tops and shorts to full length tights and jackets.

Waiting for the cannon shot, I initially took up a station near the middle of the pack; however, on glancing about I noticed a tall fellow a few steps ahead. He was no different from the other runners, except for the rabbit ears sprouting from his head. Inked on the ears were the numbers 3:30. This was the pace group leader assisting those wanting to finish at 3 hours, 30 minutes or below. My personal goal was in the 3:30-4:00 range, although I felt fit and would try to get as close as possible to the 3:30 time. With that in mind, I weaved ahead through the ranks and put the rabbit behind. As the cannon sounded, I quietly resolved not to see those ears again.

The marathon course passes along local neighborhood streets and bike paths as it makes its way to the St. Lawrence River. The runners approach the river from the east and then begin a westward trek, staying mostly within sight of the river on the right. The bridge that would carry them across the St. Lawrence to the north shore looms far off in a distant haze. The majority of the race occurs on the south shore. Once across the bridge, only 15 kilometers



remain to the finish in Quebec's old walled city. But getting there is the issue.

As the runners worked their way to the south shore they were treated to great views of old Quebec across the river, highlighted by the towering landmark of Hotel Frontenac. Aside from that, the sightseeing was limited to ships at piers and local river traffic plying the waters. The course itself was a good one. There were occasional hills, but none too long or too steep. Once

continued on page 11



over the bridge and headed east along the north shore toward old Quebec and the finish, the route was mostly level and fast. Of course, 'fast' would be a relative term at that point.

The rain coming down in the opening moments subsided for awhile as we headed down the streets of Levis. An interesting aspect of this run was the marking of the course. With Canada being totally on the metric system, there were no mile-markers; however, each of the 42.2 kilometers was brightly posted in black on yellow. Not only that, but the markers counted down the kilometers in reverse. So the first sign encountered was 42K, followed by 41K, etc. Running by kilometers seemed to have a confidence building benefit. Unlike running miles, kilometers came up much faster, giving the false impression of more rapid progress.

The crowds along the route were small but enthusiastic. Slapping high-fives with youngsters brought laughter and shouts. They were happy to be in the game. As I passed under the half marathon banner at 1:39 I realized I was six minutes ahead of a 3:30 finish. My spirits soared. Also, looking around at the equipment and barriers in the area, I could see this was where the half marathon race had begun. Those runners were now many kilometers to our front. The half marathon included an additional 2,042 runners. It's now obvious why there were more spectators and musical entertainment in the marathon's second half. That entertainment ranged from small orchestras to two-person combos, even an all-girl singing group. One ensemble consisted entirely of bongo drums. All the groups were under cover of small marquees to protect against the off-and-on showers.

Crossing the Quebec Bridge over the St. Lawrence provided a view downriver toward the distant Atlantic Ocean and also to the finish area in Old Quebec, now fewer than 15 clicks away. Once down off the bridge, the river on my right, the most difficult part of the course was over. It was simply a matter of plodding straight ahead, attempting to keep up with the individual and small clumps of runners. But that became a losing battle. While

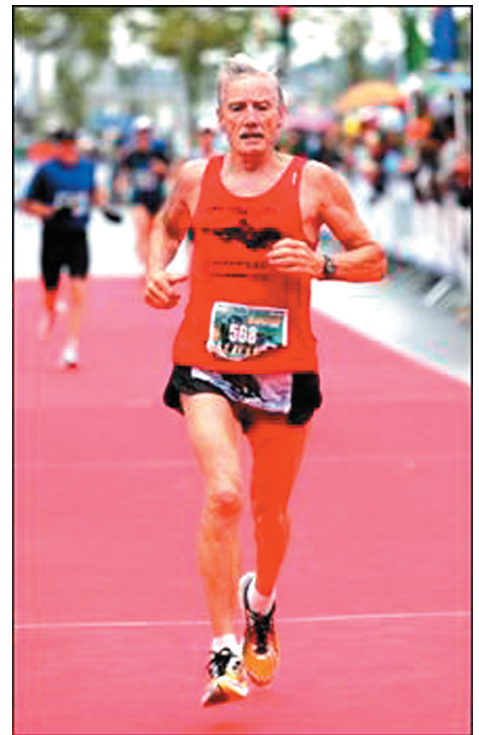
I jogged past a runner in trouble here and there, others slipped ahead of me.

Around the 10 kilometer mark I began getting an ache in the front end of each foot as it struck the ground. Perhaps the shoes I wore did not have sufficient support? Since taking a sit-down break was out of the question, I began short-duration walks every kilometer and then every half. My greatest shock during one of these brief strolls occurred when the man with the 3:30 rabbit ears hopped on by with about 4 clicks to go. There was no crowd with him; only two or three runners. Immediately I resumed the run, attempted to keep up. But the foot pain was too much. While I fell behind, a little demon on my shoulder admonished, "This is a marathon. You're supposed to suffer! What a wimp!" To no avail, I continued a run-walk routine and the rabbit hopped out of sight.

About 2 or 3 clicks from the finish the skies opened up again, this time with a heavy downpour. By this point, however, it was of little consequence. I eventually reached the long red carpet and crossed the finish line at 3:33:22. It was not under 3:30 but close enough for a moral victory. All participants received a large multicolored medal with an unusual feature. At the touch of a button a stream of little red lights blinked across the medal—very suitable for Halloween or the Christmas tree.

After helping myself to some refreshments, I limped over to the far corner of the finish area where free massages were provided. It was nice to crash on the table as two Canadian ladies each took a leg and proceeded to rub away the fatigue. Neither spoke any English but they recognized my pain as I periodically recoiled in agony from muscle cramps. Nevertheless, a massage is always positive.

The Quebec City Marathon was very well done. Along the route there were plenty of well-attended water stops. They also provided Gatorade that was not overly diluted and, in the latter half, stops offered fresh fruit and sports gel. Race clocks were positioned at the half marathon, 10K and 5K points. Counting participants in the 5K and 10K races, a total of 4,894 runners took part in events that day. The only downside



for me was the poor quality of the race bib. The paper could not stand up to the rigors of my particular long run. Within 15 clicks of the start the upper pins had torn through and the bib was flapping in the breeze—very distracting. No fewer than four times during the race I had to slow to a walk in order to re-pin the number. All of this was caused by copious amounts of rain, drinking water, Gatorade and sweat running down the shirt.

As if the marathon wasn't great enough, Quebec is also a very picturesque and historical vacation spot. In addition to the majestic Hotel Frontenac dominating the city, there are wonderful restaurants and places of interest. It's a city conducive to walking, with lots of shops, narrow streets, and colorful houses dating from the 17th century. It was outside the walls of Quebec City on the Plains of Abraham that British regulars defeated the French garrison in 1759—a battle that led to the ousting of French forces and the eventual British takeover of Canada. One could look at Quebec as a poor man's visit to France. It's steeped in French language and culture and is certainly worth the trip—even if you only run the 5K!

# LAKE MERCED HALF MARATHON AGE DIVISION RESULTS

PL	NAME	DIV	PL	AGE	TIME
<b>WOMEN</b>					
<b>29 &amp; Under</b>					
26	Emily Leahy	1	28	1:29:05	
28	Erin Wagner	2	25	1:29:25	
38	Janani Balasubramanian	3	18	1:32:24	
40	Suzanne Bartram	4	19	1:32:48	
67	Janet Perron	5	24	1:41:42	
95	Maria Rivas-Wolf	6	29	1:48:39	
99	Geri Ottaviano	7	25	1:50:12	
101	Krysta Maggard	8	26	1:50:18	
<b>30-39</b>					
45	Helen Kao	1	35	1:34:16	
48	Christine Ramirez	2	36	1:36:06	
74	Lindsey Shing	3	33	1:43:39	
76	Julie Ong	4	32	1:44:23	
77	Heather Royer	5	35	1:44:27	
91	Gabrielle Miller	6	37	1:47:49	
93	Anne Lynch	7	36	1:48:13	
107	Maria DiCioccio	8	31	1:51:25	
<b>40- 49</b>					
68	Sharon Adam	1	40	1:41:45	
78	Linda Lindsay	2	45	1:44:29	
83	Christy Allen	3	48	1:45:52	
86	Nancy Patten	4	46	1:47:10	
104	Catherine Filippone	5	42	1:51:02	
125	Shelly Lampe	6	40	1:57:42	
145	Joy Dualan	7	42	2:05:03	
155	Whitney Stephenson	8	49	2:08:22	
<b>50-59</b>					
85	Janet Kjelmlyr	1	52	1:46:39	
96	Marie Carlotti	2	53	1:49:09	
110	Jeanie Gaway	3	52	1:52:43	
139	Yong Haber	4	51	2:03:02	
148	Wendy Newman	5	59	2:05:40	
165	Susan Jennings	6	52	2:12:32	
186	Maria Krayewska-Brown	7	52	2:23:47	
189	Sandra Sigurdson	8	52	2:25:32	
<b>60-69</b>					
147	Marian Lyons	1	62	2:05:26	
151	Pat Geramoni	2	61	2:07:29	
152	Mercedes Escobedo	3	65	2:07:37	
209	Margie Whitnah	4	61	2:43:25	
<b>70 &amp; over</b>					
192	Joanne Kambur	1	74	2:26:55	
214	Brierly Reybine	2	70	2:48:18	

PL	NAME	DIV	PL	AGE	TIME
<b>MEN</b>					
<b>29 &amp; Under</b>					
1	Malcolm Richards	1	26	1:08:34	
2	Grant Johnson	2	26	1:15:23	
3	Jorge Martinez	3	24	1:16:16	
5	Mario Escobedo	4	28	1:19:51	
10	Zachary Landman	5	23	1:21:48	
19	Michael Bergeron	6	26	1:26:52	
20	Jason Scott	7	26	1:26:53	
57	Di Wu	8	26	1:39:19	
<b>30-39</b>					
6	Ehrin Armstrong	1	32	1:20:41	
7	Joe Kelso	2	33	1:21:24	
8	Eric Johnson	3	37	1:21:36	
9	Alfie Holmes	4	37	1:21:42	
13	Jason Reed	5	30	1:24:17	
14	Kenley Gaffke	6	31	1:24:21	
15	Siming Li	7	32	1:24:32	
16	Robert Murray	8	33	1:25:37	
<b>40- 49</b>					
4	Shawn Gallagher	1	48	1:16:24	
11	Jonathan Reid	2	40	1:23:14	
12	Peter Hsia	3	49	1:23:27	
17	Randall Conner	4	41	1:24:54	
22	Michael Gullli	5	49	1:27:32	
23	Edward Haack	6	41	1:27:36	
24	Glen Furuta	7	47	1:27:50	
27	Ken Camet	8	48	1:29:23	
<b>50-59</b>					
18	Roy Clarke	1	53	1:25:43	
39	Luis Vargas	2	52	1:32:46	
43	Juan Melendez	3	52	1:33:52	
52	David Biewer	4	57	1:36:30	
56	Bill Budge	5	55	1:38:52	
79	David Alltop	6	50	1:44:49	
80	Bruce Leary	7	58	1:45:02	
89	Stephen Kambur	8	52	1:47:35	
<b>60-69</b>					
35	Jim Howe	1	63	1:31:33	
47	Michael Schulz	2	63	1:35:25	
106	Lynnard Phipps	3	66	1:51:21	
138	George Baptista	4	66	2:02:51	
141	Gregory Brown	5	60	2:03:23	
157	Tom Huster	6	66	2:08:40	
167	Floe	7	68	2:13:02	
168	Dale Adam	8	65	2:14:28	
<b>70 &amp; over</b>					
105	Theo Jones	1	70	1:51:13	
137	Keith Johnson	2	71	2:02:10	
204	Jim Kambur	3	76	2:38:42	



# 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.

<u>PL</u>	<u>NAME</u>	<u>AGE</u>	<u>A.G. PL</u>	<u>AGE GROUP</u>	<u>TIME</u>
<b>Run to Home Plate 5K, August 30</b>					
	Brian Hartley				28:55
(results for other DSE members were reported in the September DSE News)					
<b>Quebec City Marathon, August 30</b>					
209	Jim Buck	66	3	M60-69	3:33:22
<b>Redwood Park Trail Runs, Oakland, September 5</b>					
<b>30K</b>					
37	David Klinetobe	48	11	M40-49	3:2:18
<b>50K</b>					
1	Nathan Yanko	27	1	M 1-29	4:09:58
<b>Labor Day Run for a Healthy World, Sunnyvale, September 7</b>					
<b>5K</b>					
5	Lisa Penzel	44	1	F 40-49	21:38
27	Judith Waitz	49	3	F 40-49	27:13
32	Brian Hartley	56	6	M50-59	28:57
63	Jeffrey Darrow	60	3	M60-69	32:25
<b>10K</b>					
7	Peter Hsia	49	3	M40-49	39:11
<b>Golden Gate Park Open Cross Country Run, 4.04M, September 12</b>					
<b>Women</b>					
126	Amy Sonstein	39			33:37
143	Kat Powell	58			37:30
<b>Masters Men</b>					
2	Cliff Lentz	44			22:35
110	Jim Flanigan	60			29:25
149	Dennis Hassler	75			47:00
<b>Open Men</b>					
24	Grant Johnson	26			21:43
54	Chikara Omine	27			22:52
82	Kenley Gaffke	31			24:48
<b>Salmon Marathon, Idaho, September 12</b>					
106	Bill McCarty	61	6	M60-69	4:26:32
<b>Stevens Creek 50K, Cupertino, September 13</b>					
3	Jason Reed	30			4:58:01
48	Kat Powell	58			8:46:27
<b>Lewis and Clark Marathon, St. Louis, September 13</b>					
436	Gregory Brown	60	9	M60-64	4:49:27
<b>Back to School Scholarship Run, Pleasanton, September 19</b>					
<b>10K Men</b>					
30	James Eales	49	12	M40-49	47:05
<b>5K Men</b>					
27	Neal Ashton	52	6	M50-59	27:05
<b>Fresno Cross City 10K, September 20</b>					
	David Klinetobe	48			46:30

## ◆◆◆ 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 and stringing from 8:55 AM to the race end (a good option for self-timers and those nursing injuries or otherwise not racing that week).

Following are upcoming races at which we need a full slate of volunteers:

October 4	Ballpark 5K
October 11	Golden Gate Park 10K
October 18	Sawyer Camp Trail 5K/10K
October 25	Kennedy Drive 8K
November 1	Great Highway 4M
November 8	Embarcadero 10K
November 15	Rockaway Beach 5K
November 22	Single/Double Lake Merced

If you can assist at any of the races 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 in need of Race Directors for the following races remaining in 2009: Golden Gate Park 10K on October 11, Sawyer Camp 5K/10K on October 18, Kennedy Drive 8K on October 25, and Ferry Building 4M on December 6.

We have a special need for extra volunteers at the Sawyer Camp races on October 18, due to the dual race distance. We will also need course monitors at the 5K and 10K turnarounds, and a couple of volunteers to handle the water station.

As a reminder, there are only three more months remaining to fulfill your volunteer requirements toward earning a Mongo Trophy and other year-end awards. Don't wait until the last three races of the year to cram this in, as you may be turned away due to overstaffing. Please contact the Race Director (listed on the DSE website) to volunteer your services.

# ◆◆◆ 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.

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

## **Sun Oct 4 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.

## **Sun Oct 11 Golden Gate Park 10K**

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

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

COURSE DESCRIPTION: Run eastbound on Kennedy Drive, right onto Bowling Green, right onto Middle Drive E, right onto M L King Drive and right onto West Stow Lake Drive. Run a clockwise half loop around Stow Lake and exit downhill to Kennedy Drive. Run left (westbound) on Kennedy Drive past two 4-way "Stop" intersections, then left on Bernice Rogers Way, left on M L King Drive, left uphill on Middle Drive and left onto Overlook (path) to finish.

## **Sun Oct 18 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.

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

## **Sun Oct 25\* Kennedy Drive 8K**

START/FINISH: South side of Polo Fields in Golden Gate Park

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

COURSE DESCRIPTION: Run (uphill) eastbound on Middle Drive, turn onto Overlook Drive (path), left at Transverse and right onto Kennedy Drive. Run eastbound on Kennedy Drive to barricade at Kezar Drive. Turn around at barricade and return same way to finish.

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

## **Sun Nov 1 Great "Halloween" 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.

**Come Dressed in your Halloween finest! Prizes awarded for best costumes.**

**(Daylight Savings ends—set clocks back 1 hour)**

# ◆◆◆ 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 Chang and 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 News* 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: Saturday, October 31, 2009

TIME: **6:00 PM**

PLACE: Fred & Yong Haber  
1261 – 31st Avenue  
(between Lincoln & Irving)  
San Francisco 94122  
415-242-3304

Come out and join the newsletter folding session—a small gathering of DSEers who get together for a bit of fun, food, and folding. All DSEers are encouraged to participate. Come in costume to celebrate Halloween! Note that we are starting an hour earlier than usual.

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

Fall weather moves in for October. While there will be some nice days near the coast with an absence of fog, overall the month will be cooler than normal with above-normal precipitation. After a cool start to the month the first chance of rain will be on the first weekend. The following week also promises unseasonably cool temperatures and some light rain just before mid-month, to be followed by a week of warm, dry, sunny weather. We'll see some rain and cooler temperatures in the third week, but it will turn dry and mild for the last week, including All Hallows Day.



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



PRESIDENT  
ANGELICUS  
Walt Stack

### PRESIDENT

Grant Johnson

[grant.grantjohnson@gmail.com](mailto:grant.grantjohnson@gmail.com)

### SR. VICE PRESIDENT

Uwe Schling [cat-uwe@pacbell.net](mailto:cat-uwe@pacbell.net)

### 2ND VICE PRESIDENT

George Sacco

[gsgasacco@yahoo.com](mailto:gsgasacco@yahoo.com)

### SECRETARY

Donnelly Gillen

[donnellygillen@gmail.com](mailto:donnellygillen@gmail.com)

### TREASURER

Wendy Newman [Wsn99@aol.com](mailto:Wsn99@aol.com)

### OFFICER AT LARGE

Kevin Lee

[dse.pekingduck@juno.com](mailto:dse.pekingduck@juno.com)

### OPERATIONS

George Baptista [gabaptista@att.net](mailto:gabaptista@att.net)

Gary Brickley [gary@brickley.com](mailto:gary@brickley.com)

Calvin Chan [dsecalvin@aol.com](mailto:dsecalvin@aol.com)

Jerry Flanagan [jerryflan@yahoo.com](mailto:jerryflan@yahoo.com)

Jim Kauffold [kauffolds@juno.com](mailto:kauffolds@juno.com)

Janet Nissenson

[jnissenson@aol.com](mailto:jnissenson@aol.com)

Jason Reed

[jasonreed24@yahoo.com](mailto:jasonreed24@yahoo.com)

Eduardo Vazkez

[eduvazlatinboy@yahoo.com](mailto:eduvazlatinboy@yahoo.com)

Bill Woolf [billwoolf2@aol.com](mailto:billwoolf2@aol.com)

### MEMBERSHIP

Richard Finley

[nishikifinley@sbcglobal.net](mailto:nishikifinley@sbcglobal.net)

### EQUIPMENT

Bob Marty

### CLOTHING SALES

Yong Haber [yongdse@yahoo.com](mailto:yongdse@yahoo.com)

### DSE RACE RESULTS

Joe Connelly

[joeconnelly@earthlink.net](mailto:joeconnelly@earthlink.net)

Marie Appel

[marienoelsf@hotmail.com](mailto:marienoelsf@hotmail.com)

### KIDS' RACE DIRECTOR

Daryl Luppino 650-757-5247

### DOUBLE DIPSEA RACE DIRECTOR

Ken Reed [RunKenRun@aol.com](mailto:RunKenRun@aol.com)

### PERMITS

Suzana Seban

[suzana@network172.com](mailto:suzana@network172.com)

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

### DSE PHOTOGRAPHERS

Paul Mosel and Don Watson

# Happy Birthday! ◆◆◆◆◆◆◆◆◆◆

## October

1 Janet Nissenson  
Nandakumar Palanisamy  
3 Betty Cunneen  
4 Sloane Cook  
Dennis Hassler  
5 Jennifer Bearss  
Glenda Benavides  
7 Valerie Stratta Trenev  
10 Vincent French  
Steve Hambalek  
David Herndon  
Jeff Slye  
11 James Eales  
Dee Farkas  
Kristina Landry  
12 Debbie Gulli  
Fred Haber  
14 Nina Kaiser  
15 William McCarty

19 Jerry Applegate  
Sister Marion Irvine  
Paul Mosel  
Eric Park  
Vivian Rodriguez  
Larry Wuerstle  
20 Ed Olkowski  
21 Stu Ruth  
23 John Vidosh  
24 Silvia Z. McManus-Muñoz  
25 Carole Arcellana  
John Blankenship  
Matthew Honan  
26 Mike Hung  
Lillia Osborne  
27 Connie Chin  
28 Chris Breen  
Karen Pinckard  
29 Calvin Chan  
30 Theo Jones  
Lisa St. Claire

## New Members

**ALAMEDA**  
David Etayo

**NOVATO**  
Jane Gelder

**SAN CARLOS**  
Glen Furuta

**SAN FRANCISCO**  
Glenda Benevides  
Connie Chin  
Matthew Cox  
Matthew Honan  
Tony Nguyen  
Chad Otoshi  
Robert Worley



### San Francisco Dolphin South End Running Club

Postmaster, Return Undeliverable Mail To:

Richard Finley  
805 Vega Circle  
Foster City, CA 94404

### DSE email list and electronic newsletter

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

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



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