

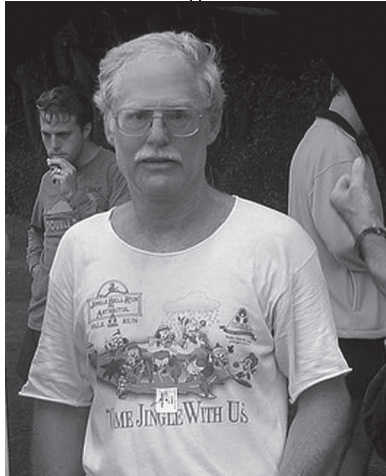
GREAT ACHIEVEMENTS IN RUNNING

PAUL MOSEL

Bill Woolf

"It's not the finish line but the journey"

Paul Mosel didn't begin running until age 49 but has now become one of DSE's most consistent age 60+ runners. His primary motivation when he started running was to strengthen his knees and improve his overall health after a work-related accident and surgery. Like many Bay Area runners, Paul's first race was Bay to Breakers, in 1991. He will be running his 18th consecutive Bay to Breakers race this month. His first race with DSE was in 1992, on the now defunct Beach Esplanade course. Among other races, Paul has completed a total of 16 marathons including San Francisco, Avenue of the Giants, Napa Valley, Silicon Valley and Cal International. He ran his first Napa Valley Marathon with a time of 3:43—a marathon PR. Other notable PRs include a 42:59 at the Pacific Sun 10K and a 19:18 5K. Paul's proudest moments were running a 10K race three Sundays in a row with times in the 43-minute



range, and winning his age division in the Race for the Cure 5K and then the same day logging 20 miles at the DSE Distance Classic. Some of his craziest running experiences occurred during the CAL International and Napa Valley marathons in virtual monsoon conditions. Upon completing the Napa Valley Marathon, he was so cold and wet that he ran directly to his car, not even stopping to pick up his finisher T-shirt (Paul vows never again). Paul's ultimate running goal is to complete 1,000 official races. He picked this goal because it seemed almost impossible when he first began running. But now, as he nears 800, the "finish line" is almost in sight. However, as a famous runner once said, "It's not the finish line but the journey". Paul is also the official DSE photographer, and when we see ourselves in the DSE News photos, we often have Paul to thank for putting us there.

FROM THE PRESIDENT'S DESK
continued from page 1

MAY RACE SCHEDULE

The Walt Stack 10K is getting a facelift. Note: the new S/F location has been moved to the Warming Hut at the west end of Crissy Field. On 5/11 the Kennedy Drive 8K returns us to the familiar surroundings of GG Park. There is NO DSE Race on 5/18; join DSE at the Bay to Breakers Race. On 5/25 DSE runs the Mission Rock 5K.

DIPSEA RACE SERIES

June is Dipsea month. DSE will be hosting the new and improved 6/1 Practice Dipsea (see flyer on page 3) along with the 6/21 Double Dipsea. The DD Race needs 100+ volunteers; I will be volunteering for both races and as your president I ask and challenge all club members to do the same. The DD race was Walt Stack's personal favorite. It is a handicap race because he strongly supported women and older people participating in the sport of running. It is a very special way to honor our club founder and to remember him. For more Dipsea information, refer to the Practice Dipsea link at www.dserunners.com and the Double Dipsea page at www.doubledipsea.com.

SUMMER EVENING RACE SERIES

From 6/26–8/14, DSE will be hosting a Summer Evening Race Series every Thursday at 6:30 PM at Lake Merced. Walkers and self-timed runners are also encouraged to participate, beginning at 6:00–6:15 PM. These races will be low-key with a \$1 fee per runner. For more information, please refer to the article on page 13 or the Summer Evening Race Series link at: www.dserunners.com.

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

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

Mail/Phone/Email Address

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

Letters to the Editor

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

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.

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.

◆◆ How to contact the DSE ◆◆

Mail

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

Telephone

Hotline: 415-978-0837

Website/Membership Application:

www.dserunners.com

WEBMASTER: Natalie Nissenson

webmaster@dserunners.com

ASSISTANT: Stephen Boesch

The Dolphin South End Runners Present *The Practice Dipsea 6.8M Race*



If you didn't get into the official Dipsea Race, you can still experience the thrill of the 600+ steps, Muir Woods, Cardiac Hill and all the other Dipsea Trail landmarks.

Date & Time: Sunday, June 1, 2008, 8:00am

Start: Old Mill Park, Throckmorton & Cascade, Mill Valley

Finish: Stinson Beach parking lot

New for 2008: Two aid stations along the course with water and electrolyte drink.

Note: no transportation provided back to start; carpool or arrange a ride back; Marin County Transit has limited service from Stinson Beach via the West Marin Stagecoach. See <http://www.marintransit.org/stage.html> for fares and schedule.

Race Entry Fee: \$10 (includes finisher memento)

Awards: Special ribbons to Top 5 Overall Male/Female runners

Register online at www.active.com through 5/30/08 or race day beginning at 7:00am.

For more information: www.dserunners.com;

dserunclub@aol.com

Race Hotline: (415) 978-0837

RUNNING

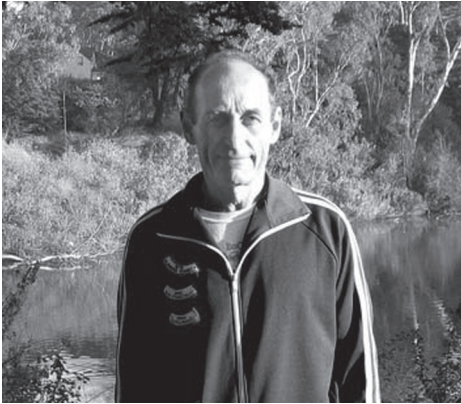
Note: The numbers ① ② ③ ④ ⑤ next to a runner's name represent the placement of the first five female finishers.

March 23, 2008

Easter Roller Coaster 5K

Race Director: George Baptista

Volunteers: Bobby Marty, Jeanie Jones, Calvin Chan, Joseph Connelly, George Sacco, Phyllis Nabhan, Hashim Bashiruddin, Theo Jones, Hilary Fong, Uwe Schling, Kevin Lee, Adrian Jue, Stu Etzler



Race Director George Baptista

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PL	NAME	AGE	TIME
1	Chikara Omine	25	18:45
2	Mike Ehrmantraut	39	19:05
3	Jason Reed	29	19:28
4	Chanon Tuntivate	14	20:00
5	Colin Johnson	42	20:04
6	Jorge Rivera	27	20:10
7	Ronald Lau	23	20:52
8	John Woods	43	20:55
9	B. J. Ricketts	32	21:03
10	Stanley Hu	29	21:16
11	Matthew Butrimovitz	18	21:24
12	Steve Stephens	64	22:37
13	Felix Tong	28	22:43
14	Scott Thorpe	35	23:03
15	Chris Jones	36	23:08
16	Markham Miller	44	23:11
17	Matthew Fabry	35	23:12
18	Thomas Herrero	21	23:23
19	Andrew Freid	41	23:25
20	Daryl Luppino	48	23:28
21	Brian Herndon	37	23:40

22	Steven Pitsenbarger	39	23:42
23	Hans Facer	55	23:44
24	Amy Sonstein ①	38	23:47
25	Justin Ruhoults	35	24:03
26	Brian Ingram	32	24:15
27	Christine Lopez ②	45	24:20
28	Naomi Stanford ③	57	24:35
29	Stanley Tsang	47	24:41
30	King Wayman	58	24:58
31	Nina Law ④	45	25:04
32	Marie Carlotti ⑤	51	25:20
33	Alessanaro Arboletto	42	25:48
34	Lexy Loewenstein	45	25:52
35	Erika Kikuchi	24	25:56
36	Patrick Lee	60	26:01
37	Kevin Burns	46	26:04
38	Shirley Knott	48	26:14
39	Paul Mosel	66	26:19
40	Tyler Abbott	47	26:24
41	Tom Huster	64	26:34
42	Jerome Jackson	26	26:45
43	Kristin Slye	39	26:50
44	Larry Wuerstle	52	26:51
45	Keith Johnson	69	26:52
46	Gary Brickley	55	27:04
47	Sharon Melmon	47	27:07
48	Christine Treveloni	31	27:10
49	Benjamin Pither	27	27:19
50	Kenneth Fong	46	27:31
51	Thomas Smiley	51	27:48
52	Debbie Leight	28	27:55
53	Devin Hallett	28	28:00
54	Jesse Hughes	33	28:12
55	David Lakin	46	28:17
56	Eric Andler	26	28:19
57	Ray Dames		28:26
58	Stephanie Soler	33	28:30
59	Leslie Green	24	28:32
60	Gregory Brown	58	28:44
61	Janet Nissenson	48	28:47
62	Peter Hsia	47	28:49
63	Gabriel Scott	27	28:53
64	Galina Pappin	25	28:56
65	Sam Ryan	12	29:11
66	Jessica Talbot		29:13
67	Talbot		29:14
68	Craig Harding	50	29:19
69	Fred Haber	48	29:20
70	Meredith Harding	16	29:32
71	Neal Ashton	51	28:37
72	Matthew Lundsten		29:35
73	Johanna Merriss	57	29:37
74	Michael O'Neill	00	29:41
75	Ken Reed	62	29:43
76	Adrian Flores		29:47
77	Joseph Connelly	46	29:50
78	Patrick Regan	40	29:55
79	Falina Williams	26	30:15
80	Thomas McDonald	15	30:29
81	Juliette Johnson	38	30:30



Rolling down the Roller Coaster

Photo by Don Watson

82	Aileen Chang	30	30:37
83	Theo Jones	69	30:52
84	Cindy Ricketts	34	31:21
85	Dana Farkas	48	31:29
86	Tim Sanders	39	31:34
87	Channon Cederna		31:38
88	Robert Archibald	50	31:44
89	Suzana Seban	54	31:46
90	Sam Roake	72	32:07
91	Tony Wasserman	63	32:09
92	Wendy Newman	57	32:13
93	Gavriela Strauss	11	33:10
94	Mina Radhakrishan		33:28
95	Rosa Lutrario		33:36
96	Beth Fleming	34	33:48
97	Peter Stein	34	33:49
98	Jim Kauffold	70	34:11
99	Sara Shaw	38	34:17
100	Scott Novotny	50	34:38
101	Justin Hensley	14	34:43
102	Richard Best	62	34:44
103	Allyn Bruty	37	34:51
104	Dia Felix	31	35:12
105	Bill Woolf	72	35:43
106	Mark Fisher	33	35:57
107	Lorrie Kalos	47	36:01
108	Shari Nemerovski	39	36:03
109	Gigi Tsui	25	36:37
110	Jill Scharmen	37	36:57
111	Sam Stevenson	74	37:03
112	Nick Bruty	38	38:24
113	Marcia Martin	55	38:46
114	Jane Colman	64	38:51
115	Robin Lee	47	40:00
116	Camille Sigismonti	39	40:41
117	Cameron Hensley	12	42:15
118	Eric Hensley	41	42:16
119	Jacqui O'Keefe	38	42:18
120	Andrea Drillings	29	42:28
121	Michele Kong	38	42:30
122	Toot Imbar	10	44:01
123	Tal Imbar	37	44:02
124	Elaine Hutsinpillar	63	46:33
125	C. Hall	54	47:25

continued on page 5

EASTER ROLLER COASTER 5K
continued from page 5

126	Heather Jordan	32	48:16
127	Charlotte Lee	14	48:27
128	Olivia Lee	13	48:39
129	David Lee	51	48:42
130	Dee Fargas	80	51:25

SELF-TIMERS

Dale Hogan	29
Don Watson	78
Elaine Gecht	64
Gary Davis	55
George Sacco	70
Jane Lee	57
Jim Pommier	75
Kim Chee Kim	3
Liese Rapozo	80
Richard Hannon	72
Roxanna Pezzy	
Steve Nissenon	59
Sunhi Kim	49
Susan Herder	
Wally Rapozo	79
Yong Haber	50

KIDS' RUN

Neil Johnson	9	4:07
Charlotte Johnson	6	4:16
Shannon Luppino	12	4:24
Richard Tauber	5	4:40
Jack Soler	7	5:24
Hetti Hsia	4	7:40
Lena Hsia	4	7:40
Tim Abbott	4	8:09
Allie Flores	1.5	6:50

March 30, 2008

Embarcadero 10K

Race Director: Calvin Chan

Volunteers: George Sacco, Uwe Schling, Cathie Schling, Bobby Marty, Phyllis Nabhan, Kevin Lee, Liese Rapozo, Rose Chan



Race Director Calvin Chan

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PL	NAME	AGE	TIME
1	Jonathan Charlesworth	23	33:01
2	Jaime Heilpern	38	34:07
3	Jason Reed	29	35:48
4	Caroline Annis ①	27	36:13
5	Kyle Douglas	32	37:06
6	Kevin Lohner	33	37:15
7	Jorge Rivera	27	38:34
8	Kennet De Silva	26	38:46
9	Kenley Gaffke	29	39:50
10	Phil Claydon	46	40:16
11	Jerry Flanagan	42	40:23
12	David Altena	46	41:08
13	Tina Chase ②	48	41:12
14	David Moretz	35	41:58
15	Thomas Manetta		42:02
16	Andrew Freid	41	42:50
17	Eduardo Vazquez	35	43:01
18	Dale Hogan	29	43:08
19	Jeremy Calnan	48	43:33
20	Dan Rubin	47	43:43
21	Jason Rzutkiewicz	33	43:46
22	Daryl Luppino	48	43:56
23	Rick Torreano	58	44:16
24	Chris Jones	36	44:22
25	Dan Carrington	31	44:32
26	Aaron Kohr	43	44:36
27	Matthew Fabry	35	44:45
28	Jason Edwards	31	45:01
29	Tyler Abbott	47	45:03
30	Noe Castanon	37	45:10
31	Steven Pitsenbarger	39	45:26
32	Paul Longhenry	34	45:36
33	Alessandro Arboletto	42	45:46
34	Kevin Pope	50	45:53
35	Patrick Lee	60	46:32
36	Thuy Le ③	36	46:57
37	Erika Kikuchi ④	29	47:04
38	Theo Jones	69	47:13
39	Katrina Brown ⑤	21	47:36
40	Alfred Hu	47	47:59
41	Jon Burton	36	48:00
42	Phil Melman	42	48:08
43	Jose H. Ruiz	52	48:22
44	George Baptista	65	48:24
45	Shelley Tardy	45	48:25
46	Jonathan Lee	26	48:38
47	Joni Castro	28	49:21
48	Debbie Leight	29	49:28
49	Mark Kelley	52	49:32
50	René Rodriguez	38	49:43
51	Lina Khatib		49:46
52	Derick Fogt	35	49:53
53	Daz Lamparas	55	49:57
54	Matt Hayashi		50:12
55	Kathleen Lail	40	50:22
56	Gary Brickley	55	50:35
57	Steve Kim	25	50:40
58	Gordon Schatz	55	50:48
59	Tom Huster	64	50:50
60	Grace Ko	26	51:02
61	Paul Van Der Staay	38	51:06
62	Rebecca Johnson	36	51:10
63	Kristel Kranz	28	51:11
64	Alicia Chen	26	51:13
65	Honoré Hershon	22	51:17
66	Travis Enfield	24	51:19
67	Kevin Weitz	56	51:54
68	Paul Mosel	66	52:32
69	Geoffrey Evangettis	36	52:38
70	Kristin Russo	30	52:41
71	Danielle Sheehan	23	53:05
72	April Bishop	30	53:13
73	Carrie Krow	29	53:26
74	Stefanie Warner	27	53:45
75	Diane Strachowski	42	54:10
76	Neal Ashton	51	54:28
77	Justin Bradhsaw	31	54:35
78	William C. Johnson	35	54:41
79	Vincente Aguigui Jr.	48	54:51
80	Sarah Tantillo	24	55:04
81	Wayne Plymale	56	55:06
82	Branden Slattery	23	55:25
83	Katie Wade	24	55:36
84	Gayle Willscher	29	55:37
85	Peter Royce	73	55:38
86	Lauren Davies	26	55:46
87	Melinda Omellos	32	55:47
88	Elisa Zuniga	37	56:02
89	Radu Mihaila	33	56:03
90	Alex Birch	31	56:07
91	Phil Sarayan		56:08
92	Xiaohong Xu	28	56:27
93	Nicolene McMullen	40	56:31
94	Mc Lavelle	55	56:33
95	Pat Geramoni	60	56:36
96	Meredith Harding	16	56:37
97	Craig Harding	50	56:44
98	Wendy Newman	57	56:54
99	Wendy Cole	55	56:56
100	Megan Serow	24	57:03
101	Rebecca Marty	36	57:10
102	Marissa Bauman	27	57:19
103	Cindy Ricketts	34	57:37
104	Jill Larimore	29	57:59
105	Colby Jones	28	58:15
106	Merlin Fruehling	73	58:22
107	Carolyn Blom	52	59:11
108	Katie Kotiza	25	59:20
109	Suzana Seban	54	59:28
110	Bob Morris		59:41
111	Karen Lee	29	59:42
112	Christine Arnold	37	59:54
113	Samantha Wynn	30	59:59
114	Felicia Viator	29	60:28
115	Valerie Mock	22	60:44
116	Lianna Glodet	29	60:48
117	Jen Melman	36	61:20
118	James Lands	29	61:33

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EMBARCADERO 10K
continued from page 5

119	Lauren L. Barr	46	61:41
120	Dan Esperon	44	61:52
121	Laura Froelich	40	61:57
122	Jim Kauffold	70	62:05
123	Emily Scheitrum	24	62:58
124	Danielle Johnson	31	62:59
125	Chuck Johnson	38	63:01
126	Scott Buswell	35	63:03
127	Audrey Mendoza	32	63:04
128	Isabel Orphanopoulos	27	63:05
129	Michael Houston	34	63:06
130	Bill Woolf	72	63:15
131	Beth Harmon	29	63:16
132	Jessica Barker	29	63:17
133	Lauren Pattison	32	63:18
134	Brierly Reybine		63:19
135	Karen Burton	27	63:21
136	Betty Rasmussen	53	64:08
137	Laurie Fried	44	64:14
138	Richard Best	62	64:38
139	Chris Labrecque	32	64:49
140	Anu Abraham	27	64:50
141	Ann Mary Belek	28	65:11
142	Tricia Atanacio	39	65:27
143	Renee Garvin	41	65:31
144	Chendi Zhang	25	65:32
145	Greg Brown	58	65:34
146	Harry Cordellos	70	65:56
147	Samantha Johnson	23	65:57
148	Allyn Bruty	37	66:11
149	Lauren Black	26	66:24
150	Renee Banks	35	66:35
151	Thy Nguyen	38	66:37
152	Tim Clement	55	66:55
153	Annelaine Clauss	42	66:56
154	Henry Nebeling	75	66:58
155	Jill Bergan	25	68:01
156	Lucy Pon	55	68:32
157	Jane Colman	64	69:45
158	Tiffany T. Nguyen	29	70:26
159	Shabnum Norling	32	70:32
160	Sharon Koshy	21	71:07
161	Nick Bruty	38	71:15
162	Amy Rogers	36	72:01
163	Gary Bengier	53	72:10



The view from the turnaround
Photo by Don Watson

164	Joi Wong	42	75:19
165	Laura J. Clem	52	75:21
166	Glenn Blaser	56	76:18
167	Debbie White	43	76:18
168	Joan Miller	40	80:13
169	Heather Jordan	32	81:03
170	Nona	39	81:45
171	Sarah Rappensperger	29	81:46

SELF-TIMERS

Maria Dulce Capece	37	
Cindy Aselaga	54	
Sunhi Kim	49	
Kim Chee Kim	3	
Robert Brizuela	68	1:24:00
Richard Hannon	77	
Shannon Luppino	12	
Jane Lee	57	
Don Watson	78	
Jim Pommier	75	
Debbie Sullivan	52	
Richard Finley	59	
D. Sears	54	
Richard Edgon	21	
Elaine Gecht	64	
Wally Rapozo		
Liese Rapozo		
George Sacco	70	
Oliver Chan	26	

April 6, 2008

Great Highway 4M

Race Director: George Baptista

Volunteers: Bobby Marty, Kevin Lee, Calvin Chan, Kiiko Baptista, George Sacco, Oliver Chan, Grant Johnson, Peggy Kang, Jesse Agbayani, Richard Hannon, Joel Rizzo, Thomas Pang, Joseph Connelly

PL	NAME	AGE	TIME
1	Chikara Omine	25	21:31
2	Cliff Lentz		21:41
3	Martino Poggio	30	21:58
4	Hayden Healy		22:33
5	Sloane Cook	18	23:18
6	Adam Lucas	41	23:42
7	Jerry Flanagan	42	23:56
8	John Woods	43	24:13
9	Jason Reed	29	24:45
10	Milan Drager	32	24:55
11	Samuel Harvell	45	25:06
12	Markham Miller	44	25:35
13	David Altena	46	26:00
14	Ky Fabion	22	26:03
15	Jeremey Calnan	48	26:10
16	Heather Donnelly ①	36	26:40
17	Noe Castanon	37	26:56
18	Jon Yorago	44	27:12
19	Rick Torreano	58	27:22
20	Daryl Luppino	48	27:31



Race Director George Baptista

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21	B.J. Ricketts	32	27:35
22	Dave Coulman	47	27:45
23	Jamie Burke	19	27:55
24	Tyler Abbott	47	28:00
25	Dave Flinn	42	28:09
26	Steven Pitsenbarger	39	28:11
27	Chris Jones	36	28:26
28	Trey Hansen	28	28:42
29	Amy Sonstein ②	38	28:48
30	Greg Hernandez	27	28:57
31	Patrick Lee	60	29:00
32	Joel Rizzo	42	29:06
33	Marie Carlotti ③	51	29:28
34	Jason Chen	31	29:35
35	Sergio Sanchez	24	29:49
36	George Musante	53	29:50
37	Lazaro Sanchez	49	30:14
38	Theo Jones	69	30:20
39	Eric Park	62	30:21
40	Gordon Schatz	55	30:25
41	Uwe Schling	37	30:28
42	Farley Neuman	52	30:31
43	Kenneth Fong	46	30:35
44	Erika Kikuchi ④	29	30:43
45	Jose Ruiz	52	30:52
46	Larry Wuerstle	52	30:58
47	Paul Mosel	66	31:03
48	Keith Johnson	70	31:14
49	Lina Khatib ⑤		31:24
50	Daz Lamparas	55	31:27
51	Gary Brickley	55	31:39
52	Gogo		31:46
53	Kathleen Lail	40	31:53
54	Karen Pinckard	48	32:00
55	Steve Nissenson	59	32:02
56	Travis Enfield	24	32:08
57	Vincente Aguigui	48	32:42
58	Janet Nissenson	48	33:00
59	Kristen Slye	39	33:38
60	Ray Dames		34:04
61	Kristin Russo	30	34:14
62	Russell Breslauer	62	34:16

continued on page 7



Great Highway turnaround
Photo by Don Watson

63	Miguel Castro	22	34:17
64	Cindy Ricketts	34	34:22
65	Joseph Connelly	46	34:26
66	William Bernick	18	34:27
67	Thomas Smiley	51	34:35
68	Carmen Conway		34:41
69	Francis Kegnan	46	34:45
70	Tara Wall	19	34:46
71	Neal Ashton	51	34:49
72	Wendy Newman	57	35:05
73	Sam Roake	72	35:10
74	Xiaohong Xu	28	35:44
75	Tom Huster	64	35:56
76	Ken Reed	62	36:00
77	Bob Morris	55	36:04
78	Mc Lavelle	55	36:10
79	Suzana Seban	54	36:15
80	Brian Hartley	54	36:37
81	Portia Lahey	24	37:35
82	Roger Lee		37:38
83	Monette Benitez	32	38:11
84	Fiordella Zhivago	30	38:12
85	Jim Gallagher	72	38:37
86	Richard Best	62	39:04
87	Jim Kauffold	70	39:10
88	Bill Woolf	72	39:29
89	JoAnne Kambur	73	39:50
90	Jen Flinn	34	40:00
91	Daniel	37	40:25
92	Jackie Conlin		40:45
93	Rebecca Biernat	35	40:46
94	Nathan Sargent	31	40:56
95	Jeff Houston	49	41:03
96	Jane Colman	64	41:07
97	Mary Liddy		41:35
98	Isabel Orphanopoulos	27	41:41
99	Jennie Syme	24	41:42
100	Diana Yen	37	41:59

101	Alfred Tolentino	36	42:01
102	Henry Nebeling	75	42:43
103	Anna McNally	35	43:18
104	Jennifer Villena	32	43:26
105	Julien Zhivago	31	44:07
106	Shannon Luppino	12	44:15
107	Jim Kambur	75	45:06
108	Barbara Robben	73	46:08
109	Caroline Meagher	41	46:45
110	Kate Burke	32	46:46
111	Deirdre Sl.	28	47:02
112	Peggy Kang	72	47:23
113	Heather Jordan	32	48:31
114	Bob Theis	79	50:08
115	Judith Jarosz	68	52:08
116	Michele Kong	38	52:55
117	Elena Irueta	38	52:56
118	Jennifer Stephens	45	54:14

SELF-TIMERS

Carolyn Clark	
Don Watson	79
Fred Haber	48
George Sacco	70
Hashim Bashiruddin	51
Hilary Fong	49
Jesse Agbayani	56
Jim Pommier	75
Kim Chee Kim	3
Liese Rapozo	80
Margo Banowick	49
Sunhi Kim	49
Wally Rapozo	79
Yong Haber	50

April 13, 2008

Golden Gate Park 10K

Race Director: Janet Nissenson

Volunteers: Bobby Marty, George

Sacco, Phyllis Nabhan, Richard

Hannon, Steve Nissenson, Kevin Lee,

Tom Pang, Paul Mosel, Uwe Schling,

Marie Appel

PL	NAME	AGE	TIME
1	Pablo Rivero	25	34:17
2	Jason Lee	32	34:49
3	Jose Ochoa	33	35:17
4	Chikara Omine	25	37:09
5	Oliver Chan	26	37:30
6	Adam Lucas	41	37:36
7	Daniel Sanchez	24	37:38
8	Mark Bretan	17	38:20
9	Jerry Flanagan	42	38:33
10	Jason Reed	29	39:09
11	Eduardo Vazquez	35	39:30
12	Megha Doshi ①	26	39:41
13	Knox Bricken ②	31	40:10
14	John Reuter	25	40:28
15	Markham Miller	44	41:18

16	Anders Ryerson	30	41:29
17	Peter Hsia	47	41:48
18	David Altena	46	42:10
19	Rhys Lucas		42:25
20	Robert D. Britain	50	42:58
21	Michael L. Gulli	48	43:03
22	Vincent Gulli	18	43:08
23	Scott Thorpe	35	43:14
24	Daryl Luppino	48	43:15
25	Ulrike Krotscheck ③	32	43:23
26	Matthew McKenzie	33	43:28
27	Kelly Walker ④	31	43:44
28	Jeremy Calnan	48	43:45
29	Rick Solano	46	43:53
30	Matthew Fabry	35	44:05
31	Michael Promuk	46	44:11
32	Dale Hogan	29	44:20
33	Karin Lucas ⑤	30	44:49
34	Naomi Stanford	57	44:51
35	Cristobal Uauy	29	45:06
36	Kermit Cook	30	45:07
37	Luciano Costantini	44	45:22
38	Anthony Rodriguez	41	45:26
39	Noe Castanon	37	45:44
40	Bryant Sardella	33	45:46
41	Rick Torreano	58	45:51
42	Steven Pitsenbarger	39	46:00
43	Ricardo Uauy	39	46:11
44	Tyler Abbott	47	46:14
45	Sean Callum	35	46:14
46	Thomas McManus	38	46:16
47	Benjamin Gumpert	27	46:28
48	Justin Rubouits	33	46:41
49	Irene Ni	27	46:51
50	Denise Carney	38	46:59
51	Fiona McCusker	43	47:14
52	Christy Allen	46	47:24
53	Andre Clark	36	47:56
54	Michael Wall	40	48:07
55	Elizabeth Bell	36	48:08
56	Joni Castro	28	48:08
57	Dioho Rau	33	48:15
58	Maggie Fillmore	57	48:18
59	Sven Mawson	30	48:22



Race Director Janet Nissenson

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GOLDEN GATE PARK 10K
continued from page 7

60	Patrick Lee	60	48:34
61	Lindsay Grimm	30	48:39
62	Matt Anderson	32	48:54
63	Chris Rauschenfels	25	49:01
64	Jose Horcajadas	38	49:27
65	Kyle O'Keefe	25	49:33
66	Molly Kuehn	30	49:38
67	Jeff St. Claire	42	49:42
68	Uwe Schling	37	49:53
69	George Baptista	65	49:56
70	Lina Khatib		50:03
71	Luke Nelson-Gura	26	50:11
72	Sergio Zanchez	22	50:13
73	Lazaro Zanchez	48	50:16
74	Kevin Lafferty	33	50:17
75	Sharon Melman	43	50:27
76	Daz Lamparas	55	50:27
77	Fernando Bernal	20	51:11
78	Phil Melman	42	51:27
79	Paul Mosel	66	51:37
80	No Name		51:42
81	Katherine Swanson		51:59
82	Hank Pellisier	55	52:03
83	Kenneth Fong	46	52:06
84	Maridee Charlton	52	52:09
85	Kathleen Lail	40	52:20
86	Kristin Russo	30	53:02
87	Gary Brickley	55	53:20
88	Stephanie Soler	33	53:50
89	Barb Voss	52	53:56
90	Sean Voss	25	54:23
91	Joel Marus	47	54:23
92	Vincente Aguigui Jr.	48	54:35
93	Travis Enfield	24	54:40
94	Mort Weisberg	71	55:41
95	Megumi Uewuhater	35	55:51
96	Michael Caton	34	56:15
97	Benjamin Pither	27	56:16
98	Sam Roake	72	56:19
99	Jay Jacobsen	63	56:21
100	Jeff Brennan	36	56:38
101	Cory Acree	28	56:39
102	Lauren Reufort	27	56:45
103	M. Bauman	27	57:03
104	Xiaohong Xu	28	57:13
105	Ken Reed	62	57:20
106	Marie E. Hovel	53	57:23
107	Jamee Lynn Widjaya	30	57:37
108	Anna Wong	43	57:40
109	Hilary Beban	46	58:03
110	Darren Sutter	29	58:15
111	Wendy Newman	58	58:18
112	Mary Durbin	39	58:45
113	Ray Dames	37	58:55
114	Miguel Castro	22	59:11
115	Gerard A Popko	43	59:38
116	Lisa Roach	32	59:58
117	Mark Leeds	29	60:06



Ken Reed keeps smiling despite the heat
Photo by Don Watson

118	Angelina Elwell	26	60:07
119	Allison Leshefsky	26	60:16
120	Pat Geramoni	60	60:16
121	Phaidra Garcia	37	60:17
122	Ellen MacDermid	39	60:18
123	David Hassen	25	61:20
124	Madeline Stark	19	61:25
125	Seth Bindernagel	30	61:26
126	Matt Grunewald	28	61:45
127	Kelly Mason	28	61:48
128	Adam Archer	31	62:07
129	Ivy Cheung	29	62:08
130	Alfred Tolentino	36	62:09
131	Suzana Seban	54	62:35
132	Thanh-Tam Ho	28	63:12
133	Joanna Sullivan	29	63:26
134	Sheena Mawson	25	63:27
135	Daniella Engen	24	63:34
136	Carole Mawson	64	63:39
137	Joan Lafferty	30	63:54
138	Bill Woolf	72	64:10
139	Marites Abueg		64:14
140	Erin Bishop	23	64:27
141	Marta Naba	22	64:28
142	Thomas Smiley	51	64:40
143	Ann Zech	26	64:40
144	Christina Riley	26	65:08
145	Henry Nebeling	75	65:08
146	Alice Miller	48	65:26
147	Steve Phillips	43	65:34
148	David Baron	23	65:49
149	Shari Ilsen	24	66:18
150	Megan Maloney	28	66:19
151	Hallina Popko	49	67:24
152	Liam Colanos	11	67:25
153	Jim Kauffold	70	69:20
154	Maeve Colanos	9	69:27
155	Hilary Kushins	37	70:11
156	Stephanie Dekking	43	70:54
157	Jennifer Highland	33	71:18
158	Kay Teiber	68	71:19

159	Clown Boy		72:39
160	Jane Colman	64	74:25
161	Diane Dodge	47	77:07
162	Zachary Potchill	11	77:11
163	Juana Smith	53	77:12
164	Katy Jones	8	77:47
165	Ken Jones	43	78:39
166	Marissa Ruiz	9	78:40
167	Jenn Roemer	30	78:54
168	Bob Theis	79	78:57
169	Virginia Rosales	44	87:54
170	Nina Patchell	9	92:00
171	Bailey Penzotti	52	92:00

SELF-TIMERS

Robert Brizuela	68	91:16
Gregory Brown	58	55:00
Richard Hannon	72	
Don Watson	78	
Jane Lee	57	
Carolyn Clark		
Fred Haber	48	
Yong Haber	50	
Richard Finley	59	
Roxanna Pezzy		
George Sacco	70	

April 20, 2008

Marina Green 5K

Race Director: Jim Kauffold

Volunteers: George Sacco, Gary Brickley, Uwe Schling, Calvin Chan, Kevin Lee, Bobby Marty, Stephanie Huynh, Wendy Hong, Fred Haber, Yong Haber, Kay Teiber, George Teiber, Joel Rizzo, Amy Adkins, Richard Hannon, Phyllis Nabhan, Robert Brizuela, Thomas Pang, Rose Chan, Marie Appel, Helen Kauffold

PL	NAME	AGE	TIME
1	David Swift	25	15:29
2	Jaime Heilpern	38	15:36
3	Mark Bretan	17	16:13
4	Brice Winkler	19	16:50
5	Chris Fowler	32	17:14
6	B. J. Ricketts	32	17:21
7	Jon Bretan	25	17:31
8	Stephan Bourgne	29	18:36
9	Joel Coleman-Nakai	35	18:51
10	Gordon Clark	27	18:53
11	Felix Tong	28	19:08
12	Vanessa Fuchs ①	32	19:11
13	Noe Castanon	37	19:21
14	Philip Stephanek	32	19:26
15	Thomas McManus	38	19:29
16	Carrie Nash ②	36	19:34
17	Andrew Freid	41	19:37
18	Haley Varner ③	24	19:48

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MARINA GREEN 5K
continued from page 8

19	Daryl Luppino	48	19:53
20	Daniel Kim	33	20:12
21	Adrian Flores	38	20:34
22	Molly Kuehn ④		20:39
23	Sergio Sanchez	22	20:45
24	Ivan Dzhagalov	32	20:45
25	Oscar Cata	37	20:49
26	Jen Allender ⑤	25	20:52
27	Bill Marlow	63	20:59
28	Joel Rizzo	42	21:02
29	Jose H. Ruiz	52	21:05
30	Jorge Larre	51	21:06
31	Patrick Lee	60	21:13
32	Allie Hurst	19	21:14
33	Lexy Loewenstein	45	21:37
34	Leo Rosales	54	21:41
35	Omar	15	21:50
36	Lazaro Sanchez	49	21:58
37	Marie Carlotti	51	22:00
38	Eric Park	62	22:02
39	Randy Hurst	52	22:03
40	Phil Melman	42	22:06
41	Jay Campbell	38	22:09
42	Daz Lamparas	55	22:20
43	Larry Wuerstle	52	22:29
44	Serafin R. Sanchez	48	22:50
45	Peter Nye	22	22:51
46	Thomas Camplin	28	22:52
47	Marisa Ceballos	26	22:55
48	Kenneth Fong	46	22:55
49	Kathleen Lail	40	22:58
50	Michael Halderreed	25	22:59
51	Jeff St. Claire	42	23:12
52	Paul Mosel	66	23:16
53	Lina Khatib		23:24
54	Gogo		23:25
55	Chris Jones	36	23:37
56	Travis Enfield	24	23:42
57	Christian Cortes	12	23:48
58	Neal Ashton	51	23:54
59	Kelly Bader	27	24:02
60	Nick Spicer	23	24:04
61	John Trayers	32	24:10
62	David Allender	38	24:22



Race Director Jim Kauffold
and volunteer Tom Pang

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63	Gregory Brown	58	24:26
64	Vincente Aguigui Jr.	48	24:29
65	Ashley Milton	26	24:49
66	Tim Sanders	39	25:00
67	Peter Royce	73	25:21
68	Jacob Quinlan	17	25:27
69	Robert Archibald	51	25:34
70	Jason Zoss	29	25:35
71	Mike Daniels		25:37
72	Scott Harrison	31	25:40
73	Jared Paul	31	25:41
74	Marguerite Hanley	25	25:42
75	Ken Reed	62	25:49
76	Jen Melman	36	25:57
77	Bob Morris		25:58
78	Wendy Newman	58	26:13
79	Christina Trayers	32	26:15
80	James Golden	56	26:19
81	Suzana Seban	54	26:24
82	Anna Utgaff	29	26:34
83	Paloma		27:03
84	Edgar	13	27:19
85	Jennifer Raffanti		27:33
86	Steve Spatz	37	27:34
87	Ronnie Blancas	7	27:37
88	Peggy Kang	72	27:40
89	Portia Lahey	25	27:41
90	Elyssia Schtaklef	23	27:45
91	Lisa St. Claire	41	27:46
92	Megan Maloney	28	27:50
93	Laurie Quinlan	50	27:55
94	Chad Hancock	28	27:56
95	Thomas Smiley	51	27:57
96	Jim Gallagher	72	27:58
97	Collin Quinlan	24	28:07
98	Roxanne Murray	27	28:08
99	Heather Cargloron	26	28:16
100	Henry Nebeling	75	28:17
101	Jack Santos	9	28:28
102	Brie Reybine		28:42
103	Rachel Leff-Kich	25	29:17
104	Eloy	9	29:34
105	Gary Bengier	53	29:38
106	Bill Woolf	72	30:14
107	Molly Spatz	30	30:20
108	Israel Tumang	33	30:34
109	Arsiel Tumang	11	30:56
110	Mariana Mejia	36	31:01
111	Erik C.		31:11
112	Jon Jelif	10	31:31
113	Ryan O'Pallick	22	31:31
114	Vanessa Sihai	26	31:32
115	Jodi Wagner	31	31:33
116	Jeff Houston	49	31:44
117	Aisjan Forte	13	31:54
118	Carrie Kiskila	39	32:01
119	Shannon Luppino	12	32:02
120	Diana Yen	37	32:04
121	Alfred Tolentino	36	32:30
122	Ana Hernandez	41	32:32



DSE President Joel Rizzo leading a pack
Photo by Don Watson

123	Olga Luna	34	32:37
124	Erick Rodriguez	10	32:38
125	Aileen Contreras	9	32:55
126	Cristal R.	14	33:08
127	Owen Vannest	7	33:09
128	David Goodman	30	33:15
129	Kevin Vannest	39	33:22
130	Fred Santos	47	33:23
131	Jake Davis	12	33:24
132	Laura Davis		33:32
133	Spain Willingham	26	33:34
134	Maria	13	33:47
135	Edwin Luna	14	34:22
136	Virginia Rosales	44	34:23
137	Quintin Atchison	6	34:39
138	Christine Atchison	38	34:46
139	Josh Richardson	25	34:53
140	Zaldo Tubio	13	35:01
141	Eileen Emerson	35	35:25
142	George Sacco	70	35:27
143	Heather Jordan	32	35:28
144	Virginia Blancas	10	35:39
145	Ron Blancas	34	36:15
146	Elaine Hutsinpillar	63	36:15
147	Irma Quintero	40	36:16
148	Luis F.	9	36:45
149	Bob Theis	79	36:47
150	Carlos	9	37:19
151	Jose Luis M.	42	37:43
152	Peyton Vannest	10	37:44
153	Margo Banowicz	49	38:15
154	Melakah	10	38:16
155	Anny Ching	23	38:20
156	Alma Quintero	25	38:21
157	Debra G. Marquez	35	38:53
158	Tom Farmer	43	39:46
159	Marie Fernandez	11	39:47
160	Maria Pameia Azurin	9	40:24
161	Amanda Borda	21	40:31

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162	Charme Noordzee	10	40:32
163	Marva Noordzee	41	40:33
164	Mara Eslava	10	40:38
165	Allison Howard	23	40:53
166	Amelia Glass	22	42:23
167	David Alonzo	11	42:24
168	Heidi So	22	44:26
169	Edwardo Peraza	11	45:12
170	Sufian Yahua	11	45:17
171	Guy Ramon	38	45:19
172	Itamar Ramon	7	45:58
173	Cassie Santos	8	46:03
174	Kristen Vannest	38	48:46
175	Margaret O'Brien	38	50:14
176	Jennifer Quillen	9	50:42
177	Katie Jann	24	50:43
178	Katie Santos	40	50:44
179	Giovanni Quintero	11	51:11
180	Mark A.	11	55:27
181	Michelle Batista	27	55:27
182	Teyanna Walker	26	55:28
183	Casey Rodriguez	12	56:07
184	Sara Toiama	13	56:07
185	Brenda Hernandez	12	56:40
186	Josephine Alonzo	15	56:41
187	Nidia Urbina	37	56:41
188	Rossana Alonzo	42	56:43
189	Cameron Whitaker	7	56:44
190	Brian Whitaker	33	60:44
191	Juan Quintero	17	60:45
192	Glenn Whitaker	5	63:28
193	Amelia D. Knapp	29	67:59
194	Jen Whitaker	30	68:29

SELF-TIMERS

Claudia	
Lizbeth	13
Catalina Espinoza	40
Esmeralda Contreras	30
Sherrill Golden	66
Phillip Basson	76
Abby	11
Cindy Mack	53
Robert Brizuela	68
Jana Cassin	7
Lori King	45
Michelle Burnham	45
Eric	6
Blanca Espinoza	32
Sasha Vitomski	
Richard Hannon	72
Don Watson	78
Hashim Bashiruddin	51
Hilary Fong	49
John Lang	68
Gary Davis	55
Carolyn Clark	
Edward So	54

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DSE AT THE RACES

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

<u>PL</u>	<u>NAME</u>	<u>AGE</u>	<u>A.G. PL</u>	<u>AGE GROUP</u>	<u>TIME</u>
Napa Valley Marathon, March 2					
1124	Pat Geramoni		5	F 60-64	4:30:53
Los Angeles Marathon, March 2					
1767	Lucille Wing	51	12	F 50-54	4:00:27
15604	Paul Kennelly	62	283	M60-64	7:33:07
15605	Elaine Koga Kennelly	66	41	F 65-69	7:33:24
Johnny Faerber 10K, Honolulu, March 9					
119	Tom Huster	64	5	M60-64	55:04
248	Sunhi Kim	49	11	F 45-49	1:19:18
Greek Independence Day 10K, Oakland, March 22					
6	Peter Hsia			M40-49	44:10
Greek Independence Day 5K, Oakland, March 22					
52	Barbara Robben		1	F 70-79	32:29
Pirates Cove Trail Run, 20K, Sausalito, March 22					
138	Lan Nguyen	29	17	F 1-29	2:52:30
Pirates Cove Trail Run, 30K, Sausalito, March 22					
27	Jim Flanigan	58	3	M50-59	3:13:05
47	David Klinetobe	47	12	M40-49	3:50:27
LMJS 4th Sunday 5K, Oakland, March 23					
8	Gene French	61	1	M60-69	20:59
18	Eric Park	62	2	M60-69	23:38
31	Juliann Sum	52	2	F 50-59	27:53
59	Barbara Robben	73	1	F 70+	34:47
LMJS 4th Sunday 15K, Oakland, March 23					
7	Noe Castanon	37	2	M30-39	73:12
American River 50M, Sacramento, April 5					
58	Eduardo Vazquez	35	24	M30-39	8:08:18
89	Oliver Chan	26	9	M18-29	8:34:03
107	Jason Reed	29	10	M18-29	8:50:36
Golden Gate Headlands Marathon, April 5					
7	Kennet De Silva	25	3	M25-29	3:41:38
Golden Gate Headlands 7M, April 5					
83	King Wayman	58	2	M55-59	1:49:12
The Great Race of Agoura Hills, April 5					
Deena Kastor 5K					
85	Kelly Emo	43	2	F 40-44	22:02
Old Agoura 10K					
237	Kelly Emo	43	6	F 40-44	51:40
Presidio 10M, April 6					
15	Peter Hsia	45	4	M40-49	1:05:38
138	Jeffrey St. Claire	42	29	M40-49	1:23:36
362	Lisa St. Claire	41	32	F 40-49	1:52:27
395	Elaine Gecht	64	3	F 60-69	2:40:03
Presidio 10K, April 6					
648	Mary Jean Pramik	59	13	F 50-59	1:20:18
Diablo Marathon, Clayton, April 12					
22	George Rehmet	41	6	M40-49	6:21:16
Muir Woods Marathon, Stinson Beach, April 12					
3	Kennet De Silva	25	2	M25-29	3:36:11

continued on page 11

Muir Woods 25K, Stinson Beach, April 12

4 Jason Reed 29 1 M25-29 2:10:16

Granite Bay Super Sprint Duathlon (2M run, 6.5M bike, 2M run), April 12

Kelly Emo 2 F 40-49 57:17

Granite Bay "Baby" Icebreaker Triathlon (200yd swim, 6.5M bike, 2M run), April 13

Kelly Emo 1st woman 48:14

Brickyard Run, 8M, Martinez, April 13

44 Heather Johnson 37 4 F 30-39 1:02:14

126 Juliann Sum 52 8 F 50-59 1:21:34

Brickyard Run, 4M, Martinez, April 13

38 Keith Johnson 70 1 M70-99 32:49

74 George Rehmet 41 18 M40-49 37:11

125 Patrick Cunneen 74 3 M70-99 45:45

135 Kelly Cunneen 45 21 F 40-49 47:41

142 Barbara Robben 73 1 F 70-99 48:49

143 Marcia Martin 55 12 F 50-59 49:05

167 Betty Cunneen 74 5 F 70-99 1:06:42

Earth Day John Muir Trail Run Challenge, 10K, Martinez, April 19

Men

24 King Wayman 58 8 M50-59 58:43

Women

21 Barbara Robben 74 2 F 70-99 1:33:52

Skyline Ridge 10K, Redwood City, April 19

10 Kelly Emo 43 1 F 40-44 56:30

29 Keith Johnson 70 1 M 65+ 1:03:23

75 Marcia Martin 55 2 F 55-59 1:30:41

Zippy 5K, April 20

Women

63 Heather Johnson 37 13 F 35-39 21:54

67 Kelly Emo 43 10 F 40-44 22:16

127 Jane Colman 64 6 F 60-64 31:31

131 Mary Jean Pramik 59 8 F 55-59 33:18

137 Barbara Robben 74 1 F 70-74 34:26

146 Mercedes Acosta 64 7 F 60-64 36:49

Men

37 Cliff Lentz 43 3 M40-44 16:29

155 Russ Kiernan 70 1 M70-74 22:02

Fung-Ming Kong 52

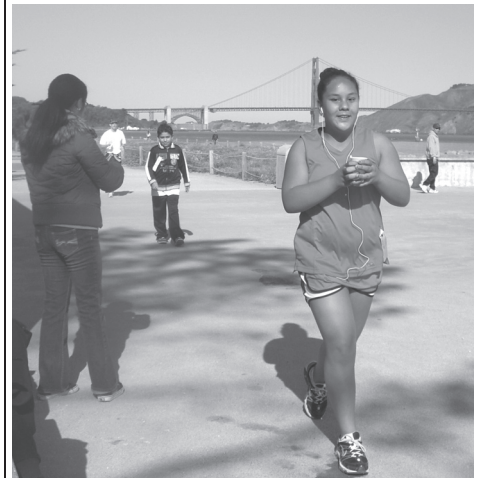
Wally Rapozo 79

Richard Finley 59

Liese Rapozo 80

Elaine Gecht 64

Taylor Olson 15



Marina Green 5K water stop
Above, Shannon Luppino
Below, John Lang and Wally Rapozo
 Photos by Don Watson



CLASSIC STU-PEDS

by Stu Ruth



"DONT MIND MY HUSBAND - HE'S IN SERIOUS TRAINING FOR THE BAY TO BREAKERS."

DSE at the Calistoga to Santa Cruz Relay

Janet Nissenson

Congratulations to the DSE members who successfully competed in the Calistoga to Santa Cruz Relay on April 19-20. For the second year in a row, the DSE Racing Team, captained by Eduardo Vazquez, placed second overall out of more than 200 teams, and was first in the Mens Open division.

Also competing, though not on an official, sponsored DSE team, were Steve Nissenson (Captain), George Baptista, Gene French, George Rehmet, Luis Vargas, Roy Clarke and Juan Melendez of DSE. For the third year in a row, their team, the Devil's Slide Track Club, won the Mens Masters division, and placed seventh overall. The average age of the runners on this team was 54!

DSE is very proud of these runners, and all of the club members who participated in this race, which is a fundraiser to promote the need for organ donations. For more information on the race, and complete results, see www.therelay.com.

HOT WEATHER 10K BLUES

Jane Colman

Note: This was composed during the final two miles of the Embarcadero 10K, during our mid-April heat wave.

I've been feeling really good about my running all along—
I ran 15 miles on Tuesday and I still felt strong.

Ran a hilly 4-miler at 10:23 mile pace;
For a plump and slow old lady, that's a pretty decent race.

My long run and weekly total were the highest in a year,
So I faced this Sunday's 10K full of eagerness, not fear,
Even though the 10K distance is the race I hate the most—
It's too long to run all-out, but too short to coast.

Been mighty hot the last few days but I thought I'd be OK.
The Sunday paper said that it would cool a bit today.
I did my warm-up run, and talked with friends a bit.
I felt a little warm, but I still was feeling fit.

The race began; I felt good, but went out too fast somehow.
After 30 years of racing, you'd think I'd learn by now.
Soon the heat affected me; I started feeling low,
And people kept on passing me as I began to slow.

About halfway we ran downhill, with respite from the heat—
In shade and into a cooling breeze—too late: my legs felt beat.
I turned uphill into the sun, stopped looking at my time.
Instead I thought about the day, and started on this rhyme.

I struggled to the finish, but felt worse after the race
So instead of cool-down jogging, I walked a snailish pace.
BUT—

We're gonna have a cooling trend, the weather people say
And so I'm looking forward to next Sunday morn's 5K.



As mentioned in the *President's Desk* column, we were joined at the Marina Green 5K by student from De Marillac Academy, a Catholic school which provides education and enrichment for 4th to 8th graders in at-risk San Francisco neighborhoods.

After the race, they posed for a group portrait.

Photo by Don Watson

BE A NERT

Ellen Breslauer

What's a NERT?

A NERT is a Neighborhood Emergency Response Team member. The San Francisco Fire Department offers FREE training on how to cope better with any type of disaster: earthquake, fire, flood etc. The people they train become NERTs upon certification at the end of the last class. They are real people, just like you and me.

We signed up for training in June 2006. We learned a great deal that has been useful in our own emergency planning. There is a thoughtful manual that is yours to keep, and we have shared parts of it with interested neighbors, family and friends. Good NERTs have leadership abilities—just as DSEers have team spirit. Mike Taheny is also a NERT. He coordinates the Training Programs at USF.

The training is FREE in terms of cost. You do make an investment of time. For us at USF, it was 9:00 AM to noon Monday and Wednesday for 3 weeks (18 hours).

Training programs are offered frequently at different locations in San Francisco. For schedules and more information about the NERT program, see http://www.sfgov.org/site/sfnert_index.asp.

The fire fighters do most of the NERT training. They also work closely with the police. One of the unexpected benefits is that NERTs are permitted to join the Police Credit Union, which we have done. The police vow to cover members' balances even in the event of an electrical failure that would tie up conventional banks and ATMs.

What else did we get from our NERT training?

Russell

1. Be prepared so that you don't become a victim.
2. Take care of yourself first, then your family, then your neighbors. That way the fire fighters and Police have fewer casualties they have to treat.
3. How to work as a team.

Ellen

1. Learn how to use a real fire extinguisher on a real fire.
2. Work in teams with strangers to size up bad situations and minimize them. All by flashlight!
3. Skills and talents of our fellow NERTs have strengthened our home, particularly for earthquake and fire.

We also got new "outfits"—bright yellow plastic hard hats, neon orange vests, and clip-on photo IDs which identify us as certified NERTs.

Start slowly and then taper off
Words of wisdom from
Walt Stack, DSE founder

SUMMER EVENING RACE SERIES COMING SOON!

Janet Nissenson

This summer, for eight consecutive weeks, DSE will be hosting a Thursday evening race at Lake Merced. The dates of the races are June 26, July 3, 10, 17, 24, and 31, and August 7 and 14. These races will be even more low-key than our regular Sunday races, with no course or mile markings, no aid stations (water fountain available at the halfway point), a pared-down finish line, and “grab-bag” race ribbons (we will be distributing ribbons from our retired or revised races from the past). The fee will be a mere \$1, for members and non-members alike, regardless of age. No Top 5 ribbons will be presented at these weekly races. Instead, runners will accrue points in the following divisions—Youth/Teen (ages 18 & under), Open (ages 19-37), Masters (38-49), Seniors (50-62), Veterans (63+)—as the series progresses. Top point holders at the end of the eight weeks will receive a medal or other award (to be determined).

The races will begin at 6:30 PM sharp, at the Sunset Blvd. parking lot of Lake Merced. The race is one 4.5 mile loop around the lake on the paved bike path, with the finish back at the parking lot. Race day registration only—and please try to bring exact change (no coins, either!).

If you don't want to race, you also have the option of arriving between 6:00 and 6:15 PM to walk or run the course on your own or with others. There will be no fee for walkers and self-timers, but your name will not be included in the race results. Since DSE currently does not have a weeknight group run, this is a great opportunity for those who would like to walk or run with others.

DSE members, please note that participation in these Thursday evening runs will not count towards Mongo trophy or other year-end award points. They will also not be counted towards our regular age division point tallies. However, if you show up to volunteer at registration or finish line, it will count towards your volunteer requirement for the year.

We hope to see many of you out there this summer, and look forward to hosting a great new event!



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/events at which we need a full slate of volunteers:

- May 4 Walt Stack 10K
- May 11 Kennedy Drive 8K
- May 25 Mission Rock 4K
- June 1 **Practice Dipsea 6.8M**
- June 8 Twin Peaks Loop 3.63M
- June 15 Conservatory 5K
- Sat, June 21 **DOUBLE DIPSEA!**
- June 29 Strawberry Hill 5K

We especially need volunteers at the **Practice Dipsea**, as the race will feature two aid stations and course monitors (if available), in addition to volunteers for registration and finish line.

And our premier running event of the year—**Double Dipsea**—takes place this year on Saturday, June 21. As always, over 100 volunteers are needed to put on this race. Please see the separate article on page 1 about how to volunteer for this event.

A reminder that members will need to volunteer at a minimum of two races each year to receive a small trophy, and four races to receive a large trophy at the year-end Gala. If you can assist at any of the races/events listed above, please contact Kevin at dse.pekingduck@juno.com or 415-751-9653 or simply sign your name to the Volunteer Sign-Up Sheet that is available at each weekly race.



This is the Double Dipsea Volunteer Sign-Up Board, and Race Director Ken Reed wants YOU to sign up!

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◆◆◆ Monthly Running Schedule ◆◆◆

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

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

Sun May 4 Walt Stack 10K

START/FINISH: At the Warming Hut, Golden Gate Promenade/Crissy Field Park at adjacent Mason Street parking lot or at the Marine Drive parking lot (under GG Bridge)

NOTE: NEW START/FINISH LOCATION

STARTING TIME: Runners at 9:00 AM. Walkers are encouraged to start early.
COURSE DESCRIPTION: Run eastbound along GG Promenade, exit right through Yacht Harbor parking lot along diagonal dirt path and run left on Marina Blvd. Next travel uphill then downhill on Ft. Mason path into Aquatic Park. Turn around at vertical wood posts at east end of Aquatic Park and return same way to finish.

Sun May 11* 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 May 18 NO DSE RUN

Join DSE at the Bay to Breakers Drawbridge (1st & Howard Streets), www.baytobreakers.com

REPORTING TIME: 6:00 AM

Sun May 25 Mission Rock 5K

START/FINISH: Third Street & Mission Rock

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

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

Sun Jun 1 Practice Dipsea Run, 6.8 miles

START: Old Mill Park, Throckmorton Ave, Mill Valley

FINISH: Stinson Beach

STARTING TIME: **Runners at 8:00 AM. Walkers are encouraged to start early.**

COURSE DESCRIPTION: Course follows Dipsea Trail over Mt. Tamalpais. Course is not marked except for permanent GGNRA trail markers.

Note: Runners must carry their own water and find their own transportation back to start. There are no course monitors.

Sun Jun 8 Twin Peaks Loop, 3.63 miles

START/FINISH: Portola Drive & Twin Peaks Blvd

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

COURSE DESCRIPTION: Run up and then down Twin Peaks Blvd staying on left-hand side of road. Turn left on Clarendon Ave and run uphill, then down to Laguna Honda. Turn left on Laguna Honda and run uphill to Woodside Ave and continue up Woodside Ave past the Gas Station and back to Twin Peaks Blvd finish.

◆◆◆ Group Runs ◆◆◆

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

Membership ♦♦♦ Information

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

The DSE has grown into San Francisco's largest running club with about 500 members. The club holds races throughout the city almost every Sunday, with courses that range in difficulty and distance (2–6+ miles). DSE members automatically receive a one year subscription to the *DSE Newsletter* and become members of the Road Runners Club of America. Club members receive a free subscription to the online publication *Footnotes*.

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

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

Folding ♦♦♦ Session

DATE: Monday, May 26, 2008

TIME: 1:00 PM

**PLACE: John Blankenship & Linda Carter
199 Bepler Steet
(between Mission St. & San Jose Ave.)
San Francisco 94112
650-992-6012**

Come out and join the newsletter folding session—a small gathering of DSEers who get together for a bit of fun, food, and folding. All DSEers are encouraged to participate. We begin folding at 1:00 PM and usually wrap up before 3:00 PM.

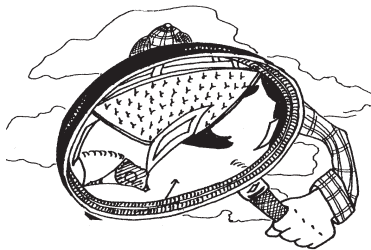
Please remember to bring drinks or snacks to share after the folding session. If you would like to host a folding session, contact Jane Colman at janeacol@earthlink.net.

Weather ♦♦♦ Report ♦♦♦

Meteorologist Mike Pechner

May overall looks cooler than normal with near to slightly above normal rain. The best opportunity for some light rain or showers will be a day or two around the 20th and maybe Memorial Day weekend! The warmest weather appears to be the last few days of the month.

There will be lots of fog and low clouds with gusty winds near the coast all month, but weather for the Practice Dipsea will be warmer than normal with no fog.



♦♦♦ Club Officers & Coordinators ♦♦♦



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ANGELICUS
Walt Stack

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PERMITS

Suzana Seban
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Wendy Newman wsn99@aol.com

Happy Birthday! ◆◆◆◆◆◆◆◆

- | | | | |
|----|--------------------|----|-------------------|
| 1 | Edward Bruno | 16 | Lucy Wong |
| 3 | Joanne Desmond | 18 | Gary Davis |
| | Mishaffner Jones | 19 | Carolyn Johnston |
| | Don Watson | | Patrick Mattimore |
| 5 | Peter Aguiar | | Jane Stephens |
| | ZaZa Berven | 20 | Heidi Lavelle |
| | William Stephens | 21 | Linda Antonini |
| 6 | Gerard Popko | | Marcus Johnson |
| | Lila Raygoza | | William Woolf |
| 7 | Chase Popko-Fowler | 23 | Janet Fry |
| 8 | Steven Mulready | 24 | Steve Nissenson |
| 9 | Richard Finley | | Tony Stratta |
| | Robert Finley | 25 | Letty Garbisch |
| 10 | Jeff Houston | 28 | Ceis Wildin |
| 12 | Olivia Horgan | | John Woods |
| 15 | Ken Klein | 30 | Tom Huster |
| | Sharon Melmon | | Uwe Schling |
| | Mary Jean Pramik | 31 | Annabel Marsh |
| | | | David Pon |

New Members

- COLMA**
Marie Brizuela
- PACIFICA**
Alex, Jenny, Stanley & Tyler Tsang
- SAN ANSELMO**
Gerard & Hallina Popko
Chase Popko-Fowler
- SAN FRANCISCO**
Cory Acree
Marissa Bauman
Heather Jordan
Susanne Klatt
Lila Raygoza
Jake, Jeff & Kristin Slye
- SAN MATEO**
Vic Ignacio, Joy Ignacio-Yip & Jon Yip
- SAN PABLO**
Miguel Angel Castro
Jose Ruiz
- SAUSALITO**
Maeve Metzger
- SUNNYVALE**
Jaimeleigh, Joi & Sheldon Wong



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

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



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