

1982



1982 -

10



San Francisco Dolphin South End Runners

START SLOWLY AND TAPER OFF

San Francisco,
Dolphin South End Runners

AUGUST 1982

RUNNING

Dolphin South End News

Monthly publication for members & friends.
Founded in 1966 by Walter Stack, President,
who devised the system of each running
mile counting one point with DSE events
giving double credit. The System exists
to recognize persistence & participation
over speed.....

MEMBER: Road Runners Club of America

Cover photograph

Ed Jerome & running
companion, Shelley.....

*Examiner - 1980
San Francisco Marathon
1977 Dolphin South-End
Running Club TOP-POINT
WINNER.....

ANNOUNCEMENT

President Walt Stack,
SFDSE Running Club,
San Francisco, California
has announced that DSE
Run, August 29, 1982,
Lake Merced Run, will
be dedicated to the
memory of Ed Jerome....

Thank you to the follow-
ing for their news items,
E.A. 'Jerry' Jerome, Joe
Henderson, Anabel Marsh,
Ted Vincent, Gail Wetzork,
Harry Cordellos, Richard
Blake, Jaclyn Caselli,
Marsha Maguire Mani, Myra
Green, Dave Horning.....
"Starting Line" photos
taken by Bob Butchart
& City Sports photo of
Florianne Harp.....

Graphics/art/production
lay-out by Louise Butchart.

Typing : LAB

EDITOR-Secretary - Louise Butchart
2014-33d Avenue
SF, CA 94116
Telephone: (415) 661-7712

OFFICERS

President
Walter Stack
741 Kansas St.,
SF, CA 94107
(415) 647-9459

VP/Membership
Marsha Maguire
771-5th Ave., #3
SF, CA 94118

Treasurer
Ernie Furtado
33 Sullivan Dr.,
Moraga, CA 94556

Emblem: SFDSE Turtle
Club Motto:
"Start Slowly & Taper Off"

Point Chairman
Thomas Chuey
1518 - 48th Ave.,
SF, CA 94122

Race Results
Myra Green
265 Central
SF, CA 94117

DSE T-shirt Sales
Patrick O'Donnell
585 San Luis Road
Berkeley, CA 94707

SOIREE/Fold Session
Margaret Curtis
20 Amber, SF

* Treasurer's Report - Ernie Furtado

* DOUBLE DIPSEA - June 19, 1982

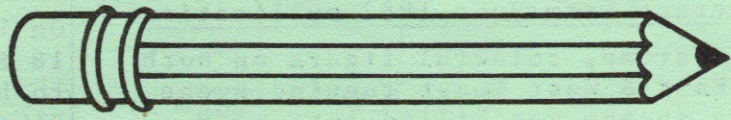
* Race Receipts/t-shirt sales...\$2,386.00

* Expenses:

* T-shirts.....	\$ 456.00
* Patches.....	\$ 324.00
* Labels/safety pins.....	\$ 45.00
* Trail marking supplies.....	\$ 35.00
* Donation to Marin Red Cross..	\$ 25.00
TOTAL EXPENSES :\$ 885.00	

* Net Profit.....\$1,501.00

Editor's report



Thanks to the many members & friends acquired since taking over the job as DSE News Editor. If it were not for all of the fine folks associated with the Dolphin South-End Running Club I could not compile our news without all of YOUR help!

Participation is the key to the DSE organizational activity, so please do not hesitate to send in your articles, stories and black/white photos along with any other items of running interest.

In order to submit information for publication it is encouraged that one be a supporting member of the Club - \$8.00 annual dues per family.

Deadline date for submitting information is the 15th of each month with written matter limited to one page or less. Close-up ACTION black/white photos are welcome and what we like best!

The wonderful stories and articles published thus far have been from our membership and wonderful they have been too! Of course, our Race Results are the Number One feature of the news and our thank you to the many runners

who make up those results.

Photographs, to date, have been selected because of their hi-charged action effect for our cover with black/white candid shots of DSE members for the "Starting Line."

The photos are strictly a side point of interest for the news. Many years ago there were no pictures and printing costs run into mucho \$\$\$.

However, since taking over as Editor I have invested my own personal monies to have treasured photographs transposed, enlarged and printable perfect for publication. With no charge to the DSE, this has been my small contribution along with the layout & production work, typing and the general compiling of the monthly news. Labor has been donated and the DSE consists of all volunteers.

It has been a delight for me to use my artistic abilities for this production and I am delighted it has all created much interest in our SFDSE newsletter publication.

Much time, thought, work and creativity go into the news and the publication now seems to be running smoothly. My thanks to everyone and keep up the good work!.....LOUISE BUTCHART, Editor

in
CAES
you're
INTERESTED...
Letters

FROM: E.A. "Jerry" Jerome-July 1982.

Dear Louise: Thank you for your continuing support to the memory of Ed - our 'Butch' -

His ashes lie buried in Arlington National Cemetery together with his sister, Jennifer who passed away in an accident a year before Ed was killed. Part of his ashes lie at Quartz Hills, CA with his faithful running dog Shelley, at a site a few miles from the accident.

The woman who killed Ed could not see or hear properly. Her license was revoked permanently along with receiving a ten year sentence & a large fine, both of which were suspended.

Everytime I see a runner or biker a voice screams "Watch Out!" "Someone may kill you and they may not stop or even see you!" This sounds paranoid but, this is exactly what happened to Ed.

Please remind all of the DSE members and friends to be ever vigilant and super cautious while on the road! There are many careless drivers and laws are slack. Again my thanks /s/ Jerry

Ed Jerome's Father



E.A. "JERRY" JEROME
UNIVERSITY OF SOUTHERN CALIFORNIA
USC SAFETY DEGREE PROGRAMS
5510 COLUMBIA PIKE, ARLINGTON
VIRGINIA, 22204 TEL: (703) 521-5025

"RUNNING COMMENTARY" - by Joe Henderson
Extract from June 1982 publication

Ed Jerome, colorful figure on both the East & West Coast running scene for a decade was killed last year (August) while riding his bike on a Southern California highway.

Jerome was a racing addict. He had raced a 10K the night before the accident & had run 141 marathons. He once raced five times on a single weekend & during one year put in more than 1000 racing miles.

What better way for his running friends to remember Ed than with a race? Howard Sundberg announces that "Ed's Running Club," the 'Hi-Desert Runners,' plan a memorial half-marathon & 5K on October 23. More Info: Contact Running Promotions, Unlimited, Box 128, Lancaster, California 93534.....

From: Anabel Marsh - July 1982

On Friday, August 13, approximately 18 SFDSE members will fly to Colorado to begin training on the trails of Pike Peak for the forthcoming marathon. Others are expected to join our group throughout the week.

The ascent only - takes place on August 21 with the round-trip the next day.

The SFDSE running group will be meeting each morning & spend most of their pre-race days becoming familiar with the altitude (14,100 feet) & obstacles along the marathon course.

The "Peak Busters" (women who run Pikes Peak) will host a get-together on Thursday, preceding the race.

I am certain a great time will be had by all. /s/Anabel Marsh, Founder, & Past President, Peak Busters Club

FROM: Ted Vincent - July 1982 - the 12th

Running in t-shirts with political messages do draw a few scowls. A group of us wearing our "Runners for Nuclear Weapons Freeze & Disarmament" shirts ran at the anti-nuke demonstration at Livermore this June. 1300 demonstrators cheered us as we ran & it was the best 'finishing line' we had ever been thru as we looped round. Police looked bored.

One policeman seemed to smile knowingly & we thought we had found the perfect spot to sell our t-shirts but a serious looking young man stepped out from among the demonstrators & said, "I don't mean to stop you, but this demonstration has been carefully planned & one of the things we planned and ruled out were sudden moves. No running Please!"

Hell, I guess you can't win 'em all, even with an anti-nuke t-shirt on at an anti-nuke rally. /s/Ted Vincent....

FROM: Gail A. Wetzork, President Nor-Cal Seniors dated July 1982

It was a typical summer morning in San Francisco for the San Francisco Marathon until I reached 20 miles.

It then became warm and uncomfortable. I probably would not have run in the race except I had been invited and was intrigued by the course.

The course was nice - running through various parts of the city. I saw George Sheehan cheering the runners and the final section along Market Street was great with much crowd support. However, I never knew that Market Street was so steeply banked...it was like running with my right foot in a bucket.

Summed up - The San Francisco Marathon was like the Reebok shoe ad. I saw on the back of a Muni bus "RUNDERFULL"

/s/ Gail Wetzork

DSE 4

VOLUNTEER: Walt Stack 10K Birthday Run-Oct. 2, 1982

SIGN-UP at ALL DSE RUNS or:

NAME _____

ADDRESS _____

PHONE: _____

State Volunteer Assignment

Mail: Gail Langston c/o SF YMCA

220 Golden Gate Ave., SF, CA 94102

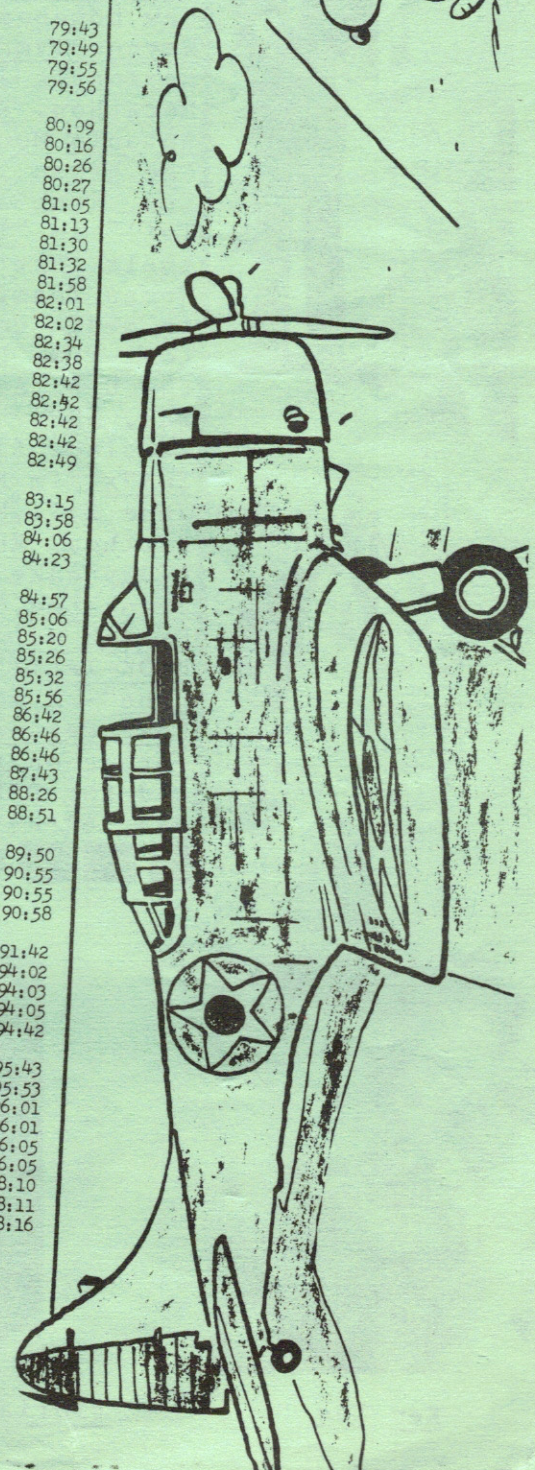
FLASH

LETTERS

Double Lake Merced ~ 9.2 mi. ~ July 4

1 Brian Oldham	49:38	86 Gene French	65:18	177 Peter Fealy	76:26
2 Robert Sanchez	49:51	87 Vince French	65:19	178 Irwin Herlihy	76:48
3 Tom Homeyer	50:32	88 Steve O'Brien	65:19	179 Carol Fregly	76:57
4 Bill May	51:01	89 GERALYN Tripp	65:19	180 Linda Lawrence	76:58
5 Adrian Wong	51:34	90 Neil Mahoney	65:26	181 Kay Atkinson	77:02
6 Pete owicki	51:45	91 Jeanie Kayser Jones	65:29	182 Dan Levine	77:04
7 Larry Morton	52:33	92 Eric Gustafson	65:31	183 No Name	
8 Robert Beyer	53:09	93, 94 No Names		184 Paul Merick	77:24
9 Allen Taylor	53:11	95 Phil Akers	65:57	185 William Sarris	77:25
10 Mike Eshia	53:27	96 No Name		186 Bob Theis	77:30
11 Bobus Smithton	53:54	97 Bruce Wong	66:14	187 Mike Moran	77:51
12 Ed Forand	54:05	98 Dennis Morehead	66:20	188 Karen Olsen	78:03
13 Wayne Plymale	54:10	99 No Name		189 No Name	
14 John Henley	54:45	100 Morgan Peterson	66:29	190 Carol Nishimura	78:16
15 Doug Berbena	54:46	101 John Mortell	66:30	191 Inge Brauer	78:45
16 No Name		102 Rebecca Dixon	66:37	192 No Name	
17 Siegfried Mattern	55:00	103 Mark Williams	66:41	193 Tony Stratta	79:21
18 Gary Kaufman	55:22	104 Debbie Norton	67:03	194 Manuel Pacheco	79:26
19 Michael Cole	55:30	105 Sue Hrkach	67:08	195 Jerry Fishman	79:28
20 Leo Ruiz	56:29	106 Chris Mickelson	67:13	196 Henny Williston	79:35
21 No Name		107 Steve Marcus	67:23	197 Don Watson	79:38
22 John Medinger	56:41	108 Tom McGee	67:31	198 Len Goldstein	79:39
23 Cam Shuford	56:48	109 Barclay Bates	67:42	199 No Name	
24 Pedro Gonzalez	56:54	110 Gregory Mendiola	67:49	200 John Renavis	79:43
25 Jim Feldman	56:54	111 No Name		201 Marty Maricle	79:49
26 Molly Thayer	57:01	112 Rudy Breland	67:51	202 Vivian Rodriguez	79:55
1st Woman		113 No Name		203 Elsa Ruff	79:56
27 Ray Towne	57:45	114 Rich Higgins	68:13	204 No Name	
28 Francisco Aragon	57:47	115 Joe Spaulding	68:14	205 Peter Adrian	80:09
29 Alfred Dartois	57:52	116 Frank Willits	68:17	206 Sue Stiller	80:16
30 Bill Green	58:05	117 Bill Haerle	68:19	207 Jim Ryan	80:26
31 Mark Scheuer	58:15	118 No Name		208 Denise Gong	80:27
32 Clay Shaw	58:25	119 Janice Betran	68:50	209 Cheryl Kessler	81:05
33 Jack Major	58:28	120 Chris Boome	68:52	210 Ron Mack	81:13
34 Marion Irvine	58:32	121 Barty Weissman	69:00	211 Betsy Barsamian	81:30
2nd Woman		122 Bill McGowen	69:08	212 Carma Bamber	81:32
35 Kevin Cowan	58:47	123 Bruce Perrin	69:11	213 Rowan Hernandez	81:58
36 Pierre Morin	59:30	124 Keith Weaver	69:13	214 Bill Johnston	82:01
37 No Name		125 Jose Pedraza	69:22	215 Robert Finley	82:02
38 Paul Schumacher	59:41	126 Fred Bruhn	69:31	216 Joe Marks	82:34
39 Paul DeLoria	59:44	127 Judith Shaw	69:42	217 Rosemary Silva	82:38
40 John Elsbree	59:47	128 Jim Ryan	69:50	218 Marcia Rapozo	82:42
41 Tokihiko Suyehiro	59:54	129 John Kinch	69:51	219 Tom Boyd	82:42
42 Tony McDonagh	59:57	130 Tom Ryan	70:00	220 Tom Lane	82:42
43 Bob Feldman	60:14	131 Thomas Leach	70:09	221 Grace Quintana	82:42
44 Mike Toheny	60:16	132 Marylou Quinto	70:24	222 Roger Anawalt	82:49
45 Robert Wyne	60:17	133 Harvey Ingham	70:28	223 No Name	
46 Lolly Hess	60:18	134 Jaime Arabia	70:29	224 Pat Keir	83:15
3rd Woman		135 Bob Irwin	70:30	225 Dula	83:58
47 Bill Lee	60:25	136 Emery Woo	70:32	226 Glenda Ross	84:06
48 No Name		137 John Williston	70:34	227 Leonard Cascio	84:23
49 Graham Maidment	60:53	138 Colleen Fox	70:40	228 No Name	
50 Greg Beavers	61:12	139 Charles Lewman	70:49	229 Bill Morgan	84:57
51 No Name		140 Andy Edmondson	70:56	230 Ursula Bernhart	85:06
52 Robert Jasperson	61:21	141 Gregoria Marrero	71:12	231 Marla Riley	85:20
53 John Moore	61:51	142 Mark Young	71:21	232 John Brook	85:26
54 Jay Charlesworth	61:57	143 Mike McFeely	71:25	233 Fernando Arias	85:32
55 Joseph Castillo	62:11	144 Denise Valkema	71:37	234 Gloria Leo	85:56
56 Bettina Edward	62:15	145 Shawn Daughterty	71:41	235 Eileen Lee	86:42
4th Woman		146 A. Brakeman	71:49	236 George Leeloi	86:46
57 Danny Camacho	62:18	147 Dick Reynolds	72:01	237 Jeff Spaulding	86:46
58 Bob Vernon	62:27	148 Ann Merrifield	72:04	238 Keith Johnson	87:43
59 Bob Devlin	62:32	149 No Name		239 Brian MacDonald	88:26
60 Frank Hunt	62:37	150 Bob Atkinson	72:13	240 Jack Wydler	88:51
61 David Hasker	62:44	151 Sandy Vernon	72:15	241, 242 No Names	
62 Lee Lambert	62:45	152 Peter Mandell	72:18	243 Jim Hill	89:50
63 Hugo Aguirra	62:52	153 Steve Cole	72:20	244 Walt Stack	90:55
64 Michael Smith	62:57	154 Nancy Inferrara	72:36	245 Milt S.	90:55
65 Tom Field	63:01	155 Manny Colin	72:37	246 Fran Bradford	90:58
66 Michael Donohoe	63:09	156 John Dauernheim	72:38	247 No Name	
67 Richard Siciliario	63:10	157 Valinda Pintauo	72:45	248 Sherry Canan	91:42
68 Ben Graham	63:11	158 Rick Norkin	73:04	249 Ada Thomas	94:02
69 Peter Royce	63:17	159 Augie Perez	73:14	250 Frenchy	94:03
70 Bob O'Connor	63:21	160 Richard Finley	73:30	251 Alexandria Ennik	94:05
71 David Leo	63:46	161 George Sacco	73:38	252 Liese Rapozo	94:42
72 Harold Heringhi	63:50	162 Lucy Rios	74:34	253 No Name	
73 Howard Daniel	63:55	163 No Name		254 Tom Smith	95:43
74 Mark Ehni	63:57	164 Valerie Gnesdiloff	75:09	255 June Crowley	95:53
75 Ruth Anderson	64:04	165 No Name		256 Claire Carew	96:01
5th Woman		166 Mike Ray	75:23	257 Del Drake	96:01
76 Tom Chuey	64:05	167 Medford Todd	75:26	258 Carol Donohoe	96:05
77 Paul Chin	64:07	168 Don Payne	75:26	259 Wally Rapozo	96:05
78 No Name		169 Bruce Fisher	75:34	260 Caroline Merrill	98:10
79 George Kruse	64:21	170 Robert Lai	75:37	261 Frank Ennik	98:11
80 Eduardo Lugo	64:32	171 Rudy Hansen	75:42	262 Glenda O'Donnell	98:16
81 James Bender	64:43	172 Richard Monteleone	75:44	263 Sherman Welpton	
82 Ledend O.E.	64:48	173 Mike Meyer	75:50	264 Blake Welpton	
83 Angus MacFarlane	65:04	174 No Name		265 Maira Lane	
84 Bob Cantwell	65:15	175 Karl Boedecker	76:07	266 Dick Marsh	
85 No Name		176 Carlyn Godwin	76:22	267 James Burke	
				268 Ivor Welch	

Congratulations/Good Luck
Bob Butchart w/U.S. AIR FORCE



RACE RESULTS

The Starting Line

with Louise Butchart



Happy Snappy Birthdays for August: Lynn Butchart, Wally Hanson, Bill Butchart, Myra Green, Mary Stack, Henni Williston, George-Eddie Rodriquez, Madeline Camisa, Tom Fong, Pris Myers, Bob Myers, Lolly Hess, Doerte Murrey, Tom Chuey, Shiela Neck, Valerie Neck & one year old Baby Casey...Belated Birthday Mick & T.C.Lavelle.....

THANx Mary Johnson hosting last month's DSE Soiree; Larry & Marsha Manit hosts of Double-D rehash meet/help with Double Dipsea along with John & Vickie Blankenship, Sheila Mullen, Steve Cole, Don Chaffee, Ron Angiers, Mike Pilsner, Mike Taheny, Yours Truly, Sue Cobb, Stu Ruth, Florianne Harp, Margaret Curtis, John Buenfil, Glenda & Patrick O'Donnell, Dr.Richard & Pat Blake & Genius/Founder Walter Stack. Special THANx to the folks of Dannon & Calistoga, National Trophy Co., of S.F. Long-time member Ruth Hirsh new homebase in Chicago - we shall miss you, Ruth New homebase for Bruce Perrin & Gregona Marrero in Hawaii.. Wayne Plymale, top 10, Corp.Cup Preliminaries/rep.Phone Co. Nationals July 24-25...Scott Thomason, staff/helpers at S.F. Marathon. Kathy, Alex(former Pamakid Club Pres.)& son, Antonio Monterrosa visiting S.F.& running SF Marathon..... Age group leader, Kay Atkinson, Nike Master Series/St.Jude Run, June 10. Reprint of Harry Cordellos article, "There's Tui!" in "TrackMaster" Magazine. Regrets to publishers on their last July 1982 issue...Regrets leading AVON Masters Women Team, Pat Whittingslow, Sue Agatha Lee, Marilyn Harbi in media coverage/DSE news, OUTSTANDING TEAM PERFORMANCE!... Long-time DSE member Bob Butchart, running in Texas with the U.S. Air Force...Laura Finn, Chair.7-25 'Womens Festival' run, DSE...Dunn together, 2d place finisher Fred Dunn & 2d place finisher Daphne Dunn DSE run 7-18 Mt.Davidson....

THANx Jim Major, Marina Sports, furnishing kegger at DSE run June 27...Mark calenders: October 2, 1982, Walter Stack Birthday Run Day, start Ft.Mason @ 9 - celebrate with giant B-day cake aboard J.O'Brien ship birthed at Ft.Mason after. Kenny Lee, official photographer, S.F. Marathon..Was that Dr.Bob Wallace riding his new bike on the Embarcadero????

BOOK-TALK: Jim Shapiro's "Meditations From The Breakdown Lane"- a motivation "picker-upper" for runners to read.....

Best Personal Regards to E.A.'Jerry' & Mrs. Jerome & Bruce Jerome on this one year August Anniversary of their loss of and the DSE Top Point Man for 1977 - Ed Jerome.....



Pat Whittingslow
& Tim Treacy



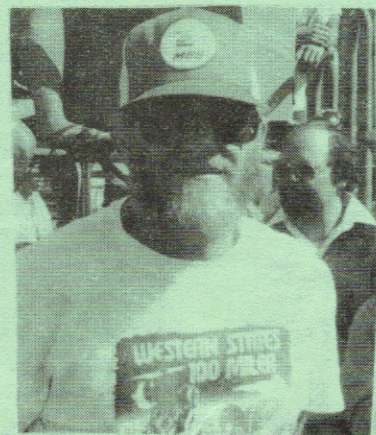
Carolyn Clark



Ken Lee



Florianne Harp-Clinkenbeard



Jim Burke DSE 6

JUNE 19, 1982

DOUBLE DIPSEA

14.2 miles - 13th Annual

RESULTS

Typed by Marsha Maguire Manitt

place	name	actual time	Place	Name	Act. Time	place	name	actual time
1	Michael Duncan	1:45:46	88	Ruth Anderson	2:38:52	178	Francis Noziglia	2:33:12
2	Florianne Harp	2:07:17	89	Joe Dorsey	2:33:55	179	Mike Long	2:33:41
3	Jim Nicholson	2:03:57	90	George Rodriguez	2:34:11	180	Alexis Lepoutre	2:24:59
4	Bob Malain	2:07:58	91	Rick Shea	2:18:13	181	Geoff Webster	2:25:00
5	Bert Johnson	1:53:52	92	Bill Green	2:18:18	182	Philip LeGay	2:25:04
6	Andrea Eschen	2:15:06	93	Kenneth Salahudin	2:18:19	183	Dan McGill	2:50:13
7	Peter Laskier	1:55:13	94	Peter Royce	2:29:22	184	Bill Evans	2:55:15
8	M. V. MacKenzie	1:55:18	95	Herb Tanimoto	2:18:32	185	Howard Daniel	2:45:31
9	Barbara Magid	2:17:00	96	Colleen Fox	2:39:50	186	Ray Anne Chaney	2:55:33
10	David Sharp	2:12:04	97	Gerrit Vannierkerk	2:19:11	188	Stephen Werth	2:25:47
11	Lou Otanez	2:07:08	98	John Shanahan	2:10:15	189	Marlys Green	2:55:59
12	Eve Pell	2:17:16	99	James Tillson	2:19:18	190	Laurel Strand	2:56:03
13	Martin Jones	1:56:36	100	Susan Almquist	2:40:26	191	John Brooks	2:26:04
14	Bryan Holmes	2:09:28	101	John Tillapaugh	2:19:58	192	Robert Hester	2:35:05
15	Pat Whittingslow	2:19:40	102	Doug Mitchell	2:20:03	193	Lola Houston	2:56:37
16	Chris Delgado	2:10:40	103	Linda Vincent	2:41:07	194	Charles Jensen	2:35:43
17	Gene White	2:10:45	104	Chuck Ford	2:21:06	195	David Lorenz	2:26:56
18	Jim Myers	1:59:58	105	Harry Babicka	2:21:11	195	John Martin	2:27:04
19	Dennis Egley	2:21:16	106	Claudia Shenefield	2:42:17	197	James Honig	2:36:09
20	Joe Maher	2:00:27	107	Matt Muldoon	2:12:36	198	John Gilbert	2:27:18
21	Dean Harper	1:51:31	108	Larry S. Welch	2:21:43	199	Peggy Smith	2:57:22
22	Pete Schoener	2:06:31	109	Mark Ropers	2:27:49	200	Joe Michael	2:52:23
23	Richard Greenwald	2:00:37	110	Dennis Scott	2:21:54	201	Mary Cantini-Norkin	2:57:30
24	Bill Bowers	2:17:02	111	Jim Bailey	2:27:56	202	Roy Silveira	2:52:36
25	Brett Evert	2:01:06	112	Michael White	2:22:03	203	Alan McColl	2:42:43
26	Arnold Knepper	2:17:12	114	Patrick Wallace	2:13:36	204	Joe Feller	2:29:44
27	Richard Emmons	2:17:26	115	Mike Taheny	2:22:48	205	Chuck Frueler	2:55:3
28	Deborah Hannaford	2:23:15	116	Mike O'Neil	2:44:00	206	John Buenfil	2:39:3
29	Hans Roenau	2:18:39	117	Thomas Knight	2:23:25	207	Eric Bergstrom	2:30:5
30	Ken Sherman	2:09:15	118	Lawrence Rebag	2:30:02	208	Henry Van Dyke	2:45:5
31	Ward Bushee	2:03:18	119	Andrew Finn	2:24:29	209	Alan Steeples	2:30:5
33	Arnold Schulz	2:14:26	120	Bonnie Giannone	2:45:33	210	Martin Weissman	2:45:5
34	Hilary Naylor	2:24:39	121	Guillermo Barron	2:16:21	211	Michael Donohoe	2:41:0
35	Keith Whittingslow	2:09:42	122	Bobus Smithton	2:25:24	212	Greg Wittenneier	2:32:1
36	Ronald Felzer	2:03:58	123	Chuck Dasey	2:25:44	213	Ted Vincent	2:52:4
37	Al Chesterman	2:04:11	125	Elsa Ruff	2:46:57	214	Valerie Jones	3:02:5
38	Harry Jones	2:15:32	126	Robert Davis	2:32:01	215	Ron Digesti	2:42:0
39	Kevin Mesa	1:56:33	127	Betsy McGee	2:47:15	216	John Warren	2:48:0
40	Clifford Stewart	2:05:55	128	Peter dePetra	2:26:17	218	Paul Slevin	2:42:2
40a	Leonard Iventesch	1:56:55	129	Sandy Ruiz	2:26:17	219	Daniel Verhugo	2:33:2
41	David Warren	2:12:06	130	John Cover	2:42:31	220	David Kanner	2:33:5
42	Pat Cunneen	2:17:16	132	John Owen	2:26:33	221	Ken Boyd	2:43:1
43	Dave Hannaford	2:06:22	133	Jim Kauffold	2:32:35	222	Manuel Colin	2:50:0
44	Tom Arnold	2:06:40	134	Bill Zabicki	2:26:55	223	Ronato Lacang	2:44:0
45	Cedric Collett	2:06:56	135	Neil Mahoney	2:42:59	224	Tom Katilius	2:35:1
46	Michael Moberg	2:18:04	136	Yngve Ramstad	2:33:00	225	Douglas Whited	2:44:1
47	Michael Coke	2:13:15	137	Neil Mishalov	2:27:28	226	Don Madronich	2:44:1
48	Doug Rogers	1:58:59	138	Roger Cheitlin	2:18:39	227	Maj-Britt Mbrand-F	3:05:1
49	Themos Drossos	2:14:07	139	William Kocisak	2:19:03	228	Bruce Perrin	2:44:5
50	Jerry Binning	2:19:16	140	Keith Weaver	2:44:05	229	Robert Clark	2:36:4
51	Bill Dickerson	2:24:31	141	John Hubbell	2:34:07	230	Paul Cremmins	2:36:5
52	Jeff Cowling	2:00:08	142	Steve Miller	2:19:11	231	Art Farnsworth	2:37:0
53	Roger Major	2:15:12	143	Richard Mobley	2:19:28	232	David Keisler	2:46:1
54	Betsy White	2:30:17	144	Maria Smith	2:49:36	233	Albert Garcia	2:46:5
55	Paul T. Hohe	2:20:21	145	Rebecca Dixon	2:50:08	234	Mike Frankfert	2:38:0
56	A. B. Taylor	2:09:24	146	John Elsbree	2:29:09	235	Harlan Harkness	2:47:3
57	Byron Choiniere	2:00:30	147	Mark Lorenz	2:29:22	236	Fred Flowers	3:08:4
58	David Lawler	2:00:33	148	Daniel Lindstrom	2:29:33	237	Dave Trejo	2:54:2
59	Jim Healy	2:09:34	149	Robert Ades, Jr.	2:20:35	238	Valerie Valdez	3:09:4
60	Brian Dolan	2:00:58	150	Kevin Kerr	2:20:36	239	Jeffrey Stahl	2:54:4
61	Steve Molinari	2:01:01	151	Willy Morgan	2:29:37	240	Michael Katz	2:48:4
62	Martin Hillyer	2:16:02	152	Bay Noble	2:29:40	241	Jim Peters	2:54:5
63	David Paulson	2:01:14	153	Greg Silva	2:20:43	242	Tom McGraw	2:48:5
64	Jim Furman	2:10:22	155	Michael Ford	2:20:49	243	Marita Hayhurst	3:10:1
65	Doug Kinn	2:10:42	156	John Deegan	2:29:51	244	Bob Butchart	2:40:5
66	Mark Snyderman	2:01:58	157	Ted Naderson	2:35:52	245	Jim Platt	2:56:0
67	Fred Buhl	2:11:00	158	Ned Baxter	2:41:29	246	Robert Steward	2:50:4
68	Robert Craig	2:02:06	159	Pierre Morin	2:30:51	247	Timothy Wallach	2:42:2
69	Mark Rodamaker	2:11:16	160	John Held	2:30:51	248	William Swift	2:42:2
70	Michael Hoy	2:17:45	160a	Ken Smith	2:30:58	249	Sheila Neck	3:12:2
71	David Horning	2:11:56	161	Corey Hudson	2:31:07	250	Richard Dunn	2:51:3
72	Louis Richards	2:18:31	162	Dave Lewis	2:31:30	251	Fred Hornbruch	2:57:4
73	Nicole Dubois	2:33:50	163	Rick Wallace	2:31:40	252	Rick Norkin	2:51:4
74	Eric Norgard	2:24:08	164	Steve Cole	2:52:51	253	John Lovejoy	2:51:4
75	Mark Samuelson	2:04:54	165	Linda Foote	2:52:53	254	Paul Perez	2:57:5
76	Orin Dahl	2:25:01	166	Paul Miller	2:22:54	255	Johnnie Lonardo	2:57:5
77	Kasey Morton	2:35:07	167	Greg Franklin	2:31:56	256	Denise Finch	3:13:2
78	Valerie Collosi	2:35:12	168	Suzi Clark	2:52:56	257	Jayanta Sircar	3:03:2
79	Brian Bomberger	2:06:42	169	Ed Willard	2:31:57	258	Mark Lueders	2:43:3
80	Dana Gard	2:15:45	170	Keith Walker	2:42:58	259	Harry Ballard	2:58:4
81	Mark Ricaud	2:32:40	171	John Foley	2:23:13	260	Rodney Temples	2:52:4
82	Dick Collins	2:27:44	172	Forrest Craig	2:23:18	262	Edd Clark	2:59:0
83	Jeffrey Weiss	2:16:45	173	Peggy Tuxen	2:53:40	263	Greg Brockbank	2:44:3
84	Douglas Griffin	2:08:01	174	Bradley Pace	2:23:42	264	Rich Wallace	2:45:0
85	Shirley Ness	2:38:15	175	Hector Barron	2:23:48	265	Tony Stratta	3:10:2
86	Ed Heinlein	2:33:24	176	David Cassidy	2:24:05	266	Jon Baumgartner	3:05:2
87	Harvey Webster	2:33:41	177					

Golden Gate Promenade

1 Joe Becerra	42:03	87 Lillian Woodward	58:46	181, 182 No Names		284 Tim Moreno	2:49:16
2 Kelly Thomson	43:38	88 Tom Enderle	58:48	183 Rick Norkin	70:15	285 Bill Callahan	2:59:00
3 Fred Tileston	44:32	89 Jim Gault	58:50	184 Michele Matthews	70:16	286 Fran Crawford	3:20:36
4 Jay Gehrig	44:45	90 Tom McGee	59:00	185 Ian O'Neil	70:18	287 Michael Walitsch	2:50:56
5 Scott Spicer	45:15	91 D. Lavell	59:05	186 Edna Filizetti	70:20	288 Bryan Hagins	2:50:56
6 Tom Masterson	45:44	92 Bill Evans	59:05	187 Jimmy Matthews	70:20	289 Buck Swannack	3:11:11
7 Rich Pencsak	46:25	93 Mark Young	59:11	188 Lee Chastaine	70:25	290 Mike Airington	3:06:25
8 Robert Chan	46:43	94 Dan McGill	59:15	189 Nick Caputi	70:42	291 Sue Reed	3:21:25
9 Steve Miller	46:56	95 Kelly Randall	59:17	190 Peter Neubauer	70:44	292 Jack Howell	3:00:44
10 Adrian Wong	47:12	96 Bob Irwin	59:18	191 No Name		293 Lee Milovich	3:06:56
11 Steve Whitwill	47:25	97 Harvey Ingham	59:22	192 Annabel Marsh	71:05	294 Jeffery Kessel	3:01:05
12 Jerry McGowan	47:40	98 Shawn Dougherty	59:26	193 Grace Quintana	71:05	295 Jaclyn Caselli	3:22:13
13 Terrigal Brun	47:44	99 Chris Nicklessen	59:40	194 Tom Smith Jr.	71:08	296 Robert Finley	3:01:46
14 Ken Lein	48:05	100 Colleen Fox	59:41	195 David Scott	71:57	297 Harry Orbe	3:01:46
15 John Lemke	48:25	101 Mike McFeely	60:03	196 No Name		298 Jeff Cohen	3:03:31
16 Tom Martz Jr.	48:27	102 Jose Pedraza	60:13	197 Nano Visser	72:14	299 Jack Pemberton	2:54:34
17 Jim Majors	48:44	103 Pat Pavia	61:03	198 Jim Larsen	72:23	300 Phyllis Morales	3:24:40
18 George Roach	48:52	104 Peter Mandell	61:04	199 Lucy Rios	72:35	301 D. Lavelle	3:05:13
19 Mike Rinaldi	49:07	105 John Kinch	61:05	200 No Name		302 Daniel Ruxin	2:56:14
20 Mike Doud	49:12	106 David Strain	61:18	201 Glenda Ross	72:40	303 Roger Anawalt	3:26:47
21 Mike Hoy	49:17	107 Joe Oakes	61:22	202 Linda Woodward	72:45	304 Patricia Loy	3:26:56
22 Mark Scheuer	49:57	108 Morris Kadish	61:25	203, 204 No Names		305 George Sacco	3:12:03
23 Pedro Gonzalez	50:01	109 Frank Willits	61:35	205 Greg Wild	72:47	306 Eric Ainsworth	2:57:51
24 George Scott	50:08	110 Peter Dahl	61:35	206 Claire Carew	73:01	307 Wallace Rapozo	3:23:00
25 Molly Thayer	50:23	111 Irwin Herlihy	61:45	207 Harrigla McFeely	73:23	308 Gene Miller	3:07:09
1st Woman		112 George Sacco	62:03	208 Randy Jones	73:29	309 Walter Stack	3:29:36
26 Pierre Morin	50:37	113 Bob Schmitt	62:06	209 Jean Hotchkiss	73:59	310 Wayne McKinney	3:24:36
27 No Name		114 Daniel Beldian	62:11	210 Tom Smith Sr.	74:08	311 Michael Moran	3:09:03
28 Oe Legend	51:01	115 Neil Mahoney	62:21	211 Fran Crawford	74:37	312 Steven Rosenberg	3:09:25
29 Mark Darnier	51:24	116 Marcia Anderson	62:41	212 Tom Lane	74:39	313 Thomas Ryan	3:09:42
30 Pat Matamok	51:33	117 Michaela Belding	62:51	213 Vivian Zaloom	74:41	316 Richard Mays	3:10:37
31 Wally Rothbart	51:35	118 James Matthews	62:55	214 No Name		317 Mark Kerry	3:02:05
32 Mike Foley	52:11	119 John Decker	63:19	215 Bob Wallace	74:47	318 Bob Schmitt	3:23:38
33 Dan Wheeler	52:24	120 Valinda Pintauro	63:29	216 Walt Stack	74:48	319 Harold Cranston	3:12:59
34 Rory Little	52:48	121 J. Guinee	63:31	217 Pat Hess	75:07	320 Jared Ainsworth	3:04:19
35 Paul Chan	53:08	122 Andrew Astomoff	63:36	218 Don Larsen	75:54	322 Carol Fregly	3:37:25
36 Bob O'Connor	53:15	123 Ron Mack	63:38	219 No Name		323 Darnita LeSure	3:37:29
37 Chris Randall	53:32	124 Bob Theis	63:55	220 Caroline Merrill	76:49	325 John Sofios	3:27:34
38 Marion Irvine	53:33	125 Jenifer Foote	64:11	221 Alma Lou Philpott	76:54	326 Orville Hubbard	3:28:05
2nd Woman		126 Chad Perrin	64:14	222 Bethy Ruch	77:03	327 Brian Gilpin	3:09:06
39 Lee Lambert	53:34	127 Bruce Perrin	64:15	223 D. H. Schwartz	77:53	328 Tom Miller	3:39:24
40 Michael Longwich	54:00	128 Gregoria Marrero	64:16	224 Don Watson	77:54	329 Harry Cordellos	3:39:24
41 Phil Thulen	54:11	129 Phyllis Morales	64:17	225 Eugene Mallant	77:55	330 Daren Williams	3:09:25
42 Michael Donohoe	54:22	130 Keith Weaver	64:22	226 Nellie Lee	77:56	331 Ernestina Rehog	3:39:43
43 Joseph Castillo	54:29	131 Eddie Rodriguez	64:24	227 Mel Borders	78:06	332 James Skophammer	3:39:44
44 Mike Paul	54:40	132 Pepper Karansky	64:31	228 Marcia Rapozo	78:12	333 Bruce Wexler	3:18:44
45 Harold Heringhi	54:49	133 Butch Waller	64:37	229 Wally Rapozo	78:13		
46 John Deighlly	54:54	134 Peter Butler	64:52	230 Tom Fong	79:23		
47 Tom Field	55:01	135 Joe Marks	64:54	231 Anna Fong	79:23		
48 Tom Olsen	55:04	136 Ann Merrifield	65:04	232 Diana Silva	79:48		
49 Eduardo Lugo	55:08	137 Vicken	65:19	233 No Name			
50 Larry Kitagawa	55:27	138 Paul Merrick	65:32	234 June Crowley	79:58		
51 Peter Woodward	55:32	139 Valerie Gnesdilof	65:36	235 Carol Donohue	79:58		
52 Elsa Ruff	55:34	140 Bob Graham	65:43	236 Liese Rapozo	82:09		
3rd Woman		141 No Name		237 Jim Cheuy	83:05		
53 M. Rodriguez	55:39	142 Kayo Aoki	65:49	238 Gunilla Ramelle	83:30		
54 Liz Grotz	55:43	143 Inge Brauer	65:51	239 C.M. P. Philpott	86:05		
4th Woman		144 Mort Weisberg	66:03	240 Arline Fitzgerald	86:24		
55 Bill Ryan	55:50	145 Don Stibich	66:04	241 Maura Lane	87:30		
56 Getas	55:51	146 Steve Cole	66:07	242 Kate Nochliss	89:18		
57 Jim Gallagher	56:02	147 Lou Bernardi	66:18	243 Patricia Tuttle	89:47		
58 Eric Gustafson	56:11	148, 149 No Names		244 Donna Adamson	90:06		
59 Bill McGowan	56:31	150 Phil Nicholas	66:27	245 Ron Frierson	96:04		
60 Marlin Wallach	56:52	151 Eddie Lucero	66:34	246 No Name			
61 Dan Champeau	56:59	152 Bob Atkinson	67:07	247 Dick Marsh	105:38		
62 Andy Finn	57:08	153 Don Reid	67:19	248 Tom Wedentz			
63, 64 No Names		154 Tom Martz	67:20	249 Ivor Welch			
65 Stuart Ruth	57:18	155, 156 No Names					
66 Todd Ampsoker	57:19	157 Lola "ouston	67:30				
67 Mike Scardino	57:26	158 Tony Stratta	67:38				
68 Jeff Houston	57:28	159 Mike Meyer	67:49				
69 Gail Rodd	57:40	160 Vivian Rodriguez	67:53				
5th Woman		161 John Sofios	67:56				
70 Scott Thomson	57:41	162 Richard Monteleone	67:59				
71 Ray Sidley	57:42	163 Frances Meyer	68:04				
72 Marty Joyce	57:43	164 Frenchy	68:05				
73 Dennis Morehead	57:44	165 John Demergasso	68:08				
74 Carol Moseley	57:47	166 Jim Hanratty	68:11				
75 Mary Matthews	57:56	167 Buck Swannack	68:12				
76 Lane	58:02	168, 169 No Names					
77 Martin Weissman	58:06	170 Tony Brown	68:32				
78 Phil Akers	58:08	171 Hugo Buchholz	68:38				
79 Bruce Wong	58:13	172 Mary Kelly	68:39				
80 Bill Haerle	58:15	173 Carma Bamber	68:39				
81 Mike Williams	58:19	174 Mary Cantini-Norkin	68:47				
82 Leland Faust	58:20	175 George Martin	68:49				
83 Ron Lewis	58:21	176, 177 No Names					
84 Harry Cordellos	58:21	178 Gwenda Davies	69:18				
85 Tai Yamada	58:31	179 Fernando Arias	69:19				
86 Augie Perez	58:37	180 Larry Stropes	69:49				

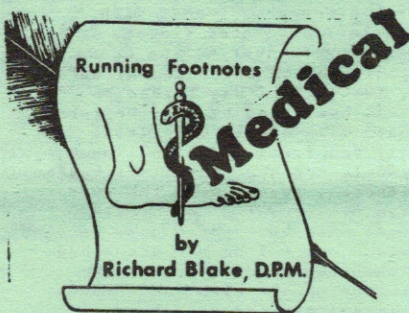
DOUBLE DIPSEA continued

Place	Name	Actual
267	Harvey Ingham	2:54:26
268	Matthew Lorne	2:45:28
269	Brian Fitzmaurice	2:45:30
270	Craig Vassel	2:54:31
271	Bill Dake	3:06:19
272	Bill Matthews	2:46:21
273	Alfred Garcia	3:16:24
274	Panchita Moline	3:16:24
275	Bill Commins	3:11:49
276	Herb Ashton	2:56:00
277	Erin Oberly	3:17:10
278	Cheryl Kessler	3:17:12
279	Laura Johnson	3:17:38
280	Richard Finley	2:56:40
281	Gerald Glendennir	3:07:57
282	Rolf Rosander	3:13:13
283	Todd Hendricks	2:57:48

RACE RESULTS

As a survivor of all six S.F. marathons I have seen and felt many dramatic changes in the event. Now with several hours recovery following the 82' version, I feel more realistic in my observations.

The first two were on a course which promised us a finish line as we entered the park but we were fooled for about five more miles of loops with an almost insignificant finish line at the end of the turn on the polo stadium track. Then, came the other courses with the traditional stadium finish with a long straightaway in front of the stands where the crowds cheered enthusiastically for all runners, fast or slow. The courses were on the west side of the City and in the beauty of Golden Gate Park. What could be more San Francisco than the beauty of this Park?



Dear Dr. Blake: I have a problem. Everytime I run, I experience various aches and pains and I never know which ones to ignore and which ones can lead to injuries. Because I train about 30 miles each week I have received a lot of injuries which have kept me from ever having run a marathon. Can you give me some clues which might be helpful in determining which aches I should pay particular attention to so that I don't have to unnecessarily stop running?

/s/ San Mateo DSE Member

Dear Member: The following is a quick guideline helpful in avoiding injuries. I am also sending you a more detailed six page hand-out on injury prevention.

I hope it helps.

DSE 9 *
*
*

Then came the 1982 Edition of the Marathon Colorful at times, but also quiet in other areas. MANY people put in long long hours of work but for some reason, they lost the purpose of what "our" marathon was originally supposed to be -

A Course For The Runners.....

Instead, we paid an entry fee higher than any other marathon, just for the privilege of imitating New York and promoting big sponsors. A world-class race of this type should never have to imitate anyone! Boston is unique with its tradition and New York is unique with its tour thru its five boroughs. We obviously made it clear that we tried to do the same thing. We ran in the shadow of someone else's glory instead of using our own beauty - the Golden Gate Park and the cooling sea-breeze.

In my opinion, stairs to go up/down and about four miles of railroad tracks in every direction along with many pot-holes on the older streets in a course of this type are inexcusable. The S.F. Marathon never got included in the International Marathon Association for this.

I say lets forget about big bucks and false glory, lets step "out of the shadow" and into the light again and do a real San Francisco job! The good old course still awaits us and it won't put such a strain on our city police, our transportation, city merchants and our businesses.

We do not have to be the biggest to be the best! /s/ HARRY CORDELLOS

- (1) Sharp stabbing pains w/running should be evaluated ASAP.
- (2) Any pain associated w/swelling should be evaluated.
- (3) Any pain causing a change in individual running style should be evaluated.
- (4) Pain that is not like the above three that lasts for three days in the exact same place should be treated by:

(a) Reducing mileage to one-half regular running routine. (b) Reducing your speed by one minute/mile. (c) Avoiding hills. (d) Check shoes & make sure they are not worn out.

(e) Stretching any muscles in the area 3 or 4 times daily. (f) Icing area with ice cube or block; messaging back & forth five minutes three to four times daily.

50 percent of the injuries I see would not need to be seen if this were done. Good Luck...../s/Richard Blake, D.P.M.

Address mail to St. Francis Center for Sports Medicine, 900 Hyde St., S.F., CA 94109

THE CHALLENGE - May 6, 1982

Swim 2 miles up Tred Avon River
Run 20 miles fr Bellevue Ferry
Landing to Oxford, Maryland
Bike 50 miles fr Oxford thru
St. Michaels, Talbot County to
turnaround & bicycle back to
Finish Line, Oxford.....

by David Horning

My goal was to cross the finishing line FIRST against a field of 250 fit triathletes & come across the line as close to 5:26:39. I being the Official First Place Winner in 5:26:38 will share some of the hi-lights of the experience.

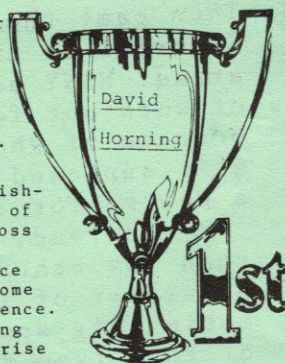
5 a.m. I walked to the staging area & watched a beautiful sunrise on the Eastern Shore of the Chesapeake Bay. Some water/quick glass of orange juice & I lined up on the beach. I felt strong once in the water and the course was marked well w/floats every 50 yards on both sides. Running out of the water the clock showed 54:34 - 10 minutes behind schedule.

As I left the changing area, preparing for the 20 mile run, Ben Kendrick said, "You look great!" and the 2d swimmer was coming in - I had a 1½ minute lead at this point.

Starting to run & analyzing what kind of time I'd have to do to make up for the lost time in the water I began to feel stronger in the run. Aid stations were plentiful with humid temperature. At the 4 mile mark, my left calf started to bother me & I stopped to stretch. Still no one in sight & I felt great running at a sub-6 minute mile pace. At the 10 mile aid station I was told unofficially I had a 10 minute lead over 2d place. I had covered the first 10 miles in an even 60 minutes and was 7 minutes ahead of my predicted 2:15 run-time. I felt confident. At the 16 mile aid station the water had been iced but drank some anyway. Within half a mile I felt stomach cramps & was forced to slow my pace. At the 18 mile mark I was told my lead was down to 6 minutes & dropping fast. At this point, I had some doubts as to why I was in Maryland participating in this event.

Fortunately, the self-doubts vanished and as I finished the run & grabbed my bike the clock showed 3:05:10. In biking gear, grabbing several bananas I was off on the bike for the 50 miles. There were aid stations every 5 miles & fresh water. I felt strong & realized I had to get 'my butt in gear' so putting my head down, I started to hammer it, knowing that with a 4 minute lead & only 25 miles to go, if I could maintain a pace of 23+ mph, there was no way anyone could catch me. As I approached the finishing line, the clock showed 5:26:38 - I had missed my predicted time by one second. Lyn Brooks crossed the finish to win the women's race by a mere 1:43 over Colleen Cannon. Lyn did not lead the race till the final 15 miles of the bike portion.

It was a great race - having challenged the East Coast triathletes & having triumphed. I look forward to returning to Hawaii in October much the wiser from this experience.....



CONGRATULATIONS

CLUB NEWS

MY FIRST Double-Dipsea
by Jaclyn Caselli

June 19
1982

We drove to the parking lot near the Ranger Station & began stretching, all the while my stomach did flip-flops in anticipation of my First Double Dipsea.

Since all women receive a 30 minute handicap, we started at 9 a.m. with men over 50, including loveable, wonderful Walter Stack, Race Founder.

Across Highway One & immediately up a small mountain, the course winds thru meadow & forest right from the start. Spectacular views of the 'sundown sea,' as the Indians called the Pacific, tempted runners to pause & gaze in awe. The treacherous trail winds thru tall, golden grasses, poison oak & leafy lush Muir Woods. There are sharp fierce downhill plunges thru damp, slippery redwood forests. In spite of the perils, it was a delight! My sensitivity absorbed the beauty & tranquility through which we ran, while my mind concentrated on keeping me upright. Towering redwoods, as old as recorded history vied with fragile, delicate ephemeral wildflowers dotting the meadows. Brodiaea laxa or Ithuriel's Spear (named for the Angel Ithuriel who touched & therefore revealed a disguised Satan in "Paradise Lost")

were a showy beauty of blue-violet clusters, while Cow Parsnip, or Queen Anne's Lace, stoutly thrust its 3-9 foot height, topped with its white lacy bracketed flowers in scattered rows closer to the ocean.

Who would not be enchanted by such beauty. Even when I was forced to walk I was bewitched by massive ferns juxtaposed with dainty wild iris, seemingly too frail to touch. Touch them I would not dar, for right beside their ethereal beauty were the ever tenacious 'leaves of 3' & I fearfully 'let them be,' for I have learned that poison oak & I do not get along.

Down thru the woods & across the stream, then up the bank and then Up, Up, Up, seemingly forever. Many of the runners now walked while others doggedly ran. Finally we poured down into sleepy little Mill Valley. Down the endless 600 stairs into the park & center of town. My favorite vignette is of the affluent Saturday morn shopping crowd gazing in what seemed to be

bewilderment at us grubby, hot, dirt-crusted runners, in all our sweaty glory dashing round the pole at the main intersection while we grabbed cups of water. Obviously, they considered us witless as we turned round & went back up those 600 stairs!

Finally at the top, it was down again to Muir Woods & then up the ferny, tree-rooted, slippery hill we had descended before. I paused but the other runners passing gave me support. "You'll make it!" "Keep going," - each one passed me with concern. I blessed them all silently. It's your fellow-runner that gives one inspiration to finish! I wonder at the magnificence of Harry Cordellos, sightless, yet running his heart out on this grueling course. What fearlessness Harry must have developed to run this race - yet he does it every year with a guide/companion.

As I rounded the corner, a covey of children cheered me on & I thrilled at their cheering & sprinted my best to grab my finishing stick-No.295!...

To have lived 61 years & than to run the Double Dipsea was WONDERFUL! I hope to be back next year, & next.....

Dated: June 20, 1982 Jaclyn Caselli

CONGRATULATIONS

Don't keep it a secret...

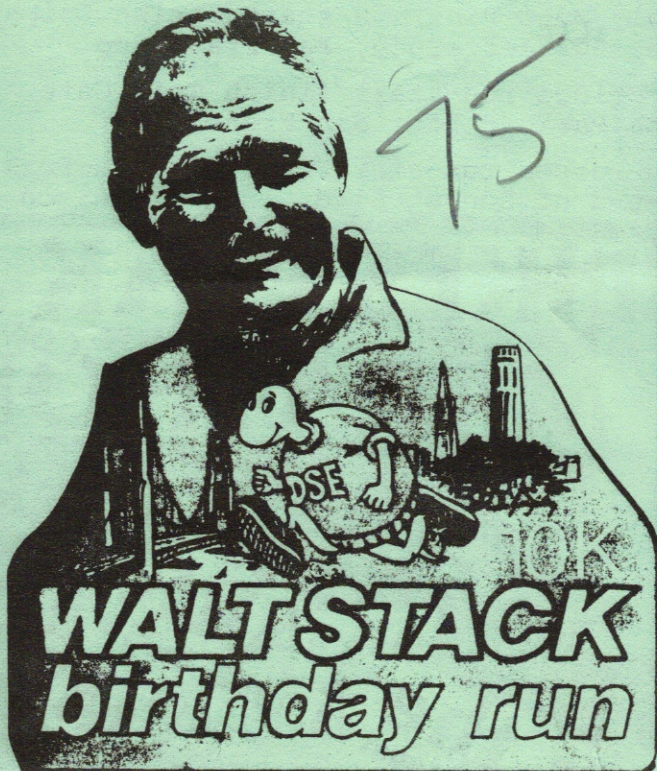
Western States - 1982

By Dick Collins : The 6th annual 100-miler was on June 26-27, 1982. As usual there were weather conditions to overcome. 309 started & 177 finished with 92 completing the run in under 24 hours.

DSE/local runners who participated:

Position	Name	Time
39	Tom Zavortink	22:27:38
46	Valerie Doyle	22:42:25
51	Doug Schrock	22:54:31
59	Paul Deloria	23:05:20
71	Paul Bush	23:24:25
97	Orin Dahl	25:27:17
106	Melinda Creel	26:13:32
116	Bob Vernon	26:58:21
123	Dick Collins	27:23:00
129	Kathy Breiger	27:45:08
130	Jim Burke	27:51:01
138	Carol LaPlant	28:24:22
150	Sherman Welpton	28:47:11
158	Pete Mattei	29:07:52

Tom Zavortink is one of only five runners with four buckles.



2 OCT 1982 SATURDAY 0900 HOURS

Course: A scenic 10K course, STARTS at Ft. Mason, CROSSES the Marina Green, WINDS through the Presidio and RETURNS to Ft. Mason. Pacing signs at the start, mileage markers, splits each mile, and digital clock at the finish. Aid station operated by World Runners. Medical assistance on the course and California Podiatry Mobile Foot Clinic available at the finish.

Entry Fee: \$1.00 before September 17th, \$3.00 race day. No refunds. Each entrant will receive: hat, iron-on patch, Dannon Yogurt, birthday cake.

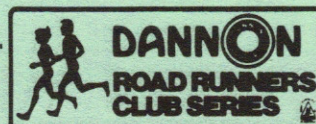
Awards: Trays to the top male and female open and masters runners. Ribbons to all finishers.

Celebration: Walt Stack Birthday Celebration aboard the S.S. Jeremiah O'Brien, a National Liberty Ship, following the award ceremony. Walt Stack souvenir t-shirts on sale race day.

tell your
friends

ENTRY FORM

<input type="text"/>										<input type="text"/>										<input type="text"/>																																							
Last Name																														First Name										Phone																			
<input type="text"/>																														<input type="text"/>																													
Address																														City																													
<input type="text"/>										<input type="text"/>										<input type="text"/>																																							
State										Zip										<input type="checkbox"/> Female: under 40 <input type="checkbox"/> over 40 <input type="checkbox"/> Male: under 40 <input type="checkbox"/> over 40																																							



Presented by Dolphin Southend Runners

VOLUNTEER: Walt Stack
Run (Oct. 2, 1982)

Name
Address
Phone

Mail: Gail Langston
c/o YMCA, SF, 220
Golden Gate Ave., SF 94102

WAIVER
In consideration of your accepting this entry, I the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the RRCA, The Dannon Co., Inc., Dolphin Southend Runners, Golden Gate National Recreation Area, The Presidio of San Francisco, Ft. Mason, The City of San Francisco, World Runners, California Podiatry Association for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this race, and my physical condition has been verified by a licensed medical doctor. I hereby authorize race sponsors and their assigns and any news medium, radio, movie, or television producer, having permission from or acting for the benefit of race sponsors, to show and reproduce my name, photograph or photographs, pictures, and films taken of me by any of those mentioned above. I further certify that as of the date hereof, I am an amateur athlete.

Signature: Date:

Parent or Guardian Signature if under 18:

Mail entry form and check payable to The Walt Stack Run, c/o C. Welpton,
655 Caldwell Ave., Oakland, CA 94611. Telephone (415) 653-1055, til 10 p.m.

DSE 11

Schedule

Sunday

- | | | | |
|---------|------------|-----------|--|
| Aug. 1 | 10:00 a.m. | 6.2 miles | Daly City Scenic run-meet Colma School east of Mission & Market, Daly City |
| Aug. 8 | 10:00 a.m. | 3.6 miles | Twin Peaks run-start/finish Portola and Twin Peaks |
| Aug. 15 | 10:00 a.m. | 2.5 miles | Double Muni Pier run-start/finish Dolphin Club, 502 Jefferson, San Francisco |
| Aug. 22 | 10:00 a.m. | 3 miles | G.G. Bridge run-start/finish Toll Gate Plaza Parking Lot, San Francisco |
| Aug. 29 | 10:00 a.m. | 4.6 miles | Lake Merced run-start/finish North Park Lot-end of Sunset Blvd., San Francisco |

TEAR GAS CLASS
564-9140

Hook/Ladder 10K Aug. 15 @ 9 a.m. at G.G. Park Rainbow Falls & Kennedy

Sponsored: SF Firefighter RoadRunners

NORTHERN CALIFORNIA SENIOR OLYMPICS III
AUGUST 29, SEPTEMBER 11, 25, 26, 1982
c/o Helen Lore, 1520 Lakeside Dr.
Oakland, CA 94612.

1982 Road Runners/US Military 10K
Championships 29 Aug. @ 0900 hours
\$5 before 8-20, \$7.50 late. Main Park Lot, Presidio of SF.

EVENTS

PIKES PEAK MARATHON

Run for the PARKS
Sunday, August 22, 1982, 9:05 a.m.
South Shore Shopping Center
at the foot of Park Street
ALAMEDA

San Francisco

Dolphin South End Runners

771 Fifth Avenue #3
San Francisco, Ca. 94118

Address Change Requested

FIRST CLASS POSTAGE

TO