

September 2006

On Sunday, August 27, the DSE showed its appreciation for this year's volunteers by hosting a picnic in Golden Gate Park, providing excellent food, drink, and company. This is an annual event, so if you missed out this year all you need to do is volunteer between now and next August to be invited to next year's picnic.



Photo by Jane Colman

**DSE volunteers
enjoying the food
and company**
© 2006 Paul Mosel



◆ ◆ ◆ KEVIN LEE

After two months of open club nominations, only 2 club members have stepped forward to place their names for 2007 club officer positions. As stated last month, if by Monday 9/4, DSE does not receive a 5-person officer slate, to keep the continuity of DSE government going forward the aforementioned Executive Committee counter-proposal will be implemented. How can I explain to you the importance of this situation? I can understand your reluctance to run for club officer after reading the current duties of the DSE President & Sr. VP. I assure you, as devoted club officers Janet & I took on these numerous club duties willingly for the good of the DSE. With more delegation of administrative duties, future club officers will have a reduced workload, thus leaving them more time to concentrate on DSE leadership. I hope I have explained the importance of serving as club officer to your satisfaction. If you can help, please contact Kevin ASAP at 415-751-9653 or dse.pekingduck@juno.com.

OK, let's get back to talking about running the DSE races. DSE should no longer keep the running of the 9/3 Potrero Hill 4 miler a secret. How many other people besides DSEers have the opportunity to run SF's not-so-famous second crooked street? With the five year anniversary of 9/11, DSE is debuting the 9/10 Lake Merced 1/2M to show the

continued on page 2

Inside

2007 Calistoga-Santa Cruz Relay Teams.....	2
Great Achievements in Running.....	3
More Picnic Photos	3
DSE SF Marathon Volunteers	7
Pelvic Torsion/Short Leg Syndrome	8
Tuesday & Thursday Runs to End.....	9
Officers and Volunteers	9

How to Contact the Newsletter.....	2
Race Results	4-6
DSE at the Races.....	7-8
Volunteers Needed.....	9
Monthly Running Schedule	10
Group Runs	10
Membership Info & DSE Officers	11
Folding Session & Weather	11
Birthdays & New Members.....	12

2007 DSE CALISTOGA-SANTA CRUZ RELAY TEAMS

Janet Nissenson

For the past few years, DSE has proudly sponsored teams to participate in the 199-mile Calistoga to Santa Cruz Relay. The results of this sponsorship have included victories in the Womens Masters, Womens Sub-Masters, and Mens Masters divisions, and Top-10 finishes for both DSE teams in 2006.

We are pleased to announce that DSE will once again sponsor two teams for the 2007 race, which is being held on May 5-6. These teams will be open to all current DSE members, regardless of age or gender. The twelve fastest runners, again regardless of age or gender, will comprise one team, with the remaining runners on the other team. While no minute per mile speed is being enforced, all participants should be in good racing condition, with the ability to race (not walk!) 3 separate legs of between 3-9 miles in distance (a total of 13-20 miles) over a 24-hour period. Nearly every one of the 36 separate legs has some elevation change, so hill running/training will be a must. Participants should approach training for the Relay in a similar fashion to preparing for a half-marathon race.

DSE pays for the team entry fee, with the remaining costs of van

rentals, fund raising requirement, food, and supplies being equally divided among the 12 team members. Team members need to work closely together prior to race weekend to arrange for van rentals, purchase of supplies, recruitment of obligatory race volunteers, etc., and during the race to drive, navigate, timekeep, and provide aid to teammates.

DSE will be holding an informational meeting for those members interested in participating on a team. The date and time of the meeting will be Sunday, October 29 immediately following the DSE Rainbow Falls 5K, or approximately 10:00 AM. If you are unable to attend this meeting but would still like to be considered for one of the teams, please contact Janet Nissenson at jLnissenson@aol.com or Eduardo Vazquez at eduvazlatinboy@yahoo.com.

In the meantime, we strongly suggest that you visit the official race website at www.therelay.com to learn more about the race, view detailed course maps, and see past year's results.

The Relay is one of the top running events and experiences you will ever participate in. Please join us on October to learn more about it.

FROM THE PRESIDENT'S DESK

continued from page 1

world that DSE has taken back its right to run carefree. No longer can America take anything for granted, but it will not allow terrorism to prevent us from running free. After a long workout, the 9/17 Single/Double Muni Pier Runs are just what the doctor ordered. DSE closes out September with runner's choice: run the 9/24 6-Hour Distance Classic or the new improved Polo Field 5K.

AID STATION VOLUNTEERS – LET'S DO IT AGAIN!

It's all about running with DSE. If DSE isn't running, then we offer our services at a non-DSE race aid station. On 2/5, DSE was in the middle of the Kaiser Permanente 1/2 Marathon; on 7/30 DSE manned water stop #6 at the San Francisco Marathon, where we passed out 10,000 cups of water & Cytomax. On 10/22, DSE is coming to the aid to the Nike Marathon. Stay tuned for more information.

2007 RACE SCHEDULE

After some tweaking, the 2007 DSE Race Schedule is waiting for approval. Let's cross our fingers and toes, we get 100% approval.

2007 GALA

There is good news/bad news concerning the Irish Cultural Center, DSE's gala location site for the past few years. We just found out that all January Saturday evening dates are sold out. You can understand that instead of taking a chance on trying another unproven gala location, we decided to secure the first available February date. Please mark your calendar: the 2007 DSE Gala will be held on 2/10/07 at the Irish Cultural Center.

◆◆◆◆◆ 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

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.

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.

VOLUNTEER APPRECIATION PICNIC VOLUNTEERS

Many thanks to Calvin Chan, Kevin Lee, Bobby Marty, Janet Nissenson, Steve Nissenson, and George Sacco, without whose work we would not have had this year's wonderful Volunteer Appreciation Picnic.

GREAT ACHIEVEMENTS IN RUNNING

Theo Jones

The articles in this series are a way to introduce individual DSE members, to recognize their accomplishments and to learn from their experiences. We want to profile club members from all levels, whether beginners or experienced, young or old, so if you would like to contribute please contact me or e-mail me at jonest@usfca.edu your article telling us about yourself, how you got into running, what your experiences have been, and anything else that you think would interest us; humor is always very welcome. Publication depends upon how much newsletter space is available each month.

John Blankenship has been a long-time member of DSE and an active volunteer for the running community. Although he does not get to many of our Sunday morning races, he plays an essential part in getting permission for the club to schedule our Practice Dipsea and Double Dipsea races. Note how many agencies have to be contacted just to put on these two races! Permits have to be obtained for all our races, so this is why volunteer help is so essential to the club.

I have been a runner since high school, when I ran cross country and the 1/2 mile for the high school track team. I have been a member of the DSE since approximately 1976, have run over 25 marathons, with a personal best time of just under 3 hours, run at the Napa Marathon (2:59) and a 10K personal best of 38:45—but these personal bests were set years ago. I think that I felt the proudest when I was finally able to break 3 hours at the Napa Marathon, although I also treasure the time my family came out to see me finish the Trails End Marathon in Seaside, Oregon and the Senior Games Marathon in Eugene, Oregon. I have also run the Double Dipsea Race for several years until the past two years, absolutely loving the chance to challenge myself while simultaneously enjoying the unrivaled beauty of the Dipsea Trail.

I have also enjoyed being a member of the Double Dipsea Race Organizing Committee. Walt Stack was the person who first asked me if I would assume the job of being the liaison for contacting the different public agencies (the National Park Service at Stinson Beach and Muir Woods, the State of California Department of Parks and Recreation at Mt. Tamalpais State Park, the City of Mill Valley Parks and Recreation Department, the American Red Cross, and the Marin Amateur Radio

Society). Walt Stack was a great delegator, and I found that I began to enjoy developing a relationship with my contacts at these agencies over the years. I have found that if you are willing to spend the time 3 months ahead of the event (in my case, March, for the Practice Dipsea and Double Dipsea Races) to contact these agencies, obtain the necessary permit applications, send out a letter to all concerned parties, and attend any required meetings, that it can be an enjoyable process of interaction and negotiation.

It was also my privilege to have had the opportunity to run for office and become the President of Pamakid Runners for 4 years as well as having been the Race Director for the DSE Practice Dipsea Race for the past several years. These are all things that I feel good about, because giving back to the San Francisco running community is something that I think all members of the DSE (and Pamakid Runners) should consider. The experience of working together towards a common goal is irreplaceable, and I feel that I've had the chance to develop lasting friendships not only through running but also by volunteering. It's also been fun to have DSE folding sessions at our home—another chance to really get to know people and share the experience of working towards a common goal.



John Blankenship and Linda Carter

MORE VOLUNTEER APPRECIATION PICNIC PHOTOS



Harry Cordellos, Wally Rapozo, and Neil Mahoney

Photo by Jane Colman



Ken Reed selling Double Dipsea clothing

Photo by Jane Colman

GOLDEN GATE PARK CROSS COUNTRY 5K

continued from page 4

I love being outside, discovering new paths, tackling new challenges, and knowing that I have the discipline to train myself. Also, it is a sport that I can do on my own, I'll never be too old, and I'll always have new challenges (time, distance) to tackle.

PL	NAME	AGE	TIME
1	David Bronfenbrenner	28	15:28
2	Sean Blaney		16:39
3	John Christopher	28	17:04
4	Jason Reed	27	18:13
5	Anna Bretan ❶	21	18:17
6	Mark Bretan	16	18:21
7	Mason Bretan	19	18:37
8	Melanie Lovrin ❷	28	19:07
9	Thomas McManus	36	19:08
10	John Woods	42	19:17
11	Fithawi Kudus	15	19:20
12	Jerry Flanagan	40	19:26
13	Matt Scott	26	19:31
14	Kennet De Silva	24	19:37
15	Ilya Pinsky	15	19:45
16	Jacob Scheeter	16	19:55
17	John Mullen	32	20:07
18	Marc-Cedric Latreille	29	20:09
19	Andrew Bloch	43	20:10
20	Clinton Stevens	33	20:11
21	Jeremy Calivan	46	20:24
22	Kevin Fry	27	20:33
23	Eduardo Vazquez	33	20:44
24	Matthew Fabry	33	20:50
25	D J Dtases	14	20:51
26	Scott Weaver	46	21:00
27	Duncan Stone	32	21:06
28	Andres Stinchfield		21:21
29	Male Runner		21:25
30	Jenna Johnson ❸	16	21:29
31	Jim Buck	63	21:31

32	Eileen Cooney ❹	23	21:35
33	David Anderson	29	21:47
34	Noe Castanon	35	21:59
35	Aaron Kohr	42	22:00
36	Marie Appel ❺	42	22:14
37	Amy Sonstein	36	22:28
38	George Musante	51	22:31
39	Joel Rizzo	40	22:38
40	Kris Tate	39	22:40
41	Scott Zwiaska	20	22:46
42	Kevin Jamieson	19	22:46
43	Raymond Lie	29	22:49
44	Daz Lamparas	54	22:56
45	Sally Daganzo	30	22:57
46	Art Lopez	29	22:58
47	Atum Crockett	29	22:59
48	Jeremy Fish	42	23:03
49	Brian Lau	14	23:04
50	Mark Kelley	50	23:12
51	Libby Freeman	16	23:25
52	Larry Wuerstle	50	23:37
53	Mark Moser	37	23:38
54	Marisa Ceballos	25	23:43
55	Jonathan Lee	24	23:44
56	Pablo Estrada	27	23:52
57	Keith O Johnson	68	23:55
58	Eric Park	60	23:56
59	Peter Freeman	54	23:57
60	Mitsuyuki Ohura	47	24:05
61	Paul Mosel	64	24:10
62	Kathleen Lail	38	24:31
63	Brendan Murphy	36	24:35
64	Stan Yasuhara	56	24:36
65	Kenneth Fong	44	24:42
66	Ricardo Lopez	23	24:45
67	Jim McBride	63	24:48
68	Mia Carlick	32	24:56
69	Ashley Miller	22	24:57
70	Jacqueline Miller	19	24:58
71	Robert McPhail	42	25:06
72	Bob Archibald	49	25:23
73	Sam Roake	70	25:37
74	Christiana Coop	31	25:39
75	Hannah Blumenstiel	38	25:41
76	Ling Moser	36	25:46
77	Denise Leo	30	25:53
78	Stephanie Atwood	55	26:15
79	Elisa Zuniga	36	26:30
80	Katie Carroll	24	26:32
81	Chris Fadeff	22	26:35
82	Patrick Mattimore	56	26:49
83	Jack Bascom	65	27:10
84	Russell Breslauer	61	27:15
85	Tessa Burns	32	27:30
86	Kevin Cuevas	15	27:46
87	Mallory Hayes	49	27:48
88	Lauren Michalski	22	27:57
89	Pajau Vangay	23	28:07
90	Yong Cho	48	23:13
91	Fred Haber	46	28:14

92	Alisha Beltramo	22	28:18
93	Patrick Newman	23	28:19
94	Liz Ulatowski	25	28:30
95	April T. Evans	31	28:49
96	Lisa Mejia	16	28:57
97	Jim Kauffold	68	29:09
98	Jon Ollionsli		29:33
99	Kesan Reddy	30	29:38
100	Doug Gillies		29:39
101	Kate Michalski	20	29:41
102	Thomas Smiley	48	30:09
103	Calie Anderson	30	30:29
104	Suzana Seban	52	30:37
105	Amadea		30:57
106	Bill Woolf	71	31:37
107	Marcia Martin	54	32:30
108	Tim Oliver	40	33:25
109	Katie Cajthaml	45	33:27
110	Joey Trevino	46	33:54
111	Female Runner		34:18
112	Jon Colombo	27	34:19
113	Abby Dawes	27	34:21
114	Laurie Huth	34	34:50
115	Gaylene Goldstein	40	35:00:
116	Jane Colman	63	35:02
117	Nathalie Wade	24	36:45
118	Carol Epstein	53	36:47
119	James Stratta	44	37:50
120	Bruce Oliver	76	40:21
121	Bob Theis	78	43:16

SELF-TIMERS

Ed Olkowski	63	
Tony Stratta	76	1:07:20
Dina Kovash	68	
Liese Rapozo	78	
Bob Kovash	68	
Mark Magers	42	27:00
John Lang	66	
Don Watson	77	
Phyllis Nabhan	59	
Doerte Murray	66	
Wally Rapozo	78	

KIDS' RUN

Volunteers: Jason Chen, Thomas McManus, Kathleen Lail

Scott McManus	2:30
Jacob Lail	5:30



George Sacco directs the runners
Photo by Don Watson



Crossing the meadow
Photo by Don Watson

August 20, 2006

Fort Point 12K (alternate course)

Race Director: Dina Kovash

Volunteers: Robert Brizuela, George

Sacco, Bobby Marty, Calvin Chan,

Kevin Lee, Judith Jarosz, George

Baptista, Ted Vincent, Kevin Lee,

Kevin Cuevas, Richard Hannon, Mort

Weisberg, Bill Woolf



Race director Dina Kovash

© 2006 Paul Mosel

PL	NAME	AGE	TIME
1	Chafik	33	44:08
2	Douglas Berbena	48	46:18
3	Gabor Lengyel	31	47:42
4	Thomas McManus	36	48:28
5	Erik Shewan	20	48:56
6	Peter Delahunt	43	49:02
7	Eduardo Vazquez	33	49:06
8	John Woods	42	49:22
9	Michael Dunning	28	50:40
10	Jeremy Calman	40	51:45
11	No name		51:55
12	Tina Chase ①	40	52:20
13	Jerry Flanagan	40	54:00
14	John Shewan	50	55:10
15	Daryl Luppino	46	55:11
16	Aaron Kohr	42	55:54
17	Robin Dean ②	27	56:06
18	Noe Castanon	35	56:11
19	Dimitri Sklavopoulos	61	56:17
20	Christopher Kraemer	53	56:18
21	Michael Shebl	36	56:22
22	Mike Cutter	43	56:48
23	Denise Carney ③	36	56:57
24	Daz Lamparas	54	57:22
25	King Wayman		57:50
26	Jack Walker	50	57:52
27	George Baptista	63	58:08
28	Amy Sonstein ④	36	58:27
29	Keith Johnson	68	58:36

30	Richard Drechsler	53	59:35
31	Joel Rizzo	40	59:45
32	Kathleen Lail ⑤	38	59:52
33	Ed Kinchley	37	59:55
34	Steven Pitsenbarger	38	1:00:22
35	Mike Kostron	45	1:00:43
36	Roni Kornitz	50	1:01:03
37	Ruth Gaudreau	48	1:01:04
38	Mark Anderson	42	1:01:22
39	Jean Bélanger	49	1:01:33
40	Frank Burger	27	1:01:35
41	Paul Mosel	64	1:01:37
42	Jaime Rangeley	25	1:02:25
43	Stan Yasuhara	56	1:02:38
44	Patrick Lee	58	1:02:54
45	Lina Morris-Khatib	40+	1:02:58
46	Marian Lyons	50+	1:03:02
47	Phil Melman	40	1:04:37
48	Abe Zesati	33	1:05:33
49	Neal Allen	51	1:05:40
50	Neal Ashton	49	1:06:13
51	Jim McBride	63	1:06:36
52	Gary Brickley	53	1:07:46
53	Lucie Bonnelly	50	1:07:52
54	Bridget Batson	36	1:07:59
55	Patrick Mattimore	56	1:08:15
56	Ken Gaudreau	49	1:09:02
57	Joe Connelly	44	1:09:10
58	Jen Melman	34	1:09:22
59	Robin Rangeley	24	1:09:55
60	Elisa Zuniga	36	1:10:31
61	Kate Dwyer	26	1:10:33
62	Mitsuyuki Ohura	47	1:11:35
63	Yong Cho	48	1:12:09
64	Fred Haber	46	1:12:10
65	Mark Mooney	49	1:13:18
66	Bob Morris-Khatib	54	1:13:42
67	S Aviney	58	1:14:07
68	Jacqueline Fidanza	41	1:14:56
69	Jim Kauffold	68	1:18:18
70	Suzanne Violante	28	1:18:38
71	Sabrina Fox-Bosetti	27	1:18:40
72	H Nebeling	73	1:18:54
73	Dennis Hassler	72	1:19:40
74	Suzana Seban	52	1:21:24
75	Jack Bascom	65	1:21:25



Amy Sonstein and Kathleen Lail competing on the Embarcadero

Photo by Don Watson



Passing the Ferry Building market on the return

Photo by Don Watson

76	Jane Colman	63	1:21:41
77	Rebecca Wood	24	1:22:56
78	Dormaia Geyer	24	1:22:58
79	Peter Platt	44	1:23:46
80	Karl Ludwig		1:23:47
81	Bruce Oliver	78	1:36:13

SELF-TIMERS

Donald Caz	47
Kathy Guziejcz	47
Don Watson	77
Bill Woolf	71
Wall Rapozo	78
Lies Rapozo	78
Jim Pommier	73
Doerte Murray	66
Bob Theis	78
Ted Vincent	70
Hilary Fong	47
John Lang	67
Hashim Bashiruddin	49
Carolyn Clark	
Bob Cantwell	74
Ed Olkowski	63
Mort Weisberg	

CLASSIC STU-PEDS

by Stu Ruth



DSE SF MARATHON VOLUNTEERS

Many thanks to Mary Barlow, Annelle Brickley, Gary Brickley, Robert Brizuela, Yong Cho, Richard Drechsler, Kevin Fry, Fred Haber, Richard Hannon, Dennis Hassler, Judith Jarosz, Keith Johnson, Jim Kauffold, Jane Lee, Kevin Lee, Patrick Lee, Marcia Martin, Evelyn Martinez, Bobby Marty, Wendy Newman, Julius Ng, Ken Reed, Sam Roake, Suzana Seban, Mitcheel Sollod, Don Watson, Mort Weisberg, and Edmund Wong, who spent the San Francisco Marathon morning working at the DSE's aid station.



The DSE aid station
at the San Francisco Marathon
Photos by Don Watson

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>FINISH</u>	<u>NAME</u>	<u>AGE</u>	<u>PLACE</u>	<u>DIFFERENCE</u>	<u>TIME</u>
LMJS Time is on Your Side 5K, Oakland, July 23					
11	Megan Smirti	25	15	+0:36	22:06
46	Tim Oliver	40	52	+3:34	33:34

LMJS Time is on Your Side 10K, Oakland, July 23					
5	Noe Castanon	35	6	+2:21	47:34

<u>PL</u>	<u>NAME</u>	<u>AGE</u>	<u>A.G. PL</u>	<u>AGE GROUP</u>	<u>TIME</u>
San Francisco Marathon, July 30					
28	Chikara Omine	23	7	M20-24	2:55:25
40	Oliver Chan	24	9	M20-24	3:01:11
470	Kennet De Silva	24	45	M20-24	3:39:54
938	Lucille Wing	49	13	F 45-49	3:56:04
1079	Patrick Calihan	24	77	M20-24	3:59:49
1439	Theodore Jones	67	5	M65-69	4:12:11
1505	Noe Castanon	35	231	M35-39	4:14:24
1626	Jeff Landry	35	253	M35-39	4:18:00
1961	Mark Kelley	50	98	M50-54	4:27:32
2703	Marian Lyons	59	15	F 55-59	4:51:29
2822	Heather Yeowell	66	1	F 65-69	4:56:02
2902	Elisa Zuniga	37	126	F 35-39	4:58:44
3481	David Yeowell	69	21	M65-69	5:30:49
3918	Calvin Chan	55	135	M55-59	6:19:46
4062	Elaine Koga	64	16	F 60-64	8:25:13

San Francisco First Half Marathon, July 30					
73	Sarah Steer	31	2	F 30-39	1:36:10
76	Martin Steer	31	22	M30-39	1:36:21
1256	Denise Leo	30	181	F 30-39	2:05:23
2619	Dennis Hassler	72	2	M70-99	2:26:14
3095	Irene Pleasure	41	284	F 40-49	2:36:24
3398	Mercedes Acosta	62	18	F 60-69	2:47:00
3537	Suzanne Starke	34	677	F 30-39	2:52:49
3647	Edward Bruno	57	210	M50-59	2:59:37
3833	Elaine Gecht	62	38	F 60-69	3:43:07

San Francisco Second Half Marathon, July 30					
84	George Rehmet	39	72	M30-39	1:34:38
91	Ian Reid	62	1	M60-69	1:35:20
178	Heather Johnson	35	23	F 30-39	1:41:55
293	David Klinetobe	45	55	M40-49	1:47:57
297	Adrian Jue	24	44	M20-29	1:48:07
308	George Musante	51	21	M50-59	1:48:32
398	Andrea Wald	28	33	F 20-29	1:51:54
657	Michele Wayne	36	114	F 30-39	2:00:27
687	Thura De Lopez	41	44	F 40-49	2:01:21
743	Paul Lopez	64	10	M60-69	2:03:00
1025	Joseph Connelly	44	136	M40-49	2:11:19
1138	Michael Korn	43	149	M40-49	2:15:29
1218	Lan Nguyen	27	595	F 20-29	2:18:09

San Francisco Marathon 5K					
38	Kevin Trock	51			31:10
102	Julius Schillinger	59			24:58
155	Lorrie Kalos	45			26:51

continued on page 8

PELVIC TORSION/SHORT LEG SYNDROME

Dr. Minet Sepulveda, D.C., CSCS

Definition: Many runners are affected by this syndrome and might develop muscular imbalances and pain as a result. Having one leg longer than other is similar to driving a car with one car tire larger than the others. One shoe heel will usually wear away more than the other. One foot, ankle, knee, and hip will carry more weight and be under more stress. Eventually compensatory changes take place above the pelvis and the integrity of the spinal column is altered. There are two types of short-leg syndrome.

Anatomical Short Leg: The measurement for the leg bone on one side of the body is longer than the corresponding one. Present in three percent of all short-leg syndromes.

Functional Short Leg: Caused by Pelvic Misalignments or Foot Pronation

Some common causes are:

1. Flat arches; arches are not the same in both feet
2. A weakness of one or more lower extremity muscles, which allows the pelvis to move forward or backward in relationship to the other side
3. An abnormal range of motion along the lower extremity joints
4. Bad habits or posture
5. Poor quality running shoes

Difference between the legs can be minimal or severe. Minimal difference causes fewer or no symptoms. However, over time this minimal difference becomes greater. In runners, this becomes a problem because running involves a lot of vertical impact. This causes abnormal stress on all muscles, nerves and joints that are involved. The longer the person has this type of short leg syndrome, the greater the chance for a secondary compensatory problem somewhere else in the body, usually in the upper back, knees, hips and feet.

Most common injuries associated with Functional Short Leg Syndrome are:

- Heel Spurs
- Bunions
- Repetitive Ankle Sprains
- Runner's Knee (occurs from abnormal

DSE AT THE RACES

continued from page 7

327	Patricia Baker	45			31:25
362	Elizabeth Terry	41			32:07

Alameda Run for the Parks 10K, August 6

61	Kennet De Silva	25	9	M25-29	42:04
213	James McBride	63	3	M60-64	53:27
314	Maggie Mortimer	43	15	F 40-44	59:33
319	Dennis Hassler	72	4	M70-99	59:48
360	Brian Hartley	53	31	M50-54	1:03:10
376	Barbara Robben	72	1	F 70-99	1:05:20
431	Tim Oliver	40	34	M40-44	1:14:19
436	Bruce Oliver	78	6	M70-99	1:21:24

Skyline 50K, Castro Valley, August 6

2	Cliff Lentz	41			4:01:01
4	Chikara Omine	23			4:16:11

Susan B. Anthony Women's 5K, Sacramento, August 12

232	Jane Colman	63	6	F 60-64	32:13
313	Dina Kovash	68	5	F 65-69	40:14

Headlands 50K, August 26

3	Cliff Lentz	41	1	M40-44	4:12:34
14	Chikara Omine	24	6	M Open	4:37:14
16	John McIntz	40	4	M40-44	4:48:00

ANA Cable Car Chase 5.67 Mile run, August 27

10	Jason Reed	27	5	M20-29	34:46
41	Jakob Gron	35	12	M30-39	38:45
115	Megan Smirti	25	11	F 20-29	43:28
116	Heather Johnson	35	8	F 30-39	43:33
122	Joel Rizzo	40	20	M40-49	43:52
132	Mark Kelley	50	10	M50-59	44:09
146	Amy Sonstein	36	10	F 30-39	44:38
172	Nick Debenedictis	46	32	M40-49	45:35
176	Paul Mosel	64	4	M 60+	45:48
292	Michele Wayne	36	30	F 20-29	50:40
378	Steven Scotten	36	97	M30-39	53:41
426	Brian Hartley	53	27	M50-59	56:11

patella tracking)
Iliotibial Band Syndrome (outer knee or hip pain)
Shin Splints
Plantar Fasciitis
Hip Pain
Low Back or Neck Pain
Muscular Imbalance

Treatment

Anatomical Short Leg: Correction is made by a heel lift in the shoe of the short leg. Determined by X-Ray examination and chiropractic analysis techniques.

Functional Short leg: Correction is more complex due to the need for determination of the underlying cause of the short leg. The process is gradual. It involves specific **stretching**

and **strengthening** exercises to address any muscle faults and any muscular imbalances that perpetuate the short leg-syndrome, **chiropractic manipulations** to correct structural imbalances of lower extremity joints (pelvis, knee, ankle), and **Custom Functional Orthotics** that can be prescribed to correct flat arch problems. Visual observation of the patient running (**Gait or Stride Analysis**) is a must to determine if there are any abnormalities.

For more information on this article and to schedule free lower extremity and shoe evaluation call Dr. Minet Sepulveda at 415-546-1461 or on the web at www.chirohealthsf.com.

◆◆◆ Volunteers Needed ◆◆◆

RACE DIRECTORS NEEDED FOR SUNDAY RACES

With your help, we are able to produce quality runs. The Officer of the Day will help and guide you through the steps you will need to put on a superb run. A race director's guide is also provided to ease you through the steps that should be followed to put on the run.

If you can help, please contact George at gsgasacco@yahoo.com or 415-695-2951. All race directors will receive DSE's heartfelt thanks along with their choice of 2 free race passes or gift certificates from Starbucks.

Sun Dec 25 Xmas Blind Date Relays, 2 x 2 miles, S/F Stow Lake Boathouse, GG Park

LAKE MERCED HALF MARATHON VOLUNTEERS NEEDED SEPT 10

Everything is falling into place with the debut of the 9/10 Lake Merced 1/2M. DSE looks forward to your race participation. If you are not up for the challenge, we can really use your help as a course monitor, aid station or finish line volunteer. Please contact Adrian at tojue@yahoo.com or 415-664-3528. All Lake Merced volunteers receive post-race refreshments along with DSE's heartfelt thanks.

DISTANCE CLASSIC VOLUNTEERS NEEDED SEPT 24

Everyone is welcome and all are encouraged to participate. If running or walking circular loops isn't your forte, we can really use your volunteer help with score keeping or the aid station. Please join us for 1 hour or up to 6 hours. If you can help, please contact Yong at: 415-503-8226 or yongdse@yahoo.com. All Distance Classic volunteers receive post-race refreshments and DSE's heartfelt thanks.

◆ Notices ◆

TUESDAY AND THURSDAY EVENING GROUP RUNS TO BE DISCONTINUED

Calvin Chan

I would like to thank the DSE Running Club, its officers and its members for allowing me to hold my Tuesday and Thursday night group runs.

Due to dwindling attendance, I have decided to terminate this service effective September 29, 2006.

Anyone interested in running with other members of our club, are incurred to join the Wednesday run in Woodside or the Saturday morning run in Golden Gate Park. For low cost runs, don't forget our Sunday runs.

OFFICERS AND VOLUNTEERS

Don Watson

Time moves on. We will have new officers and volunteers next year.

I started back in the days of Walt Stack. He carried the club with the force of his personality and his booming voice. Although he attracted volunteers, he wasn't the most scientific. He had one secretary at the registration table. Everyone had to go through her, so long lines waited to register. Walt ran around in circles to line up non-running volunteers for the finish line.

DSE Presidents have varied in obtaining volunteers for both races and other duties. Walt used the power of his out-size personality. Rick Shea was a quiet man. He had the habit of silently taking care of details on his own so that the other race volunteers wouldn't have much to do. Others have been laid back. Our current officers have done an amazing job in the last few years in

building up the club but have tended to take on every task. Race directors sign up and then find they really don't have much to do except announce the start of the race and chair the award ceremony.

In this regard, Jane and I took on the DSE Annual Easter Run in the early 1990s. It started at Phelan by Ocean Avenue and went up to the cross at Mt. Davidson and back. In those days directors had to come early to mark the course. We were basically in charge. The club had to quit the Mt. Davidson course because ownership of the cross changed hands. So the club decided to convert the Roller Coaster Run into the annual Easter run.

Jane and I went out the first couple of years with chalk and flour to mark the new Easter Egg Run course. A few years later, Kevin and Calvin told us

we didn't need to bother to mark the course—they would do it. Then the officers took over the table operation including providing the chocolate Easter eggs. Although we continued to have the honor of being the designated race directors, all we had to do was start the race and do the award ceremony.

However, many thanks to Kevin, Calvin and Janet for all the work they have done during the past few years.

This brings us to next year. With our current officers stepping down, we need new officers to give leadership and direction to the DSE. But they also need to be able to delegate to volunteers many of the tasks that are required to keep the club functioning. Our 2007 officers shouldn't feel burdened by trying to carry out tasks that can be done by volunteers.

◆◆◆ 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

9/3 Potrero Hill Run, 4 miles

START/FINISH: 17th and Arkansas Streets

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

*****KIDS' Race (1/2 Mile) at 9:45 AM**

COURSE DESCRIPTION: Run along Arkansas, right on 16th, right on 3rd, right on Cesar Chavez (Army), right on Vermont, right on 26th. Then left on Kansas, left on Vermont (up crooked street), right on 20th, left on Kansas, right on 17th. Finish on sidewalk corner near 17th & Arkansas.

9/10 Lake Merced Half Marathon

START/FINISH: Sunset Blvd. parking lot at Lake Merced

STARTING TIME: 8:00 AM

ENTRY FEE: \$5/\$8 nonmember, after 9/2 \$8/\$10 nonmember—refer to race flyer

COURSE DESCRIPTION: Run 3 clockwise loops around the lake staying entirely on jogging/pedestrian path before merging left to the straightaway; finish back at Sunset Blvd. parking lot.

RACE CLOSES AT 11:00 AM. NO SUPPORT AFTER THAT TIME.

9/10 Lake Merced Run, 4.5 M

START/FINISH: Sunset Blvd. parking lot at Lake Merced

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

COURSE DESCRIPTION: Run clockwise loop around the lake staying entirely on jogging/pedestrian path before merging left to the straightaway; finish back at Sunset Blvd. parking lot.

9/17 Single/Double Muni Pier Runs, 1.25M/2.47M

START/FINISH: Dolphin Club, 502 Jefferson (foot of Hyde St.)

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

COURSE DESCRIPTION: Run westbound on Aquatic Park walkway, make a right onto Muni Pier, and complete a counter-clockwise loop. Turn around, return to start. Single loop runners finish at wooden posts; double loop runners repeat for a second loop.

9/24 6 Hour Distance Classic

START/FINISH: Upper dirt track Southside of Polo Field, Golden Gate Park

STARTING TIME: 8:00 AM (finishes at 2:00 PM)

ENTRY FEE: \$7/\$10 nonmember, after 9/17 \$10/\$15 nonmember—refer to race flyer

COURSE DESCRIPTION: Run around .7881 mile oval loop.

9/24 Polo Field 5K

START/FINISH: South side of Polo Field, Golden Gate Park

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

COURSE DESCRIPTION: Run westbound on Middle Drive, right onto Bernice Rogers Drive, right onto Kennedy Drive, right onto Transverse Drive, right onto Overlook Drive (path), back onto Middle Drive to finish.

10/1 NO DSE RUN—DSEers are encouraged to run the Bridge to Bridge 12K

◆◆◆ Group Runs ◆◆◆

- ◆ **LAST MONTH**—Tuesday Night Runs now meet at 6:30 PM (year round) at the Sports Basement store parking lot. The address is 610 Mason Street at Crissy Field in the Presidio. The course varies each week and the distance is from 3 to 6 miles. Contact calwentjogging@aol.com.
- ◆ 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.
- ◆ **LAST MONTH**—Thursday at 6:30 PM (April–October) 5K in Golden Gate Park. Meet at the Spreckles Lake water fountain located at Kennedy Drive at 36th Avenue. For more information contact Calvin at 415-370-5572 or calwentjogging@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.

Membership ♦ ♦ ♦
♦ ♦ ♦ Information

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

The DSE has grown into San Francisco's largest running club with about 450 members. The club holds races throughout the city almost every Sunday, with courses that range in difficulty and distance (2-6+ miles).

DSE members automatically receive a one year subscription to the DSE Newsletter and become members of the Road Runners Club of America. Club members receive free electronic publications of *Footnotes* and *Peak Running Performance*.

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. Renewal dues are payable by the date shown on the mailing label of your DSE newsletter. Dues can be paid by either personal check or money order made out to DSE and mailed to Richard Finley at the address shown below, or online at www.Active.com.

Membership applications can be downloaded from the DSE website, www.dserunners.com, or contact **Richard Finley** at nishikifinley@sbcglobal.net or write to **Richard Finley, c/o DSE Runners, 805 Vega Circle, Foster City, CA 94404**. **Changes of Address** are also to be sent to **Richard Finley**.

Folding ♦ ♦ ♦
♦ ♦ ♦ Session

DATE: Wednesday, September 27, 2006

TIME: 7:00 PM

PLACE: Katherine & Robert Moser
61 Aquavista Way
(at Marview)
San Francisco 94131
415-642-1986

Come out and join the newsletter folding session—a small gathering of DSEers who get together for a bit of fun, food, and folding. All DSEers are encouraged to participate. We begin folding at 7:00 PM and usually wrap up before 9:00 PM.

Please remember to bring drinks or snacks to share after the folding session.

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

After a cool summer, San Francisco and the coast will see warmer than normal temperatures, with less fog and fewer offshore winds. The Labor Day holiday weekend looks warm with highs in the 70s near the coast and 90s inland.

Cooler weather returns the second week of the month with offshore winds and more fog through mid-month. Warm weather returns the third week with little or no fog and lots of sun. Warm to hot weather the final week of the month and into the first few days of October, with the hottest weather of the season expected in San Francisco with highs in the 90s on a few days.



Club ♦ ♦ ♦
♦ ♦ ♦ Officers



PRESIDENT
ANGELICUS
Walt Stack

PRESIDENT
Kevin Lee 415-751-9653
dse.pekingduck@juno.com

SR.VICE PRESIDENT
Janet Nissenson
Mom114@aol.com

2ND VICE PRESIDENT/LOST & FOUND
George Sacco 415-695-2951
gsgasacco@yahoo.com

SECRETARY
Roxanna Pezzy
rpez0@allstate.com

TREASURER
Steve Nissenson 650-355-7660
Swifth20@aol.com

OFFICER AT LARGE/CLOTHING SALES
Calvin Chan 415-681-0105
calwentjogging@aol.com

DSE Runners
P.O. Box 210482
San Francisco, CA 94121-0482
Hotline: 415-978-0837
Website/Membership Application:
www.dserunners.com
WEBMASTER: Natalie Nissenson
sparklethenfade@aol.com
ASSISTANT: Stephen Boesch

DSE Coordinators

MEMBERSHIP Richard Finley
nishikifinley@sbcglobal.net

EQUIPMENT Bob Marty

RACE RESULTS

Joe Connelly

CLUB OUTREACH

Theo Jones

KIDS' RACE DIRECTOR
Daryl Luppino 650-757-5247

DOUBLE DIPSEA RACE DIRECTOR
Ken Reed *RunKenRun@aol.com*

Happy Birthday! ◆◆◆◆◆◆◆◆

2 Nick Pegley
3 Susan McBride
Tami Tyler
7 Joe Oakes
Peter Platt
John J. Stauffer
9 Noe Castanon
Don Elsener
Colin Finley
10 Susan June Allen
Joseph Connelly
11 Brad Spielman
12 Jim Misener
13 Liese Rapozo
14 Patrick F. Cunneen
Henry Nebeling
Enrique Raygoza

16 Trevor Aguiar
Jim Kauffold
Christopher Kraemer
Suzanne Starke
Judith Webb
17 Liz Zuniga
19 Bob Marty
Suzana Seban
20 Ashley Garriott
22 Solia Ezpinoza
23 Tracy Hogan
24 Bob Besso
Patrick Lee
Jim Peters
25 Henry Black
Jerry Flanagan
26 Andrew Bloch
Annelle Brickley
Richard W. Hannon
27 Joe Diaz
Patrick O'Hara
28 Roxanna Pezzy

New Members

SAN FRANCISCO
Colin Heckman
Henry Nebeling
Robert Senoff
Harry Tam



San Francisco
Dolphin South End Running Club
Postmaster, Return Undeliverable Mail To:
Richard Finley
805 Vega Circle
Foster City, CA 94404

DSE email list and electronic newsletter

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

Receive the DSE News online instead of by mail, by sending a request to Richard Finley at nishikifinley@sbcglobal.net. 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!