



# HATS, HATS, HATS

Ellen and Russell Breslauer

Long ago, Russell ran Bay to Breakers wearing a simple painter's cap. People cheered him on, more loudly than the runners without hats. He kept wearing a hat to keep sweat out of his eyes. When the painter's hat was lost, he found a blue Viking hat with yellow horns.

Wow! It was a quantum leap forward. The spectators loved it, whether Russell was in a race or just out on a training run in Golden Gate Park.

Ellen was starting running, despite the drawback of throwing up every time she ran—for six long months. She wanted a hat, too. We found a green one that was similar to Russell's blue hat. It had a pleasantly bovine appearance (borne out by a small boy, watching the finish of the Waterfront 10 miler in front of the Club, who cried out, "Mommy, Mommy, the cow just waved at me!").

That hat has been flexible, practical and fun. Ellen wore it the year of the Bonnie Belle Monsoon. It rained so hard that John F. Kennedy Drive could not drain. The water was coming in over the tops of our shoes. When Myra Green and Ellen finished, she took off the Soddan Cow Hat. She took one horn at a time and wrung it out. We all chortled as a stream of yellow water poured from each horn tip.

That hat has never been the same, but we still have it, drooping ears and all. Sometimes Ellen wears it for Old Times' Sake. It still gets laughs and cheers from spectators.

Now we were established as "the Hat People." We were out one day without our hats, and a runner (who later became a friend, Pedro Gonzales)

saw us and put his fingers to his head imitating our horns! We enjoyed the hats so much that we started buying other hats, usually of animals. Our friends and relations started giving us hats: ducks from Oregon, trout from Washington, elephants from West Virginia. The best gift was from our niece Kathi. When she was eight, her school had a fair, where she bought us two tiny teddy bears. They fit perfectly in the ears of our Bear Hats. They enchant us and other people. She just turned 30, so her gift has had great staying power.

We've gotten lots of publicity over the years, some of it because we've added costumes. The Chronicle had a great picture of Russell as a Court Jester. It's from Bay to Breakers—but it was on the first page of the Business section. Of course, Russell taught Business (computers and accounting) for 30 years, so the section is appropriate! Ellen and her sister Susan were on the Bay to Breakers website for a year.

Some of our hats are too large and elaborate to wear running—peacocks (shown in the Chronicle's Life Style Section), black velvet Wizards' hats (our latest addition to the collection, and prize winners for Hallowe'en), gray elephants with detachable trunks.

We have great fun with our hats. You might like to try running in a hat—you'll like the crowd support!

**A few of the Breslauer's many sets of matching hats**

FROM THE EXECUTIVE COMMITTEE  
continued from page 1

(181 race participants), please join us on 1/28. This South Bay road trip is a worthwhile experience. The race course is a scenic out and back, roller coaster paved race course that is traffic free and popular with Peninsula runners.

## KAISER PERMANENTE AID STATION

There is no DSE Run on February 3. DSE members are encouraged to participate at the Kaiser Permanente 1/2M & 5K. If you are not running this event, join the DSE volunteers at the 6 mile aid station. Reporting time is 7:30 AM at Bernice Rogers Drive & Martin Luther King Drive. All volunteers will receive the souvenir T-Shirt. Please RSVP, along with your T-Shirt size, to Fred or Yong at 415-242-3304 or [dsefred@yahoo.com](mailto:dsefred@yahoo.com).

## 2007 DSE GALA FEBRUARY 10

The DSE Gala has something for everyone. It's an enjoyable evening, with a no-host bar, dinner service, award ceremony, running shoe contest, a door prize giveaway and raffle prizes. Space is limited and last year we had over 100 attendees, so please RSVP by the February 1 deadline. To obtain a DSE Gala Invitation see the December newsletter or download extra copies from the Gala Dinner link at [www.dserunners.com](http://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  
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### 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.

## ◆◆ 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.co](http://www.dserunners.co)

WEBMASTER: Natalie Nissenson  
[sparklethenfade@aol.com](mailto:sparklethenfade@aol.com)

ASSISTANT: Stephen Boesch

# GREAT ACHIEVEMENTS IN RUNNING

Theo Jones

Pat Cunneen is a retired firefighter, runner and triathlete who holds many records. He and his family were featured on the cover of *Runner's World* magazine in May 1973; his children still hold age group world records in the marathon. He is also an accomplished artist and prepares many of the posters you see at DSE events.

The following is edited from an interview conducted by his publisher-friend, Logan Franklin ([www.grayironfitness.com](http://www.grayironfitness.com)).

*What motivated you to start training?*

**Pat:** I started to run because my life and health were going downhill and I was not happy. Heavy drinking, smoking and all that goes with it will eventually catch up with you. I began running in 1969. I'm no champion but I've had more fun and made a better life for my family by heavy duty running, jumping and playing.

After meeting folks from the South End Rowing Club and Dolphin Club running at Lake Merced I joined the SERC in early '69. I have always enjoyed the beach and salt water and the clubs are at the shore of San Francisco Bay. I then began running with the clubs in Dolphin/South End and AAU races.

Another club, the Pamakid Runners, is also part of my family's life. In the '60s and early '70s, the SERC and DC did not accept women or children. Women couldn't officially run in San Francisco's famous Bay to Breakers race, either. So we started Pamakids as a family club and it has truly helped many females find the joy in sweating, or maybe I should say perspiring.

*When did you add swimming and cycling?*

**Pat:** Bicycling and swimming were never competitive for me, just recreational, until triathlons came along. You only have so much time to train, especially with a family.

*How much time do you train for each event, swimming, running, and cycling?*

**Pat:** I have absolutely no training regimen. I just run, jump and play. Occasionally, prior to certain events like the Dipsea race, I will practice on hills and steps; if the race is a long endurance affair, I try to put in longer sweat time; if it's a sprint event, speed training is in order. I hate the track and never go. I do fartlek instead. If it is a swim race, I try to put more time in the water. I try to do something at least every other day.

*You've competed in the Escape from Alcatraz triathlon. Isn't the race that goes by that name today a tamer version of the original?*

**Pat:** The original "Escape from Alcatraz" was put on by the Dolphin Club and to this day is open only to Dolphin and SERC members. Originally, it was a swim from Alcatraz (no wet suits allowed), a bike race across the Golden Gate Bridge and into Mill Valley, and a run across Mt. Tamalpais to Stinson Beach and back again to Mill Valley, over the Dipsea trail. Nowadays they've added wet suit and relay team divisions. Another newer Escape event uses different bike and run courses because of safety and course management.

*You've had some injuries and surgeries to repair them. How did you rehab?*

**Pat:** I've had three severe shoulder and ankle injuries, in my 60's, from bike accidents.

An MRI, after my knee was bothering me, indicated chondromalacia with complete loss of cartilage. The doctor said no more running. I stopped for about three months, and then said what the heck. I'm still running, albeit very slowly, with very little pain. To rehab, I just waited until I could run, jump and play as best I could, and I started off competing again.

*Are you still competing today, at age 73?*

**Pat:** Most Octobers, I do our club Alcatraz swim and the Santa Cruz Triathlon. The Santa Cruz race is a 1-mile swim, I've forgotten the bike distance, and a 10 K run. I was first for people 70 and over, but they had no division for us! Recently my time for the triathlon was 3 hrs 18 min. In 1994, I did it in 2 hrs 41 min. I must try harder next year.

*How about diet? Years ago, you and I would drink a concoction that was a combination of brewers yeast, soy, desiccated liver, some kind of exotic grass clippings, and Lord knows what else. It would gag a maggot. But I figure that's your secret energy source.*

**Pat:** I think it had molasses and dolomite, too. I have cut down on ice cream and baked goods. Eating less and better is the hardest part for me in getting into good shape. I take a one-a-day vitamin, plus B

and E and chondroitin/glucosamine every day.

*What advice would you offer senior beginners who might want to try competition?*

**Pat:** Pick something you enjoy. Check with your doctor. Get into a group with the same interests. Go slowly at first. Competition is the icing on the cake. Even if it's against your own personal record, strive hard to win.

*What's the most unusual thing you remember from a race?*

**Pat:** Years ago I was in a triathlon and in the pre-race bag was a tinfoil packet of some new product I thought was a type of energy supplement like GU etc. which were new at this time. I set it by my running shoes and when I hopped off my bike I was ready for my run. I opened the tinfoil packet and sucked some in. I immediately spit it out and said to myself that stuff will never sell. Yuck! At the finish of the run which ended the event my wife said what is all that white stuff around your mouth? Well after looking into it I found out the damn stuff was sunblock.



Pat at the DSE 40th Anniversary 5K  
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# RUNNING RESULTS

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

**December 3, 2006**

**Ferry Building Run, 4M**

**Race Director: Elaine Koga**

**Kids' Race Director: Daryl Luppino**

**Volunteers: Calvin Chan, George Sacco, John Weidinger, Richard Finley, Steve Nissenson, Jerry Flanagan, Hilary Fong, Richard Hannon, Kevin Lee**



Race Director Elaine Koga

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PL	NAME	AGE	TIME
1	Eduardo Vazquez	33	23:33
2	Peter Hsia	46	24:29
3	Jason Reed	27	25:02
4	Roy Clarke	51	25:11
5	Andy Roth	38	25:46
6	Tony Dunnigan		25:54
7	James McCoy	35	26:20
8	Corrie Drakulich 1	25	26:33
9	Kevin Fry	27	26:43
10	Jim Misener	46	26:58
11	Dave Coulman	46	27:24
12	Jeremy Calnan	47	27:28
13	Claire Blaney 2	31	27:34
14	Jim Buck	64	27:42
15	Matthew Fabry	34	27:47
16	Daryl Luppino	47	28:02
17	Dimitris Sklavopoulos	61	28:07
18	Melody-Anne Schultz 3	65	28:26
19	King Wayman	57	28:33
20	Jorge Larre	49	28:36

21	Amy Sonstein 4	36	28:38
22	David Klinetobe	45	28:49
23	Karl Olson	54	28:52
24	Dave Numme		28:53
25	Joel Rizzo	40	28:58
26	Patrick Lee	59	29:06
27	Marie Appel 5	42	29:10
28	Suzanne Eldredge	16	29:11
29	George Baptista	63	29:13
30	Phil Melman	41	29:36
31	Daz Lamparas	54	29:37
32	Wayne Plymale	54	29:49
33	Sam Logan	22	29:55
34	Eric Park	61	30:00
35	Derek L. Fogt	34	30:07
36	Larry Wuerstle	51	30:19
37	Daniel Oliva	39	30:21
38	Keith O. Johnson	68	30:21
39	Paul Burket	51	30:29
40	James McLeon	30	30:41
41	Mike Childs	42	30:44
42	C. Edwards	61	31:00
43	Theo Jones	68	31:07
44	Paul Mosel	65	31:15
45	Matt Rhodes	36	31:23
46	Laura Corbit	32	31:24
47	Stanley Chan	35	31:24
48	Lina Khatib		31:41
49	Kathleen Lail	38	31:55
50	Verdine Baker	24	32:37
51	Morgan Newman	22	32:48
52	Mary Chacon	44	32:51
53	Tarek Haffar	19	33:17
54	Janée Montelongo	27	33:24
55	Michelle McCarron	33	33:43
56	Patrick Mattimore	56	33:44
57	Sam Roake	70	33:47
58	Marian Lyons	50+	33:50
59	Austin Boer	11	33:56
60	Joe Connelly	45	33:56
61	Claudia Boer	40	34:04
62	Gary Brickley	53	34:12
63	Mike Widico	54	34:13
64	Josh Weddle	25	34:27
65	Mark Umphress		34:42
66	Kennet De Silva	24	34:44
67	Jen Melman	35	35:12
68	Larry Chow	35	35:13
69	Michael Sovik	41	35:23
70	Michele Wayne	36	35:29
71	Janet Fry	27	35:58
72	Janet Nissenson	47	36:05
73	Sarah Daniel	35	36:10
74	Judith Waitz	46	36:11
75	Sarahann Dow	30	36:38
76	Jino De Gastro	23	37:05
77	Suzana Seban	53	37:06
78	Rene Encarnacion	52	37:16
79	Chasen Chacon	10	37:48
80	Hashim Bashiruddin	49	38:15

81	Mort Weisberg	60+	38:16
82	Bob Morris		38:46
83	Sandie De Medeiros	29	39:09
84	Henry Nebeling	74	39:26
85	Rafi Vizcarra	60	39:27
86	Bill Woolf	71	39:35
87	Wendy Newman	56	40:11
88	Gregory Ateltan	47	41:10
89	Jillian Chacon	12	41:12
90	Michael Chacon	46	41:13
91	Barbara Robben	72	41:21
92	Jennifer Coffey	36	41:26
93	Chris Horton	36	41:36
94	Elizabeth Ruwe	25	41:58
95	Harry Cordellos	69	42:31
96	Jim Kauffold	69	42:32
97	Andrea Naugle	25	42:33
98	Jane Colman	63	42:44
99	Richard Best	61	42:54
100	Leslie Bernstein	35	43:19
101	Alexander Davis	9	44:15
102	David Davis	38	44:15
103	George Sacco	68	44:21
104	Mary Conroy	43	44:40
105	Marcia Martin	54	45:26
106	Edgar O. Luna	29	48:07
107	Mauricio Salazar	35	48:08
108	Bob Kovash	68	49:31
109	Susan	47	50:11
110	Rohini Barreto	29	50:43
111	Rachel Schey	36	50:44
112	Madhu Moorthy	32	52:19



Start of the Kids' Race

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## SELF-TIMERS

Tony Stratta	76	1:17:10
Ed Olkowski	64	1:16:00
Liese Rapozo	79	
Jane Lee	56	
Jim Pommier	73	
Don Watson	77	
Ken Reed	61	
Carolyn Clark		
Leticia Hernandez	41	
Sara Anderson	43	
Sasha Vitomski		
Elaine Gecht	62	
Wally Rapozo	78	
Bob Theis	78	
Gregory Brown	57	

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FERRY BUILDING RUN  
continued from page 4

Dina Kovash 68  
Yong Cho 48

KIDS' RACE

Austin Boer 11 3:22  
Jack Olson 10 3:24  
Tara Bozzi 10 3:34  
Riley Bertucio 10 4:25  
William Misener 11 5:20  
Chloe Dunnigan 4 5:56  
Lena Hsia 3 5:58  
Hetti Hsia 3 5:59  
Jakob Lail 2 6:02

**December 10, 2006**

**Ballpark 5K**

**Race Directors:** Wendy Newman and Bill Woolf

**Volunteers:** George Baptista, Ken Reed, Joe Connelly, Hilary Fong, Kevin Lee, Richard Hannon, Bobby Marty, Janet & Steve Nissenson, George Sacco, Tony Stratta, Michele Wayne



Race Directors Bill Woolf and Wendy Newman  
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PL	NAME	AGE	TIME
1	Steve Whitelam	27	17:32
2	Guillaume Peureux	34	17:59
3	Jerry Flanagan	41	18:37
4	Jason Reed	27	18:57
5	Kevin Fry	27	19:29
6	Mark Janes	31	19:32
7	Matthew Fabry	34	20:32
8	Kennet De Silva	24	20:33
9	Jim Bucci	29	20:41
10	Mike Rookesteel	27	20:43
11	Sam Logan	22	21:06
12	Daryl Luppino	47	21:13
13	Noe Castanon	36	21:38
14	Mark Moser	37	23:43
15	Suzanne Eldredge ①	16	23:59
16	Marie Appel ②	42	24:26
17	Jasmine Fry ③	24	24:38
18	George Baptista	63	24:51
19	Phil Melman	41	25:01



Wet day at the Ballpark 5K

Photo by Don Watson

20	Theo Jones	68	25:05
21	Joel Rizzo	41	25:11
22	Karen Hickey ④	43	25:38
23	Peter Lee	40	25:40
24	Michael Sweet	37	25:49
25	Tom Smiley	49	26:15
26	Kathleen Lail ⑤	38	26:24
27	Paul Mosel	65	26:35
28	Joe Ona	33	27:16
29	Kenneth Fong	45	27:25
30	Nick Bucci	27	27:40
31	Mary Christian	28	27:40
32	Olivia Horgan	33	27:48
33	Tom Yan	47	27:49
34	Hashim Bashiruddin	49	28:09
35	Jeff Houston	48	28:13
36	Gary Brickley	54	28:18
37	Suzana Seban	53	28:20
38	Greg Gibbons		28:45
39	Harrison Liou	49	29:08
40	Russell Ja	21	29:22
41	Rene Abalos	23	29:50
42	Susie Kim	24	30:41
43	Dennis Hassler	73	31:46
44	Jim Kauffold	69	32:25
45	George Sacco	68	34:14
46	Edgar Luna	29	34:16
47	Mauricio Salazar	35	34:21
48	Barbara Robben	72	35:11
49	Jack Bascom	65	35:12
50	Laurie Huth	34	35:24
51	Jane Colman	63	35:36
52	Billy Lustgarten	29	35:44
53	Shannon Luppino	10	46:32

SELF-TIMERS

Ed Olkowski	64	47:30
Don Watson	77	
Bob Theis	78	
Tony Stratta	76	1:02:00
Ted Vincent	70	
Gregory Brown	56	

**December 25, 2006**

**Christmas Blind Date Relays, 2 x 2 miles**

**Race Director:** Denise Leo

**Volunteers:** Calvin Chan, Pres. Kevin Lee, Amy Qu, George Sacco, S. Seiki



Race Director Denise Leo

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PL NAMES TIME

**Note:** M denotes a male/male team;  
C denotes a co-ed team.

M1	Jeff Breidenbach Chikara Omine	25:02
C1	Roy Clark Suzy West	25:52
C2	Amy Sonstein Eduardo Vazquez	26:34
M2	Robert Alexander David Moulton	26:41
M3	Tom Smiley Jim Doukoku	27:37
C3	Jim Misener Marie Appel	28:11
C4	Diann Leo Noe Castanon	28:57
C5	Hilary Fong Jeremy Calnan	29:07
M4	Keith Johnson Greg Lancot	29:14
C6	Brooke West David Rim	30:39
C7	Annie Luu Oliver Chan	31:31
M5	George Baptista Joe Connelly	31:58
M6	Paul Mosel Paul Mosel	32:53
M7	Bill Woolf Adrian Jue	33:25
C8	Peggy Kang Daz Lamparas	34:05

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CHRISTMAS BLIND DATE RELAYS  
continued from page 5

M8	Bob Kovash Randy Conner	35:00
C9	Evelyn Martinez Eric Park	35:05
C10	Hashim Bashiruddin Marcia Martin	37:17
C11	Phyllis Nabhan Mort Weisberg	40:11
C12	Dina Kovash Dan Shalom	43:46



Santa Claus (more than one!) signing up for the Christmas Blind Date Relays  
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INDIVIDUAL RESULTS

1	Chikara Omine	11:00
2	Jim Doukoku	11:25
3	Eduardo Vazquez	11:39
4	Randy Conner	11:50
5	David Moulton	12:09
6	Oliver Chan	12:24
7	Suzy West	12:54
8	Roy Clark	12:58
9	Jeremy Calnan	13:18
10	Jim Misener	13:23
11	Adrian Jue	13:41
12	Noe Castanon	13:45
13	Jeff Breidenbach	14:02
14	Greg Lanctot	14:03
15	Robert Alexander	14:32
16	George Baptista	14:45
17	Marie Appel	14:48
18	David Rim	14:49
19	Amy Sonstein	14:55
20	Daz Lamparas	14:55
21	Eric Park	15:08
22	Keith Johnson	15:11
23	Diann Leo	15:12
24	Hashim Bashiruddin	15:47
25	Hilary Fong	15:49
26	Brooke West	15:50
27	Tom Smiley	16:12
28	Paul Mosel	16:26
29	Dan Shalom	16:27
30	Paul Mosel	16:27
31	Joe Connelly	17:13
32	Mort Weisberg	17:55
33	Annie Luu	19:07

# MORTON'S NEUROMA

Dr. Amelia Mazgaloff, DC

## What is a Neuroma?

A neuroma is a thickening of nerve tissue that may develop in various parts of the body. The most common neuroma in the foot is a Morton's neuroma, which occurs at the base of the third and fourth toes.

The thickening, or enlargement, of the nerve that defines a neuroma is the result of compression and irritation of the nerve. This compression creates swelling of the nerve, eventually leading to permanent nerve damage.

## Symptoms

- Tingling, burning, or numbness
- Pain
- A feeling that something is inside the ball of the foot, or that there's a rise in the shoe or a sock is bunched up.

The progression of a Morton's neuroma often follows this pattern:

- The symptoms may go away temporarily by massaging the foot or by avoiding aggravating shoes or activities
- Over time the symptoms progressively worsen and may persist for several days or weeks
- The symptoms become more intense as the neuroma enlarges and the temporary changes in the nerve become permanent.

## What Causes a Neuroma?

Anything that causes compression or irritation of the nerve can lead to the development of a neuroma. One of the most common offenders is wearing shoes that have a tapered toe box, or high-heeled shoes that cause the toes to be forced into the toe box.

People with certain foot deformities—bunions, hammertoes, flat feet, or more flexible feet—are at higher risk for developing a neuroma. Other potential causes are activities that involve repetitive irritation to the ball of the foot, such as running or racquet sports.

34	Peggy Kang	19:10
35	Bill Woolf	19:44
36	Evelyn Martinez	19:57
37	Marcia Martin	21:30
38	Phyllis Nabhan	22:16
39	Bob Kovash	23:10
40	Dina Kovash	27:19

An injury or other type of trauma to the area may also lead to neuroma.

## Treatment

For mild to moderate cases of neuroma, treatment options include:

- **Padding.** Padding techniques provide support for the metatarsal arch, thereby lessening the pressure on the nerve and decreasing the compression when walking.
- **Icing.** Placing an icepack on the affected area helps reduce swelling.
- **Orthotic devices.** Custom orthotic devices provide the support needed to reduce pressure and compression on the nerve.
- **Activity modifications.** Activities that put repetitive pressure on the neuroma should be avoided until the condition improves.
- **Changes in footwear.** It's important to wear shoes with a wide toe box and avoid narrow-toed shoes or shoes with high heels
- **Medications.** Nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen, help reduce the pain and inflammation.
- **Injection therapy.** If there is no significant improvement after initial treatment, injection therapy may be tried.

## When is Surgery Needed?

Surgery may be considered in patients who have not received adequate relief from other treatments. Generally, there are two surgical approaches to treating a neuroma: the affected nerve is either removed or released. The length of the recovery period will vary, depending on the procedure or procedures performed.

For more information on this article you can reach Dr. Mazgaloff at 415-546-1461 or on the web at [www.chirohealthsf.com](http://www.chirohealthsf.com).

# CLASSIC STU-PEDS

by Stu Ruth



# DSE AT THE RACES

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

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
<b>Arcata Community Forest 6M, September 16</b>					
12	Eric Park	60			54:16
<b>LMJS 4th Sunday 5K, Oakland, October 22</b>					
12	David Klinetobe	45	3	M40-49	22:59
18	Kevin Cuevas	14	1	M <20	25:08
<b>LMJS 4th Sunday 10K, Oakland, October 22</b>					
3	Jim Buck	63	1	M60-69	45:42
<b>LMJS 4th Sunday 15K, Oakland, October 22</b>					
5	Noe Castanon	36	4	M30-39	1:13:23
<b>Half-Shell Hustle, Blue Lake, October 29</b>					
25	Eric Park	60	1	M60-69	24:29
<b>Davis Turkey Trot 10K, November 18</b>					
148	David Klinetobe	45	14	M45-49	45:15
<b>LMJS 4th Sunday 5K, Oakland, November 26</b>					
5	Noe Castanon	36	2	M30-39	21:17
9	Marie Appel	42	1	F 40-49	22:16
<b>LMJS 4th Sunday 10K, Oakland, November 26</b>					
13	Jim McBride	63	3	M60-69	51:11
<b>California Academy of Sciences Run Wild 5K</b>					
3	Chikara Omine	24	2	M20-29	16:36
6	Oliver Chan	24	3	M20-29	17:10
54	Monica Zhuang	33	3	F 30-39	20:26
98	Keith Johnson	68	2	M60-69	22:40
101	Stan Yasuhara	56	9	M50-59	22:52
166	Sophia Cannata-Bowman	12	6	F 6-13	25:22
168	Joseph Connelly	45	20	M40-49	25:24
173	Bob Bowman	52	18	M50-59	25:29
223	Russell Breslauer	61	4	M60-69	26:40
228	Marie Carlotti	50	1	F 50-59	26:55
268	Kevin Fry	27	19	M20-29	27:47
241	Rebecca Rozewicz	52	2	F 50-59	17:13
362	Grant Kolling	57	45	M50-59	29:30
430	Jeanie Jones	70	1	F 70-79	30:44
445	Anthony Wasserman	61	12	M60-69	31:04
493	Alistair Berven	12	19	M 6-13	24:54
495	Sigurd Berven	41	56	M40-49	32:01
709	Marcia Martin	54	42	F 50-59	35:21
725	Lynne Rodriguez	68	13	F 60-69	35:48
740	Richard Hippard	70	4	M70-79	35:54
1252	Barbara Bernhart	67	36	F 60-69	51:49
1350	Gloria McKay	80	2	F 80-99	54:38
1550	Grace Ruth	61	69	F 60-69	1:03:11
1552	Stu Ruth	70	12	M70-79	1:03:15
1562	Stu Etzler	60	62	M60-69	1:03:33
<b>California Academy of Sciences Run Wild 10K</b>					
22	Roy Clarke	51	1	M50-59	38:59
23	Jason Reed	27	5	M20-29	39:13
37	David Moulton	39	9	M30-39	40:25
132	James Eales	47	35	M40-49	45:31
145	Heather Johnson	35	7	F 30-39	45:55
172	Joel Rizzo	40	44	M40-49	46:49

*continued on page 8*

# BOOK REVIEW: MARATHON MONKS OF MOUNT HIEI

*Jim McBride*

A select few candidates for Tendai Buddhism priesthood at Mt. Hiei near Kyoto are allowed to undertake "kaihogyo." Starting 1:30 AM, clad in white robes and wearing grass sandals, solitary practitioners hike 40 km or longer over steep mountain trails for 100 consecutive days. The practitioner, called a gyoja, pauses along the way at sacred trees, waterfalls, peaks, Buddha images, etc. to chant mantras. Although the courses may be covered in 5 1/2 hours, it is considered more appropriate to devote at least 6 1/2 hours. Depending on weather and pace, the gyoja returns between 7:30 and 9:30 AM. The rest of the day, he attends temple services, does chores, eats light vegetarian meals and snacks, and rests. The most dedicated perform 1,000 repetitions in 7 years, followed by a 9 day fast. The objective is not athletic acclaim, but enlightenment.

Professor of Buddhist Studies at Sendai, Japan, John Stevens, wrote *The Marathon Monks of Mount Hiei* (out of print) in 1988. He outlines the history of the Tendai order going back to its revered founder, Saicho, born in the year 766. The name means "highest clarity." For centuries Tendai Buddhism has been intertwined with the history of Japan. Today there are numerous Tendai monasteries, halls, pavilions, shrines, etc. on Mt. Hiei. Tourists are welcome. Japanese consider the institution a national treasure. Professor Stevens focuses on the physical aspects of kaihogyo in more depth than the spiritual. A gyoja would not disagree with Stevens' choice of emphasis inasmuch as the spiritual aspects tend to be inexpressible.

DSE members may be interested to read how kaihogyo tests the outer limits of human endurance and, at the same time, learn something about Buddhism. The book is available at public libraries through Link+. There are also numerous websites about the tireless monks.

195	Theo Jones	58	6	M60-69	47:36
203	Mark Kelley	50	21	M50-59	47:59
220	Julius Ng	55	23	M50-59	48:34
221	Richard Nippes	58	24	M50-59	48:35
316	Paul Mosel	65	12	M60-69	51:36
350	Mitchell Sollod	67	14	M60-69	52:24
351	Brooke West	29	22	F 20-29	52:25
573	Marian Lyons	59	16	F 50-59	56:46
651	Suzana Seban	53	53	F 50-59	58:21
796	Jeff Houston	48	152	M40-49	1:01:24
861	Dennis Hassler	73	1	M70-79	1:02:42
1004	Barbara Robben	72	3	F 70-79	1:06:08
1006	Brian Hartley	53	113	M50-59	1:06:09
1256	Roxanna Pezzy	48	150	F 40-49	1:20:32
1274	Robert Brizuela	67	35	M60-69	1:23:15
1280	Suzanne Starke	35	205	F 30-39	1:25:22

**California International Marathon, Sacramento, December 3**

31	Chikara Omine	24	5	M20-24	2:36:03
256	Oliver Chan	24	17	M20-24	3:06:06
506	Russ Kiernan	68	2	M65-69	3:17:57
643	Adrian Jue	24	30	M20-24	3:23:38
2020	James Flanigan	57	76	M55-59	4:04:47
2451	Noe Castanon	46	303	M35-39	4:20:28
3305	Kat Powell	55	33	F 55-59	5:01:16

**USATF National Club Cross Country Championships, December 9**

**MASTERS WOMEN, 6K**

73	Hilary Fong	47	22	F 45-49	28:53
95	Barbara Robben	72	1	F 70-74	38:41

**OPEN WOMEN, 6K**

242	Amy Sonstein	36			27:59
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**MASTERS MEN, 10K**

56	Cliff Lentz	41	39	M40-44	35:36
249	Mike Fanelli	50	61	M50-55	40:34
322	George Rehmet	40	120	M40-44	43:38
372	Russ Kiernan	68	6	M65-69	46:36
394	Keith Johnson	68	9	M65-69	49:01
410	Hashim Bashiruddin	49	98	M45-49	51:27
429	Dennis Hassler	73	10	M70-74	1:07:03

**Tucson Marathon, December 10**

310	David Klinetobe	45	53	M45-49	3:38:28
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**Miracle Mile and Christmas Classic 5K, December 17**

Many DSE members participated in the Miracle Mile and Christmas Classic 5K races as runners, volunteers, or both. Complete race results were not yet available at press time, but will be published in next month's newsletter.

**LMJS 4th Sunday 5K, Oakland, December 24**

9	Gene French	60	2	M60-69	21:06
10	Jim Buck	64	3	M60-69	21:09
17	Kevin Cuevas	16	4	M <20	24:25
22	Joe Connelly	45	6	M40-49	25:26
33	Barbara Robben	72	1	F 70+	30:19
35	Jane Colman	63	1	F 60-69	31:19

**LMJS 4th Sunday 10K, Oakland, December 24**

4	Noe Castanon	36	2	M30-39	45:18
25	Gregory Brown	57	4	M50-59	1:01:05
27	Dennis Hassler	73	1	M 70+	1:02:14

**LMJS 4th Sunday 15K, Oakland, December 24**

3	Eduardo Vazquez	34	2	M30-39	1:00:28
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Phyllis Nabhan on her way to a 1st place age group finish in the Miracle Mile



Course monitors Mort Weisberg and Jim Kauffold watch as George Rehmet runs by in the Christmas Classic 5K



Jim greets Bruce Oliver while Mort looks on



Jim tries to persuade a driver to stop blocking the 5K course

Photos by Don Watson



# ◆◆◆ Volunteers Needed ◆◆◆

DSE would not be able to put on 40+ races each year without the continued effort of its dedicated volunteers. Beginning with the January 2007 races, there will be an ongoing need each week for at least five volunteers to assist the Race Director. Two volunteers will be needed to handle registration from 8:00–9:00 AM (these volunteers would therefore have the opportunity to also run the race), and three volunteers to assist with finish line timing/stringing from 8:55 AM to the race end (a good option for self-timers, those nursing injuries or otherwise not racing that week).

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

<b>January 7</b>	Lake Merced Run	<b>February 11</b>	Polo Field 5K
<b>January 14</b>	Embarcadero 10K	<b>February 18</b>	Golden Gate Bridge Vista 10K
<b>January 21</b>	Windmill 10K	<b>February 25</b>	Great Highway Run
<b>January 28</b>	Sawyer Camp 5K/10K		

## KAISER PERMANENTE HALF-MARATHON AID STATION VOLUNTEERS NEEDED

There is no DSE Run on February 4. You are encouraged to participate at the Kaiser Permanente 1/2M & 5K. If you are not running this event, join the DSE volunteers at the 6 mile aid station. Reporting time is 7:30 AM at Bernice Rogers Drive & Martin Luther King Drive. All volunteers will receive the souvenir T-Shirt. Please RSVP along with your T-Shirt size to Fred or Yong at: 415-242-3304 or [dsefred@yahoo.com](mailto:dsefred@yahoo.com).

## VOLUNTEERS NEEDED FOR 2007 DSE GALA FEBRUARY 10

With less than two months before our 2007 annual DSE Gala, there is still a lot of planning involved. We need volunteers and coordinators for programming, awards, etc. If you can help, please contact Janet at 650-355-7660 or [jLnissenson@aol.com](mailto:jLnissenson@aol.com).

*A reminder that members will need to volunteer at least twice each year to receive a small trophy, and four times to receive a large trophy for the 2008 Gala (volunteering for the Double Dipsea in late June will also satisfy this requirement). If you can assist at any of the races listed above, please contact Kevin at [dse.pekingduck@juno.com](mailto:dse.pekingduck@juno.com) or 415-751-9653 (after 7pm) ,or simply sign your name to the new Volunteer Sign-Up Sheet that will be available at each weekly race.*

## PAULA & ME

Joe Connelly

I was so excited! The first track meet of the winter was coming up soon, and I was going to try and run a mile in a race for the very first time! I invited my friends Adriann, whose 10 years old, and Sam, he's 5, to come and watch me. It would be a special day.

As the race was about to start, I got a little nervous. In my heat was lots of other little kids. One of them I knew. Her name was Paula. Just a few weeks ago we had run a 800, that's 4 times around, on this very same track, and I beat her when I passed her on the last lap. I think she was mad then. I was thinking that maybe she remembered that day.

The race started and Paula passed me about halfway round the first time. But I knew the race was 8 times around. I

thought if I could stay near her I would be okay. And I would go under 8 minutes!

Two boys pass us 1/2 way thru the race. I think one was Paula's brother. Another boy was even with Paula. His name was David More but I didn't know that back then. I was hoping I could keep up with the both of them.

On the last lap I was about 5 steps behind. I ran my hardest on the back part and as we turned I was right on there heels! I thought I could past them, but all of a sudden they were going very much faster because both wanted to win. Paula finished just before David. They both beat me.

\* \* \*

This (Syracuse Chargers) All-Comers meet was held on December 15, 1996.

Immediately thereafter I got sick; first stomach virus, then flu. I thought I was going to die. All my holiday travel plans were canceled. For Christmas, I asked for tissues.

I'm male, 35, 6'0," 185 lb. I got beat by a girl, 10, 4'6," 77 lb. I have sneakers older than Paula. I'm certain I became ill because she finished ahead of me.

It's the parents fault when you get right down to it. In my day children were taught to respect their elders, not beat up on them. Maybe Paula's dad, Kamal, remembers "the old country" and is trying to make her strong. I hail from a tough neighborhood too. If the guys from Flatbush ever found out I lost to a little girl, I'd be fish bait.

But I guess running has a way of evening things out. Fifty people ran the mile that day; forty-seven finished ahead of me. The two who didn't were Paula's step mom, Marla, and David's 75-year-old grandfather, Russ. So much for respecting one's elders.

I did break the eight-minute mark for the first time. Hey, I'm half way to Roger Bannister. While this might not be a goal I should be exceptionally proud of, I've only logged 200 miles so far. The way I see it, my running age is 18 months. Those little ones have nothing on me.

I think it's time for my bottle.

*Postscript: I wrote the above at the very beginning of my storied running career. I honestly had logged just over 200 miles at that point. This essay appeared in the January 1997 newsletter of the Syracuse Chargers Track Club, exactly 10 years ago this month. Not much has changed since: I still shuffle along at an 8-minute mile pace; I still enjoy running many of races with very little training; and I thoroughly appreciate all of the friendly souls (and soles) I meet in this wonderful community.*



Joe with George Baptista, holding their Blind Date 5th place ribbons

© 2006 Paul Mosel

# ◆◆◆ Monthly Running Schedule ◆◆◆

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

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

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## **Mon Jan 1 Hangover FUN RUN, 4 miles**

START/FINISH: GG Bridge lower parking lot at Lincoln Blvd & East Battery Road

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

COURSE DESCRIPTION: Run north on East Battery Road path onto Golden Gate Bridge, run to Vista Point viewing area, turn around and return the same way to finish.

**NOTE: FUN RUN is non-sanctioned, no entry fee, no course marking, self-timed, and does not count toward race attendance.**

## **Sun Jan 7 Lake Merced Run, 4.5 miles**

START/FINISH: North End Lake Merced Parking Lot (foot of Sunset Blvd)

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

COURSE DESCRIPTION: Run clockwise around the lake staying entirely on jogging/pedestrian path.

## **Sun Jan 14 Embarcadero 10K**

START/FINISH: Dolphin Club, Jefferson & Hyde Streets

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

COURSE DESCRIPTION: Run eastbound on Jefferson (against traffic) which turns onto the Embarcadero (sidewalk). Run to the mini-park beyond Townsend Street (before AT&T Park), turn around and return the same way to finish.

**\*\*\*KIDS' RUN (1/2 mile) at 9:45 AM (same start/finish location)**

## **Sun Jan 21 Windmill 10K**

START/FINISH: Kennedy Drive at Great Hwy (Dutch Windmill) in Golden Gate Park

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

COURSE DESCRIPTION: Run up Kennedy Drive past Conservatory of Flowers. Turn around in front of Sharon Meadows, 1/4 mile before McLaren Lodge barricade, and return the same way back to finish.

## **Sun Jan 28 Sawyer Camp Trail 5K/10K**

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

STARTING TIMES: 10K: 9:00 AM, 5K: 9:05 AM. Walkers are encouraged to start early.

COURSE DESCRIPTION: Run north on paved bike path, turn around at 5K/10K location markings and return the same way to finish.

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

## **Sun Feb 4 NO DSE RUN**

DSE Volunteers at Kaiser Permanente Half Marathon Aid Station—[www.pamakids.org](http://www.pamakids.org)

MEETING PLACE: Bernice Rogers Way & Martin Luther King Drive, Golden Gate Park

REPORTING TIME: 7:30 AM.

## **Sun Feb 11 Polo Field 5K**

START/FINISH: South Side of Polo Fields, 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 Way, right onto Kennedy Drive, run up Kennedy Drive to Transverse Drive, right onto Transverse Drive, right onto Overlook (dirt trail) and right onto Middle Drive to 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](mailto:webbsight@earthlink.net) or Ken Reed at 415-586-3104 or [RunKenRun@aol.com](mailto:RunKenRun@aol.com).
- ◆ Saturday at 8:10 AM—6 mile training run. Meet at the water fountain at Kennedy Drive and Transverse in Golden Gate Park.
- ◆ **Tuesday and Thursday evening runs have been CANCELLED.**

## 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](http://www.Active.com).

Membership applications can be downloaded from the DSE website, [www.dserunners.com](http://www.dserunners.com), or contact **Richard Finley at [nishikifinley@sbcglobal.net](mailto: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, January 31, 2007  
TIME: 7:00 PM  
PLACE: Fred Haber & Yong Cho  
1261 – 31st Avenue  
(between Lincoln & Irving)  
San Francisco 94122  
415-242-3304

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

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

## Weather ♦♦♦ ♦♦♦ Report ♦♦♦

Meteorologist Mike Pechner



January weather will be one of contrasts, cold and dry the first half and wet and warmer the last half. Dry weather is forecast for the Hangover Run.

Fair weather is expected in the first week of the new year. Some light rain is likely on a day or two around 10th. We should have dry weather around mid-month.

The early effects of El Nino should begin to manifest themselves with rain developing at regular intervals during the last 10 days of the month.



PRESIDENT  
ANGELICUS  
Walt Stack

## Executive ♦♦♦ ♦♦♦ Committee

George Baptista  
[gbaptista@msn.com](mailto:gbaptista@msn.com)  
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Calvin Chan  
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Oliver Chan  
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Eduardo Vazkez  
Bill Woolf  
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## DSE Coordinators

MEMBERSHIP Richard Finley  
[nishikifinley@sbcglobal.net](mailto:nishikifinley@sbcglobal.net)  
EQUIPMENT Bob Marty  
DSE RACE RESULTS  
Joe Connelly & Marie Appel  
KIDS' RACE DIRECTOR  
Daryl Luppino 650-757-5247  
DOUBLE DIPSEA RACE DIRECTOR  
Ken Reed [RunKenRun@aol.com](mailto:RunKenRun@aol.com)  
CLOTHING SALES  
Calvin Chan 415-681-0105  
[calwentjogging@aol.com](mailto:calwentjogging@aol.com)

# Happy Birthday! ◆◆◆◆◆◆◆◆

4 Thomas McManus  
Michael Rochetti  
5 Niklas Korn  
Julius Schillinger  
Kevin Trock  
7 Elizabeth Terry  
8 Russ Kiernan  
Joshua Lail  
9 Alan Zuniga  
11 Lina Khatib  
14 Chris Boome  
15 Gene Kiernan  
Michael Stropes  
Laura Tapia  
18 James Austin  
20 Stan Yasuhara

21 Augustine Perez  
23 Yong Cho  
Katelyn Flanagan  
Phyllis Nabhan  
Lucy Wing  
24 Brian Harris  
25 Robert Fry  
Sherry Heldens  
26 Napier Fuller  
Steve Nissenson  
Jason Reed  
27 Hashim Bashiruddin  
29 Thomas Kutrosky  
30 Kevin Cuevas  
31 Judy Goddess  
Cliff Lentz

## New Members

**DALY CITY**  
Uwe Schling  
Jonathan Seiki  
Justin Seiki  
Stephanie Seiki

**SAN FRANCISCO**  
Don Daniel  
Martha Daniel  
Teresa Huddleston

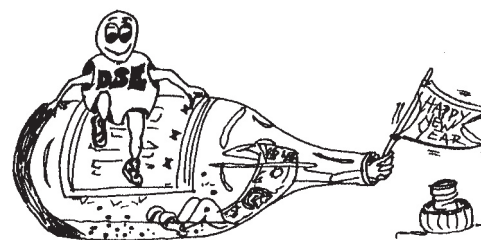


**San Francisco  
Dolphin South End Running Club**  
Postmaster, Return Undeliverable Mail To:  
Richard Finley  
805 Vega Circle  
Foster City, CA 94404

### 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](mailto:nishikifinley@sbcglobal.net). He will notify you when each newsletter is available for download from [www.dserunners.com](http://www.dserunners.com).



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