

Bill Woolf

billwoolf2@aol.com

◆ ◆ ◆ JOE KANIEWSKI

September 15 is our next General Membership Meeting. The meeting will start after the Spreckels Lake kids run. The agenda will cover the basics, the club budget, the status of our race equipment, permits, and calendar. We will bring some extra special snacks and drinks to entice you all to stay and brainstorm. There will

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a few Sports Basement gift cards to give out as well. Should we start up a race ambassador program? How do you like the new items on DSE Zazzle? Why not stay awhile and learn how you can help improve our runs? Got an idea on fixing or adding to our races? Let us know, we are all ears!

Food, drinks, music, fashion, and prizes await our volunteer members on Sept. 29 at the DSE Volunteer Picnic. We won't race that day so we can reward the people who help us put on our races. Let's face it, we couldn't run this enterprise without our volunteers and our annual picnic is our way of saying thank you to those of you who are helping us put on races. Sometimes we take it for granted that we are a unique running community. DSE Runners hosts the most races, at the least cost, in the best locations, of any run club anywhere! So if you put in the time, I'll see you there for a fun afternoon!

Finally, we are putting the final touches on adding a new DSE race in November: Introducing the Crocker Amazon Cross Country 5K. Located

CLASSIC STU-PEDS

Stu Ruth



in the southern part of SF and McLaren Park the new race boasts history, clean accessible restrooms, a children's playground, and an El Salvadoran Snack bar. You'll discover soft trails, bay views, and craggy rock outcroppings. So mark your calendar now for November 17 for a new San Francisco run experience, See you out there this month!

JUST A FEW RD SPOTS LEFT!

Kevin Lee & Amber Wipfler

Guys. GUYS. Time is running out to direct a DSE race in 2019. Don't live a life of regret! Instead, get some sweet volunteer points, a free DSE t-shirt, and the warm, fuzzy feeling of knowing that you are contributing to your favorite running club and the greater Bay Area running community. Don't miss out on this once in a lifetime* opportunity! Contact Kevin Lee (dse.pekingduck@gmail.com) and sign up today!

*technically accurate, since these particular races on these particular dates in this particular year will never happen again! WHOA.

RACES IN NEED OF A DIRECTOR

Sep 22: Golden Gate Bridge Vista 10K
Nov 3: Presidio XC 5K
Nov 10: Stern Grove 4M
Nov 17: Crocker Amazon 5K
Dec 1: Baker Beach 5K
Dec 8: Sierra Point 10K
Dec 22: Kennedy Drive 8K

DSE email list and electronic newsletter

Join the DSE mailing list to receive DSE updates and other running information by visiting <http://groups.yahoo.com/group/DSERunnersClub/join>. Receive the DSE News online instead of by mail by sending a request to dse.membership@gmail.com. You will be notified when each newsletter is available for download from www.dserunners.com. Or, just check the website on folding session day.

How to contact the DSE News

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

Contact:

Amber Wipfler, Editor
Email: weenerdog@gmail.com

Please note that submissions may be edited for length and clarity.

Contributions:

We encourage our members to submit articles and photos for inclusion in the DSE Newsletter. Please send your contributions to the editor at the above e-mail address. Members without e-mail accounts can send their contributions to the DSE general mail-box (see address at right).

Submission Deadline:

Please submit your material to the editor by the 25th of each month if you would like it to be published in the following month's newsletter.

How to contact the DSE

Mail

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

Telephone

Hotline: 415-978-0837

Website/Membership Application:

www.dserunners.com

Webmaster: Rob Snavley

webmaster@dserunners.com

JOG IN THE FOG

Amber Wipfler

DSE is excited to participate in another wonderful community event this month--the Jog in the Fog, benefiting the Richmond District YMCA. Taking place on September 8 and organized by the Richmond District Blog, this 3.4 mile race (we'll call it 5K-ish) is a family event where you can run, jog, walk, skip, or anything in between!

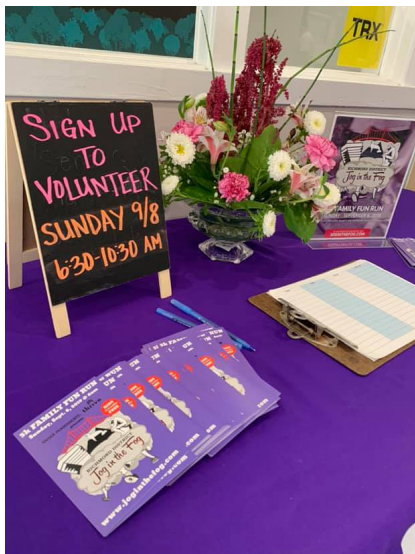
The course starts at Mountain Lake Park and takes participants westbound on Lake Street and into Lands End, before finishing by the USS San Francisco memorial. Make a day of it and hang out at the beach, or treat yourself to pancakes at one of the nearby restaurants! Just be sure to sign up--registration is mandatory for all entrants over the age of 13. Here's a handy dandy link to do just that:

<http://www.joginthefog.com/>

The YMCA is also looking for race volunteers, which is kind of our expertise here at DSE. So if you don't mind an early wakeup and want to help a worthy cause, sign up to volunteer here:

<http://www.joginthefog.com/volunteer/>

Finally, if you need a little bit of extra motivation, remember how invaluable the YMCA is to our community. Whether it's aquatics, team sports, programs for kids or programs for seniors, the Y keeps our city active, connected, and healthy. So don't wait! Sign up today, and we'll see you there on the 8th!



It's fun to run with the Y-M-C-A!

© 2019 Crissie Ponciano

KIDS JUST WANT TO RUN

We had an awesome turnout at the August Kids Run, held right after the Rockaway Beach 5K. Check out these fantastic photos of our youngest athletes, courtesy of Noel Bautista.





Results of DSE races are available as a supplement, available on the Newsletter section of the DSE website or included in the printed newsletter for those members who have requested it.

If you receive the printed newsletter but not the printed race results and would like to, please let Jane Colman know through any of the following:

- I attend most of the DSE races. You can tell me in person that you want to be included.
- You can send me an e-mail message at janecol@lmi.net.
- You can call me at 510-652-3116.
- You can send me a note at 692 60th Street, Oakland, CA 94609.

FOLDING SESSION HOSTS NEEDED

The DSE News needs folding session hosts, starting with the November issue (held during the last week of October).

A folding session can be scheduled for any weekday evening during the week before the first Sunday DSE race of the new month. It can be held at your home or at the Presidio, Bryant, or Berkeley Sports Basement.

The host's responsibilities are to provide a place for DSE members to meet with a space for working to get the newsletters ready to mail, a space for the food and drink that participants will bring, and plates, glasses, napkins and flatware. Hosts usually provide some of the food for the post-folding potluck. The DSE treasurer will reimburse you for any folding session expenses, up to \$50 (you will need to provide receipts). Newsletters, labels, stamps and tape will all be supplied by the editor and membership coordinator.

If you can host a session, please contact Jane Colman at janecol@lmi.net (or 510-652-3116).

August 4, 2019

Rockaway Beach 5K

Race Director: Veronica Balistreri

Volunteers: Marcus Balistreri, Terri Rourke, Raquel Bautista, Noel Bautista, Richard Hannon, Bill Woolf, John Albertoni, Bob Marty, Kevin Lee, Vincent French, Liese Rapozo, Dennis Lawlor, Laurie Quinlan, Marissa Balistreri, Wendy Newman, Marsi Hidekawa



*RD Veronica Balistreri (+ helpers)
© 2019 Kevin Lee*

115 participants: 96 racers (59 men, 37 women); 5 self-timers, 14 kids



*A visit from our dear Amy and Rebecca!
© 2019 Kevin Lee*



*A bright spot on a foggy day.
© 2019 Noel Bautista*

August 11, 2019

Lake Merced Half Marathon/4.5M

Race Directors: Terri Rourke & Marsi Hidekawa

Volunteers: Pat Geramoni, Noel Bautista, Amy Jo Fillin, Richard Drechsler, Bill Woolf, Phyllis Nabhan, Bob Marty, Kevin Lee, Vincent French, Jennifer Desideri, Paul Mosel, Tony Nguyen, Richard Hannon, Diane Okubo-Fong, Veronica Balistreri, Chewey Lam, Riya Suising



RDs Marsi Hidekawa & Terri Rourke

Half: 110 participants, 110 racers (74 men, 36 women)

4.5M: 91 participants, 82 racers (48 men, 34 women), 9 self-timers



*Top: The race director directs.
Bottom: Don't get lost!
© 2019 Paul Mosel*



August 18, 2019

Fort to Fort 10K

Race Directors: Marian Lyons & Bob Butchart

Volunteers: Pat Geramoni, Chewey Lam, Terri Rourke, Carol Pechler Bill Woolf, Phyllis Nabhan, Mort Weisberg, Bob Marty, Vincent French, Kevin Lee, Paul Mosel, Laurie Quinlan Richard Hannon, David Amsallem, Johnny Chow & Hugo, Riya Suising, John Albertoni, Elias Castanon, Noe Castanon, Anna Burke



*RDS Marian Lyons & Bob Butchart
© 2019 Paul Mosel*

164 participants: 160 racers (100 men, 60 women); 4 self-timers



*Top: Runners on your mark...
© 2019 Paul Mosel
Bottom: Incredible clouds!
© 2019 Veronica Balistreri*



August 25, 2019

Sweeney Ridge 5K

Race Director: Veronica Balistreri (2 races in 1 month? Amazing!)

Volunteers: Marcus Balistreri, Raquel Bautista, Noel Bautista, Richard Hannon Diana Williams, John Albertoni, Bob Marty, Vincent French, Kevin Lee, Arin Travis Frankhouse, Kevin Lee, Bill Woolf, Chewey Lam, Gene French, Marissa Balistreri, Jim Buck, Jane McFarland



*RD Veronica Balistreri (+ team)
© 2019 Veronica Balistreri*

89 participants: 83 racers (49 men, 33 women); 6 self-timers



*A perfect day for a trail run!
© 2019 Veronica Balistreri*



*Riding those endorphins across the finish line.
© 2019 Michael Gulli*

NEW COURSE RECORD!

Give it up for Dylan Nixon-Helms, who set a new course record at the Fort to Fort 10K with a blazing fast time of 34:40 (5:34/mile pace). W O W! Way to go!



*Hold those ribbons high!
© 2019 Veronica Balistreri*

Speaking of which, did you know that we keep track of all our course records on the DSE website? Check them out and see how fast you'd need to go to earn one of those fancy ribbons and get your name on the famous DSE chalkboard:
<http://dserunners.com/awards/course-records/>



THE THERAPEUTIC RUN: MY SAN FRANCISCO HALF MARATHON EXPERIENCE

Swetha Amit

The month of July had been a roller coaster ride. A lot of uncertainty and confusion with regards to certain decisions coupled with my triathlon training made it feel like I was on a perennial roller coaster ride. I decided to take a break from my triathlon training and resort to some therapy. Personally, for me there was no better therapy other than running.

The San Francisco marathon was scheduled on July 28th. This one holds a special place in my heart as I began my event calendar with this race when I landed in California for the first time back in July 2017.

San Francisco is beautiful and picturesque with its scintillating views of the Golden Gate Bridge arched over the pristine blue Pacific. Most run routes were designed in a way that gives you a view of the bridge. It made up for the fact that runners were subjected to some monstrous rolling hills.



Amit and I signed up for this race and it was one of the rare occasions where we were doing an event together, as one of us have to take care of our daughter. Since my parents were visiting this summer, we had someone to babysit her.

The full marathon had already begun at 5:30 am. The first half marathon which was scheduled at 6:30 am was slated to be a tougher one with an elevation gain of 700 feet. The second half marathon was scheduled later and that commenced inside the Golden Gate Park. Since I had run the second half in 2017, I decided to sign up for the first half which started at Embarcadero.



The sun was already up and we were treated to the sight of the beautiful Bay Bridge against the backdrop of the orange sky. The weather was pleasant and not too cold unlike the usual SFO weather. The holding area was bustling with runners doing warm ups and stretches. The run commenced sharp at 6:30 am.

I had planned to take this run as a training long run. It isn't every day that we get a chance to run in SFO and certainly a change from our usual haunt around Stanford campus. I soon set into my rhythm while Amit shot off like a rocket. He kept looking back at me to see if I'd catch up and I gestured asking him to go ahead. I ran by Fisherman's Wharf and Fort Mason, where we had come to collect our bibs the previous day. The pace was comfortable and I was soon lost in my own world of steady strides along the streets of San Francisco. I passed the Yacht Club and noticed the sails bobbing amidst the waves. I ran by the beach where a lady was playing with her dog in the water. They turned to watch the runners and I smiled and waved.

Crissy Field soon came into sight. The sheet of plush green saddled by trails and the view of the bridge made it an ideal spot for those photo opportunities. No doubt those pictures would make social media go green with envy. Several runners took a break from their strides and began to pose for selfies. I smiled and ran ahead instead. At the 5th mile, I halted at the aid station to take a sip of water. The dirt road soon paved way to an incline which was just a preview to what lay ahead. The ascent began slowly and steadily.



The climb to the Golden Gate Bridge was such a steep one that it humbles the fastest and strongest runner. My hill repeats came in handy and I continued to run on those inclines albeit at a slower pace. Others decided to walk up while I prodded along, focusing on the music playing from my speakers. Up and up and up, I began to feel like Jack climbing the beanstalk. The killer inclines seemed never-ending. Just like Jack, I found the treasure when the climb ended. It wasn't a hen that laid golden eggs but a spectacular view of the Golden Gate Bridge and the tranquil sheet of blue that occasionally created ripples as it lashed against the shore.

There was a gentle descent which gave respite to my quads. I put my hands up, basking in the beauty of the surroundings. I felt so light and free, gliding like a bird down those slopes. The joy was short-lived as another incline greeted me. Boy! This wasn't slated as a badass route for nothing. Pounding my legs again, I kept going up and up on those trails, taking sips from my bottle that contained Gatorade.

As time flew, I realized that I had finished 9 miles and I was soon entering Golden Gate Park. The sun was up and my heart went out to those doing the full marathon. It was a route of never ending inclines. Usually for the amount of elevation gain, you would get the similar amount of elevation loss. Not on this one. At the 11th mile, I felt a tap on my shoulder. To my surprise, it was Amit. He shook his head and muttered saying he lost steam as it was a tough course. This time he gestured me to go ahead.

I continued running and soon crossed the finish line with a little jig in my step. Amit joined me a couple of minutes later saying that I ran strong. Yes, it was a strong training run where I had maintained the pace that my coach Viv asked me to. After receiving the beautiful medal, we headed to the beer garden to chill out for a while.



Merry laughter floated in the air and we exchanged smiles with fellow runners who stated how tough the route had been. Overall it had been a morning with positive vibes and the endorphins continued kicking even throughout the train ride home. Running the SFO marathon felt like catching up with an old friend for coffee. It certainly was therapeutic and the feeling lingered on for the rest of the day!

Ed. note: To read more of Swetha's writing about running, triathlon, and more, check out her blog at <http://whirlwindthoughts.blogspot.com/>

BETTER THAN CARTOONS: THE SATURDAY MORNING WATER FOUNTAIN RUN

Running solo is great--who doesn't need some me-time?--but if you need some motivation, encouragement, and good conversation, why not join DSE's Saturday morning group run? Dubbed the Water Fountain Run (thanks to the meeting point's proximity to the water fountain on Kennedy Drive/Transverse in Golden Gate Park), this group run is for all ages and fitness levels. The "official" course is a 6-mile loop of the park, but feel free to cut it short or go a little bit longer--whatever strikes your fancy that day! Just be at the above-mentioned water fountain by 8:10 a.m. on Saturday morning, and get a nice run in before most people have left their beds.

And if you've got an hour or two to spare bright and early on Wednesday mornings, you can join our Peninsula group run in Woodside! Meet by the big wooden fish at Buck's Restaurant (3062 Woodside Road) at 7:15 a.m. for a 4-mile trail run in Huddart Park, followed by breakfast.

DSE group runs are fun, free, and just might be that extra motivation you need to get out there and get those legs pumping. Join us!



*The Water Fountain boys of summer.
© 2019 Darfu Floe*

DON'T FEED THE WILDLIFE: COYOTES AT LAKE MERCED

Amber Wipfler

Participants in the August races at Lake Merced saw some unexpected spectators along the course. After going nearly extinct in the Bay Area during the first half of the 20th century (thanks primarily to poisoning by farmers and gardeners), coyotes are now widespread throughout the Bay, including in our decidedly non-rural San Francisco! The general belief is that San Francisco's coyotes originally came by way of Marin, trotting across the Golden Gate Bridge and into the Presidio, where they went about repopulating their species in the City By The Bay.

While running the Lake Merced Half Marathon, Wendy Newman snapped this photo of an exceedingly calm fellow relaxing in the grass. She posted it online, and the DSE Facebook group was soon abuzz, with members speculating on the animal's health and well-being.



Summertime, and the living is easy.
© 2019 Wendy Newman

I forwarded the photo to a naturalist at Wild Care, a well-known and respected animal rehabilitation center in Marin County. She told me that he appeared to be fine--that coyotes are supposed to be lanky critters, and that he was probably just trying to warm up in the sun on a foggy SF summer day. She explained that they are very smart animals, and that urban coyotes have become accustomed to humans--too much so--and learned that we don't pose much of a threat. On the contrary, they've discovered that we occasionally have tasty treats that we are willing to share, which leads to lazing about rather than hunting and scavenging for food.

Sure enough, Marsi Hidekawa spotted this sign:



Sage advice.
© 2019 Marsi Hidekawa

But then how do we know the difference between a begging coyote and an injured one? The Wild Care naturalist suggested that if you see any of these signs, give a call to animal control or a local wildlife clinic:

- Numerous patches of fur missing
- Insects crawling on the animal
- Blood or any other indication of injury

Experts estimate that there only a few dozen coyotes currently calling The City home, so if you do get to see one along your running route, it really is a treat! Just be sure to observe them from a distance, keep your dogs on leash, and never feed them. And of course, if you see one holding sticks of dynamite, or a large wooden box labeled "Acme," or a sign that says "Free Bird Seed," get out of there as quickly as possible!



Is this a display from the Academy of Sciences? Nope, it's a real-life urban coyote, padding along on the banks of Lake Merced.

© 2019 Diane Okubo-Fong

ANOTHER SUCCESSFUL SUMMER SERIES!

The kids are back in school, the Halloween candy displays are up (too soon!) and social media is one giant ad for pumpkin spice lattes. That means summer is coming to a close, and so too ends our Thursday evening runs around Lake Merced. Congratulations to all of the age group award winners, and a huge thanks to the volunteers who made it all happen. Most of all, we have to give a rousing round of applause to Denise Leo, the director of the Summer Series and the person responsible for keeping this DSE tradition alive. Enjoy these photos from the last race of the year, all taken by club photographer Paul Mosel. See you next summer!



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 (12 and under) and Kids' Runs are free. Ages 13-17 pay \$3 regardless of membership status. 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) Finishers' ribbons to all participants. Place ribbons to first 5 men and women unless otherwise noted.

Sun Sep 1 6-Hour Distance Classic & 5K

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

6-Hour Distance Classic

RUN TIME: 8:00am - 2:00pm

FEES: \$8 Members, \$10 Non-Members

COURSE DESCRIPTION: Run as many laps as you are willing or able in a 6-hour period.

5K

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 and 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.

Sun Sep 8 NO DSE RUN

Opportunity to enter Jog in the Fog 5K - Richmond district

Sun Sep 15* Spreckels Lake 5K & San Franciscan Mile

REGISTER: Both Races at Kennedy Drive/36th Ave. Golden Gate Park

ENTRY FEES: One Race - \$3 members, \$5 nonmembers;

Two Races - \$5 members, \$7 nonmembers

1M

START: Kennedy Drive/36th Ave near Spreckles Lake, FINISH: Kennedy & Transverse STARTING TIME 9:00 AM

1M COURSE DESCRIPTION: Run eastbound (uphill) from start to finish along Kennedy Dr.

5K

START/FINISH: Kennedy Drive Near Spreckles Lake

STARTING TIME: Runners at 9:30 AM. Walkers are encouraged to start early.

5K COURSE DESCRIPTION: Run westbound on Kennedy Drive, left onto Chain of Lakes dirt path, left onto ML King Drive pedestrian path, left onto Transverse Drive, left onto Kennedy Drive to downhill finish.

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

Sun Sep 22 Golden Gate Bridge Vista 10K

START/FINISH: USSSF Monument, El Camino Del Mar near Seal Rock Dr.

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

COURSE DESCRIPTION: Complete clockwise loop, traverse the upper level of El Camino del Mar parking lot then downhill to Seal Rock/Clement. Turn right onto lower Land's End Trail and continue running east past Eagles Point. Exit left, downhill on El Camino del Mar. Take lower fork at 30th Avenue staying on El Camino del Mar which merges into Lincoln Blvd. Turn left at Bowley and right into Baker Beach parking lot. Turn right onto Battery Chamberlain Rd., downhill and thru entire lower parking lot. Continue running east thru the battery section of Baker Beach then right uphill on dirt /gravel path to Lincoln. Turn around at top of Sand Ladder. Reverse direction and run back to finish.

Sun Sep 29 NO DSE RUN - Volunteer Appreciation Picnic

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).

NEW FOR 2019: DSE is moving to a calendar year membership

- Standard membership includes reduced entry fees to weekly races – more than 40 each year!
- Unlimited GOLD membership includes reduced entry fees to weekly races in 2018, and free pre-registration to all 2019 races.
- Members who earn at least 3 volunteer points are eligible for annual awards.

2019 Membership Pricing

- Standard Individual: \$20
- Standard Family: \$25
- Unlimited GOLD Individual: \$100

Membership pricing includes electronic newsletter. Members can opt to receive a paper newsletter for an additional \$10 per year.

Membership and Renewal applications are available on the DSE website: <http://dserunners.com/membership>.

Folding Session

DATE: Thursday, October 3
TIME: 6:30-8:30 PM
HOST: Akemi Iizuka
PLACE: Sports Basement **BRYANT!**
1590 Bryant St., SF
(near 15th St.)
CONTACT: (415) 244-7622

Come out and join the newsletter folding session. All DSEers are encouraged to participate. We will begin folding at 6:30 PM and should be finished before 8:30 PM. Please remember to bring drinks or food to share. If you would like to host a folding session, contact Jane Colman at janecol@lmi.net.

Weather Report

Meteorologist Mike Pechner

September starts out warm to hot in the first week of the month with just patch night and morning coastal fog, so mild temps in the 70's in SF but over 100 in the valleys away from the Bay. Increasing high clouds likely at the end of the week. Temps will be cool to seasonal normals in 2nd week of the month but should not be a factor except late night and early morning. The first hint of rain is possible on the Autumnal Equinox, with much below norm temps on the 20th to 21st. Temps warm to above normal during the 3rd week of the month to near normal, but some moisture from off the Mexican Coast may bring a threat of light rain or thunderstorms to the Bay Area and NorCal in the last week of September.

◆◆◆ Club Officers & Coordinators ◆◆◆



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