

Bill Woolf

The DSE Board: Taking care of business since 1966
© 2019 Rob Snavelly



JOE KANIEWSKI

Our scheduling and permit teams have been quietly (and tirelessly) working on the schedule for next year. A big shout out to Pat Geramoni and Liz Noteware for their work on obtaining our San Francisco permits for 2020. Pat, who has been working with

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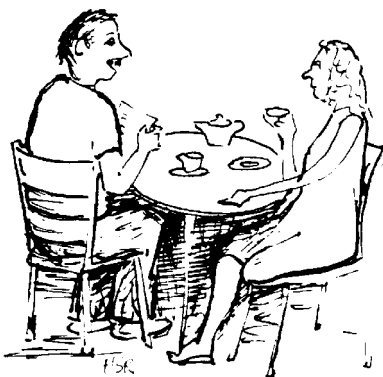
SF Rec and Park for over 10 years, is transitioning out of the role. Many thanks to both Pat for helping us all these years and Liz for stepping up to take on this important job.

During our annual meeting with SF Rec and Park, safety concerns were raised about our running on JFK boulevard. It's important to remember that our permits require that we run on the trail and sidewalk and not on the road. The complaints we got from park rangers and permits/reservations staff are legitimate. Therefore, it was decided that we will be putting our San Francisco Mile and Lightning Mile races on hold next year. But don't worry--we are exploring the possibility of relocating the mile races to a track for a Sunday funday truly fast mile!

Answering my call to capture DSE history before it disappears, Phyllis Nabhan shared some great pictures of DSE Runners history with me through Dropbox. Her collection spanned from the founding of the club through the 1990s. But we need more photos and stories so keep them coming. And don't forget, the DSE Member survey is underway as well. I have got about 20 surveys from members and the answers have been heartwarming. I can't wait to share the results at the gala in January. See the separate article for more information and send them in.

CLASSIC STU-PEDS

Stu Ruth



PACIFIC MARATHON WANTS ME TO DEFEND MY LAST YEARS FOUR THOUSAND SIX SIXTY FIFTH PLACE FINISH.

In December, we have Baker Beach, Sierra Point, Polo Field, and Rainbow Falls. I don't see a central theme in these races yet, but I am sure you will enjoy the camaraderie of DSE Runners if you attend. Hope to see you out there.



A photo from our history project, featuring the one and only Walt Stack. This is one of the few recorded instances of him wearing a shirt!

NEW YEAR, NEW RACES, NEW CALL FOR RDS!

Kevin Lee

Kudos to all of the DSE club members who took the initiative to serve as a race director in 2019. Every successful DSE race begins with club members serving as RDs. Please check the Race Director tab (inside the Volunteer page of the DSE website) to see what slots are available in 2020. Then contact Kevin Lee at dse.pekingduck@gmail.com if you're up to the task!

Don't forget: RDs get 12 age division points, their choice of a t-shirt or 2 free race entries, and enough volunteer points to attend the yearly appreciation picnic! Plus, you get the warm, fuzzy feeling of knowing that you're keeping the DSE tradition of family friendly, low-cost races alive. So take a Sunday off from running--don't worry, you're still in plenty good shape to outrun the Krampas--and get in the holiday spirit by signing up to direct a race in the New Year.



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

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).

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

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

Website/Membership Application:

www.dserunners.com

Webmaster: Rob Snavely

webmaster@dserunners.com

IT'S AWARDS SEASON!

Anna Burke & Amber Wipfler

The DSE Gala is not only a time for fun, food, and seeing how well we all clean up--it's also when we hand out our annual awards! All active DSE members--meaning those who both paid their dues and fulfilled their volunteer requirements--are eligible to win an award.

And what might those awards be? Well, along with the hallowed Walt Stack Award and Lifetime Achievement Award, we'll be handing out trophies (or certificates, if you prefer) in a number of categories, including age division points, race place points, race attendance, and volunteer hours... not to mention miles run, race miles run, and the infamous Mongo Trophies (both large and small). For all of the awards and the criteria to win one, have a look at <http://dserunners.com/awards/awards-criteria/>.

Now here's the most important part: to be eligible for an award, you MUST submit an awards reporting form! Fortunately, that's easy to do--just go to <http://dserunners.com/awards/reporting-form/> and submit your information electronically. If the internet's not your thing, and you prefer to do things with pen and paper, we'll have paper copies of the reporting form at our Sunday races, which you can mail in to Awards Coordinator Anna Burke.

Finally, don't forget to send in your RSVP for the Gala! With a fun international theme, great food and music, and the best of company, it promises to be a spectacular night. Register online at <https://dsegala2020.app.rsvpify.com/>, or look for paper invitations at our upcoming Sunday races.



A table full of major awards!

© 2019 Laura Sarah

DSE HISTORY PROJECT: TAKE THE SURVEY!

Joe Kaniewski

As part of our DSE Runners & History Project, I've put together a series of questions for our members. A selection of the answers will be compiled and shared at the Gala. Please e-mail your responses to president@dserunners.com, or send them to our club mailbox: P.O. Box 210482, San Francisco, CA 94121-0482.

The responses I've gotten so far have been fantastic. For example, did you know that Pat Geramoni ran the Napa Marathon in 3:24? Or that Noel Bautista and Marcus Balistreri credit Jerry Flanagan as the runner who has challenged them to get faster? Of course, it will come as no surprise that Bob Marty keeps coming out to the DSE races "for the girls."

The survey questions can be found below. Thanks in advance for your participation, and I look forward to sharing the results with all of you.

- How long have you run with DSE? When was your first race?
- What motivates you to keep running and coming out to events?
- What is/was your favorite place to run?
- Do you have a favorite race?
- What is your favorite DSE race?
- Do you have a favorite running accomplishment or record?
- Do you have a favorite shoe?
- Do you have a running buddy in DSE that has kept you coming out to DSE events?
- Do you have a favorite competitor that has caused you to run harder and motivated you to improve your run performances?
- What song gets you out the door to run?

Along with your answers, don't forget to send a photo of yourself in your running glory! Thanks, everyone.

RUNNING RESULTS

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 for all of 2020, starting with the February issue.

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.

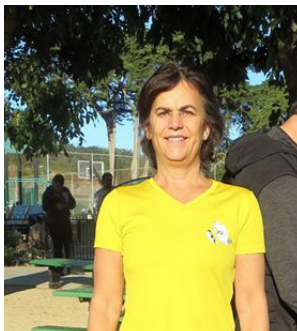
If you can host a session, please contact Jane Colman at janecol@lmi.net (or 510-652-3116).

November 3, 2019

Presidio Cross Country 5K

Race Director: Anna Burke

Volunteers: Dana Farkas, Liz Isaacs, Kate Aks, Stephanie Soler, Paul Mosel, Phyllis Nabhan, John Albertoni, Bob Marty, Vincent French, Terri Rourke, Kevin Lee, Noriko Bazeley, Bill Woolf, Calvin Chan, Richard Hannon, Wayne Plymale, Elias Castenon



RD Anna Burke

© 2019 Paul Mosel

119 participants: 112 racers (69 men, 43 women); 7 self-timers



The line of runners starts up the hill.

© 2019 Paul Mosel



Mother-daughter team!

© 2019 Paul Mosel

November 10, 2019

Stern Grove 4M

Race Director: Peter Hsia

Volunteers: Dana Farkas, Shelly Taylor, Carol Pechler, Paul Mosel, Phyllis Nabhan, John Albertoni, Bob Marty, Vincent French, Kevin Lee, Richard Hannon, Bill Woolf, Rob Snavelly, David Amsallem, Paul Bran, Veronica Balistreri



RD Peter Hsia

© 2019 Paul Mosel

114 participants: 111 racers (75 men, 36 women); 3 self-timers



*Top: Flying down Wawona.
Bottom: Buttercup & co. cheer on the boys.*

© 2019 Rob Snavelly



November 17, 2019

Crocker Amazon 5K & Kids Run

Race Director: Markham Miller

Volunteers: Pat Geramoni, Terri Rourke, Carol Pechler, Diane Okubo-Fong, Bill Woolf, John Albertoni, Bob Marty, Vincent French, Kevin Lee, Bill Hamilton, Richard Hannon, Todd Robbins, Wendy Newman, Chewey Lam, Veronica Balistreri, Marcus Balistreri, Laurie Quinlan, Jim McBride, David Wilson, Ossia Wilson



RD Markham Miller

© 2019 Terri Rourke

81 participants: 69 racers (44 men, 25 women); 1 self-timer, 11 kids



3...2...1...GO!

© 2019 Diane Okubo-Fong



Blue skies and sun (a.k.a. fall in the City).

© 2019 Todd Robbins

December 1, 2019

Baker Beach 5K

Race Director: Paul Bravo

Volunteers: Terri Rourke, Shelly Taylor, Martha Arnaud, Marsi Hidekawa, Bill Woolf, Phyllis Nabhan, John Albertoni, Jon McCarroll, Vincent French, Kevin Lee, Richard Hannon, Wayne Plymdale, Bill Hamilton, Emil Louie, Jim Buck, Jane McFarland



RD Paul Bravo (through the rain)

© 2019 Joe Kaniewski

70 participants: 65 racers (37 men, 28 women); 5 self-timers

We didn't get any photos in the downpour, so here are some views from the course when there's not a deluge!

© 2019 Paul Mosel



KIDS RUN!

Diane Okubo-Fong snapped some awesome shots of our tiny turtles at this month's Kids Run. Check 'em out!



2020-21 CANDIDATE STATEMENTS

Candidate for President: Joe Kaniewski

Thank you all for giving me the opportunity to be the President of DSE Runners. If you can't tell, I really enjoy the job. It is a honor to serve and lead the organization into the future along with the rest of the board. We have an outstanding leadership board and group of volunteers that keep this going.

If you have an idea about improving the club, a race, or our operation - please step up, share, and make or re-make DSE. It takes a village to put on all the races we do. Follow in some great footsteps and keep DSE going. Get involved with us. Go DSE!



© 2019 Phyllis Nabhan

Candidate for 2nd Vice President: Terri Rourke

I've been a member of DSE for about 4 years now and love being part of this amazing group. Even when I've been injured (too often lately it seems) it's been important for me to be a part of the Sunday race tradition by volunteering in some capacity, because otherwise I'd miss seeing all the people who have become part of my running family.

I was recruited into joining the board first as Secretary and then as Second Vice President, and it's been a great experience for me. As a board we have worked hard to upgrade our systems to make it easier for runners to join and to volunteer. I'd like to continue these upgrades and to organize some of the behind the scenes processes

that you may not see but that make the club run more efficiently. Thanks for letting me be a part of it!



Candidate for Secretary: Anna Burke

Running is my favorite pastime. For over 40 years, I have been running with family and friends. I have completed 7 marathons and countless 5K runs, but runs with my friends where we solve the problems of the world are the best runs. I am not positive when I first began running with DSE, but my husband and I recommitted to the club after we returned from Ireland in 2013. The club represents what I love best about running: it is available to young and old, fast and slow, and is an encouraging and supportive group. I am excited to serve on the board and work with an organization that shares my passion for running. My work life includes being a mother, CPA, recruiter, business entrepreneur and public school volunteer. I believe the skills I have developed will help me serve on the board as Secretary.



DSE + LMJS = FUN!

We had a huge turnout on Sunday, November 24 for the Lake Merritt Joggers and Striders Fourth Sunday run. LMJS is our kindred spirit in Oakland, a club for runners of all ages and abilities who know that running is about challenging yourself AND having fun. And from the photos below, it sure looks like a lot of fun was had!



The serious shot....



...and the silly one.

© 2019 Jane McFarland

It was a beautiful morning in the East Bay (apparently they aren't fogged in half the year, strange) and runners got to choose from 5K, 10K, or 15K events. And rumor has it that DSE members took home quite a few age group awards! Kudos to everyone who participated in this event, and we hope to see even more of you in Oakland at this time next year.

A THANK YOU FROM BOMF

We received a lovely note from our friends at Back on My Feet, thanking us for our support this year. We feel lucky that we were able to help!



REMEMBERING MAX

Sweet Max, who was a fixture at DSE events for the better part of a decade, passed away over the Thanksgiving holiday. We're holding his guardians, Janet and Steve Nissenson, close to our hearts during this difficult time. He will be missed!



A very good boy.

© Paul Mosel

SB SHOPPING SPREE

Need to do a little holiday shopping? Our friends at Sports Basement are giving us a special holiday discount between December 9 and 15. So whether you need a gift for a loved one or to treat yo'self, SB's got you covered.

Join Sports Basement for your

20% off Holiday Shopping Event



exclusively for:

We're inviting everyone that supports **Dolphin South End Running Club** to a very special shopping event, where you'll receive **11% off your entire purchase**. If you're a Basementeer, you get an extra special 20% discount instead!*



Dolphin South End Runners

Date: December 9 - 15, 2019

Location: All 10 Sports Basement stores & online!

*10% Basementeer discount stacks on top of this 11% discount for a total of 20% off! (Because math.) Show this flyer at checkout or enter online for the discount.



We had a little extra space here, so have a photo of some DSE OGs.

© 2019 Joe Kaniewski

HISTORY CORNER: THE CROCKER AMAZON

Amber Wipfler

The Crocker-Amazon, home of our newest DSE race, has one of the City's more unusual neighborhood names. The Marina, Mission, and Twin Peaks are all pretty self-explanatory, but who was this Crocker dude and what does he have to do with a river in Brazil? The story behind it is actually less exciting that one would hope—Crocker is a reference to railroad tycoon Charles Crocker, who owned much of the land in the area, and Amazon refers to Amazon Street.

Of course, before Charles Crocker was a twinkle in his mama's eye, the neighborhood that bears his name was home to a subgroup of Ohlone-speaking peoples known as the Yelamu. That all changed in 1769, when the Spanish explorer Don Gaspar de Portola arrived and annexed the area surrounding the bay in the name of New Spain (better known nowadays as Mexico). Over time, the land was divided into grants, one of which encompassed what is now southeastern San Francisco and was called by the very literal name Rancho Rincon de las Salinas ("corner of salty marsh"). The grant holder, José Cornelio Bernal, was known in equal parts for his extreme generosity and his extremely bad business sense. By the 1860's, most of the Rancho had been sold or foreclosed upon, and it was subdivided into small lots for vegetable growing and dairy farming.

In 1869, a proposal for the Excelsior Homestead was filed at City Hall. By the turn of the century, rows of houses (not to mention streets named after countries and capital cities) had replaced most of the farms, and the Crocker Amazon neighborhood was born.

One more fun fact: the park where we held our run used to be a city reservoir. In 1933, as part of the New Deal, San Francisco's Recreation



Pre-race gathering.

© 2019 Veronica Balistreri

Commission was given permission to develop the area for recreational purposes. The remaining farms surrounding the site were bought out, and for the next 4 years workers from the Works Progress Administration turned the reservoir site into a playground and baseball diamond. Some 90 years later, we get to benefit from all of their hard work. So thanks, guys!

Now onto the race! The Crocker Amazon XC 5K consisted of two loops around the park and covered a variety of terrains, including grass, trail, and pavement. A somewhat steep descent toward the end made it that much more fun! And since this was the inaugural running, we necessarily had two new course records set. Kudos to Matthew Rizzo and Erika Reed for their first place finishes, and for setting the bar for next year's runners.

And remember: San Francisco is full of hidden gems like the Crocker Amazon playground—popular among the local community, but largely unknown to the majority of city residents. If you know of any such spot, and you think it might be a good place to stage a DSE run, be sure to tell us about it! Our club is connected to our city, and we want to explore as much of it as possible!



*The winners
(and course
record
holders) of
our inaugural
race!*

*© 2019 Terri
Rourke*



THE NIGHT BEFORE DSE-MAS

Amber Wipfler

It's been a few years since we last published this silly holiday tale, so here you go! The DSE leadership teams wishes all of our members and friends the happiest and healthiest of holidays.

Twas the morn before Christmas
Just around dawn
My alarm clock went off
I awoke with a yawn
I fumbled in the dark
Til I found my phone
Looked at my calendar
And let out a groan
A nine o'clock 5K?
Just before Christmas Day?
In Golden Gate Park?
Nuh-uh, no way!
I don't care that it's fun
I don't care that it's cheap
It's the day before Christmas
I just want to sleep
Then what to my wondering eyes should appear
But the ghost of Walt Stack
With a six-pack of beer
His eyes, how they twinkled!
His arms, so tattooed!
No shirt on his chest
And his words a bit crude
"Put your running shoes on,
And get out of bed!
There's miles to be run,
You can sleep when you're dead."
"You're right!" I cried out.
"I love running races!
Especially surrounded
By DSE faces."
So I leapt from my bed,
And put on my gear,
To run a 5K
Full of holiday cheer
Walt gave a smile,
From his beer took a quaff,
And left with these words,
"Start slow and taper off!"

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 Dec 8 Sierra Point 10K

START/FINISH: Sierra Point Marina, Brisbane

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

COURSE DESCRIPTION: Run southbound on paved Bay Trail, turnaround at Oyster Point and return to finish.

Sun Dec 15 Golden Gate Park Cross Country 5K

START/FINISH: Start: Upper dirt track on South side of Polo Field, Golden Gate Park. Finish: Lower paved track on South Side.

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

COURSE DESCRIPTION: Complete counter-clockwise loop of upper Polo Field dirt track; exit right/west out of Polo Field onto paved path. Run west on path then turn right onto Chain of Lakes Drive via parking lot and run north to Kennedy Drive. Turn right and run east on dirt path up Kennedy Drive. At east end of Upper Speedway Meadow, exit (right) at "Big Tree" and run down/west across the grass meadow back towards the Polo Field. Enter upper dirt track of Polo Field via break in the hedgerow, turn right and run counter-clockwise upper dirt loop to finish.

Sun Dec 22 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 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 Dec 29* Rainbow Falls Holiday 5K

START/FINISH: Kennedy Drive & Transverse in Golden Gate Park

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

COURSE DESCRIPTION: Run east up Kennedy Drive to McLaren Lodge. Turn around at Barricade at Kezar Drive, start back and turn right on East Conservatory Drive. Run up and around East Conservatory Drive then back onto Kennedy Drive and return westbound to finish.

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

Sun Jan 5, 2020 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 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.

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).

- Standard membership includes reduced entry fees to weekly races (\$3 unless otherwise noted)
- Unlimited GOLD membership includes free pre-registration to all 2020 races
- Members who earn at least 3 volunteer points are eligible for annual awards

2020 Membership Pricing

- Standard Adult Membership: \$20
- Unlimited GOLD Adult Membership: \$100
- Child Membership (under age 18): FREE

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

Membership purchase is available online at <http://dserunners.com/membership>.

Membership questions? Email info@dserunners.com.

Folding Session

DATE: Tuesday, January 7
TIME: 6:30-8:30 PM
HOST: Jane Colman
PLACE: Sports Basement Berkeley
2727 Milvia Street
(between Derby & Ward)
CONTACT: 510-652-3116

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

This month's weather was unavailable at printing time, so we'll just tell you that it probably won't snow in SF this winter :) Remember, DSE races are rain or shine, so don't let a little bit of wet stuff falling out of the sky keep you from a Sunday run with your fellow turtles!

◆◆◆ Club Officers & Coordinators ◆◆◆

PRESIDENT
ANGELICUS
Walt Stack



PRESIDENT
Joe Kaniewski
president@dserunners.com
SR. VICE PRESIDENT
Stephanie Soler
seniorvp@dserunners.com
2ND VICE PRESIDENT
Terri Rourke
secondvp@dserunners.com
SECRETARY
Marsi Hidekawa
secretary@dserunners.com
TREASURER
Christine Clark
treasurer@dserunners.com
OFFICERS AT LARGE
Anna Burke
Kevin Lee
Jerry Flanagan
MEMBERSHIP
Stephanie Soler
KIDS RUN
Veronica Balistreri vamm87@gmail.com
EQUIPMENT
Vince French
RACE SUPPLIES
Chewey Lam
RACE RIBBONS
Bob Marty
SOCIAL MEDIA
Amber Wipfler
Jessica Wong
DSE RACE RESULTS
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