



WHO ARE THESE MASKED TURTLES?

How well do you know your fellow DSEers? See how many you can identify, then check page 5 for the answers!



From the President's Desk

JOE KANIEWSKI

I hope you all are staying safe and healthy during the Covid-19 crisis. The good news is that we are flattening the curve and keeping the daily number of disease cases in the San Francisco Bay Area at a manageable level for our medical professionals and facilities.

I am bringing back a few old sayings as my mantra to deal with these 50+ days of sheltering in place. Feel free to borrow one of these if someone asks "how are you doing?" I am taking it "one day a time" and I am going to "keep on truckin'" through these trying times. And when someone questions your optimism, tell them "when the going gets tough, the tough get going." You can imagine you are Joseph P. Kennedy who is said to have coined this phrase, but I like to picture myself as Blutarsky in the film Animal House when I say it. And when someone asks me about how to start running, I say "just do it!" because "the hardest step is the first."

I hope you all have been enjoying the virtual races we are doing. So far, we have run in our most popular courses: the Marina, Crissy Field, Golden Gate Park, and Mountain Lake Park. It has been great. I really look forward to checking my DSE Facebook feed everyday to see people's virtual race posts. And honestly,

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I am not sure if it is the absence of professional and collegiate sports, but seeing some of the DSE runners' rivalries and banter on our Facebook page is really fun. It is like tuning into a game on TV. Will Noel or Jerry come out on top this week? Can Stephanie catch Terri this week? Will Grant or David win this week?

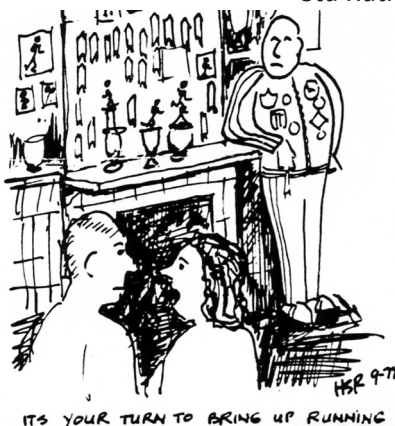
We have got a great lineup of virtual races planned for May. We are doing our age weighted race out on Great Highway and bringing back a few classics, like the Lightning and San Francisco Miles, and the Embarcadero (Fisherman's Wharf-Pier 39, ballpark direction) run at the end of the month.

If you are wondering what happened to the DSE Runners History Survey, I compiled some of the results for an article in this month's newsletter. If you haven't given me your answers yet, it's not too late--send me a note and I will include your story with the rest I have collected.

If you have been hitting the local parks, you have probably seen a few more runners than usual out there. With all the local gyms and team sports closed, running is one of the few sports available. Promote our sport while you are out with a word of encouragement. My oldest daughter started running again in April and she is really putting in some impressive miles. I am hopeful she sticks with it. We even started our own running film festival,

CLASSIC STU-PEDS

Stu Ruth



watching Chariots of Fire, Brittany Runs A Marathon, Saint Ralph, Skid Row Marathon, and Running for Jim for inspiration.

Finally, if you are looking for a different park or run course near your home, consider running one of our long lost DSE Races. DSE Photographer Paul Mosel been posting pictures of these on our DSE Runners page for the last few weeks. Check out Sawyer Camp Trail, the Legion of Honor Run, Daly Scenic Run, Mission Rock 5K, SF Muni Pier, McAtire HS Run (Glen Canyon Run,) Coit Tower, the Right to Assemble (Practice Bay to Breakers), Mt. Davidson and Strawberry Hill areas if you get a chance. They are great run courses, and with the shelter in place restrictions there is room to run on the sidewalks. You never know, maybe you will see a DSE turtle out on the course.

TO MASK OR NOT TO MASK

Amber Wipfler

As of April 22, every Bay Area county (except Santa Clara) released identical orders requiring that residents over age 12 wear facial coverings in public. The order, which can be read in its entirety [here](#), explicitly "does not require people wear Face Coverings while engaged in outdoor recreation such as walking, hiking, bicycling, or running, though it does recommend that they have a Face Covering with them and still requires them to practice social distancing and other measures to protect against transmission of the virus."

Experts interviewed by NPR ([link](#)), the Wall Street Journal ([link](#)), and Runner's World ([link](#)) all agree that the most important thing runners can do to prevent the spread of Covid-19 is to maintain the greatest distance possible between themselves and other people. Try running during off-hours, or on less popular routes. And if you're feeling ill, skip the run altogether and do some cross-training at home.

If maintaining a proper distance from others just isn't in the cards and it becomes necessary to wear a mask during your run, the experts cited above provide some guidelines. Make sure your mask is made of breathable material, and if you have

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

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San Francisco, CA 94121-0482

Website/Membership Application:

www.dserunners.com

Webmaster: Rob Snavely

webmaster@dserunners.com

any problems breathing, slow down or stop immediately. (Remember, it's okay to take it easy!) Masks should be worn snugly around the nose and mouth, and you should avoid touching it once it is in place. Keep your hands away from your nose and mouth when removing the mask, and wash it after every use. And be sure to wash your hands thoroughly, both before putting it on and after taking it off!

In my neighborhood, where there are approximately a zillion bicyclists and pedestrians at any time of day, I've taken to wearing my beloved DSE buff as a face mask. I can wear it around my neck and pull it up over my mouth and nose as needed. But a bandana, light scarf, or even a cut-up T-shirt can make a perfectly acceptable face covering. Just keep it breathable and snug, and stay safe out there!



*Mask or no mask,
keep up those good
running vibes!*

ROAD CLOSURES IN SF

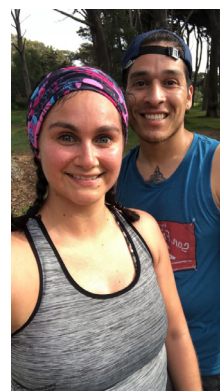
To make it easier for runners and other outdoor exercise enthusiasts to maintain proper distancing, the City announced that two of its most popular recreational routes will be closed to vehicular traffic beginning on April 28. JFK Drive in Golden Gate Park (between Kezar and Transverse) and Shelley Drive in McLaren Park are now car-free, 24-7. Take advantage of the extra space and get those miles in!



Wendy, Yong, Suzana, and Bill demonstrate proper distancing in GGP.

KEEP UP THOSE VIRTUAL RUNS!

We are thrilled to see so many people participating in our virtual running series! We're averaging over 100 people per race, and seeing everyone's photos on the [DSE Runners Facebook Group](#) is always a treat. For all the info you need on May's virtual runs, turn to page 8. Now check out these selfies from the past month:



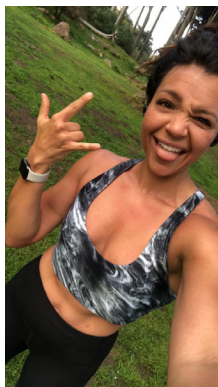
MORE DSE SURVEY RESULTS

Joe Kanewski

Back in the Fall I began talking individually to DSE members about each of your running. I wanted to understand how each of you started running, what your favorite races are, what you have accomplished, and what keeps you running. I wasn't sure what I would do with the results, but I thought it was a good exercise to get to know members and understand the club's membership and history.

Each of us have started running at different times and for different reasons. Several DSE runners started running with their parents and competed during elementary and high school. For some club members running has helped them overcome illness, job loss, and re-wrote their health habits. The club has sponsored athletes and members have run Boston, New York, Berlin, Chicago, and Tokyo marathons. A few brave souls have completed the London-Brighton foot race, Western States and Comrades ultramarathons.

By an overwhelming majority, Golden Gate Park is the favorite destination of many club members. It has every surface you can ask for trails, roads, hills, and mondo track. You can run under redwoods, oaks, cherry blossoms, pagoda's, and through music concourses, a polo field, a baseball diamond, soccer pitches, Dutch windmills, and toward ocean views.



Liz, Dennis, Veronica, and Peter all got their run on in our beloved GGP last weekend.

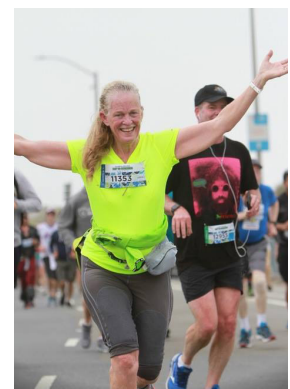


The DSE crew outside of Buck's.
© Paul Mosel

The second most popular running destination is Huddart Park, a San Mateo County Park, located just off King's Mountain Road near Woodside CA. For newer members, Huddart is a long time club group run on Wednesday mornings. The park is home to miles of soft spongy trails and tall 2nd growth redwoods that provide a cool canopy on the hottest of days. Before social distancing, runners met up at Buck's restaurant in Woodside after the run for conversation and community.

The survey results suggested that continuing inspiration takes many forms in the club. We keep coming out to maintain health, see our friends, and to compete. Some runners push themselves specifically for those age group awards. When I asked members if there was a competitor that pushed them to run harder, the most popular competitive targets were Jerry Flannigan, Conal Gallagher, and Terri Rourke.

It is not too late to contribute to this story, if you would like to take part email me at: President@dserunners.com.



Some DSEers have been running since their school days, like former SFSU Golden Gator Mike Gulli (left). Others came to running later in life, like Carol Pechler, whose distance running journey began at age 59. No matter what your story, we're grateful that it led you to DSE!

A MESSAGE FROM THE RRCA PRESIDENT

George Rehmet

Dear RRCA Members:

Having been just elected as President of the RRCA would bring about much joy and excitement about the future. But the pandemic crisis has created much anxiety and stress in our running community which I will address shortly.

First, I wish to thank outgoing President Mitch Garner for his mentoring and, more importantly, for his dedication and efforts to continue the growth as the leading voice of running that the RRCA has experienced. Moreover, I wish to thank outgoing Treasurer Craig Minyard and At-Large Director Jean Arthur for their loyal service and their invaluable contributions as Board members. I welcome incoming Treasurer Barb Jewell, Western Region Director, Stephen Wright and At-Large Director Samantha Collmar. Finally, I look forward to working with the wonderful incumbent Board members who were re-elected or were not up for election this year.

Coming back to unprecedented crisis, to put it bluntly: "These are rough times." But in our nation's history during difficult times such World War II and 9/11, we have risen up to help each other. I believe that the most unique and blessed thing about our sport is how runners comes together in positive ways. At races, we may not know most of the runners but we do cheer them on to finish that race. At running clubs, volunteers give up their time and expend their efforts to ensure that their fellow members have positive experiences at activities and to help members achieve their goals.

With the crisis, running clubs across the country are stepping up to help their fellow club members and their communities*:

- Salt Lake City Track Club is providing monetary donations to its club members who have been impacted financially by this crisis.

- In southern Arizona, Tucson Runner Aid Community was formed and it is gathering resources such as masks and financial aid along with volunteers to help do grocery runs, share skills, and provide support.

- In the Dallas area, Lake Grapevine Runners and Walkers donated leftover race buffs to essential workers.

- In southern California, South Bay Runners Club has raised in just one week \$5,000 for local restaurants and first responders in their community.

In Michigan, the Grosse Pointe Runners have been raising money to buy dinner for hospital employees.

-As American writer Robert Ingersoll wrote: "We rise by lifting others," our running through these selfless actions elevate not only our fellow runners' and communities' welfare, but elevate our sport of running as not just of competition and great health but of camaraderie and compassion. So on behalf of the RRCA and its members, thank you to the running clubs for our positive actions.

I would be seriously remiss in recognizing another group of runners. On behalf of the RRCA and its members, I would like to express my admiration and gratitude for those RRCA members who are serving as essential workers in order to keep us safe and to provide for our needs. You are truly appreciated and valued.

As I begin my term as President, this pandemic crisis has and will create many complex challenges in our sport of running. With the Board, Executive Director Jean Knaack, and the National Office staff, we will diligently confront these challenges in order to protect our members and our sport.

Run with gratitude & be in good health,

George Rehmet

RRCA President

April 13, 2020

*Information provided by RRCA State Representatives.

MASKED TURTLE ANSWERS!

Top row, L to R: Chewey Lam, Erika Hernandez, Jeremy Whiteman

Middle row: Kate Aks, Mary Gray, Paul Mosel

Bottom row: Rob Snavelly, Phyllis Nabhan, Easter Bunny Wendy Newman



6.22	1:10:37	11:21	741
miles	time	min/mi	calories

Hugo says: "Be safe out there!"

MARATHONING AROUND AUSTRALIA

George Rehmet

I am assuming just like you we are sitting around in our home and longing to run races. If I can't run, why not bring back the memories of racing? In July of 2019, my wife and I traveled to Australia in celebration of our 25th wedding anniversary. Why Australia? I have relatives in Australia and the last time I had seen them was 25 years ago when my wife and I went to the land down under for our honeymoon. In 1994, I ran the Gold Coast Marathon which is in the state of Queensland.

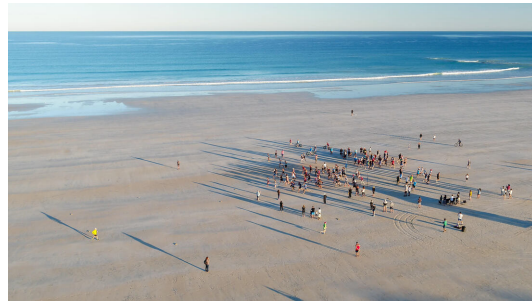
Fast forward to 2019: I am a 50 Marathon Stater here in the USA. I figure that I could knock out more states in Australia since they have only 8 states. After much research, I created an itinerary in which I would run 3 marathons in 3 different states in 4 weeks.

Flying 16 hours from San Francisco, my wife and I arrived in Melbourne, Victoria at 5AM on Friday. We enjoyed the sightseeing and got to bed early. The next day was the Tan Marathon and I was hoping that my jet-lag would not wreak havoc on my body during the race. The Tan Marathon is named after the famous Tan Track, a 3.827 km or 2.38 mile track around the Botanic Gardens of Melbourne. The TAN name origins are disputed: a surface of TAN-colored stone aggregate, or the track is around the boTANic gardens or, it once was covered by TAN bark. Each loop has about 63 meters or 207 feet of elevation gain. To cover the marathon distance, the runners did a short out and back and then had to complete 11 loops.

Despite only 21 runners in the marathon, it was never lonely as there were other races being run from 4 kilometers to 100 kilometers. The race was low key and green as we had to bring our own cup and t-shirts were extra. The volunteers were very friendly as Aussies are known to be. In addition, there were just the regular folks walking and running. The park had a variety of monuments and sculptures. In the end, I finished in 4:32:55 and 10th overall. For more information: <https://trailsplus.com.au/tan/#>.



Finish line at the Tan Marathon in Melbourne, Victoria.



Marathon runners on Cable Beach in Broome, Western Australia.

After several days enjoying the sights of Melbourne and touring along the Great Ocean Highway, it was time to fly off to Broome, Western Australia – a resort town of 14,000 on the Indian Ocean. The Broome International Airport Marathon took place on the famous Cable Beach, named in honor of the Java-to-Australia undersea telegraph cable which reaches shore there. The beach itself is 22.5 km (14.0 mi) long with white sand, washed by tides that can reach over 9 m (30 ft). The beach is almost perfectly flat and very runnable. The route was a double out and back. It was an unique experience to run on the beach for 26 miles with the waves of the Indian Ocean just gently crashing on the shore a few feet from where I was running.

I had to finish the marathon in 4 hours in order to make my flight out of Broome. I did finish in 3:58:03 and was 11th out of 27 runners. There was also a half and 10K race. The unique finisher's memento was a zebra rock, was a striped rock that can only be found in the Kimberly Mountains in Western Australia. If you ever want to do a beach marathon, this is the race to do. More info at: <https://www.broomemarathon.com.au/>.

After Broome, it would be 2 weeks until my next and final Australian marathon. I travelled to Darwin, Northern Territory; Brisbane, Queensland; and finally Sydney, New South Wales. Two hours north of Sydney is the Hunter Valley, which is the equivalent of California's Napa Valley and world famous for its wine. The Moon Marathon was created to celebrate the 50th anniversary of the moon landing in 1969. Even though the space journey was primarily done by Americans, Australians celebrate this event as well because Australia assisted by having monitoring stations in its country.

The Moon Marathon was also unique as it would be Australia's first night time marathon and was located entirely at the Vintage Golf Resort and Spa. The marathon took place along 10.5 kilometers of paved golf paths which runners had to complete 4 times. The race started about an hour before sunset, and when race director came out he was dressed in a space suit. That first loop in the sunlight allowed us to check out the route and to see the scenery. By the middle of the second loop, it was completely dark except at key intersections and the aid stations. Runners had to use flashlights or headlamps after the 1st loop. It was

wonderful to see the full moon and the stars in the night time sky which was not affected by light pollution. As the race progressed, the challenge was to stay warm as it got colder. Combined with the fatigue of travel, I just got slower and slower. On the last loop, I pretty much just walked it and I ended up running 4:45:10 and was 43rd out of 54 runners. The marathon had more participants as there was a marathon relay where many teams dressed up in costumes. The next day the golf resort would host the other distances of 5k, 10k, and half marathon. For me, I took the day to check out the wineries and sip wine while watching kangaroos hop by. Info at: <https://wineryrun.com/>.

In all, the races I ran were small. I found that I had to have my own cup or water bottle to fill up at the aid stations. In addition, these races did not have much food at the aid stations or at the finish line. I was surprised that jelly beans are a big thing at the aid stations. Nevertheless, the race organizers and volunteers were very friendly and enthusiastic. Moreover, the entry fees were very reasonable. And I was fine with that to try marathons outside the USA. These races allowed me to see other parts of Australia that I would not have considered and I was not disappointed. In the end, mission accomplished with having to knock off 3 marathons in 4 weeks – I was now halfway with my Australia states – 4 down and 4 to go. Now I'm wondering which I will finish first – Australia or the USA?



Above: An aid station at the Broome Marathon.
Below: Kangaroos in the Hunter Valley vineyards.



VINTAGE DSE

Club photographer Paul Mosel has been sharing pictures from some of our discontinued (but not forgotten!) DSE races. Here are some photos from the Practice Dipsea in 2010. How many of you were there?

(All photos © Paul Mosel.)



Virtual Weekly Race Series

Dear Turtles,

We're thrilled that so many of you are participating in DSE Virtual Races, which will continue in the month of May. Here are the details:

- To help with social distancing and for liability reasons, these races are Members Only.
- Virtual Races are included in DSE membership. There is no additional race fee.
- In a Virtual Race, participants run our suggested course or a similar course close to home on any day of the week.
- Each week also includes a 1/2 mile Kids Race.
- Email your results and age to the designated race results preparer each week. Results are published on our website.
- You can share photos and results on our Facebook Page (optional)
- You may run the course as many times as you like, but please only email one set of results each week to the designated race results preparer by 3pm Sunday.
- We suggest you wear a Garmin watch or use Strava on your phone to track your distance and time.

May 4 - May 10: Mother's Day Marina Green 5K (or 5K close to home)

Email results and age to Marsi Hidekawa: mhidekawa@gmail.com

Description: Start at Yacht Harbor Parking Lot (little Marina Green). Run through parking lot, exit right along diagonal dirt path and left onto Marina Blvd. Run eastbound on Marina Blvd, and complete Marina Green rectangle (left at Webster Street, left onto Marina Green Drive, left on Scott Street and right onto Marina Blvd). Return same way back to the start, then run west along Crissy Field/GG Promenade until you've run 2.4 miles; turn around and return same way back to Little Marina Green.

May 11 - May 17: Twin Peaks Loop 4M (or 4 Miles close to home)

Email results and age to Terri Rourke: terrire82@gmail.com

Description: Start at reservoir near Galewood and Clarendon. Complete inside reservoir counter-clockwise loop; exit downhill onto Clarendon, left onto Laguna Honda and run uphill to Woodside Ave. Continue up Woodside Ave past the gas station. Run uphill/downhill on Twin Peaks Blvd then left and run uphill/downhill on Clarendon and finish inside reservoir.

May 18 - May 24: Lightning Mile and San Francisco Mile (or one downhill mile and one uphill mile close to home)

Email results and age to Marsi Hidekawa: mhidekawa@gmail.com

Description: For Lightning Mile, start at Kennedy Drive near Transverse, finish Kennedy Drive near Spreckles Lake. For San Francisco Mile, run the same course in reverse. You may run these in whichever order you prefer. Take a break of any length in between. Run both miles on the same day. Please submit both times in one email to Marsi.

May 25 - May 31: Embarcadero 10K (or 10K close to home)

Email results and age to Terri Rourke: terrire82@gmail.com

Description: Start at Dolphin Club at Jefferson and Hyde. Run eastbound on Jefferson which turns onto the Embarcadero. Run to the south end of the mini-park beyond Townsend Street (or until your watch reads 3.1 miles). Turnaround at mini-park entrance and return the same way to finish.

Stay safe and healthy everyone!

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

The folding sessions are on hold while we wait out this shelter-in-place. Many thanks to Jane Colman and her family for doing all the folding and mailing!

Weather Report

Meteorologist Mike Pechner

Overall, May will be cooler than normal and near normal rainfall. Some light rain is possible a day or two around the 12th. The first two weeks will be near to below normal temperatures with plenty of night and morning fog and low clouds. Seasonal temperatures are likely after mid-month with 60's in the City and 70's near the Bay, with 80's to mid 90's farther inland. We won't see any hot temps in SF. The warmest weather will be the last week of the month.

◆◆◆ Club Officers & Coordinators ◆◆◆



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RETURN SERVICE REQUESTED



Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

MAY

- | | |
|----|------------------|
| 1 | Erika Hernandez |
| | Mary Powell |
| 2 | Carol Pechler |
| | Wendy Truong |
| 3 | Ian Macnider |
| 4 | Simone Winkler |
| 8 | Oscia Wilson |
| 9 | Ari Dalfen |
| | Carolyn Dingwall |
| | Eugene Lupario |
| 10 | Larry Jewett |
| | Enrique Perez |

- | | |
|----|-------------------|
| 11 | Kenneth Clews |
| 13 | Sergio Garcia |
| 14 | Emmylou Wilson |
| 16 | Jeremy Whiteman |
| 17 | Marcus Balistreri |
| | William Wang |
| 18 | Jeorgina Martinez |
| | Steve Snyder |
| 20 | Freddy Fernandez |

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|----|-------------------|
| 21 | Marcus Johnson |
| | Bill Woolf |
| 23 | Peter Corbett |
| 24 | Steve Nissenson |
| 26 | Enrique Bautista |
| | Yael Cywiak |
| 27 | Jay Dold |
| | Georgia Miles |
| | Olivia Miles |
| 28 | Edna Guzman |
| 29 | Conal Gallagher |
| 30 | Tom Huster |
| | Freddie Thorn |
| 31 | Michael McPartlan |