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55th Year June 2020

A RUNNING STORY: MEMORIES OF WALT STACK AND HIS LEGACY

Mike Pechner

Walt Stack founded the DSE in 1966. I moved to Potrero Hill in 1968. I lived on the dead end of Kansas at 20th Street. I had heard of Walt but I had no other information except his "daily routine." He would leave his house between 4:00 and 4:15 a.m. and cycle an old and heavy 3-speed bike down Kansas Street, right onto 16th to the Mission Rock Resort, over the 3rd Street Bridge, and along the Embarcadero to the Dolphin South End Rowing Club at Aquatic Park. From there he would run along Crissy Field and over the Golden Gate Bridge to the Golden Gate bus stop and bathrooms in downtown Sausalito. After a quick stop, Walt would turn around and head back to the City and Aquatic Park for a swim. After a sauna, Walt cycled downtown to his job as a hod carrier.

One day, I was driving up Kansas around 4:00 p.m. and saw Walt peddling very slowly up Kansas's 10% grade. I followed him to his house and I introduced myself. I joined DSE in 1971 and would see Walt on Sundays and during the week. I met his wife Marcie, and between the two, I ended up eating at their house (3 blocks away) for dinner once or twice a week. I learned at lot about Walt, his politics, his union activities and about running but most of all, I learned that he saw running as an all inclusive community.



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Walt and ultramarathon pioneer Ruth Anderson handing out some very familiar-looking ribbons after a DSE Sunday race.
© Phyllis Nabhan

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From the President's Desk



◆ ◆ JOE KANIEWSKI

June is here and we keep running and smiling. It's been great seeing you all on JFK Drive, running along Crissy Field in the Presidio, at Twin Peaks, on Facebook, Instagram, and Strava. DSE Turtles are on the move!

Our club continues our virtual DSE races throughout San Francisco. If you are in the DSE Runners Facebook Group, you can see versions of our virtual races being run in Marin, Alameda, Contra Costa, San Mateo, and Santa Clara counties. A few DSE turtles have even posted virtual results and photos from as far away as Folsom, San Diego, Wisconsin, and New York. In San Francisco during May, we ran the closed flat and fast Great Highway, we trudged up to the highest points of San Francisco's Twin Peaks, and we streaked up and down JFK Drive for the San Francisco and Lightning Miles.

For June, we get a chance to virtually race the double or single loop at Lake Merced for 9 or 4.5 miles. On the week before Father's Day, we run the east side of Golden Gate Park starting and ending at good old Rainbow Falls. In an effort to help alleviate some of the congestion in Golden Gate Park, we will run our first virtual race in the City's southeast side for an updated version of our McLaren 5K. This race starts at Mansell & Shelly Drives in John

McLaren Park. Expect a couple of long climbs that week, but the reward of that rare postcard view of the downtown skyline will make it all seem so worthwhile. I went up there this week and was impressed with what city officials have created as new pedestrian and bike lanes throughout the park since the last time we raced here.

Have you all been able to focus more on your running during this time? For me, running has helped lighten my mood especially after I watch one or two of those 24 hour news channels. And while running more miles each week has been great, I noticed I haven't seen the increased mileage translate into improving my virtual race times. Am I warming up enough before races? I have to wonder, what can I do to improve my virtual race form and results?

Have you ever wondered how you can improve your race times? I know running is an individual sport and none of us are going to make the Olympic Team. But can our club help our running? Honestly, DSE hasn't always been able to provide speed or track workouts, coaching, or even a list of local resources to help our members improve.

We're trying to change that by providing some new resources in the next few months. This week we host our first club running coach Zoom session. Open to runners of all abilities, we have lined up a virtual

CLASSIC STU-PEDS

Stu Ruth



THESE CORDUROY SHORTS ARE NT PRETTY BUT THEY ARE SMART—THEY GO "FWEEP FWEEP" EXACTLY AT MY PAGE!

training Q/A with local coaches David Tran and Andy Chan. We are following that up with a resource list (included in this month's newsletter) of outside coaches, trainers, and software members can review. We are also providing members with a 2 month virtual track workout schedule for June and July and ending the workouts with a Virtual 5k (check-in) on Great Highway at the end of July. You can call this your "8 weeks to a better 5K" or the "DSE Kick Start to your Summer of Fabulousness." Whatever you want call it, I challenge each of you to take a few more hours to train in the next few months and who knows, maybe you can surprise Jerry or Terri at the end of July by passing them with your improved form! Hope to see you all out there on the roads and trails. Go DSE!

THE DOUBLE DIPSEA LIVES!

Jerry Flanagan

A permit has been secured for a new date of Sunday, September 13th for the 51st Annual Double Dipsea (originally scheduled for June 20th). I thought it would be helpful to provide a quick update on the latest developments with the race.

There's still no guarantee that the race will happen and DSE and Brazen have decided to delay registration and marketing the race until midsummer, when we hopefully will have more confidence that the fall racing season will happen. A huge challenge for our club will be our ability to mobilize an army of DSE race day volunteers in a very short window. More information will be provided in the next couple months on race registration and volunteer sign-ups.



Riya (and all of us) say YES PLEASE to a 2020 Double Dipsea! © Suzana Seban

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 mailbox (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.

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webmaster@dserunners.com

MEMORIES OF WALT

...continued from p. 2

With all due respect to Bella Abzug and Gloria Steinem, Walt was the first feminist! He embraced and encouraged women and minorities to join the DSE at a time when most clubs were mostly white men. Walt started the "Peak Busters" and turned it over to women in DSE. Many members back in the 70's and 80's would make the annual trip to Manitou Springs to run the Pike's Peak Marathon. Walt mentored many women in the late 60's and 70's, and under his leadership the DSE grew into the largest and most successful running club Northern California.

DSE amassed some world class runners under Walt's leadership. 90-year-old Sister Marion Irvine in Marin still holds a record that may never be broken. At age 53, she ran the California International Marathon in 2:51:01, qualifying her for the 1984 U.S. Olympic Marathon Trials (where she finished in 2:52:02). In 1984, Anabell Marsh and her running partner, Caroline Merril, ran across America. Ruth Anderson, holder of many masters records; Dr. Jane Ullyot, another master runner; Mary Boitano, the youngest to ever win the Dipsea at 10 years old, and others who I can't remember enriched the standing of the DSE.

If you run across the incomparable Theo Jones, the "iron lady" Jane Colman, or the legendary Rapozos, ask them about Walt and how he broke ground that other groups soon followed. For newcomers to the DSE, embrace the history and the lore of one of the best known running clubs in the world!



Sister Marion, a.k.a. "The Flying Nun," at the 2006 DSE 40th Anniversary run.

RUNNING WHILE SEQUESTERED

Jane Colman

As an elderly person, I've been supposed to stay inside for the past couple of months, but as a healthy active runner, I would feel much worse if I didn't get outside to garden, walk and run. For the last several years I've been running three days a week, and I've continued that, but my runs are definitely different.

My weekday runs used to be on the Berkeley/ Emeryville portion of the Bay Trail or the Berkeley or Emeryville Marina, with occasional excursions on the Bay Bridge Trail, and my weekend runs were almost always at DSE races. Now, because the original Alameda Country sequester-in-place order did not allow us to drive to our exercise location and also because those trails are too busy and too narrow to consistently allow adequate social distancing, all of my runs are from home. My weekday runs follow the usual plan, a shorter run on Tuesdays and a longer one on Thursdays (currently 8 miles, but planned to increase gradually). I haven't been to San Francisco since the last group DSE race in March, so my Sunday runs are all also in the East Bay, leaving from home. I try to approximate the conditions of the scheduled virtual race, although the grades are usually a bit different: there isn't anywhere completely flat that I can run from home, and the grades on hills are slightly different. And of course every run has street crossings, although I try to keep to quiet streets and to minimize major street crossings as much as possible. As for DSE races, I run a mile warmup for each virtual race. Flatter courses go north and south, hillier ones east (uphill) and west (downhill). Running on city streets, I miss the scenery of the Bay Trail, Golden Gate Park and the trails along San Francisco Bay; the closest I've come to scenery has been part of a long run on the U.C. Berkeley campus, which despite its many buildings is full of groves and gardens.

As for keeping social distance, I keep a mask (usually a doubled buff) around my neck and pull it up whenever other people are near, even if they are not close. Running on streets also allows me space to move away from other runners and walkers.

So far it's working, although I miss the camaraderie, the push I get from racing with others (and slow as I am, on DSE races I can usually find someone to pace against) and the variety of courses.

RUN TRAINING RESOURCES

Joe Kanewski

Did you know that some of your fellow DSE Runners use local coaches and software to train and help them improve their running form? Yes, and some of these runners below started out just running DSE races for fun like you.

Please note this list is not complete. DSE can't vet or guarantee results. If you have a favorite coach, cross training, or software, not on his list please send them to me at President@dserunners.com to help make this list more comprehensive.

Running resources:

- David Tran, dtran320@gmail.com, certified coach: In addition to DSE, David runs with Back on My Feet Team SOMA and the Excelsior Running Club. He says he definitely appreciates the huge positive impact being an active part of the running community can make both in terms of meeting amazing people as well as improving his marathon PR from 3:41 to 2:41 and being introduced to trail ultramarathons.
- Andy Chan, andychan195@gmail.com: Andy has been the head cross country and track and field coach at Sacred Heart Cathedral Preparatory in San Francisco since 1998. He has a master's degree in sports management and has coached adults for over 13 years and youth for over 15 years. In addition to various outstanding youth athletes, Andy has coached numerous adult runners to Boston Marathon qualifiers.
- Marathon Matt, <u>marathonmatt2@hotmail.com</u>: A certified USATF/RRCA coach, Matt provides both individual coaching as well as marathon group training around specific events. His "Run Club" next event is a virtual event "I left My Heart in San F(RUN)cisco, a virtual build up starting this week and building with weekly workouts toward running a marathon distance on July 26.



The inspirational Coach Leo at the Boston finish line. © Virginia Medrano Rosales

Cross training resources:

- Jaurie Evangelista, JaurieEvangelista@gmail.com: A
 Spartan SGX Coach and Certified Obstacle Specialist, Jaurie
 was last year's DSE Golden Gate Relay Team's "Most
 Inspirational Runner" for her gutsy completion of her
 run segments despite her swollen ankle. Jaurie tells us,
 "Spartan SGX classes are a great way to get race ready. A
 proprietary system emphasizing foundational bodyweight
 movements and periodized training, SGX functional
 workouts are varied and novel and build balanced, multifaceted athletes who excel in all-over strength, athleticism
 and endurance. SGX classes can benefit everyone, even
 when they are not training for a Spartan Race."
- The Roadcoach App, available on the Apple Store, is a coaching service program utilizing a combination of software and real coaches to provide highly personalized guidance. The app is free to download and has several payment options for different types of personalized one-on-one coaching and tracking results.



When he's not crushing DSE races, Coach David is directing them! © Paul Mosel

Calistoga to Santa Cruz? No problem! Coach Jaurie helped power Team DSE in the 2019 Golden Gate Relay. © Jaurie Evangelista





Coach Andy has been inspiring Bay Area runners for the better part of two decades... and he's pretty okay at running himself!

© Diane Okubo-Fong

HISTORY CORNER: THE BISON PADDOCK

Amber Wipfler

If you paid a visit to the west end of Golden Gate Park this past month for the Lightning and San Francisco Miles, there's a good chance you jogged by one of the City's more curious spectacles—the herd of shaggy herbivores that roam about the Bison Paddock. But did you ever wonder how a species native to the Great Plains managed to find its way to San Francisco?

The answer dates back to 1890, when Golden Gate Park was a little (okay, a lot) more wild than it is today. Sheep, elk, deer, and even a handful of bears were already roaming free in the park, so why not add a couple of bison? More importantly, bison had been driven to near extinction at the time, and park officials hoped to establish a captive breeding program to help reestablish the species. So Park Superintendent John McLaren purchased a pair of bison, who came by train and truck from Kansas and Wyoming to their new digs in the City by the Bay. Named Benjamin Harrison (after the President) and Sarah Bernhardt (after the famed French actress), the two immediately got to work doing what bison do best—grazing, scratching their coats on tree branches, and rolling about in the dirt in their pasture just east of what is now the Academy of Sciences.

By 1918, the herd had grown to 30, including both Benjamin and Sarah's descendants and some newcomers hailing from Yellowstone Park and elsewhere across the American plains. (The tradition of presidential naming continued, so naturally there was a Grover Cleveland and Bill McKinley among the herd.) By then, the bison had been moved to their current location just west of the newly created Spreckels Lake, where model yacht enthusiasts and beachgoers alike could marvel at the shaggy beasts.

Not much changed for the park bison over the subsequent decades, save for their monikers— politicians eventually gave way to Shakespearean figures, then to royalty, then to Native American names. The herd faced their biggest challenge in 1980, when seven of them contracted bovine tuberculosis and were quarantined to a pasture adjacent to the San Bruno county jail. King George, Lady Di, Romeo, and their fellow bison-in-exile didn't seem to mind their new accommodations, especially since several of the deputies took to slipping them fruit and vegetable treats.

In 1984, the herd was replenished with 12 new bison, given to Mayor Dianne Feinstein as a birthday present from her husband Richard Blum. Five of the ten bison currently inhabiting the park (Betsy, Bailey, Belatrix,

Buttercup and Bambi) are descendants of these birthday buffaloes. The remaining five are yearlings, who arrived at the paddock just this past February. Purchased from a Northern California bison farm (with funds donated by Feinstein and Blum), the newbies were initially kept separate from their elders. The plan was to introduce the newcomers to the public as part of the Park's 150-year anniversary celebration, but as we know, any and all festivities have been indefinitely postponed. That probably doesn't vex the bison, who have never seemed all that concerned with the activities of the humans who peer into their pasture.

Of course, the biggest cause for celebration is that the population of wild bison in the U.S. has risen from a low of 541 (in 1889) to approximately 31,000, with thousands more living on ranches and in zoos. And the Golden Gate Park captive breeding program undoubtedly aided this resurgence, producing more than 100 calves between 1891 and 1995. Now, the all-female herd can worry less about propagating their species and more about munching on grass. And while they prefer relaxation over running, the Golden Gate Park bison can hit speeds of over 30 miles per hour, so look to them for inspiration as you jog on by!





Spring at the Bison Paddock
© Kenley Gaffke; Elias Castanon

VIRTUAL RUN SELFIE WALL!

One of the brightest spots during this time of sheltering-in-place and social distancing has been seeing everyone's smiling faces on the <u>DSE Runners Facebook Group</u>. We've seen friendly rivalries develop, PRs broken, unexpected meetings, and selfies from all across the Bay Area and beyond. And best of all, everyone is having FUN! Whether you're sprinting, jogging, walking, or rolling, let those endorphins carry you through these difficult times...and keep the photos coming!

































Virtual Weekly Race Series

JUNE 2020 DSE VIRTUAL RACES

DSE is holding Virtual Races while group gatherings are prohibited.

NEW THIS MONTH: send your results every week to <u>dsevirtual@gmail.com</u>. Special thanks to Wendy Newman, Jim Buck, Terri Rourke, and Marsi Hidekawa for compiling the past month's virtual race results!

- To help with physical distancing and for liability reasons, these races are <u>Members Only</u>.
- 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, age, and gender to <u>dsevirtual@gmail.com</u>. 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 by 3pm Sunday.
- We suggest you wear a Garmin watch or use Strava on your phone to track your distance and time.

Click on the Race Name to see the Course Map!

June 1 - 7: McLaren Park 5K (or 5K close to home)

Email name, age, gender, and time to dsevirtual@gmail.com

<u>Description</u>: Start at Cambridge and Shelley Drive. Run one counter-clockwise loop around Shelley Drive (first Shelley Drive loop is 1.4 miles). During second loop, take a detour onto Mansell to University and turn around (for an extra .3 miles), then finish Shelley Drive loop (second loop with Mansell addition is 1.7 miles).

June 8 - 14: Single/Double Lake Merced 4.5M/9M (or 4.5 miles/9 miles close to home)

Email name, age, gender, distance, and time to dsevirtual@gmail.com

<u>Description</u>: Start at Lake Merced Parking lot at Sunset Boulevard. Run one or two 4.5 mile clockwise loops around the lake staying entirely on jogging/pedestrian path. *Please choose EITHER the 4.5 mile option OR the 9 mile option. Send only one set of results in.*

June 15 - 21: Father's Day Rainbow Falls 5K (or 5K close to home)

Email name, age, gender, and time to dsevirtual@gmail.com

<u>Description</u>: Start at Kennedy Drive and Transverse. Run east up Kennedy Drive to McLaren Lodge. Turn around at barricade at Kezar Drive, start back and turn right on East Conservatory Ddrive. Run up and around East Conservatory Drive, then back onto Kennedy Drive and return westbound to finish.

June 22 - 28: Embarcadero 10K (or 10K close to home)

Email name, age, gender, and results to dsevirtual@gmail.com

<u>Description</u>: 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.

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

We don't know yet whether we will be able to gather for the July DSE News folding session, but if we do it will be on Wednesday, July 1 and probably at Berkeley Sports Basement. If so, there will be an announcement on dserunners.com. For information, contact Jane Colman at janecol@lmi.net or 510-652.3116.

Weather <u>R</u>eport

Meteorologist Mike Pechner

The hottiest weather for June will be after mid-month. SF could see low 90's inland around the 18th; otherwise it looks to be dry with near normal temperatures. The ever present fog will keep temps mild along the coast and in SF for the first week in June with plenty of afternoon sunshine. Temps vary inland the 2nd week with the City getting into the 70's, Bay locations in the 80's, and 90's down the 680 corridor and northward along the 101 corridor from San Rafael to Healdsburg. Fog should be at a minumum. As we head into the 3rd week of June we will see the aforementioned hot spell, however cooler weather with a strong onshore flow will bring temps down to normal as natures AC kicks in.

♦ ♦ ♦ Club Officers & Coordinators ♦ • ♦

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Happy Birthday!

JUNE

- 2 Joseph Mack
- 3 Angela Craig Mark Eger
- 4 Daz Lamparas
- 5 Rebecca Sonstein
- 6 Laurie Quinlan
- 7 Ed Caldwell Jane Colman Marcia Martin
- 9 Sheldon Gersh

- 11 Paul Bravo Brian Hartley
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