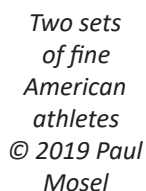


*Jim Kauffold*

...continued on p. 3



DSE has been putting on free virtual runs, track workouts, a virtual summer series, Zoom yoga sessions, and Zoom training discussions to connect. A big thanks to Stephanie Soler for organizing the virtual run schedule, Janet Nissenson for her weekly Zoom yoga instruction, Terri Rourke, Marsi Hidekawa, Wendy Newman and Jim Buck for compiling our weekly virtual run results, Nakia Baird and Rob Snively for setting up the self-service summer virtual series races and our website templates, and Andy Chan and David Tran for their training advice during

our first two Zoom training sessions. These activities have helped.

We had great runs in June in Golden Gate Park, Lake Merritt, McLaren Park, and along the Embarcadero. Running the opposite direction on the Embarcadero past Boudin bakery and taking in the smell of the sourdough bread baking was my run highlight of the month. And if you haven't checked out the free track workouts, Zoom training sessions, and Zoom yoga you are missing out on opportunities to relax, learn, and engage your core. Remember, having strong cardio is the #1 rule for survival in Zombieland because who knows what else 2020 will bring us.

In July we will continue yoga, training Q & A, and hold virtual races at Mission Bay, Stern Grove, the Walt Stack 10K, and Great Highway 5K. On July 30 at 7pm. Riya Suising will present a special Zoom training session on Anatomy & Physiology of the Running Gait and how we can stretch and better understand what muscles propel and stabilize our running.

On Friday, July 17th at 7:30pm, we will host our first DSE Club social on Zoom. Everyone is invited! Come one and all, but be prepared to wear a wacky run outfit, and share your secrets to coping with shelter in place and who you miss the most from DSE weekly runs.

Shasta County held an ultra trail race a couple of weeks ago. I am

## CLASSIC STU-PEDS

Stu Ruth



not sure how everyone socially distanced during their registration and finish but I do know that the aid stations were staffed with gloved volunteers who handed out individually wrapped snacks to participants. The race begs the question: how will DSE start running again when San Francisco allows running races? Will the race be limited to 50 or 100 people? Will we have to limit races to members only? How will we register, start, time, record, and pass out ribbons without putting our awesome volunteers in danger? The board is reviewing ways that a new timing system and software might allow us to start running safely. If you are interested in helping us identify a system that will keep our volunteers and runners safe, please let me know.

You can attend demos and be part of the discussions.

Finally, I have a book recommendation. I started reading Mackenzie Havey's *Mindful Running* this month. *Mindful Running* brings together scientific research, expert analysis, and athlete contributions to reveal how relating to your mind, body, and surroundings in a new way can help you run longer and faster as well as offer a boost to your overall mental, emotional and physical health. That seems like a good goal in these times. Stay healthy turtles; wear a mask; hope to see you soon!

## SPEAKING OF MASKS...



Check out what just launched in the [DSE Store](#)! Reduce infection risk AND represent your beloved running club? Sign us up!

### 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](mailto: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](http://www.dserunners.com)

Webmaster: Rob Snavely

[webmaster@dserunners.com](mailto:webmaster@dserunners.com)

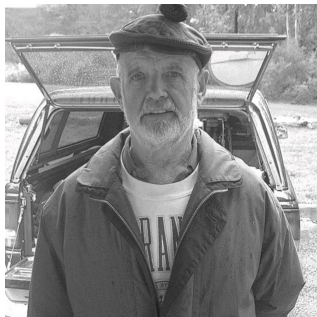
# REMEMBERING JOHN GREGSON

Theo Jones

*Longtime DSE member John Gregson passed away on June 25, at the age of 88. A marathoner, rower, and skilled metalworker, John designed the famed DSE belt buckle (circa 1995) and was a dedicated club member and friend. His obituary can be read [here](#). We at DSE send our heartfelt condolences to his loved ones.*

John was one of three Englishmen who came from different counties in northern England (with Jimmy Nicolson and Jimmy Jacobs), all salt of the earth types, unpretentious, full of humor, skilled and fine athletes in running, cycling, swimming. John was a metal worker by trade and made an elegant metal bowl as a memorial award in honor of the late Bruce Dingwall, another club runner. The annual Pamakids Rites of Spring Race around Lake Merced was followed by dinner in the Boathouse, and John would then award the bowl to the winner who was the runner whose finishing time was closest to Bruce Dingwall's best (no watches allowed during the race). The winner's name would be engraved on it, and to top it all he or she would get to drink some of the whiskey (Drambuie?) John had thoughtfully put in the bowl! As good as any medal! Jeanie and I each got to enjoy that once.

On another evening a group of DSEers and Pamakids were about to race clockwise around the Lake but before we could start a car going in the same direction at high speed missed the curve, crossed the bike path and into the shrubs...but not into the lake. Remarkably it did not hit anyone but could easily have killed a walker or wiped out several of us runners if we had started just a few minutes earlier. Later I asked John, who was Assistant Deputy Director of Public Works, to have the DPW install some bollards at that curve which is so tempting for fast drivers but we never could get any action. It still would be worth doing.



Left: John post-run with Jim Gallagher  
Right: John doing his DSE Race Director duty

# TWIN PEAKS MIRACLE

*...continued from p. 1*

and Finland. After a few miles I asked him if I could drive as he was doing more watching than driving. So we switched drivers.

We parked near the start/finish on Twin Peaks Boulevard near the service station across from the Tower Market. The run was an out and back with a loop on the top of Twin Peaks. Mort left the TV on and off the group went for the run. I have always loved this run, especially racing the tour buses up the hill. We provided entertainment to the tourists in the buses checking out our energetic group, and their faces pressed to the windows of the bus provided entertainment for us. The scene reminded me of my uncle's description of his tour bus ride through the Haight to "see the hippies." The flower children held up large mirrors so the tourists could see themselves. On the top rounding the loop I could see where my wife, Helen and I had lived on Corbett Avenue, and I headed back down the hill.

Heading up the hill was the club's charismatic founder and president, Walt Stack, with a gaggle of admirers running with him. I recall him saying, "Remember - it is us turkeys in the rear that make you hotshots look good!" I think that was the last time I was addressed as a hotshot!

The run had two future presidents - Jim Skophammer and George Sacco - in the race. Legendary Sister Marion Irvine a.k.a. "The Flying Nun" was the first woman to finish, with a time of 23:26 (6:27/mile). There were too many people in the race to list here, but if you check out the results on the DSE website (thanks to Janet Nissenson), you will find people you may know, some of whom are still running and/or involved with our club.

Getting back to the hockey game: After the run, a large group of very enthusiastic runners joined the spectators crowded around the small screen TV and cheered the USA on to a 1980 Olympic gold medal win!

I lived in Minnesota when I was eleven and did some ice skating on a lake about one block from where I lived. I also played ice hockey in Colorado on a river with rocks and sticks in the ice. Mort is an avid hockey fan and had played ice hockey as a youngster in Minnesota. He played at the Olympic Tennis Club in St. Paul when he was in high school. Mort played pickup games with Jack McCartan, who went on to play goalie for the 1960 USA hockey team. That team won the Olympic gold medal in the 1960 games held at Squaw Valley. Mort said that Jack also played for a rival high school with a team that gave Jack a lot of practice blocking shots. That practice paid off as Jack had 39 saves in the final game in that 1960 Olympic final and the USA defeated the Canadians 2-1. For the full story talk to my good friend, Mort.



# 1 MILLION MILES FOR JUSTICE

Amber Wipfler

Best of luck to all the DSE turtles participating in the 1 Million Miles for Justice! In partnership with the National Civil Rights Museum and Black Girls Run, this virtual race has the dual goals of promoting equality and physical wellness while also raising money for the NAACP. As of July 1, participants have run a combined total of nearly 91,000 miles, and that number can only be expected to grow as the event enters its last two weeks. Registration is open until July 15, and we've got a link to the website [right here](#).



Top: George doing his part to reach the million mile goal.

Bottom: The virtual race bib given to participants

## THEY SAY IT'S YOUR BIRTHDAY

Everybody's birthday is cause for celebration, but this month we want to give a special shout-out to two of our most beloved DSE members, both of whom are turning 91 years young this month. So please wish a joyous birthday and many happy returns to **Bob Theis** (July 31) and **Wally Rapozo** (July 30)--and here's to many more, gentlemen!

## DSE BY THE NUMBERS

Joe Kaniewski

2020 hasn't been quite the year we expected, but DSE is going strong throughout it all--and we've got the numbers to prove it!

- 8,625 Unique Registrants to DSE Races
  - 1,585 Followers on DSE Runners Facebook Group
  - 500+ Posts with #dserunners on Instagram
  - 423 Active Club Memberships
  - 299 Dolphin South End Runners Club Followers on Strava
  - 173 Attendees at our last regular race (3/8/20)
- regular DSE race 3-8-2020
- 61 Attendees at Zoom DSE trainings
  - 30+ Attendees at Zoom DSE Yoga sessions
  - 68 DSE merch sales on Zazzle (with \$84 in royalties)
  - 21+ New members since the shelter in place

## JULY TRACK WORKOUTS

Looking to improve your speed and strength? Does your daily workout routine need a little kick in the running shorts? We're on our second month of guided track workouts that Coach Andy Chan created just for DSE members, and it's not too late to jump in. (No worries if your local track is closed - all you really need is a relatively flat running surface where you can put on the jets for a few hundred yards.) Click on the links below to get this month's schedule. And if you want to track your progress, upload your times [here](#) - you'll be amazed at how much progress you can make in a short period of time!

- [Workout Overview](#)
- [Week 5](#)
- [Week 6](#)
- [Week 7](#)
- [Week 8](#)



# ALL I WANT TO DO IS ZOOM- A-ZOOM-ZOOM-ZOOM

Amber Wipfler

It can be a big challenge to maintain community during a time of necessary separation. Fortunately, with a little help from the internet, DSE members have been able to see each other's smiling faces (without masks!) and learn about everything from yoga to speed training to where to get the Bay Area's best donut. (My vote is for Bob's on Polk.)

[Zoom](#) is an online videoconferencing app that can be used for anything from work conferences to social gatherings to distance learning. All you need is internet access and a computer, phone, or tablet with a video camera and microphone. Then sign up for a free account, download the app, and you're good to go! The app is pretty intuitive and user-friendly, but feel free to contact anyone in a DSE leadership position if you need some assistance setting up. And if the internet just isn't your thing, no worries! You can join the meeting voice-only with a regular old telephone.

Below is a schedule for the DSE Zoom meetings currently scheduled for July. There's a good chance we'll be adding more in, so be sure to check your e-mail and the DSE Runners Facebook group for the most up-to-date info. See you online!

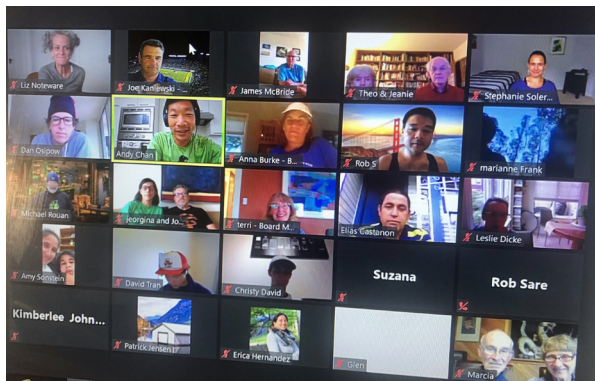
Friday, July 17, 7:30 p.m. - DSE Social Hour

Link: <https://us02web.zoom.us/j/87018183882>

Meeting ID: 870 1818 3882

Call in number: +1 669 900 6833

Don't you miss chatting it up with your DSE pals before and after Sunday races? Then join us for some fun and friendship at the DSE Social Hour. Talk about your running, your Netflix binges, your attempts at baking sourdough bread...anything and everything you'd like!



Thursday, July 30, 7:00 p.m. - Running Gait

Link: <https://us02web.zoom.us/j/87133356812>

Meeting ID: 871 3335 6812

Call in number: +1 669 900 6833

Our third online DSE training session features longtime member Riya Suising, an accomplished marathoner and massage therapist who recently completed her Masters in Public Health from U.C. Berkeley. Riya will discuss the anatomy and physiology of the running gait, with an eye toward improving form and preventing injury.



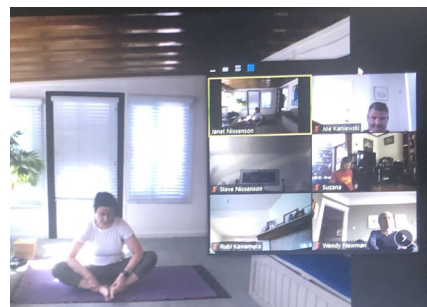
*Riya will be sharing her expertise on July 30--don't miss it!*

Ongoing: Tuesdays at 5 p.m., Saturdays at 9 a.m. -

Yoga for Runners

Check the DSE [Facebook Group](#) for details.

Our resident yogi, Janet Nissenson, has been generously teaching runner-focused yoga classes on Tuesday evenings and Saturday mornings. No yoga experience necessary - just grab your mat, block, and strap (if you have them) and get ready to stretch and strengthen your body while quieting your mind.



*Yoga with Janet - guaranteed to strengthen both mind and body!*

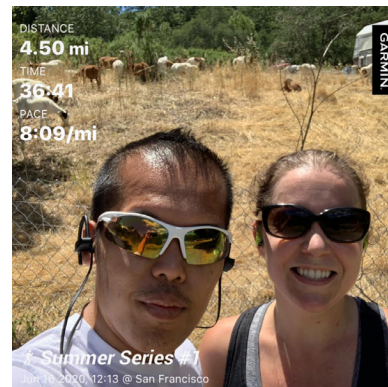
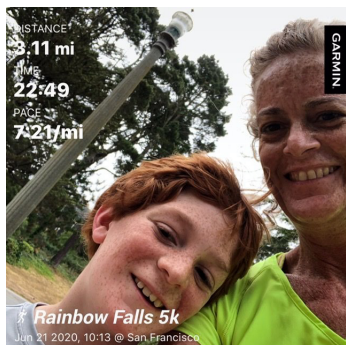
Our first Zoom training session, with coaches Andy Chan and David Tran, had nearly 50 participants! We are excited to offer our members more opportunities to gather and learn during these unprecedented times.

Weren't able to make it? Never fear! Liz Noteware was kind enough to record it and upload it you YouTube: check it out [here](#).



## SELFIE TIME!

During these crazy times, we need sunshine and endorphin rushes more than ever. Keep running, keep walking, keep getting out there (safely!) and be sure to add your photos to the [DSE Runners Facebook Group](#). Air-high-fives all around!







# Virtual Weekly Race Series

## JULY 2020 VIRTUAL RACE SCHEDULE

In a Virtual Race, DSE members may 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 name, age, gender, and results by 3pm Sunday to [dsevirtual@gmail.com](mailto:dsevirtual@gmail.com). Please include the name of the race in the subject line. Thank you!

---

*Click on the Race Name to see the Course Map!*

### **June 29 - July 5: Mission Bay 5K - [Course Map](#)**

Description: Start at the intersection of Terry Francois Way and Warriors Way, at the north edge of the Chase Center. Start on the Bay side of the street and run north from the Chase Center along the bike lane. Run toward Oracle Park; after crossing the Lefty O'Doul bridge turn right and run along McCovey Cove toward the Marina. Continue north until you get to Red's Java House; at Red's turn around and run south but stay on King Street until you get to Third Treet. At Third take a left and cross the bridge, running to Chase Center where you started.

### **July 6 - 12: Stern Grove 4M - [Course Map](#)**

Description: Start at the intersection of 33rd and Wawona. Run west on Wawona to 34th Ave, left onto Crestlake Street, left onto Sloat Blvd, left at 19th Ave and left/downhill on Wawona back to start (33rd Ave). Run second loop at 34th Ave & Wawona, drop down through barricade to Stern Grove, run entire west to east length of grove, left uphill and exit Stern Grove. Turn left at 19th Ave, left/downhill on Wawona and back to 33rd Ave and finish.

### **July 13 - 19: Walt Stack 10K - [Course Map](#)**

Description: Start at the Walt Stack Bench on Marina Green Drive. Run west along Crissy Field/Golden Gate Promenade. Stay along path into Fort Point National Historic Site. Turn around at end of parking lot and return same way to start. Then run left along diagonal dirt path, left onto Marina Blvd and traverse uphill/downhill on Ft. Mason path. Turnaround at vertical wood posts at east end of Ft. Mason Hill and return same way to finish.

### **July 20 - 27: Great Highway 5K - [Course Map](#)**

Description: Start at Taraval and the Great Highway. Run to Lincoln Boulevard 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](mailto:info@dserunners.com).

# Folding Session

Folding sessions are on hold until its safe to hold gatherings. In the meantime, we can't thank Jane Colman enough for taking care of the newsletter printing, folding, and mailing!

# Weather Report

Meteorologist Mike Pechner

Seasonal weather is forecast for July with night and morning low clouds, and coastal fog will be quite prominent for the month in SF. Daytime highs will be in the low to mid 60's west of the Botanical gardens in Golden Gate Park to about 69 downtown. Inland around the Bay highs will be in the 70's to the low 80's. Highs north of San Rafael along the 101 corridor, Highway 29 north of Napa, and 680 south of Concord should be around 90. No rain is expected. In SF, the warmest temps will be after mid-month.

# ◆◆◆ Club Officers & Coordinators ◆◆◆

PRESIDENT  
ANGELICUS  
Walt Stack

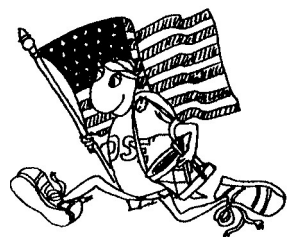


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RETURN SERVICE REQUESTED



# Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

## JULY

- 1 Peter Hsia
- 2 Ken Weller
- 4 Diana Gendotti
- HAPPY 4TH OF JULY!
- 5 Marie Carlotti
- Ceri Hadley
- 6 Jack Bascom
- 10 Peter Delahunt

- 13 Theirry Clement
- Layla England
- 14 Marissa Balistreri
- 15 Riya Suising
- Kali Zivitz
- 16 Amy Gendotti
- Delsa Rendon
- 17 Bob Butchart
- Leslie Dicke
- Juan Melendez
- 18 Vincent Gulli
- Casey Realubit
- Dragan Zupac
- 19 Naomi Ng
- 20 Amy Jo Fillin
- Conor Flanagan

- 21 Angie Dalfen
- Naomi Manuel
- Joan Rappaport
- 23 Bill Dake
- 24 Irina McGrath
- Dave Rawlings
- 25 Joe Czech
- Andrew Ng
- 28 Margie Whitnah
- 30 Wallace Rapozo
- 31 Doug Edmonds
- Peter Lee
- Amelia Mutere
- Bob Theis