


## Stephanie Soler &amp; Andy Chan

 **From the President's Desk**

Being resilient is becoming the buzzword of our day. As runners we get it; we take time to exercise and be healthy so we can be there for our family and friends. DSE Runners keep moving. Our running is physical, emotional and mental exercise that makes us resilient. But imagination is important as well.

When I was little I loved grabbing the sports section of the newspaper and reading about the latest baseball and basketball games first thing in the morning. Before ESPN, newspapers gave us these short game summaries, box scores, and standings. To understand how individual feats, web gems, and collective win streaks happened, you had to imagine the game. I remember staring into box scores and filling in the picture of a game. The box scores still include crowd size, pitch counts, and field conditions. For me, the box score made it obvious why the Cubs always lost--the wind was blowing out!

Maybe I am weird but I think DSE Running can fuel your imagination as well. Follow me here, since the majority of our races are on courses we have run before. If you close your eyes, you can imagine races on the Crissy Field paths and Marina Green, JFK Drive and Golden Gate Park, and Stern Grove's Pine Lake. Without the ability

...continued on p. 2



*Veronica and Liz both scored 5K PRs after participating in Coach Andy's track workouts? Coincidence? We think not... :)*

[illegible]

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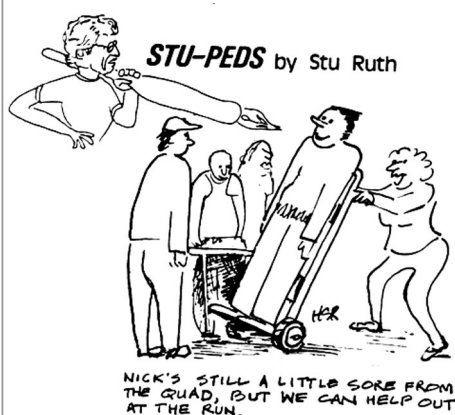
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to experience our great group of runners in person, our virtual races, occasional flybys, race results, and our Facebook DSE Runners page posts can feed our collective imagination. Thanks to our new coaching Zoom sessions, the track workouts, and the dedication of our runners, members are setting new PRs (like Liz Noteware and Veronica Romero), and establishing friendly rivalries (like Sarah White and Rebecca Teichmann). And yes, thanks to Facebook you can imagine DSE running pros like Jerry Flannigan and Riya Suising running their typical blistering paces and grabbing a post race donut. Sunday afternoons on the DSE Runners Facebook page is like must see TV.

For August, we've got Zoom sessions of yoga and training set to go. For virtual races, we leave San Francisco for the first time in several months with our Rockaway Beach, Sierra Point, and San Bruno Mountain virtual races. No doubt, many DSE veterans have a few stories about the San Bruno Mountain course and Arts and Sciences virtual races. We resurrected these gems as virtual runs now that they have become so difficult to schedule and obtain permits. In keeping with our historical theme, feel free to break out your boat captain's hat for the Sierra Point run. I am sure Ken Fong and Mark Pritchard wouldn't mind knowing that somebody showed

## CLASSIC STU-PEDS

Stu Ruth



up to run the Brisbane waterfront and their tradition continues. While parking might be a challenge on the San Francisco Embarcadero, our virtual Ferry Building 4 mile has metered parking a few blocks away from the start. Running along that section of the Bay never disappoints, and if Harry Callihan (a.k.a. Dirty Harry) can run that stretch, so can you. Don't miss the Ferry Building 4 Miler in August. Take care everyone; have a great month.



## TRACK WORKOUTS

...continued from p. 1

We've set up another Google Doc where you can track your progress, so feel free to click [here](#) and log your times. And as always, you can post your photos, questions, trials, and tribulations to our Facebook Page.

Stay safe and happy running!



Above: Riya destroys another track workout.

Below: Jerry wants to remind everyone that the more workouts you do, the more post-run donuts you get!



### 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

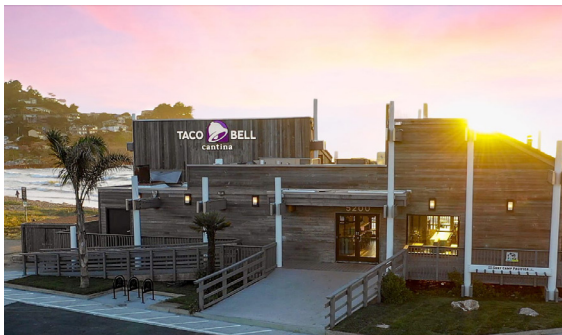
[webmaster@dserunners.com](mailto:webmaster@dserunners.com)

# HISTORY CORNER: THE PACIFICA TACO BELL

Amber Wipfler

This month's Rockaway Beach 5K takes runners past one of Pacifica's most cherished landmarks—no, not Mori Point or the Municipal Pier, but what the Chronicle has christened “the greatest Taco Bell in the world.” Located right smack on the edge of Linda Mar Beach, the Pacifica Taco Bell has appeared in publications ranging from Conde Nast to Atlas Obscura, not to mention a few thousand Instagram selfies. But how did a chain of over 7,000 restaurants, with zero Michelin stars but multiple varieties of Cheesy Gordita Crunches, get prime real estate along the Pacific Coast?

The loveliest of all Taco Bells began its life in the late 1960's as an A&W, built to blend in with Pacifica's beachy architectural stylings and attract beach tourists in need of a summer root beer float. The timing of the construction was serendipitous, as it just managed to predate passage of the California Coastal Zone Conservation Act (under which the chances of constructing a fast-food joint just steps from the beach are zero to none). The location eventually started slinging burritos rather than burgers, but everything else remained the same. The exterior continues to feature rustic, unpainted wood and sharp, angular lines, complete with a wraparound porch. On the inside, you'll find multiple floor-to-ceiling windows, along with a mural by urban artist Norah Bruhn and a massive indoor/outdoor fireplace. There's even a rack out front for surfboards, and a walk-up window for those of us who can't be bothered to put on our shoes (or are too sandy to set foot inside). And since reopening in 2019 as a Taco Bell Cantina, you can even order booze to accompany your Crunchwrap Supreme (who comes up with these names?)



*One-dollar food with one million-dollar views.*

It can be a bit surreal, eating food court tacos while breathing in the fresh sea air and watching whales breach. But it's also pretty great. So after you crush those switchbacks at your virtual Rockaway Beach 5K, why not pay a visit to this legendary Bay Area dining spot? Just be sure you do it after your run, and not before!

*The Pacifica Taco Bell is located at 5200 Highway 1. It is currently open for takeout only.*



*DID YOU KNOW: The Rockaway Beach 5K was the first ever race for one of our most beloved DSE members--Hugo! Back then he had to be carried across the finish line, but now he runs 10Ks (and longer!) with ease. He turned 6 last month, so all of us wish a happy birthday to this very good boy.*

## MEMORIAL FOR GEORES

Visitors to Yosemite can now find Geores Buttner's name memorialized at the Valley Visitor's Center. His family wishes to thank everyone who contributed to this memorial, which benefited the nonprofit Yosemite Conservancy and will go toward maintaining the park's beauty for generations to come.

Geores W. Buttner-Clevenger





## WALT'S BENCH

If you ran the Walt Stack 10K course last month, you definitely passed by Walt's memorial bench! It's along the Marina Green, fourth bench past the Degaussing Station. After a nice workout along what might be the most beautiful running path in the world, have a seat on Walt's bench, gaze out into the Bay, and enjoy a well-earned rest. (And if you're going for the full Walt experience, feel free to crack a beer!)



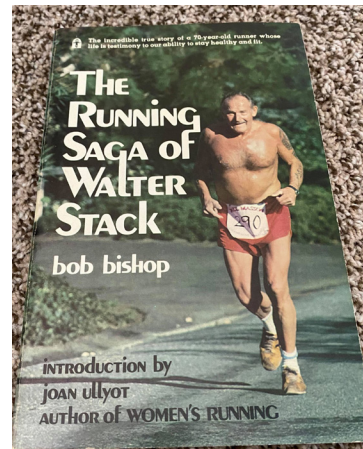
*Thanks to Theo Jones for snapping these pics!*

## SPEAKING OF WALT...

Did you know that there is a book about him? It's hard to come by these days, but our own Diann Leo-Omine has a copy that she'd like to share. Let's pass Walt around to everyone who'd like to read about him!

"Hi all! I am getting ready to pass on this book, *The Running Saga of Walter Stack* by Bob Bishop. It was written in 1978 and details the history of our illustrious club founder.

"It is a fairly quick read - I read it in a week in pre-COVID times. Please send me an email at [diann.michele@gmail.com](mailto:diann.michele@gmail.com) if you would like to be the next reader, and we can arrange a drop off time in the future."



## LETTER TO THE EDITOR: THANK YOU, JOE!

Joe Kaniewski deserves a huge shout out for his hard work on the Club's behalf. In last month's column he thanked so many individuals for their contributions to the club. That's Joe's gracious way, so it's time to thank him for all his unfailing efforts. Each month he writes a great column. It's very informative and interesting, and often sprinkled with his humor, insight bits of wisdom, and encouragement. It's all there.

So, thank you very much Joe for keeping us moving forward.

*- Judith Jarosz, a faithful turtle*



*Athlete, president, all-around awesome guy.*

# RULES FOR SURVIVING THE ZOMBIE APOCALYPSE (OR A GLOBAL PANDEMIC)

Joe Kaniewski

I recently rewatched the movie *Zombieland* and realized that a number of “rules” for coping with zombie apocalypse could be adapted to dealing with COVID-19 and people who aren’t socially distancing. I began to think that people who don’t wear masks are kind of like zombies . . .

1. Cardio – Running builds resilience. The faster you run, the further away you can be from zombies and persons not socially distancing.

2. Beware of Bathrooms – Zombies and germs can be sneaky. Always be cautious when entering the “facilities.” Make sure you do your business quickly, wash your hands, and wear your face mask.

3. Travel Light – Only carry the necessities. You never know when you’re going to have to pick up and go in a hurry. Leave the headphones at home.

4. Get a Kickass Partner – Always good to have an experienced zombie war vet (or runner) on your side provided you keep a good social distance.

5. Use Your Feet – Running and jumping can help you get away from both zombies and non-masked people.

6. Limber Up – Nothing will slow you down like a pulled muscle. Check out Janet’s DSE Yoga class; it could save you.

7. Break It Up – It’s always good to blow off a little steam. If the zombie apocalypse (or Covid-19) has you all stressed out, break something. Just make sure it’s not anything important and you are not going to get in trouble or hurt by doing it.

7. It’s a Marathon, Not a Sprint – Unless it’s time to sprint . . . then sprint.

8. When in Doubt, Know Your Way Out – Always have an escape route. You never know when you might have to run to get away from zombies and people who aren’t wearing masks.



10. A Little Sunscreen Never Hurt Anybody – Do you really wanna have to worry about sunburn, too?

11. Incoming! – Always be on your toes. You never know what could come out of nowhere.

12. Double-knot Your Shoes – You don’t want to trip over unsecured laces while running from flesh hungry zombies (or people not wearing masks), now do you?

13. The Buddy System – The more, the merrier. Provided you keep the group under 5 people and you keep socially distant. Never go it alone if you can.



Wendy & co. provide an excellent example of Rule 13: the socially distanced buddy system.



Bill demonstrates excellent survival skills with his cardio in the park.



Liz perfects her zombie-dodging technique.

# Virtual Weekly Race Series

## AUGUST 2020 VIRTUAL RACE SCHEDULE

Here is the Virtual Race Schedule for August 2020. You may run our suggested course or a similar course close to home. Each week also includes a 1/2 mile Kids Race. **Please email your name, age, gender, and results to [dsevirtual@gmail.com](mailto:dsevirtual@gmail.com) each week by 3pm.** Be sure to include the name of the race in the subject line.

A big thanks to our wonderful volunteer race results preparers Jim Buck, Marsi Hidekawa, Jane McFarland, Wendy Newman, and Terri Rourke!

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### **July 27 - August 2: Rockaway Beach 5K - [Course Map](#)**

Course description: Start at the Rockaway Beach parking lot (near Dondee Way and San Marlo Way, Pacifica). Run southbound on beach promenade, left onto Rockaway Beach Boulevard, right onto Nick Gust Way. Continue over footbridge. Veer right and run along paved path. Stay on path crossing through the Taco Bell parking lot to rejoin path. Turn around at 1.55 miles and return the same way to finish.

### **August 3 - 9: Arts and Sciences 5K - [Course Map](#)**

Course description: Start/Finish in front of the Conservatory at the intersection of JFK/Nancy Pelosi Ave. Run west on JFK toward Stow Lake, take a left and turn to lake following the lake loop east around until you get to MLK drive. Take MLK to the Music Concourse making a horseshoe shape around the concourse back onto MLK until you pass Big Rec/Little Rec passing the lawn bowling and back to JFK/Pelosi.

### **August 10 - 16: Sierra Point 10K - [Course Map](#)**

Course description: Start at the Sierra Point Marina (400 Sierra Point Parkway, Brisbane). Run southbound on paved Bay Trail, turn around at Oyster Point (3.1 miles) and return to finish.

### **August 17 - 23: Ferry Building 4 Mile - [Course Map](#)**

Course description: Start at the intersection of Jefferson and Hyde. Run eastbound on Jefferson (against traffic) which turns onto the Embarcadero. Turn around at the third column on the south side of the Ferry Building (2 miles) and return the same way to finish.

### **August 24 - 30: San Bruno Mountain 5K - [Course Map](#)**

Course description: Start in the picnic area inside San Bruno Park (555 Guadalupe Canyon Parkway). Run south 0.2 mile along asphalt path toward underpass; at turnaround head back to start. Then proceed along the Saddle Loop Trail running in a counterclockwise direction. Make a left onto Old Guadalupe Trail then right onto Bog Trail. At fork, stay left on Upper Bog Trail and continue back to starting area 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

Weather will return in the next issue!

## ◆◆◆ Club Officers & Coordinators ◆◆◆

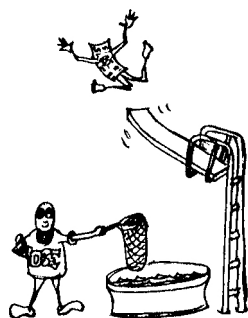
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RETURN SERVICE REQUESTED



# Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

## AUGUST

- 1 Robert McKinley
- 3 Rebecca Teichmann
- 5 Sanaa Smith
- 8 Samuel Louie
- 9 Thomas Chuey
- Patrick Jensen
- David Moulton

- 11 Jim Flanigan
- 12 Steve May
- Maria Wamsley
- 13 Myriam Amsallem
- 15 Gene French
- 17 Michaela Rouan
- 19 Ralph Lim
- Jack Major
- Louise Stephens

- 20 Ed Baumgarten
- 22 Jason Szydlik
- 25 Kristan Elman
- 28 Craig Edwards
- 29 Peter Midford
- Dan Murphy
- 31 Shawn Sax