

DSE NEWS



55th Year

October 2020

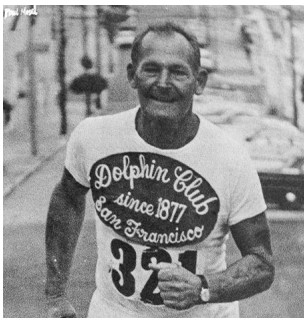
A RUNNING STORY

Mike Pechner

Motivation is a big part of the DSE; it has been since Day One. Walt Stack was a big motivator for all of us. Here was a hod carrier who decided at the tender age of 58 to get in shape. Never mind that as a hod carrier working on Bank of America and other buildings in downtown San Francisco during the building boom of the mid to late 60's, he wasn't in bad shape. Walt was handling almost a hundred pounds of material as he walked upstairs and downstairs to various floors under construction to pick up debris. But the running craze was taking off in cool SF at the same the hippies were moving into the Haight-Ashbury, and Walt was all in.

So in 1966, a member of the Dolphin (Swimming) Club at Aquatic Park formed the DSE, with initially many members of the swimming club. Word of mouth spread like wildfire across the City, and almost overnight Walt was the head of one of the biggest running clubs in the USA. And so it goes . . .

I moved into SF from Marin in 1968, 2 years after the DSE was formed. I met Walt in 1970 or '71 when he and his wife Marcie moved to Kansas Street on Potrero Hill. I lived at 20th and Kansas, about three blocks away from the Stacks. The DSE was instantly populated by world class runners like Joan Ulliot, Ruth Anderson, and Sister Marion Irvine. It was a young group back then and who wouldn't be motivated By a bare chested, well tanned, muscular man in his 60's? Walt got me to join the DSE, but the first person I met was Marine



...continued on p. 4

Walt: the man, the myth.

From the President's Desk

JOE KANIEWSKI

September tested our resolve again. DSE Runners hung on through the toxic air days and the infamous Orange Day, when the California wildfires turned our skies a burnt reddish orange. It reminded me of the environment of the futuristic movie Blade Runner. On social media people posted drone footage of San Francisco set to the soundtrack of the dystopian movie, and it seemed like just another crazy instance where we are living in a movie in 2020. We may have had to consolidate two weeks of virtual races into one, but heck some DSE Turtles still ran them both and posted their gutsy and determined results.

I took to YouTube to stay out of the toxic air and get my running fix. Check out my article about going down that rabbit hole later in this issue of the newsletter. There are some inspirational videos out there to fuel your running.

A disclaimer here: I can't write too much about our most recent virtual runs because I injured myself in September, and I have decided to take a few weeks off from running and seek some medical advice. Thank you Tony Nguyen. Gary Brickley, Stephanie Peterson, Joseph Schenkkan, Wendy Newman, Bob Besso, Amber Wipfler for orthopedist recommendations. It's good to

Inside

FEATURES

Happy Birthday!	5
Jim's New Book: Quest to the Finish	3
Virtual Leadville	4
Online Inspiration	5
Marathon and Beyond	5

DEPARTMENTS

Contact Info	2
Classic Stu-Peds	2
Virtual Running Info	6
Membership Info	7
Officers/Coordinators	7
Weather Forecast	7
Birthdays	8

know that so many of you have addressed knee or shoulder issues, healed up, and worked your way back to getting out there and competing and enjoying our sport.

Luckily, I am finding some exercise, adventure, and community by open water swimming at San Francisco's Aquatic park. With all of our pools closed for Covid-19, Aquatic Park has become the city's swim and exercise destination despite the cool 60 degree water temperature. Just look at the full bleachers on any Saturday and Sunday. In a way, being there is like going back to the roots of our club, when a bunch of swimmers and oarsmen decided to go for a group jog back in 1966. It was German immigrants that started the Dolphin Swimming Club and South End Rowing club way back in 1888 to improve their health and build community. The cool waters are like a salve on the achy joints that have supported my 25 years of running. But I might not have started my 25+-day swim streak it wasn't for Jerry Flanagan, who encouraged me to get back to swimming and join him by venturing out into the Bay. I have to admit that it has taken a few weeks, but I am finally getting to the point where I don't hear the music to the Jaws soundtrack while I swim. And a big shout out to DSE Runners Rubi Kawamura, Dennis Lawlor, and Paul Bravo for coming out and swimming with Jerry and I on Sundays at 10:30..

CLASSIC STU-PEDS

Stu Ruth



There are no lifeguards. But if you can swim, come out and put your feet in the water, take a quick dip, and maybe swim a couple of laps around the buoys. It is fun, therapeutic, and the area is filled with San Francisco history and folklore.

In the water, you can stare at the San Francisco skyline, Alcatraz, and swim by the famous ships parked at Hyde Pier. You can almost imagine being aboard the Balclutha, swimming along the side of the ship. And the perspective of seeing the Golden Gate Bridge from inside the Bay is amazing. I got a copy of Bob Bishop's book *The Running Saga Of Walter Stack* this month, and found myself picturing Walt Stack and his days at sea, jumping off ships and swimming

jumping off ships and swimming to shore when he got liberty. The more I swim, the more bolder and confident I become, and you can as well. Could a group of us DSE Runners tackle an Alcatraz swim be in the future? That would be a great goal.

Back to running: we have some great virtual running this October. We got the Embarcadero 10K, the Lake Merced 4.5 Miles or Half Marathon, the Windmill 10K, the Virtual Mission Bay 5K and the Spreckels Lake 5K. I am hoping for clear, beautiful skies and DSE Runners finding some good peace and pace on the running course. I hope to join you again soon. Have a great October!



Really, it should come as no surprise that turtles would also be fabulous swimmers. If you want to take the plunge, meet at the middle bleachers of Aquatic Park at 10:30 a.m. on Sundays. And check the DSE Runners Facebook Group to find out about bonus swims!

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

HAPPY BIRTHDAY!

September brought some very special birthdays here in DSE-land. On September 13, a whole crew of turtles surprised Liese Rapozo with a car parade, balloons, and flowers in celebration of her special day.



Next up was our dear Bobby Marty, who celebrated his 92nd trip around the sun on September 19.



Then the 20th brought us running AND cake in honor of Suzana Seban. Happy birthday to all!

(Thanks to Wendy Newman for the photos!)

QUEST TO THE FINISH: DIARY OF A DISTANCE RUNNER

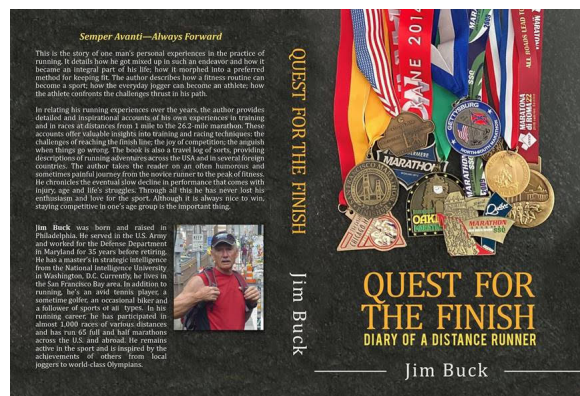
Jim Buck

I'm happy to inform the reading public that a project I've been working on for months has finally achieved the first milestone. The e-book version of *Quest for the Finish: Diary of a Distance Runner* has been issued and is now online at several book-selling sites. For a measly \$5.49-5.99, depending on the site, you can catch a glimpse of one person's adventures at running. Perhaps the reader will even get some insight into some specifics of the sport and what motivates these seemingly crazy people.

I've taken a lot of my previous running essays, combined them with new adventure tales and taken the liberty of explaining my personal philosophies where deemed necessary. It's simply a compendium of information on various aspects of the sport, from one person's viewpoint. I don't expect folks who read it to plow through its many pages in a straight-ahead, front-to-back movement, but rather to skip around and check what sections might be of interest, look over the photos, and get an idea of who participates in these silly activities.

A paperback print version of the book will be hitting the streets in the near future. The paperback will contain the same stories and photos but will of necessity (cost) be in black and white. The value of the e-book version is its presentations in living color. Those who like the heft of a physical book and the tradition of turning a real page can still see the color photos by downloading the e-book.

Currently, the e-book is available on the [Amazon](#) and [Barnes and Noble](#) websites, and reportedly on Apple systems. Some of this is still being worked out. It can be downloaded to your computer, to your Kindle device or Kindle App, and via the Nook system. I've never before read anything on Kindle, but I have the app on my Samsung Galaxy Tablet (Android) and it looks great.



LEADVILLE 100,000 FOOT VERTICAL CHALLENGE

George Rehmet

With races canceled, running during a pandemic seemed to have no purpose. In June, I came upon the Leadville 100,000 Foot Vertical Challenge. This challenge was put on by the Leadville Series folks who put on races at 10,000 feet in the town of Leadville, Colorado. The races are known for their infamous climbs up Colorado peaks. With the vertical challenge, I needed to complete 100,000 feet of elevation gain by August 22.

Thinking that I could do this easily, I signed up. I initially ran my regular route but soon realized that I was only gaining hundreds of feet. By early July, I had to ramp up my elevation gain. Luckily, being a teacher, I was now off and could run during the weekdays. My strategy was to put in 2 long runs and a medium run while doing uphill walks in between these runs. Weekends would be used to recover. Living on a hill, I had no problem gaining a few hundred feet in on these walks.

My runs (more like hikes uphill and running the downhills and flats) took me to many of the Bay Area's highest peaks--Mount Diablo, Mission Peak, Montara Mountain, and Mount Tamalpais. Except for Diablo, I tended to do double summits. Nearby San Bruno Mountain was where I did most of my elevation gain. Near Gilroy, I visited Henry Coe State Park twice, which was remote but very hilly. On my runs there, I would gain about 6,000 feet.

At first, it was challenge to do so much climbing. But when I reached the halfway point, I felt stronger. On some weeks, I would put in 12,000+ feet. Starting the week of August 15, I had 10,000 feet left. But I was faced with the challenge of going back to teaching with a new learning curve of distance learning. In addition, the fires around the Bay Area was starting to affect the air quality and the thoughts of past bad air in 2018 weighed heavily at the back of my mind. A final factor that made the last few days challenging was that I was starting to fatigue. In fact, a couple of times I shortened my workouts and dreaded the potential consequences of this.

August 22 arrived and I had 2,500 feet left to go. My plan was to run into Brisbane from Daly City and climb up the Ridge Trail to finish as the summit of San Bruno Mountain. As I got into Brisbane, the air quality was in the unhealthy level. I put on my N95 mask and headed back west. Running in a mask was a challenge and just increased my fatigue level. But once I got over to



But once I got over to the Daly City side of the mountain, the ocean breezes brought the air quality to the low-moderate level while lowering the temperature. With Plan B, I conquered the unknown steep trails and finally decided to end my journey at the hill behind my house (at least I could be home in 10 minutes). Once on the top, I loaded my Strava data and nervously checked to see if I had reached 2,500 feet. The data read 3,347 feet! So after 10 weeks, 455 miles and nearly 110 hours of running, I had completed my challenge!

DSE HISTORY

...continued from p. 1

Corp Master Sargent Buck Swanack--a real life Jarhead! Buck was a big man, built like a cube and his arms, legs, head and torso were all about the same size. He was also pigeon-toed but boy could he run! He weighed around 250 to 275 but had more muscle, pound-for-pound, than anyone I had ever seen. Being a middle-of-the road runner and not carrying the weight Buck was, I thought it would pretty easy to at least run with him, if not pass him. In my first Dipsea race, I was ahead of him for the first two miles on the long slog through Muir Woods, but about halfway up, here comes Buck, slow and steady. I yielded what little room I had to Buck. He was my motivation until he died of cancer in the mid 1980's. It was a tremendous loss to the entire club membership who looked up to him and respected him for both his running abilities and his service to our country. He was a gentle giant who loved running and his fellow DSE colleagues.

You don't have to look far for motivation today at DSE runs. Jane Colman, like myself, goes back to the 1970's and is still going strong. Theo Jones is probably the best octogenarian runner anywhere with his consistent 10k runs. So next time you are at a DSE run, look around and be sure to say hello to these fine people who have contributed so much to the success of the DSE.

ONLINE INSPIRATION

Joe Kaniewski

Kids these days consume media so much differently than most of us do. And yes, I am old enough to remember when you just had 3 major networks and a couple of UHF stations with reruns to watch on TV. If you have a teenager around the house, you know that they are online more than they watch television.

I went down the rabbit hole of YouTube recently during the toxic air days in September because I missed running. Here are a couple of favorite running spots.

[Runners World TV](#) has some of the same content from its magazine. Their Human Race stories have moved from podcast to video and they are still inspiring. Recently they featured Miami's famous Raven, a man in his seventies that has a 20-year continuous run streak. His daily ritual on the beach in Miami has made him a local legend. Another one of my favorites is the story of Chris Conley, a former Army sergeant who dedicates each day's run to a soldier who died in combat. He places a plastic soldier memorial at the same tree every day. It is amazing and heartwarming.

[Salomon Trail Running](#) has beautifully choreographed stories in both urban and wildlife scenes. There is the story of Ricky Gates, who ran every street in San Francisco a couple years ago. It took him a few months, but the video shows parts and people of our wonderful city we might miss if we don't take the time to see what's around us. There is also a beautiful run tour of Barcelona and a trip around Berlin through the eyes of a recent immigrant and war refugee. If you have ever been to Alaska, you will appreciate the recap of Alaska's infamous Mount Marathon, which is not a traditional marathon distance but a hardcore race nevertheless. Breathtaking runs through the Alps and other mountain ranges are throughout the Solomon series. It makes you want to travel and see the world again!

[The Running Channel](#) was recommended to me by Katie Stern. It is chock full of daily run tips, challenges, and training advice. It is worth checking out. If you are tired of watching Netflix or cable TV, follow the youngsters and check out YouTube for a few hours--there is some great running stories and content out there.

MARATHON AND BEYOND

Jane Colman

Back in my marathoning and ultramarathoning days, my favorite running magazine was *Marathon and Beyond*, a bimonthly small book edited and published by Rich Benyo, race director of the Napa Valley Marathon, and Jan Seeley, whom oldtimers may remember as the co-editor with her late husband Joe of the RRCA Footprints magazine, which was mailed to all members of RRCA running clubs, including the DSE.

The magazine did not include race results or other time-dependent information, but each issue included a description and rating of one marathon, as well as interesting and useful articles of marathoning and ultramarathoning advice, reports of races book reviews and scientific studies. A highlight of each issue was a serial of a running book, either a classic or a novel. In addition to the regular issues, there were also special issues highlighting the Boston Marathon and Grandma's Marathon.

It was published from 1997 through 2015. I have every issue, and checked even the older issues for marathon information. But since I retired from marathoning at the end of 2015, I no longer have any need for them, and would love to pass them on to someone who would find them interesting and/or useful.

I also have a copy of *The Running Saga of Walt Stack*, given to me by my non-running sister many years ago.

Despite the lack of actual DSE races, I'm sure I can arrange a touchless handoff to anyone who is interested. I live in the East Bay and haven't been to San Francisco since the last in-person DSE race in March, but my home is easily accessible from the Bay Bridge or any one of several freeways.

I can be contacted at janecol@lmi.net or 510-652-3116.



Virtual Weekly Race Series

OCTOBER 2020 VIRTUAL RACE SCHEDULE

Here is the Virtual Race Schedule for October 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 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!

September 28 - October 4: Embarcadero 10K - Course Map

Course description: Start at the intersection of Jefferson and Hyde, near the Dolphin Club. Run east along the Embarcadero for 3.1 miles, and return the same way to finish.

October 5 - 11: Lake Merced 4.5 Miles OR Half Marathon - Course Map

Course description: Start/Finish at the north end Lake Merced Parking Lot (foot of Sunset Blvd). For 4.5 miles, run a single loop. For half marathon, run 3 clockwise loops around the lake staying entirely on jogging/pedestrian path, and be sure to carry water and gels. The 1st loop is cut shorter by crossing the "drawbridge" east to west at the southern end of the lake.

October 12 - 18: Windmill 10K - Course Map

Course description: Start at the Dutch Windmill in Golden Gate Park (near Kennedy Drive and the Great Highway). Run eastbound up Kennedy Drive to intersection prior to McLaren Lodge (Kezar Drive/Second Barricade). Turnaround and return the same way back to finish.

October 19 - 25: Mission Bay 5K - Course Map

Course 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 Giants 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 street. At Third take a left and cross the bridge running to Chase Center where you started.

October 26 - November 1: Spreckels Lake 5K - Course Map

Course description: Start at the intersection of Kennedy Drive and 36th Avenue, near Spreckels Lake. Run westbound on Kennedy Drive, left onto Chain of Lakes Drive, left onto MLK Jr. Drive, left onto Transverse Drive, left onto Kennedy 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

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

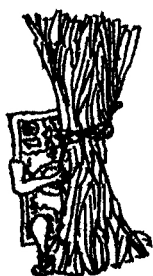
After the hottest September, October will start with record temperatures. Significant cooling starts the second week of the month with the first strong fall weather system that dives into the Great Basin (Nevada). Cool NW winds behind the dry cold front will give rise to strong gusty NE winds around the 13th of October, which will lead to another round of erratic winds boosting once again the fire danger. Dry weather continues into the 3rd week in October. Some forecasts suggest the first rain of the season around the middle or end of the third week of the month. Expect dry and mild weather for the last week of October including Halloween. It could be a wet Election Day.

◆◆◆ 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
Anna Burke
secretary@dserunners.com
TREASURER
Christine Clark
treasurer@dserunners.com
OFFICERS AT LARGE
Marsi Hidekawa
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
Marsi Hidekawa
AGE DIVISION POINTS
Janet Nissenson
PERMITS/SCHEDULING
Jerry Flanagan
Kenneth Fong
Pat Geramoni
Janet Nissenson
Liz Noteware
Carol Pechler
Suzana Seban
RACE DESCRIPTIONS
Brian Hartley
COURSE MAPS
David Wilson
DSE PHOTOGRAPHER
Paul Mosel
WEBMASTER
Rob Snavelly



Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

There were a bunch of errors in last month's birthday list, so here's the September redux along with October!

SEPTEMBER

- 2 Lexi Forman
- 3 Kitzzy Aviles, Christine Clark
- 6 Dev Patel
- 7 Jeffrey Loew, Peter Platt, Woody Szydluk
- 9 Noe Castanon, Don Elsener
- 10 Noriko Bazeley
- 12 Brianna Lim
- 14 Henry Nebeling, Mariah Schmidt
- 15 Kelly Haston; Dixie Horning
- 16 Jim Kauffold
- 18 Martha Arnaud
- 19 Marsi Hidekawa, Bob Marty, Dan Osipow, Paul Zager
- 20 Emil Louie, Suzana Seban
- 21 Paul Chang, Carolyn Eidson, Jennifer Grabowsky
- 22 Stephen Egan, Todd Robbins
- 23 Katia Stern
- 24 Patrick Lee
- 25 Christy David, Jerry Flanagan, Russel Gong

- 26 Neal Ashton, Jane McFarland, Liz Noteware
- 27 Richard Hannon, Dale Low
- 29 Theresa Chavez, Elena Ehrlich
- 30 James McCrea

OCTOBER

- 1 Janet Nissenson
- 2 Daniel Connelly
- 3 Eileen Manning
- 4 Sloane Cook, Peter Flessel
- 5 Stephanie Soler, Laura Zaslavsky
- 6 Robert Belloch
Brooks Esser
- 8 Francisco Hernandez,
Kathy Romero
- 9 Larry Wuertle
- 10 Aileen Batungbakal,
Vincent French
- 11 Fred Chung, James Eales
Dee Farkas
- 12 Grant Martin
- 13 Linda Trowsdale
- 12 Fred Haber
- 15 Claudia Vlasak
- 17 Ironmike Schiff

- 18 Melina Langlois
- 19 Sister Marion Irvine,
Paul Mosel
- 20 Ed Olkowski
- 21 Justin Hubbard, Sai Leung
- 23 Sam Louie
- 25 Susan Biancani,
John Blankenship
- 26 Mike Hung
- 28 Sam Beeman, Karen Pinckard
- 29 Calvin Chan
- 30 Theo Jones, Shelly Taylor
- 31 Jim Buck

