

55th Year

## **ELECTION SEASON**

Brian Hartley, Elections Chair

DSE is now accepting nominations for the following positions: Sr. Vice President and Treasurer. At the present time, we have one candidate for each of these positions: Stephanie Soler for Sr. Vice President, and Akemi Iizuka for Treasurer.

Normally, ballots would be available at our December races, and members could cast their vote anonymously and in person. However, since we are not able to meet in person this year, we will need to tally the votes by e-mail. The Elections Chair is the only individual who will see the ballots, and he will maintain their confidentiality.

Instructions for voting and candidate bios will appear in the December newsletter. The voting period will take place between December 1 and December 15, and the election results announcing the DSE Officers for 2021-2022 will be published in the January 2021 DSE Newsletter.

If you would like to throw your hat in the ring for either of the available positions or have any questions for the Elections Chair, please contact Brian Hartley at <u>blhrunner53@gmail.com</u>.



Remember: ask not what your running club can do for you, but what you can do for your running club. (Actually, we don't mind if you ask us for things--just e-mail the <u>DSE Board</u> with your thoughts!)

#### Inside • • • • • • • • • • • • • • •

# FEATURES DSE November Challenge 2 Jurassic Marathon 3 DSE in the Wild 3 Board Minutes 4 The Language of Spice 4 Maintaining Motivation 5

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

November 2020

## From the President's Desk

The beautiful October golden hues of San Francisco were some solace to these crazy times. I hope you all got to enjoy the DSE virtual races, yoga, and track workouts. I got out for a few runs and amazing swims in the Bay, and loved every minute I spent outdoors.

Over 10 intrepid DSE turtles have taken the plunge at Aquatic Park for a cool refreshing challenge. Check us out on Sunday mornings at our new time, 9:00 a.m. We meet at the middle bleachers. It really is therapeutic for the running muscles and it's no wonder DSE legends like Walt Stack loved swimming there.

We have a great schedule of virtual runs set up in November. We added a great new run course at Mori Point in Pacifica. Just down the block from Bobby Marty's house, the mostly trail course runs along newly restored wetlands and past the Sharp Park golf course, sandy beaches, and Pacifica Pier. I know you will enjoy the breathtaking views of the coastal mountains and ocean surf. It is a flat fast course and should become a new club favorite.

If you are battling 2020 apathy with your running and need a little extra motivation, the DSE board is holding a raffle to members who compete in all the DSE races in November. Prizes include a DSE logo face mask and Starbucks gift card. Make sure you turn in your race results to qualify and keep your fingers crossed.

If it is November, you know it is election time. Thankfully, DSE elections are pretty boring. Christine Clark, our wonderful treasurer, is stepping down in January after many years of service to the club. Please thank her when you can; she brought such a positive presence to the DSE board and our annual Gala planning and execution. She promises to run with us when we can start racing again. Luckily, long time member Akemi lizuka has volunteered to take over as club Treasurer. I know she will bring the same energy to our books that she does to her speedy consistent running. We are in good hands.

Our current excellent Sr. Vice President, Stephanie Soler, is running unopposed for another 2-year term. Stephanie is such a great asset to the club. She has been instrumental in updating our membership system, planning our virtual race schedule, and bringing back our track workouts. We will have to vote by mail this year, so please look for instructions on voting and let your voice be heard by confirming these great candidates.

I saw Jim Buck's new running book mentioned in last month's newsletter and it got me thinking about all the other books written by DSE members or inspired by DSE personalities. I made a short list. Is there any other club with such a prolific group? **CLASSIC STU-PEDS** 



DSE Authors:

Jim Buck, Quest for the Finish:
Diary of a Distance Runner
Joan Ullyot, M.D., Running Free,
Women's Running

- Carol Pechler, Run, Rima! - Harry Cordellos, Breaking Through: The Autobiography of the World's Greatest Blind Athlete

About DSE Members:

- Bob Bishop, The Running Saga of Walter Stack

- Jennifer Lin & Susan Warner, "Sister Marion Irvine: The Flying Nun," Sole Sisters: Stories of Women and Running

- Lee Bergquist, *A Champion Again* - Janet Wells and Harry Cordellos,

No Limits: Harry Cordellos, America's Legendary Blind Athlete

## JOIN THE DSE NOVEMBER CHALLENGE!

DSE Board

Hello Turtles,

Getting Covid fatigue? A little complacent with your running? Introducing the DSE November challenge! Run the remaining 4 November virtual races and you'll be entered in our raffle at the end of the month. Submit your times by 3 p.m. on November 8, 15, 22, and 29, members only, and we'll draw the raffle winner by November 30 and send your prize to you in the mail! The winner will be announced the first week in December.

Don't pass up this chance to win a DSE face mask and a \$20 Starbucks gift card, so you can go for a run and then have coffee on us! Let's go Turtles!!



#### How to contact the DSE News

The DSE Newsletter is published monthly for the DSE Running Club.

#### Contact:

Amber Wipfler, Editor Email: <u>weenerdog@gmail.com</u>

#### 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.

#### 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 Snaveley webmaster@dserunners.com

## JURASSIC MARATHON

Amber Wipfler

Between Halloween and the upcoming (virtual) DSE Turkey Trot, there will be plenty of opportunities to run in costume over the next few weeks. And if you need any advice on how to do it, just ask our own Riya Suising, who ran 26.2 miles while dressed as a ferocious (and fast!) T-Rex.

An article in the <u>Palo Alto Weekly</u> read, "If you were at Pardee Park on Sept. 18 and thought you saw a Tyrannosaurus rex running loops all afternoon, it wasn't a figment of your imagination. The person behind the inflatable costume was Riya Suising, a 53-year-old Palo Altan participating in the virtual Boston Marathon." Riya completed the race in 5:20:50, which is impressive considering that 1) she had a technical issue with the tracking app; and 2) she was running circles in a freaking dinosaur costume.

Riya described her form that day as "one big balloon running around the lap," which is actually not too far from accurate. Despite what you may have seen in certain blockbuster movies, T-rexes were not particularly fast runners, and moved at more of a speed walk than a run. (Ornithomimids, such as the Gallimimus and Struthiomimus, were the fastest runners of the Cretaceous, clocking in at around 50 mph.) In any event, Riya put smiles on a lot of faces that day, and is living proof that there's no costume too ridiculous for running. Well done, Riya, or should we say RAWR?



A triumphant T-rex. © 2020 Riya Suising

P.S. If you end up running in costume for Halloween, the Turkey Trot, or just 'cause, be sure to post it to the <u>DSE Facebook group</u>. We all want to see your genius!

## DSE IN THE WILD

Despite a lack of organized races, DSE runners are finding ways to stay connected! It's so great to see everyone's smiling faces.









Photo credits, top to bottom: © 2020 Liz Isaacs, Kevin Lee, Marianne Plunder, Stephanie Soler

## DSE BOARD MINUTES

Anna Burke

During this time of Covid, the board has met several times via Zoom to discuss how best to keep races going and the community together. The virtual races seem to be a success and we will continue our outreach to members as much as possible. Below are the minutes from our last meeting, held October 23, 2020.

Present: Joe Kaniewski, Stephanie Soler, Anna Burke, Jerry Flanagan, Marsi Hidekawa, Terri Rourke, Kevin Lee, Christine Clark

<u>Races</u>- Virtual runs going well. Brainstormed how to get more participants, incentivize runners to turn in their times.

Will try a drawing for November- all runners will enter a drawing for a DSE mask and gift card if they run the remaining 4 races in November and turn in their times.

<u>Gala</u>- There will be no Gala in January. We will plan for a picnic for all members once Covid restrictions are lifted. The awards will be handed out at the picnic/ Gala.

<u>Elections</u> - Akemi Iizuka is running for Treasurer and Stephanie Soler is running for Senior VP. Both candidates will write their bio and submit it to Elections Chair Brian Hartley. We will ask members to vote by email or mail for those who receive the newsletter.

It was noted that the president can appoint "at-large" board positions if they would like to expand the board. The current board discouraged expansion of the board. Eight board members seems to be adequate.

<u>RRCA</u>- Insurance for races is due. Stephanie will send Kevin membership information. Annual RRCA insurance is approximately \$5 per household.

<u>Accounting fees</u>- Agreed to pay Flaminius Ching CPA to file Attorney General Non-Profit status information and tax related information. Also agreed to pay state of CA registration fee per year to maintain non-profit status.

<u>Membership</u>- There are 445 members: 401 Adult members and 44 kids. Approximately 80 members have renewed for 2021. Approximately 50 households receive the paper newsletter by mail. It was noted that 25% of our membership is over 65 and 50% is over 50. We need to be thoughtful when starting in-person races.

Next DSE Zoom Board meeting will be held December 9th, 2020 at 7 p.m.

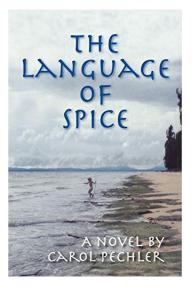
## THE LANGUAGE OF SPICE

Amber Wipfler

Our very own Carol Pechler, accomplished marathoner and author of *Run, Rima!*, took advantage of the shelterin-place to complete her second novel, *The Language of Spice*. This time, Carol tells the story of a young linguist who, unable to find a university job and needing to support her four-year-old daughter, embarks on an overseas journey to study the origins of language.

Carol writes, "Arriving in the Philippines and then in the Spice Islands of Indonesia, she was amazed by the natural beauty, so many friendly and good-looking people, and colorful cultural attractions including clothing, houses, music and dance. But she encountered challenges, including romance and world events, that caused her to wonder if she could ever get a job back home. Instead, she stepped into a much bigger story: her Spanish contact language opened the door to the five-thousand-year history of the Spice Trade that had changed the world."

The Language of Spice is now available as both an e-book and a paperback, and can be purchased on <u>Amazon</u> and <u>Barnes and Noble</u>. Get ready to curl up in your favorite chair, pumpkin spice latte in hand, and immerse yourself in this amazing adventure.



**PSST!** You! Yes, you! Have you renewed your DSE membership for 2021? By now, you should have received a reminder e-mail with a link to our renewal page. Don't put it off and be sad come January because you let your membership lapse! In fact, you don't even need to go back to your inbox--just click <u>here</u>. And thank you for your support of our club!

## MAINTAINING MOTIVATION

#### Amber Wipfler

For most of us, it's been over 6 months since we've run an organized race, and pandemic fatigue is real. So we put the question out on the <u>DSE Facebook</u> <u>Group</u>: what have you been doing to stay active and motivated? Are you aiming for a personally-timed PR? Have you incorporated some new cross training to keep things interesting? Or have you thrown your Garmin in the back of the drawer and started running just for the fun of it, no splits needed? Here's what some of our members had to say.

- "I'm an extrovert, and I desperately miss dinner dates, book club, game nights, and house parties. Walking or running with a friend (and a mask) has become my primary mode of connecting with real humans. I walk or run almost everyday with a different person in a different place, taking advantage of all the wonderful options available to me (including the always awesome Virtual "I Races and Track Workouts)!" Stephanie Soler
- "I take yoga 2 x a week and a stretching/weight class 2 x a week. I hike 20+ miles a week with my German shepherd. I run way less than in the past because I am social runner and a racer. I hate running alone. I have just recently re-started track workouts with a few DSEers." - Marianne Plunder
- "I take yoga and spin classes, go for hikes, swim, do track work and run the virtual DSE races. I am in better shape than pre-Covid and it's how I socialize too!" - Wendy Newman
- "Swimming at Aquatic Park! Never would have dreamed I could swim 2 miles in open water! DSE Turtle support!" - Joe Kaniewski

Riya Suising's story is one that we can all relate to. She writes "Up until about July I was still training regularly, getting ready to run my spring marathons that were rescheduled to the fall. When I started hearing about all the fall events getting canceled as well, everything looked really bleak for this year. By September it was clear that all major races in 2020 would be canceled and going virtual. I did sign up for a number of virtual races. I didn't realize that there were so many already out there. I did a couple with cute medals, especially 2020 or COVIDthemed virtual runs, as I had to get a souvenir medal representing this year. After getting more medals shipped to me than I have storage space for, I became more selective and tried to find another reason to keep running hard. It was difficult as simple 10Ks and 5Ks became more challenging, especially when we

especially when we had to run in partially smoky air and/or wearing a face mask while running. Thank goodness that clean air is back again, but I have gotten used to running outside (and working out in the gym) wearing a mask all the time.

"I eventually gave up on running fast this year. Maybe I'll have time to train in 2021 when racing comes back, if at all. If not, I realized there are other fun things to try in life, like continuing my ballet classes, doing more stretching and strength poses in Janet's yoga classes for DSE on Saturdays and Tuesdays, and now I even get to teach my own Zumba classes on my own schedule and dance anytime I want with others! Running is still the most efficient way to get in a workout. I ended up running the same local courses over and over in my neighborhood out of boredom, but passed Mark Zuckerberg a few times on the course. I learned creative ways to make running more fun. Finding virtual races where your friends have also registered so you can 'compete' with them in the leaderboard. I joined several Pamakid runners in the COVID-Cup virtual team race, and created my own Donut Dashers team where the donuts are at least as important as our weekly runs! Finally, I was able to run the canceled Boston Marathon virtually this year, still wearing a costume, and was finally able to try out my T-Rex costume in a full marathon. As dreadful as it sounds, it remains a memorable experience that marks 2020 as an unforgettable year. I guess this Shelter-In-Place has given us greater mental challenges to overcome as well. It's a good way to reflect back and appreciate our friends still exist, and even though we can't meet them as often, we can still connect with them in new, weird ways and know we're still chasing each other somewhere virtually. Thanks DSE for giving us the chance to still race each other virtually each week!"

Remember: times may be tough, but DSE Turtles are tougher! Let's stay strong, stay fit, and keep supporting one another.

## Virtual Weekly Race Series

#### **NOVEMBER 2020 VIRTUAL RACE SCHEDULE**

Hello Turtles! Here is the Virtual Race Schedule for November 2020. Please email name, age, gender, and results to <u>dsevirtual@gmail.com</u> by 3pm Sunday each week. Be sure to include the name of the race in the subject line. As always, you can run our suggested course or a similar course close to home. Thank you, and happy running!

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

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

<u>Course description</u>: 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.

#### November 2 - 8: Mori Park 5K - Course Map

<u>Course Description</u>: Start at the Mori Point parking lot (Bradford Way and Mori Point Rd), run west on Old Mori Rd, turn right on Coastal Trail, this becomes Beach Blvd, turn around at 1.55mile mark near Carmel Ave, return to start.

#### November 9 - 15: Lands End 5K -Course Map

<u>Course Description</u>: Run from the USSSF parking lot south towards Point Lobos Ave., make sharp turn before Seal Rock Dr, run on Lands End Trail towards El Camino Del Mar, turn around before Lincoln Highway and return.

#### November 16 - 22: Aquatic Park 10K - Course Map

<u>Course Description</u>: Start at the intersection of Jefferson and Hyde, near the Dolphin Club. Run along Aquatic Park promenade, over Fort Mason Hill to Marina Blvd. Run on Marina Blvd. towards Baker Street, turn right, then left onto the Golden Gate Promenade. Continue on Golden Gate Promenade until the 3.1 mile mark near the Warming Hut. Turn around and return same way to finish.

#### November 23 - 29: Arts and Sciences 5K Turkey Trot - Course Map

<u>Course Description</u>: This week's race is a **Thanksgiving Turkey Trot!** We encourage walkers and runners of all ages to complete our suggested course or a similar course close to home on Thanksgiving Day or over the weekend, costumes encouraged! Post your photos to the DSE Facebook Page or email them to <u>weenerdog@gmail.com</u> for publication in the December newsletter!

Start in front of the Conservatory of Flowers 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 horsehoe shape around the concourse back onto MLK until you pass Big Rec/Little Rec passing the lawn bowling and back to JFK/ Pelosi.

#### November 30 - December 6: Sierra Point 10K - Course Map

<u>Course Description</u>: Start at the Sierra Point Marina (400 Sierra Point Parkway, Brisbane, CA). Run southbound on paved Bay Trail, turnaround at 3.1 miles (Oyster Point) and return to finish.

### Membership

nformation

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

Sunny skies and above normal temperatures are likely in the first few days of November. Temperatures begin to cool with one forecast model showing a possibility of rain on the 5th or 6th; however, not all models show this. Temps warm during the 2nd week of November with SF reaching 70 degrees or warmer on several days with great mild fall weather around the entire Bay Area. Dry and cooler weather begins in the 3rd week of November with rain likely around the 20th or 21st and the first significant snow in the Sierra. Dry, cool weather returns for Thanksgiving. Some light rain is possible by month's end.

## Club OfficersCoordinators <>>

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 TRFASURFR 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 Snavely** 

SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB P.O. BOX 210482 SAN FRANCISCO, CA 94121

RETURN SERVICE REQUESTED





## Happy Birthday! • • •

#### **NOVEMBER**

- 3 Jenni Desideri
- 4 Margaret Ostermann
- 6 Veronica Balistreri
- 7 Matthew Cox
- 9 Adam Messinger
- 10 Jose Maldonado

- 11 Marianne Frank
- Steve Musser 16 Eric Fan Victoria Monfried
- Kirk Walker 18 Michael Gulli
- Joe Kaniewski
- 19 Jessica Watkins
- 20 Jeanie Jones

- 22 David Wilson
- 23 Amy Winston
- 25 Adriana Collins
- Julie Munsayac 26 Will Knot
- Jake Ols
- HAPPY THANKSGIVING! 27 Kenneth Fong

June Szydlik

28 Harry Cordellos Tim Danison Becky Rozewicz