



DSE OFFICER ELECTIONS

Brian Hartley & Amber Wipfler

It is our privilege and pleasure to present the candidates for 2021-2022's open Board positions: Stephanie Soler for Senior Vice President and Akemi Iizuka for Treasurer.

Voting this year will be conducted electronically. To cast your vote for the two candidates, please e-mail Elections Chair Brian Hartley at BHartley@boundtree.com with the message "Approve Slate." Please do not include your name in the e-mail, and be sure to use the e-mail address that we have on file. No other person except the Elections Chair will see the votes, and they will be kept strictly confidential.

Now onto the candidates!



AKEMI IIZUKA

Candidate for Treasurer

My name is Akemi Iizuka. I am originally from Japan and have been living in my adopted hometown of San Francisco for the last 29 years. I hated running when I was little and had so many excuses not to run during my school years. Now I feel strange if I miss a day!

My first DSE race was back in 2012. I remember people were friendly and looked happy, so I did not

think twice about joining. Now I enjoy all things DSE, including folding sessions, race-day volunteering, Saturday group runs and even participating in a couple of Golden Gate Relays. What I enjoy most about DSE is the community. Everyone is welcoming with open arms.

Professionally, I am a CPA and QuickBooks Proadvisor. After working at CPA firms, I started my own practice in 2000 and now focus on providing offsite bookkeeping services and QuickBooks consulting to medium and small businesses. I'd like to give back to the club that has brought me so much joy, and I think serving on the Board as Treasurer my skills will be a valuable asset.

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From the President's Desk

◆ ◆ ◆ JOE KANIEWSKI

We had some good running in November, with our virtual races at Mori Point, Lands End, Aquatic Park and the east end of Golden Gate Park. I have to say that the new Mori Point run has a bit of Jekyll and Hyde quality to it depending upon the wind and weather of when you ran the course. It was an awesome race early Tuesday and crazy on Sunday because of that blistering coastal wind. And wasn't it great to run Land's End again after all these months? The views of the Pacific, the Marin Headlands, and Golden Gate Bridge never gets old. And finally, I really enjoyed starting and ending at Aquatic Park again just for the mixture of runners, open water swimmers, boaters, and fishermen you find at the park doing their thing. There is a cool energy down there on Saturday and Sunday mornings that you can't find in most places.

I am happy to share that I am back to running. The MRI I had on my left knee showed no ACL or MCL damage. My orthopedist did find evidence of a torn meniscus and arthritis. I won't need surgery, but I will need to warm up better and cross-train more. And while open water swimming has been a great new exercise to pursue, it just doesn't compare to bounding down trails at breakneck speed for pure exhilaration's sake. Running in the cool fall evening

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air with a headlamp has been an excellent way to burn off stress this last month. I really love running past little raccoon families and coyotes in Golden Gate Park again. And who doesn't appreciate getting your cold weather running gear out of storage and putting on those gloves, stocking caps, and base layers again. Fall's changing colors are on full display this month and those misty wet cool runs are in our future as well.

Our beat 2020 apathy contest is going strong. The results team informed me that more of you are reporting your results this November and completing all of our virtual races. I guess the adage "everybody loves SWAG" is true. If you ran and reported all of our November races you are eligible for the raffle on Sunday December 6 at 5:00 p.m. Prizes include a customized DSE mask, wine glass and bottle of wine, and DSE headbands. A 3 in 54 chance to win? Those are pretty good odds. (Look for the Zoom link on page 5.)

We have a whole new slate of virtual races and another raffle for December, with Sierra Point, Kennedy Drive, Baker Beach, and Rainbow Falls for your running pleasure. DSE members Jason & Woody Szydluk (the fastest dad & son team right now) are doing a longer monthly runs in the Marin Headlands these days (more on that on page 4). We will try to run at different paces and promise to leave

CLASSIC STU-PEDS

Stu Ruth



no runner behind for those hungry roving packs of wild coyotes.

With the election behind us and vaccines on the way, it feels like we can start to see a light at the end of the tunnel. I was joking with George Rehmet and Jerry Flanagan that I wanted a ribbon from Bobby Marty after our recent swim at Treasure Island Cove. Hopefully we can begin races by next Spring. Our fledgling DSE swim team is still busy exploring the waters around and under San



DSE swim team.
© 2020 George Rehmet

Francisco's Municipal Pier, Treasure Island, and the Berkeley Marina. Let us know if you like to join the adventures as we hit the Bay Area beaches, coves, and lagoons.

I took a pre-Thanksgiving run out to Oakland's Redwood Park for 4 miles of gorgeous soft trail. Could we make that a DSE virtual race in the future? DSE on the road in the Bay Area? Let me know if you have a favorite spot outside of San Francisco for consideration in our schedule. It's so good to get out. Take care, Turtles!

DSE MEMBERSHIP SNAPSHOT

Thank you to everyone who has already renewed your DSE membership! Our club is going strong in virtual times. As of press time, we have 450 active members. Woo hoo!

TOTAL: 450 Active DSE Members

GENDER: 59% Male, 41% Female

RESIDENCE: 58% San Francisco, 21% Peninsula, 13% East Bay, 6% Marin, 2% Other

AGE:

<18: 10%

18-34: 10%

35-49: 20%

50-64: 33%

65-79: 19%

80+: 8%

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.

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

CANDIDATE BIOS

...continued from p. 1

STEPHANIE SOLER Candidate for Senior Vice President

I have been a proud DSE member since 2007, and on the DSE Board since 2018. I love that the club is inclusive of all ages and abilities, and encourages runners to explore different parts of San Francisco and the Bay Area. When I'm not running, you can find me practicing yoga, executive coaching start-up CEOs and other leaders, and hanging out with my awesome son Jack.

During my time on the Board, I've worked to make it easier for runners to join and volunteer for DSE. My goal is to continue to try new ideas while maintaining the great traditions that make DSE so special.



GOBBLE GOBBLE

Everyone seemed to be having a fabulous time at the Arts & Sciences 5K Turkey Trot. And as we enter a December full of egg nog, cookies, and sufganiyot, it's important to remember these Turkey Trot words of wisdom: the more you run, the more you can eat!



Photo credits, top to bottom:
© 2020 Stephanie Soler, Terri Rourke

AQUATIC PARK SHENANIGANS

It was like a spontaneous family reunion at last month's Aquatic Park 10K. After all, who could resist soaking in the last rays of November sunshine along the City's most popular running path?



Photo credits, top to bottom: © 2020 Liz Isaacs,
Jerry Flanagan, Wendy Newman, Rebecca Teichmann

BOOK CLUB

Joe Kaniewski

This last Saturday was Small Business Saturday and I always like to make a stop at a local bookstore to find some books to give as gifts and for myself to read for the holidays. My favorite book store is Green Apple in San Francisco's Richmond District. Below are a few books I have picked up there for holiday downtime and inspiration. If you like to read about running or are curious about open water swimming, check these books out!

- *Running with Sherman* by Christopher McDougall

This is another great book from the author of *Born to Run* and *Natural Born Heroes*. This time Christopher gives us a peek into the science of human-animal relationships and burro racing. If you liked his earlier books, you will like this one.

- *Epic Runs of the World* from Lonely Planet

Want to see or imagine the world's great runs while we are dealing with Covid? Check this book out and try not to create lists of places you want to explore once we knock out this darn virus.

- *Why we Swim* by Bonnie Tsui

Bonnie is a San Francisco-based journalist who takes readers on a trip through time and around the world, recounting the ways people have endured, adapted to, and interacted with water over thousands of years. Best of all, she mentions several San Francisco swimming legends and challenges.

- *Today We Die A Little: The Inimitable Emil Zatopek, The Greatest Olympic Runner of All Time* by Richard Askwith

The very title of the book caught my eye. The author captures Emil's amazing training regimen and chronicles his achievements both in running and political stances.

- *Cross Country, A 3,700 Mile Run to Explore Unseen America* by Rickey Gates

Rickey is the ultramarathoner who ran all 1,127 miles of San Francisco streets over the course of several months. This book documents his cross country trek through photographs and words as he runs from South Carolina to San Francisco across hiking trails, rivers, and roads. Along the way Rickey makes a point to talk to people in the "fly over" states from all walks of life and finds qualities like grit, determination, and compassion that unite us all.

DSE DISPATCHES

Second Sunday Trail Runs in the Headlands

We would like to invite our fellow DSErs to join us in the Marin Headlands for some trail runs. We'll meet the second Sunday of every month at 9:00 a.m. in the parking lot on the northwest side of the Golden Gate Bridge. We'll run a loop of about 10.5 miles with three big climbs and lots of big views. Here's the route: SCA, Alta, Bobcat, Marincello, Old Springs, Miwok, Julian, Slacker Hill, and SCA trails (map [here](#)). We hope to see you there!

- Woody and Jason Szydluk

Congrats Jim!

Congratulations to Jim Buck on the publication of your book. It's a great accomplishment. Thank you for your faithfulness to the sport of running that prompted you to share your love for it so others could enjoy reading about your experiences and benefit from your many insights into the sport.

Sincerely and "Semper Fi,"

-Judith Jarosz

Thanksgiving Run

For many years, a group of former members of the long-defunct Berkeley Runners Club have met in North Berkeley early on Thanksgiving morning and gone for a run/walk together. We took BART back to Berkeley, at least until we had non-runners who drove to the finish, a run of about 10 miles. The past several years, as we all get older and most of us (but not me) walk rather than run, we've done only the first half and ended at a scenic overlook in the park, which is actually a much better place for the potluck.

This year, like everything else, the run was canceled, so I went on my own. Since it was an out and back I didn't go all the way, but turned around in the park after running 3.5 miles and ran back down the hill, giving me 7 miles for my Thursday long run. It was a beautiful morning and, taking it easy with walk breaks. I never felt tired. I saw more bicyclists than pedestrians, more walkers than runners, and more runners than cars. Of course, I missed the company; some of these people I see only on Thanksgiving morning, but I'm glad I did it and I got back with plenty of time for preparing Thanksgiving dinner.



Masked up and
ready for a Turkey
Day run!
© 2020 Jane
Colman

HOLIDAY GRATITUDE

Amber Wipfler

Before this year, I wasn't what you'd call a meditative runner. I generally spent my runs thinking about random nonsense ("Will I get sick if I eat those leftovers?" "I wonder if I could outrun a murder hornet?") or silently singing along to objectively terrible pop music. But these days, when it feels like my mind is on full blast during every waking moment, running has become a time to slow down my thoughts and engage in some quiet reflection.

As my family and I celebrated Thanksgiving and began our preparations for the winter holidays, I found myself thinking a lot about gratitude. Focusing on the wonderful things I have right in front of me, rather than what I've lost or what might come to pass, has been immeasurably helpful during these trying and unpredictable times. With this in mind, I asked the DSE community, "What are you grateful for?"

It will surprise exactly none of you that the answers I received were thoughtful, gracious, and guaranteed to give you that warm, fuzzy feeling that we could all use a little more of nowadays.

- I'm thankful for the great friendships and so many memories that running has given me. DSE has been the gateway for this to happen.

-Eduardo Vazquez

- I am thankful to live in such a beautiful place and experience it with a wonderful group of family and friends.

-Joe Kaniewski

- I'm thankful for Joe and Jerry for constantly pushing me to do stuff I probably would never do without their encouragement...and Amber for our newsletter which is truly one of my favorite things

-Dennis Lawlor

- I am thankful for Janet Nissenson's wonderful yoga class and our pre- and post-class Zoom socializing

-Marianne Plunder

- Thankful to have the opportunity to gather together with you all to practice - it has been a lot of fun for me!

-Janet Nissenson

- I'm thankful for Joe, Jerry, Rubi, Olga, and Dennis reigniting my enjoyment of swimming. This time last year I had health issues and could not close a deal for a company going off a cliff. This year is the complete opposite. For those of you possibly struggling at this time: Hang on. Things will change.

-Paul Bravo

- Running stabilizes me and DSE is my church. I return to it whenever I find myself lost once again. I'm grateful for "running" into Kenley Gaffke so many years ago. He introduced me to DSE and the local running community. All my most treasured running friends (most all my friends in general) can be traced back to Kenley. I don't see him much these days and I love to give him a bad time when I do but I'm forever grateful to him. He is a loving and generous person.

-Nakia Baird

As for me, I'm thankful for a running club that has given me so much support over these last 10 years, even after I left San Francisco and throughout a global pandemic. Even though I can't see you all in person, I still feel so connected!

So it is with a grateful spirit and high hopes for the year to come that all of us at DSE wish you a very happy holiday season. Stay healthy, stay thankful, and keep moving forward!



Merry merry, DSE!
© 2020 Stephanie Soler

ZOOM RAFFLE!

Stephanie Soler

Congratulations to the 54 members who are eligible for our first Zoom Raffle!

Members who completed all four November Virtual Races (Mori Park 5K, Lands End 5K, Aquatic Park 10K, Arts and Sciences Turkey Trot 5K) receive one entry in this month's raffle with multiple prizes, conducted by the wonderful Marsi and Terri. All are welcome to join the December 6, 5 p.m. Zoom to say hello, watch the drawing, and congratulate the winners!

Here are the Zoom details:

Topic: DSE Virtual Runs Prize Drawing

Time: Dec 6, 2020 05:00 PM Pacific Time

Link: <https://us02web.zoom.us/j/83093814712>

Meeting ID: 830 9381 4712

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 dsevirtual@gmail.com 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!

November 30 - December 6: Sierra Point 10K - [Course Map](#)

Course Description: 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.

December 7 – 13: Kennedy Drive 8K - [Course Map](#)

Course description: Start on Middle Drive, on the south side of the Polo Field in Golden Gate Park. Run (uphill) eastbound on Middle Drive, turn onto Overlook Drive (path), left at Transverse and right onto Kennedy Drive. Run eastbound on Kennedy Drive to barricade at Kezar Drive. Turn around at barricade and return same way to finish.

December 14 – 20: Baker Beach 5K - [Course Map](#)

Course Description: Start at the Lower Baker Beach parking lot. Upon exiting lower Baker Beach parking lot, immediately turn left on Battery Chamberlin Rd and run up to and through upper parking lot. Exit through gate at far end and run east into short Battery section before completing .6 mile uphill climb. Run left (inside guard rail) along Lincoln Way. Just beyond Langdon Court (Street), take the left fork gravel trail and run the entire “new trail” section with wooden bridge. Do not exit onto asphalt pedestrian/bike lane leading to GG Bridge. Instead, turn around at end of trail and return the same way to finish.

December 21 – 27: Rainbow Falls Reindeer Run 5K - [Course Map](#)

Course Description: Start at Kennedy Drive and Transverse in Golden Gate Park. Run east up Kennedy Drive to McLaren Lodge. Turnaround at Barricade at Kezar Drive, start back and turn right on East Conservatory Drive. Run up and around East Conservatory Drive then back onto Kennedy Drive and return westbound to finish.



KEEP UP THE GREAT WORK, TURTLES!

Photo credits, left to right: © 2020 Liz Noteware, Phyllis Nabhan, Adriana Collins, Wendy Newman

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

November rain was below normal with only three days and most of the forecast models do not show any changes in our mild sunny days and cold clear nights through at least mid-month. The first significant storm of the season is possible in the third week of December just before Christmas. That may be the only precipitation of the month as dry weather is likely the last week of the month including Christmas and New Years. Let's hope for a wet January. Meanwhile, highs will be above normal in the 60's with lots of sunshine for the first 2 weeks of December

◆◆◆ Club Officers & Coordinators ◆◆◆

PRESIDENT
ANGELICUS
Walt Stack

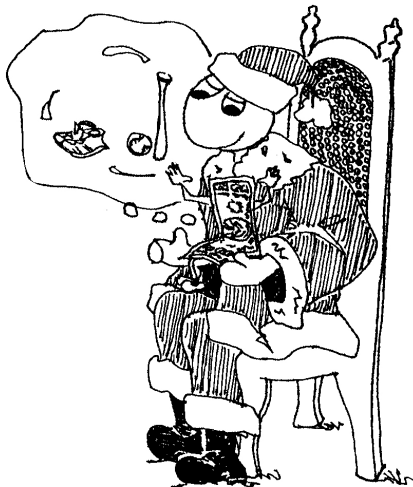


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Paul Mosel
WEBMASTER
Rob Snavelly

SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

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RETURN SERVICE REQUESTED



Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

DECEMBER

8 Juliette Johnson
George Rehmet
10 Gary Brickley
Mort Weisberg

12 Amy Sonstein
13 Patty Gee
Katherine Sacks
14 Casey Childers
17 Lazaro Sanchez
James Saunders
19 Glen Furuta
Francois Lariviere
John McCarroll
20 Heather Abramson
Rob Snavelly

21 Sophia Baird
Virginia Rosales
22 William Dai
Elaine Gecht
23 Jessica England
24 Alexander Meau
25 Sandor Mandoki
26 Dara Ditsworth
Luis German
27 Amanda Eberhart
Benjamin Walker
28 Kimberlee Johnson
Andrew Macnider
31 David Klinetobe