

DSE NEWS

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55th Year

February 2021

CATCHING UP WITH SISTER MARION

Joe Kaniewski

For those of you who don't know about her, Sister Marion Irvine qualified and ran in the Olympic trials and is a Dominican nun. A San Francisco native, she grew up in the Sunset District and graduated from St Cecilia's grammar school and St. Rose Academy. She is a lifelong educator who started running at age 47 in order to improve her health. She found her way to DSE in the late 1970s while Walt Stack was president and they became friends. Encouraged by DSE members and Walt, Sr. Marion qualified for and ran in the 1984 Olympic Marathon Trials at age 54, one of the oldest individuals to do so. She became an early Peak buster (Pikes Peak Marathon runner) and set many Masters running records.

I never got to see Sr. Marion run in her prime, when she was running 80 miles a week and sponsored by Nike, but Jeanie Kayser-Jones described her to me as "very gregarious, and everyone loved her. She was tall, slender, and an excellent runner. I don't think I have ever seen anyone who pushed themselves as hard as she did. When she crossed the finish line, you knew that she had given all that she could in that race."

At 91, Sr. Marion is still going strong. She walks 4 miles a day and continues her ministry at Marin County Jail and through letters to inmates at San Quentin Prison. She lives and works with her Dominican Sisters in San Rafael, still contributing to the liturgies and prayers. She also started taking up Spanish.



*Sr. Marion on her way to a 2:52:02 finish in the 1984 Olympic Marathon Trials.
© 1984 Olympic Trials Legacy Committee*

From the President's Desk

◆ ◆ ◆ JOE KANIEWSKI

January was another challenging month. The good news is that we still have DSE. I got a chance to talk to DSE legend Sister Marion Irvine, the Dominican nun who ran in the Olympic Marathon Trials. I also got to identify some new DSE courses, and found a new mantra to propel my running. We ran some of our old favorites at the Polo Field, Stern Grove, Aquatic Park and the Embarcadero, and a few of us managed to surprise Stephanie Soler and Phyllis Nabhan with their DSE Walt Stack and Lifetime Achievement awards in a socially distant, small group celebrations.

Do you ever use a mantra to propel your running? I got a new one from reading an article in Marin Living magazine that featured ultra marathon runner and author Dean Karnazes. In the article, Dean talks about having trouble completing a recent ultramarathon. He describes how he was close to dropping out of the race before he started putting all his energy into the present moment. Specifically, he described how he worked to just make his next run step better than the last one, and so on. I put his idea into practice and before I knew it I had run my first 10K run without stopping. I found I wasn't over thinking the run or dreading how far I had to go; I just focused on my breathing and making the

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next foot plant better than the last. I noticed my strides felt better and I was running more efficiently. If you need a little extra help on your next run, I recommend that focus exercise.

Our scheduling team worked up a series of new virtual races that we hope inspire you to get out. It is not clear that we can get regular permits for these race destinations but we hope you find them a pleasant change of pace from some of our usual race destinations like Golden Gate Park. If you need a ride to one of these race locations, be sure to let someone in the club know--we should be able to put together a safe carpool to these locations outside of San Francisco. We have scheduled races at the old Sawyer Camp Trail, a ridgeline trail in the Presidio; Redwood Park in Oakland, and the Tennessee Valley Trail in Mill Valley. The theme here is to find runs with pretty trees, soft trails, and great views.

I asked Liz Noteware to become a member at large of the DSE board and she accepted. You probably know Liz from her speedy race results, great energy, and family runs. Liz has managed to bring her whole family to DSE events, along with her son's classmates and their families. Liz is also stepping in to work on San Francisco race permits and schedule while attending our weekly yoga and monthly raffles.

CLASSIC STU-PEDS

Stu Ruth



I'M JUST RUNNING TO SUPPORT MY TWENTY DOLLAR A WEEK CHOCOLATE HABIT.

Did you notice our race schedule now has a link to Strava maps? Yes, thanks to our web guru Rob Snavley and Liz Noteware, we are putting links to Strava on our race descriptions. With Strava you can tell the elevation of DSE races and follow step by step maps (via the Strava phone app) for those difficult to navigate DSE race courses. Please note, Strava has different versions, both free and paid versions, and you can follow many of your DSE friends on all their workout activities but especially swimming, biking, and running. Since we don't have Kevin Lee's course markings in our virtual races, knowing where you are going or creating course equivalents if you can't get to the race location is more important than ever. Make sure you thank Rob and Liz the next time you see them,

as people have wanted that elevation information for years!

In baseball, there is a tradition of referring to different great players as the Greatest Living Hitter. In my lifetime, I remember hearing people use that description for Ted Williams, Joe DiMaggio, Stan Musial, and Willie Mays. In January, I got a chance to speak to DSE's Greatest Living Runner, Sister Marion Irvine. It was really great to get an update from her and learn more about her running career and activism. I think there is probably enough material to write a book about her. Please check out my article to get an update on a humble DSE Star.

February should be a better month. I feel like I have a whole lot of head space that has been freed up now that I don't have to worry as much about politics and Covid/vaccines. Our February schedule includes Sawyer Camp, Spreckels Lake, the Lightning Mile, Twin Peaks, and Mori Point. We've got some hills and some good challenges, so make sure you lace up your shoes and get some miles in.



Magical Mori Point
© 2020 Joe Kaniewski

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 Snavley

webmaster@dserunners.com

SISTER MARION

...continued from p. 1

She looks back at her running career with fondness, having competed in many memorable races and having enjoyed so many runs along the beach and on mountain trails. Running allowed her to relax and unwind, and at times focus on prayer. She still thinks about her last ascent up Pikes Peak before she retired from racing. She only wishes the snow and race organizers would not have prevented her from making it up the final 500 feet to the finish at 14,000 feet and getting one more age group award. She enjoys reading the DSE newsletter each month and appreciates our updates on races, achievements, and articles from members like Mike Pechner, who she ran with years ago.

If you are interested in learning more about Sr. Marion, you can find articles about her running and social justice work through Google, as she appears in Runner's World and the Marin Independent Journal. I even found interviews and videos that show her running via the Internet Archive.

One of my favorite quotes from Sr. Marion is a description she gave about running: "It is elevating and humbling at the same time. Running along a beach at sunrise with no other footprints in the sand, you realize the vastness of creation, your own creatureliness and how much you owe to the supreme body, the God that brought all this beauty and harmony into being." I am glad I got the chance to talk to this remarkable person and unique DSE member--she is one of a kind.



Sr. Marion running along the beach in a very familiar shirt.
© 1980 Corbis/Roger Ressmeyer

MONGO MADNESS

Anna Burke & Amber Wipfler

Normally we would present these awards at the DSE Gala, so feel free to put on your party outfit (or at least a pair of real pants) before reading on!

The Mongo Trophies (name origin unknown) recognize those dedicated members who keep our club running (both in the literal and figurative sense). The 2020 Mongos are especially meaningful, as every recipient helped maintain our sense of community and DSE spirit through some truly difficult times. So without further ado, please congratulate the 2020 Mongo Trophy recipients!

Small Mongo: This award goes to those DSE members who ran/walked 250+ miles and participated in at least 10 DSE races.

- Bob Butchart
- Amy Sonstein
- David Amsallem
- Raquel Bautista
- Michaela Rouan
- Christine Clark
- Jane Colman
- Suzana Seban
- Michael Rouan
- Dana Farkas
- Ralph Lim

Large Mongo: This award goes to those DSE members who ran/walked 750+ miles and participated in at least 20 DSE races.

- Kenneth Fong
- Peter McGurty
- Jane McFarland
- Neal Ashton
- Jim Buck
- Richard Hannon
- Jim Kauffold
- Mitchell Sollod
- Riya Suising
- Paul Mosel
- Brian Hartley
- Stephanie Soler
- Dennis Lawlor
- Theodore Jones
- David Wilson
- Linda Randes
- Erika Reed
- Sai Leung
- Tim Danison
- Vanessa Jacoby
- Calvin Chan
- Debbie Symanovich
- Bob Butchart
- Phyllis Nabhan
- Rebecca Teichmann
- Maria Pantoja
- Virginia Rosales
- Terri Rourke
- Markham Miller
- Marsi Hidekawa
- Noel Bautista
- Jason Reed
- Wayne Plymale
- Leopoldo Rosales
- Kathleen Lail
- Adriana Collins
- Rob Snavely
- Akemi Iizuka
- Mark Eger
- Eduardo Vazquez
- Jerry Flanagan
- Pat Geramoni
- Gregory Brown

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DSE BOARD MINUTES DECEMBER 9, 2020

Anna Burke

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

Financial: Christine Clark will transfer financial information to Akemi Iizuka. Christine will be responsible for closing out 2020 and Akemi will take over for fiscal year 2021. Christine will provide the board with a list of the club's monthly fixed costs. The board agreed to renew the CD once it comes due in January.

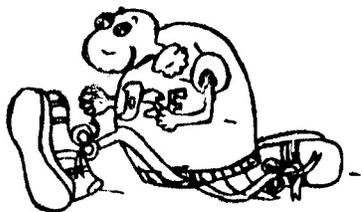
Raffle: The raffle has been a big success. The board agreed to spend \$100 per month for 5 prizes. Terri will MC the December raffle on Jan. 3, 2021 and determine the prizes. DSE members will qualify for the raffle if they report 3 of 4 race times during the month.

Membership: Stephanie suggested that we offer complimentary memberships to those who may need it due to financial insecurity. All board members agreed, and Stephanie will send out an email with that information.

Insurance: RRCA insurance is due in January 2021. It is \$5 per household. Stephanie will supply Kevin with the membership information needed to process the bill.

Awards: Anna will collect information for the Mongo, Top 5 total miles run, top 5 miles raced (both actual and virtual), marathons run and ultra-marathons run. The board will distribute trophies and mail certificates in January and February. There will not be age division awards for 2020. It was discussed to add an Ada Thomas award to recognize both Ada Thomas (similar to Walt Stack recognition) and female runners in our club. There will be further discussion about the Ada Thomas award during 2021. Kevin Lee will work with the board to determine the Walt Stack and Lifetime Achievement awards. We will announce the winner of the awards on January 10th.

Schedule for 2021: We will continue to hold virtual runs and put a schedule together for the next 5 months. We will try to schedule runs that we can no longer obtain permits for, i.e., runs along the Embarcadero.



MONGOS PT. 2

...continued from p. 3

- Jaurie Evangelista
- Chewey Lam
- Bill Hamilton
- Tony Nguyen

2020 Marathoners: Riya Susing, Akemi Iizuka, Jerry Flanagan, Jaurie Evangelista, Chewey Lam, Steve Snyder

2020 Ultramarathoners: Riya Susing, Erika Reed, Jason Reed, Jerry Flanagan, Jaurie Evangelista, Tony Nguyen, Chewey Lam, Steve Snyder

And special kudos to Steve Snyder, who ran a jaw-dropping 4,763.4 miles in 2020!

Last but certainly not least, we have our Kids Awards! These three youngsters all participated in no less than 5 of our DSE Kids Races.

- Enrique Bautista
- Brianna Lim
- Rebecca Sonstein

Applause all around for our trophy winners!

SOUTHBOUND TO THE SAWYER CAMP TRAIL

Amber Wipfler

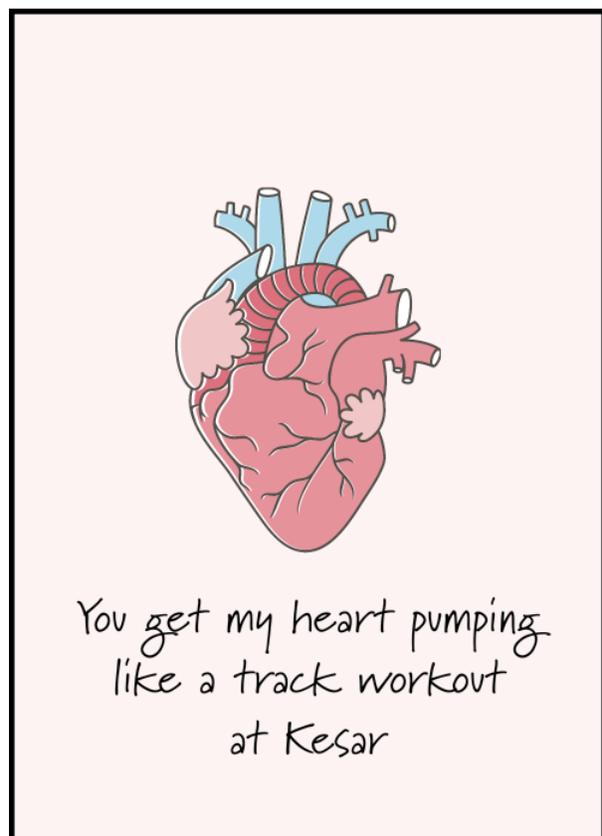
Our first virtual race of the month invites members to check out one of the Peninsula's most popular multi-use paths--the 6-mile Sawyer Camp Trail. This fully paved route runs alongside the scenic Crystal Springs Reservoir (you know, the one you see from Highway 280) and runners will be treated to a wide array of flora, thanks to the area's unique soil composition. Deer, hawks, ducks, rattlesnakes, and the occasional bobcat can also be spotted.

But who was this Sawyer guy? In 1853, Leander Sawyer purchased a tract of land that was previously part of the Domingo Feliz rancho. Sawyer opened an inn, selling food and lodging to picnickers and stagecoach travelers passing through on nearby El Camino Real. He supplemented this income by grazing cattle and training circus horses. By the time of its 1876 sale to the Spring Valley Water Company, the land had become known as Sawyer Camp.

No trace of the inn or Sawyer's home can be seen today, but what does remain is something much more remarkable--the Jepsen Laurel. At over 600 years old, it is California's largest bay laurel tree. Be sure to stop and see it (and smell it!) as you run by.

DSE VALENTINES

Wanna spread a little love on February 14th? Whether it's your sweetie, your running buddies, or your super-secret crush, you can show them how much you care with our exclusive DSE valentines! Cut them out and decorate with stickers and glitter for maximum effect. And happy Valentine's Day, turtles--we love you!



Virtual Weekly Race Series

FEBRUARY 2021 VIRTUAL RACE SCHEDULE

Hello Turtles! Here is the Virtual Race Schedule for January 2021. 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. Members who complete at least three of the four February races will be eligible to win prizes in our monthly raffle. Stay safe, and happy running!

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

February 1 – 7: Sawyer Camp 10K - [Course Map](#) - [Strava Map with Elevation](#)

Course description: Start at the trailhead located at the intersection of Skyline Boulevard and Crystal Springs Road. The trail is marked at every half-mile mark. Follow the trail 3.1 miles, then return the same way to finish.

February 8-14: Lightning Mile and Spreckels Lake 5K - [5K Course Map](#) - [1M Strava Map](#) - [5K Strava Map](#)

You may run either the Lightning Mile, the 5K, or both courses. If you run both, please run both on the same day. Typically the Lightning Mile is first, and there is a 15-minute break before starting the Spreckels Lake 5K.

Lightning Mile Course Description: Start at Kennedy Drive near Transverse. Run 1 mile downhill. Finish near Spreckels Lake.

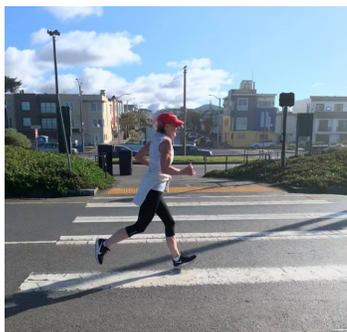
Spreckels Lake 5K Course Description: Start at Kennedy Drive and 36th Avenue near Spreckels Lake. Run westbound on Kennedy Drive, left onto Chain of Lakes Drive, left onto MLK Jr. Drive, left onto Transverse Drive, left onto Kennedy Drive to finish near Spreckels Lake.

February 15-21: Twin Peaks 4M - [Course Map](#) - [Strava Map with Elevation](#)

Course Description: Start at reservoir at Galewood Circle and Clarendon Avenue. Complete inside reservoir counter-clockwise loop; exit downhill onto Clarendon, left onto Laguna Honda and run uphill to Woodside Ave. Continue up Woodside Ave past the gas station. Run uphill/downhill on Twin Peaks Blvd then left and run uphill/downhill on Clarendon and finish inside reservoir.

February 22-28: Mori Point 5K - [Course Map](#) - [Strava Map with Elevation](#)

Course Description: 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.



Real life fun at our virtual events!
© 2021 Liz Isaacs, Terri Rourke, 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. Due to current public health guidelines, the club is holding weekly virtual races, with courses that range in difficulty and distance. In a virtual race, members may complete our suggested course or a similar course to home, and email results to dsevirtual@gmail.com by Sunday at 3pm. There is no additional race fee for virtual races.

2021 Membership Pricing

- Adult Membership: \$20
- Child Membership (under age 18): FREE

Membership pricing includes email newsletter. Members can opt to receive a paper newsletter mailed to their homes for an additional \$10 per year.

Membership purchase is available online at <http://dserunners.com/membership>.

Membership questions? Email seniorvp@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

Dry and mild weather for the first week and a half. Some light rain a day or two around the 9th, then dry and mild into the the third week of February with some days as high as 65-70. Rain and cooler weather last week of the month.

◆◆◆ Club Officers & Coordinators ◆◆◆

PRESIDENT
ANGELICUS
Walt Stack



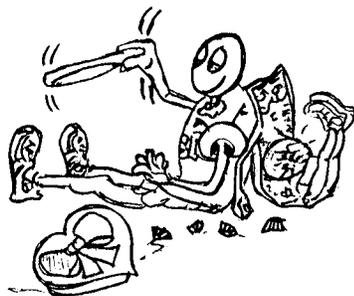
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RACE RIBBONS
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Rob Snavelly

SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

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SAN FRANCISCO, CA 94121

RETURN SERVICE REQUESTED



Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

FEBRUARY

- 1 Gary Bengier
- 2 Christopher Luo
- HAPPY GROUNDHOG DAY
- 3 Noel Bautista
- 4 Pat Geramoni
- 7 Terri Rourke
- 8 Kevin Lee

- 14 HAPPY VALENTINE'S DAY
- 15 Rubi Kawamura
- HAPPY PRESIDENTS' DAY
- 18 Leon Chang
- Vincent Kaniewski
- Kathleen Lail
- Sam Roake

- 20 Mark Kelley
- Wyatt Rendon
- 21 Rodrigo Davies
- Drazen Fabris
- Peter McGurty
- 22 Bill Hamilton
- 23 Jason Buckner
- 24 Carolyn Clark
- Akemi Iizuka
- 26 Ben Guy
- 27 Debbie Symanovich
- 28 Stephanie Polverari
- Hans Schmid
- Benjamin Timonera