



DSE'S ADVENTURER: JOE OAKES

Joe Kaniewski

Last November I created a list of DSE authors, and left off a important member--former DSE President Joe Oakes. Joe has written three books: *Open Water Swimming*, *Lessons from Alcatraz*; *A Runner's Tale*, *Six Decades on the Road*, and *With a Single Step, The Story Of a Non-Motorized Circumnavigation of the Earth*. His Alcatraz swimming manual is the definitive handbook for an Alcatraz swim, and since I signed up to take on the iconic challenge in September, I was curious to read his advice for tackling the 1.5 mile swim. You literally open water swim from the rocks in front of the iconic federal penitentiary through 50 degree water and its strong currents, and cross the ocean vessel shipping channel to San Francisco's St. Francis Yacht club. Luckily, George Rehmet was able to loan me copies of his books so I could read Joe's manual and find out more about his swimming, running and expeditions. Now I have got to go out and buy my own.

Because Joe is still a DSE member, I e-mailed him and called him in February. It was great to learn more firsthand about his friendship with Walt Stack, his bike ride through Poland, his knowledge of swimming in the San Francisco Bay, and how he still keeps up with DSE news. For those of you who don't know, Joe was our club's 6th president (from 1995-1996) and an early member of



Joe and Walt, at a DSE race of yore.

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From the President's Desk

JOE KANIEWSKI

During our last monthly Zoom raffle, it was good to hear that many of our club's older members and health care providers have received COVID vaccines. In Sacramento and Shasta county, limited in-person racing under COVID protocols have started. San Francisco high schools held cross country meets last weekend as well. As a result, our permit teams have reached out to SFRPD and GGNRA about getting DSE races scheduled and to make preparations for races in the next few months.

We need to be prepared for races to be different than before. Luckily the RRCA and other race organizations are publishing guidance that will help us comply with local county and state guidelines. I imagine that our permitting agencies will limit the number of runners we can accommodate initially, so we won't be able to accommodate race day walk-ups. Wave starts, limited timing, and mask wearing for early races are likely to be conditions upon which we can finally race in person again. For those of you still concerned, we will continue to offer virtual races. And unfortunately, we will have to forgo all those great salty, sweet post-race snacks. I am guessing there won't be a registration table and race tags. We will have to pre-pay for races and self report

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times, at least initially. If you have ideas and want to help work out all these logistics, please email me at president@dserunners.com to be part of the process. Also, make sure you and your friends have renewed their club membership and pre-paid for races through the Gold membership if you want to join us. Stay tuned for updates on our Facebook page and through emails about starting in-person races again. We are moving in the right direction!

Walt Stack Bench Renewed

We got a surprise invoice from the San Francisco Parks Alliance in February. Apparently, the commemorative Walt Stack bench near Marina Green, that so many DSE members worked to get, has an expiration date. The DSE board agreed to pay to keep the bench and plaques that honor our founder for 10 more years. While the cost was significant, the board understood its significance to DSE members, as a tribute to both Walt and the history of our club. Recently, long time member Theo Jones wrote about the bench's location and how it made a lot of sense. I don't have Theo's exact quote, but he noted that the bench sits along the trail Walt ran every day for over 30 years. The view from the bench encompasses both the Golden Gate Bridge (which Walt ran across as part of his daily routine) and Alcatraz (his place of incarceration.)

CLASSIC STU-PEDS

Stu Ruth



Theo suggested that Walt was probably the only person who served time at Alcatraz and was able to swam away from it as a free person and civilian. So many of the DSE races are run near the bench as well. If you are having trouble finding the bench, it's along the northwest end of Marina Green, on the Bay Trail, 3 benches to the east of the Degaussing Station. Take a break on it sometime and enjoy the view.

Volunteer Award Webpage Under Reconstruction

It might sound like a cliché, but volunteers are the lifeblood of our club. Volunteers literally keep us racing. Did you know there is a page on our DSE website that documents the past winners of some of our most heralded awards? Buried under the awards criteria menu, the

the Past Winners link takes you to a webpage that lists the winners of the Walt Stack Award, the DSE Lifetime Achievement Award, and the RRCA Outstanding Volunteer Recognition Awards. I think we should find a more prominent spot for it. Feel free to suggest to me where or how we can redesign the website layout so we could present it better.

I also want to give a big shout out to Jim Kauffold and Kevin Lee for helping us update and correct the awards listing. Unsolicited, Jim and Kevin went through 20 years of DSE newsletters to fill in the gaps and help webmaster Rob Snavely correct the page. Upon hearing of the effort, I thought: Isn't that just like Jim and Kevin, such great members, to do something like this. For our newer members, Jim is the guy who maintains our water stations, and Kevin is our course marker. That's just what those two are like--they find things that need to be done and they do it, without needing any fanfare or recognition. Jim and Kevin set the bar for us all.



*We all want to be
Jim and Kevin when
we grow up!
© Diane Okubo-
Fong*

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

PRESIDENT'S COLUMN

...continued from p. 2

Lights In Golden Gate Park

As San Francisco Park customers and volunteers, our club was invited to share our opinions on the extension of the Golden Gate Park Observation Wheel with the San Francisco Historical Commission and San Francisco Supervisors. The City has been weighing a proposal to keep the wheel for 4 more years. Personally, I think the views from the top of the Observation Wheel are amazing and the lights illuminate the 6th-9th Avenue corridor of the Inner Richmond in a warm glow. Most importantly, I see the additional lights and activity creating a safer environment for the hundreds of runners, bicyclists, and walkers enjoying the park at night. It looks like the extension is heading for approval, but you never know how these things end up. If you are a San Francisco resident, please be sure to make your opinion heard. The Historical Commission secretary can be reached at commissions.secretary@sfgov.org, and you can e-mail Parks & Rec at recpark.commission@sfgov.org.



Illuminating the night sky.
© 2020 Phyllis Nabhan

New DSE Swag

We are working on having some swag that you can buy when we get to meet in person. There will be some new cotton t-shirts and hoodies. Please note that we are keeping the Zazzle store for now, but we want to have some other options available to members as well. We are also looking at creating a specific Walt Stack DSE buff. A local runner-artist is creating some excellent designs. Hopefully she can work her magic for us. Stay tuned for more details.

March Virtual Race Calendar

We have some great virtual races coming up in March: the classic Windmill 10K, the Crissy Field St. Patrick's Day 5K, and a couple of new trail races on San Bruno Mountain and in Oakland's Redwood Park. I hope you get a chance to run the Stream Trail, as it is one of my personal favorite runs. It is a part of Oakland no one ever sees in the media. But it contains some of the softest, most scenic trails and tallest canopies. As you

As you begin the course, you will find the gradual stream trail and its ferns and rain forest character a gem. By the time you hit the turnaround, your effort is rewarded as you blast your way home on the out and back course. The paths are wide and they smell great, especially after a rain or morning fog. I have even heard that the Ewoks from Muir Woods like this forest better because tourists have never come here. I sure hope you get a chance to experience it. Get out there and enjoy some trails this month, Turtles!



Beware of hazards among the redwoods.
© 1983 Lucasfilm (please don't sue us, we love you)

ZOOM ZOOM POW

It's time for another DSE Zoom raffle and meetup! If you completed at least 3 of our February virtual races, be sure to attend and find out if you won a fabulous prize. If you didn't complete 3 races, be sure to attend anyways because we miss you and want to see your face!

Topic: DSE Zoom Raffle

Time: Mar 7, 2021 05:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/87836308437>

Meeting ID: 878 3630 8437



Attendance and spirits were high at our January raffle and meetup! Come join in this month's fun.

© 2021 Wendy Newman

FARE THEE WELL, MORT!

Amber Wipfler

On February 28, our dear Mort Weisberg bade farewell to the Bay Area and set off for a new adventure in Placer County, where he can be closer to his daughter and family. Mort was a friend and mentor to so many DSE members, and his presence will be sorely missed.



Mayor Breed had the honor of meeting Mort during a DSE Saturday morning run.
© 2018 Michael Rouane

One of our club's most renowned octogenarians, Mort ran marathons across the globe--including one on the Great Wall of China--and was a regular at DSE's Sunday races, Wednesday morning Woodside runs, and Saturday morning Water Fountain Runs. Remarkably, he kept up his busy race schedule even after losing the majority of his eyesight to macular degeneration. In a 2012 interview with Active Over 50 Magazine, Mort estimated that he had run approximately 70 long distance races over his lifetime, but longtime friend Jim Kauffold tells us that the real number is probably closer to 1,000.

Mort was an integral part of DSE for decades. We thank him for his years of friendship and dedication to the club, and wish him nothing but the best!



Vintage Mort, sans shoes. Can you guess the year?
© Michael Rouane

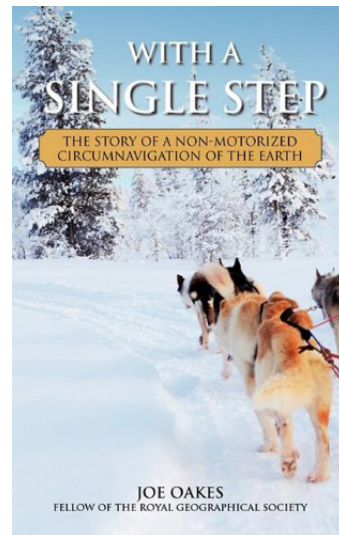
CATCHING UP WITH JOE

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DSE. He was a friend of Walt Stack and a veteran of the Pikes Peak Marathon and Western States Ultramarathon. Joe also completed some other difficult races, including an Antarctica marathon, a marathon in Havana, Cuba, the Badwater Ultramarathon, and the Ironman Hawaii with Walt Stack.

While Joe participated in a number of amazing races and adventures, his Don Draper skills for creating iconic races is also legendary. Joe helped create the Escape From Alcatraz Triathlon as a fundraiser, as well as the Fat Ass 50 Miler so he could qualify for Western States. Joe came up with the race slogan that is in use today for the Fat Ass races across the country: If you want a race with "no fee, no aid, and no awards, get off your a** and run at the . . ."

Joe moved up to Oregon in the 2000's, but has kept in touch with DSE, and was running until a few years ago at the Nike campus track in Beaverton. He still finds time to coach swimmers braving the cool waters of the Columbia river around Portland with sage advice and through brilliant example.



With a Single Step chronicles Joe's multi-year journey to complete a non-motorized circumnavigation of the Northern Hemisphere. His modes of transport included skis, dog sleds, kayaks, boats, bicycles, and of course his own two feet. Perhaps the most impressive leg of the journey was a swim across the Bering Strait from Russia to Alaska, a feat Joe accomplished at age 60. The average water temperature of the Bering Strait hovers in the 40's, so be sure to keep that in mind the next time you think Aquatic Park is too cold!

RUNNING IN THE REDWOODS

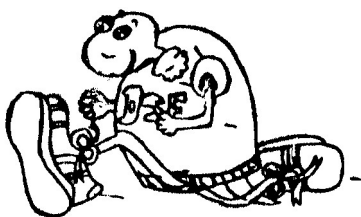
Amber Wipfler

This month, our Virtual Race Series takes us to one of the Bay Area's best kept secrets--the Dr. Aurelia Reinhardt Redwood Regional Park. Renamed in 2019 after the renowned activist and longest serving president of Mills College, the park contains the largest remaining natural stand of coast redwood in the entire East Bay.

Normally, redwood trees are found closer to the coast, since they absorb water through their leaves and bark and require foggy conditions to survive. Oakland's redwoods owe their existence to the Hayward Fault, which created a valley that traps cool Bay winds and protects the trees from extreme temperatures. The Redwood Creek, which runs through the grove, provides water for the trees and is also home to a sizable population of rainbow trout.

For centuries, Oakland's redwoods stood tall over the East Bay, visible for miles around. In the early 1800's, ship captains used two of the grove's tallest trees (known as the "Navigation Trees") to line up their vessels for safe entry into the Bay. By 1860, however, the grove had been reduced to stumps by post-Gold Rush logging. A second growth of trees sprung from these stumps, but suffered the same fate as their ancestors after the 1908 earthquake, when lumber was needed to rebuild San Francisco. The current Oakland redwoods are third generation, save for one spindly old-growth tree near Merritt College. This surviving tree, located on a cliff face and seemingly growing straight from the rock, managed to survive the logging boom because it was too difficult to reach.

Although "only" about a century old, the redwoods in Reinhardt Park are magnificent and awe-inspiring, reaching heights of 150 feet. It's hard not be constantly looking up as you run through these giants, but be sure not to trip over any roots! If you're lucky, you might even spot some wildlife, from the more common squirrels and rabbits to the rarely seen Alameda striped racer (a native snake, not a DSE'er in stripy shorts). Breathe in the redwood-scented air, hear the needles and tiny cones crunch under your feet, and enjoy the peace and tranquility of this Bay Area treasure.



SELFIE WALL!

Whether you're a runner or a walker, a Gen Z-er or a grandparent, we want to see those selfies! Keep 'em coming on our Facebook group: <https://www.facebook.com/groups/dserunners>.



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Virtual Weekly Race Series

FEBRUARY 2021 VIRTUAL RACE SCHEDULE

Hello Turtles! Here is the Virtual Race Schedule for March 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 March 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!

March 1-7: Windmill 10K - [Course Map](#) - [Strava Map with Elevation](#)

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). Turn around and return the same way back to finish.

March 8-14: St. Patrick's Day Crissy Field 5K - [Course Map](#) - [Strava Map with Elevation](#)

Course Description: Start at the Yacht Harbor Parking Lot. Run west along Crissy Field/Golden Gate Promenade. Stay along path into Fort Point National Historic Site. Turnaround at 1.55 mile mark and return same way to finish.

March 15-21: Oakland Redwood Regional 4 Mile - [Strava Map with Elevation](#)

Course Description: Enter Redwood Regional Park from the main gate at 7867 Redwood Road, Oakland, CA. Drive along stream to last parking lot. Start trail on paved section at gate. Run along trail, course will become mixture of gravel and dirt that crosses stream 2 times for 2 miles and 365 feet of elevation gain. The 2 mile turnaround is an Old Growth Redwood grove, Tres Sendas trailhead. Return the same way to finish.

March 22-28: Crocker Gate Trailhead 5K - [Course Map](#)

Course Description: Enter San Bruno Mountain State Park from the Crocker Gate Trailhead near the intersection of Crocker Avenue and South Hill Boulevard in Daly City. Walk approximately one tenth of a mile until you see a sign for the Saddle Loop Trail on the left. The 5K course starts at the Saddle Loop Trail sign. Follow the Saddle Loop trail two miles to the main entrance picnic area. At the picnic area, follow the paved trail around the restrooms, then turn right at the sign onto the Youth Camp Trail. Follow the Youth Camp Trail until it ends. Turn left onto the Saddle Loop Trail and return to the start.



Go go DSE!

© 2021 Riya Suising, Raquel Bautista, 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

We are in a big drought and indications are that spring looks very dry. There is a possibility of some wet weather next weekend, with light rain this Saturday and on the 9th, but it will be dry on the 10th and dry and mild weather is likely to continue through mid-month. Temperatures could then drop way below normal with some late season frost in the inland valleys of the Bay Area. We might see some rain and snow after mid-month, close to the fourth weekend of March, but overall we are stuck around 40 to 50% normal rainfall, which will lead to an early fire season. Temperatures will average above normal, especially inland.

◆◆◆ Club Officers & Coordinators ◆◆◆

PRESIDENT
ANGELICUS
Walt Stack



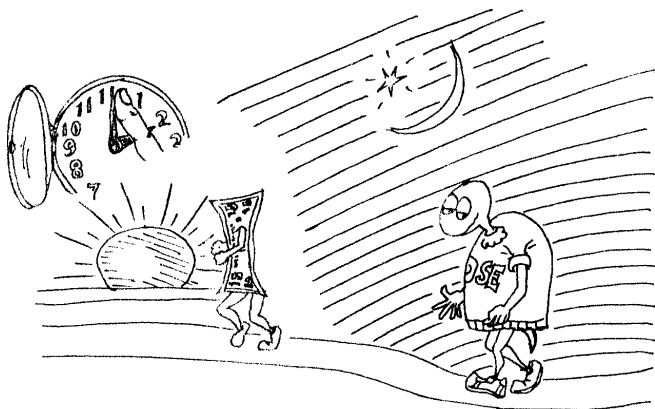
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RETURN SERVICE REQUESTED



Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

MARCH

1 Aubrie Johnson
Dave Picariello
Leo Rosales
2 Sharlet Gilbert
Ken Nichols
3 Diane Merkadeau
Wesley Quock
4 Sommer McKinley
David Saldivar
5 Andrew Ferguson
6 Liz Isaacs
9 Jamila Nightingale
Martin Stechert
10 Lorenzo Mack

12 Michael Gama
14 DAYLIGHT SAVING STARTS
17 Markham Miller
Maureen Stillman
ST. PATRICK'S DAY
18 Jaurie Evangelista

20 Andrew Belloch
Neal Dempsey
21 Anna Burke
Joanna Goldfarb
Leslie Okamoto
David Tran
22 Ed Navarro
24 Leonard Adler
25 Ed Kinchley
26 Dana Farkas
28 Marion Lyons
29 Marky Enriquez
Mark Ford
Keith Johnson
30 Carole Mawson
31 CESAR CHAVEZ DAY