



## BACK TO THE RACES!

Amber Wipfler

On March 28, 2021, San Francisco had its first post-Covid organized race-- and it was none other than our very own Lake Merced 4.5M! In keeping with local health and safety regulations, participation was limited to 25 people, all of whom stayed properly masked, distanced, and hand-sanitized. We might not have been able to see everyone's smiles, but we could feel the joy and excitement.

Keep your eyes peeled for e-mails and Facebook announcements regarding our next in-person race. Sign-up will again be limited to 25 people, and those with Gold Memberships will have first dibs. And whether you're running your race virtually or in person, be sure to get those results in to [dsevirtual@gmail.com](mailto:dsevirtual@gmail.com) by 3:00 p.m. on Sunday.

Stay safe, stay healthy, and keep running! The finish line is getting closer.



*A little fog wasn't going to dampen the spirits of our runners and volunteers.*

*Welcome back!*

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## From the President's Desk

JOE KANIEWSKI

We are back to DSE races. 25 brave souls ran Lake Merced on a foggy Sunday morning at 8 a.m. Many runners said afterward that our race was the fastest they had run in over a year. Nothing like a little competition to bring out your best performance! For the club, the race was a new beginning and a return to normalcy. A lot of work went into getting us racing again and a big shout out has to go to Liz Noteware and Stephanie Soler. They handled the permitting process, made sure that we abided by the rules set out by the S.F. Department of Public Health and S.F. Rec & Parks, and kept all of our members in the loop. I know it was good to see everyone and put this race on.

For the next few months, we will gradually expand the number of races and runners, and will add more features (like snack tables) as health regulations ease and more individuals are vaccinated. For now, we will try to host 2 races per month for the foreseeable future. Please stay tuned through DSE e-mails and Facebook posts for our schedule, run times, and number of entrants, as all are subject to change. We might have to start running at 8 a.m. to avoid non-runners on our courses, so please review start times and permit requirements before the race.

In April and May we are looking

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at running live races at Candlestick Point, Rainbow Falls along Kennedy Drive in Golden Gate Park, and Great Highway. As part of the health regulations, we will need to host events with large staging areas and wide paths, so that our group can maintain appropriate social distancing.

I am glad we got a chance to run Redwood Park as a virtual run in March. I was heartened to see Adriana Collins, Elias Castanon, Jeorgina Martinez, John McCarroll, Jim Buck, and Jane McFarland running the course and posting pictures on our [Facebook Group](#). Oakland really has some beautiful places to run and this is one of my favorite trails in the East Bay. It was great to see other DSE runners discover the park and enjoy the experience as much as I do.

Did you know that longtime DSE member Riya Suising has been Zooming Zumba dance workouts? If you are looking to try some different cardio, Riya's schedules are posted online through the [Body by Riya Facebook Group](#). Try it out; it looks fun!

We just got in a new supply of DSE clothing. Forest green hoodies are \$20, navy t-shirts are \$10, and navy and green baseball caps are \$10. Email me for details on purchasing these new classics. They make a great Mother's Day, Father's Day or birthday gift for others or yourself.

## CLASSIC STU-PEDS

Stu Ruth



Steph models our new line of DSE gear! E-mail Joe at [president@dserunners.com](mailto:president@dserunners.com) to order yours.

I caught up with DSE member Harry Cordellos this past month. We talked for an hour about his challenges as a blind athlete, his athletic achievements, the early history of DSE and Pamakids,

the Dipsea trail, Lime Rock and the currents in San Francisco Bay. He is an inspiring man, a trailblazer, and hall of fame DSE Turtle. I also got an update on Achilles International, an organization that is making a difference in the lives of runners with challenges, by talking to DSE's Chewy Lam, who takes part in the San Francisco chapter of Achilles.

You can see the light at the end of this pandemic tunnel. More and more of our members are getting vaccinated and that is a good thing. I can't wait to get back to full races with you all. Enjoy the spring running weather by getting out and hitting the paths.

## APRIL ZOOM!

We're not playing a prank on you--this really is the link for this month's Zoom raffle and meetup. See you there!

Time: April 11, 2021, 5:00 p.m.

Link: <https://us02web.zoom.us/j/85469400159>

Meeting ID: 854 6940 0159

Or dial in:  
+1 (669) 900 6833

### 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](mailto: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](http://www.dserunners.com)

Webmaster: Rob Snavley

[webmaster@dserunners.com](mailto:webmaster@dserunners.com)

# OFF THE BEATEN PATH

Amber Wipfler

One of my favorite things about the DSE virtual race schedule (aside from getting to sleep in on Sunday mornings) is the addition of courses outside our tried-and-true San Francisco standards. Don't get me wrong --I could run Crissy Field every day for the rest of my life and never get bored with the sea breeze and the views, but it's fun to try something different! With that in mind, I asked DSE members to tell me about their favorite non-DSE running courses.

Riya Suising is a big fan of the Adobe Creek Loop Trail in Palo Alto's Byxbee Park. The entire loop is 5.5 miles, but you can also do a 5K out-and-back that Riya describes as a "beautiful course along the Baylands, with lots of birds, wildlife, beautiful scenery, and fresh air." In non-Covid times, this was the locale for the weekly Byxbee Parkrun, a free timed 5K event open to runners of all abilities. Riya encourages everyone to give this flat, fast course a try, and for an extra challenge, try to beat her time in a T-Rex costume!

*Where to find it:* Adobe Creek Loop Trail (in Byxbee Park): 2375 Embarcadero Road, Palo Alto.



*Whether you run in Cretaceous Era garb or not, the Palo Alto Baylands run is a beauty!*

© 2020 Riya Suising

Marianne Plunder tells us, "The highlight of my running week is the 9-mile trail run in Huddart Park/Woodside on Wednesday mornings. We run from an elevation of 362 feet to 1,219 and back. The trail winds through the dense redwood forest with plenty of deer, birds and wildflowers as company." Post-run breakfasts at nearby Buck's of Woodside are temporarily on hold (although they've opened up some limited indoor

dining) but we expect those will start back up in the not-too-distant future. Marianne says, "I have fond memories of running the switchbacks with Mort (Weisberg) and I think of his running skills when I am hitting those downhill switchbacks. Our group has gotten much smaller and we could use some new blood. This run is the best way to train for endurance. We power up the hill and egg each other on to keep going followed by the fun of going downhill. Join us some time, it is worth it!"

*Where to find it:* Huddart Park, 1100 Kings Mountain Road, Woodside. The Wednesday morning running group meets at 7:15 a.m. at Buck's, located at 3062 Woodside Road.

Since my move up north, I do the majority of my running on the trails surrounding the Marin County watersheds. All of the reservoirs are beautiful, but my favorite is Phoenix Lake, located inside Ross's Natalie Coffin Greene Park. Try the Yolanda Trail, a single track course which takes you along an absolutely gorgeous ridge with views of Mount Tam and the surrounding forests. After a tough uphill climb, you'll descend into a lovely meadow (full of wildflowers in the spring) and then have the option of calling it a day or doing an extra 2-ish miles around the lake itself. Parking is extremely limited, so if you don't mind an uphill warmup mile, you can leave your car in downtown Ross and be perfectly situated for a post-run pizza at Tony Tutto's. Check it out if you can!

*Where to find it:* Natalie Coffin Greene Park, Lagunitas Road/Glenwood Avenue, Ross.



*The single track Yolanda Trail, with Mount Tamalpais in the background.*

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# BREAKING BARRIERS: HARRY CORDELLOS & ACHILLES INTERNATIONAL

Joe Kaniewski

*While there seem to be thousands of runners with disabilities these days, Harry was one of the very first I was aware of many, many years ago. They're all inspirations, but Harry was a pioneer. The pioneers show other people that they have potential they never imagined, until they saw someone like Harry lead the way. --Amby Burfoot, Former Editor, Runner's World Magazine*

Harry Cordellos is a pioneer in athletics and life. He is a blind runner who competed over 154 marathons and an Ironman Triathlon. At the peak of his training, Harry was running sub 3-hour marathons. While newer DSE members might recognize Harry from our DSE picnics and galas, or as a volunteer at the Double Dipsea, you should know that Harry ran and swam with Walt Stack as an early member of DSE Runners. He was at the Shakee's Pizza where after a Wednesday night Lake Merced run in the early 1970s, the idea of Pa, Ma, and kids--Pamakids--runners was discussed and created. In our conversation, Harry told me about running the Dipsea trail, his first marathon that started in Marin and ended at Marina Green, and swimming those cold, strong currents at the Golden Gate straight from Fort Point to Lime Rock in Marin County. I know the San Francisco Bay chop and current, and the idea of swimming without sight seems overwhelming, if not terrifying. But that's why Harry is a role model, public speaker, and inspiration. He focuses on the job in front of him and overcomes obstacles most of us can't even comprehend.

To run and train, Harry relied on running partners to guide him. Organizations like Achilles International had not yet been founded, so Harry had to find training partners for every run he did. To understand how challenging it is to guide a runner like Harry, I invite you to watch Survival Run, the 11-minute film about Harry and his training partner Mike Restani. The film is available for [free on YouTube](#) and follows Mike and Harry as they traverse the Dipsea course, over the steps, streams, stumps, hills, and weeds. Harry once told Vince French that he used all of his other senses to get through the course. If you see the film or run the course in the upcoming months, imagine how Harry had to listen to his training partner's every step; how he felt Mike's arm for cues about whether they would climb or descend, jump up or down, shift right or left.

Harry also knew the course through his sense of smell. Think how knowing the difference between the scents of different trees and vegetation might help you in a race. Imagine running by feeling another person's arm, taking verbal instructions for hours, or feeling the fog, or warm sun, and the different path conditions through your feet instead of looking with your eyes. It is pretty special.

I am happy to report that Harry is surviving this time of Covid, wishing he could get out more while getting his vaccines and taking it one day at a time. While some runners might reflect on their ribbons, race medals, or trophies when they are done competing, Harry has got a couple of books, a film, trophies, and meetings with other legends like Arnold Palmer and Jesse Owens to look back on. Who knows how many thousands of people have been inspired by his achievements? He is quite a pioneer.



*At the 2018 DSE Volunteer Appreciation Picnic, Harry was presented with a framed copy of the 1993 Marine Corps Marathon magazine, which featured him on the cover!*

© 2018 Jim Buck

*If you'd like to learn more about Harry's athletic endeavors, which include not only running and swimming but waterskiing, snow skiing, golfing, and more, check out his 1993 book No Limits: Harry Cordellos, America's Legendary Blind Athlete, Leads the Way to New Horizons.*



For those that aren't aware of Achilles International, it provides support, training, and technical expertise to disabled runners at all levels. They welcome people with all kinds of disabilities, including visual impairment, stroke, cerebral palsy, paraplegia, quadriplegia, arthritis, amputation, multiple sclerosis, cystic fibrosis, cancer, traumatic head injury, and many others. With the help of volunteer guides, athletes participate in workouts and races using crutches, wheelchairs, handcycles, prostheses,

without aid at all.

Our own DSE member Chewy Lam runs with the San Francisco chapter of Achilles, where he provides support during group runs that begin at Ocean Beach. They have stopped group runs during Covid, but Chewy told me they are gearing back up in a few weeks to start running again. Check out their Facebook page to get the latest updates and get involved: <https://www.facebook.com/achillesbayarea>.



## MORE RACE PHOTOS!

*...continued from p. 1*



Photo credits © 2021 Phyllis Nahban, Terri Rourke  
Thank you for capturing these special moments!



California RRCA  
updated their cover  
photo.  
10h · 🌐

First COVID race in San Francisco  
successfully put on by the DSE  
Runners.

*We even got a  
shoutout from the  
California RRCA!  
Aww yeah!*





# Virtual Weekly Race Series

## APRIL 2021 VIRTUAL RACE SCHEDULE

Hello Turtles! Here is the Virtual Race Schedule for April 2021. Please email name, age, gender, and results to [dsevirtual@gmail.com](mailto: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 April 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 29 – April 4: Easter Roller Coaster 5K - [Course Map](#)**

Course Description: Start at 11th Ave & Lake St. Run eastbound on running path. At fork in road take dirt trail uphill on West Pacific Ave. Turn right on Presidio Ave and run through gate entrance at Pacific Street. Turn right on Pacific Street and run downhill, then turnaround at 1.55M (2/3 the length between Walnut/Laurel) and return along same route to finish.

### **April 5 – 11: Candlestick Point 5K - [Course Map](#)**

Course Description: Start at the picnic area/restrooms just inside the front gate of Candlestick Point, located at 500 Hunters Point Boulevard. Run two loops (1.55 each). Flat, paved path with great views of the East Bay hills and San Francisco Bay.

### **April 12 – 18: 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 the marker for the Saddle Loop Trail on the left. The 5K course starts at the Saddle Trail marker. Follow the Saddle 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 marker onto the Youth Camp Trail. Follow the Youth Camp Trail until it ends. Turn left onto the Saddle Trail and return to the start.

### **April 19 – 25: TBD (check the DSE website/Facebook Group for details)**



*Enjoy that beautiful spring weather, DSE!*  
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# 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](mailto:dsevirtual@gmail.com) by Sunday at 3pm. There is no additional race fee for virtual races.

## 2021 Membership Pricing

- Gold DSE Membership: \$75 \*Now Available Again\*

This includes eligibility to enter in-person races once they resume as public health regulations allow.

- 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](mailto: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

The first week of April will see near record highs with 70's near the coast and mid 80's in the inland valleys away from the Bay. Could be chilly with a few scattered showers after Easter morning. Rain develops for a few days during the 2nd week of the month, followed by a few dry days with more rain or showers around mid-month. The pattern of sunny days and a couple of days of rain returns for the third week of April and we end the month with some rain. Overall we will see below normal temperatures after the first week and above normal rainfall.

# ◆◆◆ Club Officers & Coordinators ◆◆◆

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