55th Year May 2021

SAFE RACING IN THE PANDEMIC

George Rehmet

California is opening up due to decreasing pandemic rates, which has resulted in more races taking place. Despite having to drive 2½ hours to the Fresno area, I was grateful, after 6 months, to run a race: the Tesoro Viejo Half Marathon. The race organizers did a fabulous job starting runners in waves and giving bags with goodies and the finishers' medals afterwards. In fact, the race directors informed me that they had to submit a 17-page safety plan and produce COVID precaution videos. The runners did a wonderful job of socially distancing and keeping their masks on until it was time to run. In all, both race management and the runners understood their responsibilities to ensure that future races can continue.

Looking ahead, we all want to get back to racing and we want to keep on racing. The DSE has started to put on races again and they have successfully complied with the city and county requirements. But we as runners need to do our part. Here's what we need to do:

- Don't show up if you are feeling ill or have flu-like symptoms.
- Bring your own masks and sanitizers.
- Don't share fluids. Carry your own fluids to avoid contact with others on course.
- Don't share towels, food, gels, or any other item that runners normally share freely.
- Do wash your hands or use hand sanitizer after using the port-a-john.
- Do not spit or "nose rocket" your nose in public bring along tissues, a small towel, or a good old-fashioned hankie if you need to get rid of some snot during the race.
- Do practice social distancing ensure appropriate spacing between runners.
- Do avoid close-group selfies.
- Don't hang around too long in the race area after you finish.

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From the President's Desk



JOE KANIEWSKI

The return to racing has been great. Seeing other members, running in a group, and cheering on others just makes our sport better. I feel like I appreciate our ribbons even more now. With the recent Candlestick 5K and Rainbow Falls 5K done, we have produced three safe, permitted, and fun post-COVID races.

Over 25 DSE members made it out for the Stop Asian Hate Run on April 18. The run was organized by the Anti-Racist Run Club to show solidarity with the Asian community and shed light on the recent attacks on Asian-Americans throughout the U.S. We ran 3 miles from Japantown to Chinatown and back. Overall, about 130 members of the running community participated, including members of SFRRC, the November Project, and Back On My Feet. I was heartened by the turnout and the positive expressions of support from cars, bystanders, and business owners along the route that thanked us for coming out.

Recently, the running form of Woody S. and Ari D. has drawn comparisons to other DSE runners who grew up running DSE races like Wayne Plymale, Steve Snyder, Mary Boitano, and Chikara Omine. While it's no guarantee of success, those runners started with us in middle and high school and ended up running thousands

of races, winning competitions, and completing marathons and ultramarathons. I hope Woody and Ari continue to enjoy running. It's great to see them get better with time.

Do you want to have a Summer Series this year? Please let a board number know so we can gauge members' interest in putting on these races in a modified COVID environment. And please, schedule a few dates to volunteer with set-up and take down when you run so we can continue the DSE tradition and not have anyone overloaded with volunteering.

My DSE San Francisco running history odyssey this month involves the Bay to Breakers and a piece of that zany San Francisco race. See my story later in the newsletter of how a plaque gave me an opportunity to finally connect with Pat Cunneen and Mary Boitano, two San Francisco running pioneers and early DSE founders and members.

We have got Crissy Field, Great Highway, Baker Beach, and McLaren Park scheduled for in-person and virtual races for May. The really great news is we get to expand to 40 people for Great Highway and McLaren Park, thanks to Stephanie Soler and Liz Noteware and their work with our permitting authorities. Please thank them when you get a chance.

CLASSIC STU-PEDS

Stu Ruth



It goes without saying, but please get vaccinated so we can see all of you at our in-person races and club picnic in the future. It's really fun out here, and getting the vaccine helps you stay safe!



Run, don't walk, to get vaccinated! ©2021 Phyllis Nabhan



SHOWING SOLIDARITY

We are proud of our club's presence at the April 18, 2021 Stop Asian Hate Run, where over two dozen DSE members showed up to raise awareness of hate crimes committed against Asian-Americans and demonstrate support for the AAPI community.







Photos ©2021 Phyllis Nabhan

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 Snavley webmaster@dserunners.com

RACING SAFETY

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One important tip is to read the race instructions on the website or emails sent to you. Another way to keep yourself safe is to research the race you wish to run. Does the website provide detailed COVID instructions especially in the areas of starting, being at aid stations, and finishing? After you read the information, do you feel that race has the runners' best health interests?

Finally, race directing takes a lot of time and energy. The COVID precautions have definitely added another level of complexity to the tasks that race directors must accomplish. So do thank the race director for not only putting on a great race, but a safe race. If there are any concerns, it is best to email the race director a few days later. In all, the race directors are happy to be back but let's make sure that races will be back permanently by doing our part.

For more resources, visit: https://www.rrca.org/news-articles/news-archives/2020/05/03/looking-forward-guidelines-for-races







DSE'rs demonstrating excellent social distancing protocol at the Candlestick and Rainbow Falls 5Ks. © 2021 Phyllis Nabhan

RAINBOW FALLS 5K

A run in the park never felt so good!



It's not a party until Bobby Marty shows up :)
© 2021 Phyllis Nabhan



The competition seems to be making everyone faster!
© 2021 Phyllis Nabhan



All smiles under those masks.
© 2021 Phyllis Nabhan



Finish line shenanigans. © 2021 Phyllis Nabhan

RRCA NATIONAL CONVENTION TAKES PLACE IN ORLANDO

DIVERSITY AND COVID PRECAUTIONS TAKE CENTER STAGE

George Rehmet

With limited attendance of 100 people wearing masks with the RRCA logo, the Road Runners Club of America National Convention took place after the 2020 convention in Portland, Oregon was canceled due to COVID. For me, it was positively overwhelming to see so many of my friends after 2 years. And it was the most people I have been with since the pandemic started.

This was my first national convention as RRCA President. As I took office in April 2020, the RRCA was faced with the pandemic that led to the cancellation of most races. A month later, the murder of runner Amaud Arbery would force the running world to look at itself when it came to Diversity, Inclusion, and Equity (DEI). Fortunately, the RRCA was able to weather the pandemic due to its financial reserves. The national office set forth pandemic guidelines for organizations putting on group runs and races. On the DEI issue, the RRCA National Office, Board and I revised the by-laws and RRCA Mission Statement to affirm our commitment to DEI and to eliminate barriers to DEI.



With RRCA Hall of Fame inductees (L to R): Jennifer Rhines (3x Olympian); Marilyn Bevans (1st Black woman to medal at Boston, qualified for Olympic Marathon Trials); Janet Bawcom (2012 Olympian, won 3 Div. II NCAA titles). © 2021 George Rehmet

So going into the convention, our work continued on the two issues. The main sessions dealt with putting on safer events. On DEI, I and other prominent Black runners shared our stories and what can be done to make running safer and welcoming to all. (A YouTube video of the panel session will be available soon.) To be honest, it was discomforting for many at the convention that a sport which we profess to relieve stress and be liberating was not experienced as such by members of the Black, Indigenous, People of Color (BIPOC) community. But as RRCA President, I believed the stories of BIPOC runners needed to come out.

In all, the convention was a success. Folks enjoyed the morning group runs. The awards program was moved from the traditional dinner to breakfast. To keep things safe, tables and session seats were spaced out while most meals were outdoors. Finally, a big plus was the theme parks that people could go to after the convention. Next year's RRCA National Convention returns to Orlando for the dates of March 17-20, 2022. I hope see some DSE folks out there as I think I was the only Californian out there!



Above: Morning group run--safe but fun!

Below: On the diversity panel (L to R): Alison Desir (co-chair of Running Industry Diversity Coalition), President George, Marko Cheseto (world marathon record holder for double amputee), Tony Reed (Executive Director of National Black Marathoners Association), moderator Lisa Rippe (RRCA Vice President).



A PIECE OF THE LARGEST FOOT RACE IN THE WORLD

Joe Kaniewski

You never what history you can find out there. If you have ever watched one of those antique finder shows, you know that historical objects can turn up anywhere. A DSE member was going through some recycling, found a Bay to Breakers plaque, and gave it to me for preservation and for help finding a home for it.

"The Honor Roll" is really quite something. At over two feet tall, it is a large plaque that lists the winners of the race (since 1912). Famous Olympic runners like Joan Samuelson, Grete Waitz, Rod Dixon and Arturo Barrios are on the plaque. In addition to the winners, the plaque contains several quotes about the race from Len Wallach's 1978 book *The Human Race, Bay to Breakers: Largest Run For Fun in the World*. Here are the great quotes from the book on it:

"Perhaps, it is a great joke on each of us that like a little drab of color on a canvas painted by the great impressionistic artist, we runners blend into a huge portrait of the human race, a mosaic of flesh and bone, a montage of a few years of existence, captured for a moment in time at Howard and Spear streets each year. The Bay to Breakers is one event in a passage through time; each year it is run is linked to the years past, the years to come. The champions are linked to the second and third place finishers behind them. The last runner each year is connected to the first of the next, in an endless stream of all the runners who ever made the race from the Ferry building to the Pacific. The real spirit of the Bay to Breakers is the defiance of time, distance, and the limitations of running bodies. It is a race of real people, with real faces, with real pain, and real triumph. "

As you can see from the picture, the wood appears to be a solid piece of walnut. It is weathered and looks like it could use some clean-up and polish. The brass plates are oxidized and some need to be reattached. I reached out to Pat Cunneen, one of the founders of Pamakids, to consult about repairing the plaque and finding it a home. Pat has done a lot of medal work over the years, he loves history, and he had some good suggestions about repairing the plaque and finding a home for it. The plaque actually gave me an opportunity to meet Pat and talk DSE history and San Francisco running. He has some great Walt Stack stories and it was good to finally meet him.

In terms of finding a home for the plaque, if we were in New York, I suppose I could donate it to Tavern on the Green for display with other running memorabilia. Kezar Pub is closest thing we have to a runner's bar and

it always has its share of runners as patrons who make their way over after track workouts. I am considering donating it to the San Francisco Public Library's History Room, or the Dolphin or South End Rowing clubs as they have runners, but I'm open to suggestions. If you have any ideas where it can be displayed or could be better preserved, feel free to share it with me.

Up until a few years ago, the San Francisco Bay to Breakers held the distinction of being the largest foot race in the world. The record was set in 1986 when over 110,000 ran our City's annual event. The month of May brings with it memories of packing like sardines onto Howard and Spear streets and ducking the flying tortillas, or running in costume up Hayes Hill while chugging a beer. You really can't unsee some of those nudists who come out and run. There is no in-person event this year, but the "Honor Roll" sure has me thinking about this legendary race.

Ed. note: B2B is a virtual race this year, with a portion of proceeds benefiting the California Wildfire Relief Fund. You can run your 12K anytime between May 16 to June 2, and registration is available at https://capstoneraces.com/bay-to-breakers/.



The B2B has come a long way since 1912, when 121 runners completed the inaugural "Cross City Race." Crossing fingers that we'll be able to run it in person next year!

© 2021 Joe Kaniewski

A VERY GOOD BOY



We will miss that sweet lab smile! ©Phyllis Nabhan

Long time DSE member and faithful finish line volunteer, Crash the Labrador Retriever, passed away recently. He was a good friend to all who knew him and will be sorely missed. RIP Crash!

Virtual Weekly Race Series

MAY 2021 VIRTUAL RACE SCHEDULE

Hello Turtles! Here is the Virtual Race Schedule for May 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.

We are pleased to offer two additional in-person race cohorts in May. Under current public health guidelines, in-person races are limited to 25 participants on courses that provide adequate space for social distancing. Gold Memberships receive priority for inperson racing, and sign-up links can be found below.

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

May 3-9: Mother's Day Crissy Field 5K - Course Map

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

May 10-16: Great Highway 5K - Course Map

Course Description: Start at Taraval and the Great Highway. Run to Lincoln Boulevard and return the same way to finish.

IN PERSON OPTION: May 16 Great Highway 5K Volunteer/Participant Sign-up

May 17-23: Baker Beach 5K - Course Map

<u>Course Description</u>: Start at the Lower Baker Beach parking lot. Upon exiting lower Baker Beach parking lot, immediately turn left on Battery Chamberlin Road 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. Continue alone trail across wooden bridge. Turn around at 1.55 miles and return the same way to finish.

May 24-30: McLaren Park 5K - Course Map

<u>Course Description</u>: This is a double loop course. Start inside the Jerry Garcia Amphitheater Parking Lot located at 21 Shelley Drive. Exit the parking lot, turn right on Shelley Drive, right onto Mansell, and right on Shelley Drive West. Follow Shelley Drive to the start. Repeat loop, then finish inside the parking lot.

IN PERSON OPTION: May 30 McLaren Park 5K Volunteer/Participant Sign-up









The masked superheroes of DSE.
© 2021 Carol Pechler, Terri Rourke, Steph Soler

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 in-person races with limited attendance, along with virtual races. 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

- 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.

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

After a cold, gray and dry April (except for the last few days), May holds the promise of warmer weather, especially inland valleys, with 50 degree sea surface temps near the coast. This means that west of Twin Peaks, night and morning fog and low clouds will continue as May kicks off the fog season. Most forecast models do not show any rain through mid month, but it's possible that a late season weather system could bring some light rain to the Bay Area during the third week of the May (around the 20th). Seasonably warm warm weather is forecast for Memorial Day weekend but overall temperatures should be near normal.

♦ ♦ ♦ Club Officers & ♦ ♦ ♦

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RETURN SERVICE REQUESTED





Happy Birthday!

<u>MAY</u>

- 1 Erica Hernandez
- 2 Carol Pechler Wendy Truong
- 3 Ian Macnider
- 5 Michael Murphy
- 8 Olivia Zara Timonera Lucas Vazquez Oscia Wilson
- 9 Ari Dalfen Carolyn Dingwall
- 10 Larry Jewett

- 11 Kenneth Clews Joaquin Fritz
- 13 Matan Amsallem Sergio Garcia Elijah Luo
- 14 Emmylou Wilson
- 16 Jeremy Whiteman
- 17 Marcus Balistreri
- 18 Jeorgina Martinez Steve Snyder
- 20 Justin Bandoro Freddy Fernandez

- 21 Marcus Johnson Bill Woolf
- 23 Peter Corbett
- 24 Steven Nissenson
- 26 Enrique Bautista Yael Cywiak
- 29 Conal Gallagher
- 30 Tom Huster
- 31 Michael McPartlan