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56th Year July 2021

REMEMBERING JOAN LAMB ULLYOT

Amber Wipfler

It's hard to overstate the impact that Dr. Joan Ullyot had on women's running, both in the United States and abroad. Dr. Ullyot, who passed away at the age of 80 on June 18, was not only an accomplished runner in her own right, but a bestselling author, international speaker, and tireless advocate whose research and activism helped bring the women's marathon to the 1984 Olympic Games. Of course, we also knew her as a friend and mentor, as Dr. Ullyot was a longtime DSE member and officer during our club's formative years.

After graduating from Wellesley College and Harvard Medical School, Dr. Ullyot moved to San Francisco with her family and took up running because, in her words, she was "getting a little bit plump around the middle." What began as a one-mile jog through Golden Gate Park turned into a passion, and within a few short years Dr. Ullyot was winning races and writing columns for *Running World*. In 1974 (and for many years thereafter), she represented the U.S. at the inaugural Women's International Marathon Championships in Walniel, West Germany. A skilled linguist, Dr. Ullyot was not only a competitor, but also the team translator.

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Joan and Walt in the early days of DSE.

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From the President's Desk



◆ ◆ JOE KANIEWSKI

It's great to be running with other runners again. Whether it's been our Thursday night Summer Series runs at Lake Merced, one of our low-key Sunday morning races, or doing a planned track workout on Tuesday at Kezar, DSE has got a place for you to run outside, stretch out, relax, and socialize.

June really felt like things are returning to normal. We could finally shed our masks, grab a hug or elbow knock, and share a longer, closer conversation at an event.

In the last two months, DSE's membership has gone from 355 to 475 members. Welcome new members! If you see a new face at a race, please say hello and introduce yourself. Running and our events are social activities, and now more than ever we should enjoy this moment, smell some roses, take a minute to greet someone new, and enjoy the freedom and collective energy of a race.

I don't think it's a coincidence that our membership has grown so quickly, since DSE has successfully put on more races than any other race organization in Northern California. Hats off to Stephanie Soler and Liz Noteware for not settling and just waiting to hear back from permitting officials. They took the initiative, learned the finer points of the health ordinances and regulations, created new race procedures, and

worked through the process with skill and aplomb. These DSE ladies rock! Little by little, permitting agencies in Pacifica, Brisbane, and Golden Gate Recreational Area are following suit and green lighting races for DSE because we have been prepared, knowledgeable, and persistent in our efforts.

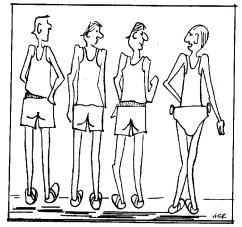
Out at Sierra Point this month, a few runners commented to me that they really appreciated the restrooms at our race there. It begged the question: what are your favorite/least favorite places for a pre/post race pit spot? I was surprised to hear how many runners had an opinion, or secret clean bathroom they used at various locations. If you know a good spot, share the knowledge!

When do we return to snacks? Do you miss your post-race chocolate chip cookies, Cheetos, grapes, and orange slices? For now, our permits do not allow food and drinks, but soon they will be back. If you have some ideas on how we can bring snacks back in a safe way, let us know. Maybe we can designate a snack czar to bring snacks to races? Or we can designate a post race brunch location? Any volunteers for snacks or ideas for brunch?

Finally, Kevin Lee shared with me some old back issues of our DSE newsletter from the 1980s-1990s. It probably won't surprise most of you that it featured some great monthly features, like the Wit & Wisdom of

CLASSIC STU-PEDS

Stu Ruth



WHAT MAKES YOU THINK I'M NERVOUS ?

Walt Stack and Let's Get Brunch, a column about getting to know DSE members by Joe Oakes. Please take minute to appreciate these gems from our club history.

While our club motto is start slowly and taper off, there is just something about the beginning of a races that no virtual event can replicate. It makes you push your limits regardless of your fitness or age. When your adrenaline kicks in and you are part of that pack of people, it just taps into some human collective condition--we are on the hunt, or part of an escape together, and by running together we are stronger. Hope to see you all out here soon so we can be stronger together.

RACE DIRECTORS NEEDED!

Kevin Lee

With the return of in-person races, DSE needs weekly race directors. Every successful DSE race begins with a club member serving as the Race Director. Please visit the DSE website to see what race date slots are available in 2021. Then contact Kevin Lee at dse.pekingduck@gmail.com.

Please note that RD duties have been streamlined. The RD oversees all race day procedures: registration, pre-race announcements and post-race awards.

Track workouts are ON!
Tuesday nights at 6:30--be there!





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 Snaveley webmaster@dserunners.com

JOAN ULLYOT: 1940-2021

...continued from p. 1

In 1976, she published *Women's Running*, a painstakingly researched book that was truly the first of its kind. She followed up this seminal work with *Running Free* (featuring DSE's own Sister Marion Irvine) and *The New Women's Running*. These books inspired countless women to take up a sport that had long excluded them.

Dr. Ullyot later became a member of the International Runner's Committee, where she used her extensive medical knowledge to advocate for greater women's inclusion in international distance events. Historically, women had been excluded from distance running due to a misguided belief that it was harmful to their bodies. Even in the 1970's, the longest Olympic event for women was the 1,500 meter race. Dr. Ullyot's research and passionate advocacy helped convince the International Olympic Committee to add the women's marathon to the 1984 Olympic games; the 5,000-meter, 10,000-meter, and steeplechase events would be added in the years to follow.

In the early 1990's, Dr. Ullyot relocated to Colorado, where she coached the Aspen Runners Club for nearly a decade. In 2018, she was inducted into the Road Runners Club of America Hall of Fame. She remained an active runner and cyclist, and later a walker, until her unexpected passing.

DSE joins Dr. Ullyot's friends, family, and loved ones in mourning her death, and we will forever be grateful for her contributions to our club and our sport, both here in the Bay Area and across the globe.

Runner's World Obituary

Jacqueline Hansen's Remembrance
Interview with Gary Cohen



Dr. Ullyot with some familiar DSE faces at her 2019 RRCA Hall of Fame Induction © 2019 Joe Kaniewski

DSE WANTS YOU FOR THE DOUBLE DIPSEA

Jerry Flanagan

We are looking for volunteers for the 51st Walt Stack DSE Double Dipsea scheduled for Saturday, August 28, 2021.

Please sign up <u>here</u> on the Walt Stack DSE Double Dipsea Volunteer Link in Race Roster.

This is a DSE original that our club has hosted since 1970 and have co-hosted with Brazen Racing since 2013. We take great pride in providing runners from all over the country a great experience. To pull off a successful race every year, we need the always dependable support of our entire club membership. We have over 600 runners registered to run thus far in 2021 and we will need almost 150 volunteers to pull off a safe and successful event.

Volunteer assignments still open include:

- Aid stations (Muir Woods, Cardiac and Insult)
- Road Crossing Course Monitors (Mill Valley/ Dipsea Stairs, Panoramic East - Upper Windy Gap and Muir Woods Road - Lower Windy Gap, Mailboxes, Muir Woods Road and Parking Lot, Panoramic West - Stinson Beach, Hwy 1 crossing - Stinson Beach)
- · Finish area (Parking, Crossing Guards, BBQ) All volunteers receive:
- Eligibility for DSE Annual Awards
- Special entry privileges to future Double Dipsea races
- · 2021 Double Dipsea t-shirt
- · Invitation to the post-race volunteer picnic
- A warm, fuzzy feeling from helping keep the tradition alive
- The heartfelt thanks of hundreds of runners!
 If you have any questions please contact Jerry
 Flanagan at jerryflan@yahoo.com. Thanks in advance for all your support to keep the Double Dipsea thriving.



RACE RECAPS

June 6, 2021 Sierra Point 10K

Race Director: Michael Rouan
Volunteers: Pat Geramoni, Carol
Pechler, Michaela Rouan, Gene French,
Bill Woolf, John Albertoni, Bob Marty,
Kevin Lee, Joe Kaniewski, Paul Mosel,
Terri Rouke, Chewey Lam



RD Michael Rouan © 2021 Paul Mosel

63 participants (in-person and virtual): 61 racers (38 men, 23 women); 1 self-timers, 1 kid



Stoked to be back at the races!
© 2021 Paul Mosel



A gorgeous day on the Bay © 2021 Paul Mosel

June 13, 2021 Lands End 5K

Race Director: Leslie Dicke
Volunteers: Adriana Collins, Phyllis
Nabhan, Bill Woolf, Paul Mosel, Daniel
Henry, Akemi lizuka, Kevin Lee, Joe
Kaniewski, Vince French, Jim Buck,
Jane McFarland, Woody Szydlik, Jason
Szydlik



RD Leslie Dicke
© 2021 Paul Mosell

54 participants (in-person + virtual): 52 racers (29 men, 23 women); 1 self-timer, 1 kid



Top five women!
© 2021 Stephanie Soler



Amy and Rebecca never miss a virtual race!
© 2021 Amy Sonstein

June 20, 2021 Father's Day 5K

Race Director: Combined Effort!

Volunteers: Pat Geramoni, Jason Szydlik,
Phyllis Nabhan, Bob Butchart, Bob Marty,
Vincent French, Kevin Lee, Tom Ross, Paul
Mosel, Marsi Hidekawa, Chewey Lam,
Joe Kaniewski



Our dedicated volunteers, making it happen. © 2021 Paul Mosel

103 participants (in-person + virtual): 83 racers (55 men, 28 women); 20 self-timers



Our largest starting group this year.
© 2021 Paul Mosel



Phyllis and Vince! © 2021 Paul Mosel



Go go go! © 2021 Paul Mosel

June 27, 2019 Rockaway Beach 5K

Race Director: Michael Rouan Volunteers: Katia Stern, Carol Pechler, Bob Butchart, Mary Ann Muroya, John Albertoni, Bill Woolf, Kevin Lee, Vincent French, Tom Ross, Neal Ashton, Gene French, Wendy Newman



RD Michael Rouan © 2021 Paul Mosel

43 participants (in-person + virtual): 22 racers (10 men, 12 women); 20 self-timers, 1 kid



All smiles by the ocean.
© 2021 Stephanie Solerl



The
switchbacks
are no match
for Rob.
© 2021
Wendy
Newman

BLAST FROM THE PAST: MINISTER WALT & JOE'S BRUNCH

September 1988

asenens.

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WIT WISDOM



& WALT

When I was still a growing lad, I spent part of my life in a Catholic orphanage. After leaving the home, I set out to read about the when, where and why of religious matters. Through study I learned that religion was not for me.

Despite that, many years later I decided to join the Universal Life Church, founded by Kirby J. Hensley, who offered a minister's doctorate for one dollar. For a lifetime's membership, you can't go wrong. With your certificate you can perform all ministerial services: baptisms, marriages, funerals and church meetings.

You can do all this even if you are not religious. I am an atheist and no one cares if I believe that Jerusalem Slim (Jesus Christ) is Mr. God's kid or not.

Over the years I have married many outstanding runners. I also made Dr. George Sheehan a member of the church. Once a couple from Idaho wrote me to ask if I would marry them at the top of Pikes Peak. They knew that I had run the course for over 20 years.

I've also married folks at the Dolphin, South End and Olympic clubs. I recently attended a divorce party at the South End club thrown by a couple who threw in the sponge after 10 years. All of my other clients are still married. Sometimes a couple will express their appreciation by inviting Rev. Stack to an anniversary meal at a fancy hotel.

I have also ordained two saints. One, an ex-marine and contractor, treated his wife and children in such a wonderfully supporting manner that I sent for a sainthood certificate for him. The other saint always stayed with a race, even an all-night one, to congratulate and help the ones needing it. His moral support was so much appreciated that I made him St. Otto Sommerauer

People who attend my weddings usually have 2 comments, one about seeing me so well dressed and the fact that the "S" word wasn't used even once.

This is my introduction to the Marriage Ceremony:

7oday we are gathered to witness the marriage of Don and Jane and to share in the joy of this occasion which should be one of the most memorable and happy days of their lives.

Life has no singular meaning so much as it is composed of many meaningful events, some of which can be specified and planned for. One of these events is marriage.

As you know, no minister, no priest, no rabbi, no public official can marry you. Only you can marry yourselves by a mutual commitment to love each other, to work toward creating an atmosphere of care and consideration and respect, by a willingness to face the tensions and anxieties that underlie human life, you can make your wedded life come alive.

Finally we wish that at the end of your lives you will be able to say these two things to each other. Because you have loved me, you have given me faith in myself. And because I have seen the good in you, I have received from you a faith in humanity.

[ed.: The names used in this article have not been changed because there are no innocents to protect. Jane Colman and Don were recent recipients of Rev. Stack's Pikes Peak Marriage ceremony. CONGRATULATIONS!]



Monthly Running Schedule

In-person races are back! Races are currently limited to DSE members only. Gold, Teen, and Child Memberships include unlimited races; \$5 race fee for Standard Members.

Please note: pre-registration is required for all Sunday races. Race registration instructions have been sent by e-mail to all active members. If you have questions about membership or race registration, please email <u>dserunnersmembership@gmail.com</u>.

Sunday, July 4, 9am: Polo Field 5K - Course Map

<u>Course Description</u>: Start at the Polo Field sign, near the intersection of Middle Drive and Metson Road. Run westbound on Middle Drive, right onto MLK then Bernice Rogers Way, and right onto Kennedy Drive. Run up Kennedy Drive to Transverse Drive, right onto Overlook and continue onto Middle Drive to finish.

Sunday, July 11, 9am: Windmill 10K - Course Map

<u>Course Description</u>: 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.

Sunday, July 18, 9am: Twin Peaks 4M - Course Map

<u>Course Description</u>: Start at reservoir at Galewood Circle and Clarendon Avenue. Complete inside reservoir loop; exit left downhill onto Clarendon. Turn left onto Laguna Honda and continue uphill to Woodside Ave. past the gas station. Continue on Twin Peaks Boulevard until it ends at Clarendon Avenue. Turn left on Clarendon and return to the start.

Sunday, July 25, 9am: Roller Coaster 5K - Course Map

<u>Course Description</u>: Start in Mountain Lake Park near 11th Avenue & Lake Street. Run eastbound on running path. At fork in road take dirt trail uphill on West Pacific Ave. Turn right on Presidio Avenue and run through gate entrance at Pacific Street. Turn right on Pacific Street and run downhill to marked turnaround, then return along same route to finish.

Sunday, August 1, 9am: Kennedy Drive 8K - Course Map

<u>Course description</u>: 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.

The Lake Merced Summer Series is ON! Every Thursday through August 5, join us at 6:30 p.m. for a 4.5-mile loop around beloved Lake Merced. No race fee is required, but runners must pre-register. Check your e-mail for registration details! <u>Course Map</u>

Membership nformation

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: \$50 *Prorated for the remainder of 2021* Gold members receive no-cost entry to all in-person races!
- 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 still on hold. 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

June gloom in the City and along the coast continues into the first half of July. Temperatures will be near to slight below seasonal normals: upper 50's at the coast, 60's and 70's around the Bay, and 80's to near 90's in the 680 corridor and Sonoma County north of Santa Rosa. Some monsoonal moisture from Mexico will continue to produce thunderstorms in the Sierra. Some of that moisture could move into the Bay Area after mid-month. Less fog and and warmer temperatures are on tap after mid-month with the warmest temperatures for July expected in the City with highs in the 80's. Little change is expected last week of the month.

◆◆◆ Club Officers & Coordinators ***

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Vince French

RACE SUPPLIES

Chewey Lam

RACE RIBBONS

Bob Marty

SOCIAL MEDIA

Amber Wipfler

Jessica Wong

DSE RACE RESULTS

Marsi Hidekawa

AGE DIVISION POINTS

Janet Nissenson

PERMITS/SCHEDULING

Jerry Flanagan

Kenneth Fong

Pat Geramoni

Janet Nissenson

Liz Noteware

Carol Pechler

Suzana Seban

RACE DESCRIPTIONS

Brian Hartley

COURSE MAPS

David Wilson

DSE PHOTOGRAPHER

Paul Mosel

WEBMASTER

Rob Snavely

RETURN SERVICE REQUESTED





Happy Birthday!

JULY

| 1 | Peter | |
|---|-------|--|
| | | |
| | | |
| | | |

- 2 Ken Weller
- 3 Linda CarterOscar Wilmerding
- 4 Emi Yasaka Fiona McCusker
- 5 Marie-Pierre Carlotti
- 6 Jack Bascom
- 8 Francis SerranoTom Traska
- 9 Dan Osipow Eloise Ahn-Daum
- 10 Peter Delahunt

- 14 Marissa Balistreri
- 15 Kali Zivitz Riya Suising
- 16 Delsa Rendon
- 17 Bob Butchart
 Juan Melendez
 Leslie Dicke
 Paul Meadow
- 18 Sergey Vasyliev Vincent Gulli
- 19 Jessica Lindl Kay Teiber Naomi Ng
- 20 Connor Flanagan

- 21 Angie Dalfen Naomi Manuel Wayne Cottrell
- 22 Gavin Sibbitt
- 23 Bill Dake JP McSherry Rob Kay
- 24 Irina McGrath
- 25 Andrew Ng Claudia Meissner
- 28 Margie Whitnah
- 30 Bob Theis Wallace Rapozo
- 31 Amelia Mutere Peter Lee