

DSE NEWS



56th Year

August 2021

Amber Wipfler

Haven't run in circles since high school track? Feeling inspired by all those sprinters and mid-distance runners breaking records at the Olympics? Then it's time you got yourself over to Kezar Stadium for DSE's Tuesday night track workouts.

"But I'm a distance runner," you might say. "How is sprinting going to help me?" Glad you asked! Track workouts develop the body's anaerobic system, which provides energy independent of oxygen. When you're on the last quarter-mile of a 5K and your exhausted, oxygen-deprived legs manage to kick it into another gear, that's the anaerobic system at work. So if you want to improve your times (or just want to impress everyone with a cool kick at the finish), speed workouts are a must.

Join us every Tuesday night at 6:30 p.m. to reacquaint yourself with intervals and strides and repeats and all those fun track workouts that will make you a better runner. Coach Andy Chan has been making people faster for over two decades, and you couldn't ask for a more supportive atmosphere. So whether you're gunning for a PR or just want to cross the finish line without passing out, DSE's track workouts have got you covered!



*DSE track workouts are scientifically proven to both increase your speed AND make you a happier person.
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From the President's Desk

◆ ◆ ◆ JOE KANIEWSKI

I hope you all got a chance to run one of our Sunday races or Thursday night Summer Series runs at Lake Merced this month. The Summer Series is drawing to a close. Hats off to those of you that have made it out to Lake Merced on Thursday nights. Don't forget, DSE is still offering Tuesday night coached track workouts and Saturday-Tuesday yoga sessions to compliment your running. Are there any swimmers out there want to swim in the Bay and cross train? The water has heated up to 64 degrees the last time I checked. [E-mail me](#) for more information.

This last month I really enjoyed running the full length of Golden Gate Park for the Windmill 10k again. Nothing beats hammering down JFK Drive. And the new roller coaster hill course at the Mountain Lake Park 5K was awesome! For a hype man, and yellor like me, it was fun cheering everybody on during the 3 out and back sections.

Our August should be even more challenging. We're doing the Lake Merced Half Marathon again and we have permitted trail runs at San Bruno Mountain and Sweeney Ridge. August is time to step up your running game, Turtles. Are you ready for the August race challenges?

I know we all run for different reasons. We run to stay healthy, burn off a few donuts, and to feel

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better. Sometimes, I need some extra motivation to get me out the door. One thing that keeps me going is running meaningful miles. Running for a purpose other than my own is extremely motivating. Knowing that my leading the Back On My Feet run/walk/workout at Civic Center at 5:45 a.m. means that a person experiencing homelessness or recovering from addiction can stay sober for one more day, or connect to the technical skills session and workforce training that will lead to a new job. Or it could mean that someone will get an apartment and out of a shelter by being part of the BOMF programs. These things motivate me to wake up at 4:30 a.m. on Wednesdays and Fridays and run meaningful miles before the sun comes up. Join us if you would like a little more motivation.

This month I discovered another kind of meaningful miles opportunity. Through the Bay Area Achilles International chapter, I learned how to guide blind and physically challenged runners. Imagine being the eyes or ears for someone so they can run. It sure changes your perspective and makes you appreciate your freedom to move. Please consider joining us sometime. A big shout out to DSE Runners Chewey Lam who invited me and regularly attends and to Johnny Chow who has taken part in the run on Great Highway. Achilles

CLASSIC STU-PEDS

Stu Ruth



THESE CORDUROY SHORTS AREN'T PRETTY BUT THEY ARE SMART... THEY GO "FWEEP FWEEP FWEEP" EXACTLY AT MY PACE!

sometime. A big shout out goes to Chewey Lam, who invited me and regularly attends Achilles International events, and to Johnny Chow, who has taken part in the run on Great Highway. The Bay Area chapter of Achilles International meets on the 1st and 3rd Saturdays of every month at 9:30 a.m. Java Beach Cafe plaza and Great Highway in SF. It doesn't cost you anything and it's a very inspiring and rewarding experience.

We had a minor safety incident at our new Mountain Lake 5K a few weeks ago. Please remember that on many of our race courses, we must share the road and trail with non-race participants. People and their pets can move and turn without warning. Please try to anticipate the unexpected

move. And most importantly, help us address and resolve any problems you see with people, stray animals, and pets ASAP. None of us are going to post an Olympic qualifying time out there. So whether you finish 10th or 11th, or 75th or 76th, please race and run with course awareness and courtesy because it's not worth our club's good reputation to win an age division or place at all costs. DSE Turtles have a long history of running smart safe welcoming races. Let's keep that up!



I spy some future age division winners in this fine group of runners!

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Speedsters lining up at the front of the pack.

© 2021 Johnny Chow

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

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P.O. Box 210482

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Website/Membership Application:

www.dserunners.com

Webmaster: Rob Snavely

webmaster@dserunners.com

RUN HARD, BE NICE

Stephanie Soler

Our club's primary value is running in a friendly and respectful atmosphere. We have an excellent reputation for safety with the agencies we work with to secure permits for our races. Because of this good reputation, we have been able to host post-pandemic races much sooner and at a much lower cost than most other organizations and clubs. In order to maintain this reputation, all of our members must follow race instructions and abide by the [DSE Code of Conduct](#). Complaints about our group from the general public can result in DSE losing the ability to secure permits for races in the future.

Some specific reminders:

1. DSE Members are ambassadors and representatives of the club. Always behave in a manner that is safe, friendly, and that does not put others at risk of harm. Share trails and roads politely with others.
2. Participants may not run with dogs or pets.
3. Although we have course monitors, our permits DO NOT allow us to stop traffic. Please obey all traffic signals, and use caution at intersections.
4. If you have any safety concerns or you witness concerning incidents, please discuss them immediately with a Board member. The Race Director can help you find a Board member at every race.

Thank you for helping to keep DSE races friendly, safe, and affordable.



The boys demonstrate how to keep it cool.
© 2021 Johnny Chow

VOLUNTEERS STILL NEEDED FOR THE DOUBLE DIPSEA

Jerry Flanagan

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

A huge THANK YOU to everyone who has registered to volunteer at Double Dipsea thus far! We are up to a total of 76 volunteers with all of our aid stations and the majority of course monitors on the Mill Valley side of the course filled to capacity.

We still are still in need of volunteers to work the critical road crossings from the top of Panoramic to the start/finish in Stinson Beach. The following volunteer positions are still open:

- Panoramic East – Upper Windy Gap Road Crossing – 4 spots open
- Muir Woods Road – Lower Windy Gap Road Crossing – 5 spots open
- Mail Boxes Course Monitors – 2 spots open
- Hazel Ave Course Monitors – 1 spot open
- Marion Ave/Millside Lane Course Monitors – 1 spot open
- Walsh Dr/Flying Y Course Monitors – 1 spot open

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, but to pull off a successful race every year we need the always dependable support of our entire club membership.

All volunteers receive:

- Volunteer points towards DSE trophy/award requirements;
- 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.

The link to register as a volunteer is [here](#).

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

July 4, 2021

Fourth of July Polo Field 5K

Race Director: Joe Kaniewski

Volunteers: Phyllis Nabhan, Carol Pechler, Amber Wipfler, Richard Hannon, Bill Woolf, John Albertoni, Bob Marty, Kevin Lee, Vincent French, Kevin Lee, Paul Mosel, Chewey Lam, Terri Rourke, Daniel Henry



RD Joe Kaniewski

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96 participants: 7 racers (46 men, 31 women); 18 self-timers, 1 kid



Patriotic pantsing.

© 2021 Paul Mosel



Woo-hoo!

© 2021 Paul Mosel

July 11, 2021

Windmill 10K

Race Director: Adriana Collins

Volunteers: Phyllis Nabhan, Daniel Henry, Pat Geramoni, Carol Pechler, Bill Woolf, Larry Jewett, John Albertoni, Bob Marty, Kevin Lee, Richard Hannon, Paul Mosel, Jane McFarland, Jim Buck, Vincent French, Tracy Purrington, Chewey Lam



RD Adriana Collins

© 2021 Paul Mosel

86 participants: 76 racers (48 men, 28 women); 9 self-timers, 1 kid



Cheaper than a trip to the Netherlands and no passport required.

© 2021 Paul Mosel



Turtle power!

© 2021 Paul Mosel

July 18, 2021

Twin Peaks 4M

Race Director: Larry Jewett

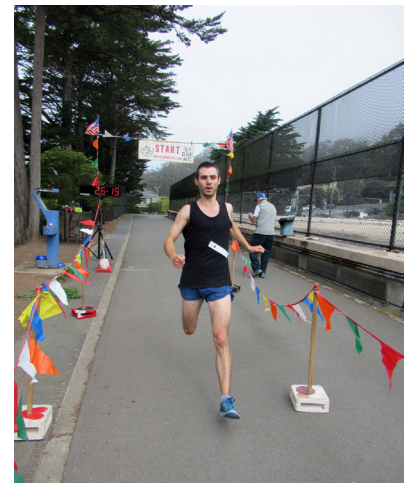
Volunteers: Phyllis Nabhan, Adriana Collins, Jason Szydlak, Carol Pechler, Bill Woolf, John Albertoni, Bob Marty, Vincent French, Kevin Lee, Riya Suising, Paul Mosel, Marsi Hidekawa, Chewey Lam, Daniel Henry



RD Larry Jewett

© 2021 Paul Mosel

70 participants: 58 racers (38 men, 20 women); 12 self-timers



Ben flies through the finish.

© 2021 Paul Mosel



Special guest appearance by Karl the Fog.

© 2021 Paul Mosel

July 25, 2021

Mountain Lake 5K

Race Director: Mike Rouan

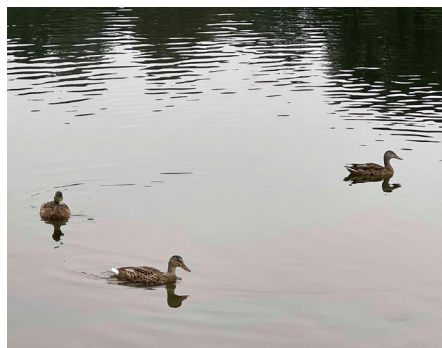
Volunteers: Phyllis Nabhan, Daniel Henry, Jason Szydluk, Judith Jarosz, Bill Woolf, Vincent French, Kevin Lee, Liz Noteware, Paul Mosel, Wendy Newman, Woody Szydluk, Chewey Lam



RD Michael Rouan

© 2021 Paul Mosel

71 participants: 58 racers (35 men, 23 women); 12 self-timers, 1 kid



Some at Mountain Lake prefer swimming to running.

© 2021 Paul Mosel



A hearty thanks to all of our race registration volunteers!

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August 1, 2021

Kennedy Drive 8K

Race Director: Amber Wipfler

Volunteers: Phyllis Nabhan, Jason Szydluk, Katia Stern, Paul Mosel, Bill Woolf, John Albertoni, Bob Marty, Kevin Lee, Vincent French, Jack Bascom, Riya Suising, Terri Rourke, Chewey Lam, Woody Szydluk



RD Amber Wipfler

© 2021 Paul Mosel

71 participants: 58 racers (35 men, 23 women); 12 self-timers, 1 kid



Father-son duo.

© 2021 Paul Mosel



Vince is a man of many talents.

© 2021 Paul Mosel

Action shots from the super challenging (but super fun!) Mountain Lake 5K. Thanks to Paul Mosel for the pics!



AUTUMN ADVENTURES

Theo Jones

The fall season is a great time of year for San Francisco runners. The weather improves substantially and there are a number of wonderful races in attractive areas within easy driving distance. Following are three races that Jeanie and I have done for many years that are all enjoyable, well-organized events worth your attention.

On Saturday September 11, the 48th Annual Jug and Rose Run from Volcano to Sutter Creek in the Gold Country foothills will be scheduled. This is a 7.7 mile race on quiet country roads with a few small hills, but mostly downhill. It finishes at the picnic grounds of Sutter Creek where a relaxed, entertaining award ceremony is held outdoors (the weather is invariably warm and sunny) and many of the 80+ participants receive some kind of recognition or award. The ceremony is conducted by race director Giles Turner, who is the Performing Arts Director at Amador High School for which this is a fundraiser. There is a non-competitive walk starting at 7:15 AM, a competitive walk starting at 7:30 AM, and the race starts at 8AM. One can register for the race at the start, cost \$30. A good sized group of Pamakid and DSE runners make it an annual weekend trip driving to Jackson (128 miles, 2hrs 15min) on Friday evening and having a social dinner together at a good local Italian restaurant, driving the 12 miles to Volcano in the morning for the race, and enjoying the rest of the day and Sunday exploring this very interesting area. Volcano and the surrounding gold rush towns have a lot of significant history and sights to explore so this makes for a very enjoyable weekend trip. Check: www.runsignup.com/race/CA/volcano/jugrose.

Sunday, October 10 brings the annual Humboldt Redwoods races which start at the Dyerville Bridge, about 25 miles north of Garberville on US 101. The half marathon starts at 9 AM and runs 6 1/2 miles south on Avenue of the Giants among the redwoods that are the tallest trees on the planet, and returns on the same road. The 5K starts at 9:30 and runs south on the same Avenue of the Giants to its turnaround. This is a large and professionally organized event of the Six Rivers Running Club. There are refreshments at the finish area and the race shirts are beautiful with redwood trees in color on the front. Runners from San Francisco can drive the 200 miles to Garberville on US 101 and stay in the decent quality motels there, but if you want to treat yourself stay at the Benbow Inn, an elegant English Country house hotel 1 mile south of Garberville. The courses are

basically flat with a few slight gradients, the weather is usually sunny and temperatures pleasant and of course is very well shaded. What better way to see such spectacular trees than by running through them for several miles! We have done this race countless times and never had a disappointing day. Traditionally it has also had a full marathon but I don't see that listed this year. Garberville motels do fill up early so don't hesitate if you really plan to go. And why not make it a long weekend and enjoy the whole area which is one of the great regions of California. Check out: <http://www.redwoodsmarathon.org>

So what does November offer? The 55th offering of the Clarksburg Country Run set of races: 30K, half marathon, 10K, 5K and children's races. This used to be called the Pepsi 20 mile race but was recently converted to a 30K (good training for CIM). This year the half marathon is the PAUSATF Championship. Clarksburg is a small country town on the Sacramento River just south of Sacramento city and so one can drive there on the morning of the race if you want, since its 30K starts at 8AM and the half marathon at 8:30 AM. Of course, Sacramento is an interesting city to visit and to enjoy the neighborhood called Old Sacramento and Sutter's Fort (where some of the Donner party survivors were brought) and historic houses associated with the Capitol. Clarksburg is protected from the Sacramento River by a levee and most of the course is on flat levees or flat farming land, and that feeling of being in the country is very much enjoyed by this city boy. The event has a small town feeling to it but is very well organized and noted for the fact that a small lunch is provided immediately following your event. I have run the 20 mile or half marathon distance for many years and almost always enjoyed it, but November can be wet or chilly or windy so no guarantees. Go to: <https://runsignup.com/Race/CA/Clarksburg/ClarksburgCountryRun>

Hope this helps in planning your fall adventures. It would be nice to hear from others about their top recommendations for events in close driving distance.



10K BLUES

Jane Colman

Note: This was composed in 2008 during the final two miles of the Golden Gate Park 10K, during our mid-April heat wave.

I've been feeling really good about my running all along— I ran 15 miles on Tuesday and I still felt strong.

Ran a hilly 4-miler at 10:23 mile pace;

For a plump and slow old lady, that's a pretty decent race.

My long run and weekly total were the highest in a year, so I faced this Sunday's 10K full of eagerness, not fear,

Even though the 10K distance is the race I hate the most— It's too long to run all-out, but too short to coast.

Been mighty hot the last few days but I thought I'd be OK. The Sunday paper said that it would cool a bit today.

I did my warm-up run, and talked with friends a bit. I felt a little warm, but I still was feeling fit.

The race began; I felt good, but went out too fast somehow. After 30 years of racing, you'd think I'd learn by now.

Soon the heat affected me; I started feeling low, And people kept on passing me as I began to slow.

About halfway we ran downhill, with respite from the heat— In shade and into a cooling breeze—too late: my legs felt beat.

I turned uphill into the sun, stopped looking at my time. Instead I thought about the day, and started on this rhyme.

I struggled to the finish, but felt worse after the race

So instead of cool-down jogging, I walked a snailish pace. BUT—

We're gonna have a cooling trend, the weather people say And so I'm looking forward to next Sunday morn's 5K.



*Jane at this month's
(much cooler)
Mountain Lake 5K.
© 2021 Paul Mosel*

HYDRATION HOMIES NEEDED: SF MARATHON

Kevin Lee

Please save September 19, 2021 on your calendar to be a volunteer at the 2021 SF Marathon. Major changes are afoot: a new race course and new DSE water stop location!

Our location this year is in the Presidio, on the west side of Lincoln Boulevard just east of 25th Avenue on El Camino del Mar. Arrival time is 5:00 a.m., and we'll wrap up at 9:45 a.m.

We need 12 volunteers to make this happen. If you can help, please contact Kevin by email at dse.pekingduck@gmail.com or by phone at (415) 299-1730. Be sure to provide both your name and your t-shirt size. And thank you for helping to make this San Francisco tradition a smashing success!



Be a hero of hydration!

© 2014 Paul Mosel; 2018 Paul Mose; 2019

Terri Rourke

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 dserunnersmembership@gmail.com.

Sunday, August 8: Lake Merced 4.5M/Half Marathon - [Course Map](#)

Half marathon starts at 8 am

4.5M starts at 9am

Course description: Start/Finish at the north end Lake Merced Parking Lot (foot of Sunset Blvd). For 4.5 miles, run a single loop. For half marathon, run three clockwise loops around the lake staying entirely on jogging/pedestrian path, and be sure to carry water and gels. The 1st loop is cut shorter by crossing the drawbridge east to west at the southern end of the lake.

Sunday, August 15, 9am: Saddle Trail 5K - [Course Map](#)

Course Description: Start/Finish in the grass field at the picnic area near the main entrance of San Bruno Mountain at 555 Guadalupe Canyon Parkway. We encourage carpooling as there is a \$6 parking fee. Run down the field and exit through the area between the water fountain and the first tree to its left. Once off the field, take an immediate right on the path and then another right onto the Day Camp Service Road. Follow the path up until the turnaround. On the way back down, take a right and run through the Edward Bacciocco, Jr. picnic area heading west toward the exit to Old Guadalupe Trail. Head Southwest on Old Guadalupe Trail (asphalt section) and then take a right onto Saddle Trail. Follow Saddle Trail to the finish back at the starting picnic area.

Sunday, August 22, 9am: Sweeney Ridge 5K

Course Description: NOTE: This course is run on dirt, asphalt and gravel. It includes steep gradients with steep stairs and approximately 650 feet of elevation gain.

Meet at the parking lot south of Skyline Baseball Field (6 College Rd, San Bruno, CA 94066). Run on the Notch Trail for 1 mile, join Sweeney Ridge trail and bear to the left, continue on Sweeney Ridge Trail until you meet the old Nike Missile site, follow arrows to turn-around. Return on same course to finish.

Sunday, September 5, 9am: Stern Grove 4M - [Course Map](#)

Course Description: Start at the intersection of 33rd and Wawona. Run west on Wawona to 34th Ave, left onto Crestlake Street, left onto Sloat Blvd, left at 19th Ave and left/downhill on Wawona back to start (33rd Ave). Run second loop at 34th Ave & Wawona, drop down through barricade to Stern Grove, run entire west to east length of grove, left uphill and exit Stern Grove. Turn left at 19th Ave, left/downhill on Wawona and back to 33rd Ave and finish.

Join us for the last Lake Merced Summer Series run! Be there at 6:30 p.m. on August 5 for the season's last Thursday night run around good ol' Lake Merced. No race fee is required, but runners must pre-register. Check your e-mail for registration details!

[Course Map](#)

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: \$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

July in SF was the coolest in recent memory with NO days higher than 69 downtown. The first week in August looks similar to the last week in July with plenty of night and morning low clouds and fog with coastal drizzle. It will be in the 60's in the City but 90's by the time you get inland in the 680 corridor. It will be warm this weekend inland then cool next week. Look for the possibility of some moisture from a dying tropical storm off of Mexico around the end of the 2nd week of August. We'll see fog and low clouds for the third week of August with warmer temps in the City with some highs in the 70's and low 80's. Warmer sea surface temperatures outside the Golden Gate will translate to warmer nights and warmer days in San Francisco with warmer than normal temps.

◆◆◆ Club Officers & Coordinators ◆◆◆

PRESIDENT
ANGELICUS
Walt Stack

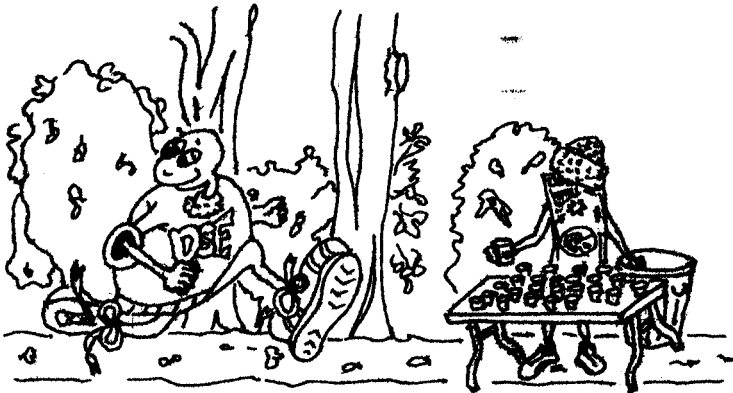


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Rob Snively

SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

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RETURN SERVICE REQUESTED



Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

AUGUST

- 1 Francis Dy
- 3 Rebecca Teichmann
- 4 John Herbert
- 5 Milinda Lommer
- 6 Claire Wang
- 7 Sarah Gulli
- Yoly Pantig
- 8 Michael Gaughan
- Max Huckstepp
- Samuel Louie
- Jon Sax
- 9 Yassine Cherif
- Thomas Chuey
- Vanessa Garcelon
- David Moulton
- 10 Benny Shepherd

- 11 Barbara Bauer
- Jim Flanigan
- 12 Steve May
- 13 Miriam Amsallem
- 14 Cisco Moran
- 15 Randall Conner
- Gene French
- Sanaa Smith
- 17 Michaela Rouan
- Mark Tour-Sarkissian
- 18 Dylan Nixon-Helms
- 19 Ralph Lim
- Jack Major
- 20 Ed Baumgarten

- 22 Jason Szydlik
- 23 Donovan Corliss
- 25 Kristan Elman
- Luke Moore
- 26 David Myers
- 28 Craig Edwards
- Krystal Koop
- 29 Jeffrey Gardner
- Dan Murphy
- 30 Murat Soyupak
- 31 Andrew Ng
- Shawn Sax
- Robin Shostack