

September 2021

Amber Wipfler

If you did all the DSE races this month, you got 4,400 ft. of elevation at the Double Dipsea, 837 ft. on Sweeney Ridge, and 323ft. on the San Bruno Mountain Saddle Trail. There was another 310 ft. for the Lake Merced Half Marathon and 169 ft. for the Kennedy Drive 8K. Good work DSE. Not to mention that two of our awesome octogenarians, Carol

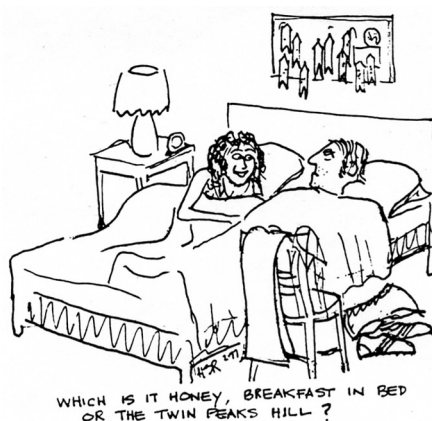
Pechler and Sam Roake, completed the Santa Rosa Marathon in the August heat and smoky air.

74 turtles braved the heat, controlled speeding traffic, served up water, electrolytes and snacks, and sold t-shirts at the Double Dipsea this year. It was great to be back on the course and see new runners appreciate the trail our club founders ran on so much. I never get tired of hearing about Windy Gap, Cardiac Hill, Old Mill, Muir Woods Crossing, and finishes at Stinson Beach. The Double Dipsea is our Wrigley Field, complete with plaques on the steps and shared stories and experiences. It's a place where friendships grow not only on the course, but at aid stations, road crossings, and of course the post-race BBQ.

For the first time, we are collecting and recycling DSE trophies. A big thanks to Bill Hamilton for the suggestion and Theo Jones for both organizing the effort and collecting the trophies on successive race days. We will put these to good use by slapping on new nameplates and re-awarding or re-gifting them at our upcoming DSE Picnic on October 17th at San Pedro Park. I hope I get one of Theo's. We are nailing down the logistics now but mark your calendars for that date. We are hoping to grill food, play outdoor games like kickball, relax, visit, and run and race starting at @ 9am -1pm. I know Bobby Marty has been asking

CLASSIC STU-PEDS

Stu Ruth



asking for us to grill at the picnic for years. Bobby, you get the first burger!

We have some nice flat races to show off your August hill racing in September. Don't forget, due to the water main break at Stern Grove, we are running Great Highway on September 5th. Sierra Point 5K is scheduled on September 12; we will be volunteering at the San Francisco Marathon on September 19th; and running the Golden Gate Vista race on September 26. I hope to see you out there, turtles. Go DSE!

RALPH HARMS 1935-2021

Native San Franciscan and longtime DSE member Ralph Harms passed away on July 30, 2021 at the age of 85. An accomplished boxer as well as runner, Ralph ran competitively well into his 70's. He medaled multiple times at the Huntsman World Senior Games, and is a member of the Empire Runners (Sonoma County) Hall of Fame. Ralph was an incredible athlete and a true character, and we at DSE send our deepest condolences to his loved ones.

Ed. note: On Ralph's request, a journalist with the Santa Rosa Press Democrat chronicled the last hours of his life. Click [here](#) to read this moving story.



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 Snavelly

webmaster@dserunners.com

ALL HANDS ON DECK: SECOND CALL FOR SF MARATHON VOLUNTEERS

Kevin Lee

Every year DSE is 100% supportive of manning a key SF Marathon aid station. With the unselfishness of our volunteers, DSE successfully makes sure every race participant is fully hydrated.

With the challenges of a new water stop location inside the Presidio, the required number of volunteers has been increased to 16. It is not essential for everybody to arrive by the 5:00 a.m. reporting time. I am asking for the majority of volunteers to report by 6:30 a.m. to hand out water and help replenish water cup demand. More volunteers will result in more efficiency and a stress-free aid station environment.

This year's marathon is on Sunday, September 19. Our water stop is located on the west side of Lincoln Boulevard (in the Presidio) at Bowley, just east of 25th Avenue. We expect the first wave of runners to arrive at 6:37 a.m., and will be serving up water until approximately 8:45 a.m.

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!



Johnny and Calvin keeping everyone hydrated!

© 2016 Paul Mosel

SAVE THE DATE: DSE PICNIC

Pending permit approvals, DSE will be holding our annual picnic at San Pedro Park on October 17th. This year's theme will be "Welcome Back!" and all members are invited. Official invitation and further information to follow as soon as details are confirmed.



Remember how fun these were? At long last, we can bring 'em back!

© 2017 Paul Mosel

SCHEDULING CHANGE

Please note: **The September 5 race will be along the Great Highway, NOT at Stern Grove!** A water main ruptured on Sloat and 22nd, causing significant flooding and damage. The entire east end of the Grove is closed off indefinitely, so we had to pick another spot for our Sunday race.

So please do not go to to Stern Grove. You will get wet and muddy and you won't get your DSE ribbon. Instead, join us on Sunday, September 5 at the intersection of Great Highway and Taraval for a redux of the much-beloved Great Highway 5K. See you there!



Theo Jones captured this photo of the broken main sending water sky high.

Yikes!

© 2021 Theo Jones

RACE RECAPS

August 8, 2021

Lake Merced Half Marathon/4.5 M

Race Directors: Noriko Bazeley & Mitchell Sollod

Volunteers: Phyllis Nabhan, Mike Rouan, Vincent French, Bob Marty, Kevin Lee, Riya Suising, David Amsallem, David Moulton, Pat Geramoni, Carol Pechler, Bill Woolf, Chewey Lam, Paul Mosel, Jim Buck, Jane McFarland



*RDs Noriko Bazeley & Mitchell Sollod
© 2021 Paul Mosel*

Half: 43 participants: 43 racers (30 men, 13 women)

4.5M: 33 participants: 28 racers (16 men, 12 women), 4 self-timers, 1 kid



*Lake Merced always sparks joy.
© 2021 Paul Mosel*

August 15, 2021

Saddle Trail 5K

Race Director: Larry Jewett

Volunteers: Jeorgina Martinez, John McCarroll, Carol Pechler, Paul Mosel, Bill Woolf, Bob Marty, Kevin Lee, Vincent French, Riya Suising, Marsi Hidekawa, Chewey Lam, David Wilson



*RD Larry Jewett
© 2021 Paul Mosel*

58 participants: 51 racers (32 men, 19 women); 6 self-timers, 1 kid



*The secret to a PR is pre-race donuts.
© 2021 Paul Mosel*



*No amount of fog can dampen that
DSE spirit!
© 2021 Paul Mosel*

August 22, 2021

Sweeney Ridge 5K

Race Director: Kenneth Fong

Volunteers: Chewey Lam, Pat Geramoni, Diana Williams, Bill Woolf, Diane Okubo-Fong, Kevin Lee, Paul Mosel, Riya Suising, Wendy Newman, David Moulton, Nicole Gipp

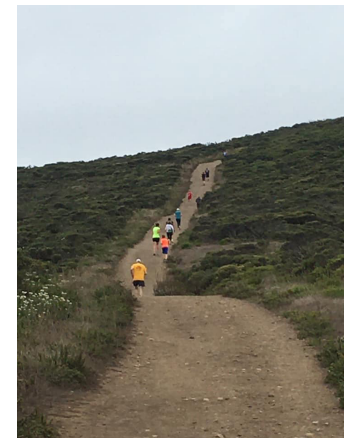


*RD Ken Fong
(feat. Diane Okubo-Fong)
© 2021 Paul Mosel*

54 participants: 47 racers (30 men, 17 women); 6 self-timers, 1 kid



*Top six ladies!
© 2021 Riya Suising*



*Up and over the ridge.
© 2021 Johnny Chow*

LAKE MERCED SUMMER SERIES: THAT'S A WRAP!

August 5 marked the finale of the 10-race summer series at Lake Merced. A huge thank you to coordinator Terri Rourke and all the volunteers who kept this DSE tradition going for yet another summer. And congratulations to all of our age division winners!

18 & under

Female:

Faith Dyogi
Cate Kreutzen
Olivia Sze

Male:

Kyan Shipak
Bruno Kai Ong
Felix Fein

25-29

Female:

Michaela Rouan

Male:

Victor Skorapa
Zach Sepno

30-34

Male:

David Gbadamosi
Alex Wu
Noel Bautista

35-39

Female:

Rebecca Teichmann

Male:

Cesar Lira

40-44

Female:

Julie Munsayac
Ma Lourdes-
Manalastas

Male:

Jason Reed
Chewey Lam
Andrew Ng

45-49

Female:

Steph Soler

Male:

Marky Enriquez
Freddy Fernandez

50-54

Female:

Riya Suising
Milinda Lommer
Lina Garcia

Male:

Peter Lee
Edward Haack

55-59

Female:

Louise Stephens
Rubi Kawamura
Shelly Taylor

Male:

Shawn Sax
Peter Corbett
Michael McPartian

60-64

Male:

Kenneth Clewes
Steve Symanovich
Kenny Crampton

65-69

Female:

Debbie Symanovich

70-74

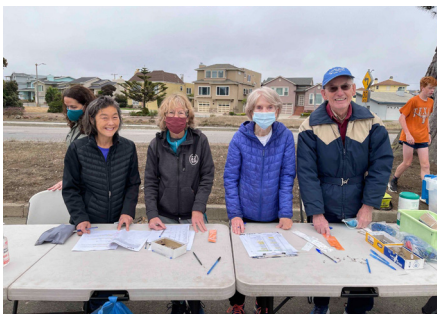
Male:

Leon Chang

75-79

Male:

Bob Cowdrey



Thanks to Paul Mosel and Johnny Chow for the photos!

CHEERS TO THE SANTA ROSA MARATHON

Amber Wipfler

Congratulations to all the DSE'ers who ran the Santa Rosa Marathon/Half Marathon on August 29th! It's hard not to love a course that takes you through the heart of wine country, surrounded on all sides by vineyards and the beautiful golden hills of Sonoma County. Rumor has it that all finishers received a bottle of wine, a tradition that we regretfully cannot replicate at our Sunday races.

Three members of our club deserve special recognition: Sam Roake and Carol Pechler, our club octogenarians who crushed the full and half marathons, respectively, and Akemi Iizuka, who ran a BQ-qualifying time of 4:00:50. You guys rock!



Three cheers for Carol, Sam, and Akemi!
© 2021 Wendy Newman, Akemi Iizuka

1,058 MILES ACROSS SF

DSE'er Adrian Jue recently accomplished something extraordinary--he ran every single street in San Francisco. This remarkable feat took him on a 1,058 journey across a myriad of neighborhoods, during which he witnessed firsthand all those things that make our city great--as well as those aspects we try to forget. Click [here](#) to read the story in his own words, as published in the San Francisco Chronicle. And thank you, Adrian, for sharing this powerful experience with us.

AMPHIBIAN ATHLETICS

To celebrate the Tokyo Olympics, our own Barbara Robben created an absolutely charming display of frog Olympians in her front yard. Check it out!

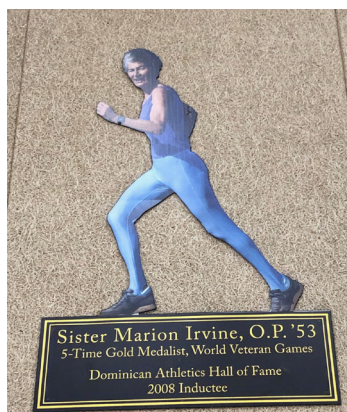


© 2021 Barbara Robben

CATCHING UP WITH SISTER MARION, “THE FLYING NUN”

Mike Pechner

I can't remember when I first met Sister Marion Irvine, but it must have been sometime in the late 1970's at a DSE run. I was captivated by her presence and maturity. Walt made her our unofficial “Spiritual Leader” because she is a Catholic nun. I am sure most folks remember this part of the story: she was overweight and a smoker and she needed to do something about it. The running craze that Walt started in 1966 with DSE was well underway and Sister Marion joined the club with Walt's encouragement. I am sure many folks also know she still holds many Master records for short and long distance races, the most notable being the 1984 Los Angeles Olympic Marathon Trials in which the then 54-year-old Sister Marion ran the 26.2 mile distance in an outstanding 2:51:01—a record that will stand the test of time. Sister Marion still holds numerous records for women over 50. She also has numerous gold and silver medals from her European career.



Wikipedia has the following details on her remarkable career: Many records for female runners over 50 years old were set by Irvine. She was the first woman in her age group to run under 20 minutes in the 5K, 38 minutes in the 10K, and 3:00 in the marathon. In 1983, Irvine competed in the California International Marathon, held in Sacramento, California. Her time of 2:51.01 set a world record for female runners over 50; it was over eight seconds faster than the previous record time, which she held, and about 13 minutes ahead of the next fastest time by an over-50 woman. The time also bettered the 2:51.16 that was required to participate in the United States Olympic Trials. At the time, Irvine was the oldest competitor ever in a U.S. track and field Olympic Trials; by the time of the Trials, she was 54 years old. In the 1984 Trials, which qualified runners for the inaugural Olympic women's marathon, Irvine posted a time of 2:52.02, and was not one of the qualifiers. Of the 268 women who ran at the Trials, she ended up in 131st place. Regarding the experience, Irvine said, “I knew the trials would be my Olympics.”

I have kept in touch with Sister Marion over the years and spent a whole day with her last week at Dominican College in San Rafael. We walked four miles in two hours as she gave me the cook's tour of this beautiful 125 year old campus. Sister Marion will be 91 years old in October. She now uses a walker because a failed cataract surgery on her left eye has led to blindness in one eye and a loss of vision. She works out everyday in the Campus Fitness Center on a stationary bike and works out with weights in addition to walking 4 miles a day. She keeps in touch with the DSE through the monthly newsletter.



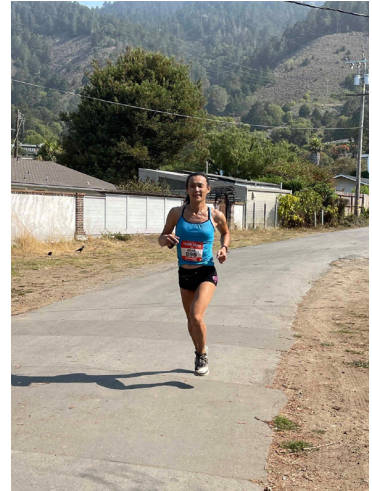
*DSE's “Spiritual Leader” and all-time great,
Sister Marion.*

© 2021 Mike Pechner

DOUBLE DIPSEA-PALOOZA

Special thanks to Paul Mosel, Jerry Flanagan, Virginia Rosales, Noriko Bazeley, and Chewey Lam for the photos!





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, September 5: 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.

Sunday, September 12: Sierra Point 5K

Course Description: Out and back course along the Bay Trail, starting from the Sierra Point Marina (400 Sierra Point Pkwy, Brisbane).

Sunday, September 19: NO DSE RUN - Opportunity to enter the [San Francisco Marathon](#)

Sunday, September 26: Golden Gate Bridge Vista 10K - [Course Map](#)

Course Description: The race starts at the lower level trail adjacent to the north staircase. Complete a counter-clockwise loop around the lower level trail and upper levels of El Camino del Mar parking lot. Stay on Land's End Trail that exits uphill onto the backside of the Legion of Honor parking lot. Run downhill on El Camino del Mar. Take lower fork at 30th Avenue staying on El Camino del Mar which merges into Lincoln Blvd. Follow guard rail uphill for 1/4 mile; enter inside dirt trail of guard rail until reaching the turnaround location. Reverse directions, run back the same way to finish.

Sunday, October 3: Single/Double Lake Merced Run 4.5M/9M - [Course Map](#)

Course Description: Start/Finish at the north end Lake Merced Parking Lot (foot of Sunset Blvd). Run one or two 4.5 mile clockwise loops around the lake, staying entirely on jogging/pedestrian path.

*Note: both courses close at 11:00 a.m.

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

It'll be warm, dry, and dusty for the interior Bay Area in the month of September. Right now it looks dry, but some moisture from a weakening tropical disturbance might bring some light rain to the Bay Area and the Sierra after mid-month. Otherwise, it will be very warm for the Labor Day weekend with highs over 100 in the Tri-Valley and 680 corridor, Napa Valley and Marin north of San Rafael. It'll be cooler again during the 2nd week of September with return of fog and low clouds. In fact, during the last half of September, there is no extreme heat expected but the City should see somewhat warmer days with several days in the 70's. Sea surface temperature are in the upper 50's so the Coast should see more sunny days. The last half of month will be near normal temps.

◆◆◆ Club Officers & Coordinators ◆◆◆

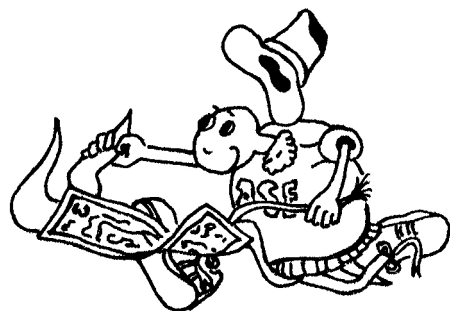
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Janet Nissenson
PERMITS/SCHEDULING
Jerry Flanagan
Kenneth Fong
Pat Geramoni
Janet Nissenson
Liz Noteware
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Suzana Seban
RACE DESCRIPTIONS
Brian Hartley
COURSE MAPS
David Wilson
DSE PHOTOGRAPHER
Paul Mosel
WEBMASTER
Rob Snaveley

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RETURN SERVICE REQUESTED



Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

SEPTEMBER

2	Lexi Forman	11	Amy Stoll	21	Paul Chang
	Cate Kreutzen	12	Brianna Lim	22	James McCrea
3	Christine Clark	13	Liese Rapozo	23	Matt King
	Kitzzy Aviles	14	Henry Nebeling		Katia Stern
4	Alfred Hu	15	Dixie Horning	24	Patrick Lee
	Ben Langmuir		Kelly Haston		Ziya Tepedelenlioglu
5	Cesar Lira	16	Jim Kauffold	25	Jerry Flanagan
6	Luke Kung		Elizabeth Castanon		Russell Gong
	Dev Patel	18	Martha Arnaud	26	Richard Hannon
7	Peter Platt	19	Bob Marty		Jane McFarland
	Woody Szydlik		Marsi Hidekawa		Neal Ashton
8	Oswaldo Menjivar		Monica Szydlik		Liz Noteware
9	Don Elsener		Paul Zager	27	Bo Peng
	Noe Castanon		Susana Seban	29	Theresa Chavez
10	Noriko Bazeley	20	Emil Louie	30	Daniel McCartney
	Audrey Wallace				Garrick Chan
					Zoe Trevithick