



AN OLD MAN'S ADVENTURE: MARIN SUPER SENIORS (70'S ROCK) COMPETING AS 60 YEAR-OLDS

Gene French

The Hood to Coast (H-2-C) Relay in Oregon is a special adventure race for 12 member teams, using two vans with six runners each, alternating turns across 200 miles of city streets and country roads. Each runner has three legs to run (ranging in length from 3.8 to 7.8 miles).

The Calistoga to Santa Cruz Relay is run in the same manner as the H-2-C. I've run it 12 times, experiencing all 12 of the 3 leg combinations. It's so much fun to analyze the legs in advance, and to determine the best way to address each of their unique profiles.

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The 70 Rocks team at the top of Mount Hood 24 hours pre-race. All runners are 70 or older. Bottom row, from left: Dick Cordone, Lew Persons, Gina Walton (driver), Jeannie Rice, Nolan Shaheed. Middle row: Dave Stancliffe, Joe Schieffer, Steve Doyle, Chris Gould, Darren Walton, Cecil Thompson (driver). Top row: Amby Burfoot, Dave Barni, Gene French, Gene Dykes.

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From the President's Desk

◆ ◆ ◆ JOE KANIEWSKI

September was a good month. We ran Great Highway and Sierra Point for some solid flat fast races and caught a break from those hilly August challenges. This last Sunday we got back to work at Golden Gate Vista for some more elevation gain and challenge.

15 turtles volunteered for the San Francisco Marathon, where we dispensed DSE cheer, electrolytes, and water. Johnny Chow and I were probably the loudest. The new course had runners crossing the Golden Gate Bridge again, and DSE was positioned at mile 15 near Baker Beach in the Presidio. We cheered our DSE runners Paul Bravo, Katia Stern, Riya Susing, Tony Nguyen, Noriko Bazeley, Joel Rizzo, and Rebecca Teichmann as they ran by. They looked so stoked. My friend Greg Billington ended up winning the SF Marathon again after guiding Brad Snyder to Paralympics Gold in Tokyo last month. Congratulations to every one who ran.

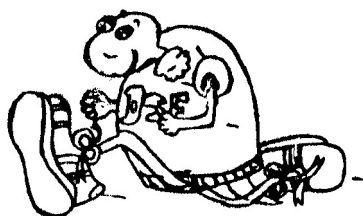
Schedule-wise, we have upcoming races at Lake Merced, Lands End, San Pedro Park in Pacifica, and Great Highway. Please remember we are taking Oct. 24th off to run and volunteer at the 100th Statuto race in North Beach.

I know that this a run club newsletter but wouldn't you want to read a story with some

of the same DSE characters but in a completely different setting? Check out my article about swim club--it's a comeback story and adventure filled with harbor seals, pelicans, afterdrops, beer and Cheetos.

I finally made it out to one of our Tuesday night track workouts at Kezar Stadium. If you have never tried DSE Track Tuesdays you should. No matter your pace or stride, I bet you can find another gear out there practicing on the track. Along with DSE and Pamakids, you will see a who's who of other San Francisco runners and clubs out there and they are all friendly and focused. It really is inspiring watching the form of some of those fast runners, and sometimes we finish up at Kezar pub afterwards to re-hydrate.

Speaking of hydration, don't forget Oct 17 is our DSE Welcome Back Picnic after the San Pedro Park run. You won't want to miss the food, music, games, awards, and frivolity. Please make sure to RSVP so we have a good head count for supplies. I will see you at the grill, podium and/or trail.



CLASSIC STU-PEDS

Stu Ruth



LEADING AT THE FINISH, NORRIS
SUDDENLY HAD AN AWFUL THOUGHT.

DISCOUNT CODES!

We've got DSE-exclusive discount codes for two of our favorite races: the Kaiser Permanente Half Marathon and Napa Valley Marathon/Half Marathon. Save 10% on your race registration by using the club codes below!

Feb. 6, 2022: [Kaiser Permanente San Francisco Half Marathon, 10K & 5K](#)

- Club Code: DSEC
- Register [here](#)

Mar. 6, 2022: [Napa Valley Marathon & Half Marathon](#)

- Club Code: DSEC
- Register [here](#)

RUN AND REVEL AT THE DSE PICNIC: SUNDAY, OCT. 17

Don't miss our first post-pandemic social event! The DSE picnic is a go for October 17, 2021, immediately following the newly designed San Pedro Park 5K (thanks to David Wilson for the new course!) All members should have received an Evite by now--please be sure to RSVP and let us know your number of guests and your grilling choice (chicken skewer, hamburger, hot dog, or veggie burger). If you haven't received the invite, contact Terri Rourke (secondvp@dserunners.com) and she'll hook you up. Can't wait to see you all there!



It was such a treat to see Wally and Liese Rapozo at the Golden Gate Vista 10K!

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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 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.

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DSE BOARD MEETING MINUTES

*Marsi Hidekawa
Acting Secretary*

The most recent Board meeting took place on September 21, 2021, post-race at the Sierra Point Marina. Here are the minutes:

Members present: Joe Kaniewski, Stephanie Soler, Terri Rourke, Akemi Iizuka, Kevin Lee, Jerry Flanagan, Liz Noteware, Marsi Hidekawa. Absent: Anna Burke

Budget and Financials: Akemi reviewed the current budget vs actual figures for this year which have been skewed by the pandemic and the gradual return to racing. With permit fees changing and numbers of racers continuing to be lower than before, figures will be adjusted as needed for 2022, but we are relatively consistent with the revised budget figures we established mid-year. Additional money will be allotted to permit fees in 2022.

The Board made a decision to curtail the highly expensive Gala and instead substitute an Awards event in the spring, possibly an informal daytime event with light snacks. The 2022 picnic will be held in the fall and will once again be for volunteers only. The expenses between the picnic and the awards event will still be significantly lower than the cost of the Gala alone. As an aside, the 2022 Awards will only include age division points accrued from July through August 2021 as publicized.

Regarding the Summer Series, we have decided to continue offering the series free of charge as a nice gesture for our members and for the high schoolers that enjoy running the series. DSE has recruited many new members through the Summer Series which has been a nice perk.

Double Dipsea recap: There were permitting issues at the last minute this year that may affect next year's race, possibly with reduced numbers which would mean increasing race fees. 740 runners signed up this year with approximately 560 actually running the race. Extra help will definitely be needed transporting runners who are unable to continue the race back to the start. It is extremely difficult to sign up volunteers for this job -- monetary compensation may need to be offered in order to secure adequate help next year. Jasmin and Sam of Brazen Racing are considering passing the torch as coordinators of the Double Dipsea next year, but will make a decision after a much-needed break.

Membership: We will continue to offer the same membership structure for 2022. With race fees increased to \$5 for members and \$10 for non-

members, a Gold membership will pay for itself after running only 16 races compared to 27 races when fees were \$3 per race. This should be a definite incentive to sign up gold!

The Board also voted to upgrade standard membership to gold status for all members 80 years old and over in 2022 as a gesture of appreciation for their involvement in our club and to celebrate the fitness of our octogenarians.

Membership renewal reminders will begin in November. Those who sign up in November or December of 2021 will have their memberships extended from the remainder of this year and all through 2022.

Race Schedule for 2022: Liz and Stephanie have drawn up a tentative schedule for next year and will release it to the membership 1-2 months at a time as has been the case this year since the permitting process is often a fluid situation and requires last minute adjustments. There is no race scheduled for Nov 21 and it is doubtful that the suggested LMJS (Lake Merritt Joggers and Striders) race on Nov 28 will be held. Jerry will try to arrange permitting for another race at Sierra Point on Nov 21. (NOTE: LMJS races have since been reinstated and will be added as a suggested race on Nov 28.)

Election of new Board members: The offices of President, Second VP, and Secretary will be up for election in 2022. Brian Hartley will coordinate the election in November.

Picnic: The permit has been secured for both the race and the picnic at San Pedro Park in Pacifica for Sunday Oct 17. An Evite will be sent out this week inviting members and one guest plus children under 18 to attend the picnic. David Wilson has designed a new 5K race course which will begin at 10:00am with the picnic following at 11:00am. We will be barbecuing hamburgers, hot dogs, chicken skewers and vegetarian burgers and will put out a request for volunteers to assist with grilling, bartending, and clean-up shifts. Marsi and Terri will coordinate the event and will keep the Board informed.

Volunteer Points: Erica Chesley has finished piling volunteer points to date for 2021, and Rob will post the link on our website.

RACE RECAPS

September 5, 2021

Great Highway 5K

Race Director: Carol Keller

Volunteers: Phyllis Nabhan, Amanda Ables, Chewey Lam, Bill Woolf, John Albertoni, Bob Marty, Kevin Lee, Vincent French, Richard Hannon, Riya Susing, Paul Mosel, Terri Rourke, Joe Kaniewski, Suzana Seban



RD Carol Keller

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94 participants: 87 racers (58 men, 29 women), 6 self-timers, 1 kid



You can always count on the Outer Sunset for perfect running weather!

© 2021 Paul Mosel

September 12, 2021

Sierra Point 5K

Race Director: Chewey Lam

Volunteers: Carol Pechler, Riya Susing, Pat Geramoni, George Rehmet, Bill Woolf, Bob Marty, Diane Okubo-Fong, Vincent French, Kevin Lee, Richard Hannon, Paul Mosel, Jim Buck, Jane McFarland, Daniel Henry, Akemi Iizuka



RD Chewey Lam

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68 participants: 62 racers (33 men, 29 women); 5 self-timers, 1 kid



Pre-race congregation along the Bay Trail..

© 2021 Akemi Iizuka



Matching mom-daughter duo!

© 2021 Paul Mosel

September 26, 2021

Golden Gate Bridge Vista 10K

Race Director: Leo & Virginia Rosales

Volunteers: Adriana Collins, Phyllis Nabhan, Gene French, Bill Woolf, John Albertoni, Bob Marty, Vincent French, Kevin Lee, Larry Jewett, Paul Mosel, David Amsallem, Jason Szydluk



RDs Leo & Virginia Rosales

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57 participants: 56 racers (33 men, 23 women); 1 self-timer



Liz's triumphant finish.

© 2021 Virginia Rosales

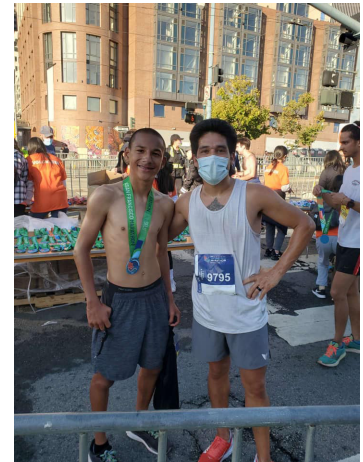
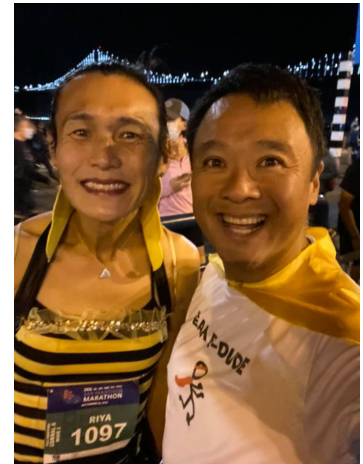


Pat and Leo warm up with a pre-race dance.

© 2021 Virginia Rosales

MARATHON MADNESS!

After last year's virtual-only event, the 2021 San Francisco Marathon felt extra special. Congratulations to all of our club members and friends who ran, and a huge thank you to everyone who volunteered at the DSE water stop.



Thanks to Paul Mosel, Johnny Chow, Raquel Bautista, and Vanessa Jacoby for the photos!

HOOD TO COAST

...continued from p. 1

Now I have run the H-2-C (39th year of the race) billed as the Mother of all Relays. Once one is immersed in this unusual movement from Mount Hood to Seaside, Oregon you begin to get an idea of what is involved in terms of teams, volunteers, equipment and logistical challenges. The race website explains that there are 1,050 H-2-C teams, 400 Portland-to-Coast walk teams, and 75 Portland-to-Coast Challenge teams that have registered every year for the last 29 years. Some teams don't get to the start line, and all sorts of problems force teams to stop. But, starting with 1,525 teams, 2 vans each, and 8-12 runners per team, you start to get a feel that this is a big operation. Volunteers work at the start/finish lines, spread out at important points across the 200 mile race, and large volunteer groups work shifts of 3-4 hours at each of the 35 relay exchange zones and parking areas. Each competing team gets a glimpse of the event as they move towards the coast, but it is a humongous undertaking to produce the relay. We each get these small peeks at what is going on where we are at the time. Each time I start to think about all that is involved, I just have to stop. This is a massive event for organizers and participants.

Darren Walton's goal was to assemble a team where all members were aged 70 or over. The race director had said he didn't have a 70's age group because no age 70 team could complete the race. Some of us thought that kind of thinking was just wrong. Perhaps the desire to prove him wrong would be helpful when we were pushing through difficult sections of the race.

The H-2-C muddies the waters a bit more when it comes to the issue of age groups because their oldest official division is Supermasters (60+), and it is the only division which can be achieved by average age, meaning that many runners on these teams can be in their 50s. Nevertheless, we were on a mission to finish with an all 70+ team. Our team included some very young 70 year olds, but also two of us at 75, and our oldest was 77. The average age of our team members was 72.75.



Joe Schieffer and I represented Tamalpa Runners, and there were other runners from Marin who many of us have raced against since our high school days. They included our captain Darren Walton, Dave Stancliffe, Dick Cordone, and Lew Persons. This gave us six; we only needed six more.

When Len Goldman, Don Porteus, David McCormack, and I won the Clubs XC Championship (age 70-79) in Tallahassee (2016), we met Steve Doyle from Southern California. He signed on as our seventh. Through Steve, contact was made with Nolan Shaheed of the So Cal Track Club, who wanted to join us. Now we had a 70+ year old who is running at a truly elite level and still holds a number of world records.

Little did we know our fortunes were just beginning.

Next to join was Gene Dykes from Pennsylvania. He has run faster than Ed Whitlock's world record for the marathon and also set an age group world record for the 50K. Gene just happened to know a woman he had made friends with on the racing circuit. He checked to see if she would join our effort, and just like that we had Jeannie Rice. She holds several national records, from the mile to the marathon, since turning 70. Her world records (70+) include: mile, half marathon, and marathon. Now we had ten.

Eric Spector, an accomplished ultra-runner now living in the Bay Area, was our eleventh runner and turned out to be a pretty useful recruiter. He talked Amby Burfoot (1968 Boston Marathon winner) into joining our ranks. What an incredible opportunity for us to spend time with Amby and three other world record holders to discuss lifetime running experiences, training philosophies, and current events. Just maybe, if we paid close attention, we'd learn some tidbit which we might incorporate into our own training regimens that would help us move to the next level in our own racing efforts.

This process of assembling a team began last September, kicked into high gear in April, and now we had our team of twelve.

Eric Spector was in Hawaii, with plane tickets to Portland and back for the race, when Hawaiian COVID rules suddenly changed, and he had to pull out of the race. Now we were scrambling for a replacement with only a few days before we needed to travel. This is a very common experience for teams in the last two weeks before a relay. If it isn't an injury, it's "something." We almost had Kirk Larson, who races for Atlanta Track Club. He turned 70 in July and is an experienced Hood to Coaster. Alas, not available on this short notice. Amby to the rescue. He knew of a group of Boston Marathon runners 75+ in age and still running well. Two couldn't do it, but they asked their friend from North Carolina (age 77 by the way), and Chris Gould was able to take Eric's spot and we had twelve again. What a relief when he said yes.



The team ate as well as it ran.

© 2021 Amby Burfoot

Did I mention that the driver's assistant for van 2, Joe's and my van, became ill just after Eric had to withdraw? Jeannie Rice's husband, Cecil, who happened to have about 30 hours of free time while Jeannie ran for us, said, "Sure, I'll fill in." The sun seemed to be shining on us.

Many of us were a bit dinged up when we arrived in Oregon. As we were getting acquainted for a couple of hours, going on short walks around Government Camp, and recovering from travel, we asked others if they had suggestions for dealing with our current symptoms. We were getting ready to have our first full team meeting and Amby asked anyone who wasn't injured to raise their hand. Not one single hand went up. Would this bode well for our prospects?

Our captain wanted us to be properly nourished before and after the relay. He knew of two executive chefs who wanted to support our efforts to promote exercise for seniors. These guys are serious enough chefs that they are taking the steps necessary to start getting recognition and Michelin stars. We were not trying to survive on GU packets, Cliff Bars, and peanut butter and jelly sandwiches. Thank you Oscar and Memo.

There are so many variables in these relays that you just try to eliminate as many possible problems as you can before the start, and get ready to solve problems as they arise. For most teams, you lose the ability to communicate between vans for more than 8 hours in dead zones. In some relays this happens twice. This is just one of the challenges teams will face. If your teammates in the other van are having problems, you often won't know until 5-6 hours later, when they don't show up at a major van exchange when you expected them.

Teams receive their relay start times just a few weeks before race day. As with any race, each of us figures out what time to have the alarm sound, when and what to eat, and of course when to warm up. Lew Persons ran first, I raced away on leg 11 almost exactly 8 hours later. To say we were on a different schedule for the relay is a gross understatement.

When the relay announces start times, all runners are wise to get an idea of their personal relay timeline. Our start time was announced as 2:30 a.m. Friday morning. Yeah, that was going to impose some extra challenge at the beginning. After Darren sweet-talked the powers that be, our time was changed to 8:20 a.m. We each had to recalibrate our timelines, but we were glad to do it.

Lew started for us at 8:20 a.m. and ran legs 1, 13, and 25. I ran leg 11 at 4:20 p.m., 11 hours later I ran leg 23 at 3:06 a.m. (Saturday), then began leg 35 at 12:16 p.m., 9 hours after completing my 3:00 a.m. leg. We were all done at 2:35 p.m. We each had our various sore muscles and levels of fatigue at the end. It had taken us 30:14:44 (9:07/mi pace).

My leg 11 was entirely on a bike path, crossing 13 roads. I had planned to cross them safely but to keep moving. I took the pass from Dave Stancliffe, ran ten steps, and the volunteer stopped me at the street for 35 seconds until the pedestrian walk sign appeared. Sometimes I was on my own to cross safely; at six other points the volunteers stopped traffic when they thought it was safe; on two, the volunteers watched for us and hit the walk request before we arrived; for the rest, the volunteers made us wait. Just under 3 minutes lost, standing. This leg certainly had plenty of interruptions to my rhythm.

Anyone who has known Joe Schieffer over the years knows he is a teammate you can count on to deliver a strong effort. The only runner who had legs ranked harder than Joe's in difficulty was Gene Dykes, the recent world record setter. Joe also was a calm voice of reason when we struggled with issues throughout the race and were at risk of unravelling. He played an important part in enabling our successful finish and helped us get the job done.

The team wanted to make a statement about continuing to run, even into older age groups (70 Rocks, after all). So we took the opportunity to proselytize some of our ideas at every single leg exchange. Wherever we were standing, we usually began by asking if it was someone's first H-2-C or if they had run a relay before. We asked if they had had any special problems yet and how they'd solved

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MORE HOOD TO COAST

...continued from p. 7

them. I used this time to explain that we hoped to be the first all age 70 team to finish the race. We were wearing our bright red shirts, with our large age numbers on the back, and 70 Rocks on the front.

Now it's the middle of the night (almost 3:00 a.m.) and I'm waiting to take the pass from Dave again. In comes another team, they make their exchange, and the runner that finished quickly seeks us out. He's still trying to catch his breath but he has a message. We are the older running team in bright red shirts that runners are talking about. We've waited at 23 exchanges by this point, talked of our hopes, been passed by and repassed some of these teams and he announces that 2 miles back our runner fell. The possibilities that our minds conjured up in the next few seconds were definitely frightening. We were almost two-thirds done with the relay. Then the news bearer told us that the runner who fell is in his 37th Hood to Coast. We could then take a breath—this wasn't our guy. The very best news was that the runner came in with a bloody knee, and was just embarrassed. He and his team would continue and finish the race.

The race organization furnishes very detailed leg information, which is often different for the runner and the driver of the van. We were on the van route, trying to beat Darren, on the runner's route to the exchange. He was running leg 12, which he had run before, but there was a surprise waiting for him.

Darren had the small card they provide for runners to carry on the run. Normally, these cards can be a life saver. All the arrows had matched the instructions for prior decisions, but this time the words "Turn Right" were accompanied by an arrow pointing left. The runners just ahead of Darren and following him had to choose, as there were no volunteers here, and no signs (in some cases there are both volunteers and signs). They trusted the arrow and all were led in the wrong direction on the correct street, uphill until they meandered around and had to work their way back to the race route.

Darren had lost about 10 minutes on that first leg earlier in the day, following the race instruction card exactly. On his second leg he ran his heart out to get some time back, ran into the exchange, and the van 1 runner wasn't waiting. All of us in van 2 were waiting to greet Darren, but why wasn't van 1 here? We waited 15 minutes and couldn't call van 1 because of the dead zone. Everyone, except Darren, walked back to our van and we were hoping they didn't have an accident or an injured runner. Within a minute

or two, the van showed up, out jumped Lew, and we were back in the race. Obviously, your goal is always to have the next runner waiting. I never heard what caused them to miss the exchange. You can see how easily a few situations, over 30 hours, can knock you off the awards stand. Remember, we wait at 35 locations for our runner to safely arrive so that we can complete this 36 leg mission.

Unfortunately, two of our runners experienced injuries severe enough that they weren't able to run their third legs. The race organization understands that this can happen. They want as many teams as possible to get to the finish line. Team members can run extra legs, but you can't add new runners to your team. We were fortunate to have Jeannie Rice and Gene Dykes to run a fourth leg each.

Hundreds of teams started at Mount Hood (867 finished at Seaside) starting in waves of 1-12 teams, every 5 minutes over about 13 hours beginning at 2:30 a.m. Everyone must wait until every team has finished the race to see how they've placed. It appears that when the dust settled we had earned a 6th place award in the 60+ age group and a free race entry for the team next year. The team in 5th place was 10:18 ahead of us, and they were 2:29 out of a tie for 4th. The spread of finishing times for 4th-5th-6th places in our division, was less than 13:00 minutes over the 30 hour race.

We were so excited that we were able to finish the race with an all 70s team. Darren had wanted to make a 70s statement, and we did that this year. What I think we should do next time is an all 70s coed team (6 women and 6 men). Jeannie Rice has two women running friends (68) that wanted to run with us this year. Then, after that team is successful, let the skeptics try to figure out what we will show them is possible, next time?

70s Rock!

I would recommend you consider running a relay once, for the unique experience. Along with all the challenges you'll face, personally and as a team, you'll have a chance to get to know your van 1 or van 2 teammates pretty well. Anyone interested in learning more about relays can ask me questions and I'll be glad to share my experiences. Then, there is also the treasure trove of DSE members with at least one relay under their belts.

Ed. note: Gene owes a debt of gratitude to Janet and Steve Nissenson for so many valuable lessons they taught him about running relays correctly. The Nissensons put together efficient, strong racing teams for many years. Diane Okubo and Ken Fong invited him to join one of their Killer B's relay teams. From them he learned more about the importance of good planning and race execution, but the best lesson of all was how incredibly fun this special adventure can be. He thanks all four of them for being great teachers.

SWIM CLUB 3.0

Joe Kaniewski

A little over a year ago, I was an injured runner nursing a sore knee and frustrated with my running. I was taking some time off and trying to exercise on my bike and thinking about swimming again. Unfortunately with Covid I couldn't rehab swim in a pool because they were all closed. So if I was to swim it had to be open water swimming in the San Francisco Bay. The only problem was that I had to find a way to keep the Jaws soundtrack that kept playing in my head in check if I was going to swim out there. Luckily, I learned that some DSE members swam in the Bay and if I was swimming in a group I might forget about those shark movies.

Initially, the informal swim club was made up of Jerry Flanagan, Ruby Kawamura, Paul Bravo, and George Rehmet.

Besides the shark phobia, I started out with terrible swim technique, a fear of open water in general, and no current/ sea conditions knowledge. But gradually me and the rest of the team kept coming back and my swimmates allowed me to transition from swimming between the buoys to swimming around the piers at Aquatic park. My teammates even put up with my barking at harbor seals (not recommended) and helped as we came up with new ways to have fun out there like climbing down Black Point cliff to enter the water, jumping off and swimming under the Fort Mason and Muni piers, and going "Delta force recon" by swimming behind and next to the Balcutha and under it's figurehead and next to the CA Thayer.

About this time last year, the team set a goal to swim from Alcatraz island back to San Francisco. To build up our endurance we had to train year round by swimming through the coldest months, when the water temperature seeped below 49 degrees and the sky got dark by 5pm. Because of work schedules, we finished our swims in the glow of lights from Ghirardelli square and rushed to change our



Jerry, Wendy, Joe, and San Francisco's largest swimming pool.

© 2021 Wendy Newman



Escaped from Alcatraz!

© 2021 Joe Kaniewski

before we froze. We experienced firsthand an afterdrop. (Afterdrop is attributed to the return of cold blood from the extremities to the core due to peripheral vasodilatation, thus causing a further decrease of deep body temperature when you have left the water.) There were cold days out there and cold and wet windy and foggy days.

The team expanded and DSE Runners like Grant Johnson, Johnny Chow, Noel Bautista, Ky Faubion, Jason Buckner, and Wendy Newman came out and braved the conditions and dodged the sea life with us. They ducked under the low flying pelicans, swam by crabs, jellyfish, kelp, and avoided wind surfers and watched the sailboats race and cargo ships cruise nearby. We even recruited DSE-PAMAKIDS like Ashley Hazel to liven up the team. While we started out at Aquatic Park and it's Maritime ships, we took field trips to Treasure Island Cove, Oyster Point, and Foster City Lagoon.

The current headquarters of swim club is Chrissy Field. We do daily morning swims and Thursday night socials. The Thursday swim consist of swims between Torpedo wharf and Coughlan Beach depending on the currents. But our night swims aren't complete without a weekly clever joke and beer or other preferred beverage and Cheetos. They refreshments really hit the spot after splashing around in that Bay water.

I am happy to report that last Saturday after a year of practice and with the help of some great friends, but especially swim Sherpa Jerry Flanagan, several of us braved the notorious San Francisco Bay currents to swim 2 miles from Alcatraz to SF. We escaped from Alcatraz. I was injured and challenged by a seemingly impossible task. But like so many of you who undertake running a marathon, we showed that difficult goals can be met, especially if you work hard to get there, and have friends who can mentor and enjoy the ride with you.

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, 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.

Sunday, October 10: Land's End 5K - [Course Map](#)

Course Description: Start/finish at the upper parking lot of the Land's End visitor's center, near the USSSF Monument. Run south towards Point Lobos Ave., make sharp turn before Seal Rock Dr, run on Lands End Trail towards El Camino Del Mar, turnaround before Lincoln Highway and return.

Sunday, October 17: San Pedro Park 5K (off-road) and DSE Picnic - [Course Map](#) - [Elevation Map](#)

Course Description: Course is a hilly trail run for the first mile with tricky technical rocky trail running and fire trail roads. Start/finish near the volleyball court on the footpath by the restrooms. Run north across footbridge; turn left on Weiler Ranch Rd trail. Run west approx 500ft to cone turnaround, then run back east bearing left up onto Valley View Trail. Follow trail up and back down to Weiler Ranch Rd trail. Make a sharp left on Weiler Ranch Rd trail. Run east turning around at "Loop". Stay on Weiler Ranch Rd trail back towards Picnic Area, turning left to the finish.

NOTE: Parking fees inside the park are \$6; otherwise there is street parking in the adjacent neighborhoods. Please be courteous and mindful of local regulations. Do not park in the church parking lot! Also, there are NO DOGS or other pets allowed in this park :(See the [San Pedro Park website](#) for more information.

Sunday, October 24: NO DSE - Opportunity to run the Statuto Race - Race website [here](#)!

Sunday, October 31: Great "Halloween" Highway 5K - [Course Map](#)

Course description: Run northbound from Great Highway & Taraval. Turnaround prior to Lincoln Way and return to finish.

*** NOTE FROM JANE RE: PRINTED RACE RESULTS ***

Since the DSE started in-person races again, I have been using the pre-pandemic list of members who requested a print version of the weekly race results, as long as they are still receiving the printed version of the newsletter. If you are receiving them and no longer want to, or are not receiving them and would like to, let me know and I will update the list in time for the November issue. I can be reached at janecol@lmi.net or by phone at 510-652-3116 or by mail at 692 60th Street, Oakland 94609.

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

First week of October is warm and dry with mild temperatures at the coast and little or no fog. A few days will be well into the 70's to near 80 in the City! Much cooler weather is forecast for the 2nd week of October with a good possibility of our first widespread rain for Nor. Cal. and the Bay Area with below normal temps, with the first snow for the higher elevations of the Sierra. The third week in October will be very warm inland and warm at the coast with no fog, with highs in SF into the 80's on a few days. There is a possibility of some rain around the 23rd with below normal temperatures. We'll have dry and seasonally mild weather for the last week of the month including Halloween!

◆◆◆ Club Officers & Coordinators ◆◆◆

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ANGELICUS
Walt Stack



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Joe Kaniewski
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SR. VICE PRESIDENT
Stephanie Soler
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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 Snively

SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB
P.O. BOX 210482
SAN FRANCISCO, CA 94121

RETURN SERVICE REQUESTED



Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

OCTOBER

- 1 Janet Nissenson
- 2 Daniel Connelly
Ezra Corliss
- 3 Eileen Manning
- 4 Sloane Cook
- 5 Peter Flessel
Stephanie Soler
Rex Pechler
- 6 Brooks Esser
- 7 Megan Rossi
- 8 Joni Lachman
Francisco Hernandez
- 9 Larry Wuerstle
Jonathan Terdiman
Janet Allen
Chas Edwards
Steven Koster
Finn Murphy
- 10 Vincent French
Aireen Batungbakal

- 11 Dee Farkas
James Eales
Fred Chung
- 12 Fred Haber
Tom Kulgen
Ramona Esquivel
Grant Martin
- 13 Beverly Ku
Oscar Osorio
- 14 Victor Skorapa
- 15 Claudia Vlasak
- 16 Rushelle Millan
- 17 Ironmike Schiff
- 18 Lynne Langlois
- 19 Sister Marion Irvine
Paul Mosel
- 20 Ed Olkowski
Kevin Pope
Steven Petroff

- 21 Justin Hubbard
Sai Leung
- 22 Tracy Purrington
Dylan Moser
Hannah Ryan
- 23 Sam Louie
Jonas Mueller
- 25 John Blankenship
- 26 Sean Young
- 27 Malinda Walker
- 30 Theo Jones
Shelly Taylor
- 31 Jim Buck
Feross Aboukhadijeh
HAPPY HALLOWEEN!