

From the President's Desk

This October was a good one for DSE. We had races at Lake Merced, Lands End, San Pedro Park, and Great Highway, and found time for low key Saturday trail runs, track workouts, and a welcome back picnic.



A group of people are gathered in a wooded area, likely for a picnic or outdoor meal. They are seated on long wooden benches under the shade of large, mature trees. In the background, there are rolling hills and a small structure emitting smoke, possibly a grill or a small fire. The scene is peaceful and scenic.

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I also wanted to mention the 30 plus DSE members who braved an “atmospheric river” to run and volunteer at the 100th anniversary Statuto race down in North Beach. Was that Chewey Lam, Kevin Lee, and Vince French holding traffic along the Embarcadero in the sideways rain? Yes it was. Thank you guys. And still going strong DSE turtle Mort Weisberg came all

the way back from Roseville to take part in the race with his grandkids and DSE friends. My favorite race gift bag came complete with a medal, t-shirt, salami and pasta! Talk about motivation! It was great to participate and see the renovations the San Francisco Italian Athletic Club undertook during Covid. If you ever get a chance to go, check it out.

DSE ended the month out on Great Highway in costumes for Halloween. Yoly Pantig, our race director, dressed up as a Star Wars Jedi complete with light saber which she used to start the runners. Vince French wore his Ghostbusters getup, and our own RRCA President George Rehmet became an Abba member for the morning. We had no wind at Great Highway that morning, which made it a great day to run even if we were beating back an Outside Lands hangover.

For November we've got another McLaren Park hill run scheduled. Are you ready for another south of the slot roller coaster?

We are also back at Spreckels Lake and Sierra Point. Please remember to pre-register for our races. Because of permitting issues, we have to cap our entries at 100, and since they are so much fun they are in high demand. Don't miss out :)

I will do the annual St. Ignatius Turkey Trot on Thanksgiving day. The proceeds from the race (\$10 donation) go to St. Anthony's dining hall downtown. The race is open

CLASSIC STU-PEDS

Stu Ruth



open to everyone, goes around Lake Merced, and is pretty informal. If you need a way to run before eating on the holiday, check it out.

On the Sunday after Thanksgiving, DSE takes the morning off to join the Lake Merritt Joggers and Striders for the 4th Sunday of the Month run around Lake Merced. In what's becoming a holiday tradition, it's DSE's chance to see how the East Bay is. Running the lake in Oakland is different. Make sure you pre-register so you can participate in the race. Details on their [website](#).

Just a reminder: our friend Mitchell Sollod has an open invitation to his fellow turtles to run Golden Gate Park on Saturday mornings, starting at 8:15 a.m. at JFK Drive and Crossover. The free,

low key run varies in distance and usually takes an easy trail route around the west end of the park. If you like the company of 5-10 runners going 3-5 miles at 9-11 minutes per pace, this is the place to be on a Saturday morning. It's the way I became friends with Mort Weisberg, Bill Hamilton, Rubi Kawamura, and Akemi Iizuka and learned all those trails.

There are a whole bunch of DSE Runners training and running CIM. I know because I follow their progress on Strava. If you haven't tried Strava, it's a fun way to follow people's training. Hopefully the DSE crew can connect in Sacramento at the finish line afterward. Good luck to you all in November, DSE; don't let a little rain slow you down.

RUN, WALK OR ROLL FOR A CAR-FREE JFK

In February 2022, the SF Board of Supervisors will vote on whether to return vehicle traffic to JFK Drive in Golden Gate Park. Walk San Francisco, a non-profit devoted to walkability and pedestrian safety in SF, is holding a fun run in support of a car-free JFK Drive. This no-cost, informal event is scheduled for Sunday, November 13, and all are welcome! Check out their [website](#) for the details and to RSVP.

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.

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

PICNIC!

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In lieu of age division awards this year, we presented trophies to the following members, who accomplished personal bests and demonstrated true running prowess!

Anna Burke: 10K - 56:00
Steve May: 5K - 30:00
Liz Noteware: 5K - 22:42
Phyllis Nabhan: Walked 2-9 miles daily
Marcus Balistreri: Half Marathon - 1:31:57
Debbie Symanovich: Half Marathon - 2:12:32
Steve Symanovich: Marathon - 3:43:26
Noriko Bazeley: 250 miles run in December 2020
Pat Geramoni: Hiked Tahoe Rim Trail
Dana Farkas: 4M - 42:37
Linda Randes: Half Marathon - 2:18:25
Shawn Sax: 49 Hills Challenge (51M) - 13:30:30
Brian Hartley: 5K - 32:12
David Moulton: Roller Coaster 5K - 21:06
Chewey Lam: Most Improved Runner
Jason Szydluk: Super Volunteer
Woody Szydluk: Best Youth Runner
Marcus Balistreri: Best Youth Runner



The Runnin' Balistreris!
© 2021 Veronica Balistrerill



Ben's sweet ride.
© 2021 Ben Beelerl

SF-BERLIN- LONDON-BOSTON

Riya Suising

In September and October I ran these four full marathons one week apart. Why would anyone be so crazy to do such a thing? I've run Boston 2 Big Sur (both marathons one or two weeks apart in April) four times in the past, which was a major challenge. I've also run LA-Oakland-Boston twice in March-April in past years with two weeks apart for those races. But four marathons in just over three full weeks??? Sure! Why not?! You only get opportunities like this once in a lifetime, and if I had passed it up, I knew I would have really regretted not having done it.

How did this happen? Thank you Covid for canceling and rescheduling races from 2020. San Francisco Marathon in July 2020 was canceled, rescheduled to September 2020, then canceled/rescheduled again to September 19, 2021. I entered the lottery for the 2020 Berlin Marathon last year to see what would happen, and I got in on the first try! Berlin, originally scheduled for September 2020, was canceled, and then finally rescheduled for September 26, 2021. I had registered for the April 2020 Boston Marathon, which was canceled, rescheduled to September 2020, then canceled again, and eventually rescheduled for October 11, 2021. So three in three weeks sounded like a good challenge with a two week break in the middle.

Then in April 2021 I started getting emails from the Abbott World Marathon Majors (WMM), saying that I was being invited to the Abbott WMM Wanda Age Group World Championships (that's a mouthful for a title!) to be held at the London Marathon on October 3, 2021. The email had no details so I and many other similar runners dismissed it as a possible marketing or spam email, until we got a follow-up email in August showing us a guaranteed entry to the London Marathon in October, but at a slightly higher price due to our invited category in the Age Group World Championships. Since running London required winning a lottery, this was another lifetime opportunity. Only after confirming that I was able to change my round-trip flight to fly from Berlin to London (via Frankfurt) instead of coming back to the USA in the middle (thanks to Covid again for eliminating most airline change fees), I was able to figure out the travel and lodging logistics for such a trip. Boston was a separate trip after returning from London first, so that was easy - my annual visit, for my 10th-in-a-row Boston Marathon this year. Yes,

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RACE RECAPS

October 3, 2021

Lake Merced Single/Double

Race Director: Brian Hartley

Volunteers: Amanda Ables, Andrew Ng, Adriana Collins, Paul Mosel, Bill Woolf, John Alberoni, Bob Marty, Vincent French, Veronica Balistreri, Yong Haber, Wendy Newman, Chewey Lam



RD Brian Hartley

© 2021 Paul Mosel

Single: 48 participants: 42 racers (27 men, 15 women), 5 self-timers, 1 kid
Double: 23 participants: 23 racers (6 men, 7 women)



At DSE, we run hard and nap hard.

© 2021 Paul Mosel



Pre-race milling about.

© 2021 Paul Mosel

October 10, 2021

Lands End 5K

Race Director: Katia Stern

Volunteers: Phyllis Nabhan, Adriana Collins, Paul Mosel, Bill Woolf, John Albertoni, Bob Marty, Kevin Lee, Vincent French, Larry Jewett, Marsi Hidekawa, Daniel Henry



RD Katia Stern

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55 participants: 49 racers (30 men, 19 women); 5 self-timers, 1 kid



The windswept trails of Lands End.

© 2021 Paul Mosel



Racing past the cypress.

© 2021 Paul Mosel

October 17, 2021

San Pedro Park 5K

Race Directors: Leo & Virginia Rosales

Volunteers: Katia Stern, Vanessa Jacoby, Carol Pechler, Rebecca Teichmann, Ben Beeler, Bill Woolf, Bob Marty, Vincent French, Kevin Lee, Paul Mosel, John Albertoni, George Rehmet, Riya Suising, Jim Buck, Jane McFarland, David Wilson



RD Leo Rosales

(Virginia must've been too busy to pose!)

© 2021 Paul Mosel

78 participants: 72 racers (44 men, 27 women); 5 self-timers, 1 kid



Starting gun (or yell, whatever)..

© 2021 Johnny Chow



After a course that hilly, celebration is a must!

© 2021 Johnny Chow

October 31, 2021

Great "Halloween" Highway 5K

Race Director: Yoly Pantig

Volunteers: Phyllis Nabhan, Shelly Taylor, David Myers, Bill Woolf, Paul Mosel, George Rehmet, David Guerrero-Pantoja, Paul Mosel, Riya Suising, David Amsallem, Daniel Henry, Larry Jewett, Kevin Lee, Vincent French



Race Jedi Yoly Pantig

© 2021 Paul Mosell

96 participants: 91 racers (52 men, 39 women); 5 self-timers



Addie and Jane both ran like the wind!

© 2021 Paul Mosel



Post-race hydration is essential.

© 2021 Paul Mosel

VIVO LO STATUTO!

An atmospheric river wasn't enough to dampen spirits at the 100th running of the Statuto Race! Despite the challenging weather conditions, the SF Italian Athletic Club put on a truly unforgettable event for runners and walkers of all ages. Here's to another 100 years!

Thanks to Phyllis Nabhan and Johnny Chow for the photos!



SAM CELEBRATES THE SANTA ROSA MARATHON AT 85-1/2 YEARS

Carol Pechler

The Santa Rosa marathon is known as a good Boston qualifier – it's flat – except that the air is usually hot late in August. The temperature was around 80 degrees F when Sam finished, and the air was somewhat smoky from wildfires. They had six pacers who carried their finish time on a sign they held high. Their pace times were those of the Boston QT's, including 4:50 and 5:20!



*Last push to the
finish!*
© 2021 Susana Seban

The start and finish is in the civic center with cheering spectators. Half of the course – the first and last quarters of this “lollipop” layout - follows a shady trail under an arching canopy of trees. The trail is about ten feet above the Santa Rosa Creek. Early on we ran through ground fog, just as the sun rose to send thin rays through tree branches. Peering past tree trunks to fields beyond, we saw grape vines; we saw grazing llamas. Sam saw a ferret dart onto the path and then back into a bush. The middle half is a loop through vineyards. No vehicle noise, no spectators interrupted the quiet pad-pad-pad of runners' feet.

I ran the half marathon and started out with Sam. But, as agreed, at 1-1/2 miles he moved ahead. The next time I saw him was his finish at 5:38:41 hours.

Sam was the oldest man (maybe ever!) to finish their full marathon. From his training runs, his expected finish would have been ten minutes sooner, but still far from the Boston Qualifying Time for 80+ year old men, which is 4:50.



*No one has any
business looking this
good after running so
many miles :)*
© 2021 Susana Seban

The 80+ women's QT is 5:20, and with cooler weather Sam might have met it, just for fun. I've written to the B.A.A. casting my vote for an 85+ qualifying time. I haven't seen any man over 83 run the Boston, but maybe older outliers might join if the QT would be loosened for them – and the women, by the way.

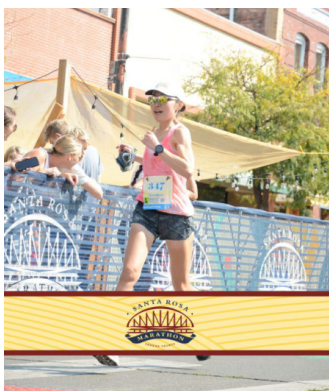
At the packet pickup on Friday and Saturday, De Loach winery presented each runner with a bottle of “Runner's Red.” DSE support was strong: eight club members drove up from SF, and several ran with Sam the last five minutes to the finish.



The cheering section!
© 2021 Carol Pechler

The post-finish party was well organized, so runners and supporters lingered. And then we went off to our private party on my nephew Richard's rural hilltop house above Sebastopol where he put on a fine spread for us.

Only the next day did we learn that DSE member Akemi Iizuka had also run the full, and she finished at 4:00:50, a Boston QT.



Akemi's BQ finish!
© 2021 SR Marathon

In April 2016, when Sam was 80 and after he finished the Boston Marathon (in 4:39:40), he wondered if he'd still be able to run at 85. Now he's showed that he still can, and he looked good and recovered fast. But this time, he's wondering if this was his last. Here's what he said three weeks after the Santa Rosa Marathon:

"Running still feels good, as good as in high school, the same as when I was young.

Running now brings back memories of when I was running a lot faster.

I can dream of back then.

I still have time.

I do like to win. I am competitive.

I always try to catch somebody.

Trying to catch someone, my pace improves.

Like with Marianne Plunder this morning. I try to catch her on the flats and downhill.

"I like to keep the concept that I can still do it.

Otherwise, I'd go downhill rapidly.

My reflexes and all slow me down now.

I have to warm up for a longer time nowadays, for about a half mile.

My main reason for getting slower is getting older, and I'm not training as hard as I could.

But if I stopped I'd lose a lot.

Maybe I can accept the decline with age because I was never on top.

Also running enhances my social life, even though my agemates are dropping out.

I wouldn't be doing this at all if it weren't for encouragement by other people.

The DSE club and the Wednesday morning group in Woodside are both valuable for me.

Distance runners have a certain personality, and they're a real good community

The DSE distance runners are quite compatible with each other.

DSE has been a big asset for me.

I like the style, that we have all kinds of people and we welcome everybody."

DSE OFFICER ELECTION 2022

Brian Hartley

Fellow DSE Runners, as we close out 2021, we need to elect the club officers for 2022. I would like to take this opportunity to thank the following officers for their tireless commitment to DSE this past year, and the amazing job they have all done to sustain our club. They have all agreed to stay on for an additional year.

President – Joe Kaniewski

2nd Vice President – Terri Rourke

Secretary – Anna Burke

The duties of each of the officers are listed below. These positions are typically for 2 years.

PRESIDENT: To preside over meetings, represent this association in the RRCA, to call any special meetings, and to appoint committees and chairpersons thereof, and to report club news to the membership by writing a monthly column for the club newsletter.

SECOND VP: To take on special assignments as requested by the president.

SECRETARY: To record minutes of meetings, to keep a file of such minutes, and when requested by the president, to accept assignments involving correspondences and the keeping of records.

Any club member that is interested in running for these (3) officer positions, should submit via email to me by November 30, 2021. This will include a brief statement on what you hope to achieve as a club officer in 2022. After receipt of these submissions or any other nominations, our election of officers will take place by December 15, 2021. If there are no other candidates or nominations, these officers will be re-elected automatically for 2022.

Should you have any further questions upon review, please feel free to contact me.

Brian Hartley

Elections Chairman

DSE Running Club

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'ROUND THE WORLD MARATHONS

...continued from p. 3

my plan is to continue running to be the oldest living runner with the most consecutive Boston Marathons, so check up on me in 30-40 years...

Now, about the races and the travel itself.

First, the San Francisco Marathon. I run the full marathon every year, a loyal runner every year since 2009, yay! A couple years ago, the course was changed to allow only the full marathoners to run on the Golden Gate Bridge, out to Sausalito and back, but only on the sidewalk, not on the main roadway, with half marathoners detoured to stay in SF on a Presidio course. I hear the change became permanent to avoid closing the GGB roadway for emergency availability. This year the Sausalito portion of the course was extended a little further to go down Alexander Avenue down into the Fort Baker section along the water, and then climb up the west side before returning across the GGB. For those who have run Across the Bay 12K (or the previously named Houlihan's to Houlihan's race), this is the same route. The best part of the SF Marathon, of course, is entering Golden Gate Park at Crossover Drive, where we see the aid station manned by the DSE Runners club and all our familiar faces cheering us on, giving us energy to finish the second half of the marathon! It was a near perfect day weather-wise, cool and comfortable for most of the morning, with some hints of sunshine that brought some warmth.

The Berlin Marathon was a nice big race to welcome back big crowds. As one of the 6 Abbott World Marathon Majors, it did not disappoint at over 16,000 finishers. The course was a big loop around the city, traversing many major neighborhoods and landmarks. Most of the course was on long, wide, straight and flat roads, perfect conditions for a marathon, as Eliud Kipchoge broke the world record here in 2018 with his time of 2:01:39. This year was a bit warm and humid, so my time and that of other runners were on



*Ready to buzz
through SF!
© 2021 Riya
Suising*



*"Honigbiene"
is German for
"honeybee."
© 2021 Riya
Suising*

the slower side, not to mention it was most people's first big race back in-person, so many were a bit out of racing shape.

I stayed at a hotel about two miles from the start/finish area, which was about a 20-minute slow jog away. However, on race day, I luckily opted to take the train to/from the race to save my energy, as all runners showing their bib were able to ride all trains free that day, another great benefit from a city with great public transportation. Traveling to and within Germany, was very simple, especially during this time of Covid. Oh, we were still in a pandemic, by the way! If you were vaccinated, all you had to do was show your vaccine card at venues and inside restaurants and you were all clear. If not, rules got more complicated with negative Covid tests required at many checkpoints.

In preparing my travel to Berlin, many friends suggested museums to visit and things to eat. I ended up going to none of the museums (sorry folks), but instead went to spas and got massages. I found that unlike London, which was established with a rich, global history, like a mature adult adorned with achievements and graduate degrees, Berlin was more like an adolescent from a family scarred with a traumatic history, trying to find its own identity as it emerges into the modern world.

The London Marathon the following weekend was another one of the six Abbott World Marathon Majors. With 36,000 finishers this year, it was truly a spectacular event, for both runners and spectators. The course was flat and fast, point to point from the start line at Greenwich Park to the finish in front of Buckingham Palace in Westminster. The course traversed the neighborhoods around Greenwich, looped around the docked ship Cutty Sark (the fastest sailing ship in the world in its time in 1865), crossing the River Thames at Tower Bridge (the highlight of the course with deafening crowds cheering on both sides), winding through the narrow streets of Canary Quay (the modern "Manhattan" portion of London), heading back west along the River Thames through the financial district across from the London Eye, making a right turn in the final mile at Parliament / Elizabeth Tower / Big Ben, and finishing in front of Buckingham Palace. It was definitely a royal and magnificent course suited to

It was definitely a royal and magnificent course suited to this historic city.

Traveling in London was the other fun part of the trip. Once I arrived in London, staying at a hotel next to Victoria Station, a short one-mile walk from the finish line, I quickly explored the area by foot, and ran the final 5K of the course the next morning. Buying a ticket on a Hop-on-Hop-off bus was a fun and efficient way to explore the key districts of London and decide where I wanted to visit the next few days. Instead of spas, this time I went to museums almost exclusively. It turns out that most of the major museums in London are free to the public. Only timed reservations were required to adhere to capacity limits. Many of the big museums, like the Victoria and Albert Museum, and The British Museum were so extravagant inside and contained so many treasures from around the world. However, part of how this came to be was from Britain's history of dominating and colonizing the world and collecting (or stealing in some cases) artifacts and treasures from other nations, which remains a global cultural issue today. Still, touring around the city by its Tube subway, its red double-decker buses, and taking a cruise down the River Thames to Greenwich showed the beauty and history of this magnificent city, an experience unparalleled anywhere in the world.

One key thing I learned about traveling abroad this year, especially with all the local Covid tests we need take while traveling, is that having a late-model smartphone (iPhone for me) and an international roaming plan (AT&T charged \$10/day for this temporary service) is life-saving. Taking Covid tests in Germany and England required registering on-site in real-time, entering my name, address, passport number, etc. receiving QR codes, and receiving test results by email. Without a smartphone and broadband data connections, traveling during Covid would have been impossible.

Once home, it was just three days before flying



*The Queen Bee
of England!
© 2021 Riya
Suising*



*Shipping up to
Boston.
© 2021 Riya
Suising*

out to Boston for the fourth marathon. This year's Boston Marathon was slightly different, finally held 2.5 years after the last one in April 2019. Due to Covid, the expo was much smaller with just a handful of vendors. More of the experiential parts of an Expo were moved outdoors to Copley Square, where I volunteered for the first time, giving directions and information to runners and the public, and got a nice volunteer jacket for the donated time. There was no pre-race dinner this year; instead the event encouraged runners to explore and try the many nice restaurants around Boston. Finally, the course was still the same, point-to-point from Hopkinton to Boston, with morning buses shuttling runners to Hopkinton. However, to space out the runners, there were no corrals, and only one start gun for the elite runners at the beginning. Everyone else just started running whenever they arrived at the start line in a "rolling start." I thought this new rolling start was very nice - much less crowded than the usual corral start, much less stress so we didn't have to worry about keeping up with the pack, and so much more space to see the actual road and the scenery around us. As a result, I ran a super-relaxed race, avoiding pushing hard the entire way, and ended up with my fastest time out of the four marathons during that four-week stretch. I knew about fifteen runners at Boston this year, many from the Bay Area, and others from elsewhere. Many of them I bumped into in person, but others I could only follow through Facebook posts or by seeing their results on the Boston Marathon mobile app.

You can see more of my race photos and travel photos in my Facebook posts, along with interesting and unusual comments, like how London had the cleanest public toilets I've seen anywhere. It's easy to spot me - I'm wearing my DSE Bee outfit, which I now wearing during all major marathons. Some have asked, how do I do it? The simple answer is - just register, or enter the lottery, and go run!

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, November 7: McLaren Park Shelley Drive 5K - [Course Map](#)

Course Description: Two clockwise loops. Start at the parking lot located at 21 Shelley Drive (the larger lot closer to Mansell, not the smaller lot near the amphitheater). Exit the parking lot, turn right on Shelley Drive, right onto Mansell, and right on Shelley Drive West. Follow Shelley Drive to the start. Repeat loop.

Sunday, November 14: Spreckels Lake 5K and Lightning Mile - [1M Course Map](#) - [5K Course Map](#)

Course Description: Two races in one! Join us for either a fast, downhill 1 mile race or a scenic 5K loop, or both! Start time for the mile is 9:00 am. The 5K will begin immediately after the completion of the 1 mile and will start/finish at JFK & 36th Avenue. Registration for both races will be at John F. Kennedy Drive & 36th Avenue near Spreckles Lake.

1M: Please arrive by 8:40 am to allow enough time to register and make your way to the start about a mile away. Run westbound (downhill) along Kennedy Drive from start to finish.

5K: Run westbound on Kennedy Drive, left onto Chain of Lakes dirt path, left onto the MLK Drive pedestrian path, left onto Transverse Drive, and left onto Kennedy Drive to downhill finish.

Sunday, November 21: Sierra Point 5K - [Course Map](#)

Course Description: Run southbound on paved Bay Trail; turnaround is just past AC Hotel just as you near the edge of Oyster Point.

Sunday, November 28: NO DSE - Opportunity to run with LMJS at Lake Merritt in Oakland. Click [here](#) for more info!

Sunday, December 5: Presidio Wall 5K - [Course Map](#)

Course Description: Start and finish on the grass lawn adjacent to Presidio Wall Playground (near Pacific and Spruce Avenue). Exit grass area, complete counter-clockwise Presidio Wall rectangular loop, right onto W. Pacific Avenue trail. Prior to Arguello Boulevard, complete mini-clockwise half-arc loop before turning left onto northbound (downhill) straightaway and exit trail onto asphalt surface. Turn around at stop sign, reverse direction and return to W. Pacific Avenue. Travel downhill (eastbound), complete clockwise Presidio Wall loop before finishing on the grass.



© 2021 Paul Mosel

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, in-person races are limited to members only.

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

After the rain around Monday-Tuesday on the 8th and 9th, we go into a dry period with mid-month temperatures warm to near normal with colder nights, generally 40's near the coast and some 30's in the interior valleys. Dry and mild weather continues after mid month into the third week of November with above normal temps, with highs in the 60's to mid 70's inland. After a dry thanksgiving, several days of rain are likely at the end of the month with more snow for the Sierra

◆◆◆ Club Officers & Coordinators ◆◆◆

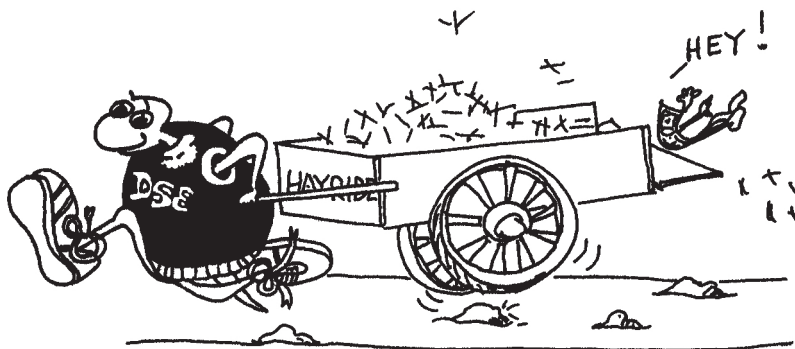


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Marsi Hidekawa
AGE DIVISION POINTS
Janet Nissenson
PERMITS/SCHEDULING
Jerry Flanagan
Kenneth Fong
Pat Geramoni
Janet Nissenson
Liz Noteware
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The logo for the Road Runners Club of America (RRCA) is displayed. It features the letters "RRCA" in a large, bold, blue serif font. Below this, the text "ROAD RUNNERS CLUB OF AMERICA" is written in a smaller, blue, sans-serif font. The central graphic consists of a large, dark blue triangle. Inside the triangle, two stylized runners are depicted in silhouette, running towards the right. The runner in the foreground is wearing a headlamp. The entire logo is set against a white background.



NOVEMBER

- | | |
|----|---------------------|
| 2 | Ron Baxter |
| | Peter Keith |
| 3 | Jenni Desideri |
| 4 | Margaret Ostermann |
| 5 | Stan Ades |
| 6 | Veronica Balistreri |
| 7 | Matthew Cox |
| | Denise Leo |
| | Tehani Nishiyama |
| 8 | Alice Ahn |
| 9 | Sophia Hu |
| 10 | Chloe Gaillot |

- 11 VETERANS DAY
Steve Musser
Marianne Frank
- 13 Mika Varma
Liam Hills
- 14 Stephen Dodson
- 16 Ann House
- 18 Michael Gulli
Joe Kaniewski
- 19 Jessica Watkins
Manuel Lazo
Ben Beeler

- 20 Jeanie Jones
Carmen Martinez
22 Matt Humphreys
David Wilson
23 Amy Winston
24 Rachel Tracy
25 HAPPY THANKSGIVING!
Adriana Collins
Julie Munsayac
Honey-Lou Timonera
26 Rose Parshall
Dylan Eret
27 Kenneth Fong
Nicholas Sutton
Mason Rosales
June Szydluk
28 Harry Cordellos
Becky Rozewicz
Tim Danison
Jason Cauthen
Ryan Matsumoto
29 Margit Falk
Joya Terdiman
30 David Coulman