



## THE NIGHT BEFORE DSE-MAS

Amber Wipfler

*Every few years, we dust this bit of nonsense off and inflict it on our newer members. Happy holidays, DSE!*

Twas the morn before Christmas  
Just around dawn  
My alarm clock went of  
I awoke with a yawn  
I fumbled in the dark  
'Til I found my phone  
Looked at my calendar  
And let out a groan  
A nine o'clock 5K?  
Just before Christmas Day?  
In Golden Gate Park?  
Nuh-uh, no way!  
I don't care that it's fun  
I don't care that it's cheap  
It's the day before Christmas  
I just want to sleep  
Then what to my wondering eyes  
should appear  
But the ghost of Walt Stack  
With a six-pack of beer

His eyes, how they twinkled!  
His arms, so tattooed!  
No shirt on his chest  
And his words a bit crude  
"Put your running shoes on,  
And get out of bed!  
There's miles to be run,  
You can sleep when you're dead."  
"You're right!" I cried out.  
"I love running races!  
Especially surrounded  
By DSE faces."  
So I leapt from my bed,  
And put on my gear,  
To run a 5K  
Full of holiday cheer  
Walt gave a smile,  
From his beer took a quaff,  
And left with these words,  
"START SLOW AND TAPER OFF!"



## Inside

### FEATURES

DSE Officer Elections.....	2
Girls on the Run.....	6
Last Train to Clarksburg.....	6
Turkey Trotters.....	7
Dear Santa.....	7

### DEPARTMENTS

Contact Info .....	2
Classic Stu-Peds .....	2
Race Recaps.....	4
Monthly Running Schedule .....	10
Membership Info .....	11
Officers & Coordinators .....	11
Folding Session .....	11
Weather Forecast .....	11
Birthdays .....	12

## From the President's Desk

◆ ◆ ◆ JOE KANIEWSKI

It was a good November in DSE world, from Sierra Point to Spreckels Lake to McLaren Park. Our Lightning mile might have been the highlight of the month. If your knees can take it, cruising fast down that big hill is a great run and I know our ranks usually grow with a few speed demons who want to test their mettle. Was that DSE regulars Ben Beeler and Sergey Vasylyv putting in 4:46 for the mile? Yes they did. So fun to watch this one and run it.

A bunch of DSE Turtles ran Turkey Trots on Thanksgiving Day around the Bay Area. I would like to give a shout out to Bill Hamilton, Rubi Kawamura, Chewey Lam, Shawn Sax, Akemi Iizuka, and Mitchell Sollod who came out on Thanksgiving to run around Lake Merced at St. Ignatius High School's Turkey Trot. It wasn't a timed race but they had donuts afterward and the entry fees were donated to St. Anthony's Dining Hall downtown, which is always great cause but especially on Thanksgiving.

About 25 Turtles made the trip over to Lake Merritt last Sunday to join the Joggers & Striders' run around Oakland. Rebecca Teichmann, Riya Suising, Fiona McCusker, Peter Hsia, and I took on the longer 15K option (9.3 miles) for 3 laps around the lake. It was fun. A big thanks to the LMJS for their hospitality once

again.

December is all San Francisco races all the time. We start out on the trails at Presidio Wall, run up Kennedy Drive, run up and around Baker Beach, and finish the month/year off at Rainbow Falls.

Thanksgiving and the upcoming December holidays provide a pause in our lives and a chance to express gratitude and assist causes close to our hearts. As a non profit, DSE has an opportunity and obligation to donate a portion of our budget surplus to local organizations with a running component. I'm recommending that our club donate again to Back On My Feet and Girls on the Run, and add Achilles International-Bay Area to our giving program. Feel free to call or reach out to me with any questions about Back On My Feet. I have seen firsthand how donations go toward job training, new homewares, and rents/deposits. And Terri Rourke has been volunteering with Girls On the Run for several months. If you are interested in joining her and mentoring young women through running, please reach out to Terri directly for further details.

I have also learned firsthand how to guide visually impaired and medically challenged athletes through the local Achilles chapter that meets out on Great Highway every two weeks. If you have questions about Achilles, feel free to reach out to DSE star Chewey Lam

## CLASSIC STU-PEDS

Stu Ruth



who is a regular participant in their runs and marathons.

We are also looking to use some of our budget surplus for race infrastructure. I have been looking online for a new start/finish truss and timing system. If you are interested in helping let me know.

As the year draws to a close, please note that we are putting together our schedule for next year. Our excellent scheduling team led by Stephanie Soler, along with San Francisco lead Liz Noteware and GGNRA guru Ken Fong, have been busily getting permits for next year's DSE race schedule. We hope to publish the first 6 months of the schedule soon. I know I'm still amazed at what we are able to do.

There is no club running the races that we do for the fees we charge.

Finally, I have a new book recommendation by a local runner. If you have some time this month, check out *Running Is A Kind Of Dreaming* by J. M. Thompson, PhD. Dr. Thompson is a San Francisco clinical psychologist and ultramarathoner. The book contains a lot of insights on psychology, mental health and running. It interweaves the author's struggles with depression and addiction with his completion of the Lake Tahoe 200 mile endurance run.

Have a great December, Turtles; catch up with you at the races or next year!



*Can't get enough DSE? Join the Saturday morning crew! Meet by the water fountain at Transverse/JFK at 9:00 a.m. for a run through the park at your own pace.*

© 2021 Kevin Lee

### 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](mailto: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](http://www.dserunners.com)

Webmaster: Rob Snavelly

[webmaster@dserunners.com](mailto:webmaster@dserunners.com)

# DSE OFFICER ELECTIONS 2022

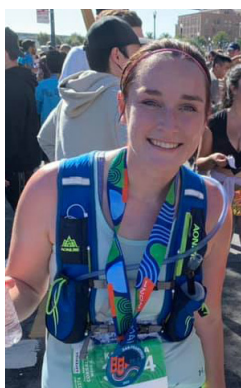
*Brian Hartley*

Fellow DSE Runners, as we close out 2021, I wanted to provide you with an update on our elections for 2022.

Our current President Joe Kaniewski and 2nd Vice-President Terri Rourke have graciously agreed to stay on as club officers for another two years. Since there have been no other nominations from the DSE membership, these officer positions are uncontested; hence Joe Kaniewski will be our President and Terri Rourke will be our 2nd Vice-President in 2022-23.

Anna Burke has decided to step down as our current DSE Secretary. On behalf of the DSE Board, we would like to thank her for her years of devotion and commitment to the club.

Katia Stern has submitted her nomination to serve as Secretary of the DSE for 2022-23. Below is her vision for the upcoming year.



*Katia at the finish line of  
this year's SF Marathon!  
© 2021 Vanessa Jacoby*

My name is Katia Stern and I am running for Secretary of DSE.

I welcome the opportunity to serve on the board of DSE and contribute to the club's development in 2022. I would look forward to finding ways to increase efficiency within the board and optimize communication between board members. Additionally, I would put my best efforts towards serving as a conduit of information between the board and the club members.

I thoroughly enjoy meeting all the members at DSE events and serving on the board would allow me to further develop relationships with club members and promote camaraderie between long-time and new members. As a newer member myself, having joined in 2020, I have felt nothing but welcomed by the club and want to continue promoting the club as a fun and warm group of

individuals who share a passion for running. I know a lot of individuals who have wanted to join running clubs but have felt intimidated. Being part of the board and assisting with furthering the mission of fun and friendly races would be a great way to further enhance the image of running clubs and get more people involved in the SF running community.

I was the minute keeper and liaison of information for the Investment Committee at my job for a few years and have the experience to efficiently record the minutes of board meetings; this is a combination of ensuring all important details are noted while also extracting a digestible list of the key highlights that should be broadly communicated thereafter.

Overall, it would be a great way to get involved with one of the oldest running clubs in the country and aid in its growing success moving forward. DSE races are always my favorite part of the week and would show up to the board with the same enthusiasm I show up to races with!

Best Regards,  
Katia

As your Elections Chairman, since Katia Stern is running unopposed, she is voted in unanimously as your new DSE Secretary. In conclusion then, the below DSE Club Officers for 2022-23 are unanimously voted in and the elections for 2022 are officially closed.

President - Joe Kaniewski  
2nd Vice President – Terri Rourke  
Secretary – Katia Stern

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

Brian Hartley  
Elections Chairman  
DSE Running Club  
925-719-0139 Cell  
Brian.Hartley@BoundTree.com



# RACE RECAPS

November 7, 2021

McLaren Park 5K

Race Director: Chewey Lam

Volunteers: Terri Rourke, Marsi Hidekawa, Adriana Collins, Paul Mosel, Bill Woolf, John Albertoni, Bob Marty, David Guerrero-Pantoja, Vince French, Kevin Lee, David Amsallem, Sergey Vasyliiev, Riya Suising, Joe Kaniewski, Larry Jewett



RD Chewey Lam

© 2021 Paul Mosel

67 participants: 62 racers (35 men, 27 women), 4 self-timers, 1 kid



Tony, Brian, and a special guest appearance by Miss Chewbacca.

© 2021 Paul Mosel



Finished!

© 2021 Paul Mosel

November 14, 2021

Lightning Mile/Spreckels Lake 5K

Race Directors: Chewey Lam (1M);

A Bunch o' Volunteers (5K)

Volunteers: Adriana Collins, Carol Pechler, Phyllis Nabhan, Paul Mosel, Bill Woolf, John Albertoni, Bob Marty, Vince French, Kevin Lee, Zach Speno, Rubi Kawamura, Wendy Newman, Suzana Seban, Joe Kaniewski, Jim Buck



RD Chewey Lam (again!)

© 2021 Paul Mosel

1M: 56 participants: 53 racers (30 men, 23 women); 2 self-timers, 1 kid  
5K: 111 participants (biggest race of the year!): 102 racers (61 men, 41 women); 8 self-timers, 1 kid



Coming...

© 2021 Paul Mosel



...and going.

© 2021 Paul Mosel

November 21, 2021

Sierra Point 5K

Race Director: David Amsallem

Volunteers: Carol Pechler, Shelly Taylor, Yong Haber, David Guerrero-Pantoja, Bill Woolf, Richard Hannon, Bob Marty, Vince French, Veronica Balistreri, Terri Rourke, Daniel Henry, Chewey Lam



RD David Amsallem

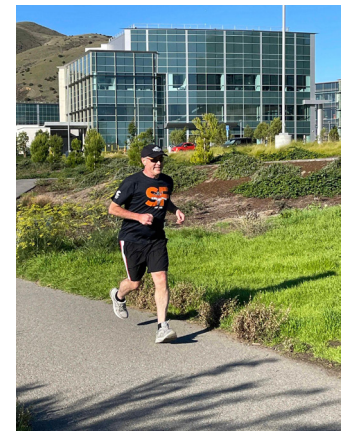
© 2021 Paul Mosel

61 participants: 54 racers (33 men, 21 women); 6 self-timers, 1 kid



A perfect autumn day in Brisbane.

© 2021 Veronica Balistreri



It's important to rep the orange & black when you travel outside the City.

© 2021 Paul Mosel



Have some more Sierra Point action shots, courtesy of club photographer Paul Mosel!



## TURTLES, JOGGERS, AND STRIDERS (OH MY!)

On November 28, a troop of Turtles crossed the Bay to rendezvous with our Oakland counterparts, the Lake Merritt Joggers and Striders. Founded in 1977, LMJS is a club that embodies the same values as DSE-- inclusivity, camaraderie, and fun! So it made perfect sense to join them for one of their monthly Fourth Sunday Runs, where participants can choose between 1, 2, or 3 5K loops around lovely Lake Merritt. A good time was had by all, and we look forward to doing it again--same time next year!



*Thanks to Paul Mosel for the photos!*



# RACE RECAP: CLARKSBURG COUNTRY RUN

Theo Jones

On Sunday November 14, a good sized group of DSE'rs and Pamakids drove the two hours to Clarksburg, a village 18 miles south of Sacramento for the annual Clarksburg Country Run. In the 1970's this event was called the Pepsi 20 and organized by Paul Reese, an ex-marine who started running at age 47. It now consists of five distances: 30K, half marathon, 10K, 5K and children's races. 163 finished the 30K, probably some of them preparing for the CIM, but most of us did the half marathon (284 finishers) which was the Pacific Association Half Marathon Championship this year (Pamakids paid the \$58 entry fee for their club members).

Running conditions, as usual and I've run it since 1979, were ideal: the 8:30 AM start was in a thin mist becoming cloudy but no direct sunshine, temperature in the 50s, no wind, on quiet country roads with no traffic, and because the course is on levees and farmland no hills. So it's a fast course and everyone seemed very happy with their result, at least 2 having PRs. Some of us went to Sacramento on Saturday and enjoyed the sights of that interesting city.

The whole event has a small town feel and a good old-fashioned relaxed atmosphere. As usual breakfast was served afterwards, but not indoors because of Covid, instead as a hot burrito in a paper bag.

In addition to an attractive T-shirt and medal, everyone was offered free copies of Paul's books *Go East Old Man* (1997) describing his run across the U.S. in 1990 when at age 73 he was the oldest person to do that, and *The Old Man and the Road* (2000) when in 1997 at age 80 he ran across the other 21 states missed on his earlier cross country run, thus completing all 50 states.

All in all, one of the most enjoyable events of our fall season and worth aiming towards next year.



# GIRLS ON THE RUN

Terri Rourke



If you were ever worried about the upcoming female generation, my recent stint as a Girls on the Run (GOTR) coach would give you hope. For those of you who may not know, this organization was established to empower third to eighth grade girls through a curriculum that emphasizes character development through a set program of lessons and physical activities, particularly running.

I was introduced to the program when I was at a track workout up at the School of the Arts track. GOTR was setting up for their finale event of a 5K that completes the 8-week program. As I chatted with one of the board members I couldn't help but be impressed by her enthusiasm for the program. I decided to check it out and signed on to be a coach at the next session.

My particular group met twice a week for eight weeks at Kezar track. I admit to being a bit nervous. I had never coached and was definitely NOT an athlete in my youth. But GOTR's program is very well set up and we had an experienced coach to make sure we had someone to lean on.

The best part was, not surprisingly, the girls themselves. Ours was a group of 3rd graders – a range of personalities but funny, lively, caring and incredibly supportive of each other. Each session had a character building goal, for example dealing with hurt or anger or activating their "star power." And we'd practice our running. Some girls were naturals, some not so much, but they all got out there and made their way around the track. The final event was a 5K run (or walk) with friends and family joining in. I can't tell you how proud I was of them.....and how proud they were of themselves.

So yes, there is a lot of stress floating around in the world these days but.....I really felt a sense of hope in interacting with these incredible girls. I don't want them to grow up too soon but when they do and when they take their place in running this world, I think we'll be in good hands.

Finally, if you have a daughter or know any young girls who might be interested, I would highly encourage you to check out Girls on the Run. I'd also be happy to answer any questions you might have.

For more info, check out the GOTR Bay Area website at <https://www.gotrbayarea.org/>.

## TURKEY TROTTERS

It was great to see so many DSE'rs in action this Thanksgiving! Whether you participated in an organized run or managed a walk around the block in the throes of a stuffing-induced coma, we're proud of you.



*A stunning group of turtles at the St. Ignatius Turkey Trot around Lake Merced.*

© 2021 Rubi Kawamura



*Liz and family did their Turkey Trot in Dallas; Noriko kept it a bit closer to home.*

© 2021 Liz Noteware, Paul Mosel



*Rebecca showed the North Bay some love at the Novato Turkey Trot, while Theo and Jeanie got their turkey on in Golden Gate Park.*

© 2021 Rebecca Teichmann, Paul Mosel



## HOLIDAY WISH LIST

In the spirit of peace, goodwill toward men, and getting lots of presents, we posed the following question on the DSE Facebook Group: what do you want Santa (or Hanukkah Harry) to bring you for the holidays? Here's what you had to say:

I would like Santa to give me...a 7:30 per mile pace...I've been a good boy!!!

- George Clark

Santa, all I want for Christmas to to be able to eat whatever I want without any consequences.

- Tony Nguyen

Santa, please please please bring me a fully functional left knee! And maybe some new socks, too.

- Amber Wipfler

Right knee for me.

- Noriko Bazely

A DSE trail triathlon: SF swim, mountain bike, and trail run.

- Joe Kaniewski

Running motivation that's based on something other than running faster or further, both of which seem out of reach right now.

- Liz Noteware

Dear Santa, first of all I want to thank you for the wonderful memories and years of being with the DSE runners. My wish is to have many more great, fun and healthy times with the DSE family.

- Phyllis Nabhan

An uninterrupted year of running with the best running club on the planet. And maybe normal rainfall in California.

- Ken Fong

Santa, how about an injury free year for a change? And maybe, just maybe, the nerve to at least jump in the bay with the DSE swim crew!

- Terri Rourke

Aquatic Park race permits!

- Stephanie Soler

January!

- Larry Jewett

# Monthly Running Schedule

In-person races are back! All races begin at 9:00 a.m., unless otherwise noted, and 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](mailto:dserunnersmembership@gmail.com).

## **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.

## **Sunday, December 12: Kennedy Drive 8K - [Course Map](#)**

Course Description: Run (uphill) eastbound on Middle Drive, turn onto Overlook Drive (path), left at Transverse and right onto Kennedy Drive. Run eastbound on Kennedy Drive to barricade at Kezar Drive. Turn around at Barricade and return same way to finish.

## **Sunday, December 19: Baker Beach 5K - [Course Map](#)**


Course Description: Upon exiting lower Baker Beach parking lot, immediately turn left on Battery Chamberlin Road and run up to and through the upper parking lot. Exit through gate at far end and run east into short Battery section before completing .6 mile uphill climb. Run left (inside guard rail) along Lincoln Way. Just beyond Langdon Court (Street), take the left fork gravel trail and run the entire "new trail" section with wooden bridge. Do not exit onto asphalt pedestrian/bike lane leading to GG Bridge. Instead, turn around at end of trail and return the same way to finish.

*Important Note #1:* Additional Parking is available in the upper parking lot off Battery Chamberlain Rd.

*Important Note #2:* Baby strollers are not permitted for this race.

## **Sunday, December 26: Rainbow Falls "Festivus" 5K - [Course Map](#)**

Course Description: Run east up Kennedy Drive to McLaren Lodge. Turn around at the barricade at Kezar Drive, start back and turn right on East Conservatory Drive. Run up and around East Conservatory Drive, then back onto Kennedy Drive and return westbound to finish.



*The feats of strength and airing  
of grievances will take place  
immediately following the Rainbow  
Falls 5K :)*



# 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.

## 2022 Membership Pricing

- Gold DSE Membership: \$50  
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](mailto: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

Except for the record October rain from an atmospheric river a week before Halloween, this November looks much like last year, unseasonably mild and almost dry. The first week of December will be dry and cooler with the first snow of the month in the High Sierra around the 7th. The main pattern change takes place around mid-month with several days of cold rain, snow at low elevations and heavy snow jump starting the Sierra ski season. This will be the signature storm of the month. Unfortunately, not much precipitation is likely in the third week of the month along with seasonably cold temperatures. Looking at Christmas, it will be cold and dry but we could see some rain for the hangover run.

# ◆◆◆ Club Officers & Coordinators ◆◆◆

PRESIDENT  
ANGELICUS  
Walt Stack



PRESIDENT  
Joe Kaniewski  
[president@dserunners.com](mailto:president@dserunners.com)  
SR. VICE PRESIDENT  
Stephanie Soler  
[seniorvp@dserunners.com](mailto:seniorvp@dserunners.com)  
2ND VICE PRESIDENT  
Terri Rourke  
[secondvp@dserunners.com](mailto:secondvp@dserunners.com)  
SECRETARY  
Anna Burke  
[secretary@dserunners.com](mailto:secretary@dserunners.com)  
TREASURER  
Akemi Iizuka  
[treasurer@dserunners.com](mailto:treasurer@dserunners.com)  
OFFICERS AT LARGE  
Marsi Hidekawa  
Kevin Lee  
Jerry Flanagan  
Liz Noteware  
MEMBERSHIP  
Terri Rourke  
KIDS RUN  
Veronica Balistreri [vamm87@gmail.com](mailto:vamm87@gmail.com)  
EQUIPMENT  
Vince French  
RACE SUPPLIES  
Chewey Lam  
RACE RIBBONS  
Bob Marty  
SOCIAL MEDIA  
Amber Wipfler  
Jessica Wong  
DSE RACE RESULTS  
Marsi Hidekawa  
AGE DIVISION POINTS  
Janet Nissenson  
PERMITS/SCHEDULING  
Jerry Flanagan  
Kenneth Fong  
Pat Geramoni  
Janet Nissenson  
Liz Noteware  
Carol Pechler  
Suzana Seban  
RACE DESCRIPTIONS  
Brian Hartley  
COURSE MAPS  
David Wilson  
DSE PHOTOGRAPHER  
Paul Mosel  
WEBMASTER  
Rob Snively

SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

P.O. BOX 210482

SAN FRANCISCO, CA 94121

RETURN SERVICE REQUESTED



## Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

### DECEMBER

2 Cynthia Menzel  
Beatrice Griffiths  
4 Mike Pechner  
Sophia Zimmermann  
6 LAST DAY OF HANUKKAH:  
CHAG SAMEACH!  
Kenny Crampton  
7 Stephan Fouksman  
8 George Rehmet  
Juliette Johnson  
9 Wayne Plymale  
Catherine Flynn  
Lisa Mann  
10 Mort Weisberg  
Gary Brickley  
Kapil Bodkhe

11 Amanda Ables  
Ashley Hazel  
12 Amy Sonstein  
Kyan Shlipak  
13 Patty Gee  
Marco Monfiglio  
14 Jim Shepherd  
Brendan Smyth  
15 Carol Keller  
Elizabeth Nip  
16 Andy Chan  
17 James Saunders  
Robert Sare  
Lazaro Sanchez  
18 Francois Lariviere  
19 Glen Furuta  
John McCarroll  
Eduardo Vasquez  
Ziggy Tomcich  
20 Rob Snavelly  
Daniel Henry  
Andrea Davies

21 Virginia Rosales  
Sophia Baird  
22 Elaine Gecht  
23 Jessica England  
24 Colin Davitian  
25 MERRY CHRISTMAS!  
Sandor Mandoki  
26 Zara Tepedelenlioglu  
27 Benjamin Walker  
Nicolas Duquette  
Peter Haine  
28 Kimberlee Johnson  
Andrew Macnider  
30 Thomas Smyth  
31 David Klinetobe  
Dave Parrish

SEE YA LATER, 2021!