

*We've got lots to celebrate, thanks to these fine folks--the valiant members of the DSE Board!*

A notable milestone was achieved by longtime DSE Runner Wayne Plymale in January, when he completed his 1,300th lifetime race at DSE's Lake Merced race. Wayne gives us an overview of his lifetime of running in a short column this month. Besides Wayne's speed and longevity, I'm so impressed by his marathon PR and how it came about by guiding blind athlete Harry Cordellos. It's

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pretty cool that his personal record came by running meaningful miles and delivering another runner safely to the finish line. Way to keep running all these years Wayne!

Plans are underway for the DSE awards party. I don't want to give away any surprises but the format, venue, and entertainment will be different. Look for the invite in your e-mail box and save the date: March 12, location: Mission Bay.

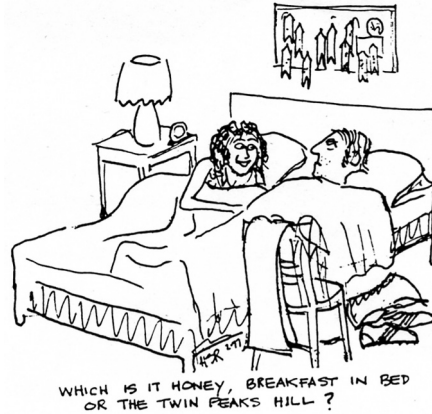
We are taking next weekend off from hosting races for the Pamakids Kaiser Half Marathon. I know we will have a number of runners and volunteers out on the course. The resolute Kevin Lee has wrangled up the DSE volunteer team again. You'll find them supporting runners near mile 6 and the JFK/Buffalo Paddock hydration station. Good luck to all the turtles running and thank you to the volunteers who are supporting us. Go DSE! Have a great month!



Jay and George show off their matching 50th anniversary shirts.  
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## CLASSIC STU-PEDS

Stu Ruth



*Runners from across the pond! We were delighted to welcome U.K. visitors Christine and Brian Shaw to the Rockaway Beach 5K. They are proud members of the Rothwell Harriers & A.C., a 300 member strong club in West Yorkshire. Thanks for joining us!*  
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## LUNAR NEW YEAR RUN

Amber Wipfler

We're taking a break from our regularly scheduled Sunday race on March 6, 2022 so that our members and friends can participate in the CCHP Lunar New Year Run, celebrating the Year of the Tiger. Now in its 44th year, the Lunar New Year Run offers participants the unique opportunity to run through San Francisco's vibrant and historic Chinatown, with pre-race lion dancers and post-race refreshments. For a little extra fun, you can come dressed as a tiger and enter the costume contest!

This year's race offers both a 5K and 10K course, as well as a virtual option for those who can't be there in person. Runners and walkers of all abilities are welcome, and those born in the Year of the Tiger get a special enamel pin! Best of all, the proceeds from this race support the Chinatown YMCA, which provides vital services and support for the community.

This race is a San Francisco classic that shouldn't be missed. For registration and more information, visit <https://www.ymcasf.org/lunar-run>. Happy running and Happy New Year!



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

Webmaster: Rob Snavelly

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

# 1,300 RACES AND COUNTING: WAYNE'S STORY

*Wayne Plymale*

For a participant who is about to complete 54 years of a job or even a sport, there has to be good fortune, whether it would be health and/or injuries.

Back in late 1967, while still in high school, I never thought about being a runner. Basketball was my favorite sport. Unfortunately, while trying out for the Junior Varsity basketball team at San Lorenzo High School (near Hayward, CA), I was the last person cut from the team before the season began.

A few weeks later, while in Physical Education class, our group was to do a one mile run for time and as part of a grade. Wanting to do well, I was the only one in the class to run a sub-six minute mile. Ironically, while the run was happening, both the track and cross country coaches were on the infield talking and, apparently, saw the run. Neither coach knew me at the time.

Before going back into the locker room and taking a shower, both coaches stopped and talked with me about coming out for track the following spring of 1968.

I did and ran junior varsity as a sophomore running in the mile and two mile that season.

The following two years, after moving to Marin County and Tamalpais High School, I continued in track and field, running the mile and two mile once again. Unfortunately, an ACL tear to my right knee during my senior year nearly ended the running for good. I was able to run late during the season thanks to a great physical therapy program and wanting to get back running. In just three races as a senior, I was able to finish with a 4:54 in the league meet, the final race of a nice high school career.

In the fall, I began a work career at Pacific Telephone (later AT&T) and would periodically began running a few days a week in Golden Gate Park just to stay in condition. It would amount to about 8-10 miles a week at most.

However, early in 1972, about two years later, I got back into serious running with my first of 45 Bay To Breakers in May, my favorite race. The following month, I joined the DSE Runners at an event known as the Stow Lake Relay. It is a group that I will always enjoy with the different courses being run in the San Francisco Bay Area. The memberships have been great over the years from all the Presidents to

all the Presidents to those participating. The rewards have been great with the participant trophies, plaques and ribbons over the many years!

Nearly 50 years later, one never thought that a milestone of 1,300 races and nearly 94,000 miles of running would be reached. Back in 1967, I wanted to be the next Rick Barry of the Warriors. Instead, being a runner and thinking I could be like Frank Shorter wasn't bad either.

Milestones? Running 40:28 in the 1992 Bay To Breakers will always be high on the list. In 1975, though I missed qualifying for the Examiner Track And Field Games at the Cow Palace, I ran an all time best of 4:38 for the mile at San Jose City College. One other moment would be running my best marathon pacing blind athlete Harry Cordellos at the Napa Marathon. On a partly cloudy and calm Sunday morning, we ran it in 3:14:46. Finally, there was completing my first of two 50 kilometer races in the Philippines in 2012.

Completing race number 1,300 in a beautiful setting such as Lake Merced was rewarding. There have been many races that have taken place there over the years, such as the Single and Double races, relays, half marathons, marathons and ultras. Doing it in a DSE race was special.

The goals moving forward is simple. Stay healthy and away from injuries and train consistently. The rest will take care of itself.



*No matter the decade, Wayne is an inspiration!*



# RACE RECAPS

January 9, 2022

Twin Peaks 4M

Race Director: Larry Jewett

Volunteers: Ari Dalfen, Adriana Collins, Marsi Hidekawa, Richard Hannon, Bill Woolf, George Rehmet, Bobby Marty, David Guerrero-Pantoja, Vince French, Kevin Lee, Riya Suising, David Amsallem, Daniel Henry



RD Larry Jewett

© 2022 Kevin Lee

85 participants: 77 racers (51 men, 26 women), 8 self-timers



These turtles ain't afraid of no hills.

© 2022 Marianne Plummer



A tall and silent race spectator.

© Paul Mosel

January 16, 2022

Lake Merced 4.5M

Race Director: Mitchell Sollod

Volunteers: Marsi Hidekawa, Terri Rourke, Ari Dalfen, Paul Mosel, Bill Woolf, John Albertoni, Bob Marty, David Guerrero-Pantoja, Vincent French, Kevin Lee, Riya Suising, Marsi Hidekawa, Chewey Lam, Joe Kaniewski



RD Mitchell Sollod

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112 participants: 106 racers (64 men, 42 women); 6 self-timers



Lake Merced posse.

© 2022 Paul Mosel



Pre-race selfie with Calvin, Kevin, and Chewey.

© 2022 Chewey Lam

January 23, 2022

Sierra Point 10M & 5K

Race Director: Neal Ashton

Volunteers: Paul Mosel, Bill Woolf, John Albertoni, Bob Marty, Kevin Lee, Mitchell Sollod, Ziya Tepedelenlioglu, Wendy Newman, Chewey Lam, Rubi Kawamura, Pat Geramoni, Carol Pechler, David Guerrero-Pantoja, Vincent French, Veronica Balistreri, Terri Rourke



RD Neal Ashton

© 2021 Paul Mosel

10M: 44 participants: 44 racers (26 men, 18 women)

5K: 71 participants: 67 racers (33 men, 34 women); 3 self-timers, 1 kid



Ready and rarin' to go!

© 2022 Veronica Balistreri



A beautiful day on the Bay Trail.

© Veronica Balistreri



January 30, 2022

Rockaway Beach 5K

Race Director: Rubi Kawamura

Volunteers: Uliana Popov, Mike Rouan, Fiona McCusker, Gene French, Bill Woolf, Paul Mosel, Bob Marty, Wallace Rapozo, Larry Wuerstle, Kevin Lee, John Albertoni, Joe Kanieski, Richard Hannon, Fiona McCusker, Paul Mosel Jim Buck, Jane McFarland, Daniel Henry, Veronica Balistreri, Marissa Balistreri



*RD Rubi Kawamura*

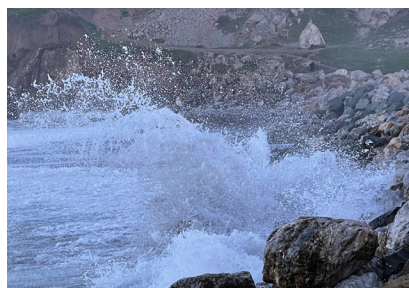
*© 2022 Paul Mosel*

110 participants: 100 racers (51 men, 48 women); 4 self-timers, 6 kids



*Rebecca, Yoly, Riya, & Katia soak up some pre-race rays.*

*© 2022 Yoly Pantig*



*The mighty Pacific.*

*© 2022 Paul Mosel*

## DO THE ROCKAWAY

The Rockaway 5K is a popular race, and it's easy to see why--the sea spray on your face, those wicked switchbacks to get your blood pumping, and a post-race trip to the beach (or the famed Pacifica Taco Bell). In its latest iteration, 110 runners, joggers, and walkers took on the challenge, including a half-dozen of our youngest athletes at the year's first Kids Run! Check out these photos of the day's events, courtesy of Paul Mosel, Jason Buckner, and Jeremy Whiteman.



# Monthly Running Schedule

All races begin at 9:00 a.m., unless otherwise noted. Gold, Teen, and Child Memberships include unlimited races; the race fee for Standard Members is \$5; and non-members pay \$10.

Because races are limited to 150 participants, members are strongly encouraged to pre-register to reserve their spot. Race registration instructions have been sent by e-mail to all active members. A limited number of non-member pre-registrations for select races are available on [Active.com](https://www.active.com) (search for DSE), and walk-up race day registration may be available, space permitting.

If you have questions about race registration, please email [dseracesignup@gmail.com](mailto:dseracesignup@gmail.com). See you Sunday!

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**Sunday, February 6:** NO DSE - Opportunity to enter (or volunteer at!) [Kaiser Permanente Half Marathon/10K/5K](#)

**Sunday, February 13:** 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, February 20:** Fort to Fort 10K - [Course Map](#)

Course Description: Out and back, starting at the "Great Meadow" Fort Point lawn. Complete 0.3M Great Meadow clockwise loop, exit onto Marina Blvd., continue right through Yacht Harbor parking lot, run entire Crissy Field promenade trail, turnaround at Hopper's Hands. Return to finish line.

**Sunday, February 27:** 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, March 6:** NO DSE - Opportunity to enter [CHP Lunar New Year Run, Year of the Tiger](#)

**Sunday, March 13:** Coastal Train Challenge 10K - [Course Map](#)

Course Description: Race starts/finishes at Little Marina Green, Yacht Road parking lot. Run west on Golden Gate Promenade. Just beyond the Warming Hut, turn left and go up the stairs towards the Golden Gate Bridge. Continue on trail under the bridge; run the downhill trail inside the guard rail on Lincoln Blvd. Complete a clockwise Baker Beach trail/sand loop; run past the water treatment plant, then east onto sandy beach to the Sand Ladder, which is 400 yards of a vertical climb. At the top, turn left and return to the start/finish.



# 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

After a very dry January (parts of California had the driest January ever, with Fresno reporting its first rainless January), the first two weeks of February are a continuation of the same with above normal temperatures. A major charge takes place at mid-month with much cooler weather and some showers likely around the entire Bay Area with snow in the Sierra. The snow level will drop down into the Coast Range and maybe lower around the Bay Area. The prospects for more a rain after mid-month are looking up; however, the extended dry period is a major concern up to this point.

# ◆◆◆ Club Officers & Coordinators ◆◆◆

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RETURN SERVICE REQUESTED



Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆  
FEBRUARY

1	HAPPY LUNAR NEW YEAR Gary Bengier	11	Julie Roley	21	PRESIDENT'S DAY Rodrigo Davies
2	Noel Bautista Christopher Luo Thomas Okazaki Michael McCrea Casey Morris	12	Richard Cottrell		Drazen Fabris
4	Pat Geramoni Lidia Deleon Brian Trayers	13	Orel Amsallem Juan Castro Ben Chung		Pete McGurty
5	Cynthia Blum Xiaodong Yang	14	HAPPY VALENTINE'S DAY Charles Lim	22	Bill Hamilton Haruko Young Parker Pruett
7	Terri Rourke Mia Bennett	15	Rubi Kawamura Oliver Chan	23	Jason Buckner
8	Kevin Lee	18	Sam Roake Kathleen Lail Vincent Kaniewski Leon Chang Tom O'Reilly Karthik Narasimhan	24	Carolyn Clark Akemi Iizuka
9	Seth Pfalzer Ryanne Reynolds	19	Andrew Scott	25	Nakia Baird
		20	Mark Kelley Wyatt Rendon	26	Ben Guy Sonny Young
				27	Debbie Symanovich
				28	Hans Schmid Stephanie Polverari Benjamin Timonera Sofia Stein