

TURTLE POWER

Amber Wipfler

Our members are always awesome, but these past few weeks have seen some truly amazing accomplishments from DSE runners. Check them out!



Sergey Vasliev dedicated his win at the Kennedy Drive 8K to the brave men and women defending his native Ukraine. It was a poignant moment when he crossed the finish line with the blue and yellow flag across his shoulders. To learn more about the humanitarian crisis in Ukraine and for ways to help, visit Bay Area-based Nova Ukraine at <https://novaukraine.org/>.



Top: © 2022 Paul Mosel
Right: © 2022 Sergey Vasliev

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From the President's Desk

JOE KANIEWSKI

February was a busy month for DSE as we ran and volunteered at the Kaiser Pamakids Half Marathon, hit the hills at the McLaren Park Roller coaster 5K, ran the always spectacular Fort to Fort 10k, and got back to Golden Gate Park for the Kennedy Drive 8K. A big thanks to Lowell High School's Key Club for sending a hearty group of volunteers to help with traffic control at the Fort to Fort race. It is always good to have extra volunteers to help with the race operation.

I also wanted to mention Sergey Vasliev's winning the DSE Kennedy Drive 8K as he carried the Ukrainian Flag across the finish line and dedicated his win to "the heroes defending his country" from a military invasion. Please contact Sergey for ways to help.

For March, we have got the DSE Gala on March 12 and races at Baker Beach, Great Highway, and Golden Gate Park scheduled, which are always great run routes. Please remember to RSVP for the Gala by March 7th, so we have an accurate head count for the caterer.

We're trying to put together a centipede for Bay to Breakers this year. It looks like we have 11 runners signed up, so we just need a few more. What is a run centipede, you ask? It's where groups of 13 or more runners run

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the full Bay to Breakers 12k course together, linked by a bungee cord or any other safe mechanism. We had a team back in 2020 before Covid hit with Teenage Mutant Ninja costumes planned, but it got canceled. Riya Suising is helping to organize the team this year. We plan to run a comfortable 9-10 minute pace. Please reach out to Riya ASAP if you are interested.

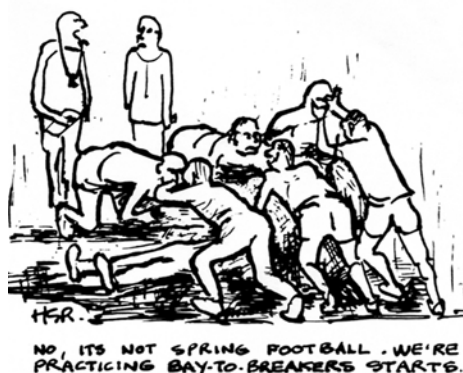
You will want to mark your calendars for some special "San Francisco traditions" races that are older or almost older than DSE itself. We'll be taking off a few Sundays to support this beloved races and the SF running community. The first is the Chinatown YMCA's 44th Annual CCHP Lunar New Year Run on March 6th. There will be a dragon and fireworks, and tons of kids sprinting out in front at the beginning of the race. You also get to run those cool narrow downtown streets.

Next, on April 24, we are supporting the Jim Tracy ALS run in Golden Gate Park. On May 15th, we take off for Bay to Breakers, and June 5th, we support the 101st Statuto race in North Beach.

This is the first year we are taking off for the Jim Tracy ALS run. In case you didn't know, Jim was a longtime local track runner and cross country coach at University High School (UHS) in San Francisco. A few years ago, the UHS community came together to create a fundraiser run to honor Jim's coaching and

CLASSIC STU-PEDS

Stu Ruth



support him through his battle with ALS. They even created a movie called "Running for Jim" that recounts his inspiring story of record-breaking high school team success and battle with Lou Gehrig's disease. It is a heartwarming story that is available for free on Roku, tubl, and a number of online movie channels.

On a personal note, I guided and ran two races in February with a friend who is a visually impaired runner, Carl "Lord Fredrick" Minor. We ran the Kaiser Half Marathon and the Davis Stampede in Davis, CA. I mention it here because it was inspiring to hear the support Lord Fredrick received along the course. It was challenging to run in sync, avoid stumbling, stay vigilant of hazards, and be descriptive of turns, slower runners, and bottlenecks for 13.1

miles. I realize that more visually impaired and physically challenged runners would participate if they had more guides. So please consider supporting and participating in the organizations that made our participation possible. The Davis race was the first California event for United in Stride, a database service that serves as a tool to bring together running guides and visually impaired runners. We had over 20 visually impaired runners and 20+ guides who ran the Davis Stampede and it was great to learn about their successes and race experiences. You can check it out at <https://www.unitedinstride.com>.

The Kaiser race was assisted by Achilles Bay Area, which meets every two weeks out on Great Highway. To learn more about Achilles go to their site at: <https://www.facebook.com/achillesbayarea/>

Have a great month of running DSE. See you soon at the races.



Joe, Chewey & co. repping Achilles, United in Stride, and Back on My Feet.
© Chewey Lam 2022

How to contact the DSE News

The DSE Newsletter is published monthly for the DSE Running Club.

Contact:

Amber Wipfler, Editor
Email: weenerdog@gmail.com

Contributions:

We encourage our members to submit articles and photos for inclusion in the DSE Newsletter. Please send your contributions to the editor at the above e-mail address. Members without e-mail accounts can send their contributions to the DSE general mail-box (see address at right).

Please note that submissions may be edited for length and clarity.

Submission Deadline:

Please submit your material to the editor by the 25th of each month if you would like it to be published in the following month's newsletter.

How to contact the DSE

Mail

DSE Runners
P.O. Box 210482
San Francisco, CA 94121-0482

Website/Membership Application:

www.dserunners.com

Webmaster: Rob Snavelly

webmaster@dserunners.com

FAREWELL TO THE FOLDING GROUP SESSION

Jane Colman

When I joined DSE in 1984, the monthly folding session was a big thing. We had no online access, no website, and over 400 members, so it was a substantial group, always at someone's home in San Francisco. The paper came in a different color each month, and it didn't come from the printer collated, so we gathered around a large table to collate and fold it and prepare it for mailing. Then, after we were all finished, we would share potluck snacks. There wasn't enough to substitute for dinner, so Don and I would eat out before or afterwards.

We started offering the electronic version in 2005; I believe that the membership chair emailed the newsletter to members at that time. A year later, about a third of the members took the email version; later it was closer to two thirds. When Amber took over as newsletter editor in 2014, I remained in charge of getting the newsletter printed and ready for mailing to those who still wanted a hard copy.

Fred Haber had been in charge of finding venues for the folding session, and as it became more difficult he and Yong started hosting the folding session every month. And while it was still a potluck, they provided a huge spread of food and drinks. But eventually they had had enough, so I took over. We also had fewer newsletters to fold each month, and the printer I used near my home collated them, also making the job easier. We started holding the folding sessions mostly at Sports Basement, in both San Francisco and Berkeley. And somehow the host, who was asked to provide snacks, drinks and utensils, started bringing enough for a meal, most frequently pizza. As we needed less time for the newsletters, we still enjoyed the potluck and socializing. We had a particular steady group in Berkeley, where Sports Basement is barely a mile from my home.

Our last group potluck was for the March 2020 issue, just before the COVID-19 lockdown. Since then, three things have changed. More members requested the online version, now on the website. I ran out of colored paper and the place I bought it closed. And since we are usually printing only around 50 copies each month, it doesn't really require several people to prepare it for mailing. My partner Nicholas and I can get it done in about

45 minutes. And we do keep to the tradition of serving pizza. So there is no reason to get together as a group just to spend 10-15 minutes on the newsletter. And although I've been to very few races in recent months, I still feel that I've done my volunteer work for the club.

Ed. note: We are so grateful to Jane for all of her hard work over the years!

JOIN THE CENTIPEDE!

Riya Suising

Attention turtles! Ready to morph into a centipede? DSE Runners is entering a Centipede Team into this year's Bay to Breakers on Sunday, May 15.

We already have some very interested members and need a few more to make a one (or two?) centipede team of 13-15 runners. Sign up by putting in your name to show you're interested (if not already) at this form, and we'll contact people to join the team!

<https://forms.gle/3dU9Ptob3WRRt9Mm7>

You can also use the QR code below:



Many thanks to the Lowell High School Key Club for volunteering at the Fort to Fort 10K! Key Club members perform volunteer service projects through the City, and we are so grateful that they gave up their Sunday morning to help out our club.

© Johnny Chow 2022

RACE RECAPS

February 13, 2022

McLaren Park 5K

Race Director: Chewey Lam

Volunteers: John McCarroll, Jeorgina Martinez, Uliana Popov, Paul Mosel, Bill Woolf, John Albertoni, Bob Marty, David Guerrero-Pantoja, Jon Sit, Vincent French, Kevin Lee, Veronica Balistreri, Joe Kaniewski, Riya Susing David Amsellem, Johnny Chow, Phyllis Nabhan



RD Chewey Lam

© 2022 Paul Mosel

101 participants: 97 racers (46 men, 51 women), 3 self-timers, 1 kid



No shoes? No problem!

© 2022 Paul Mosel



We love when groups come to our races!

© 2022 Paul Mosel

February 20, 2022

Fort to Fort 10K

Race Director: George Rehmet

Volunteers: Theo Jones, Jeanie Jones Phyllis Nabhan, Pat Geramoni, Paul Mosel, Bill Woolf, John Albertoni, Bob Marty, Vincent French, David Guerrero-Pantoja, Kevin Lee, Riya Susing, Marsi Hidekawa, Daniel Henry



RD George Rehmet

© 2022 Paul Mosel

117 participants: 114 racers (72 men, 42 women); 3 self-timers



We had huge turnout at the F2F-- over 100 runners strong!

© 2022 Akemi Iizuka



The tricolore ribbons were perfect for DSE's French contingent.

© 2022 Terri Rourke

February 27, 2022

Kennedy Drive 8K

Race Director: Kitzzy Aviles

Volunteers: Uliana Popov, Phyllis Nabhan, Paul Mosel, Bill Woolf, John Albertoni, Bob Marty, Vincent French, David Guerrero-Pantoja, Veronica Balistreri, Jason Buckner, Paul Mosel, Wendy Newman Daniel Henry



RD Kitzzy Aviles

© 2022 Paul Mosel

99 participants: 96 racers (58 men, 38 women); 3 self-timers



A sunny touch of spring on a February morning.

© 2022 Veronica Balistreri



Turtle posse.

© 2022 Katia Stern

THE FANTASTIC F2F

February's Fort to Fort 10K was definitely full of fun! And fast, too, as we had a new course records set by Oakland Track Club member Ray Mason, who finished in a blazing 33:52. Whether you ran, walked, or volunteered, thanks for coming out!



Top to bottom: © 2022 Phyllis Nabhan, George Rehmet, Veronica Balistreri, Johnny Chow

THANK YOU VOLUNTEERS!

Many thanks to everyone who volunteered at the DSE water stop at this year's Kaiser Half Marathon. These heroes of hydration woke up at the crack of dawn and spent their morning filling cups and picking up trash, all to support our running community. You guys rock!



Above: Our intrepid volunteers

© 2022 Yoly Pantig

Below: Noel and Joe show their appreciation!

© 2022 David Tran



DSE ACCOMPLISHMENTS

...continued from p. 1



A once-in-a-lifetime experience!

© 2022 Yoly Pantig

To celebrate the big 5-0, Yoly Pantig made a longtime dream come true by trekking to Nepal's South Base Camp, right at the foot of Mt. Everest. Here she is at 17,598 feet above sea level--truly amazing!



Don't you step on his blue suede Hokus.

© 2022 Tony Nguyen

From February 18-20, Tony Nguyen knocked out a whopping 150 miles doing the 72-hour race at the Jackpot Ultra-Running Festival in Las Vegas. Dare we say that he took a gamble and won big?

Chewey Lam hit the ground running (literally) in 2022 and hasn't stopped. He and Kevin Lee helped create a stunning mural in Chinatown, made of panels covered with red envelopes in celebration of the Lunar New Year. Later in February, he was part of the West Coast Lion Troupe/CVC Community's lion and dragon dance team, and performed at the New Year's Parade in Chinatown. (If you watch the TV replay, you can see him at the 7:00 mark!)



Chewey and guides from Achilles International pose with their medals at the finish line of the Kaiser Half Marathon.

© 2022 Chewey Lam

Running-wise, Chewey knocked out 2 double races, completing the 5K and 15K courses at January's Hot Chocolate Run, then the 5K and 13.1M distances at the Kaiser Half Marathon. He also completed the half marathon at the Davis Stampede, representing Achilles International, United in Stride, and Back on my Feet. Amazing!



Ventura is even more beautiful when it comes with PRs and BQs!

© 2022 Akemi Iizuka

Akemi Iizuka and Shawn Sax both got personal records and qualified for Boston at the Ventura Marathon! Akemi finished in 3:49:04, while Shawn came in at 3:30:36. WOW!

Akemi also had a great showing at the Kaiser Half Marathon, along with the speedy Louise Stephens. Louise won the women's 55-59 age group with a time of 1:41:01, while Akemi came in third at 1:43:54.



There's always an impressive DSE turnout at the Kaiser Half!

© 2022 Akemi Iizuka



The unstoppable team of President Joe and Lord Fredrick.

On February 5, Joe Kaniewski ran Kaiser Half Marathon as a guide for his pal Carl Manor, better known as “Lord Fredrick.” Just two weeks later, they were back at it on the half marathon course at the Davis Stampede. Well done, gents!



*Here is a totally authentic and not at all doctored photo of the new Pamakids president.
© 2022 Jerry Flanagan*

Last but not least, a hearty congratulations to Jerry Flanagan, who is the new president of the Pamakids racing team! We heard that he got a new powdered wig and wooden teeth just for the occasion! Congratulations!

Remember, we love celebrating our the accomplishments of our members! So don't be shy; if you have an achievement you want to share, be sure to send it our way.



THE 101ST STATUTO

Ed Baumgarten

The 5-mile Statuto Race and 2-mile Walk is back again this year to its regular date, Sunday, June 5, 2022. We have asked the rain gods to give us a break after having that atmospheric river swamp us last year on October 24. This is the 101st race and we again will have the race/walk shirt, a 101st medal and a goody bag filled with items including pasta and that Italian salami. All DSE members receive a 10% discount off the entry fee. Use code `dse22` for the discount. One can also sign up for the bottomless mimosa brunch too. If you want to volunteer, you receive a race shirt and a free brunch. To volunteer, contact Merc at Merc.Martinelli@sfiac.org. To enter this year's race/walk, go to the website <https://www.statutorace.com/>.

DSE NEEDS YOU TO SIGN UP AS A RACE DIRECTOR

Kevin Lee

The DSE 2022 Race Schedule has 40 races. As of 2/27, eleven different DSEs have signed up to serve as an RD. They and every active DSE member know the importance of having a different member step forward each week to direct the race. Regardless of whether you are a long-time member or newbie, please take the initiative to sign up as a DSE RD. You can see the open dates under the “Race Director” tab on the DSE runners website. Then contact Kevin at dse.pekingduck@gmail.com.

The 3/27 Windmill 10K and 4/17 Easter Mountain Lake 5K still need directors! Sign up today!



Studies show that race day volunteering makes you happier, better-looking, and all-around awesome.

© 2022 Phyllis Nabhan

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](#) (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. See you Sunday!

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.

Sunday, March 20: Great Highway 5K - [Course Map](#)

Course Description: Start/finish at Taraval and Great Highway in the Outer Sunset. Run 1.55 miles to Lincoln Boulevard and return the same way to finish.

Sunday, March 27: Windmill 10K - [Course Map](#)

Course Description: Start/finish at JFK Drive/Murphy Windmill in Golden Gate Park. Run eastbound up Kennedy Drive to intersection prior to McLaren Lodge (Kezar Drive/Second Barricade). Turnaround and return the same way back to finish.

Sunday, April 3 Sweeney Ridge Trail 5K - [Course Map](#)

Course Description: Start/finish near Parking Lot B at Skyline College (see directions below). A challenging trail race on the Notch Trail and Sweeney Ridge Trail from Skyline College south to the Nike Missile Control Site and back. Runners will see beautiful views above Pacifica on a clear day.

Please note: there may not be bathrooms available; steep stairs on trail

Directions: GPS or use a map to get to the intersection of Skyline Blvd (35) and College Drive in San Bruno. Signs on Skyline Blvd will direct you to Skyline College entering on College Drive. Driving west on College Dr turn left at the T intersection just before the track at the entrances to Skyline College. Then take the next left into Parking Lot A. Registration will be in Parking Lot A and the run starts a short distance away up from Parking Lot B.

Sunday, April 10: Baker Beach 5K- [Course Map](#)

Course Description: Upon exiting lower Baker Beach parking lot, immediately turn left on Battery Chamberlin Rd and run up to and through 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. Terrain includes asphalt, concrete/sand, gravel trail/wooden bridge.

Additional Parking is available in the upper parking lot off Battery Chamberlin Rd.

****Baby strollers are not permitted for this race****

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: \$100
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

March will be a lot different weather-wise than January and February, which combined were the driest on record. Cold weather fronts are due to move through regular intervals with cold rain in the Bay Area and snow in the Sierra around the 9th, 13th and 16th or 17th. Overall, the first half of the month will have below normal high temperatures mostly in the upper 50's and 60's, unlike February which had many days in the upper 60's to mid 70's. After mid-month looks dry, sunny and warmer with little or no rain.

◆◆◆ Club Officers & Coordinators ◆◆◆

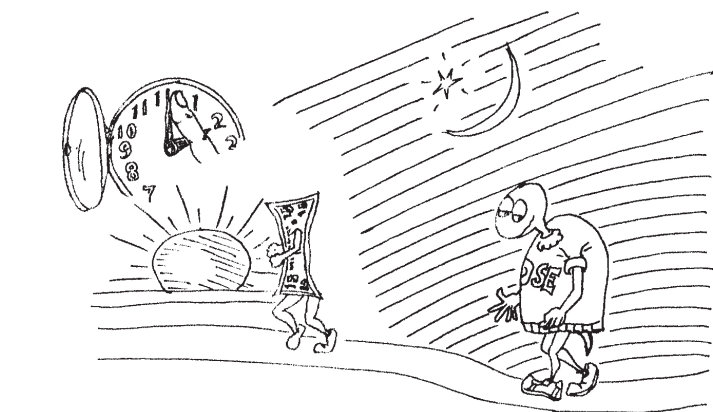
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SAN FRANCISCO, CA 94121

RETURN SERVICE REQUESTED



Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆
MARCH

- | | | | | | |
|---|--------------------|----|--------------------------|----|-----------------|
| 1 | David Picariello | 11 | Stephen Tracy | 21 | Anna Burke |
| 2 | Finian Donnelley | 12 | Michael Gama | | Joanna Goldfarb |
| | Teo Donnelley | 13 | Richard Bruce | | Deysi Ocampo |
| | Sharlet Gilbert | 17 | Markham Miller | | David Tran |
| | Sherrill Golden | | HAPPY ST. PATRICK'S DAY! | 22 | Ed Navarro |
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| 3 | Diane Merkadeau | 19 | Maureen Davin | 25 | Cathal Conneely |
| | David Saldivar | 20 | Neal Dempsey | 26 | Jason Duquette |
| 4 | David Lansky | | Annakai Hayakawa | | Dana Farkas |
| 5 | Andrew Ferguson | | Donald Jones | 28 | Will Yu |
| 6 | Liz Isaacs | | | 29 | Keith Johnson |
| 9 | Jamila Nightingale | | | 30 | Carole Mawson |
| | | | | 31 | Randy Piona |