



10 WAYS TO CELEBRATE GLOBAL RUNNING DAY - THE DSE WAY!

George Rehmet

Wednesday June 1, 2022 is Global Running Day – a day for people around the world to celebrate the joys of running of which are many – the physical and mental health benefits, the social aspects, a way to explore, achievement of goals, etc. So what are other ways to celebrate Global Running Day other than just running itself?

Let's start with some simple things:

1. Watch a movie about running such as *Chariots of Fire*; *McFarland, USA*; *Saint Ralph*; *Brittany Runs a Marathon*; or *Without Limits*.
2. Read a book about running such as *Born to Run*, *Once a Runner*, *A Runner's High*, *Let Your Mind Run*, *The Perfect Mile*, and *Running the Rift*.
3. Buy some new running gear, especially DSE gear to show pride in our running club.

Or use Global Running Day to make your community and world a better place by:

4. Signing up for a race that benefits a local charity, or support a friend or relative who is fundraising for a race they're running.
5. Donate your gently used running clothing, shoes and gear to a local running club that works with children or other disadvantaged groups. Usually club member Noe Castanon will announce a drive for running gear to take to Mexico.
6. Get outside your comfort zone, by signing up for a race that is a different distance or type of course (i.e., trail) than you typically run.

Now let's step it up a notch and work on giving back to the sport and to our club in the following ways:

7. If you run in races, then it's time to return the favor by volunteering at one of our weekly races. You will gain a new appreciation of how much goes on in

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From the President's Desk

JOE KANIEWSKI

May was crazy fun! 15 DSE members dressed up as turtles in green and yellow, complete with shells on our backs, to run the Bay to Breakers. Our DSE team ran 7 miles strung together as an "official centipede," singing, chanting, and hollering at spectators the entire time. Starting out in the elite corral, our spunky band edged our way through crowded streets to run through SOMA. We took on that 2/3rds of a mile, 11% grade, 128 feet Hayes Street Hill and flew down through the Panhandle, snaking our way through the crowds, stopping only briefly for free beers along the way. We were cruising at a 9:30 average pace. Our tempo kept pace with the other zany costumed centipedes of all different stripes and past naked runners clad in only running shoes and fanny packs. We took to JFK Drive like we were running a DSE Windmill 10K, hammering along to the finish line. It was great fun up at the front and I think we only nearly crashed once or twice. A big shout out to the team and Riya Suising for organizing!

The rest of May, we paid our respects to beautiful Crissy Field on Mother's Day with a 5K. We ran the Lands End 5K and Great Highway as a 10K for the first time. I think the Noteware family set a club record with 11 family members running a DSE race

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on one weekend, and that's not including the dozen or so cheering family members who came out to support them. It was great to see such a large family at one of our races as they visited San Francisco for Ari's bar mitzvah. Mazel tov!

In June, we will kick it up a notch in terms of our racing events. It's probably time to dig out your trail running shoes as we get off the roads and onto the trails. We've got the Golden Gate Vista 10K, Lindley Meadow Cross Country 5K, and the Presidio Wall 5K on Pride Weekend. We are also continuing the tradition started over 20 years ago by longtime DSE officer Janet Nissenson, as DSE's Summer Series kicks off this week at Lake Merced. Do you need any more motivation? I guarantee that running with DSE on both Thursdays and Sundays will get you back in shape in time for your summer beach adventures!

DSE Runners will take off the first Sunday in June for a truly SF treat, the 101st Annual Statuto race in North Beach. Once again, we will take on the normally busy streets sans cars and traffic and run past Washington Square, along North Point and onto the Embarcadero down past the Ferry Building under the Bay Bridge and turn around near Red's Java House. I will be out there, because I just love running these streets and the goody bags race organizers fill with salami. And honestly, these streets always

CLASSIC STU-PEDS

Stu Ruth



remind me of San Francisco's movie folklore and past. I imagine I'm running alongside Harry Callahan or Sam Spade, and cruising past the Yankee Clipper, Joe DiMaggio, when I run down there.

You may have noticed that road races locally and nationwide have added a non-binary race division over the last six months. Articles from the New York Times, Runners World, and the SF Chronicle are describing how races like the Brooklyn Half Marathon, the Pamakids Kaiser Half Marathon, the Bay to Breakers, and the New York City Marathon are offering registration and recognition to runners who identify as non-binary. I invite you to Google the articles to learn more about the subject. For race organizers and clubs like DSE, being more inclusive requires us

to consider a number of changes to our current race procedures, suppliers, and timing software. The DSE Board has unanimously agreed to proceed towards offering non binary as an option/race division. So if you begin to see subtle differences in our registration, race results, awards, and timing, please know that DSE is continuing its proud tradition of inclusiveness and embracing diversity like our club and its members have always done. Feel free to contact me or any other member of the DSE board if you would like to help or have any questions. Have a great running month of June!

RD'S NEEDED!

Kevin Lee

With five months of the 2022 Race Schedule completed, DSE has been very fortunate to have advanced RD sign-ups for all of its DSE races.

The 6/19/22 Lindley Meadows 5K and 14 additional open RD dates need RD sign-ups. Please check the "Race Director" tab of www.dserunners.com to see what slots are available for 2022. Then contact Kevin at dse.pekingduck@gmail.com. Thank you!

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

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San Francisco, CA 94121-0482

Website/Membership Application:

www.dserunners.com

Webmaster: Rob Snavelly

webmaster@dserunners.com

AU REVOIR, DAVIDS!

Marsi Hidekawa

DSE will be bidding a sad farewell to two very special members and their families in the next few weeks, and they're both named David!



Fare thee well, David W!
© 2022 Paul Mosel

David Wilson joined the club back in 2012 and his wife Oscia joined several years later. Both speedy runners, I remember seeing David pushing the running stroller with his baby daughter Emmylou tucked inside. Emmylou is now 7 years old and has a 15 month-old baby sister Sinead! David is the guy who has been mapping out all our race courses for the past 7 or 8 years—a very important job since the course map is essential in obtaining our race permits. Whenever we run a new course or need to amend an old one, despite his busy schedule, David has been so dependable in going to check out the course personally and updating it accurately. Lucky for us, he's offered to continue this job after he moves back home to Ireland in July. He has mixed emotions about leaving San Francisco, though, since he's lived about half his life here. At any rate, we will miss them terribly.

David Amsallem joined the club in 2016 and shortly after volunteered to be on the Race Results team. It didn't take him long to learn how to compile the results since he obviously was tech savvy, unlike me! He's been on the rotation ever since, and I can't thank him enough! David is notoriously late to the Sunday races, barely getting to the start line on time, but once he starts, he's like a speed demon flying along the course. It's understandable why he often runs late - he's the father of 3 young boys! Matan is 7, Orel is 5, and Eden is 2, which is also probably why we don't see his wife Myriam nearly as often as before! She became a member 3 years ago, and then there was Covid, with everyone working from home and 3 little boys also home all day. Yes, BUSY!



Adieu, David A!
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The Amsallems will be moving back to France in mid-June, but the good news is that they put their things in storage and plan to return in 2 years. David will be back for an occasional business trip and promises to run with DSE when he visits!

Wishing David and Myriam Amsallem, David and Oscia Wilson and all their kids safe travels and all the best in their new ventures abroad. Many thanks for their dedication and contributions to our Club. I'll still be looking for the Davids racing home as I'm still running out toward the halfway mark, but anyone in their age divisions will probably be flashing a secret smile! Be sure to wish them well when you see them at the upcoming races and bid them au revoir, until we meet again!

DOUBLE DIPSEA VOLUNTEER SIGN-UP IS LIVE

The Double Dipsea is a DSE original that our club has hosted since 1970 and have co-hosted with Brazen Racing since 2013. We take great pride in providing runners from all over the country a great experience but to pull off a successful race every year we need the always dependable support of our entire club membership. We expect to host 400 runners this year with at least 130 volunteers to pull off another safe and successful event.

Volunteer assignments include aid stations (4 to choose from), course monitors (8 to choose from) and the finish area (parking, merch, BBQ, and crossing guards). And volunteers get all kinds of great perks, like volunteer points, special entry privileges toward future DD races, a t-shirt, and an invite to the post race BBQ. So don't wait! Sign up to volunteer and get just the spot you want:

Click [here](#) to sign up!

Any questions, contact Jerry Flanagan at jerryflan@yahoo.com. Thanks, DSE!

RACE RECAPS

May 1, 2022

Lightning Mile & Spreckels Lake 5K

Race Director: Brian Hartley

Volunteers: Liz Noteware, Phyllis Nabhan, Ari Dalfen, Bill Woolf, Bob Marty, Judith Jarosz, Vincent French, Jay Boncodin, Kevin Lee, Paul Mosel, David Amsallem, Jane McFarland, Jim Buck, Chewey Lam



RD Brian Hartley
© 2022 Paul Mosel

LM: 70 participants: 65 racers (41 men, 24 women), 4 self-timers, 1 kid

5K: 111 participants: 105 racers (55 men, 50 women), 5 self-timers, 1 kid



The Lightning Mile featured some serious girl power.
© 2022 Paul Mosel

May 8, 2022

Crissy Field Mother's Day 5K

Race Director: Jason Buckner

Volunteers: Jason Szydlik, Adriana Collins, Phyllis Nabhan, Kitzzy Aviles, Richard Hannon, Bill Woolf, John Albertoni, Bob Marty, Vincent French, David Guerrero-Pantoja, Kevin Lee, Blythe Marshman, Riya Suising, Terri Rourke, Chewey Lam, Tony Nguyen, Marsi Hidekawa, Terri Rourke



RD Jason Buckner
© 2022 Paul Mosell

185 (!) participants: 163 racers (86 men, 76 women); 5 self-timers, 17 kids



Elias coming around the homestretch.
© 2022 Paul Mosel



The caterpillar team gets in one last practice!
© 2022 Riya Suising

May 22, 2022

Lands End 5K

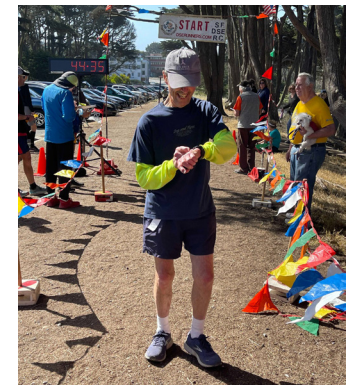
Race Director: George Rehmet

Volunteers: Phyllis Nabhan, Pat Gera-
moni, Jeorgina Martinez, Paul Mosel, Bill Woolf, Bob Marty, Vincent French, Jay Boncodin, Kevin Lee, Richard Hannon, Larry Jewett, Samantha Kamras, Marsi Hidekawa, Tony Nguyen, Daniel Henry



RD George Rehmet
© 2022 Paul Mosel

77 participants: 74 racers (42 men, 32 women); 3 self-timers



We don't need to check our watches to know that Jerry absolutely slayed the 5K.
© 2022 Paul Mosel



V is for Victory!
© 2022 Paul Mosel

May 29, 2022

Great Highway Lands End 10K

Race Director: Chewey Lam

Volunteers: Jeremy Kamras, Phyllis Nabhan, Paul Mosel, Bill Woolf, Bob Marty, Vincent French, Kevin Lee, Marianne Frank, Calvin Chan, Gene French, Samantha Kamras, Wendy Newman, Yoly Pantig, Jay Boncodin, Zoe Kamras



RD Chewey Lam
© 2022 Jay Boncodin

105 participants: 102 racers (60 men, 42 women); 2 self-timers, 1 kid



The numbers are in, and everyone loved the new course!

© 2022 Wendy Newman



It was fabulous to take advantage of car-free Sundays on the Great Highway.

© 2022 Jay Boncodin

DSE IN THE WILD



DSE had a great showing at the Bay to Breakers! Our caterpillar team even made it onto the local news. Photos © 2022 Phyllis Nabhan, Terri Rourke, Marianne Plunder, and the Bay to Breakers.



Kudos to the DSE's who participated in the Our Heritage 5K, which took runners past many of the historical AAPI landmarks in San Francisco.

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Congratulations to George on running his 50th ultramarathon! He completed the San Francisco 50 Mile in the Marin Headlands in 13:22:41.

© 2022 George Rehmet

2022 NATIONAL SENIOR GAMES FT. LAUDERDALE, FLORIDA MAY 10-23

Carol Pechler

None of the usual attendees I know were going to this year's senior games, but Gene French told me that a fellow Tamalpa runner would be there, and Gene recommended looking him up. At our Wednesday run at Huddart Park just before my departure, he gave me a 2-page autobio of Elmo Shropshire, who was just turning 86, and his email address. In Florida, Elmo sent his telephone number and wrote that he'd be running the 5K road race – as was I and more than 400 others – and he'd also run the 800 meter race at the Track and Field events three days later. He had not signed up for the 10K road race, which was my second event. His texts were kind and generous: of course he would be happy to meet with me. I figured it was because I had written that I am a friend of Gene French!

This man's two-page autobio portrayed a very unusual man! As a child his family moved almost every month for his father's race horse jockey position. In high school Elmo had grown to just 5'2" and 95 pounds, so doing no school athletics, his sport was exercising race horses. He became a veterinarian working a few years as a racetrack vet, and then fifteen years at his Arguello Pet Hospital in SF. On the side, he played instruments and wrote music and performed in bands. A friend gave him a song he had written, "Grandma Got Run Over by a Reindeer." On a lark he recorded it and it became the top holiday hit in 1979, and so Elmo was invited to many TV and radio shows to perform and talk about it.



Elmo began running in Larkspur at age 56 after he met Pam Wendell. In 1992 he joined the Tamalpa Runners Club where she was already a member. He ran long distance events including marathons but later realized that he was better at short distance events. He has won several relay and individual championships, especially after age 70. He trains for USATF Road and Cross-Country races, and that's where Gene regularly meets him.

Not seeing Elmo at the 5K (but I later read that he had finished first in his group of men 85-94), I texted that I'd look for him after his 800 m event. Happy and grateful to have finished my two events, I (and my daughter, who had come to support me) were surprised at the big celebration at the Ansin stadium for Track and Field: many events, hundreds of parked cars, a couple thousand supporters in the stands.

The National Senior Games were started in 1989, after having to change their title from the Senior Olympics. They are held every two years and are attended by about 12,000 athletes ages 50 and over, who had qualified in their State Senior Games. The nationals generally have 20 or more different sports, but the only road races are the 5K and the 10K. This year's event is a makeup because of Covid last year, so the next event will be just a year later, July 7-18, 2023, in Pittsburgh. Prospective athletes must qualify at a State Qualifying Game THIS YEAR for next year's national event. Our state qualifying games are in San Diego in September, (no specific dates yet given) but one could go to another state's qualifying games. Nevada's qualifiers are in Las Vegas in September-October. The website is NSGA.com which has the information on the national as well as each state's dates.

The National Senior Games have an especially attractive atmosphere, because for everyone, age is a positive value. Watching the presentation of medals and ribbons (8 deep for each 5-year age group), the applause grows ever more enthusiastically the older the group. This year, at least eight records were broken, in shot put, high jump, and 100 meter dash.

Back to the Ansin stadium on Saturday, May 15th: my daughter and I watched shot put, broad jump, and short sprints. Exactly at 9:00 a.m. and on schedule, the 800 meter races took place, from younger to older, men and then women for each set of ages. Last year the 800m had included a 104-year-old man. He wasn't there this year, but the age group was 85-104, and included just one 90+ year old. Of the eight men lined up, just one stood straight up with good form, and that was in lane #3, we could see on the board, "Shropshire." Coming around at the end of the first lap, he was about six feet behind #1. *Was he drafting?!* And he did the classic: at the start of the final straight, he sprinted ahead of that man and finished seconds ahead

sprinted ahead of that man and finished seconds ahead of him. The two walked slowly farther on as the other six came in; we could see them talking, and then Elmo reached over to #2 and they hugged. Some minutes later, we waited for many fans to congratulate him, and we talked for a while. Here's a photo of us after his finish:



GLOBAL RUNNING DAY

...continued from p. 1

in putting on a race. Also, it's fun to cheer on your fellow runners while knowing that you are playing a role in helping them achieve their goals.

8. Or take it up another level to volunteer as a race director at our club's weekly races. You will have great support provided by board members and veteran volunteers.

Now for the final two! The following 2 ways may seem a bit challenging but you will be making a difference for people and helping out club grow.

9. Commit to getting your friend, neighbor, co-worker to try running. A better way would be to plan on bringing them to a DSE race so they see that our club members are fun and supportive.

10. The DSE is committed to diversity, equity, and inclusion (DEI). There are several ways to increase DEI such as supporting BIPOC running businesses, or running and/or donating to races and organizations that strive to improve/benefit historically disadvantaged groups.

So there you go! I hope your Global Running Day goes well and hopefully, you take it up another level!



HELLO FROM THE SONSTEINS!

Amy Sonstein

Hi DSE! Besides keeping up with your races virtually, Rebecca has been staying busy with lots of kids one-mile races recently. First the Ironkids one-mile race in Oceanside last month, followed by the Carlsbad Junior one-mile race. There was also the Legoland Mile in Carlsbad back in January, and kids earned an extra medal for doing both Carlsbad races. A week after the Junior mile she was back out there doing the Vista Strawberry Festival one-mile kids race. Another medal, plus strawberries! Missing you guys.



Rebecca shows off her hardware!
© 2022 Amy Sonstein



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!

Thursday, June 2: Lake Merced Summer Evening Series Begins! MEMBERS ONLY - Info [here](#)!

Course Description: Race starts at 6:30 p.m. at the Lake Merced parking lot at the end of Sunset. Run one 4.5 mile clockwise loop around the lake staying entirely on jogging/pedestrian path. There is a 1 hour time limit. If you can't complete the course in 1 hour (13:25 pace) you must self-time and start prior to 6:30pm. Finish line closes at 7:30pm.

Sunday, June 5: NO DSE - Statuto Race - Registration [here](#)!

Thursday, June 9: Lake Merced Summer Evening Series

Sunday, June 12: Golden Gate Bridge Vista 10K - [Course Map](#)

Course Description: Start and finish at the upper level of the El Camino del Mar parking lot. Complete clockwise loop, traverse the upper level of El Camino del Mar parking lot then downhill to Seal Rock/Clement. Turn right onto lower Lands End Trail and continue running east past Eagles Point. Exit left, downhill on El Camino del Mar. Take lower fork at 30th Avenue staying on El Camino del Mar which merges into Lincoln Blvd. Turn left at Bowley and right into Baker Beach parking lot. Turn right onto Battery Chamberlain Rd., downhill and through entire lower parking lot. Continue running east through the battery section of Baker Beach then right uphill on dirt /gravel path to Lincoln. Turnaround at top of Sand Ladder. Reverse direction and run back to finish.

Thursday, June 16: Lake Merced Summer Evening Series

Sunday, June 19: Father's Day Lindley Meadow XC 5K & Kids Run - [Course Map](#)

Course Description: Start and finish at 30th Ave./Kennedy Drive in Golden Gate Park. Double 1.55-mile cross country loop traversing grass, dirt, and trails.

Kid's run starts after finish of 5K

Thursday, June 23: Lake Merced Summer Evening Series

Sunday, June 26: Presidio Wall Cross County 5K (off road) - [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 Blvd., 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.

Thursday, June 30: Lake Merced Summer Evening Series

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.

Weather Report

Meteorologist Mike Pechner

The first week in June will be sunny and mild inland and near normal temps near the coast with little or no fog. A late season cold front from the Gulf of Alaska could spread some light rain as far south as SF next Sunday for the run. After the front moves through, high pressure in Northern California will send temperatures back above normal inland, while the bay and coastal areas should finally see daytime highs in the 60's and 70's with only night and morning fog or low clouds. The hottest weather for June is likely around the end of the third week and the beginning of the last week of the month. SF could see a few days in the 80's with a few mild nights. Sea surface temps outside the Golden Gate are around 47F so no City heatwave expected anytime soon!



*Hoping for more
clear skies in June!
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◆◆◆ Club Officers & Coordinators ◆◆◆

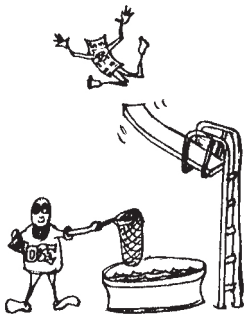
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RETURN SERVICE REQUESTED



Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

JUNE

- 2 Jonah Dy
 Elizabeth Taylor
- 3 Angela Craig
 Mark Eger
- 4 Daz Lamparas
- 5 Rebecca Sonstein
- 6 Jay Boncodin
 Tatum Mullins
 Quynh Quach
 Olivia Sze
- 7 Edward Caldwell
 Jane Colman
 Marcia Martin
- 8 Kim Turner
- 9 Tycho Elman
- 10 Nolan Allen
 Brian Smyth

- 11 Brian Hartley
 Brierly Reybine
- 13 Malou Sana
 Lily Vazquez
- 15 Chewey Lam
 Uliana Popov
- 16 Bob Cowdrey
 Paul Griffiths
 Shanna Moore Gumina
 Dennis Lawlor
- 17 Pauline Dake
 Pieter De Haan
 Jeremy Kamras
- 18 Ryan Allen
 James Golden
 Vanessa Jacoby
 Gordon Yee
- 19 Gregory Brown

- 21 Christopher Bogan
- 22 Grant Johnson
- 24 Rob Bartlett
 Edward Haack
 Victor Lam
- 25 Olga Menjivar-Fernandez
- 26 Anthony Balistreri
 Liam Troy
- 27 Julius Ng
- 28 Megumi Kawahata
 Brad Rhymer
 Jean Tutu Saulit
- 30 Tony Nguyen