



## DSE AT THE STATUTO!

As San Francisco's oldest running club, it's only natural for us to support San Francisco's oldest footrace! Congratulations to everyone who ran, jogged, or walked the 101st Statuto Race in beautiful North Beach. Even in the rain, the camaraderie, the scenery, and the salami made it all worthwhile!



*The DSE contingent in front of the Italian Athletic Club, which has been putting on the Statuto for over a century!*

© 2022 Phyllis Nabhan



*T-shirt models.*

© 2022 Phyllis Nabhan



*No sun, no problem! It's SF, after all.*

© 2022 Paul Mosel



*The Szydliks had a lot to be proud of!*

© 2022 Phyllis Nabhan

## From the President's Desk

◆ ◆ ◆ JOE KANIEWSKI

We had some good running times in June. We kicked off the month in North Beach as we supported one of the oldest foot races in the country at the San Francisco's Italian Athletic Club's 101st annual Statuto race. DSE youth runners Marcus Balistreri and Woody Szydlik cracked the top 10, and several other turtles like Amy Jo Fillin, Carol Pechler, and Peter Hsia won their age division. In the early morning rain, I counted over 27 DSE runners representing the club in this 8K that runs by bakeries, past a farmers market, garlic infused restaurants, and along the busy San Francisco Embarcadero.

The Great Highway 10K must have messed with a lot of runners' muscle memory by doubling our regular distance and including the big Cliff House- Lands End hill. Thanks to former DSE President Calvin Chan for setting up and running a water station at the race turnaround--the water really came in handy on that warm sunny morning!

Our Lindley Meadow Cross Country 5K on Fathers Day reminded me of a song from U2 from the 1980's. Do you remember the song "Sunday Bloody Sunday?" Six runners fell and were bloodied on the cross country course and needed first aid, wound cleanups and band aids. Thank you Mitchell Sollod

## Inside

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and Fiona McCusker for treating the wounded and sending the injured home with care.

DSE has a long tradition of working holiday celebrations and themes into our races. On St. Patrick's Day, Michael Rouan brings Irish soda bread for the snack table; on Halloween, we run in costumes; and on Easter, we set-up an egg hunt for the kids. This year, DSE member Vanessa Jacoby made our July 26 Presidio Wall run a Pride-themed celebration and an opportunity to invite LGBTQ+ individuals and groups to run with DSE. For the event and moving forward, DSE updated our race divisions to include a non-binary category. In practical terms, we had to update our race app, create new race tags, and create non binary division awards. I am happy to report that Cal Calamia took 1st place overall and became the first non binary division runner on Sunday. Special thanks to Phyllis Nabhan, Pat Geramoni, Rebecca Teichman, Katia Stern, Jason Buckner, and Andrew Ng for helping with the logistics and making it a fun, welcoming race.

Don't forget: the Summer Series is underway again and the high school kids are turning out in good numbers on Thursday nights. Thanks to Chewey Lam and Vince French for going above and beyond the first five weeks to set up and take down the race equipment and race direct. We are seeing the Summer Series

## CLASSIC STU-PEDS

Stu Ruth



numbers grow each week. It's really good to see the high school runners' parents and coaches step up and help at the registration desk and finish line as well. The smiles and camaraderie shared at the finish line make all our volunteering worth it. A big shout out to Stephanie Soler for organizing the series, the volunteers, and Liz Noteware and everyone who has helped keep this tradition going.

For July, we are running Polo Field, Marina Green, San Bruno Mountain, and Mountain Lake Park. We are holding a General Membership meeting at Presidio Sports Basement after the Marina Green race on July 10th. Come hear more about the state of DSE, socialize, have a few snacks, volunteer for some upcoming events and races, enter a raffle for

gift cards, and get a 20% shopping discount while you are there. We'll also set up equipment to show Dr. Jeanie Kayser-Jones's 1980's interview with DSE pioneers Walt Stack, Kay Atkinson, Annabel Marsh, Ada B. Thomas, and Ivar Welsh as they discuss running marathons and maintaining fitness into your 60's, 70's, 80's, and 90's. If you haven't seen this group interview, you should stick around and watch it. These runners and their accomplishments are inspiring.

I hope you all get out there for some good runs this month. While the rest of the country is sweltering and having to stay indoors during these hot summer months, we San Franciscans can run every day under the cool canopy of trees, fog, and grey maritime layer. A big thank you to Karl the Fog!

## OOPS!

Our story last month about the dearly departing Davids mistakenly referred to Myriam Amsallem as David Amsallem's wife. Myriam is David's sister, and she isn't going anywhere! (Also, she is not married to her brother.) Laura is David's wife, and mother of their three lovely children. We apologize for the oopsie and hope that everyone (particularly the Amsallems) got a little chuckle out of it.

### 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)



# THE MAGIC OF RUNNING

*Uliana Popov*

My son, Stephan, is 10 years old, and joined the club last September (2021). His former reading buddy at Alamo Elementary School, Woody Szydluk, invited him to the club. Stephan came to one of the runs and loved it. Since then, he participates every other weekend. But the runs help not only with being healthy and feeling good. We discovered that it is much more than that.

Stephan has always struggled to stay focused for a long time. He does not walk—he can only run, jump or skip.

Stephan is good at math, so I wanted him to try and participate in a math competition. I signed him up for Math Kangaroo, an international competition for kids with over 6 million participants. I downloaded previous year(s) exams, and we tried to go through them. The problems were not super hard for Stephan to solve, but he couldn't sit through the entire exam without being distracted.

We decided to go for a run before each math session. It worked! Stephan ran 10K before the actual competition. Last month we got the results. Stephan is a national winner: 3rd place. Running is true magic!



*Math champ Stephan with his sister, Lucy, before last winter's Baker Beach 5K.*

*© 2021 Uliana Popov*

# DSE PRIDE

Kudos and congratulations to everyone who participated in DSE's first Pride Run at the Presidio Wall 5K! Thank you to Vanessa Jacoby for making this event happen, and special congrats to Cal Calamia, who finished first in our new non-binary division as well as first overall.



*Above: The top finishers!*

*Left: Cal and Steph show off their well-earned ribbons.*

*© 2021 Joe Kaniewski*

# IMMEDIATE CALL FOR RACE DIRECTORS

*Kevin Lee*

If you are tired of reading the same old call for DSE Race Directors each month, please take the initiative and sign yourself up as a DSE RD.

Kudos to the 14 club members that served as DSE Race Directors from Jan-June 2022.

The numbers do not lie: five-time RD Chewey Lam along with two-time RDs Larry Jewett, Mitchell Sollod and George Rehmet along with 10 one-time DSEs = 21 first half RD dates.

Our immediate priority is filling the remaining open RD dates:

7/17 Saddle Trail 5K

7/31 Mountain Lake 5K

8/7 Lake Merced 1/2M and 4.5M

Please refer to [www.dserunners.com](http://www.dserunners.com) "Race Directors" tab to see all open RD dates between August and December

If you can help, please contact Kevin: [dse.pekingduck@gmail.com](mailto:dse.pekingduck@gmail.com).

Thank you!



# RACE RECAPS

June 12, 2022

Golden Gate Bridge Vista 10K

Race Director: Chewey Lam

Volunteers: Kristan Elman, Phyllis Nabhan, Paul Mosel, Bill Woolf, Bob Marty, Vincent French, Jay Boncodin, Kevin Lee, Richard Hannon, Larry Jewett, Blythe Marshman, Rubi Kawamura, Marsi Hidekawa, Tony Nguyen



*RD Chewey Lam  
© 2022 Paul Mosel*

58 participants: 52 racers (34 men, 18 women), 6 self-timers,



*Thumbs up along the Lands End trail.  
© 2022 Paul Mosel*



*The universal crossing-the-finish-line pose: checking your watch!  
© 2022 Paul Mosel*

June 19, 2022

Father's Day Lindley Meadow XC 5K & Kids Run

Race Director: John McCarroll

Volunteers: Jeorgina Martinez, Phyllis Nabhan, Anna Kurtz, Paul Mosel, Bill Woolf, Bob Marty, Vincent French, Margit Falk, Kevin Lee, Richard Hannon, Fiona McCusker, Jane McFarland, Jim Buck, Daniel Henry, Tony Nguyen, Chewey Lam, Ron Baxter, Veronica Balistreri, Marcus Balistreri



*RD John McCarroll  
© 2022 Paul Mosel*

107 participants: 94 racers (58 men, 36 women); 3 self-timers, 10 kids



*The Kids Run participants toe the line.  
© 2022 Paul Mosel*



*Neck and neck at the finish.  
© 2022 Paul Mosel*

June 26, 2022

Pride Presidio Wall Cross County 5K

Race Director: Katia Stern

Volunteers: Pat Geramoni, Phyllis Nabhan, Rebecca Teichmann, Paul Mosel, Bill Woolf, John Albertoni, Bob Marty, Margit Falk, Vincent French, Kevin Lee, Richard Hannon, Terri Rourke, Chewey Lam, Doug Weller



*RD Katia Stern  
© 2022 Paul Mosel*

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



*Cal crosses the finish in first place!  
© 2022 Paul Mosel*



*Jeorgina flies across the grass.  
© 2022 Paul Mosel*



## SUMMER SERIES IN FULL SWING

If you haven't been to Lake Merced on Thursday nights, you're missing out! The Summer Series, now entering its sixth week, has been full of fun, camaraderie, and some really great running. Join us!

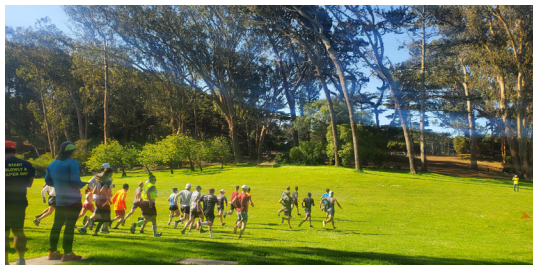
*Thanks to Joe Kaniewski, Kenny Crampton, Jay Boncodin, Yoly Pantig, and Veronica Balistreri for the pics!*



## FATHER'S DAY LINDLEY MEADOW XC

Our biggest turnout for the month of June was at the Lindley Meadow XC 5K, where we celebrated Dads and had our monthly Kids Race. It was so great to see all of your smiling faces out there!

*Thanks to Paul Mosel and Veronica Balistreri for the photos!*





# PICNIC COORDINATOR(S) NEEDED!

*Marsi Hidekawa*

DSE holds an annual picnic in the fall, traditionally for members who have earned volunteer points for the year. Last year, since we were unable to hold in-person races for the first several months of the year due to Covid, we opened up the picnic to all members as a welcome back to our weekly club races. It was a great community building event and so much fun that we decided to make it an all-member event once again this year!

Terri Rourke and I have been the picnic coordinators since 2018, and we'd like to pass the torch along to a couple of new volunteers to run this year's picnic. In the past it had been held near the Stow Lake Boathouse, but with the road closures making deliveries and parking difficult as well as limited space and weather challenges, we made the decision to try a new location in San Pedro Valley Park in Pacifica. It turned out to be a great spot, so once again we'll have the picnic after the San Pedro Park 5K race on Sunday, September 25th.

It turns out that San Pedro Park has exceptional picnic facilities with plenty of tables, a clean restroom, large clean barbecues, open space for volleyball and other games, and helpful park services that will dispose of our garbage as long as we bag it! No more having to pack out our garbage as we are required to do with San Francisco Rec and Park! There is a large parking lot very nearby that charges \$6 per car, but ample free street parking about a quarter mile away. After our first dry run at this new location, I can safely say that it was a great success, and we kept extensive notes on every aspect of running this event.

Okay, I know people are a bit leery about volunteering to coordinate a club event, but I'm here to let you know that you'll have our full support and plenty of guidance! The major duties would be to send out an Evite to DSE members and keep track of the RSVPs in order to gauge the amount of food needed. Most of the food and supplies were purchased at Costco, Safeway, or Target, and we preordered some deli trays and picked up ice at the nearby Linda Mar Safeway on Sunday morning. I would say the most challenging thing was to find people who were willing or able to store the refrigerated items for a night or two and bring it to the picnic on Sunday since few people have that much extra space in their refrigerators at home. (Anyone have an extra fridge in their basement??) Several other people were kind

enough to transport non-perishables and equipment to the picnic as well.

We secured a few raffle prizes to give out and also held a few games with prizes for the kiddies. Setup wasn't difficult — covering the tables with tablecloths, icing down the drinks, and getting the coals ready for barbecuing. We needed to sign up some volunteers for setup, grilling, bartending, and cleanup, but we have so many wonderful members who are so willing to help out that it wasn't a problem filling our signup sheet. We kept a log of our purchases and expenses for our records which helped us to plan and troubleshoot for the following year.

Now that you're all excited to jump in, feel free to email Terri Rourke or Marsi Hidekawa at [board@dserunners.com](mailto:board@dserunners.com) and add "DSE picnic" to the subject line. We will also be at the DSE general meeting held at the Presidio Sports Basement following the Marina Green 5K on Sunday, July 10. It really isn't a daunting task, and you won't need to reinvent the wheel! As I mentioned earlier, Terri and I will be more than happy to offer our assistance and share our written guidelines with you. Hope to hear from you soon!!

## TIME FOR AN SB SHOPPING SPREE!

Our friends at Sports Basement are not only hosting our July 10 General Membership Meeting, but are treating us to some discounted merch! Head over to the Presidio branch right after the Marina Green 5K, then buy some new gear either in-person or online.



## DSE Runners,

You're invited to a special shopping  
event! Head to Sports Basement for:

**20% off for Basementeers\***

\*Non-Basementeers still get 11% off

Basementeers stack their discount for 20% off.  
Limited time only. Exclusions apply.

Can't join us in-store? Shop online with code: 2050010527477  
Valid from 7/10-7/17/22 Not valid on trips, rentals, services or bikes.  
See website for [exclusions](#)



POS: Enter both codes: 699678 + 2050010527477

# ALL HANDS ON DECK: VOLUNTEERS NEEDED FOR THE 7/24/22 SF MARATHON

Kevin Lee

Every year, DSE mans a key SF Marathon aid station. Thanks to our selfless volunteers, DSE successfully makes sure every race participant is fully hydrated with water/electrolytes.

DUe to some challenges with our new water stop location inside the Presidio, the number of volunteers has been reduced to 16. I am asking for the majority of volunteers to report by daylight or during the 5:00 am reporting time hour.

Major changes are a new race course and a new DSE Water Stop location that will service all three race day marathon participants!

Location: West side of Lincoln Blvd (In Presidio) at Bowley just East of 25th Avenue on El Camino Del Mar.

Arrival Time: 5:00 am

Finish Time: 9:45 am

Volunteers Needed: 16

Runner Time Impact: 6:37 am - 8:42 am

If you can help, please contact Kevin by email at [dse.pekingduck@gmail.com](mailto:dse.pekingduck@gmail.com) or by phone at (415) 2991730. Be sure to provide both your name and your t-shirt size by 7/14. And thank you for helping to make this San Francisco tradition a smashing success!



*Come be a Hydration Hero at the San Francisco Marathon!*

© 2021 Johnny Chow, Paul Mosel

# IT'S RAINING FISH (HALLELUJAH?)

Amber Wipfler

No, your eyes weren't deceiving you--there were a considerable number of unfortunate anchovies on the Lands End trail during our race on June 12. Turns out this wasn't just a Presidio thing--that weekend, little silver fish were spotted falling from the sky as far east as the arboretum! Biblically, this would be cause for concern, but according to a park ranger buddy, it's something much more benign. When large schools of fish show up along the coast, all the sea birds go a little crazy and try to catch as many as they can. Sometimes their eyes are bigger than their beaks, and they end up dropping some of their catch midair. This is especially true of mama and papa seagulls (and to a lesser extent, cormorants), who fly from the coast to their inland nests with food for hungry chicks.

That said, as astutely pointed out by our own Liz Noteware, there is definitely a phenomenon where small aquatic animals can get caught up in the clouds and then [rain down on unsuspecting humans](#). But here, it looks like we have just the birds to blame. Plus, it's San Francisco, where finding weird stuff on the ground is a way of life!



*The perpetrators.*

© 2022 Paul Mosel



# 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](mailto:dseracesignup@gmail.com). See you Sunday!

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## **Sunday, July 3: Polo Field 5K - [Course Map](#)**

Course Description: Start and finish at the south side of the Polo Field in Golden Gate Park. Run westbound on Middle Drive, right onto Bernice Rogers Way and right onto Kennedy Drive. Run up Kennedy Drive to Transverse Drive, right onto Transverse Drive, right onto Overlook (dirt trail) and right onto Middle Drive to finish.

## **Thursday, July 7: Lake Merced Summer Evening Series - 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 6:30 pm. Finish line closes at 7:30 pm.

## **Sunday, July 10: Marina Green 5K - [Course Map](#)**

Course Description: Start and finish at the south side of the Yacht Harbor parking lot (Little Marina Green). Run through parking lot, exit right along diagonal dirt path and left onto Marina Blvd. Run eastbound on Marina Blvd, and complete Marina Green rectangle (left at Webster St. par course, left onto Marina Green Dr., left on Scott St. and right onto Marina Blvd.). Return same way to start. Run west along Crissy Field/GG Promenade; turn around at orange cone and return same way back to finish.

## **Thursday, July 14: Lake Merced Summer Evening Series**

## **Sunday, July 17: San Bruno Mountain Saddle Trail 5K - [Course Map](#)**

Course Description: Start and finish near the San Bruno Mountain parking lot. Run south 0.2 mile along asphalt path toward underpass; at turnaround head back to start. Then proceed along the Saddle Loop Trail running in a counterclockwise direction. Make a left onto Old Guadalupe Trail then right onto Bog Trail. At fork, stay left on Upper Bog Trail and continue back to starting area finish. PLEASE NOTE: There is a \$6 fee to park in the parking lot, or you can park for free approximately 0.8 miles away. No dogs or strollers, sorry!

## **Thursday, July 21: Lake Merced Summer Evening Series**

## **Sunday, July 24: NO DSE - Volunteer at (or run!) the [San Francisco Marathon](#)**

## **Thursday, July 28: Lake Merced Summer Evening Series**

## **Sunday, July 31: Mountain Lake Park 5K - [Course Map](#)**

Course Description: Start and finish at the Mountain Lake Park path near 11th Ave. & Lake St. Run east on Mountain Trail, turn left running north beside Mountain Lake. Continue on under tunnel, bear right until 14th Ave., turn around at steel posts. Run north on Park Trail, keep straight uphill, turn around at Golf General Store running back on Park Trail. Turn left to pass under tunnel again, follow path beside lake. Turn left to head east on Mountain Trail, run uphill, turning around before Arguello, return straight on path to start.



# 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](mailto:seniorvp@dserunners.com).

# Weather Report

Meteorologist Mike Pechner

Weather report returns next month! Happy Summer, turtles!



*The pelicans and the  
gulls don't mind a  
little fog.*  
© 2022 Paul Mosel

## ◆◆◆ Club Officers & Coordinators ◆◆◆

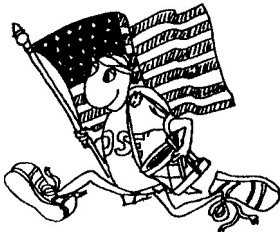


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RETURN SERVICE REQUESTED



# Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

## JULY

- 1 Jennifer Natali  
Peter Hsia  
Sasha Cox
- 3 Linda Carter  
Vivienne Cornwall
- 4 Emi Yasaka  
Fiona McCusker  
HAPPY 4TH!
- 5 Marie-Pierre Carlotti
- 6 Jack Bascom
- 9 Dan Osipow
- 10 Kelly Clonts  
Peter Delahunt

- 12 Enrique Rodriguez  
Pierce Thompson
- 13 Layla England
- 14 Marissa Balistreri
- 15 Brett Orlanski  
Kali Zivitz  
Michelle Gannon  
Riya Suising
- 16 Greg Jones
- 17 Bob Butchart  
Joseph Mestrallet  
Juan Melendez  
Leslie Dicke
- 18 Dragan Zupac  
Eric Reuland  
Sergey Vasyliiev  
Vincent Gulli
- 19 Adam Wong  
Emre Tepedelenlioglu  
Naomi Ng
- 20 Connor Flanagan

- 21 Colin Gursky
- 23 Bill Dake  
Rob Kay
- 24 Ronald Huang  
Thia Angelo
- 25 Andrew Ng  
Brian Feeley  
Elodie Olsen
- 26 Wyatt Alt
- 28 Audrey Lynch  
Cecle Pinto  
Margie Whitnah
- 30 Bob Theis  
Wallace Rapozo
- 31 Amelia Mutere  
Peter Lee