

57th Year

# DSE AT THE SAN FRANCISCO MARATHON

Congratulations to everyone who ran, jogged, or walked at the 46th annual San Francisco Marathon! Whether you did 5K, 26.2M, or something in between, you are fantastic and should be proud. And of course we have to give a special shoutout to DSE's Heroes of Hydration, who dragged themselves out of bed at the crack of dawn to volunteer at what was hands-down the best water stop of the entire race. Go DSE!



Our contingent of mighty Water Warriors. © 2022 Paul Mosel



Getting in some high kick practice. © 2022 Phyllis Nabhan



"Nothing to see here, officer." © 2022 Jay Boncodin

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#### August 2022



Karl the Fog was working overtime this July keeping us cool at the Marina Green, San Bruno Mountain Saddle Trail and Mountain Lake Park races. To be honest, I hope he goes on vacation soon. I miss the Sun.

Thank you to all the turtles who came out to support runners at the San Francisco Marathon and DSE's water station. I might be biased, but having run the race, I think we had the largest, best organized, and loudest hydration station. Well done!

In case you missed it, we had a good General Membership Meeting at Sports Basement in July. DSE member and RRCA President George Rehmet gave us an update on DEI initiatives and non-binary inclusion championed by road runners clubs nationwide. DSE's increased membership is bucking the national trend according to George and our statistics demonstrate we are growing rather than shrinking like some running clubs. We are up to 636 members by last count. Woohoo! Welcome newbies.

The Thursday Night Summer Series continues in the cool evening fog. We are averaging between 55-60 runners a week. IAU 100K Worlds Competitor DSE member Chikara Omine came back from Sacramento to race the high school kids a few weeks ago. It was over 20 years ago now that he was running DSE races in high school starting his own running journey.

I'm bringing back the DSE Running Survey/History project I started a few years ago. We have got a lot of new runners to meet. On this recent reboot, I'm learning that we have musicians, immigrants, Wildcats, and an anthropologist in our midst. Frankly, I discovered I missed a few of you on my first effort. See the later post here in the newsletter for the questions, please send your responses to President@dserunners. com.

A big farewell and hearty "Thank You" to David Wilson, a longtime runner/member (over 13 years) and volunteer cartographer who is moving back to Ireland. David is one of those cool top 10 runners who finds time to smile, push his daughter in their stroller, and course design and map our races when he is not speeding by us middle of the pack runners. In case you missed it, David gave a heartwarming speech at the recent San Bruno Mountain Saddle Trail race expressing his affection for the club. And get this, he says he plans on continuing his DSE map duties from Ireland! What a great DSE turtle.

Speaking of great turtles, we are renaming our San Pedro Picnic/Run this year into a celebration of Bobby Marty by naming this year's race the Bobby Marty Run. Bobby has been a DSE member since the 1970s, **CLASSIC STU-PEDS** 

Stu Ruth



he is a DSE fixture, a long time DSE athlete, and our Ribbon Master. He turns 94 on September 19 and we will share some cake at our picnic on September 25th.

In August we run Lake Merced (3 or 1 loops), Twin Peaks, Kennedy Drive, and support/host the Double Dipsea. If you haven't registered as a DD volunteer, please note that this is our club's largest fundraiser. Please chip in and contribute to the great tradition of this race. Have a great August DSE. See you out there at the races.



### How to contact the DSE News

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

### Contact:

Amber Wipfler, Editor Email: <u>weenerdog@gmail.com</u>

#### 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.

### MABUHAY! PINOY RUNNERS INAUGURAL RUN

Yoly Pantig

You are all invited to the Bay Area Pinoy Runners inaugural 5k/10k/ Virtual fun run! It will be held on Saturday, September 10, 2022 at Quarry Lakes Regional Park in Fremont. The course takes you on a gentle sloping trail with views of the California wildflowers, Quarry Lake, and Mission Hill. The trail consists of mixed gravel and paved road. A big thank you to DSE for being the official event timers for the event!

The Pinoy Runners Barangay Bay Area group is comprised of Filipinos residing in Northern California who share a passion for all things running, while experiencing our unique Filipino cultural heritage marked by camaraderie, friendship, and kinship.

In the spirit of sharing our Pinoy culture, aid stations will be stocked with special Filipino bites in addition to usual fuel and hydration options.

The registration fee includes a shirt and medal. Special awards will be given to the top three male and top three female runners in each inperson event.

A big thanks to George Herbert Rehmet (Pinoy Runners member, DSE Member, and RRCA President) for his expertise and assistance in organizing the event.

Click <u>here</u> for more info and to sign up!

### 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 Snavely webmaster@dserunners.com

# DSE'S OWN MARCUS BALISTRERI: STAR PROSPECT

Marsi Hidekawa

If you've run with DSE in the past several years, you've no doubt seen a slim 15-year-old streaking by you at lightning speed! As I slog toward the turnaround point, I marvel at how quickly I see the fast runners making their way back. Marcus Balistreri has been appearing at the front of the pack in all the races he attends. I've been watching him improve so dramatically over the past 5 years, and his recent accomplishments running both the 5K and the Half Marathon at this past weekend's SF Marathon prompted me to write an article on this remarkable young man. Veronica Balistreri, his proud mom, shared some of his history with me.

Marcus ran his first race with DSE in April 2017, the Rockaway Beach 5K, when he was just 9 years old. I remember Veronica telling me that she wanted to get in shape and get back to running herself, and the Rockaway run seemed like a great place to start since they live in Pacifica. Marcus asked to come, and she agreed, thinking that it would be good exercise for him even if he didn't finish or needed to walk part way. After Veronica finished the race, she waited and waited at the finish line for Marcus, only to realize that he had finished before her!

Since there were no sports offered at Marcus's elementary school, he started participating in his school's "Junior Olympics" track & field running events. He did that for 3 years, and when he entered middle school he was able to join the



A much younger Marcus at San Pedro Park. © Veronica Balistreri



A strong finish at the San Franciso Half. © Veronica Balistreri

cross country and track & field teams through the Boys and Girls Club at his school, Ingrid B. Lacy, in Pacifica. He continued cross country and track along with basketball and football for 6th and 7th grades. Then Covid hit for his 8th grade year, so he wasn't able to be a part of any team but continued running with DSE and Pacifica Runners when he could. He has always been a distance runner and not much of a sprinter, but really wanted to improve his mile time once he got to high school. He finished 7th grade with a 5:45 mile, and once he entered Terra Nova High School, he was one of very few freshmen to run both varsity track & field and cross country, finishing his freshman year with a 5:07 mile time.

The accomplishments Marcus is most proud of are his half marathons. He ran his first one in 2018 at the Kaiser Half when he was 11, and then proceeded to do the Half at the SF Marathon and tried to improve each time. Marcus has run 6 half marathons so far, and this year was his fourth at the SF Marathon. He ran the 5K on Saturday, crossing the finish line first with a time of 18:46, although another runner's chip time eventually pushed him to second place. The following day he ran the 1st Half with a goal of running under an hour and a half and hit his PR of 1:28!

... continued on p. 6



Some hard-earned hardware from the SF races! © Veronica Balistreri

# **RACE RECAPS**

July 3, 2022 Polo Fields 5K & Kids Run <u>Race Director</u>: Adrianna Collins <u>Volunteers</u>: Kristan Ellman, Phyllis Nabhan, Ken Wu, Pat Geramoni, Paul Mosel, Bobby Marty, Vince French, Kevin Lee, Richard Hannon, Pat McAnaney, Paul Mosel, Neal Ashton Tony Nguyen, Veronica Balistreri, Marcus Balistreri



RD Adrianna Collins © 2022 Paul Mosel

95 participants: 82 racers (54 men, 28 women), 9 self-timers, 4 kids



Congratulations to the Avenal soccer club, who joined us from the Central Valley for their first ever 5K! © 2022 Joe Kaniewski



Finishing times are important, but not nearly as important as the results of the post-race dance-off. © 2022 Yoly Pantig

July 10, 2022 Marina Green 5K <u>Race Director</u>: Kitzzy Aviles <u>Volunteers</u>: Pat Geramoni, Phyllis Nabhan, Ken Wu, Paul Mosel, Vincent French, David Guerrero-Pantoja, Judith Jarosz, Gabriella Tallgren, Nicholas Tallgren-Pantoya, Nicholas Guerrero-Pantoja, Marianne Frank, Richard Hannon, Jason Buckner, Wendy Newman, Jason Szydlik, Chewey Lam, Kevin Lee



RD Kitzzy Aviles © 2022 Paul Mosell

124 participants: 116 racers (68 men, 47 women); 8 self-timers



Pat catches some air as she nears the finish line. © 2022 Jay Boncodin



David & co. race by some very fancy boats. © 2022 Jason Buckner

July 17, 2022

San Bruno Mountain Saddle Trail 5K <u>Race Director</u>: George Rehmet <u>Volunteers</u>: Shelly Taylor, Pat Geramoni, Paul Mosel, Bill Woolf, Bob Marty, Vincent French, Malou Sana, Kevin Lee, Christine Clark, Marsi Hidekawa, Tony Nguyen, Ron Baxter, Chewey Lam, Larry Jewett



RD George Rehmet © 2022 Paul Mosel

78 participants: 72 racers (44 men, 28 women); 6 self-timers



Ready and rarin' for some racin'. © 2022 Jay Boncodin



A picture-perfect day on San Bruno Mountain. © 2022 Jay Boncodin

### July 31, 2022

Mountain Lake Park 5K <u>Race Director</u>: Mitchell Sollod <u>Volunteers</u>: Chewey Lam, Phyllis Nabhan, Amber Wipfler, Jason Szydlik, Paul Mosel, Bill Woolf, Calvin Chan, Bob Marty, Margit Falk, Theo Jones, Vincent French, Kevin Lee, Sergey Vasyliev, Richard Hannon, Woody Szydlik, Jim Buck, Jane McFarland



RD Mitchell Sollod © 2022 Paul Mosel

87 participants: 81 racers (52 men, 29 women); 6 self-timers



After all those hills, a downhill finish never felt so good. © 2022 Paul Mosel



The blessed turnaround point (one of many on this course!) © 2022 Sergey Vasyliev

# GET OUT ON THE TRAILS!

Amber Wipfler



The beautiful Saddle Trail. © 2022 Jay Boncodin

Attendance at our trail races is always lower than those at Crissy Field, Lake Merced, and Golden Gate Park. And we get it! It's a schlep to get to San Bruno or Brisbane, and you're not going to PR on the San Pedro Park switchbacks or those wicked Notch Trail stairs. But if you're only running on concrete, you're really missing out. Trail running is a fantastic exercise that works out pretty much every muscle below your torso, and helps improve balance and proprioception (your body's ability to know where it is in space). According to Runner's World, trail running can also reduce risk of injury--running on mixed terrain surfaces spreads your workout over a greater range of muscles, which in turn helps prevent repetitive stress injuries. And did we mention how beautiful it is? You get a double shot of endorphins when you combine running with the majesty of nature. But don't take our word for it--just look at these lovely photos from the Mountain Saddle Trail 5K on San Bruno Mountain. Then grab your trail shoes and hit the dirt!



The view from San Bruno Mountain. © 2022 Pat McAney, Paul Mosel

# MARCUS BALISTRERI

... continued from p. 3

Marcus's favorite race has been the Kaiser Half because he feels it's an easier course, and his favorite DSE race is the Rockaway Beach 5K. He's truly an amazing runner, not to mention a really nice guy! You may see him cheering on his 2 younger siblings running the DSE Kids Races or helping out Veronica who is our Kids Race Director (thanks Veronica!) He also has an older sister, rounding out the Balistreri family (yes, 4 kids!) Keep your eyes open for Marcus and remember his name — it's quite possible you'll see him in the Olympics someday! We're so proud of you, Marcus, and remember...it all started with DSE!



Running out of room on the medal rack! © Veronica Balistreri

# WELCOME BACK SONSTEINS!

It's always a treat when longtime DSE'rs come back for a visit, especially when they are as awesome as Amy and Rebecca Sonstein. For those of us who remember Rebecca best as a curly-haired baby in Amy's jogging stroller, it was a little shocking to see her as a young lady about to start middle school! We hope both mom and daughter had a wonderful visit to San Francisco, and that we'll see them again in person sooner rather than later.



Once a turtle, always a turtle! © 2022 Phyllis Nabhan

# REMEMBERING ELLEN BRESLAUER & RAY PIVA

Amber Wipfler

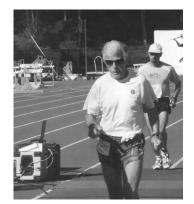
The Bay Area running community lost two bright stars this past month. Ellen Breslauer, who passed on August 1, was a fixture at DSE races for many years. She and her husband, Russell, were known for their collection of matching goofy hats that always brought a smile to everyone's face. You might remember that in 2007, they were featured in full page ads for the Bay to Breakers! Ellen reminded us that, above anything else, running is supposed to be fun.



The Breslauers as the face of the 2007 B2B. © 2007 ING/Bay to Breakersi

Ultrarunning icon Ray Piva passed away on July 25, leaving behind countless accomplishments and yet-to-be-broken records. Ray, a San Francisco native and sausage-maker by trade, didn't start running until he was 55 years old. By age 59, he was running 5Ks in under 17 minutes and 10Ks in under 37 minutes. In his mid-60's, he turned to ultrarunning, and went on to set 21 American and world age-group records. Ray was a frequent participant in DSE events through the mid-aughts, and was an inspiration to so many DSE members.

All of us at DSE send our condolences to Ellen and Ray's loved ones, and are grateful for their years of camaraderie with our club.



Ray setting a few world records at the 2003 San Diego One Day run. © 2003 Ellie Sanchez

# DSE RUNNERS QUESTIONNAIRE AND HISTORY PROJECT

Joe Kaniewski

Please send your answers (and a photo of you in your running glory) to president@dserunners.com!

• How did you start running?

• How long have you run with DSE? What was your first race?

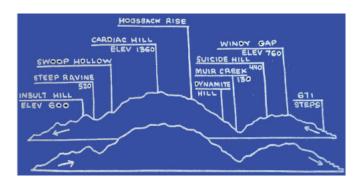
- What keeps you coming back?
- What is your favorite place to run?
- Do you have a favorite race? What's your favorite DSE race?
- Do you have a favorite running accomplishment?
- Do you have a favorite shoe brand?
- Who is your favorite running buddy/partner?

• Is there someone who you have competed with that has pushed you to perform at a higher level? Who?

• What song helps inspire you to run or gets you out the door?

# LAST CALL FOR DD VOLUNTEERS

Guys. GUYS. This is our biggest event of the year... the legendary race created by our club's founder, the glorious Walt Stack, and a huge part of DSE's 57year legacy. (57 years! Holy moly.) We can't make it happen without volunteers. So if you haven't yet signed up, please please please head on over to https://brazenracing.com/doubledipsea/volunteer/ and be a part of this DSE tradition. See you on the 27th!

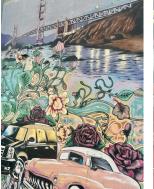


### **DSE ART RUN**

Joe Kaniewski

Have you ever toured the murals and public art while running in San Francisco? We are excited to announce the first ever DSE Art and Pub run. The plan is to meet on a Saturday evening, near Clarion Alley in the Mission. At 5pm, we all start to run a mapped route observing the murals and sculptures around the city. The run will be non-timed, and we will obey the traffic lights, stop and take pictures along the route, and eventually make our way to a designated pub to finish and socialize.

Does this sound like something you would like to do? Is there artwork in your neighborhood that we should run by? Let me know! Please email me at <u>president@dserunners.com</u> to help plan the event and/or let me know if you would like to participate.









Just a sampling of the amazing works of public art that our fine city has to offer. Tell us what's in your neighborhood, and we'll make it a part of DSE's first ever Art Run! © 2022 Joe Kaniewski

### 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 <u>Active.com</u> (search for DSE), and walk-up race day registration may be available, space permitting.

If you have questions about race registration, please email <u>dseracesignup@gmail.com</u>. See you Sunday!

### Thursday, August 4: Lake Merced Summer Evening Series - MEMBERS ONLY - Info here!

<u>Course Description</u>: 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, August 7: Lake Merced Half Marathon & 4.M Run - Course Map

### Course Description:

Half Marathon: Start/finish at the north end Lake Merced parking lot (foot of Sunset Blvd.). Run 3 clockwise loops around the lake, staying entirely on jogging/pedestrian path. The 1st loop is cut shorter by crossing the "drawbridge" east to west at the southern end of the lake. There will be at least 1 aid station per 4.5 mile loop with water/Nuun near the start/finish area. If you need water more often, please carry a water bottle to refill at each loop. There is also a water fountain in the parking lot near the picnic tables on John Muir Dr around 2.5 miles.

4.5 M: Starting from the north end Lake Merced parking lot (foot of Sunset Blvd.), run one clockwise loop around the lake.

### Thursday, August 11: Lake Merced Summer Evening Series - MEMBERS ONLY

### Sunday, August 14: Twin Peaks 4M - Course Map

<u>Course Description</u>: Start/finish near the reservoir at Galewood Cir. & Clarendon Ave. This is a challenging 4 mile loop around Twin Peaks with spectacular views. Complete counter-clockwise loop around reservoir; exit downhill onto Clarendon, left onto Laguna Honda and run uphill to Woodside Ave. Continue up Woodside Ave. past the gas station. Run uphill/downhill on Twin Peaks Blvd., then turn left and run uphill/downhill on Clarendon and finish inside reservoir.

### Thursday, August 18: Lake Merced Summer Evening Series - MEMBERS ONLY - Season finale!

### Sunday, August 21: Kennedy Drive 8K - Course Map

<u>Course Description</u>: Start/finish at the west end of Middle Dr. in Golden Gate Park. Run (uphill) eastbound on Middle Dr., turn onto Overlook Dr. (path), left at Transverse and right onto Kennedy Dr. Run eastbound on Kennedy to barricade at Kezar Dr. Turn around at barricade and return same way to finish.

### Saturday, August 27: Walt Stack DSE Double Dipsea - Race info here

### Sunday, August 28: NO DSE - Opportunity to join the Lake Merritt Joggers and Striders - more info here

### Sunday, September 4: Rainbow Falls 5K - Course Map

<u>Course Description</u>: Start/finish at JFK Dr. & Transverse Dr. Run east up Kennedy to McLaren Lodge. Turnaround at barricade at Kezar Dr., start back and turn right on East Conservatory Dr. Run up and around East Conservatory then back onto Kennedy and return westbound to finish.

### Membership

### nformation

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 <u>seniorvp@dserunners.com</u>.

### Weather Report Meteorologist Mike Pechner

The first week of August will continue with the same pattern as most of July with considerable night and morning low clouds and fog with some afternoon clearing over the City and plenty of drizzle. Highs will be 58 to 64 but 70's to low 80's around the Bay and upper 80's to low 90's in the 680 corridor. Moisture from former Hurricane Fred off the Mexican coast could spread over the Bay areas during this period with a slight possibility of thunderstorms and dry lightning. The 2nd and 3rd week of August will see less coastal fog and more clearing in SF for sunny skies and warmer temps. Interior valleys of the Bay Area will be 90 to 100. Hot weather is expected in the last week of August with highs well into the 80's along the coast and 105 inland with offshore winds and high fire danger.



Getting above the fog on San Bruno Mountain. © 2022 Jay Boncodin

# Club OfficersCoordinators

PRESIDENT ANGELICUS Walt Stack

PRESIDENT



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SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB P.O. BOX 210482

SAN FRANCISCO, CA 94121

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