

DSE NEWS



57th Year

October 2022

A CELEBRATION OF MEMBERS OLD AND NEW

Amber Wipfler

The September 25 San Pedro Park 5K (a.k.a. the Bobby Marty 5K) and the ensuing DSE Members Picnic was a celebration of epic proportions! After a lung-busting trek up the Valley View Trail and back again, runners were treated to a truly impressive spread of snacks, salads, desserts, and burgers fresh off the grill. We had members of 40+ years chatting with members who signed up just a few months back, not to mention a great turnout of turtles-in-training at our Kids Run.

Of course, none of this would have been possible without the tireless effort of our volunteers, and one group received special (and well-deserved!) recognition during the picnic. That would be our team of finish line volunteers: Bill Woolf, Vince French, Bobby Marty, Kevin Lee, Chewey Lam, Phyllis Nabhan, and Paul Mosel. Bobby, our “master of ribbons” who recently celebrated his 94th birthday, received an additional honor for his years of service to the club—the race was run in his name, and every person who crossed the finish line that day received a special Bobby Marty 5K ribbon!

Three cheers for everyone who made this event happen, and while we’re at it, three cheers to every member of our DSE family. No matter how long you’ve been with us, how many races you attend, or how many miles you can run, walk, or roll, you are a valued member of our club!



From the President’s Desk

◆ ◆ ◆ JOE KANIEWSKI

Fall is here and you can see and feel the change as the mornings are darker and the days are shorter. There is a cool crispness in the air. I love this time of year for running.

We had a great DSE run/picnic at San Pedro Park. Thank you to everyone who contributed an appetizer, dessert, or salad; to Ron, Steve, and Sean for grilling; and to Marsi and Anna for organizing and buying supplies, managing the invites, and especially for loaning us their husbands, Randy and Steve, who pitched in with food delivery and preparation. The weather was warm, the food was good, and the conversation was interesting. Next time more volleyball or kickball!

It was great to recognize Bobby Marty at the picnic and race for his years of service and contributions to the club. He turned 94 a couple weeks ago and what could be more “cool” than to have a race named after you. That was a hilly course, right? That mountain “Bobby Marty” descent was scary but fun. We get a lot of ribbons each year for our races, but the yellow Bobby Marty one is special to me.

A big thanks to Wendy Newman and Bill Woolf for reconnecting Rudy Stadberger to DSE Runners and inviting him to the picnic. They met Rudy a few months ago in Noe Valley. If you didn’t know,

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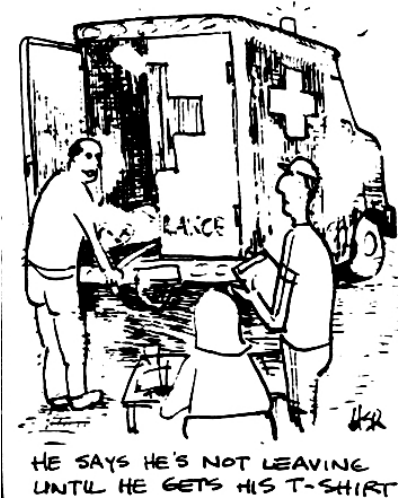
Rudy is a local sports legend. He is 98 years old, sharp as a tack, and walks on his own. He is a lifelong San Franciscan, in the NorCal Handball Association Hall of Fame, and a former multiple national handball age divisions champion. He has swam the Golden Gate strait, run marathons, and is one of the founders of DSE. Check out the "History" tab on our website, which chronicles the early efforts of Walt Stack to form a running club back in 1962 with other swimmers from the Dolphin and South End clubs. Rudy helped organize the first races down at Aquatic Park. It was great to show him how that DSE idea has evolved and is still thriving,

In October, we have got some good runs scheduled with the Lands End 5K, the Lake Merced Single Loop 4.5M, the Marina Green 5K, the Rockaway Beach 5K, and the Great "Halloween" Highway 5K. I hope you all can make it out to them.

I think most of you know I appreciate the opportunity to share the mental, physical, and spiritual benefits running provides, be it at DSE, Back On My Feet, or Achilles Bay Area. I was honored to be named [September Runner of the Month](#) by the local running store, A Runner's Mind, for some of my contributions to the local running scene. I was able to share in a brief interview how I started running, and to talk about the running communities I am involved

CLASSIC STU-PEDS

Stu Ruth



in. I appreciated their recognition and I hope my interview encourages others to get involved in volunteering, which I have found to be personally rewarding.

I ran in San Quentin Prison in September despite the recent Covid 19 outbreaks and lockdowns. Later in this newsletter, you'll see my article about the experience. Why would I run there? I think the seeds of this idea go back to a conversation I had a couple years ago with DSE pioneer Sister Marion Irvine. While I was nervous about this undertaking, I took heart in the fact that if Sister Marion could carry on her work with these inmates into her eighties, and it was worthwhile for her to work towards their rehabilitation, then I should

try it as well and I am glad I did. Thank you Sister and the other volunteers from Tamalpa Runners for your work.



The inimitable Rudy Stadberger at 97 years old. We owe him such a debt of gratitude for his role in founding our club!

© 2022 Wendy Newman



Hail to the chiefs! From L to R: RRCA president George Rehmet, DSE president Joe Kaniewski, Houston Area Road Runners Association president June Harris, and Pamakids president Jerry Flanagan.

© 2022 Paul Mosel

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

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

Website/Membership Application:

www.dserunners.com

Webmaster: Rob Snavelly

webmaster@dserunners.com

DSE GOES TO THE DOGS

Amber Wipfler

It's always fun to run with a friend, and no less so if they're of the four-legged variety! Meet some of the very good boys and girls that keep our members motivated.



© Johnny Chow

It's Hugo! Johnny Chow's best buddy is one of our most accomplished canine runners, with 8 official half marathons and dozens of 5Ks and 10Ks under his belt. Johnny liked to say that when Hugo ran with DSE, "he was always the first dog to the finish line."

GOOD BOY HUGO.



© Tony Nguyen

She may be small, but she is mighty! Tony Nguyen's chiweenie, Chewbacca, has reached an age (she turns 17 in December!) where she does most of her running these days as a passenger in Tony's doggie backpack. She's been by Tony's side since day 1 of his running journey, and has been known to rock some truly excellent costumes. There also rumors that she is love with a cat, but we'll leave that to the tabloids.

GOOD GIRL CHEWBACCA.



© 2022 Joe Kaniewski

Joe Kaniewski recently welcomed Skipper, a 10-month old beagle-terrier mix, to the family. Skipper originally hailed from Fresno, but was adopted from the SFSPCA, thanks in no small part to the efforts of longtime SPCA volunteer Marsi Hidekawa. Joe reports that Skipper is the perfect pacer (he runs 9-minute miles) and that his recall is excellent! Joe has fond memories of his past canine running buddies, Shasta and Daisy, and it looks like Skipper is a worthy successor.

GOOD BOY SKIPPER.



© 2010 Rob Snavelly

Rob Snavelly tells us, "My dog Utah became my running partner after I got out of a long hospital stay and decided to get back into running. He was always full of energy and loved to run and play. We would run 3-5 miles together several mornings a week, and he would easily keep pace with me, only pulling when he saw a squirrel or a horse. The horse issue became a problem when he ran up to a mounted police officer near the Polo Field :) This is photo of us after finishing a DSE Polo Field 5K in 2010. He didn't seem to like the crowd of people, so it was the only race I took him to. He was much more than my running partner and helped me during my rehab in many other ways. It broke my heart to say goodbye to him in 2015, but he will always remain in my heart."

GOOD BOY UTAH.

...continued on p. 7

RACE RECAPS

September 4, 2022

Rainbow Falls 5K

Race Director: Chewey Lam

Volunteers: Pat Geramoni, Phyllis Nabhan, Ken Wu, Paul Mosel, Bill Woolf, Theo Jones, Bob Marty, Vince French, Yoly Pantig, Kevin Lee, John McCarroll, June Szydluk, Richard Hannon, Samantha Kamras, Jim Buck, Jane McFarland, Jason Szydluk, Doug Weller



RD Chewey Lam

© 2022 Paul Mosel

144 participants: 136 racers (84 men, 52 women), 8 self-timers



Kevin and his mighty electric steed get the runners on their marks.

© 2022 Jay Boncodin



Triplets!

© 2022 Paul Mosel

September 11, 2022

Sierra Point 10K

Race Director: Jeorgina Martinez

Volunteers: Pat Geramoni, John McCarroll, Chewey Lam, Pat McAnaney, Richard Hannon, Bill Woolf, John Albertoni, Bobby Marty, Jay Boncodin, Vincent French, Kevin Lee, Pat McAnaney, Yoly Pantig, Daniel Henry, Chewey Lam, Neal Ashton



RD Jeorgina Martinez

© 2022 Jay Boncodin

83 participants: 83 racers (55 men, 28 women)



Now this is what we call teamwork!

© 2022 Jeorgina Martinez



Top finishers.

© 2022 Jeorgina Martinez

September 25, 2022

Bobby Marty 5K

Race Director: Veronica Balistreri

Volunteers: Pat Geramoni, Rubi Kawamura, Terri Rourke, Paul Mosel, Bill Woolf, Theo Jones, Bobby Marty, Rubi Kawamura, Vincent French, Kevin Lee, Marianne Frank, Marissa Balistreri, Neal Ashton, Chewey Lam, Marcus Balistreri



RD Veronica Balistreri

© 2022 Paul Mosel

85 participants: 74 racers (42 men, 32 women); 5 self-timers, 6 kids



Our Kids Run finishers show off their ribbons.

© 2022 Veronica Balistreri

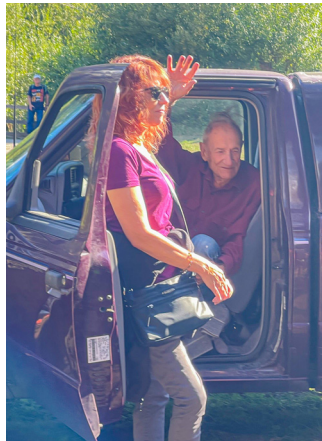
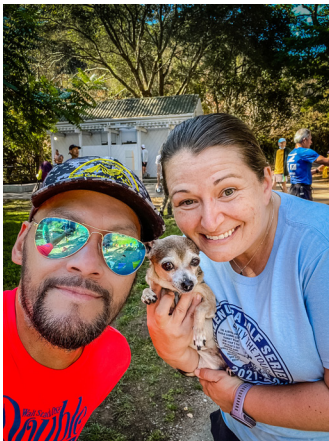


After the heat and the hills, the finish line never looked so sweet!

© 2022 Paul Mosel

BOBBY MARTY 5K AND DSE PICNIC

Thanks a million times over to Paul Mosel, Jay Boncodin, and Wendy Newman for capturing the fun and festivity of the Bobby Marty 5K and DSE Members Picnic!



RUNNING AT SAN QUENTIN

Joe Kaniewski

"...a small brotherhood of would-be runners trying their best to pay for whatever errors they've made."
- Frank Ruona

On September 16th, I had the opportunity to run and coach in San Quentin Prison with incarcerated men serving life sentences for third strike offences, manslaughter, and murder. The San Quentin Prison "1,000-Mile Club," a distance running program, has been going since 2005. The run program has promoted the physical and mental health of its members with the assistance of volunteers from Marin County's Tamalpa Runners, who supervise and coach the inmates to marathons and their goal of running 1,000 miles.

With nearly two million people behind bars at any given time, the United States has the highest incarceration rate of any country in the world. We spend about \$182 billion every year — not to mention the significant social cost — to lock up nearly 1% of our adult population.

Just 16 miles from my home in San Francisco, San Quentin is California's oldest prison. Security is tight here and there is a seriousness to volunteering to run and coach in a prison. It starts before you even set foot in the facility, as all visitors must be "gate cleared" to enter the prison. I had to give the California Department of Corrections and Rehabilitation (CDCR) my drivers license number, social security number, home address, etc. so they could run a background check on me. Not a problem, I have had background checks for security clearances, job applications, and for youth coaching. The sobering part of this process was reviewing and signing CDCR Form 181. Item 2 states, "CDCR does not recognize hostages for bargaining purposes. CDCR has a 'NO HOSTAGE' policy that all prison inmates, visitors, and employees should be aware of."

So, with that as a backdrop, I arrived at the entrance, and the reality of the physical landscape, the 100 year plus iron-steel bars, its 50-foot plus walls, barbed wire, electric locks with their clicks and snaps, and fully manned guard towers on high stared down at me from several directions. After moving through the main gate courtyard entrance, I caught my first view of the recreational yard. It reminded me of some of the prison movies I have seen — Shawshank Redemption, Escape from Alcatraz, the Last Castle, and The Jericho Mile came immediately to mind. Hundreds of inmates were scattered

throughout, engaged in various outdoor pursuits. I had been briefed that our six person volunteer team were heading to the starting line in the outfield of the baseball diamond, so I focused on getting to the starting area and avoiding any eye contact with any inmates I initially saw.

The 1,000 mile club is a multi-racial running group known throughout the California prison system for its ability to break down racial barriers and gangs within the prison. On this day, the club's Inmate President Tommy Wickerd has organized a "Post Covid 5k" race to celebrate the return to outdoor activities since the onset of Covid-19. Teams of inmates will operate the registration tables, acquire and produce finisher's certificates, distribute plastic finisher armbands, and rally the runners and walkers at the start and throughout the race.

Like any race, I made my way to the registration table initially and introduced myself, and wrote down my name and age to sign up. Once registered, I noted that I had an hour before the race started so I struck up a few conversations with the other volunteers and inmate participants to pass the time.

I learned that before Covid, inmates could get involved in many different activities like baseball, basketball, and Alcoholics Anonymous meetings that they were eager to return to. I heard stories about inmates' medical care, and their health conditions, and the food they ate. Luckily, I could fall back on the conversations that all runners have at races, because even incarcerated runners can talk about their best mile times, the number of marathons they have finished, how to do speed work, and diets that can help you run faster.

Several inmates asked me if I knew the club's paroled runners on the outside, like Eddie Herena and Markelle Taylor, who have gone on to achieve things outside the walls of the prison. Markelle Taylor holds a special status at San Quentin. He was a member of the 1,000 Mile Club who regularly set records inside the walls and he is being recognized for his running and rehabilitation accomplishments nationally on CBS evening news and the New York Times. We talked about his dedication and running talent. I tell them about Markelle coming to a DSE race in San Francisco and being in the top 4 with D1 runners and a random French national runner. Markelle's rehabilitation story represents hope and the kind of positive change other inmates want to hold on to.

Tommy started the race at 9:05. The ¼ mile run course winds through the entire yard. You have to run 12 laps through large crowds to complete a 5k. A GQ magazine article described the San Quentin running course this way:

You make the first turn at the laundry room, where inmates in V-neck smocks and denim jackets exchange their prison blues, then jab right at the horseshoe pit and you climb a tight concrete ramp—a pivot so abrupt it has a name: the Gantlet. You swing east across blacktop, past the open-air urinals, past the punching bag and chin-up bars, past the clinic that treats the swell of aging convicts, all while staying

within the spray-painted green lines that are supposed to remind the 3,700 non-runners housed here not to wander into the path. On the north side, you run downhill toward the base of a guard tower, then make a final 90-degree turn—where convict preachers thump Bibles in a cloud of geese and gulls, finishing at baseball scoreboard.”

My first mile was under 7:20/per mile pace and must have come from pure adrenaline. I ran alongside and weaved in and out of the crowds pacing with inmates I had just met, as Garcia, Francisco, and Jay had similar paces to my own. I tried to encourage other runners with my hollering and hyping like I always do. You can imagine that I got different looks and responses in San Quentin. I completed the race in 24:27 in a time that represents one of my fastest 5Ks in the last 5 years.

Throughout the morning the San Quentin Prison media team met us and interviewed several volunteers and inmates for upcoming stories. This is the same team that produces a Pulitzer Prize nominated podcast called “Ear Hustle.” There are several seasons of the show and they are well worth a listen if you like podcasts and want to learn more about life in San Quentin. The book version of the show, “This is Ear Hustle,” is part of the San Francisco Public Library’s OneCity OneBook Book Club this September. Stop by your local neighborhood library or bookstore for a copy.

The 1,000 mile club has received attention from many different magazines and newspapers.

I recommend the following article published in Sports Illustrated and several other publications. Running and encouraging the 1,000 Mile Club wasn’t an easy experience but I recommend it and hope to go back to listen and encourage these individuals again because sometimes you just do difficult things hoping they will lead to positive change, Send me a note if you want to get involved.

<https://sanquentinnews.com/a-journey-of-1000-miles/>

<http://www.1000mileclub.com/press>



© Justin Sullivan/Getty Images

BE NICE OUT THERE!

Kevin Lee

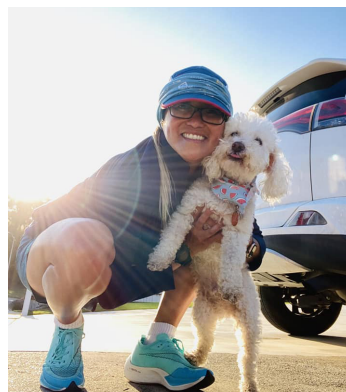
Since the pandemic, San Francisco’s multi-use trails have been steadily increasing in popularity. This means that even on Sundays at 9:00 a.m., we are sharing our race courses with a greater number of hikers, walkers, and other community members, most of whom are unaware that they will encounter a group of 80-150 runners during their morning exercise.

Our reputation in the community, as well as our ability to obtain race permits, depends on our members conducting themselves in a safe, respectful manner. During races, please be mindful of non-participants and share the trail/path. When approaching a non-participant, be sure not to invade their space, and yield or slow down when passing. This is especially important on narrow trails and when running downhill.

DSE is proud of its reputation as a friendly, conscientious club. Let’s be sure to show that kindness on the trails!

WOOF!

...continued from p. 3



© 2022 Yoly Pantig

Yoly Pantig’s Maltipoo, Sammy, has made it as far as a 5K, but it’s hard for him not to be distracted by all the wonderful sniffs and smells along the course! He has one official Canicross race under his belt (collar?) through the Animal Run, and he’s also cute as a button.

GOOD BOY SAMMY.

P.S. The [Belmont Water Dog Run](#) is on October 8, and they have a 1-mile Fido division! If you and your furry companion sign up, be sure to post pics on the DSE Facebook group. Remember: there’s no such thing as too many pet photos.

Monthly Running Schedule

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

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

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

Sunday, October 2: Land's End 5K - [Course Map](#)

Course Description: Start/finish at the USSSF Monument parking lot at Land's End (end of El Camino Del Mar). Run south towards Point Lobos Ave., make sharp turn before Seal Rock Drive, run on Lands End Trail towards El Camino Del Mar, turnaround before Lincoln Highway and return.

Sunday, October 9: Lake Merced Single Loop 4.5 - [Course Map](#)

Course Description: Start/finish at the Lake Merced parking lot (foot of Sunset). Run one clockwise loop around the lake staying entirely on jogging/pedestrian path.

Sunday, October 16: Marina Green 5K - [Course Map](#)

Course Description: Start/finish next to the Yacht Harbor parking lot (Old Mason at Yacht Harbor). Run through parking lot, exit right along diagonal dirt path and left onto Marina. Run eastbound on Marina and complete Marina Green rectangle (left at Webster par course, left onto Marina Green, left on Scott and right onto Marina). Return same way to start. Run west along Crissy Field/Golden Gate Promenade. Turn around at orange cone and return same way back to finish.

Sunday, October 23: Rockaway Beach 5K - [Course Map](#)

Course Description: Start/finish at the Rockaway Beach parking lot (Dondee Street & San Marlo Way in Pacifica). Run southbound on beach promenade, left onto Rockaway Beach Boulevard, right onto Nick Gust Way. Continue over footbridge. Veer right and begin paved bike path. Stay on path crossing through the Taco Bell parking lot to rejoin path. Turn around at Pedro Point Shopping Center and return same way to finish.

Sunday, October 30: Great "Halloween" Highway 5K & Kids Run - [Course Map](#)

Course Description: Start/finish at Taraval/Great Highway. Run northbound along multi-use path. Turnaround prior to Lincoln Way and return to finish. Kids Run starts after conclusion of 5K. Costumes encouraged!

Sunday, November 6: Presidio Wall 5K - [Course Map](#)

Course Description: Start/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 Boulevard, 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.

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.

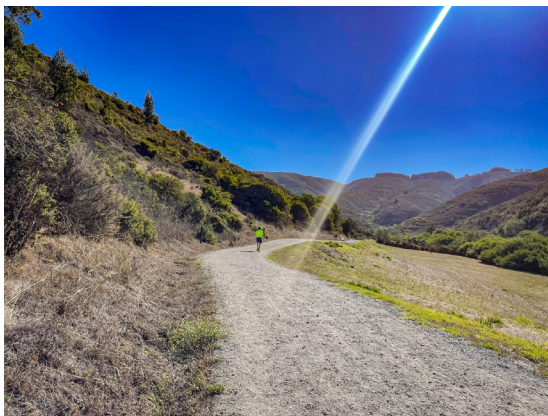
Membership purchase is available online at <http://dserunners.com/membership>.

Membership questions? Email seniorvp@dserunners.com.

Weather Report

Meteorologist Mike Pechner

October is the mildest month in SF and the forecast will not disappoint. As the Central Valley cools the onshore gradient decreases with less fog at night and mornings with warmer days near the coast and in SF. Looks like many days in the 70's in for the first two weeks of the month with great weather for Fleet Week. Probably no rain until the 3rd week of October at the earliest, although some other indicators say it could be earlier than that. Overall fire Weather right now appears very low at a time when October is the height of the season.



*A truly stunning day at San Pedro Park.
© 2022 Jay Boncodin*

◆◆◆ Club Officers & Coordinators ◆◆◆

PRESIDENT
ANGELICUS
Walt Stack



PRESIDENT
Joe Kaniewski
president@dserunners.com
SR. VICE PRESIDENT
Stephanie Soler
seniorvp@dserunners.com
2ND VICE PRESIDENT
Terri Rourke
secondvp@dserunners.com
SECRETARY
Katia Stern
secretary@dserunners.com
TREASURER
Akemi Iizuka
treasurer@dserunners.com
OFFICERS AT LARGE
Marsi Hidekawa
Kevin Lee
Jerry Flanagan
Liz Noteware
MEMBERSHIP
Terri Rourke
KIDS RUN
Veronica Balistreri vamm87@gmail.com
EQUIPMENT
Vince French
RACE SUPPLIES
Chewey Lam
RACE RIBBONS
Bob Marty
SOCIAL MEDIA
Amber Wipfler
DSE RACE RESULTS
Marsi Hidekawa
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DSE PHOTOGRAPHER
Paul Mosel
WEBMASTER
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SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB
P.O. BOX 210482
SAN FRANCISCO, CA 94121

RETURN SERVICE REQUESTED



Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

OCTOBER

- 1 Shawn Gallagher
Emeline Minor
Janet Nissenson
- 4 Charlotte Huie
- 5 Peter Flessel
Arlene McCarthy
Stephanie Soler
- 7 Adrianna Tan
- 8 Francisco Hernandez
Stanley Sze
- 9 Ailish Fitzpatrick
Steven Koster
Larry Wuerstle
- 10 Lucy Fouksman
Vincent French
Gil Shohet

- 11 William Luu
- 12 Fred & Yong Haber
Tom Kuglen
Grant Martin
- 13 Beverly Ku
Oscar Osorio
- 14 Victor Skorapa
Cristina Villamayor
- 15 Rafael Perez
Claudia Vlasak
- 17 Ironmike Schiff
- 18 Lynne Langlois
- 19 Sister Marion Irvine
Pat McAnaney
Paul Mosel
Clark Wilmerding
- 20 Charles Michalopoulos
Ed Olkowski
Kevin Pope

- 21 Justin Hubbard
- 22 Elizabeth Longstreth
Tracy Purrington
- 23 Sam Louie
- 25 Anna Hill
Stacey Stearns
Tobin Stearns
- 26 Kaito Glaub
- 27 Malinda Walker
- 30 Theo Jones
Shelly Taylor
- 31 Bridget Panina
Roland Siebelink
HAPPY HALLOWEEN!