



## HAPPY HALLOWEEN, DSE!

There was no shortage of costumed capering at this year's Great "Halloween" Highway 5K and Kids Run! Check out these fantastic pics, courtesy of Jay Boncodin.



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## From the President's Desk

JOE KANIEWSKI

We had some good runs in September--cool foggy mornings at Lands End and Lake Merced, a windless gray Marina Green, and a gorgeously clear sunny day on Rockaway Beach. Last Sunday, we held a spirited Great Highway 5K full of smart costumes and vigor. Thanks Yoly Pantig for bringing the energy, snacks, and Halloween spirit as the race director.

The DSE Board met after the Great Highway 5K to review the club budget, talk about the upcoming race schedule, the DSE elections, volunteering and events.

A committee has been formed to plan for our annual awards party with tentative dates under discussion for February. You can contact Katia Stern if you are interested in helping with the planning and coordination of the event.

I wanted to give a special thank you on behalf of the club to Akemi Iizuka for her work as club Treasurer the last two years. Akemi's wonderful smile and "can do attitude" has contributed to the smooth running of our club finances and our awesome Board meetings. The Treasurer job takes some time but if you have an accounting background please see Brain Hartley (and this month's article) about replacing Akemi as Treasurer and becoming more involved in managing the club.

## Inside

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We are bringing back DSE participation to the Christmas Relays in Golden Gate Park on December 18. Please note that DSE will take that Sunday off to sponsor up to 10 teams of 4 runners to run a relay around Lake Merced. Each runner does one lap. It's up to you to form up your team by family, age group, run pod, or run clique. Just let us know as we can accommodate up to ten teams. We will send out details about registration and reimbursement. I'm hoping I can convince my kids to run with me as a team as a Christmas present.

During our meeting, the Board agreed to donate again to Back On My Feet, Achilles International, Girls on the Run, and Run for A Better Oakland, all organizations that our members have a direct connection to with their time and participation. I hope you will all agree that these are great causes that positively impact our community. If you have suggestions on other local running causes, please let me know so we can include them in the future.

As a reminder, we are putting together another DSE fleece jacket order for our most outstanding volunteers. If you earn over 10 volunteer points, you are eligible for one of these great looking warm jackets you have seen from our steady finish line volunteers. We always need race directors, race results assistance, timers, and registration table help, so don't be

## CLASSIC STU-PEDS

Stu Ruth



shy--contact Kevin Lee, to sign-up and get in your points and get a nice jacket!

The schedule looks good in November with the Presidio Wall, the new Mori Point run in Pacifica, and the Fort to Fort on Thanksgiving weekend. A big shout out to Marsi Hidekawa for coming up with the new Mori Point course. I know she has spent a lot of time scouting out the location, writing up the race description, helping to get the permits, and getting our operations team ready for the race. I can't wait to run this new one.

If you don't see me running this month it's because I'm training for CIM in December. I really need to get in those long runs you need for marathon preparation. I want to

give a special personal shout out to Shawn Sax, Akemi Iilua, and Margit Falk for helping me complete some of my necessary long training runs.

Hope you all have a good month of running, and enjoy a pumpkin spice latte or slice of pumpkin pie as the season dictates that you should.

## HAPPY 80TH, JIM!

DSE would like to wish the happiest of birthdays to Jim Buck, who turned 80 on October 31. Jim is a longtime member and dedicated volunteer, not to mention an excellent writer who pens some of the best race reports we've ever read. Many happy returns, Jim!



*Celebrating Jim's 80th trip around the sun with a trip to Hawaii.*

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### 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)

# OFFICER ELECTION 2023: NOMINATIONS OPEN

*Brian Hartley*

Fellow DSE Runners, as we close out 2022, we need to elect the club officers for 2023. As your Election Chairman, I would like to take this opportunity to thank the following officers for their continued commitment to the DSE club this past year, and for the amazing job they have all done to sustain our club.

President – Joe Kaniewski

Senior Vice President – Stephanie Soler

2nd Vice President – Terri Rourke

Secretary – Katia Stern

Treasurer – Akemi Iizuka

The duties of each of the officers are listed below. These positions are typically for 2 years.

**PRESIDENT:** To preside over meetings, represent this association in the RRCA, call any special meetings, appoint committees and chairpersons thereof, and report club news to the membership by writing a monthly column for the club newsletter.

**SENIOR VICE PRESIDENT:** To take on special assignments as requested by the president.

**SECOND VICE PRESIDENT:** To take on special assignments as requested by the Senior Vice President.

**SECRETARY:** To record minutes of meetings, keep a file of such minutes, and when requested by the president, accept assignments involving correspondences and the keeping of records.

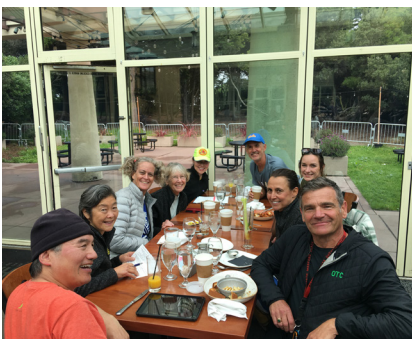
**TREASURER:** To collect and deposit all funds received at our DSE Races and DSE functions, i.e. DSE Annual Gala Awards. Treasurer reports should be submitted to the DSE President as requested and at our DSE Board Meetings.

As we move forward on the election process for 2023-2024, the following officers have agreed to stay on as DSE club officers:

President – Joe Kaniewski

Second Vice President – Terri Rourke

Secretary – Katia Stern



*The ones who  
make it all  
happen!  
© 2022 Akemi  
Iizuka*

Any club member interest in running for the 2 open officer positions, Senior Vice President and Treasurer, or nominations of other club members for these positions by a DSE member, need to be submitted via email to me by November 30, 2022. Submissions should will include a photo and a bio statement on what you hope to achieve as a club officer in 2023. After receipt of these submissions and all nominations, our election of officers will take place by December 15, 2022.

Should you have any further questions upon review, please feel free to contact me.

Brian Hartley

Elections Chairman

DSE Running Club

925-719-0139 Cell

Brian.Hartley@BoundTree.com

## THE DAVIDS: AN UPDATE

*Marsi Hidekawa*

David Wilson and David Amsallem, both of whom moved overseas with their families in recent months, are dearly missed at our Sunday races! But it sounds like things are going pretty well on the other side of the pond.

The Wilsons recently sold their house in SF (wah!!) but it allowed them to buy a house in Ireland in a very nice neighborhood and be mortgage free. Oricia's job is good and requires her to travel. She's been to Zurich and London but will also cover all of Asia so will be traveling to Japan, Seoul, China, and Singapore which she is very much looking forward to. She has lived in Korea and Japan and LOVES that cuisine!

They will be moving at the end of October but will have to wait about 2 weeks before their stuff arrives! Baby Sinead is doing well at her new daycare, and Emmylou is excited to be getting her own room. Emmylou's school is near the new house and she gets to wear a uniform which she likes. No jobs for David yet so he's playing Mr. Mom for now. They miss SF and DSE so much, and David would very much like a job that brings him periodically to the US, but then again, he doesn't miss the politics, the shootings, or \$15 avocado toast!

*...continued on p. 7*



# RACE RECAPS

October 2, 2022

Lands End 5K

Race Director: Chewey Lam

Volunteers: Phyllis Nabhan, Yong Haber, Paul Mosel, Bill Woolf, John Albertoni, Bob Marty, Vincent French, Kevin Lee, Richard Hannon, Elise Peck, Samantha Kamras, Wendy Newman, Ron Baxter



RD Chewey Lam

© 2022 Paul Mosel

91 participants: 88 racers (52 men, 36 women), 3 self-timers



Top five finishers!

© 2022 Paul Mosel



Seriously stoked to be crossing that finish line.

© 2022 Paul Mosel

October 9, 2022

Lake Merced 4.5M

Race Director: Theo & Jeanie Jones

Volunteers: Pat Geramoni, Uliana Popov, Phyllis Nabhan, Paul Mosel, Richard Hannon, Bob Marty, Jay Boncodin, Vincent French, Kevin Lee, Judith Jarosz, Ron Baxter, Pat McAnaney



RDs Theo & Jeanie Jones

© 2022 Paul Mosel

64 participants: 56 racers (38 men, 18 women), 8 self-timers



DSE originals! Only those age 90 and over were permitted in this photo :)

© 2022 Phyllis Nabhan



Terri demonstrates that perfect running (or Running Man) form.

© 2022 Jay Boncodin

October 16, 2022

Marina Green 5K

Race Director: Mike Rouan

Volunteers: Uliana Popov, Pat Geramoni, Ken Wu, Mitchell Sollod, Paul Mosel, Richard Hannon, John Albertoni, Vincent French, Kevin Lee, Marsi Hidekawa, Neal Ashton, Chewey Lam, Doug Weller



RD Mike Rouan

© 2022 Paul Mosel

101 participants: 95 racers (58 men, 37 women); 6 self-timers



Top & bottom: About to get some well-earned finisher ribbons!

© 2022 Paul Mosel



October 23, 2022

Rockaway Beach 5K

Race Director: Veronica Balistreri

Volunteers: Mitchell Sollod, Pat Geramoni, Richard Hannon, Paul Mosel, Jay Boncodin, Bob Marty, Vincent French, Kevin Lee, Yoly Pantig, Chewey Lam, Ron Baxter, Tony Nguyen



*RD Veronica Balistreri*

© 2022 Paul Mosel

101 participants: 95 racers (58 men, 37 women); 6 self-timers



*Go Pat go!*

© 2022 Paul Mosel



*Marcus crosses the finish line first overall.*

© 2022 Veronica Balistreri

October 30, 2022

Great "Halloween" Highway 5K

Race Director: Yoly Pantig

Volunteers: Mitchell Sollod, Phyllis Nabhan, Ken Wu, Paul Mosel, Calvin Chan, Vincent French, Akemi Iizuka, Kevin Lee, Shawn Sax, Jay Boncodin, Neal Ashton, Pat McAnaney, Veronica Balistreri, Marcus Balistreri, Steve Symanovich



*RD Yoly Pantig*

© 2022 Paul Mosel

101 participants: 95 racers (58 men, 37 women); 6 self-timers



*Runners take off through the sand and fog.*

© 2022 Phyllis Nabhan



*Spooky snacks!*

© 2022 Paul Mosel

**BOO!**

*...continued from p. 1*



# CHRISTMAS RELAYS

Stephanie Soler

On Sunday, December 18, DSE is taking the week off to support the [West Valley Track Club Christmas Relays](#) at Lake Merced. Proceeds from the event support the [MacCanDo Tenderloin Youth Track Club](#).

Registration costs \$120 total for a team of four. Teams made up of four DSE Members who have each earned at least three volunteer points in 2022 are eligible for full DSE sponsorship (up to ten DSE-sponsored teams). Please note: each member of the team must have earned three volunteer points in 2022 for the team to be eligible for DSE sponsorship.

To apply for sponsorship, please submit the names of all four team members to [dserunnersmembership@gmail.com](mailto:dserunnersmembership@gmail.com) as soon as possible, and no later than November 20, 2022. Sponsorship is limited to the first ten eligible teams that apply. One person should register each team by the November 20 early registration deadline to take advantage of the lowest price, and submit the receipt for reimbursement no later than December 1.

Here is the race registration link: <https://www.westvalleytc.com/christmas-relays>



*Scenes from relays past! Be sure to join in the fun this year.*

© 2021 Terri Rourke, Steph Soler

# UNOFFICIAL DSE SWIM CLUB V3.0

Joe Kaniewski

A few years ago during the pandemic, several DSE Runners started swimming in the San Francisco Bay as a way to crosstrain and heal up from our nagging running injuries. Swimming in cool water is therapeutic and during Covid we needed a new adventure and escape. Initially, the group met up at Aquatic Park, (also known as AP, or the Cove). There was Jerry Flanagan, Paul Bravo, Rubi Kawamura, George Rehmet, and me starting out. As time went on the group expanded and other DSE characters joined us for the swims in that cool water that varies between 50-64 degrees. DSE Runners like Grant Johnson, Ky Faubion, and Wendy Newman also started to regularly make it out to take in the experience of nature. We gradually expanded the swims outside the cove to Treasure Island Cove and Oyster Point. We also took on adventures under the Fort Mason piers, and out past the “Creakers” at the end of the breakwall near the SS Jeremiah O’Brien. We found we could do sneaky Pier Jumps and swim behind the spooky Museum Ships at AP as well. We had a blast and several of us built up our swimming skills and confidence enough to do an Alcatraz swim and a Stinson Beach Sharkfest swim in the first year.

In year two, the swims moved to Crissy Field and closer to the gorgeous golden and orange-red sunsets of the Golden Gate with its incomparable backdrop of mountains, bridge, rushing-roving water, and misty fog. We found the lighting constantly changing and its grays, blues, and golden hues grow on you and bring you back.

Our swims at Crissy Field also include more sea and air creatures encounters than at AP. We can’t complete a swim without witnessing the pelicans orchestrating complex dives and formations literally inches over our heads in their hunt for food. Both sea lions and harbor seals share the space we swim, typically 100-200 yards offshore with its mixture of back eddies, and powerful flood, slack, and ebb currents that change constantly. Mostly, we humans simply nod at our Harbor Seal friends and they nod back. We also see jellyfish,



*Most open water swimmers opt for freestyle, but occasionally one chooses the doggie paddle.*

© 2022 Joe Kaniewski





*Octopus art inspired by the club.*

© 2022 Joe Kaniewski

harbor seal friends and they nod back. We also see jellyfish, and occasional starfish and porpoises in our weekly swims.

While you might recognize the DSE members, the swim club is a big tent. We have met and embraced swimmers that include an artist/landscaper, a dog whispering improv comedian, a very friendly psychiatrist, a resolute physical therapist, an anthropologist, a kayaker-water polo player, a tech entrepreneur, and a former synchronized swimmer. Each new member brings with them a new wrinkle that enhances the club. Who knew we needed a post swim joke or shot of Jameson, or a meat stick to enhance the group swim but you sometimes do. Our initial post swim nourishment of beer and Cheetos has expanded with occasional pizzas, Scotch, and healthier options like carrots that are allowed but not highly promoted. And yes, during year two, more DSE members took the plunge, like Shelly Taylor and Rebecca Teichmann who have embraced the adventure and demonstrated their mettle by joining our swims in the currents near the Warming Hut, by the cypress trees, Anita Rock, the Yacht Club and Wave Organ.

Seriously, with such a collection of backgrounds and personalities, the club has grown in many unexpected ways. We have artwork, custom towels, dive bars, comedy shows, and other traditions. We share the experience of dealing with cold water, challenging swims, and creating epic adventures while we work out the stress of living in a complicated world. Our group text and swim conversations initially used to organize swims and recap our adventures now include celebrations of our life's accomplishments (and some disappointments), long standing swim tropes like seal and shark jokes and vacation swim reports. Open water swimming is both a solitary and group activity, and it can help you work out issues and challenges. You have to be present in the moment to complete the swims but teammates surround and support you.

It's year three now and winter is coming. Air temperatures will dip into the 40s and near 40s in the waters. But we will continue through the winter. Have you ever heard of an afterdrop?

Sound like fun? We are always looking for new recruits. Email or talk to me about trying out the swim club, and a different kind of adventure and cross training.



*2 years of swimming at Stinson.*

© 2022/22 Joe Kaniewski

## UPDATE

*...continued from p. 3*

David Amsallem was just here on business and joined us for our Lake Merced and Marina Green races. He says that the family just moved to a more permanent place in southern France close to his extended family. His 3 boys are in daycare, preschool, and elementary school, but they're all in one location so it's very convenient. He used to have to drop off the boys at 3 different locations when he lived here. David A. will be coming back to SF possibly in January and will run with us again when he visits.

Wishing the very best for our two Davids and their families! We miss you!



*David A. coming across the finish line at the Lake Merced 4.5M.*

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

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## **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.

## **Sunday, November 13: NO DSE - Opportunity to run the [T9 Mermaid Run San Francisco](#)**

## **Sunday, November 20: Mori Point 5M - [Course Map](#)**

Course Description: Start/finish at the parking lot at the corner of San Marlo Way and Dondee Way in Pacifica. Run toward Cabrillo Highway and turn left, running north along the paved trail parallel to Cabrillo Highway. At the Calera Creek Recycling Plant veer right and run on the sidewalk on Cabrillo Highway. Veer left at Mori Point Road and run to the Mori Point trailhead at the intersection of Mori Point Road and Bradford Way. Follow Old Mori Road, turning right onto Coastal Trail. Run on the Coastal Trail, exiting Mori Point Headlands, and continue running along Beach Boulevard to Pacifica Pier. Turn around is one block north of Pacifica Pier at San Jose. Run back the same way back to the parking lot at Dondee and San Marlo Way.

## **Sunday, November 27: Fort to Fort 10K - [Course Map](#)**

Course Description: Start/finish at the "Great Meadow," a.k.a. the Fort Mason lawn. Complete 0.3-mile Great Meadows clockwise loop, exit onto Marina Boulevard, continue right through Yacht Harbor parking lot, run entire Crissy Field promenade trail, turnaround at Hopper's Hands. Return to Finish Line.

## **Sunday, December 4: Windmill 10K - [Course Map](#)**

Course Description: Start/finish at the Dutch Windmill in Golden Gate Park (JFK Drive near Great Highway). Run eastbound up Kennedy Drive to intersection prior to McLaren Lodge (Kezar Drive/second barricade). Turn around and return the same way back to finish.



# 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

Rain develops Sunday, with rain or showers on and off to mid-week. 2 to 4" likely. Snow in the Sierra will jump start the ski season with 2 to 4' of new freshies and put an end to the fire season. More rain and snow in the second week of November with unseasonably cold nights and days with highs around 60. Dry weather is likely from mid-moth to just before Thanksgiving. Rain and snow likely in the last week in November on several days and continued cooler than normal.



*Beautiful Rockaway Beach in Pacifica.  
© 2022 Paul Mosel*

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

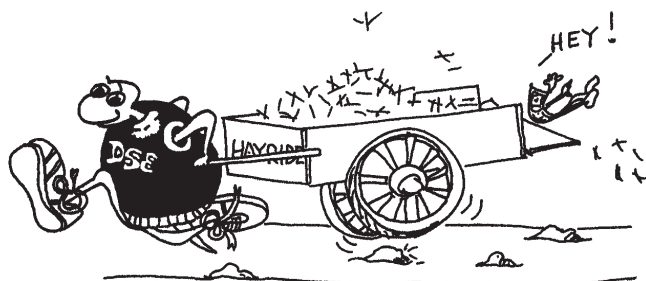


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AGE DIVISION POINTS  
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The logo for the Road Runners Club of America (RRCA) is displayed. It features the letters "RRCA" in a large, bold, italicized sans-serif font. Below this, the text "ROAD RUNNERS CLUB OF AMERICA" is written in a smaller, all-caps sans-serif font. The central graphic consists of a large, dark triangle. Inside the triangle, two stylized human figures are depicted in a running pose, one slightly ahead of the other. The figures are white with dark outlines. The entire logo is set against a white background.



## NOVEMBER

- |    |                     |
|----|---------------------|
| 1  | Sung Choi           |
| 2  | Ron Baxter          |
|    | Kai Scott           |
| 3  | Jenni Desideri      |
| 5  | Ross Rabkin         |
|    | Douglas Wisman      |
| 6  | Veronica Balistreri |
|    | Bob Kleinhenz       |
| 7  | Matthew Cox         |
|    | Tehani Nishiyama    |
|    | Cole Petersen       |
| 10 | Chloe Gaillot       |

- |    |                     |
|----|---------------------|
| 11 | Yoon Choi           |
|    | Marianne Frank      |
|    | Steve Musser        |
|    | Ramona Piona        |
| 12 | Presley Huang       |
| 13 | Andrew Demas        |
|    | Liam Hillis         |
|    | Diane Murk          |
| 14 | Anatole Beaufront   |
|    | Stephen Dodson      |
|    | Divali Magnus       |
|    | Laura Storto        |
|    | Holly Taylor        |
| 15 | Katy Wray           |
| 18 | Michael Gulli       |
|    | Joe Kaniewski       |
| 19 | Ben Beeler          |
|    | Manuel Lazo         |
|    | Jessica Watkins     |
| 20 | David Davis         |
|    | Jeanie Kayser-Jones |

- |    |                     |
|----|---------------------|
| 22 | Shawna Cooper       |
|    | David Wilson        |
| 23 | Jenny Allen         |
|    | Jerrica Hau         |
|    | Anna Taranenko      |
| 24 | HAPPY THANKSGIVING! |
| 25 | Adriana Collins     |
|    | Julie Munsayac      |
| 27 | Kenneth Fong        |
|    | June Szydluk        |
| 28 | Jason Cauthen       |
|    | Tim Danison         |
|    | Becky Rozewicz      |
| 29 | Margit Falk         |
|    | Lucia Ling          |
| 30 | Noah Lee            |