# olphin outh outh NEWS

March 2023

### DSE WATER WIZARDS AT THE KAISER HALF

Amber Wipfler

Congratulations to all of our members and friends who made it to the finish line of the Kaiser Permanente Half Marathon/10K/5K, soggy but triumphant! This year's event was a huge success, with over 6,600 participants and thousands of dollars raised for some worthy Bay Area charities.

Of course, the biggest heroes of the day were our intrepid volunteers at the DSE water station, who were there before the sun rose to make sure that every race participant had the hydration they needed to power through Mile 7 and beyond. Plus they cleaned up that mountain of cups left behind! As always, we extend our sincerest gratitude to everyone who helped out, and remind everyone that there will be another opportunity to be a hydration hero at this summer's San Francisco Marathon. Go DSE!



57th Year





A little bit of freezing rain wasn't enough to stop these intrepid volunteers. Thanks to all!

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# From the President's Desk



A big thank you to the businesses and local race organizers that have supported our club through donations to our Gala. The next time you need new running shoes, running clothing, and energy gels like Gu and Clif Bars, please shop at A Runner's Mind, On the Run, and Sports Basement to get your stuff.

Your awesome DSE board members Stephanie Soler, Liz Noteware, and Rebecca Teichmann got the shoe store gifts, the race entries and discount codes for Stow Lake Stampede, Statuto, Oakland Running Festival, the San Francisco Marathon, Mermaid Run, Presidio YMCA, Giants race, Hot Chocolate, and Jog in the Fog as well. They also hit up the following businesses which donated services, products, and tickets to the Gala. Please remember to support the San Francisco Ballet, SF Giants, Chipotle, Haum Yoga, SF Honda, Ben Beeler Massage, Pacific

Shaving, International Fire, and SFMOMA as they supported us.

The DSE Bay to Breakers Centipede team is forming up now. Yes, you can be one of the few, the proud, the costumed, and the tethered runners bounding through the city on race day. Riya Suising is organizing the team again, so send her an email at <a href="mailto:riyasuising@gmail.com">riyasuising@gmail.com</a> for more details.

I love Amber Wipfler's recent call out to members to share their cross training secrets over our Facebook page. It's inspiring to hear all the ways DSE turtles support their running efforts and improve their overall health. The list also shows what great recreational choices we have here in the Bay Area, between yoga, hiking, Pilates, skiing, kick boxing, and swimming.

Since it's March, I'll leave you with this. I hope you take some time now to plan out your running year and you dream big. I entered the lottery for the New York City Marathon in November and I'm planning a few epic swims. I'll find out Wednesday if I get into the NYC marathon. If I don't, I will find another Marathon destination goal. Maybe your goal is sub 8 minute pace for a 5k? If so, I hope you go for it! Set a good goal now and work toward it. See you at a DSE race soon.

#### **CLASSIC STU-PEDS**

Stu Ruth



#### **LOST & FOUND**

Have you ever left something at a DSE event? There's a good chance we have it! We currently have more than a few items in our lost and found box--mostly clothes, but some others things as well, and we'd love to return them to their rightful owners.

If you've ever lost something at a past race, just check with our equipment manager extraordinaire, Vince French, or shoot an e-mail to <a href="mailto:info@dserunners.com">info@dserunners.com</a> with a description of your item. Anything not claimed within the next couple of months will be donated. Thanks!

## NEXT KIDS RUN: MARCH 19

Don't forget to bring your littles to our monthly (and free) Kids Run! The half-mile course is perfect for our younger runners, and every participant gets a special DSE ribbon as they run, skip, or walk across the finish line. It's a great way to introduce your kiddos to the fun of running, and it's not surprising that so many of our former Kids Run participants are now flying past adults in our weekly races!

The next Kids Run is at the March 19 St. Patrick's Day 5K. So be sure to bring your little leprechauns out for some running fun with their DSE friends. See you there!



A trio of tiny turtles show off their well-earned ribbons at the Kennedy Drive Kids Run. © 2023 Veronica Balistreri

#### 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 Snavely
webmaster@dserunners.com

#### 2.23 MILES FOR AHMAUD

Members of DSE and others in the San Francisco running community gathered at Kezar Stadium on February 23, 2023 to honor the life of Ahmaud Arbery. On this date three years ago, Ahmaud was out for a jog when he was murdered in a racially motivated hate crime. Participants ran 2.23 miles in Ahmaud's memory, and also made financial contributions to the Ahmaud Arbery Foundation, which supports mental health resources for Black boys. Many thanks to the Anti-Racist Running Club for putting on this event.



Running for 'Maud. © 2023 George Rehmet

# SPEND YOUR SATURDAYS WITH DSE, TOO!

If you're not getting your fill of DSE at the Sunday races, and you're looking for a 4-mile (or shorter, or longer) training run with plenty of opportunities to chat as you sweat, look no further than the Saturday morning Water Fountain Run. Named after its meeting spot (the water fountain at Transverse Drive/JFK in Golden Gate Park), this longstanding group meets every Saturday morning at 8:15. Enjoy a run through the park, take in the plum blossoms and blooming tulips, and get in race day shape!



Tiptoeing through the tulips with the Saturday morning gang! © 2023 Mitchell Sollod

#### DID YOU SAY DISCOUNT?

If you don't win comp entry to these races at the Awards Social, you can take advantage of these DSE members-only discount codes:

April 16 Guardsman Presidio 10: DSERUNNERS May 13 Mermaid Run East Bay: GRDSE100 June 3 Stow Lake Stampede: DSE5 June 4 Statuto Race: dse2023 January 7 Hot Chocolate Run: DSE5K - \$39,

DSE10K - \$49 and DSE15K - \$59

#### **A NIFTY TRICK**

Gmail/Outlook/Apple Calendar users: did you know that you can subscribe to the DSE calendar? From a computer, click on the DSE Race Schedule page. At the bottom of the page you will see a Subscribe button. When you click on that button, you can subscribe to the DSE calendar and all the race details will automatically appear in your calendar. Pretty cool!

#### TURTLES IN THE NEWS

We love to see our turtles making a splash (that was a pun) in the media! This month, our own Yoly Pantig was named "Runner of the Month" by our friends at A Runner's Mind. You can read her interview by visiting A Runner's Mind's Facebook page, or by clicking here. Way to go, Yoly!

George Rehmet was recently featured on Luis Escobar's Road Dog Podcast. In an enlightening interview that touches on a number of topics (the RRCA, ultramarathoning, and more), George talks about his worthy goal of making the running community more inclusive and welcoming to people from all walks (or runs) or life. You can have a listen by clicking <a href="here">here</a>, or through your podcast platform of choice.

We were also treated to an interview with DSE'er Diane Zelmanovich on Susanne Mueller's Take It From The Ironwoman podcast. Diane has deeply personal motivations for embarking on her running journey, and her story is inspirational! Check it out here, or on your favorite podcast platform.

#### RACE RECAPS

February 12, 2023

Golden Gate Bridge Vista 10K

Race Director: Mike Rouan

<u>Volunteers</u>: Phyllis Nabhan, Chewey Lam, Yong Haber, Jiro Yamamoto, Paul Mosel, Bill Woolf, Erin Muladore, Mitchell Sollod, Vincent French, Kevin Lee, Chewey Lam, Larry Jewett, Yoly Pantig, Tony Nguyen



RD Mike Rouan
© 2023 Phyllis Nabhan

93 participants: 90 racers (55 men, 35 women), 3 self-timers





We love us some finish line celebrations.
© 2023 Paul Mosel

February 19, 2023 Fort to Fort 10K

Race Director: Brian Hartley

Volunteers: Phyllis Nabhan, Pat Geramoni, Theo Jones, Jeanie Jones, Paul Mosel, Bill Woolf, John Albertoni, Vincent French, Mitchell Sollod, Kevin Lee, Veronica Balistreri, Jay Boncodin, Michael Gulli, Erin Muladore, Chewey Lam, Rubi Kawamura, Neal Ashton Kitzzy Aviles, Marianne Frank, Tony Nguyen



RD Brian Hartley
© 2023 Paul Mosel

146 participants: 142 racers (87 men, 55 women), 4 self-timers



A picture-perfect day at Fort Mason.
© 2023 Veronica Balistreri



N squared: Neal and Noriko © 2023 Paul Mosel

February 26, 2023 Kennedy Drive 8K

Race Directors: Chewey Lam

Volunteers: Yong Haber, Mike Rouan, Pat
Geramoni, Theo Jones, Bill Woolf, John
Albertoni, Jeanie Jones, Diane Okubo-Fong, Vincent French, Marsi Hidekawa,
Joe Kaniewski, Kevin Lee, Rubi Kawamura,
Paul Mosel, Jim Buck, Jane McFarland, Jason Burleigh, Gary Brickley, Tony Nguyen,
Veronica Balistreri, Marcus Balistreri,
Jiro Yamamoto



RD Chewey Lam
© 2023 Paul Mosel

83 participants: 74 racers (43 men, 31 women), 5 self-timers, 4 kids





Cathal (top) and Rubi (below) in the homestretch. © 2023 Paul Mosel

## TRIUMPHANT FINISHES

Everyone knows that there's nothing like crossing that finish line, sweaty and exhausted after pushing your body to its limits. Enjoy this collection of victorious photos from the Golden Gate Vista 10K and Fort to fort 10K, courtesy of club photographer Paul Mosel.



















# GET YOUR CROSS TRAINING ON

Amber Wipfler

It was early 2020, and I was sitting in my physical therapist's office with a freshly diagnosed labral tear--a not-so-lovely accompaniment to the knee inflammation and debilitating sciatica that had brought me there in the first place. By that point, it was clear that my previous strategy of "running through the pain" was perhaps a bit ill-conceived, and I was desperate for answers as to why my body seemed to be falling apart at the seams. As she flipped through my medical chart, the PT asked what activities I did other than running.

Me: "What other activity is there?"

Her: "Ha ha. But seriously, what sort of cross training do you do?"

Me: "...."

And therein lay the problem. After an hour of stretches and strength assessments, I was diagnosed with "some of the weakest hip and glute muscles I've ever seen" (is that a medical term?) This made zero sense to me--how could anything in my lower body be weak when I was running 30+miles per week? The PT patiently explained that when one part of your body is weak, either through under-training, genetics, or both, other parts of your body will compensate. She suspected that in my case, my lower back and hip joints had been bearing more than their fair share for years, and now the chickens had finally come home to roost.

The prescription? Cross-training, of course! If I wanted to get back into running, I first needed to strengthen those freeloading muscles that had lazing about all these years, letting others do the work. I started with Pilates-based physical therapy exercises and leisurely swims at the local high school pool. From there, I was able to introduce some easy running and mountain biking, which is now my absolute favorite form of cross-training. Most of my rides are in the beautiful Mt. Tamalpais watersheds, with the occasional excursion to China Camp or Bolinas Ridge.



A morning ride in the Marin Headlands. © 2022 Amber Wipfler

As an added benefit, I now find myself doing much less driving. Turns out that school drop-off, a trip to the coffee shop, and a whole slew of neighborhood errands can be done much more easily on a bike, with none of the hassles of parking and all of the benefits of fresh air and exercise. Just make sure you have a good lock!

It was with this experience in mind that I posed the question to my fellow turtles: what is your favorite crosstraining activity? We know that there are several avid open-water swimmers in the club, and Janet Nissenson offers us yoga lessons on a weekly basis (more on that later!) Whether they train your mind or your body, some form of non-running activity is essential to staying healthy. Here's what you had to say!

"I shudder to apply training to my exercise behavior, but at Amber's urging I will cast my habit of cycling in that light. I ride around town, to races and to Hawk Hill once or twice a week. That adds up to about 50 miles a week of pedaling at a lethargic pace. I also have a chin up bar." - Jiro Yamamoto

"Peleton cycling and hot yoga!" -Ariana Portez

"I love doing strength-training with <u>Benjamin Beeler</u>. We use sandbags(!) and kettlebells and weights. I feel like a badass lifting heavy stuff and it helps with running economy." - *Liz Noteware* 

"I recently got into to Pure Barre for cultivating core and hip strength, flexibility, and balance - so important for runners!" - Stephanie Soler

"I'm new to running but I LOOOOOOVE deadlifting, aka weight training!!! Day of or day after I get to test the strengthening on my runs and I have so much fun pushing myself running up inclines, walking up or down steps, running longer distances or quickening my pace a smidge! I had so much pain during the onset of my running journey! It's truly helped improve my physical and mental performance!

I use all that I learn from the weight room during my runs and my daily life challenges!

I also started boogie boarding last year! I'm a newbie so I'll share that I HATE REST DAYS!!! Boogie boarding is a fun activity in the water which I find healing due to the elements and inspirational because I'm working on overcoming my fears of the ocean!" - Alissa Harrison

"My life (now!!) is all about cross-training. Wish I had started this routine a few decades ago! I do several spin and yoga classes a week, as well as swim and hike. I also train with Ben Beeler and his USB's (ultimate sandbags). Oh, and I take French!!!" - Wendy Newman



DSE'ers getting in touch with their inner turtle at Aquatic Park. © 2020 Joe Kaniewski

"I'm really loving Apple Fitness+, especially the kickboxing workouts." - Kitzzy Avilés

"Ski mountaineering is the best sport to work on power and fundamental endurance without damaging your knees. Hours spent in the mountains in a magical environment are the best recipe for summer performance." - Joseph Mestrallet

(Look forward to more on this in a future issue!)



- Joe Kaniewski

"Wendy Newman got me started swimming during the pandemic. We would drive up to the outdoor pool in Petaluma since all the local pools were closed. Drive, swim, go for coffee - so maybe triathlon cross training? Now we don't need to go so far but the coffee/chat afterwards remains my favorite part." - Terri Rourke

"Bowling! Katia Stern has been known to roll a few balls with me. I average a 106 but recently bowled a 157 which proves I had a great day! Not necessarily that I am improving." - Rebecca Teichmann



"Oh you know, strikes and gutters, ups and downs." © 2023 Rebecca Teichmann

#### YOGA FOR RUNNERS

Janet Nissenson

Yoga is an excellent choice for cross-training, and a physical activity that can improve and assist your running. Running and pounding your feet on the ground over and over causes a breakdown of the leg muscles and causes them to tighten up. The muscle tissue breaks down in the form of microscopic tears in the tissue. These tears then get repaired by protein and now you have a bigger, stronger muscle, which often causes runners to be inflexible.

Creating balance in your body – finding that equal mix of cardio, strength, and flexibility – is essential. Adding in just one yoga practice a week can help you in this goal. I teach a free class once a week on Zoom exclusively for DSE members, and our classes are specifically designed for runners. We have a different focus each week – hips, hamstrings, glutes, upper body, low back, leg strength, etc. Each class is one hour long, every Tuesday from 5-6pm, and everyone is welcome to join us. Check the DSE Facebook page on Monday afternoon to see what our class offers that week, and to obtain the Zoom links to join.

If you aren't able to join us on that day and time, I encourage you to find a yoga class at a studio near your home or office. There are also lots of online class options, most of them free, available on YouTube.

If you have any questions about yoga – how to start, types of yoga, finding a class near you, etc. – feel free to contact me at <a href="mailto:linesenson@gmail.com">linesenson@gmail.com</a>. I teach two classes a week at Ocean Yoga in Pacifica for those who prefer an in-person experience.

Janet has been practicing yoga for over 20 years and has been a certified instructor since 2019. You can read her teacher bio <a href="here">here</a>, or by visiting <a href="here">oceanyoga.com</a>.



## 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.

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

Sunday, March 5: NO DSE - Opportunity to run the Lunar New Year Run in Chinatown

... followed by the GALA!

Sunday, March 12: 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 Hwy and turn left, running north along the paved trail parallel to Cabrillo Hwy. At the Calera Creek Recycling Plant veer right and run on the sidewalk on Cabrillo Hwy. Veer left at Mori Point Rd and run to the Mori Point trailhead at the intersection of Mori Point Rd and Bradford Way. Follow Old Mori Rd, turning right onto Coastal Trail. Run on the Coastal Trail, exiting Mori Point Headlands, and continue running along Beach Blvd 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, March 19: St. Patrick's Day Crissy Field 5K and Kids Run - Course Map

<u>Course Description</u>: Start/finish at the Yacht Harbor parking lot (near Crissy Field Center). Run west along Crissy Field/Golden Gate Promenade. Stay along path into Fort Point National Historic Site. Turn around at orange cone and return same way to finish.

Klds Run starts after finish of 5K.

Sunday, March 26: Windmill 10K - Course Map

<u>Course Description</u>: Start/finish at JFK Drive & Murphy Windmill in Golden Gate Park. 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.

Sunday, April 2: McLaren Park Shelley Drive 5K - Course Map

<u>Course Description</u>: Start/finish at the parking lot located at 21 Shelley Drive (the larger lot closer to Mansell, not the smaller lot near the amphitheater). Two clockwise loops: Exit the parking lot, turn right on Shelley Drive, right onto Mansell, and right on Shelley Drive West. Follow Shelley Drive to the start. Repeat loop.



Runners take off at the Kennedy
Drive 8K.
© 2023 Veronica Balistreri

# 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.

#### 2023 Membership Pricing

- Standard DSE Membership is \$20 per calendar year. Standard members pay \$5 per Sunday morning race. Non-member race fee is \$10.
- Gold DSE Membership is \$100 (pro-rated to \$50 on July 1) and includes unlimited race fees
- Teen Membership (ages 13-17) is \$10 per calendar year and includes unlimited race fees.
- Children 12 and under join and race for free.
- Seniors age 80 and over enjoy free Standard Membership or \$20 Gold Membership.

Membership pricing includes email newsletter. Members can opt to receive a paper newsletter mailed to their homes for an additional \$10 per year.

# Weather Report

Meteorologist Mike Pechner

Look for above normal precipitation and below normal temperatures for the first half of the month, with somewhat warmer weather after mid-month. It's going to be wet starting late this weekend, with at least a half dozen days of rain through mid-month. Some models continue the wet pattern into the third week of the month with a few day of sunny skies. The last week of March, while not completely dry, should be sunny and warmer. Keep in mind that sea-surface temperatures outside the Golden Gate are very cold, around 50, so don't expect warm weather in SF or along the coast, anytime soon. Snow will continue to fall at unusually low levels for the first half of the month.



A gull enjoys the vista. © 2023 Paul Mosel

# ♦ ♦ ♦ Club Officers & ♦ ♦ ♦

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PRESIDENT Joe Kaniewski

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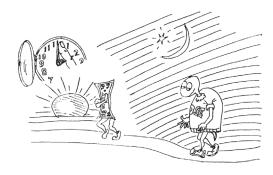
WEBMASTER

**Rob Snavely** 

P.O. BOX 210482 SAN FRANCISCO, CA 94121

RETURN SERVICE REQUESTED





## Happy Birthday!

#### **MARCH**

- 2 Sharlet Gilbert
- 3 David SaldivarDiane Merkadeau
- 4 Alvin Lubrino
- 5 Andrew Ferguson
- 6 Liz Isaacs
- 8 Anne Hocquet Wilca Gallagher
- 9 Jason Burleigh
- 10 Adilene Sanchez

- 11 Stephen Tracy
- 12 Michael Gama
- 17 Markham Miller HAPPY ST. PATRICK'S DAY
- 19 Alicia de Geus Maureen Davin
- 20 Donald Jones Neal Dempsey

- 21 Deysi Ocampo David Tran
  - Anna Burke
- 22 Naoko Yui Sergio Hernandez Ed Navarro
- 24 Jonathan Wills
- 25 Cathal Conneely
- 26 Dana Farkas
- 27 Tom Robinson Marian Lyons
- 29 Keith Johnson
- 30 Carole Mawson