



## WOMEN'S 100 X 1 MILE RELAY WORLD RECORD: IT TAKES SEVERAL VILLAGES...

*George Rehmet*

As the saying goes, "it takes a village to raise a child." On June 3, 2023, the saying would be "it takes several villages to create a world record." At Cox Stadium at San Francisco State University, female runners, volunteers, and spectators from the DSE, Pamakids, SF Road Runners Club, SF Front Runners, Impalas, Excelsior, and several high schools came together to take on the women's 100 by 1 mile relay world record, last set by the Canadian Women's Milers Club in 1999. Prior to that, the record was set several times in San Francisco, with the first in 1977. A new record was set in 1995, led by the DSE with a time of 10:15:29 (6:09 per person), and again in 1997, this time under the team name Andy Chan's Athletics Club that finished in 9:38:39 (5:47 per person).

Fast forward to Relay Day. With the timing clock set to the current record of 9:23:39 and ready to count down, organizer Shawn Sax of SF Road Runners Club had 1977 lead-off leg relay participant Jeanie Kayser-Jones kick off the race by ceremonially running a lap and then handing the baton to Vanessa Fraser, who completed her mile in 4:58. Vanessa would pass the baton to JoJo Gregg, the youngest racer at just 13 years old, who ran a 5:46 mile. 63-year-old Nancy Simmons was the oldest runner, who ran a time of 6:05. Runners ranged from Olympic Trials qualifiers to those who had never raced a mile on the track before.



*Jeanie passes the baton.*

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## From the President's Desk

◆ ◆ ◆ JOE KANIEWSKI

May was a busy month. We had a couple Great Highway races and another run in the west end of Golden Gate Park. We had some flat running and hilly running. The highlights for me were our Centipede practices, followed by running the Bay to Breakers as a DSE "Bee" Centipede. We should field 2-3 teams next year!

Bay to Breakers is always a great race, whether it is the cheering spectators, the inventive costumes, or the crazy spirit of the participants. There really isn't another time you can run through the streets from downtown to the beach. Our 15 person team was again probably the most diverse team going in terms of ages and backgrounds. And, our three practices really paid off as we increased our speed in Golden Gate Park and glided into 13th place out of 37 Centipede teams.

Last Thursday our Summer Series kicked off in pleasant conditions. Thank you Chewey Lam, Noriko Bazeley, Ulana Popov, Ken Wu, Rubi Kawamura, and Debbie Symanovich for stepping up to direct the races and handle the check-in during the series.

I'd also like to thank the DSE members who volunteered and helped the San Francisco Women get back into the Guinness Book of World Records for the 100 mile relay! Way to go Shawn Sax, Akemi Iizuka, Vince French, Terri Rourke,

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Marsi Hidekawa, Rebecca Teichmann, Wendy Newman, Kitty Aviles, George Rehmet, Jerry Flanagan, Yoly Pantig, Chewey Lam, Margit Falk, Jeanie Kayser-Jones, and Theo Jones for helping make this happen and cheering the runners on. Also, kudos to everyone who has already jumped in to volunteer for the DSE's largest fundraiser, the Double Dipsea race in August. You guys are awesome.

For June, we have some races at Lake Merced, the Presidio and Golden Gate Park. As for me, I'm back East for a few weeks helping out my family. Running in summer humidity and worrying about alligators and quicksand on the trail sure is a different experience! It is soooo flat. Cooling off after a run by swimming in the blue waters of the Gulf of Mexico sans wetsuit is pretty nice. Happy running to you all-- enjoy those cool San Francisco ideal conditions :)



*The DSE Centipede (Bee-i-pede?) takes flight.*  
© 2023 Joe Kaniewski

## CLASSIC STU-PEDS

Stu Ruth



## SATURDAY MORNING RUN

Don't forget that you can double your DSE weekend fun by participating in our Saturday run in Golden Gate Park! Just be at the water fountain on JFK/Crossover by 8:15 a.m. for a 4.5-ish mile run at whatever pace you like.



*The Water Fountain Bunch*  
© 2023 Rubi Kawamura

## RACE DIRECTORS NEEDED

Kevin Lee

Kudos to the 18 club members who stepped forward to serve as RDs for the first half of 2023.

Looking ahead, it isn't realistic or fair to expect/ask the same club members to carry the RD load while the remaining club members have the opportunity to run every week.

DSE's #1 priority is filling the two open July race dates: 7/2 Polo Field 5k & 7/16 Twin Peaks 4M. P

Please look over the remaining open RD dates inside the "Race Director" tab of [www.dse.runners.com](http://www.dse.runners.com). If you can help, please contact Kevin at [dse.pekingduck@gmail.com](mailto:dse.pekingduck@gmail.com).



*Paul and Phyllis know that all the cool kids volunteer.*

© 2023 Phyllis Nabhan

### 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 mail-box (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)



# RRCA EVENTS COMING YOUR WAY

George Rehmet

Several RRCA events are coming to the state of California in the coming year. Next month on July 16 near Truckee is the Big Chief 50K, which is the National RRCA Ultramarathon Championship race. Link: <https://tahoetrailrunning.com/big-chief-50k-ultra-trail-run/>

On September 10, 2023 in Sacramento, the Buffalo Stampede 10 Mile is the RRCA State Championship and it's one flat, fast course. Link: <https://www.buffalochips.com/stampede>

On Thanksgiving morning it's the Walnut Creek Turkey Trot which has a kids race, a 10K, and a 5k which is a RRCA State Championship. Link: <https://teamblyeskyevents.com/>

Next year, in the first week of May, in Costa Mesa in conjunction with the OC Marathon, Half Marathon, and 5K, the RRCA National Convention comes back to California. Sessions are geared towards runners, race directors, coaches, and running club board members. In addition, great social events and morning runs allow opportunities to connect with one's counterparts from across the nation. Link: <https://www.rrca.org/convention/>

## COURSE CHANGE ALERT!

Did you notice that the starting line of the Coastal Challenge 10K has changed? We will now be starting at the upper Baker Beach parking lot, and running the course in the reverse direction than we have in years past. So when you leave the house on June 25, be sure to set your GPS to Baker Beach (and not Crissy Field!) You don't want to miss out on this beautiful and challenging course, which includes a run on the beach AND the notorious sand ladder. See you there!



*The nice thing about the new course start is that you'll get this monster out of the way early!*

© 2022 Chewey Lam

## 100 X 1M RELAY

*...continued from p. 1*

Fast forward to the 99th runner, Sarah Swanger, who was five months pregnant and ran a 6:18 mile. She passed off to Peggy Lavelle, who first ran the relay in 1977 as a 16-year-old high school student along with the other 3 relay teams. As Peggy ran each lap, the cheers got louder and louder. As Peggy ran her fourth and last lap, folks were allowed to be on the track. In the end, the world record was shattered by over 5 minutes as the women ran 9 hours, 18 minutes and 32 seconds total or an average of 5:35 per mile.

These relay runners ran under the DSE banner:

Jana Barron  
Lara Scanziani-Grijalvo  
Suzanne Hyer  
Annie Pflaum  
Eliza Jorgensen  
Samantha Williams  
Jenna Lange  
Sierra Castaneda

A bonus was that the relay raised over \$6,000 for Girls on the Run Bay Area, with the proceeds to be directed to programs at under-resourced schools in San Francisco. Donations are still being accepted at: <https://runsignup.com/Race/Donate/CA/SanFrancisco/SFWomens100x1MileRelayWRAttempt>.



*Huge kudos to Shawn (and Akemi) making this event happen.*

© 2023 Terri Rourke



*Thank you volunteers!*

© 2023 Yoly Pantig

# RACE RECAPS

May 7, 2023

## Lightning Mile & Spreckels Lake 5K

Race Director: Chewey Lam

Volunteers: Phyllis Nabhan, Rose Griffin, Uliana Popov, Lucy Fouksman, Paul Mosel, Bill Woolf, Marianne Frank, John Albertoni, Mark Taylor, Vincent French, Veronica Balistreri, Kevin Lee, Kristan Elman, Ron Baxter, Marsi Hidekawa, Daniel Henry



RD Chewey Lam  
© 2023 Paul Mosel

**1M:** 63 participants: 63 racers (41 men, 21 women, 1 NB)

**5K:** 100 participants: 92 racers (60 men, 32 women), 8 self-timers



It's always a treat to see DSE original Rudy at the races.  
© 2023 Wendy Newman



Downhill finish!  
© 2023 Paul Mosel

May 14, 2023

## Mother's Day Great Highway 5K & Kids Run

Race Director: Yong Haber

Volunteers: Ken Wu, Phyllis Nabhan, Mitchell Sollod, Shelly Taylor, Paul Mosel, Bill Woolf, Marianne Frank, Geoffrey Papilion, Vincent French, Wendy Leung, Mark Taylor, Veronica Balistreri, Pat McAnaney, Fred Haber, John Albertoni, Carol Pechler, Wendy Newman, Tony Nguyen, Chewey Lam, Marcus Balistreri, Christine Clark, Ron Baxter



RD Yong Haber  
© 2023 Paul Mosel

194 participants: 178 racers (89 men, 89 women), 3 self-timers, 13 kids



Kiddos at the starting line.  
© 2023 Veronica Balistreri



Erika celebrates her first Mother's Day! Congratulations to the whole Reed family.  
© 2023 Kevin Lee

May 28, 2023

## Great Highway Lands End 10K

Race Director: Mitchell Sollod

Volunteers: Uliana Popov, Ken Wu, Phyllis Nabhan, Pat Geramoni, Paul Mosel, Bill Woolf, John Albertoni, Rose Griffin, Vincent French, Kevin Lee, Veronica Balistreri, Ron Baxter, Neal Ashton, Julian Weisser, Mark Taylor, Michael Gulli



RD Mitchell Sollod  
© 2023 Paul Mosel

110 participants: 108 racers (65 men, 43 women), 2 self-timers



Another misty moist morning along Ocean Beach--perfect for a run!  
© 2023 Veronica Balistreri



After finishing a hilly course like that, a proper celebration is a must.  
© 2023 Paul Mosel



# NEW COURSE RECORDS!

Previous course records are dropping like flies this spring! Huge congrats to Anthony Cortes, who set new course records in the Great Highway 5K (15:40, 5:02/mile) AND the Great Highway Lands End 10K (33:05, 5:19/mile). And major kudos to Jennifer Wells, for setting a new record at the Great Highway Lands (44:39, 7:13/mile). You guys are amazing!



Anthony crosses the finish line at the  
Great Highway Lands End 10K  
© 2023 Paul Mosel



Double ribbons for Jennifer!  
© 2023 Phyllis Nabhan

## DSE AT STATUTO

It was fantastic (molto bene!) to see so many DSE'rs running and volunteering at this year's Statuto Race in North Beach. Thanks to Phyllis Nabhan for these great pics!



# GLOBAL RUNNING DAY 2023: 4 WAYS TO BETTER THE WORLD

*George Rehmet, RRCA President*

This Wednesday, June 7, 2023 is Global Running Day - the day we celebrate our sport of running. Most probably we will go running, whether individually or with a group, to celebrate this day. Many of us will make a commitment to sign up for a goal race, splurge on a running product (most probably shoes or go big on that GPS watch), or try a new route. And that is fine! But have you thought about using our sport to make our world a better place? Here are four actions you might consider doing.

1. Get inspired! Yes, you are inspired to lace up your shoes and get out the door to run! But what can inspire you to help others? A favorite technique is to read books about runners helping others. "Devoted: The Story of a Father's Love for His Son" is about the Dick and Rick Hoyt team. The story covers how parents Dick and Judy fought to keep Rick, who had cerebral palsy, included in society, to how running opened up the world to Rick along with creating a more powerful bond between parent and child. In addition, people, races, and organizations were inspired to assist in this famous team to participate.

But inspiration can be developed to break down barriers that groups of people should not have to deal with. "Running While Black : Finding Freedom in a Sport That Wasn't Built for Us" by Alison Mariella Désir is about how running helped her but how there are barriers to her and other runners of color. This book is an eye opener and will make one think and hopefully inspire people to make running accessible to all.

In a similar vein, "Good for a Girl: A Woman Running in a Man's World" by Lauren Fleshman, a professional runner who has won five NCAA championships at Stanford and two national championships, details the dark underbelly of women sports and the need for reforms.

Not interested in reading? Watch a film. The documentary "26.2 to Life" showcases the coaches of the San Quentin 1000 Mile Club, a group of compassionate folks led by 2022 RRCA Volunteer of the Year Frank Rouna. San Quentin is a state penitentiary located north of San Francisco. Frank and his coaches help the inmates train for a marathon and in the process, these men can see second chances for themselves. In fact, of all the 45 participants that have been released from prison, none have reoffended. The documentary "26.2 to Life" will open up people to the humanity of these prisoners and show the power of running to positively affect those who

society may not consider redeemable.

2. Volunteer at races – Volunteers always should be on the top of the list for folks who make a difference in our sport. Without volunteers, there would be no races. Volunteers give up their time and put in the effort so that runners can meet their goals. Yes, it's great to thank those volunteers at your races, but it's even better if you volunteer yourself so that races can take place and take place safely.

3. Volunteer in or show appreciation for your running club – Board members at running clubs bring folks to run together in a community. Board members plan and carry out activities to ensure that club members can enjoy the camaraderie of each other. Board members may plan races, and raise funds to improve their clubs and/or communities. Board members serve because they care about their fellow club members and their communities. Just like with race volunteers, saying thanks is great but offering to help and step up is better. Another alternative way to thank long term board members is to honor them with a RRCA 2000 Hour Service pin and certificate. (<https://www.rrca.org/programs/2000-hour-volunteer/>)

4. Donate! Lack of time may be a factor with the first 3 action items. So donate! It can be done with a local organization that uses running to help others. For example, in Northern California two kids running programs are Running for a Better Oakland and Teens Run Modesto. Testimonials were told to me on how children were able to change their downward trajectories around in schools. Funds are used to buy running shoes (a huge expense), running clothing, snacks, race entries, etc.

If you're not too sure where to donate locally or maybe you really want to make a national impact, then donate to the RRCA. Your donation enables the RRCA to grow and enhance our valuable programs that benefit the running community. You can choose to donate at <https://www.rrca.org/donate-to-rrca/>, to such RRCA programs like Kids Run the Nation Fund, RunPro Fund, Annual Fund, and the new Coaching Scholarship Fund.





## DSE AT B2B

Bay to Breakers is always a fun time, and this year was no exception. Whether you ran, volunteered, cheered, or were part of our DSE Centipede, kudos and congratulations!



*The DSE Centipede at the starting line.  
© 2023 Paul Mosel*



*Without our volunteers, there would be no  
B2B. Thank you so much!  
© 2023 Phyllis Nabhan*



*Johnny managed to capture a selfie with  
Terri without breaking stride!  
© 2023 Johnny Chow*



*This shot of Noriko made the San Francisco  
Chronicle!  
© 2023 SF Chronicle*



*Akemi and Shawn running for a heart and  
brain, respectively.  
© 2023 Paul Mosel*



*Bzz bzz bzz!  
© 2023 Ken Wu*

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

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Thursday, June 1: **2023 Summer Series at Lake Merced** - MEMBERS ONLY - [Course Map](#)

Course Description: Start/finish at the north end of Lake Merced (the parking lot at the foot of Sunset Boulevard). 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 6:30pm. Finish line closes at 7:30pm.

Sunday, June 4: **NO DSE - Opportunity to run Statuto Race**

Thursday, June 8: **2023 Summer Series at Lake Merced** - MEMBERS ONLY

Sunday, June 11: **Lake Merced 4.5M** - [Course Map](#)

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

Thursday, June 15: **2023 Summer Series at Lake Merced** - MEMBERS ONLY

Sunday, June 18: **Father's Day Rainbow Falls 5K & Kids Run** - [Course Map](#)

Course Description: Start/finish at JFK & Transverse in Golden Gate Park. Run eastbound on Kennedy Drive; right turn (uphill) onto Stow Lake Drive. Run to Turnaround cone (.06m). Reverse directions, right back onto Kennedy Drive. Run east up Kennedy Drive to McLaren Lodge. Turnaround at Barricade at Kezar Drive, start back and turn right on East Conservatory Drive. Run up and around East Conservatory Drive then back onto Kennedy Drive and return westbound to finish.

\*Kids Run starts after finish of 5K\*

Thursday, June 22: **2023 Summer Series at Lake Merced** - MEMBERS ONLY

Sunday, June 25: **Coastal Trail Challenge 10K** - [Course Map](#)

Course Description: NEW start/finish: Upper Baker Beach parking lot adjacent to triangular tourist board. Exit parking lot onto sandy beach via wooden bridge, run .28M east, right uphill onto Sand Ladder. At top turn left (stay inside the guard rail of Lincoln Blvd.) and run uphill/downhill along Coastal Trail. Exit left onto path that transverses under GG Bridge. Take the left fork onto .1M criss/cross path. Exit left, run down the staircase. Exit across Long Avenue. Right onto Golden Gate Promenade. Turnaround is 50 yards prior to concrete slab adjacent to Yacht Harbor. Return the same way. Run west along GG Promenade, left up the staircase, run west under GG Bridge, right onto Coastal Trail, stay inside Lincoln Blvd. guard rail. Run downhill along Lincoln Blvd. trail that passes Sand Ladder; at fork turn left via "Battery Section;" run back to Upper Baker Beach parking lot. Take a quick left turn to finish line.



# 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

For San Francisco, more of the same with near to slightly below normal temperatures with night and morning low clouds and fog. But inland, the unusually cool spring morphs into summer. Inland highs will reach 101, but the 680 corridor will be 10 to 15 degrees below normal at times with many days only in the 70's to low 80's with chilly nights for June. Do not be surprised to see some light rain towards the end of the month from summer thunderstorms rolling west down the Sierra into some North or East Bay valleys. My take on the current pattern . . . summer delayed!



*Lovely spring blossoms in Golden Gate Park.  
© 2023 Paul Mosel*

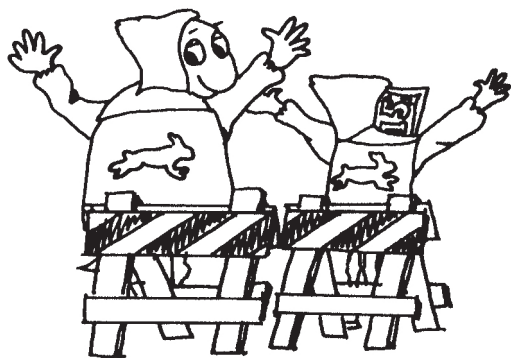
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