



IT'S THE GREAT HIGHWAY, CHARLIE BROWN

It was a clear, perfect day for DSE's most festive race of the year--the Great "Halloween" Highway 5K. We had a great turnout (150+ strong!) and the costumes were fantastic. Enjoy these photos from Jay Boncodin, and remember--it's never too early to start planning next year's get-up!



...Continued on p. 6

From the President's Desk

JOE KANIEWSKI

This October was a stellar month for DSE races. We enjoyed nearly perfect running weather during the month. There were sunny skies for the Jeanie Jones 5k Tribute race in Golden Gate Park and at Rockaway Beach. We sneaked in our race before the rain at the Presidio Wall trail run and enjoyed ideal sunny cool conditions along Great Highway for our Halloween 5K. A special shout out to Yoly Pantig for race directing another fun costume infused Halloween themed race.

Earlier in October, I attended the San Francisco Community Running Festival on behalf of DSE, with over 20 other run clubs participating. It was a great collection of running organizations that serve different Bay Area runners and new runners looking for a different running experience. Everyone from the racing team clubs like Excelsior, Impala, and West Valley Track Club to Nth degree and Oakland Track Club--to name a few-- participated. A big thanks to Katia Stern and Chewey Lam for helping me represent our club and highlighting our unique events and community.

It's time to organize your four person relay team for the West Valley Track Club's Christmas Relays around Lake Merced Dec. 17th. DSE is sponsoring up to 10 teams to race. Right now, it looks like we have at least three

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teams that are participating. If we get enough teams we will bring out the DSE team canopy and organize a post relay race potluck party. So if you like hyping up your friends to complete a team scored event, create a team before the November 15th registration closes to participate. Email me for additional details.

I'm heading back East in a couple days to run the New York City marathon and take a little vacation. It will be my 20th marathon and I can't wait to run through the 5 boroughs with 50,000 other runners and visit my grown-up daughters.

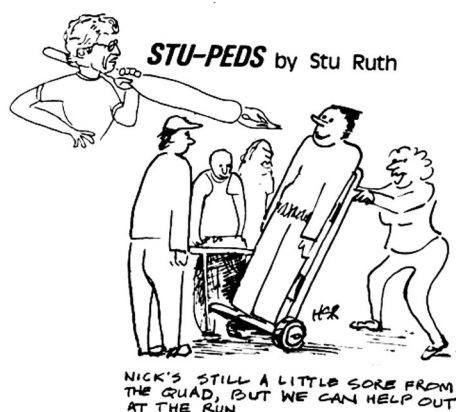
For November we have great races at Polo Field, McLaren Park, and Mori Point. Hope to see you out there.

KNEE QUESTIONS?

Longtime DSE member and weather guru Mike Pechner recently had a right knee replacement, which makes him 2 for 2 as far as artificial knees go. If any of our members who are considering knee replacement surgery would like to ask a lifelong runner and cyclist about the process, recovery, and results, Mike is happy to answer any questions. Just drop him a line at weather@community.net. And thank you, Mike, for offering to share your experience!

CLASSIC STU-PEDS

Stu Ruth



DISCOUNT CODES!

Turns out that non-DSE races are kind of expensive! No worries--we've got your back with discount codes for some of the Bay Area's most awesome upcoming events.

* November 5, 2023: [Golden Gate Half Marathon](#) (SFDSE10)

Run the Golden Gate Bridge and finish in Ghiradelli Square!

* November 11, 2023: [Mermaid Trail Run, Huddart Park](#) (GRDSE100)

A beautiful train run in Woodside, with a whole bunch of distances to choose from. Part of the woman-centered Mermaid Series, this race encourages women of all ages and

paces to come out and celebrate their love for running.

* January 7, 2024: [Hot Chocolate Run](#) (DSE5K, DSE10K, DSE15K)

A run through Golden Gate Park that ends with a truly obscene amount of chocolate.

* February 4, 2024: [Kaiser Permanente San Francisco Half Marathon, 10K, and 5K](#) (DSEC)

An SF original, spearheaded by our friends at Pamakids. Don't miss this one!

* March 2, 2024: [Revel Mount Diablo Half Marathon](#) (DSE15)

This new half marathon starts with sunrise at the top of Mount Diablo...and then goes 13.1 miles downhill for a net drop of 3664 ft. If you ever wanted to PR your half, this is the place to do it.

* March 3, 2024: [Napa Valley Marathon and Half Marathon](#) (DSEC)

Speaking of PRs, the Napa Valley Marathon has one of the region's fastest courses and is a great pick for a BQ. Plus there's wine! Register early for this one because it sells out every year.

So train hard and have fun, turtles! And remember to wear your DSE swag when you're out there on the course.

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

SF COMMUNITY RUNNING FESTIVAL

George Rehmet



George, Joe, Chewey, and RRCA state rep
Simone Adair at the festival.

© 2023 George Rehmet

On October 15 at Sports Basement Presidio, the first ever San Francisco Community Running Festival was held. Over 30 local running clubs had tables. The DSE was represented by President Joe and Chewey Lam. Jerry Flanagan was manning the Pamakids table. Personally, I was amazed by the diversity of clubs. But I was also happy that these clubs could get along with each other and collaborate with each other.

For 3 hours, folks mingled with each other while noshing on snacks and consuming a variety of drinks. One highlight was the amount of swag and gift certificates raffled off.

There were 2 panels – one on joining a running club and the other on diversity in running in which Chewey was a panelist. As RRCA President, it's a wonderful sight to see how diverse our local running community with these panelists. And Chewey really stood out with his energy and insights.

Special thanks to organizers Ross Wollman, President of SF Front Runners, and Christine O'Connell, co-founder of the Oh! Run Club.

More information about the event:

<https://www.canva.com/design/DAFvF56wZq8/4tVeNikcnLKb7L83Q-6iQg/view>



Chewey shares his experiences at the
Diversity in Running panel.

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2023 TURKEY TROTS

Amber Wipfler

Looking for a pre-feast run this Thanksgiving? You're in luck, as the Bay Area has a veritable cornucopia* of turkey trots to choose from this year. All of them are fun, festive, and benefit some great charitable organizations. Here are some you might want to check out:

Here in The City, we have the venerable [San Francisco Turkey Trot](#), now in its 22nd year. This benefit for the Lowell XC and track teams features a 5M run, a 3M walk/trot, and a 100-meter Gobbler Chase for the kiddos. Costumes and general silliness are encouraged!

Across the Bay, we've got the [Oakland Turkey Trot](#). This event features a 5K around Lake Merritt, followed by the Oakland Zoo's Run for Wildlife, a 200-yard dash perfect for the little ones.

And don't forget the [Nitro Turkey](#), put on by our friends at Brazen Racing. Held at Point Pinole Regional Park in San Pablo, runners can choose from a 10K or 5K off-road course. And kids under 10 can participate in the Little Turkeys run, a 100-yard dash with the elusive "Nitro Turkey." This is another one where dress-up is definitely encouraged!

Up north in Novato, you'll find the [Bank of Marin Turkey Trot](#). This race takes you through the lovely Indian Valley Campus of College of Marin. You can choose a 5K or 10K distance, plus there's a 1M option for the kiddos.

And down south in San Jose, there's the [Silicon Valley Turkey Trot](#), which in 2022 was the largest race in California. (Wow!) There's something for everyone at this event: a 5K, 10K, and even a virtual option, not to mention a Kids Run (for children 7 and under) and a costume contest.

So get all your cooking done the day before Thanksgiving, stick it in the fridge, then head out Thursday morning and have some fun. See you out there!

* apologies for the dad joke

P.S. Is there a trot in your area that I neglected to include? Post it on the [DSE Facebook Group](#) and tell us all about it!

RACE RECAPS

October 1, 2023

Lands End 5K

Race Director: Amber Wipfler

Volunteers: Phyllis Nabhan, Noriko Bazeley, Kristan Elman, Paul Mosel, Noemie Federico, Marianne Frank, Vincent French, Phyllis Nabhan, Kevin Lee, Richard Hannon, Ron Baxter, Uliana Popov, Jim Buck, Jane McFarland, Nick Lawrence, Doug Weller



RD Amber Wipfler

© 2023 Paul Mosel

94 participants: 90 racers (52 men, 36 women, 2 NB), 4 self-timers



Lining up for a run along the bluffs.

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A job well done!

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October 8, 2023

Jeanie Kayser-Jones 5K & San Franciscan Mile

Race Director: Chewey Lam

Volunteers: Phyllis Nabhan, Yong Haber, Paul Mosel, Ron Baxter, Marsi Hidekawa, Vincent French, Jeanie Jones, Victor Sk-orapa, Kevin Lee, Richard Hannon, Uliana Popov, Gary Brickley, Gene French



RD Chewey Lam

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1M: 50 participants: 50 racers (26 men, 24 women)

5K: 98 participants: 95 racers (54 men, 41 women), 3 self-timers



The woman of the hour.

© 2023 Paul Mosel



That uphill mile is no joke!

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October 15, 2023

Rockaway Beach 5K

Race Director: Veronica Balistreri

Volunteers: Mitchell Sollod, Yoly Pantig, Yong Haber, Ron Baxter, Paul Mosel, John Albertoni, Arianna Balistreri, Vincent French, Kevin Lee, Marsi Hidekawa, Richard Hannon, Wilca Gallagher, Uliana Popov, Jay Boncodin, Pat McAnaney, Juan Castro



RD Veronica Balistreri

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78 participants: 74 racers (50 men, 24 women), 4 self-timers



Neither wind nor waves can stop our intrepid finish line volunteers.

© 2023 Paul Mosel



Hooray for the top 5 finishers!

© 2023 Yoly Pantig

October 22, 2023

Presidio Wall 5K

Race Director: Marsi Hidekawa

Volunteers: Yong Haber, Mitchell Sollod, Jeorgina Martinez, Ron Baxter, Paul Mosel, Marianne Frank, Vincent French, Kevin Lee, Richard Hannon, Joe Kaniewski, John McCarroll, Uliana Popov, Neal Ashton, Chewey Lam, Riya Suising, Anna Burke, Jeanne LaBerge, Juan Castro



RD Marsi Hidekawa

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72 participants: 68 racers (45 men, 23 women), 4 self-timers



This cross-country course is hilly and hard, but it's also lots of fun.

© 2023 Terri Rourke

October 29, 2023

Great "Halloween" Highway 5K

Race Director: Yoly Pantig

Volunteers: Phyllis Nabhan, Carol Pechler, Yong Haber, Mitchell Sollod, John McCarroll, Paul Mosel, John Albertoni, Jeanie Kayser-Jones, Christine Clark, Vincent French, Laurie Quinlan, Kevin Lee, Diodita Avenis, Jay Boncodin, Terri Rourke, Jeorgina Martinez, Erin Muladore, Chewey Lam, Jayesh Shah, Veronica Balistreri, Marcus Balistreri, Ron Baxter



RD Barbie, pictured here with Mojo Dojo Ken.

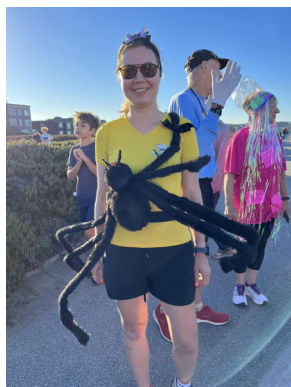
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152 participants: 147 racers (77 men, 68 women), 4 self-timers, 3 kids



Even the snacks were spooky.

© 2023 Paul Mosel



Eek!

© 2023
Kitzzy Aviles

CHRISTMAS RELAYS

Amber Wipfler

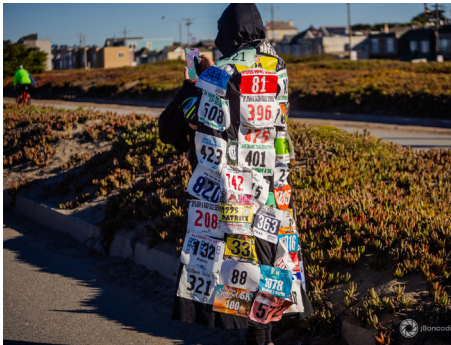
As you read in President Joe's column, DSE is sponsoring up to 10 teams in this year's Christmas Relays at Lake Merced. But what, you may ask, are the Christmas Relays? Glad you asked!

The Christmas Relays are an annual event hosted by the West Valley Track Club. Teams like West Valley (and Pamakids, and Excelsior, and Impala) compete in United States Track and Field Pacific Division (a.k.a. PAUSTAF) sanctioned races all around Northern California and Nevada, and the Christmas Relays are one such event. But what's fun about the Relays is that you don't need to be on a racing team to participate—it's open to any group of 4 runners, with costumes and revelry encouraged!

Teams of 4 in a slew of different divisions (open, masters, couples, families) each run a 4.5M lap around Lake Merced. It's a big event, with 200+ teams competing, and the mood is festive. Participants receive a fun Christmas-themed hat, and the winners get commemorative coffee mugs.

We'd love to get a large DSE presence out there this year. If there's enough interest, we will bring out the tent and have a post-race party for participants and spectators alike. Teams are forming on the DSE Facebook Group, and you can always [contact Joe](#) for more info. The registration deadline is November 15, so don't be a Scrooge--sign up today!

MORE HALLOWEEN!



HISTORY CORNER: MCLAREN PARK

Amber Wipfler

Sunday, November 12 is this year's running of the McLaren Park Shelley Drive 5K. It's a fantastic course with hills for miles (literally), but best of all it takes you into San Francisco's wildest and possibly most beautiful park. It's odd to call a 313-acre park in a 7-square-mile city "hidden," but McLaren just doesn't get that many visitors, especially compared to its brethren in the west (GGP and the Presidio). But if you're looking for great off-road trails, wildlife, and sweeping views of the Bay Area, you can't do much better.

So how did we end up with an undeveloped hilltop in the middle of the city's southeastern corner? Back when California was still a part of Mexico, it was part of a land grant known as Rancho Cañada de Guadalupe la Visitación y Rodeo Viejo, which included a large swath of not only present-day San Francisco but Brisbane and San Bruno Mountain as well. In the 1860's, after Mexico ceded California to the U.S. and it became the 31st state in the Union, a group of four homestead associations began promoting housing developments on the former Rancho land. However, due to its hilly topography and lack of access to downtown SF, few people were interested in building homes on what is now McLaren Park.

In 1905, famed urban designer Daniel Burnham drew up a master plan for San Francisco and designated this undeveloped, hilly area for parkland. In 1926, the SF Board of Supervisors directed the purchase of 550 acres to make the park a reality. Originally called Mission Park, the supervisors envisioned a spot with an 18-hole golf course, horse stables, and even a zoo. By 1927, when the park was officially christened McLaren Park (in honor of GGP superintendent John McLaren), the vision had changed to a recreational area with a redwood grove and orchard of fruit and nut trees. The widow of Luther Burbank even donated 10 walnut trees, to great fanfare at the park's 1927 opening ceremony.

However, in the elections of 1928, voters failed to pass a measure to fully fund the planned amenities. As a result, the city tempered its plans, and sold off some of the planned parkland for development. Buildings erected on the edges of what is now McLaren Park included the "Lick Old Ladies Home" and the Convent of the Good Shepherd (which still stands today on Bacon Street).



Some of the lovely singletrack at McLaren Park.

© 2017 Paul Mosel

During the 1930's, the Depression-era Works Progress Administration funded the construction of a scenic drive through McLaren Park, along with hiking trails. But very little else was done to the park until the post-Depression and post-war 1950's, when playgrounds, hiking trails, and a golf course were added. 1970 saw the construction of an amphitheater, now named after Jerry Garcia, who grew up less than two miles away.

Unfortunately, in the 1970's and 80's, the park gained a not-undeserved reputation for crime. Visitors dwindled as the police warned people not to visit the park alone, and trash piled up. In 1987, however, San Franciscans voted for a hefty bond package to revitalize city parks, and the McLaren Park master plan followed. Over the next three decades, improvements to the park were made slowly but surely, and the McLaren Park of today boasts a huge number of attractions. For runners and hikers, there are over 11 miles of trails winding through grassland, scrub, and forest. Bird watchers and nature enthusiasts enjoy a diversity of wildlife, especially at spring-fed Yosemite Marsh, as well as a native plant garden. McNab Lake has a clubhouse and expansive picnic area, and there are numerous recreational fields for baseball, soccer, and tennis. Just south of the Gleneagles golf course is San Francisco's first and only BMX/mountain biking park. And for those in a reflective mood, the labyrinth at the park's highest peak and the Philosopher's Way along the perimeter offer a chance for quiet contemplation in a beautiful setting.

So join us for our race in McLaren Park, and then don't be a stranger! There's a lot to enjoy out there.



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. See you Sunday!

Sunday, November 5: **Polo Field 5K** - [Course Map](#)

Course Description: Start/finish on the south end of the Polo Field in Golden Gate Park. Run westbound on Middle Drive, right onto Bernice Rogers Way and right onto Kennedy Drive. Run up Kennedy Drive to Transverse Drive, right onto Transverse Drive, right onto Overlook (dirt trail) and right onto Middle Drive to finish.

Sunday, November 12: **McLaren Park Shelley Drive 5K** - [Course Map](#)

Course Description: Start/finish at the parking lot located at 21 Shelley Drive in McLaren Park (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.

Sunday, November 19: **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 along 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 26: **NO DSE - Opportunity to join LMJS Fourth Sunday Run** - [Website](#)

Course Description: We're paying a visit to our friends across the Bay! Join the Lake Merritt Joggers and Striders for their Fourth Sunday Run around the most lovely lake in Oakland. Choose from 3 distances: 5, 10, or 15K, and come early for a fun and free kids run! Start/finish is at Adams Point, the grassy area next to the Sailboat House (568 Bellevue Avenue). Please note that there is no race day registration--[visit https://lmjs.org/event-5467908](https://lmjs.org/event-5467908) to sign up.

Sunday, December 3: **Fort to Fort 10K** - [Course Map](#)

Course Description: Start/finish on the Fort Mason Hill lawn (near Great Meadow). Complete 0.3M Great Meadows clockwise loop, exit onto Marina Boulevard, continue right through Yacht Harbor parking lot, run entire Crissy Field promenade trail, turn around at Hopper's Hands. Return 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

A few days ago, some of the forecast models were not as bullish they are now. With all the hype of the incoming El Nino, Mother Nature and reality are coming together at a good time. Looking far down the road, meteorologists and scientists are crunching lots of data into super-computers to come up with various long-lead forecasts that might help in predicting both ends of the scale--long term drought and excessive wet winters, both of which have major implications on our quality of life and future decisions regarding water management and supplies too smooth demand in lean years. Without looking at the breakdown, most of November and going into December look wet with above normal precipitation. How much above average right now is difficult to quantify but safe to say, the official end to fire season is close at hand. It certainly appears light to moderate rain will make an appearance Saturday night and through Sunday morning. The following week will see dry and cool weather with more rain and mountain snow for Veteran's weekend. Beyond that, individual storms are hard to pick out for a specific date, but we could see rain in the low lands and snow in the Sierra around Thanksgiving for an excellent start to the ski season. All the precipitation will be stored which gives us a great start to the water year.



*A picture perfect day in Pacifica.
© 2023 Phyllis Nabhan*

◆◆◆ Club Officers & Coordinators ◆◆◆

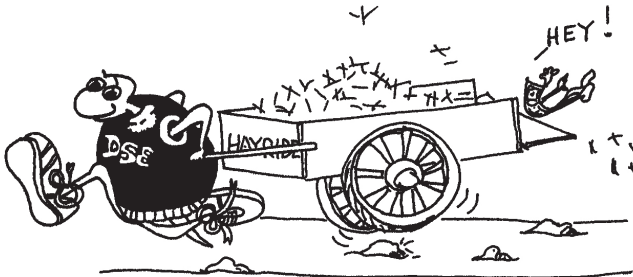


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RETURN SERVICE REQUESTED



Happy Birthday! ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦
NOVEMBER

- | | | | | | |
|----|---------------------|----|----------------------|----|-------------------------|
| 1 | Sung Choi | 11 | Howard Duff | 21 | Frank Alupay |
| 2 | Ron Baxter | | Marianne Frank | | Dympna O'Connell |
| | Kai Scott | | Andrew Halpin | | Erika Rutledge |
| 3 | Jenni Desideri | | Steve Musser | 22 | Shawna Cooper |
| 5 | Ross Rabkin | 13 | Liam Hillis | | David Wilson |
| 6 | Veronica Balistreri | | XJ Liao | 23 | Anna Taranenko |
| | Bob Kleinhenz | 14 | Stephen Dodson | 24 | Spencer Rendon |
| 7 | Matthew Cox | | Joe Iguain | 25 | Adriana Collins |
| 8 | Tehani Nishiyama | | Laura Storto | | Julie Munsayac |
| | Annie Pflaum | 18 | Michael Gulli | | Lara Scanziani-Grijalvo |
| 9 | Annika Carpenter | | Joe Kaniewski | 27 | Kenneth Fong |
| | Tim Conneely | 19 | Lingye Wu | | June Szydluk |
| | Sharon Liu | 20 | David Davis | 28 | Tim Danison |
| | Hiroshi Nishiyama | 20 | Jeannie Kayser-Jones | | Becky Rozewicz |
| 10 | Chloe Gaillot | | | 29 | Margit Falk |
| | | | | | Lucia Ling |
| | | | | 30 | Jenna Lange |