

57th Year

WE WISH YOU A MERRY EVERYTHING

Amber Wipfler

Happy Holidays, Turtles! It's time to celebrate with loved ones, reflect on the last 12 months (that passed far too quickly!) and set goals for the year to come. In that spirit, we asked you all to share what you are grateful for this holiday season. Here's what you had to say:

"One thing I am grateful for is the connections and friends I have made. The stories I have heard through 2023 are very inspirational. Learning from their experiences. Looking forward to more and be inspired as I continue my journey as a runner. Thank you DSE!" - Ken Wu

"Being minutes away from a wide range of beautiful places to hike and run year round - Mori Point, Rockaway Beach, Twin Peaks, Crissy Field, Baker Beach, the Presidio, Glen Canyon, Crystal Springs, Golden Gate Park, McLaren Park, Huddart Park - WOW!!" - Stephanie Soler

"I'm grateful that running has connected me to new and different people, places, and experiences." - *Joe Kaniewski*

"It's all about the connections and so very grateful I am still able to get out there. Food for the soul for sure!!" - Pat Geramoni

"I agree with everyone else here!" - George Rehmet



Phyllis's legendary DSE Christmas tree. No matter how or what you celebrate, all of us at DSE wish you a marvelous holiday season and joyous new year! © Phyllis Nabhan

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December 2023

From the President's Desk

From Rockaway Beach and McLaren Park to Mori Point and Fort Mason, we had good runs in November.

Despite the record 50,000+ participants, I managed to run with and see or follow a number of SF locals at the New York City Marathon. Congratulations to DSE members Ken Fong and Chewey Lam, as well as other runners like Chris Bogan, my friend Carl "Lord Fredrick" Minor from Achilles Bay Area and Back On My Feet, and Markelle "the Gazelle" Taylor from the 1,000 Mile Club. What an awesome experience running the NYC Marathon was. It was my #20 marathon, my slowest time, but I was happy to experience the world's biggest block party, the screaming crowds hugging the course, the funny posters, the interesting diverse neighborhoods, and the good swag. Best of all, my grown up daughters were there to cheer me on.

On November 17, I volunteer coached, counted, hollered, and hyped the Frank Roana San Quentin Marathon inside San Quentin Prison. Over 25 runners ran 105 laps through the prison yard, past basketball and tennis courts, through religious singalongs, up a hill past a baseball diamond, and along a soccer pitch and football field. A hearty congratulations to the first time marathoners from the 1,000 Mile club at SQ. Also, a big shout out to Tommy Lee Wickerd and Frank Roana for inspiring everyone and organizing the race again this year. We had the highest number of finishers, participants, and a new course record, 3 hours and 5 minutes set this year.

13 DSE runners came out to run the St. Ignatius Turkey Trot, benefiting St. Anthony's Dining Hall on Thanksgiving Day. It was the 25th annual low key run around Lake Merced. A young fan informed me at the end that my dog Skipper was the first dog finisher, so that made it even better.

Next year's first half race schedule is out. You should note that we added a few longer races to the schedule at Oyster Point and Mori Point. Please join me and give a big thanks to the hard work of Stephanie Soler and Liz Noteware for working with SF Rec & Park and the City of South San Francisco to get Oyster Point back on the schedule after a long construction project down there. Thanks also to Jerry Flanagan for helping with permits for the City of Brisbane, Ken Fong for helping with GGNRA permits, and Janet Nissensen for helping with the City of Pacifica permits.

Several turtles completed the California International Marathon on December 3. Congratulations to Noel Bautista (2:38 PR), Oliver Chan, Jason Reed, and Kenny Crampton for doing CIM. Apparently, Kenny was

CLASSIC STU-PEDS

Stu Ruth



PACIFIC MARATHON WANTS ME TO DEFEND MY LAST YEARS FOUR THOUSAND SIX SIXTY FIFTH PLACE PINISH.

doing the marathon on 1 hour sleep after playing a gig with his band the night before. He ended up doing a 3:50 marathon at 63 with an hour of sleep.

We have 5 DSE teams signed up for Christmas Relays on December 17th at Lake Merced and a few turtles running on other teams. Since we are taking the week off from racing, you are all invited to come out and cheer on our teams and hang out at our DSE canopy. Santa, reindeer, and elf costumes are optional.

We have some great races planned for the rest of December. With Christmas and New Year's Day falling on Mondays, we have races scheduled for Christmas Eve and New Years Eve. What could be

better than getting outside for fresh air and exercise before things get crazy with the family. Come on out if you are staying local this holiday season. Have a great December.



Joe and Chris running the streets of NYC. © 2023 Joe Kaniewski

DON'T FORGET TO **RENEW!**

The new year is fast approaching, which means it's time to renew your DSE membership for 2024! You should have received an e-mail by now with instructions on how to renew your membership online. If you didn't, here's the link.

Don't pay full price or miss out on age group/volunteer points because you forgot to renew! Get yourself online and make sure that you are a bona fide. certified DSE Turtle for 2024.

How to contact the DSE News How to contact the DSE The DSE Newsletter is published monthly for the DSE Running Club. Mail **DSE Runners** Amber Wipfler, Editor Please note that submissions may be edited for P.O. Box 210482 length and clarity. San Francisco, CA 94121-0482 Website/Membership Application: Submission Deadline: www.dserunners.com Please submit your material to the editor by Webmaster: Rob Snavely the 25th of each month if you would like it to be published in the following month's newswebmaster@dserunners.com letter.

Contact:

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).

CONGRATS MARCUS!

Huge kudos to Marcus Balistreri, who was the sole member of the Terra Nova High School (Pacifica) boys cross country team to make the CIF Central Coast Championships on November 11. Marcus, now in his junior year, ran a fantastic race and established himself as one of the Bay Area's top high school runners. Way to go!



Marcus (center, in sunglasses) takes his mark at CCS. © 2023 Veronica Balistreri

RACE DIRECTORS & VOLUNTEERS NEEDED!

Kevin Lee

DSE success starts with club members signing on to serve a DSE race director...

DSE races do not happen without someone like you unselfishly stepping up to serve as the RD.

Kudos to all 2023 DSE RDs. 2024 will have another 40+ race schedule. We will need race directors for all race dates. Please click the "Race Director" tab from <u>www.dserunners.com</u>, pick an open date, and e-mail Kevin (<u>dse.pekingduck@gmail.com</u>) to make it official.

We also need volunteers at every Sunday race to help out with finish line tasks (timing, pulling tags, spindling, and handing out ribbons), as well as course monitors. If you are a new member or haven't volunteered recently, please give up running one of these Sundays and make a contribution to the club that gives you so much. The success of our races (and our club) depends on everyone doing their fair share. Volunteer sign-up is easy--just use the same email link you'd use to pre-register, but choose a volunteer slot instead of a race slot. You can also answer the weekly call for volunteers made on the DSE Facebook Group. Thanks in advance for your help, and for making DSE the best running club in SF!

DSE ELECTIONS UPDATE FOR 2024 DSE OFFICERS

Brian Hartley

As your DSE Elections Chairman, I wanted to provide all DSE members with an update on our DSE Officers for 2024. At this time, President Joe Kaniewski, Vice President Stephanie Soler, and 2nd Vice President Terri Rourke, have all agreed to serve in their current positions through 2024. I have contacted Katia Stern as well to see if she is willing to stay on as DSE Secretary. In summary, below are your proposed officers for 2024 at this time. The slate of officers for 2024 will be finalized shortly.

President – Joe Kaniewski Vice President – Stephanie Soler 2nd Vice President – Terri Rourke Secretary – Katia Stern (Pending) Treasurer – Rebecca Teichmann

PSST... IT'S THE HANGOVER RUN

It's nothing official or anything, but if you show up at the SF side of the Golden Gate Bridge on the morning of New Year's Day, say at around 9:00 a.m., you miiiiiight see some other DSE'rs there. There is even the possibility of snacks and adult beverages, although you probably want to do your bridge run first before imbibing. Just saying! *wink*



It's a DSE tradition! © 2023 Paul Mosel

RACE RECAPS

November 5, 2023 Polo Field 5K

Race Director: George Rehmet Volunteers: Yong Haber, Ken Wu, Mitchell Sallod, Jeorgina Martinez, Phyllis Nabhan, Deysi Ocampo, John Albertoni, Vincent French, Rubi Kawamura, Paul Mosel, Kevin Lee, Noriko Bazely, Richard Hannon, John McCarroll, Samantha Kamras, Jim Buck, Jane McFarland, Doug Weller, Ron Baxter



RD George Rehmet © 2023 Paul Mosel

107 participants: 104 racers (58 men, 45 women, 1 NB), 3 self-timers



The triumphant moment of tearing the tag. © 2023 Paul Mosel



Photo of the photographer! © 2023 Paul Mosel

November 12, 2023 **McLaren Park Shelley Drive 5K** <u>Race Director</u>: John McCarroll <u>Volunteers</u>: Jeorgina Martinez, Mitchell Sollod, Paul Mosel, Juan Melendez, Vincent French, Kevin Lee, Rose Griffin, Jayesh Shah, Neal Ashton, Jason Burleigh, Ron Baxter



RD John McCarroll © 2023 Paul Mosel

56 participants: 54 racers (38 men, 16 women), 2 self-timers



Johnny and Hugo ready to roll. © 2023 Paul Mosel



Finishing strong after a tough course. © 2023 Paul Mosel

November 19, 2023 Mori Point 5M

Race Director: Veronica Balistreri Volunteers: Yong Haber, Mitchell Sollod, Pat McAnaney, Abel Vasques, Paul Mosel, Marcus Balistreri, Vincent French, Kevin Lee, Blythe Marshman, Victoria Conneely, Marsi Hidekawa, Suzana Seban, Ron Baxter, Chewey Lam, Juan Melendez



RD Veronica Balistreri © 2023 Paul Mosel

55 participants: 51 racers (35 men, 16 women), 4 self-timers



Three-way photo finish! © 2023 Paul Mosel



Brian takes a breather. © 2023 Paul Mosel

DSE: HERE, THERE, AND EVERYWHERE

With only three club races in November, there were tons of opportunities for DSE members to participate in events throughout the Bay Area. Check out what your fellow turtles were up to!



George, Blythe, and Diane were the top 3 finishers at the Captain's Runaround 12-hour race in Modesto. Well done! © 2023 Tony Nguyen



Rebecca, Mitchell, and Chewey did DSE proud at the LMJS Fourth Sunday Run around Lake Merritt. © 2023 Rebecca Teichmann



DSE Mermaids! © 2023 Stephanie Soler



Amber (large turkey) and Otto (little turkey) postrace at Brazen's Nitro Turkey event. © 2023 Brian Bercovitz



A sizeable group of turtles at the St. Ignatius Turkey Trot around Lake Merced. © 2023 Terri Rourke



Steph and Debbie feeling fabulous at the SF Turkey Trot in Golden Gate Park. © 2023 Stephanie Soler



And even more turtles at the South San Francisco 50th Anniversary Thanksgiving Fun Run! © 2023 Paul Mosel

HOLIDAY GIFT GUIDE

Amber Wipfler

Looking for a gift for the runner in your life? Or maybe you want to get a little somethin'-somethin' for yourself (you know you deserve it)? We asked our members to tell us their favorite running gear, and they delivered!

Lululemon Fast and Free Running Belt: Alissa says, "Love this run belt! I store my run essentials: iPhone, keys (has clip to hook your key ring so it doesn't just fall out accidentally from all the bouncing) and sanitizing gel, cough drops or GU gel, lady stuff, Kleenex, pepper spray, etc. It's adjustable, it clips on, it's durable, has a zipper for your phone, and the 4 other side pockets are great snug to keep contents from falling out!"

Oiselle Runner Trucker Hat: Amber loves this hat because "I have a ridiculously small head, so I have a hard time finding hats that fit. This one uses a toggle closure, so I can cinch it to just the right amount of tightness. It's super comfy, is foldable but holds its structure, and I can toss it in the washing machine to no ill effect. And as far as mesh hats go, it's pretty cute!"

Abeter Best Running Belt: Rob says, "I always run with this running belt which comfortably and securely holds my phone and keys." It's waterproof, too!

Lightning Bold Stud Earrings: We don't have a link for these, but what a fantastic idea from Steph! Come to think of it, dangly lightning bolt earrings would be pretty cute too (but maybe less fun for running!)

<u>Smartwool Socks</u>: Ever had your sock rub the wrong way during a long run? The next thing you know, you've got a wicked blister that puts you on the shelf for a week. Not with these merino wool, virtually seamless, moisture wicking bad boys.

Aftershokz OpenRun Headphones: Wireless, waterproof, and lightweight, these headphones come in two different sizes and have an 8-hour charge.

<u>Running Vests</u>: There's no better way to keep your core warm during chilly winter exercise! Plus the good ones will have pockets for all your essentials. Joe suggests this Runner's World guide to the best vests for running. <u>Flipbelt</u>: Another super popular running belt among our members! Along with the original model, you can also get belts with lights, reflectors, or water bottle holders.

Powerbeats Pro Earbuds: Liz loves these top notch wireless earbuds that hold a charge for up to 9 hours. If you want to immerse yourself in sound while you work out, these are the ones you want.

Garmin Forerunner 745: If you really want to treat yo'self this holiday season, you can't do much better than this insanely popular (and insanely awesome) Garmin watch. It's got features up the wazoo, can be used for running, cycling, and swimming, and doesn't take up half your arm with its size.

Strava Subscription: If you're the type of runner who maps out all your courses to a "T" and wants all the deets on mileage, elevation, pace, and the like, the Strava app is a must-have. The paid version gets you even more features, and makes a great gift for your favorite runner (including yourself).

And since we're talking about subscriptions, how about <u>membership</u> in San Francisco's oldest and friendliest running club? Who wouldn't want free races for an entire year with a gifted Gold Membership? On that same note, don't forget the <u>DSE Store</u>, where you can get everything from hats to hoodies emblazoned with our famous running turtle.

Thanks to everyone who responded to our call for gift ideas on the <u>DSE Facebook Group</u>, and happy holidays to all!

NEWSLETTER SUBMISSIONS

The DSE News wants to hear from YOU! Did you participate in a super fun running event and want to share your photos and stories? Did you slay it at a race and get a PR, or earn a medal? Do you have training tips, or travel ideas, or memories of DSE in years past? Did you draw a funny doodle of the running turtle (does it even have a name?) while you were bored during a meeting? Then pretty please send it along for publication in the newsletter. In the same way that you enjoy reading your fellow members' stories, they would really enjoy reading yours! So don't be shy--send in your articles, photos, drawings, or anything else you can think of. Thanks a million!

RECIPE CORNER: TURTLES

Amber Wipfler

In this inaugural edition of DSE's Recipe Corner, we've got a recipe that is easy, delicious, perfect for holiday gift-giving, and at least marginally relevant to our running club! Feel free to make these and bring them to any DSE related event.

HOMEMADE TURTLES

Ingredients:

- 2/3 cup (75g) finely chopped pecans, toasted- 16 caramel square candies (or 16 pieces of caramel

cut from a bock)

- 16 chocolate discs, 1 to 1" inches in diameter (I like bittersweet, but whatever floats your boat)

- optional: pinch of salt (flaky/kosher salt works best)

Instructions:

- Preheat the oven to 375 degrees.

- Line a baking sheet with parchment paper (or grease it up real good, if you don't have parchment). Divide the nuts into 16 little piles on the sheet, making them as equal as possible.

- Flatten the caramel candies between your thumb and forefinger (you'd better have washed your hands!) and place one candy on top of each pecan pile.

- Place the baking sheet in the preheated oven until the caramel begins to soften and melt. The King Arthur recipe I cribbed this from says 2-3 minutes, but it always takes my oven 5-6.

- Remove the baking sheet from the oven. Let it cool for a minute, then press a chocolate disc into each of the caramel candies.

- If you're feeling fancy, and if salted caramel is your jam, top the chocolate with a pinch of fleur de sel/ flaky salt. Regular table salt can work too, just use it very judiciously.

- Let the candies cool and set before removing them from the pan. (This waiting bit is possibly the most difficult part of the recipe.)

- Put into a festive tin and give as a gift, or just eat them all yourself in one sitting. We won't tell!



THE NIGHT BEFORE DSE-MAS

Amber Wipfler

Back by popular demand, it's the magical story of DSE Christmas, best read with a with a large glass of eggnog!

Twas the morn before Christmas Just around dawn My alarm clock went of I awoke with a yawn I fumbled in the dark 'Til I found my phone Looked at my calendar And let out a groan A nine o'clock 5K? Just before Christmas Day? In Golden Gate Park? Nuh-uh, no way! I don't care that it's fun I don't care that it's cheap It's the day before Christmas I just want to sleep Then what to my wondering eyes should appear But the ghost of Walt Stack With a six-pack of beer His eyes, how they twinkled! His arms, so tattooed! No shirt on his chest And his words a bit crude "Put your running shoes on, And get out of bed! There's miles to be run, You can sleep when you're dead." "You're right!" I cried out. "I love running races! Especially surrounded By DSE faces." So I leapt from my bed, And put on my gear, To run a 5K Full of holiday cheer Walt gave a smile, From his beer took a quaff, And left with these words, "START SLOW AND TAPER OFF!"

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, December 10: Baker Beach 5K - Course Map

<u>Course Description</u>: Start/finish at the lower Baker Beach parking lot. Upon exiting lot, immediately turn left on Battery Chamberlin Road and run up to and through upper parking lot. Exit through gate at far end and run east into short Battery section before completing .6 mile uphill climb. Run left (inside guard rail) along Lincoln Way. Just beyond Langdon Court (Street), take the left fork gravel trail and run the entire "new trail" section with wooden bridge. Do not exit onto asphalt pedestrian/bike lane leading to GG Bridge. Instead, turn around at end of trail and return the same way to finish.

NOTES: Additional parking is available in the upper parking lot off Battery Chamberlin Rd. Baby Strollers are not permitted for this race.

Sunday, December 19: NO DSE - Come cheer on our teams at the Christmas Relays!

Sunday, December 24: Rainbow Falls Holiday 5K & Kids Run - Course Map

<u>Course Description</u>: Start/finish at JFK & Transverse Drive, Golden Gate Park. Run east up Kennedy Drive to McLaren Lodge. Turn around at the 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 at conclusion of 5K (approximately 9:45 a.m.)

Sunday, December 31: Windmill 10K - Course Map

<u>Course Description</u>: Start/finish at JFK Drive & Dutch 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, January 7: Twin Peaks 4M - Course Map

<u>Course Description</u>: Start/finish near reservoir at Galewood Circle & Clarendon Avenue. Challenging 4-mile loop around Twin Peaks with spectacular views. Complete inside reservoir counter-clockwise loop; exit downhill onto Clarendon, left onto Laguna Honda and run uphill to Woodside Avenue. Continue up Woodside Avenue past the gas station. Run uphill/downhill on Twin Peaks Boulevard then left and run uphill/downhill on Clarendon and finish inside reservoir.

Sunday, January 14: Polo Field 5K - Course Map

<u>Course Description</u>: Start/finish at the south side of Polo Field, 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.

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.

2024 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 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

Despite the hype of the strongest El Nino, rain may be elusive this month which in the long RUN is good for DSE'ers! Dry, cool days are on tap until about mid month when some rain moves into the Bay Area around the 16th. With the clear nights, expect morning temperatures near freezing outside of SF and highs in the 50's to low 60's. Dry weather sets up gain after the mid-month rain. Right now, its probably going to be dry into Christmas Eve. Beyond that, some of the models show dry weather Christmas Day with a good possibility of rain around New Years Eve which could last New Year's Day for the Hangover run. We need the rain and snow so keep your fingers and toes crossed! Merry Christmas and Happy Chanukah.



Skipper Kaniewski enjoys a clear winter day at Lands End. © 2023 Joe Kaniewski

Club OfficersCoordinators

PRESIDENT ANGELICUS Walt Stack



PRESIDENT Joe Kaniewski president@dserunners.com SR. VICE PRESIDENT Stephanie Soler seniorvp@dserunners.com 2ND VICE PRESIDENT Terri Rourke secondvp@dserunners.com SECRETARY Katia Stern secretary@dserunners.com TREASURER Rebecca Teichmann treasurer@dserunners.com OFFICERS AT LARGE Marsi Hidekawa Kevin Lee Jerry Flanagan Liz Noteware Anna Burke MEMBERSHIP Terri Rourke **KIDS RUN** Veronica Balistreri vamm87@gmail.com EQUIPMENT Vince French (415) 656-5222 RACE SUPPLIES Chewey Lam RACE RIBBONS Marsi Hidekawa SOCIAL MEDIA Amber Wipfler DSE RACE RESULTS Marsi Hidekawa AGE DIVISION POINTS Janet Nissenson PERMITS/SCHEDULING Jerry Flanagan Kenneth Fong Janet Nissenson Liz Noteware Carol Pechler RACE DESCRIPTIONS Brian Hartley COURSE MAPS David Wilson DSE PHOTOGRAPHER Paul Mosel WEBMASTER **Rob Snavely**

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SAN FRANCISCO, CA 94121

RETURN SERVICE REQUESTED







Happy Birthday! • • • DECEMBER

- 1 Mary Eannarino
- 2 Ximena Ares
- Ella Mogannam
- 3 Sierra Castaneda
- 4 Mike Pechner
- 5 Sarah Harlin
- 6 Kenny Crampton
- 7 Connor Rouan Stephan Fouksman Jonathan Nickles HAPPY HANUKKAH!
- 8 Michael Crites George Rehmet Juliette Johnson Rob Toloy
- 9 Wayne Plymale Catherine Flynn
- 10 Mort Weisberg Gary Brickley Beiying Zhang

11	Amanda Ables

- 12 Mariya Cree Amy Sonstein Ethan Liu
- 13 Patty Gee
- 14 Kristin Avenis
- 15 Carol Keller
- 16 Andy Chan
- 17 Lazaro Sanchez James Saunders
- 18 Francois Lariviere Caroline Chang
- 19 John McCarroll Glen Furuta Ziggy Tomcich Erin Rapacki
- 20 Judith Waitz Jose Villalobos Daniel Henry Rob Snavely

- 21 George Musante Virginia Rosales Mikiko Uesugi Heather Bourbeau JOYOUS SOLSTICE!
- 22 Elaine Gecht Omar Wasow
- 23 Jessica England
- 24 Colin Davitian
- 25 Joseph Christian Roldan Sandor Mandoki Austin Nie MERRY CHRISTMAS!
- 26 Eryka Milligan Luis German Zara Tepedelenlioglu HAPPY KWANZAA!
- 27 Olivia Hanna
- 28 Paul Marchant
- Nicholas McNamara 30 Carl Grace
- Elizabeth Gress
- 31 David Klinetobe