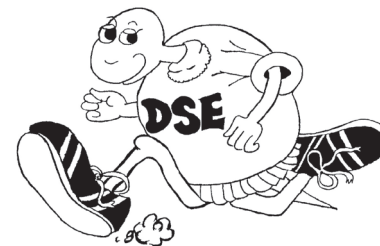


DSE NEWS



57th Year

May 2024

MY BOSTON JOURNEY

Terri Rourke

Boston is a dream for so many runners. I came to the dream late, first secretly and even later, tentatively. I missed qualifying due to Covid years and then injury. Finally, February 2023 I did it! Boston here I come! Then February 2024, injury again. I barely walked more than 3 miles the next number of weeks but added a lot of swimming and elliptical. My PT and Coach (both somewhat reluctantly, not sure I should take it on) got me on a strength and run/walk program. I practiced walking fast and shortly before heading out, I got up to 11 miles of run/walking and felt that I had a decent shot at finishing before the 6 hour cutoff time.

Saturday was the expo. Amazingly, the most space there was taken up by some kind of hair straightener booths - really important for runners I guess. But I also got to listen to Joan Benoit Samuelson. She seems like such a lovely, down to earth person! Her final recommendation? Make sure you put plenty of petroleum gel on your feet! Afterwards, I met up with a friend for a walk down Newbury Street and a late lunch.



DSErs at the Hopkinton start!
© 2024 Riya Suising

...continued on p. 3

From the President's Desk

JOE KANIEWSKI

The club ran McLaren, Great Highway, Pacifica, and Baker Beach-Crissy Field in April. If you did them all, you ran for a grand total of 32K, a pretty strong month. But the real heroes this April were a few intrepid turtles like Riya Suising, Terri Rourke, Ken Fong, and Margit Falk who ran the Boston Marathon this year. Temperatures reached 75 degrees, making the race one of the more challenging days in recent decades. I heard the medics, garden hoses, and ice stations were pretty popular this year.

The 2024 DSE Centipede at Bay to Breakers is taking shape. Our team this year includes: Ula Popov, Stephan Fouksman, Noriko Bazeley, Vanessa Jacoby, Shelly Taylor, JJ Castro, Rob Snavely, Yoly Pantig, Chewey Lam, Victor Skorapa, Corvin Bazgan, Riya Suising and yours truly. Our team theme this year is Green Dragons! So expect to see some loud, DSE green monsters out the course this year representing the club. We will do practice runs on May 5 at our Spreckels Lake 5K and on May 12 at our Crissy Field 5K to get familiar with the tethers and running connected to 13 other humans. If one of you needs to stop you all stop. And, if all these details are giving you a case of FOMO, we have a couple spots available on the team if you want to join us at the last minute.

Inside

FEATURES

Statuto Time	2
Call for DD Volunteers	5
All About the Rapozos	6

DEPARTMENTS

Contact Info	2
Classic Stu-Peds	2
Race Recaps	4
Monthly Running Schedule	8
Membership Info	9
Officers & Coordinators	9
Weather Forecast	9
Birthdays	10

Did you know that a few turtles usually manage to volunteer for Bay to Breakers at the starting line every year? They work for a few minutes holding back the crowds, and thus earn a free entry after the first wave starts, plus a free t-shirt. Reach out to Kevin Lee at an upcoming race or via email to learn how. Kevin can be reached at dse.pekingduck@gmail.com.

Of course there is no DSE race on Bay to Breakers on Sunday May 19. But we also take off June 2 for the Statuto race hosted by the San Francisco Italian Athletic Federation. Because our club never gets a chance to run through North Beach or along the Embarcadero, you have to check out this race. The Statuto Race commemorates the creation of the first Italian Constitution (Statuto Albertino) and is a running tradition in San Francisco going back over 100 years. The first Statuto Race was held in North Beach in 1919. It has been run every year, except for one year during World War II. And the best part, each runner gets a salami in their gift bag for finishing!

June has two other great community running events on Saturdays that do not conflict with our schedule that you should check out. The sixth annual running of the Impala Stampede 5K and Kid's Mile, previously known as the Stow Lake Stampede, is June 1. Proceeds benefit Back on my Feet, a nationwide program which

CLASSIC STU-PEDS

Stu Ruth



NO, ITS NOT SPRING FOOTBALL. WE'RE PRACTICING BAY-TO-BREAKERS STARTS.

combats homelessness through the power of fitness, community support and essential employment and housing resources. On June 29, SF Frontrunners is holding its annual Pride Run 5K/10K in Golden Gate Park. One of the most colorful races in San Francisco, the race always starts with a live version of the Star Spangled Banner to pump up the crowd and runs around the west end of GGP. Use the Code: PRIDE24DSER for \$5 off the registration.

Reminder: this year's DSE Thursday Night Summer Series takes place in Golden Gate Park along the JFK Promenade. Please note that we had to move the series from Lake Merced because of some construction projects that

will affect the trail out there. The 3 mile GGP route largely mirrors our Rainbow Falls Course so expect some different scenery, art installations, and plenty of good people watching along the route. Kick your training up a notch, run in the evening, and run the great park at least once a week!

We got a solid bunch of May races lined up with races in Golden Gate Park and the Presidio. We race at Spreckles Lake, Crissy Field, and along Kennedy Drive. See you out at the races!



Runners climb the Baker Beach sand ladder at the Coastal Challenge 10K.

© 2024 Yoly Pantig



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

RACE REPORT: BOSTON

...continued from p. 1

Sunday I went to the “blessings of the runners” which was lovely (thanks for the recommendation Riya). Afterwards Craig and I, along with Ken Fong and Diane Okubo-Fong, wandered through Boston Commons, rode the swan boat and checked out Cheers. Craig and I later met friends for the requisite pasta dinner. Got back to the hotel, laid out my clothes and proceeded to stare at the ceiling most of Sunday night.

Monday morning - Up, snacked and walked over to the bus to take me to Hopkinton. My bus did not get lost which I hear others did so I had plenty of time to get to the start line. I was happy to have Ken, Riya and Margit to keep me company while waiting for our turn to make our way to the start.

My plan called for me to walk the first mile while most people got right to running so there weren't a lot of people around me. Someone had suggested I put my name on my shirt and it was brilliant. That first mile, everyone was yelling my name - I really felt like a celebrity and gave them my best queen wave. Whoever said Boston crowds were amazing and would carry me through was totally correct. I literally smiled the ENTIRE way as people yelled out my name the whole race. I saw my friends Paul & Lee at Mile 8 with a sign and cowbells and another friend Terry Quan a bit after Heartbreak Hill. Both times gave me a such a lift. The warmer weather affected many runners but I seemed to handle it pretty well. I slowed down towards the end because I really wanted to run the whole of Boylston Street (Ego thing - I didn't want the photos to show me walking). And I was able to.

I don't know if I'll try for Boston again. Despite not being able to “run” it (and maybe because of that) this was so special. I don't know if another could match the feeling.



Living (and running) the dream in Boston!
© 2024 Lee D'Anna

IT'S STATUTO TIME!

The 103rd Statuto Race is coming up on Sunday, June 2. Entrants can choose from the 8K run or 5K walk, with the option to upgrade to the famous Bottomless Mimosa Brunch. Best of all, DSE members can save \$10 on registration with the code “dse24.” And if you're not planning to run, you can always volunteer!

Please note the following deadlines:

May 6 - Deadline to register and have your name printed on your race bib.

May 24 - Final day to register.

To register and for more info, visit the Statuo website at <https://www.statutorace.com>.



DSE runners and volunteers enjoying the 2023 Statuto.

© 2023 Phyllis Nabhan



RRCA reunion! Outgoing RRCA president George Rehmert poses with incoming National Board At Large Director Al Hernandez, who made the trip down from Sacramento to run with us at the Great Highway Lands End 10K.

© 2024 Paul Mosel

RACE RECAPS

April 7, 2024

McLaren Park Shelley Drive 5K

Race Director: Denise Barchas

Volunteers: Pat Geramoni, Eric Barchas, John Albertoni, Paul Mosel, Laurie Rummelhart, Vincent French, Rob Snavelly, Will Burns, Liz Louie, Uliana Popov, Marsi Hidekawa, Riya Susing

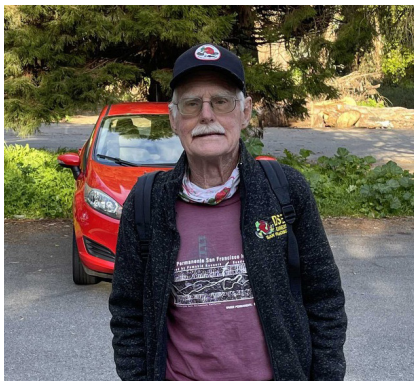


*RD Denise Barchas
© Paul Mosel 2024*

88 participants: 84 racers (47 men, 37 women), 4 self-timers



*Milling about at the reg table.
© 2024 Paul Mosel*



*A photo of the photographer!
© 2024 Paul Mosel*

April 14, 2024

Great Highway Lands End 10K

Race Director: George Rehmet

Volunteers: Phyllis Nabhan, Yong Haber, Pat Geramoni, Mitchell Sollod, Paul Mosel, Noriko Bazeley, John Albertoni, Jay Boncodin, Vincent French, Kevin Lee, David Moulton, Uliana Popov, Neal Ashton, Suzana Seban, Ron Baxter



*RD George Rehmet
© 2024 Paul Mosel*

95 participants: 89 racers (58 men, 31 women), 6 self-timers



*Some feel-good finishes.
© 2024 Paul Mosel*

April 21, 2024

Mori Point 7K

Race Directors: Veronica Balistreri

Volunteers: Laurie Quinlan, Mitchell Sollod, Pat Geramoni, Paul Mosel, Bill Woolf, John Albertoni, Riya Susing, Vincent French, Mike Rouan, Anthony Balistreri, Arianna Balistreri, Uliana Popov, Wendy Newman, Chewey Lam, Jason Burleigh, Michael Guss



*RD Veronica Balistreri
© 2024 Paul Mosel*

85 participants: 84 racers (51 men, 33 women), 1 self-timer



*Even more feel-good finishes!
© 2024 Paul Mosel*

April 28, 2024

Coastal Challenge 10K

Race Director: Mike Rouan

Volunteers: Phyllis Nabhan, Mitchell Sol-lod, Pat Geramoni, Paul Mosel, Bill Woolf, John Albertoni, Chewey Lam, Vincent French, Diane Zelmanovich, Marianne Frank, Larry Jewett, Gene French, Joe Kaniewski, Chewey Lam, Terri Rourke, Jason Burleigh, Diane Zelmanovich, Sandy Verdier, Ron Baxter, Yoly Pantig, Terri Rourke



RD Mike Rouan

© 2024 Paul Mosel

65 participants: 61 racers (37 men, 24 women), 4 self-timers



No matter your pace, there's always time for a selfie!

© 2024 Yoly Pantig



A perfect day at the beach.

© 2024 Paul Mosel

54TH ANNUAL WALT STACK DSE DOUBLE DIPSEA! SATURDAY, AUGUST 24TH 2024

Jerry Flanagan

It's that magical time of the year when the DSE running community comes together to host one of its most historically significant events. This is a DSE original going back to 1970 when Walt Stack first organized this iconic out and back course. We are once again counting on our incredible DSE membership to pull through and help us continue our long history hosting this classic DSE event.

Volunteer signups will open at noon on May 21st. Please save the date and sign up for your favorite locations as soon as possible. As normal, we will be asking for the services of around 120 of our amazing volunteers to provide another safe and successful event for our guests.

General Registration for the runners will be opening on May 21st at 12 noon and spots will likely fill quickly. Registration cost is \$175 this year. The high costs are largely due to the National Park Service imposing new restrictions that limit participation to 400 runners. This event requires months of planning and coordination with permitting from five government agencies, special road control, and a host of logistical challenges that have increased over the years.

As in past years, I will be providing a special code for those members that would like to run and request the option of signing up a few days before the race opens to the general public. In addition, we will be offering a 50% discount for members who qualify with the required number of volunteer points.

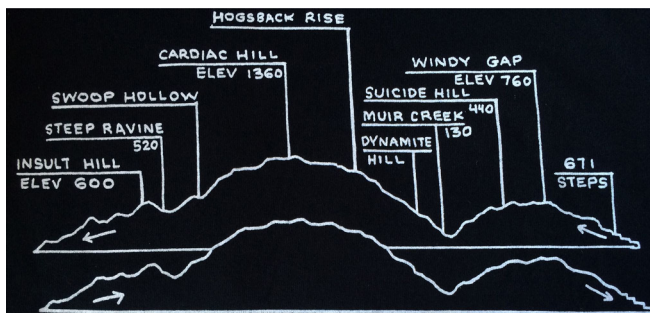
- To request a code for Early Registration, you must be an active 2024 DSE member and have at least 3 volunteer hours in 2022, 2023 or 2024.
- In order to qualify for Early Registration AND earn a 50% discounted race registration, you must be an active 2024 DSE member and have volunteered at the 2023 Double Dipsea or have a minimum 8 volunteer hours in 2022, 2023 or 2024 calendar years.

Please e-mail me at jerryflan@yahoo.com no later than May 17th, 2024 if you would like to submit a request to run and feel you meet the required volunteer qualifications.

Thanks all.

See you soon in Stinson.

Jerry Flanagan



“DSE IS FAMILY!”

Carol Pechler

Wally and Liese Rapozo joined DSE Runners in 1968 when it was still new, and for these decades they’ve been important contributors to its spirit of cooperation and friendship.

How’d they get there?

They had busy lives of careers, children, and housing moves.

Wally, on retirement from the military, became a reserve policeman for 25 years with Pacifica’s police department. A friend there confronted him about his excessive weight, telling him he was a slob! This friend encouraged him to start running. Before long, Liese joined Wally. Running was new for them, but as they were approaching age 40, they started up. At first, they walked around Lake Merced, and before long they were running 10Ks and the Bay to Breakers.



Liese after winning a costume contest in 1990. The Rapozos have more than a handful of B2Bs under their belts!

At a meeting at Stanford University, they met Walt Stack, and before long they joined DSE. They joined the DSE run every Sunday for decades, except when they were doing other sport events. They ran the Double Dipsea five times. They progressed on to marathons and 50K ultras. Liese: “I did everything he did.”

Perhaps because of Wally’s military training, they became interested in biathlons and started up at ages 60 and 61. Wally taught Liese to shoot, and they trained with Pamakids. But when that organization turned its interest and funding away from shooting, they joined the Coyote Point Rifle and Pistol Club. “She’s a better sharpshooter than I am,” Wally proudly reported. “She bested our sheriff!” They traveled globally for the events. But they continued their running and volunteering with DSE.



Post B2B shenanigans in 1998 with some familiar faces, including Ken Reed, Mort Weisberg, Wally Rapozo, Robert Field, and Ron Dory.

Throughout their decades with DSE, they volunteered for every kind of task. And most of all, they imbued the club with their caring spirit. They volunteered for other sports organizations as well, including WARR.

Wally’s work at United in his late 60’s led to annual runs – both 5Ks and the 10Ks – with WARR: World Airline Road Race, which took place annually with employees from 80 airlines. Each year’s meeting and run took place in a different place in the world. Liese and Wally started in 2001 and were formally honored in 2019 by WARR for their 19 years of running at these events.

They also volunteered for two Winter Olympics, one of them the Salt Lake City Olympics in 2002.



Wally and Liese pose with WARR race finishers in 2019.

Wally was born in Lihue, Kauai, Hawaii in 1929. His grandfather had immigrated from the Azores. Wally has 41 first cousins, many of them living on Kauai. When Mort Weisberg visited Kauai, he looked into the telephone directory, and he said that half of the residents were named Rapozo!

Wally graduated from DePauw University, 180 miles south of Chicago, with a major in music. Why music? He had a long legacy in music. His father’s generation had the only dance band on Kauai, and the band played for every event on the island. So Wally majored in music. And he met Liese in Chicago. He graduated on 6/15/50 and they married on 7/15/50, 73 years ago. But he was drafted soon after and was sent to the Korean war. He was wounded, spent 19 days in



*Wally and Liese
volunteering at
the 2002 Salt Lake
City Olympics.*

the hospital, and later received the Purple Heart. When he returned from the war in 1953, he worked in financial firms in the Bay Area. (“No jobs in music.”) He retired in 2000 at age 62, but then was offered to work for United Airlines. He took the job because he had learned that with five years of service, he would earn free travel for himself and Liese. And did they travel A LOT, usually in first class seats. On 2/28/2004 Wally was inducted into the Pacifica Sports Hall of Fame for his athletic experiences in many places globally.

Liese was born in Vienna, Austria, in 1928. With war brewing in the late 1930’s, her parents sent her and her brother to relatives in London. After the war, her parents immigrated to New York, and then the four moved to St. Louis. Liese graduated from Washington U. there, having majored in psychology. Her first job after graduation was in Chicago doing statistical analysis on a psychological research project. The next year she married Wally, but then Wally was drafted and sent away. When he was discharged three years later, he took a job in California, and of course she moved there as well. They settled in San Francisco and then in Pacifica. Liese first worked in a government agency, and then she studied again, this time at San Francisco State U. She earned an MA and an elementary level teaching credential there. For decades she taught primary grades in Pacifica. After retiring from public school teaching, she then taught aerobics in Pacifica’s recreation center for another two decades, and she also took on jobs doing statistical analyses.

Approaching age 80, they decided to stop running.

But they continued volunteering for DSE until around age 90.

Then their eyes dimmed, so they stopped driving.

Nowadays, Wally is frequently picked up and treated for his eye problem at the VA in Ft. Miley at San Francisco’s Land’s End. He feels blessed.

He feels blessed as well by the audio books given him by the State of California. He listens to 3-4

books/month. Liese reads around 2-3 books per month on her Kindle in bed at night.

“Wally and Liese, has it been hard to have stopped running and volunteering for DSE?” They responded, “Not really, there are a lot of other things you can do.” They do read a lot, and they’re still very social. Many of their good friends are DSE people. They happily recall experiences with DSE friends, and they both say, “DSE is FAMILY!”



*Looking sharp at the 2014 DSE Gala.
© 2014 Paul Mosel*

They keep up frequent contacts via telephone and internet with people they know and care about, family and friends. They have frequent interaction with neighbors. They eat lunch at the local senior center at least once a week. Wally often telephones friends and family. They listen and remember well. And for each other they’re good teammates. They stimulate the other to tell a story; and they graciously take turns telling them. They share their love for their history, saying that they have had very good lives, and they like their lives now, except that “old age is for the birds!”



*Enjoying the sun and DSE camaraderie with
Jane McFarland.
© 2017 Paul Mosel*

Monthly Running Schedule

All races begin at 9:00 a.m., unless otherwise noted. Gold, Teen, and Child Memberships include unlimited races. Adult Standard Members pay \$5; non-members pay \$10 (kids under 12 are free; \$3 for teens age 13-19).

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

Sunday, May 5: **Lightning Mile/Spreckels Lake 5K** - [1M Course Map](#) / [5K Course Map](#)

Course Description:

1M: Start at Kennedy Drive/Transverse; finish at Kennedy Drive near Spreckels Lake. ARRIVE NO LATER THAN 8:40 SO YOU HAVE TIME TO WALK TO THE START! Run west (downhill) along Kennedy Drive from start to finish.

5K: Start time is after completion of 1M; approximately 9:30 a.m. Start/finish on Kennedy Drive/36th Avenue near Spreckels Lake. Run westbound on Kennedy Drive, left onto Chain of Lakes dirt path, left onto MLK Drive pedestrian path, left onto Transverse Drive, left onto Kennedy Drive to downhill finish.

Sunday, May 12: **Mother's Day Crissy Field 5K & Kids Run - 9:30 a.m. start** - [Course Map](#)

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

****Kids Run starts after completion of 5K****

Sunday, May 19: **NO DSE: Opportunity to run Bay to Breakers** - <https://baytobreakers.com>

Sunday, May 26: **Kennedy Drive 8K** - [Course Map](#)

Course Description: Start/finish on the south side of the Polo Field on Middle Drive in Golden Gate Park. Run (uphill) eastbound on Middle Drive, turn onto Overlook Drive (path), left at Transverse and right onto Kennedy Drive. Run eastbound on Kennedy Drive to barricade at Kezar Drive. Turn around at barricade and return same way to finish.

Sunday, June 2: **NO DSE: Opportunity to run Stauto Race** - <https://www.statutorace.com/>

Thursday, June 6: **Summer Series Race #1 - JFK Promenade 3M** - [Course Map](#)

Course Description: The Thursday Night Summer Series is limited to DSE members only. No entry fees! Start/finish at Kennedy and Transverse. Run east up car-free Kennedy Drive to McLaren Lodge. Turnaround at the barricade at Kezar Drive; start back and turn right on East Conservatory Drive. Run up and around East Conservatory Drive, turn right onto Kennedy Drive and return 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

After a wet start for May, the weather settles down for the next week and a half with the usual May gloom at the coast and mild temperatures inland with highs in the low 80's in the interior valleys, especially the 680 corridor from Concord to Livermore and in the North Bay. It remains dry in the 2nd week of May with below normal temperatures inland with temps in the upper 60's and 70's. The warmest temperatures of the month are expected during the 3rd week of May with inland highs in the upper 80's to mid 90's and near 70 at the coast. Changeable weather is forecast for Memorial Day Weekend.



A gorgeous spring morning on the beach.

© 2024 Yoly Pantig

◆◆◆ Club Officers & Coordinators ◆◆◆



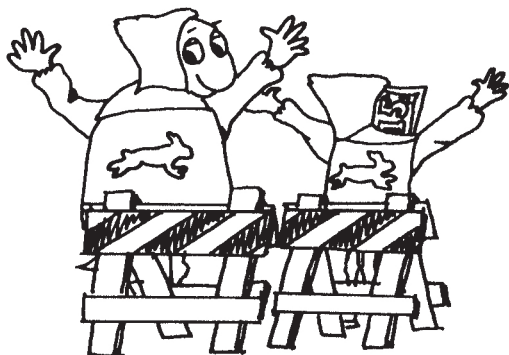
PRESIDENT
ANGELICUS
Walt Stack

PRESIDENT
Joe Kaniewski
president@dserunners.com
SR. VICE PRESIDENT
Stephanie Soler
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

SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

P.O. BOX 210482
SAN FRANCISCO, CA 94121

RETURN SERVICE REQUESTED



Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

MAY

- 1 Tommy Mendoza
Susan Colborn
Patricia McFadden
Erica Hernandez
- 2 Wendy Truong
Carol Pechler
- 4 Simone Angela Winkler
- 5 Makiko Tada
- 6 Logan Tang
Jeanne Laberge
Edwin Ong
- 8 Lucas Iguain
- 9 Shabnum Palomba
Ari Dalfen
Alice Dingwall
- 10 Larry Jewett

- 11 Kenneth Clews
- 12 Abel Vasques
- 13 Sergio Garcia
- 16 Jeremy Whiteman
- 17 Marcus Balistreri
Michelle McDonald
Tess McDonald
- 18 Jeorgina Martinez
- 19 August Bastian
- 20 Lisa Nguyen

- 21 Bill Woolf
- 22 Gary Wood
- 23 Peter Corbett
- 23 Eric Corcoran
- 24 Steven Nissenson
Matt Metzler
- 25 Gail Cornwall-Feeley
Emma Negrel
- 28 Georgie Miles
Victor Perry
- 29 Conal Gallagher
- 31 Michael McPartlan