

DSE NEWS

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58th Year

July 2024

RUDY STADLBERGER 2/5/1924 - 6/25/2024

Carol Pechler and Wendy Newman

With heavy hearts, we have learned that Rudy Stadlberger passed away on Tuesday, June 25, 2024. He had recently taken a fall while walking in Noe Valley and never recovered. We had just honored him two days earlier, on Sunday June 23rd, by naming our race the DSE Rudy Stadlberger Centennial 5K, celebrating his 100-year achievement. Although Rudy could not attend, his grandson, Jeremy Stadlberger and friends from his Noe Valley walking group joined us for the celebration. This was a joyous occasion, honoring our oldest member and a person who had achieved a great deal athletically. He was a runner, a swimmer, a Northern California Handball Champion, and an allover delightful person. And in 1966, along with Walt Stack and John Boitano, he was one of the founders of our DSE Runners Club.

RIP Rudy – you will be greatly missed.



From left to right: 99 year-old Rudy at a 2023 DSE Sunday run; grandson Jeremy Stadlberger and friends from Rudy's Noe Valley walking group at his Centennial 5K; the finisher's ribbon from the 5K held in Rudy's honor.

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From the Treasurer's Desk

REBECCA TEICHMANN



Greetings, my fellow DSErs!

If you're thinking, that blonde lady doesn't look like Joe! You're not wrong. Not all who proudly wear the DSE trucker hat can call themselves the DSE President. Our illustrious president has taken a month off from writing this column, and entrusted ME with its writing.

If I'm trustworthy enough to manage the club's finances, surely I should be trustworthy enough to write a few words about everyone's favorite running club.

This isn't my first contribution to the newsletter. Years ago, I wrote a few words about "May is for 12Ks," as I faithfully run the Bloomsday 12K in Spokane, WA, and the Bay to Breakers, which continues to be an annual celebration of everything great about San Francisco.

Another year, I wrote about the working goats (kids) that cleared the hillside at Lake Merced during Summer Series. I fondly called it a "Kids Run." I LOVE Summer Series almost as much as I love goats. Due to construction, Summer

Inside

FEATURES

Impala Stampede Record Setter.....	2
Vounteers Needed.....	2-3
NYC Adventures.....	3
Photo Wall.....	5
Award Winners.....	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

Series has moved to Golden Gate Park this year. Even though I can't make it to the Thursday night races, I am thankful for all of the people who continue to keep this tradition going. Long Live Summer Series.

One of the things I love most about this club is the consistency. If you showed up at one of our June races, you knew exactly what to expect. Whether it was the Presidio Wall 5K, Rainbow Falls Father's Day 5K, Great Highway 5K, or Lindley Meadow 5K, you KNEW Phyllis would be at the registration table, Vince would be manning the Start/Finish line, Paul would be taking pictures, and Joe would be on the microphone. Chances were 50/50 Chewey would be RDing, but there was a 100% chance he would be there, dressed head to navel in neon. The only thing we runners love more than neon is talking about running.

If you're looking for inspiration, as of this writing, Chewey is on a 180+ day streak of running daily, with a weekly Strava goal of 85 miles but aiming to build to 200 miles. Diane Zelmanovich finished the 100K Pigtales Ultra in Renton, WA, in honor of her late husband, and never ceases to amaze me with her grit and commitment to showing up for herself, and our club. In the same race, her brother Tony Nguyen dropped down to "just a half," and finished the 100 mile (instead of the 200 mile, which is considered a "full." Ultramarathoners, they're

CLASSIC STU-PEDS

Stu Ruth



they're something else). And JJ Castro finished the Escape from Alcatraz Triathlon, proving turtles CAN swim, as well as bike, and not just run.

On a final note, our hearts go out to the family of one of our original founding club members, Rudy Stadlberger. I had the pleasure of chatting with Rudy at the club picnic in September, and was left with the feeling that this legacy of DSE is a lot bigger than ourselves, and we will continue to keep it alive as long as we can. May running allow us all to live to 100 like Rudy!

These are just a few of the beautiful things about DSE. We can get together with like-minded people and talk running to our heart's content. We challenge each other to run a little faster, a little farther, and a LOT more elevation

than we normally would have done on our own.

Whether I'm running or volunteering when sidelined due to injury, there's nowhere else I'd rather be. Whether you're a regular monthly newsletter reader, or a periodic reader, I hope the words in these pages make you feel a little more connected to your DSE Family.

In it for the long run,
Rebecca Teichmann
DSE Treasurer

CAROLYN KARIS: SETTING RECORDS AT THE STAMPEDE

Terri Rourke

Four course records were set or tied at the annual Impala Stampede on June 1, including a record set by one of our very own! Carolyn Karis is the new record holder in the Women's 80-89 division, after completing the 5K course in a time of 45:57.

Carolyn is the epitome of not just aging gracefully, but with strength and style. I recently had a chat with her after seeing her performance at the Impala Stampede. You've probably noticed her at our DSE races. She's the one with the colorful skirts and the determined attitude.

...continued on p. 3

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

Carolyn says that Jenni Desideri got her started with the colorful outfits when they met doing American Lung Association stair climbs at various buildings around San Francisco. When Covid hit, she needed a different challenge, so she took up running. She ran her first race at age 79--a Mermaid Run--over at Crissy Field because it was free for all over-70's. For her birthday that year, she ran a Pamakids Kaiser 5K and continues to run it every year to celebrate.

Jenni also introduced Carolyn to DSE, where she enjoys the people and support of the club. And if they are both doing the same race, she and Jenni check with each other the night before to make sure they get their outfits to match!



Jenni and Carolyn get ready to tackle the Great Highway in their fabulous coordinates.
© 2024 Carolyn Karis

SF MARATHON VOLUNTEERS NEEDED

Kevin Lee

DSE is back anchoring Water Stop #7 of the SF Marathon. If this isn't motivation enough, donuts will be available to fuel the volunteers and DSE race participants. I am asking all volunteers to report by daylight or during the 5:00 am reporting time hour. Note: this water stop will service all three races (First Half, Second Half, and Full Marathon) with water/ electrolytes!

- Location: West side of Lincoln Blvd (in the Presidio) at Bowley, just east of 25th Avenue on El Camino Del Mar.

- Arrival Time: 5:00 a.m.
- Finish Time: 9:45 a.m.
- Volunteers Needed: 20
- Runner Time Impact: 6:37 a.m. - 8:42 a.m.

If you can help, please contact me by July 14, either by email (dse.pekingduck@gmail.com) or text (415-299-1730).

All volunteers will need to sign/complete an online volunteer waiver. Be sure to provide both your name and your t-shirt size. And thank you for helping to make this San Francisco tradition a smashing success.

AND SPEAKING OF VOLUNTEERING...

Jerry Flanagan

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

Thank you to everyone who has signed up to volunteer so far. We have a total of 67 total volunteers registered. This is a great start! We now need to focus on a couple of locations that are critically important to the success of the race.

The two locations of most need are:

1. Upper Windy Gap – Panoramic East Road Crossing (need 6)
2. Lower Windy Gap – Muir Woods Road Crossing (need 6)

Other locations in need are:

1. Various locations along the Dipsea stairs between Old Mill Park and Flying Y (Millside Lane/Marion Ave, Hazel Ave., Edgewood Ave., Sequoia Rd., Walsh Dr./ Flying Y.)
2. Course Photographers
3. Sag Vehicles (DSE provide a stipend)

The volunteer registration link is below:

<https://raceroster.com/events/2024/82484/walt-stack-dse-double-dipsea-2024/volunteer>

Please let me know if you can help and/or if you have any questions.

Jerry Flanagan

jerryflan@yahoo.com



Bill is a decades-long DD volunteer.

Be like Bill!

Sign up today.

© 2014 Wendy Newman

RACE RECAPS

June 9, 2024

Presidio Wall 5K

Race Director: Ron Baxter

Volunteers: Phyllis Nabhan, Mitchell Sollod, Yong Haber, Chewey Lam, Paul Mosel, Bill Woolf, John Albertoni, Tony Nguyen, Gene French, Michael Guss, Uliana Popov, Neal Ashton, Rachid Kacimi, Jason Burleigh



RD Ron Baxter
© 2024 Paul Mosel

100 participants: 99 racers (55 men, 44 women), 1 self-timer



Milling about at the starting line.
© 2024 Yoly Pantig



Neal on the trail.
© 2024 Yoly Pantig

June 16, 2024

Father's Day Rainbow Falls 5K

Race Director: Noriko Bazely

Volunteers: Phyllis Nabhan, Mitchell Sollod, Yong Haber, Paul Mosel, Bill Woolf, John Albertoni, Robin Davis-Ramos, Vincent French, Kevin Lee, Amber Wipfler, Ron Baxter, Marianne Frank, Chewey Lam, Yoly Pantig, Suzana Seban, Marianne Frank, Veronica Balistreri



RD Noriko Bazely (and Yoly!)
© 2024 Yoly Pantig

192 participants: 174 racers (106 men, 67 women, 1 NB); 5 self-timers, 13 kids



DSE Dads!
© 2024 Wendy Newman



Almost 200 participants showed up for our Father's Day run. Go DSE!
© 2024 Ken Wu

June 23, 2024

Rudy Stadlberger Centennial 5K

Race Director: Conal Gallagher

Volunteers: Phyllis Nabhan, Mitchell Sollod, Chewey Lam, Pat Geramoni, Paul Mosel, Bill Woolf, Diane Okubo-Fong, Deysi Ocampo, Vincent French, Carol Pechler, Uliana Popov, Wendy Newman, Jayesh Shah, Chewey Lam, Francisco Hernandez



RD Conal Gallagher
© 2024 Paul Mosel

132 participants: 127 racers (63 men, 64 women); 5 self-timers



Top and bottom: A job well done.
© 2024 Paul Mosel

June 30, 2024

Lindley Meadows 5K

Race Director: Chewey Lam

Volunteers: Mitchell Sollod, Yong Haber, Carol Pechler, Pat Geramoni, Bill Woolf, Paul Mosel, Mitchell Sollod, Vince French, Marianne Frank, Neal Ashton, Gary Brickley, Ron Baxter, John Albertoni, Joel Rizzo



RD Chewey Lam

© 2024 Paul Mosel

108 participants: 105 racers (61 men, 44 women); 3 self-timers



Janet paid us a visit from the East Coast. Welcome back!

© 2024 Paul Mosel



Sprinting across the meadow.

© 2024 Paul Mosel

TURTLES IN THE WILD



Left: DSE had a great turnout at the 2024 Cure Coats' 5K on June 24, which raised money for the Jack McGovern Coats' Disease Foundation. © 2024 Dan Ryan/Pro Bono Photography
Right: DSEers at Wrigley Field in Chicago to see the Giants take on (and beat!) the Cubs. © 2024 Jerry Flanagan



The DSE contingent at the Guardsman Presidio Half Marathon on June 23. Good job, everyone! © 2024 Ken Wu



With Kezar hosting June graduations, the Tuesday night track crew took their speed running practice to Spreckels. © 2024 Debbie Symanovich



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, July 7: Twin Peaks 4M - [Course Map](#)

Course Description: Start and finish at near Midtown Terrace Playground/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 past the gas station. Run uphill/downhill on Twin Peaks Boulevard, then turn left and run uphill/downhill on Clarendon and finish inside reservoir.

Thursday, July 11: Members Only Summer Series #5 - JFK Promenade 5K - [Race/Course Info](#)

Sunday, July 14: Polo Field 5K & Kids Run - [Course Map](#)

Course Description: Start and finish at the south side of the Polo Field at 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.

Kids Run (approximately 0.5M) begins after completion of 5K, approximately 9:45 a.m.

Thursday, July 18: Members Only Summer Series #6 - JFK Promenade 5K - [Race/Course Info](#)

Sunday, July 21: Oyster Point 10K - [Course Map](#)

Course Description: Start/finish at Oyster Point Marina in South City. Run northbound on path, make a right turn onto the Bay Trail; stay on the center path. Run past hotel complex, over wooden pedestrian bridge. Turn around along the designated straightway location and return same way to finish.

Thursday, July 25: Members Only Summer Series #7 - JFK Promenade 5K - Final Event, Awards, & Pizza Party! [Race/Course Info](#)

Sunday, July 28: NO DSE - San Francisco Marathon - [Run](#) or [volunteer!](#)

Sunday, August 4: Sweeney Ridge Trail 5K - [Course Map](#)

Course Description: Start/finish at the Notch Trail trailhead at Skyline College in San Bruno. (See directions below.) A challenging trail race (including a set of steep stairs) on the Notch Trail and Sweeney Ridge Trail from Skyline College south to the Nike Missile Control Site and back. Runners will see beautiful views above Pacifica on a clear day. Please note that bathrooms may not be available.

Directions: Use GPS or a map to get to the intersection of Skyline Boulevard (Highway 35) and College Drive in San Bruno. Signs on Skyline will direct you to Skyline College entering on College Drive. Driving west on College Drive, turn left at the T intersection just before the track at the entrances to Skyline College. Then take the next left into Parking Lot A. Registration will be in Parking Lot A and the run starts a short distance away up from Parking Lot B.

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

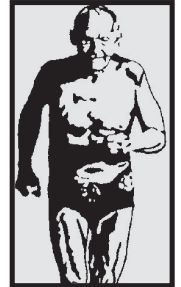
Meteorologist Mike Pechner

After a record breaking heatwave to start the first week of July, temperatures will remain well above normal into the 2nd week of July. Highs in the interior valleys like the 680 corridor and Tri-Valley will drop back into the 90's and fog will roll back across the City with highs in the 60's but low 70's on Potrero Hill. Temperatures will stay above normal into mid month before coming down to normal which means mostly 80's in the 101 corridor and in Napa County on Highway 29. There are indications temperatures could drop below normal the last week of the month, as the Marine layer deepens with low clouds, fog and drizzle across SF and into the Bay.



*A beautiful forest run in the Presidio.
© 2024 Yoly Pantig*

◆◆◆ Club Officers & Coordinators ◆◆◆



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Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

JULY

- 1 Elias Torres
Lev Corliss
Peter Hsia
- 2 Jamie Nicolson
Linda Carter
- 3 Vivienne Cornwall
- 4 Fiona Mccusker
HAPPY INDEPENDENCE DAY!
- 5 Marie-Pierre Carlotti
- 8 Mary Boitano
- 9 Aaron Grace
Dan Osipow

- 12 Erin Muladore
- 13 Layla England
Mika Pfalzer
- 14 Marissa Balistreri
- 15 Kali Zivitz
Riya Suising
- 16 Delsa Rendon
- 17 Andrew Stanley-Jones
Juan Melendez
Leslie Dicke
- 18 Dragan Zupac
Sergey Vasyliiev
Vincent Gulli
- 19 Emre Tepedelenlioglu
Kay Teiber
Naomi Ng
- 20 Gautier Demarcy
Katherine Wait

- 21 Angie Dalfen
Ian Lawrence
Robert Butchart
- 22 Gavin Sibbitt
Hao Liu
- 23 Augustus Burleigh
Kushal Dutta
Rob Kay
William Welch
- 24 Devin Liu
- 25 Andrew C Ng
Brian Feeley
Sinead Doherty
- 26 Alden Stanley-Jones
- 28 Jennifer King
Margie Whitnah
- 30 Cai-ren Williams
Wallace Rapozo
- 31 Ishaan Wagle
Michele Gachowski
Peter Lee