

smiles filled up the Presidio canyon.

We really lost a DSE Hall of Famer in July with the passing of Bobby Marty. Bobby was always present; he showed up, ran, raced, set-up the registration tables, and race clocks, and bought, brought and handed out the race ribbons for over 40 years. I remember him describing to me how at a certain point in his running career he quit worrying about the clock and his race times. And those are the times he remembers the most. He told me he would rather run with slower runners, talk and socialize, and even collect cans along the course. Swedish runners created a fancy word for it; they call it plogging. Bobby quietly led by example, and was a great club member and friend to all.

A big thank you to Rebecca Teichmann for writing my column last month. We couldn't ask for a better guest column--it was informative, warm, and funny. As you may have known, I was sidelined with a health issue. The good news is I got through my surgery and I should be back to running and swimming soon.

If you haven't signed up to volunteer for the Double Dipsea in August, please do. It is the largest source of race income the club receives and it helps us offset the costs of some of the fun things we get to do. There are still a lot of places you can help. Talk to Jerry Flangan to see where we

CLASSIC STU-PEDS

Stu Ruth



LEADING AT THE FINISH, NORRIS
SUDDENLY HAD AN AWFUL THOUGHT.

need you and how to sign-up. I will be manning the road crossing on Highway 1, Panorama Highway at Upper Windy Gap again, helping runners cross from one side to the other side while allowing cars to get down to Stinson Beach.

In August we take on Sweeney Ridge and San Bruno Mountain. We also run three times around Lake Merced for the cheapest half marathon on the planet. On the 24th, we host the Double Dipsea, one of the beautiful trail challenges that can only happen here in California: redwoods, hills, beach, and repeat, beach, hills and redwoods. See you out there at the races.

REMEMBERING BOBBY

...continued from p. 1

Bobby's three children will be holding a celebration of life on the afternoon of August 24. It will be a simple affair, in keeping with who Bobby was. If you would like to attend, please contact Wendy Newman (wsn99@aol.com) or Suzana Seban (suzana@network172.com) for more details and to RSVP. We know this is the same day as the Double Dipsea, so if you're working the Stinson side and can't make it, no worries--Bobby would have picked DSE over a life celebration any day of the week! And wherever we are, we can all raise a glass (preferably of Jim Beam, a Bobby favorite) in honor of a great man.



Bobby (and Walt!) at the 2006 DD.

© Margie Whitnah

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

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FASTEST FIRM IN THE CITY

Rebecca Teichmann



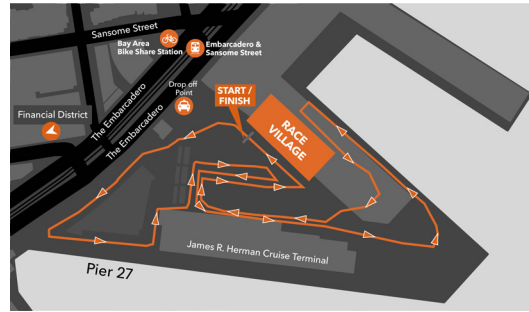
The all-neon, all-women champs.

July 25th, I had the opportunity to run the SF Bloomberg Square Mile, a relay where teams of 10 run a very non-square mile at Pier 27 to be named the “Fastest Firm in the City.” Cost to participate is about 2 grand, so while I’m not sure if it is a requirement to be sponsored by a financial company, it certainly helps offset the cost of \$200 a person for 1 glorious mile!

I was trying to explain to a non-runner friend how fun it was to be a part of a team of 10 women running 1 mile each. “Goal: win but don’t throw up!” Now, one could argue, this is the goal of every race. Maybe not to win, but definitely to avoid exerting yourself to the point of getting ill. But in a 1 mile sprint, it’s particularly challenging. There were mild inclines from wheelchair access ramps, and a lot of turns. I counted 15+ turns, not 4 as you’d guess in a square. Long twisting-and-turning story short, we won and we didn’t throw up!

This was my first year participating as a member of the Dodge & Cox Investment Advisors women’s team. We won! Turns out, we were the only all female team to participate. BUT, we were only 3 seconds behind the winner of the Mixed Gender category. Also adding to our pride, Bloomberg Square Mile keeps track of all winners annually and historically, and our women’s team placed second among all teams globally, in all the years they have held the event. From Sydney to Tokyo to New York to our fair city by the bay, my 7:26 mile time was enough to keep us on the podium.

My colleagues ran far faster than 7:26, thankfully. And in a sea of black shirts and business attire, we showed up in neon. This in particular delighted me as our company is known for being very corporate, and very beige. I was once told the name of the



The twisty-turny course at Pier 27.

of the color of our carpet is “Dodge & Cox beige,” and it is as beige as you can get. You know what is not beige and boring? 20 runners in neon!

With the world working remotely more than ever, I am super thankful for opportunities like these to connect with colleagues outside of the office. Sweating with people bonds you in a way that editing spreadsheets together on Zoom does not. Someone asked, “do you all train for this?” And while I am going to start track workouts to gain speed, this was just a day in the life of a DSEr, always ready to lace up and rip out of the starting line, baton in hand.

Next up: JP Morgan Corporate Challenge, a 3.5 mile race in August benefiting Steph Curry’s non-profit Eat. Play. Learn. Where we won’t win, but we also *probably* won’t throw up!



The starting line, batons at the ready!



RACE RECAPS

July 7, 2024

Twin Peaks 4M

Race Director: Chewey Lam

Volunteers: Mitchell Sollod, Ken Wu, Carol Pechler, Pat Geramoni, George Rehmet, Bill Woolf, John Albertoni, Pat McAnaney, Vincent French, Kevin Lee, Paul Weber, Marsi Hidekawa, Ron Baxter, Juliette Johnson, Riya Suising, Uliana Popov



*RD Chewey Lam (with guest star Jay)
© 2024 Jay Boncodin*

108 participants: 107 racers (72 men, 35 women), 1 self-timer



*Sunday's top runners.
© 2024 Yoly Pantig*



*Almost there!
© 2024 Jay Boncodin*

July 14, 2024

Polo Field 5K & Kids Run

Race Director: Ken Wu

Volunteers: Riya Suising, Phyllis Nabhan, Mitchell Sollod, Paul Mosel, Bill Woolf, John Albertoni, Judith Jarosz, Vincent French, Jim Kauffold, Amber Wipfler, Kevin Lee, Carol Pechler, Yong Haber, Joel Rizzo, Chewey Lam, Wendy Newman, Steve Symanovich, Ron Baxter, Oliver Chan, Veronica Balistreri, Nakia Baird



*RD Ken Wu
© 2024 Paul Mosel*

192 participants: 140 racers (125 men, 79 women, 1 NB); 6 self-timers, 9 kids



*Volunteering at Sunday races makes you
THIS HAPPY.
© 2024 Yoly Pantig*



*Noriko gets a well-deserved Top 5
ribbon.
© 2024 Yoly Pantig*

July 21, 2024

Oyster Point 10K

Race Director: Rubi Kawamura

Volunteers: Ken Wu, Carol Pechler, Paul Mosel, Bill Woolf, John Albertoni, Jim Kauffold, Vincent French, Veronica Balistreri, Chewey Lam, Neal Ashton, Juliette Johnson, Ron Baxter, Jay Boncodin, Kevin Lee



*RD Rubi Kawamura
© 2024 Paul Mosel*

92 participants: 91 racers (50 men, 41 women); 5 self-timers



*Sprinting from the start.
© 2024 Veronica Balistreri*



*Over the bridge!
© 2024 Yoly Pantig*

ANOTHER SF MARATHON IN THE BOOKS

Sunday, July 27 marked the 48th running of the San Francisco Marathon, and it was a fun one! Over 30,000 runners participated in one of six events, and a good number of them got some much-needed refreshment at DSE's Water Stop #7 in the Presidio. Congratulations to everyone who ran, and thank you a million times over to the DSE volunteers who were out before dawn to pour water and keep those runners hydrated!



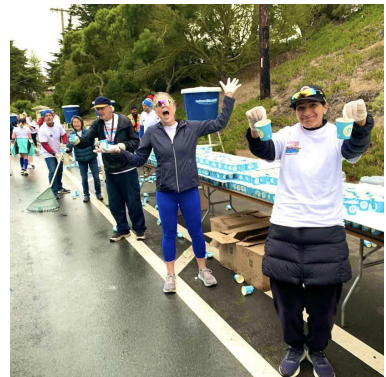
*The intrepid volunteers of Water Stop #7.
© 2024 Paul Mosel*



*The calm before the storm.
© 2024 Marianne Frank*



*Jerry battling cleanup.
© 2024 Marianne Frank*



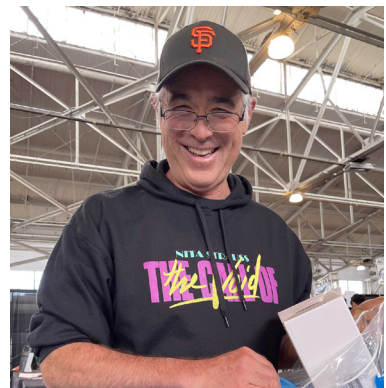
*Ready to serve!
© 2024 Marianne Frank*



*Oliver sighting at Mile 15.
© 2024 Paul Mosel*



*Ken, Stephan, and Uliana
celebrate at the finish.
© 2024 Ken Wu*



*Mike at the expo.
© 2024 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, 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 from Parking Lot B.

Sunday, August 11: Lake Merced Half Marathon & 4.5M - [Course Map](#)

Course Description: **8:00 a.m. start time for both races!** Start/finish at the parking lot on the north end of Lake Merced (at the foot of Sunset Boulevard). Run 3 clockwise loops around the lake, staying entirely on the jogging/pedestrian path. The 1st loop is cut shorter by crossing the "drawbridge" at the southern end of the lake. There will be at least 1 aid station per 4.5 mile loop with water/electrolytes near the start/finish area. If you need water more often, please carry a water bottle to refill at each loop. There is also a water fountain in the parking lot near the picnic tables on John Muir Drive, around the 2.5 mile mark. The 4.5 mile race is one clockwise loop around the lake.

Sunday, August 18: San Bruno Mountain Saddle Trail 5K - [Course Map](#)

Course Description: Start/finish at the picnic area near the main entrance of San Bruno Mountain State and County Park (555 Guadalupe Canyon Parkway in Brisbane). The start will be on the grass field facing the green water fountain, on the southern part of the field. The finish will be on the same grass field across from the tree on the north end of the field. Run down the field and exit through the area between the water fountain and the first tree to its left. Once off the field, take an immediate right on the path and then another right onto Day Camp Service Road. Follow the path up until the turnaround. On the way back down, take a right and run through the Edward Bacciocco, Jr. picnic area toward the exit to Old Guadalupe Trail. Head South on Old Guadalupe Trail (asphalt section) and then take a right onto Saddle Loop Trail. Follow Saddle Loop Trail to the finish.

Parking/Info: Dogs are not allowed inside the park (sorry!) There is a \$6 fee to park inside the park grounds. We encourage runners to carpool and split the cost of the parking fee. There is also free street parking along Crocker Avenue, just before South Hill Boulevard. It is approximately 0.8 miles from this entrance to the race staging area so please allow sufficient time to reach the start. To reach this location, turn onto Crocker Avenue from Mission Street and drive approximately 1 mile (note that it is a steep, winding road). If you are driving southbound on Mission Street, you will make a left turn onto Crocker; if driving northbound on Mission, you will make a right turn onto Crocker. **DO NOT PARK ANYWHERE ALONG GUADALUPE CANYON PARKWAY OR YOU WILL BE TICKETED/TOWED.**

Saturday, August 24: Walt Stack Double Dipsea - [Sign up to volunteer!](#)

Sunday, August 25: NO DSE - Invitation to join the [Lake Merritt Joggers and Striders](#)

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

Usual summer low clouds and coastal fog pattern will continue into the first part of the second week in August, with coastal highs low and mid 60's across SF to 80's and near 90 in the interior valleys. We'll see a mid summer cool down at the end of the second week in August and hanging around into the third week. Coastal areas will see less fog and warmer temps under sunny skies, while inland areas will see below normal temps. Also some monsoonal moisture from the south should enter the picture as well. More seasonable weather with warmer temps inland are likely during the last week of August.



Running past a towering eucalyptus in Golden Gate Park.

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◆◆◆ Club Officers & Coordinators ◆◆◆



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SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

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RETURN SERVICE REQUESTED



Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

AUGUST

- 1 Kunal Dutta
Nayana Gupta
Jack Mogannam
- 2 Elizabeth Gottlieb
Diane Zelmanovich
- 3 Rebecca Teichmann
- 4 John Herbert
- 5 Chrystine Skelly
- 6 Roger Chang
- 7 Sarah Gulli
Yoly Pantig
- 8 Aria Gupta
Samuel Louie
Jon Sax
- 9 Milo Kamras
David Moulton

- 11 Barbara Bauer
Jim Flanigan
Grace Ho
- 12 Oliver Gestwicki
- 14 West Lenart
- 15 Randall Conner
Gene French
Matthew Jeung
Mercy Smith
- 17 Michaela Rouan
- 19 Samantha Kamras
Justin Loye
Jack Major
Louise Stephens
- 20 Ed Baumgarten
Oliver Comay
Colleen Oczkowski
Michael Peters

- 21 Elizabeth Ascencio-McKay
Tai Tokeshi
- 22 Jason Szydlik
- 23 Sally Maske
- 24 Caleb Murray
Chikara Omine
- 25 Luca Giovagnoli
Leslie Harlander
Luke Moore
Kristan Sartor Elman
James Scanlan
- 27 Nick Lawrence
Steven Oakes
- 28 Kirsten Pflieger
- 29 Josephine Cornwall
Cole Eberwein
Jeffrey Gardiner
- 30 Grace Wong
- 31 Andrew Ng
Shawn Sax