

There was cornhole, volleyball, a football to toss, and painting supplies for projects for the kids.

As I mentioned in the last newsletter, we have a couple vacancies for volunteer club positions and DSE board vacancies. A big shout out to Shelly Taylor for taking over the race calendar coordinator position at a crucial time of the year. It's a challenging job and she is diving in headfirst. I am also excited to write that Chewey Lam and Yoly Pantig have expressed an interest in taking positions on the DSE Board. What I am seeing now is that we really need race directors, so if you can volunteer one of your Sundays, please do! Let me or Kevin Lee know which weekend you can do it.

The DSE board met after the Lands End race to review next year's schedule and discuss volunteer position vacancies. If you have ideas about the location or menu for this year's Gala, please share them with me or other members of the board. We are looking at scheduling it on the first weekend of March. If you are interested in helping shape the event, let me know, as we need to reserve a space soon.

It's not too early to start planning for the DSE Halloween costume run on Sunday, October 27 at Great Highway. Running in a costume is a challenge, but it is funny seeing what people dress up as. Here is a piece of advice: Darth Vader or other

CLASSIC STU-PEDS

Stu Ruth



masks make it difficult to breathe and run!

It's officially fall marathon season. Unfortunately, I won't be doing New York City or the CIM Marathon this year. I'm stuck on 20 marathons completed. I did get out for a great wild open water swim in September: the Columbia Channel Swim that goes from one side of the river in Washington State to Oregon through the windy, choppy water of the Columbia Gorge. It was fun.

A big shout out to longtime DSE member Ken Fong for completing the Berlin Marathon last weekend. If you are planning a fall marathon, let your fellow turtles know—we would love to cheer you on, follow your progress, and give you some

unsolicited advice.

Before you know it, the Christmas Relays will be here in December. We sponsored over 10 four-person relay running teams last year, one with an Achilles (visually and hearing impaired) athlete. If you are interested in running for DSE, let me know now and we can help you organize a team and get you registered.

For October, we race at McLaren Park, Presidio Wall, Rockaway Beach, and hold our Halloween Run on Great Highway. See you out there.



We had a great turnout this month at our two Kids Runs! Kids Runs are open to all young runners under the age of 12. They're fun, they're free, and speed doesn't matter--our kids are running for the joy of it (and also for that ribbon at the end). This month's is at the Halloween Great Highway 5K--hope to see you there!

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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

TUESDAY TRACK

Ken Wu

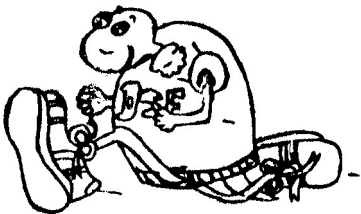
What a difference a year makes! When I started attending Tuesday Track last fall, there would be 3-4 runners. The number of participants has doubled in recent weeks. There were as many as 11. Each person has their own objective from staying active, walking, to being faster, to training for a race. Kudos to Debbie!!!

Bring your own speed. Come on out and join the Tuesday Track Gang!

Track workouts are held Tuesdays at 6:15 (6:00 if you want to do a group warmup) at Kezar Stadium. Call or text Debbie Symanovich for more info: (415) 314-6556.



*Increase your speed and have some fun at the Tuesday evening track workouts!
© 2024 Debbie Symanovich*



DSE ELECTION OF OFFICERS 2025

Brian Hartley

Fellow DSE Runners, as we close out 2024, I wanted to provide you with an update on our elections for 2025 as your DSE Elections Chairman. First, I would like to thank the outgoing officers for 2024, for their service and commitment to the DSE Running Club. Their tireless contributions to the club have been nothing short of amazing and all of the DSE Membership sincerely appreciates both their leadership and guidance throughout 2024.

- President – Joe Kaniewski
- Sr. Vice-President – Stephanie Soler
- 2nd Vice-President – Terri Rourke
- Secretary - Katia Stern
- Treasurer – Rebecca Teichmann

For 2025, the current officers have agreed to continue serving in the following positions:

- President – Joe Kaniewski
- 2nd Vice-President – Terri Rourke
- Treasurer – Rebecca Teichmann

We are now accepting nominations for 2025, for the two available Club Officer positions, Sr. Vice-President and Secretary. In addition, if any DSE Club member is interested in running for these positions, please submit via email to me to Brian.Hartley@Boundtree.com by December 15, 2024. This would include a brief statement on what you hope to achieve as one of the Club Officers in 2025, as Sr. Vice-President or Secretary.

As a quick review for our DSE Membership, below are the duties of each of the DSE officers. These positions are typically for 2-year terms.

PRESIDENT: To preside over meetings, represent this association in the RRCA, to call any special meetings, and to appoint committees and chairpersons thereof, and to report club news to the membership by writing a monthly column for the club newsletter.

SENIOR VICE PRESIDENT: To assume the powers of the President in his(or her) absence.

SECOND VICE PRESIDENT: To take on special assignments as requested by the President.

SECRETARY: To record minutes of meetings, to keep a file of such minutes, and when requested by the president, to accept assignments involving correspondences and the keeping of records.

... continued on p. 6

RACE RECAPS

September 1, 2024

Sierra Point 10K

Race Director: Michael Guss

Volunteers: Carol Pechler, Rob Snavelly, Paul Mosel, Bill Woolf, John Albertoni, Vincent French, Kevin Lee, Chewey Lam, Wendy Newman, Jason Burleigh, Ron Baxter, Joel Rizzo, Senzi Li



*RD Michael Guss
© 2024 Yoly Pantig*

78 participants: 76 racers (47 men, 29 women); 2 self-timers



*Speed racer x2.
© 2024 Uliana Popov*



*Top 5 finishers.
© 2024 Yoly Pantig*

September 8, 2024

Moutain Lake Park 5K & Kids Run

Race Director: Chewey Lam

Volunteers: Kristan Sartor Elman, Carol Pechler, Mitchell Sollod, Paul Mosel, Bill Woolf, John Albertoni, George Rehmet, Mitchell Sollod, Vincent French, Kevin Lee, Amber Wipfler, Joe Kaniewski, Slavik Vasyliiev, Neal Ashton, Rose Griffin, Ron Baxter, Pat McAnaney, Cathal Conneely, IronMike Schiff



*RD Chewey Lam
© 2024 Paul Mosel*

105 participants: 91 racers (52 men, 38 women, 1 NB); 14 kids



*If you're not having fun, you're doing it wrong.
© 2024 Paul Mosel*

September 15, 2024

Golden Gate Vista 10K

Race Director: Chewey Lam

Volunteers: John McCarroll, Jeorgina Martinez, Paul Mosel, Bill Woolf, Victoria Conneely, Vincent French, Kevin Lee, Carolyn Karis, Larry Jewett, Calvin Chan, Liz Noteware, Uliana Popov, Terri Rourke, Suzana Seban, Ron Baxter



*RD Chewey Lam
© 2024 Paul Mosel*

93 participants: 92 racers (61 men, 31 women); 1 self-timer



*Coming out hot on a cool morning.
© 2024 Carolyn Karis*



*We were so delighted to welcome back David and family!
© 2024 Paul Mosel*

September 22, 2024

Bobby Marty Memorial 5K & Kids Run

Race Director: Denise Barchas

Volunteers: Mitchell Sollod, Carol Pechler, Eric Barchas, Paul Mosel, Bill Woolf, John Albertoni, Vincent French, Kevin Lee, George Rehmet, Liz Louie, Will Burns, Chewey Lam, Terri Rourke, Jason Burleigh, Veronica Balistreri, Marcus Balistreri



*RD Denise Barchas
© 2024 Paul Mosel*

95 participants: 80 racers (46 men, 35 women); 1 self-timer, 13 kids



*A fast start before the hills begin.
© 2024 Veronica Balistreri*



*Every runner earned their lunch on this steep, challenging course!
© 2024 Paul Mosel*

September 29, 2024

Lands End 5K

Race Director: George Rehmet

Volunteers: Carol Pechler, Chewey Lam, Mitchell Sollod, Pat Geramoni, Paul Mosel, Bill Woolf, John Albertoni, Victoria and Conor Conneely, Vincent French, Kevin Lee, Joe Kaniewski, Yoly Pantig, Larry Jewett, Uliana Popov, Suzana Seban



*RD George Rehmet
© 2024 Paul Mosel*

102 participants: 99 racers (52 men, 47 women); 3 self-timers



*Dom from Philly! He's running 40 5Ks in 40 cities, and this was #12.
© 2024 Paul Mosel*



*One of our youngest runners shows us how it's done.
© 2024 Paul Mosel*

MEMORIES OF WALT

We were so excited to get a message on the [DSE Facebook Group](#) from Walt Stack's great-grand-nephew, Wally, who shares our founder's name and inherited his famous patched jackets. Wally was kind enough to share some photos of the jackets, which you can find below. Make sure to zoom in—there is some incredible running history sewn into these patches, including the inaugural Dolphin Alcatraz Triathlon, the Pike's Peak Marathon, the Double Dipsea, and of course a very familiar running turtle!



*Two of Walt's famous patched jackets.
© 2024 Wally Stack*

2025 OFFICERS

...continued from p. 3

TREASURER: To collect and deposit all funds received at our DSE Races and DSE functions, i.e. DSE Annual Gala Awards. Treasurer reports should be submitted to the DSE President as requested and at our DSE Board Meetings.

Should you have any further questions upon review, please feel free to contact me.

Brian Hartley
Elections Chairman – DSE Runners
Brian.Hartley@BoundTree.com
925-719-0139 Cell

WHAT'S GOING ON AT LAKE MERCED?

Amber Wipfler

You may have noticed a metric ton of construction going down in the Lake Merced area, to the point where we had to re-home the Summer Series this year. So what exactly is happening around the City's largest freshwater lake (and our beloved 4.5-mile running path)? You asked; San Francisco Rec & Parks had answers.

A two-phase improvement project to Lake Merced's trails and facilities has been in the works since 2017. Thanks to a series of bonds (way to go, SF voters!) and a grant from the California Natural Resources Agency, the \$4.6 million Lake Merced Project broke ground in late 2023. The first phase addressed the lake's south side, where crews replaced a large portion of the perimeter path and installed two new features: a picnic area with tables and an outdoor fitness court. There's even a new and improved drinking fountain! Other improvements include ADA-compliant parking spaces in the John Muir parking lot, new signage, and upgrades to the landscaping and irrigation. Phase 1 was completed earlier this year, with a ribbon cutting ceremony in February.

The project has now moved to Phase 2, on the lake's north side. This phase also calls for path replacements, including a new ADA-accessible asphalt path alongside a stabilized soil path, for those of us who prefer running on a softer surface. New fitness stations are also on the menu, along with upgraded ADA parking spaces in the Harding

Road lot. Phase 2 is humming away as we speak, with an estimated completion date of late 2024 or early 2025. And fortunately for us runners, the path around the lake has been fully reopened, and will remain so as the project nears its final stages.

But that's not all that's being done to make Lake Merced a safer, more enjoyable spot for recreation. Also in the works is SFMTA's Lake Merced Quick-Build Project, which aims to increase pedestrian and bicyclist safety along Lake Merced Boulevard. The stretch of Lake Merced Boulevard between Font and Sunset is part of San Francisco's Vision Zero High Injury Network, where 75% of the City's traffic injuries and fatalities occur on only 13% of its streets. Between 2016 and 2021, there were 89 collisions along the project corridor, which sadly resulted in 87 injuries and two fatalities. All of us who run Lake Merced can attest to the speed of traffic along that stretch, and it's definitely disconcerting to have cars moving so quickly just feet away from the path.

The goal of the Quick-Build Project is to introduce traffic calming measures and create safer bicycle and pedestrian connections along Lake Merced Boulevard. To that end, SFMTA has been working since the fall of 2023 on improvements such as separated bike lanes, upgraded road crossings, and narrowing traffic lanes to promote slower car traffic. The project should be finished within the next two months, and city officials are hopeful that it will result in increased safety for everyone who visits Lake Merced.

So after a lot of dust and an inconvenience here and there, the new and improved Lake Merced recreation area is just about complete! You can see it all in person at our Lake Merced Single Loop 4.5 on Sunday November 3, not to mention the Christmas Relays and any other time you want to enjoy a flat, easy run around the lake.



Lovely, lovely Lake Merced.

© 2021 Terri Rourke

MORE PICNIC PHOTOS!



Photo credits (clockwise from top left): Veronica Balistreri (x2), Diane Okubo-Fong, Wendy Newman, Paul Mosel (x2)

AND DON'T FORGET THE DOUBLE DIPSEA!



Photo credits (clockwise from top left): Jay Boncodin (x2), Wendy Newman, Jay Boncodin, Jerry Flanagan, Jay Boncodin

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, October 6: McLaren Park Shelley Drive 5K - [Course Map](#)

Course Description: Start/finish at the large parking lot located at 21 Shelley Drive (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 back to the start. Repeat loop.

Sunday, October 13: Rockaway Beach 5K/12K - [Course Map](#)

Course Description:

5K: Start/finish at the Rockaway Beach parking lot near Dondee Street and San Marlo Way in Pacifica. Run southbound on the beach promenade, left onto Rockaway Beach Boulevard, right onto Nick Gust Way. Continue over footbridge. Veer right and begin on paved bike path. Stay on path crossing through the Taco Bell parking lot to rejoin path. Turn around at Pedro Point Shopping Center and return the same way to finish.

12K: Follow the 5K course above. Once you are back at the start/finish area, run north along the paved trail parallel to Cabrillo Highway. At the Calera Creek Recycling Plant, continue along the sidewalk on Cabrillo Highway. Veer left at Mori Point Road. Follow Old Mori Road trail to the water, then turn right. Continue running along Beach Boulevard until the turnaround past Pacifica Pier. Turn around and run back the same way back to the start/finish.

Sunday, October 20: Presidio Wall 5K - [Course Map](#)

Course Description: Start/finish on the grass lawn adjacent to Presidio Wall Playground (near Pacific and Spruce Avenue). Exit grass area, complete counter-clockwise Presidio Wall rectangular loop, right onto W. Pacific Avenue trail. Prior to Arguello Boulevard, complete mini-clockwise half-arc loop before turning left onto northbound (downhill) straightaway and exit trail onto asphalt surface. Turn around at stop sign, reverse direction and return to W. Pacific Avenue. Travel downhill (eastbound), complete clockwise Presidio Wall loop before finishing on the grass.

Sunday, October 27: Halloween Great Highway 5K & Kids Run - [Course Map](#)

Course Description: Come dressed in your Halloween finest! Start/finish at Great Highway & Taraval. Run along Great Highway; turnaround prior to Lincoln Way and return.

Kids Run starts following 5K, at approximately 9:45

Sunday, November : Lake Merced Single Loop 4.5M - [Course Map](#)

Course Description: Start/finish at the parking lot on Lake Merced's north end (at the foot of Sunset Boulevard). Run one clockwise loop around the lake, staying entirely on jogging/pedestrian path.

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 the warmest October day in two years—95 on Tuesday—temperatures will remain well above normal, even at the Coast, through the middle of next week, although there will be an increasing onshore flow and a return of coastal fog. Temperatures will return to normal, especially along the coast and in San Francisco with highs around 70. However, inland temperatures will remain above seasonal normals through mid-week, with temps peaking in the 80’s to low 90’s. Cooler weather with temperatures returning to normal will arrive the third week of October. The first fall rain is possible for a day at the end of the third week of October. Dry, mild weather is likely at the end of the month, including Halloween.



*Foggy morning at Lands End.
© 2024 Paul Mosel*

◆◆◆ Club Officers & Coordinators ◆◆◆



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 son
DSE PHOTOGRAPHER
Paul Mosel
WEBMASTER
Rob Snavelly

SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

P.O. BOX 210482
SAN FRANCISCO, CA 94121

RETURN SERVICE REQUESTED



Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

OCTOBER

- 1 Janet Nissenson
- 2 Matthew Bouchard
Ezra Corliss
Katie Schenkkan
- 4 Graham Dean
Stephen Dean
- 5 Peter Flessel
Marlin Gilbert
Arlene McCarthy
Robert Mogannam
Stephanie Soler
- 6 Ben Willis
Brooks Esser
- 8 Evan Adams
Francisco Hernandez
Sergio Ramirez
- 9 Sherilyn Adams
Steven Koster
Larry Wuerstle
- 10 Lucy Fouksman
Vincent French
Kate Glass

- 11 Kathleen Justice
- 12 Henri Demarcy
Ramona Esquivel
Fred Haber
- 13 Nicki Orser
- 14 Victor Skorapa
Cristina Villamayor
- 15 Ella Schumer
Claudia Vlasak
- 16 Rushelle Bragas
- 17 Marisa Rojas
Ironmike Schiff
- 18 Stefano Alberti
Jasper Chang
Melinda Langlois
- 19 Sister Marion Irvine
Pat McAnaney
Paul Mosel
Rebecca Perrine
- 20 Ed Olkowski
Kevin Pope

- 21 Justin Hubbard
Genevieve Sak
- 22 Tracy Purrington
- 23 Stuart Cornwall
Abigail Grace
Jeremy Grace
Sam Louie
- 24 John Walton
- 25 John Blankenship
- 26 Mike Hung
Noah Torres
- 27 Aaron Bastian
Michael Chasse
Everett Gensler
- 28 Matheus Vervloet
Laynah Williams
- 29 Sofia Carvajal
Calvin Chan
- 30 Theo Jones
Shelly Taylor
- 31 Jim Buck