



LAKE MERCED THURSDAY NIGHT SUMMER SERIES IS BACK!

Stephanie Soler

Thanks to fabulous Race Directors Chewey Lam, Noriko Bazeley, Raquel Bautista, Rubi Kawamura, Shelly Taylor, Vanessa Jacoby, and Veronica Balistreri, and Awards Mathematician David Moulton, the Summer Series is back with a new flavor!

Here is the link to Volunteer/Participant Pre-Registration. We especially need a few more Finish Line Volunteers: [2022 Lake Merced Summer Series](#)

The Lake Merced Summer Series will have ten weeks of timed competition every Thursday night from June 2 through August 4 at 6:30 p.m., followed by a Fun Run and Awards ceremony on August 11. Since we are in a drought and coming up on wildfire season, we have August 18 as a make-up date in case any earlier dates are canceled due to air quality issues.

For Summer Series Awards:

- Participants will compete by gender in the following age categories: 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+
- Participants may earn points in a maximum of 8 out of 10 races (yes, you can go on vacation!)
- Points awarded within each category as follows: 8 points for first place, 5 points for second place, 3 points for third place, 2 points for fourth place, 1 point for fifth place
- Finish Line Volunteers will earn the maximum points for their category (8) up to two times. This includes Race Directors who also volunteer at the Finish Line
- Summer Series Awards go to Top Three in each category

During the final Fun Run and Awards Ceremony, we will start the Fun Run at 6:30pm and start the Awards around 7:15pm. Woo hoo!



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From the President's Desk

◆ ◆ ◆ JOE KANIEWSKI

April gave us an opportunity to tackle Sweeney Ridge, Baker Beach's cliff, and sprint down JFK Drive for our lightning mile. We got spectacular million dollar views, heart pounding climbs, and breakneck downhill, all for bargain prices--the DSE way.

The Mountain Lake three-spoke course made a peaceful return to the park on Easter Sunday. The no drama race went smoothly as we hosted a kids race, provided fantastic gift bags and had a spontaneous egg hunt. Thank you to our Kids Run director Veronica Balistreri and the Conneely family for making the day extra special for our youngest DSE turtles.

A big shout out to Liz Isaacs for encouraging DSE to participate in the Jim Tracy ALS 5K and for helping her team raise over \$100K for her friend Cathy Everson. And kudos to the DSE turtles who came out and supported a great cause. Jerry Flanagan took 3rd place finish overall and Wayne Plymale shared how he was a running teammate and contemporary of Jim Tracy from his track/running days.

We have got some good upcoming races in May, starting off with JFK Drive in Golden Gate Park, then to Crissy Field on Mother's Day, and wrapping the month up at Land's End. I'm excited that we are tweaking one of our old favorites by modifying

our Great Highway 5K and extending the course up the Cliff House hill and along the promenade to make it a 10K. We will go from flat and fast to big hills to finish on the flat straightaway. May 15 we close down for the Bay to Breakers. If you are not running, make sure you catch 15 intrepid DSE turtles as we attempt a team running centipede. I'm hearing and hoping there will be a DSE cheer station!

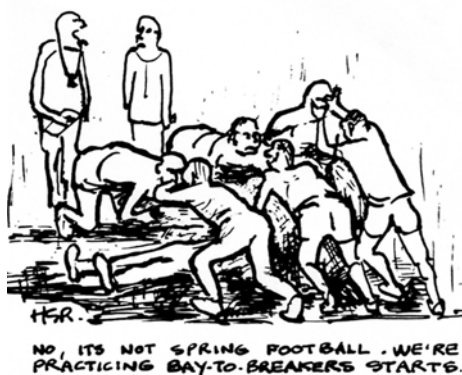
Did you hear that DSE got a e-bike? Well, sort of. Kevin Lee purchased the bike to make his course marking/course close out job easier. Do you know how difficult it is to retrieve the cones after each race? The e-bike makes it much, much easier. If you think about it, Kevin has been marking our race courses and retrieving our cones every week for over 30 years. It is no wonder he is so spry and healthy. Movement is medicine.

I have to admit the e-bike is fun to ride. And it seems like everyone has wanted to take it for a spin. Jeorgina, Jason, Vince, Rebecca, and Grant all tried it out at recent races. I felt like a proud Dad watching everybody go out for a quick ride. In case you are wondering, the e-bike can be found at Costco. It's called the Jetson; its top speed is 14mph going downhill, and it costs \$275.

Don't forget, DSE offers a casual free group run on Saturdays in Golden Gate Park. While the course and distance vary, it's always an easy

CLASSIC STU-PEDS

Stu Ruth



pace with great company. Just show up and meet at Crossover Drive/JFK Drive between 8:10-8:15 a.m. to log some miles in a group run.

Have a great May DSE. If you make it out to the Bay to Breakers, I will be wearing the "Michelangelo" Teenage Mutant Ninja Costume toward the end of the Centipede. I'm nervous, but excited. Wish us luck!



It's always a good time with the Saturday morning runners!

© 2022 Johnny Chow

CALL TO ACTION: DSE DIVERSITY, EQUITY, AND INCLUSION

Vanessa Jacoby

DSE has a long history of being a welcoming club for all runners--a friendly space for a diverse group to gather and enjoy a Sunday morning run. Building on this strong foundation, some DSE members (including our fearless leader Joe) are interested in expanding our efforts to increase diversity, equity, and inclusion in DSE. If you would like to help plan DEI work for DSE, please email me vanessal.jacoby@gmail.com. All are welcome!



DSE has long striven to be a fun, welcoming club for people of all races, genders, ages, and abilities, but there's always more learniwork to be done! Contact Vanessa if you'd like to help with this important task.

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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 mail-box (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:

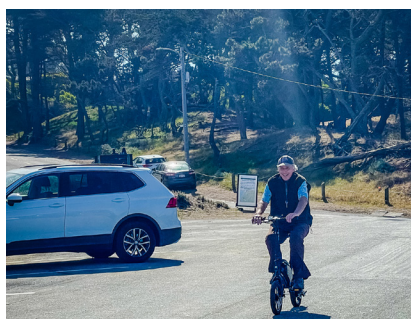
www.dserunners.com

Webmaster: Rob Snavelly

webmaster@dserunners.com

THE NEW TOY: NO TRAINING WHEELS NEEDED

Our indefatigable course marker, Kevin, recently bought an electric bike to help make his job a little easier. Of course, you can't bring a new toy to school (or a DSE race) without giving everyone a turn! Thanks to Jay Boncodin for these fun photos.



NEW YORK CITY ADVENTURES

George Rehmet

Closing on my quest to run a marathon/ultra in all 50 states took me back to New York City. Needing New Jersey, I took a red-eye and flew into Newark Airport at 5:30AM on April 9; caught an Uber at 6:10AM; and was at the race start some 20 miles away by 6:40AM. The race was the Squatchapple in which I ran the 33 mile race that started at 8AM. The chilly air kept me awake. The hardest part was running through all that mud as it had rained heavily a few days before and coming from bone-dry California. I was slipping and sliding everywhere on the course. The mud and hills fatigued me and I finished in 7 hours and 39 minutes. State #47 done! (note: I still have Maryland, South Carolina, and Hawaii left!)

Now it was on to spring break in the Big Apple. I checked out the sights like Times Square and saw a couple of Broadway shows (Moulin Rouge and Stomp – highly recommended). New York City is easy to get around with over 160 miles of subway.



*Running from the Squatch on a soggy Jersey morning.
© 2022 George Rehmet*

But in between playing tourist, I wore literally and figuratively my RRCA President's hat and checked out the local running clubs, which are many and very diverse. Amazingly, during the pandemic, more running clubs formed in the New York City area. (Note: Go to www.rrca.org to find running clubs when you travel.)

The first running club was Harlem Run (<http://www.harlemrun.com/about>) which was so diverse and welcoming to me. Going in different pace groups while the leaders played music loudly, we ran around Harlem. Afterwards it was dinner at Harlem Shake, where I tried out their signature milkshake--a red velvet cake flavor.

...continued on p. 6

RACE RECAPS

April 3, 2022

Sweeney Ridge 5K

Race Director: Veronica Balistreri

Volunteers: Nicole Gipp, Emre Tepedelenioglu, Ziya Tepedelenioglu, Paul Mosel, Bill Woolf, John Albertoni, Bob Marty, Vince French, Marcus Balistreri, Kevin Lee, Larry Jewett, Marsi Hidekawa, Uliana Popov, Joe Kaniewski



RD Veronica Balistreri

© 2022 Paul Mosel

57 participants: 51 racers (30 men, 21 women), 6 self-timers



The joy of trail running.

© 2022 Paul Mosel



Wendy vs. The Stairs.

© 2022 Terri Rourke

April 10, 2022

Baker Beach 5K

Race Director: Chewey Lam

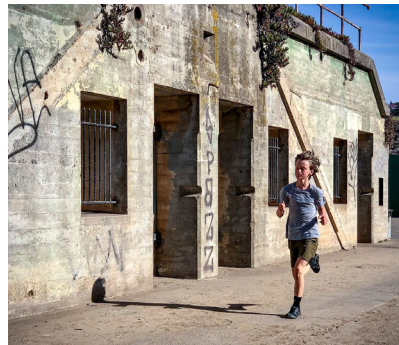
Volunteers: Phyllis Nabhan, Jason Szydluk, Carol Pechler, Paul Mosel, Bill Woolf, John Albertoni, Bob Marty, Vincent French, Kevin Lee, Jay Boncodin, Larry Jewett, Oliver Chan, Richard Hannon, Riya Suising, Terri Rourke, Tony Nguyen, Blythe Marshman



RD Chewey Lam

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48 participants: 45 racers (31 men, 14 women); 3 self-timers



Sprinting past the ruins of Battery Chamberlin.

© 2021 Phyllis Nabhan



Moments before the start.

© 2022 Jay Boncodin

April 17, 2022

Easter Mountain Lake 5K

Race Director: Chewey Lam

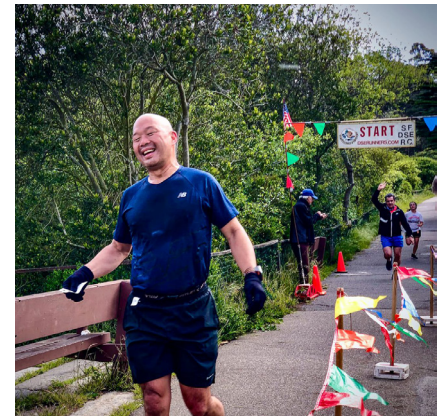
Volunteers: Phyllis Nabhan, Adriana Collins, Jason Szydluk, Paul Mosel, Bill Woolf, Bob Marty, Vincent French, Kevin Lee, Rebecca Teichmann, Grant Johnson, Ben Gulezian, Nicole Gipp, Paul Mosel, Wendy Newman, Daniel Henry, Woody Szydluk, Jay Boncodin, Veronica Balistreri, Marcus Balistreri



RD Chewey Lam

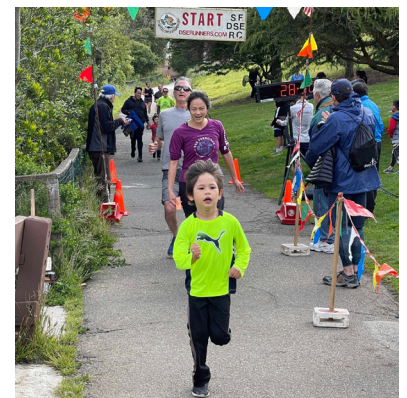
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77 participants: 74 racers (42 men, 32 women); 3 self-timers



All smiles at the finish.

© 2022 Phyllis Nabhan



We love our tiny runners!

© 2022 Paul Mosel

DSE PHOTO WALL



Many thanks and congratulations to all the DSE'rs who came out for the Jim Tracy 5K to Defeat ALS! Special kudos go out to Liz Isaacs and the team of Cathy's Crew, who raised an astounding \$102,574. May is ALS Awareness Month, and it's not too late to make a donation toward this important cause. Check out the [Jim Tracy 5K website](#) for more details.

Photos © 2022 Liz Isaacs; Kevin Lee



Congratulations to all of our Boston runners! You guys are awesome. Here's some photos from the Symanovichs, who made their trip to Boston a family affair!

Photos © 2022 Debbie Symanovich



Cross training? Yes please! On April 24, Rubi Kawamura and Johnny Chow rode their bikes from Marina Park in Richmond to Oakland's Lake Merritt, where they ran a 5K with the LMJS club. Apparently, 12 miles on the bike is the perfect warm-up, because Rubi won her age group (as did fellow DSE'r Jane McFarland)!

Photos © 2022 Rubi Kawamura



Last but not least, some snaps from the Easter Kids Run! Keep bringing your little runners out--we love their energy and enthusiasm.

Photos © 2022 Paul Mosel, Jay Boncodin



Movin' and shakin' with Harlem Run.
© 2022 George Rehmet

Later that day I had lunch with New York City Marathon race director Ted Metullus. We talked about the need to improve diversity in running. Ted is a gracious man who I view as an angel in our sport. Upon his advice, I visited the New York Road Runners (NYRR) headquarters to view the exhibits that detail the history of the running club and NYC Marathon.



In Prospect Park with BK Running Project.
© 2022 George Rehmet

The next day I did a double. In the morning at Brooklyn's Prospect Park, I met up with BK Running Project. Along park roads, we did half mile repeats. And in the afternoon I met up with the Front Runners New York. We participated in a free 5K race put on by NYRR which took runners along the Brooklyn waterfront with views of the Manhattan skyline across the Hudson River.



*Manhattan
Sunset*
© 2022 George
Rehmet

The Front Runners will admit that San Francisco Front Runners are the original group, but that they are the largest with about 900 members. After the run, it was dinner at a pizza place and, yes, New York style pizza is tasty.

In all, New York is home to so many running clubs and races that I wished that I could have stayed longer. But it's wonderful to know that if one travels to New York, you will have company when running!



Start spreadin' the news...
© 2022 George Rehmet

2021 AWARD WINNERS

We ran out of space in last month's newsletter, so here's the only-slightly-belated list of 2021 award winners, announced at the Gala!

SMALL MONGO AWARDS: Stephanie Soler, Riya Suising*, Michaela Rouan, Jane McFarland, Suzana Seban, Yoly Pantig, David Wilson*, Lazaro Sanchez*, Bob Butchart, Dennis Lawlor, Mike Rouan, Neal Ashton

LARGE MONGO AWARDS: Noriko Bazeley**, Pat Geramoni, Adriana Collins, Marsi Hidekawa, Phyllis Nabhan, Akemi Iizuka*, Katia Stern*, Rebecca Teichmann*, Terri Rourke, Tony Nguyen**, Steve Snyder**, Jerry Flanagan**, Daniel Henry*, Kenneth Fong*, Chewey Lam*, Rob Snavelly, Wayne Plymale, Bill Hamilton, Theodore Jones, Mitchell Sollod, Richard Hannon, Mark Eger, David Moulton, Jim Buck (* denotes 2021 marathoner; ** denotes ultramarathoner)

TOP FIVE TOTAL RACE MILES:

FEMALE: 1. Riya Suising (355); 2. Adriana Collins (321); 3. Rebecca Teichmann (280); 4. Noriko Bazeley (242); 5. Terri Rourke (171)

MALE: 1. Chewey Lam (1,000); 2. Tony Nguyen (835); 3. Jerry Flanagan (340); 4. Mark Eger (322); 5. Daniel Henry (262)

TOP FIVE TOTAL MILES COMPLETED:

FEMALE: 1. Pat Geramoni (2,794); 2. Akemi Iizuka (2,040); 3. Adriana Collins (1,947); 4. Rebecca Teichmann (1,557)

MALE: 1. Steve Snyder (3,502); 2. Tony Nguyen (2,703); 3. Bill Hamilton (2,668); 4. Mark Eger (2,253); 5. Daniel Henry (1,781)

TOP TEN RACE PLACE POINTS:

FEMALE: 1. Riya Suising (51); 2. Noriko Bazeley (34); 3. Julie Munsayac (29); 4. Sarah White (26); 5. Sasha Cox (19); 6. Maria Pantoja (19); 7. Rebecca Teichmann (19); 8. Vanessa Jacoby (17); 9. Sarah Gulli (15); 10. Carol Keller (15)

MALE: 1. Cathal Connelly (59); 2. Ben Beeler (49); 3. David Moulton (32); 4. Grant Johnson (25); 5. Jerry Flanagan (23); 6. Sergey Vasyliiev (18); 7. Marcus Balistreri (17); 8. Zach Speno (14); 9. Dylan Nixon Helms (12); 10. Oliver Chan

WOMEN'S AGE DIVISION AWARDS:

18 >: 1. Maya Pfalzer & Vivienne Cornwall; 2. Brianna Lim & Zara Tepedelenlioglu; 3. Lily Vazquez
19-24: 1. Katia Stern; 2. Chloe Tripper & Ruby Lee
25-29: 1. Michaela Rouan; 2. Sarah Gulli; 3. Elizabeth Castanon; 4. Lily Gentner; 5. Malavika Srinivasan
30-34: 1. Margaret Ostermann; 2. Chloe Gaillot; 3. Amanda Ables; 4. Kate Mapstone; 5. Kelly Clonts
35-39: 1. Rebecca Teichmann; 2. Sasha Cox; 3. Panisa Polpattana; 4. Uliana Popov; 5. Joyce Lai & Tehani Nishiyama
40-44: 1. Julie Munsayac; 2. Maria Pantoja; 3. Nicole Gipp; 4. Amber Wipfler; 5. Jessica Watkins
45-49: 1. Stephanie Soler; 2. Vanessa Jacoby; 3. Sarah White; 4. Beverly Ku; 5. Grace Chuang
50-54: 1. Riya Suising; 2. Liz Noteware; 3. Jeorgina Martinez; 4. Lina Garcia; 5. Kathleen Lail
55-59: 1. Rubi Kawamura; 2. Shelly Taylor; 3. Janet Allen-Williams; 4. Akemi Iizuka & Margit Falk
60-64: 1. Noriko Bazeley; 2. Carol Keller; 3. Yong Haber; 4. Dana Farkas & Judy Waitz
65-69: 1. Marsi Hidekawa; 2. Suzana Seban; 3. Marie-Pierre Carlotti; 4. Adriana Collins; 5. Barbara Bauer
70-74: 1. Terri Rouke; 2. Wendy Newman; 3. Pat Geramoni; 4. Jane McFarland; 5. Sharlet Gilbert
75-79: 1. Jane Colman; Carole Mawson
80+: 1. Carol Pechler; Kay Teiber



Winner winner chicken dinner!

© 2022 Stephanie Soler

MEN'S AGE DIVISION AWARDS:

18 >: 1. Marcus Balistreri; 2. Woody Szydluk; 3. Ziya Tepedelenlioglu; 4. Ari Dalfen; 5. Wilder Kagay
19-24: 1. Baldamero Reyes; 2. Sean Young; 3. Dylan Moser; 4. Sonny Young; 5. Dante Zamora & Marco Monfiglio
25-29: 1. Ben Beeler; 2. Dylan Nixon-Helms; 3. Zach Speno; 4. Victor Skorapa; 5. Peter Aguiar & Peter Haine
30-34: 1. Noel Bautista; 2. Ben Langmuir; 3. David Tran; 4. Max Huckstepp; 5. Vincent Gulli
35-39: 1. Cathal Conneely; 2. David Amsallem; 3. James Saunders; 4. Sergey Vasyliiev; 5. Grant Johnson
40-44: 1. Chewey Lam; 2. Andrew Ng; 3. Jason Reed; 4. Colin Davitian; 5. Jason Cauthen
45-49: 1. Jason Szydluk; 2. Marky Enriquez; 3. Nakia Baird; 4. Steven Koster; 5. Jason Duquette
50-54: 1. David Wilson; 2. David Mouton; 3. Daniel Henry; 4. Rob Snavely; 5. Tim Danison
55-59: 1. Mike Rouan; 2. Peter Corbett; 3. Kenneth Fong; 4. Jerry Flanagan; 5. Andrew Ferguson
60-64: 1. Ron Baxter; 2. Peter Hsia; 3. Neal Ashton; 4. Kenneth Clews; 5. Dragan Zupac
65-69: 1. Brian Hartley; 2. Xiaodong Yang; 3. Ironmike Schiff; 4. Wayne Plymale; 5. Milton Lorig
70-74: 1. Larry Jewett; 2. Leon Chang; 3. Randy Piona; 4. John Herbert
75-80: 1. Jim Buck; 2. Gene French; 3. Bob Cowdrey; 4. Craig Edwards; 5. John Herbert
80+: 1. Mitchell Sollod; 2. Theo Jones; 3. Sam Roake; 4. Jerry McGowan; 5. Jack Bascom

WALT STACK AWARD: Joe Kaniewski

LIFETIME SERVICE AWARD: Wendy Newman

Huge congratulations to all of our winners!

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.

Because races are limited to 150 participants, members are strongly encouraged to pre-register to reserve their spot. Race registration instructions have been sent by e-mail to all active members. A limited number of non-member pre-registrations for select races are available on [Active.com](#) (search for DSE), and walk-up race day registration may be available, space permitting.

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

Sunday, May 8: Crissy Field Mother's Day 5K and Kids Run - [Course Map](#)

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

Kid's run starts after finish of 5K

Sunday, May 15: NO DSE - Bay to Breakers - Registration [here](#)!

Sunday, May 22: Land's End 5K - [Course Map](#)

Course Description: Start and finish at the USSSF parking lot (upper lot) at Land's End. Run south towards Point Lobos Ave., make sharp turn before Seal Rock Dr., run on Land's End Trail towards El Camino Del Mar, turn around before Lincoln Highway and return.

Sunday, May 29: Great Highway Land's End 10K - [Course Map](#)

Course Description: Start/finish at Taraval/Great Highway. From Taraval St. run north on the Great Highway, transfer to Ocean beach promenade after Lincoln Way. Remain on ocean-side sidewalk, running north uphill to Point Lobos Ave., run past Cliff House and Sutro Baths parking lot, turn left onto Land's End Trail. Stay on trail for 1/3 of a mile, turning around at the Eastern Coastal Trail Overlook (viewing spot for the Golden Gate Bridge and Baker Beach). Return to start via the same course.

Thursday, June 2: Lake Merced Summer Evening Series Begins! MEMBERS ONLY - Info [here](#)!

Course Description: Race starts at 6:30 p.m. at the Lake Merced parking lot at the end of Sunset. Run one 4.5 mile clockwise loop around the lake staying entirely on jogging/pedestrian path. There is a 1 hour time limit. If you can't complete the course in 1 hour (13:25 pace) you must self-time and start prior to 6:30pm. Finish line closes at 7:30pm.

Sunday, June 8: NO DSE - Statuto Race - Registration [here](#)!

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. Due to current public health guidelines, in-person races are limited to members only.

2022 Membership Pricing

- Gold DSE Membership: \$100
Gold members receive no-cost entry to all in-person races!
- Adult Membership: \$20
- Child Membership (under age 18): FREE

Membership pricing includes email newsletter. Members can opt to receive a paper newsletter mailed to their homes for an additional \$10 per year.

Membership purchase is available online at <http://dserunners.com/membership>.

Membership questions? Email seniorvp@dserunners.com.

Weather Report

Meteorologist Mike Pechner

The fog season has started and SF, the coast, and regions close to the Bay will see cooler than normal temperatures. Rain is still in play and we could see some light rain as far south as Sonoma and Marin Counties with light snow in the Sierra above 6000 ft. this weekend. A warming trend is likely during the second week in May with some night and morning low clouds and fog along the coast. No hot weather is expected inland and the Coast will remain seasonally cool through mid-month and into the 3rd week of May. There is a slight possibility of the last rain of the season in the 4th week, but that is not set in stone.



Enjoy the sun while you can, because fog season is upon us!

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◆◆◆ Club Officers & Coordinators ◆◆◆

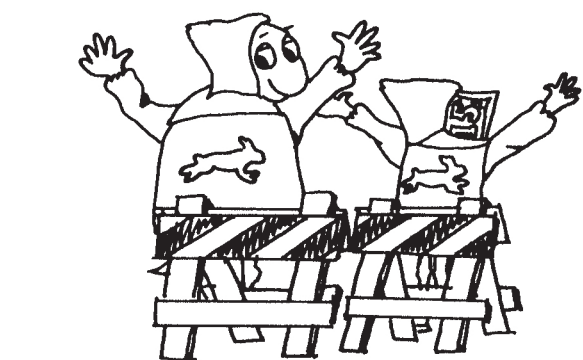
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AGE DIVISION POINTS
Janet Nissenson
PERMITS/SCHEDULING
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Janet Nissenson
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COURSE MAPS
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WEBMASTER
Rob Snively

SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB
P.O. BOX 210482
SAN FRANCISCO, CA 94121

RETURN SERVICE REQUESTED



Happy Birthday! ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦
MAY

- | | | | | | |
|----|------------------|----|---------------------------|----|------------------------|
| 1 | Erica Hernandez | 11 | Kenneth Clews | 20 | Godofredo O. Hernandez |
| 2 | Carol Pechler | | Joaquin Fritz | 21 | Bill Woolf |
| | Wendy Truong | | Malavika Srinivasan | 23 | Peter Corbett |
| 3 | Ian Macnider | 13 | Matan Amsallem | 24 | Matt Metzler |
| 4 | Lia Hardy | 14 | Emmylou Wilson | | Steven Nissenson |
| | Peter Morris | 16 | Jeremy Whiteman | 25 | Gail Cornwall-Feeley |
| | Zach Speno | 17 | Marcus Balistreri | 26 | Enrique Bautista |
| 6 | Jeanne Laberge | | Rachel Katz | 29 | Casey Childers |
| | Edwin Ong | 18 | Jeorgina Martinez | | Conal Gallagher |
| 7 | Lucas Dempsey | | Steve Snyder | 30 | Miles Ramos |
| 8 | Lucas Vazquez | 19 | Freddy Fernandez Sandoval | | MEMORIAL DAY |
| 9 | Ari Dalfen | | | 31 | Michael McPartlan |
| | Carolyn Dingwall | | | | |
| 10 | Larry Jewett | | | | |