

57th Year

## **GALA TIME**

Rebecca Teichmann

Speaking from my strong two years of experience, planning the DSE awards gala has its challenges. Will it rain? Will anyone show up? How do we find a venue for 50-200 people on a non-profit budget? Is it even a gala without a theme and or ballgowns?

Recognizing many of these worries were beyond our control, Katia Stern, Vanessa Jacoby, and I planned as much as we could and relied on our club members to take on tasks and run with them. Never daunted by a microphone, Tony Nguyen returned from a 24 hour race in time to muster the energy to MC the awards with heavy dose of humor. Raffle prizes included everything from SF Marathon entries to tickets to Giants baseball games. There were so many raffle prizes, I genuinely thought we would have more prizes than attendees.

But we had plenty of attendees. The taco bar was a hit, although inexplicably the sour cream and guac were once again at the beginning of the line rather than the end. Maybe this is a metaphor for life, sometimes you need to mix things up and go backwards. Or at the very least, go back for seconds.

I went back for seconds of the s'mores and churros with dulce de leche.



After days of downpour, the skies cleared just in time! © 2023 Wendy Newman



Table o' trophies © 2023 Veronica Balistreri

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April 2023

# From the President's Desk

What a winter we had this year. Luckily, the heavy rains held off for our Mori Point and Chrissy Field races in March, and we got in the DSE Windmill 10K on a chilly but clear sunny morning with deep blue skies.

It was another fun DSE Gala at Spark Social on March 5th. The great raffle prizes and nice weather were an added bonus this year. Thanks again Rebecca Teichmann, Katia Stern, and Vanessa Jacoby for your party planning and hosting skills. Shout outs to Liz Noteware, Stephanie Soler, and Rebecca Teichmann for bringing in the raffle prizes from local businesses and races. Tony Nguyen was again a funny Master of Ceremonies. And, last but not least, a Big Congratulations to all the Mongo and Age Group award winners but especially the Walt Stack Award winner Chewey Lam, and DSE's Lifetime Achievement winner, Jerry Flanagan.

As an open water swimmer, I have recently gotten more plugged into the events and traditions of both the Dolphin Swim and South End Rowing clubs, the original sources and origins of our run club. If you didn't know, our club gets its name from the Dolphin and South End members who originally got together to organize runs down at Aquatic Park in the late 1960's. Maybe because swimming is easier as

you get older, I think there are more members around the swim/ row clubs today that can tell you stories about Walt Stack from his days as a Dolphin Club member than are around at our races. A lot of members still remember Walt's daily triathlon, riding his bike 7 miles every day, running over the Golden Gate Bridge and back, and swimming a mile at Aquatic Park, all before he went to work as a hod carrier on construction sites. Walt worked this daily ritual from his 50's to his 80's. But swim club members also remember his ribald humor, and the way he supported the women who were striving to integrate the clubs. I recently posted on our DSE Facebook page a recent post from the Dolphin Club announcing their Spring Run Challenge dedicated to Walt. Dubbed the Walt Stack Challenge, it encourages Dolphin members to run and log their miles from March 22 through May 31st toward an impressive running goals of 225 miles/"Tall Stack" or 100 miles/ "Short Stack." After my posting, about 25 DSE members pledged to do Tall Stack, a real Tall Order, which translates into a 5K every day for 71 days. I extend the challenge to all of you. It's not too late to run the miles or log the miles you have run since March 22. Is there an incentive to run a 5K for 71 straight days and be like Walt? What about a Tall Stack or Short Stack of Pancakes at the end of that next DSE

**CLASSIC STU-PEDS** 

Stu Ruth



race after the challenge? June 11? Or maybe a Walt slogan on a ribbon? I like the idea of having a Spring Mile challenge for DSE. I bet he would be proud to know DSE runners are doing it as well, so why not go for it!

Shout out to David Mouton for his write-up of the 2022 Fast Runner Awards. David went through a whole year's worth of races and computed the top racers, and included analysis and narrative. It's an interesting read; check it out.

I decided to take the fundraising entry route to run the New York City Marathon and support Achilles International. It's been about two years since I started running and now swimming with local Achilles athletes at their Saturday meet-ups

at Great Highway. I have to say its still a real challenge guiding visually and hearing impaired athletes. If you never guided a challenged athlete, I recommend trying it so you can begin to understand the challenges these athletes face. I need to raise \$3,500 by November, with all proceeds of my fundraiser going to support the Achilles Bay Area chapter and to help pay for the Achilles athletes' travel to races. I am about halfway to reaching my goal, thankfully, and a hearty thanks to the Turtles whohave already chipped in. f you are interested in helping, here is the address of my fundraising page. https://give.achillesinternational.org/ fundraiser/4566473. There is still time to sign up for

There is still time to sign up for the DSE Centipede. Don't miss your chance to run amongst the crazy costumes and atmosphere that only a Bay to Breakers experience provides.

We have some good races for April. There is our Easter Race at Mountain Lake Park, Baker Beach 5K, and Stern Grove. We take off April 23 off to support the Jim Tracy 5K to Defeat ALS. Hope to see you out there at the races.



#### How to contact the DSE News

The DSE Newsletter is published monthly for the DSE Running Club.

#### Contact:

Amber Wipfler, Editor Email: <u>weenerdog@gmail.com</u>

#### 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 Snavely webmaster@dserunners.com

# **REMEMBERING TOM HUSTER**

All of us at DSE were devastated at the recent passing of Tom Huster, who was tragically killed on March 21 when a tree toppled onto his car. He was just shy of celebrating his 80th birthday. Tom was a true DSE original, dating back to the days of Walt Stack, and was a regular at DSE races for many years. A well-known and respected attorney, Tom was successful at every sport he participated in, from squash to golf to softball to dancing, and had a taste for adventure that never dimmed. He is survived by his daughter Beth, son John, and wife Sunhi, who also ran with DSE for many years. We share in their grief at his passing, and send our sincerest condolences to them and all of Tom's loved ones.



Tom and Sunhi, during their DSE days. © 2009 Diane Okubo-Fong

# CELEBRATING THE YEAR OF THE RABBIT

We had a great DSE turnout at the Lunar New Year Run! Special kudos go out to Noriko Bazeley, David Moulton, Yoly Pantig, and Ken Fong, who all won awards in their respective age groups. Well done, Turtles!



Noriko, David, and Yoly ran fast as rabbits! © 2023 Jay Boncodin

# TURTLES IN THE NEWS

Founding DSE member Rudy Stadlberger was featured on the front page of the Noe Valley Voice this past March. Rudy turned 99 years old on February 5, and his friends in the Noe Walks neighborhood walking group surprised him with a party at the top of the Duncan Street Steps. Supervisor Rafael Mandelman was also on hand, to present Rudy with a special commendation on behalf of the city.

Have a click on <u>http://www.noevalleyvoice.</u> <u>com/2023/March/index.htm</u>l and read all about it!



Rudy, in his famous red South End Rowers jacket, with Mary Boitano at last year's Lake Merced 4.5M. © 2022 Phyllis Nabhan

# THROWBACKS



Check out race directors Wendy and Bill circa 2003! Pretty sure those same vests and bullhorn are still in Vince's van.

If you have a vintage DSE photo that you'd like to share with the club, <u>send it our way</u> for publication in the newsletter.

# **RACE RECAPS**

#### March 12, 2023 Mori Point 5M

<u>Race Director</u>: Vanessa Balistreri <u>Volunteers</u>: Yong Haber, Mitchell Sollod, Paul Mosel, Bill Woolf, Marcus Balistreri, Marissa Balistreri, Vincent French, Kevin Lee, Dennis Lawlor, Peter Corbett, Chewey Lam, Rubi Kawamura, Terri Rourke Tony Nguyen



RD Vanessa Balistreri © 2023 Paul Mosel

59 participants: 58 racers (33 men, 24 women), 1 self-timer

#### March 19, 2023

#### St. Patrick's Day Crissy Field 5K & Kids Run Race Director: Kitzzy Aviles

<u>Volunteers</u>: Phyllis Nabhan, Theo Jones, Jeanie Jones, Rubi Kawamura, Paul Mosel, Bill Woolf, Rubi Kawamura, Vincent French, Blythe Marshman, Kevin Lee, Chewey Lam, Samantha Kamras, Tony Nguyen, Daniel Henry, Veronica Balistreri, Marissa Balistreri, Nakia Baird



RD Kitzzy Aviles © 2023 Paul Mosel

120 participants: 113 racers (69 men, 44 women), 3 self-timers, 4 kids

#### Windmill 10K Race Directors: Chewey Lam

March 26, 2023

<u>Volunteers</u>: Pat Geramoni, Phyllis Nabhan, Yong Haber, Paul Mosel, Bill Woolf, John Albertoni, Bob Marty, Vincent French, Mitchell Sollod, Diane Okubo-Fong, Kevin Lee, Michael Gulli, Chewey Lam, Marsi Hidekawa, Wilca Gallagher, Ken Fong



RD Chewey Lam © 2023 Paul Mosel

97 participants: 95 racers (54 men, 41 women), 2 self-timers



All smiles at the rainy finish. © 2023 Paul Mosel



The 5-mile distance provided the perfect opportunity to upcycle some ribbons from decades past! © 2023 Tony Nguyen



Everyone looking nice and clean before their run through the mud. © 2023 Wendy Newman



Tony regales Wendy with one of his (in)famous jokes. © 2023 Tony Nguyen



Top volunteers looking snazzy in their fleeces. © 2023 Phyllis Nabhan



Taking off on the grass. © 2023 Veronica Balistreri

## RRCA NATIONAL CONVENTION: CHICAGO

#### George Rehmet, RRCA President

After two years in Orlando, Florida and smaller numbers, the RRCA National Convention moved to Chicago and had its biggest turnout since the pandemic. The weather may have be a brisk with temperatures in the low 40's but folks were comfortable in the iconic Palmer House Hotel. The DSE were represented by 3 of its members: DSE Board Members Anna Burke and Stephanie Soler and RRCA President George Rehmet who presided over the key events including the general membership meeting. At this meeting, key information was that the RRCA continues to push for diversity and inclusion in running and that he RRCA's finances are still recovering from the pandemic.

Sessions had something for race directors, runners, coaches, and running club leaders and included the key Insurance Program and Risk Management general session, Growing Your Club Membership; Building Your Brand; How to Build a Community of Inclusion; Oversight and Management of Club & Event Finances; Implementing a Non-Binary Category for Race Scoring; Effectively Working with Charity Partners; and Using Data to Understand & Grow Your Running Community.

The keynote speaker was done by Jeff Tan, president of the LA Leggers. Jeff had ran a marathon on every continent and was featured in Runner's World magazine. Jeff talked about his experiences to promote the idea of goal setting. But when it came down to it, his simple message was "You Matter!"



The RRCA Board and state representatives having a blast! © 2023 George Rehmet



George picks up some tips from two-time Olympic medalist Galen Rupp. © 2023 George Rehmet

# ROAD RUNNERS CLUB OF AMERICA



Steph and Anna repping DSE. © 2023 Steph Soler

At the awards ceremony, northern California was well represented with the Avenue of the Giants Marathon (<u>https://theave.org</u>)being awarded "RRCA Road Race of the Year" and Tamalpan Frank Ruona being awarded "RRCA Volunteer of the Year" through his work with San Quentin prisoners to run a marathon within prison walls through the 1000 Mile Club (<u>https://www.csmonitor.com/</u> <u>World/Making-a-difference/2021/0526/Marathonmentor-helps-prisoners-run-life-s-race</u>). Olympic medalist Galen Rupp was inducted into the RRCA Hall of Fame and sat with George Rehmet who picked up on some trade secrets of Galen!

Next year's convention will be closer to home as it will take place in the first week of May, 2024 in Costa Mesa, CA in conjunction with the OC Marathon (<u>https://www.rrca.org/convention</u>). Be sure to save the date!

## DSE WANTS \*YOU\* TO BE A RACE DIRECTOR

We need race directors for May and June! We've got some fun races on the calendar and the weather will be lovely, so there's really no better time to sign up and get those volunteer hours taken care of.

How do you sign up? Glad you asked! Head on over to the Race Director link on our club website (<u>http://dserunners.com/volunteer/racedirectors/</u>), pick an open date, then e-mail Kevin Lee at <u>dse.pekingduck@gmail.com</u> with your race of choice.

Never directed before? No worries! You'll get plenty of support from longtime volunteers. Plus you get to talk into the megaphone and hand out ribbons--how fun is that? Don't delay; sign up today!

# 2002 GALA WINNERS!

\*LIFETIME SERVICE AWARD\* Jerry Flanagan

\*WALT STACK AWARD\* Chewey Lam

**WOMEN'S FAST RUNNER**: 1. Noriko Bazeley\*\*; 2. Katia Stern\*; 3. Riya Susing\*; 4. Fiona Mccusker; 5. Sasha Cox\*

**MEN'S FAST RUNNER**: 1. Cathal Conneely; 2. Ben Beeler; 3. Grant Johnson; 4. David Moulton; 5. Marcus Balistreri

**KIDS RACE AWARDS**: Anthony Balistreri, Arianna Balistreri, Conor Conneely, Rebecca Sonstein, Miles Ng, Aela Olsen, Julian Olsen, Nick Leung, Noah Leung

SMALL MONGO AWARDS: Ken Wu, Theodore Jones, Juan Castro\*, Mike Rouan, Robert Butchart, Ziya Tepedelenlioglu, Kristan Elman, Nicole Gipp, Suzana Seban, Blythe Marshman\*\*, Deysi Ocampo, Stephanie Soler, Uliana Popov

LARGE MONGO AWARDS: Chewey Lam\*, Jerry Flanagan\*, Tony Nguyen\*\*, Daniel Henry\*\*, Jim Buck, Joe Kaniewski\*, John McCarroll, Paul Mosel, David Moulton, Dennis Lawlor, George Rehmet\*\*, Jay Boncodin\*\*, Kenneth Fong\*, Neal Ashton, Pat McAnaney\*, Richard Hannon, Brian Hartley, Rob Snavely, Stephan Fouksman, Ken Wu, Adriana Collins\*\*, Jane McFarland, Katia Stern\*, Marsi Hidekawa, Noriko Bazeley\*\*, Patricia Geramoni, Riya Suising\*, Rebecca Teichmann\*, Terri Rourke, Phyllis Nabhan, Yoly Pantig\*\*

(\* denotes 2022 marathoner; \*\* denotes 2022 ultramarathoner)

#### WOMEN'S AGE DIVISION AWARDS:

<u>18 ></u>: 1. Vivienne Cornwall; 2. Josephine Cornwall; 3. Zoe Kamras; 4. Maya Pfalzer; 5. Zara Tepedelenlioglu <u>25-29</u>: 1. Michaela Rouan; 2. Katia Stern

<u>30-34</u>: 1. Veronica Balistreri; 2. Elise Peck; 3. Erica

Chesley; 4. Raguel Bautista

<u>35-39</u>: 1. Rebecca Teichmann; 2. Blythe Marshman; 3. Kristan Elman

<u>40-44</u>: 1. Uliana Popov; 2. Nicole Gipp; 3. Kitzzy Aviles; 4. Xian Ke

<u>45-49</u>: 1. Stephanie Soler; 2. Vanessa Jacoby; 3. Samantha Kamras

50-54: 1. Yoly Pantig; 2. Riya Suising; 3. Liz Noteware; 4. Kate Aks

<u>55-59</u>: 1. Jeorgina Martinez; 2. Shelly Taylor; 3. Leslie Dicke; 4. Fiona Mccusker; 5. Anna Burke

<u>60-64</u>: 1. Rubi Kawamura; 2. Noriko Bazeley; 3. Yong Haber; 4. Margit Falk

<u>65-69</u>: 1. Marsi Hidekawa; 2. Suzana Seban; 3. Adriana Collins; 4. Debbie Symanovich; 5. Angela Craig

70-74: 1. Terri Rourke; 2. Wendy Newman; 3. Pat

Geramoni; 4. Jane Mcfarland

75-79: 1. Jane Colman

80+: 1. Carol Pechler; 2. Judith Jarosz

#### MEN'S AGE DIVISION AWARDS:

<u>18 ></u>: 1. Marcus Balistreri; 2. Stephan Fouksman; 3. Stuart Cornwall; 4. Ziya Tepedelenlioglu; 5. Woody Szydlik

, <u>25-29</u>: 1. Connor Rouan

30-34: 1. Vincent Gulli

35-39: 1. David Amsallem

40-44: 1. Chewey Lam; 2. Jason Buckner; 3. Juan Castro

45-49: 1. Tony Nguyen; 2. Jason Szydlik; 3. Eduardo

Vazquez

50-54: 1. Daniel Henry; 2. David Moulton; 3. Rob Snavely; 4. Jay Boncodin; 5. Ken Wu

55-59: 1. Mike Rouan; 2. George Rehmet; 3. Joe Kaniewski; 4. Jerry Flanagan; 5. Andrew Ferguson

<u>60-64</u>: 1. Ron Baxter; 2. Kenneth Fong; 3. John McCarroll; 4. Dennis Lawlor; 5. Michael Gulli

<u>65-69</u>: 1. Neal Ashton; 2. Brian Hartley; 3. Pat McAnaney <u>70-74</u>: 1. Larry Jewett

75-79: 1. Jim Buck; 2. Gene French

80+: 1. Theo Jones; 2. Mitchell Sollod

#### RACE MILES:

<u>Women</u>: 1. Riya Suising (418.1); 2. Yoly Pantig (400); 3. Blythe Marshman (370.15); 4. Uliana Popov (223); 5. Terri Rourke (200)

Men: 1. Tony Nguyen (1,024.3); 2. Chewey Lam (613); 3. George Rehmet (558); 4. Daniel Henry (434); 5. Dennis Lawlor (350)

#### TOTAL MILES:

<u>Women</u>: 1. Pat Geramoni (3,019!!); 2. Nicole Gipp (2,100); 3. Adriana Collins (1864.74); 4. Terri Rourke (1,590); 5. Marsi Hidekawa (1,347)

<u>Men</u>: 1. Bill Hamilton (2,957); 2. Jerry Flanagan (2,112); 3. Chewey Lam (2,100); 4. Tony Nguyen (2,057.3); 5. (Tie) Daniel Henry; John Mccarroll (1,781)

Congratulations to all!

# FAST RUNNER AWARDS

#### David Petrie Moulton

Back in the 1990's, DSE used to have awards every year for the most race points (what we now call 'Fast Runner Points'). We brought them back for 2021 after we started racing in person again, and now we have our first full year of Fast Runner Points for 2022.

As a reminder, for each race we score 5, 4, 3, 2, 1 points for the highest-placing DSE members of each gender. (Since we skip over non-members, you might get points even if you didn't get a top-5 ribbon!) We gave awards 10 deep last year, but we are going just 5 deep now. (We don't have any non-binary awards this year, since no member ran more than one race as non-binary.)

With this scoring system, there are some people who place near the top in every race they come to ('hares'), and there are others who are often in the top 5, but don't usually win, and get their points by coming to many races ('tortoises'). Let's talk about the winners, who were awarded trophies at the recent DSE gala at Spark Social SF.

<u>Female</u>

- 1. Noriko Bazeley: 58
- 2. Katia Stern: 43
- 3. Riya Suising: 41
- 4. Fiona McCusker: 36
- 5. Sasha Cox: 33

Sasha is fast! She won 5 of the 7 races she ran and was second in the other 2. Fiona won 3 of her races, was second 4 times, and placed several other times. She was leading the standings for a while, but got caught near the end of the year.

Riya won only 2 races, but placed 6 times and came to many throughout the year. Katia, a relative newcomer to DSE, won 3 races and was second 4 times (like Fiona), but came to a lot of our races, edging out Riya by 2 points. I'll take this opportunity to point out that #2–4 all race for the Pamakids, which was started as a team for DSErs who wanted to race for a team in the local circuit.

Finally, Noriko won the overall title with a commanding 15-point lead. She won 3 races and placed 2 times, but scored points in 21 races, almost half the races of the year! So among the women, it was the tortoise who beat the hares, since she was top 2 fewer times than all four of the other prizewinners!

#### Male

- 1. Cathal Conneely: 90
- 2. Ben Beeler: 75
- 3. Grant Johnson: 69
- 4. David Moulton: 50
- 5. Marcus Balistreri: 41

Marcus Balistreri turned 15 last year—it's good to see that we have fast, young kids coming to our races! (Also keep an eye out for Woody.) He won 2 races and was second 3 times, and he's gotten a lot faster in the past year or so. A year and a half ago, I could beat him easily, and now he beats me easily. I was the only person (male or female) who was in the top five without ever winning a race! But I placed 5 times and scored 19 times, definitely taking the tortoise route.

Grant also is fast! He won 13 of the 14 races he came to. And it took Chikara Omine to relegate him to second! Definitely a hare. Ben won 7 races and placed 6 times. Also a hare. He usually won when Grant didn't show up, but sometimes he decides to keep his heartrate down, which makes things more competitive.

Finally, Cathal won convincingly, coincidentally also by 15 points. He won 5 times and was second an amazing 9 times. He beat Ben only once, but came to many races and scored 25 times, which means scoring in more than half the (non-Summer Series) races we ran all year! He was both a tortoise and a hare, which you need to do to get so many points. It definitely helped his results when he stopped pushing his son Connor in the stroller every race.

Congratulations to everyone, and lets see some more fast running this year!



Although seen here doing the Turtle, Ben is technically a hare. © 2023 Ben Beeler

# CROSS TRAINING DANS LA NEIGE

Joseph Mestrallet

When Joseph Mestrallet told us his favorite cross training activity was mountaineering, we had to find out more! Here's what he had to say:

I don't know if you can remember me, I was the French guy who came to San Franciso for a few months and loved running around the city!

One of the things I missed in San Francisco was the mountains. I'm from Chamonix so I'm used to the snow. It's the best way for me to cross train in winter. The body suffers terribly from repeated shocks, so I do most of my core work on mountaineering skis because you can spend hours in the mountains without damaging your joints. I arrive in the summer in great shape and with memories in my eyes.

It's also practical because I do a lot of trail running and it's impossible to run when it's snowy. But it's still good to do trail running in the winter in the headlands!



Chamonix-Mont-Blanc, at the base of the Alps' highest summit, has snow from November until May, making it a paradise for winter sports! © Joseph Mestrallet

# A RUNNING (OR CYCLING) STORY

Mike Pechner

Amber stole my thunder last month with her admission as a cyclist. When I had my left knee replaced about ten years ago, my orthopedic doctor at Kaiser said not to run because it could wear out the glue that holds the prosthetic together and weaken it over time. While I was greatly disappointed not to run, I always enjoyed cycling since day one and did it when I wasn't running. Those of you who remember Walt Stack know that he cycled from his home on Kansas Street on Portrero Hill (2 blocks down from my house) to Aquatic Park where the South End swimmers entered the Bay. Then he ran over the Golden Gate Bridge to the bus stop in downtown Sausalito, back to the South End Club for a two mile swim, then back on the bike for a cycle to the top of Portrero Hill, a combined 17 miles a day. He started when he was 58 years old and continued it until his mid 80's. (Walt died at 88 from Alzheimer's). No doubt, he would have lived longer with out getting the disease and his routine helped him stay in shape far longer than most mortals.

My point is that riding a bike is the best cross training for running. It keeps you loose, it's good aerobic training, low impact on your knees and ankles, and most off all is very beneficial for your hips. Since I can't run at all, I hike, walk and ride at least 90 minutes a day and two three hours on weekends to stay in shape. I'm sure it did wonders for Walt! I have 18 gears on my mountain bike, but Walt had an OLD 40+ pound 3 speed bike, and while he did not burn up the Embarcadero, he got as much exercise as anyone from his cycling.



If you need any inspiration to get on and pedal, my second-grader recommends this book. © Scholastic

# **MORE GALA PICS!**

Photos courtesy of Wendy Newman, Veronica Balistreri, Rob Snavely, Jay Boncodin, and Rebecca Teichmann.



## 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.

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

#### Sunday, April 2: McLaren Park Shelley Drive 5K - Course Map

<u>Course Description</u>: Start/finish at the 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 to the start. Repeat loop.

#### Sunday, April 9: Easter Mountain Lake Park 5K & Kids Run - Course Map

<u>Course Description</u>: Start/finish at the Mountain Lake Park trail near 11th Avenue and Lake Street. Run east on Mountain Trail, turn left and run north beside Mountain Lake. Continue on under tunnel, bear right until 14th Avenue, turn around at steel posts. Run north on Park trail, keep straight uphill, turn around at Golf General Store running back on Park trail. Turn left to pass under tunnel again, follow path beside lake. Turn left to head east on Mountain Trail, run uphill, turning around before Arguello, return straight on path to start.

\*Kid's Run starts after finish of 5K race\*

#### Sunday, April 16: Baker Beach 5K - Course Map

<u>Course Description</u>: Start/finish at the Baker Beach lower parking lot. Upon exiting the lower parking lot, immediately turn left on Battery Chamberlin Road and run up to and through the upper parking lot. Exit through gate at far end and run east into short Battery section before completing .6 mile uphill climb. Run left (inside guard rail) along Lincoln Way. Just beyond Langdon Court (Street), take the left fork gravel trail and run the entire "new trail" section with wooden bridge. Do not exit onto asphalt pedestrian/bike lane leading to GG Bridge. Instead, turn around at end of trail and return the same way to finish. \*Baby strollers are not permitted for this race\*

Sunday, April 23: NO DSE - Opportunity to run Jim Tracy 5K to Defeat ALS - Race website

#### Sunday, April 30: Stern Grove 4M - Course Map

<u>Course Description</u>: Start/finish on Wawona near 33rd Ave. Run west on Wawona to 34th Avenue, left onto Crestlake Street, left onto Sloat, left at 19th Avenue and left/downhill on Wawona back to start (33rd Avenue). Run second loop at 34th & Wawona, drop down through barricade to Stern Grove, run entire west to east length of grove, left uphill and exit Stern Grove. Turn left at 19th, left/downhill on Wawona and back to 33rd and 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.

2023 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 (pro-rated to \$50 on July 1) 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

Yogi Berra once said, "It's not over until it's over ... " April generally is warmer and drier everywhere, including SF despite the fog, and it should be after the third week in the month. However, we are still looking at several weather systems that will bring more rain and snow to NorCal and the Bay Area. A few showers are possible around the 10th. Sunny and warmer weather is on tap for a few days before light rain returns around the 13th, followed by another week of sun except for coastal fog. The last major storm of the month is possible around the 18th, but overall temps should be at near to about seasonal normals except SF and the coast. Water temperatures outside the Golden Gate are around 49 degrees, so most daily highs will stay in the low to mid 60's as the onshore flow will be chilled as it comes over the water. The last week of the month should see the first 80 degree readings in the inland valleys like the 680 corridor.



A rainbow greeted finishers at the Mori Point 5M. © 2023 Marsi Hidekawa

# Club OfficersCoordinators

PRESIDENT ANGELICUS Walt Stack

PRESIDENT



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# Happy Birthday! 🔶

## APRIL

- 1 John Petersen Milton Lorig Jerry McGowan
- 2 Diane Okubo-Fong
- 3 Molly Stark Kimmy Reyes Willy Franklin
- 4 Blythe Marshman
- 5 Sandy Baumgarten CHAG PESACH SAMEACH!
- 6 Nick Enthoven Brian Gwinn
- 9 Wendy Newman HAPPY EASTER!
- 10 Amber Wipfler

- 11 Mitchell Sollod
- 12 Gary Aguiar
- 13 Jill Gregerson Serenity Pfleger Brid Coleman Monica Vasquez
- 16 Brooks-An Brazil Gillian Gillett
- 17 Tina Cheng
- Gregory Bolen
- Adam Littke
  Mark Orders
  - 20 Mark Orders Christopher Lipski

- 21 Richard Lloyd
- Caron Anderson
- 22 Steven Pitsenbarger
- 23 Tristan Kreitmann
- 24 Melissa Marchasin
- 25 Erica Chesley
- Maggie Fillmore
- 26 Kelly Bartholomew
- 28 Steve Symanovich
- 29 Elias Castanon
- Karl Pfleger
- 30 Arianna Balistreri