

*Amber Wipfler*

A group of four female triathletes are posing for a photo outdoors. They are all smiling and holding green circular medals that say 'ONE STATE' and 'IRONMAN'. The woman on the far left is wearing a white t-shirt with 'GO REBKAZ' printed on it. The woman next to her is wearing a blue t-shirt. The woman on the far right is wearing a pink t-shirt and a blue backpack. They are standing in front of a crowd of people and a red building. A sign in the background says 'IRONMAN' and '2015'.

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Double Dipsea was fun again this year. Steeped in the running folklore of the Bay Area, the course is always inspiring, and as Club President it's great to see so many of our members

choose to volunteer and help out the club. Fun fact: the proceeds of this race fund many of DSE's social functions. While it would be great to run it again, I appreciate working it and being an example for members by keeping runners safe on a busy highway crossing. This race wouldn't be possible without the army of volunteers at strategic locations, providing water and snacks and stopping cars along Panorama Highway, Old Mill, Cardiac Hill, Muir Woods, and the starting and finish lines. This year over 65 DSE members volunteered, taking their cue from Jerry Flanagan, who cajoled them into helping. Jerry really has a knack for finding the right volunteers for each location and supporting them in their responsibilities. As Jerry suggested, our members who volunteer at Double Dipsea are the heroes of the race. Hats off as well to Sam and Jasmin from Brazen for making sure we had Highway Patrol Officers at critical spots and competent radio operators this year, which ensured we kept up to date on runners' progress and kept them safe. Congratulations to the DSE runners who completed the race! You got the opportunity to run an amazing course supported by club members at each stop and road crossing, before and after the race.

We got new hats for volunteers and club supporters. They are Boco gear brand hats. Known for their

## CLASSIC STU-PEDS

*Stu Ruth*



lightweight, breathable, trucker-type hat style, Liz Noteware and I picked the all black look with our familiar turtle logo. Get them while they last.

With September and October here, please make sure you stay hydrated during "our Summer" on your runs. The heat can really ruin your day. I ran a 5K in 97 degree heat in St. Louis a few weeks ago and unfortunately, I saw an older runner collapse along the course. Luckily, medical personnel and runners were immediately there to offer assistance. But even our runs can be difficult. I guided a runner to the finish line who was short of breath at Sweeney Ridge a few weeks ago too. You don't have to be a trained medic to offer

assistance. Please watch out for others on the course. None of us are qualifying for the Olympic team, so don't worry about missing a time. Our races might be short, but please pay attention to the conditions, your fellow runners, and help anyone in distress. And always remember to hydrate before, during, and after a race.

Have a great September turtles; enjoy the trails and roads.

## SUNDAY VOLUNTEERS NEEDED!

Don't forget--the success of our Sunday races depends on having a full slate of volunteers! Please consider giving your legs a rest one of these Sundays and volunteering as a timer, course monitor, tag puller, or ribbon-giver-outer. No, you won't get to run, but you'll get to help out your club and ensure that our races remain low-cost, friendly, and fun.

We are especially in need of some more volunteers for this Sunday's upcoming Mountain Lake 5K! To sign up, just use the link that you'd normally use to pre-register...but instead of adding your name to the runner list, pick a volunteer position. Then just show up and your friendly RD will show you the ropes. Thanks for making it happen, DSE!

### 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](mailto: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](http://www.dserunners.com)

Webmaster: Rob Snavelly

[webmaster@dserunners.com](mailto:webmaster@dserunners.com)



# THE DOUBLE DIPSEA IN PHOTOS

It was a DSE party at the Double Dipsea! Check out these photos by volunteer coordinator extraordinaire, Jerry Flanagan. And thank you a million times over to all of our volunteers!





# RACE RECAPS

August 6, 2023

## Sweeney Ridge Trail 5K

Race Director: Veronica Balistreri

Volunteers: Marcus Balistreri, Chewey Lam, Mitchell Sollod, Lucy Fouksman, Bill Woolf, Paul Mosel, Vincent French, Chewey Lam, Kevin Lee, Ron Baxter, Larry Jewett, Marissa Balistreri, Terri Rourke, Diana Williams, Tony Nguyen, Rose Griffin



RD Veronica Balistreri

© 2023 Paul Mosel

46 participants: 44 racers (24 men, 19 women, 1 NB), 2 self-timers



A race that tough deserves a finish line celebration.

© 2023 Paul Mosel

August 13, 2023

## Lake Merced Half Marathon & 4.5M

Race Director: Marsi Hidekawa

Volunteers: Chewey Lam, Mike Rouan, Phyllis Nabhan, Yoly Pantig, Elias Castanon, Jeff Gardiner, John Albertoni, Veronica Balistreri, Vincent French, Ron Baxter, Uliana Popov, Jason Burleigh, Terri Rourke, Mitchell Sollod, Lucy Fouksman, Mark Taylor, Bill Woolf, Wendy Newman, Kevin Lee, Jay Boncodin, Ron Baxter, Suzana Seban, Rose Griffin, Laurie Quinlan



RD Marsi Hidekawa

© 2023 Phyllis Nabhan

HM: 94 participants: 94 racers (58 men, 36 women)

4.5M: 70 participants: 63 racers (36 men, 27 women), 7 self-timers



Half marathon winner Nathan Nelson finished in an impressive 1:19:44.

© 2023 Phyllis Nabhan



All the kudos to our wonderful half marathon volunteers!

© 2023 Phyllis Nabhan

August 20, 2023

## San Bruno Mountain Saddle Trail 5K

Race Director: Geoff Papillon

Volunteers: Mitchell Sollod, Yoly Pantig, Chewey Lam, Ken Wu, Paul Mosel, Bill Woolf, Vincent French, Veronica Balistreri, Ron Baxter, Uliana Popov, Jason Burleigh, Sergey Vasyliov, Kevin Lee, Jay Boncodin, Ed Caldwell, Laurie Fraga-Quinlan



RD Geoff Papillon

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86 participants: 83 racers (51 men, 31 women, 1 NB), 3 self-timers



Eliza Weaver was the first woman to cross the finish line.

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Go Anna go!

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# SWEENEY RIDGE IS SWELL! (AND ALSO VERY STEEP)

On August 6, a small but sturdy group of DSE'rs embarked on one of our most challenging and beautiful courses--the Sweeney Ridge 5K. Saved from development in the 1980's by a group of concerned citizens, this now federally protected parkland offers sweeping views of the San Francisco Bay, not to mention some of the Bay Area's most incredible wildflower blooms during the spring. We know it's a bit of a trek from the City, but we hope these fantastic photos will encourage more of you to check out this not-to-be-missed course!



*It's wild out there--always best to have a buddy for support!*  
© 2023 Yoly Pantig



*Rubi and Tony taking in the view.*  
© 2023 Wendy Newman



*Maria spreading her wings.*  
© 2023 Wendy Newman



*Uliana is stoked about the downhill.*  
© 2023 Wendy Newman



*Hi Lidia!*  
© 2023 Wendy Newman



*Running bliss!*  
© 2023 Wendy Newman



*Time to relax after a well-earned finish.*  
© 2023 Paul Mosel

# LAKE MERCED SUMMER SERIES: IT'S A WRAP!

David Petrie Moulton

The DSE Lake Merced Summer Series was back this year! On ten Thursdays, our intrepid runners showed up to chat, hang out with each other, and, oh yeah, run a race! In the long summer evenings, it's nice to have another forum besides the Sunday runs. And you get to compare how you feel and run week after week on the same course, if you want.

First, thanks to all the volunteers and runners, some of who came out week after week. Without your efforts, there would be no Summer Series! Thanks also to the race directors, who stepped up to run our informal events.

For the second year in a row, we have age-group results for the series! The main rules are that we score 10-year age/gender groups with 8, 5, 3, 2, 1 points for 1st, 2nd, 3rd, 4th, and 5th in each group. We also let non-running volunteers score 8 points once, then 5 points, then 3 points; see the May DSE Newsletter for more details.

As usual, there are some who place well by winning their divisions a few times, and there are others who steadily accumulate points through participating in lots of races (and sometimes volunteering!). There are always some hotly contested divisions to make things interesting. Now on to the results!

## Women 0–19:

Nora Choi: 43

Caroline Chang: 31

Olivia Sze: 23

After placing 2nd last year, Nora ran away (ha ha!) with the category this year, winning 5 times, in 3 of which she was the first woman overall. Caroline won a few, and Olivia made the top 3 without ever winning the group. This was again a deep category, with 14 scorers.

## Women 20–29:

Ellie Murphy-Weise: 40

Jeannie Moreno: 31

Alicia de Geus: 18

Ellie won easily, going undefeated. She was also the 1st woman overall in 4 races! Jeannie and Alicia also each won the division when Ellie wasn't there.

## Women 30–39:

Adilene Sanchez: 16

Does anyone want to challenge Adilene next year?



*The starting line on a foggy SF summer evening.*

© 2023 Terri Rourke

## Women 40–49:

Julie Munsayac: 61

Uliana Popov: 39

Stephanie Soler: 18

Julie repeated from last year and was close to getting the maximum score of 64, but was beaten once. Both she and Uliana scored at the maximum number of races (8). Stephanie (2nd last year) clinched 3rd by volunteering!

## Women 50–59:

Riya Suising: 64

Kali Zivitz: 26

Adriana Moreno: 18

Congratulations, Riya, on being the only woman to get 64 points! Kali and Adriana both came out and scored regularly.

## Women 60–69:

Rubi Kawamura: 58

Debbie Symanovich: 47

Shelly Taylor: 24

Rubi was always 1st or 2nd in the group, and she ran every race except the one she directed! She got 'only' points because of the rule that you can score at only 8 of the 10 races! Debbie beat Rubi a couple of times and also directed a race. Rubi and Debbie also went 1–2 last year. Shelly ran only 3 races, but was the first in the age group every time.

## Women 70–79:

Terri Rourke: 61

Jeanne LaBerge: 13

Terri beat Jeanne in their one head-to-head match-up. Terri also got 'only' 61 points, because you get only 2nd-place points for volunteering the second time.



*We get some seriously fast young runners at the Summer Series!*

© 2023 Ken Wu



#### Men 0–19:

Miles Cook: 24

Liam Hillis: 22

Kai Scott: 19

Liam won the age group last year, but was edged out by Miles, who only came to 3 races, but beat Liam twice. Miles, Liam, and Kai all were 1st place overall in at least one race. Also, this was the largest category, with a whopping 23 scoring at least 1 point.

#### Men 20–29:

Beck Johnstone: 41

Andrew Cheng: 35

Henry Lei: 34

Andrew started off on a tear, winning the age group in the first four races, winning two overall, with one 2nd place by 1 second! But he stopped coming half-way through the series, and Beck, who raced all but one week, pulled ahead in the end. The hare and the tortoise. Henry also won a race outright and was often in the top 5.



*Age-group winners!*

© 2023 Ken Wu

#### Men 30–39:

Nicholas Torres: 40

Nick Enthoven: 21

Zach Speno: 13

Nicholas won the section in four races and easily repeated from last year as first in the age group. Nick won a couple of races, and Zack beat Nicholas a couple of times.

#### Men 40–49:

Jason Reed: 61

Oliver Chan: 29

Marky Enriquez: 18

Jason (who runs well over 100 races per year!) came to all but one race and was one loss to Oliver away from getting 64 points. Oliver was in the top 4 overall four times, and Marky came to half the races.

#### Men 50–59:

Ken Wu: 20

Shawn Sax: 19

Sung Choi: 18



*Making it look easy.*

© 2023 Terri Rourke

This was the second-largest age group after the Men 0–19, with 18 participants across the series, and it was the closest at the top. Ken takes the top spot by both running and volunteering. Shawn eked out 2nd by coming to more races than Sung. And Sung got 3rd on tiebreaks by winning the section in two races!

#### Men 60–69:

Kenny Crampton: 50

Edward Caldwell: 32

Kenneth Fong: 26

Kenny was 7th overall the first week and won the age group in half the races. Edward won it a couple of times, too. Ken won it once and came to a lot of the races.

#### Men 70–79:

Michael Peters: 64

Gary Brickley: 34

Gene French: 28

Aside from Rubi Kawamura (mentioned above), Michael and Gary were the only people coming to all the races of the series! Gene beat Michael once, but Michael got 64 points from his best 8 races.

#### Nonbinary 40–49:

Anna Taranenko: 8

Anna took home the win in our NB category!



*The ones who make it all happen: our excellent volunteers.*

© 2023 Terri Rourke

# 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 [dseracesignup@gmail.com](mailto:dseracesignup@gmail.com). See you Sunday!

## Sunday, September 3: **Mountain Lake Park 5K and Kids Run** - [Course Map](#)

Course Description: Start/finish at Mountain Lake Park, near 11th & Lake St. Run east on Mountain Trail; turn left running 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.

**\*\*Kids Run starts after finish of 5K race\*\***

## Sunday, September 9: **Sierra Point 10K** - [Course Map](#)

Course Description: Start/finish at the Sierra Point Marina (400 Sierra Point Pkwy, Brisbane). Run southbound on paved Bay Trail, turn around at Oyster Point and return to finish.

## Sunday, September 17: **NO DSE - Opportunity to participate in the Mermaid Run**

## Sunday, September 24: **San Pedro Park 5K, Kids Run, and Member Picnic** - [Course Map](#)

Course Description: **10 a.m. special start time!** Start/finish at the picnic area at San Pedro Valley Park (600 Oddstad Blvd., Pacifica). Course is a hilly trail run for the first mile with tricky technical rocky trail running and fire trail roads. Run north across footbridge, turn left on Weiler Ranch Rd trail. Run west approximately 500 ft to cone turnaround. Run back east bearing left up onto Valley View Trail. Follow trail up and back down to Weiler Ranch Rd trail. Turn sharp left on Weiler Ranch Rd trail. Run east and turn around at the "loop." Stay on Weiler Ranch Rd trail back towards picnic area. Turn left to finish back at picnic area.

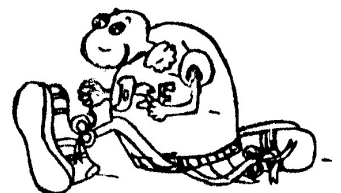
PLEASE NOTE: Parking fees inside the park are \$6, otherwise there is street parking in the adjacent neighborhoods; please be courteous and mindful of local regulations. Do not park in the church parking lot! And sorry, but no dogs allowed.

**\*\*Kids Run starts after finish of 5K race\*\***

**\*\*Picnic starts after finish of Kids Run\*\***

## Sunday, October 1: **Lands End 5K** - [Course Map](#)

Course Description: Start/finish at the Lands End upper parking lot, at the end of El Camino del Mar (near the USSSF Monument). Run south towards Point Lobos Ave., make sharp turn at Point Lobos Ave., run on Lands End Trail towards El Camino Del Mar, turn around before Lincoln Highway and return.





# 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

September in San Francisco is usually the end of the fog season, along with normal temperatures. A fall-like pattern develops with cool air aloft, disabling the inversion over the water and inland around the Bay which supports the fog. The mixing of the cool air and the warmer air over land should prevent most of the marine layer from forming from Labor Day weekend at least until mid month, which means it will be clear and mild in SF with mild to above normal nights. Beyond that, the last half of the month may see a few days of what we call "Indian summer" around the beginning of the third week of the month, but it will not last long as the first rain of the fall season looks probable at the end of that week or the beginning of the last week of the month, with below normal temperatures.



*Sunbeams through the eucalyptus trees on San Bruno Mountain.  
© 2023 Pat McAnaney*

# ◆◆◆ Club Officers & Coordinators ◆◆◆

PRESIDENT  
ANGELICUS  
Walt Stack



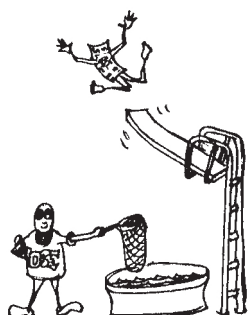
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COURSE MAPS  
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RETURN SERVICE REQUESTED



## Happy Birthday!

### SEPTEMBER

- 1 Jaehoon Ahn  
Miles Cook  
Jose Moreno  
Mai Thurlow Lam
- 3 Kitzzy Aviles  
Christine Clark  
Kristen Duff  
Wyatt Haber  
Samantha Williams
- 5 Cesar Lira  
Andrei Ostrea
- 6 Austin Becker
- 7 Doug Weller  
Andrew Cheng  
Luis Lavagnino  
Jeffrey Loew  
Peter Platt  
Woody Szydlik
- 8 Dyami Mason  
Kostya Vasylyev
- 9 Noe Castanon  
Don Elsener  
Betty Yang
- 10 Noriko Bazeley

- 11 Al Claudio  
Nan Madden  
Owen McMahon  
Nicholas Torres
- 12 Eliza Weaver
- 13 Emmett Davitian  
Liese Rapozo  
Tyler Tate  
Michael Ward
- 14 Jonathan Salguero  
Sara Spearin
- 16 Elizabeth Castanon  
Jim Kauffold
- 17 Heather Platt
- 18 Martha Arnaud  
Caelan Hurley
- 19 Marsi Hidekawa  
Bobby Marty  
Suzana Seban
- 20 Quinn Luk

- 21 Paul Chang  
Carolyn Eidson  
Shane Rutledge
- 22 James McCrea  
Todd Robbins
- 23 Katia Stern
- 24 Patrick Lee  
Ziya Tepedelenlioglu  
Ken Wu
- 25 Jerry Flanagan
- 26 Neal Ashton  
Lina Garcia  
Richard Hannon  
Jane McFarland  
Liz Noteware  
Olivia Tang
- 27 Sebastian Vermut
- 28 Eliza Jorgensen  
Braden Pollock
- 29 Elena Ehrlich