

*Amber Wipfler*

The DSE Board is getting together in a couple weeks. We will discuss the DSE Awards Dinner, improving race pre-registration, and the changing role of race director. If you have any club related ideas, please reach out to one of the board members and share, so we might discuss. If you have any ideas about our Awards Dinner and would like to volunteer to help in the planning, please

let me know as well. We could use always use some help planning the party. The awards preference form has been sent out, so let us know how you would like your running achievements recognized. Do you like to get a Mongo Trophy? Age Group Trophy? Or do you prefer a simple certificate? Also, have you renewed your membership? It is membership renewal time, so make sure you renew so you can attend the party and participate in the club's activities for the year.

The job of DSE Race Director has really evolved since we first started racing. It used to be that RDs had to shop for snacks, recruit a small army of volunteers, find people to do race sign-ups at the registration table, and enlist people to pull tags, track race times, and hand out ribbons at the finish line. There was help needed for set-up, take down responsibilities, and so on. Now, we have volunteers like Phyllis Nabhan and Mitchell Sollod, who volunteer on a pretty regular basis at registration; Bill Woolf and Paul Mosel at the finish line, and Kevin Lee and Vince French doing a lot of lifting, set-up, course corrections, and timing. The race director's primary job is announcing the course, reminding runners about our guidelines, and handing out awards at the end of the race. If you don't like to speak in front of others, you can help your club in another way. But if you like to MC, talk to Kevin

## CLASSIC STU-PEDS

Stu Ruth



Lee about being an RD for a race. Since it is the end of the year, I will give you a few of my 2023 DSE and personal run superlatives. I really appreciated the new Mori Point DSE race course we have created, running in the Bay to Breakers DSE Centipede Team, participating in the Christmas Relay with my DSE Friends, and completing the New York City Marathon. If you have some favorite moments from the year, please share, we can announce them at the awards dinner.

Good luck to any of you that made New Year's resolutions. The SF Standard listed DSE (#23) as one way to stay fit, out of 31 possible ways. A few of our race courses like Lands End got shout

out outs as destination hikes and one of my personal favorites, open water swimming, got noted as well. Check out the article for ideas: <https://sfstandard.com/2023/12/30/san-francisco-fitness-31-outside-workouts-in-2024/>

We have got races at Twin Peaks, Polo Fields, the Brisbane Waterfront, and Rockaway Beach on tap for January. Hope to see you out there!

## DISCOUNT CODES!

This just in: get 15% off Spartan's Golden Gate Trail Classic with code DSERUNNERS. Scheduled for November 23 & 24, this challenging set of courses starts in SF, then takes you across that famous orange bridge and into the stunning Marin Headlands. Choose from 15K, 25K, 50K, or 50M! Visit [www.goldengatetrailclassic.com](http://www.goldengatetrailclassic.com) for more info and to register.

And if you haven't signed up yet for the Kaiser Permanente Half Marathon/10K/5K, don't forget to use discount code DSEC for 15% off your race entry. Go to [sanfranciscohalfmarathon.org](http://sanfranciscohalfmarathon.org) for all the details.

There will be more discount codes to come, so keep an eye out for DSE e-mails and be sure to join our [Facebook group](#)!

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

Webmaster: Rob Snavelly

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

## IN MEMORIAM: BOB BRIZUELA

All of us at DSE were deeply saddened to learn that Robert Brizuela, one of our original "Bobs," passed away on New Year's Eve after an unexpected cardiac arrest. Bob was 84 years old, and is survived by Marie, his wife of 61 years, along with his 4 children, 5 grandchildren, and 1 great-grandchild.

Bob was an avid runner and cyclist who completed several marathons, B2Bs, and Double Dipseas. He was always a warm, friendly presence at our DSE races, and will be greatly missed.

For information on services, and to read more about our friend Bob, please visit his [online obituary](#). We send our sincerest condolences to Bob's loved ones, and are grateful for his friendship and his immeasurable contributions to our club.



*Two of our beloved Bobs: Bob Theis (left) and Bob Brizuela. They are missed!*  
© 2012 Paul Mosel

## IT'S THAT TIME AGAIN: 20 VOLUNTEERS NEEDED FOR THE KP HALF

*Kevin Lee*

If you are not running in the February 4, 2024 Kaiser Permanente Half Marathon/10K/5K, please join us at the DSE water station. It's a lot of fun and a great way to give back to the running community. This year, the race organizers have decided to combine water and electrolytes into one station, so there will be fewer actual stations. But there will still be thousands of thirsty runners, so we need your help!

Check-in is 7:00 a.m. on JFK Drive in Golden

Gate Park, right in front of the Buffalo Paddock (Mile 7). If you plan on driving, you must enter the park from Lincoln Way at 45th Avenue, park your vehicle in the Chain of Lakes parking lot, and walk to the water station.

Please contact Kevin at [dse.pekingduck@gmail.com](mailto:dse.pekingduck@gmail.com) if you're available to help out. And stay tuned for further information, including a link that will be sent to all volunteers to electronically sign a waiver. Every volunteer will receive a commemorative race t-shirt. Thank you!



*Be like Yong and volunteer at this year's Kaiser Permanente Half Marathon!*

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## AND SPEAKING OF VOLUNTEERING...

...the new year means we need to fill up our Race Director spots for 2024! Get your pick of dates by signing up early. Just click on the [Race Directors](#) tab on the DSE website, make sure you've got selected 2024 on the spreadsheet, choose an open date, and [e-mail Kevin](#) to confirm. Easy peasy lemon squeezy! Being a race director is not only fun, but you get that warm, fuzzy feeling of knowing that you're helping make DSE what it is--the largest and friendliest running club in all of San Francisco. So don't delay! Sign up to be an RD and reap those volunteer benefits!





# RACE RECAPS

December 3, 2023

## Fort to Fort 10K

Race Director: Ron Baxter

Volunteers: Mitchell Sollod, Phyllis Nabhan, Theo Jones, Jeanie Jones, Paul Mosel, Bill Woolf, Kathleen Lail, Rose Griffin, Vincent French, John McCarroll, Avel Vasquez, Paige Baxter, Jake Ricker, Juan Melendez, Uliana Popov, Wendy Newman, Chewey Lam, Riya Suising, Marsi Hidekawa



RD Ron Baxter

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119 participants: 112 racers (66 men, 44 women), 7 self-timers



Runners gather on a foggy December morning.

© 2023 Paul Mosel



From fort to fort and back again.

© 2023 Paul Mosel

December 10, 2023

## Baker Beach 5K

Race Director: Chewey Lam

Volunteers: Phyllis Nabhan, Riya Suising, Mitchell Sollod, Carol Pechler, Paul Mosel, Bill Woolf, John Albertoni, Michael Gulli, Margit Falk, Vincent French, Juan Melendez, Avel Vasquez, Richard Hannon, Uliana Popov, Doug Weller



RD Chewey Lam, with special appearance by Yoly!

© 2023 Yoly Pantig

97 participants: 94 racers (57 men, 37 women), 3 self-timers



Iconic Wendy.

© 2023 Terri Rourke



Resplendent in DSE yellow!

© 2023 Terri Rourke

December 24, 2023

## Rainbow Falls Holiday 5K & Kids Run

Race Director: Noriko Bazeley

Volunteers: Phyllis Nabhan, Jeorgina Martinez, Chewey Lam, Mitchell Sollod, Paul Mosel, Bill Woolf, Monica Zhuang, Vincent French, Kevin Lee, Nicole Gipp, Jane McFarland, Jim Buck, Pieter de Haan, Juliette Johnson, Veronica Balistreri, Marcus Balistreri



RD Noriko Bazeley

© 2023 Paul Mosel

215 (!!!) participants: 200 racers (114 men, 85 women, 1 NB), 2 self-timers, 14 kids



Proud DSE dads.

© 2023 Paul Mosel



Special guest appearance by the man of the hour!

© 2023 Paul Mosel



December 31, 2023

## Windmill 10K

Race Director: Rubi Kawamura

Volunteers: Phyllis Nabhan, Mitchell Sol-lod, Kathleen Lail, Toni Iguain, Bill Woolf, Jeanie Jones, Vincent French, Kevin Lee, Jeorgina Martinez, Juan Melendez, Abel Vasques, Terri Rourke, Pat McAnaney, Chewey Lam



RD Rubi Kawamura

© 2023 Phyllis Nabhan

117 participants: 114 racers (71 men, 43 women), 3 self-timers



Dancing might not be allowed, but running is a-ok!

© 2023 Wendy Newman



Grant catches some air while the statues cheer on.

© 2023 Wendy Newman

## DSE AT THE CHRISTMAS RELAYS

Kudos and congratulations to everyone who ran, volunteered, and cheered at this year's Christmas Relays at Lake Merced! And thanks to Wendy Newman and Jay Boncodin for the fantastic photos!



# HISTORY CORNER: TWIN PEAKS

Amber Wipfler



*The view from the top.*

© 2018 Rob Snavelly

It's hard to appreciate the view and the history when you're huffing and puffing along the Twin Peaks 4M course, but there's a lot to appreciate about San Francisco's most famous double hills! At just over 900 feet, Eureka (the north peak) and Noe (the south peak) are second only to Mt. Davidson for tallest hill in San Francisco.

Pre-colonization, it's believed that the Ohlone used the peaks as a lookout. At the turn of the 18th century, when Spanish settlers arrived and divided the land into ranchos, Twin Peaks became known as "Los Pechos de la Choca" ("The Maiden's Breasts"). The hills became part of the sprawling Rancho San Miguel, a large swath of land granted to Yerba Buena magistrate Don José de Jesús Noé, and was used for grazing cattle.

In 1846, California declared independence from Mexico, and by 1849 the city now called San Francisco was awash with prospectors seeking their fortune. With the city's population increasing from 1,000 to 25,000 in just the span of a year, buildings sprung up across what we now call downtown. But Twin Peaks remained an undeveloped, grassy expanse, covered with cows and the occasional sheep.

In the 1880's, Noé sold much of his remaining land—including the hills now known as Twin Peaks—to engineer Adolph Sutro, who had recently returned to San Francisco from the silver mines of Nevada. In celebration of Arbor Day, Sutro planted a crop of eucalyptus trees, which have since grown into a lush forest. By the turn of the 20th century, as Market Street became more and more developed, homes began to creep up along the Eureka peak, becoming what is now the Clarendon Heights



*Setting up the starting line at the Twin Peaks 4M, in the shadow of Sutro Tower and Sutro's eucalyptus forest.*

© 2018 Rob Snavelly

neighborhood.

Post-WWII, Midtown Terrace was plopped down on Noe Peak, to accommodate the post-war baby boom and demand for additional housing. The top of Twin Peaks, however, remained untouched, and today is protected as part of the Twin Peaks Natural Area, managed by SF Rec and Parks. This 31-acre stretch is not only a beautiful spot for running, playing, and taking in a 360-degree view of the City, but is also habitat to the critically endangered Mission blue butterfly. Native plants include lupine and coyote brush, and lucky visitors might spot some of the animals that call the dense brush their home, such as white-crowned sparrows, brush rabbits, and coyotes.

Of course, if famed urban planner Daniel Burnham had gotten his way, Twin Peaks would have looked much, much different. Invited to the City by former mayor James Phelan and the Association for the Improvement of Adornment of San Francisco (now that's a mouthful), Burnham created an ambitious plan to redesign San Francisco into the "Paris of the Pacific." Local architect Willis Polk designed a cottage for Burnham near the top of Twin Peaks, and from there Burnham used his 360 view of the City to create the 1905 Burnham Plan. This plan included a massive staircase from the Castro to the top of Twin Peaks, culminating in the "Aethenium," a Parthenon-like structure "high in the hills grouped about Twin Peaks, yet sheltered by them" (to quote Burnham). Burnham envisioned that the "Aethenium, so called, should receive some few of the greatest works of art. It would consist of courts, terraces and colonnaded shelters. These latter would be arranged after the manner of the great Poecile of the Villa Hardian." An artist's rendering of Burnham's vision includes a towering statue of a woman raising a torch, surrounded by marble columns and fountains. Later, architect Bernard Maybeck proposed a lit waterfall feature from the top of the Aethenium down the side of the southern peak. But as Burnham's overall plan was unfeasible for a thousand different reasons, the Aethenium never came to be, and



instead we have the relatively mellow Twin Peaks of today.

So as you run the Twin Peaks 4M, remember the Ohlone people who called this land home, and give thanks that you aren't running under the watchful eye of some giant marble statue. And no matter how tired you get, don't forget to take in that view of our beautiful City!

*Ed. note: If you want to learn more about the Burnham Plan and the San Francisco that never came to be, check out [this article](#) by Rex Bell on the fabulous OutsideLands.org, website of the Western Neighborhoods Project.*



*Burnham's proposed Aethenium, retrieved from OutsideLands.org.*

## NEW YEAR GOALS

*... continued from p. 1*

"I gained weight (too many Voodoo donuts) and got out of shape in 2023. Please drag me out to more DSE races and other local/national/international races throughout the year, to get me back into shape. If you need someone to share a room, I'll come with you and pay my share. Part 2 - trying to do the above without cutting out donuts completely." - Riya Suising

*(Ed. note: We at DSE believe in both running AND the regular and responsible consumption of donuts.)*



*Cheers to the New Year!*  
© 2024 Wendy Newman

"I re-tweaked my hip, so I'm going to use this time off to work on my form and strengthen my hip flexors and glutes! Gonna do my Pilates every day, no matter how tired I am!" - Amber Wipfler

"I signed up for the broken arrow 23k sky race in June in Tahoe. Big goal for me." - Marianne Plunder

"I plan to defend my title at the Reno Race April 27, then the easy and fun 'Rock Tahoe Half' in June." - Pat McAnaney

Let's make it happen this year, turtles! Cheers and Happy Year to all.



*Pat, Marsi, and Terri celebrate the beginning of a new year.*  
© 2024 Phyllis Nabhan



*Mitchell and Bill looking chipper, despite staying up all night watching Rockin' New Year's Eve.*  
© 2024 Phyllis Nabhan



*Noriko getting the year started on the right foot. (It's a running pun, get it?)*  
© 2024 Phyllis Nabhan

# 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!

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## Sunday, January 7: **Twin Peaks 4M** - [Course Map](#)

Course Description: Start/finish near reservoir at Galewood Circle & Clarendon Avenue. Challenging 4-mile loop around Twin Peaks with spectacular views. Complete inside reservoir counter-clockwise loop; exit downhill onto Clarendon, left onto Laguna Honda and run uphill to Woodside Avenue. Continue up Woodside Avenue past the gas station. Run uphill/downhill on Twin Peaks Boulevard then left and run uphill/downhill on Clarendon and finish inside reservoir.

## Sunday, January 14: **Polo Field 5K** - [Course Map](#)

Course Description: Start/finish at the south side of Polo Field, Golden Gate Park. Run westbound on Middle Drive, right onto Bernice Rogers Way and right onto Kennedy Drive. Run up Kennedy Drive to Transverse Drive, right onto Transverse Drive, right onto Overlook (dirt trail) and right onto Middle Drive to finish.

## Sunday, January 21: **Waterfront 10M & 5K** - [Course Map](#)

Course Description: Both races start at 9:00 a.m, with start/finish at the southeast corner of the Sierra Point parking lot in Brisbane (next to the Brisbane Marina). Run southbound on paved Bay Trail, past Oyster Point, Genentech, and Point San Bruno to the turnaround. Return same way to finish. The 5K follows the same route, only the turnaround is at the 1.55 mile mark.

## Sunday, January 28: **Rockaway Beach 5K & 12K** - [5K Course Map](#) - [12K Course Map](#)

Course Description: Both races start at 9:00 a.m., with start/finish at the Rockaway Beach parking lot near Dondee St. and San Marlo Way in Pacifica.

5K: Run southbound on the beach promenade, left onto Rockaway Beach Blvd, right onto Nick Gust Way. Continue over footbridge. Veer right and begin 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: Run north along the paved trail parallel to Cabrillo Highway. At the Calera Creek Recycling Plant, continue along the sidewalk on Cabrillo Hwy. Veer left at Mori Point Road. Follow Old Mori Road trail to the water, then turn right. Continue running along the Beach Boulevard trail until the turnaround near the end of the trail path. Turn around and run back the same way, then complete the 5K course by continuing south on the beach promenade to Pedro Point Shopping Center and back.

## Sunday, February 4: **NO DSE** - Opportunity to enter the [Kaiser Permanente Half Marathon/10K/5K](#)

## Sunday, February 11: **Golden Gate Bridge Vista 10K** - [Course Map](#)

Course Description: Start/finish at the upper Lands End parking lot (on El Camino Del Mar). Complete clockwise loop, traverse the upper level of the parking lot then downhill to Seal Rock/Clement. Turn right onto lower Lands End Trail and continue running east past Eagles Point. Exit left, run downhill on El Camino del Mar. Take lower fork at 30th Avenue staying on El Camino del Mar which merges into Lincoln Blvd. Turn left at Bowley and right into Baker Beach parking lot. Turn right onto Battery Chamberlain Rd., downhill and thru entire lower parking lot. Continue running east through the battery section of Baker Beach then right uphill on dirt /gravel path to Lincoln. Turnaround is at the top of the Sand Ladder. Reverse direction and run back to 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.

## 2024 Membership Pricing

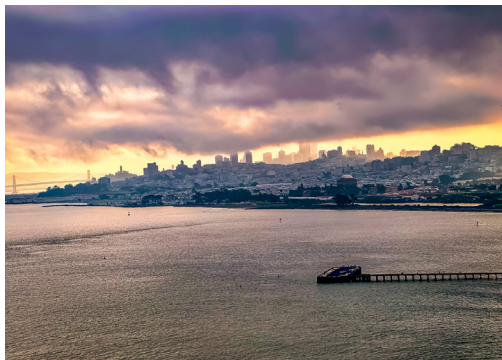
- Standard DSE Membership is \$20 per calendar year. Standard members pay \$5 per Sunday morning race. Non-member race fee is \$10.
- Gold DSE Membership is \$100 and includes unlimited race fees.
- Teen Membership (ages 13-17) is \$10 per calendar year and includes unlimited race fees.
- Children 12 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

Overall, January will have near to above normal precipitation and near normal temperatures after a very mild start. On the short term, depending when you get the newsletter, there is some light rain Tuesday the 9th and again Friday the 12th. In between, away from the immediate coast we'll see colder days and chilly nights with inland protected valleys around the Bay dropping into the 20's with clear skies. After a few days of dry, chilly weather, we'll have more rain on the 16th. After a break, the weekend of the 20th to 21st looks especially stormy and cold. We are likely to see snow in the Coast Range during the colder periods. The last 10 days of January look wet. We cannot at this writing pinpoint the exact days, but look for some rain at month's end.



*Sunrise on New Year's Day.  
© 2023 Phyllis Nabhan*

## ◆◆◆ Club Officers & Coordinators ◆◆◆

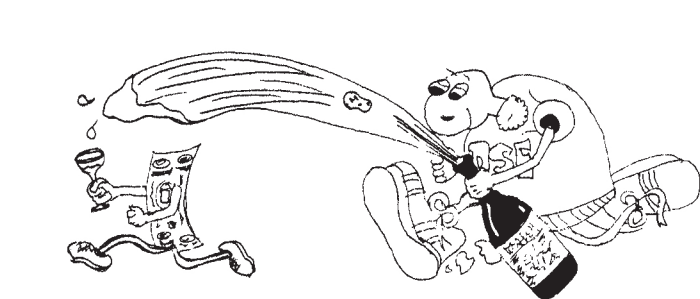
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COURSE MAPS  
David Wilson  
DSE PHOTOGRAPHER  
Paul Mosel  
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Rob Snavelly

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

RETURN SERVICE REQUESTED



# Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

## JANUARY

|    |                    |    |                       |    |                       |
|----|--------------------|----|-----------------------|----|-----------------------|
| 1  | Bill Marlow        | 11 | Lansing Westlake      | 21 | Sandy Naidu           |
|    | Thomas Ross        | 12 | Lydia Chong           | 22 | Maricris Elayda       |
|    | Jiro Yamamoto      |    | Marina Tortorelli     | 23 | Lawrence Lee          |
|    | Jason Reed         | 13 | Judith Jarosz         |    | Yong Haber            |
|    | Jing Dong          |    | Ma Lourdes Manalastas | 24 | Phyllis Nabhan        |
|    | Megan Kossar       |    | Jakob Lail            | 25 | Fentress Hill         |
|    | Fred Chung         | 14 | Vasanth Jotwani       | 27 | Lukas Wilkinson       |
|    | John Albertoni     | 15 | Lisa Platt Auensen    |    | Maria Pantoja         |
| 2  | Michael Burns      | 17 | Gez Devlin            |    | Yojani Ulloa          |
|    | Matt Cayabyab      |    | Christine Miles       |    | Oliver Ng             |
|    | Yu-chen Hu         |    | Frank Kaniewski       | 28 | Soleil Perron Wallace |
| 3  | James McBride      | 19 | Mike Rouan            |    | Scott Johnston        |
| 4  | Lidia Deleon       | 20 | Nicole Gipp           | 29 | Samuel Peck           |
| 5  | Barney Langner Jr  |    | Tony Tuttle           |    | Monica Guzman         |
|    | Wilder Kagay       |    |                       |    | Mila Caceres          |
|    | Basya Gale         |    |                       |    | Anders Karlsson       |
| 6  | Nadezda Khomenko   |    |                       | 30 | Nikki Frantzen        |
|    | Sten Mawson        |    |                       |    | Marianne Plunder      |
| 7  | Lisa Watson        |    |                       | 31 | Rebecca Chadbourne    |
| 8  | Jimmy Niven        |    |                       |    | Scott Jacoby          |
|    | Carter Kavanagh    |    |                       |    | Geoffrey Papilion     |
|    | Kate Aks           |    |                       |    | Salvador Negrete      |
|    | Elizabeth Hilton   |    |                       |    |                       |
| 9  | Wyatt Chen-Harding |    |                       |    |                       |
| 10 | Alexandria Malilay |    |                       |    |                       |