

57th Year

HONORING RUDY STADLBERGER ON HIS 100TH BIRTHDAY

Carol Pechler

Rudy Stadlberger was a founder of our DSE Runners club, when in 1962 he was asked by Walt Stack to recruit people from his handball club to run with DSE. The club formally started in 1965.

Does Rudy have a favorite sport? For most of his long life he has been active in several sports: rowing, swimming, handball, biking, running. He is best known for handball because he won 13 national championships over 40 years, and many interviews of him were published over those decades.

Our DSE running club likes to claim him too, because he's a co-founder and because he ran very well. He was a regular Sunday runner during those early years, but then DSE didn't see him until 2022, when at age 98 he came back to us! He walks now – he says an hour daily – in Noe Valley, and on Saturday mornings, several neighbors join him.

He ran the Dipsea and the Double Dipsea several times. One of those times he ran the Dipsea with Harry Cordellos, also a DSE member, who passed away last year, and who held the world record for a blind marathoner. In an interview in 2023, Rudy said that Harry had to slow down on the many steep up- and downhill stretches filled with roots and rocks. For those parts of course, Harry ran behind Rudy while holding onto his hips with both hands in order to guide his foot placements. *...continued on p. 6*



Founder Rudy with President Joe. © 2022 Wendy Newman

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February 2024



We had good races in January at the Polo Field, in Pacifica at Mori Point & Rockaway Beach, and Sierra Point in January. Gary Brickley Productions outdid itself again this year at the Waterfront 10M & 5K, with nautical themed costumes, canopy, decorations, and treats. While the tide sunk part of our race course, Gary and Ken Fong quickly pivoted and rerouted the course along the Bay trail to include multiple laps that sidestepped the tidal flooding and provided plenty of flybys between the fast and furious race participants. And while I didn't run our new Pacifica 12K course, I definitely will next time.

In case you didn't see it, mark your calendars for March 3rd for the DSE Awards event. This year we have both indoor and outdoor options available in SOMA at Harmonic Brewing inside of Chase Center from 12-3pm. It looks like a fabulous location and should provide us a great venue to mingle and celebrate our club. A big shout out to Katia Stern for finding the location for us.

Your DSE board met after the Polo Field 5K to discuss a number of topics: the upcoming race schedule, our upcoming awards event, and our balanced budget. Yes, despite higher expenses in 2023, including new DSE activities like participation in the Christmas Relays, increases to the cost of our club van insurance, and new club swag for volunteers, DSE's budget was balanced by increased memberships collected and more racers/races fees collected. Our membership is over 700 strong now and race attendance continues to grow post-COVID.

During our board meeting, the question was asked: in this time of Facebook, Instagram, Tik Tok, and X, does our club really need to put out a monthly newsletter? Who reads it? Can we afford it? I researched a few of these questions and I found out some answers. Yes, we can afford it. Did you know that over 43 people still get the newsletter in print despite the additional cost? I talked to some of the members that get the paper copy, and they told me the newsletter keeps them connected. They do not like to read things online or always be on the computer. For a few, the print newsletter is a highlight of their month and even if they don't run, the newsletter provides a way to feel connected to the club and the community. I also posted a poll on our club Facebook group where some newsletter-y posts are possible, and over 40 members responded. 36 out of 40 members said they read the monthly newsletter, and 2 of the members that said no said they didn't read the newsletter . . . every month. So we know at least 80 members are reading the newsletter regularly. And since our club by laws

Stu Ruth

CLASSIC STU-PEDS

cite the importance of promoting running and producing a newsletter, and Amber is happy to keep editing it, the monthly newsletter will continue!

The board also discussed ways to expand our membership and appeal to different communities in San Francisco. We need to increase our Instagram presence. Can someone help us do that? The board also agreed with my proposal to expand our outreach to different communities in San Francisco by offering free race trials. So for instance, on several race days we might offer free race entries to Back on My Feet members and volunteers, or to Achilles International members (blind, deaf, or disabled runners)

or to 1,000 Mile Club alumni members. I think once these individuals experience DSE, they will want to come back again. In a limited way, we have tried this and it has worked to bring running to more diverse members of our community and build DSE. If you are a member of another race community, let me know who they are and we can try it with them!

February starts with the annual Kaiser Half Marathon. If you are not running, please consider helping out at the DSE water stop in Golden Gate Park near the Bison Paddock along JFK drive. Kevin Lee and the rest of our volunteers will be there to hand out water and electrolytes and heckle DSE turtles running the 5K, 10K, and half marathon. For the rest of the month, we have DSE races at the always challenging Golden Gate Bridge Vista 10K, the flat and fast Great Highway 5K, and Fort to Fort 10K. Happy Running!



May this month's races bring you as much delight as these ribbons brought Tony. © 2024 Wendy Newman

How to contact the DSE

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

How to contact the DSE News

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. Mail DSE Runners P.O. Box 210482 San Francisco, CA 94121-0482 Website/Membership Application: www.dserunners.com Webmaster: Rob Snavely webmaster@dserunners.com

SUNRISE SPLENDOR: A 10K JOURNEY IN OAHU

Uliana Popov



Mother and son at sunrise. © 2024 Uliana Popov

On the first day of 2024, Stephan and I embarked on a unique running adventure in Oahu, Hawaii. We participated in the "First Sunrise" 10K, a race hosted in Honolulu that started before sunrise at 7 a.m. The event drew nearly 200 participants from around the world, including a winner from New Zealand, highlighting its international appeal.

The race course was thoughtfully laid out, covering 4 miles in one direction and then a different 2-mile path on the return, like a shortcut to the finish line. This route provided a fresh perspective of Honolulu's beauty. The organizers ensured a seamless experience with clear signs and course monitors for both runners and local traffic. A conveniently placed water station at the 3-mile mark was a welcome sight, especially as we passed it twice.

Completing this race was more than just a physical achievement. It was a celebration of the new year, a bonding experience with my son, and a testament to the spirit of the running community. The "First Sunrise" 10K wasn't just a race; it was an unforgettable start to the year, filled with scenic views, camaraderie, and the excitement of a fresh beginning.



Finish line refreshments! © 2024 Uliana Popov

JOIN THE DSE CENTIPEDE!

Riya Suising

It's time to form our DSE Centipede team(s) for the 2024 Bay to Breakers on May 19th.

Please indicate your interest by signing up at this form:

https://forms.gle/qU5Ye96ziWDoQinZA

We'll follow up with everyone to confirm entry spaces when we're ready to officially sign you up. <u>Timeline</u>:

- Now sign up to indicate interest
- March team(s) and name(s) confirmed, and costume discussion
- April Practice runs
- May 19 Bay to Breakers!

Requirements:

- Be a current DSE member
- Have 3 volunteer points in 2023 or 2024.

Start earning now if you don't have any yet. Be ready to have fun and get close, really close, with your teammates!

Questions? Contact Riya at <u>riyasuising@gmail.</u> <u>com</u>.



The 2023 centipede had wings. © 2023 Joe Kaniewski



What costumes will the team wear this year? Join and help decide! © 2022 Bay to Breakers

RACE RECAPS

January 7, 2024 **Twin Peaks 4M** <u>Race Director</u>: Peter Hsia <u>Volunteers</u>: Phyllis Nabhan, Yong Haber, Shelly Taylor, Michael Gulli, Bill Woolf, John Albertoni, Carolyn Karis, JJ Castro, Jay Boncodin, Kevin Lee, Richard Hannon, Chewey Lam, Yoly Pantig, Ron Baxter



RD Peter Hsia © 2024 Phyllis Nabhan

83 participants: 80 racers (58 men, 22 women), 3 self-timers



Neal's shadow can't keep up. © 2024 John McCarroll



Finish line crew! © 2024 Phyllis Nabhan

January 14, 2024 **Polo Field 5K** <u>Race Director</u>: Amber Wipfler <u>Volunteers</u>: Phyllis Nabhan, Shelly Taylor, Ana Pinczuk, Paul Mosel, Bill Woolf, Gary Brickley, John Albertoni, Kevin Lee, Vincent French, Diane Okubo-Fong, Marsi Hidekawa, Mark Taylor, Michael Guss, Rubi Kawamura, Jane McFarland, Jim Buck, Chewey Lam,

Suzana Seban, Uliana Popov



RD Amber Wipfler © 2024 Paul Mosel

154 participants: 141 racers (85 men, 55 women, 1 NB), 2 self-timers, 11 kids



Triumphant Anna. © 2024 Paul Mosel



It's always a pleasure when the speedy young men from Avenal make the trek to SF. © 2024 Paul Mosel

January 21, 2024 Waterfront 10M & 5K

Race Directors: Cap'n Gary Brickley & Cap'n Kenneth Fong Volunteers: Wendy Newman, Bill Woolf, Blythe Marshman, Tony Nguyen, Vincent French, Mitchell Sollod, Michael Gulli, Chewey Lam, Ron Baxter, Jim Kauffold, Diane Okubo-Fong, Terri Rourke, Terrance Yao, Laurie Quinlan, Jason Reed, Kevin Lee, Ziya Tepedelenlioglu, Paul Mosel, Joe Kaniewski, David Moulton, Ron Baxter, Uliana Popov, Marsi Hidekawa



The Captains Gary & Ken © 2023 Paul Mosel

<u>10M</u>: 72 participants: 72 racers (42 men, 29 women, 1 NB) <u>5K</u>: 69 participants: 63 racers (31 men, 32 women), 6 self-timers





Oliver and Markham were flying © Wendy Newman

January 28, 2024 Rockaway Beach 12K & 5K

Race Director: Veronica Balistreri Volunteers: Tony Nguyen, Bill Woolf, Laurie Quinlan, Vincent French, Mitchell Sollod, Kevin Lee, Elias Castanon, Ken Wu, Mike Rouan, Yong Haber, Paul Mosel, Elizabeth Castanon, Uliana Popov, Yoly Pantig, Jay Boncodin, Ron Baxter, Wendy Newman



RD Veronica Balistreri © 2023 Phyllis Nabhan

<u>12K</u>: 43 participants: 43 racers (30 men, 13 women) <u>5K</u>: 83 participants: 78 racers (40 men, 38 women), 6 self-timers



All smiles at the finish line, especially after those switchbacks! © 2024 Paul Mosel

ON THE WATERFRONT

Many thanks to Wendy Newman for capturing so many fantastic photos from the Waterfront races! The rest can be found on our <u>Facebook group</u>. And how does everyone look so happy in the middle of a 10-mile race??













RUDY TURNS 100

...continued from p. 1

So how did Rudy become such an avid athlete? I hope to soon learn more about him than this: he was born in California and went to school in San Francisco. He probably showed athletic promise even as an elementary school student when he learned to play handball there, and then he played at the YMCA. But just before graduating from Mission High School, Pearl Harbor was attacked. The draft age was lowered to 18, and at age 19, Rudy was drafted into WWII. In his three years in the military he was trained as a machinist, and on return to San Francisco he started a machine shop with John Boitana. That shop is now run by Rudy's son John. And Rudy immediately got back into handball, at the South End Rowing Club on Jefferson Street. He has been training there three times a week for 70 years!

Rudy always recruited people to sports. When his handball club was threatened with losing their venue at the South End Rowing Club (the SERC), he had the idea to prove to the board that handball players were good athletes. He convinced nine fellow handballers to swim with him across the Golden Gate. They all finished, and that swim helped them to keep their handball venue.

Of course, people ask him how he's managed to be healthy at almost 100 years old. We runners often read advice on successful aging. Beyond one's genetics, the advice usually includes good nutrition, exercise, and sleep; having valued relationships, good cognitive function, and satisfaction with life.



Rudy at the 2022 DSE picnic. © 2022 Wendy Newman



Two SF running pioneers: Mary Boitano joined Rudy for the 2022 Lake Merced 4.5M. © 2023 Wendy Newman

So how about our Rudy? Kathryn Guta wrote about him in "The Noe Valley Voice" in March 2023, and was able to listen to him on this topic: yes, he eats well, of course he exercises a lot, and he's an avid reader.

His social contacts are valuable. He shares his house on 22nd Street with his son and his grandson. He enthusiastically supports others to exercise, and he follows up with continuing encouragement to the newcomers. He meets other handballers three times a week.

Exuberant aging involves three more steps, according to the Swedish author Margareta Magnusson:

- cherish nuisance (including pain),
- surround yourself with the young, and
- say "yes" whenever possible.

How about Rudy? He has managed physical hardships in his sports, though he did say that after the Bay Area 500 Bicycle Loop some years ago, all the bikers said once was enough, so it hasn't been held since. He has plenty of social contact with young people through sports organizations. And he still participates in events. Rudy appears to be an excellent model for all of these attributes.

So Rudy will celebrate his 100th birthday on February 5, 2024, and 13 days later we'll honor him at our 5K on the Great Highway. (The race starts at 9:00 a.m., at Taraval and Great Highway.) Why not honor him on Sunday, 2/4? Because that is the day of the SF Half Marathon, so DSE'ers will be volunteering at a water stop for that race, rather than holding our own event on that day.



Rudy walks the 2023 Spreckles Lake 5K. © 2023 Wendy Newman

CELEBRATING THE YEAR OF THE DRAGON

We're taking Sunday, March 3rd off so that our members and friends can participate in the 46th annual Chinatown Lunar New Year Run. Whether you choose the 10K or 5K course, you'll have the opportunity to run or walk through the nation's oldest and most famous Chinatown, while also supporting the YMCA and all of its fantastic programs. Plus, all entrants who were born in the Year of the Dragon get a special commemorative pin! This is not one you want to miss, so be sure to sign up by visiting <u>https://www.ymcasf.org/Iny-run</u>.



The only chance you'll ever have to run down Grant Street in the heart of Chinatown! © 2020 Diane Okubo-Fong

GALA TIME!

Guess what else is happening on March 3rd? Why, the annual DSE Gala, that's what! This year we'll be celebrating everyone's running accomplishments from 12:00 to 3:00 p.m. at Harmonic Brewing Thrive City, a super fun taproom at Chase Center. Tickets include a buffet lunch and a drink ticket, plus the always priceless DSE awards ceremony. Get your tickets through our <u>Eventbrite</u> <u>site</u> and mark your calendar in black Sharpie, because it's going to be a blast!



TIME TO SIGN UP FOR RACE DIRECTING!

Kevin Lee

Kudos to everyone who signed to be a 2024 Race Director. We stil need to fill up 11 open Race Director spots between 2/25 - 6/30. Signing up is easy--just click on the Race Directors tab on the DSE website, choose an open date, and e-mail Kevin to confirm (dse.pekingduck@gmail.com). Remember: volunteer points are a must if you want to receive an end-ofyear award, and to participate in events like the Bay to Breakers Centipede and the Christmas Relays. Plus, you get to give back to the club that gives you so much. We can't do what we do without your help, so sign up today!

DON'T FORGET YOUR RACE DISCOUNT CODES!

Don't pay full price--take advantage of your DSE membership and get a discount at these fabulous upcoming races!

- March 2 Revel Mount Diablo Half Marathon (DSE15)
- March 3 Napa Valley Marathon and Half Marathon (DSEC)
- June 2 Statuto Race (dse24)
- September 22 Mermaid Run Crissy Field (GR24DSE10)
- November 9 Mermaid Trail Run Huddart Park (GR24DSE10)
- November 24 Spartan Trail Golden Gate Classic (DSERUNNERS)
- January 12 Hot Chocolate Run (DSE5K25, DSE10K25, DSE15K25)



Yoly and Kittzy know that the Mermaid Run is always a good time! © 2023 Yoly Pantig

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, February 4: NO DSE - Opportunity to run/volunteer at the Kaiser Permanente Half Marathon/5K/10K

Sunday, February 11: Golden Gate Vista 10K - Course Map

<u>Course Description</u>: Start/finish at the upper level of El Camino del Mar parking lot at Lands End. Complete clockwise loop, traverse the upper level of El Camino del Mar parking lot then downhill to Seal Rock/Clement. Turn right onto lower Lands End Trail and continue running east past Eagle's Point. Exit left, go 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 through entire lower parking lot. Continue running east through the battery section of Baker Beach then right uphill on the dirt /gravel path to Lincoln. Turn around at the top of the sand ladder; reverse direction and run back to finish.

Sunday, February 18: Rudy Stadlberger Great Highway 5K - Course Map

Course Description: Start/finish at Taraval and Great Highway. Run 1.55 miles to Lincoln and return the same way to finish.

Sunday, February 25: Fort to Fort 10K - Course Map

<u>Course Description</u>: Start/finish at the Fort Mason Hill lawn (near Great Meadow). Out & back course: complete 0.3M Great Meadows clockwise loop, exit onto Marina Blvd., continue right through Yacht Harbor parking lot, run entire Crissy Field promenade trail, turn around at Hopper's Hands, and return to Finish Line.

Sunday, March 3: NO DSE - Opportunity to run the Chinatown Lunar New Year Run (followed by the DSE Gala!)

Sunday, March 10: Oyster Point 10K - Course Map

<u>Course Description</u>: Start/finish north of the main restroom on Bay Trail bike/pedestrian path, near Oyster Point Marina in South SF. Run northbound on path, make a right turn onto the Bay Trail; stay on the center path that travels through Oyster Point. Run past hotel complex and over the wooden pedestrian bridge. Turn around along the designated straightway location and return same way to finish.

Sunday, March 17: St. Patrick's Day Crissy Field 5K & Kids Run - Course Map

<u>Course Description</u>: Start/finish at the Yacht Harbor parking lot (Little Marina Green). Run west along Crissy Field/Golden Gate Promenade. Stay along path into Fort Point National Historic Site. Turn around at the orange cone and return same way to finish. **Kids Run starts after completion of 5K**

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

February will bring above normal precipitation and near to above normal temperatures. The first week in February looks very wet with several days of rain and the possibility of some flooding. The second week looks dry, sunny and warmer with several days in the 70's to low 80's in the inland valleys around the Bay. With no fog in the City, highs near the 70 or low 70's are not unlikely. Rain returns after mid month as a colder pattern sets up with snow in the Sierra lower foothills. A couple of days of rain are likely in the last week in February.



The famed switchbacks of the Rockaway Beach 5K. © 2023 Ken Wu

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

SAN FRANCISCO, CA 94121

RETURN SERVICE REQUESTED







Happy Birthday! ◆ FEBRUARY

- 2 Noel Bautista Michael McCrea
- 4 Pat Geramoni Rudy Stadlberger
- 5 Stephen Ingalls Xiaodong Yang
- 6 Matthew James Carolyn Karis
- 7 Denise Carney Terri Rourke
- 8 Kevin Lee
- 9 Seth Pfalzer

11	Denise Barchas
12	Richard Cottrell
	Jack Pham
13	Juan Castro
	Lisa Estrella
14	HAPPY VALENTINE'S DAY
1 5	Morgon Iguain

- 15 Morgan Iguain Rubi Kawamura
- 16 Lucian Brown Seema Gokhale Zoe "Scout" Kamras
- 18 Leon Chang Kathleen Lail Sam Roake Sam Roake
- 19 Andrew Scott

- 20 Mark Kelley Conor Manton Rachel McCrea
- 21 Drazen Fabris
- Pete McGurty 22 Oliver Chan Bill Hamilton Parker Pruett
- 24 Carolyn Clark Akemi lizuka
- 25 Nakia Baird
- 26 Ben Guy
- 27 Debbie Symanovich
- 28 Rose Griffin Stephanie Polverari