# olphin outh outh NEWS

57th Year March 2024

## 2024 DSE GALA: TAPS, TACOS, AND TROPHIES

Amber Wipfler

The weather outside was gloomy, but the mood inside Harmonic Brewing was anything but at this year's DSE Gala. The afternoon started off with mingling and a lot of hugs and laughs, followed by a truly excellent lunch spread (empanadas! soft pretzels! crispy tacos!) and the annual presentation of our club awards. Tony Nguyen emceed the event with his usual elan (and infamous jokes), while Liz Noteware did her best Vanna White impersonation as the master of raffle ceremonies.

Kudos and congratulations to all of our winners, with an especially big round of applause for Lifetime Service Award winner Marsi Hidekawa and Walt Stack Award winner Ron Baxter. And thank you to everyone who came out to celebrate our club and our community. We are truly lucky for our running family!



Raffle winner Yong.
© 2024 Jay Boncodin



Marsi accepts the Lifetime Service Award. © 2024 Jay Boncodin

more photos on p. 5!

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### From the President's Desk

JOE KANIEWSKI

Stormy weather wreaked havoc on running and races in the Bay Area this February. Luckily, DSE's Fort to Fort 10K, Great Highway 5K, and Golden Gate Vista 10K were held during breaks in the rains and high winds. It can be stressful to manage races under the best of conditions, but the recent storms have made it extremely difficult. I personally like running through a storm as much as anyone but as a race organizer I know that the safety of everyone involved has to be considered on whether to proceed with a race in bad conditions. Nobody wants to be caught in a port- john if the wind can flip it over.

It was perfectly fitting that our annual club award party took place at "Thrive City" in San Francisco. Our members (and the club) are thriving on exercise and the community we find as DSE turtles. The afternoon's activities were possible thanks to the work of our gala committee: Katia Stern, Vanessa Jacoby, and Rebecca Teichmann. Thank you ladies! And thank you to Tony Nguyen for serving as MC again. A big shout out as well to Liz Noteware for soliciting raffle prizes from local race organizations for free entries and prizes. We were able to raffle free entries to Jog in the Fog, the Giant Race, Hot Chocolate, Impala Stampede, Guardsmen Presidio, Oakland Marathon, Statuto, and

the Mermaid Run Series. Thank you race organizers and shout outs to A Runner's Mind, Sports Basement, The Golden State Warriors, International Fire, On the Run, Pacific Shaving, SF Giants, SF Honda, and SFMOMA for donating prizes. If you don't already, please thank these races and businesses who support us.

I am so happy for Marsi Hidekawa and Ron Baxter for receiving the DSE Lifetime Achievement and Walt Stack Awards. Both Marsi and Ron gave such heart warming speeches that reminded us how giving back and volunteering can enrich your life. Congratulations go to all the age group, Mongo, and mileage winners as well. I still can't believe Mike Rouan and I won our age group.

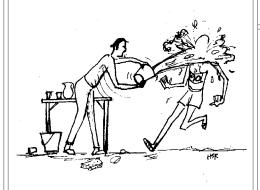
DSE Runner JJ Castro completed his first triathlon last weekend down at Stanford. He told me he credits his DSE friends for helping him get through the run and swim.

I am excited to see the SF Chapter of Achilles continue to grow. Over 15 different runners were signed up for the Kaiser races, and the Achilles weekend runs along Great Highway continue to grow in numbers.

I volunteered again out at San Quentin and we had over 75 runners/inmates participate in the 3 mile run around the prison yard last month. It was the highest number of runners for any event in the 20+ years of the club and it was a real challenge counting and keeping

#### **CLASSIC STU-PEDS**

Stu Ruth



track of all those runners. Hoka One One donated new singlets to the club and the weather cooperated for a good showing.

The guys from Back on My Feet made it out for a few DSE races as well last month. They told me later that they really appreciate the friendliness of the members, the support they feel, and the great snack table from our races.

I am looking forward to another DSE Centipede at Bay to Breakers this year. If you are interested in running Bay to Breakers, 7.5 + miles connected to 14 other runners, dressing up in a costume, and navigating water stops, hills, pit stops, walls of cheering enthusiastic crowds, and loud dance music, send me an email to get more

information about signing up.
We got a solid bunch of March
races lined up with races at Oyster
Point, Chrissy Field, Golden Gate
Park, and Mountain Lake Park. See
you out at the races!

## IN MEMORIUM: RICHARD HANNON

We were devastated to learn that DSE stalwart Richard Hannon passed away recently at the age of 88. An accomplished racewalker, Richard volunteered at over 200 DSE events over the years. He was often a course monitor at the turnaround points, always with a kind word or a joke for the runners. He suffered a broken hip in 2022, but even that couldn't keep him down after months of grueling rehab, he was back on his feet in 2023 to help out at the Double Dipsea and several other DSE races. We will miss him terribly, and are grateful for his years of friendship and service to our club.



#### How to contact the DSE News

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

#### Contact:

Amber Wipfler, Editor
Email: weenerdog@gmail.com

#### Contributions:

We encourage our members to submit articles and photos for inclusion in the DSE Newsletter. Please send your contributions to the editor at the above e-mail address. Members without e-mail accounts can send their contributions to the DSE general 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

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## RRCA NATIONAL CONVENTION COMES BACK TO CALIFORNIA AGAIN!

George Rehmet



In 2009, the DSE along with Pamakids, SF Road Runners, and Lake Merritt Joggers and Striders put on a fabulous RRCA National Convention that set the standard. Those attendees still tell me how they enjoyed that convention.

15 years later, the RRCA National Office is bringing the convention back to California, to the SoCal city of Costa Mesa from May 2 to May 5. The convention starts off with a Thursday night reception followed by 2 days of sessions. There are sessions for runners, coaches, race directors, and club officers. Or instead of the convention sessions, you can go to an in person RRCA coaching certification course - level 1 or if you are level 1, then level 2.

In the mornings are runs or yoga sessions. Do wear your DSE gear and run among runners from around the country. Our Saturday evening event will most probably be a 5K followed by music and refreshments at the Orange County Exposition Fairgrounds. The next day on Sunday you can run the OC Marathon or Half Marathon!



Be there or be square!
© 2023 George Rehmet

Finally we honor folks for such awards as best club president, outstanding volunteer, the best runners and more! It's a runner's experience not like any other and it's in our home state.

So I hope you can make, especially it is my last RRCA National Convention as President. Thank you so much for your support of me for all these years. See you there!



A 4-day celebration of running not to be missed.
© 2023 George Rehmet

#### **HAPPY BIRTHDAY LEO!**

Our very own Leo Rosales celebrated his 70th birthday in style this past March 2 by playing a show with Mombotombo SF at the Sausalito Seahorse. And of course, it wouldn't be a party without some fellow DSErs in attendance. Happy 70th, Leo--long may you run AND drum!



Virginia, Jerry, the birthday boy, and Noriko! © 2024 Jerry Flanagan

P.S. If you haven't had the opportunity to see Mombotombo SF play live, you're missing out! Visit their website at <a href="mailto:momotombosf.com">momotombosf.com</a> for upcoming events.

#### RACE RECAPS

February 11, 2024

Golden Gate Bridge Vista 10K

Race Director: Noe Castanon
Volunteers: Mitchell Sollod, Phyllis
Nabhan, Yong Haber, Paul Mosel, Bill
Woolf, John Albertoni, Gary Brickley,
Vincent French, Yoly Pantig, Michael
Guss, Chewey Lam, Woody Szydlik,
Uliana Popov, Jim Buck, Jane McFarland,
Jason Burleigh



RD Noe Castanon © 2024 Paul Mosel

81 participants: 80 racers (54 men, 26 women), 1 self-timer



A little mud never hurt anyone.
© 2024 Terri Rourke



Group shot!
© 2024 Yoly Pantig

February 18, 2024

#### **Rudy Stadlberger Great Highway 5K**

Race Director: Chewey Lam

Volunteers: Phyllis Nabhan, Ken Wu, Julie Munsayac, Mitchell Sollod, Paul Mosel, Bill Woolf, Marie-Elisabeth Craig, Vince French Jim Kauffold, Kevin Lee, Veronica Balistreri, Neal Ashton, Carol Pechler, Suzana Seba, Ron Baxter, Marcus Balistreri, Terri Rourke, Mike Guss



RD Chewey Lam
© 2024 Paul Mosel

162 participants: 156 racers (89 men, 66 women, 1 NB), 1 self-timer, 5 kids



Pat lets the wind carry her to the finish line.
© 2024 Wendy Newman



Life is a (Great) Highway. © 2024 Wendy Newman

February 25, 2024 Fort to Fort 10K

Race Directors: Ken Wu

<u>Volunteers</u>: Mitchell Sollod, Phyllis Nabhan, Paul Mosel, Bill Woolf, John Albertoni, Christine Clark, Yoly Pantig, Vincent French, Rose Griffin, Kevin Lee, Liz Noteware, Denise Barchas, Laurie Rummelhart, Chewey Lam, Gary Brickley, Ron Baxter



RD Ken Wu © 2024 Paul Mosel

104 participants: 101 racers (63 men, 38 women), 3 self-timers



Father-son duo.
© 2024 Paul Mosel



A perfect morning for running (or volunteering!)
© 2024 Paul Mosel

#### **LUNAR NEW YEAR RUN**



Carol and Paul celebrate the Year of the Dragon. © 2024 Paul Mosel



Oliver ready to go.
© 2024 Paul Mosel



Tony and his tiny dragon (a.k.a. Kensi). © 2024 Paul Mosel

#### **MORE GALA!**

Thank you so much to Jay Boncodin for all of the fantastic pics! For more, check out <u>Jay's post</u> on the DSE Facebook group.

















#### **2023 AWARD WINNERS**

\*LIFETIME SERVICE AWARD\* Marsi Hidekawa

\*WALT STACK AWARD\* Ron Baxter

**WOMEN'S FAST RUNNER**: 1. Nicole Gipp; 2. Riya Suising; 3. Julie Munsaya; 4. Noriko Bazley; 5. Stephanie Soler

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

NON-BINARY FAST RUNNER: 1. Ziggy Tomcich

**KIDS RACE AWARDS**: Anthony Balistreri, Arianna Balistreri, Conor Conneely, Miles Ng, Oliver Baird

**RRCA VOLUNTEER AWARDS**: Veronica Balistreri, Chewey Lam

SMALL MONGO AWARDS: Bob Butchart, Jim Buck, John McCarroll, Juan Castro\*, Marcus Balistreri, Mike Rouan, Stephan Fouksman, Theo Jones, Ziya Tepedelenlioglu; Blythe Marshman\*, Jane McFarland, Jeorgina Martinez, Kristan Elman\*, Michaela Rouan, Nicole Gipp, Rebecca Teichmann\*, Riya Suising\*, Stephanie Soler, Uliana Popov

LARGE MONGO AWARDS: Brian Hartley, Chewey
Lam\*\*, David Moulton, Ken Wu, Kenneth Fong\*, Neal
Ashton, Patrick McAnaney\*, Rob Snavely, Tony Nguyen\*\*,
Diane Zelmanovich\*\*, Kitzzy Aviles, Marsi Hidekawa,
Noriko Bazeley\*\*, Phyllis Nabhan, Terri Rourke\*

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

#### **WOMEN'S AGE DIVISION AWARDS:**

<u>18 ></u>: 1. Vivienne Cornwall; 2. Zara Tepedelenlioglu; 3. Josephine Cornwall; 4. Sierra Pfleger; 5. Zoe "Scout" Kamras

25-29: 1. Michaela Rouan; 2. Katia Stern

35-39: 1. Blythe Marshman; 2. Chloe Gaillot; 3. Kristan

Elman; 4. Veronica Balistreri; 5. Erica Chesley

<u>40-44</u>: 1. Uliana Popov; 2. Erin Muladore; 3. Rebecca Teichmann; 4. Gail Cornwall-Feeley

45-49: 1. Stephanie Soler; 2. Nicole Gipp; 3. Kitzzy

Aviles; 4. Samantha Kamras; 5. Monica Szydlik

50-54: 1. Liz Noteware; 2. Kate Aks; 3. Diane

Zelmanovich; 4. Vanessa Jacoby; 5. Yoly Pantig

<u>55-59</u>: 1. Riya Suising; 2. Jeorgina Martinez

60-64: 1. Anna Burke; 2. Rubi Kawamura; 3. Shelly Taylor;

4. Rose Griffin; 5. Wilca Gallagher

65-69: 1. Marsi Hidekawa; 2. Yong Haber; 3. Noriko

Bazeley; 4. Marie-Pierre Carlotti; 5. Debbie Symanovich 70-74: 1. Terri Rourke; 2. Wendy Newman; 3. Suzana

Seban; 4. Jane McFarland

75-79: 1. Pat Geramoni; 2. Carole Mawson

80+: 1. Carol Pechler; 2. Jane Colman

#### **MEN'S AGE DIVISION AWARDS:**

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

19-24: 1. Abel Vasquez

30-34: 1. Julian Weisser

40-44: 1. Chewey Lam; 2. Juan Castro; Sergey Vasyliev

<u>45-49</u>: 1. Emre Tepedelenlioglu; 2. Nakia Baird; 3. Geoffrey Papillon

<u>50-54</u>: 1. Jason Burleigh; 2. Rob Snavely; 3. Ken Wu; 4. Jay Boncodin; 5. Tony Nguyen

55-59: 1. Mike Rouan & Joe Kaniewski (tie); 2. David

Moulton; 3. Tim Danison; 4. Jerry Flanagan; 5. Elias Castanon

<u>60-64</u>: 1. Kenneth Fong; 2. Peter Corbett; 3. Ron Baxter; 4. Michael Gulli; 5. Jayesh Shah

<u>65-69</u>: 1. Juan Melendez; 2. Neal Ashton; 3. Xiaodong Yang; 4. Patrick McAnaney; 5. John McCarroll

70-74: 1. Larry Jewett; 2. Gary Brickley; 3. Brian Hartley

75-79: 1. Gene French

<u>80+</u>: 1. Theo Jones; 2. Jim Buck; 3. Mitchell Sollod; 4. Sten Mawson

#### **RACE MILES:**

<u>Women</u>: 1. Blythe Marshman (349); 2. Diane Zelmanovich (348); 3. Riya Suising (322); 4. Stephanie Soler (300); 5. Terri Rourke (220)

Men: 1. Tony Nguyen (708); 2. Chewey Lam (450); 3. Kenneth Fong (269); 4. Ken Wu (259); 5. Patrick McAnaney (238)

#### **TOTAL MILES:**

Women: 1. Jeorgina Martinez (1,853); 2. Terri Rourke (1,513); 3. Rebecca Teichmann (1,400); 4. Kitzzy Aviles (1,264); 5. Marsi Hidekawa (1,107)

Men: 1. Chewey Lam (2,550); 2. John McCarrol (1,853); 3. Rob Snavely (1,502); 4. Patrick McAnaney (1,469); 5. Ken Wu (1,451)

Congratulations to all!

#### **FAST RUNNER AWARDS**

David Petrie Moulton

I was chatting with former DSE President Fred Haber at the picnic after the San Pedro Park 5K in September, and he told me that he was the one who originally started the idea of year-end awards for those with the most race points--back in the early 90's, I think. Thanks, Fred, and we're here with the second full year of results since bringing them back again starting in 2021!

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 give year-end awards 5 deep for each gender, with the proviso that you must score points in more than one race.

As I've said before, there are people who get awards by being "hares," winning or placing high in a smaller number of races, and some who get there by being "tortoises," coming to many races and slowly accumulating points. Last year we started with the females, so this year the males:

#### Male

Cathal Conneely: 134
 Grant Johnson: 69
 Marcus Balistreri: 59
 David Moulton: 40
 Kai Scott: 34

Kai is a hare! He always placed in the top 2 (among DSE members), usually coming in a bit behind Grant, but he also won 2 races in addition to his 6 second places. I, on the other hand, am a tortoise. I scored in 15 races, steadily accumulating points, although I did manage to win a race (beating Marcus). Marcus moved up from 5th last year to 3rd this year, winning 5 races (among DSErs) and placing 2nd in 4 more. He's still getting faster, and I think he's now a hare.

Grant is the biggest hare. He got the exact same number of points as last year, but moved up a spot in the year-end rankings. Just like in 2022, he won 13 of 14 races he came to, and both times his only loss was to the amazing Chikara Omine!

Finally, Cathal repeated as the top 'fast runner'-point runner. But this time, he didn't win by a mere 15 points, like last year. He came close to doubling Grant's second-place score! He scored in an amazing 34 races (including in both the San Franciscan Mile and the Spreckels Lake 5K held back-to-back). He only didn't score in 12 races, and 2 of those were because we were doing two races at the same time, and you could do only one!



Nicole (standing) is recognized as our fastest female runner.

© 2024 Jay Boncodin

Overall, we had four of the previous top-5 returning, with Kai replacing Ben Beeler, who now has a toddler and races less often.

#### Female

Nicole Gipp: 68
 Riya Suising: 52
 Julie Munsayac: 47
 Noriko Bazeley: 43
 Stephanie Soler: 30

There was a lot more change in the female list, with only two women repeating a top-5 placement from last year. Stephanie went the tortoise route: she never won a race, but came to many and steadily accumulated points. Noriko, who was first overall last year, also ran many races this year. And she finally was the first female DSEr on the last day of the year, at the New Year's Eve Windmill 10K!

Julie didn't seem to be racing for the first four months of the year, but then showed up frequently and was consistently near the front. She won the women's race outright twice and was the first female DSEr one other time. Riya moved up one spot from last year, when I think she was busier with flight attendant duties. She was the first woman twice and the first among DSErs 4 more times.

Finally, Nicole jumped from 10th in 2022 all the way up to the top spot in 2023, with almost three times as many points! She admirably combined the "hare" strategy, winning the women's race 4 times (with 1 more as top DSEr), with the "tortoise" strategy, scoring in 18 races--more than any other female.

#### **Nonbinary**

1. Ziggy Tomcich: 10

Ziggy is our inaugural winner in the nonbinary category! They raced twice and were in the top 15 overall in one of those races. A few other people ran just one race and so are not included.

Congratulations to all of our winners! And thanks to everyone coming out every week to race, to run, to walk, or to volunteer.

#### Monthly Running Schedule

All races begin at 9:00 a.m., unless otherwise noted. Gold, Teen, and Child Memberships include unlimited races. Adult Standard Members pay \$5; non-members pay \$10 (kids under 12 are free; \$3 for teens age 13-19).

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

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\*\*

Sunday, March 24: Windmill 10K - Course Map

<u>Course Description</u>: Start/finish at JFK Drive next to the Dutch Windmill in Golden Gate Park. Run eastbound up Kennedy Drive to intersection prior to McLaren Lodge (Kezar Drive/second barricade). Turn around and return the same way back to finish.

Sunday, March 31: Easter Mountain Lake Park 5K & Kids Run - Course Map

<u>Course Description</u>: Start/finish at the Mountain Lake Park path (near 11th Avenue & Lake Street). 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 and run 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 finish.

\*\*Kids Run starts after completion of 5K\*\*

Sunday, April 7: McLaren Park Shelley Drive 5K - Course Map

<u>Course Description</u>: Start/finish in McLaren Park 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.

#### Membership <u>In</u>formation

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 <u>R</u>eport

Meteorologist Mike Pechner

March has started off wet with a massive Sierra snowfall that will ensure no drought next year with plenty of water to around. Our next good rain event is around the 12th which gives us a few days to dry off. Mild, dry weather with lots of sun continues through mid month with the next rain around the 19th. After that we're back to dry and mild weather with near normal temperatures, mostly in the 60's at the coast and 70's inland. First half of the month will be below normal, warming to near above normal 2nd half.



We've had a little rain lately!
© 2024 Jay Boncodin

## ♦ ♦ ♦ Club Officers & Coordinators ♦ • ♦

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David Wilson

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WEBMASTER

**Rob Snavely** 

P.O. BOX 210482 SAN FRANCISCO, CA 94121

RETURN SERVICE REQUESTED





#### Happy Birthday!

#### **MARCH**

- Mark TaylorMiles NgSharlet Gilbert
- 3 Diane Merkadeau David Saldivar
- 4 Julian Weisser Alvin Lubrino
- 5 Henry Negrel Andrew Ferguson Pui Leung
- 6 Liz Isaacs
- 7 Jason Lee
- 8 Sevag Frankian Terrance Yao
- 9 Jason Burleigh

- 11 Stephen Tracy
- 15 Rima Zegarra
- 17 Markham Miller
- 19 Mark OlsonZhifan Li
- 20 Neal Dempsey

- 21 Anna Burke David Tran Deysi Ocampo
- 22 Alexandra Poroshina Christine Sasaridis
- 24 Jonathan Wills
- 25 Cathal Conneely
- 26 Dana Farkas
- Diodita AvenisMarian LyonsTom Robinson
- 30 Carole Mawson