

DSE NEWS

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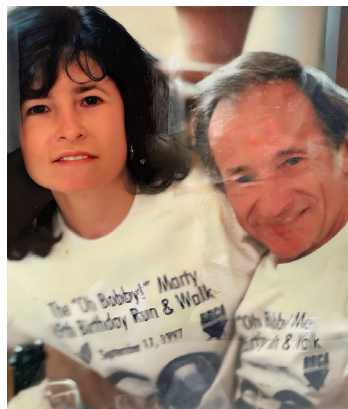
IT'S ABOUT DSE CAMARADERIE

Carol Pechler

(with thanks to Fred & Yong Haber)

DSE has thrived for decades, importantly because of the support of several long-term, loyal volunteers. Most of these volunteers were runners who got grounded. In the case of Bobby Marty, he volunteered from the beginning of his membership.

Bobby is one of our long-timers, and because people love talking and being with him, the social aspect of DSE keeps him and other grounded seniors coming back, Sunday after Sunday. It was his running and friendship with early members Sandra Seiki and Neil Mahoney that started Bobby's time with DSE. His friendship developed with many other members as well. After his retirement from running, some even took to arriving at his house in Pacifica on Saturday mornings for a chat and occasional donuts. He also joined the Wednesday morning training runs at Woodside's Huddart Park that Judith Webb organized in 1989.



Left: Bobby running the Houlihan's to Houlihan's race in the 1970's.

Right: Bobby with Judith Webb in 1997.

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From the President's Desk

◆ ◆ ◆ JOE KANIEWSKI

We had a good month of running in March this year. A few of our regular routes felt new. We started the month coming back to Oyster Point several years after its marina redesign and construction. We ran a different southbound route along the Bay Trail this year almost all the way to the airport. We got the full tulips in bloom treatment at the Windmill 10k with an accompaniment of blue-purple lilacs in bloom along JFK Drive. On St. Patrick's Day, Michael Rouan, a good Irishman, caught some great photos of us near the turnaround by the Golden Gate Bridge. And we finished the month with a bubble machine and Easter egg hunt at the Mountain Lake Park 5K thanks to a few great members of the Conneely clan.

Look for big changes to our Summer Series this year. Because of the construction at Lake Merced, we are moving our Thursday night summer runs to Golden Gate Park and our Rainbow Falls course. A big shout out to Stephanie Soler, Liz Noteware, and Ken Wu for securing the permits and organizing this great series of races this year. The Summer series might seem like a chore, especially the setting up and tacking down of equipment, but these races sure help us spread DSE to high school and college

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runners who don't make it out to our Sunday races.

We had a Rudy Stadlberger sighting at our recent Windmill 10K. Yes, our club co-founder is still going strong at age 100. Make sure to mark your calendars for the June 23 Great Highway 5K where we will honor Rudy with a race named after him, and participants will get a DSE ribbon sporting his name.

For this year's DSE Bay to Breakers Centipede, our team will be costumed as Green Dragons in honor of this year's Chinese Lunar Calendar figure. The venerable "once every sixty years" Green Dragons are recognized in Chinese culture for their determination and strong leadership qualities, which inspire people to pursue their dreams. How fitting then for DSE to be mascots that are determined and pursuing their dreams. There are still a couple spots available to be part of the team; simply email me for more info. It is a blast!

26.2 to Life, the documentary about the running club inside San Quentin prison, will be broadcast on ESPN April 8 at 9pm EST/6pm PST. The world release will be followed by streaming access on ESPN Plus. The film includes new bonus coverage since its initial release. If you have ESPN, check it out.

In April we run McLaren Park, Great Highway-Lands End, Mori Point and the Presidio trails. I hope to see you out there.

CLASSIC STU-PEDS

Stu Ruth



Runners and volunteers of the 1,000 Mile Club at San Quentin after their 6-mile, 24-lap race. Be sure to check out the broadcast premiere on ESPN this Monday, April 8 at 6 p.m.

HOORAY FOR PREREGISTRATION!

We had a huge turnout at our recent holiday races--160 runners on St. Patrick's Day and 166 on Easter! With that many participants, things can get a little hairy at the registration table, especially when the 8:45 a.m. rush shows up.

What can you do to help out our valiant reg table volunteers? Pre-register, that's what! It keeps the line moving, aids the race planning process (like making sure we have enough snacks!), and cuts down on the amount of paperwork that has to be done on race day morning. And since members don't have to pay ahead of time, there's zero risk in putting your name on that list and then deciding you need some extra beauty rest on Sunday morning. (Don't worry; your secret is safe with us!) So do your volunteers a solid and be sure to sign up ahead of time, whenever possible. It really does make a difference!



*Two of our fantastic registration table regulars.
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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

Mail

DSE Runners
P.O. Box 210482
San Francisco, CA 94121-0482

Website/Membership Application:

www.dserunners.com
Webmaster: Rob Snavelly
webmaster@dserunners.com

BOBBY MARTY

...continued from p. 1

I visited Bobby on Monday, 3/18/24. Yong was there as well; she has known Bobby for decades and is now visiting him 3x/week to help him with lunch.



Bobby and Yong during a recent visit.

He started running in high school, but there was no cross-country, just regular gym class in his school in Tracy, Minnesota. The track was a mile away from the high school. He liked the running but was not the fastest. Gym students ran out to the track, ran on the track, and then hustled the mile back for the next class.

As an adult and already with family, United Airlines recruited him to come out to San Francisco as a machinist. His hourly pay was less than \$2 but the raises came in short order. He bought a house in Pacifica (then Sharp Park) in 1957, and he still lives there. He loves to mention his purchase price back then: \$11,700.

When Neil introduced Bobby to DSE, Walt Stack, DSE's founder, called him "Old Beam," after Bobby's favorite bourbon. Bobby ran frequently with Bill Woolf, who had about the same running pace.



Bobby with longtime friend and running buddy Bill Woolf. Note the bottle in the upper left hand corner!

Bobby worked the swing shift at United, including on Sundays. He'd run the DSE morning race about every 5th Sunday, and then he'd go to work in the afternoon. Besides the decades of DSE Sunday runs, he ran several Double Dipseas and years of Bay to Breakers "but it hardly counts!" For many years he ran the Honolulu Marathon.



Some familiar faces at the 2000 Honolulu Marathon: Calvin Chan, Sam Roake, Yong Haber, Neil Mahoney, Fred Haber, and Bobby Marty

On Wednesday mornings Bobby ran with DSE'ers in Huddart Park, and frequently, early on weekdays, he solo ran the Sawyer Camp Trail. At home, his sons ran as well, and one of them, Lucky, was fast! Over the decades, stories about Bobby appeared in DSE's newsletter, especially when he was honored for his service.

Neil had encouraged Bobby early on in his membership to store and provide equipment. So he showed up every Sunday at the DSE start line carrying equipment in his easily recognizable, faded purple pickup with camper. He brought finish-line posts, and a large drum of water. Later, he ordered and provided finishers' ribbons.

He had additional contacts during the week with DSE friends. He sometimes met DSE'ers for Saturday morning breakfasts at several restaurants through the years, including the Thai restaurant on the Great Highway (though he ate "western:" eggs and toast.) Neil would sometimes sing Irish tunes there! And after the Sunday races, breakfasts with DSE'ers were again taken at the Thai restaurant and later at the Harding Golf Course restaurant. He attended the Fred and Yong Haber parties after events in Golden Gate Park. In 2019, during Outside Lands, four young spectators asked to pose with him. Some DSE'ers called him "the quintessential charmer."



Bobby making new friends during Outside Lands.

RACE RECAPS

March 10, 2024

Oyster Point 10K

Race Director: Ron Baxter

Volunteers: Mitchell Sollod, Ken Wu, Terri Rourke, Bill Woolf, John Albertoni, Ken Wu, Vincent French, Michael Rouan, Jay Boncodin, Gene French, Tony Nguyen, Yoly Pantig. Uliana Popov, Wendy Newman, Chewey Lam



RD Ron Baxter

© 2024 Yoly Pantig

100 participants: 99 racers (61 men, 38 women), 1 self-timer



All smiles at the marina.

© 2024 Yoly Pantig



An odd spring blossom.

© 2024 Yoly Pantig

March 17, 2024

St. Patrick's Day Crissy Field 5K & Kids Run

Race Director: Kitzzy Aviles

Volunteers: Phyllis Nabhan, Terri Rourke, Mitchell Sollod, Paul Mosel, Bill Woolf, John Albertoni, Tony Nguyen, Kunal Dutta, Ron Baxter, Amber Wipfler, Mike Rouan, Rubi Kawamura, Terri Rourke, Diane Zelmanovich, Michelle Gachowski, Marsi Hidekawa, Neal Ashton, Uliana Popov, Victoria Conneely



RD Kitzzy Aviles

© 2024 Paul Mosel

160 participants: 146 racers (91 men, 55 women, 3 self-timers, 11 kids)



Vince knew what holiday it was.

© 2024 Paul Mosel



Fort Point turnaround.

© 2024 Mike Rouan

March 24, 2024

Windmill 10K

Race Directors: Amber Wipfler

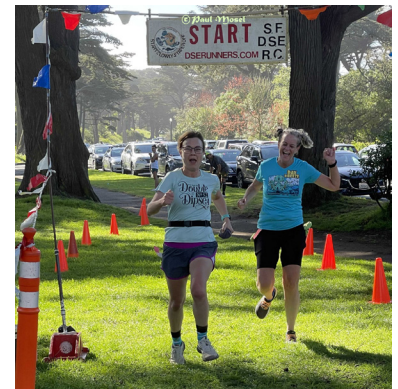
Volunteers: Phyllis Nabhan, Mitchell Sollod, Terri Rourke, Paul Mosel, Bill Woolf, John Albertoni, George Rehmet, Vincent French, Mitchell Sollod, Kevin Lee, Ron Baxter, Uliana Popov, Suzana Seban



RD Amber Wipfler

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114 participants: 112 racers (67 men, 45 women), 2 self-timers



Some friendly competition at the finish.

© 2024 Paul Mosel



Chikara leads the pack.

© 2024 Veronica Balistreri

March 31, 2024

Easter Mountain Lake Park 5K & Kids Run

Race Directors: Chewey Lam

Volunteers: Pat McAnaney, Phyllis Nabhan, Yong Haber, Theo Jones, Paul Mosel, Bill Woolf, John Albertoni, Diane Zelmanovich, Vince French, Marsi Hidekawa, Amber Wipfler, Sergey Vasyliov, Marianne Frank, Jim Buck, Jane McFarland, Kevin Lee, Doug Weller, Veronica Balistreri, Marcus Balistreri, Victoria Conneeley, Jeanie Jones



RD Chewey Lam (with a friend)
© 2024 Phyllis Nabhan

166 participants: 134 racers (80 men, 54 women), 1 self-timer, 31 kids



Hold those ribbons high!
© 2024 Phyllis Nabhan



The Reeds enjoy the post-run Easter egg hunt.
© 2024 Wendy Newman

BOBBY, PART III

...continued from p. 3

He retired from work at age 63, but he continued to run and volunteer for DSE. Around a decade ago and in his 80's, Bobby developed knee problems, and so gradually he ran less until he stopped running. He didn't transition down to walking but instead concentrated on volunteering. He said that he didn't feel real bad about stopping running because he could still show up every Sunday to provide equipment and ribbons.

Friendship with fellow runners had become ever more important to him. He ordered and provided the ribbons for decades, until on the Sunday of January 8, 2023, when for the Twin Peaks race, and at age 94, he had forgotten them. And so Marsi Hidakawa took over the ribbons. Bobby still has feelings of responsibility for them.

Bobby stopped driving to the DSE Sunday events last year. He doesn't even like walking anymore. He says he's okay staying at home, but he does enjoy having visitors. He'll be 96 in September of this year, and he says, "DSE has been my whole life!"



Bobby Marty: a true DSE original.

NOTES AND WHATNOT

- Last month's newsletter neglected to thank one of our DSE Gala coordinators, the fantastic **Monica Szydlik!** Monica picked up the baton this year and, along with Vanessa Jacoby and Katia Stern, put on a Gala to remember. Thank you!
- Huge thanks also go out to **Victoria Conneely**, who brought the Easter Bunny, a pinata, and 1,000 (no, that's not a typo) eggs filled with goodies to our Easter Kids Run. The kids had an absolute blast!
- **Mike Rouan** was at the turnaround point of March's St. Patrick's Day Crissy Field 5K, and took some amazing photos of our runners with the Golden Gate Bridge as a backdrop. Be sure to check them out on our Facebook group, or by clicking [here](#).
- The DSE lost and found pile is getting a little (okay, more than a little) out of control. Keep an eye out at our upcoming races, because equipment guru **Vince French** is going to make it available for everyone to look through before the whole shebang gets donated to charity.

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, April 7: **McLaren Park Shelley Drive 5K** - [Course Map](#)

Course Description: 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.

Sunday, April 14: **Great Highway Lands End 10K** - [Course Map](#)

Course Description: Start/finish on the Great Highway at Taraval. Run north on Great Highway, transfer to Ocean Beach promenade after Lincoln. Remain on ocean-side sidewalk, running north uphill to Point Lobos Avenue. Run past the Cliff House and Sutro Baths parking lot, turn left onto Lands End Trail. Stay on trail for 1/3 of a mile, turning around at the Eastern Coastal Trail Overlook (viewing spot for the Golden Gate Bridge and Baker Beach). Return to start via the same course.

Sunday, April 21: **Mori Point 7K** - [Course Map](#)

Course Description: Start/finish at the parking lot at the corner of San Marlo Way and Dondee Way in Pacifica (Rockaway Beach). Run north along the paved trail parallel to Cabrillo Highway. At the Calera Creek Recycling Plant, continue along the sidewalk on Cabrillo Highway. Veer left at Mori Point Road. Follow Old Mori Road trail to the water, then turn right. Continue running along the promenade trail until the turnaround near the white benches towards the end of the trail. Turn around and run back the same way back to the start/finish.

Sunday, April 28: **Coastal Trail Challenge 10K** - [Course Map](#)

Course Description: Off road course; start/finish at the upper Baker Beach parking lot. (This is different than in years past!) Exit parking lot onto sandy beach via wooden bridge; run .28M east, then right uphill onto the sand ladder. At top turn left (stay inside the guardrail of Lincoln) and run uphill/downhill along Coastal Trail. Exit left onto path that transverses under GG Bridge. Take the left fork onto .1M criss-cross path. Exit left, run down the staircase. Exit across Long Avenue, then right onto Golden Gate Promenade to the turnaround (50 yards prior to concrete slab adjacent to the Yacht Harbor). Return the same way. Run west along GG Promenade, left up the staircase, run west under GG Bridge, right onto Coastal Trail, stay inside Lincoln guardrail. Run downhill along Lincoln trail and past the sand ladder; at fork turn left via Battery section and run back to Upper Baker Beach parking lot. Take a quick left turn to finish.

Sunday, May: **Spreckels Lake 5K and Lightning Mile** - [1M Course Map](#) / [5K Course Map](#)

1M Course Description: Be sure to arrive by 8:40 a.m. so you have enough time to walk to the start at Kennedy/Transverse. Run westbound (downhill) along Kennedy Drive to the finish near Spreckels Lake.

5K Course Description: The 5K will start at the completion of the 1M, at approximately 9:30 a.m. Start/finish at Kennedy Drive/36th Avenue near Spreckels Lake. Run westbound on Kennedy Drive, left onto Chain of Lakes dirt path, left onto MLK Drive pedestrian path, left onto Transverse Drive, and left onto Kennedy Drive to downhill 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

April is a transition month for the entire Bay Area. The change starts with the summer fog pattern as the ocean temps stay the same, the interior with its drier air begins to foster an onshore gradient as high pressure remains off the coast and lower pressure inland because of drier, warmer, lighter air giving rise to lower pressure. We are not done as some rain is likely at end of the first week of April. A week of dry and warmer weather is likely before another “winter-like rainfall” is possible around mid-month. It is followed by another week of dry, mild weather with near normal temperatures, 60’s in the City but 70’s and a few low 80’s in the inland valleys like the 680 Corridor and the 101 corridor in the North Bay. Dry weather may hold until month’s end.



The tulips were in bloom at the Dutch Windmill.

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◆◆◆ Club Officers & Coordinators ◆◆◆



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RETURN SERVICE REQUESTED



Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

APRIL

- 1 Milton Lorig
- 2 Maya Pfalzer
- 3 Willy Franklin
Molly Stark
- 4 Blythe Marshman
- 5 Sandy Baumgarten
- 6 Nick Enthoven
- 9 Wei Chen
Wendy Newman
- 10 Amber Wipfler

- 11 Pratibha Shivanand
Mitchell Sollod
- 12 Gary Aguiar
- 13 Brid Coleman
Serenity Pflieger
- 15 Thomas Frantzen
- 16 Brooks-An Brazil
Gillian Gillett
- 17 David Amsallem
Gregory Bolen
Tina Cheng
- 19 Adam Littke
- 20 Hutch Carpenter
Mark Orders
Victor Perry 0

- 21 Caron Anderson
Ana Pinczuk
- 22 Steven Pitsenbarger
- 25 Maggie Fillmore
- 26 Kelly Bartholomew
Jack Olson
- 27 Tiffany Cheng
- 28 Steve Symanovich
- 29 Elias Castanon
Karl Pflieger
Slavik Vasyliiev
- 30 Arianna Balistreri