

## NOMINATIONS OPEN! JOIN THE DSE BOARD

*Brian Hartley*

We are now accepting nominations for all club officer positions in 2025:

- President: 1-year term
- Senior Vice President: 2-year term
- 2nd Vice President: 1-year term
- Treasurer: 2-year term
- Secretary: 1-year term

Per the bylaws (available [here](#)), the positions of President, 2nd Vice President, and Secretary will return to 2-year terms in 2026.

The bylaws also provide that those seeking office must declare their candidacy to the election committee in sufficient time to be included on the "Absentee Ballot" to be published in the DSE Newsletter.

Accordingly, if any DSE member is interested in running for one of these positions, please submit your nomination to me via e-mail ([Brian.Hartley@BoundTree.com](mailto:Brian.Hartley@BoundTree.com)). Due to changed circumstances, nominations are now due on **December 1, 2024**. Please include a bio, photo, and brief statement on what you hope to achieve as one of the club officers in 2025.



*...continued on p. 3*

## Message from the Board

LIZ NOTEWARE

Dear DSE Members,

As we welcome the change of seasons, we're also preparing for a transition in leadership. I want to extend a huge thank you to Joe Kaniewski, who served as DSE President for the past seven years with dedication and heart. Joe has stepped down for personal reasons, and our Senior Vice President, Stephanie Soler, will lead the club until our next General Meeting on January 12, 2025, when we'll announce a new President and other key roles.

Transitions like these can stir mixed feelings, but DSE is built to thrive. Our community is rich in talent, commitment, and energy, and each shift in leadership reflects the strength of our shared purpose. DSE members embody the spirit of camaraderie, support, and, above all, a love for running.

Joe himself epitomizes the DSE spirit. I know I always sped up after getting one of his Marine-trained hoots along a race course. Joe sucked me in – I mean, recruited me – to become more involved as a volunteer and ultimately to join the board. He models authentic warmth to every new and old member. His tenure will be remembered for this welcoming ethos, and for the great 70s rock booming out of the speakers during the pre- and post-race schmooze time.

We need engaged members to

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sustain the DSE community. Please consider throwing your hat in the ring! Whether on race day or behind the scenes, there's a role for you. Interested? Email [info@dserunners.com](mailto:info@dserunners.com) to learn more!

Let's keep supporting each other, welcoming fresh leadership, and sustaining the vibrant spirit of DSE.

Thank you for your commitment to DSE—here's to many more miles together!

Warm regards,

Liz Noteware, DSE Board Member

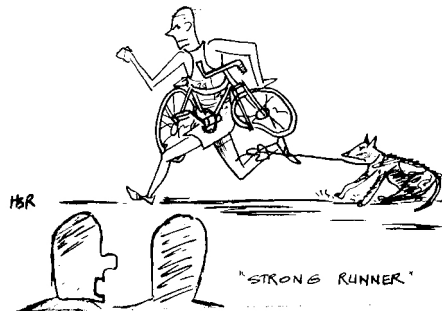


*We are so, so thankful for ALL of our volunteers!*

*© 2024 Yoly Pantig,  
Marianne Frank*

## CLASSIC STU-PEDS

*Stu Ruth*



## DSE YOGA ON PAUSE

Our weekly DSE Zoom yoga classes are on hold for the time being while our wonderful instructor, Janet Nissenson, recovers from hip replacement surgery. We wish her nothing but the best during the rehab period and look forward to more of her wonderful classes come 2025!

## SAVE THE DATE! GENERAL MEMBERSHIP MEETING ON 1/12/25

*Terri Rourke*

Hey Turtles! Save the date alert: our first general meeting of 2025 will be held after the DSE race (or Hot Chocolate race if you are participating) on January 12th at the Stonestown Sports Basement, where we will be introducing your new board. Refreshments will start at 11:00 a.m. with the meeting starting at 11:30. Please bring your comments, concerns and suggestions. Sports Basement will also be offering a coupon so you have additional enticement to join us. See you there!



### 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)

# NOMINATION AND ELECTION INFORMATION

...continued from p. 1

Below are the duties of each of the elected officers:

**PRESIDENT:** To preside over meetings, represent this association in the RRCA, to call any special meetings, and to appoint committees and chairpersons thereof, and to report club news to the membership by writing a monthly column for the club newsletter.

**SENIOR VICE PRESIDENT:** To assume the powers of the President in his(or her) absence.

**SECOND VICE PRESIDENT:** To take on special assignments as requested by the President.

**SECRETARY:** To record minutes of meetings, to keep a file of such minutes, and when requested by the president, to accept assignments involving correspondences and the keeping of records.

**TREASURER:** To collect and deposit all funds received at our DSE Races and DSE functions, i.e. DSE Annual Gala Awards. Treasurer reports should be submitted to the DSE President as requested and at our DSE Board Meetings.

Candidates for the open officer positions will be announced in the December newsletter and on the [DSE Runners Facebook Group](#). Members may vote in one of two ways:

1. In person at the DSE races scheduled for December 15, 22, and 29;
2. Via absentee ballot. Ballots will go out in the December newsletter and should be mailed to:

Brian Hartley – DSE Runners  
231 Market Place # 293  
San Ramon, CA 94583

Ballots must be postmarked by December 29, 2024 to be counted in the election.

The elected club officers of the DSE for 2025 will be announced and presented in the January 2025 newsletter.

Should you have any questions, please feel free to contact me.

Brian Hartley  
Elections Chairman – DSE Runners  
[Brian.Hartley@BoundTree.com](mailto:Brian.Hartley@BoundTree.com)  
925-719-0139 Cell

# BOTH SIDES NOW (A CALL FOR VOLUNTEERS)

Kevin Lee

Having been a DSE Board Officer for 30 of the 36 years of my DSE life, this is my “Both Sides Now” moment.

The success of DSE Runners comes from the contributions of many club volunteers.

Recently I received a wake-up call that it is time to reduce the number of DSE duties on my plate.

Believe me when I say stepping forward to take over volunteer duties is important to the success of DSE along with a rewarding experience every club member should experience.

Below is my “A-Z” listing of club duties. I am offering every one of them to any and all takers.

Note: I am willing to mentor/assist through a smooth job transition.

Course Marking may sound like an overwhelmingly dubious task. However with a complete detailed listing of all DSE race information, Course Marking is easy/fun.

Please contact me at [dse.pekingduck@gmail.com](mailto:dse.pekingduck@gmail.com) ASAP to secure one or more of these club duties.

- Active.com Registration Recording
- Additional Insured Certificate
- Course Marking
- Finish Line Coordinator
- Gala Committee Liaison
- KP/SF Marathon Aid Station Captain
- P.O. Box Mail Pickup
- Race Bank Deposit
- Race Director Coordinator
- RRCA Volunteer Recognition Certificate
- Walt Stack/DSE Lifetime Award Coordinator



*Kevin (center) has been the lifeblood of DSE for over three decades! Let's step up so he can have a well-deserved break!*

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# RACE RECAPS

**October 6, 2024**

**McLaren Park Shelley Drive 5K**

Race Director: Jason Burleigh

Volunteers: Ken Wu, Mike Rouan, Carol Pechler, Pat Geramoni, Paul Mosel, Bill Woolf, Connor Conneely, Victoria Conneely, Vincent French, Kevin Lee, David Moulton, Emmett Ginsler, Oliver Chan, Chewey Lam, Jim Buck, Jane McFarland, Michael Guss



*RD Jason Burleigh*

© 2024 Paul Mosel

71 participants: 71 racers (46 men, 25 women); 2 self-timers



*That incline finish is a doozy!*

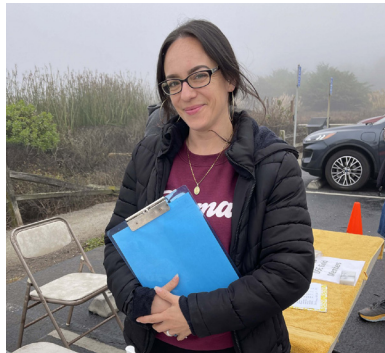
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**October 13, 2024**

**Rockaway Beach 5K/12K**

Race Director: Veronica Balistreri

Volunteers: Carol Pechler, Jeorgina Martinez, John McCarroll, Paul Mosel, Bill Woolf, John Albertoni, Arianna Balistreri, Vince French, Kevin Lee, Neal Ashton, IronMike Schiff, Ron Baxter



*RD Veronica Balistreri*

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12K: 34 participants: 33 racers (19 men, 14 women); 1 self-timer

5K: 60 participants: 60 racers (33 men, 27 women)



*The finish line crew taking care of business.*

© 2024 John McCarroll



*Looking good, "Running Grandpa!"*

© 2024 Paul Mosel

**October 20, 2024**

**Presidio Wall 5K**

Race Director: Ron Baxter

Volunteers: Carol Pechler, Jayesh Shah, Erin Muladore, Pat McAnaney, Paul Mosel, Bill Woolf, Chewey Lam, Vincent French, Mitchell Sollod, Kevin Lee, Rachid Kacimi, John Albertoni, Yoly Pantig, Jay Boncodin, Rose Griffin



*RD Ron Baxter*

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71 participants: 71 racers (45 men, 26 women)



*The starting line on a beautiful San Francisco Sunday.*

© 2024 Jay Boncodin



*Wall winners!*

© 2024 Yoly Pantig

October 27, 2024

## Halloween Great Highway 5K & Kids Run

Race Director: Yoly Pantig

Volunteers: Amy Takemoto, Carol Pechler, Ken Wu, Christine Clark, Paul Mosel, Bill Woolf, John Albertoni, June Szydlak, Vincent French, George Rehmet, Jay Boncodin, Terri Rourke, Chewey Lam, Pat McAnaney, Veronica Balistreri, Cathal Conneely, Victoria Conneely, Mitchell Sollod



RD Yoly Pantig

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189 participants: 165 racers (85 men, 79 women, 1 NB); 6 self-timers, 18 kids



The Book Fairy ready to run!

© 2024 Paul Mosel



The perfect family costume for a very foggy morning.

© 2024 Jay Boncodin

## HAPPY HALLOWEEN, DSE!

We had an amazing turnout at this year's Halloween Great Highway 5K and Kids Run, and you guys did not disappoint with the costumes! Here's a recap of the fun, brought to us by Jay Boncodin.



# SAM ROAKE WON THE GRAND PRIZE AT OUR PICNIC

Carol Pechler



*Sam as a high school senior, winning the Nassau County Relay.*

Sam Roake has been a regular to DSE events for 21 years. He's one of our fortunate fellow runners who started running during high school. He ran cross-country, and in his senior year in 1953, his team won the Nassau County Relay Race. "The report of our relay went into the newspaper."

It wasn't until he was 57 that Sam joined DSE, but then he became a regular. He ran on Sundays, he volunteered, and he ran marathons, including Boston several times. "I immediately liked the group. I met Joe Oakes, Neil Mahoney, Bob Marty, and many others who became good friends. It's so diverse, with different ages and cultural and economic backgrounds, all coming together with our common interest, distance running. There's always plenty to talk about, including world affairs, engineering. DSE has both the social experience and competition, as much as you want."

He talked about his peak experience of his many marathons. That was on 7/20/77, at age 41, when he finished the Pamakid marathon in San Francisco in 3:08 hours. Of his several Boston marathons, he finished the 107th Boston Marathon in 2003, at age 67, in 4:09 hours. In 2012, at age 76, his Boston finish was 4:49.

Then three years ago Sam fell, and a pacemaker was installed. He even wondered if he could ever run again. He has been appropriately cautious to learn what this implant would allow him to do for exercise, and in recent weeks he's started taking slow, short runs.

Then on September 22nd, 2024, at DSE's annual picnic lottery, he was surprised to win the grand prize, a ticket into next year's Double Dipsea race, which will be held on 8/25/25. With this prize, Sam

has a new impetus to increase his training. Never mind that he has a pacemaker and just started running again; he's interested. Oh, a few friends at the DSE picnic did recommend that he not consider trying to do it; he will, after all, be 89-1/2 years old on that event day. But the incentive intrigues him. He's decided to start the training. He'll discover what his body can manage in the process of increasing miles and building muscle strength. "I do get sore more easily now. Aerobic capacity is age-related." In previous years he ran the Double Dipsea several times. But now? "Running is still pleasurable, but you have to adjust your sights."

Can we count on him taking good care of himself? I think so; he's done well so far in his life, and he says he'll drop out of the training if it becomes too much. "I think I can get away with doing more. I enjoy it; it keeps me in good health. But I do get tired climbing stairs."



*Sam has been a dedicated DSE member for over 20 years, and he's not stopping anytime soon!*

"I see advantages to being older. I can view nature [better]. I can think about things; I can reflect, like on how wealth can accumulate to a small number of people." And riding public [transit] now, I get more exercise than I did driving! [Recently], I ran a block to catch a bus. The driver was impressed with me. He said, "Man, you've done a good job!"

"You know you'll get slower; it's true for most sports and for life. But one of the good reasons for running is that you can still do it in your old age. That's not the case for other sports. In contrast, football players, if they don't retire, they hold the whole team down. Even in other fields: electrical engineers, they can't work into their 80's, because [of the structure of the work]. They can work on a big project, but by the time they're finished, they're behind the times in their field. They don't know the latest anymore."

Sam says he's having as much fun as ever with DSE people even though, at his age, he's not competitive like he used to be. "Well, I still feel competitive. Now I compete mainly against my own record. Maybe I

Maybe I enjoy it even more now because I'm less competitive. I still like to compete, but I've accepted the decline with age. But running by myself in the woods, I can let go of competitiveness, and I can still daydream."

"I'm fortunate that my health is still pretty good, and I've learned how to run and train without getting hurt. I have no complaints: I'm healthy, I'm living in the best period, state, and country. We have beautiful places to run. What have I to complain about? Now, most important is the people."

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## GET YOUR TURKEY TROT ON IN 2024

*Amber Wipfler*

For many of us, a 5K on Thanksgiving morning is as traditional as stuffing and pumpkin pie. And if you're signed up for an organized run this November 28th, you're not alone. The turkey trot has become America's most popular race, drawing upwards of 1 million participants a year (or so says the New York Times).

Credit for the first ever turkey trot goes to the Y.M.C.A. of Buffalo, New York, which held its inaugural Thanksgiving Day race in 1896. Six runners competed in an 8K on the unpaved streets of downtown Buffalo; only four actually finished. But they were clearly onto something! Now, over a century later, we here in the Bay Area have a veritable smorgasbord of Thanksgiving runs to choose from. Here are some you might want to check out. (And don't forget...costumes are highly encouraged!)

In San Francisco, we have the [SF Turkey Trot](#), now celebrating its 22nd year. This cross-country romp through Golden Gate Park features a 5M or 3M course, along with a 100-meter Gobbler Chase where kids 10 and under can try to outrun a giant costumed turkey. Proceeds from this race benefit the Lowell High School cross country and track teams, and it's always a good time out!

Across the Bay, there's the [Oakland Turkey Trot](#) around lovely Lake Merritt. Participants can choose from a 5K, youth 5K, and Kids Run for ages 2-7. An opening ceremony with special guests is on the menu, along with live music at the finish line. Race proceeds benefit a number of Oakland charities, including the Alameda County Community Food Bank, the A-Z Fund for Oakland Public Schools, and Run for a Better Oakland.

If you like that small town feel, there's the 24th annual [Piedmont Turkey Trot](#). This family-friendly 5K starts and ends on Magnolia Avenue next to Piedmont Park, and benefits the Piedmont High School cross country and track teams. Donations of gently used warm clothing and children's books will be collected at bib pickup.

Over in San Pablo at the Point Pinole shoreline, our friends at Brazen Racing are putting on the annual [Nitro Turkey Thanksgiving Run](#). This trail race has a 5K or 10K option, and kids under 10 can compete in the Little Turkeys Race, where they try (and always succeed) to outrun the Nitro Turkey himself! Be sure to bring a donation (either cash or food) for the Food Bank of Contra Costa County & Solano.

On the other side of the Golden Gate Bridge, the [Bank of Marin Turkey Trot](#) is celebrating its 25th anniversary. Held on the beautiful grounds of College of Marin's Indian Valley Campus in Novato, this event has a 1M Youth Run followed by a 5K and 10K. The race benefactor is School Fuel, which supports Novato public education.

The [Walnut Creek Turkey Trot](#), presented by Forma Gym, is also back this year with a 5K and 10K option, not to mention a Kids Fun Run. The race starts and ends in Civic Park in downtown Walnut Creek, and benefits White Pony Express, Pledge to Humanity and the Forma Kids Foundation.

In San Mateo County, A Runner's Mind is holding its 10th annual [Gobble Wobble](#) at Coyote Point Park. Run the 5K or 10K, and bring the little ones along for the post-race Kids Dash. The \$5 Kids Dash entry fee benefits the Lakas Shimizu Foundation. And be sure to stick around afterwards for a pancake breakfast! (It's Thanksgiving; we get to eat as much as we want!)

Our last event is also the largest--the [Silicon Valley Applied Materials Turkey Trot](#) in downtown San Jose. Now in its 20th year, this race has attracted upwards of 25,000 participants, and they're expecting record crowds in 2024. There's a 5K and 10K option, and children ages 2-7 can participate in one of three Kids Fun Runs (divided by age group). Race benefactors include the Healthier Kids Foundation, the Second Harvest Food Banks of both Santa Clara and Santa Cruz Counties, and Health Trust.

Know of any other Thanksgiving Day events? Make a post on the [DSE Facebook Group](#) and tell us all about it! And whether you run, jog, walk, or simply eat this Thanksgiving, all of us at DSE are thankful for you and your participation in our club.

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

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**Sunday, November 3: Lake Merced Single Loop 4.5M - [Course Map](#)**

Course Description: Start/finish at the parking lot on Lake Merced's north end (at the foot of Sunset Boulevard). Run one clockwise loop around the lake, staying entirely on jogging/pedestrian path.

**Sunday, November 10: Kennedy Drive 8K - [Course Map](#)**

Course Description: Start/finish at the south side of Polo Field on Middle Drive in Golden Gate Park. Run (uphill) eastbound on Middle Drive, turn onto Overlook Drive (path), left at Transverse and right onto Kennedy Drive. Run eastbound on Kennedy Drive to barricade at Kezar Drive. Turn around at barricade and return same way to finish.

**Sunday, November 17: NO DSE - Opportunity to run the Berkeley Half Marathon/10K/5K - [Race Website](#)****Sunday, November 24: Fort to Fort 10K - [Course Map](#)**

Course Description: Start/finish on the Fort Mason Hill lawn (near Great Meadow). 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. Return to Finish Line.

**Sunday, December 1: Spreckels Lake 5K and San Franciscan Mile - [Course Map \(1M\)](#) - [Course Map \(5K\)](#)**

Course Description: Two races in one! Challenge yourself with a moderately uphill 1M race, a scenic 5K loop, or both!

1M: Start: Kennedy Drive near Spreckels Lake, Golden Gate Park/Finish: Kennedy Drive near Transverse Drive. Run eastbound (uphill) along Kennedy Drive from Spreckels Lake to Transverse Drive.

5K: Start/finish at Kennedy Drive near Spreckels Lake. Run westbound on Kennedy Drive, left onto Chain of Lakes dirt path, left onto Martin Luther King Jr. Drive pedestrian path, left onto Transverse Drive, 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

November starts out mild and dry with rain developing in the 2nd week of the month with at least two frontal passes. Not enough rain yet to end the fire season; that will come the 3rd week of the month. Longer range prospects show a wet Thanksgiving weekend and a possibility of rain on Turkey Day.



*Rockaway Beach under a blanket of fog.*

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



PRESIDENT  
ANGELICUS  
Walt Stack

INTERIM PRESIDENT  
Stephanie Soler  
[president@dserunners.com](mailto:president@dserunners.com)

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Liz Noteware

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RACE RIBBONS

Marsi Hidekawa

SOCIAL MEDIA

Amber Wipfler

DSE RACE RESULTS

Marsi Hidekawa

AGE DIVISION POINTS

Janet Nissenson

PERMITS/SCHEDULING

Jerry Flanagan

Kenneth Fong

Janet Nissenson

Liz Noteware

Carol Pechler

RACE DESCRIPTIONS

Brian Hartley

COURSE MAPS

David son

DSE PHOTOGRAPHER

Paul Mosel

WEBMASTER

Rob Snavelly

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

RETURN SERVICE REQUESTED



# Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

## NOVEMBER

- 1 Franny Wu
- 2 Ron Baxter  
Alicia Liu  
Kai Scott
- 3 Jenni Desideri
- 5 Ross Rabkin
- 6 Veronica Balistreri  
Bob Kleinhenz  
Suz Lipman  
Karl Olson
- 7 Matthew Cox  
Denise Leo
- 9 Jeramy Wallace
- 10 Verity Breen  
Chloe Gaillot

- 11 Marie-Elisabeth Craig  
Marianne Frank  
Steve Musser
- 13 Liam Hillis  
Diane Murk  
Colby Owens
- 14 Stephen Dodson  
Joe Iguain
- 16 Amita Kachru
- 18 Michael Gulli  
Joe Kaniewski
- 19 Jessica Watkins  
Freddie Wu
- 20 Jeanie Kayser-Jones

- 21 Michelle Mesner  
Dympna O'Connell  
Felix Wu
- 22 Shawna Cooper  
Angeera Khadka  
David Wilson
- 23 Anna Taranenko
- 25 Julie Munsayac  
Vaishaal Shankar  
Karan Singh
- 27 Kenneth Fong  
Adam Reese  
June Szydluk
- 28 Tim Danison  
Becky Rozewicz
- 29 Margit Falk  
Lucia Ling  
Hugo Tao Ong
- 30 Jackson Hanna  
Arnold Queral