

# DSE NEWS



58th Year

December 2024

## HAPPY HOLIDAYS, TURTLES!

*Amber Wipfler*

The holiday season is upon us, which means both celebration and reflection on what's passed and what's to come in the year ahead. It was in that spirit that we asked DSE members to tell us what they are grateful for. Here's what you had to say!

"I am grateful for the DSE family I get to see & love every week."

- *Wendy Newman*

"I am grateful for the volunteers that make DSE race happen."

- *George Rehmet*

"I am grateful for all the DSEers who are cheering me on at the Double Dipsea."

- *Marianne Plunder*

"I'm grateful to DSE for encouraging me to show up each week to run distances I never thought possible!"

- *Dympna Sheehan*



*...continued on p. 7*

## Message from the Board

LIZ NOTEWARE

In 2024, what milestones did you reach? Maybe you're closing in on 1,000 annual miles, or raced a new PR? Or you finally tackled a 10K, or participated in more races than last year? My greatest accomplishment of 2024 is...I can't believe I'm even vocalizing this, to do so is to invite the evil eye...but I'm thrilled to be closing out this year injury-free.

DSE's year was a good one – we grew to a community over 600 members strong! Our club founder Walt Stack would be proud to see how we're thriving. Walt's spirit of inclusivity, grit, and having fun runs through everything we do. From our quirky traditions to our support of runners at every pace and life stage, I think he'd tip his hat (probably while finishing another one of his famous long runs).

Volunteers remain the heart of our club. They count us down to the start of races, time our finishes, and keep our runs safe inbetween. In Walt's words, "Start slow... and taper off," but when it comes to volunteer efforts, there's been no tapering—thank you for your energy and dedication! An extra-big thank you to Stephanie Soler who has stepped in as interim president until current elections are complete, ensuring that club processes are clear, operations are efficient and setting us on the course to another successful year.

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We'll kick off 2025 with the (VERY unofficial) New Year's Day Hangover Run across the Golden Gate Bridge. It's one of those moments that feels truly DSE: no frills, just camaraderie, scenic views, and starting the year off on the right foot. Talk to any old-timer for time and details, and be sure to collect your ribbon in the parking lot after your run!

And mark your calendars for our Annual Gala on March 2 at Fogo de Chão. It'll be an afternoon to kick back, share stories, and honor the achievements of our incredible members. And vegetarians—don't worry, Walt may have loved his steak, but we've got plenty of options.

As Walt used to say, "Running makes you feel good—even if it's only for a moment." Let's carry that feeling into 2025, together. Here's to another year of miles and memories.

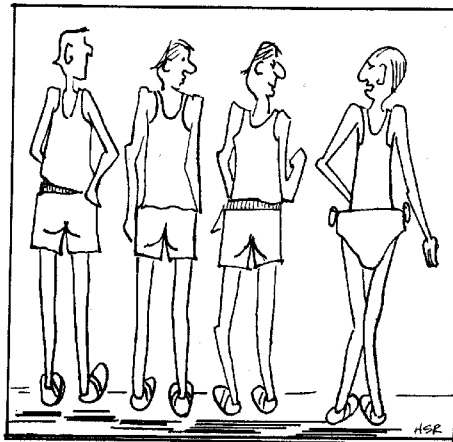
See you out there,  
Liz Noteware  
DSE Board Member



Three cheers for our volunteers!  
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## CLASSIC STU-PEDS

Stu Ruth



WHAT MAKES YOU THINK I'M NERVOUS ?

## GALA 2025!

Brian Hartley

The 2025 DSE Gala will be held on Sunday, March 2 at the Fogo De Chão Brazilian steakhouse, located at 201 3rd Street, San Francisco, from 11:00AM – 1:30PM. Tickets for the Gala will go on sale January 1, 2025.

Chewey Lam and I will serve as co-chairs of this event this year, and we will work closely with the DSE Gala Committee to ensure that we have another memorable and successful event. Tony Nguyen has agreed to serve as our Master of Ceremonies at our Gala as well.

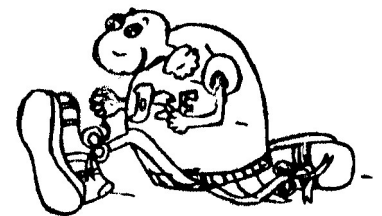
We look forward to seeing you there!

## YOGA CLASSES FOR RUNNERS/ATHLETES NOW ON YOUTUBE

Due to other commitments/time restraints, Janet Nissenson is no longer offering live yoga classes via Zoom. However, she has made available a library of recorded classes geared towards runners/athletes on YouTube. This library will continue to have new classes added to it on a regular basis. This way you can take a class on any day and time that's most convenient for you, even when you're away from home.

Her YouTube channel is Janet Nissenson Yoga, and it can be accessed simply by typing those three words into the YouTube search bar. Be sure to subscribe to the channel so you get notifications when new classes are added.

Additionally, you can contact Janet directly at [jlnissenson@gmail.com](mailto:jlnissenson@gmail.com) if you have questions about any of the classes or other inquiries concerning yoga.



### 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)

# A WARM WELCOME TO THE 2025 DSE BOARD

*Brian Hartley*

As we close out 2024, I wanted to provide you with a final update on our Election of DSE Officers for 2025. First, once again, I would like to thank the outgoing officers for 2024, for their tireless commitment to the DSE Running Club. On behalf of the entire DSE membership, we are all appreciative of their leadership and guidance throughout the past year.

President – Joe Kaniewski  
Sr. Vice-President – Stephanie Soler  
2nd Vice-President – Terri Rourke  
Secretary - Katia Stern  
Treasurer – Rebecca Teichmann

On a side note, I want to personally thank Stephanie Soler for serving as our Interim President over the past several months. This helped provide continual leadership and direction for the DSE.

Nominations for next year's 2025 DSE Officers were officially received by December 1, 2024, and are listed below.

President – Chewey Lam  
Sr. Vice-President – Terri Rourke  
2nd Vice-President – Anna Burke  
Secretary – Yoly Pantig  
Treasurer – Rebecca Teichmann

The above DSE Officer positions will follow the calendar year, and hence will commence on January 1, 2025 through December 31, 2025. Since there were no additional nominations received for these DSE Officer positions, on or before December 1, 2024, I declare as your Elections Chairman, that our elections for 2025 are officially closed, and the new DSE officers for 2025 are hereby duly elected.

*Turn to p. 5 for the candidate bios!*

# ANNUAL AWARDS REPORTING

*Shelly Taylor*

The 2024 annual awards reporting form is expected to be available on the DSE website around the end of December. Submissions will be due by January 12, 2025.

As in the past, if you want to be eligible to receive a self-nominated award and/or if you want to receive a trophy or certificate at the Gala, you must submit the form by the deadline.

Thanks so much and we can't wait to see you at the 2025 Gala!

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## DON'T FORGET! GENERAL MEMBERSHIP MEETING ON JAN. 12

Come one, come all to the General Membership meeting on January 12, 2025! We'll be meeting at the Stonestown Sports Basement at 11:00 a.m. for refreshments and mingling, followed by the meeting at 11:30. We've scheduled it to give you plenty of time to get there from the DSE Sunday race (or the Hot Chocolate Run, whatever's clever!)

You definitely don't want to miss out on this one. We'll be introducing the 2025 Board, as well as discussing plans for the coming year. If you've ever wanted to get more involved with the club, this is a perfect opportunity, since we'll also be talking about open volunteer positions, plus the Board members will be available for all your questions! This is also a great time to bring your ideas to the Board. They truly want to hear from you, and get feedback on how we can improve the club and keep it going strong for years to come.

And as if that wasn't reason enough, Sports Basement will be offering a store discount to all attendees! So return that ugly sweater you got for the holidays and buy some sweet new running gear instead, at (terrible pun incoming) bottom "Basement" prices.

Happy holidays to all and we can't wait to see you there!



# RACE RECAPS

**November 3, 2024**

**Lake Merced 4.5M**

Race Director: Markham Miller

Volunteers: Jayesh Shah, Erin Muladore, Carol Pechler, Mitchell Sollod, Paul Mosel, Bill Woolf, John Albertoni, Kevin Lee, Vincent French, Jay Boncodin, Ron Baxter, Jim Buck, Jane McFarland, Rachid Kacimi, Julian Weisser



*RD Markham Miller*

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101 participants: 101 racers (61 men, 40 women)



*All smiles at the finish.*

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**November 10, 2024**

**Kennedy Drive 8K**

Race Director: Peter Corbett

Volunteers: Jayesh Shah, Erin Muladore, Phyllis Nabhan, Mitchell Sollod, Paul Mosel, Bill Woolf, John Albertoni, Jeanie Kayser-Jones, Vincent French, Kevin Lee, Jay Boncodin, June Szydluk, Uliana Popov, Marsi Hidekawa, Ron Baxter, Carol Pechler



*RD Peter Corbett*

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98 participants: 91 racers (62 men, 29 women); 7 self-timers



*Two of the finish line's finest.*

© 2024 Paul Mosel



*An 8K well done.*

© 2024 Paul Mosel

**November 24, 2024**

**Fort to Fort 10K**

Race Director: Chewey Lam

Volunteers: Phyllis Nabhan, Pat McAnaney, Julian Weisser, Mitchell Sollod, Paul Mosel, Bill Woolf, John Albertoni, Vincent French, Blythe Marshman, Kevin Lee, Sandy Verdier, Jay Boncodin, Yoly Pantig, Larry Jewett, Ron Baxter, Neal Ashton, Pat Geramoni



*RD Chewey Lam*

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136 participants: 133 racers (84 men, 49 women); 3 self-timers



*Time for pie and selfies.*

© 2024 Yoly Pantig



*Lining up at the start on a perfect autumn morning.*

© 2024 Jay Boncodin

# MEET THE 2025 DSE BOARD!



**President: Chewey Lam**



**Senior Vice President: Terri Rourke**

I'm Terri Rourke and I'm running for Sr. Vice President of DSE. I've been on the board in a couple different positions and would like to continue in service to a club I've grown to cherish over

the years. My hope is to make sure the club continues to maintain its position as a premier running club that welcomes everyone: runners; walkers; mosey-ers; families; singles. Whoever you are, we'd love to have you join us. My goal for this term is to strengthen the operational procedures of the club; to have more and clearer communication with our members and to build on our volunteer efforts. Volunteering and running with DSE gives me great joy and I'd like to help further its mission of promoting and encouraging running and walking. And to have fun doing it!



**2nd Vice President: Anna Burke**

I have served as a member at large on the board for the last several years and feel it's time to take on a leadership position. I will add not only continuity to the board but have fresh ideas for 2025.



**Secretary: Yoly Pantig**

I am excited to announce my candidacy for the position of Secretary for DSE. Since joining in 2013, I have volunteered in nearly every capacity needed, gaining a comprehensive understanding of our club's operations. For the past four years, I've had the pleasure of serving as the Race Director for the Halloween Great Highway 5K, consistently bringing in high turnout and positive energy to this special event. I have also race directed other DSE events as well through the years. Additionally, I have been a part of the race results preparers team for the last couple of years. I'm known for my meticulous note-taking skills, which I will bring to the role of Secretary to ensure thorough record-keeping and smooth communication. I look forward to contributing further by continuing my volunteer work at our Sunday races while serving on the board.



**Treasurer: Rebecca Teichmann**

10 years in Investment Operations. MBA. Still loves dogs & DSE.

*Thank you so much to our 2025 Board for rising to the occasion and dedicating so much time and love to our club!*



# STEPHANIE SOLER'S EXPERIENCES AS A RUNNER

*Carol Pechler*

After 7 years as DSE's Senior Vice President and Interim President, Stephanie Soler is taking a well-deserved break from the Board. Shortly after she assumed the position of President, I asked Stephanie to tell me all about her running history and her experiences with DSE.

Stephanie got into running gradually. She became a regular runner only after joining DSE in 2007, when she was 33 years old.

"As a child, I was not athletic. I was the last chosen on teams." Stephanie's passion, and her older brother's, was theater. They performed in school plays throughout their youth. She swam on teams, but was always happy to finish and leave the pool.

In high school, Stephanie had friends on the track team. They encouraged her, so she ran a mile, and was happy with her pace of 9:50. The following year she amazed herself by running the mile in 8:50. But even with that improvement, it didn't occur to her to join the track group.

Her undergraduate years were at Stanford, with an American Studies major. It didn't occur to her to do sports there either, though she marveled at the many serious athletes among the students. There was even an Olympian medalist in her dorm. She did, though, join dance and aerobic classes. After graduation, she stayed in the Bay Area for another year and took aerobics at the JCC. The classes were expensive. She learned that if she became a teacher there, her registration fee would be waived. So she earned a certification to teach aerobics, and spent the next year teaching step and body sculpting. In that year, and without planning it, she lost twenty pounds, and she became lean and fit. She liked feeling stronger and healthier.

Stephanie spent the next few years in Washington D.C. and New York City, where she continued to teach aerobics. During that time, a boyfriend bought tights and shoes for her and encouraged her to run with him. She lived near Prospect Park, so they began running in the park and around the reservoir, a 1-1/2-mile loop. But she never entered an organized race.

In 2002, at age 28 (and now the mother of a 2-year-old son), Stephanie returned to Stanford for an MBA and an MA in Education. She continued teaching aerobics and added yoga, emphasizing strength work. She also continued running, mostly solo.

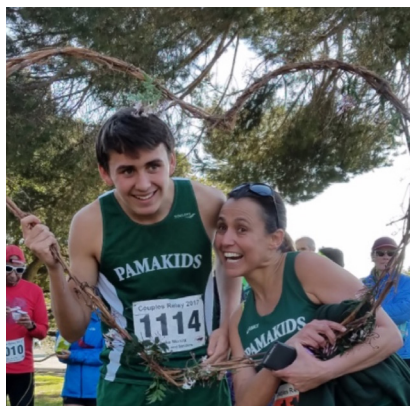
Stanford had an annual 5 and 10 K, the Theta Breakers (a play on the name "Bay to Breakers"), during the October homecoming week. Stephanie ran her first organized race, and she liked the experience. Then, on business in Chicago, she ran the 8K Turkey Trot on Thanksgiving morning. The thundering shouts of spectators cheering on the enormous crowd of runners impressed her. "This was so fun!"

In 2007, at age 33, Stephanie stumbled onto DSE online and signed up for the Embarcadero 10K. "I was a wreck at the finish, but I thought, 'Just \$3?' So I joined. The races were addictive. I didn't pay attention to my pace - no Garmins back then - though I did notice that Amy Sonstein, who was two years older, was fast. I never made the group of the top five women...except, on a Great Highway four miler, finally I was number 5 of the women, with my pace of 8:18. That was my first podium win ever. I won a trophy; I was so surprised."

Not long after joining DSE, the club offered another asset: Stephanie introduced her son Jack, then 7 years old, to DSE's kids' runs. He didn't much like running, though, especially because his mother was faster.

But by 2014, Jack was the fastest freshman on the Sacred Heart Cathedral cross country team. Stephanie started going to his meets, where she met Coach Andy Chen. After learning that Andy also coached Pamakid workouts, Stephanie joined Pamakids and set her sights on a sub-2 hour half marathon. The following year, she ran the Kaiser Half in 1:58.

Jack was also getting faster. In his senior year of high school, he went to the state championships and ran the 800 meter in 1:58. He had done well enough to get the trophy. Now each year, Stephanie and her son run the Mother's Day 5K together.



*Jack and Steph after winning the 2017 Lake Merritt Couples Relay.*



*Embarrassing Jack with a Turkey Trot getup :)*

In 2017, Stephanie ran for DSE Senior Vice President, and was elected. She had been an active member of the club by then for a decade. Her son was now 16 and in high school, so she had more discretionary time. During her time as Senior VP, Stephanie was responsible for several innovations, including the following:

- Fixing the start dates of membership into the calendar year, and implementing a new membership management system (Join It).
- Enacting the DSE Gold membership.
- Transitioning the newsletter from printed to electronic copies.
- Bringing DSE back to the Christmas Relays.
- Creating the Rockaway Beach 12K and augmenting/resurrecting several other races.

Stephanie's biggest project was during the pandemic, when she had the idea of implementing virtual races. The virtual runs kept the DSE members connected during the 2020 lockdown time, and the club came back stronger than ever once in-person racing resumed. Stephanie was recognized with the Walt Stack Award that year, and the virtual runs remain one of her proudest accomplishments.



*Steph cleaning up at the DSE Gala.*

I asked what innovations the club might consider for the future. She replied that she loves that the club has so many members that have taken on myriad tasks, and added that if someone has an idea, the club is willing to consider and take them on. "Being on the board requires that we do a good job of that."

Stephanie emphasized the importance of being creative, especially now that permitting officials are getting more restrictive. "Agencies might not want to get creative, so we have to be creative." She added, "At first when we innovate, it causes a lot of work. But then it [the setting up] is done."

What about her personal running aspirations? Stephanie responded that she has just turned 50, and she has osteoarthritis in her big toe, which she's trying to treat with footwear, supplements, and physical therapy. She's at a transition regarding goal setting:

"Before, it was speed and fitness; now it's optimal health and fitness." And of course, even though she's stepping down from the DSE Board, Stephanie will still be a fixture at our Sunday races and an enthusiastic club volunteer.

## FEELING GRATEFUL

*...continued from p. 1*

"I am grateful for having found the wonderful DSE community -- thanks to friend Jen D'Italia. I am having so much fun..."

*- Carolyn Karis*

As for me, I'm grateful for my job as newsletter editor, because it keeps me connected to my DSE folks even though I can't attend races as often as I'd like!

On behalf of all of us at DSE, we want to take this opportunity to wish all of you a very, very happy holiday season. A club is only as good as its members, and we are lucky to have the best ones around. We are grateful for your enthusiasm, your dedication, and the countless hours you spend volunteering for the good of DSE. From the bottom of our hearts, thank you! Stay active, stay healthy, and stay happy, and here's to another year of starting strong and tapering off.

# 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, 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.

## **Sunday, December 8: Baker Beach 5K - [Course Map](#)**

**Course Description:** Start/finish at the lower Baker Beach parking lot. (Additional parking available in the upper parking lot off Battery Chamberlin Road). Course terrain includes asphalt, concrete/sand, gravel, and a wooden bridge. Upon exiting lower Baker Beach parking lot, immediately turn left on Battery Chamberlin Road and run up to and through the upper parking lot. Exit through gate at far end and run east into short Battery section before completing .6 mile uphill climb. Run left (inside guard rail) along Lincoln Way. Just beyond Langdon Court (Street), take the left fork gravel trail and run the entire "new trail" section with wooden bridge. Do not exit onto asphalt pedestrian/bike lane leading to GG Bridge. Instead, turn around at end of trail and return the same way to finish. \*\*Please note: strollers are not permitted for this race.\*\*

## **Sunday, December 15: NO DSE - Opportunity to enter [West Valley Track Club Christmas Relays](#)**

## **Sunday, December 22: Rainbow Falls Holiday 5K & Kids Run - [Course Map](#)**

**Course Description:** Start/finish at Kennedy Drive/Transverse in Golden Gate Park. Run eastbound on Kennedy Drive. Right turn (uphill) onto Stow Lake Drive. Run to Turnaround cone (.06M). Reverse directions, right back onto Kennedy Drive.

Run east up Kennedy Drive to McLaren Lodge. Turn around at barricade at Kezar Drive; start back and turn right on East Conservatory Drive. Run up and around East Conservatory Drive then back onto Kennedy Drive and return.

\*\*Kids Run starts at conclusion of 5K; approximately 9:45 a.m.\*\*

## **Sunday, December 29: Windmill 10K - [Course Map](#)**

**Course Description:** Start/finish at Dutch Windmill (Kennedy Drive near Great Highway) 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.



# 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.

## 2025 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

We'll have dry, mild weather through the 14th, then the storm door opens up and active winter weather is likely during the last half of the month. Timing is uncertain, but it'll be much colder. Instead of mid 60's it will be in the mid 50's. Expect lots of frost in the interior valleys east of SF during the clear and cold mornings between storms. Going back to last month, we said the third week of November would bring the big rain up to Thanksgiving, but it ended early and left us with a dry, mild Thanksgiving weekend.



*Postcard view of Alcatraz from Fort Mason.  
© 2024 Jay Boncodin*

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



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Kenneth Fong

Janet Nissenson

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SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

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RETURN SERVICE REQUESTED



## Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

### DECEMBER

2 Ella Mogannam  
4 Mike Pechner  
5 Sarah Harlin  
6 Kenny Crampton  
Ashley Rose  
7 Jonathan Nickles  
Annabelle Woodruff  
Stephan Fouksman  
Connor Rouan  
8 Karina Ventura  
Juliette Johnson  
George Rehmet  
Joel Rizzo  
Michael Crites  
Rob Toloy  
9 Catherine Flynn  
Wayne Plymale  
10 Gary Brickley  
Mort Weisberg

11 Rachid Kacimi  
Amanda Ables  
Kirsten Boone  
12 Amy Sonstein  
13 Patty Gee  
Ling Shiun  
15 Carol Keller  
16 Linda Huang  
Andy Chan  
Samuel Onuska  
17 Lazaro Sanchez  
James Saunders  
18 Francois Lariviere  
Steve Woo  
Caroline Chang  
19 Glen Furuta  
Hannah Lieberknecht  
Karan Gupta  
Ziggy Tomcich  
John McCarroll  
20 Jose Villalobos  
Rob Snavely

21 Mikiko Uesugi  
George Musante  
Virginia Rosales  
Heather Bourbeau  
22 Elaine Gecht  
Omar Wasow  
23 Megan Cheng  
Jessica England  
24 Colin Davitian  
25 Sandor Mandoki  
MERRY CHRISTMAS!  
HAPPY HANUKKAH!  
26 Thomas Negrel  
Zara Tepedelenlioglu  
28 Kimberlee Howley  
29 Cassidie King  
Aakanksha Chowdhery  
Christine Brischer  
30 Carl Grace  
Martin Schmieg  
31 David Klinetobe  
Keegan Owens