

# DSE NEWS



58th Year

February 2025

## SOGGY BUT TRIUMPHANT AT THE SF HALF

The rain and the wind were no match for the mighty turtles who ran and volunteered at the San Francisco Half Marathon. Many thanks to our volunteers and our friends at Pamakids for putting on a fantastic event, and congratulations to everyone who participated.



Photo credits, clockwise from top left: © 2025 Paul Mosel, Terri Rourke, Paul Mosel x2

## Message from the Board

LIZ NOTEWARE

Runners know that some races test not just our legs, but our resilience. The San Francisco Half Marathon on February 2nd was one of those races. The morning greeted us with relentless rain. (Okay, some of it was really just mist, but once you're saturated, why split hairs?) In my drought-plagued decades in California, I've never seen so many people running in raincoats and plastic bags before! By the time we turned out of the park at mile 8 and hit the Great Highway, the wind howled off Ocean Beach with a force that felt determined to push us backward. I swear those southerly 2+ miles felt like running a 5% incline - somehow all happening literally at sea level. And mysteriously, that powerful headwind translated into the gentlest, practically imperceptible tailwind on the way back. Running – a cruel sport!

In the face of meteorological and metaphysical challenges, DSE Runners don't back down. First-time half marathoners proved their mettle, crossing the finish line with soaked smiles and well-earned medals (we see you, Carolyn Karis!). Seasoned runners dug deep, battling the elements to earn various flavors of personal bests (David Moulton! Andy Chan!) and even some age group top-5 appearances (Terri Rourke,

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Peter Hsia, Akemi Iizuka, Kenny Crampton, Noriko Bazeley, Marianne Plunder, Suzana Seban, Michael Gulli, Arlene McCarthy, Beck Johnstone; Michael Chasse, Julie Munsayac, and yours truly). The wind may have been fierce, but our determination was fiercer.

And let's not forget the indefatigable DSE volunteers who made sure every runner stayed fueled and supported. Braving the cold and rain, they kept the aid station running smoothly, handing out water with steady hands and warm encouragement. Their dedication embodies the spirit of our club—rain or shine, we show up for each other.

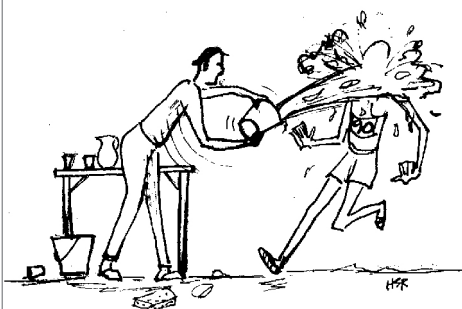
This race was more than just miles on a course. It was a testament to our community's strength. Some winds push against us, but together, we push back. Congratulations to all our runners and heartfelt thanks to our volunteers. We can't wait to see what challenges—and triumphs—lie



*Intrepid volunteers Johnny and Paul.  
© 2025 Paul Mosel*

## CLASSIC STU-PEDS

Stu Ruth



## REMEMBERING EDDIE RODRIGUEZ

All of us at DSE were sad to learn of the recent passing of George "Eddie" Rodriguez, who died at age 97 on January 10, 2025. Eddie and his wife of 70 years, Vivian, were both DSE members, and ran several Double Dipseas together in the 70's and 80's. Along with being an ultramarathoner and Boston qualifier, Eddie was an accomplished judoka and the founder of Southwood Judo in South City.

Eddie's obituary can be read [here](#). We send our sincerest condolences to all of his loved ones.

## IT'S GALA TIME!

Kevin Lee

Attention DSE members! Your invitation to the DSE Gala should now be in your inbox. Mark your calendar for March 2nd from 11:30-1:30 pm at Fogo de Chão Brazilian Steakhouse.

Our theme this year is "Hooray for Hollywood!" with prizes for best costumes.

Seating is limited, so make sure you purchase your tickets ASAP either through [Eventbrite](#) or at an upcoming DSE race.

Questions? Contact Kevin at [dse.pekingduck@gmail.com](mailto:dse.pekingduck@gmail.com).

## COME GET YOUR STUFF

The number of items in the DSE Lost and Found box is reaching epic proportions. And there are some really nice things in there that people are definitely missing (including but not limited to a heart monitor that was left at the Christmas Relays). So if you can't seem to find your favorite track jacket or running hat, please be sure to check and see if it's with us! We will try our best to reunite you with your stuff before the end of the month, when all unclaimed items will be donated.

### 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)

# GENERAL MEETING RECAP

Yoly Pantig

The DSE Board held its first General Meeting of 2025 on January 12, right after the Twin Peaks 12M. Sincerest thanks to everyone who attended, and we hope you enjoyed your bagels and Sports Basement shopping! For those who weren't able to make it, here are the highlights:

- Introduction of the 2025 Board
- Theme for this year's Gala: Hollywood! Attendees are encouraged to dress as a celebrity or their favorite TV/movie character.
- Membership update: We have 400 members so far this year (compared to 600 at the end of last year).
- The race results team would like to remind everyone that they need to use the same name on their race tags as they do on their registration/membership.
- Pre-registration is hugely helpful for our race day volunteers. Consider signing up for races right when you receive the monthly registration e-mail. It's ok if you don't end up making it!
- Liz Noteware discussed the race schedule, including a possible new "Stadium to Stadium" 5K between Chase Center and Oracle Park.
- Anna Burke discussed the budget. We earn approximately \$41,000 yearly with our races, and spend \$33,000 putting them on, which leaves us with a cushion of \$8,000-ish. We will look into providing a more detailed budget spreadsheet for publication in the newsletter.
- Members suggested purchasing a new megaphone/PA system.
- Noé Castañón talked about his longstanding project (since 2011) collecting gear for runners in Mexico. We discussed ways that club members could support his work.



*Spirits were high and the coffee was hot at this year's first General Membership Meeting.*

© 2025 Jay Boncodin

- One of our club's biggest needs is an increased number of active volunteers. Ideas to increase volunteering include greater outreach at Sunday races and more volunteer positions (i.e course sweeper).
- Finish line volunteers would like to encourage runners with a 15+ minute/mile pace to self-time
- Vince French reports that the lost and found box is getting full, so come get your items!

We look forward to seeing everyone at the next General Meeting (date TBD). In the meantime, if you have ideas or comments that you'd like to share with the Board, feel free to reach out via email: [board@dserunners.com](mailto:board@dserunners.com).

## A COUPLE REQUESTS...

Our tireless volunteers work hard every week to bring you awesome races and accurate results! Here are two things you can do to make their lives a whole lot easier:

First: please try your best to pre-register. We won't hold you to it--if you can't make it, that's fine! But it is extremely helpful for us to have a list of participants before race day morning.

Second: We know you're in a hurry to get to the starting line, so it's tempting to just scribble something on your race tag and get moving. But our results preparers have the thankless task of deciphering each of those race tags, so be sure to write your name legibly. Also, please write your "official" name on your race tag--that is, the name associated with your DSE membership. We have no way of knowing that "D. Jones" or "Davey J." is actually "David Jones." This is especially important for members who are looking to earn age-division points--we can't calculate them accurately if we don't know that you ran!

Thank you a million times over for your cooperation. These two little things make a huge difference for everyone working on the back end, and we appreciate it.





# RACE RECAPS

**January 5, 2025**

**Polo Field 5K & Kids Run**

Race Director: Noé Castañón

Volunteers: Amy Takemoto, Phyllis Nabhan, Mitchell Sollod, Paul Mosel, Bill Woolf, John Albertoni, Laurie Quinlan, Vincent French, Oliver Chan, Amber Wipfler, Emre Tepedelenioglu, Neal Ashton, Pat McAnaney, Kevin Lee, Veronica Balistreri



*RD Noé Castañón*

© 2025 Paul Mosel

160 participants: 142 racers (87 men, 54 women); 6 self-timers; 13 kids



*It's always better with a friend.*

© 2025 Jay Boncodin



*Polo Field runners get on their marks.*

© 2025 Jay Boncodin

**January 12, 2025**

**Twin Peaks 4M**

Race Director: Michael Guss

Volunteers: Phyllis Nabhan, Mitchell Sollod, Pat Geramoni, Cormac Brick, Bill Woolf, John Albertoni, Amber Wipfler, Vincent French, Jim Kauffold, George Rehmet, David Amsallem, Tony Nguyen, Blythe Marshman, Kevin Lee, Gary Brickley, Ron Baxter



*RD Michael Guss*

© 2024 Paul Mosel

92 participants: 90 racers (69 men, 21 women); 2 self-timers



*The first of many hills.*

© 2025 Pat McAnaney



*Finish line crew.*

© 2025 Phyllis Nabhan

**January 19, 2025**

**Oyster Point Marina 10M & 5K**

Race Director: Cap'n Ken Fong and

Cap'n Gary Brickley

Volunteers: Paul Mosel, Bill Woolf, John Albertoni, Laurie Quinlan, Vincent French, Jim Kauffold, Neal Ashton, Mitchell Sollod, Pat Geramoni, John Albertoni, Laurie Quinlan, Diane Okubo-Fong, Kevin Lee, Chewey Lam, Uliana Popov, Marsi Hidekawa, Jay Boncodin, Suzana Seban, Terri Rourke, Joel Rizzo



*Captains Fong and Brickley*

© 2025 Diane Okubo-Fong

10M: 61 participants: 60 racers (41 men, 19 women); 1 self-timer

5K: 91 participants: 84 racers (40 men, 43 women, 1 NB); 7 self-timers



*We think it's safe to say that a great deal of fun was had!*

© 2025 Chewey Lam,  
Blythe Marshman



January 26, 2025

## Rockaway Beach 5K & 12K

Race Director: Ron Baxter

Volunteers: Ken Wu, Amy Takemoto, Vasantha Jotwani, John Albertoni, Bill Woolf, Vincent French, Jim Kauffold, Kevin Lee, Jay Boncodin, Uliana Popov, Jane McFarland, Jim Buck, Joel Rizzo, Peter Corbett, John McCarroll, Pavan Jotwani, Wendy Newman



RD Ron Baxter (with guest star Rebecca)  
© 2025 Yoly Pantig

5K: 85 participants: 85 racers (42 men, 42 women, 1 NB)

12K: 32 participants: 32 racers (20 men, 12 women)



Love those switchbacks!  
© 2025 John McCarroll



Not too shabby of a view.  
© 2025 Christine Clark

# JANUARY RECAP

Chewey Lam

The 2025 year is up and running like the chase for the sub-2 Marathon. We had the traditional New Year's Day Bridge run amongst DSE, community, friends, and family; the Polo Field 5K, the Twin Peaks 4-miler in Diamond Heights; the Oyster Point 10-miler and 5K in Brisbane; and the Rockaway 12K/5K (or as I like to call it, the Taco Bell 5k!) Then we got a cooldown with a Leanback Cowabunga Day of wind/rain/fun at the San Francisco Half Marathon/10K/5K in the first week of February. Major kudos to the DSE Community for volunteering at a key aid station, course spots, and doing everything to support Pamakids in pulling off this big event of ~7,500 participants from start to finish. I can attest to that as I was pretty much there the entire time, as a representative for DSE and as Achilles International Race Captain. Pamakids, community, volunteers, and participants--congrats and thanks to ALL. Keep doing what you're doing. The energy was magic!

Wow, that was a mouthful and a mouthful. Literally where has the time gone? You can't recover lost time but you can learn and grow, and DSE is great for that, week in and week out. It doesn't always have to be a competition. Pace and learn from each other. We have some superb pacers and individuals with a wealth of knowledge! After all, DSE's mission is to be a club that encourages runners and walkers of all levels to compete, socialize, have FUN, and improve ourselves. Club Motto: Start Slow, Taper Off!

Most of the time, getting an event underway and pacing is what my "MOJO" is. Find yours. Remember your North Star! Burnout is real, so if you need a break to re-charge take it! It's never too late, until it is. Revisit that last sentence. And while I may not be physically at each race, DSE is always present!

Don't forget the March 2nd Gala at Fogo De Chao. \$25 tickets can be purchased in person on Sundays (in cash) or online via Eventbrite until sold out (very soon).

Last but not least, many thanks to our volunteers and vol-run-tees! You are the heart and soul of SDE and your dedication doesn't go unnoticed! I also want to thank the outgoing and current Board for the foundation for a successful year!

-ChewMaverick



January was a great month of running.  
Let's do more of the same in February!  
© 2025 Christine Clark

# PASSING THE TORCH: THE SATURDAY MORNING WATER FOUNTAIN RUN

*Mitchell Sollod*

For over four decades, I've made it a habit to join my DSE friends on Saturdays at 8:15 a.m. for a run (or jog, or walk) through Golden Gate Park. We covered around 6 miles in the past (when we were younger), but participants have requested shorter runs (4 miles) and at any pace they like. During this time, I've covered every road, and countless trails and hidden paths that the park has to offer, and shared countless stories about running, DSE, and our beautiful park.



*Saturday morning crew.  
© Mitchell Sollod*

Following so many years of my predecessors, most recently Rubi Kawamura, organizing and leading our Saturday runs, the time has come for me to pass the torch. I am looking for someone (or a couple of someones!) who would like to take over as the group leader. I'll still be around to offer support and will gladly share routes, stories and support your interests. My goal is to ease out of the responsibility over the coming months.

If you're interested in keeping this Saturday tradition alive, please contact me at [msollod@yahoo.com](mailto:msollod@yahoo.com). I look forward to hearing from you!



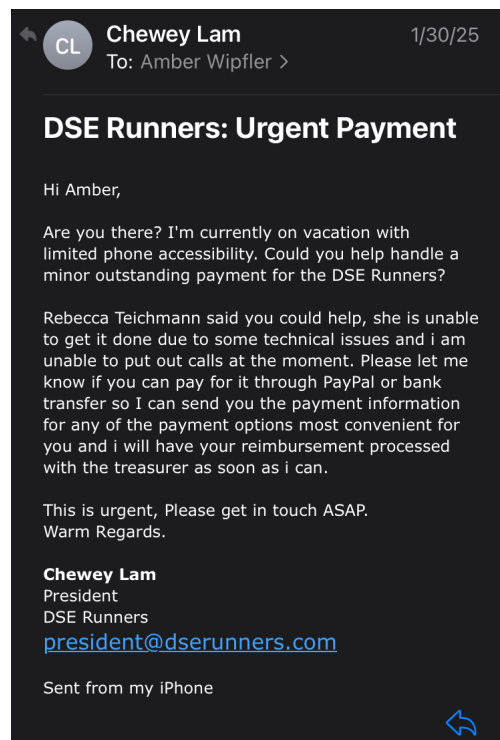
*Running off the  
beaten path in  
GGP.  
© Paul Mosel*

## BEWARE OF SCAMS

*Amber Wipfler*

As the social media manager and newsletter editor, I'm accustomed to getting all kinds of e-mails and Facebook messages from random strangers. Most of them are companies offering products and services, ranging from the mundane (branded running gear) to the hilarious (proposing a speed dating event at a Sunday race).

More recently, however, I've been getting an increased amount of spam and straight up scams. This past month, I received a scam message that was impressive in its sophistication. Here's a screencap:



Any e-mail with "urgent" in the subject line is suspicious, and the old "I'm on vacation and I need you to help me pay for something" is a pretty well-known phishing scheme. And on my computer (as opposed to my phone), I could see that the e-mail came from "president.dserunner@iname.com," which is not an e-mail associated with Chewey or our club. But using Chewey's DSE e-mail as a signature and namedropping Rebecca as our treasurer definitely made me do a double take. Whoever sent this actually did some research into our club (which, frankly, feels a little icky).

It should go without saying that none of the Board members or club coordinators will ever e-mail you with requests for money, payment assistance, or anything of the sort. The only time you will ever be



asked to pay for something online is when you are renewing your membership or buying a ticket for the Gala, and in those cases the e-mails will come from the DSE Runners jointit.org account. If you ever get an e-mail asking for any other type of payment, do an immediate delete and block! And if you receive a DSE e-mail that you are unsure about, just contact [dserunnersmembership@gmail.com](mailto:dserunnersmembership@gmail.com) and we'll let you know whether it's legit.

On that same note, we've also been getting an increasing number of scam posts on our DSE Runners Facebook Group. The moderators delete those and block the user as soon as we see them (or someone reports them), but sometimes they're out there for a few hours before one of us takes notice. If you see a post from an unfamiliar person offering merchandise, employment, or anything like that, it is 100% a scam. Our merch is available only through our online store, and the Facebook Group is a place to talk about running--not a marketplace for buying/selling goods or posting jobs. If you see any posts like that, please disregard them--or even better, flag it for removal so we can get it off the page.

So please be vigilant, and remember: if an e-mail or an online post asks for money, personal information, or just doesn't feel right, don't engage with it. Stay safe out there, Turtles!

## HISTORY CORNER: HOPPER'S HANDS

*Amber Wipfler*

The always popular Fort to Fort 10K is coming up on January 23, which means a chance to run to Fort Point and give a high ten to Hopper's Hands! This whimsical plaque has been a part of Fort Point for almost 25 years now. And while a few goofy urban legends have sprung up about its origins, the true story is charming in its simplicity.

The National Guard left Fort Point in the year 2000, after which a chain link fence was installed to prevent people from accessing the rocky (and dangerous) area behind the fort. Ken Hopper, a Golden Gate Bridge ironworker, noticed that day in and day out, runners would touch the fence before turning around. So he asked the bridge painter to create a sign with two hands on it, thinking it would be fun for runners to touch something nicer than a rusty fence.

The sign was an instant hit, much to Hopper's amusement. A week or so later, he saw a runner high-ten the sign, then have her dog touch his paws to the fence as well. So Hopper went back to the

bridge painter and requested a new sign--this time with a pair of paws--and installed it below the hands.

In 2003, a coworker insisted on adding Hopper's name to the sign. Since then, every iteration of the sign has read "Hopper's Hands"

Thanks to the steady wind, fog, and salt air, the sign does need to be replaced every few years. Hopper has paid tribute to both the Niners and the Giants with red/gold and orange/black versions, and some versions have been a tracing of his own hands. Before his retirement, Hopper was even known to wipe down the hands on a regular basis, to make sure the sign stayed clean for the hundreds of runners who touch it on the daily.

Hopper has since retired from his grueling work as an ironworker, but his hands aren't going anywhere. Giving the sign a high ten has become a cherished tradition among San Francisco runners, and it has been featured in publications such as Runner's World and Atlas Obscura. What started out as a bit of fun has become a part of City lore, and the current bridgeworkers have every intent of keeping the tradition alive.



*Don't miss your chance to high-ten Hopper's Hands.*

*Register for the F2F 10K!*

*Photo credits: © GGNRA, Wendy Newman, Jay Boncodin,*

# 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).

Races have a 15 min/mile pace time limit, and course/finish lines will close accordingly. If you expect to run over a 15 minute mile, please consider our self-timer option.

If you have questions about race registration, please email [dseracesignup@gmail.com](mailto:dseracesignup@gmail.com). See you Sunday!

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## **Sunday, February 9: Golden Gate Bridge Vista - [Course Map](#)**

Course Description: This is an off-road course that starts/finishes at the upper level of the Lands End parking lot on El Camino del Mar. Complete clockwise loop, traverse the upper level of the parking lot, then run downhill to Seal Rock/Clement. Turn right onto lower Lands End Trail and continue running east past Eagles Point. Exit left, downhill on El Camino del Mar. Take lower fork at 30th Avenue staying on El Camino del Mar, which merges into Lincoln. Turn left at Bowley and right into the Baker Beach parking lot. Turn right onto Battery Chamberlain; run downhill and through entire lower parking lot. Continue running east through the battery section of Baker Beach, then right uphill on dirt /gravel path to Lincoln. Turnaround is at the top of the Sand Ladder. Reverse direction and run back to finish.

## **Sunday, February 16: Great Highway 5K & Kids Run - [Course Map](#)**

Course Description: Start/finish at Taraval and Great Highway. Run northbound on Great Highway. Turn around just before Lincoln and return to finish.

**Kids Run:** 1/2 mile, non-competitive fun run starts after conclusion of 5K (approximately 9:45 a.m.)

## **Sunday, January 23: Fort to Fort 10K - [Course Map](#)**

Course Description: This out and back course starts/finishes on the Fort Mason Hill lawn (near Great Meadow). Complete 0.3M Great Meadows clockwise loop, exit onto Marina Boulevard, continue right through Yacht Harbor parking lot, then run the entire Crissy Field promenade trail. Turn around at Hopper's Hands and return the same way to the finish line.

## **Sunday, March 2: NO DSE - Opportunity to run the [47th Annual CCHP Lunar New Year 5K/10K](#)**

...followed by the DSE Gala! See you there!



# 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

After a nearly dry January (our forecast was for dry weather for the first three weeks), a series of atmospheric rivers made up for what we would normally receive in January at the end of the month and the first week of February. Rain returns late next weekend with much below normal temperatures and low snow levels in the Coastal Range. The weather turns dry with temperatures returning to normal at mid-month and into the third week of February. Much like January, rain will return again for the last week of the month.



*Vista above Rockaway Beach.  
© 2025 Christine Clark*

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



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ANGELICUS  
Walt Stack

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

RETURN SERVICE REQUESTED



Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆  
FEBRUARY

- 4 Pat Geramoni
- 5 Cynthia Blum  
Xiaodong Yang  
Stephen Ingalls
- 6 Carolyn Karis
- 7 Terri Rourke
- 8 Kevin Lee
- 9 Mary Ludlam

- 11 Gary Bengier  
Denise Barchas
- 12 Jack Pham  
Richard Cottrell
- 13 Lisa Estrella  
Juan Castro
- 15 Morgan Iguain
- 16 Lucian Brown
- 16 Zoe (Scout) Kamras
- 17 Sam Cooper
- 18 Tom O'Reilly  
Kathleen Lail  
Sam Roake
- 19 Joseph Rizzo  
Andrew Scott
- 10 Mark Kelley  
Stephanie Brunton  
Conor Manton

- 21 John Trayers  
Pete McGurty  
Drazen Fabris
- 22 Bill Hamilton  
Oliver Chan
- 23 Boon Ong
- 24 Akemi Iizuka
- 25 Nakia Baird
- 26 Ben Guy
- 27 Debbie Symanovich  
Jennifer Murphy
- 28 Rose Griffin