



HURRAY FOR HOLLYWOOD! 2025 DSE GALA

The annual DSE Gala took place on March 2 at the Brazilian steakhouse Fogo de Chao, and it's safe to say that a good time was had by all! The food was delicious, the Hollywood-themed costumes were on point, and some truly incredible volunteers and runners received well-deserved awards. Special kudos go out to Terri Rourke, recipient of the 2024 Lifetime Service Award, and Veronica Balistreri and Mitchell Sollod, co-recipients of the 2024 Walt Stack Award. Congrats to all, and turn to page 5 for more photos!



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President's Message

◆ ◆ ◆ CHEWEY LAM

February was short in number of days but long in electric highlights! A large part of the DSE community started out the month at the Pamakids/San Francisco 10K/5K & Half Marathon throughout the course as volunteers, participants, and spectators amid semi rainy/very windy conditions. Kudos to all and a huge shout out to our dedicated volunteers. I know firsthand that the 7,200+ participants greatly appreciated the DSE hydration station and helping at the finish line!

The Golden Gate Bridge Vista 10K and Great Highway 5K were a showcase of the beauty that belies the oceanside of San Francisco. The 10K pushes your trailing & agility, while the 5K brings out the fire, speed and swiftness beside the ripples of waves along the Great Highway.

The month ended/rolled into a new one with DSE having a break for the Yearly Awards Gala At Fogo De Chao in SOMA. A large contingent of DSE runners also participated at the Chinatown Lunar New Year 10K/5K beforehand! The Napa Valley Half/Marathon occurred on the same morning.

Happy belated February birthdays to our long-time DSE members and volunteers Kevin Lee & Terri Rourke!

And congrats to all of our participants throughout the

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network of running teams and communities on your amazing feats and accomplishments at events in February. At all the events I attended--the San Francisco Half Marathon/10K/5K, Jed Smith 50K/50M, Ultra Jackpot 24/48 Hour, 100 Miler Championship, Redding NorCal 10/3Miler, Byxbee Parkrun, and Achilles Las Vegas Chapter--DSE is known, recognized, and can always be counted on for its steadiness of dedication and volunteerism. Do what you can when you can at your pace. Dare to build and journey in your own lane.

We continue and are so happy to see members bringing friends to races and introducing them to DSE. Please continue to do so! Our next Board meeting is on March 23, and we'll have on the agenda perks for new member referrals!

It's a process! Success isn't overnight.

-Chewey



President Chewey and the Gala trophy wall.

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CLASSIC STU-PEDS

Stu Ruth



DSE E-MAILS

To better protect our officers and volunteers from spam, scams, and other unwanted e-mails, we will no longer be publishing personal e-mail addresses on the DSE website or in the newsletter, unless an individual gives us the specific okay to do so. Remember: if you have a DSE question and aren't sure who to contact, you can send an e-mail to dserunnersmembership@gmail.com, or send a message through DSE Facebook [Group](#) or [Page](#).

Stay internet-safe out there, Turtles!

NEW COURSE RECORDS

Kudos and congratulations to Chikara Omine and Blake Salvador, who both set new course records in the Great Highway 5K on February 16! Chikara set the new men's record with a blazing fast time of 15:36 (5:01/mile), while Blake was hot on his heels, setting the new NB record with a time of 15:40 (5:02/mile). You love to see it!



Chikara and Blake finishing seconds apart. Congrats to both!

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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: newsletter@dserunners.com

Contributions:

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

Please note that submissions may be edited for length and clarity.

Submission Deadline:

Please submit your material to the editor by the 25th of each month if you would like it to be published in the following month's newsletter.

How to contact the DSE

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www.dserunners.com

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webmaster@dserunners.com

A WORD FROM TERRI

Terri Rourke

Terri Rourke is the recipient of the 2024 Lifetime Service Award, presented "to one individual annually who has unselfishly devoted many years of volunteerism to DSE."

I am truly honored by being awarded the Lifetime Award at our fabulous Gala on Sunday. Thank you Marsi for your wonderful introduction. Similar to winning an academy award, I need to give thanks to those who got me here. First was Mike Gulli who lured me away from my Sunday coffee to come to the races. And Pat Geramoni who was welcoming when I didn't know anyone and made it easier for me to return. Kitzzy commandeered me into joining the board even though I had only recently joined. And finally, my husband Craig whose support is invaluable and much appreciated.

I've always felt that volunteerism was a noble endeavor and DSE gave me lots of opportunities. And I got a lot in return. Registration gave me the chance to meet almost everyone. Working the finish line while injured gave me the chance to spend time with some pretty fun and dedicated members. I learned the inner workings of the club being on the board. Every volunteer job was a chance to learn new skills. More than that though, it gave me the opportunity to meet so many people and to make good friends. When I look back I realize how much it has enriched my life.

This is where I make a plug to all you out there reading this - take a chance and help out in any of DSE's list of jobs. You'll find you get back so much more than you expect.



Terri receiving her well-deserved award at the March 2 Gala.

IT'S CENTIPEDE SEASON

Noriko Bazeley

Get ready for the most fun (and colorful!) race of the year! It's the Bay to Breakers, scheduled for May 18, 2025.

DSE is putting together a B2B Centipede Team or two, and we want YOU to join us! This race is already an incredible experience, but running as a centipede adds a whole new level of fun and teamwork.

We ran at a 9:40–10:00 min/mile pace on the 12K course (with one tiny hill) for the last three years. If that sounds good to you, add your name to the Centipede Interest List (link [here](#)).

We are also exploring whether there is enough interest in a faster DSE team – i.e. 8:00 min/mile or even 7:00min/mile pace. Add your name to the list above if you'd like to give it a try!

Questions? Want to know more about the Centipede Team? Visit the [DSE Runners Facebook Group](#) and contact Noriko or Uliana!



Last year's amazing Dragon Centipede! What will this year's theme be?

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Ed. note: If you're unfamiliar with the tradition of the B2B Centipede, check out this story [here](#)! Long story short, the centipede is a group of 13 runners tethered together, along with one "floater" who runs alongside and can stand in (er, run in) for anyone who needs a pit stop. There is a category of seeded centipedes who compete for fastest time, and then there are the more familiar fun runners, who run in costume (that's us!) The head of a fun run centipede must wear "twinkie feelers," and the rear must have "a stinger of appropriate design and toxicity." It's the type of wacky tradition that you'll only find at B2B, so don't miss out on your chance to join the fun!

RACE RECAPS

February 9, 2025

Golden Gate Bridge Vista 10K

Race Director: Chewey Lam

Volunteers: Pat Geramoni, Mitchell Sollod, Pat McAnaney, Ken Wu, Paul Mosel, Michael Gulli, John Albertoni, Gary Brickley, Vincent French, Jim Kauffold, Yoly Pantig, Oliver Chan, Larry Jewett, David Amsallem, Ron Baxter, Phyllis Nabhan, Kevin Lee



RD Chewey Lam

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105 participants: 102 racers (64 men, 38 women); 3 self-timers



Before and after the figurative starting gun.

© 2025 Phyllis Nabhan

February 16, 2025

Great Highway 5K & Kids Run

Race Director: Conal Gallagher

Volunteers: Jeorgina Martinez, Mitchell Sollod, John McCarroll, Paul Mosel, John Albertoni, Vincent French, Jim Kauffold, Oliver Chan, Kevin Lee, Uliana Popov, Neal Ashton, Maricris Rizzo, Suzana Seban, Pat McAnaney, Cathal Conneely, Victoria Conneely, Diane Okubo-Fong



RD Conal Gallagher

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200 participants: 186 racers (103 men, 81 women, 2 NB); 4 self-timers, 10 kids



Tiny runners take their marks.

© 2025 Jay Boncodin



Streaking toward the finish.

© 2025 Jay Boncodin

February 23, 2025

Fort to Fort 10K

Race Director: Chewey Lam

Volunteers: Pat Geramoni, Jeanie Kayser-Jones, Theo Jones, Paul Mosel, Bill Woolf, John Albertoni, Vincent French, Jim Kauffold, Michael Gulli, Ken Wu, Christine Clark, Tony Nguyen, Mary Gray, Terri Rourke, Juliette Johnson, Ron Baxter, Craig Edwards



RD Chewey Lam

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141 participants: 131 racers (79 men, 50 women, 1 NB); 11 self-timers



Running for two is as hard as it looks.

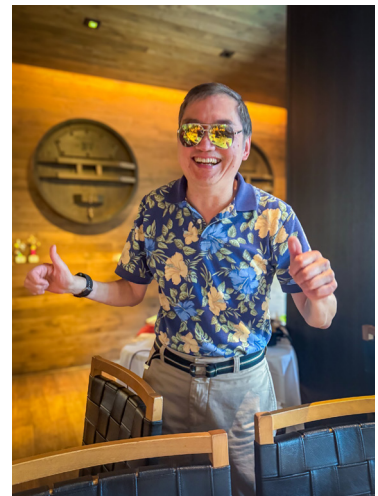
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Say cheese!

© 2025 John McCarroll

GALA PHOTO ALBUM



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2024 AWARD WINNERS!

SPECIAL AWARD WINNERS

Walt Stack Award: Mitchell Sollod
Veronica Balistreri

Lifetime Service Award: Terri Rourke

Outgoing Officer Plaques: Joe Kaniewski
Stephanie Soler

TOP FIVE AWARDS

Men's Fast Runner

1. Cathal Conneely
2. David Moulton
3. Oliver Chan
4. Chikara Omine
5. Grant Johnson

Women's Fast Runner

1. Julie Munsayac
2. Noriko Bazeley
3. Irene Larriba
4. Nicole Gipp
5. Anwen Chen

NB Fast Runner

1. Anna Taranenko

Men's Race Miles

1. Chewey Lam (1,500)
2. Tony Nguyen (620)
3. Pat McAnaney (377)
4. Ken Wu (313)
5. David Moulton (233)

Women's Race Miles

1. Gail Cornwall-Feeley (500)
2. Blythe Marshman (347)
3. Diane Zelmanovich (312)
4. Stephanie Soler (250)
5. Noriko Bazeley (236)

Men's Total Miles

1. Chewey Lam (6,500)
2. Jason Burleigh (2,400)
3. Markham Miller (1,905)
4. Pat McAnaney (1,804)
5. Ken Wu (1,758)

Women's Total Miles

1. Pat Geraoni (2,548)
2. Uliana Popov (1,635)
3. Terri Rourke (1,445)
4. Diane Zelmanovich (801)
5. Noriko Bazeley (800)

AGE DIVISION WINNERS

Women 18 & Under

1. Zara Tepedelenlioglu

Women 30-34

1. Michaela Rouan
2. Elizabeth Castanon

Women 35-39

1. Kristan Sartor Elman
2. Veronica Balistreri

Women 40-44

1. Uliana Popov
2. Gail Cornwall-Feeley
3. Rebecca Teichmann
4. Blythe Marshman

Women 45-49

1. Nicole Gipp
2. Erin Muladore

Women 50-54

1. Stephanie Soler
2. Yoly Pantig
3. Vanessa Jacoby
4. Juliette Johnson
5. Diane Zelmanovich

Women 55-59

1. Kate Aks
2. Liz Noteware
3. Jeorgina Martinez
4. Riya Susing
5. Amy Takemoto

Women 60-64

1. Anna Burke
2. Shelly Taylor
3. Rose Griffin
4. Liz Isaacs
5. Rubi Kawamura

Women 65-69

1. Noriko Bazeley
2. Debbie Symanovich
3. Yong Haber

Women 70-74

1. Wendy Newman
2. Terri Rourke
3. Suzana Seban
4. Marsi Hidekawa

Women 75-79

1. Pat Geramoni
2. Jane McFarland

Women 80+

1. Carolyn Karis
2. Carol Pechler

Men 18 & Under

1. Marcus Balistreri
2. Ziya Tepedelenlioglu
3. Kostya Vasyliov
4. Slavik Vasyliov
5. Woody Szydik

Men 30-34

1. Terrance Yao

Men 40-44

1. Chewey Lam
2. Oliver Chan

Men 45-49

1. Michael Guss
2. Emre Tepedelenlioglu

Men 50-54

1. Jason Burleigh
2. Brian Feeley
3. Rob Snavelly
4. Noé Castañón
5. Jay Boncodin & Tony Nguyen (tie)

Men 55-59

1. David Moulton
2. Jorge Ahuactzin
3. Ken Wu
4. Elias Castañón
5. Jerry Flanagan

Men 60-64

1. Ron Baxter
2. Peter Hsia
3. Markham Miller
4. Peter Corbett
5. Mike Rouan

Men 65-69

1. Neal Ashton
2. Juan Melendez
3. Michael Gulli
4. Xiaodong Yang
5. Steve Symanovich

Men 70-74

1. Ironmike Schiff
2. Pat McAnaney
3. Gary Brickley
4. Brian Hartley

Men 75-79

1. Larry Jewett
2. Gene French

Men 80+

1. Theo Jones
2. Jim Buck
3. Sam Roake

KIDS AWARDS

(For runners under 12 years, who completed at least 5 Kids Runs in 2024)

Anthony Balistreri - Ariana Balistreri - Conor Conneely - Joseph Rizzo - Oliver Baird - Tycho Elman
Nova Elman - Otto Bercovitz - Miles Ng - Rebecca Sonstein - Xander Elbogen - Alden Stanley-Jones

MONGO AWARD WINNERS

What the heck is a "Mongo??"

That . . . is a good question. We're not really sure where the name came from, but the Mongo Trophies are a longstanding DSE tradition that recognize those members who went above and beyond over the last year. For a Small Mongo Trophy, members must run/walk 250 miles, participate in 10 DSE races, and earn 3 volunteer points. For a Large Mongo Trophy, members must run/walk 750 miles, participate in 20 DSE races, and earn 6 volunteer points.

Here are this year's winners! Runners with a single asterix * ran a marathon in 2024; runners with a double asterix ** ran an ultra, and runners with a triple asterix *** ran both!

LARGE MONGO TROPHY

Chewey Lam*** - Jason Burleigh - Markham Miller*
Pat McAnaney* - Ken Wu* - Michael Guss* - Rob Snavelly* - David Moulton - Ken Fong* - Neal Ashton
Tony Nguyen*** - Tim Danison - Uliana Popov - Terri Rourke* - Diane Zelmanovich** - Yoly Pantig

SMALL MONGO TROPHY

Kristan Sartor Elman* - Blythe Marshman* - Riya Susing* - Stephanie Soler - Gail Cornwall-Feeley - Kate Aks - Jane McFarland - Carol Pechler - Michaela Rouan
Anna Burke - Phyllis Nabhan - Sandy Verdier - Marcus Balistreri* - Brian Feeley - Jorge Ahuactzin* - Jim Buck
Mike Rouan - Theo Jones - Ironmike Schiff - Joel Rizzo
Bob Butchart

Congratulations to all!



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. See you Sunday!

Sunday, March 9: Oyster Point Marina 10K - [Course Map](#)

Course Description: Start/finish at Oyster Bay Marina Park (1 Harbormaster Road in SSF), next to the ferry terminal. From the ferry terminal, head north for 0.1 mile and then cross the road to the Bay Trail path heading south. At 3.1 miles, the run will turn around and head north on the Bay Trail back to Oyster Point Marina.

Sunday, March 16: St. Patrick's Day Crissy Field 5K & Kids Run - [Course Map](#)

Course Description: Start/finish at Yacht Harbor parking lot (Little Marina Green). Run along Crissy Field/Golden Gate Promenade. Stay along path into Fort Point National Historic Site. Turn around at orange cone and return same way to finish.

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

Sunday, March 23: Windmill 10K - [Course Map](#)

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

Sunday, March 30: 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). 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 6: McLaren Park Shelley Drive 5K - [Course Map](#)

Course Description: Start/finish in the parking lot located at 21 Shelley Drive (the larger lot closer to Mansell, not the smaller lot near the amphitheater). Two clockwise loops: Exit the parking lot, turn right on Shelley Drive, right onto Mansell, and right on Shelley Drive West. Follow Shelley Drive to the start. Repeat loop.

Membership 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

March usually sees less rain and warmer temperatures with little or no coastal fog. Rain should be above normal and temperatures for the first half of March and drier and warmer the last week and a half. The most significant rains and coldest temps with snow in the Coast Range will be at the beginning of the second week of March and again around the 20th. While some rain is possible in the last week of the month, it should be warmer. Plenty of snow is likely in the High Sierra if you are a boarder or cross-country or downhill skier.



A rainbow at the Great Highway 5K!
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◆◆◆ Club Officers & Coordinators ◆◆◆



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Walt Stack

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RETURN SERVICE REQUESTED



Happy Birthday! ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦
MARCH

- | | | | | | |
|---|------------------|----|-------------------------|----|---------------------|
| 2 | Leah Hellerstein | 11 | Stephen Tracy | 21 | Anna Burke |
| | Miles Ng | 12 | Michael Gama | | David Tran |
| | Sharlet Gilbert | 15 | Dianne Gecale | 22 | Alexandra Poroshina |
| 3 | Diane Merkadeau | | Rima Zegarra | | Cormac Brick |
| | Gregory Stratton | 17 | Markham Miller | 24 | Jonathan Wills |
| 4 | Julian Weisser | | HAPPY ST PATRICK'S DAY! | 25 | Cathal Conneely |
| 5 | Henry Negrel | 18 | Vera Cherepakho | | Greg Brown |
| | Andrew Ferguson | 19 | Alicia deGeus | 26 | Dana Farkas |
| 6 | Liz Isaacs | 20 | Neal Dempsey | 27 | Diodita Avenis |
| 7 | Jason Lee | | | | Marian Lyons |
| 8 | Terrance Yao | | | | Tom Robinson |
| 9 | Jason Burleigh | | | 28 | Terrence Ryan |
| | | | | | Yihua Guo |
| | | | | 29 | Marico Enriquez |
| | | | | 30 | Carole Mawson |
| | | | | 31 | Daniel Silva |