



## LUCK O' THE TURTLES

We had our biggest turnout of the year so far at the St. Patrick's Day Crissy Field 5K, with 200 runners, walkers, and kiddos joining us on a damp, misty morning reminiscent of the Emerald Isle! Race Director Blythe Marshman did an excellent job wrangling the crowd, and Tony Nguyen made one of his famous trophies for the best-dressed runner. And as luck (get it?) would have it, that trophy went to 11 year-old Owain Ludlum, who also won the day as the fastest female runner (22:38). Our number one male runner was Jack Hunter, who finished in a blazing fast 16:11. Special thanks also go out to Victoria Conneely, who made special St. Patrick's Day goodie bags for the 10 little leprechauns who participated in the post-5K Kids Run.

Our next holiday-themed race is the Easter Mountain Lake Park 5K and Kids Run on April 20th, so get your bunny ears ready for another fun time out! It should be another great turnout, and we can't wait to see you there.



*Yoly celebrates at the finish line with double-winner Owain.*  
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*Turtles in their St. Patrick's Day finest.*  
© 2025 Jay Boncodin

*More photos on p. 3!*

## Message From the Board

LIZ NOTEWARE

### A New Kind of Running Buddy

I've always loved running gadgets. If it tracks something, I want to try it—pace, heart rate, sleep, recovery, vertical oscillation (still not sure what that really means, Stryd...). But sometimes the data just piles up, and I don't know what to do with it. That's where this unexpected training tool has come in: ChatGPT.

Yes, I know it sounds weird. But over the past several months, ChatGPT has become one of my most reliable running companions. I've used it to talk through race strategies, goals, training tweaks, injury prevention, and even psychological strength. It's like having a coach, a sports psychologist, and a buddy who always wants to talk about running.

Before the Lake Merced Christmas Relays, I was nervous about the pressure of going hard in a team setting. I was the first runner on my team and wanted to go fast to make my teammates proud, but I knew I'd be surrounded by people running 5 and 6 minute miles which is definitely out of reach for me! ChatGPT helped me come up with a race plan and a mindset to focus on fun and team spirit. Before my recent half marathon—where I was aiming for a sub-1:50 finish—

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it helped me build mental tools for the final miles. One of the favorite strategies we came up with was picturing myself at mile 12, smiling and thinking, just eight minutes to go, and using little bursts of effort to close strong. At the end, I felt so proud and so mentally solid. (If you want to contradict this because you saw me after the race wandering around the Windmill a bit unhinged from reality, just pipe down. In my mind, I felt solid as a rock!)

Of course, some things are always better when they come from a real coach or training partner. A coach knows your body and your history (an online coach helped me PR at the half, and I'm a years-long devoted consumer of Ben Beeler's strength training). A training buddy knows when to listen and when to push (like when fellow DSE'er Kate Aks talked me through the blustery winds of Mori Point at last Sunday's 7k). But when I want to keep talking about running after my family has gone to bed, or I'm trying to figure out whether Zumba counts as interval work (so much vertical oscillation!!), or I just want someone to remind me You're ready for this, ChatGPT is there. In a pinch, it's a pretty great stand-in.

So if you're feeling curious—or just want a second opinion on your next race plan—it might be worth a try. It's a weird little tool, but for me, it's become part of the team.

-Liz

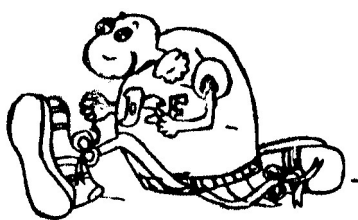
## CLASSIC STU-PEDS

Stu Ruth



## SF HALF MARATHON MESSAGE

Did you win an age group award at the San Francisco Half Marathon? If so, congrats! You rock! But also, George Rehmet has a medal for you. Check [this post](#) on the DSE Runners Facebook Group and drop George a line—he'll make sure you get your award. (And did we mention congratulations? Congratulations!)



## AN IMPALA INVITE

Our friends at the Impala Racing Team are hosting a community run on Saturday, April 12, led by San Francisco's own Shannon Rowbury! Shannon is a U.S. Champion in the 1500m, not to mention an Olympic and World Championship medalist, so this is a real treat. The run begins at 8:00 a.m. at A Runners Mind San Francisco, located at 3575 Sacramento. Everyone who signs up gets a free pair of socks, plus a discount code for the upcoming Impala Stampede\* on June 7th.

You don't want to miss this one, so visit the [event site](#) and let them know you'll be there! And you can always reach out to our resident Impala Terri Rourke for more information.

\*What is the Impala Stampede, you ask? It's a celebration of running in Golden Gate Park for athletes of all ages and abilities. Along with the USATF certified 5K race, this year's Stampede offers two different kids runs and a post-race Kids Karnival. Visit the Stampede [website](#) for more information and to register.



### 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](mailto: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 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)



# ST. PATRICK'S DAY PHOTO ALBUM

*Thank you to Jay Boncodin and Phyllis Nabhan for the fantastic pics!*





# RACE RECAPS

**March 9, 2025**

## Oyster Point 10K

Race Director: Ron Baxter

Volunteers: Ken Wu, Pat McAnaney, Chewey Lam, Paul Mosel, Bill Woolf, John Albertoni, Victoria Conneely, Vincent French, Jim Kauffold, Kevin Lee, Jay Boncodin, Mary Gray, Marsi Hidekawa, Keiji Suzuki, David Brown



RD Ron Baxter

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



Oyster Point winners.

© 2025 Paul Mosel



Casting a long shadow on a bright, sunny Sunday!

© 2025 Paul Mosel

**March 16, 2025**

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

Race Director: Blythe Marshman

Volunteers: Phyllis Nabhan, Mitchell Sollod, Chewey Lam, Christine Clark, Paul Mosel, Bill Woolf, John Albertoni, Diane Zelmanovich, Vincent French, Jim Kauffold, Kevin Lee, Jay Boncodin, Michael Guss, Jane McFarland, Jim Buck, Tony Nguyen, Ron Baxter, Victoria Conneely, Cathal Conneely, Joel Rizzo



RD Blythe Marshman

© 2025 Paul Mosel

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



The rain let up just in time.

© 2025 Jay Boncodin



Yoly (left) with Owain, who brought home the best-dressed trophy AND the blue ribbon for fastest female runner!

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**March 23, 2025**

## Windmill 10K

Race Director: Chewey Lam

Volunteers: Phyllis Nabhan, Mitchell Sollod, Mike Rouan, Paul Mosel, Bill Woolf, John Albertoni, Vincent French, Jim Kauffold, Kevin Lee, Vasantha Jotwani, Liz Noteware, Ron Baxter, Uliana Popov, Marsi Hidekawa, Dwight Brown



RD Chewey Lam

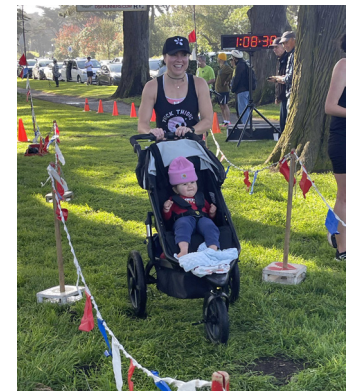
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130 participants: 124 racers (73 men, 51 women); 6 self-timers



Top 5 finishers.

© 2025 Yoly Pantig



Sunday's youngest finisher :)

© 2025 Paul Mosel



March 30, 2025

## Mori Point 7K

Race Director: Veronica Balistreri

Volunteers: Ken Wu, Amy Takemoto, Mitchell Sollod, Pat Geramoni, Paul Mosel, Bill Woolf, John Albertoni, Vincent French, Jim Kauffold, Kevin Lee, Uliana Popov, Wendy Newman, Ron Baxter Suzana Seban, Dwight Brown



RD Veronica Balistreri

© 2024 Paul Mosel

78 windblown participants: 75 racers (50 men, 25 women); 3 self-timers



Trying not to get blown away on a blustery morning.

© 2025 Yoly Pantig



Rainbow over the Pacific.

© 2025 Yoly Pantig

## IT'S STATUTO TIME

Registration is open for the Statuto Race on Sunday, June 1, and slots are filling quickly! This year marks the 104th running of this historic race through San Francisco's North Beach, and it's sure to sell out. Participants can choose between an 8K run or a 2M walk, and can also purchase post-race brunch tickets for themselves and their guests. Visit the [Statute Race website](#) for more info and to register!



Yoly and Anthony at the 2024 Statuto.

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## THANK YOU RACE DIRECTORS!

Normally at this time of year, you'd be seeing a plea for race directors as we head into the spring and summer months. But nope--we've got our RDs set from now through the end of June! Thanks a million times over to everyone who has stepped up to fill this vital role. And if you haven't had a chance to sign up yet, don't despair--we'll be finalizing our second half schedule soon and there will be plenty of opportunities to direct your very own race.

In the meantime, we have lots of open volunteer slots for our Sunday races, so don't hesitate to sign up via the same e-mail link that you use for race registration. We're especially excited to welcome our newer members to the volunteer squad--it's not only a great way to get to know your fellow turtles, but you get that shiny happy feeling of knowing that you're contributing to the success of San Francisco's oldest (and friendliest!) running club.



All the cool kids volunteer!

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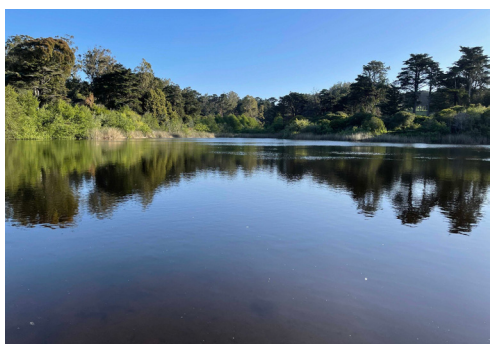
# HISTORY CORNER: MOUNTAIN LAKE

Amber Wipfler

Mountain Lake, site of the annual (and aptly named) Easter Mountain Lake Park 5K, isn't one of San Francisco's more well-known bodies of water. It's small, with a literal highway running next to it, and there's no boating or jogging around its perimeter. But this little lake has been hugely important to the people of The City, both historically and in the present.

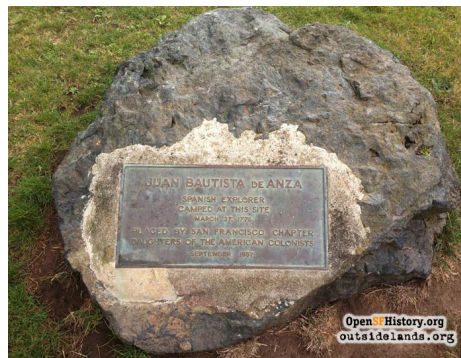
Mountain Lake, estimated to be approximately 2,000 years old, is one of only three natural freshwater lakes in San Francisco. (If you knew that the others are Lake Merced and Pine Lake, give yourself a pat on the back!) It is fed by Lobos Creek, which is SF's only remaining free-flowing stream. For most of its history, the area surrounding Mountain Lake was inhabited by the Ohlone, who took advantage of the lake's fresh water and native fish.

In 1776, Spanish explorer Juan Bautista de Anza arrived at Mountain Lake and set into motion a series of events that would forever change the land of the Ohlone. Five months earlier, de Anza and a crew of 240 soldiers and settlers had set out from the Tubac Presidio (south of current day Tucson), prodded by Father Junipero Serra. Serra, who needed funds to support his fledgling chain of missions, convinced the Mexico City viceroy to send a party up north, ostensibly in search of a "great river" that flowed into San Francisco Bay. (Spoiler alert: this river does not exist.) The majority of de Anza's party went as far as present-day Monterey and stopped, but a smaller group, led by de Anza himself, continued onward. Members of the group included some names that should be very familiar to San Franciscans, such as Bernal, Castro, Pacheco, Peralta, Sanchez, and Valencia.



*Mountain Lake on a Sunday morning.*

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*A boulder with a plaque commemorates de Anza's arrival at Mountain Lake.*

© 2012, courtesy of OpenSFHistory.org

On March 27, 1776, de Anza and his party set up camp next to Mountain Lake. The next day, de Anza made his way to current day Fort Point and marveled at the strait that connected the Bay to the Pacific, now known as the Golden Gate. De Anza decided that this area would be the ideal place to build his presidio, and the rest, as they say, is history.

Mountain Lake was an invaluable source of fresh water during the construction of the Presidio and for much of San Francisco's early history. However, at the turn of the 20th century, the lake fell on rough times. It started in 1897, when a good portion of the lake was drained in order to irrigate the newly built Presidio Golf Course. This drastic decline in depth increased the vulnerability of the lake's native species. Things only got worse in 1939, when the construction of Highway 1 necessitated that the lake be partially filled, and workers used what was left of the lake as a dumping site for construction debris. As the years went on, vehicle runoff and pesticides poisoned the water with heavy metals, killing off much of the native flora and fauna. At the same time, the lake had become a popular dumping ground for unwanted pets, and non-native species such as goldfish and red-eared sliders further damaged the lake's ecosystem.

One of the most well-known non-natives in Mountain Lake was Myrtle, a whooper swan who was unable to fly. Myrtle was a fixture at Mountain Lake Park during the 80's and 90's, where she crashed picnics and birthday parties and occasionally disrupted traffic on 12th and Lake. But her fame was eclipsed in August 1996, when a three-foot long alligator—believed to be a dumped former pet—appeared in Mountain Lake. A naming poll in the San Francisco Examiner christened him The Golden Gator (although Herb Caen suggested "Da Croc" and "Herb Cayman"), and the month-long debacle of removing





*You won't see an alligator at the lake these days, but you might just see a giant bunny!*

© 2022 Paul Mosel

him from the lake became the stuff of local legend. The Gator was eventually captured by San Francisco Zoo employees and flown to more suitable digs in Louisiana, namely, a wildlife sanctuary run by the Audubon Society. Wikipedia says that the lifespan of an American alligator is 30-50 years, so who knows—maybe our Golden Gator is still living out his golden years in the bayou!

Fortunately, the 2000's have seen a remarkable turnaround in the health of Mountain Lake's ecosystem, thanks to the tireless work of scientists and volunteers from the Presidio Trust, Golden Gate National Parks Conservancy, and the National Parks Service. The first item of business was to dredge harmful chemicals out of the lake and restore some of its depth. Approximately 17 tons of polluted sediment was removed, and Mountain Lake is now 50% deeper than it was in years past. Next, the drainage along Highway 1 was repaired and improved to decrease runoff into the lake. Non-native fish were removed from the lake (sorry sturgeons and koi!) and native plant species, including submerged aquatic vegetation, were reintroduced.



*Some of the native grasses and trees that are now thriving at Mountain Lake.*

© 2022 Paul Mosel

Once the water was sufficiently clean, biologists began releasing native animal species into the lake. Repopulated species include the western pond turtle, Pacific chorus frog, and three-spined stickleback. Native and migratory birds also began returning to the lake, and Mountain Lake now sees over 65 different species of birds throughout the year.

While the lake itself was undergoing restoration, work was also being done to improve the park surrounding it. A new playground was built, and the path around the lake was made accessible for folks with disabilities. Today, the park is popular with families, birders, and yes, even runners! We can't wait to welcome everyone to Mountain Lake Park in April, and hope that you'll take some time to appreciate the remarkable transformation that this jewel of San Francisco has undergone.



*It's always a good time out at Mountain Lake Park!*

© 2023 Wendy Newman

## CALL FOR NEWSLETTER SUBMISSIONS

Here at the DSE News, we love us some user-generated content! So if you participated in an especially cool race, have a new training plan, know of a super-secret-off-the-beaten-path running trail, or have fun DSE anecdote to share, feel free to do a little writeup and send it to [newsletter@dserunners.com](mailto:newsletter@dserunners.com). Photos are always welcome! And thank you for contributing to the DSE community by sharing your stories.



# 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, 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.

## **Sunday, April 13: Great Highway Lands End 10K - [Course Map](#)**

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

## **Sunday, April 20: Easter Mountain Lake Park 5K & Kids Run - [Course Map](#)**

Course Description: Start/finish at the end of the Mountain Lake Park path, behind the tennis courts (near 11th Avenue & Lake Street). Run east on the park path; turn left and run north beside Mountain Lake. Continue on under tunnel, bear right until 14th Avenue, and turn around at steel posts. Run north on the park trail, keep straight uphill, and turn around at the Golf General Store, running back on the park trail. Turn left to pass under tunnel again, follow path beside lake. Turn left to head east on the trail, run uphill, turn around before Arguello, and return straight on path to start.

\*\*1/2 mile Kids Run (followed by egg hunt!) starts at conclusion of 5K, around 9:45 a.m.\*\*

## **Sunday, April 27: Coastal Trail Challenge 10K - [Course Map](#)**

Course Description: Off road course that includes the infamous SAND LADDER! Start/finish at the upper Baker Beach parking lot. (Note: this is a different starting line than years past!) Exit parking lot onto the beach via wooden bridge, run 0.28M east, then turn right uphill onto the sand ladder. Turn left at the top of the ladder (stay inside the guard rail of Lincoln), then run uphill/downhill along Coastal Trail. Exit left onto path that transverses under GG Bridge. Take the left fork onto the 0.1M criss-cross path. Exit left, run down the staircase. Exit across Long Avenue and onto the Golden Gate Promenade. Turn around 50 yards prior to the concrete slab adjacent to Yacht Harbor. Return the same way. Run along GG Promenade, left up the staircase, run under GG Bridge, right onto Coastal Trail, stay inside Lincoln guardrail. Run downhill along Lincoln Blvd. trail that passes the sand ladder; at fork turn left via "Battery section" and run back to the upper Baker Beach parking lot.



# 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 wet start for the first days of April, we'll be back to spring weather at least through mid-month. As the Central Valley warms faster than areas cooled by on the onshore flow, it looks like an early fog season for the western half of SF and other coastal locations. Sea surface temperatures are in the mid 50's, so highs in SF will stay below 70 while the 680, 580 and 101 corridors will see highs in the 70 to 80 degree range depending how far inland you go. A weak cold front will bring some light rain to the North Bay as far south as the Golden Gate in the middle of the third week of April. Dry and warmer weather is likely in the last week of the month.



*Spring has sprung at the  
Dutch Windmill.  
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## ◆◆◆ Club Officers & Coordinators ◆◆◆

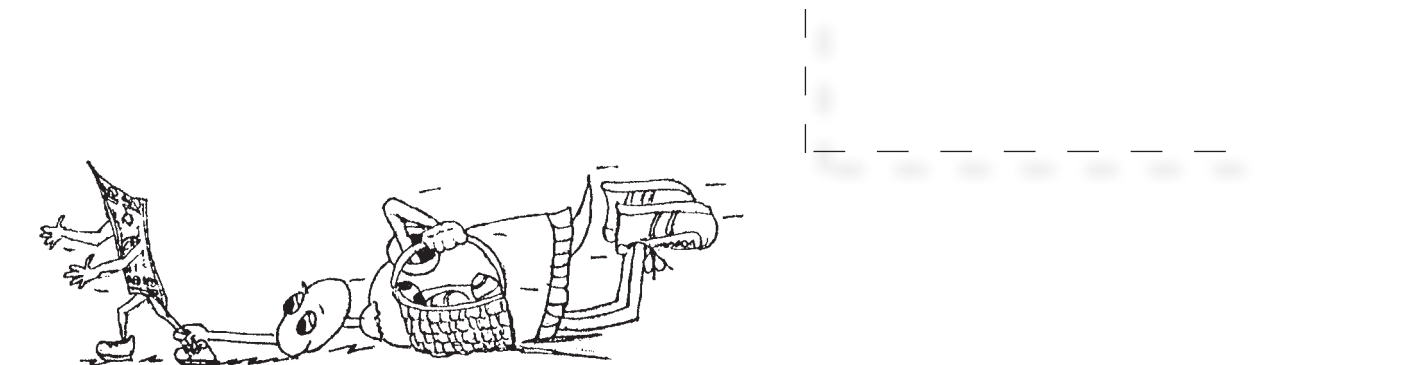


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RETURN SERVICE REQUESTED



# Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

## APRIL

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|----|------------------|----|------------------|----|--------------------|
| 1  | Milton Lorig     | 11 | Mitchell Sollod  | 21 | Caron Anderson     |
|    | Jerry McGowan    | 12 | Gary Aguiar      | 23 | Tristan Kreitmann  |
| 2  | Diane Okubo-Fong |    | HAPPY SAMEACH!   | 25 | Erica Chesley      |
| 3  | Willy Franklin   | 13 | Serenity Pfleger |    | Maggie Fillmore    |
|    | Xander Elbogen   |    | Brid Coleman     |    | Rebecca Brown      |
| 4  | Blythe Marshman  | 14 | Barbara Robben   | 26 | Kelly Bartholomew  |
| 5  | Nina Williams    | 15 | Sarah White      |    | Rachael Sak        |
|    | Sandy Baumgarten | 16 | Brooks-An Brazil |    | Jack Hurley        |
| 6  | Karla Robertson  | 17 | Gregory Bolen    | 28 | Steve Symanovich   |
|    | Nick Enthoven    |    | David Amsallem   |    | Karl Pfleger       |
| 7  | Martha Abbene    |    | Miriam O'Brien   |    | Slavik Vasyliov    |
| 9  | Amy Beck         | 19 | Adam Littke      |    | Elias Castanon     |
|    | Wei Chen         |    | Ella Adams-Teoh  | 30 | Arianna Balistreri |
|    | Wendy Newman     | 20 | Hutch Carpenter  |    | Tom Christian      |
| 10 | Amber Wipfler    |    | Mark Orders      |    |                    |
|    |                  |    | HAPPY EASTER!    |    |                    |