

Ken Wu, Summer Series Coordinator

Looking forward to seeing you this summer!



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 CHEVEY LAM

What anthems, songs, or phrases pump you up? Drop me a line and I may include it in a future post. The funniest sign on a course? Favorite outfit? How do

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you get through the pain cave, the toughest moments, the miles?

This year, from 1-200 miles, trails, Boston, New York, everyone, everywhere continues to amaze and inspire me. It's a big reason that for my involvement and dedication for all distances and facets of growing the sport/activity of running and community. It's not about just being on the scene to succeed or PR. Preparation and dedication provides opportunities and growth for all.

Congratulations to all on their recent feats, milestones, ventures and accomplishments. Thanks for taking time and may we all carry on!

The next step is yours!

Chewey



The Kezar Speed Workout crew knows all about hard work and community! Join them every Tuesday at 6:15 p.m. at the Kezar Stadium track--all faces and paces are welcome!

© 2025 Debbie Symanovich



CLASSIC STU-PEDS

Stu Ruth



NO, ITS NOT SPRING FOOTBALL. WE'RE PRACTICING BAY-TO-BREAKERS STARTS.

REMEMBERING NANCY ASHTON

All of us were greatly saddened by the recent passing of Nancy Ashton, beloved wife of longtime DSE member Neal Ashton. Nancy was a bright presence at so many DSE events, and unquestionably her husband's number one cheerleader. We will all miss her beautiful spirit, and send all of our condolences and support to our dear friend Neal.



The inseparable N&N at the DSE Gala.

© Paul Mosel

URBAN COYOTES



Beware of Wile E.!

© 2025 Paul Mosel

Imagine you're on a run, maybe in Golden Gate Park or Baker Beach, and you come across a coyote! What do you do?

- Give him a bite of your energy bar--he looks awfully skinny.
- Help him carry a crate labeled "Acme" back to his den.
- Slowly walk away.

The answer of course, is (c), although San Francisco Rec & Park suggests that if you feel comfortable, you can "haze" the coyote by shouting and waving your arms. (This helps reinforce what should be a natural fear of humans.) We're smack dab in the middle of pupping season, so mama coyotes are going to be extra active and alert around their dens. Keep your dogs on leash, be aware, and if a trail has been closed due to coyote activity, find a new route!

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 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

Webmaster: Rob Snavelly

webmaster@dserunners.com

EASTER MOUNTAIN LAKE PHOTO GALLERY

We had a fantastic turnout at the Easter Mountain Lake 5K & Kids Run. A million thanks go out to Victoria Conneely and her little bunny, Connor, for filling up 1,000+ plastic eggs (no, that's not a typo) for the kids' Easter egg hunt! The 5K runners had a nice, cool morning for this challenging course, and the kiddos got to enjoy a pinata, goodie bags, and of course an epic hunt for eggs. Everyone involved definitely earned their chocolate!



Group shot with the Easter Bunny and some very skilled egg hunters. We had the biggest turnout in club history at the Kids Run, with just under 30 participants!

© 2025 Miranda Siva



Victoria ready to hand out the goodie bags!
© 2025 John McCarroll



Interspecies friendship.
© 2025 Miranda Siva



Egg hunters hard at work.
© 2025 Miranda Siva



Found one!
© 2025 Miranda Siva



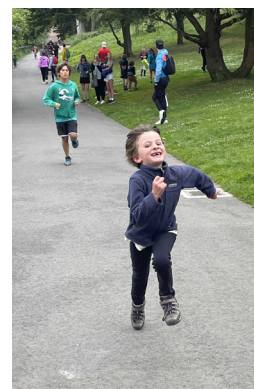
Kudos to everyone who wore their best ears.
© 2025 Paul Mosel



The finest finish line crew in all the world.
© 2025 Phyllis Nabhan



Pre-hunt egg inspection.
© 2025 Phyllis Nabhan



Flying across the finish line at the Kids Run.
© 2025 Paul Mosel

RACE RECAPS

April 6, 2025

McLaren Park 5K

Race Director: Ken Wu

Volunteers: Amy Takemoto, Mitchell Sollod, Paul Mosel, Bill Woolf, John Albertoni, Victoria Conneely, Vincent French, Jim Kauffold, Kevin Lee, Chewey Lam, Marsi Hidekawa, Ron Baxter, Ken Fong



RD Ken Wu

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57 participants: 55 racers (32 men, 23 women); 2 self-timers



The leading ladies of McLaren.

© 2025 Ken Wu



An amazing city view.

© 2025 John McCarroll

April 13, 2025

Great Highway Lands End 10K

Race Directors: Rebecca Teichmann & Julian Weisser

Volunteers: Phyllis Nabhan, Mitchell Sollod, Becca Slater, Alexandra "Sandy" Verdier, Paul Mosel, Bill Woolf, John Albertoni, Tony Nguyen, Vincent French, Jim Kauffold, Elizabeth Castanon, Jack Bascom, Mary Gray, Wendy Newman, Ron Baxter, Kevin Lee



RDs Rebecca & Julian

© 2025 Paul Mosel

128 participants: 122 racers (78 men, 43 women, 1 NB); 6 self-timers



Almost to the top!

© 2025 Elizabeth Castanon



Compared to the hill, a flat former highway is a much more pleasant experience.

© 2025 Jay Boncodin

April 20, 2025

Easter Mountain Lake 5K

Race Directors: John McCarroll & Jeorgina Martinez

Volunteers: Phyllis Nabhan, Terri Rourke, Paul Mosel, Gene French, Vincent French, Jim Kauffold, Kevin Lee, Katia Stern, Uliana Popov, Suzana Seban, Ron Baxter, Ken Fong, Cathal Connelly, Victoria Connelly, Veronica Balistreri, Kristan Elman Sartor



RDs John & Jeorgina

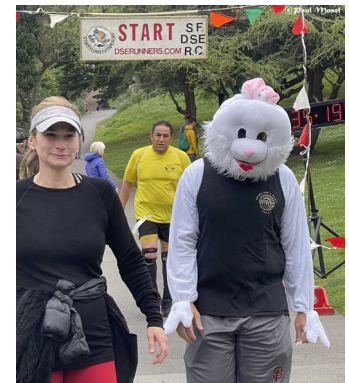
© 2025 John McCarroll

110 participants: 95 racers (60 men, 35 women); 3 self-timers, 12 kids



A special finish for Neal.

© 2025 Paul Mosel



First place rabbit!

© 2025 Paul Mosel

April 27, 2025

Baker Beach 5K

Race Director: Anna Burke

Volunteers: Grace Wong, Mitchell Sollod, Phyllis Nabhan, Paul Mosel, Steve May, Carolyn Karis, Vincent French, Jim Kaufold, Kevin Lee, Mary Gray, David Amsalem, Suzana Seban, Maricris Rizzo



RD Anna Burke

© 2025 Paul Mosel

57 participants: 55 racers (36 men, 19 women); 2 self-timers



Iconic SF view.

© 2025 John McCarroll



Baker Beach top five finishers.

© 2025 Anna Burke

SF'S NEWEST COASTAL PARK: SUNSET DUNES

Amber Wipfler

On April 13 DSE got its first look at San Francisco's newest coastal park—Sunset Dunes, which stretches from Lincoln Way to Sloat Boulevard along what once was the Great Highway. Made possible by the passage of Prop K in November 2024, Sunset Dunes is the largest pedestrianization project in the history of California, and officially opened to the public on April 12 (just in time for our race!)

Outer Sunset and Parkside residents had long enjoyed walking, running, and rolling on Great Highway on those occasions when high winds and blowing sand closed it to traffic. Then, in 2020, San Francisco Rec and Park shut traffic down full time, with the aim of providing an additional outdoor space for gathering and recreation during the Covid pandemic. In August 2021, the portion of Great Highway between Lincoln and Sloat was reopened to traffic on weekdays, but reverted to a car-free promenade on weekends.

The weekend park soon became a destination for people across the City and beyond, drawing an average of 8,000 visitors per weekend (the third most of any SF park, behind only GGP and Marina Green). This led to Proposition K, a ballot initiative aimed at making the traffic closure permanent. In November 2024, Proposition K passed by a 54% margin, and a new park was officially born.

In collaboration with a number of public agencies, along with the nonprofit Friends of Ocean Beach Park, Park and Rec immediately got to work on the improvements necessary to turn Great Highway into the park envisioned by its supporters. The road officially closed to vehicular traffic on March 14, 2025, at which time SFMTA began work on upgrading the intersections at Sloat and Lincoln. This included signal upgrades, paving, and the creation of bike and pedestrian paths. Improvements were also made to Sunset Boulevard and the 29 Muni line, to accommodate the anticipated increase of traffic. At the same time, SFPUC conducted a sand bypass operation, to reinforce the coastline against erosion, and Park and Rec installed seating and recreation areas, along with a pump track for bicycles. Community organizations such as the Surfrider Foundation helped plant thousands of native grasses to stabilize the dunes, and Friends of Ocean Beach Park provided temporary art installments, including several murals, a giant spinning rock, and a "wind phone."



The hermit crab on a Sunset Dunes mural shows off his DSE ribbon.

© 2025 Yoly Pantig

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TWO POUND PREEMIE TO 200-MILE ULTRA FINISHER

Carol Pechler

And now he's our new DSE president.

Wondering if he was an immigrant, I asked Chewey where he was born.

"On an airplane." His mother, at six months of pregnancy, flew from China to meet with her husband in San Francisco, and in flight she experienced the surprise delivery. ("Air babies" are very rare; in the last century, only 75 babies were born on flights.)

Chewey has had a lifetime of serious ailments resulting from the early birth. (See his report in the DSE Newsletter of February 2020, that include type one diabetes, cancer, kidney problems, migraines, and vision problems). He said his childhood and youth were spent in his dad's large warehouse for Chinese restaurant supplies. After his father died, Chewey managed the company for a few years before selling it. "These years probably shaped me into strong work ethics. So, that's why I never quit, I never leave until the job gets done and leave no one behind."

His college major (at Middle Tennessee State University) was sports management, and there he coached college sports. Then, while living in Denver, doing IT work but a little overweight and diabetic, a doctor advised him to exercise. "Your blood sugar, migraines..." So he discovered Achilles International Organization, whose mission is to help disabled people do sports, especially running. He volunteered to coach volleyball, and was also coached in running. He has been a loyal Achilles member since joining in 2016.

Chewey appears to maintain optimism against his setbacks "which made me a stronger person." He has the passion to serve as a model for equanimity. His mantras for running serve him well.

"Just keep going." (Live in this moment.)

"Do what you can at your pace."

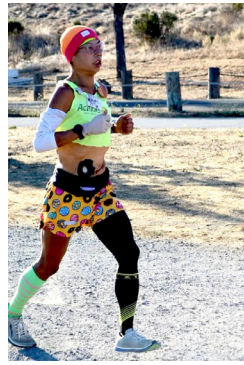
"You (might) have to take a different path, an unorthodox path."

"Get that third, that fourth opinion." (Find another doctor, another mentor.)

"Show others how they might overcome adversity."

(He doesn't hide out: for instance, his running outfits are usually "double take" outrageous.)

Chewey returned in 2017 to San Francisco to help his mother. He volunteered and ran in local Achilles



In less than 10 years, Chewey has run over 700 races!

and Parkrun events, and at a Parkrun he met Ken Fong, Jason Reed, and other DSE members. Soon he ran in DSE events and then became a member in 2018.

So Chewey started running in 2016, at age 36. He continues to improve his pace and distance, in spite of two serious accidents four years ago: his hands were frostbitten, requiring several surgeries. And shortly after the frostbite, he was hit by a car.

"The universe works in mysterious ways. The injuries gave me a reset. I really missed running, and DSE helped me a lot."

Nevertheless, he's finished several marathons, a couple of centuries, and in late December of 2024, just four months ago, he completed the "Across the Years" 200-mile ultra run in Phoenix. "I've done 731 races. I've slowly increased my speed, but that isn't my main reason for running. I run now for therapy. I try to be wise about running. I run behind pace people. My norm is a negative split."

Volunteering is an important part of his running experience, and his mission.

"I tell people:

You can grow as a runner by volunteering.

To truly appreciate running, you need to do everything, like coaching.

Training, sometimes solo, is not about the PR's, especially when no one is watching.

You train harder than when you race on an event.

You get out what you put into it.

Training for events trains us for life.

Volunteering, you get to meet people, and you get to see people's joy."

So what are his plans as the new DSE president? What are some concerns about the challenges ahead, and what skills does he bring to the challenges?

"I'm someone who makes a stable commitment, I can innovate, I can find solutions for every need for change. I'm someone who can stick it out.

"I can continue providing low-cost DSE events in ever costlier times."

"Everything will not be Plan A. You have to be willing to continue through on the task, especially when changes are necessary."

“Only ask others to do what you would do.”

“I need to be creative in this position, like when running.”

I met up with Chewey as he was volunteering for the Parkrun 5K in Byxbee Park in Palo Alto on Saturday, April 14th. For several years now, he and Ken Fong have been volunteering for Parkrun’s Saturday morning events, and afterward, they run a few miles along the bay. On this day they had been training for big events, Chewey for the Boston Marathon on Monday, 4/21, (he finished well but not with a PR), and Ken for the London Marathon six days later.

In summary, Chewey’s mission is to volunteer to help others have good experiences, especially in DSE, and he serves as a model to overcome adversity.



Pres. Chewey has the hustle and the heart.

SUNSET DUNES

...continued from p. 5

Of course, a new park also needs a new name, so Park and Rec turned to the community. Over 4,000 people participated in the online naming contest (including my 9 year-old, whose inspired idea for “Underpants Park” did not, regretfully, make it to the finals). The most popular submission was the simple yet effective “Ocean Beach Park,” with “Snowy Plover Park” and “Parky McParkface” also getting top votes. To avoid confusion with Ocean Beach itself (which is maintained by the federal Golden Gate National Recreation Area), Rec and Park decided to avoid any combination of the words “ocean” and “beach,” and put 15 finalists to the vote. The winner was Sunset Dunes, and with that name the park was christened at its April 12 ribbon cutting and opening celebration.

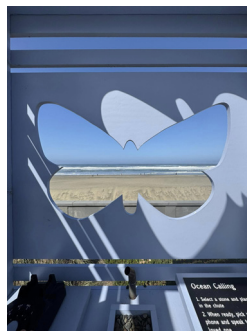
There’s more to come over the coming months. Additional seating and art pieces will be added, as well as outdoor exercise equipment and a skate area next to the pump track. But it takes more than a few months to create a permanent, sustainable park. So while the public enjoys these temporary amenities, Rec and Park is working on a master plan for Sunset Dunes. Using a \$1 million grant from the California



The new hammocks provide the perfect spot for a post-race nap!
© 2025 Paul Mosel

Coastal Conservancy, Rec & Park will conduct a series of technical studies, such as geotechnical, soil, and structural analyses, along with ecological assessments, to help guide the next steps forward. They will also be evaluating the current pilot installations and listening to public feedback. Once this crucial information is obtained (likely in 2026), Rec & Park will commence a community engagement process, during which all stakeholders will come together to develop a final plan for the park.

In the meantime, don’t hesitate to head down to Ocean Beach to enjoy what Sunset Dunes already has to offer—a beautiful path surrounded by beautiful art, against the stunning backdrop of the mighty Pacific. We’ll be back there on July 18 for the Great Highway 5K, and can’t wait to see what exciting new things the park has to offer!



The “wind phone” installation, which lets you speak your thoughts into the breeze.
© 2025 Yoly Pantig



Ed. note: I ran out of content, so I’m filling this space with a photo of my dog, who is enjoying the blissful slumber of someone with job, no bills, and people to wait on him hand and paw. Send contributions for next month’s newsletter to newsletter@dserunners.com!

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, May 4: Lightning Mile & Spreckels Lake 5K - [1M Course Map](#) - [5K Course Map](#)

Course Description: **1M:** Start: Kennedy Drive near Transverse; finish: Kennedy Drive near Spreckles Lake. Run downhill along Kennedy Drive from start to finish.

5K: Start/finish at Kennedy Drive/36th Avenue near Spreckles Lake. Run westbound on Kennedy Drive, left onto the Chain of Lakes dirt path, left onto MLK Drive pedestrian path, left onto Transverse Drive, left onto Kennedy Drive to downhill finish.

Reminder: if you want to run the 1M, you must arrive to the registration table (Kennedy near Spreckles Lake) with enough time to walk to the starting line (1M away, of course). We recommend being at the reg table no later than 8:40!

Sunday, May 11: Mother's Day Crissy Field 5K & Kids Run - [Course Map](#)

Course Description: Start/finish next to the Yacht Harbor parking lot. 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.

1/2 mile Kids Run starts at conclusion of 5K, around 9:45 a.m.

Sunday, May 18: NO DSE - Opportunity to run the [Bay to Breakers](#)!

Sunday, May 25: Kennedy Drive 8K - [Course Map](#)

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

Sunday, June 1: NO DSE - Opportunity to run the [Statuto Race](#)!

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

S.F already has had its warmest day so far this year on the 5th at 82, which was warmer than Las Vegas and Palm Springs. May is going to be cooler than normal with plenty of coastal fog and low clouds keeping areas near the ocean and inland over the bay with gray skies nights and mornings. On top of the 53 degree ocean waters, cool air from the Gulf of Alaska will also bear in play limiting warming in the interior valleys and the Sierra. There is a good possibility of rain here in the Bay Area around the 12th or 13th. Temperatures remain below normal through mid month and into the flooring week with 50's at Ocean Beach, 60's in the City and 70's in the inland Valleys of the North and East Bay. It will warm a little at the beginning of the 4th week of May but Memorial Day weekend looks cooler than normal with an outside threat of some showers.



*A lovely Easter morning at
Mountain Lake.
© 2025 Paul Mosel*

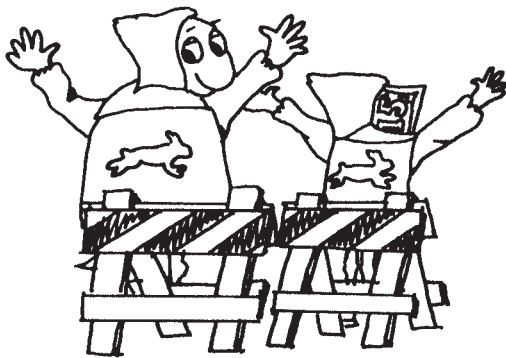
◆◆◆ Club Officers & Coordinators ◆◆◆



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COURSE MAPS
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The logo for the Road Runners Club of America (RRCA) is located in the top right corner. It features the letters "RRCA" in a large, bold, italicized sans-serif font. Below this, the words "ROAD RUNNERS CLUB OF AMERICA" are written in a smaller, all-caps sans-serif font. The entire text is contained within a white rectangular box. Below the text is a stylized graphic of two runners in silhouette, one slightly ahead of the other, running towards the right. They are positioned within a large, white, downward-pointing triangle.

MAY

- | | |
|----|-------------------|
| 1 | Erica Hernandez |
| 2 | Carol Pechler |
| | Wendy Truong |
| 3 | Becca Slater |
| 5 | Andre Franca |
| 5 | Ava Morrissey |
| 6 | Jeanne Laberge |
| | Edwin Ong |
| 7 | Angelica Castanon |
| 8 | Lucas Iguain |
| 9 | Ari Dalfen |
| | Alice Dingwall |
| | Shabnum Palomba |
| 10 | Larry Jewett |

- | | |
|----|--------------------|
| 11 | Kenneth Clews |
| 13 | Sergio Garcia |
| 16 | Michelle McDonald |
| | Jeremy Whiteman |
| 17 | Marcus Balistreri |
| | Tess McDonald |
| 18 | Jeorgina Martinez |
| 19 | August Bastian |
| | Glenn Solomon-Hill |
| | Jane Stephens |

- | | |
|----|----------------------|
| 21 | Julia Rosenbaum |
| | Bill Woolf |
| 23 | Peter Corbett |
| | Eric Corcoran |
| 24 | Matt Metzler |
| | Steven Nissenson |
| 25 | Gail Cornwall-Feeley |
| | Emma Negrel |
| 28 | Victor Perry |
| 29 | Osman Ertorer |
| | Conal Gallagher |
| 31 | Michael McPartlan |