



A RUNNING STORY: MOUNT WHITNEY

Mike Pechner

My wife Eleanor decided to save over \$100 and get streaming on our TV. I wasn't excited about the change, but soon discovered that YouTube has a large variety of individuals who tape/record outdoor activities, including hikes and mountain climbing. I recently discovered that climbing Mt. Whitney is very popular on YouTube, with a number of amateurs and professional climbing Whitney and offering advice as to how when, and where.

I did the Pikes Peak Ascent with the Peakbusters and Walt Stack. My running and training partner for many years was Jim Collins, brother of the great DSE ultra marathoner Dick Collins. Interestingly enough, Jim was 20 years older than me and a lot faster! I ran my last of my 12 marathons in 1984 in San Francisco. At the same time, Jim and I were still running the Dipsea; his times were consistently around 1' 8" and 1' 10 and I was around 1' 40". Needless to say, he was older and faster so we decided to do some peak bagging. Both of us agreed without hesitation that we wanted to climb Whitney, the highest mountain in the contiguous US.

I did a little research in a Sierra Club hiking book that had the route and the mileage. The book advised taking at least 3.5 liters of water. One route off the John Muir Trail comes from the west and the other, which most folks take, is from the east and begins at Whitney Portals, elevation 8400'. There is also a Mountaineer Route which is very technical, especially with snow on it and goes straight up avoiding the 99 switchbacks. The roundtrip mileage from Whitney Portals is 22.5 miles. We talked about it and said "piece of cake," since it wasn't a full marathon length. The book advised that we hike to a camp at 12,000 feet and get up 3 or 4 a.m., then hike to the summit and then back to Whitney Portals. That was not going to work for us, since we both had to be at work in SF Monday morning, and we were NOT going to carry packs. I brought a small day pack and some peaches off my tree, a couple of packages of trail

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President's Message

CHEWEY LAM

July's last weekend concluded with electrifying energy throughout the San Francisco Marathon Course. Thanks to all the volunteers, especially at DSE Aid Station 16! The list is long with accolades of age group winners and records from all of this month's events. CONGRATS!

The August DSE schedule includes a trio of 5Ks: Mission Bay, Rockaway Beach (Pacifica), and Lands End, plus a 10K at Sierra Point (Brisbane).

On the fourth Saturday of August, DSE volunteers at the annual Walt Stack Double Dipsea and takes that Sunday off. It's DSE's way of being involved with the community on and off the course!

San Francisco and DSE are lucky to have such a vibrant, diverse community nestled together. Introduce yourself to someone new at a DSE event; you never know. That's how many teams grow and form. It's not just about the entrance...



Go DSE!

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IT'S DOUBLE DIPSEA TIME

Saturday, August 23rd marks the 55th annual running of the Double Dipsea! What started in 1970 as a low key run with a few dozen participants has blossomed into a destination event, with 400 runners scrambling up and down Marin County's most famous (or infamous?) trail.

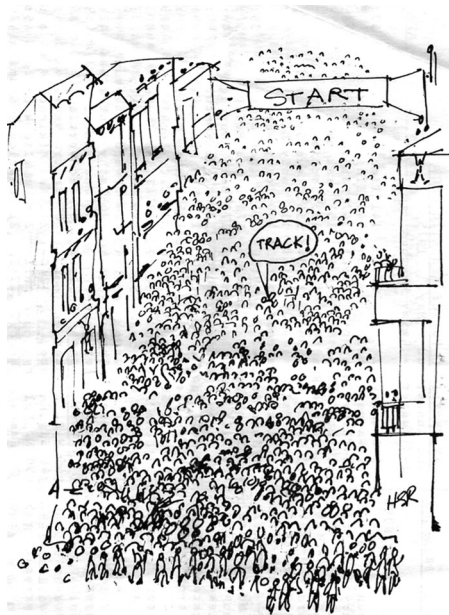
Although DSE handed the reins over to our friends at Brazen Racing back in 2013, our club still plays a huge role in making this race happen. And it's not too late to register as a volunteer! Just visit <https://brazenracing.com/doubledipsea/volunteer/> to sign up and be part of this longstanding turtle tradition. Can't wait to see you there!



A fun Double Dipsea memory courtesy of Bill Woolf: Several years back, Bill underwent quadruple bypass surgery. But that didn't stop him from captaining the Cardiac Hill aid station, and his fellow volunteers came dressed for the occasion!

CLASSIC STU-PEDS

Stu Ruth



NOTES & ERRATA

Kevin Lee made a few changes to the story about him that ran in last month's newsletter. You can read his revised version [here](#)!



OPEN RD SLOTS

Thank you thank you thank you to everyone who has stepped up to be a Race Director in 2025! We are so grateful for all of your hard work.

We still have some slots that need to be filled in the later part of the year, including:

- 10/12: Rockaway Beach 5K/12K
- 11/2: TBA (for those of you who enjoy fun surprises)
- 11/9: Fort to Fort 10K
- 11/23: Kennedy Drive 8K
- 11/30: Spreckels Lake 5K & San Francisco Mile (uphill)
- 12/7: Baker Beach 5K
- 12/21: Rainbow Falls Holiday 5K
- 12/28: Windmill 10K

If you are available for any of these dates, then drop Kevin a line at dse.pekingduck@gmail.com. Remember you can also race direct as a pair, for double the fun! It's an easy way to get your volunteer points and help out everyone's favorite running club.



Noe knows that all the cool kids sign up to be race directors.

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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

Mail

DSE Runners
P.O. Box 210482
San Francisco, CA 94121-0482

Website/Membership Application:

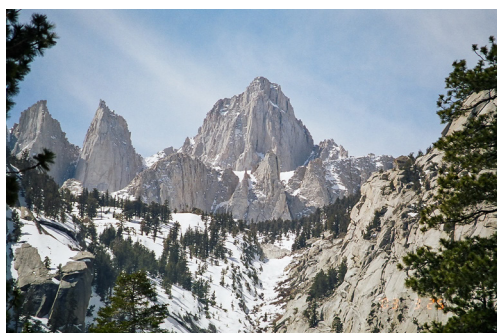
www.dserunners.com

Webmaster: Rob Snavelly

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MT. WHITNEY

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View from the Whitney Portals.

of trail mix, and a quart size plastic bottle.

So we drove up Friday afternoon, got to Whitney Portals around 9 p.m., and slept in the car until 6 a.m. Really no time to acclimate ourselves for the altitude. We hit the trail at 6:30 am and summited around 1:30 p.m. It was pretty rocky in spots with huge granite slabs, but also spots that were wide and smooth. Even in early September when we went, there were plenty of streams and a few lakes to refill our water bottles. We did not bring any filters or pills to prevent Giardia. The water was from melting snow and glaciers, so it was a pretty sure bet that it was good water. At mid-mountain above 11,000' is where the 99 switchbacks started. This section was very tiring to say the least. We had lunch at the top, signed the summit book, and started back down.

The original thought was 11 hard miles to the top and easier going down. It didn't turn out that way. We were very tired going down and very careful because of the the huge boulders and rocks we had to navigate. As I recall, we got back to Whitney Portals at around 7:30 to 7:45 p.m. It was almost dusk with just moonlight for illumination. We were lucky in that the trail for the last mile or so was dirt with no obstacles.

After looking at the YouTube videos of professional guides and hikers, our summit of Whitney in one day didn't take into account the number of admonishments from the professionals. Certainly we didn't take 3 1/2 liters of water with us but we did have water bottles to fill up. Neither of us were wearing boots with good support or ankle coverage. I wore my Nike Air Cross Country running shoes and Jim wore his Adidas.

Overall, it was a great experience, and I am glad we did it. We were very confident we could do it and it went as planned; in this case, get to the top and back again in one day. If anyone else has climbed Whitney, I would love to hear about it. Send it to Amber and tell her what your experience was. Our trek up Mt. Shasta was different and I will tell all in another chapter of "A Running Story."



THANK YOU SF MARATHON VOLUNTEERS!

It was a small but stalwart group that showed up at sunrise to staff Aid Station #8 at the San Francisco Marathon. Anyone who's run a long distance event knows the feeling of relief when you see that table covered with cups, and get a nice drink of water pushed into your hand by a helpful volunteer. So on behalf on everyone who ran on marathon weekend, thank you a million times over! And remember: you, too, can be a hero of hydration at the SF Marathon, the SF Half Marathon, the Double Dipsea, or any Sunday DSE race! Just keep an eye out for volunteer announcements and then sign yourself up, stat!



Three cheers for volunteers!

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RACE RECAPS

July 6, 2025

Polo Field 5K & Kids Run

Race Director: Anna Burke

Volunteers: Mitchell Sollod, Carol Pechler, Cormac Brick, Paul Mosel, Bill Woolf, John Albertoni, Victoria Conneely, Vincent French, Jim Kauffold, Kevin Lee, Marianne Frank, Chewey Lam, Marsi Hidekawa, Michael Gulli, Cathal Conneely



RD Anna Burke

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104 participants: 94 racers (65 men, 29 women); 2 self-timers, 8 kids



Running up that deceptively steep GGP hill.

© 2025 Marianne Frank



Flying across the finish.

© 2025 Paul Mosel

July 13, 2025

Great Highway 5K

Race Director: Liz Noteware

Volunteers: Mitchell Sollod, Pat McAnaney, Paul Mosel, Bill Woolf, John Albertoni, Ron Baxter, Vincent French, Jim Kauffold, Kevin Lee, Ed Malley, Uliana Popov, Terri Rourke, Chewey Lam, Suzana Seban, Lisa Estrella



RD Liz Noteware

© 2025 Paul Mosel

108 participants: 106 racers (65 men, 40 women, 1 NB); 2 self-timers



So great to see our old friend David, visiting from across the Atlantic!

© 2025 Wendy Newman



Three cheers for Anthony, who was the first place finisher in every DSE race this month!

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July 20, 2025

Oyster Point 5M

Race Director: Ron Baxter

Volunteers: Mitchell Sollod, Pat Geramoni, Mark Newman, Bill Woolf, John Albertoni, Michael Gulli, Vincent French, Jim Kauffold, Kevin Lee, Riya Suising, Mary Gray, Neal Ashton, Suzana Seban, Carol Pechler



RD Ron Baxter

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88 participants: 84 racers (51 men, 33 women); 4 self-timers



A beautiful summer morning on the bay.

© 2025 Noel Bautista

Yoly Pantig

AUGUST PHOTO GALLERY

Yoly Pantig took some fantastic action shots at July's Great Highway 5K and Oyster Point 5M! Check out a sampling below, and visit the [DSE Facebook Group](#) for even more.



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, August 3: Mission Bay 5K - [Course Map](#)

Course Description: Start/finish at Crane Cove Park (18th Street & Illinois). Run north along the waterfront, go around Oracle Park in a clockwise route, return along the waterfront to Crane Cove Park.

Thursday, August 7: Summer Series #10 - Lake Merced 4.5M - [Course Map](#)

Course Description: No cost; members only! Start/finish at the Lake Merced parking lot at the foot of Sunset Boulevard. Run one 4.5 mile clockwise loop around the lake, staying entirely on jogging/pedestrian path. There is a 1 hour time limit. If you can't complete the course in 1 hour (13:25 pace), you must self-time and start prior to 6:30 p.m. Finish line closes at 7:30 p.m.

Sunday, August 10: Rockaway Beach 5K - [Course Map](#)

Course Description: Start/finish at the Rockaway Beach parking lot in Pacifica (Dondee Street & San Marlo Way). Run southbound on the beach promenade. Turn left onto Rockaway Beach Boulevard and onto Nick Gust Way; take detour; and rejoin Rockaway Beach promenade. Run past Taco Bell to turnaround cone. Return the same way to finish.

Thursday, August 14: Summer Series Finale & Awards - Lake Merced 4.5M - [Course Map](#)

Course Description: No cost; members only! Start/finish at the Lake Merced parking lot at the foot of Sunset Boulevard. Run one 4.5 mile clockwise loop around the lake, staying entirely on jogging/pedestrian path. There is a 1 hour time limit. If you can't complete the course in 1 hour (13:25 pace), you must self-time and start prior to 6:30 p.m. Finish line closes at 7:30 p.m.

Sunday, August 17: Lands End 5K - [Course Map](#)

Course Description: Start/finish at the upper Lands End parking lot, at the end of El Camino Del Mar (near the USSSF monument). Run south toward Point Lobos Avenue. Make a sharp turn at Point Lobos and run on the Lands End Trail toward El Camino del Mar. Turn around before Lincoln and return.

Saturday, August 23: NO DSE - The 55th Annual Walt Stack DSE Runners Double Dipsea (website [here](#))

Sunday, August 31: Sierra Point 10K - [Course Map](#)

Course Description: Start/finish: at the Sierra Point Marina in Brisbane (400 Sierra Point Parkway). Due to construction/path closure, the course has been modified to a double 5K out and back. Run southbound on the paved Bay Trail to turnaround cone. Run back toward finish, then turn around and do it all again!

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

August weather will be decidedly different than "No Sky July." The big difference will be that the morning overcast, which some days didn't clear at all in SF, should clear with more sunshine and warmer afternoon temperatures. In fact, above normal temps are likely especially inland away from the Bay, so those folks that come from the East Bay for DSE runs in The City might take advantage of the cooler weather on the west side of the Bay. For SF International Airport, it was the coolest July since 1965! Many weather stations reported it was the coolest combined June and July this century. And other parts of the Bay Area inland did not reach 100 at all for the last two months. All that will change next week with the southern portion of the 680 corridor, the northern part of the 101 corridor, Healdsburg, St. Helena and the Delta seeing several days of 100 degree heat. Cooler conditions should come back next weekend and for most of the second week of August. The third and fourth weeks of the month look seasonal, especially at or near the coast.



A midsummer day's run in that aforementioned morning fog.

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◆◆◆ Club Officers & Coordinators ◆◆◆



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RETURN SERVICE REQUESTED



Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

AUGUST

1	Kunal Dutta	11	Jim Flanigan	21	Elizabeth Ascencio-McKay
	Francis Dy	12	Maria Wamsley		Tai Tokeshi
2	Diane Zelmanovich	14	Ed Bondoc	22	Jason Szydlak
	Jayan Garg	15	Gene French	23	Donovan Corliss
3	Rebecca Teichmann		Bent Hagemark		Sally Maske
4	John Herbert		Randall Conner	24	Princesa Pabalan
5	Riti S	16	Dylan Bernstein		Lisa Griffin
7	Sasha Goncharova	17	Michaela Rouan		Chikara Omine
	Yoly Pantig	18	Steve Oakes		Caroline Willian
	Tyneisha Harris	19	Louise Stephens	25	Roger Chang
8	Samuel Louie		Jack Major		Guglielmo Fonda
	Jon Sax		Samantha Kamras		Kristan Sartor Elman
9	David Moulton	20	Ed Baumgarten		Luca Giovagnoli
	Dan Wahlig		Jessica Mowry	27	Nick Lawrence
	Andrea Tipton		Michael Peters	28	Craig Edwards
	Milo Kamras				Kirsten Pflieger
					Spencer Turley
					Spencer Turley
				29	Josephine Cornwall
				30	Grace Wong
					Vaidehi Kasarekar
				31	Antoinette Douglas
					Andrew Ng
					Shawn Sax