



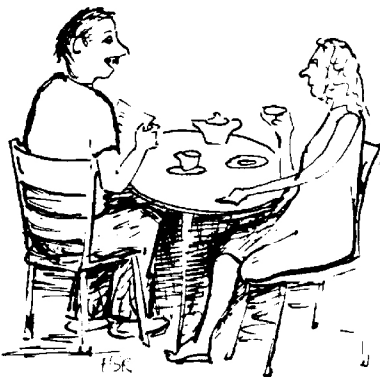
a lot as well. It's cool we get to run and recreate around these art pieces. I think they make the miles glide by. You can read about all the art pieces here: <https://goldenmileproject.org/>

Speaking of Golden Gate Park, don't forget that this year's DSE Thursday Night Summer Series starts this week in Golden Gate Park along the JFK Promenade. Please note we had to move the series from Lake Merced because of some construction projects that will affect the trail out there. The 3 mile GGP route largely mirrors our Rainbow Falls Course, so meet up near JFK Drive and Crossover Drive to get to the start/finish/registration.

It's always better to have a running goal and fall race to train for. What fall marathon, race, or summit are you training for? If you say your goal out loud you have to follow through. These days fall marathons registrations are filling up so fast the time to act is now. One of my friends is doing track sessions and long Saturday runs now for her California International Marathon training, which takes place in December in Sacramento. Registration fees and hotel have to be booked now, so there is no backing out. Personally, I am training to take part in the 43rd annual Escape From Alcatraz on Oct. 4th. It's the original Escape. This race is one of the oldest traditions in the sport of triathlon. It is hosted by

## CLASSIC STU-PEDS

Stu Ruth



PACIFIC MARATHON WANTS ME TO DEFEND MY LAST YEARS FOUR THOUSAND SIX SIXTY FIFTH PLACE FINISH.

the Dolphin Swimming and Boating Club for members of the Dolphin Club and The South End Rowing Club. It was originally conceived by Joe Oaks, one of DSE's past presidents, so I figure I have to do it. And, unlike the \$800 entry fee event next week with professional athletes and an expo that races entirely in San Francisco, the October event course is an Alcatraz swim to Dolphin/SE beach (~1.5 miles) (which is more difficult –swimming directly to AP rather than the Yacht Club) and includes a bike ride to Old Mill Park in Mill Valley (15 miles) over the Golden Gate Bridge, finishing with a run from Old Mill Park to Stinson Beach and back to Old Mill Park (~14 miles). Basically, it's got a Double

Dipsea run and bike ride over to Mill Valley. How cool is that for a training goal? I am looking forward to it.

In June, DSE races are along Presidio trails, Great Highway, and portions of Golden Gate Park. See you out at the races!



*DSE had a wonderful time at this year's Statuto! Thanks to all of the volunteers and runners who make it such a success.*

*© 2024 Phyllis Nabhan,  
Leonard Adler*

### 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)

# THE RELATIONSHIP BETWEEN RRCA AND DSE

George Rehmet

The DSE and RRCA has had strong connections with each other. The obvious connection is that the DSE gets its insurance from the RRCA. Another connection is that Kevin Lee and Janet Nissenson were awarded RRCA Volunteer of the Year in 2012 and 2006, respectively.

Back in 2000, past DSE President Joe Oakes nominated me to be RRCA State Representative for Central California. I would go on to win an unprecedented Outstanding RRCA State Representative Award twice and later go on to be elected RRCA Western Region Director and then RRCA President. So thank you Joe Oakes.

I am grateful that I am a DSE'r because the DSE supports the wide diversity of its membership. I joined the DSE initially for the very inexpensive races. But over time, I truly appreciated that DSE was one of the early clubs to promote women and children in running. Over time, DSE has become more welcoming. I strongly believe that my time in the DSE helped me to understand and have the courage to push for Diversity-Equity-Inclusion (DEI) after the murder of Amaud Arbery (a black runner who was killed by white men) which lead to a reckoning on whether the sport of running was welcoming to all. As RRCA President, the RRCA organization has become more diverse not only in reaching out to a diverse group of runners but to have a diversity runners in the leadership ranks. Thank you DSE!

Finally, there is another Joe to thank – current DSE President Joe Kaniewski for his support of me and the RRCA especially in having DSE board members attend recent RRCA national conventions.



George with incoming RRCA president Lisa Rippe and CEO Jean Knaack.

© 2024 George Rehmet

# GEEZER JOG

Evelyn Martinez

*Ed. note: Evelyn was a longtime DSE member who ran many a Sunday race while in her 50's and 60's. After some time off, she is reacquainting herself with the club and we are delighted to have her back! Evelyn tells us that after some initial discouragement at the inevitable effects of aging, "I now have embraced my bodily changes, and love that I can still move, still get some miles in, albeit at more subdued speeds." In that spirit, Evelyn shared with us this wonderful poem, which is relatable no matter what your age!*

## GEEZER JOG

When all else fails...  
Take yourself for a geezer jog.  
When you've had coffee and oatmeal and  
you're still in bed...  
Take your carcass for a geezer jog.  
When you've doom scrolled and gloom scrolled  
your soul to despair...  
Nothing for it but a geezer jog.  
When you're Crossword and Wordled and  
Spelling Bee'd to a stupor...  
Please, take your mind for a geezer jog.  
When your neck throbs, your back aches, and  
your legs twitch...  
Isn't it time for a geezer jog?  
When you're feeling lowdown and blue...  
When the yawning abyss starts making eyes at  
you...  
When your future's your past...  
For pity's sake,  
give the universe a break.  
Take your sorry self for a geezer jog!  
Amen, sister.



# RACE RECAPS

May 5, 2024

## Lightning Mile & Spreckels Lake 5K

Race Director: Chewey Lam

Volunteers: Paul Mosel, Bill Woolf, John Albertoni, Vincent French, Mitchell Sollod, Kevin Lee, Jane McFarland, Jim Buck, Jeanine Branco, Rocco Mullinax, Phyllis Nabhan, Pat Geramoni, Terrance Yao, Marianne Frank, Uliana Popov, Marsi Hidekawa, Juliette Johnson, Pieter de Haan



RD Chewey Lam

© Paul Mosel 2024

1M: 66 participants: 65 racers (40 men, 25 women), 1 self-timer

5K: 111 participants: 110 racers (60 men, 50 women), 1 self-timer



The Lightning Mile finish line.

© 2024 Paul Mosel

May 12, 2024

## Mother's Day Crissy Field 5K

Race Director: Kittzy Aviles

Volunteers: Phyllis Nabhan, Pat Geramoni, Mitchell Sollod, Marianne Frank, Paul Mosel, Bill Woolf, Marie-Elisabeth Craig, Vincent French, Amber Wipfler, John Albertoni, Ron Baxter, Chewey Lam, Marsi Hidekawa, Marianne Frank, Veronica Balistreri, Joe Kaniewski



RD Kittzy Aviles

© 2024 Paul Mosel

162 participants: 139 racers (73 men, 66 women), 5 self-timers, 18 kids



Running with Mom!

© 2024 Jay Boncodin



Castañons x3.

© 2024 Wendy Newman

May 26, 2024

## Kennedy Drive 8K

Race Directors: Chewey Lam

Volunteers: Phyllis Nabhan, Ken Wu, Mitchell Sollod, Paul Mosel, Bill Woolf, John Albertoni, Judith Jarosz, Vincent French, Kevin Lee, Uliana Popov, Wendy Newman, Oliver Chan



RD Chewey Lam (it's deja vu!)

© 2024 Paul Mosel

93 participants: 85 racers (51 men, 34 women), 8 self-timers



Some varying reactions at the finish.

© 2024 Paul Mosel

# WELCOME TO OUR WORLD: THE BORN TO RUN EXPERIENCE

*George Rehmet*

May 18, 2024; Los Olivos, CA. Tucked away on a private ranch is the Born to Run (BTR) race which was concocted by Luis Escobar (also host of the Road Dog Podcast). Luis was a photographer in the Born To Run story made famous by Chris McDougall. Chris helped organize a legendary ultramarathon between the elite runners of our era and the elusive Tarahumara tribe in Mexico. Luis decided to organize a yearly festival after the project's overwhelming success. Fast forward to today: runners can choose between 10-mile, 20-mile, 30-mile, 100-mile, 3-day or 4-day races. This year the 100 Mile race was the RRCA Western Region Championship.

I had first learned about BTR when I was on Luis' podcast. I participated in the 2023 and fell in love with the race. In my remaining weeks as RRCA President, I was committed to coming out again. And it's more than just a race.

During the 4 days, there are bands playing. On Friday, there was a beer mile. Luis comes up with some crazy games such as sock wrestling (2 opponents try to pull each other's sock off) and Lego racing in bare feet (ouch!) An auction was arranged to help raise funds for a participant who was dealing with breast cancer. There were loving moments as a runner proposed to his girlfriend on stage (she said yes!) And there was even a wedding for 2 participants and Luis officiated the ceremony. People dressed up in some interesting attire and costumes. And in his instructions, Luis says that "cowboy hats are required." In fact, there was a booth selling cowboy hats.



*The Lego gauntlet.*  
© 2024 George Rehmet



*Team Shaun!*  
© 2024 George Rehmet

Still healing from my foot fracture, I was accepted in the Born to Adapt race which consisted of doing laps on a half mile stretch of trail in 3 hours. The participants who had a variety of leg prosthetics took me in and greeted me with "welcome to our world." This race was conceived by Mendocino Movement Project's found Zachary Friedley who awarded Adaptive Runner of the Year at the RRCA National Convention in Costa Mesa. The star of the race was 12 year Shaun Wahl who has cerebral palsy. Volunteers help tow Shaun around in a specialized wheelchair that his father designed. Shaun's goal was 12 laps but he ended up with 18 laps (plus one victory lap). At the end, Shaun exclaimed "we're all runners!" I was only able to complete 2 laps before my knee was aching in my iWalk.

BTR has such a welcoming environment. The race epitomizes the inclusiveness of what trail running should be when it still has a reputation of belonging to white males. I cherished on of my last acts as RRCA Presidents by handing out the awards to the top 100 mile runners (in fact, the top female was 2nd overall and she was running her 2nd 100 mile race!) Words and photos cannot fully capture the spirit. So if you ever want to experience the Woodstock of trail running, Born to Run is the event to go to.

More info: <https://allwedoisrun.com/>



# A CHAT WITH MORT WEISBERG

*Carol Pechler*

Mort coached us to make it to Boston!

Like many DSE-ers, Mort said, "I started out running solo, I just wanted to do something to get fit."

Before long, he met fellow runners, heard about DSE, and joined. He met good people, and he volunteered. That was in the mid 1970's, and his last organized run was a DSE run in 2023, fifty years later. "I had so much fun running those DSE runs every Sunday."



*Mort running  
the 1978  
Belmost Cross-  
Country Race.  
© 1978 Nancy  
Kauffold*

Within a couple of years, he qualified for and ran two Boston marathons, one of them in 3:21, his peak marathon finishing time.

But in 2002, at age 65, he found himself with another challenge: he was diagnosed with macular degeneration. He stopped driving and instead used public transport and his feet. He memorized a good share of the map of SF for walking and using the buses. But he continued running for two more decades. With further eye deterioration, he sometimes asked one of us fellow runners to run beside him. When asked about his vision, he responded "It is what it is."

On Wednesday mornings he rode the train down to Hillsdale, took the College of San Mateo bus out to the campus, and then ran or later walked the ten miles to Huddart. After the run and brunch, usually a fellow runner would drive him back to the train station or to San Francisco. "This guy is disciplined!" I heard a colleague say.

At Huddart, more than once he fell ahead of me, somersaulted, and immediately got up to continue running, apparently unhurt. Certainly undeterred.

Especially after his eyes dimmed, he coached fellow runners in 2009 who were trying to qualify for the Boston Marathon, helping at least Carole Mawson and me to succeed, and surely others as well. At Huddart on Wednesdays, Mort "cracked the whip" by exhorting us to run up the hills, not walk. (Carole had run the Boston five years earlier.)

I teased him about his sparse eating after our runs. He would bring egg whites as his food for brunch.

The eyes continued dimming, and in 2018 Mort stopped attending DSE Sundays when he moved from San Francisco to a senior facility in Burlingame. There, he used their gym machines daily, but when Covid lockdown started in March 2020, he felt kind of lonely there. So his daughter Tracy moved him in 2021 to Lincoln, near her, north of Sacramento and 100+ miles from SF.

Now he has a very nice house in a golf course community. He walks up to the gym early each morning and cross-trains. He has regular frequent and valuable contacts with family. The family celebrated his 70th birthday with a professionally made quilt using 50 squares from a selection of his finisher shirts.



*50 years of running  
in one special quilt.*

One of his last organized runs was the Statuto 2021 in San Francisco, in driving rain. Joining him were many of his family. He has three children, 7 grandchildren, and 9 great grandchildren.

How does he manage these big transitions? No more running the Sunday DSE events in San Francisco's morning fog? He says he's handling it all well. "My family are real good to me. I've done everything I wanted to do, and I still stay connected with DSE people as well as others." What it is, is good.



*Mort shares  
a laugh with  
Mike Rouan at  
a DSE race in  
2019.*

# RRCA NATIONAL CONVENTION COMES BACK TO CALI

*George Rehmet*

May 2,-5, 2024. Costa Mesa, CA. After 15 years, the RRCA National Convention came back to California. In 2009, the DSE, Pamakids, SF Road Runners, and Lake Merritt Joggers and Striders hosted a very successful RRCA National Convention in San Francisco which set the standard. There were over 260 attendees of which 60 were taking the popular RRCA certified coaching courses level 1 and 2. The partner race was the OC Marathon.

Clubs from around the nation attended. San Antonio Road Runners and Oregon Road Runners of Portland sent the largest contingents. The Bay Area was well represented with Lake Merritt Joggers and Striders, East Bay Front Runners and Walkers, Napa Valley Marathon, Big Sur International Marathon, Pamakids, and DSE (of which Jerry Flanagan and myself represented the latter 2 clubs).

Friday's keynote speaker was Fitz Koehler, a very popular race announcer for the OC Marathon (and other races around the nation) who talked about her struggles with breast cancer and highlighted folks who have persevered (including this writer whom Fitz shared about my 5k race in a knee scooter at Big Sur International Marathon).

Sessions were geared towards club officers, race directors, coaches, and, of course, runners. One of the trends is races catering towards runners of all shapes and paces. Race Director Erica Siegel talked about her race Malibu Moves ([www.malibumoves.com](http://www.malibumoves.com)) in which her race plans to recognize all participants and to make sure that even the back of packers get the same goodies and cheers when they finish. Past LA Leggers Jeff Tan discussed about the "why" of your running club as the focus. In other words, the "why" is the club mission statement which drives the "how" and "what" a running club does. Taking time from overseeing his race, OC Marathon race director Gary Kutscher described the kids races which draws over 5,000 children. In fact, his "Kids Run the OC" won the RRCA National Award for Best Youth Running Program.

For the national awards ceremony, the Cherry Blossom 10 Mile race in Washington D.C. was awarded Road Race of the Year. Several Californians won national awards. Barry Morrill of LA Leggers and South Bay Running Club won the prestigious Browning Ross Award which was created to honor the memory

of the RRCA's founding member, Browning Ross, and honors people who champion the RRCA tirelessly and enthusiastically, but prefer to stay in the background, letting others bask in the spotlight, just as Browning did. Zachary Friedley of Mendocino Movement Project was awarded Adaptive Runner of the Year (learn more about Zachary in the "Born to Run" article). Jenny Hitchings of Sacramento was awarded Female Runner of the Year for her multiple age group records. (Not to be outdone, Jeannie Rice won Masters Female Runner of the Year for her multiple world records in her 75-79 age group).

Entering the RRCA National Hall of Fame was Camille Herron and, posthumously, Lewis "Deerfoot" Bennett, a Seneca Indian from the Cattaraugus Reservation who dominated the long-distance racing scene in the mid-19th century. Camille is well-known for her world records in ultrarunning including setting a world record of 560 miles in a recent 6 day race.

On Saturday evening, convention attendees were able to race the 5K race of the OC Marathon for free. Afterwards, attendees had their own VIP area. The next day, about 100 attendees ran the half marathon or marathon in which the latter race was a RRCA National Championship race. Attendees were again given the VIP treatment by having access to the VIP tent at the start and finish areas which came with its own gear check and, more importantly, own port-o-johns (no waiting in long lines!) Attendees who ran appreciated the great running weather but struggled with the hills.

At the general membership meeting, the election results were announced. Current RRCA Vice President Lisa Rippe of Minneapolis was elected RRCA President succeeding DSE's own George Rehmet. Afterwards, CEO Jean Knaack and RRCA State Representative Simone Adair paid tribute to George for 20 years of dedicated service to the RRCA from State Representative to Western Regional Director to President. (<https://www.youtube.com/watch?v=47SOgpM4a-l>) In his farewell address and struggling with tears of joy, George thanked the various people who had supported him. George shared that he never intended to be President but did so at the request of CEO Jean Knaack and he appreciated taking on the role of President during the challenges of the pandemic and DEI after the murder of Amaud Arbery. At the end of the speech, the attendees gave George a standing ovation.

In all, the convention was a success. Next year's RRCA National Convention will take place in Minneapolis, MN from April 24-27, 2025.

# 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).

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

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## Thursday, June 6, 13, 20, 27: **Summer Series - JFK Promenade 3M** - [Course Map](#)

Course Description: The Thursday Night Summer Series is limited to DSE members only. No entry fees! Start/finish at Kennedy and Transverse. Run east up car-free Kennedy Drive to McLaren Lodge. Turnaround at the barricade at Kezar Drive; start back and turn right on East Conservatory Drive. Run up and around East Conservatory Drive, turn right onto Kennedy Drive and return to finish.

## Sunday, June 9: **Presidio Wall 5K** - [Course Map](#)

Course Description: Start/finish on the grass adjacent to Presidio Wall Playground (near Pacific and Spruce Avenue). Exit grass area, complete counter-clockwise Presidio Wall rectangular loop, right onto W. Pacific Avenue trail. Prior to Arguello Boulevard, complete mini-clockwise half-arc loop before turning left onto northbound (downhill) straightaway and exit trail onto asphalt surface. Turn around at stop sign, reverse direction and return to W. Pacific Avenue. Travel downhill (eastbound), complete clockwise Presidio Wall loop before finishing on the grass.

## Sunday, June 16: **Father's Day Rainbow Falls 5K & Kids Run** - [Course Map](#)

Course Description: Start/finish at JFK & Transverse in Golden Gate Park. Run eastbound on Kennedy Drive. Right turn (uphill) onto Stow Lake Drive. Run to turnaround cone (.06m) Reverse directions, right back onto Kennedy Drive. Run east up Kennedy Drive to McLaren Lodge. Turnaround at the barricade at Kezar Drive, start back and turn right on East Conservatory Drive. Run up and around East Conservatory Drive then back onto Kennedy Drive and return westbound to finish.

\*Kids Run starts after completion of 5K (approximately 9:45 p.m.)

## Sunday, June 23: **Great Highway 5K** - [Course Map](#)

Course Description: Start/finish at Taraval/Great Highway. Run 1.55 miles to Lincoln Boulevard and return the same way to finish.

## Sunday, June 30: **Lindley Meadow 5K** - [Course Map](#)

Course Description: Start/finish Kennedy Drive at 30th Ave. Double 1.55-mile cross country loop traversing grass, dirt, trails.

## Sunday, July 7: **Twin Peaks 4M** - [Course Map](#)

Course Description: Start/finish near the reservoir at Galewood Circle and Clarendon Avenue. Challenging 4 mile loop around Twin Peaks with spectacular views. Complete inside reservoir counter-clockwise loop; exit downhill onto Clarendon, left onto Laguna Honda and run uphill to Woodside Avenue. Continue up Woodside Avenue past the gas station. Run uphill/downhill on Twin Peaks Boulevard, then left and run uphill/downhill on Clarendon and finish inside reservoir.



# 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.

## 2024 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 heat wave in the first few days of June, temps drop 20 degrees the 2nd weekend of June with June gloom at the coast and over the bay nights and morning. Temperatures should settle back to near to slightly above normal, then dip on Sunday the 9th, with seasonably cool weather and fog at Stinson. Temps will warm again in the 2nd week of June thru mid-month, from the 60's in SF ranging up to the 80's and low 90's in the 680 corridor and Tri-Valley, and mostly in the 80's in the 101 corridor. Cold sea temperatures and onshore flow should keep temperatures in check during the third week of the month. It should be a dry month. Look for temps to rebound during the last week of June.



*Alcatraz on a Sunday morning.  
© 2024 Jay Boncodin*

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



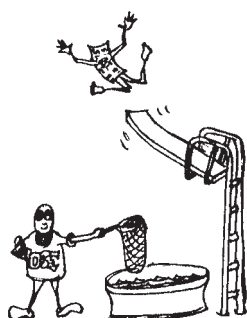
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# Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

## JUNE

- 1 Will Lamb
- 2 Otto Bercovitz
- 3 Laurence Cheng  
Angela Craig
- 4 Paul Atienza  
Maddie Iguain
- 6 Jay Boncodin
- 7 Jane Colman  
Marcia Martin  
Edward Caldwell
- 9 Tycho Sartor Elman  
Paul Zager

- 11 Brian Hartley
- 13 Malou Sana
- 15 Chewey Lam  
Uliana Popov
- 16 Dennis Lawlor  
Shanna Moore Gumina  
Rohini Mehtani  
Paul Griffiths
- 17 Pieter de Haan  
Jeremy Kamras
- 18 Rebecca Hill  
James Golden  
Paul Weber  
Jeffery Chen-Harding  
Vanessa Jacoby
- 19 Gregory Brown
- 20 Steven Chang

- 21 Chris Bogan  
Jayesh Shah
- 22 Grant Johnson
- 23 Beck Johnstone  
Jacqueline Steager  
Elise Peck  
Amy Takemoto
- 24 Rachel Willard-Grace
- 25 Irene Larriba  
Sierra Pflieger  
Elijah Wilkinson
- 26 Anthony Balistreri  
Cat Foo
- 27 Erika Reed  
Julius Ng
- 28 Kieran Starling  
Ross Dempsey  
Lochlan Tang
- 30 Tony Nguyen