

DSE NEWS

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NEW YEAR, OLD TRADITION

A stalwart group of turtles met bright and early on January 1 to greet the New Year with a run/jog/walk across the world's most famous bridge. Happy 2025 to all of our members and friends, and may this year bring you health, happiness, and PRs!



Photo credits, clockwise from top left: © 2025 Phyllis Nabhan, Wendy Newman, John McCarroll, Phyllis Nabhan

President's Desk

◆ ◆ ◆ CHEWEY LAM

Greetings, fellow DSE Turtles! Chewey Lam here, a.k.a. ChewMaverick. Start slow and taper off! For those I have yet to meet please come say hi!

As your new 2025 DSE President, here's a quick December recap: we had the Whales of Rainbow Falls 5K, Vert Thumping Baker Beach 5K, Windmill 10K, SF Mile and Spreckels Lake 5K. Personally, I paced like a Taylor Swift tour for a 3-leg relay (DSE, Pamakids, Open) at The Christmas Relays, then finished the year in Phoenix, with a 200-miler at Across The Years and volunteering as well. Motto: Do what you can at your pace, and only ask others to do what you would do.

Our Board is busy in the finalizing stages for a great 2025. We couldn't do this without the dedication, commitment, and sacrifice of volunteers on a daily basis. It's how we are able to have a fabulous March Gala At Fogo De Chao; entries into the SF Half Marathon; our centipede team at the Bay to Breakers; yearly charitable contributions to organizations like Achilles International, Back On My Feet, and Girls on The Run; the fall picnic; teams at the Christmas Relays; our weekly snacks, and so much more.

Let's continue the tradition of running more races and meeting friends in iconic settings at budget

Inside

FEATURES

Important Dates	2
Board Minutes	3
IAU 100K Championships	3
Call for Volunteers	3
Christmas Relays	3
Top Turtle: Vincent French	5

DEPARTMENTS

Contact Info	2
Classic Stu-Peds	2
Race Recaps	4
Monthly Running Schedule	8
Membership Info	9
Officers & Coordinators	9
Weather Forecast	9
Birthdays	10

friendly pricing! Teamwork makes it happen. Our door is always open for your help and input. I've run, volunteered, and paced in nearly ALL types of elements, situations, programs and organizations. DSE is Magic! Y'all are the difference and inspiration.

You get out of it what you put into it! So let's make this one big party. After all, death smiles upon us all; all we can do is smile back! To the legacy of DSE past, present & future!

Thanks & Honored!

Chewey

Friend, Family, Fellow DSE Prez

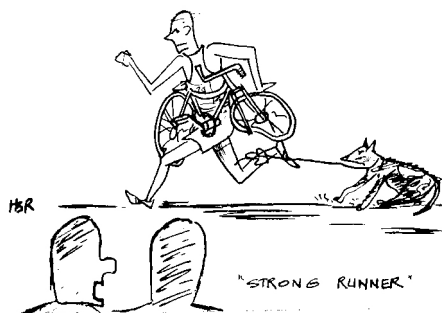
IMPORTANT DATES!

January 12 is the last day to turn in your awards reporting form! If you want to be eligible to receive a self-nominated award, and/or you want a trophy or certificate in any of our categories, you must submit your form by the deadline. Fill out and submit the form on our website (under the "Awards" tab) or by clicking [here](#).

January 12 is also the date of our General Membership Meeting! Whether you're running the Hot Chocolate Run in Golden Gate Park or the DSE Twin Peaks 4M, join us post-race at the Stonestown Sports Basement for refreshments and an 11:00 a.m. meeting. Meet the 2025 Board, hear about our club's plans for the year, and share your input

CLASSIC STU-PEDS

Stu Ruth



and ideas. And as a special treat, all attendees receive a 20% off coupon for any shopping they'd like to do after the meeting!

February 2 is the San Francisco Half Marathon (formerly the Kaiser Permanente Half Marathon). The name may have changed, but the event is still brought to us by our friends at Pamakids, and it promises to be a heap of fun. Be sure to [sign up](#) ASAP because this one regularly sells out.

March 2 is the 47th annual CCHP Lunar New Year 5K/10K Run/Walk. [Come celebrate](#) the Year of the Snake with a run through Chinatown! Participants who were born in the Year of the Snake receive special commemorative

pins, and there is a virtual option for anyone who can't make it in person. But you should make every effort to be there--this is a vibrant, one-of-a-kind race that is unique to our wonderful city.

March 2 is also the day of the annual DSE Gala and awards ceremony! Start time is 11:00 a.m. at Fogo de Chão in downtown SF, so you can work up an appetite at the Lunar New Year run and then enjoy some Brazilian BBQ (and don't worry vegetarians, there is plenty for you too!) We are so excited to get everyone together and celebrate all of your accomplishments. See you there!



DSE volunteers at the SF Half Marathon
© 2023 Yoly Pantig



Lion dancer at the Lunar New Year Run.
© 2023 Yoly Pantig

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

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

webmaster@dserunners.com

BOARD MEETING MINUTES

Yoly Pantig

The new 2025 DSE Board—Chewey Lam, Terri Rourke, Anna Burke, Yoly Pantig, and Rebecca Teichmann—held their first meeting on December 15th to review upcoming priorities.

- The Board decided to review and clarify the club bylaws, and added Kevin Lee and Liz Noteware as Members-at-Large.
- Volunteer needs were discussed, including the potential for a new Kids Race Coordinator, additional course markers for races outside San Francisco, a race sweeper, a volunteer coordinator, and a Discount Code Coordinator.
- The 2025 race schedule was reviewed. While the first half looks solid, adjustments will likely be needed in the second half due to permit and location challenges.
- The Board approved the 2025 budget, including charitable donations, ATM deposits, race sponsorships, and updating bank account names to reflect the current Board members.
- Plans for the upcoming Gala were reviewed.
- Yoly Pantig created a new Instagram account for DSE: @DSE_Turtles.
- Lastly, the DSE General Meeting was confirmed for January 12, 2025, following the Twin Peaks Race. It will take place at Sports Basement in Stonestown.

GO TEAM USA!

The International Association of Ultrarunners (IAU) held its 34th annual 100K World Championship on December 7, 2024 in Bangalore, India. Our very own Chikara Omine represented Team USA, and finished 6th overall with a time of 6:40:57 (that's a pace of approximately 6:27/mile). All the kudos and congratulations to Chikara for an incredible performance on behalf of our nation!



Chikara crossing the finish line.
(Thanks to Noriko Bazeley for the screen grab!)

VOLUNTEERS NEEDED!

Kevin Lee

Is one of your New Year's resolutions to do some volunteering with your favorite running club? Great! Here are some opportunities:

San Francisco Half Marathon:

If you are not running in this year's SF Half on February 2, then sign up to be a Water Warrior at the DSE hydration station! If you've ever run a distance race, you know what a relief it is to have a water cup pushed into your hand as you tackle those miles. Why not be that heroic harbinger of hydration with some fellow DSE turtles?

Check-in is at 7:00 a.m. on JFK Drive in Golden Gate Park, right in front of the buffalo paddock at Mile 7. If you're taking a car, you must enter the park from Lincoln Way at 45th Avenue, park in the Chain of Lakes parking lot, and walk to the water station. Please contact Kevin at dse.pekingduck@gmail.com if you're available to help out. And stay tuned for further information, including a link that will be sent to all volunteers to electronically sign a waiver. And of course, every volunteer will receive a commemorative race t-shirt!

Race Directors Needed:

The New Year is upon us, which means it's time to fill up our Race Director slots for 2025! Sign up early to get your pick of dates. Click [here](#) or visit the "Race Directors" tab on the DSE website to see the available races and sign yourself up.

We especially encourage newer members or those who haven't directed before to give it a go! It's a great way to get more involved with the club, and it's less work than you think, since you'll have the assistance of volunteers with with collective centuries of experience putting on DSE events. You'll get all the volunteer points you need to be award-eligible in one fell swoop, plus you get to use the megaphone and hand out ribbons! What could be better? So don't delay--sign up today!



RACE RECAPS

December 1, 2024

San Francisco Mile & Spreckels Lake 5K

Race Director: Neal Ashton

Volunteers: Paul Mosel, Bill Woolf, Anna Burke, Vincent French, Marsi Hidekawa, Mike Rouan, Michaela Rouan, Phyllis Nabhan, Bob Butchart, Deysi Ocampo, Kevin Lee, Uliana Popov, Chewey Lam, Ron Baxter, Terri Rourke



*RD Neal Ashton
© 2024 Paul Mosel*

1M: 60 participants: 60 racers (35 men, 25 women)

5K: 122 participants: 121 racers (70 men, 51 women, 1 self-timer)



*Who knew running a mile uphill could be so fun?
© 2024 Wendy Newman*

December 8, 2024

Baker Beach 5K

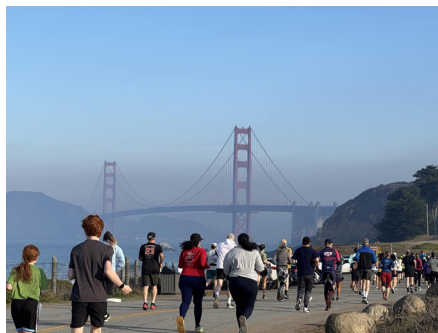
Race Director: Noé Castañón

Volunteers: Mitchell Sollod, Phyllis Nabhan, Chewey Lam, Paul Mosel, Bill Woolf, Kenneth Fong, Vincent French, Jack Bascom, Kevin Lee, Juan Melendez, Marianne Frank, Jorge Ahuactzin, Uliana Popov, Wendy Newman, IronMike Schiff



*RD Noé Castañón
© 2024 Paul Mosel*

112 participants: 109 racers (66 men, 43 women); 3 self-timers



*A white Christmas is okay, but we'll take the fog instead.
© 2024 John McCarroll*



*Group hug? Doing the can can? Trying out for the Rockettes??
© 2024 Wendy Newman*

December 22, 2024

Rainbow Falls Holiday 5K

Race Director: Noriko Bazeley

Volunteers: Mitchell Sollod, Phyllis Nabhan, Chewey Lam, Paul Mosel, Bill Woolf, Kevin Lee, Mark Newman, Vincent French, Jim Kauffold, Diane Okubo-Fong, Peter Corbett, Kevin Lee, Nicole Gipp, Neal Ashton, Carol Pechler, Markham Miller, Kenneth Fong, Laurie Quinlan



*RD Noriko Bazeley
© 2024 Paul Mosel*

207 (!!) participants: 194 racers (118 men, 79 women); 1 self-timer, 9 kids



*We were so excited that Barbara and her family joined us for the Holiday 5K!
© 2024 Wendy Newman*



*Vince and Phyllis showing off some holiday spirit.
© 2024 Phyllis Nabhan*

December 29, 2024

Windmill 10K

Race Director: Rubi Kawamura

Volunteers: Mitchell Sollod, Phyllis Nabhan, Carol Pechler, Paul Mosel, Bill Woolf, Vincent French, Kevin Lee, Jorge Ahuactzin, Juan Melendez, Jane McFarland, Jim Buck, Ron Baxter, Pat McAnaney

2024 CHRISTMAS RELAYS

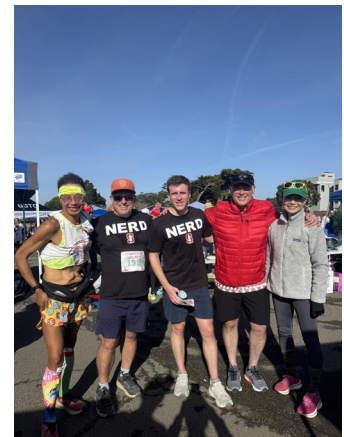
It was a day of celebration at the 2024 Christmas Relays at Lake Merced. Not only did DSE field its own teams, but many of our members and friends were there with their racing clubs. Congratulations to everyone who competed and sincerest thanks to all of our volunteers and cheerleaders!



RD Rubi Kawamura
© 2024 Paul Mosel



82 very wet participants: 82 racers (56 men, 26 women)



Some soggy but triumphant finishes.
© 2024 Paul Mosel



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BEHIND THE SCENES WITH VINCE FRENCH: A LEGACY OF SERVICE

Carol Pechler

Vince French is the first person to arrive at our trailheads, and he's the last one to leave after the races. Though he frequently does have another volunteer to help him, he's the person responsible for providing all the equipment we need for each race, and then stores it all at home, in the DSE van. DSE is blessed with many volunteers, some who, like Vince, continue with DSE by volunteering after getting grounded with health issues.

Vince is an exemplary model for DSE volunteers. Besides handling the equipment, he has taken on other tasks as well: frequently he's the monitor at our course half point, and at the finish he's one of three, together with Kevin Lee and Mitchell Sollod, to record finishers' times. He's been volunteering here since he first started running with DSE in the early 1980's.

He had been running since childhood, together with his two-year-older brother Gene. Vince won a track event in fourth grade at Glen Oaks Elementary School. In that track contest, in 1958, the competition was against Meadow Elementary School. His team's win broke the record and was announced in the Millbrae Sun newspaper.

When Gene started Capuchino High School, he joined their cross-country team, and when Vince arrived two years later, Gene encouraged him to join as well. Both ran cross country and track, and at that time their paces were similar.



h-Soph: (L to R) top: E. Arroyo, G. Taylor, M. Daniels, R. Dragonetti, L. Mohr, R. B. Macartney, V. French, M. Williams, D. Panti, S. Admundis

The Capuchino High School cross country team with Vince in the top row, second from the right.

In school, Vince managed the academic learning, but his grades were average. After high school graduation in 1967, he went to work for General Electric in Millbrae. On his own time, he ran solo, frequently for hours, especially in the hills behind the family house. His solo long runs, hikes, and bike trips showed his ability to be self-reliant.

The following year after high school, Vince and his friend Perry traveled in European countries for several months. On return, Vince took a job with Praxair (formerly United Carbide), handling industrial HE gases. His work hours were from 4:00 p.m. to midnight, and upon returning home and before going to bed, he regularly ran!

When Gene moved back to the Bay Area in 1983, they ran together again, including some DSE races. Vince admired his older brother, and even though they had diverged in running pace, they both volunteered for the club. But Vince put in even more volunteer hours with even more responsibilities. Vince especially appears to have viewed the DSE community not just as for his own workouts and progress, but also as a shared endeavor. Probably his commitment to the club members became ever deeper over time, and as he took on more responsibilities.

Some events that Vince and Gene entered:

- They were regular participants of the Saturday ten milers put on by the running store near Burlingame High. "This was a fun group of fast runners!" The brothers enjoyed these runs because they had to work hard to stay with the other, younger runners. The route ran through San Bruno City Park (where they played almost every day as children), crossed their high school campus, through Mills High School parking lot, and finished back in Burlingame. They ran in cross country and track meets at all three schools. Among their companions was Steve O'Posier, "Opie," who ran sub-six minute miles and who helped them train for the two San Francisco marathons Vince ran in 1982 and 1984, with 3-1/2-hour finish times.

- They participated in a 5K race at the San Francisco Airport, organized by the San Francisco Airport Police Officers Association. The course included a stretch of property adjacent to the runway. When runners were off the airport property, the gate was relocked. The exciting part of this experience was when runners learned the identity of the young lady leading the pack. She was Joan Benoit Samuelson, who had landed at SFO to visit a friend and heard about the race. A few days later after testing her legs in this race in 1984, she thrilled us all at the

Los Angeles Olympics. She ran for gold in the first Olympics marathon race where women could compete.

- He participated in the training runs and the official Bay to Breakers regularly up through 2012. Vince and Gene also ran the DSE practice Bay to Breakers for several years. Their finish times were faster than in the official race the next weekend, even though cars were everywhere in the streets for the practice race. Also for the B2B, Vince volunteered as part of the DSE "Human Wall" at the start line (separating the elite runners from all others), regularly through 2012.

And he readily volunteered. Vince said that when a group - DSE or, say, the local senior center - asked for a volunteer, he was the first to raise his hand. He volunteered for the San Bruno senior center for years, regularly helping with the lunch service as well as doing other tasks. But DSE was his highest priority. As a volunteer, he showed his independence by taking full responsibility for the big task of the equipment, but one not recognized by many runners.

Bobby Marty managed the club's equipment for years until he retired about ten years ago, when he was in his 80's. Vince had worked with Bobby already for thirty years, since shortly after Vince joined DSE. On retirement, Bobby handed the responsibility over to him.

Vince retired from Praxair in 2001. In 2003 he added early Wednesday morning runs in Woodside with DSE and Peninsula runners. The group runs in Huddart County Park and then gathers for breakfast and birthday celebrations. Vince fondly remembers sharing many happy trail miles with Amy Sonstein, Marie Appel, Erika Reed (Kikuchi), and Judith Webb. There are more than fifty DSE and non-DSE friendships that were enriched because of these Wednesday morning interactions. Vince and Gene both consider the regular Wednesday meetings very important to their health and wellbeing.



The Wednesday morning group poses with the famous Buck's of Woodside fish.

© 2018 Paul Mosel



When he's not running/walking, Vince is volunteering!

After his retirement from Praxair, Vince took on even more volunteering for DSE, as well as for the San Bruno senior center and the Mid-Peninsula Open Space District. He also volunteered with Ken Reed, for the SF Folk Festival Club, especially the Hardly Strictly Blue Grass annual event. That is, the less he could run, the more he volunteered. Volunteering kept him active in these communities.

Vince's volunteering surely has been a way to maintain strong connections, especially with the DSE, even after he was grounded by sciatica in 2012.

Throughout his adulthood, Vince has demonstrated his independence by taking full responsibility for critical tasks, and without expecting recognition. He is an essential, dependable, long-time volunteer. Volunteering has been his way of generously helping others and of showing respect for the community.

Nowadays on Wednesdays, Vince walks in Woodside with his girlfriend, Diana, before they join the others for coffee and socializing. He has started running just the distance between telephone poles, and then he returns to Diana's walking pace. He's running those short distances just to prove to himself that he can do it, but he's also considering building up.

Vince's future? "I'll stick with DSE."

Note: The Woodside Wednesday morning walkers/runners still meet at 7:30 a.m. and enter Huddart Park. These are not timed efforts for race results. Each individual tackles what they currently need to meet goals. If curious, ask Vince (he will be around the finish line on Sundays), or Gene, Suzana, Pat or me (Carol Pechler.)

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. See you Sunday!

Sunday, January 5: Polo Field 5K and Kids Run - [Course Map](#)

Course Description: Start/finish at the south side of the Polo Field in Golden Gate Park. Run southbound onto Middle Drive, right onto Bernice Rogers Way and right onto Kennedy Drive. Run up Kennedy Drive to Transverse Drive, right onto Transverse Drive, right onto Overlook (dirt trail) and right onto Middle Drive to finish.

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

Sunday, January 12: Twin Peaks 4M - [Course Map](#)

Course Description: Start/finish near the reservoir at Galewood Circle & Clarendon Avenue. This is a 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 past the gas station. Run uphill/downhill on Twin Peaks Boulevard, then turn left and run uphill/downhill on Clarendon to finish back at the reservoir.

****Be sure to join us at 11 a.m. for the General Membership Meeting at the Stonestown Sports Basement!****

Sunday, January 19: Oyster Point 10M & 5K - [Course Map 10M](#) - [Course Map 5K](#)

Course Description: Start/finish at Oyster Point Marina Park, (1 Harbor Master Road, South San Francisco) next to the ferry terminal. Both distances are flat, fast and scenic out/back courses, paved and closed to traffic, following the Bay Trail along the waterfront. The 10M is an out and back x2: from the start, start, cross the road to the path on the south side of the Marina, run out 2.5 miles, turn around, go back to start and repeat. The 5K follows the same course, but turns around at the 1.55M mark and does not repeat.

Sunday, January 26: Rockaway Beach 5K & 12K - [Course Map 12K](#) - [Course Map 5K](#)

Course Description: Start/finish at the Rockaway Beach parking lot near Dondee Street and San Marlo Way in Pacifica. Run southbound on beach promenade, left onto Rockaway Beach Boulevard, right onto Nick Gust Way. Continue over footbridge. Veer right and onto paved bike path. Stay on path crossing through the Taco Bell parking lot to rejoin path. Turn around at Pedro Point Shopping Center and return the same way to finish. The 5K ends here; the 12K continues past the finish line and north along the paved trail parallel to Cabrillo Highway. At the Calera Creek Recycling Plant, continue along the sidewalk on Cabrillo. Veer left at Mori Point Road. Follow Old Mori Road trail to the water, then turn right. Continue running along Beach Boulevard until the turnaround past Pacifica Pier. Turn around and run back the same way back to the start/finish.

Sunday, February 2: NO DSE - Opportunity to run or volunteer at the [Pamakid Runners San Francisco Half Marathon/10K/5K](#)

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

Rainfall here in the Bay Area so far in November and December has been plentiful with the averages over 100% except for the South Bay. Everyone knows that SoCal in some places has had less than .25 inches, and the Santa Ana Winds have fueled disastrous fires. The green grass you see here is not present in LA. We are in a classic La Niña pattern and some of the forecast models now show our weather turning dry with no rain into the third week of January. That could change but right now it's, sunny, mild and dry. We do think the dry pattern may come to an end in the last week of the month.



*The beautiful Golden Gate on New Year's Day.
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◆◆◆ Club Officers & Coordinators ◆◆◆



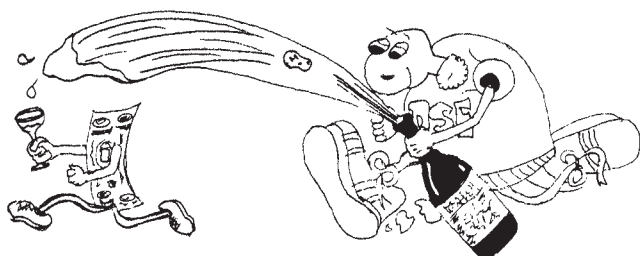
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SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

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RETURN SERVICE REQUESTED



Happy Birthday!



JANUARY

- | | | | | | |
|---|---|----|---|----|---|
| 1 | Bill Marlow
Andy Ma
Jason Reed | 12 | Ronnie Napuran
Lydia Chong
Greg Thatcher
Marina Tortorelli | 21 | Sandy Naidu
Michael Cho
Sean Owens |
| J | ing Dong
Fred Chung | 13 | Lucas Lee
Judith Jarosz | 23 | Raj Reddy
Yong Haber
Phyllis Nabhan |
| 2 | Michael Burns
Yu-chen Hu | 14 | James Tang
Vasantha Jotwani | 24 | Ron Lau |
| 3 | Peggy Chern
William Chen | 17 | Gez Devlin
Christine Miles | 25 | Lukas Wilkinson |
| 4 | Lidia Deleon | 18 | Eric Chen | 27 | Maria Pantoja
Oliver Ng |
| 5 | Basya Gale | 19 | Mike Rouan | 28 | Earl Dos Santos
Debbie Gong |
| 6 | Claire Bramwell
Alexis Chierici | 20 | Nicole Gipp
Tony Tuttle | 29 | Samuel Peck
Mila Caceres |
| 8 | Jimmy Niven
Alexandra "Sandy" Verdier
Michael Elbogen
Kate Aks
Elizabeth Hilton | | | 30 | Nikki Frantzen
Marianne Plunder |
| 9 | Wyatt Chen-Harding | | | 31 | Geoffrey Papilion
Blair Brooks |