



VOLUNTEERS NEEDED FOR DSE WATER STOP AT THE SF MARATHON

Kevin Lee

DSE is back anchoring Water Stop #7 of the SF Marathon. Kudos to our selfless/invaluable volunteers. Fresh donuts will be available to fuel the volunteers and DSE SF Marathon race participants. I am asking all volunteers to report by daylight or during the 5:00 am reporting time hour. Note: this water stop will service all three races (First Half, Second Half, and Full Marathon) with water/electrolytes!

- Location: West side of Lincoln Blvd (in the Presidio) at Bowley, just east of 25th Avenue on El Camino Del Mar.
- Arrival Time: 5:00 am
- Finish Time: 9:45 am
- Volunteers Needed: 20
- Runner Time Impact: 6:37 am - 8:42 am

If you can help, please contact me by July 14, either by e-mail (dse.pekingduck@gmail.com) or text (415-299-1730). Be sure to provide both your name and your t-shirt size. And thank you for helping to make this San Francisco tradition a smashing success!



Who wouldn't want to be a part of this pre-dawn fun?

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From the President's Desk

◆ ◆ ◆ JOE KANIEWSKI

June was great. We supported the Women's 100 X 1 mile, ran Statuto, held our Thursday Night Series, and ran the east end of Golden Gate Park for Father's Day. We ran Bakers Beach and the Coastal Trail in the Presidio, and we raced the west end of Golden Gate Park for our Polo Field race. My youngest kid came out on Father's Day and smoked me at the finish line. Thanks a lot Vinny! Kevin Lee switched the directions of our Coast Trail race this time, bringing back the feared sand ladder at the start of the race. Thanks Kevin! Who doesn't love racing and conquering the sand ladder, famous from the Escape from Alcatraz Triathlon. At least with DSE you don't have to pay \$775 for the privilege.

We have got more Thursday Night races at Lake Merced this July. We'll also be heading to Crissy Field in the Presidio, will run up to the sky of San Francisco on the top of Twin Peaks, and over to the soft trails of Presidio Wall Park at the end of the month.

It's not everyday that a DSE member is quoted in the New York Times, but I recently saw that Dr. Brian Freeley is quoted in the article/link below. Brian is a fast runner who regularly finishes in the top 20, and once he finishes his race you see him run back along the course to bring his family members in. Brian has

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a great quote below about keeping yourself healthy as you age. <https://www.nytimes.com/2023/03/01/well/move/strength-exercises-aging.html>

July is San Francisco Marathon month. DSE will once again host the loudest and funniest water/hydration station at the marathon. I can't promise you that you will see Mark Zuckerberg this year if you are handing out water. But, if you aren't running, you should consider coming out and shouting. Think of it as free advertising for DSE and a reminder to locals of our fun spirit. Because we like to make our volunteers special, we are providing fresh donuts this year to fuel our volunteers. But not just any donuts—we will be bringing in the world famous Voodoo Doughnuts from Denver, Colorado, thanks to our very own Riya Suising! In case you aren't familiar, Voodoo is famous for introducing the world to the Bacon Maple Bar, Memphis Mafia, and The Cannolo. My personal favorite is the "Oh Captain, My Captain," a Captain Crunch inspired doughnut. Voodoo offers more than 50 artisan flavor options, including 25 vegan options. More details about volunteering for our station can be found in the article by Kevin Lee later in the newsletter. But, if you want a real treat, and to support running tourists, San Francisco Bay Area runners, and DSE, come on out! Zombie costumes are entirely

CLASSIC STU-PEDS

Stu Ruth



optional but appreciated.

On July 15, Jerry Flanagan and I will be guiding visually impaired swimmers in the Olympic Club Trans Tahoe Relay. Essentially, the event is a team swim race across Lake Tahoe. Our Bay Area Achilles team will compete with a goal to finish with everyone safe and sound, swimming over 6 miles in the cool alpine waters of the most beautiful big lake in the world. Wish us luck!

Have a great month of running turtles. Stay cool, hydrated, and happy, on the roads and trails!



CALL FOR RACE DIRECTORS

We're set for July, but need directors for our August through December races! It's easy to sign up. Click the "Race Director" tab on www.dserunners.com, pick an open date, and e-mail Kevin (dse.pekingduck@gmail.com) to make it official. Easy peasy, and oh-so helpful!

GOLD REGISTRATION

If you're a DSE Gold member, you may have noticed that we've set up a self-registration line just for you! Save yourself the wait on race day morning and look for the DSE Gold Members sign at the registration table. All you have to do is check off your name on the list (or add it if you didn't preregister), grab your appropriate race tag and a pin, and you're good to go! This new system is not only easier for you, but it helps free up our volunteers when they get a sudden crush of people at 8:50 a.m. (like the nearly 180 runners who showed up at our Father's Day race!) And if you're not a DSE Gold member, it's not too late to sign up! As of this month, you can get Gold membership at a pro-rated cost of \$50 for the remainder of the year. Treat yourself!

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

IMAGINING MORE RUNNING CAMP

Woody Szydlak

A few weeks ago, I finished in less than twenty minutes on the Rainbow Falls 5k. This was surprising, because I had not come anywhere close to this fast on a 5k for many months. I had run a challenging race the day before, so I wasn't even fresh, which made my time even more surprising. I have since decided that this was because of the running camp, hosted by Olympian Shannon Rowbury and her high school coach Andy Chan, that I had finished a little more than a week before. It was amazing how much information was packed into those five half days, and how this yielded near-instant results.

First, we learned about how to have better form, and how to use stretches and shoes to stay away from injury. We learned about the importance of a warm-up before exercises and races, what foods to eat before and after exercising, and how to make a training plan for a big race. These were all running-specific, and, although they have and will help me a lot on running, the final day yielded something better.

For the last bit of the last day, we listened to Shannon Rowbury talk about her experience as a professional runner. We heard her describe the intense emotions of nervousness and sometimes defeat that she felt during her career, and how she worked through these. These lessons of perseverance go so far beyond running. I think that the ability to recognize defeat as a way of seeing areas that need improvement, not as something that is blocking our way, is one of the qualities that helps us the most in achieving our goals. Shannon is a living example of this. She told us that her strategy for defeat is to always leave with some sort of information that will help her avoid the same mistake in the future. I am sure that I will use this strategy for dealing with defeat many times in my life. This, coupled with all of the running-specific knowledge that I gained during the other days, made Shannon and Andy's running camp a fun and valuable experience for me.

Check out this TV news story on the *Imagining More Camp*! <https://www.nbcbayarea.com/news/local/shannon-rowbury-san-francisco-camp/3245267/>

For more on Shannon Rowbury's *Imagining More Foundation*, visit <https://www.shannonrowbury.com/new-page>.

HAPPY BIRTHDAY, DSE!

We don't have an official date for DSE's birthday, but we know that it was in the summer of 1966 that DSE became a fully-fledged running club, the first of its kind in San Francisco. In 2005, DSE original Rudy Stadlberger recounted the events leading up to our club's formation:

I first met Walter (Stack) at a handball tournament at the South End Rowing Club (SERC) around 1962. He was trying to find people to run with him. In both the SERC and the Dolphin Club, he was the only runner that I knew. John Boitana and I started to run with him from time to time. In the summer of 1965 he asked John and I to a meeting at Mike Lyons's house for the purpose of starting a family running club. Mike and Walt belonged to the Dolphin Club, and John and I to the SERC. We met at 6pm and stayed to 11pm. Walt led the meeting. He was interested in forming a running club that for the first time would include women and children. Mike Lyons, a high school teacher, was to put out a one-page newsletter. John and I were to push running at the SERC. Walt was to continue working on Dolphin Club members and running in general.

We decided to have several runs that started in front of the (Dolphin) club. They were: Muni Pier, Ferry Building, Hyde Street (to California Street and back), and a two person relay to Fort Point and back. Later on we added the Twin Peaks Run, Ocean Beach, and the Daly City Hill Run.

On our first run, Walt talked three women into running with us – Lucille Boitana, Diane Major, and Bonnie Parent. This was a real breakthrough.

During one five-hour meeting, Mike supplied us with Walt's favorite drink – whiskey and Coca-Cola. We left the meeting feeling pretty good!

I must say again that Walter was the leader.



A DSE Sunday race in 1972. These days, we have many hundreds more members and race participants, but the San Francisco landmarks and the camaraderie are unchanged!

© 1972 Pat Cunneen

RACE RECAPS

June 11, 2023

Lake Merced 4.5M

Race Director: Michaela Rouan

Volunteers: Connor Rouan, Mike Rouan, Phyllis Nabhan, Julian Weisser, Paul Mosel, Bill Woolf, Laurie Quinlan, Vincent French, Kevin Lee, Ron Baxter, Chewey Lam, Jim Buck, Jane McFarland



RD Michaela Rouan

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91 participants: 94 racers (52 men, 32 women), 7 self-timers



A job well done.

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June 18, 2023

Father's Day Rainbow Falls 5K & Kids Run

Race Director: Kittzy Aviles

Volunteers: Pat Geramoni, Yong Haber, Phyllis Nabhan, Julian Weisser, Paul Mosel, Bill Woolf, John Albertoni, Judith Jarosz, Vincent French, Kevin Lee, Ben Beeler, Calvin Chan, Ron Baxter, Samantha Kamras, Terri Rourke, Tony Nguyen, Wilca Gallagher, Chewey Lam, Veronica Balistreri, Marcus Balistreri, Mitchell Sollod, Calvin Chan



RD Kittzy Aviles

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176 participants: 162 racers (99 men, 61 women), 5 self-timers, 11 kids



Runners on their marks.

© 2023 Veronica Balistreri



Sprint through the finish!

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June 25, 2023

Coastal Trail Challenge 10K

Race Director: Vanessa Jacoby

Volunteers: Yong Haber, Mitchell Sollod, Pat Geramoni, Chewey Lam, Paul Mosel, Bill Woolf, Ken Wu, Vincent French, Chewey Lam, Kevin Lee, Gene French, Larry Jewett, Ron Baxter, Gary Brickley, Wendy Newman, Edward Caldwell, Kenneth Fong, Mike Rouan



RD Vanessa Jacoby

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80 participants: 76 racers (53 men, 23 women), 4 self-timers



Climbing the infamous sand ladder.

© 2023 Wendy Newman



Honorary race finisher :)

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2023 COASTAL TRAIL CHALLENGE

The Coastal Trail Challenge is one of the toughest and most beautiful courses on our calendar--we've even heard it described as a "bucket list" 10K. Looking at these fabulous photos by Wendy Newman, it's easy to see why! Congrats to all finishers, and thanks to Wendy for sharing these beautiful pics.



GREETINGS FROM THE RAPOZOS

We always love getting mail from Wally and Liese!

We are getting too old and decrepit to run, but have a grandson who has taken over. He actually qualified for Boston, but is concentrating on his family and job. He often runs with the Stars and Stripes, in honor of fallen servicemen.

I'm one of the original Peakbusters...did it twice; that was a CHALLENGE. Running---and eating 'right', sure helps keep you going...good genes help. That was one of the awards I appreciated; the other was from Huntsville, TX; A 50K/50M, in December, in a forest, near the state prison. Somehow I lost the glow-lights they had hung on the trees, to mark the course...and got lost. Eventually I found a road, and a road leads somewhere...and I made it to the finish before they sent out a search party. That was an award I treasure. Who said that running was boring?

Actually, we ran on every continent, from 10Ks to ultramarathons. South Africa was interesting...saw a lot of wildlife. Singapore was fascinating. We also participated in biathlons (run/XC-ski/snowshoe and shoot) and a couple of triathlons. It pays to invest in decent equipment (and shoes). A street bike doesn't do it. We also did some rafting; you have to pick your participants carefully...as some people are sooooo stupid. One woman not following safety instructions almost got us drowned. Another know-it-all driver who shared our car almost got us lost, in Africa, in the middle of the night, no street lights, no signs. Of all the places we've been, we love Rome (and all of Italy), and Singapore is sooo special. No, we are not rich...you have to budget carefully and pass up some things, to save money. I wish they would not engrave names on awards; when you collect a whole bunch, it would be nice to donate to some schools which have limited budgets for awards for the kids.

We are soooo old; we remember when Walt Stack first started DSE. He was a remarkable person; did a triathlon every day--biked to the bay, swam and then ran. I had pictures of us, but somebody borrowed them and never returned them.

We volunteered at S.F. Airport for 15 years (Information). I'm bilingual, with a smattering of other languages; I was able help many travelers who didn't speak a single word of English. When you travel, you need to learn a few words: please, thank you, yes, no, and where's the nearest bathroom.

We no longer drive, nor have a car; I miss going to DSE and all the activities!

REMEMBERING LOCAL LEGENDS

Amber Wipfler

It's been a rough few months for our running community, as we said goodbye to some of our most beloved members.

Hans Schmid, Dipsea legend, passed away at age 83 on May 21, 2023. A longtime Marin County resident and member of the Tamalpa Runners, Hans was the oldest winner of the famed Dipsea, winning the 2012 race at the age of 72. Incredibly, Hans didn't start running until he was 63 years old, but was immediately drawn to both the competition and the camaraderie. Within 4 years, he was regularly receiving the coveted Dipsea black shirt, awarded to the top 35 finishers. Hans won nine black shirts in total (including one at age 77) and ran his last Dipsea in 2019, at the age of 79. Hans will be remembered for not only his running accomplishments, but his sense of adventure (he ran marathons on all seven continents), sense of humor, and all the encouraging words he gave to runners of all levels. Many of us DSE'rs have warm memories of Hans, and we are keeping his family and loved ones in our thoughts.

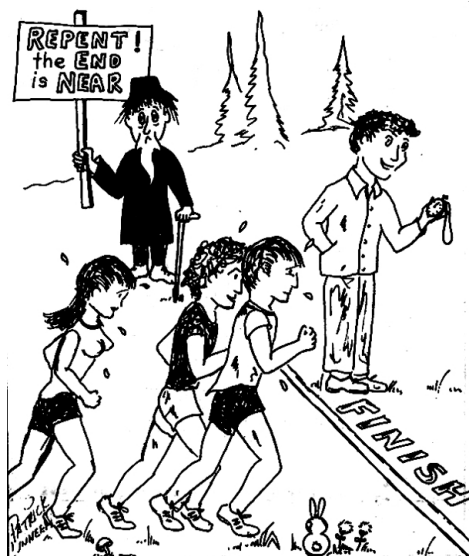
Patrick Cunneen, longtime DSE member and co-founder of the Pamakids racing team, passed away on June 11, 2023 at age 89. A San Francisco native, Pat grew up in the Sunset (attending St. Anne's and Sacred Heart) and spent two years at the University of San Francisco, before serving his country in the Coast Guard during the Korean War. Pat thereafter spent 38 years as a firefighter with the Daly City FD, and raised his family in the Westlake District.

Of course, it's impossible to talk about Pat without talking about Betty, his wife of 52 years. Pat and Betty were accomplished athletes who enjoyed outdoor activities of all types, including weekly Wednesday night runs around Lake Merced. It was there that Betty decided to form a new AAU running club, officially sanctioned in 1971 as the Pamakids. Like DSE, Pamakids was far ahead of its time, including women and children during a time when neither were permitted to compete in most races. Pat and Betty were synonymous with Pamakids for the next four decades, until Betty's passing in 2012. Pat continued to serve Pamakids as a mentor (and accomplished sign-painter!) up until his death. He was also a 50+-year member of the South End Rowing Club, which combined his love of sports with his love of the open water.

Everyone who knew Pat was touched by his kind heart, not to mention his incredible knack for storytelling. He will be greatly missed by his friends at DSE and Pamakids, and we send our sincerest condolences to his family.



Betty and Pat celebrate the Pamakids Rites of Spring.
© 2007 Phyllis Nabhan



Pat also enjoyed drawing, and penned the occasional cartoon for this very newsletter!

© Patrick Cunneen

Bob Theis, a member of DSE since 1978, passed away on June 11, 2023. Until the last few years, Bob still made it out to Sunday races, just to chat and spend some time with the club that meant so much to him.

Bob's son, Jim, sent us the following message: "My father passed away on June 11, 2023, at the age of 94. I came across his member profile from one of your newsletters. He joined DSE Runners in 1978. Quoting from that article, 'What I like most about the club is its relaxed atmosphere and the friendliness of the members.' He enjoyed running and racing; he talked fondly about your races and the fellow members he met. Several members became his close

friends. Looking around this room now, I see many DSE trophies and ribbons, including his certificate for 2012 Distinguished Man. While he hadn't done any races in some time, I know that he missed them. My siblings and I would like to thank DSE Runners and its members for keeping my dad happy for many years."

In 2005, Bob was featured in the DSE News column "Great Achievements in Running." The article, written by Janet Nissenson, read:

Bob began running at St. Ignatius High School in San Francisco back in 1946, where he often won his event—the 440. After that he ran off and on for many years but started his serious running in 1977. He had learned about races held on the third Sunday of the month at Terra Nova High School in Pacifica. This is where he met Jim Pommier, who told him about the Dolphin Club. Bob called Walt Stack, joined DSE in 1978 and has been a member ever since (27 years and counting!) At that time he was 50 years old. Bob's PRs were set in his early 50s—a 22:05 5K, 45:12 10K, and 1:42 half marathon. He has completed two marathons, the faster in 4 hours 14 minutes. Some of Bob's proudest running accomplishments include completing the Sri Chinmoy 10 Miler in 75 minutes 20 seconds, and the PA/AAU (now PA/USATF) 25K Championships in 2 hours 6 minutes 23 seconds (Bob has obviously kept excellent records!). Another running memory that comes to mind was the second time he ran the DSE Fort Point Promenade Run. A runner kept challenging Bob for about three miles on the way back. She caught him at the top of the hill above the tunnel but had nothing left so Bob out-sprinted her to the finish line. While Bob's running has slowed down as the years have passed, his spirit and attitude continue to hold fast and you can find him out there on the course almost every Sunday.

Bob was a friend to so many in the club, and all the fond thoughts he had about DSE and its members is reciprocated ten times over. We are sending all of our warmest thoughts to his family and loved ones.



Bob was a friendly face at DSE events for the better part of four decades, and will be greatly missed.
© Theis family

Monthly Running Schedule

All races begin at 9:00 a.m., unless otherwise noted. Gold, Teen, and Child Memberships include unlimited races; the race fee for Standard Members is \$5; and non-members pay \$10.

If you have questions about race registration, please email dseracesignup@gmail.com. See you Sunday!

Sunday, July 2: **Polo Field 5K** - [Course Map](#)

Course Description: Start/finish at south end of Polo Field, Golden Gate Park. Run westbound on 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.

Thursday, July 6: **2023 Summer Series at Lake Merced** - MEMBERS ONLY - [Course Map](#)

Course Description: Start/finish at the north end of Lake Merced (the 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 6:30pm. Finish line closes at 7:30pm.

Sunday, July 9: **Crissy Field 5K and Kids Run** - [Course Map](#)

Course Description: Start/finish at Yacht Harbor parking lot. Run west along Crissy Field/Golden Gate Promenade. Stay along path into Fort Point National Historic Site. Turnaround at orange cone and return same way to finish.

Kids Run starts after finish of 5K

Thursday, July 13: **2023 Summer Series at Lake Merced** - MEMBERS ONLY

Sunday, July 16: **Twin Peaks 4M** - [Course Map](#)

Course Description: Start/finish at reservoir at Galewood Circle & 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 Ave. Continue up Woodside Ave. past the gas station. Run uphill/downhill on Twin Peaks Blvd. then left and run uphill/downhill on Clarendon and finish inside reservoir.

Thursday, July 20: **2023 Summer Series at Lake Merced** - MEMBERS ONLY

Sunday, July 23: **NO DSE - Run (or volunteer!) at the San Francisco Marathon/Half Marathon/5K**

Thursday, July 20: **2023 Summer Series at Lake Merced** - MEMBERS ONLY

Sunday, July 30: **Presidio Wall 5K (Off-road)** - [Course Map](#)

Course Description: Start/finish on the grass lawn 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.

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.

2023 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 (pro-rated to \$50 on July 1) 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 good start to July, the second week of the month should provide the warmest temperatures so far this year for San Francisco and bring HOT temperatures into the Bay Area inland valleys similar to what occurred on the July 4th weekend. For the coast, cooler weather will return but it will stay seasonably warm in the interior valleys including the Tri-Valley (680) corridor, upper Napa Valley, and the 101 corridor north of Santa Rosa and south toward Gilroy. More seasonable weather with the usual fog and low clouds at and near the coast and bayside locations will round out the month, which should end up with near to slight below normal temps.



A typical foggy summer day in The City. We wouldn't have it any other way!

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◆◆◆ Club Officers & Coordinators ◆◆◆

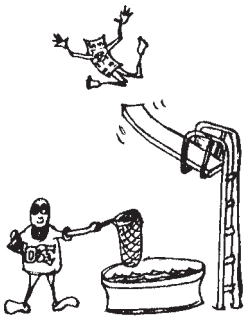


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RETURN SERVICE REQUESTED



Happy Birthday! ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦

JULY

- 1 Elias Torres
Sasha Cox
Peter Hsia
- 2 Rick Mollenkopf
- 3 Kim Kay
Linda Carter
Vivienne Cornwall
Linda Carter
- 4 Fiona McCusker
HAPPY 4TH OF JULY!
- 5 Peter O'Reilly
Marie-Pierre Carlotti
- 6 Jack Bascom
- 7 William Choi
- 8 Kyle Rabkin
- 9 Alexander Kuglen
Dan Osipow
- 10 Jana Barron

- 12 Erin Muladore
- 13 Layla England
Mika Pfalzer
- 14 Jinny Kim
Marissa Balistreri
- 15 Michelle Gannon
Riya Suising
Kali Zivitz
- 16 Delsa Rendon
- 17 Elaine Barton
Juan Melendez
Leslie Dicke
Bob Butchart
- 18 Dragan Zupac
Sergey Vasyliiev
- 19 Kay Teiber
Emre Tepedelenlioglu
Naomi Ng
- 20 Katherine Wait
Connor Flanagan

- 21 Camila Rutledge
Robert Butchart
- 23 Augustus Burleigh
Rob Kay
- 25 Arman Anoshiravani
Brian Feeley
Andrew C Ng
- 26 Ana Grijalvo
Wyatt Alt
- 28 Jennifer King
Margie Whitnah
- 29 Everett Taft
- 30 Wallace Rapozo
- 31 Isa Ankus
Doug Edmonds
Peter Lee