



THE JEANIE KAYSER-JONES 5K

Amber Wipfler

DSE is absolutely thrilled to announce that our October 8, 2023 race is officially the Jeanie Kayser-Jones 5K. It's hard to think of another DSE member more deserving of this honor, given her running accomplishments and dedication to DSE. Jeanie is also a professor emeritus of UCSF, where she won numerous awards for her teaching and scholarship in the field of nursing and gerontology. (Click [here](#) to access Jeanie's roundtable discussion with Walt Stack and other DSE members, presented during one of her lectures.) And did we mention that she is one of the kindest, most humble people we've ever met? We are all truly lucky to have her in the DSE family.

Female runners in particular owe a great debt of gratitude to Jeanie and the athletes of her generation, who (literally) ran through gender barriers during a time when women were not considered fit to participate in such activities. It's thanks to runners like her that runners like me (and now my niece!) can sign up for races without a second thought.

More on Jeanie's accomplishments can be found on page 6. Read all about them, then join us in celebrating her on Sunday the eighth. Congratulations, Jeanie, and thank you for everything!



Jeanie (middle) celebrates her silver medal for the masters mile at the SF Examiner Indoor Games. She won gold the two previous years!
© 1978 Theo Jones

From the President's Desk

◆ ◆ ◆ JOE KANIEWSKI

September was a good month. We got some sunny races and trails at Mountain Lake Park, Lands End, San Pedro Park and Sierra Point. For October, we are scheduled to race at Spreckels Lake, the San Francisco Mile (uphill on JFK Drive), Rockaway Beach, and Great Highway for Halloween. Our Halloween Race Director, Yoly Pantig, wanted me to remind everyone to make sure you wear a fun costume for our Halloween race!

This year's picnic was a blast. We had a good trail race, kid games, cornhole matches, volleyball and we grilled. Thank you one and all for coming out and bringing the salads and desserts. A special shout out to Marsi Hidekawa, Anne Burke, Shawn Sax, Rebecca Teichman, Tim Danison, Vanessa Jacoby and Liz Isaacs for MC'ing. It is always great to see how we bring together kids, GenXers, and Boomers, alongside our 70-90 year old members.

We will honor Jeanie Kayser Jones on October 8 by naming our Spreckles Lake 5K the Jeanie Jones DSE race. If you are new to the club, Jeanie has been a DSE member for over 50 years as a volunteer, mentor, and runner at our races. So it is about time we name a race after her and celebrate her accomplishments and contributions to the club. Come to the race that day, hear

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a few pronouncements, and leave with a ribbon that honors her.

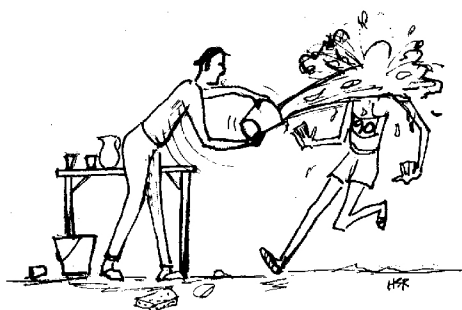
I was able to finally see *26.2 to Life* on the big screen this month at the Roxie Theater. If you are unfamiliar with it, Christine Yoo's documentary tells the story of a unique race: the San Quentin Prison Marathon, run by inmates at the maximum-security facility. Having volunteered there, I think the film does a good job telling the stories of some of the inmates and volunteers. The documentary is really well made. You see how transformative running can be even in the worst conditions. I hope more prisons can follow the 1,000 Mile Club's example, and similar programs will expand to more institutions.

I know we have a race in Pacifica on October 15, but there will be a San Francisco community running festival from 9:30 - 12:30 at the Sports Basement Presidio. Over 20 Bay Area running clubs will be represented, DSE included, along with an Inclusivity Panel with our own Chewey Lam participating.

The SF Run Fest reminds me of a recent New York Times article about the big increase in running clubs across the country. Titled *My Running Club, My Everything*, the article talks about the growth of running clubs and how friendships and even marriages can develop over runs, and how the benefits of running in a group are social as well as physical. Based on the

CLASSIC STU-PEDS

Stu Ruth



turnout and the diversity of ages in our running club, from infants to 99 years old, I think we are doing pretty good. Have a great October turtles; see you out on the race course.



Is there a better way to spend a Tuesday evening than speedwork (usually followed by cookies)? We think not!

© 2023 Debbie Symanovich

DSE ALL WEEK LONG

DSE is not just for Sunday mornings! Join your fellow members for some of these incredible (and free!) activities - beginners and DSE newbies are especially welcome! Check DSE's Facebook page for specifics posted each week.

Tuesday Yoga (online)

Janet Nissenson knows just what a runner needs to stretch and strengthen. Join online for an hour session your body will thank you for!

Details: Zoom 5pm - join Zoom [here](#) - email Janet at jlissenson@gmail.com

Tuesday Track

BYO speed workout, or get the lowdown on what Debbie Symanovich is doing. Run faster in community!

Details: Kezar 6:15pm - meet midfield on north side of track - text Debbie at 415-314-6556

Saturday Fun Run

No one knows Golden Gate Park's less-traveled paths better than Mitchell Sollod. He'll take you on a 4-mile gently paced journey through SF's gem of a park. All paces and faces welcome.

Details: Most Saturdays, GGP 8:15 am - meet at the Water Fountain, NW corner of JFK and Transverse Drive - see [Facebook](#) for weekly details (posted by Thursday prior).

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

HAPPY BIRTHDAY BOBBY

Our beloved Bobby Marty celebrated his 95th birthday on September 19th. DSE sends out all of our best wishes, for a fantastic year and many more to come!



The birthday boy.
© 2023 Wendy Newman

DSE IN THE WILD

Amber Wipfler

With only three club races in September, DSE's had the opportunity to participate in all matter of other events this past month. On September 3, many a member showed their dedication to both running and the Orange and Black at this year's Giant Race, with participants getting to finish on the field at Oracle Park and cross home plate. (Now if only the Giants themselves could send that many people across home!) Then on September 17, a whole heap of turtles ran or volunteered at the Mermaid Series, while others put the "fun" in "fundraising" at the Richmond District YMCA's Jog in the Fog.



Our Mermaid Crew celebrates a race well run!
© 2023 Yoly Pantig

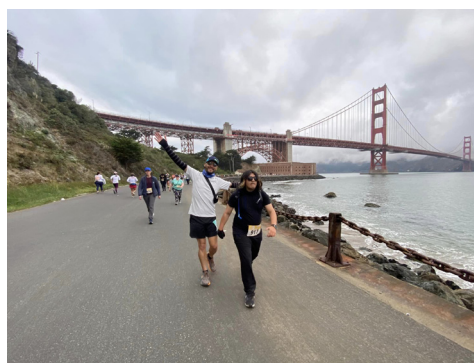
Remember: we love hearing about what you've been up to, DSE-sponsored or not, so be sure to share your running accomplishments on the club Facebook page...or better yet, send them to your friendly neighborhood newsletter editor for publication! Keep having fun out there, turtles!



G-squared (George and Gary) with their G-men medals.
© 2023 George Rehmet



Detail of this year's Giant Race medal. We hear that participants also scored an Alyssa Nakken bobblehead!
© 2023 Pat Griffin



Mermaid runners and that big orange bridge that the tourists seem to like so much.
© 2023 Yoly Pantig

RACE RECAPS

September 3, 2023

Mountain Lake Park 5K & Kids Run

Race Director: Ron Baxter

Volunteers: Kitzzy Aviles, Phyllis Nabhan, Yong Haber, Kristan Elman, Amber Wipfler, Bill Woolf, John Albertoni, Laurie Quinlan, Vincent French, Kevin Lee, Kenneth Fong, Paige Baxter, Jake Ricker, Uliana Popov, Jim Buck, Jane McFarland, Suzana Seban, Sergey Vasyliiev, Veronica Balistreri, Marcus Balistreri



RD Ron Baxter
© 2023 Paul Mosel

100 participants: 98 racers (62 men, 36 women), 2 self-timers, 10 kids



Rebecca along the Bay.
© 2023 Jay Boncodin



If you're not having fun, what's the point?
© 2023 Wendy Newman

September 10, 2023

Sierra Point 10K

Race Director: Brian Hartley

Volunteers: Mike Rouan, Yong Haber, Mitchell Sollod, Paul Mosel, John Albertoni, Terri Rourke, Kevin Lee, Ron Baxter, Uliana Popov, Neal Ashton, Jay Boncodin, Chewey Lam, Vincent French



RD Brian Hartley
© 2023 Paul Mosel

84 participants: 80 racers (48 men, 32 women), 4 self-timers



Rebecca along the Bay.
© 2023 Jay Boncodin



There would be no races without our wonderful timekeepers!
© 2023 Jay Boncodin

September 24, 2023

San Pedro Park 5K & Kids Run

Race Director: Veronica Balistreri

Volunteers: Pat Geramoni, Mitchell Sollod, Carol Pechler, Chewey Lam, Paul Mosel, Deysi Ocampo, John Albertoni, Phyllis Nabhan, Vincent French, Kevin Lee, Jay Boncodin, Ron Baxter, Richard Hannon, Phyllis Nabhan, Kristan Elman, Juan Castro, Marcus Balistreri, Marissa Balistreri



RD Veronica Balistreri
© 2023 Paul Mosel

77 participants: 63 racers (42 men, 21 women), 8 self-timers, 6 kids



JJ is ready to tackle some hills.
© 2023 Paul Mosel



Intense finish!
© 2023 Paul Mosel

DSE PICNIC

Wally Raposo writes, “We just came home from a fabulous picnic at San Pedro Valley Park. The weather was fantastic. We didn’t run...just socialized....many new faces--a whole new generation! There are so many people to thank...all the people who cooked and served.....and cleaned up. It’s such a great bunch of people. Gettin’ old isn’t much fun, but there are so many people in the group who are so kind. AND HELPFUL!

“We have some new DSE hats...cool. We already have the new sweatshirts---I still have the original blue cotton shirt. Wonder how many people are still around who knew Walt Stack (and Marcie)--a remarkable person...Start slow and taper off...Some of the other clubs were so ‘exclusive’ and wanted people to really run/race and W I N. This might be a good time to say ‘Thanks a bunch’....the cooks, the servers, the cleaning crew.... We love the new hats...It’s a runners’ choice park...easy trails, challenging hills, great views. If you run early in the day, you can see rabbits, cayotes, an occasional garden snake; wild cats....easy trails, challenging ones. Such a variety of scenery! If you can’t run/jog/race---volunteer--earn volunteer points!”

We couldn’t have said it better ourselves! Please enjoy these pics from the picnic, courtesy of Paul Mosel, Marianne Frank, Steph Soler, Veronica Balistreri, Liz Isaacs, and Yoly Pantig.



GREAT ACHIEVEMENTS IN RUNNING: JEANIE JONES

Jeanie Jones, as told to Janet Nissenson

Ed. note: This article was originally published in the February 2006 DSE News.

In 1970 Theo and I were in Golden Gate Park, he running and I riding a bike. Wanting to see how far I could run, I asked Theo to switch and I was amazed to be able to run a mile without stopping! That was the beginning of my running career, and I haven't stopped running since.

I was teaching at the University of San Francisco at that time and spending a lot of time at my desk. To change my sedentary lifestyle, I decided that I would run a mile every Saturday. One Sunday, Theo encouraged me to go to a DSE race, and I became a member. I met Walt Stack, and he was so supportive of the women who were running. It was always fun to go to the DSE races, knowing that Walt would be there to encourage us and give hugs and kisses to the women as he handed out the ribbons.

In 1973, Theo was going to run the Avenue of the Giants marathon, and he asked if I would like to go along. The night before the race, someone suggested that I run the marathon, too. I was only running a few miles a week, but Walt said, "When you get tired, you just stop and walk a while, and then you can start running again." Amazingly, I finished, but only Theo, Walt and one or two other people were at the finish line. Everyone had gone home; my time was so slow (4:43), but I was thrilled to have run a marathon.

In 1975 I ran the Sonoma marathon in 3:27:42, then a 3:23:28 at Boston in 1976 in spite of 105 degree weather at the starting line. I ran my best marathon at West Valley in 1977, where I ran a 3:07:01 time, but one of the highlights of my marathon experience was the Nebraska marathon. I was born and raised in Nebraska, and many family members were at the finish line. It was a hot and humid August day, but I finished in 3:16:17 and was the first woman overall.

In 1976 I learned that for the first time ever Masters women would compete in a mile event in the SF Examiner Indoor Games, an important track meet. My friends encouraged me to compete, but I was dubious, and quite honestly afraid, because I had never run the mile or on an indoor track, and I had only five weeks to train.



*Jeanie and Theo, race directors extraordinaires. Did you know that Walt Stack officiated their 1976 wedding?
© 2018 Paul Mosel*

I talked to my running friends and we decided that doing intervals twice a week was the best preparation. Theo, Otto Sommerauer, and several friends came to the track at SF State twice a week, on cold winter nights, while I did intervals. Theo patiently timed every 440, 880, and mile workout; it was surprising how quickly my times improved. When we arrived at the Cow Palace on the night of the event, many of our running friends were sitting in the front row, and I could hear them cheering, "go Jeanie, go," as I ran 11 laps to complete the mile. Suddenly, the race was over, and I had won the gold medal in a time of 5:41. This was one of the most exciting experiences of my life. The next year I again ran the mile, and again I won the gold medal with a time of 5:51. In 1978 I competed for the third time, winning the silver medal with a time of 6:04.

Running is a wonderful experience. We meet wonderful people and make great friends, it helps us to stay healthy, and it provides us with lasting memories. I have completed 25 marathons and three ultramarathons, but now I run primarily to stay healthy. I am amazed at and appreciative of the generosity of so many DSE members who do so much for the club. I have a very busy career, but when I do retire I hope to give back to the club some of what others have given to make our races possible. It is a privilege to be associated with such a fine group of people.

Jeanie fulfilled that promise and then some, through her dedicated volunteer work with DSE. We are so grateful for all she has done for our club!



Jeanie warms up after finishing second in Scotland's 36.2-mile. Women had never been admitted to this race before, but Jeanie's 1983 application changed all that!

© 1983 Theo Jones

DSE & CHAT GPT

Our Robot Overlords

Ed. note: With all the news about artificial intelligence and chatbots that can (supposedly) create humanlike conversational dialogue, I thought it might be fun to see what Chat GPT (one of the most widely used chatbots) had to say about our running club! I gave it the prompt "Tell me a story about Walt Stack," and this is what it came up with.

Walt Stack, the legendary San Francisco runner known for his eccentricity and passion for running, has left behind a legacy of inspiration and joy. Here's a story that captures the essence of Walt Stack:

It was a cool, misty morning in San Francisco, as it often is. The Golden Gate Park was blanketed in a light fog, giving the place an ethereal feel. Walt Stack, a local running legend, was a familiar figure in the park, known for his unique approach to the sport. This particular morning, as he laced up his running shoes and donned his suit and tie, he couldn't help but chuckle at the bewildered looks from fellow park-goers.

Walt Stack was no ordinary runner. He had been running daily for decades, and his commitment to running eight miles every day, rain or shine, had earned him a special place in the hearts of the San Francisco running community. But what truly set him apart was his unbridled enthusiasm and his belief that running should be a joyous experience, not a chore.

As he started his run, cigar in hand and a big smile on his face, he greeted every passerby with a cheerful "Good morning!" Walt wasn't out to break records or win races; he ran for the sheer love of it. He found beauty in the simplest things—the sound of his footsteps on the pavement, the rustling of leaves in the wind, and the feeling of his body in motion.

Walt Stack's love for running was infectious. He inspired people of all ages and backgrounds to take up the sport. One day, as he trotted along the park's winding paths, he encountered a group of children playing near the duck pond. With his characteristic warmth, he stopped to chat with them. "You know, kids, running is the best thing in the world. It keeps you healthy, happy, and full of energy!" he told them.

The children were captivated by Walt's enthusiasm, and soon, they joined him for a short jog around the pond. Their laughter filled the air as they raced and chased each other, fueled by the sheer joy of running. Walt Stack had a magical way of turning a simple run into an unforgettable adventure.

As the years passed, Walt continued to run, his daily eight-mile streak becoming a beloved tradition in San Francisco. He became a local icon, known not just for his running but for his zest for life and his ability to spread happiness wherever he went.

One day, after finishing his run, Walt Stack sat on a bench overlooking the Golden Gate Bridge. He gazed at the iconic landmark, taking in the breathtaking view of the city he loved. He thought about all the miles he had run, all the people he had inspired, and all the joy he had experienced along the way.

Walt Stack may have run his last mile when his health eventually caught up with him, but his spirit continues to live on in the hearts of runners and dreamers all over San Francisco and beyond. His story reminds us that running, like life itself, is a beautiful journey meant to be embraced with passion, humor, and a whole lot of joy. Walt Stack taught us that every step we take can be an adventure, and every run can be a celebration of life.

Well that was...entertaining, if not particularly accurate. I love the vision of Walt Stack prancing through Golden Gate Park like some sort of Disney prince, with little children and possibly some forest creatures running at his heels. I suppose this means that my job as newsletter editor is safe from the robots, at least for now!

VOLUNTEER: YOU KNOW YOU WANT TO!

We still need race directors for November and December! You know the drill: 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.

We also need volunteers at every Sunday race to help out with finish line tasks (timing, pulling tags, spindling, and handing out ribbons), as well as course monitors. If you haven't volunteered yet this year, please give up running one of these Sundays and make a contribution to the club that gives you so much. The success of our races (and our club!) depends on everyone doing their fair share.

Volunteer sign-up is easy--just use the same e-mail link you'd use to pre-register, but choose a volunteer slot instead of a race slot. You can also answer the weekly call for volunteers made on the DSE Facebook Group. Thanks in advance for your help, and for making DSE the best running club in SF!

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, October 1: **Lands End 5K** - [Course Map](#)

Course Description: Start/finish at the Lands End upper parking lot, at the end of El Camino del Mar (near the USSSF Monument). Run south towards Point Lobos Ave., make sharp turn at Point Lobos Ave., run on Lands End Trail towards El Camino Del Mar, turn around before Lincoln Highway and return.

Sunday, October 8: **San Franciscan Mile and Jeanie Kayser Jones 5K** - [1M Course Map](#) - [5K Course Map](#)

Course Description:

1M: Start at Kennedy Drive near Spreckels Lake/Finish on Kennedy Drive/Transverse in Golden Gate Park. Run eastbound (uphill) along Kennedy Drive from Spreckels Lake to Transverse Drive.

5K: Start/finish: Kennedy Drive near Spreckels Lake. Run westbound on Kennedy Drive, left onto Chain of Lakes dirt path, left onto Martin Luther King Jr. Drive pedestrian path, left onto Transverse Drive, left onto Kennedy Drive to downhill finish.

Sunday, October 15: **Rockaway Beach 5K** - [Course Map](#)

Course Description: Start/finish at Rockaway Beach Parking Lot, Dondee St & San Marlo Way in Pacifica. Run southbound on beach promenade, left onto Rockaway Beach Blvd, right onto Nick Gust Way. Continue over footbridge. Veer right and begin 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 same way to finish.

Sunday, October 22: **Presidio Wall 5K** - [Course Map](#)

Course Description: Start/finish on 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.

Sunday, October 29: **Great "Halloween" Highway 5K & Kids Run** - [Course Map](#)

Course Description: Start/finish on Great Highway at Taraval. Run northbound; turn around prior to Lincoln Way and return to finish. Kids run starts after 5K ends, at approximately 9:45 a.m.

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 the hot wave for the first week in October, cooler weather more typical of fall is likely in the middle of the 2nd week in October, with below normal temperatures. High temperatures return to normal with lots of sunshine for the remainder of the 2nd week of October. Longer range models show dry and mild weather in the 3rd week of October with above normal temps, especially near the coast and in SF with many days in the 70's. A weather change is in the offing before Halloween with rain likely and much cooler temperatures. El Nino is on its way with rain starting in earnest in November.



*The beautiful Bay in Brisbane.
© 2023 Paul Mosel*

◆◆◆ Club Officers & Coordinators ◆◆◆



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Walt Stack

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RETURN SERVICE REQUESTED



Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

OCTOBER

1	Juliette Lloyd Shawn Gallagher Janet Nissenson	10	Kate Glass Eirik Oeyo Lucy Fouksman Vincent French	21	Veronica Moss Justin Hubbard
2	Matthew Bouchard Daniel Connelly Ezra Corliss	11	Ramona Esquivel	22	Tracy Purrington
4	Sloane Cook	12	Fred Haber Grant Martin Tom Kuglen	23	Jeremy Grace Stuart Cornwall Sam Louie Abigail Grace
5	Marlin Gilbert Peter Flessel Alison Wood Arlene McCarthy Stephanie Soler Craig Cohen	13	Rushelle Bragas Magnus Burleigh Oscar Osorio	25	Mat Honan John Blankenship
6	Shengnan Yu Suzanne Hyer Brooks Esser	14	Matthew Kuglen Greta Wang Victor Skorapa	26	Noah Torres Mike Hung
7	Adrianna Tan Lucas Yan Evan Adams	15	Claudia Vlasak	27	Michael Chassac
8	Rafael Perez Francisco Hernandez	17	Shelby Attley Ironmike Schiff	29	Nikhil Sangani Calvin Chan
9	Janet Allen Chas Edwards Larry Wuerstle Steven Koster	18	Stefano Albertil Melinda Langlois	30	Theo Jones Shelly Taylor
		19	Sister Marion Irvine Paul Mosel Rebecca Perrine Pat McAnaney	31	Jim Buck
		20	Kevin Pope Charles Michalopoulos Ed Olkowski		