

**SANDAG VANPOOL PROGRAM**  
**AVAILABLE VANPOOL SEATS (as of January 10, 2017)**  
**FY18**  
**January 2018**

ID	Email	Origin	Destination	Work Hours	Seats Available
2213	<a href="mailto:cynthia.frenzel@usmc.mil">cynthia.frenzel@usmc.mil</a>	Menifee	Camp Pendleton	6:30-4:00	1
2254	<a href="mailto:levi.white@usmc.mil">levi.white@usmc.mil</a>	Murrieta	Camp Pendleton		3
1706	<a href="mailto:thomas.munford@usmc.mil">thomas.munford@usmc.mil</a>	Murrieta	Camp Pendleton	7:30-3:30	1
2528	<a href="mailto:purefoybenb@gmail.com">purefoybenb@gmail.com</a>	Murrieta	Camp Pendleton	7:00-5:30	1
2442	<a href="mailto:cuti4567@yahoo.com">cuti4567@yahoo.com</a>	Orange Co - Westminster	Camp Pendleton	6:45-4:30	1
2287	<a href="mailto:walter.woods@usmc.mil">walter.woods@usmc.mil</a>	Spring Valley/Lemon Grove	Camp Pendleton	7:00-3:30/4:00	1
362	<a href="mailto:phillips.k.nguyen@usmc.mil">phillips.k.nguyen@usmc.mil</a>	Trabuco Cyn/Laguan Hill	Camp Pendleton	6:30-4:00	1
1416	<a href="mailto:Armando.diaz@usmc.mil">Armando.diaz@usmc.mil</a>	Sun City/Menifee	Camp Pendleton - Area 22	6:30-4:00	2
2493	<a href="mailto:salim.d.syed@usmc.mil">salim.d.syed@usmc.mil</a>	Temecula	Camp Pendleton - Area 22	6:30-4:00	2
2596	<a href="mailto:johnnye.smith.ctr@navy.mil">johnnye.smith.ctr@navy.mil</a>	Murrieta/Temecula	Camp Pendleton - Area 52	6:00-2:30	2
727	<a href="mailto:renee.morero@usmc.mil">renee.morero@usmc.mil</a>	Murrieta Hot Spgs - Walmart	Camp Pendleton - Mainside & 22nd Area	7:00-4:30	1
363	<a href="mailto:robert.directo@usmc.mil">robert.directo@usmc.mil</a>	Temecula	Camp Pendleton-22 Area	6:00-3:30	1
2363	<a href="mailto:hopkins.nathan@scrippshealth.org">hopkins.nathan@scrippshealth.org</a>	Escondido	Campus Pt - Scripps	8:00-5:00	2
534	<a href="mailto:james.dingwall@zimmerbiomet.com">james.dingwall@zimmerbiomet.com</a>	Temecula	Carlsbad	7:00-4:00	2
794	<a href="mailto:margaretlamadrid@yahoo.com">margaretlamadrid@yahoo.com</a>	Temecula	Chula Vista	6:00-2:30	2
1381	<a href="mailto:lmillan31@gmail.com">lmillan31@gmail.com</a>	Eastern Chula Vista	Downtown	8-5/7:30-4:30	2
1827	<a href="mailto:sandra.e.mcmillan@navy.mil">sandra.e.mcmillan@navy.mil</a>	Murrieta Hot Spgs	Downtown	6:00-3:30	2
1449	<a href="mailto:Claudia.Vazquez@usdoj.gov">Claudia.Vazquez@usdoj.gov</a>	Temecula	Downtown	7:30-4:00	2
963	<a href="mailto:nailah.williams@navy.mil">nailah.williams@navy.mil</a>	Temecula	Downtown - Broadway Complex	6:00-3:30	2
27	<a href="mailto:barimak@charter.net">barimak@charter.net</a>	Murrieta	Downtown SD	7:30-4:00	2
1214	<a href="mailto:thomas_maxine_e@solarturbines.com">thomas_maxine_e@solarturbines.com</a>	Chula Vista	Kearny Mesa	6:30-3:30	1
2420	<a href="mailto:carey_rosaline_h@solarturbines.com">carey_rosaline_h@solarturbines.com</a>	Chula Vista/Eastlake	Kearny Mesa	5:50-3:15	1
1806	<a href="mailto:brown_bart@solarturbines.com">brown_bart@solarturbines.com</a>	Escondido - Via Rancho Pkwy	Kearny Mesa	6:30-3:15	1
514	<a href="mailto:agoodcave@yahoo.com">agoodcave@yahoo.com</a>	Oceanside/Vista	Kearny Mesa	6:30-3:30	2
140	<a href="mailto:sccz@yahoo.com">sccz@yahoo.com</a>	Ramona	Kearny Mesa	7:00-4:00	2
1755	<a href="mailto:james.harrell@sharp.com">james.harrell@sharp.com</a>	Temecula	Kearny Mesa	7:00-5:00	2
40	<a href="mailto:cigualdo@ucsd.edu">cigualdo@ucsd.edu</a>	Temecula	Kearny Mesa	7:30-4:00	1
2107	<a href="mailto:johncritter@gmail.com">johncritter@gmail.com</a>	Murrieta/Los Alamos	Kearny Mesa (Clairemont Mesa Blvd)	8:15-4:45	1
2186	<a href="mailto:sedora.estrella@sdcounty.ca.gov">sedora.estrella@sdcounty.ca.gov</a>	Murrieta/Temecula/Fallbrook	Kearny Mesa (County Op - Overland/SDG&E-Century Pk	8:00-4:30	2
1384	<a href="mailto:dbergen@sandiego.gov">dbergen@sandiego.gov</a>	Pine Valley/Alpine	Kearny Mesa/Old Town	6:15-4:45	2
392	<a href="mailto:armando.duarte@dhs.gov">armando.duarte@dhs.gov</a>	National City (Sweetwater/I-805 P&R)	Laguna Niguel	7:00-5:30	2
455	<a href="mailto:janicejanis@yahoo.com">janicejanis@yahoo.com</a>	Oceanside	Laguna Niguel	6:00-4:30	1
479	<a href="mailto:kerry.booker@usmc.mil">kerry.booker@usmc.mil</a>	Hemet	MCRD	6:30-4:00	1
1814	<a href="mailto:ronald.word@usmc.mil">ronald.word@usmc.mil</a>	Temecula	Miramar - MCAS	6:30-3:30	2

ID	Email	Origin	Destination	Work Hours	Seats Available
804	<a href="mailto:harold.r.elliott@navy.mil">harold.r.elliott@navy.mil</a>	Temec Duck Pond	NAS NI	6:30-3:00	1
1913	<a href="mailto:dinahgoodspeed@sbcglobal.net">dinahgoodspeed@sbcglobal.net</a>	Chula Vista - Near Eastlake High	NASNI	7:00-3:30	2
678	<a href="mailto:joseph.kroupa@navy.mil">joseph.kroupa@navy.mil</a>	Encinitas/Carlsbad/Solana Bch/Srrnto Vly/Mira Mes	NASNI	6:00-2:30	2
16	<a href="mailto:jose.campa@navy.mil">jose.campa@navy.mil</a>	Escondido	NASNI	5:45-2:30	1
2416	<a href="mailto:great1520@cox.net">great1520@cox.net</a>	Escondido - North Co. Mall	NASNI	6:15-3:00	1
459	<a href="mailto:patrick.orcales@navy.mil">patrick.orcales@navy.mil</a>	Menifee/Murrieta/Temecula	NASNI	6:00-2:30	1
2338	<a href="mailto:daniel.escalera@navy.mil">daniel.escalera@navy.mil</a>	Oceanside	NASNI	6:00-2:30	1
218	<a href="mailto:david.dao@navy.mil">david.dao@navy.mil</a>	Penasquitos/Poway	NASNI	5:30-2:00	1
1580	<a href="mailto:d1sablan@hotmail.com">d1sablan@hotmail.com</a>	Perris	NASNI	6:00-4:30	2
210	<a href="mailto:john.hine@navy.mil">john.hine@navy.mil</a>	Ramona	NASNI	6:00-2:30	1
420	<a href="mailto:gary.grela@navy.mil">gary.grela@navy.mil</a>	Rancho Bernardo/Penasquitos/Poway	NASNI	5:15-2:00	1
46	<a href="mailto:kent.yen@navy.mil">kent.yen@navy.mil</a>	Rancho Penasquitos	NASNI	5:45-2:20	1
78	<a href="mailto:mark.greenfield@navy.mil">mark.greenfield@navy.mil</a>	Temecula	NASNI	6:00-2:30	1
394	<a href="mailto:brian.j.mitchell@navy.mil">brian.j.mitchell@navy.mil</a>	Temecula	NASNI	6:00-2:30	1
550	<a href="mailto:steve.flinn.ctr@navy.mil">steve.flinn.ctr@navy.mil</a>	Temecula	NASNI	5:30-2:30	1
2260	<a href="mailto:edgar.tovar@navy.mil">edgar.tovar@navy.mil</a>	Temecula	NASNI	Leave 5:15-3:00	1
1609	<a href="mailto:mary.r.johnson@navy.mil">mary.r.johnson@navy.mil</a>	Temecula - Duck Pond	NASNI	6:15-3:05	1
645	<a href="mailto:bruce.e.glenn@navy.mil">bruce.e.glenn@navy.mil</a>	Temecula - Rancho Car Wash	NASNI	6:00-3:00	2
126	<a href="mailto:samuel.delrio@navy.mil">samuel.delrio@navy.mil</a>	Temecula (Slater Brothers Shopping Cntr)	NASNI	5:45-2:15	1
2499	<a href="mailto:mario.villalba.civ@mail.mil">mario.villalba.civ@mail.mil</a>	Murrieta	Naval Base San Diego	5:45-3:30	1
1240	<a href="mailto:tawanna.blanche@mercy.navy.mil">tawanna.blanche@mercy.navy.mil</a>	Temecula	Naval Base San Diego	6:00-4:00	1
1978	<a href="mailto:pfernan222@roadrunner.com">pfernan222@roadrunner.com</a>	Temecula	Naval Base San Diego		1
2392	<a href="mailto:rodney.ridenour@navy.mil">rodney.ridenour@navy.mil</a>	Temecula	Naval Base San Diego	5:45-3:45	1
2237	<a href="mailto:jeffrey.trias@navy.mil">jeffrey.trias@navy.mil</a>	Winchester - Slater Bros/Harveston Park -Temecula	Naval Base San Diego	6:00-3:00	1
2152	<a href="mailto:jean.m.mcdonald.civ@mail.mil">jean.m.mcdonald.civ@mail.mil</a>	Winchester, Carls Jr	Naval Medical Center	6:15-3:30	2
1541	<a href="mailto:larchuleta@kes.com">larchuleta@kes.com</a>	Temecula	Old Town - SPAWAR	6:00-4:30	1
673	<a href="mailto:jimmy.hu@navy.mil">jimmy.hu@navy.mil</a>	Carmel Mtn/Poway/PQ/45	Old Town/Point Loma - SPAWAR	7:00-4:30	1
874	<a href="mailto:mike.herring@navy.mil">mike.herring@navy.mil</a>	Murrieta	Point Loma - SPAWAR	6:00-3:30	2
487	<a href="mailto:roman.krzeminski@navy.mil">roman.krzeminski@navy.mil</a>	Sabre Springs/Penasquitos Transit Center	Point Loma - SPAWAR	6:30-4:00	2
1029	<a href="mailto:j-eric.anderson@navy.mil">j-eric.anderson@navy.mil</a>	Sabre Springs Transit Center	Point Loma - SPAWAR (Topside)	7:00-4:30	1
2141	<a href="mailto:ajheff@yahoo.com">ajheff@yahoo.com</a>	Menifee	Point Loma - US Navy	6:00-3:00	1
1867	<a href="mailto:iracartwright@gmail.com">iracartwright@gmail.com</a>	Murrieta	Point Loma - US Navy	6:00-3:30	2
1954	<a href="mailto:richardvincenthobson@gmail.com">richardvincenthobson@gmail.com</a>	Murrieta	Point Loma - US Navy	6:30-3:30	2
2361	<a href="mailto:paul.zambrano@navy.mil">paul.zambrano@navy.mil</a>	Temecula	Point Loma- SPAWAR (Base, Top and Sea Side)	6:30-3:30	1
1329	<a href="mailto:brett.yoakum@am.sony.com">brett.yoakum@am.sony.com</a>	Temecula	Rancho Bernardo	8:30-5:30	1
2199	<a href="mailto:pattydaniel1983@gmail.com">pattydaniel1983@gmail.com</a>	Chula Vista	Rancho Bernardo - Johnson Matthey	6:00-2:30	1
2191	<a href="mailto:sbreneman@jmus.com">sbreneman@jmus.com</a>	Murrieta	Rancho Bernardo - Johnson Matthey	6:00-2:30	1

ID	Email	Origin	Destination	Work Hours	Seats Available
2520	<a href="mailto:beca91941@yahoo.com">beca91941@yahoo.com</a>	National City	Rancho Bernardo - Scripps	6:30-3:00	1
227	<a href="mailto:deenafay2003@yahoo.com">deenafay2003@yahoo.com</a>	Lakeside	San Diego Zoo	6:00-2:30	1
2149	<a href="mailto:kalacki98@yahoo.com">kalacki98@yahoo.com</a>	Murrieta	San Marcos	8:30-4:30	1
1998	<a href="mailto:kahsai.ghebretnsea@sdcounty.ca.gov">kahsai.ghebretnsea@sdcounty.ca.gov</a>	Kearny Mesa - Overland Ave	San Marcos (AWN-CountyofSD)	7:00-3:30	2
2232	<a href="mailto:camacho.cleofe54@gmail.com">camacho.cleofe54@gmail.com</a>	Spring Valley - Kmart	Scripps Clinic - Torrey Pines	7:00-4:00	2
629	<a href="mailto:janie@mail.sdsu.edu">janie@mail.sdsu.edu</a>	Temecula	SDSU	7:00-3:30	2
1257	<a href="mailto:ohdaman@gmail.com">ohdaman@gmail.com</a>	Temecula	Sorrento Mesa	6:30-3:30	1
1120	<a href="mailto:dennisb@qti.qualcomm.com">dennisb@qti.qualcomm.com</a>	Temecula/Escondido	Sorrento Mesa	7:00-4:00	1
2297	<a href="mailto:charleyliujun@hotmail.com">charleyliujun@hotmail.com</a>	Irvine	Sorrento Mesa - Qualcomm	9:00-5:40	1
2571	<a href="mailto:efessia@qualcomm.com">efessia@qualcomm.com</a>	National City (Plaza Bonita)	Sorrento Mesa - Qualcomm	9:30-6:00	2
2364	<a href="mailto:vijayarengan.cecelia@scrippshealth.org">vijayarengan.cecelia@scrippshealth.org</a>	Lake Forest	Sorrento Valley	7:30-4:30	2
1977	<a href="mailto:jiaful@qti.qualcomm.com">jiaful@qti.qualcomm.com</a>	Irvine	Sorrento Valley - Qualcomm	9:00-6:30	1
1997	<a href="mailto:davehunts@yahoo.com">davehunts@yahoo.com</a>	Murrieta Hot Springs	Sorrento Valley - Qualcomm	6:30-3:30	2
731	<a href="mailto:Vanpool@ucsd.edu">Vanpool@ucsd.edu</a>	Cardiff/Encinitas	UCSD	8:00-4:30	1
2196	<a href="mailto:Vanpool@ucsd.edu">Vanpool@ucsd.edu</a>	Casa De Oro	UCSD	7:00-3:30	2
769	<a href="mailto:Vanpool@ucsd.edu">Vanpool@ucsd.edu</a>	East San Diego	UCSD	8:00-4:30	1
730	<a href="mailto:Vanpool@ucsd.edu">Vanpool@ucsd.edu</a>	Escondido	UCSD	7:30-4:00	1
773	<a href="mailto:Vanpool@ucsd.edu">Vanpool@ucsd.edu</a>	Lakeside	UCSD	7:30-4:00	1
747	<a href="mailto:Vanpool@ucsd.edu">Vanpool@ucsd.edu</a>	Mira Mesa	UCSD	7:30-4:00	1
748	<a href="mailto:Vanpool@ucsd.edu">Vanpool@ucsd.edu</a>	Mira Mesa	UCSD	7:30-4:00	1
756	<a href="mailto:Vanpool@ucsd.edu">Vanpool@ucsd.edu</a>	National City	UCSD	8:00-4:30	2
753	<a href="mailto:Vanpool@ucsd.edu">Vanpool@ucsd.edu</a>	Ramona - Dye Rd	UCSD	8:00-4:30	2
744	<a href="mailto:Vanpool@ucsd.edu">Vanpool@ucsd.edu</a>	Rancho Bernardo	UCSD	7:30-4:00	2
738	<a href="mailto:Vanpool@ucsd.edu">Vanpool@ucsd.edu</a>	Rcho Penasquitos	UCSD	8:00-4:30	1
750	<a href="mailto:Vanpool@ucsd.edu">Vanpool@ucsd.edu</a>	Rcho Penasquitos	UCSD	8:00-4:30	1
759	<a href="mailto:Vanpool@ucsd.edu">Vanpool@ucsd.edu</a>	South Bay	UCSD	8:00-4:30	1
2542	<a href="mailto:lmiller@illumina.com">lmiller@illumina.com</a>	Birmingham Park-n-Ride	UTC (Illumina)	7:30-5:00	2
2467	<a href="mailto:dluecht@illumina.com">dluecht@illumina.com</a>	El Cajon	UTC (Illumina)	7:15-4:00	2
2490	<a href="mailto:mdavis@illumina.com">mdavis@illumina.com</a>	Rancho Penasquitos	UTC (Illumina)	8:00-5:00	2
1575	<a href="mailto:leosy7@gmail.com">leosy7@gmail.com</a>	Chula Vista- Eastlake	VA Medical Center	7:00-3:30	1
1658	<a href="mailto:diosdado.baun@va.gov">diosdado.baun@va.gov</a>	Escondido	VA Medical Center	6:30-3:00	2
2472	<a href="mailto:esther.harrel@va.gov">esther.harrel@va.gov</a>	La Mesa Trolley Station	VA Medical Center	7:00-3:30	1
2614	<a href="mailto:alycia.corcoran@va.gov">alycia.corcoran@va.gov</a>	National City	VA Medical Center	7:00-4:00	1
1848	<a href="mailto:kimberley.woodworth@va.gov">kimberley.woodworth@va.gov</a> <a href="mailto:diana.barber@va.gov">diana.barber@va.gov</a>	Oceanside/Encinitas/Carlsbad/La Costa	VA Medical Center	6:30-4, 7-3:30	2
2386	<a href="mailto:judith.hildreth@va.gov">judith.hildreth@va.gov</a>	Santee	VA Medical Center	7/7:30-4:30/5pm	1
847	<a href="mailto:rosemary.bagorio@va.gov">rosemary.bagorio@va.gov</a>	Temecula	VA Medical Center	6:00-3:30	2
2230	<a href="mailto:thumbn@yahoo.com">thumbn@yahoo.com</a>	Temecula	VA Medical Center	6:00p-9:00am	1