

December 2014

### Farewell to a Dear Friend

News spread quickly on the morning of October 3 that our beloved William Korthof passed away in a motorcycle accident. He was 36 and had just celebrated his birthday on October 1.

It all happened around 8:20 PM on Thursday October 2. William was the passenger on the motorcycle, which was going straight through the intersection of South Towne and East Grand in the city of Pomona. A Toyota Camry made a left turn in front of them and they had no time to avoid the collision. The driver was critically wounded but expected to survive. William was pronounced dead at the scene. The police do not believe William suffered.



The funeral service was held at Mt Sinai near Griffith Park on October 13 at 12:30PM. The body was cremated, as William wished. At least a dozen LAFRs attended. The mood was somber, as befit the occasion. But at the same time it was joyous. William touched the lives of many. He brought together diverse people that might not have otherwise known each other: friends from LAFR, friends from his congregation, friends from his co-op, friends from his companies. We were brought to tears by the loss of a dear friend, but we rejoice that we met William and were changed for the better by him.

William has been with LAFR for many years. In 2006, he was part of the LAFR team that won the Wild Mile Relay in San Diego. He again rejoined the team in 2007 to bring home the silver. William travelled frequently between the Bay Area and Los Angeles, often running marathons in both

cities. He most recently was part of the 2013 LAFR Ragnar Watsach Back relay team "See Dick Run," which placed 11<sup>th</sup> overall and 2<sup>nd</sup> in the submaster division.

William was also very active as a running guide for blind runners, on several occasions guiding runners to sub 3:10 finishes. In addition to promoting green living, he was championing EV use and installing EV chargers in out-of-the-way places. Of course William also interweaved that with camping in many stunning locales. For William, work was never far away, but neither was enjoying life. So long, William. We shall miss you.

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## LAFR BIRTHDAY BOYS AND GIRLS

10/1 Geoff Buck	11/16 Efren Matos
10/1 William Korthof	11/20 Piyush Prakash
10/1 Jim Paterson	11/21 Bill Winkelmann
10/2 David McDonald	11/21 Rudolph Van Graan
10/8 James Sullivan	11/23 Henry Ong
10/10 Ara Mihranian	11/23 Gary Todd
10/11 Jeff DeFelice	11/27 Tom Croyle
10/15 Mark Grumet	11/27 David Grudzien
10/17 Phil Amato	11/28 Kevin Gardner
10/18 David Dassey	11/30 Dale Beldin
10/20 Keeley Webster	12/2 Dan Vu
10/22 Paul Williams	12/7 Kimberly Fairchild
10/26 Mark Penn	12/10 Jason Coleman
10/29 Patricia Bates	12/11 Connie Hammen
11/1 Nathan Nguyen	12/13 Andre Guimond
11/2 Eric Alvarez	12/13 Brian Eggert
11/5 Robert Chen	12/13 Jeffery Nunes
11/7 Mary Church	12/13 Richard Korn
11/10 John McGuinness	12/20 Jorge Santana
11/11 James Matzen	Corona
11/12 Jeffrey Bennett	12/21 Jane Dods
11/13 Chau Nguyen	12/21 Paul Morrell
11/13 Tommy Ho	12/28 Jeffery Masino
11/15 Jonathan Franklin	12/31 Regina Robinson

### WELCOME NEW MEMBER!

Jonathan Alami

### Los Angeles Frontrunners

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Angus Kennedy, *president*

Patrick Owen, *vp*

William Fang, *treasurer*

Bruce Bair, *secretary*

David Dassey, *dir-at-large*

Geoff Buck, *dir-at-large*

John Kawaharada, *dir-at-large*

Margie Gonzales, *dir-at-large*

Sean O'Brien, *dir-at-large*

Jason Coleman, *dir-at-large*

The LAFR Newsletter is a free monthly newsletter published for its members. For questions or content contributions, please email [lafronrunners@gmail.com](mailto:lafronrunners@gmail.com)

### LAFR Board Meeting September 19, 2014

1. William to update address at bank
2. Marilyn Race
  - Angus check with Griffith Park people
  - Staging area is near Ranger Station. But start from the upper parking lot is more desirable. Angus to discuss with Sean

### Los Angeles Frontrunners Monthly Treasurer's Report for Nov 2014

Balance on 2014 Sep 1 \$ 19,612.58

Balance on 2014 Nov 9 \$ 21,833.43

Net change \$ 2,220.85

Club Events	Expense	Revenue	Net
Pride Registration	-	2,935.00	2,935.00
Chili Cookoff	(20.00)	-	(20.00)
Long Run Snacks	(57.37)	-	(57.37)
Neighborhood Run	(42.48)	-	(42.48)
<b>Membership</b>			
Membership Dues	-	150.00	150.00
Donation	-	24.00	24.00
<b>Operational</b>			
Storage	(465.80)	-	(465.80)
Communication	(159.90)	-	(159.90)
Club Express + PayPal	(142.60)	-	(142.60)
<b>Totals</b>	<b>(888.15)</b>	<b>3,109.00</b>	<b>2,220.85</b>

From the Treasurer: The main event is our final check from active.com arrived and was cashed successfully. Other expenses appear normal and customary.

### Pride Run 2014

Category	Revenue	Expense
Registration	-	14,010.00
Timing Company	(2,200.00)	-
T-Shirt	(2,108.76)	-
Trophies	(1,008.80)	-
Supplies	(243.06)	-
Bibs	(103.00)	-
Mile Marker	(28.23)	-
Communication	(60.00)	-
Inbound Donation	-	3,375.00
Outbound Donation	(5,000.00)	-
<b>Total</b>	<b>(10,751.85)</b>	<b>17,385.00</b>

\$3,350 of the inbound was made by the donors directly to SRLA. The club contributed a net of \$1,625.

3. Search for a venue to screen "To Be Takei"
4. Chili Cook-Off
  - Set-up starts at 3, coordinated by Patrick
  - Angus proposes winner will get "Chili Bucks" to donate to 1 of 7 approved charities
5. Halloween Party at Geoff & Jasons, 10/26 5-9 PM
6. Newsletter History Project – a few hard copies are missing. Check if club members have copies.
7. International Trip - Jason researched Amsterdam (\$\$), Oslo (\$\$\$), and Reykjavik (\$\$\$\$). Jason will price out for a 7-day trip and get info on Stockholm for the Euro Games. Will put to club to see interest
8. LA Marathon – Official training to start
9. Website – Ongoing for Angus
10. Next meeting November 3 7PM at Sean's

## Notes from the Back of the Pack

By Bill Walsky

Patricia Nell Warren's novel "The Front Runner" was first published in 1974. In the ensuing forty years it has sold millions of copies and inspired the formation of dozens of namesake running clubs around the world. And while a few athletes like Martina Navratilova and Matthew Mitcham have dared to come out of the closet during their competitive careers, there has never been a national class distance runner who openly identified as gay, until now.



His name is Matt Llano and he's a twenty six year old ex University of Richmond, Va. All American with decent times(14:00 minute 5k, 28:43 10k) that would win most local road races. But Matt wanted more. So he moved to running mecca Flagstaff AZ in 2012 and eventually hooked up with a coach and training group and subsequently finished in the top ten at 15k and 20k national championships.

But even with his improvement and success in running Matt was still struggling with coming out to his friends and teammates. Finally, in Dec 2013 he published a long entry on his online blog and in his own words "a great burden was lifted". Five weeks later he made his first national team.

At the 2014 Houston Half Marathon in January Matt ran a 1:01:47, one of the 20 fastest times ever run by an American, and earned a spot on the US Half Marathon Championship team. His subsequent 1:02:24 in Copenhagen at those championships raised his profile in the running community and led to a series of you tube videos entitled "An Open Look" which detailed his decision to come out as a gay athlete and his training for the 2014 Chicago Marathon. Online profiles at ESPN, Outsports, Competitor and Running Times soon followed. Unfortunately, the Chicago Marathon didn't go as well as Matt had hoped. He was with the lead American runners until mile 20, on pace for a 2:11 time, but faded over the last 10k. While his 2:17:43 was only good for 24th place his coach Ben Rosario found hope in the disappointment.

Given another fifteen months of solid training he thinks Matt will gain the strength needed to allow him to compete for one of the three spots on the US Men's Marathon team at the 2016 Rio Olympics. Luckily, we will be able to cheer for one of our own in person because those trials will be held on the streets of Los Angeles in Feb 2016 as part of LA Marathon weekend. After forty years I can hardly wait.

## LAFR Board Meeting November 3, 2014

Bank balance is at around \$22,000

1. Pasta party at Bernie & Dan's on 11/4
2. Fall Feast on 11/22
  - Rob Chen's or Sean and Allen's
  - Rental – tables, chairs, heaters – William
  - Hire caterers? – Angus call for quote
3. Other events
  - White Elephant Christmas potluck?
  - Santa Monica Christmas potluck?
  - Jim Martinez Christmas party?
  - New Year's run at John Kawaharada
  - Echo Park Stair run with Sean
4. Newsletter History Project – Angus and Patrick will take electronic and hard copies to get digitized
5. Election
  - Need to send out email to check interest
  - Also encourage people to run
6. Stay with Club Express for next year's registration? – Bruce will decide.
7. Web site – Angus working on options. Bruce will check into Squarespace
8. Next board meeting December 8 7PM at Sean's



mattllano

4 weeks ago

Obligatory #CloudGate selfie to finish out my stay in Chicago.

Follow

*A screenshot of one of Matt's Instagram photos from the Chicago Marathon 2014.*

*[Editor's Note]*

You can view Matt's videos at this website:  
<http://mattllano.com/>

# 14<sup>TH</sup> Annual Chili Cook-Off

The 14<sup>th</sup> Annual LAFR Chili Cook Off was held at the home of Rusty Millar on October 5. It was a hot day, but some of the chili dishes were even hotter, as were some of the chefs. We saw around 30 entries in all and too many people to count. Beer was in abundance, but no inappropriate behaviors were caught on tape. Rich Crook was crowned the 2014 Chili Queen. All had a jolly time. As the evening wrapped up, State Assemblyman Jimmy Gomez dropped by to hang out with the crowd and present our club with a certificate of recognition from the California State Assembly.



## \$1200 Donated to Charity

For the first time, each winner was awarded a cash prize that was donated to a charity. The BOD selected a list of approved charities for the winners to choose from. Here are the winners and the charities they cooked for. Thanks to all the entrants!

### Chili Queen

Chili Queen	Rich Crook	InsideOut	\$250
1 <sup>st</sup> Runner-up	Jim Martinez	PAWS LA	\$125
2 <sup>nd</sup> Runner-up	Angus Kennedy	Life Worth	\$75

### Cornbread

1 <sup>st</sup>	John Kawaharada	InsideOut	\$75
2 <sup>nd</sup>	Jim Martinez	Don Thompson	\$50
3 <sup>rd</sup>	Eddie Flores	GLEH	\$25

### Veggie Chili

1 <sup>st</sup>	Mike Kerkman	PAWS LA	\$75
2 <sup>nd</sup>	Albert Giang	GLEH	\$50
3 <sup>rd</sup>	Eddie Flores	SRLA	\$25

### Meat Chili w/ beans

1 <sup>st</sup>	Patrick Owen	Life Worth	\$75
2 <sup>nd</sup>	Carl Maravilla	SRLA	\$50
3 <sup>rd</sup>	Jim Martinez	Breakfast Club	\$25

### Meat Chili no beans

1 <sup>st</sup>	Rich Crook	PAWS LA	\$75
2 <sup>nd</sup>	Angus Kennedy	InsideOut	\$50
3 <sup>rd</sup>	Rusty Millar	GLEH	\$25

### Hottest Chef

### Hottest Chili

### Presentation

Danny O'Hara	PAWS LA	\$50
Bruce Bair	Project 10	\$50
Jim Martinez	InsideOut	\$50



The text reads:  
 In honor of your excellence and outstanding achievements. Your commitment and dedication toward building community and giving back, while supporting LGBT rights and efforts are highly commendable and truly appreciated. The Los Angeles Frontrunners are sure to have lasting, positive impact on the community. Congratulations on all your accomplishments and your 14<sup>th</sup> Annual Chili Cook-Off. Best of luck on your future endeavors.

Right: Jim Martinez made our Chili Cook-Off poster for the 14<sup>th</sup> time!



## Observations at the Capetown Marathon

By David Dassey

Capetown, South Africa, situated near the southern tip of the African continent, is a beautiful, bustling modern city with colonial roots going back hundreds of years. The marathon course started and ended near the waterfront, running inland for about two thirds of the distance. The picturesque route first went east to the suburbs and around the University of Cape Town. Turning back towards the City runners were overshadowed by the majestic Table Mountain, passed by District Six and finally entered City Centre. We ran by a number of iconic Cape Town landmarks, including the Castle of Good Hope, City Hall, the Houses of Parliament, the City Gardens, St Georges Cathedral, and Green Market Square. The final 12K was out and back along the ocean.

When I asked the 4:00 hour pacer what his plan was, he replied we'd be doing 5:40 kays. Say what? Running a course marked in kilometers can be disconcerting without a GPS watch to keep you anchored in the English measurement system (my watch inadvertently stayed in Los Angeles). I relied on getting a time call-out at key points like 5K, 10K, and halfway, that I could then translate to a familiar pace.

Water is dispensed in 100 ml sachets – just bite off a corner of the thin plastic bag and squirt the water into your mouth or on your head. Electrolyte solutions, including Coca Cola, are served in the traditional vehicle. After about a third of the race, the cross roads were no longer closed to vehicles and runners had to follow the traffic patrols' instructions to get thru intersections. At about the 30K mark the course climbed up and down a pedestrian bridge of about 30 steps to cross a busy street downtown.

The words "marathon" and "Africa" are often associated, but generally with runners from Kenya or Ethiopia. And indeed, most of top male finishers were Kenyan and the top women were Ethiopian. But this race attracted dozens of South African running clubs as manifested by the club kits proudly worn by the nearly 4000 runners. The Hash House Harriers seems to be particularly popular in SA.

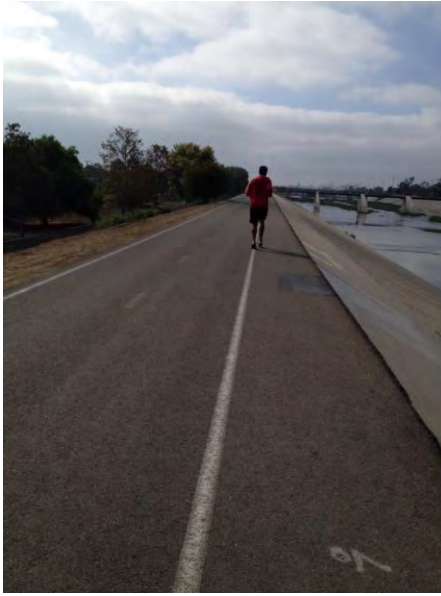
Should you consider going to SA to run Capetown, you have a choice of 5 distances. In addition to the Sunday marathon and 10K, on Saturday there were trail races around Lion's Head Mountain of 11K and 21K, with gains of 2000' and 3500' respectively, as well as a flat 5-person relay of 21.1 K on the waterfront. If you're looking for an even bigger South Africa challenge, check out the two premier ultramarathons - Two Oceans (April) and Comrades (May). And plan for at least 2 weeks; there's a lot to see and experience.



## Seen Running



8/17 Jorge at the Pasadena 80's run. Jorge has departed for NYC. We will miss you!



10/12 Henry Ong on the bike path along the LA river, getting back into running.



11/01 Griffith Park runners stretching. Does that "final" portent anything?



9/14 Deo at beautiful Lake Tahoe Marathon



David at the Gay Games with fellow Marathon Maniacs



10/21 Dan on Rock Creek Pkwy in the DC area



11/01 David and Mike in Griffith Park after the first rain of the season.

## A Hot and Humid End to Summer

This past summer was a tough running season. Even as late as November we still saw temperatures reaching the 90s. One particular weekend, September 6 and 7, was one of the hottest and most humid. And of course that just happened to be the weekend when we saw several races/activities.

First was the Jet to Jetty 5K/10K on Saturday. Last year we saw a large turnout of LAFRs. Unfortunately this year the turnout was much lower, mostly due to late scheduling on the race. For those who did run (Reg, Jason, Yumi), rumor was it was like running through water. But even with the hot weather, Yumi still PR'd!

On Sunday was the neighborhood run through Sherman Oak and Encino hosted by Richard and Piyush. The heat did not abate, nor did the humidity. But a group of about 12 people still braved the hills of south Valley.



LAFRs trying to pull off the Brady Bunch pose in front of Piyush and Richard's (relatively) new home.

A description of the course appears later in the newsletter. Most people ended up running just 4 miles. Even the 4 who tried to endure the whole route (Piyush, Bruce, Reg, and William) ultimately decided not to actually reach the Nike Tower.

As uncooperative as the weather was, the post-run brunch made everything ok. Richard and Piyush have a well-shaded backyard with plenty of seats and bench space for resting and conversation. Freshly brewed coffee and a freshly baked pie put everyone at ease. And unlike some of the weeknight potlucks, everyone brought *generous* portions of tasty food. For the few who wanted, the hosts even offered a refreshing shower.



Doug, John, Margie, Angus, Bill with the pier in the background

Elsewhere in the Southland, a group was separately taking on the Ventura Marathon and Half. Last year during the inaugural run, the race also occurred on a weekend where LA hit the 90s. But last year the humidity was low and Ventura was only in the 70s. Conditions were cool at the start of the race this year but quickly heated up and made the morning tougher than expected.

The folks at Richard and Piyush's were looking forward to the marathoners dropping by. But as results of the race trickled in and as text messages appeared, that chance dropped to zero. Rumor has it that at least one person performed projectile vomiting afterwards at the local burger joint (it was our illustrious President...).

Despite the setback by the weather, the LAFRs still put in good runs and finished in good spirits. As least long enough for the pictures to be taken!



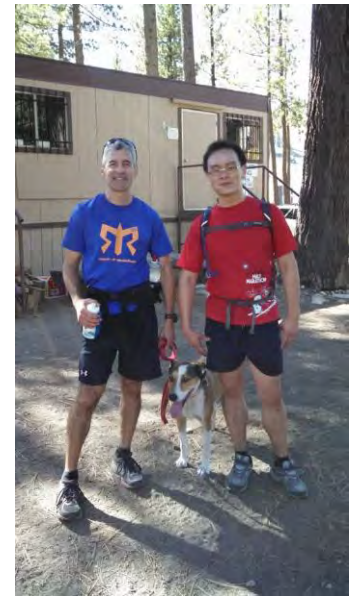
Bill, Margie, Angus, and Deo happy at the finish.

## Trail Runners

If you're tired of seeing the usual suspects in these trail pictures, you are encouraged to join them! Or email your own pictures of trails to our email address.



10/12 John showing his modeling instinct at Henninger Flat next to the less fabulous William and Jim. HF is a respite along the climb to Mt Wilson from Eaton Canyon. It is out of water because of the drought.



On 9/20, Danny O'Hara took on the Kodiak 50 mile in Big Bear Lake. Sean, William, and Arlington went for a trail run. Then joined Reg to greet and cheer Danny. They then had a leisurely brunch as Danny continued racing. Life is unfair.



On 9/20, a group of LAFR ran to Mt Luken, the highest point in the city of Los Angeles. The peak is just over 5000 ft and offers stunning vistas into basin and Valley. Clockwise from top left: Maddie kissing Sean. Danny, William, Arlington at the summit. William and Maddie at the midpoint. The group at the midpoint.





# Race Results

## Boney Mtn 21K

Los Angeles, CA 1/12

Randy Levinson..... 2:52:01

## San Diego 50 Mile

San Diego, CA 1/18

Danny O'Hara..... 10:00:59

## Super Bowl 5K

Los Angeles, CA 2/2

Randy Levinson..... 45:32

## OC Half

Los Angeles, CA 5/4

Randy Levinson..... 1:41:44

## Disneyland Half

Anaheim, CA 8/31

Karen Adams..... 2:22:32 PR

## Talladega 21000 Half

Talladega, AL 9/14

David Grudzien..... 2:33:13

## Lake Tahoe Marathon

Lake Tahoe, CA 9/14

Deo Jaravata..... 4:36:57

## HITS Omaha

Omaha, NE 9/21

David Grudzien (all in 1 day)

Half Marathon..... 2:17:11

5K..... 35:17

10K..... 1:41:44

## Capetown Marathon

Capetown, South Africa 9/21

David Dassey..... 4:14:09

## Summers End 10K

Santa Monica, CA 9/21

Jason Coleman..... 70:04

## Dolphin Dash 10K

Santa Monica, CA 9/28

Jason Coleman..... 69:18

## Manhattan Beach 10K

Manhattan Beach, CA 10/4

Jason Coleman..... 74:15



*Boston  
Marathon  
2016  
Qualifiers:  
Danny  
O'Hara,  
Deo  
Jaravata,  
David  
Dassey &  
Bernie Tan  
all qualified  
for Boston  
2016 at the  
Revel  
Canyon  
Marathon*

## Harding Hustle 50K

Modjeska Canyon, CA 7/19

Danny O'Hara..... 5:30:45 1<sup>st</sup> 40-44

## Xterra Adventure Fest 10K Trail

Mauai, HI 8/9

Karen Adams..... 65:00 1<sup>st</sup> 50-54

## Jet to Jetty 5K

Los Angeles, CA 9/6

Yumi Afrento..... 38:54 PR

## Kodiak 50 Mile

Big Bear, CA 9/20

Danny O'Hara..... 10:57:00 1<sup>st</sup> 40-44

## SRLA 5K

Los Angeles, CA 9/27

Carlos Vizcarra..... 17:32 2<sup>nd</sup> 40-44

Reg Willson..... 21:00

Deo Jaravata..... 23:17

Mike Smith..... 26:28

Brian Dunbar..... 30:32

## Big Sur Trail Full (Grand Prix)

Big Sur, CA 9/27

Andrew Wissmiller... 4:54:26 1<sup>st</sup> 60-64

## Alhambra Pumpkin Run 5K

Alhambra, CA 10/4

William Fang..... 17:46 1<sup>st</sup> OA  
1<sup>st</sup> 35-39

## Long Beach (Grand Prix)

Long Beach, CA 10/12

### Half

Mike Kerkman..... 1:25:17

John McGuinness.... 1:46:00

Rob Chen..... 1:49:18

Jason Coleman..... 2:52:18

Doug Jones..... 3:03:03

Margie Gonzales..... 3:17:52

Bill Walsky..... 3:23:15 RW

Regina Robinson..... 3:46:12

### Full

Deo Jaravata..... 3:57:30

Mike Carbuto..... 5:15:45

## Xterra Pt. Mugu Trail

Pt. Mugu, CA 10/12

### 11K

Patrick Conner..... 1:17:14

### 18K

Bruce Bair..... 1:31:01 3<sup>rd</sup> 45-49

## Surf City (Grand Prix)

Huntington Beach, CA 10/26

### 5K

Regina Robinson..... 45:12

### 10 Mile

Mark Johnson..... 64:27 9<sup>th</sup> OA  
1<sup>st</sup> 45-49

Jason Coleman..... 2:01:48 PR

# Race Results

## ATC Cartersville 10K

Atlanta, GA 10/4

David Grudzien..... 59:10

## Octoberfest 10K

Santa Monica, CA 10/5

Jason Coleman..... 68:42

## Rocktoberfest Half

Charlotte, NC 10/11

David Grudzien..... 2:50:28

## Healdsburg Half

Healdsburg, CA 10/12

David Gonzalez..... 1:46:41

## Toronto Waterfront Full

Toronto, Canada 10/18

Deo Jaravata..... 3:55:10

## Marvelous Run 10K

Santa Monica, CA 10/18

Jason Coleman..... 68:48

## Mizuno Amsterdam Half

Amsterdam, Netherlands 10/19

David Grudzien..... 2:28:13

## USC Quench the Fire 10K

Van Nuys, CA 10/19

Jason Coleman..... 68:13

## Ft. Wayne Trailblazer 10K

Ft. Wayne, IN 10/19

Karen Adams..... 62:50

## River City Rat Race 10K

Ft. Wayne, IN 10/26

Karen Adams..... 62:45

## Santa Clarita Full

Santa Clarita, CA 11/2

Deo Jaravata..... 3:57:28

## Wine & Dine Half

Orlando, FL 11/8

Jason Coleman..... 2:49:14



Revel Canyon Marathon start from left:  
Dan Graham,  
Mike Carbuto,  
Bernie Tan,  
Deo Jaravata,  
Danny O'Hara &  
David Dassey

## Homeboys 5K

Los Angeles, CA 10/18

David Dassey..... 21:20 1<sup>st</sup> 60-64

## Music City Half Marathon

Nashville, TN 10/19

Eric Alvarez..... 1:16:01 1<sup>st</sup> OA  
1<sup>st</sup> 45-49

## Rock 'n' Roll Half Marathon

Los Angeles, CA 10/26

Carlos Vizcarra..... 1:19:08 2<sup>nd</sup> 40-44

## Griffith Park Trail Half

Griffith Park, CA 11/8

Bruce Bair..... 1:56:21 2<sup>nd</sup> 45-49

## Revel Canyon (Grand Prix)

Azusa, CA 11/15

### Half

Margie Gonzales..... 2:56:31

Keeley Webster..... 3:27:34

Cat White..... 3:27:36

### Full

Danny O'Hara..... 3:09:29 PR

Bernie Tan..... 3:18:56

Deo Jaravata..... 3:29:55 PR

David Dassey..... 3:38:40 3<sup>rd</sup> 60-64/PR

Raul Borja..... 3:44:03 PR

Dan Graham..... 4:21:36

Mike Carbuto..... 5:11:39

## Catalina Eco-Marathon

Avalon, CA 11/8

Sean O'Brien..... 4:07:30 1<sup>st</sup> 50-54

Danny O'Hara..... 5:00:47 3<sup>rd</sup> 40-44

Deo Jaravata..... 5:49:03

## Surfers Point Marathon

Ventura, CA 11/16

Mark Johnson..... 3:07:05 1<sup>st</sup> OA  
1<sup>st</sup> 45-49

## A Better World Run 10K

Van Nuys, CA 11/23

Jason Coleman..... 1:11:03 2<sup>nd</sup> 35-39

## Michelob Ultra 13.1

Ft. Lauderdale, FL 11/9

David Grudzien..... 2:48:42

## SRLA 15K

Universal Studios, CA 11/16

Deo Jaravata..... 1:24:51

Brian Dunbar..... 1:31:11

Mike Smith..... 1:35:09

## Avengers Superheroes Half

Anaheim, CA 11/16

Jason Coleman..... 2:38:39

TO REPORT RESULTS, PLEASE USE THE  
RACE REPORTING TOOL  
ON THE GRAND PRIX PAGE AT  
[WWW.LAFRONTRUNNERS.COM](http://WWW.LAFRONTRUNNERS.COM)

# Grand Prix Series Standings as of 12/5

## CHAMPIONS RACE

The Champions Race determines overall male and female Grand Prix champions. Points are calculated using the WAVA Age-Graded tables (see website for more info). Runners with max allowable races (6) are ranked first.

Division	Races	Average
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### MALE

1. Eric Alvarez	6	84.25
2. Mark Johnson	6	80.95
3. Carlos Vizcarra	6	79.66
4. David Dassey	6	74.19
5. Andrew Wissmiller	6	73.48
6. Bill Austin	6	73.15
7. Reg Willson	6	71.34
8. Mike Kerkman	6	70.41
9. Bruce Bair	6	66.12
10. Mike Carbuto	6	61.95

### FEMALE

1. Karen Adams	6	59.38
2. Margie Gonzales	6	48.55
3. Kathleen Curley	2	64.89
4. JD Rouan	2	55.57
5. Yumi Afrento	2	42.44
6. Regina Robinson	2	34.29
7. Bernadette Green	1	59.49
8. Katrina Klaasmeyer	1	41.92
9. Lee Miller	1	38.35
10. Keeley Webster	1	36.16

### RACEWALK

1. Deo Jaravata	6	62.44
2. Bill Walsky	6	52.42
3. Patricia Bates	1	64.54
4. Lee Lightfoot	1	58.82
5. Keeley Webster	1	41.46
6. Cat White	1	40.80
7. Regina Robinson	1	38.32
8. Tomas Tiangco	1	35.77

## AGE GROUP MEN

Division	Races	Points
----------	-------	--------

### Male 40-44

1. John McGuinness	5	595
2. Ted Wyder	4	460
3. Carlos Vizcarra	3	405
4. Moises Medina	3	385
5. Mike Smith	3	325

### Male 45-49

1. Eric Alvarez	6	775
2. Deo Jaravata	6	725
3. Bruce Bair	6	715
4. Bernie Tan	6	645
5. Angus Kennedy	5	560

### Male 50-54

1. Carl Maravilla	6	735
2. Brian Dunbar	6	705
3. Reg Willson	5	610
4. Martin Carlson	3	325
5. Mong Noiboonsook	3	270

### Male 55-59

1. Bill Austin	6	765
2. Doug Jones	5	570
3. Dan Graham	4	480
4. Randy Levinson	2	245
5. David Grudzien	2	225

### Male 60+

1. Andrew Wissmiller	6	810
2. David Dassey	6	800
3. Mike Carbuto	6	750
4. Bill Winkelmann	6	600
5. Richard Nelson	4	470

*Below: Margie Gonzales, Bernie Tan, Deo Jaravata & Danny O'Hara after the Revel Canyon Half & Full in November*

## AGE GROUP WOMEN

Division	Races	Points
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### Female 30-39

1. JD Rouan	3	350
2. Lee Miller	1	105
3. Katrina Klaasmeyer	1	90

### Female 40-49

1. Regina Robinson	3	330
2. Kathleen Curley	2	260
3. Yumi Afrento	2	250
4. Cat White	2	220
Keeley Webster	2	220
6. Bernadette Green	1	135
7. Lee Miller	1	105

### Female 50-59

1. Karen Adams	6	805
2. Margie Gonzales	6	715

### Female 60+

1. Patricia Bates	1	125
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## TRAIL MASTER

The Trail Master Race is a combination points & age-graded accrual competition that determines the club Trail Running Champion. Runners with max allowable races (5) are ranked first.

Athlete	Races	Average
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1. Jonathan Toker	5	122.79
2. Bruce Bair	5	85.09
3. Danny O'Hara	5	84.65
4. Deo Jaravata	5	75.29
5. Mike Carbuto	5	72.65
6. Raul Borja	5	67.26
7. Patrick Conner	4	59.94
8. Mike Kerkman	3	103.04
9. Andrew Wissmiller	3	89.10
10. Carl Maravilla	3	88.77

## AGE GROUP MEN

Division	Races	Points
----------	-------	--------

### Male 30-34

1. Patrick Conner	6	680
2. David Gonzalez	6	645
3. Jorge S Corona	5	625
4. Matthew Ware	3	270
5. Mike Heredia	2	250

### Male 35-39

1. Mike Kerkman	6	870
2. Jason Coleman	6	730
Raul Borja	6	730
4. William Fang	5	645
5. Albert Giang	5	530



# 10K Challenge Standings as of 12/5



Mark Johnson on his way to winning the Surfers Point Marathon



Keeley & Cat finishing the Revel Canyon Half



Raul Borja PR'd at the Revel Canyon Marathon



## 10K MOST

Name	Amount
1. Jason Coleman	20
2. Karen Adams	9
3. Mike Carbuto	7
4. Mike Kerkman	5
David Grudzien	5
6. Bruce Bair	4
Patrick Conner	4
Carl Maravilla	4
David Gonzalez	4
8. Richard Peng	3
Andrew Wissmiller	3
Albert Giang	3
Cat Uncles	3



TO REPORT RACE RESULTS,  
PLEASE USE THE RACE  
REPORTING TOOL ON THE  
GRAND PRIX PAGE AT  
[WWW.LAFRONTUNNERS.COM](http://WWW.LAFRONTUNNERS.COM)

## 10K Fastest Men

Name	Time	Race
1. Carlos Vizcarra	35:57	LAFR Pride
2. Eric Alvarez	36:39	LAFR Pride
3. Mike Heredia	37:52	LAFR Pride
4. Mike Kerkman	37:53	Gay Games
5. Mark Johnson	38:37	Firecracker
6. Bruce Bair	40:16	Victory
7. Jeff Lyburner	41:48	LAFR Pride
8. Mark DeAngelis	41:51	Downtown Turkey
9. Brad Maury	42:27	LAFR Pride
10. Carl Maravilla	43:03	Victory

## 10K Fastest Women

Name	Time	Race
1. Kathleen Curley	52:21	LAFR Pride
2. Karen Adams	56:35	Victory
3. JD Rouan	58:54	LAFR Pride
4. Margie Gonzales	1:16:16	Dolphin

## 10K Biggest PR

Name	Cum. Time	Race
1. Karen Adams	0:10:39	Agoura/Vic/Shark
2. Mark DeAngelis	0:08:02	Downtown Turkey
3. Brian Dunbar	0:04:09	LB, Gay Games
4. Henry Jung	0:03:16	Downtown Turkey
5. Albert Giang	0:02:47	LB, Burbank
6. Mike Kerkman	0:01:42	LB, Gay Games
7. Patrick Conner	0:01:26	Victory
8. Rob Chen	0:00:50	Gay Games
9. Mike Carbuto	0:00:26	Victory
10. Bruce Bair	0:00:18	Victory

*Biggest PR: Like our other grand prix categories, the PR you're trying to best for the 13.1 Challenge is a 5-year PR (your fastest half from 2008-2012). This is cumulative for the year – so, for example, if you set a new PR in Jan. by 5 minutes and then break the new PR by 2 minutes in May, your total is 7 minutes.*



Mark Johnson after winning the Surfers Point Marathon with the 2<sup>nd</sup> and 3<sup>rd</sup> place finishers



# Upcoming Events

## Grand Prix Races

Full schedule @ [www.lafronrunners.com](http://www.lafronrunners.com)



Sunday 12/14 in Pomona

LA County Holiday Half Marathon  
5K/Half

<http://www.runholidayhalf.com>

Saturday 12/20 in Paramount Ranch

Paramount Ranch Trail Runs  
10K/Half

[www.paramountranchtrailruns.com](http://www.paramountranchtrailruns.com)

Sunday 12/21 in Van Nuys

Reindeer Run  
5K/10K/15K/Half/Full

<http://www.abetterworldrunning.com>

Thursday 12/25 in Santa Monica

Christmas Day  
5K/10K/15K/Half

<http://www.abetterworldrunning.com>

Thursday 12/26 in Playa del Rey

Operation Jack Marathon  
Half/Full

<http://www.operationjack.org/marathon>

Wednesday 12/31 in Santa Monica

New Year's Eve  
5K/10K/15K/Half

<http://www.abetterworldrunning.com>



## Silver Lake Potluck White Elephant Gift Swap

Tuesday, December 16  
7:30ish, following the run  
Rob Chen's Party Pad  
2646 Lake View Drive, LA 90039



## Jim Martinez's Annual Holiday Soirée

Thursday, December 18  
6:00 PM  
11856 Moorpark Street, #C  
Studio City 91604



## New Year's Day Fun Run and Potluck

Thursday, January 1<sup>st</sup>, 2015  
11:00 AM Sharpish  
followed by potluck  
7981 Hollywood Blvd, LA 90046



## Sean and William's Echo Park Stair Run

Saturday, January 3<sup>rd</sup>, 2015  
8:00 AM  
Details to follow  
via email blasts!



# LAFR Marketplace & Pride Run Sponsors



[www.n2nbodywear.com](http://www.n2nbodywear.com)

[www.santamonicyoga.com](http://www.santamonicyoga.com)

**Jason Coleman, Inc.** [www.jasoncolemaninc.com](http://www.jasoncolemaninc.com)  
*Your Lifelong Vacation Consultants*



Running Shop  
Los Angeles

[www.arunnerscircle.com](http://www.arunnerscircle.com)

## Placing an Ad

The LAFR Marketplace returns to the newsletter. This section is for LAFR members to advertise services/products that might be of interest to fellow club members.

If you would like to place an ad, please go to the online store and choose Membership/Newsletter Ads to purchase your ad space.

Rates are per month: \$15 ¼ page, \$25 ½ page, \$50 full page.

Your ad must be ready for print when submitted (we are runners, not graphic designers!).

## Special Thanks to our Pride Run Sponsors

\$500

**Santa Monica Yoga**

**N2N Bodywear**

\$250

**William Fang & Anthony Chan**

**Angus Kennedy & Mark Johnson**

\$165

**Jason Coleman, Inc.**

\$100

**Cat White & Keeley Webster ▪ Danny O'Hara**

**Kevin, Mikey & Rina ▪ Jerry Weyer ▪ Richard Nelson**

**The Bills ▪ Pat Bates & Sue Roth ▪ Neil E. Johnson, CPA**

**Bryan Prado ▪ Norman Dixon & Patrick Owen**

**Rina's Favorite Uncle**

\$50

**Mark Grumet ▪ Mark DeAngelis & Henry Jung ▪ Alexandra Amore**

**David Dassey ▪ Amy Ross ▪ Carl Maravilla**

**Mike Carbutto & Chris Tapper ▪ Regina Robinson**

**Mike Smith ▪ Lee Lightfoot ▪ Andrew Wissmiller ▪ Bill Walsky**

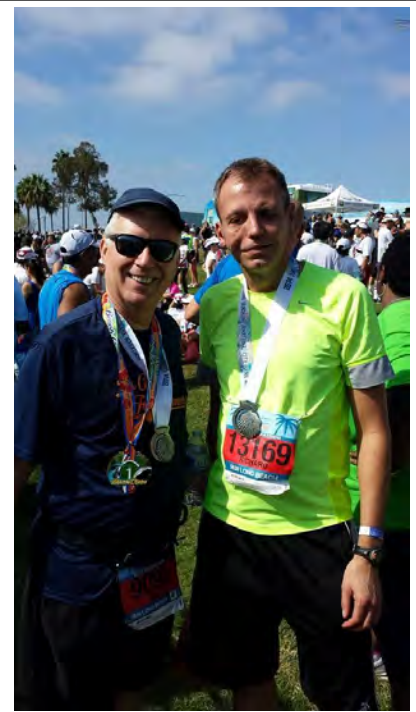
## Long Beach Marathon



Top: John looking very serious  
Bottom: Deo looking very fabulous

The Long Beach Marathon and Half Marathon took place on October 12 in the beautiful waterfront area. The Half Marathon is especially popular, not only because the course is full of interesting sights, but it's a fast course as well. The start and finish are in the Shoreline Village area. The course traverses the southern end of the 710 freeway to reach the Queen Mary, the Aquarium, the harbor, and myriad other landmarks. Around mile 9 or so the scenery is more sedate as runners trace the coastline to the turnaround point. For the halfers, the adrenaline picks up again just before the final mile as they race back into downtown and the finish.

The marathoners part way around mile 10 into east Long Beach. The scenery becomes more suburban. Then the runners turn north and make a big loop around CSULB in the late teen miles.



Top: Bill and Rick resting at the finish  
Bottom: Jason jubilant with his medal



Psychologically this is the hardest part, since the cheering crowd thins just as many runners hit the dreaded wall. However, a small but boisterous college crowd does liven up the spirit quite a bit. After the turn south, runners are on the final 10K, and with a slight downhill that helps get you to the finish.

The energy level really picks up as the marathoners join the halfers for the last miles to the finish. For the fast marathoners, merging with the slower halfers may be annoying. But, c'mon, you're almost done, so who cares!



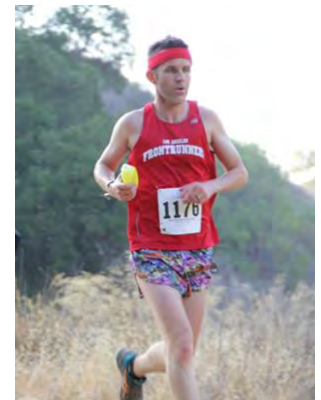
## Other Intrepid Runners



10/4 William winning the Alhambra Pumpkin 5K



10/12 David at the Healdsburg Half



8/25 Mikey at the Bull Dog

## A Look into the Ordinary



Most of the newsletter is about special events or runs. So this page is dedicated to our more ordinary activities. Really, it's such normalcy that enables friendships to be built.

The top right two pictures are from the 10/16 post-run potluck at David's place. Can you spot the difference between the two?

The right one is at a board meeting, where serious matters of gravity are discussed. Or they could just be debating the color for the club uniform. (BTW, want to find out what goes on at the board? Run for the board!) Arlington (the dog, if you didn't know) offers much-needed mental breaks.



The pictures to the left and bottom depict a typical Saturday at Griffith Park run on 9/27. Amy, the drill master in the Trojan shirt, usually takes charge. We have a wide range of walkers, joggers, and runners. And as you can see, there's often not a shortage of dogs, either.





## LAFR Halloween Party

On Sunday night 10/26, Geoff and Jason opened up their home again for the second annual LAFR Halloween Party. The house was beautifully decorated with black cats, Jack-o-lanterns, bats, spiders, and other creatures of childhood memories. Jason also assembled candy-filled goodie bags for winners of the costume contests: Prettiest, Most Imaginative, and Scariest. Food and beverages were plentiful.

Most came in costumes and those who didn't we hope they're shamed into dressing up next year. Impressively, no one recycled costumes from last year. So start planning how you want to dress up next year.



Jason and friend Eduardo



Look at the tattoos!



Captain America announcing the winners



Waiting for the voting outcome



Just relaxing and conversing



Yumi hugging under-dressed William

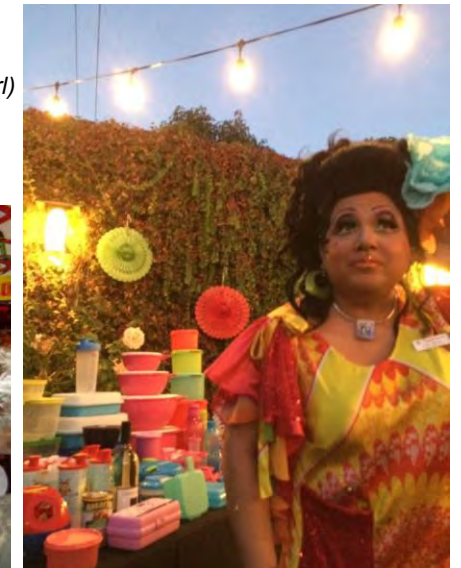


A pharaoh, a soldier, a chick-magnet...



## Elsewhere on Halloween

Left: Lone Ranger and Tonto? (Mike and Carl)  
 Bottom: Elsa (Deo) telling them to let it go  
 Right: Kay Sedilla at the ALC fundraiser on 10/25 at Eddie's



# LAFR Halloween Party



Winners of Prettiest: Jason, Ann (1<sup>st</sup>), and Geoff



Most Creative: Karen (1<sup>st</sup>), Geoff, Eduardo



Winners of the scariest: Eduardo (1<sup>st</sup>), Ann, and Carl



Popeye (Eddie), dead cowboy? (Carl), and soldier (Rudolph)



Tigger (Robert) and Robin Hood (Rob); Sarina, Carl, Stewie.



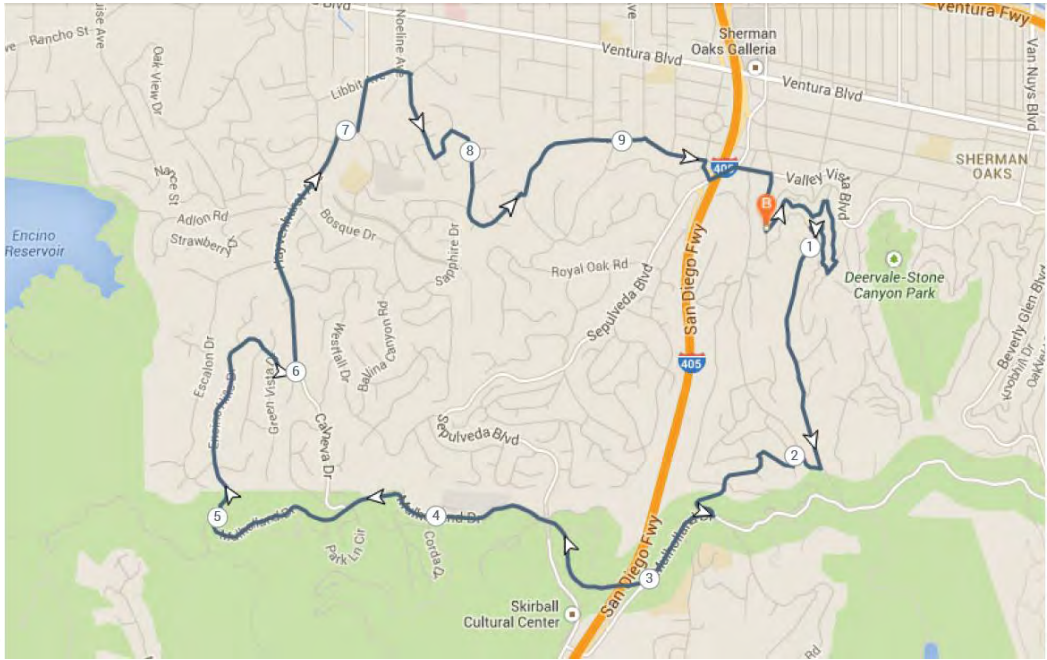
The wicked triumvirate: Eric, Ann, and Richard. Did you know Ann's hat dances and sings?

Pharaoh and Alibaba, really Geoff and Jason, hosts of the party. Thanks to them both for another beautifully decorated setting! BTW, did you know Alibaba was supposed to be a Chinese boy?



# Focus on Neighborhood Run, Discount Diva, and Frugal Frontrunner

Piyush and Richard led LAFR on a challenging 10 mile run. The first 3 miles are fairly steep, as you climb to the Carmageddon bridge. The bridge gives a sweeping view of the Valley and the Sepulveda Pass.



Then you hit the heaviest traffic part of the whole run. Be careful! But this is worth it because you are on famed Mulholland Drive, the magical divide between the Valley on your right and the Westside on your left. On a summer day, just by crossing the street, you'll feel 20 degree cooler on the

Westside side. Ok, not really. But people think that. Right around mile 4, you pass the Bel Air Presbyterian, former President Reagan's church.



After the church, the road becomes less busy and you start a climb to the highest point of the run. When you reach mile 5, you are at junction of several trails. If you continue on Mulholland, you are about a quarter mile from the Nike missile tower and a water stop. From there you are linked to the entire Santa Monica trail system. If you curl south, The Canyonback Trail takes you down to Mandeville Canyon, where former Governor Schwarzenegger is rumored to keep a house. It's a world of possibilities.

We returned on Encino Hills Dr, a steep 2 mile ascend down. We noticed little rivulets running along the gutter. Alas some of the neighbors have decided not to conserve water. The two miles before we cross the 405 is a jaunt through an upscale, residential part of the Valley. A bit bland, but very pleasant. The last mile reminds us we were in a city as we navigate the busy traffic around the 405, as we wind down a topographically diverse and very hot and humid run.

Race	Date	Website	City	Code	Amount
Revel Canyon Marathon	11/15/14	<a href="https://www.brooksee.com/rcc/register">https://www.brooksee.com/rcc/register</a>	Azusa	GoRaceShed53347	\$5 off and \$5 when you post on Facebook
Surfer's Point Half Marathon	11/26/14	<a href="https://racegrader.webconnex.com/surferspointmarathon2014">https://racegrader.webconnex.com/surferspointmarathon2014</a>	Ventura	RACESHED30	30%
LA Turkey Trot	11/27/14	<a href="http://turkeytrot.la/">http://turkeytrot.la/</a>	LA	TURKEY10RGTR OT	10%
OC Turkey Trot	11/27/14	<a href="http://raceshed.com/coupons/orange-county-turkey-trot/">http://raceshed.com/coupons/orange-county-turkey-trot/</a>	Irvine	RaceShed20	10%
Holly Jolly Half Marathon	12/21/14	<a href="https://racegrader.webconnex.com/camarillohollyjollyhalfmarathon">https://racegrader.webconnex.com/camarillohollyjollyhalfmarathon</a>	Camarillo	RACESHED30	30%
Camarillo Half and Full Marathon	01/04/15	<a href="https://racegrader.webconnex.com/camarillomarathon2015">https://racegrader.webconnex.com/camarillomarathon2015</a>	Camarillo	RACESHED30	30%
Hollywood Half Marathon	04/12/15	<a href="http://hollywoodhalfmarathon.com/">http://hollywoodhalfmarathon.com/</a>	Hollywood	HOLLYWOOD	15%

Race	Race Date	Website	City	Amount
A Better World	11/23/14	<a href="http://www.abetterworldrunning.com/">http://www.abetterworldrunning.com/</a>	Van Nuys	5K-\$19, 10K-\$24, 15K-\$29 Half-\$33, Marathon-\$43
Turkey Trot	11/27/14	<a href="http://www.abetterworldrunning.com/">http://www.abetterworldrunning.com/</a>	Santa Monica	5K-\$18, 10K-\$23, 15K-\$28, Half-\$32, Marathon-\$41
Turkey Trek	11/28/14	<a href="http://www.abetterworldrunning.com/">http://www.abetterworldrunning.com/</a>	Huntington Beach	10K-\$23, Half-\$33, Marathon-\$42
Turkey Dash	11/29/14	<a href="http://www.abetterworldrunning.com/">http://www.abetterworldrunning.com/</a>	Long Beach	10K-\$23, Half-\$33, Marathon-\$42
Giving Thanks	11/30/14	<a href="http://www.abetterworldrunning.com/">http://www.abetterworldrunning.com/</a>	Santa Monica	5K-\$18, 10K-\$23, 15K-\$28, Half-\$32, Marathon-\$41
Beach Fest	12/06/14	<a href="http://www.abetterworldrunning.com/">http://www.abetterworldrunning.com/</a>	Huntington Beach	10K-\$22, Half-\$32, Marathon-\$41