

### LAFR Pride Run 2013: Records Fall!

July 2013



Runners line up at the start line for the 5K run.

The 2013 LAFR Pride Run blasted off to a blazing start at 7:30 AM on June 9. This year's 5K brought out 315 runners and saw new course records for both men and women. The mens record is now 16:00, set by 36 year-old Phillip Gonzales, besting the previous by just 1 second. The womens record is now 17:24, set by 37 year-old Erika Aklufi, besting the previous by 25 seconds. Carlos Vizcarra was the fastest LAFR in the 5K, finishing 6<sup>th</sup> overall at 16:58.

The 10K saw 187 runners. Erika Aklufi again set a new course record, running 38:02 to beat the old record by 1:52. William Fang was the fastest LAFR in the 10K, finishing 3<sup>rd</sup> at 35:59.

The Ultra saw 61 runners (math majors, that means we had 441 unique runners). The top male finisher was Dylan Kent with a combined time of 51:58, beating the past record by 39 seconds. The top female finisher was Erika Aklufi, whose time of 55:26 chopped 5:24 from the previous record.

We also had the most finishers in the 5K in the last 13 years (our online results only go back to 2001) and the 441 total finishers is the 2<sup>nd</sup> highest since 2001 (just 8 short of 449 in 2011).



LAFR Clean Sweep: Richard Nelson (2<sup>nd</sup>), Andrew Wissmiller (1<sup>st</sup>), & David Dassey (3<sup>rd</sup>) swept the 60+ division of the Ultra

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## More Pride Run



Volunteers handling bib pick-up on Saturday.



And getting back rubs during down times.



Bernie doubling as timing analyst at the finish.

## THANK YOU!!

How many people does it take to put on a fabulous race? A lot...and every volunteer is vital to the success of our race. And we couldn't have done it without you!

Financially, this was our most profitable race in recent memory. The club took in about \$14,000 in registration and \$4,200 through donations & the t-shirt sponsorship. After donating to our beneficiaries, the club raised nearly \$9,000, the largest source of funding for us for the year.



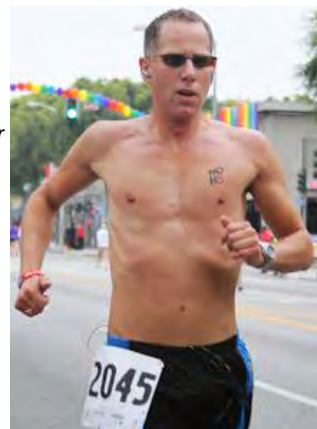
Erika Aklufi broke the course records in the 5K, 10K and the Ultra



William Korthof was the top LAFR in the Ultra



Left: New member Lee Miller finishing the 10K



Right: Nelson White sets a PR in the 5K



Volunteers at race-day registration.



Patrick as the Coordinator in Chief



Zack and John setting out the food.



Angus starting the 5K.



## Kids Race



Right: Richard Greer (#178) assisted by Tomas Tiangco (#389) as the two jogged the 5K. The pair finished in under an hour at 57:24, taking 313 and 312 respectively.



Below: The back of the Pride Run shirt, showing all our sponsors and donors.



## LA FRONTRUNNERS

32<sup>nd</sup> Annual Pride Run • June 9, 2013

VERTEIDIGUNG santa monica  
防 yoga MN  
ENTERPRISE Walgreens  
AT THE CORNER OF  
HAPPY & HEALTHY™ Ziba BEAUTY  
MANGUS LaCroix City of West Hollywood California, 1984 RoadID  
It's Who I Am French Market PRIDE LA

Pat Bates & Sue Roth • Kevin, Mikey & Rina • Mark Grumet  
Bill Winkelmann & Bill Austin • Jeffery Masino • Abbe Land  
David Dassey • Amy Ross • Ross Lamkin & Aaron Rothbart  
Otis Redding & Kaspar • Arturo Salgado & Seth Diamond  
Michael Carter • Jim Martinez • Don & Teddy • Bill Walsky  
Donna M. Balinski • Richard Nelson • Neil E. Johnson, CPA  
Eddie Flores • Norman Dixon & Patrick Owen • Dave Kettel  
John Kawaharada • John McGuinness & Doug Jones  
Rina's Favorite Uncle

The Kiddy Run saw a boisterous crowd this year, as usual. LAFR has had a long tradition of a free Kiddy Run where every child gets a fabulous goodie bag filled with snacks, toys, and coloring books. But to earn this bag, each child had to put in effort on the half-mile-ish loop. Everyone did. Even if some started crying and needed some prodding from parents. This year Deo, all dressed in pink (cap, shirt, tutu, socks, shoes) with a little wand even found a kindred spirit, a little girl dressed as a pink fairy with the cutest wings!



Bubbles!

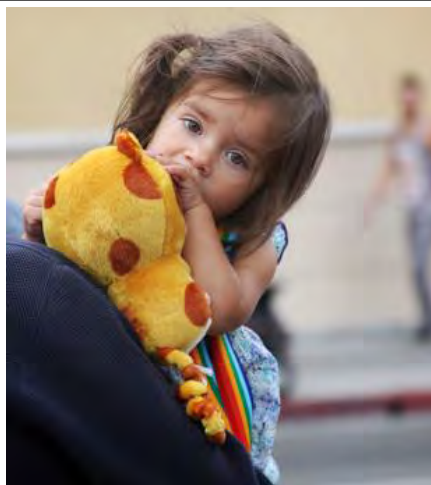


Puppy!





Not only did Amy Ross take 1<sup>st</sup> place in her age group in the 5K, but she sported a vintage Pride Run T-shirt from the 1983 race.



Rina and her new friend



Left: Dan Vu, Brian Dunbar & Rob Chen happily running the 10K



Right: 5K age group winners Bill Austin (1<sup>st</sup>) and Shoreline Frontrunner Brad Miyasato (3<sup>rd</sup>)



Above: Connie Hammen placed 2<sup>nd</sup> in her age group in the 5K

Right: New club member Kent Hamilton had a great day, taking 1<sup>st</sup> 40-44 in the 5K, 2<sup>nd</sup> 40-44 in the 10K, and 1<sup>st</sup> 40-49 in the Ultra



Above: Coach J won the 45-49 age group in the 10K, pictured here with Pride Run regular Gerry Gorospe, who placed 2<sup>nd</sup>



Above: LAFR Michael Whitley (Zach) in the 10K (you can meet him at the Thursday night run...)

Left: 9-year old Victoria Leahy ran the 5K in 24:17 (7:49 pace)

# LAFR BIRTHDAY BOYS AND GIRLS

6/20 Jon Wasser	7/9 Jeffrey Weinstein
6/21 Luis Aguilar	7/14 Andrew Makay
6/24 Tim Chung	7/14 Barry Norcross (RIP)
6/24 Jennifer Rouan	7/14 Cat White
6/25 Liqiang Gong	7/16 Eddie Kohler
6/26 Adam Gooch-Smith	7/17 Henry Jung
6/27 Jim Martinez	7/19 John Heilman
6/27 Will Frankenstein	7/20 Dan Mullen
6/29 David-Jon Barnard	7/23 Jose Castillo
7/3 Alex Grosko	7/25 Lee Lightfoot
7/3 Bill Walsky	7/26 Kenneth Kottke
7/6 Seth Eskigian	7/27 Carlos Vizcarra
	7/28 Doug Jones



Birthday boys Johnathon Perisho 6/17, Reg Willson 5/31

## WELCOME NEW MEMBERS!

Tommy Ho	Joseph Carrao
Lee Miller	Jennifer Rouan
Loriann Stevenson	Sarina Mohanty
Randy Murphy	Merle Brill
Mike Heredia	Will Frankenstein

### Los Angeles Fronrunners

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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*  
 Regina Robinson, *dir-at-large*  
 Ross Lamkin, *dir-at-large*  
 John Kawaharada, *dir-at-large*  
 Margie Gonzales, *dir-at-large*  
 Sean O'Brien, *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)

### Los Angeles Fronrunners Monthly Treasurer's Report for June 2013

Balance on 2013 May 5	\$ 10,442.65
Balance on 2013 June 26	\$ 14,841.45
Net change	\$ 4,398.80

Club Events	Expense	Revenue	Net
Santa Cruz	\$ (387.14)	\$ 85.00	\$ (302.14)
Pride Run Donation	\$ (1,500.00)	\$ 1,600.00	\$ 100.00
Pride Run Registration	\$ -	\$ 8,785.00	\$ 8,785.00
Pride Run T-Shirts	\$ (2,468.36)	\$ -	\$ (2,468.36)
Pride Run Medals	\$ (899.79)	\$ -	\$ (899.79)
Pride Run Kids Bag	\$ (114.00)	\$ -	\$ (114.00)
Pride Run Food and Supplies	\$ (504.46)	\$ -	\$ (504.46)

### Membership

Membership Dues	\$ -	\$ 375.00	\$ 375.00
General Donation	\$ -	\$ 27.00	\$ 27.00
Uniform Purchase	\$ (22.55)	\$ 110.00	\$ 87.45

### Operational

Communication	\$ (45.00)	\$ -	\$ (45.00)
Mailbox and Storage	\$ (434.00)	\$ -	\$ (434.00)
Paypal	\$ (71.71)	\$ -	\$ (71.71)
Food and Beverage	\$ (161.19)	\$ -	\$ (161.19)
CA DOJ Fee	\$ (25.00)	\$ 50.00	\$ 25.00

<b>Totals</b>	<b>\$ (6,633.20)</b>	<b>\$ 11,032.00</b>	<b>\$ 4,398.80</b>
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The last financial statement was presented to the board on May 28. But the above statement includes the Pride Run. We still await about \$5000 from active.com and owe a \$1000 donation. There will be a full account when the numbers are finalized by next month..

## LAFR Board Meeting May 28, 2013

This meeting was focused almost exclusively on Pride Run on June 9

These tasks were assigned

1. Packet pick up – at A Runner's Circle on June 8 from 10 to 2. Angus to coordinate
2. Finish line food – John. Follow up with CSW about apples and Carl M about French Market food donation
3. Water Station – Regina. Need to coordinate purchase and delivery of bottled water. Recruit Richard Peng for help
4. Volunteer Overlord – Patrick. Assign volunteers to various posts as needed on the day of the race
5. Registration – Margie
6. Course (set-up, take-down) – Sean & William
7. Bag check – David
8. T-Shirts – Geoff
9. Registration and Timing set-up – Angus, Bruce, Ross
10. Other Miscellaneous
  - a. Helium Tank and balloon – Ross
  - b. Tents – William
  - c. Gay Yellow Pages bags – Bruce
11. Other items – marathon training, Barry's run, pool party, doggy beach day
12. Next meeting on July 9<sup>th</sup> at 7:00 PM at Sean's



## Ragnar Relay (6/20-21): Wasatch Back, Utah



From left:  
Mike Carbuto (driver)  
William Korthof  
Mark Johnson  
Sean O'Brien  
William Fang  
Eric Alvarez  
Reg Willson (captain)  
Carlos Vizcarra  
Moises Medina  
John McGuinness  
Lui Sanchez (driver)  
Mike Kerkman  
John Kawaharada  
Angus Kennedy

*This is at the starting line at the track near Romney Stadium at the Utah State University in Logan, UT.*

This year marks the 10<sup>th</sup> Anniversary of the Wasatch Back Relay, the race that launched the Ragnar Relay series. LAFR put together a 12-men team, with 2 drivers, called "See Dick Run." As one of the seeded teams, "Dick" had the latest start time of 1 PM on June 20, along with 9 other seeded teams in the first of 2 waves.

"Dick" ran 24:16:09.2 for 192.9 miles, achieving an overall placement of 10<sup>th</sup> out of 1386 teams, and 2<sup>nd</sup> for Men Submasters. If there were a category for flatlanders, "Dick" would have won that, since all faster teams were from high-elevation states like UT and CO. High-altitude running was harder than "Dick" thought. But not bad!

The trip had some early dramas. On Wednesday night, the last runner flew in at 9:40 PM as all of Salt Lake City shut down at 10:00 PM. William F had to plead with the local CPK to stay open so "Dick" could eat.

The runners were in the order of Carlos, John K, Mark, Angus, Mike K, John M, Moises, William K, Sean, William, Eric and Reg, for a total of 3 iterations. Each runner had 3 legs and the legs ranged from 2 miles to 11.6 miles. The shortest set of legs summed to 11.3 miles and the longest set of legs summed to 20.9 miles. Runners were divided into 2 vans, each with a dedicated driver. Lui drove van 1 and Mike C drove van 2. The division into 2 vans was to allow runners and drivers some sleep.

But who can sleep when the scenery is just so gorgeous? John M said the hills are as green as that of Ireland. Though the sun was bright, the temperature was at a tolerable high 70's during the hottest part of the day.

Carlos took the lead leg and the positions became quite clear already. "Dick" came out of the second leg at position 5 or 6 and stayed there for the remainder of the race. But given the scattered start time, "Dick" began catching the other teams as soon as leg 11.

At first, each van cheered for the other. But as night-time approached, "Dick" realized they had to take their rest and saw each other less frequently. Exchanges 11 and 12 provided comic relief. Due to the loopy leg in between, the two exchanges were adjacent to each other. At Exchange 11, Eric was to hand off to Reg, who forgot his mandatory blinking butt-lamp and had to retrieve it. Reg missed the hand-off. But Eric took some heat off by acrobatically tripping just before the hand off. Van 1 meanwhile saw Reg warming up and thought that Reg was already approaching Exchange 12. So Carlos et al scrambled to Exchange 12, only to see Eric trip and fall. BTW Eric is fine.

Nightfall brought the temperature near freezing. The darkness meant other runners, namely Mark and Angus, also tripped on their legs, though without injury. Finally at the last leg anchored by Reg, after 24 hours, "Dick" ran through the finish line with all 14 members. Everyone was exhausted but also highly spirited.

With a Saturday return trip, "Dick" spent the rest of Friday in idyllic Park City. Sean, John K, and William F managed to put in a Saturday run under the nearby ski lifts. Sunlight filtering through aspens surrounded by wild columbines is really pretty. Finally by noon, the trip came to end as "Dick" checked in at the airport for LAX.



# Race Results

## New Year's Half

Los Angeles, CA 1/5

Raul Borja.....2:18:16

## Citrus 10K

Riverside, CA 1/12

Mike Heredia.....36:29 1<sup>st</sup> OA  
1<sup>st</sup> 30-34

## Kaiser SoCal Half

Irvine, CA 1/12

Brian Dunbar..... 1:54:06 3<sup>rd</sup> 50-54

## Jaycees 10K

Watkinsville, GA 1/19

Jennifer Rouan..... 57:46 3<sup>rd</sup> 35-39

## MLK 5K

Athens, GA 1/21

Jennifer Rouan..... 26:37 1<sup>st</sup> 35-39

## Kaiser SF Half

San Francisco, CA 2/3

Paul Morrell.....1:51:41 PR

## Run for Justice 5K

Los Angeles, CA 3/16

Mark Grumet.....34:35 3<sup>rd</sup> 60+

## LA Marathon

Los Angeles, CA 3/17

Mike Heredia.....3:17:11 PR

## Hot Chocolate 15K

San Diego, CA 3/24

Jorge S Corona.....1:06:11

## Cottage 5K

Athens, GA 3/30

Jennifer Rouan..... 27:23 1<sup>st</sup> 35-39

## Derby Day 5K

Santa Anita, CA 4/5

Cat White..... 35:33  
Keeley Webster.....45:51

## Taft Community 5K

Woodland Hills, CA 4/21

Cat White..... 30:23 PR  
Keeley Webster.....44:35

## Leona Divide (Grand Prix)

Lake Hughes, CA 4/27

### 50 Mile

Raul Borja.....11:46:30

## Santa Monica Classic 10K

Santa Monica, CA 5/19

Lee Miller..... 1:27:26

## Bay to Breakers 12K

San Francisco, CA 5/19

Paul Morrell.....1:02:47

## Portland RnR Half

Portland, OR 5/19

Raul Borja.....1:51:11

## Bay Bridge 4 Miler

San Diego, CA 5/19

Juan Moreno..... 34:23

## Mt. Wilson Trail Race

Sierra Madre, CA 5/25

Mong Noiboonsook...1:40:44

## Laguna Hills Half

Laguna Hills, CA 5/27

David Grudzien..... 2:15:16  
Margie Gonzales.....2:50:41

## San Diego RnR Full

San Diego, CA 6/2

Deo Jaravata..... 3:47:45

## Allstate Chicago Half

Chicago, IL 6/8

David Grudzien..... 2:15:16

## Castle Awards Half

Sea Konk, MA 6/16

David Grudzien..... 2:09:44

## Laguna to Quezon 50K

Quezon, Phillippines 6/16

Deo Jaravata..... 6:51:46

## Bald Peak Half

Hillsboro, OR 6/22

David Grudzien..... 2:35:45

## Mountains 2 Beach (Grand Prix)

Ventura, CA 5/26

### Half

Eric Alvarez..... 1:15:47 1<sup>st</sup> 45-49/PR  
Mark Johnson..... 1:24:46  
Bernie Tan.....1:29:57 PR  
Angus Kennedy.....1:36:39  
Dan Graham.....1:43:35 1<sup>st</sup> 55-59/PR  
Don Formanek.....1:45:17 PR  
Rob Chen.....1:48:40  
Richard Peng.....1:50:01  
Albert Giang.....1:53:27 PR  
Phil Scanlon.....1:56:22 PR/1<sup>st</sup> Half  
David Grudzien..... 2:14:21  
Cat White..... 2:48:07 PR  
Donna Balinski..... 3:16:07 PR  
Bill Walsky.....3:20:24  
Keeley Webster..... 3:31:12

### Full

William Fang..... 3:02:37 PR  
John Kawaharada... 3:18:32 PR  
Patrick Owen..... 3:38:22  
David Dassey.....3:46:32 PR

## Memorial Day 5K

Canoga Park, CA 5/27

Carlos Vizcarra..... 16:32 2<sup>nd</sup> OA  
2<sup>nd</sup> 35-39



Mike and Jorge were 1<sup>st</sup> and 3<sup>rd</sup> 30-34 in the Pride Run 5K

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

# Race Results

## Wrigley River Run (Grand Prix)

Long Beach, CA 6/1

### 5K

Bill Austin..... 20:48 1<sup>st</sup> 55-59  
Mong Noiboonsook...25:51 PR

### 10K

Mong Noiboonsook...49:36  
Bill Walsky..... 1:34:31 RW/PR

### Combined

Mong Noiboonsook...1:15:27

## Senior Olympics Trials

Pasadena, CA 6/1 & 6/29

### Richard Nelson

5K Road..... 22:32 1<sup>st</sup> 65-69  
10K Road..... 46:39 1<sup>st</sup> 65-69  
800 Meters Track.... 2:59.62 2<sup>nd</sup> 65-69  
1500 Meters Track.. 5:52.06 1<sup>st</sup> 65-69

## San Francisco (Grand Prix)

San Francisco, CA 6/16

### Half

William Fang..... 1:26:51 PR  
Ted Wyder.....1:45:14  
Paul Morrell..... 1:49:58 PR  
Bill Walsky.....3:10:18

### Full

William Korthof..... 3:12:43  
Jorge S Corona.....3:36:59 PR/1<sup>st</sup> Full  
Jeff Masino.....4:06:25 PR  
Gary Iem.....4:52:40 PR

## Rattlesnake Ridge Half

Snoqualmie, WA 6/23

David Grudzien..... 3:18:34

## San Francisco Pride Run

San Francisco, CA 6/29

### 5K

Ted Wyder.....23:15 3<sup>rd</sup> 40-44

### 10K

Paul Morrell..... 51:06



## Pasadena (Grand Prix)

Pasadena, CA 6/30

### 10K

Lee Miller..... 1:16:46 PR

### Half

Andrew Wissmiller..1:47:15 2<sup>nd</sup> 60-64  
Mike Carbuto.....2:30:10

## La Palma 5K/10K

La Palma, CA 7/4

### 5K

Ted Wyder.....22:19 3<sup>rd</sup> 40-44

### 10K

Carlos Vizcarra.....35:46 1<sup>st</sup> OA  
1<sup>st</sup> 35-39

## Will Rogers (Grand Prix)

Pacific Palisades, CA 7/4

### 5K

Reg Willson..... 20:14 2<sup>nd</sup> 50-54  
Richard Nelson..... 21:21 1<sup>st</sup> 65-69

### 10K

Mike Kezsely.....49:39

## Wasatch Back Ragnar Relay

Logan to Park City, UT 6/20-21

### See Dick Run

24:16:09  
10<sup>th</sup> Overall out of 1386  
2<sup>nd</sup> Mens Submasters (30 & up)

Carlos Vizcarra, Eric Alvarez, Moises Medina, John McGuinness, William Fang, Mark Johnson, Sean O'Brien, Reg Willson, Mike Kerkman, William Fang, John Kawaharada, William Korthof  
Drivers: Lui Sanchez, Mike Carbuto

## Griffith Park Marathon Relay

Los Angeles, CA 6/23

### LA Frontrunners

3:17:23, 8<sup>th</sup> OA, 2<sup>nd</sup> Running Club Men  
Mark Johnson, John McGuinness, Mike Kerkman, Bernie Tan, Angus Kennedy

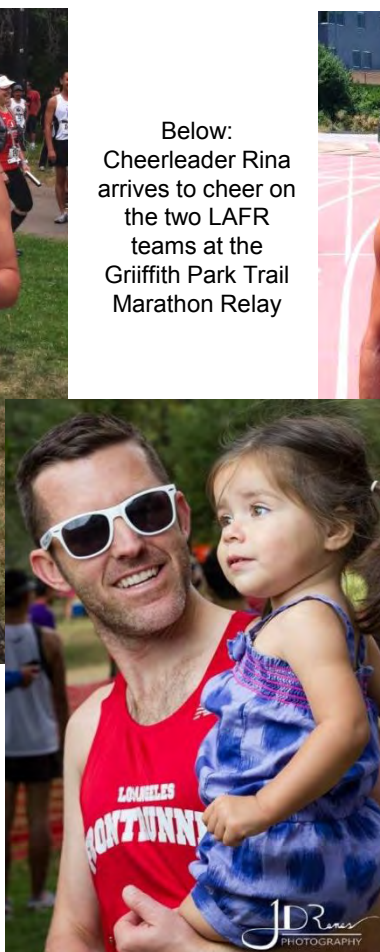
### Frontrunners JV

4:00:19, 25<sup>th</sup> OA, 10<sup>th</sup> Open Men  
Henri Faucher, Ed Gallardo, Rex Boone, Don Formanek, Carl Maravilla



Relay lead off leg runners:

Above: Bernie Tan leads off for the LAFR team in the Griffith Park Trail Marathon Relay



Relay lead off leg runners

Above: Carlos Vizcarra leads off for See Dick Run at the Wasatch Back Ragnar Relay



Below: Cheerleader Rina arrives to cheer on the two LAFR teams at the Griffith Park Trail Marathon Relay



# Pride Run Race Results

## LAFR Pride Run (Grand Prix)

WeHo, CA 6/9

### 5K Men

Carlos Vizcarra.....	16:58	2 <sup>nd</sup> 35-39
Mike Kerkman.....	18:39	1 <sup>st</sup> 30-34
William Korthof.....	18:43	2 <sup>nd</sup> 30-34
Carl Maravilla.....	19:33	1 <sup>st</sup> 50-54
Jorge S Corona.....	20:06	3 <sup>rd</sup> 30-34/PR
Bill Austin.....	21:05	1 <sup>st</sup> 55-59
Mark DeAngelis.....	21:07	2 <sup>nd</sup> 45-49/PR
Andrew Wissmiller..	21:09	1 <sup>st</sup> 60-64
Richard Nelson.....	21:15	1 <sup>st</sup> 65-69
Nelson White.....	21:43	PR
Kerry Quakenbush..	22:06	
David Dassey.....	22:12	2 <sup>nd</sup> 60-64
Terry Finestein.....	22:19	
Kent Hamilton.....	22:30	1 <sup>st</sup> 40-44/PR
Mong Noiboonsook...	23:03	PR
Dan Graham.....	23:14	2 <sup>nd</sup> 55-59/PR
Albert Giang.....	23:16	PR
Adam Gooch-Smith.	23:23	3 <sup>rd</sup> 40-44/PR
Raul Borja.....	23:46	
Jason Bautista.....	24:02	PR
David Jaquez.....	24:03	PR
Augie Robles.....	24:42	
Henry Jung.....	24:52	PR
Dan Vu.....	26:37	
Jose Castillo.....	26:37	
Kevin Shiramizu.....	26:38	
Brian Dunbar.....	27:20	
Jim Martinez.....	29:06	
Mark Grumet.....	30:35	3 <sup>rd</sup> 60-64
Deo Jaravata.....	32:59	1 <sup>st</sup> OA RW
Geoff Buck.....	34:26	PR
Paul Wendell.....	34:50	PR
Bill Walsky.....	37:34	
Doug Jones.....	41:17	
Dale Beldin.....	43:40	
Chris Tapper.....	46:08	

### 5K Women

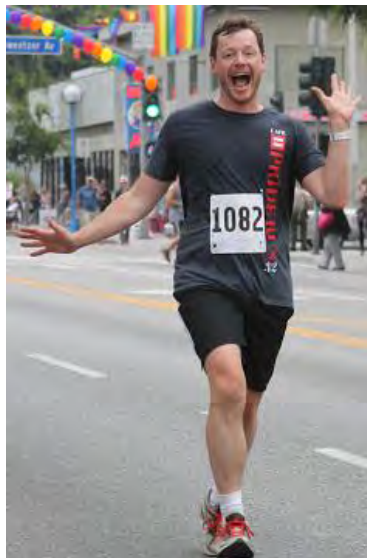
Melissa Coleman.....	25:51	2 <sup>nd</sup> 45-49
Jennifer Rouan.....	25:53	
Cat White.....	31:57	
Amy Ross.....	31:59	1 <sup>st</sup> 60-64
Lee Miller.....	32:51	PR
Merle Brill.....	33:13	PR
Margie Gonzales.....	37:05	2 <sup>nd</sup> 55-59
Patricia Bates.....	37:42	1 <sup>st</sup> OA RW
		2 <sup>nd</sup> 60-64
Connie Hammen.....	46:39	2 <sup>nd</sup> 65-69



Deo PR'd & won best dressed



Carlos led all LAFRs in the 5K



LAFR Adam Comeau shows off his best Pride spirit

### 10K Men

William Fang.....	35:59	3 <sup>rd</sup> OA
		1 <sup>st</sup> 35-39/PR
Mark Johnson.....	39:32	1 <sup>st</sup> 45-49
William Korthof.....	40:29	2 <sup>nd</sup> 30-34
John McGuinness....	41:09	
Kent Hamilton.....	45:10	2 <sup>nd</sup> 40-44/PR
Jorge S Corona.....	45:15	
Michael Whitley.....	45:20	
Andrew Wissmiller..	45:50	1 <sup>st</sup> 60-64
Ted Wyder.....	46:22	
Don Formanek.....	47:18	
Richard Nelson.....	47:22	1 <sup>st</sup> 65-69
David Dassey.....	47:48	2 <sup>nd</sup> 60-64
Deo Jaravata.....	47:58	PR
Mike Kezsely.....	48:13	3 <sup>rd</sup> 50-54
Adam Gooch-Smith.	48:42	PR
Raul Borja.....	49:24	
Richard Peng.....	49:42	
Mong Noiboonsook...	50:13	
Patrick Conner.....	52:33	
Dan Vu.....	52:42	
Rob Chen.....	53:05	
Brian Dunbar.....	55:02	
Mike Carbuto.....	56:10	3 <sup>rd</sup> 60-64
Jose Castillo.....	57:31	
Adam Comeau.....	58:27	
Seth Diamond.....	60:26	

### 10K Women

Melissa Coleman.....	53:46	3 <sup>rd</sup> 45-49/PR
Jennifer Rouan.....	59:20	
Cat White.....	70:37	PR
Lee Miller.....	77:12	PR

### Ultra: 5K & 10K Men

William Korthof.....	59:12	1 <sup>st</sup> 30-39
Jorge S Corona.....	65:21	3 <sup>rd</sup> 30-39
Andrew Wissmiller..	66:59	1 <sup>st</sup> 60+
Kent Hamilton.....	67:40	1 <sup>st</sup> 40-49
Richard Nelson.....	68:37	2 <sup>nd</sup> 60+
David Dassey.....	70:00	3 <sup>rd</sup> 60+
Adam Gooch-Smith.	72:05	2 <sup>nd</sup> 40-49
Raul Borja.....	73:10	
Mong Noiboonsook...	73:16	
Dan Vu.....	79:19	
Deo Jaravata.....	80:57	
Brian Dunbar.....	82:22	
Jose Castillo.....	84:08	

### Ultra: 5K & 10K Women

Melissa Coleman.....	59:20	3 <sup>rd</sup> 40-49
Jennifer Rouan.....	85:13	
Cat White.....	1:42:34	
Lee Miller.....	1:50:03	



# Grand Prix Series Standings as of 7/9

## 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 are ranked by average score only until Sept. when runners with most races will be ranked first.

Division	Races	Average
----------	-------	---------

### MALE

1. Eric Alvarez	3	85.62
2. Carlos Vizcarra	6	80.28
3. Mark Johnson	5	79.10
4. Richard Nelson	6	77.95
5. Ric Munoz	1	75.36
6. William Fang	6	74.39
7. Reg Willson	2	73.61
8. John McGuinness	5	72.95
9. Moises Medina	2	72.70
10. Andrew Wissmiller	6	72.62

### FEMALE

1. Melissa Coleman	3	60.19
2. Amy Ross	1	59.80
3. Jennifer Rouan	4	54.63
4. Margie Gonzales	5	50.56
5. Merle Brill	1	47.81
6. Cat White	4	46.88
7. Lee Miller	3	43.23
8. Keeley Webster	3	34.82
9. Donna Balinski	3	34.24
10. Marilyn Jackson	4	32.05

### RACEWALK

1. Patricia Bates	2	68.62
2. Juan Moreno	1	63.21
3. Deo Jaravata	5	61.84
4. Connie Hammen	1	58.68
5. Sue Roth	1	53.84
6. Bill Walsky	1	49.72
7. Keeley Webster	1	41.30
8. Cat White	1	40.97
9. Donna Balinski	1	40.33
10. Regina Robinson	1	27.16



Bill Walsky after the Mountains 2 Beach Half Marathon

## AGE GROUP MEN

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

### Male 20-29

1. Piyush Prakash	1	140
2. Gary lem	1	130

### Male 30-34

1. William Korthof	5	545
2. Jorge S Corona	4	470
3. Mike Kerkman	3	420
4. Jose Castillo	3	230
5. Patrick Conner	2	200

### Male 35-39

1. William Fang	6	900
2. Raul Borja	5	460
3. Albert Giang	4	430
4. Rob Chen	4	405
5. Dan Vu	4	345

### Male 40-44

1. Bernie Tan	5	635
2. Richard Peng	5	470
3. Don Formanek	4	455
4. Kent Hamilton	3	385
5. Adam Gooch-Smith	3	320

### Male 45-49

1. Mark Johnson	6	755
2. Deo Jaravata	6	550
3. Angus Kennedy	4	455
4. Eric Alvarez	3	435
5. Rex Boone	2	235

### Male 50-54

1. Mong Noiboonsook	6	645
2. Brian Dunbar	6	590
3. Carl Maravilla	3	365
4. Mike Kezsely	3	295
5. Reg Willson	2	260

### Male 55-59

1. Bill Austin	4	485
2. Dan Graham	3	425
2. Doug Jones	3	320
3. David Grudzien	2	230
4. Jim Martinez	2	190

### Male 60+

1. Andrew Wissmiller	6	770
2. David Dassey	6	720
3. Bill Walsky	6	640
4. Richard Nelson	5	595
5. Mike Carbuto	4	490

FOR COMPLETE GRAND PRIX STANDINGS AND DETAILS, PLEASE VISIT THE GRAND PRIX PAGE AT [WWW.LAFRONTRUNNERS.COM](http://WWW.LAFRONTRUNNERS.COM)

## AGE GROUP WOMEN

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

### Female 30-39

1. Jennifer Rouan	3	330
-------------------	---	-----

### Female 40-49

1. Cat White	5	550
2. Regina Robinson	5	530
3. Marilyn Jackson	4	475
4. Donna Balinski	4	455
5. Marilyn Jackson	4	440
Lee Miller	4	440

### Female 50-59

1. Margie Gonzales	6	710
--------------------	---	-----

### Female 60+

1. Patricia Bates	2	255
2. Amy Ross	1	125
3. Sue Roth	1	105
Connie Hammen	1	105

## TRAIL MASTER

The Trail Master Race is a combination points & age-graded accrual competition that determines the club Trail Running Champion. Runners are ranked by average score only until Sept. when runners with most races will be ranked first.

Athlete	Races	Average
---------	-------	---------

1. Mike Kerkman	1	113.70
2. Jonathan Toker	2	111.80
3. Sean O'Brien	2	109.90
4. Jeff Lymburner	2	92.24
5. Carl Maravilla	1	89.85
6. Andrew Wissmiller	3	89.35
7. Deo Jaravata	2	88.07
8. John Kawaharada	1	85.10
9. Richard Peng	1	74.67
10. Mike Carbuto	1	73.49



Richard & Rob after the Mountains 2 Beach Half



# 13.1 Challenge Standings as of 7/9

## MOST

Name	Amount
1. David Grudzien	15
2. Margie Gonzales	7
3. Deo Jaravata	4
4. John McGuinness	3
Doug Jones	3
Bill Walsky	3
7. Mong Noiboonsook	2
Andrew Wissmiller	2
Angus Kennedy	2
Mike Carbuto	2
Paul Morrell	2
Raul Borja	2
Richard Peng	2
William Fang	2
15. 23 LAFRs	1



The LAFR stars at the Mountains 2 Beach half marathon were Eric Alvarez and Dan Graham, who both won their age groups while setting PRs.



John Kawaharada set a marathon PR and qualified for Boston at Mountains 2 Beach

## Fastest Men

Name	Time	Race
1. Eric Alvarez	1:15:47	Mountains2Beach
2. Carlos Vizcarra	1:18:38	Surf City
3. Mark Johnson	1:24:46	Mountains2Beach
4. William Fang	1:26:51	SF
5. John McGuinness	1:28:22	OC
6. Bernie Tan	1:29:57	Mountains2Beach
7. Jonathan Toker	1:35:23	Boney Mountain
8. Angus Kennedy	1:36:39	Mountains2Beach
9. Richard Nelson	1:38:12	P. Springs
10. Dan Graham	1:43:35	Mountains2Beach

## Fastest Women

Name	Time	Race
1. Melissa Coleman	2:06:36	SF
2. Margie Gonzales	2:45:59	OC
3. Cat White	2:48:07	Mountains2Beach
4. Donna Balinski	3:16:07	Mountains2Beach
5. Keeley Webster	3:31:12	Mountains2Beach

## Biggest PR

Name	Cum. Time	Race
1. Albert Giang	0:08:12	Mountains2Beach
2. Dan Graham	0:06:55	Mountains2Beach
3. Eric Alvarez	0:06:03	Mountains2Beach
4. Cat White	0:05:58	Mountains2Beach
5. Bernie Tan	0:05:12	Mountains2Beach
6. David Grudzien	0:05:07	Palmetto
7. Paul Morrell	0:04:00	Kaiser & SF
8. Mike Carbuto	0:03:21	OC
9. William Fang	0:02:05	Hollywood & SF

*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 entire year – so, for example, if you set a new PR in January by 5 minutes and then break the new PR by two minutes in May, your total is 7 minutes.*



With half of 2013 behind us, Albert Giang has the biggest half marathon PR of all LAFRs in 2013. His secret? As soon as the Mountains 2 Beach half started, Rob Chen was chanting "I'm Rina's favorite uncle" right behind him so he ran fast to get away.



Front: John Kawaharada, Rob Chen, Albert Giang, Anthony & William, Peng, David Grudzien - Back: Mark, Walsky, Don, Phil and Bernie



## Grand Prix Races

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



2013  
FRONT RUNNERS & WALKERS SAN DIEGO  
PRIDE 5K RUN/WALK

Saturday 7/13 in San Diego  
San Diego FR Pride Run 5K  
[www.frwsd.org](http://www.frwsd.org)

Saturday 7/20 in Montecito  
Montecito-Summerland  
5K/10K/Half  
[www.runmontecitosummerland.com](http://www.runmontecitosummerland.com)

## Summer Pool Party



Suit up (or down) for a sizzling pool party at the beautiful home of Eric Fischer and Richard West  
Saturday, July 27 at 1:00-6:00 PM  
1467 Crest Drive, Alta Dena



## Barry's Run

Sunday, July 14, 8:00 AM

Join us as we celebrate LA FR co-founder Barry Norcross with a special Sunday morning fun run at the usual spot in Santa Monica.

We'll run one of Barry's favorite courses, share memories, and have a picnic breakfast at the beach.



## Max and Reg's Dog Day of Summer

Sunday, July 21 at 1:00 PM

Join Max and his loyal companion Reg Willson for a frolicking day at Rosie's Dog Beach in Belmont Shores (Long Beach). Please check the website for rules to be a law-abiding peep.  
[www.hautedogs.org/beach.html](http://www.hautedogs.org/beach.html)

## Summertime Potlucks



Thursday, July 11  
Pasadena, Kidspace Children's Museum Picnic Area

Tuesday, July 16  
Griffith Park, Ranger Station Picnic Area

## Gazing into the future...



Sean O'Brien on his way to winning the 2010 Catalina Eco-Marathon

September 22 - Bingo Night, Hamburger Mary's

September 28 - Big Sur Trip, Trail Marathon

November 9 - Catalina Trip, Catalina Eco-Marathon





# More Summer Happenings & Nuptials

## Outfest: Big Gay Love Edited by LA FR Augie Robles



JONATHAN LISECKI NICHOLAS BRENDON AND ANN WALKER

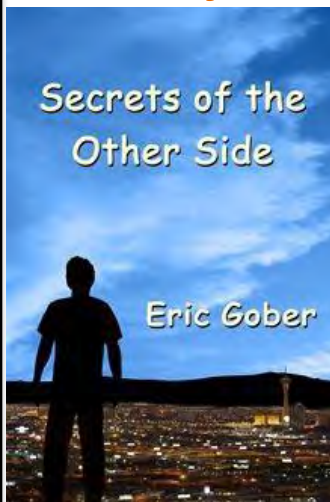
### Big Gay Love

A NEW COMEDY WRITTEN & DIRECTED BY RINGO LE

Sunday, July 14<sup>th</sup>  
4:30 PM

Go to [www.outfest.org](http://www.outfest.org)  
to purchase tickets

## Summer Book Club Secrets of the Other Side by LA FR Eric Gober



Our summer book club selection is LA FR Eric Gober's humorous and touching coming of age novel about a young gay man growing up in the 80s and 90s. We will have an event with the author later in the summer.

## Thinking of Tying the Knot? Newly Ordained Amy Ross Can Marry You

Yes, it is true! Our own Amy Ross has been officially ordained and as soon as she gets the documents and registers with LA County, she's good to go!

"So, very soon I can marry people...and bury them if the marriage doesn't work out. Bless you, my children!" -Rev. Amy



Patrick & Norman?



John & Mark?



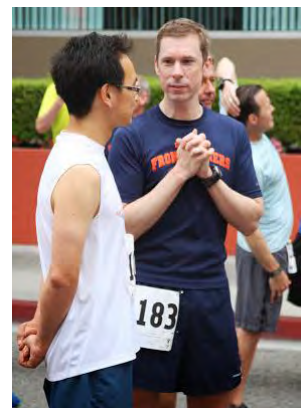
Angus & Bernie?



Rusty & Richard?



William & Anthony?



Or William & Ted?



# LAFR Marketplace



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## 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**

**William Fang & Anthony Chan**

**Angus Kennedy & Mark Johnson**

\$250	\$200	\$150	\$100
Ziba Beauty	Patricia Bates	Rina	The Bills
Walgreens	& Sue Roth	Rob Chen	Jerry Bulovsky

**\$50**

**Mark Grumet ▪ Jeffery Masino ▪ Abbe Land ▪ Dave Kettel  
David Dassey ▪ Amy Ross ▪ Ross Lamkin & Aaron Rothbart  
Otis Redding & Kaspar ▪ Arturo Salgado & Seth Diamond  
Michael Carter ▪ Jim Martinez ▪ Don & Teddy ▪ Bill Walsky  
Donna M. Balinski ▪ Richard Nelson ▪ Neil E. Johnson, CPA  
Eddie Flores ▪ Norman Dixon & Patrick Owen ▪ John Kawaharada  
John McGuinness & Doug Jones**

## Wanna Run a Relay?

By Mike Kerkman

You may have heard about some of your fellow Frontrunners taking part in crazy 24-hour relays in Utah, California, or Nevada. They've been a blast and there is a reason we keep coming back to them. But there is something new: the Ragnar Trail Relays! And you don't have to sleep in a van! We're looking to have big, big Frontrunner participation for this, and I hope you will consider joining or forming a team.

The details: the event we're aiming for takes place in Vail Lake (near Temecula) on November 15 and 16. The teams consist of 8 people who camp at a central location at the base of three trails. Each runner will run each trail once, rotating through until all 8 have completed the three trails. Teams run in order. Your teammates will run the same series of trails, but not necessarily in the same order. The whole thing probably takes the better part of 24 hours, so you get to run at odd hours (and with odd people, maybe).

BUT, there's a camp! A place to (hypothetically) sleep! Each team is given a camp site. The team can adorn this site as they see fit: tents, couches, inflatable pools... and hopefully we'll have quite a few teams representing LAFR camped out together. Ragnar may not know what hit them!

The event takes all levels of runners and walkers. Our goal is to organize several teams of varying levels. Information will be coming shortly via e-mail about joining a LAFR team. Of course you can also grab the reins and form your own team as well. More details are available at [www.ragnartrail.com](http://www.ragnartrail.com). If you have questions, concerns, or want help starting/joining a team, please contact Mikey at [mikerkman@yahoo.com](mailto:mikerkman@yahoo.com) or Angus at [awkennedy@hotmail.com](mailto:awkennedy@hotmail.com). This is the inaugural Vail Lake event, so it's a great chance to be in on the beginning of something very cool.

Keep an eye out for upcoming e-mail announcements, and look out for some training runs in the fall to get us all ready.



*Right: Mike during his first leg at the Wasatch Relay in Utah last June*

## Seen on the road...



*Left: William, Brandon (LAFR emeritus), Sean, Jim, Mike (new member) at Mt Hollywood in Griffith Park*



*Right: Deo starting a 50K in the Philippines*



*Left: Sean, friend Chris Price, Ross, Mike (LAFR emeritus) in the high Sierra. The group ran at Rae Lake, ranging from 20 to 46 miles in high altitude over Memorial Day.*



*Right: Tuesday runners enjoying a monthly potluck on June 18.*



## Mountains to the Beach (5/26)

What started out as a trickle of runners became a torrent at the Mountains to Beach Marathon (Ojai to Ventura) over Memorial Day weekend. LAFR sent 19 runners and 4 cheerleaders to this famously downhill course, where runners enjoy 700 ft of downhill along the way.



The gang at a post-race brunch at Social Tap in Ventura

The trip began on Saturday afternoon, as people made their way to Ventura. David Grudzien flew in from the east coast. Coach J secured the school van as transport for about 7 of us. Our first big task was to find a big enough restaurant. All the downtown bistros, though charming, could not accommodate. Finally Macaroni Grill could seat us, except there was one problem. No one told Phil Scanlon, who was still waiting at the hotel. Oops. Sorry Phil. Coach J went back to get him.

We were all up at 4 AM the next day for the early start. Norman Dixon drove marathoners Patrick Owen, John Kawaharada, David Dassey, and William Fang to their start in Ojai. Moises Medina and Anthony Chan drove the 15 half marathoners to their start: Eric, Mark, Bernie, Angus, Daniel, Don, Rob, Richard, Albert, Phil David, Cat, Donna, Bill, and Keeley.

In the very fast and competitive half marathon, two LAFRs placed in their age groups. Eric Alvarez ran a stunning 1:15:47 PR, with an age-grading of 84.73, taking 9<sup>th</sup> place overall and 1<sup>st</sup> in the 45-49 age group. Dan Graham ran a 1:43:35 PR and took 1<sup>st</sup> in the 55-59 age group. Not to be outdone by his better half, Bernie also set a PR, breaking 1:30 for the first time, running 1:29:57.

Don Formanek and Phil Scanlon each ran his inaugural half marathon. Phil also ended the race with a bleeding nipple, an injury common to long distance runners (you'll

have to make your own joke involving cherries...). Cat White (right with Keeley Webster) followed up a recent 5K PR with a half marathon PR and Donna Balinski also ran a PR. Albert Giang completed a New Years resolution of running a half marathon and ran a huge PR. Angus and Moises, both dealing with recent injuries, took different approaches. Angus decided to give it a go and ran a cautious, but pain-free race. Moises decided to just cheer on the gang and save himself for the Wasatch Relay.



The marathoners also had a great day. William, John, and David each ran PRs and Boston qualifying times. Patrick, whose idea it was to run this race, did not hit a Boston qualifier because of an injury sustained about 5 weeks ago. Nonetheless, Patrick already has his sights set on a race later in the summer. David was the last to cross the finish and no one was there to cheer him ☹. That's because David totally sandbagged and told everyone he was going to come in much later than he did.

We had a little bit of post-race drama, as we thought we lost Donna Balinski. It turned out that Donna was looking for a restroom and by the time she found one, she was back at the hotel. We wrapped up with an impromptu brunch at a local joint, Social Tap. Turned out this was the highlight for quite a few folks. Our waiter was like the werewolf from Twilight, except beefier. Unfortunately we don't have a picture to share because all the gay men were too busy ogling and the lesbians had left already.

All in all, it was an incredible 24 hours on a beautiful race route, in a kicked-back beach town, and with a great group of friends, plus the cute waiter.



Bernie, Eric, Mark and Angus at the start

## If You're Going To San Francisco...

Make sure to bring your running shoes. The annual Wipro San Francisco Marathon and Half Marathon took place on June 16. This earlier June start was mainly due to the American Cup (sailing) being held in the Bay Area later in July. Eight LAFR runners challenged the hilly but beautiful course.



Carbo-loading before the race with William, Anthony, Jeff, Ted, Jorge, Bill.

In the first half were William Fang and Ted Wyder. The first wave started at 5:30 AM at the Embarcadero and traced the northern coast. Because of the early start, they beat the fog as they crossed the famed Golden Gate Bridge [explainer – the fog rolls in when land heats up while the ocean remains cool]. Since Ted ran the second half last year, he got a twirly “Half It All” medal.

In the second half were Paul Morrell and Bill Walsky. The race started 8-ish, as the fast marathoners cross the midpoint. The route of the second half trekked through the heart of the city: Golden Gate Park, Haight Ashbury, Mission, the industrial southwest, before swinging by the ballpark and returning to Embarcadero.

The marathon saw William Korthof, Jorge Santana-Corona, Jeff Massino, and Gary Lem. William finished with a strong 3:12 time, one of his faster races in recent



William at the finish of the marathon; Jorge and Jeff at mile 17.5

years. This is just 4 days before his Ragnar Relay. The two Williams had a quick shout-out to each other as they crossed near the middle of the Golden Gate Bridge.

Jorge finished his first marathon (hurray!) just under 3:37. He remained spirited throughout the entire race and should be nominated for the next photogenic runner meme. Now someone please coax Jorge to keep up the strong running and perhaps run Boston in the future.

Jeff finished at 4:06. Shortly before the LA marathon, Jeff fell ill and sat out that race. This marathon was a come-back race for him. Jeff also had a challenging lodging situation. Apparently his B&B was rented by a large wedding party and the manager gave him earplugs as Jeff was checking in. In reality, very few people are able to sleep well the night before anyways.

Gary ran through at 4:52. For Gary, this marathon was part of a bigger trip that included visiting with family members in the Bay Area. Also as recently as a couple weeks ago, Gary had to contend with finals in his night



William and Ted at the finish line of the first half. Gary at mile 16 of the marathon.

classes. But despite all these other big events, Gary was so focused on the running that you could hardly distract him with loud cheers at the halfway point.

A good time was had by all. The race was well organized. The weather and view couldn't have been more perfect. And Anthony Chan was the designated cheerleader and photographer. William F complained about his time, as

the course is hilly and the starting line is crowded. (Also means William F just has to run faster!)



But with over 16,000 runners in all the races, the San Francisco Marathon is an enjoyable event not too far away for LAFR. In 2014, the marathon reverts to a late July race day.

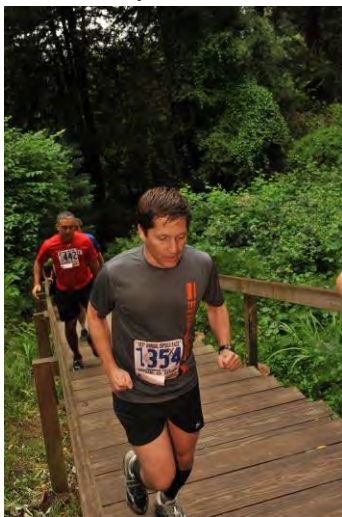


## The Dipsea Race (6/9)

By Robb Briggs

Talk to me about running with me, and I'll eventually end up talking about the Dipsea Race. It's the oldest trail race in the United States (this year was the 103<sup>rd</sup> running) and, for the past 15 years, it's been my running obsession. It's a very popular race, and very difficult to get into if you haven't run it before.

I've known about this race since I was a kid, as I grew up only a few miles from the course. My dad was a runner and ran it a few times himself in the late-70s and early 80s. And my grandfather ran it in the 1920s, earning a trophy that I possess today. Still, it took until 1999 for me to decide to run it for the first time. And when I did, I was immediately hooked.



Several aspects of the race contribute to its appeal. First, the course is challenging: although it's only 7.5 miles, it has over 2200 feet of elevation gain and loss—including a stair climb of almost 700 steps in the first half mile. Very rough trails, steep descents, and crowded single-tracks mean there is a lot more potential for injuries than your typical 5k.

Second, the Dipsea Race has unique rules. Runners are given a head start based on their age and gender: men in their 20s get no head start, while very young kids and runners in their 70s get the maximum head start of 25 minutes. These head starts mean that the fastest runner almost never wins. In my 15 years of running the race, an 8-year-old girl and a 72-year-old man have won the race, and many ages in between. Quite a few age-group national record holders are at this race.

Also, there are parts of the course where you're allowed to take shortcuts. Usually it's a choice between a faster, steeper downhill and a longer, safer, and more gradual "official" trail. And finally, the course is gorgeous. It runs through Muir Woods National Monument and Mount Tamalpais State Park, through a variety of microclimates. On a clear day, the views are spectacular.

This year was my worst year in the Dipsea, performance-wise... I haven't been running much in the past year due to injury, so I was slow. The course was very muddy, and I fell twice during the race. I saw a man who was being



*The thrill of finishing Dipsea is more evident in the runner behind Robb.*

escorted off the course by medics, his face completely covered in blood. (He's ok, I checked). I'm still itching from the poison oak I was exposed to during the race. But the Dipsea is my tradition every year on the second Sunday in June (sadly, almost always the same weekend as LA Pride) and I wouldn't think about missing it. If anyone wants to know more, they can go to [www.dipsea.org](http://www.dipsea.org). Or, just ask me.

## Slow Down for the Griffith Park Relay Marathon (6/23)

By Rex Boone

The First Annual Griffith Park Relay Marathon took place on Sunday, June 23. The event was hosted by our favorite Runner's Circle. About 60 teams of five members each running about 5 miles competed in the marathon course. The race started near the old zoo with a grueling straight uphill to the paved road. After an easy winding flat bit, it ended with an even steeper faster downhill to the relay exchange and finish line.

Our proud junior varsity team consisted of Henri, Ed, Rex, Don, and Carl. Henri took the early lead position. His hard training paid off as he powered his way up the initial





hill. Ed is a race virgin, or so he says. He finished his leg in an impressive 42 minutes. I award him 1,000,000 Grand Prix points; he is my hero! Inspired both by Henri's hard work and by Ed's lost virginity, Rex was able to run all the way up the initial incline with several sexy runners in hot pursuit. One advantage of running slowly is taking time to enjoy the passing scenery. Several weeks ago, Rex was hit by a truck on his bicycle and so he is even slower than usual. As the morning fog lifted, Don grasped the shiny aluminum rod. We had our doubts that he would even show up. Who would run his leg? Kerkman? Don is a veteran of many races, most of them within the last year. Like many of us, he is nursing an injury but the allure of competition pushed him through the pain to the finish line. Our ringer, Carl, had a lot of time to make up. We thought it odd that he started running loops around the old zoo before Don returned with the baton. He came through like clockwork and we finished in just under four hours, far from being the last team.



The fast Fronrunner team consisted of Bernie, Coach Mark, John McGuinness, Angus, and Kerkman. Despite being a last minute entry in the race, Bernie ran with bib number 1 in first position. Many of these elite runners were coming off Ragnar, exhausted with little sleep. Carl really wanted to join them but his love of Henri kept our team together. They were faster than us, coming in eighth overall, even post Ragnar. Veterans of many races, this team also excelled in snacks which they generously shared with the inexperienced JV. Finally, Rina made an appearance to cheer on her Dad and her many uncles.

The entertainment consisted of a lone guitarist singing the theme from Laverne and Shirley,

There's nothing we won't try.  
 Never heard the word impossible.  
 This time there's no stopping us.  
 We're gonna do it.

## Notes from the Back of the Pack

By Bill Walsky



Every two years Running USA takes a survey of the "core" running community to help the sport better engage sponsors and attract media attention. Core runners are people who run 208 days in a given year and average 1165 miles total.

Respondents were chosen from running clubs, events, running store customers and print media subscribers. Over 30,000 people participated during the last half of 2012, woman outnumbered men 56%-43%.

	Women	Men
Average Age	39.3	43.8
Years Running	9.6	13.6
Races in past 12 months	7.1	8.0
One marathon completed	49.2%	65.9%
Miles per week	20.2	25.5
Favorite race distance	13.1	13.1
Why did you start running?		
Exercise	23%	21%
Weight Control	17%	15%
I run to stay in shape	79%	76%
Number of shoes you buy in a year	2.9	3.1

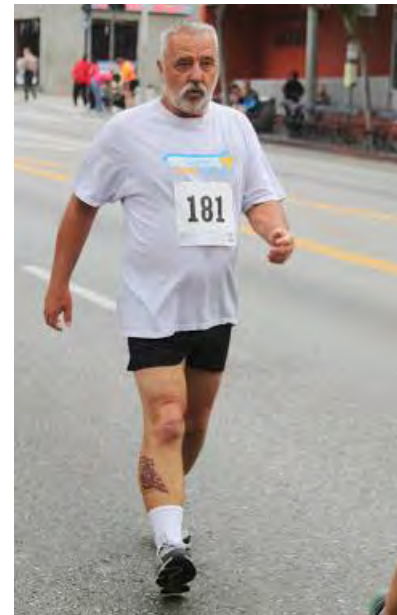
So, are you a "core" runner? Have your reasons for running changed over the years? Do you still enjoy running as much as you did "back in the day"?

### Answer to last months trivia question:

Who has run the most LA Fronrunner Pride Runs?

The answer is **Jack Hill**

(pictured right in this year's race). Jack is a former club member who has participated in all 32 events.

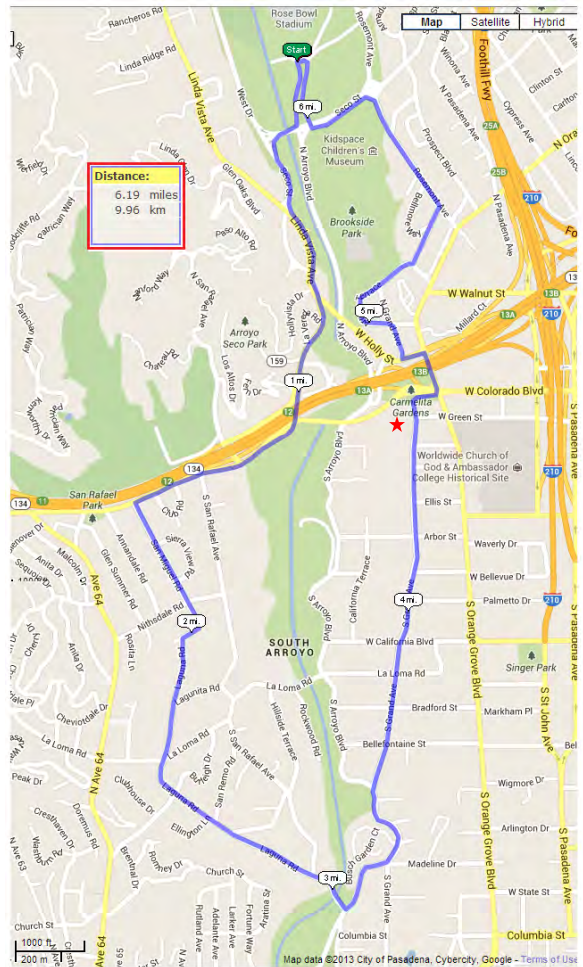


## Spotlight on Pasadena: Old Money Run

Pasadena is one of the oldest neighborhoods in Los Angeles. The club hosts a Thursday night run that meets at 6:30 PM just outside the main entrance to the Rose Bowl. Admittedly this part of town is harder to get to during evening rush hour and, being in a valley, the temperature is always more extreme than the basin. However, runners that venture here will find a diverse set of running options including lots of hills, plentiful restaurants for post-run relaxation, and a small but friendly crowd. Also parking is very easy.

The Thursday run has several well-established routes: Ridge Run, Once-Around (the Rose Bowl), Extended Rose Bowl, Arroyo, Catholic School, etc. A representative route is the “Old Money Run” (previously called “Neighborhood Run”). The run is 10K and is gently downhill out and uphill back. Highlights include:

1. Mile 1, go under the famed Colorado Street Bridge
2. Mile 3, get a bird’s eye view of the Arroyo
3. Around Mile 4, stroll through Craftsman homes on Grand
4. Mile 4.7 ish, red star on the map, wave to the 9<sup>th</sup> District Court building, the former Ambassador college, and Norton Simon
5. Mile 5, overlook the Rose Bowl canyon



Source: [www.arroyoseco.org](http://www.arroyoseco.org). The building of the 9<sup>th</sup> District Court of Appeal used to be the Vista del Arroyo Hotel. This route is saved on the USATF website under <http://www.usatf.org/routes/view.asp?rID=517989>

## Discount Diva

Sometimes Margie receives very short-lived promotions (e.g., for a 24-hour period). You just have to be alert on email to take advantage of these.

Race	Race Date	Website	City	Code	Amount	Expires
Santa Clarita Marathon and Half Marathon	11/03/13	<a href="http://scmarathon.org/">http://scmarathon.org/</a>	Santa Clarita	RETURNING	20%	7/31/2013
Malibu International Marathon and Half Marathon	11/10/13	<a href="https://www.malibuinternationalmarathon.com/signup.asp">https://www.malibuinternationalmarathon.com/signup.asp</a>	Malibu	MIMLAFRHALFNFUL	\$10	
New Year's Race	01/04/14	<a href="http://www.newyearsrace.com/">http://www.newyearsrace.com/</a>	Los Angeles	NYR2014	\$15 off Half \$5 off 5K	First 500 First 500