

Pride Run 2018, Saturday, June 9!

May 2018



Another one of Jim's fab balloon arches marks the start of Run Deo Run in March

The 37th Annual LA Frontrunners Pride Run is fast approaching. The race is on Saturday, June 9, in Griffith Park. Join your fellow Frontrunners as we celebrate our shared love and friendship through the sport of running and raise funds for four fantastic beneficiaries, including the Carl Maravilla Scholarship through his Rotary Club.



Lacey, Dan and Yumi at Annual awards – recap starts on page 10



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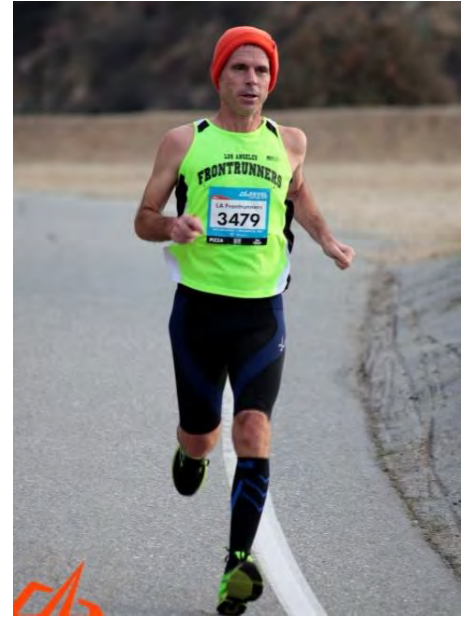
2019 Boston Qualifiers: 6 So Far!



Carlos Vizcarra
2:50:36 CIM



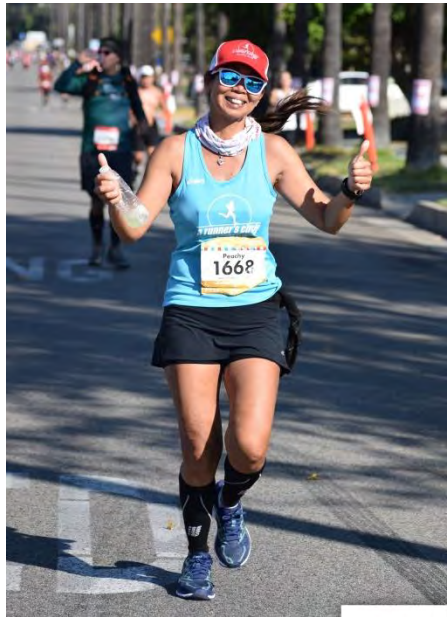
Bernie Tan
3:29:21 Azusa



Mark Johnson
3:14:03 Boston



Mario Mota
3:29:28 Mt. Charleston



Peachy Poso
3:50:42 Azusa



Marcelino Goncalves
3:24:09 Boston

Boston Marathon 2019 Qualifying Standards

For the 2019 Boston Marathon, qualifying times must be run between September 16, 2017 and the close of registration for the 2018 race (early to mid-September 2018, exact date TBD).

The qualifying times below are based upon each athlete's age on the date of the 2019 Boston Marathon (April 15, 2019).

| Age Group | Men | Women |
|-------------|------|-------|
| 18-34 | 3:05 | 3:35 |
| 35-39 | 3:10 | 3:40 |
| 40-44 | 3:15 | 3:45 |
| 45-49 | 3:25 | 3:55 |
| 50-54 | 3:30 | 4:00 |
| 55-59 | 3:40 | 4:10 |
| 60-64 | 3:55 | 4:25 |
| 65-69 | 4:10 | 4:40 |
| 70-74 | 4:25 | 4:55 |
| 75-79 | 4:40 | 5:10 |
| 80 and over | 4:55 | 5:25 |

4th Run Deo Run Trail Races

The 4th iteration of the Run Deo Run Trail Races took place on March 4, with a 5K, 10K, half & full marathon – all on the trails in Griffith Park. In addition to celebrating Deo's 50th birthday for the FOURTH time ☺...we raised \$1500 to donate to Students Run LA.

A bunch of LAFRs came out to volunteer and to race. Eddie Flores & Bill Austin were 1st/2nd OA in the 5K, Rick Allison was 2nd OA in the 10K, and Mark Johnson was 2nd OA in the half. Birthday dame Deo was 2nd OA in the full (ok there were only 3 runners in the full but he was still 2nd!!). We tried a new race staging location that was a hit with the runners and volunteers. Thanks to all who volunteered and/or raced!

*Right:
Lacey
Howcroft
finishing
the 5K*



Mark Johnson was 2nd OA in the half – pictured here with the high schoolers who were 1st & 3rd, and their Dad who finished 4th



*Right:
Volunteers
John & Yumi
keeping warm*



Eddie Flores winning the 5K

Rick Allison was 2nd OA in the 10K

37TH ANNUAL

LA FRONTRUNNERS



SATURDAY, JUNE 9TH
GRIFFITH PARK

PRIDE RUN

PROCEEDS TO BENEFIT: ROTARY CLUB "CLUB ROTARIO DE LATINOS UNIDOS"
MY FRIEND'S PLACE, KITTEN RESCUE AND ANGEL CITY PIT BULLS

Register: www.lafrontrunners.com

Pride Run 2018

Saturday, June 9

Griffith Park

5K: 7:30 10K: 8:45

Kids race after 5K, before 10K



BENEFICIARIES



**KITTEN
RESCUE**
LOS ANGELES



Texas Half Marathon

Kingwood, TX 1/1

Bill Walsky.....3:18:30 RW

ATC Resolution 5K

Atlanta, GA 1/1

David Grudzien.....28:32

Polar Dash Half

Chicago, IL 1/6

David Grudzien.....2:40:52

New Year's Race

LA, CA 1/7

5K

Mike Carbuto 29:48

Henri Faucher 29:49

John Houser.....31:04

10K

John Houser.....1:14:26

MM Aloha Series Day 1

Kapaa, HI 1/18

David Grudzien.....2:45:42 1/2

David Grudzien.....51:04 5K

MM Aloha Series Day 2

Kapaa, HI 1/19

David Grudzien.....3:01:28 1/2

David Grudzien.....1:51:21 10K

MM Aloha Series Day 3

Kapaa, HI 1/20

David Grudzien.....2:59:10 1/2

MM Aloha Series Day 4

Kapaa, HI 1/21

David Grudzien.....3:07:41 1/2

Carlsbad Half

Carlsbad, CA 1/20

Patrice Salome..... 1:34:23

Boney Mtn. 21K

Boney Mtn., CA 1/21

Ben Beneski..... 2:19:42

Polar Bear Half

Ada, OH 1/28

David Grudzien.....2:23:52

Race Results



Jonathan Toker on his way to winning the marathon at the Sean O'Brien 50/50 Trail Races

Taco Tuesday 5K

Eugene, OR 1/9

Jane Dods..... 49:50 1st 80-84

Avalon Trail 50 Mile

Avalon, CA 1/20

Peachy Poso.....10:50:18 2nd 45-49

Deo Jaravata..... 11:22:40

Pasadena (Grand Prix)

Pasadena, CA 1/21

5K

Henri Faucher.....29:10 3rd 55-59

Mike Carbuto.....29:56 3rd 65-69

Half

Patrice Salome.....1:32:32 PR

Raul Borja.....2:02:28

Mike Smith.....2:31:35

John Houser..... 2:52:38 PR

Deo Jaravata..... 2:54:14 RW

Winter Fun (Grand Prix)

SaMo, CA 1/28

5K RW

Bill Winkelmann..... 45:11 2nd 60-64

Bill Walsky.....45:11 2nd 65-69

10K

Bill Austin..... 47:12 3rd OA

1st 60-64

Griffith Park 5K

LA, CA 1/28

Martin Carlson.....22:49 1st 55-59

TO REPORT RESULTS, PLEASE
USE THE RACE REPORTING TOOL
ON THE GRAND PRIX PAGE AT
WWW.LAFRONTRUNNERS.COM

Sean O'Brien 50/50 (Grand Prix)

Malibu Creek, CA 2/3

Marathon

Jonathan Toker.....3:51:45 1st OA
1st 40-44

Danny O'Hara..... 6:42:09

50K

Ben Beneski..... 8:01:20

50 Mile

Sean O'Brien..... 11:03:59 2nd 55-59

Peachy Poso.....13:00:56 1st 45-49

Beach Fun 5K (Grand Prix)

SaMo, CA 2/4

Richard Nelson..... 23:42 1st 70-74

Valentine's Day 5K (Grand Prix)

Van Nuys, CA 2/11

Bill Austin.....36:24 3rd 60-64

Bill Winkelmann.....46:23 2nd 65-69/RW

Bill Walsky.....46:25 RW

Average Joe 5K

Menomonee Falls, WI 2/17

David Grudzien.....29:15 1st 60-64

Mardi Gras 10K

Chicago, IL 2/24

David Grudzien.....62:24 2nd 60-64

Firecracker 10K (Grand Prix)

Chinatown, CA 2/25

Raul Borja.....54:48

Richard Peng.....57:17

John Houser.....68:46

Henri Faucher.....68:46

Rex Boone.....72:18

Surf City Half

Huntington Beach, CA 2/4

Martin Carlson.....1:49:29

Bill Walsky RW.....3:18:14

Super Bowl 5K

Redondo Beach, CA 2/4

Bill Austin.....22:25

Mike Smith.....34:01

Petit Indoor Half

Milwaukee, WI 2/10

David Grudzien.....2:13:35

Friendship Run 18 Mile

Lakeview Terrace, CA 2/11

Raul Borja.....3:01:14

Brian Dunbar.....3:11:06

Deo Jaravata RW.....3:51:08

Mike Smith.....3:53:54

H'wd Sign Trail 12K

LA, CA 2/11

John Houser.....1:37:58

Orange Curtain 50K

Cerritos, CA 2/24

Deo Jaravata RW.....6:50:16

GP Trail 50K

Griffith Park, CA 3/3

Deo Jaravata.....6:51:19

BB & T Half

Charlotte, NC 3/10

David Grudzien.....2:29:09

San Diego Half

San Diego, CA 3/11

Mario Mota.....1:44:45

Richard Peng.....1:57:11

NYC Half

NY, NY 3/18

David Grudzien.....2:25:57

Phoenix Pride Half

Phoenix, AZ 3/24

David Grudzien.....2:36:45

Race Results



Jim & Mike at Run Deo Run in March

Run Deo Run (Grand Prix)

Griffith Park, CA 3/4

5K

Eddie Flores..... 22:58 1st OA
1st 40-44

Bill Austin..... 24:02 2nd OA
1st 60-64

Richard Nelson..... 27:32 1st 70-74

Jim Martinez..... 30:01 2nd 60-64

Mike Carbuto..... 31:12 1st 65-69

Lacey Howcroft..... 31:18 1st 30-34

10K

Rick Allison..... 46:38 2nd OA
1st 50-54

Angus Kennedy..... 51:13 2nd 50-54

Alexander Bazley.... 51:55 1st 30-34/PR

Mario Mota..... 52:02 3rd 50-54

Jeff Masino..... 53:51

John Kawaharada.... 56:04 1st 45-49

Henri Faucher..... 63:29 2nd 55-59

Bill Walsky RW..... 1:34:20 1st 65-69/PR

Half

Mark Johnson..... 1:31:36 2nd OA
1st 50-54

Patrice Salome..... 1:43:24 1st 40-44

Raul Borja..... 2:00:03 2nd 40-44

Brian Dunbar..... 2:00:40 1st 55-59

Richard Peng..... 2:07:17 2nd 45-49

John Houser..... 2:44:25 1st 35-39/PR

Full

Deo Jaravata..... 5:08:35 2nd OA
1st 50-54

Freeze for Food

Madison, WI 3/3

David Grudzien.....28:13 5K/2nd 60-64

David Grudzien.....1:14:48 10K

Lucky Clover 5K

Eugene, OR 3/17

Jane Dods..... 46:13 1st 80-84

LA Marathon (Grand Prix)

LA, CA 3/18

5K

Peachy Poso.....38:04

Marathon

Peachy Poso.....4:03:04

Allan-M. Brown..... 4:11:21 PR

Rick Hetzel.....4:40:16 PR

Raul Borja.....4:45:01

Brian Dunbar..... 4:59:05

Richard Ramirez..... 5:33:52 PR

Deo Jaravata..... 5:48:02

John Butcher.....5:57:38

Mike Smith..... 6:31:16

John Houser.....6:31:31 PR/1st Full

Chesebro Trail Half (Grand Prix)

Agoura Hills, CA 3/24

Richard Peng..... 1:59:41

Dolphin Dash 5K

SaMo, CA 3/25

Margie Gonzales.....45:26 3rd 60-64

David Grudzien.....50:22 1st 60-64

Race Results



Richard, Nicole, Margie, Lacey, Walsky, Yumi & Bill after Spring Dash

Spring Dash (Grand Prix)

SaMo, CA 4/15

5K

Lacey Howcroft.....28:04 3rd 30-34
 Margie Gonzales..... 39:28
 Yumi Afrento..... 43:03 2nd 50-54
 Bill Walsky RW.....44:08 1st 65-69

10K

Richard Nelson.....57:52 1st 70-74

15K

Bill Austin..... 1:18:09 1st 60-64

Boston Marathon (Grand Prix)

Boston, MA 4/18

5K

Jason Coleman.....33:39

Half

Mark Johnson..... 3:14:03 BQ
 Marcelino Goncalves..3:24:09 BQ
 Patrice Salome.....3:42:33
 Bernie Tan.....3:52:37
 Peachy Poso.....4:25:00
 Martin Carlson.....5:02:08
 Jason Coleman.....6:08:19

Victory 4 Victims (Grand Prix)

Van Nuys, CA 4/21

5K

Richard Nelson..... 26:01 1st 70-74

10K

Richard Peng..... 52:23 3rd 45-49

Bare Burro 5K (Grand Prix)

Colton, CA 4/22

Mike Kerkman..... 21:48 2nd OA
 1st 30-39

Mike Heredia..... 22:52 3rd 30-39

Ryan Timmreck..... 26:42 1st 40-49

Zack Whitley..... 28:34

Reg Willson..... 30:12

Mike Carbuto..... 39:28

Chris Tapper..... 44:01

David Grudzien 48:18

Mt. Charleston Marathon

Mt. Charleston, NV 4/28

Mario Mota..... 3:29:28 BQ/PR

Aut2Run 5K

Camarillo, CA 4/29

Jim Martinez.....28:53 2nd 60-64

Reaching 4 Cure Half

Irvine, CA 3/25

Bill Austin..... 1:48:38

Bill Walsky.....3:12:12 RW

South Shore Half

Milwaukee, WI 4/7

David Grudzien.....2:40:37

Run to Remember Half

LA, CA 4/8

Margie Gonzales.....3:18:18

Pas. Trail 10M (Grand Prix)

Hahamongna, CA 4/8

Angus Kennedy.....1:43:42

Atlantic City

Atlantic City, NJ 4/14-15

David Grudzien.....1:10:25 11K

David Grudzien.....2:41:16 1/2

Leona Divide 50K

Lake Hughes, CA 4/14

Deo Jaravata..... 7:33:50

River Rat Half

Yankton, SD 4/28

David Grudzien.....2:20:59

LAX Run Half (Grand Prix)

Westchester, CA 4/29

Bill Walsky RW.....3:13:06

Happy Easter VN (Grand Prix)

Van Nuys, CA 3/31

5K

Margie Gonzales..... 42:22

Bill Walsky RW.....30:01 2nd 65-69

10K

Angus Kennedy.....49:08 1st 50-54

Rick Hetzel.....51:37 2nd 55-59

15K

Mike Kerkman..... 57:36 1st OA

1st 35-39

Eddie Flores..... 1:11:32 2nd OA

1st 40-44

Bill Austin..... 1:13:36 3rd OA

1st 60-64

Happy Easter SM (Grand Prix)

SaMo, CA 4/1

10K

Bill Austin..... 1:31:00 2nd 60-64

Half

Allyne Winderman..2:15:58 1st 65-69

Claremont Classic RaceWalk

Claremont, CA 4/2 & 4/7

Deo Jaravata

5000 Meters - 4/2....34:35 2nd 50-54

1500 Meters - 4/7.. 9:55 1st 50-54

Spring Break Half

Long Beach, CA 4/21

David Grudzien.....2:19:33 2nd 60-64

Grand Prix Series Standings as of 5/4

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. Mark Johnson | 2 | 76.89 |
| 2. Marcelino Goncalves | 1 | 72.66 |
| 2. Mike Kerkman | 2 | 69.48 |
| 4. Bill Austin | 6 | 69.16 |
| 5. Richard Nelson | 3 | 68.29 |
| 6. Patrice Salome | 3 | 66.76 |
| 7. Mario Mota | 3 | 66.16 |
| 8. Rick Allison | 1 | 66.08 |
| 9. Eddie Flores | 2 | 65.95 |
| 10. Bernie Tan | 1 | 64.88 |

FEMALE

| | | |
|---------------------|---|-------|
| 1. Allyne Winderman | 1 | 70.79 |
| 2. Peachy Poso | 5 | 55.29 |
| 3. Jane Dods | 2 | 53.35 |
| 4. Lacey Howcroft | 2 | 49.90 |
| 5. Margie Gonzales | 3 | 47.50 |
| 6. Yumi Afrento | 1 | 39.68 |

RACEWALK

| | | |
|--------------------|---|-------|
| 1. Deo Jaravata | 6 | 61.04 |
| 2. Bill Walsky | 6 | 56.65 |
| 3. Bill Winkelmann | 2 | 51.63 |

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. Mark Johnson | 1 | 160.33 |
| 2. Bill Austin | 1 | 136.44 |
| 3. Rick Allison | 1 | 136.08 |
| 4. Jonathan Toker | 1 | 135.89 |
| 5. Peachy Poso | 2 | 128.72 |
| 6. Eddie Flores | 1 | 128.43 |
| 7. Sean O'Brien | 1 | 121.51 |
| 8. Brian Dunbar | 1 | 119.27 |
| 9. Mike Kerkman | 1 | 117.46 |
| 10. Patrice Salome | 1 | 111.86 |

FOR COMPLETE GRAND PRIX STANDINGS AND DETAILS, PLEASE VISIT THE GRAND PRIX PAGE AT WWW.LAFRONTRUNNERS.COM

AGE GROUP GUYS

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

Male 30-34

| | | |
|------------------------|---|-----|
| 1. Alexander Bazley | 1 | 160 |
| 2. Allan-Michael Brown | 1 | 140 |

Male 35-39

| | | |
|-----------------|---|-----|
| 1. John Houser | 4 | 540 |
| 2. Mike Kerkman | 2 | 305 |
| 3. Mike Heredia | 1 | 115 |
| 4. Zack Whitley | 1 | 110 |

Male 40-44

| | | |
|-------------------|---|-----|
| 1. Raul Borja | 4 | 470 |
| 2. Patrice Salome | 3 | 390 |
| 3. Eddie Flores | 2 | 300 |
| 4. Jason Coleman | 2 | 230 |
| 5. Jonathan Toker | 1 | 160 |

Male 45-49

| | | |
|------------------------|---|-----|
| 1. Richard Peng | 4 | 485 |
| 2. Mike Smith | 2 | 250 |
| 3. Marcelino Goncalves | 1 | 150 |
| 4. John Kawaharada | 1 | 130 |
| 5. Ryan Timmreck | 1 | 125 |

Male 50-54

| | | |
|--------------------|---|-----|
| 1. Deo Jaravata | 3 | 375 |
| 2. Angus Kennedy | 3 | 365 |
| 3. Mark Johnson | 2 | 325 |
| 4. Rick Allison | 2 | 155 |
| 5. Richard Ramirez | 1 | 140 |

Male 55-59

| | | |
|-------------------|---|-----|
| 1. Henri Faucher | 3 | 335 |
| 2. Rick Hetzel | 2 | 285 |
| 3. Brian Dunbar | 2 | 270 |
| 4. Sean O'Brien | 1 | 145 |
| 5. Martin Carlson | 1 | 130 |

Male 60-64

| | | |
|-------------------|---|-----|
| 1. Bill Austin | 6 | 855 |
| 2. Jim Martinez | 1 | 130 |
| 3. David Grudzien | 1 | 110 |

Male 65+

| | | |
|--------------------|---|-----|
| 1. Bill Walsky | 6 | 725 |
| 2. Richard Nelson | 4 | 515 |
| 3. Mike Carbuto | 3 | 355 |
| 4. Bill Winkelmann | 2 | 270 |
| 5. John Butcher | 1 | 130 |

AGE GROUP GALS

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

Female 30-39

| | | |
|-------------------|---|-----|
| 1. Lacey Howcroft | 2 | 255 |
|-------------------|---|-----|

Female 40-49

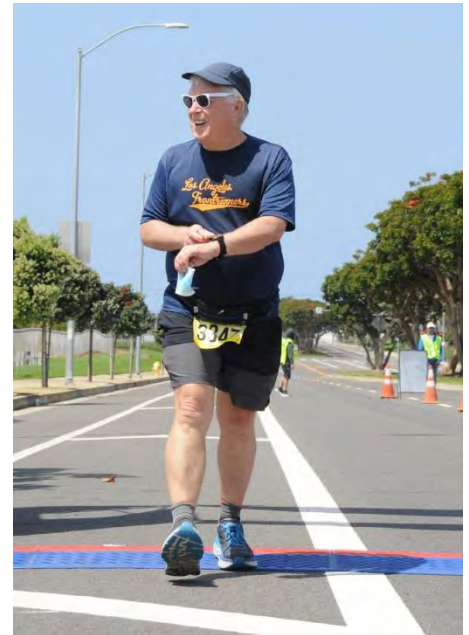
| | | |
|----------------|---|-----|
| 1. Peachy Poso | 4 | 515 |
|----------------|---|-----|

Female 50-59

| | | |
|-----------------|---|-----|
| 1. Yumi Afrento | 1 | 125 |
|-----------------|---|-----|

Female 60+

| | | |
|---------------------|---|-----|
| 1. Margie Gonzales | 2 | 235 |
| 2. Allyne Winderman | 1 | 135 |



Bill Walsky at the LAX Run Half



Peachy volunteering at Run Deo Run



LAFR Challenge Standings as of 5/4

| Rank | MOST RACES | | Rank | MOST MILES ROAD | | Rank | MOST MILES TRAIL | |
|------|-----------------|----|------|---------------------|------|------|------------------|-------|
| 1 | David Grudzien | 12 | 1 | Deo Jaravata | 92.4 | 1 | Deo Jaravata | 138.2 |
| 2 | Deo Jaravata | 9 | 2 | David Grudzien | 87.1 | 2 | Peachy Poso | 100.0 |
| | Bill Walsky | 9 | 3 | Bill Walsky | 64.8 | 3 | Sean O'Brien | 50.0 |
| 4 | Bill Austin | 7 | 4 | Raul Borja | 63.5 | 4 | Ben Beneski | 44.0 |
| | John Houser | 7 | 5 | Mike Smith | 60.4 | 5 | Danny O'Hara | 26.2 |
| 6 | Peachy Poso | 5 | 6 | Peachy Poso | 55.5 | | Jonathan Toker | 26.2 |
| | Raul Borja | 5 | 7 | John Houser | 54.8 | 7 | John Houser | 20.6 |
| 8 | Mike Smith | 4 | 8 | Bill Austin | 47.2 | 8 | Angus Kennedy | 16.2 |
| | Richard Nelson | 4 | 9 | Brian Dunbar | 44.2 | 9 | Brian Dunbar | 13.1 |
| 10 | Brian Dunbar | 3 | 10 | Martin Carlson | 42.4 | | Mark Johnson | 13.1 |
| | Henri Faucher | 3 | 11 | Patrice Salome | 39.3 | | Patrice Salome | 13.1 |
| | Margie Gonzales | 3 | | Mario Mota | 39.3 | | Raul Borja | 13.1 |
| | Mario Mota | 3 | 13 | Rick Hetzel | 32.4 | | Richard Peng | 13.1 |
| | Martin Carlson | 3 | 14 | Jason Coleman | 29.3 | 14 | Alexander Bazley | 6.2 |
| | Mike Carbuto | 3 | 15 | Allan-Michael Brown | 26.2 | | Bill Walsky | 6.2 |
| | Patrice Salome | 3 | | Bernie Tan | 26.2 | | Henri Faucher | 6.2 |
| | Richard Peng | 3 | | John Butcher | 26.2 | | Jeff Masino | 6.2 |
| 18 | 11 LAFRs | 2 | | Marcelino Goncalves | 26.2 | | John Kawaharada | 6.2 |
| 29 | 20 LAFRs | 1 | | Mark Johnson | 26.2 | | Mario Mota | 6.2 |
| | | | | Richard Ramirez | 26.2 | | Mike Carbuto | 6.2 |
| | | | 21 | Margie Gonzales | 19.3 | | Rick Allison | 6.2 |
| | | | 22 | Allyne Winderman | 13.1 | 22 | 12 LAFRs | 3.1 |
| | | | 23 | 2 LAFRs | 12.4 | | | |
| | | | 25 | 3 LAFRs | 9.3 | | | |
| | | | 28 | 4 LAFRs | 6.2 | | | |
| | | | 32 | 4 LAFRs | 3.1 | | | |



Allyne Winderman & Bill Austin at the Happy Easter race in SaMo

Annual Awards: Fronrunner of the Year

Erin Brinton

presented by Angus Kennedy

The Fronrunner of the Year displays overall athleticism, a competitive spirit, and good sportsmanship in reflection of the values of our club. In addition to running prowess, the Fronrunner of the Year also shines through volunteerism and participation in club events.

Perhaps this past week you saw American skier Mikaela Shiffrin win gold in the Olympics. As a youngster, she had a poster autographed by another Olympian who wrote the letters ABFTTB under her signature. Mikaela has those same letters on her ski helmet which stand for: Always Be Faster Than The Boys.

Our Fronrunner of the Year has made good use of that motto as well. Throughout the awards, you've heard many of her stats – she raced seven times last year and finished in the top 3 overall in all seven of those races – winning five. She set personal records at 5K, 10K, 15K and 10 Mile. She scored the highest age grade of all the women in the club last year. She also ran the fastest 5K (21:05 Father's Day), 10K (42:08 Stars & Stripes) and 15K (67:08 Rockin Summer) for the women last year. In looking at the Top 10 boards in the foyer, you may not have noticed that she was the only female to race a 15K last year. So, instead of having her be a list of one, I just added her to the male list, where she was #3. In fact, if we ignore gender, Erin would be in the top 10 on both the 5K and 10K lists. And had she run a half or full marathon last year, she likely would have been in the top 10 of those as well.

She became our first ever female Trail Master Champion. And this is the first time, male or female, that the Trail Master Champion also won their division of the Champions Race.

Erin is one of our greatest volunteers and never hesitates to jump in and just get it done. She took on the planning for the LA Marathon water stop and has taken the lead on numerous LAFR events. She is currently our club Treasurer and will continue in that role for 2018. She also scores extra bonus points for being one of the only people who has some level of success in getting Bernie Tan to behave.



2017: Top 10 15K

| | | |
|-------------------------------------|---------|--|
| 1. Mark Johnson Valentine's Day | 60:37 | |
| 2. Mike Kerkman Valentine's Day | 60:42 | |
| 3. Erin Brinton Rockin Summer | 67:08 | |
| 4. Angus Kennedy Reindeer Run | 75:23 | |
| 5. Bill Austin Dolphin Run | 75:54 | |
| 6. Richard Nelson Summer Break | 75:59 | |
| 7. Bruce Bair NoName Trail | 78:52 | |
| 8. Richard Peng Reindeer Run | 82:21 | |
| 9. Alexander Bazley Monster Dash | 82:32 | |
| 10. Deo Jaravata USATF Nat'l RW | 1:45:52 | |

LA FRONTRUNNERS  **15K**

Annual Awards: President's Award

Patrick Owen – Extraordinary Frontrunner & Dear Friend

presented by Angus Kennedy

The President's Award is given annually by the Prez to highlight a member of the club for special recognition.

This year's recipient has been at the center of the life of our club for most of the last decade.

He first came our way when he was looking for a way to continue his fitness journey with a group of other LGBT runners.

That individual journey found fertile soil in the LAFR family and our commitment to athleticism. In addition to staying physically fit, he has won numerous race medals and club awards and set PRs at all distances over the years.

All of us who were there will never forget the great emotion when he achieved a lifetime goal of qualifying for Boston at the 2010 Camarillo Marathon, with Mark & Sean pacing him to a PR of 3:31:21.

In addition to his numerous athletic achievements over the years, Patrick is the Katherine Helpburn, Meryl Streep, Jack Nicholson & Tom Hanks of LAFR Baking & Cooking Awards. His award winning contest entries have ranged from the sublime – crunchy kale cup crisps and individual dessert mousses – to the ridiculous – or perhaps even more sublime – chocolate soup.

While he thrived in the good-natured competitiveness of LAFR life, our club has benefited in immeasurable ways from his time, talents and treasure.

His organizational wizardry and professionalism have been integral to so much of what we do, from planning events (big & small), to maintaining positive relationships with outside organizations, to managing difficult challenges, and of course, quieting a noisy crowd when necessary.

Patrick has graciously hosted club events, runs and potlucks at three different homes, including New Year's Day, Halloween and too many potlucks to count. And, in recent years, with the added benefit of a spectacular husband!

Patrick has generously shared his professional connections and love of theater with LAFR through access to discount tix at CTG, hosted LGBT Nights and receptions for shows, and a memorable LAFR outing while in NYC to see Billy Elliott.



And, on a personal note, Patrick is one of the greatest friends I'll ever know and is a huge part of what has made LAFR such an incredible place for me. It has been a beautiful chapter in my life to watch such a great friend become not only a great runner but to find such a perfect soulmate in Norman while part of our group.

Patrick and Norman are moving on to new adventures in Louisville, Kentucky. They will bring some much needed blue to the south and perhaps a new FR chapter in Louisville.



Annual Awards: Randy Peck Award

Randy Peck Service Award

Jim Martinez

The Randy Peck Service Award is presented in memory of Randy Peck. Randy was a founding member of LA Frontrunners and could always be counted on to contribute his time and talents to the club. Randy was unfortunately taken from this world by AIDS in March 1985. Accordingly, the Board at the time decided to memorialize his name by bestowing the annual Randy Peck Service Award on a deserving LA Frontrunner. The award recognizes a club member who displays the same humility and dedication to service that was so evident in the life of Randy.

This year's recipient merits the award on an annual basis – in fact, the Board was surprised to discover that he has not previously been a Randy Peck recipient.

His resume of service to the club is extensive. Virtually all LAFR events have a touch, a splash, or even an explosion of fabulousness due to his inner Martha Stewart. If there were a lifetime achievement award for rainbow balloon arches, it would be named for him.

Jim opens his winter wonderland to us every year for our Holiday Extravaganza, cooking (and ordering) up a storm to give all of us a moment during the crazy holiday season when we can be together and be thankful for the great group that we are a part of. I believe he's leaving early this afternoon to begin decorating for this December's event.

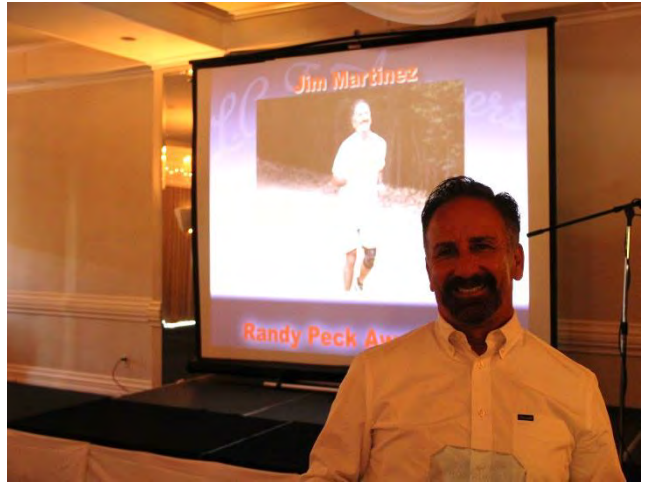
In addition to offering award winning entries to every cooking and baking contest, he always throws in a bonus platter of cookies, brownies, or treats for the dessert table.

His special pink and purple ribbon cookies for our Action Jackson race added a loving touch to our race in memory of Marilyn.

The 16 chili cook-offs at Rusty's would not have been the same without Jim's massive poster that he made each and every year that covered almost the entire back of Rusty's house.

Jim always offers his loving heart, warm support and positive energy in abundance to our LAFR family.

Service, Friendship, Class, Generosity, Loving Kindness...with a bit – ok a lot – of pizzazz and sparkle mixed in.



Lifetime Achievement: Rusty

Lifetime Achievement Award

Rusty Millar

This award was presented to Rusty at the Chili Cook-Off at his home last October.

Rusty is fond of calling our annual chili cook-off “the longest running chili cook-off west of the Mississippi.” And he may be right...for 16 years we have been gathering here at Rusty’s place to do what Frontrunners do best...eat, celebrate community, eat, gossip, and eat.

This year’s event, the 17th Annual, is notable in that it will be our last chili cook-off here on this Micheltorena hillside with this beautiful view of the city. As many of you know, Rusty will be moving soon to Albuquerque, New Mexico...so begin making your travel plans for our 17th annual chili cook-off...Albuquerque here we come!...still west of the Mississippi. I’m sure Rusty won’t mind us camping out in his new back yard.

While we express our gratitude for Rusty’s 17 year commitment to hosting this event, I think it important and appropriate to also honor Rusty’s many decades of service to our club. Rusty joined LA Frontrunners in the early 1990s and quickly established himself as an accomplished runner. For many years Rusty earned age-group medals in local road races...especially in his specialty, the 5K.

For more than two decades, Rusty has hosted the Tuesday night runs in Griffith Park and the Reservoir. That’s well over 1,000 times as host...usually with one his beloved dogs...Chocos...and always on time!

Rusty’s service to the club has been rooted in his broader civic-mindedness. He has been a dedicated public servant during his years in Los Angeles, especially through his years an elected, volunteer member of the Silver Lake Neighborhood Council. His public service has helped make Los Angeles a better place to live and run for all of us.

In appreciation for his nearly three decades of service to our club and our city and in recognition of his athleticism, friendship, and commitment to community, we honor Rusty today with a Los Angeles Frontrunner Lifetime Achievement Award.



Best Chest in Honor of Carl

Best Chest

Carl was hilariously funny and, as we all know, was an incredible runner. Running and physical fitness were very important to Carl and he worked very hard at it. Most of us yo-yo, in both our fitness and race results - there's only a handful that keep a consistent and high level of running and fitness all the time. Carl was one of those people and it was inspiring. Also, he loved to run shirtless...a lot. In honor of Carl's lifelong commitment to fitness, his awesome sense of humor and his love of running shirtless, we present the Best Chest award.



3rd Place – Carlos Vizcarra



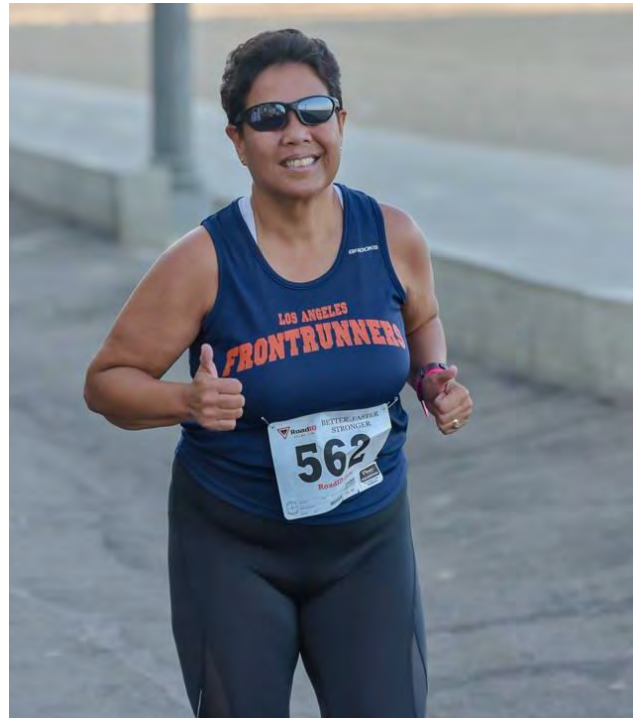
**2nd Place
Margie
Gonzales**

**1st Place
Mike
Carbuto**
Carl's BFF
and perhaps
the only
runner who
is shirtless
more than
Carl was!

Champions Race Top 3s in Honor of Carl

Most Top 3 Finishes in Champions Race

As we all know, Carl was an incredible athlete. Carl was very involved with designing the Champions Race for our grand prix. He was the model of consistency and as a runner, lived by the beliefs that there were no shortcuts, to succeed you had to train smart and hard and put in the work year in and year out. We reviewed the 12 years that we have had the Champions Race, and in honor of Carl's talent and work ethic as a runner, we present our runners with the most top 3 finishes in the Champions Race over the 12 years of the competition.



1st Place
Margie Gonzales with 11



3rd Place – Mark Johnson & Carlos Vizcarra with 8 each



2nd Place
Richard
Nelson
with 9



All Time Chili Queens in Honor of Rusty

Greatest Chili Queens

We all know how important the chili cook off was to Rusty. He was thrilled when we added the charitable element a few years back where the winners choose what charities we donate funds to. Last year we talked about doing an all-time greatest chefs award so in honor of Rusty, we are presenting the all-time greatest chefs of the chili cook off! We took all the results going back 17 years to 2001 and every placement received points – we added them up and voila!

It ended up being two contests. The top two chefs were only separated by a few points but were pretty far ahead of everyone else. The battle for third came down to 5 or 6 chefs who were all within a few points of each other - but after all was tallied, the 3rd greatest chef of the 17 years of the chili cook off, and this would make Rusty very happy, is that rascally vegetarian, Mike Kerkman



The top two chefs – this will not be a surprise to anyone – are Jim Martinez & Patrick Owen. Mikey scored 28 pts – pretty impressive. These two scored 64 and 59 points. They both were Chili Queens 3 times each, in fact Jim is the reigning chili queen – Jim also won the very first chili cook off so that's pretty cool. And they have both won multiple times for cornbread, presentation, and other categories. 2nd place for the all time greatest chili chef is Jim! Which means Patrick is our Greatest Chili Queen of all-time!



All-Time Greatest Chefs

1. Patrick Owen
2. Jim Martinez
3. Mike Kerkman



Little Miss Late in Honor of Rusty

Little Miss Late

Rusty was a stickler about us starting on time on Tuesday nights. He would look at his watch and at 6:30 on the dot, we started. It was always in fun and succeeded in keeping most of us on time. But, there are a few club members who still can't manage to be on time for most of our activities. So, in honor of Rusty and his efforts to keep people on time, we present the Little Miss Late awards



3rd Place - John K & WTF: Tied for third is two frontrunners who have had difficulty showing up on time for board meetings or any run, really.



2nd Place - Jim: 2nd place goes to one of Rusty's favorite people, who also struggles with arriving on time and once was allegedly frantically trying to find a race he was late for – understandable when it's a race you haven't been to or in a place you're unfamiliar with, but this was in the park and we were putting on the race.

LITTLE MISS LATE



Little Miss Late - Peng: The Little Miss Late champ is kinda obvious – this is a slam dunk. On Saturdays & Sundays, we know that we will be in the circle and starting announcements and Peng will drive by. He's extremely consistent. Not only is he late to runs but most times when we are out to eat, he gets served last. On Sunday mornings, if the run starts at 7, this is where he is at 6:55:



Newcomer & Most Improved

Newcomer of the Year

Lacey Howcroft

presented by Erin Brinton

I kept hearing about our Newcomer of the Year from the Westside gang after she joined the club last year. They all kept telling me about this super nice, awesome new member. Those of us not on the Westside finally got to meet her at the Doggie Dash where she won the humans only 5K and indeed all the rumours of her awesomeness were true. She also ran the fastest half marathon of all the women last year, a 2:04:49 at Rock'n'Roll New Orleans and the 2nd fastest 5K, a 23:06, at the Best Damn 5K, also in New Orleans. She finished out her first year with LA Frontrunners by joining the Board of Directors.



Rina provided the best service of the event: selling Girl Scout cookies!

Most Improved Runners Eddie Flores, Erin Brinton & Duane Howard

There were a lot of PRs in 2017 and in a sea of great results and improvement, we had three runners who distanced themselves from the pack – our first Most Improved Runner made a big leap this past year in becoming a competitive racer placing in his age group at several events, dropping his 5K to 21:12 and 10K to 45:26 and landing in the year end top 10 for both distances – Eddie Flores.

Our second Most Improved Runner PRd at 5K, 10K, 15K and 10 mile in 2017: Erin Brinton



And our final Most Improved Runner shaved 8 minutes off his marathon PR, running 3:01, his first Boston qualifier. He dropped his half marathon 5 minutes to 1:26 and broke 18 minutes in the 5K, running 17:56 at the Doggie Dash: Duane Howard



Annual Awards

Grand Prix Age Group Women



Champions Race Women

1. Erin Brinton
2. Peachy Poso
3. Stephanie Stone

Erin raced seven times last year and finished in the top 3 overall in all seven of those races – winning five: Father’s Day 5K, Rockin Summer 15K, Action Jackson 10K, Pasadena Trail 12K and Doggie Dash 5K . She scored the highest age grade of all the women in the club last year. She also ran the fastest 5K (21:05 Father’s Day), 10K (42:08 Stars & Stripes) and 15K (67:08 Rockin Summer) for the women last year.

Peachy Our 2nd place winner repeats after taking 2nd place in the Champions Race last year. She raced 12 times last year, including a 3:50:42 marathon at Revel, where she again qualified for Boston. At our Pride Run she was 1st in her age group in the 5K and 10K and was 2nd overall in the combined ultra. On the trails she was 3rd overall in the Run Deo Run Marathon and was 2nd in her age group at the Paramount Ranch 50K. In fact, she was 4th in the trail master division so we almost had two women in the top 3!

Stephanie grabbed 3rd place in the Champions Race on the strength of great results at our 36th annual Pride Run. She won her age group in the 5K, was 2nd in her age group in the 10K, and then was 2nd in her age group in the Ultra Pride (5K & 10K combined).



↑
29 & Under
1. Rina Shiramizu



↑
30-39
1. Erin Brinton
2. Lacey Howcroft



40-49
1. Peachy Poso
2. Keeley Webster
3. Regina Robinson
←



50-59
1. Nicole Oeuvray
2. Stephanie Stone
3. Yumi Afrento
→



60+
1. Margie Gonzales
2. Allyne Winderman
& Jane Dods
3. Connie Hammen
←



Annual Awards



Champions Race Men

1. Carlos Vizcarra
2. Mark Johnson
3. Richard Nelson

Carlos Our champion returns to the top spot for the second time. Highlights last year include a 2:46:19 Boston Marathon, overall wins at the LAFR 10K, the LB Pride 10K and the Catalina Eco 10K. He also won his age group at the Long Beach Half, the Friendship 30K and the Redondo Beach 10K. His 2:46 at Boston was the 2nd fastest marathon in the club last year. He was fastest at 5K in 17:23, fastest at 10K in 36:42 and fastest at the half in 1:20:10. This is his 8th time finishing in the top 3 - the winner of the champions race is Carlos Vizcarra.

Mark Our second place winner and the champion were going back and forth in the lead all year long. He was the fastest 15K runner in the club last year and landed in the top 4 in both the half and full. He won his age group in the LB Full, the Revel Half and the Pasadena Trail 12K and was the overall winner at the reindeer half, the giving thanks 15K and the valentine's 15K. 2nd place in the Champions Race is Mark Johnson.

Richard Our 3rd place winner is a return party guest. Earlier, when we gave out awards for the most top 3 champions race finishes, it's likely that one of the recipients knows his stats and realized that he must have scored himself back into the top 3 this year. Our 3rd place winner raced 15 times this year and was a perfect 15 for 15 in placing in his age group, including 14 wins. He raced from 5K up to half marathon and at 70 years young, is still kicking just about everyone's butts. In 3rd place, his 9th time in the top 3, is Richard Nelson.



Trail Master

1. Erin Brinton
2. Bruce Bair
3. Deo Jaravata

Erin Since we started the Trail Master division, this is the first time we have a female champ!. Erin raced 4 trail races last year and placed top 3 OA in all 4 including a 3rd place OA at the Pasadena Trail Series 10 Mile – basically racing up and down Brown Mountain – and then a 1st place OA in the 12K of the same series later in the summer.

Bruce had perhaps the coolest result of the year last year at the NoName 15K where he finished 2nd overall – a great result, right? We have several members who won races last year or came in 2nd but Bruce is the only one who can say he came in 2nd overall to his son!

Deo raced 8 trail races last year – 3 fulls, 4 50Ks and a twelve hour where he ran 54 miles.

Best Ninjabo Builder

Rina





Challenge Highest Age Grade Men

1. Eric Alvarez: 2:43:15-M2B: 91.65
2. Carlos Vizcarra: 2:46:19-Boston: 85.54
3. Mark Johnson: 3:03:24-M2B: 82.29



Challenge Highest Age Grade Women

1. Erin Brinton: 42:08-Stripes 10K: 71.99
2. Peachy Poso: 3:50:42-Revel: 69.30
3. Allyne Winderman: 28:35-LAFR 5K: 69.04



Club Challenge



Club Challenge Most Races

1. Bill Austin: 25
2. David Grudzien: 22
3. Margie, Deo & Richard: 10



Club Challenge PR Race

1. Stephanie Stone
2. Alexander Bazley
3. Duane Howard

RaceWalk

RaceWalk Champions Race

1. Deo Jaravata
2. Bill Walsky
3. Nicole Oeuvray



Grand Prix Age Group Awards Men



- ← 30-34
1. John Houser
 2. Alexander Bazley
 3. Matthew Dernoga

- 35-39 →
1. Mike Kerkman
 2. Duane Howard
 3. David Gonzalez



- ← 40-44
1. Carlos Vizcarra
 2. Eddie Flores
 3. John McGuinness

- 45-49 →
1. Mark Johnson
 - Moises Medina
 2. Bernie Tan
 3. Marcelino Goncalves



- ↑ 50-54
1. Deo Jaravata
 2. Mario Mota
 3. Rick Allison

- 60+ →
1. Richard Nelson
 2. David Dassey
 3. Mike Carbuto



- ↑ 55-59
1. Bill Austin
 2. Rudy Van Graan
 3. Doug Jones



2017: Top 10 5K

1. Carlos Vizcarra 17:23
SRLA 5K
2. Mike Kerkman 17:27
Whales 5K
3. Duane Howard 17:56
Doggie Dash
4. Mike Heredia 19:15
Doggie Dash
5. Moises Medina 20:27
LAFR Pride
6. Bruce Bair 20:45
Doggie Dash
7. Bill Austin 20:59
Wrigley
8. Eddie Flores 21:12
Burbank Turkey
9. Mario Mota 21:34
Reindeer Run
10. Martin Carlson 21:38
Doggie Dash



2017: Top 10 5K

1. Erin Brinton 21:05
Father's Day
2. Lacey Howcroft 23:06
Best Damn Race
3. Maria Poso 25:41
LAFR Pride
4. Allyne Winderman 28:35
LAFR Pride
5. Tanya Haney 30:33
Action Jackson
6. Stephanie Stone 31:18
LAFR Pride
7. Rina Shiramizu 36:47
PS Pride
8. Margie Gonzales 40:07
Stars & Stripes
9. Yumi Afrento 40:13
Stars & Stripes
10. Jane Dods 41:15
Pantsuit Pursuit



2017: Top 10 10K

1. Carlos Vizcarra 36:42
LAFR Pride

2. Mike Kerkman 37:31
Action Jackson

3. Mike Heredia 40:08
Napa Triathlon

4. Moises Medina 41:39
Run Deo Run

5. Bruce Bair 41:57
LAFR Pride

6. John McGuinness 43:14
Reindeer Run

7. Bill Austin 44:57
Stars & Stripes

8. Martin Carlson 45:15
Firecracker

9. Eddie Flores 45:26
Reindeer Run

10. Rick Allison 45:55
Burbank Turkey

1. Erin Brinton 42:08
Star's & Stripes

2. Maria Poso 54:15
LAFR Pride

3. Stephanie Stone 64:03
LAFR Pride

4. Margie Gonzales 1:27:00
Stars & Stripes



10K

2017: Top 10 15K

1. Mark Johnson 60:37
Valentine's Day

2. Mike Kerkman 60:42
Valentine's Day

3. Erin Brinton 67:08
Rockin Summer

4. Angus Kennedy 75:23
Reindeer Run

5. Bill Austin 75:54
Dolphin Run

6. Richard Nelson 75:59
Summer Break

7. Bruce Bair 78:52
NoName Trail

8. Richard Peng 82:21
Reindeer Run

9. Alexander Bazley 82:32
Monster Dash

10. Deo Jaravata 1:45:52
USATF Nat'l RW



15K

2017: Top 10 HALF

1. Carlos Vizcarra 1:20:10
Encinitas
2. Eric Alvarez 1:22:33
St. Jude
3. Mark Johnson 1:25:09
Revel
4. Duane Howard 1:26:23
Long Beach
5. Patrice Salome 1:33:08
RnR Los Angeles
6. Mike Kerkman 1:33:15
Kahakuloa
7. Bruce Bair 1:37:33
Mayor's Midnight
8. John McGuinness 1:37:37
Rockin Summer
9. Mark Penn 1:39:00
Santa Clarita
10. Bernie Tan 1:40:24
Reindeer Run



HALF

2017: Top 10 Half/Full

HALF MARATHON

1. Lacey Howcroft 2:04:49
RnR New Orleans
2. Stephanie Stone 2:31:14
Hollywood
3. Margie Gonzales 3:07:26
Revel
4. Nicole Oeuvray 3:31:31
Revel
5. Keeley Webster 3:41:17
Operation Jack
6. Cat White 3:43:33
Operation Jack
7. Jane Dods 3:43:40
Eugene
8. Regina Robinson 4:28:30
Long Beach



FULL MARATHON

1. Maria Poso 3:50:42
Revel



Half/Full

2017: Top 10 FULL

1. Eric Alvarez 2:43:15
Mountains to Beach

2. Carlos Vizcarra 2:46:19
Boston

3. Duane Howard 3:01:24
Mountains to Beach

4. Mark Johnson 3:03:24
Mountains to Beach

5. Moises Medina 3:15:32
Boston

6. Patrice Salome 3:16:34
Revel

7. Marcelino Goncalves 3:18:45
Los Angeles

8. John McGuinness 3:20:22
Mountains to Beach

9. Mike Kerkman 3:22:29
Boston

10. Bernie Tan 3:29:21
Revel



FULL

International Front Runners Western Region Pride Race Circuit

To promote participation across Front Runners in the Western Region, International Front Runners is hosting a Pride Race Circuit.

- Logistics:**
- Participants who are Front Runners must belong to a club that is an active member of International Front Runners.
 - Participation in a Pride Run from any of the eligible clubs below will be counted as 1 point.
 - A minimum of 3 points from 3 separate Pride Runs are needed to earn a Pride Race Circuit medal.

Eligible Races:

- | | |
|--|---|
| California San Francisco FrontRunners San Francisco Track & Field East Bay Front Runners and Walkers Los Angeles Frontrunners Front Runners & Walkers of San Diego Shoreline Frontrunners of Long Beach Palm Springs Front Runners & Walkers | Colorado Colorado Frontrunners |
| Arizona Phoenix Frontrunners | British Columbia Vancouver Frontrunners |
| | Washington Seattle Frontrunners |
| | Alaska Anchorage Front Runners |
| | Hawaii Honolulu Frontrunners |

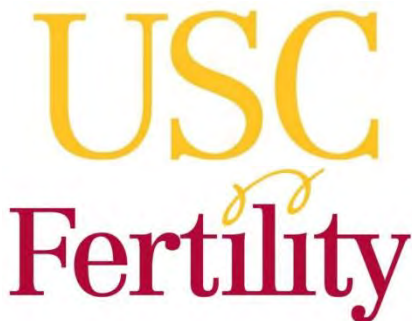
Please visit the calendar page at www.frontrunners.org for race dates

*Pride Race Circuit medals will be given in
Palm Springs in November 2018*

*Please email your race results or questions
to rep-us-w@frontrunners.org*

(medals can also be mailed to you if you are unable to attend)

Pride Run Sponsors



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\$250

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Santa Monica Yoga**

\$100

**Eric Fischer & Richard West ▪ Lee Lightfoot
Jim & Ted ▪ Allyne Winderman ▪ Stephanie Stone
SFVACC ▪ Neil E. Johnson, CPA ▪ Martin Wayland
Bernie & Dan ▪ Seth & Arturo ▪ John Miles
Eric Alvarez ▪ David Jaquez ▪ Bill Walsky ▪ The Bills
Go Sports Fuel ▪ David Gonzalez ▪ Rich Thigpen
Tom Rubalcava ▪ Christine Carlsten ▪ Bill Cahalane
William Fang ▪ Jeffery Masino ▪ Jerry Ray Weyer
Mark DeAngelis & Henry Jung ▪ Brian Eggert
Jeanne Cummings ▪ Rina's Favorite Uncle**

\$50

**Julie Hwang ▪ Erin Brinton ▪ David Dassey ▪ John Kawaharada
David Grudzien ▪ Paul Williams ▪ Amy Ross ▪ Philip Lelyveld ▪
Shirley Lau ▪ Cheryl Shaft ▪ Massimini Family ▪ Mickey Caruso ▪
Duane Howard ▪ Margie Gonzales ▪ Moises & Brett ▪
Mike Carbuto & Chris Tapper ▪ Raul Borja ▪ Yumi Afrento
Alexander Lamb ▪ Rina S ▪ Patrick & Norman ▪ Mark Grumet**

Grand Prix Series Standings Final 2017

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. Carlos Vizcarra | 6 | 81.35 |
| 2. Mark Johnson | 6 | 80.12 |
| 3. Richard Nelson | 6 | 75.43 |
| 4. Mike Kerkman | 6 | 74.84 |
| 5. Bill Austin | 6 | 71.93 |
| 6. Rick Allison | 6 | 68.99 |
| 7. Bernie Tan | 6 | 67.85 |
| 8. Mario Mota | 6 | 67.35 |
| 9. Brice Bair | 6 | 66.79 |
| 10. John McGuinness | 6 | 66.62 |

FEMALE

| | | |
|--------------------|---|-------|
| 1. Erin Brinton | 6 | 69.71 |
| 2. Maria Poso | 6 | 61.61 |
| 3. Stephanie Stone | 6 | 52.87 |
| 4. Margie Gonzales | 5 | 46.96 |
| 5. Lacey Howcroft | 3 | 58.96 |
| 6. Jane Dods | 3 | 56.83 |
| 7. Nicole Oeuvray | 3 | 41.10 |
| 8. Keeley Webster | 3 | 35.67 |
| 9. Cat White | 3 | 33.48 |
| 10. Rina Shiramizu | 2 | 48.16 |

RACEWALK

| | | |
|--------------------|---|-------|
| 1. Deo Jaravata | 6 | 63.50 |
| 2. Bill Walsky | 6 | 55.30 |
| 3. Nicole Oeuvray | 6 | 51.89 |
| 4. Margie Gonzales | 4 | 55.89 |
| 5. Bill Winkelmann | 3 | 47.01 |

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. Erin Brinton | 4 | 123.74 |
| 2. Bruce Bair | 4 | 115.63 |
| 3. Deo Jaravata | 4 | 114.10 |
| 4. Peachy Poso | 4 | 104.99 |
| 5. Angus Kennedy | 4 | 95.43 |
| 6. Mike Carbuto | 4 | 89.00 |
| 7. Ben Beneski | 4 | 85.85 |
| 8. Rudy Van Graan | 4 | 80.21 |
| 9. Richard Peng | 4 | 78.29 |
| 10. Stephanie Stone | 4 | 74.81 |

AGE GROUP GUYS

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

Male 20-29

| | | |
|-------------------|---|-----|
| 1. John Chau | 3 | 395 |
| 2. Gabriel Cooper | 1 | 145 |

Male 30-34

| | | |
|---------------------|---|-----|
| 1. John Houser | 6 | 645 |
| 2. Alexander Bazley | 4 | 465 |
| 3. Matthew Dernoga | 2 | 255 |

Male 35-39

| | | |
|--------------------|---|-----|
| 1. Mike Kerkman | 6 | 910 |
| 2. Duane Howard | 6 | 865 |
| 3. David Gonzalez | 5 | 585 |
| 4. Mike Heredia | 3 | 395 |
| 5. Barry Hamaguchi | 3 | 385 |

Male 40-44

| | | |
|--------------------|---|-----|
| 1. Carlos Vizcarra | 6 | 880 |
| 2. Eddie Flores | 6 | 840 |
| 3. John McGuinness | 6 | 795 |
| 4. Richard Peng | 6 | 730 |
| 5. Jason Coleman | 4 | 420 |

Male 45-49

| | | |
|------------------------|---|-----|
| 1. Moises Medina | 6 | 860 |
| Mark Johnson | 6 | 860 |
| 3. Bernie Tan | 6 | 720 |
| 4. Marcelino Goncalves | 4 | 390 |
| 5. Eric Alvarez | 1 | 185 |

Male 50-54

| | | |
|------------------|---|-----|
| 1. Deo Jaravata | 6 | 810 |
| 2. Mario Mota | 6 | 805 |
| 3. Rick Allison | 6 | 735 |
| 4. Angus Kennedy | 6 | 730 |
| 5. Brian Dunbar | 6 | 665 |

Male 55-59

| | | |
|-------------------|---|-----|
| 1. Bill Austin | 6 | 900 |
| 2. Rudy Van Graan | 6 | 750 |
| 3. Doug Jones | 6 | 700 |
| 4. Martin Carlson | 5 | 545 |
| 5. Rick Hetzel | 3 | 375 |

Male 60+

| | | |
|--------------------|---|-----|
| 1. Richard Nelson | 6 | 790 |
| 2. David Dassey | 6 | 765 |
| 3. Mike Carbuto | 6 | 735 |
| 4. Jim Martinez | 6 | 700 |
| 5. Bill Winkelmann | 6 | 675 |

FOR COMPLETE GRAND PRIX STANDINGS AND DETAILS, PLEASE VISIT THE GRAND PRIX PAGE AT WWW.LAFRONTRUNNERS.COM

AGE GROUP GALS

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

Female 29 & Under

| | | |
|-------------------|---|-----|
| 1. Rina Shiramizu | 2 | 270 |
|-------------------|---|-----|

Female 30-39

| | | |
|-------------------|---|-----|
| 1. Erin Brinton | 6 | 990 |
| 2. Lacey Howcroft | 1 | 115 |

Female 40-49

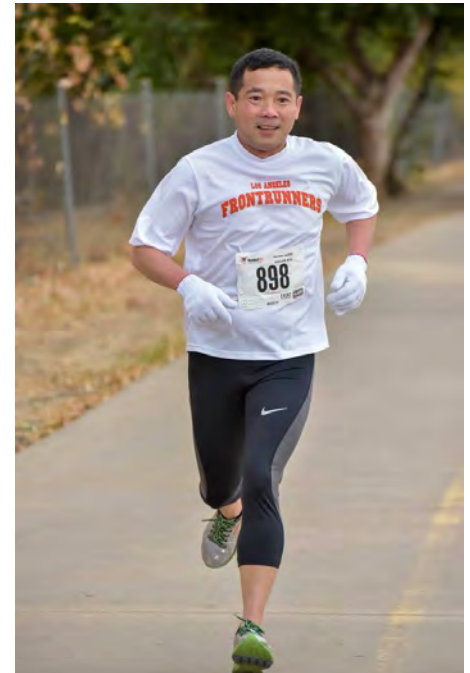
| | | |
|--------------------|---|-----|
| 1. Maria Poso | 6 | 800 |
| 2. Keeley Webster | 3 | 310 |
| 2. Regina Robinson | 2 | 220 |
| 3. Cat White | 2 | 215 |
| 4. Tanya Haney | 1 | 150 |

Female 50-59

| | | |
|--------------------|---|-----|
| 1. Nicole Oeuvray | 6 | 735 |
| 2. Stephanie Stone | 4 | 495 |
| 3. Yumi Afrento | 4 | 465 |

Female 60+

| | | |
|---------------------|---|-----|
| 1. Margie Gonzales | 6 | 750 |
| 2. Allyne Winderman | 1 | 115 |
| Jane Dods | 1 | 115 |
| 3. Connie Hammen | 1 | 105 |



Bernie Tan at Reindeer Run in December



LAFR Challenge Standings Final 2017

| Rank | MOST | | Rank | Highest Age Grade Male | | Rank | Highest Age Grade Female | |
|------|------------------------------------|----|------|------------------------------|-------|------|---------------------------|-------|
| 1 | Bill Austin | 25 | 1 | Eric Alvarez | | 1 | Erin Brinton | |
| 2 | David Grudzien | 22 | | M2B: 2:43:15 | 91.65 | | Stars/Stripes 10K: 42:08 | 71.99 |
| 3 | Margie Gonzales | 10 | 2 | Carlos Vizcarra | | 2 | Maria Poso | |
| | Deo Jaravata | 10 | | Boston: 2:46:19 | 85.54 | | Revel: 3:50:42 | 69.30 |
| | Richard Nelson | 10 | 3 | Mark Johnson | | 3 | Allyne Winderman | |
| 6 | Mike Carbuto | 9 | | M2B: 3:03:24 | 82.29 | | LAFR 5K: 28:35 | 69.04 |
| | Richard Peng | 9 | 4 | Richard Nelson | | 4 | Stephanie Stone | |
| | Doug Jones | 8 | | Summer Time 5K: 22:44 | 76.83 | | LAFR 10K: 64:03 | 59.12 |
| | Carlos Vizcarra | 8 | 5 | Mike Kerkman | | 5 | Jane Dods | |
| | Mike Kerkman | 8 | | GP 12.6: 1:18:17 | 76.45 | | OTC 5K #2: 43:36 | 57.42 |
| | Rudy Van Graan | 8 | 6 | Mark Penn | | 6 | Margie Gonzales | |
| 12 | Maria Poso | 7 | | SC Half: 1:39:00 | 76.38 | | NY Eve 5K RW: 46:30 | 55.09 |
| | Moises Medina | 7 | 7 | Bill Austin | | 7 | Nicole Oeuvery | |
| | Stephanie Stone | 7 | | Wrigley 5K: 20:59 | 76.09 | | LB Half RW: 3:39:00 | 54.92 |
| 12 | David Dassey | 7 | 8 | Moises Medina | | 8 | Connie Hammen | |
| | Martin Carlson | 7 | | Boston: 3:15:32 | 75.23 | | LAFR 5K: 53:14 | 54.58 |
| | Bangus | 7 | 9 | Duane Howard | | 9 | Tanya Haney | |
| | Bill Winkelmann | 6 | | M2B: 3:01:24 | 75.15 | | Action J 5K: 30:33 | 51.45 |
| | John Houser | 6 | 10 | Marcelino Goncalves | | 10 | Lacey Howcroft | |
| | John McGuinness | 6 | | LA: 3:18:45 | 74.01 | | Doggie Humans 5K: 29:37 | 49.86 |
| | David Gonzalez | 6 | | | | | | |
| | Duane Howard | 6 | | | | | | |
| | Mark Johnson | 6 | | | | | | |
| | Jane Dod | 6 | | | | | | |
| | Nicole Oeuvery | 6 | | | | | | |
| 27 | Nine LAFRs | 5 | | | | | | |
| 37 | Nine LAFRs | 4 | | | | | | |
| 46 | Twelve LAFRs | 3 | | | | | | |
| 58 | Eleven LAFRs | 2 | | | | | | |
| 69 | Thirty-six LAFRs | 1 | | | | | | |
| | Challenge Distance by Month | | | Challenge Bonus Races | | | Rank PR Race | |
| JAN | Half Marathon | | FEB | SOB | | 1 | Stephanie Stone | |
| FEB | 5K/10K | | FEB | Action Jackson | | | LAFR 5K/10K | 33.31 |
| MAR | Trail | | MAR | LA Marathon | | 2 | Alexander Bazley | |
| APR | 5K | | APR | Boston Marathon | | | LB Pride 5K | 23.45 |
| MAY | 10K/Full | | MAY | LB Pride | | 3 | Duane Howard | |
| JUN | 5K/10K | | MAY | M2B | | | LA/M2B/Luau/LB/Doggie | 14.62 |
| JUL | 10K/Full | | JUN | LAFR Pride | | 4 | Rick Hetzel | |
| AUG | 5K | | OCT | LB Marathon | | | LAFR/Pas/Stars/Reindeer | 9.47 |
| SEP | Trail | | OCT | LAFR Doggie Dash | | 5 | Bill Austin | |
| OCT | 10K/Half | | NOV | Catalina Eco | | | Dolphin 15K | 8.37 |
| NOV | Half/Full | | DEC | Reindeer Run | | 6 | Jeff Masino | |
| DEC | 5K/Half | | | | | | Reindeer Half | 8.31 |
| | | | | | | 7 | Erin Brinton | |
| | | | | | | | Father's Day/Stars/Rockin | 7.50 |
| | | | | | | 8 | Eddie Flores | |
| | | | | | | | Doggie/Reindeer | 4.93 |
| | | | | | | 9 | John Houser | |
| | | | | | | | Action J 5K | 4.93 |
| | | | | | | 10 | Mario Mota | |
| | | | | | | | Revel/Reindeer | 2.22 |



From left:
Rick Allison, Eddie Flores,
Angus Kennedy, Rudy
Van Graan, Bill Walsky,
Mario Mota & Albert Giang
after the Burbank YMCA
Turkey Trot Thanksgiving
morning