

Pride Run 2017, Saturday, June 10!

May 2017



Carlos, Mike & Moises swept the 10K at the Action Jackson 5K/10K

The 36th Annual LA Frontrunners Pride Run is fast approaching. The race is on Saturday, June 10, in Griffith Park. Join your fellow Frontrunners as we celebrate our shared love and friendship through the sport of running and remember one of our most loved, Carl Maravilla.



Erin was 3rd OA & Eddie won his AG at the Pasadena Trail Race



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The LAFR Gang at the Annual Awards



LOS ANGELES FRONTRUNNERS

WELCOME NEW MEMBERS!



Scott Loly
David Rennie
Eric Eisenbrey
KC Vavra
Bridget Quinn
Amber Gianelli
John Chau
Steven Nilsen

LAFR BIRTHDAY BOYS AND GIRLS

5/1	Dennis Arrue	5/29	Santiago Mandi
5/2	Yumi Afrento	5/31	Reg Willson
5/2	Mario Mota	6/2	Anthony Chan
5/3	Frank Jacoy	6/7	Gabor Frank
5/5	Ran Mullins	6/9	Neil Johnson
5/6	Brendan Kirschbaum	6/13	Mark DeAngelis
5/11	Jerry Weyer	6/13	Jeff Lymburner
5/16	John Kawaharada	6/14	Eric Fischer
5/18	Tony Madril	6/15	KC Vavra
5/19	Richard Peng	6/18	Jim Ames
5/21	Eric Eisenbrey	6/24	Tim Chung
5/22	Volker Schmidt	6/24	Kevin Corbett
5/27	Charles Heaton	6/27	Jim Martinez
5/27	Phil Scanlon	6/28	Richard Ramirez

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Angus Kennedy, *president*
Jason Coleman, *vp*
Erin Brinton, *treasurer*
Bill Austin, *secretary*

Yumi Afrento, *dir-at-large*
David Dassey, *dir-at-large*
William Fang, *dir-at-large*
Eddie Flores, *dir-at-large*
Margie Gonzales, *dir-at-large*
Mario Mota, *dir-at-large*
Patrick Owen, *dir-at-large*



36TH ANNUAL

LA FRONTRUNNERS 

**SATURDAY
JUNE 10TH**

PRIDE RUN

**PROCEEDS TO BENEFIT: ROTARY CLUB "CLUB ROTARIO DE LATINOS UNIDOS"
& "THE EL SANTO NIÑO COMMUNITY CENTER"**

REGISTER: www.lafronrunners.com

Pride Run 2017

Saturday, June 10
Griffith Park

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

Kids race after 5K, before 10K



Beneficiaries in Memory of Carl Maravilla

The club voted to split our 2017 charitable donation between three beneficiaries in memory of Carl:

1. A scholarship named for Carl through his Rotary Club: Club Rotario de Latinos Unidos. Carl was a past President.
2. The El Santo Nino Community Center. This is a local Los Angeles community center servicing those in need that was important to Carl and his Rotary Club.
3. A scholarship named for Carl that his siblings have established at his alma mater, Stanford University.



2018 Boston Qualifiers: 10 So Far!

Carlos Vizcarra
2:46:19
↓ Boston



Eric Alvarez
2:43:15
↓ M2B



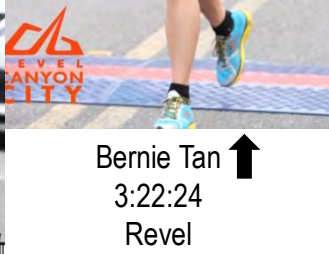
Martin Carlson ↑
3:36:27
Revel



David Dassey ↑
4:06:48
Operation Jack



Marcelino Goncalves
3:18:45
↓ Los Angeles



Bernie Tan ↑
3:22:24
Revel



Moises Medina ↑
3:15:32
Boston

Sean O'Brien
3:33:19
↓ Boston



Mark Johnson ↑
3:03:24 & 3:04:51
M2B & Boston



Duane Howard
3:01:24 & 3:08:13
↓ M2B & LA



Boston Marathon 2018 Qualifying Standards

For the 2018 Boston Marathon, qualifying times must be run between September 17, 2016 and the close of registration for the 2018 race (early to mid-September 2017, exact date TBD).

The qualifying times below are based upon each athlete's age on the date of the 2018 Boston Marathon (April 16, 2018).

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

Action Jackson 5K/10K

On Sunday, February 26, the inaugural Action Jackson 5K/10K took place in Griffith Park. LAFRs and friends and family gathered to celebrate and remember LAFR Marilyn Jackson and to raise funds for Life Worth Saving, a local non-profit organization that greatly supported Marilyn and continues to support urban women and their families who struggle with cancer and other diseases.

After postponing the race from 2/19 because of heavy rain, Action Jackson went off without a hitch, and we were able to donate \$2000 to Life Worth Saving. Thanks to all of who participated and volunteered!



LAFR Women Rule!

Erin Brinton (left) won the 10K and Tanya Haney (right) won the 5K



The finish line – photos of Marilyn greeted the runners as they finished the race



Yumi, Mark, Eddie & Bernie getting all the snacks ready before the race



Jim after running the 5K with Regina, who handed out the finisher medals

3rd Run Deo Run Trail Races

The 3rd iteration of the Run Deo Run Trail Races took place on March 12, with a 5K, 10K, half & full marathon – all on the trails in Griffith Park. In addition to celebrating Deo's 50th birthday for the third time...we raised \$2000 to donate to Students Run LA.

A bunch of LA Frontrunners came out to volunteer and to race. Moises Medina won the 10K and Peachy Poso was 3rd OA in the marathon. Deo ran the marathon and was 2nd in his age group. In fact, all the LAFRs who raced placed in their age groups. The weather was great and it was another successful race for a great cause!

From left: Mitzi Rodriguez, Jenifer Rodriguez, then Deo's sisters Sockay & Mina, and Hazel Garganera



The top two guys in the marathon:

Winner Jacob Jackson on the right with 2nd place finisher Joshua Holmes. Joshua has placed top 3 in all three years of Run Deo Run



Left: Moises Medina won the 10K, pictured here with Alex Suchey, who won the half marathon

Below: Peachy Poso was 3rd OA in the marathon, pictured here on the course with Run Deo Run regular Luisa Rivas



Deo takes a break at the aid table after the first half marathon loop



Run for Carl & July Celebration

*Celebration of Life
Carl Maravilla
Saturday, July 15
Details TBA*



On Sunday, March 26, a large group of Frontrunners gathered in San Pedro to run one of Carl's favorite runs along the coast to Pt. Fermin. It was a perfect morning, and we all reminisced and shared stories of our shared love for Carl. Afterwards, we enjoyed a potluck brunch at Brian Dunbar's home overlooking the ocean. It was a beautiful day. The less shy folks shed their shirts for the group pic in honor of Carl's habit of running shirtless!



Patricia Nell Warren

On April 29, Doug and John hosted a lunch for Patricia Nell Warren, author of *The Front Runner*. Guests mingled and enjoyed a buffet of Porto's sandwiches, side dishes provided by members of the club and a belated birthday cake for Patricia. "The Patricia" a sangria inspired cocktail with hints of Spain proved to be popular as well. It was a fitting drink as Patricia read from her book *The Wild Man*, featuring a mysterious Spanish matador. Keeley Webster, who together with Cat White was instrumental in inviting Patricia to join us, moderated a discussion with Patricia. Patricia also signed books for the guests. All in all a good time was had by all.



Above:
Patricia with
hosts Doug
Jones and
John
McGuinness



Left and
below:
Guests
listening as
Keeley
leads the
discussion
of
*The Wild
Man*



Appreciative applause for the honored guest



2017 LAFR Scholarship Recipient

The LAFR Athletic Scholarship Award is for \$1000 and is awarded to a high school athlete, regardless of sexual orientation or gender identity, who has participated in athletics and activities that have advanced the civil rights of the LGBT community.

2017 Recipient Alexandre Dennis



Excerpt from his personal statement:

"Since my mother and father separated when I was in the 5th grade, I have lived in an LGBT household with my father and his same-sex partner. Like any family after a divorce, it was hard to welcome my dad's new partner into our family. We learned to love each other and blended as a new family, culminating in my dad, my sister and me proposing collectively to my soon-to-be stepfather on a cruise in 2012. Because of what I have witnessed in my own life, I pledged when I entered high school that I would make my school a better place by raising awareness of LGBT issues in my activities (football and track) as well as in my everyday conduct."

Alex is graduating from Beverly Hills High School and will be attending either the University of Oregon or Washington. In addition to being an excellent student, Alex ran track and was league champion for 2 years in the 200m, 400m, 4x100 and 4x400. He also was the varsity football team captain and was awarded the Athlete of the Year Award, Best Offensive Player, and the Coach's Award, which recognizes outstanding leadership on and off the field.



2016: Year in Review

Fastest LA Frontrunners

In a year full of outstanding running, cheers to the best of the best! Rankings compiled from results reported to LAFR during 2016 (each runner's fastest result used).



Left: Mike Kerkman and Carlos appear on all 4 lists, both topping 2 each. Right: Mike Heredia grabs #3 in the 5K running a 17:59 with his dog. Mark is 3rd in the half & full and with Eric and Carlos are the only FRs to go sub-3 in the marathon in 2016.



5K

1. Mike Kerkman	17:16
Wrigley	6/11
2. Carlos Vizcarra	17:50
SaMo Xmas	12/9
3. Mike Heredia	17:59
Doggie Dash	10/23
4. Duane Howard	18:44
Doggie Dash	10/23
5. Darwin Marengo	19:47
LB Pride	5/22
6. Jim Sullivan	20:04
Doggie Dash	10/23
7. Bill Austin	20:36
Wrigley	6/11
8. Moises Medina	21:02
LAFR Pride	6/5
9. Rick Allison	21:04
LB Pride	5/22
10. Angus Kennedy	21:34
Doggie Dash	10/23

10K

1. Mike Kerkman	36:32
Run Deo Run	3/13
2. Carlos Vizcarra	37:48
LAFR Pride	6/5
3. Duane Howard	40:10
Run Deo Run	3/13
4. Moises Medina	44:00
LAFR Pride	6/5
5. Bill Austin	44:27
Coaster	3/6
6. Bruce Bair	44:33
LAFR Pride	6/5
7. John McGuinness	44:47
LB Pride	5/22
8. Mario Mota	44:49
Summer Breeze	9/10
9. Marcelino Goncalves	45:17
LAFR Pride	6/5
10. Angus Kennedy	45:19
Mother's Day	5/8

Half Marathon

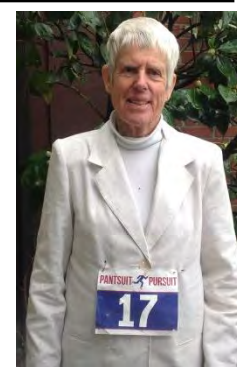
1. Carlos Vizcarra	1:20:45
San Diego	3/13
2. Mike Kerkman	1:23:05
Reindeer	12/18
3. Mark Johnson	1:24:53
Revel	11/12
4. Moises Medina	1:26:02
Griffith Park	1/24
5. Bruce Bair	1:27:46
Revel	11/12
6. Darwin Marengo	1:33:11
OC	5/1
7. Angus Kennedy	1:37:12
Revel	11/12
8. Piyush Prakash	1:39:20
Chesebro	3/19
9. Rick Allison	1:40:14
Revel	11/12
10. Barry Hamaguchi	1:41:42
Long Beach	10/9

Marathon

1. Carlos Vizcarra	2:42:45
M2B	5/29
2. Eric Alvarez	2:49:41
Boston	4/18
3. Mark Johnson	2:56:31
M2B	5/29
4. Moises Medina	3:03:26
M2B	5/29
5. Mike Kerkman	3:06:13
LA	2/14
6. Mike Heredia	3:08:08
Boston	4/18
7. Duane Howard	3:09:37
Santa Rosa	8/28
8. John McGuinness	3:13:28
LA	2/14
9. Marcelino Goncalves	3:17:29
LA	2/14
10. Sean O'Brien	3:21:12
LA	2/14



Left: Erin Brinton tops 3 of the 4 lists for 2016, with Maria Poso finishing atop the marathon list with a BQ. Right: Allyne Windeman, Margie Gonzales & Jane Dods appear on two lists each.



5K

1. Erin Brinton	22:17
Doggie Dash	10/23
2. Maria Poso	23:15
Firecracker	2/21
3. Karen Carey	27:26
Bunny Dash	3/27
4. Allyne Winderman	27:33
Luau	8/13
5. Brandi Spence	35:45
LAFR Pride	6/5

10K

1. Erin Brinton	45:07
Giving Thanks	11/27
2. Maria Poso	50:53
Firecracker	2/21
3. Margie Gonzales	78:16
Dolphin	2/7
4. Nicole Oeuvray	90:18
Summer Sensation	7/10
5. Jane Dods	91:16
Cascade	1/17

Half Marathon

1. Erin Brinton	1:39:28
Reindeer	12/18
2. Maria Poso	1:50:01
OC	5/1
3. Margie Gonzales	3:01:26
Revel	11/12
4. Keeley Webster	3:11:00
Mt. Charleston	4/30
5. Jane Dods	3:27:58
Eugene	5/1

Marathon

1. Maria Poso	3:50:12
M2B	5/29
2. Allyne Winderman	5:01:09
Operation Jack	12/26



Race Results

ATC Resolution 4 Mile

Atlanta, GA 1/1

David Grudzien.....35:15

Disney World

Orlando, CA 1/4

10K

Jason Coleman.....1:10:27

Full

Jason Coleman.....5:55:16

Red Nose Half

Columbus, GA 1/7

David Grudzien.....2:13:37

Avalon 50 Mile

Avalon, CA 1/7

Maria Poso.....11:26:30

First Light Half

Mobile, AL 1/8

David Grudzien.....2:01:46

Freeze Your Half Off #1

Chattanooga, TN 1/14

David Grudzien.....2:12:39

Freeze Your Half Off #2

Chattanooga, TN 1/15

David Grudzien.....2:27:31

Star Wars

Anaheim, CA 1/15

10K

Jason Coleman.....1:35:30

Half

David Gonzalez.....1:46:34

Jim Ames.....1:59:44

Jason Coleman.....2:31:22

Pasadena 5K

Pasadena, CA 1/22

Richard Ramirez..... 29:04

Trinidad & Tobago Full

Post of Spain, T & T 1/29

Deo Jaravata..... 4:55:44



*Reindeer Run in December
Front:
Mike,
Wink, Bill & Mario
Back:
Patrick,
Richard,
Peng, Erin,
Rusty,
Jason & Angus*

Peachtree Corners 5K

Roswell, GA 12/31

David Grudzien.....22:42 3rd 55-59/PR

Foster the Future 5K

Van Nuys, CA 1/7

Margie Gonzales..... 42:18 1st 60-64

Nicole Oeuvray.....53:36 RaceWalk

SoCal Half Marathon (Grand Prix)

Irvine, CA 1/7

Carlos Vizcarra.....1:23:57 3rd 40-44

Brian Dunbar..... 1:57:54

Raul Borja.....2:10:12

Mike Smith.....2:12:15

Deo Jaravata..... 2:35:54 RaceWalk

Griffith Park (Grand Prix)

Griffith Park, CA 1/29

2.6 Mile

Eddie Flores..... 17:39 1st 40-44

John Houser..... 23:40

Rusty Millar..... 28:48

12.6 Mile

Mike Kerkman..... 1:18:17 3rd OA
1st 35-39

Moises Medina..... 1:30:33 3rd 45-49

Bernie Tan..... 1:34:48

Rick Allison.....1:35:02 2nd 50-54

John McGuinness....1:36:07

Mario Mota.....1:38:35

Angus Kennedy.....1:42:20

Rudy Van Graan.....2:05:42

Doug Jones.....2:51:54

Pantsuit Pursuit 5K

Eugene, OR 1/21

Jane Dods.....41:15 1st 80-84

Redondo Beach 10K

Redondo Beach, CA 2/5

Carlos Vizcarra.....37:10 1st 40-44

Winter Blast (Grand Prix)

SaMo, CA 2/5

5K

Jim Martinez..... 27:47 1st 60-64

Rusty Millar..... 36:53 1st 65-69

Half

John McGuinness.... 1:44:24 2nd 40-44

Richard Nelson..... 1:51:28 1st 65-69

Doug Jones.....3:09:17 1st 55-59

Firecracker

LA, CA 2/12

5K

John Houser..... 31:27

10K

Martin Carlson.....45:15 2nd 55-59/PR

Reg Willson..... 50:42

Friendship Run 30K

LA, CA 2/12

Carlos Vizcarra.....2:04:30 1st 40-44

Brian Dunbar..... 2:58:00

Raul Borja.....3:09:13

Mike Smith.....3:49:30

Deo Jaravata..... 3:57:37 RaceWalk

Race Results

Big Beach Half

Gulf Shores, AL 1/29

David Grudzien.....2:00:01 PR

ATC Hawks 5K

Atlanta, GA 2/4

David Grudzien.....45:31

Surf City

Huntington Beach, CA 2/5

Half

Bill Walsky.....3:19:23 RW

Full

Maria Poso.....4:03:28

Run to Remember Half

LA, CA 2/12

Margie Gonzales..... 3:27:01

Nicole Oeuvray.....3:43:33

Run Oak Island Half

Oak Island, NC 2/18

David Grudzien.....2:07:18

Run the Reagan Half

Snellville, GA 2/25

David Grudzien.....2:12:49

GA Fitness Half

Suwanee, GA 2/26

David Grudzien.....2:22:00

Dreamcatcher Half

Grand Junction, CO 3/4

David Grudzien.....2:29:03

Thar Dam Half

Greenwood Village, CO 3/5

David Grudzien.....2:22:03

St. Patrick's Day Half

Snellville, GA 3/12

David Grudzien.....2:10:06

Publix GA Half

Atlanta, GA 3/19

David Grudzien.....2:06:24



Bill Austin and his sisters Lillian & Phyllis at Action Jackson in February

Valentine's Day (Grand Prix)

Van Nuys, CA 2/12

5K

Bill Austin..... 22:19 3rd OA
2nd 55-59

Jim Martinez..... 28:24 2nd 60-64

Rusty Millar..... 38:00 1st 65-69

Bill Winkelmann..... 46:44 3rd 60-64

15K

Mark Johnson.....60:37 1st OA
1st 45-49

Mike Kerkman..... 60:42 2nd OA

Richard Nelson..... 78:22 1st 65-69

Seaside Full

Ventura, CA 2/19

Deo Jaravata..... 4:28:10 3rd 50-54

Lost Dutchman Half

Apache Junction, AZ 2/19

Rick Allison..... 1:41:18 3rd 50-54

Orange Curtain 50K

Cerritos, CA 2/25

RaceWalk

Deo Jaravata..... 6:43:26 2nd 50-54

Screenland 5K

Culver City, CA 2/26

Mark Penn..... 21:58 1st 60-64

Jane Dods..... 46:23 1st 80-84

Action Jackson (Grand Prix)

Griffith Park, CA 2/26

5K

Bill Austin..... 23:36 2nd OA
2nd 55-59

Jim Martinez.....28:31 1st 60-64

John Houser..... 29:15 2nd 30-34/PR

Tanya Haney..... 30:33 3rd OA

1st 45-49

Margie Gonzales..... 42:28 1st 60-64

Neil Johnson..... 42:29 2nd 60-6

Yumi Afrento..... 43:13 1st 50-54

John Kawaharada....43:14 1st 45-49

Tomas Tiangco.....56:22 1st 50-54

Bill Winkelmann..... 58:57 3rd 60-64

10K

Mike Kerkman..... 37:31 1st OA
1st 35-39

Carlos Vizcarra.....38:15 2nd OA

1st 40-44

Moises Medina..... 41:52 3rd OA

3rd 45-49

Erin Brinton.....44:49 1st OA

1st 30-34

John McGuinness.... 46:17 2nd 40-44

Richard Peng..... 56:01 3rd 40-44

Rudy Van Graan.....59:20 2nd 55-59/PR

Mike Carbuto.....61:55 2nd 60-64

Doug Jones.....83:24 3rd 55-59

Valencia Trail 50K (Grand Prix)

Valencia, CA 3/4

Deo Jaravata..... 6:46:56 1st 50-54

Race Results

Phoenix FR Half

Phoenix, AZ 3/25

David Grudzien.....2:01:51

Phoenix FR 5K

Phoenix, AZ 3/25

David Grudzien.....36:42

Prague Half

Prague, Czech Republic 4/1

David Grudzien.....2:30:55

Berlin Half

Berlin, Germany 4/2

David Grudzien.....2:16:29

Hollywood Half

Hollywood, CA 4/8

Richard Ramirez..... 2:14:06 PR

Zion 50K Trail

Zion, UT 4/8

Deo Jaravata..... 7:51:51

Spartan Half

York, PA 4/9

David Grudzien.....2:03:54

Napa Valley Triathlon

Napa Valley, CA 4/9

Olympic

Mike Heredia.....2:28:22

ATC Singleton 5K

Norcross, GA 4/15

David Grudzien.....25:26

Martian Half

Dearborn, MI 4/22

David Grudzien.....2:13:20

Leona Divide 50K

Leona Divide, CA 4/22

Rudy Van Graan..... 8:46:55

April Showers Half

Loganville, GA 4/23

David Grudzien.....2:15:31



*Deo Jaravata
at the Zion
50K in Utah
on April 4*

Griffith Park Trail (Grand Prix)

Griffith Park, CA 3/4

Half

Rudy Van Graan.....2:44:25

50K

Deo Jaravata..... 6:30:25 2nd 50-54

Run Deo Run Trail (Grand Prix)

Griffith Park, CA 3/12

5K

Margie Gonzales..... 42:19 2nd 60-64

Yumi Afrento..... 43:03 1st 50-54

Doug Jones.....44:00 1st 55-59

10K

Moises Medina.....41:39 1st OA

1st 45-49

Eddie Flores..... 47:05 3rd OA

1st 40-44

Half

David Dassey.....2:05:42 1st 65-69

Mike Carbuto.....2:57:43 2nd 60-64

Full

Maria Poso.....4:56:26 3rd OA

1st 40-44

Deo Jaravata..... 5:22:25 2nd 50-54

Rockin Shamrock 5K

Van Nuys, CA 3/17

Margie Gonzales..... 40:50 2nd 60-64

Nicole Oeuvray.....45:08

Lucky Clover 5K

Springfield, OR 3/17

Jane Dods.....41:56 1st 80-84

Pasadena Trail (Grand Prix)

Pasadena, CA 3/12

5 Mile

Eddie Flores..... 43:11 1st 40-44

10 Mile

Erin Brinton.....1:33:15 3rd OA

1st 30-34

Angus Kennedy..... 1:36:14 3rd 50-54

Mike Carbuto.....2:04:24 2nd 60-64

LA Marathon (Grand Prix)

LA, CA 3/19

5K

John Houser.....31:18

Richard Ramirez..... 33:44

Lui Sanchez.....34:04

Regina Robinson..... 68:11

Full

Duane Howard..... 3:08:13 PR/BQ

Marcelino Goncalves 3:18:45 BQ

Bruce Bair.....3:41:41

John McGuinness.... 3:49:42

Maria Poso..... 3:56:18

Adam Lindsey..... 4:28:39 PR

Jim Ames..... 4:35:15

Matthew Dernoga...4:40:41 PR

Brian Dunbar..... 4:42:28

Rudy Van Graan.....4:48:25

Adam Comeau.....4:57:32 PR

Alexander Bazley.... 5:03:21 PR

Deo Jaravata..... 5:37:35 RaceWalk

Richard Ramirez..... 5:43:57 PR

Doug Jones.....6:12:17

Jason Coleman..... 6:26:36

Raul Borja..... 6:45:09

Mike Smith..... 7:22:14

Race Results

Kentucky Derby Half

Louisville, KY 4/29

David Grudzien.....2:37:33

Pro Football Hoff Half

Canton, OH 4/30

David Grudzien.....2:13:17

Movie Madness Half

Harrisburg, PA 5/6

David Grudzien.....2:09:16

Ironman 70.3

St. George, UT 5/6

Mike Heredia..... 5:32:42

Martin Carlson.....6:09:49

Miwok 100K Trail

Stinson Beach, CA 5/6

Maria Poso.....15:15:09

OC 5K

Frederick, CA 5/7

John Houser.....28:55 PR



John Kawaharada at Action Jackson in February

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



David Dassey, Mark Johnson, Mike Kerkman & Jason Coleman with their bibs before Boston

Bring in Spring 5K

Eugene, OR 3/25

Jane Dods.....56:37 1st 80-84

Encinitas Half

Encinitas, CA 3/26

Carlos Vizcarra.....1:20:10 2nd 40-44

Great Race of Agoura (Grand Prix)

Agoura Hills, CA 4/1

Richard Peng.....2:02:55 Chesebro

Jason Coleman..... 2:45:48 Pacific

OTC 5K #2

Eugene, OR 4/13

Jane Dods.....43:36 1st 80-84

Bunny Dash (Grand Prix)

Van Nuys, CA 4/15

5K

Margie Gonzales..... 41:40 1st 60-64

Nicole Oeuvray.....47:44 3rd 55-59

15K

Richard Nelson..... 78:47 1st 70-74

St. Jude RnR Half

Nashville, TN 4/29

Eric Alvarez..... 1:22:33 1st 45-49

Meet of Champions Track 5K

Santa Ana, CA 5/7

RaceWalk

Deo Jaravata..... 32:49 2nd 50-54

Boston Marathon (Grand Prix)

Boston, MA 4/18

5K

Jason Coleman.....29:57

Full

Carlos Vizcarra.....2:46:19 BQ

Mark Johnson.....3:04:51 BQ

Moises Medina.....3:15:32 BQ

Mike Kerkman.....3:22:29

Sean O'Brien.....3:33:19 BQ

Maria Poso.....4:15:54

David Dassey.....4:59:17

Jason Coleman.....5:41:31

Bare Burro 5K Trail (Grand Prix)

Colton, CA 4/23

Mike Heredia.....21:03 1st OA
1st 30-39

Mike Kerkman.....21:55 2nd OA
2nd 30-39

Ryan Timmreck.....24:41 1st 40-49

Jeff Lymburner.....27:32 2nd 50-59

David Dassey.....30:49 3rd 60-69

Angus Kennedy.....30:55

Mong Noiboonsook...34:00

Robb Briggs.....37:42

Eugene Half

Eugene, OR 5/7

Jane Dods.....3:43:40 1st 80-84

Race Results

Mother's Day (Grand Prix)

Van Nuys, CA 5/14

5K

Jim Martinez.....	27:24	2 nd 60-64
Rusty Millar.....	42:22	3 rd 65-69
Keeley Webster.....	43:55	PR
Cat White.....	47:42	

10K RaceWalk

Bill Austin.....	1:38:55	2 nd 60-64/PR
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Shoreline FR Pride (Grand Prix)

Long Beach, CA 5/21

5K

Dan Vu.....	24:04	1 st 40-44
Alexander Bazley.....	24:13	1 st 30-34
Richard Nelson.....	24:24	1 st 70-74
Michael Carter.....	24:56	1 st 45-49
Mong Noiboonsook.....	26:35	3 rd 55-59
John Houser.....	31:03	
Bill Winkelmann.....	37:52	

10K

Carlos Vizcarra.....	37:35	1 st OA
		1 st 40-44
Mike Kerkman.....	37:49	2 nd OA
		1 st 35-39
Rick Allison.....	48:28	1 st 50-54
Bill Austin.....	49:45	1 st 60-64
David Dassey.....	50:17	1 st 65-69
Brian Dunbar.....	54:59	2 nd 55-59
Jim Ames.....	55:36	2 nd 50-54
Chris Tapper.....	1:18:06	
Mike Carbuto.....	1:18:09	

Mountains to Beach (Grand Prix)

Ventura, CA 5/28

Half

Albert Giang.....	1:58:15
Doug Jones.....	3:06:08

Full

Eric Alvarez.....	2:43:15	1 st 45-49/BQ
Duane Howard.....	3:01:24	PR/BQ
Mark Johnson.....	3:03:24	BQ
John McGuinness.....	3:20:22	
Rudy Van Graan.....	5:05:09	

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



Long Beach Pride – front: David, Richard, The Bills
Back: Rick, Mike K, Mike C, Henri, Carlos, Dan, Emmett, Brian, Mong



Mountains to Beach: Eric, Mark & Duane all ran Boston qualifiers



Left: Cat White & Bill Austin
at the Mother's Day 5K



Above: Mike & Carlos after
Long Beach 10K

Grand Prix Series Standings as of 5/22

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	1	82.15
2. Mark Johnson	2	80.17
3. Carlos Vizcarra	6	78.96
4. Marcelino Goncalves	1	74.01
5. Richard Nelson	3	73.50
6. Sean O'Brien	1	73.29
7. Mark Penn	1	72.69
8. Duane Howard	1	72.44
9. Moises Medina	4	71.57
10. Mike Kerkman	6	70.57

FEMALE

1. Erin Brinton	2	61.66
2. Maria Poso	4	60.76
3. Jane Dods	2	59.61
4. Tanya Haney	1	51.45
5. Margie Gonzales	4	45.69
6. Yumi Afrento	2	39.15
7. Nicole Oeuvery	3	38.81
8. Keeley Webster	1	36.81
9. Cat White	1	33.23

RACEWALK

1. Jane Dods	1	79.94
2. Deo Jaravata	5	63.86
3. Bill Walsky	1	55.91
4. Bill Austin	1	46.57
5. Bill Winkelmann	2	45.18
6. Nicole Oeuvery	1	41.05

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. Bill Austin	1	122.09
2. Mike Heredia	1	188.02
3. Maria Poso	2	112.92
4. Moises Medina	3	112.67
5. Erin Brinton	3	111.66
6. Mike Kerkman	3	109.79
7. Tanya Haney	1	106.45
8. Carlos Vizcarra	1	104.16
9. Deo Jaravata	4	102.89
10. Eddie Flores	2	98.55

AGE GROUP GUYS

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

Male 20-29

1. John Houser	4	425
2. Alexander Bazley	2	265
3. Matthew Dernoga	1	130

Male 35-39

1. Mike Kerkman	6	840
2. Duane Howard	1	160
3. Mike Heredia	1	150
4. Adam Lindsey	1	130

Male 40-44

1. Carlos Vizcarra	4	555
2. John McGuinness	4	480
3. Jason Coleman	4	420
Eddie Flores	3	420
5. Richard Peng	2	225

Male 45-49

1. Moises Medina	4	550
2. Mark Johnson	2	265
3. Michael Carter	1	145
4. Marcelino Goncalves	1	140
5. John Kawaharada	1	135

Male 50-54

1. Deo Jaravata	5	680
2. Angus Kennedy	3	365
3. Brian Dunbar	3	330
4. Rick Allison	2	260
5. Jim Ames	2	195

Male 55-59

1. Doug Jones	5	575
2. Bill Austin	4	570
3. Rudy Van Graan	4	495
4. Mong Noiboonsook	3	205
5. Jeff Lymburner	1	125

Male 60+

1. Richard Nelson	4	530
2. David Dassey	4	495
3. Mike Carbuto	4	490
4. Jim Martinez	4	480
5. Rusty Millar	4	425

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



AGE GROUP GALS

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

Female 30-39

1. Erin Brinton	2	305
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Female 40-49

1. Maria Poso	3	400
2. Tanya Haney	1	150
3. Keeley Webster	1	120
4. Cat White	1	100

Female 50-59

1. Yumi Afrento	2	250
2. Nicole Oeuvery	1	125

Female 60+

1. Margie Gonzales	3	375
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Mother's Day 5K: Rusty (above) & Jim (below)

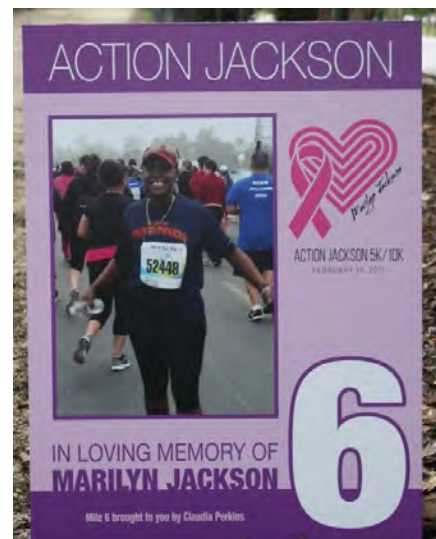


LAFR Challenge Standings as of 5/22

Rank	MOST		Rank	Highest Age Grade Male		Rank	Highest Age Grade Female	
1	David Grudzien	7	1	Carlos Vizcarra		1	Erin Brinton	
2	Deo Jaravata	5		Boston: 2:46:19	85.54		Action J 10K: 44:49	67.68
	Mike Kerkman	5	2	Mark Johnson		2	Maria Poso	
	Carlos Vizcarra	5		Boston: 3:04:51	81.64		LA: 3:56:18	67.65
5	Rudy Van Graan	4	3	Mike Kerkman		3	Jane Dods	
	Jason Coleman	4		GP 12.6: 1:18:17	76.45		OTC 5K #2: 43:36	57.42
	Doug Jones	4	4	Moises Medina		4	Tanya Haney	
	Moises Medina	4		Boston: 3:15:32	75.23		Action J 5K: 30:33	51.45
	Bill Austin	4	5	Marcelino Goncalves		5	Margie Gonzales	
	David Dassey	4		LA: 3:18:45	74.01		Bunny Dash 5K: 41:40	46.20
	John Houser	4	6	Sean O'Brien		6	Yumi Afrento	
12	Jim Martinez	3		Boston: 3:33:19	73.29		Deo 5K: 43:03	39.22
	Maria Poso	3	7	Mark Penn		7	Nicole Oouvray	
	John McGuinness	3		Screenland 5K: 21:58	72.69		Bunny Dash 5K: 47:44	37.92
	Bill Winkelmann	3	8	Duane Howard				
	Margie Gonzales	3		LA: 3:08:13	72.44			
	Mike Carbuto	3	9	Richard Nelson				
	Brian Dunbar	3		LB Pride 5K: 24:24	71.58			
	Jim Ames	3	10	Bill Austin				
20	Ten LAFRs	2		Valentine's 5K: 22:19	70.95	Rank	PR Race	
30	Thirty-one LAFRs	1				1	Alexander Bazley	
							LB Pride 5K	23.45
						2	John Houser	
							Action J 5K	4.93
						3	David Grudzien	
							Big Beach Half	1.33
						4	Duane Howard	
							LA Marathon	0.74
						5	Rudy Van Graan	
							Action J 10K	0.56
						6	Martin Carlson	
							Firecracker 10K	0.33
Challenge Distance by Month			Challenge Bonus Races					
JAN	Half Marathon		FEB	SOB				
FEB	5K/10K		FEB	Action Jackson				
MAR	Trail		MAR	LA Marathon				
APR	5K		APR	Boston Marathon				
MAY	10K/Full		MAY	LB Pride				
JUN	5K/10K		MAY	M2B				
JUL	10K/Full		JUN	LAFR Pride				
AUG	5K		OCT	LB Marathon				
SEP	Trail		OCT	LAFR Doggie Dash				
OCT	10K/Half		NOV	Catalina Eco				
NOV	Half/Full		DEC	Reindeer Run				
DEC	5K/Half							



Carlos Vizcarra on his way to winning the Action Jackson 10K



Frontrunner of the Year

President's Award

Jane Dods

presented by Angus Kennedy

So we've all been out there on a run when someone goes FD on us...Full Diva:

"It's so cold this morning. I should have stayed in bed."

"Can't we just turn around here?"

"Whose idea was it to run hills?"

"Shouldn't we be tapering?"

And those are just lines I heard doing a loop around the reservoir with Rob Chen last Tuesday!

I'm reminded of the Snickers campaign that suggested a Snicker's bar cure for those moments when one of your friends is going Full Liza or Full Aretha...

In the interests of maintaining ideal racing weight, may I suggest our own LAFR chocolate-free antidote for the times when your running partner is showing signs of Barbra or Mariah...or Bernie...

Two simple, but powerful words: Jane Dods

You see, Jane just turned 80.

Last year, she completed 19 5Ks and power walked a half marathon. She ran more races than just about everyone in the club! And in many of those races, her age grade score was above 80%! And, she won her age group in every single race she entered, as she did this morning at the Firecracker 5K.

When we started talking about this year's awards, I opened the membership spreadsheet and sorted it by join date – I was actually looking for the newer members for the newcomer of the year award and I decided to scroll down to the bottom – and there on the very last line or first I guess, was Jane Dods, with a join date of January 1, 1980. Now, some of you may not know who Jane is as she moved to Oregon quite some time ago, but she renews her membership to LA Frontrunners every year.

A few years ago, we gave Jane the Lifetime Achievement Award to honor her status as a Founding member and for her decades of service to the club and the sport of running. That award was richly deserved, and I remember being so moved by Jane's comments about overcoming the many obstacles that existed for female athletes in decades past.



But as Jane's results arrived in my in-box this year, I realized that Jane is still out there blazing trails, still out there obliterating obstacles, still out there setting an example, still out there kicking ass.

That makes me happy. That makes me want to be just like her when I grow up. And that makes me so proud to award the 2015 LA Frontrunners President's Award to Jane Dods.



Annual Awards: 2016 Club Awards

President's Award

Bernie Tan

presented by Angus Kennedy



One of the most difficult decisions for me each year is the President's Award. Our club is full of so many unique, inspiring, talented people. We have doctors, teachers, artists, financial advisors, scientists...20 somethings to 80 somethings...fast runners and slow walkers and everything in

between...5K specialists and ultra-marathoners. We are a diverse, vibrant, loving community. So before singling out one of our members, I just want to say that we have always been so proud to serve as president of a club full of so many amazing, wonderful people.

This year's President Award goes to the guy who saves me a lot of money. His consistent willingness to be a sounding board...listening to my complaints or concerns or providing an objective (and most times hilarious) point of view when I need it...keeps me off the therapists couch. That way I can afford my weekly massage with Jay.

He is always honest in his feedback and full of creative ideas to add to LA Frontrunner events and happenings. His love for all of us in the club shines through in his cooking. After all, what says "I love you" more clearly than pork belly, spam, cheesy, meat laden frittatas, or a bottomless wine glass?

Along with his husband, he frequently opens his home to all of us for our Frontrunner family gatherings. And those gatherings are always full of fun and laughs, reflective of the love and joy in his heart. He is a constant and loud cheerleader (though not quite at the Yumi level) for other LAFRs in their running and everyday lives.

I am proud to award the 2016 LA Frontrunners President's Award to Bernie Tan.

Randy Peck Service Award

Rudolph Van Graan

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 demonstrates his commitment to service in all that he does. Whenever at club events, he can be found lending a helping hand. On race days, he's eager to provide his fellow Frontrunners with words of encouragement and congratulations. And his life outside the club in the real world is rooted in service and words of encouragement as well. We rarely see him at Sunday long runs or Sunday races because he's busy tending to his other flock of sinners! Something tells me that his LAFR flock is in need of absolution more often than his Sunday flock.

He recently presided over his second LAFR wedding, a beautiful service for Mario and Frank at the helicopter pad in Griffith Park in the middle of the Saturday run. And he consistently makes charitable contributions to the various causes we support at club events.

Finally, he's just a really sweet and kind man...just like Randy Peck was. The character of our club is strengthened by his service and example. The 2016 Randy Peck Service Award recipient is Rudy Van Graan.





Champions Race Men

1. Mark Johnson
2. Carlos Vizcarra
3. Mike Kerkman

Mark is also making his 7th appearance in the top 3 of the Champions Race, and is now tied with Carlos & Richard Nelson for the most top 3 finishes. But, unlike Carlos and Richard as well as Carl Maravilla and Eric Alvarez, Mark has until now, never won. His 7 finishes have all been 2nd or 3rd. Mark is also on a 6 year streak in the top 3, just 1 short of Richard Nelson's 7 in a row. His year was outstanding, running 2:56 at M2B and finishing 1st overall in both the Reindeer and Oktoberfest 15Ks. And Mark continues to coach and advise many LAFRs to PRs and Boston qualifiers. Finally, after 10 years, Mark is the Champion!

Carlos trekked to the start line 11 times in 2016. In addition to winning the Palm Springs Pride Run, Carlos finished 2nd OA in the Catalina Eco Marathon and 2nd OA in our Pride Run 10K. He topped both the 2016 year-end half marathon and marathon lists. At Mountains to Beach, he was 4th overall and won his age group in a sizzling 2:42:45.

Mike In the 10 years of the Champions Race, it's been dominated by 5 guys: Carl Maravilla, Richard Nelson, Carlos, Eric Alvarez & Mark J. Each year the 3 winners have been a combo of those five except for one time when William Korthof was 3rd. Mike joins the club this year. Mike qualified for Boston for the first time, while setting a PR. He placed 1st or 2nd overall in 7 races last year, including 2nd OA at the Catalina Eco Half and won the Reindeer Half. He also PR'd at 5K & 10K and topped the year-end lists for both, which is the first time someone not named Luis, Carlos or Eric has topped those two lists.

Annual Awards



Trail Master

1. Bill Austin
2. Deo Jaravata
3. Mario Mota

Bill Our Trail Master champ is a first time champ in this division. Bill raced 5 trail races last year, placing in his age group in all of them and placing 2nd OA at Shane's Inspiration. He also won the Homeless for the Holidays train run in Griffith Park.

Deo Among his 34 races last year, our Deo raced 9 trail races, including 3 trail marathons, a 50 mile, and four 50ks, one of which was his namesake race, the Run Deo Run 50K.

Mario raced 5 trail races last year from 5K to half marathon and placed in his age group in 4 of them.

Best Hunter of Pokemon

Rina



Newcomer & Most Improved

Newcomer of the Year

Nicole Oeuvray

presented by Margie Gonzales

Our newcomer of the year raced 10 races last year, ranging from 5K to half marathon. She placed in her age group 5 times, including finishing 3rd overall in the Doggie Dash humans only race, right behind me! She also did another three races racewalking. She won her age group in the grand prix and you will be seeing her again collecting more hardware tonight. She is a joy to spend time with, is a great cheer leader to other runners and is a cheerful volunteer at events. The Newcomer of the Year is Nicole Oeuvray.



Most Improved

Jason Coleman

There was one runner this past year that had a year of setting Personal Records that was unlike any we've seen – he not only set PRs at 5K, 10K, half and full marathon, but he also set PRs at 10 mile and 15K. And these are not just 5 year PRs, these are all lifetime PRs. All told, he broke PRs across these distances 15 times during 2016. And these weren't small increments – he lowered his 5K PR by 4 minutes, 10K by 5 minutes, 15K by 13 minutes, 10 mile by 20 minutes, half marathon by 19 minutes and his full by a whopping 1 hour and 8 minutes. And he managed to get rid of about half his body in the process – the Most Improved Runner of the Year is Jason Coleman



The fabulous and fun centerpieces were created by Patrick & Norman!

Trophies galore



Annual Awards



Champions Race Women

1. Erin Brinton
2. Maria Poso
3. Margie Gonzales

Erin had quite a year last year. She raced 9 times and placed in her age group in all of them. She finished 3rd OA in 2 of them, but, in 6 others, she was 1st OA- as in she won – the winner – she beat ‘em all. She was the fastest female last year at 5K, 10K and half and in the 10K and half, she would’ve made the top 10 on the male lists.

Maria (Peachy) Our 2nd place winner is one of our new members. She raced 10 times last year, including a 3:50:12 marathon at M2B, becoming the latest female Frontrunner to qualify for Boston. She is also a great trail runner, winning her age group at the Griffith Park trail Marathon and taking 3rd in her age group at the Cuyamaca 100K.

Margie continues a streak that she and she alone owns in the history of the Champions Race. She is the only LAFR, male or female, to place in the top 3 in the Champions Race every year since we began the Champions Race now 10 years ago. She raced 44 times last year. I don’t know how many times she placed in her age group but trust me, it’s pretty much all the time.

Grand Prix Age Group Women

- 30-39
 1. Erin Brinton
 2. Brandi Spence
 →



- 40-49
 1. Maria Poso
 2. Karen Carey
 3. Regina Robinson
 ←

- 50-59
 1. Nicole Oeuvray
 2. Yumi Afrento
 →



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

Annual Awards Re-Cap

Two FRs who clearly missed the “sharing” lesson in kindergarten.



Annual Awards
Above: Duane & Reg
Left: Kevin & Rina

Annual Awards

Most Ambitious Rick Allison



This is a special award given to a runner who had a breakout year on the roads. If you have ever trained or raced with him, he runs with abandon and gives 100% no matter how he's feeling or what's broken or hurting – nothing seems to stop him. He set PRs this past year at 5K, 10K and half marathon. He's been chasing that half marathon PR, trying to beat it again and then decided to get in his first ever full marathon before the year ended. He continues to get faster and fitter and with his incredible go get 'em attitude towards running, his times will continue to fall in 2017. The Most Ambitious Runner of the year is Rick Allison

And the Most Important Award... Most Ambitchous!



This was decided by a popular vote during the awards ceremony. In an upset, John Kawaharada was crowned Most Ambitchous over favorite Bernie Tan and dark horse Piyush Prakash. The people have spoken.



Yumi Afrento & Bernie Tan at the Annual Awards



*Nicole Oeuvray & Margie Gonzales
at the Annual Awards*



Challenge Highest Age Grade Men

- 1. Eric Alvarez: 2:49:41-Boston: 88.81
- 2. Carlos Vizcarra: 2:49:29-London: 84.96
- 3. Mark Johnson: 3:00:53-Boston: 84.05



Challenge Highest Age Grade Women

- 1. Erin Brinton: 68:52-Monster 15K: 70.52
- 2. Allyne Winderman: 28:58-LAFR 5K: 69.97
- 3. Maria Poso: 3:55:17-Surf City Full: 68.95



Club Challenge



Club Challenge Most Races

- 1. Jason Coleman: 32
- 2. Margie Gonzales: 31
- 3. Bill Austin: 27



Club Challenge PR Race

- 1. Jason Coleman
- 2. Richard Korn
- 3. Bill Austin

RaceWalk

RaceWalk Champions Race

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



Grand Prix Age Group Awards Men



← 30-34
 1. Darwin Marenco
 2. Mike Heredia
 3. Piyush Prakash



35-39 →
 1. Mike Kerkman
 2. Raul Borja
 3. David Gonzalez



← 40-44
 1. Jason Coleman
 2. Carlos Vizcarra
 3. Richard Peng



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



↑ 50-54
 1. Mario Mota
 2. Rick Allison
 3. Angus Kennedy



↑ 55-59
 1. Bill Austin
 2. Patrick Owen
 3. Martin Carlson

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



2016 FINAL Grand Prix Standings

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	6	81.91
2. Carlos Vizcarra	6	80.87
3. Mike Kerkman	6	75.87
4. Richard Nelson	6	74.87
5. Bill Austin	6	73.77
6. David Dassey	6	71.82
7. Rick Allison	6	70.16
8. Angus Kennedy	6	69.66
9. Mario Mota	6	69.02
10. Martin Carlson	6	67.90

FEMALE

1. Erin Brinton	6	67.70
2. Maria Poso	6	65.38
3. Margie Gonzales	6	50.82
4. Nicole Oeuvaray	6	42.21
5. Allyne Winderman	4	71.48
6. Jane Dods	4	64.42
7. Keeley Webster	3	36.13
8. Karen Carey	2	55.65
9. Brandi Spence	2	42.39
10. Yumi Afrento	2	39.89

RACEWALK

1. Deo Jaravata	6	61.03
2. Bill Walsky	6	55.74
3. Nicole Oeuvaray	3	54.68
4. Juan Moreno	2	60.44
5. Tim Chung	2	37.22

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. Bill Austin	5	107.58
2. Deo Jaravata	5	97.70
3. Mario Mota	5	90.72
4. Jason Coleman	5	73.28
5. Richard Peng	5	72.48
6. Mike Kerkman	4	109.46
7. Angus Kennedy	4	100.67
8. David Dassey	4	99.67
9. Jonathan Toker	4	92.38
10. Mike Carbuto	4	87.16

AGE GROUP GUYS

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

Male 20-29

1. Adrian Adams	3	375
2. Angelo Murray	2	270

Male 30-34

1. Darwin Marengo	5	620
2. Mike Heredia	3	425
3. Piyush Prakash	2	260
4. Alexander Bazley	1	130
5. Patrick Conner	1	80

Male 35-39

1. Mike Kerkman	6	935
2. Raul Borja	6	710
3. David Gonzalez	6	690
4. Duane Howard	4	500
5. Rob Chen	3	370

Male 40-44

1. Jason Coleman	6	895
2. Carlos Vizcarra	6	880
3. Richard Peng	6	685
4. John McGuinness	5	620
5. Dan Vu	4	430

Male 45-49

1. Mark Johnson	6	825
2. Moises Medina	6	775
3. Marcelino Goncalves	6	695
4. Bernie Tan	4	410
5. Bruce Bair	3	365

Male 50-54

1. Mario Mota	6	870
2. Rick Allison	6	860
3. Angus Kennedy	6	855
4. Deo Jaravata	6	760
5. John Miles	5	580

Male 55-59

1. Bill Austin	6	890
2. Patrick Owen	6	860
3. Martin Carlson	6	690
4. Reg Willson	4	495
5. Doug Jones	5	440

Male 60+

1. Richard Nelson	6	895
2. David Dassey	6	790
3. Bill Winkelmann	6	750
Mike Carbuto	6	750
5. Bill Walsky	6	715

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

AGE GROUP GALS

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

Female 30-39

1. Erin Brinton	6	915
2. Brandi Spence	3	350

Female 40-49

1. Maria Poso	6	730
2. Karen Carey	5	620
3. Regina Robinson	2	230
4. Keeley Webster	1	110

Female 50-59

1. Nicole Oeuvaray	5	810
2. Yumi Afrento	3	260

Female 60+

1. Margie Gonzales	6	820
2. Allyne Winderman	2	265
3. Connie Hammen	1	115
Jane Dods	1	115



Above: New Year's Day Run – Henry Jung
Below: Mother's Day 5K – Keeley Webster



FINAL 2016 Challenge Standings

Rank	MOST		Rank	Highest Age Grade Male		Rank	Highest Age Grade Female	
1	Jason Coleman	32	1	Eric Alvarez		1	Erin Brinton	
2	Margie Gonzales	31		Boston: 2:49:41	88.81		Monster Dash 15K: 68:52	70.52
3	Bill Austin	27	2	Carlos Vizcarra		2	Allyne Winderman	
4	David Grudzien	24		London: 2:48:29	84.96		LAFR 5K: 28:58	69.97
5	Bill Winkelmann	9	3	Mark Johnson		3	Maria Poso	
6	Angus Kennedy	8		Boston: 3:00:53	84.05		Surf City Full: 3:55:17	68.95
8	Nicole Oeuvsray	8	4	Bruce Bair		4	Jane Dods	
8	Mike Carbuto	7		Revel Half: 1:27:46	80.10		Sheldon HS 5K: 41:49	63.75
9	David Dassey	5	5	Moises Medina		5	Connie Hammen	
	Mario Mota	5		GP Half: 1:26:02	79.02		LAFR 5K: 55:21	51.69
11	John McGuinness	4	6	Mike Kerkman		6	Margie Gonzales	
	Doug Jones	4		Wrigley 5K: 17:16	78.47		Spring Equinox 10K: 1:18:26	51.43
	Moises Medina	4	7	Sean O'Brien		7	Karen Carey	
	Erin Brinton	4		LA Full: 3:21:12	78.34		LAFR 5K: 29:56	51.41
	Mike Kerkman	4	8	Bill Austin		8	Brandi Spence	
	John Miles	4		Wrigley 5K: 20:36	77.19		LAFR 5K: 35:45	42.53
17	Six LAFRs	3	9	Marcelino Goncalves		9	Nicole Oeuvsray	
				LA Full: 3:17:29	75.00		Summer Sensation 10K: 1:30:18	41.65
23	Thirteen LAFRs	2	10	John McGuinness				
36	Thirty-seven LAFRs	1		LA Full: 3:13:28	73.99			
						Rank	PR Race	
						1	Jason Coleman	
							10 races	54.91
						2	Richard Korn	
							Agoura 10K	18.22
						3	Bill Austin	
							3 races	18.15
						4	Mike Heredia	
							LAFR 5K	15.75
						5	Juan Moreno	
							SoCal Half	14.50
						6	Mike Kerkman	
							2 races	9.21
						7	David Grudzien	
							Peachtree 5K	9.14
						8	John Miles	
							3 races	7.98
						9	Moises Medina	
							GP Half	4.85
						10	Nicole Oeuvsray	
							Shane's 5K	4.81

Challenge Distance by Month

JAN	Half Marathon	
FEB	Full Marathon	
MAR	10K	
APR	Full Marathon	
MAY	10K	
JUN	5K	
JUL	10K	
AUG	Full Marathon	
SEP	5K	
OCT	15K/10Mile	
NOV	Half Marathon	
DEC	5K	



Left: Martin Carlson at Firecracker 10K - Right: New Year's Day - Mike, Jeff, Mark, WTF, Erin, Martin

*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.
- A minimum of 3 points from different regions are needed to earn a Pride Race Circuit medal (a maximum 1 point per region).

Rules:

- Participation in a Pride Run from any of the eligible clubs below in each state will be counted as 1 point.

Eligible Races:

Northern California (1 point)
San Francisco FrontRunners
San Francisco Track & Field
East Bay Front Runners and Walkers

Arizona (1 point)
Phoenix Frontrunners

Colorado (1 point)
Colorado Frontrunners

Southern California (1 point)
Los Angeles Frontrunners
Front Runners & Walkers of San Diego
Shoreline Frontrunners of Long Beach
Palm Springs Front Runners & Walkers

British Columbia (1 point)
Vancouver Frontrunners

Washington (1 point)
Seattle Frontrunners

Alaska (1 point)
Anchorage Front Runners

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

*Pride Race Circuit medals will be given in
Palm Springs in November 2017*

*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)