

2018 LAFR Challenge Standings FINAL

scroll down for complete standings and detail for all three categories - only 1 race per distance per month counts

Rank	MOST RACES		Rank	MOST MILES ROAD		Rank	MOST MILES TRAIL	
1	David Grudzien	37	1	Deo Jaravata	369.00	1	Peachy Poso	293.00
2	Deo Jaravata	29	2	David Grudzien	268.60	2	Deo Jaravata	279.40
3	Bill Austin	27	3	Bill Austin	182.43	3	Jonathan Toker	54.80
4	Bill Walsky	22	4	Bill Walsky	144.40	4	Sean O'Brien	53.10
5	Angus Kennedy	18	5	Angus Kennedy	114.40	5	Ben Beneski	44.00
6	Richard Nelson	17	6	Mario Mota	110.30	6	Angus Kennedy	42.10
	John Houser	17	7	Peachy Poso	107.90	7	Richard Peng	40.80
8	Margie Gonzales	16	8	Mark Johnson	99.06	8	Mike Kerkman	40.40
9	Bill Winkelmann	14	9	John Houser	98.90	9	Patrice Salome	38.60
10	Mike Kerkman	10	10	Rick Hetzel	91.00	10	John Houser	34.90
	Mike Carbuto	10	11	Margie Gonzales	83.83	11	Danny O'Hara	26.20
12	Mario Mota	12	12	Brian Dunbar	82.80	12	Brian Dunbar	25.50
	Peachy Poso	12	13	Patrice Salome	77.90	13	Mike Carbuto	24.80
14	Reg Willson	11	14	Mike Smith	73.50	14	Eddie Flores	24.60
15	Brian Dunbar	10	15	Bill Winkelmann	72.54	15	John McGuinness	19.90
	Patrice Salome	10	16	Carlos Vizcarra	67.90	16	David Grudzien	19.30
17	Mark Johnson	9	17	Richard Nelson	66.03		Raul Borja	19.30
	Richard Peng	9	18	Jason Coleman	64.80		Dan Vu	19.30
	Eddie Flores	9	19	Raul Borja	63.50	19	Mario Mota	12.40
20	Henri Faucher	8	20	Mike Carbuto	57.90	20	Mark Johnson	12.40
	Rick Hetzel	8		Reg Willson	57.90	21	Reg Willson	12.40
22	Jim Martinez	7	22	Bernie Tan	52.40	22	Bill Austin	15.50
23	Dan Vu	6	23	David Gonzalez	48.60		Jim Martinez	15.50
	Raul Borja	6		Gabriel Cooper	48.60	24	Richard Nelson	12.40
	Jane Dods	6	25	Martin Carlson	42.40		Rick Allison	12.40
	Martin Carlson	6	26	Mike Kerkman	41.00		Marcelino Goncalves	12.40
	John McGuinness	6	27	John Butcher	39.30		Martin Carlson	12.40
	Jason Coleman	6	28	Paul Morrell	37.90		John Miles	12.40
	Carlos Vizcarra	6	29	Nicole Oeuvray	35.50		Bill Walsky	12.40
30	6 LAFRs	5	30	Henri Faucher	34.80		Rudy Van Graan	12.40
36	7 LAFRs	4	31	Eddie Flores	34.10		Eric Eisenbrey	12.40
43	9 LAFRs	3	32	Richard Ramirez	32.40	32	Alexander Bazley	9.90
52	17 LAFRs	2	33	Mark Penn	29.30	33+	various/see detail below	
69	20 LAFRs	1	34+	various/see detail below				

2018 LAFR Challenge MOST RACES FINAL

only 1 race per distance per month counts

Rank	MOST RACES	
1	David Grudzien	
	Jan: ATC 5K	1
	Jan: Chicago Polar Half	2
	Jan: MM Aloha 10K	3
	Feb: Pettit Indoor Half	4
	Feb: Average Joe 5K	5
	Feb: Chicago Mardi Gras 10K	6
	March: Freeze 4 Food 5K	7
	March: Freeze 4 Food 10K	8
	March: BB&T Half	9
	April: South Shore Half	10
	April: Atlantic City 11K	11
	April: Bare Burro 5K	12
	May: Mother's Day Half	13
	May: Greenfield 5K	14
	May: Gold Star 10K	15
	June: Heartland Series Half	16
	June: Heartland Series 10K	17
	June: Froemming Park 5K	18
	June: Heroes in Recovery 6K	19
	July: ATC 10K	20
	July: Prairie Series Half	21
	July: Grant Park 5K	22
	Aug: BTN Big 10K	23
	Aug: Madison Half	24
	Aug: Juneau Park 5K	25
	Sept: NewBo Run Half	26
	Sept: We Run Talinn 5K	27
	Sept: Talinn 10K	28
	Oct: Chicago 5K	29
	Oct: Whiskeydaddle Half	30
	Nov: Hollywood 5K	31
	Nov: Soldier's Half	32
	Dec: Strider 10 Mile	33
	Dec: Strider 10K	34
	Dec: Barb's 5K	35
	Dec: Speedo 1 Mile	36
	Dec: Jeff G Half	37
2	Deo Jaravata	
	Jan: Pasadena Half	1
	Jan: Avalon 50 Mile	2
	Feb: Friendship 18 Mile	3
	Feb: Orange Curtain 50K	4
	March: Deo Full Trail	5
	March: GP Trail 50K	6
	May: Nanny Goat 56 Mile	7
	May: USATF 15K RW	8
	May: MayFest 5K	9
	April: Claremont 5000	10
	April: Claremont 1500 Meter	11
	April: Leona Divide 50K	12
	April: Nike 10K	13
	June: SD RnR Full	14
	July: Ulo Ng Full	15
	Aug: GG 5K Track	16

2018 LAFR Challenge MOST RACES FINAL

only 1 race per distance per month counts

	<i>Deo continued</i>	
	Aug: GG 5K RW	17
	Aug: GG 5K	18
	Aug: GG 10K	19
	Aug: GG Full	20
	Aug: Bulldog 50K	21
	Sept: Dodger 5K	22
	Oct: LB Full	23
	Oct: RnR Half LA	24
	Oct: Rocky Peak 50K	25
	Nov: Boundiful 53 Mile	26
	Nov: RnR Vegas Full	27
	Dec: CIM Full	28
	Dec: Holiday Half	29
3	Bill Austin	
	Jan: Winter Fun 10K	1
	Feb: Val Day 5K	2
	March: Deo 5K Trail	3
	March: Easter 15K	4
	March: Reaching Half	5
	April: Easter SM 10K	6
	April: Spring Dash 15K	7
	May: Mother's Day 5K	8
	May: Cinco 10K	9
	May: Cinco 15K	10
	May: Sun Sand & Sea Half	11
	June: Wrigley 5K	12
	June: LAFR 10K	13
	June: Father's Day 15K	14
	July: Freedom 10K	15
	July: Summer Breeze 15K	16
	Aug: GG 10K	17
	Aug: GG Half	18
	Aug: GG 5K Track	19
	Aug: GG 100 Hurdles	20
	Aug: GG 2000 Steeple	21
	Aug: GG 1500	22
	Sept: Beach Fun 10K	23
	Oct: Dolphin 15K	24
	Oct: Doggie 5K	25
	Nov: Athens Full	26
	Dec: Reindeer 15K	27
4	Bill Walsky	
	Jan: Texas Half	1
	Jan: Winter Fun 5K	2
	Feb: Val Day 5K	3
	Feb: Surf City Half	4
	March: Deo 10K Trail	5
	March: Easter 5K	6
	March: Reaching Half	7
	April: Spring Dash 5K	8
	April: LAX Run Half	9
	May: OC Half	10
	May: Mother's Day 5K	11
	June: Wrigley 5K	12
	June: Father's Day 10K	13

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	<i>Walsky continued</i>	
	July: Stars/Stripes 10K	14
	Aug: GG 5K	15
	Aug: GG 10K	16
	Aug: GG Half	17
	Oct: LB Half	18
	Oct: Doggie 5K	19
	Nov: Athens 10K	20
	Nov: Turkey 5K	21
	Dec: Reindeer 5K	22
5	Angus Kennedy	
	March: Deo 10K Trail	1
	Apr: Pas Trail 10 Mile	2
	May: Mother's Day 10K	3
	May: LB Pride 5K	4
	June: Father's Day 10K	5
	June: GP Relay Trail 5.3	6
	July: Freedom 10K	7
	July: Pas Trail 12K	8
	Aug: GG 5K Track	9
	Aug: GG 10K Track	10
	Aug: GG 5K	11
	Aug: GG 10K	12
	Aug: GG Half	13
	Sept: Beach Fun 15K	14
	Sept: Rockin Summer Half	15
	Oct: BB Full	16
	Nov: Catalina Half	17
	Dec: Reindeer 10K	18
6	Richard Nelson	
	Feb: Beach Fun 5K	1
	March: Deo 5K Trail	2
	April: Spring Dash 10K	3
	April: Victory 5K	4
	May: Mother's Day 10K	5
	May: LB Pride 5K	6
	June: LAFR 5K	7
	June: LAFR 10K	8
	June: Fun in the Sun 15K	9
	July: Stars/Stripes 10K	10
	Aug: GG 1500	11
	Aug: GG 5K	12
	Aug: GG 10K	13
	Sept: A & R 5K	14
	Nov: PS Pride 5K	15
	Nov: Turkey 10K	16
	Dec: NY Celebration 10K	17

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	John Houser	
	Jan: Pasadena Half	1
	Jan: New Year 5K	2
	Jan: New Year 10K	3
	Feb: Hwd Sign Trail 12K	4
	Feb: Firecracker 10K	5
	March: Deo Half Trail	6
	March: LA Full	7
	April: Run to Remember 10K	8
	May: LB Pride 10K	9
	June: LAFR 5K	10
	June: GP 8K	11
	Aug: Luau 5K	12
	Sept: Global Energy 10K	13
	Oct: Doggie 5K	14
	Nov: Big Bear Half	15
	Nov: Turkey 10K	16
	Dec: Reindeer 5K	17
8	Margie Gonzales	
	March: Easter 5K	1
	April: Spring Dash 5K	2
	April: Run to Remember Half	3
	May: Mother's Day 5K	4
	June: Father's Day 5K	5
	June: SD Half	6
	July: SD Pride 5K	7
	Aug: GG 100	8
	Aug: GG 200	9
	Aug: GG 400	10
	Aug: GG 5K	11
	Aug: GG 10K	12
	Aug: GG Half	13
	Oct: LB Half	14
	Nov: Turkey 5K	15
	Dec: Reindeer 5K	16
9	Bill Winkelmann	
	Jan: Winter Fun 5K	1
	Feb: Val Day 5K	2
	May: LB Pride 5K	3
	June: Father's Day 10K	4
	June: LAFR 5K	5
	July: Stars/Stripes 10K	6
	July: Summer Breeze 15K	7
	Aug: GG 2000 Steeple	8
	Aug: GG 5K	9
	Aug: GG 10K	10
	Sept: Rockin Summer 15K	11
	Nov: Athens 10K	12
	Dec: Reindeer 15K	13
	Dec: Holiday Fun 10K	14

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10	Mike Kerkman	
	March: Easter 15K	1
	April: Bare Burro 5K	2
	April: Arroyo Seco 3.4 Trail	3
	May: Mother's Day 10K	4
	June: GP Relay Trail 5.3	5
	July: Fuji 15K	6
	Aug: GG 5K	7
	Aug: GG 10K	8
	Aug: GG Half	9
	Sept: Beach Fun 5K	10
	Oct: Doggie 5K	11
	Nov: Catalina Half	12
	Nov: Tucson XC 5K	13
	Mike Carbuto	
	Jan: Pasadena 5K	1
	March: Deo 5K Trail	2
	April: Bare Burro 5K	3
	May: LB Pride 5K	4
	May: Verdugo 10K	5
	June: LAFR 5K	6
	June: LAFR 10K	7
	July: Palisades 5K	8
	Aug: GG 5K	9
	Aug: GG 10K	10
	Aug: GG Half	11
	Oct: BB Full	12
	Oct: Doggie 5K	13
12	Mario Mota	
	March: Deo 10K Trail	1
	March: SD Half	2
	April: Mt. Charleston Full	3
	May: LB Pride 10K	4
	June: Father's Day 5K	5
	June: LAFR 10K	6
	Aug: GG 5K	7
	Aug: GG 10K	8
	Aug: GG Half	9
	Sept: Rockin Summer Half	10
	Oct: BB Full	11
	Oct: Doggie 5K	12
	Peachy Poso	
	Jan: Avalon 50 Mile	1
	Feb: SOB 50 Mile	2
	March: LA Big 5K	3
	March: LA Full	4
	April: Boston Full	5
	April: Run to Remember Half	6
	June: San Lorenzo 50K	7
	July: Mt. Hood Full	8
	Aug: Bulldog 50K	9
	Oct: RnR Half LA	10
	Nov: Rio Del Lago 100	11
	Dec: Paramount 50K	12

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14	Reg Willson	
	April: Bare Burro 5K	1
	April: Arroyo Seco 3.4 Trail	2
	June: GP Relay Trail 5.3	3
	June: LAFR 5K	4
	July: Will Rogers 5K	5
	Aug: GG 5K	6
	Aug: GG 10K	7
	Aug: GG Half	8
	Oct: BB Full	9
	Oct: Doggie 5K	10
	Dec: Xmas 10K	11
15	Brian Dunbar	
	Feb: Friendship 18 Mile	1
	March: Deo Half Trail	2
	March: LA Full	3
	June: LAFR 10K	4
	Aug: GG 5K	5
	Aug: GG 10K	6
	Aug: GG Half	7
	Sept: Dodger 5K	8
	Nov: Catalina 10K	9
	Dec: Holiday Half	10
	Patrice Salome	
	Jan: Pasadena Half	1
	March: Deo Half Trail	2
	April: Boston Full	3
	May: LB Pride 10K	4
	June: LAFR 5K	5
	June: LAFR 10K	6
	Oct: BB Full	7
	Oct: Doggie 5K	8
	Nov: Catalina Half	9
	Nov: Turkey 10K	10
17	Mark Johnson	
	March: Deo Half Trail	1
	April: Boston Full	2
	June: Father's Day 15K	3
	June: GP Relay Trail 5.3	4
	Aug: GG 5k Track	5
	Aug: GG 3000 Steeple	6
	Aug: GG Full	7
	Aug: GG 10K	8
	Oct: BB Full	9
	Richard Peng	
	Feb: Firecracker 10K	1
	March: Deo Half Trail	2
	April: Victory 10K	3
	June: GP Relay Trail 5.3	4
	June: LAFR 5K	5
	June: LAFR 10K	6
	July: SD Pride 5K	7
	Nov: Catalina Half	8
	Dec: Reindeer 10K	9

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	Eddie Flores	
	March: Deo 5K Trail	1
	March: Easter 15K	2
	May: Mother's Day 10K	3
	June: GP Relay Trail 5.3	4
	Aug: GG 5K	5
	Aug: GG 10K	6
	Sept: Beach Fun 15K	7
	Oct: Doggie 5K	8
	Nov: Catalina Half	9
20	Henri Faucher	
	Jan: Pasadena 5K	1
	Feb: Firecracker 10K	2
	March: Deo 10K Trail	3
	May: LB Pride 5K	4
	June: LAFR 5K	5
	Aug: GG 5K	6
	Aug: GG 10K	7
	Oct: BB Half	8
	Rick Hetzel	
	March: LA Full	1
	March: Easter 10K	2
	April: LAX Run Half	3
	May: LB Pride 10K	4
	June: LAFR 5K	5
	June: Wrigley 10 Mile	6
	Nov: Turkey 5K	7
	Nov: Athens Full	8
22	Jim Martinez	
	March: Deo 5K Trail	1
	April: Aut2Run 5K	2
	May: Mother's Day 5K	3
	June: LAFR 5K	4
	Oct: Doggie 5K	5
	Nov: PS Pride 5K	6
	Nov: Catalina 10K	7
23	Dan Vu	
	June: LAFR 10K	1
	July: SD Pride 5K	2
	Aug: GG 5K	3
	Aug: GG 10K	4
	Nov: PS Pride 5K	5
	Nov: Catalina Half	6
	Jane Dods	
	Jan: Taco 5K	1
	March: Lucky Clover 5K	2
	May: Miles for Melanoma 5K	3
	June: Love Liberates 5K	4
	July: Butte to Butte 4 Mile	5
	Aug: Scandia Run 5K	6

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	Raul Borja	
	Jan: Pasadena Half	1
	Feb: Friendship 18 Mile	2
	Feb: Firecracker 10K	3
	March: Deo Half Trail	4
	March: LA Full	5
	June: LAFR 10K	6
	Martin Carlson	
	Jan: GP 5K	1
	Feb: Surf City Half	2
	April: Boston Full	3
	June: LAFR 5K	4
	June: LAFR 10K	5
	Oct: Doggie 5K	6
	John McGuinness	
	May: Mother's Day 15K	1
	June: LAFR 5K	2
	June: LAFR 10K	3
	July: SD Pride 5K	4
	July: Pas Trail 12K	5
	Oct: Doggie 5K	6
	Jason Coleman	
	April: Boston Full	1
	April: Boston 5K	2
	June: LAFR 5K	3
	Oct: Chicago 5K	4
	Nov: Queenstown Full	5
	Dec: NY Celebration 10K	6
	Carlos Vizcarra	
	Aug: GG 10K	1
	Aug: GG Full	2
	Aug: Menudo 5K	3
	Oct: LB Half	4
	Oct: SRLA 10K	5
	Dec: Holiday Half	6
30	Gabriel Cooper	
	Aug: GG Half	1
	Sept: Truckee Half	2
	Oct: BB Half	3
	Oct: Doggie 5K	4
	Dec: Reindeer 15K	5
	Paul Morrell	
	June: LAFR 10K	1
	Aug: GG 5K	2
	Aug: GG 10K	3
	Aug: GG Half	4
	Dec: Reindeer 15K	5
	Nicole Oeuvray	
	May: Mother's Day 5K	1
	June: Father's Day 5K	2
	June: SD Half	3
	July: SD Pride 5K	4
	Oct: LB Half	5

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	Mike Smith	
	Jan: Pasadena Half	1
	Feb: Super Bowl 5K	2
	Feb: Friendship 18 Mile	3
	March: LA Full	4
	Dec: Holiday Half	5
	David Gonzalez	
	May: SB Half	1
	June: LAFR 5K	2
	Oct: BB Half	3
	Nov: Walnut 5K	4
	Dec: Holiday Half	5
	Lacey Howcroft	
	March: Deo 5K Trail	1
	April: Spring Dash 5K	2
	July: Summer Dash 5K	3
	Oct: Doggie 5K	4
	Dec: NY Celebration 5K	5
36	Eric Eisenbrey	
	June: LAFR 5K	1
	Oct: Doggie 5K	2
	Nov: Catalina 10K	3
	Dec: Reindeer 5K	4
	Scott Whiteleather	
	June: LAFR 10K	1
	Aug: GG 5K	2
	Aug: GG 10K	3
	Aug: GG Half	4
	Ryan Timmreck	
	April: Bare Burro 5K	1
	Aug: GG 5K	2
	Aug: GG 10K	3
	Aug: GG Half	4
	Marcelino Goncalves	
	April: Boston Full	1
	June: LAFR 5K	2
	June: LAFR 10K	3
	Oct: Doggie 5K	4
	Rob Chen	
	June: LAFR 10K	1
	Aug: GG 10K	2
	Aug: GG Half	3
	Nov: PS Pride 5K	4
	Doug Jones	
	June: LAFR 10K	1
	July: SD Pride 5K	2
	Oct: Doggie 5K	3
	Dec: Reindeer 10K	4
	David Dassey	
	June: LAFR 5K	1
	Aug: GG 10K	2
	Nov: Turkey 5K	3
	Dec: Reindeer Half	4

2018 LAFR Challenge MOST RACES FINAL

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43	Kevin Shiramizu	
	Aug: GG 5K	1
	Aug: GG 10K	2
	Nov: Catalina 10K	3
	John Miles	
	June: LAFR 5K	1
	June: LAFR 10K	2
	Oct: Doggie 5K	3
	Rudy Van Graan	
	June: LAFR 5K	1
	June: LAFR 10K	2
	Oct: Doggie 5K	3
	John Heilman	
	June: LAFR 5K	1
	June: LAFR 10K	2
	Aug: GG Half	3
	Alexander Bazley	
	March: Deo 10K Trail	1
	July: Pas Trail 6K	2
	Oct: BB Half	3
	Allyne Winderman	
	April: Easter SM Half	1
	June: LAFR 5K	2
	Dec: Holiday Fun 15K	3
	Bernie Tan	
	April: Boston Full	1
	June: GP Relay Trail 5.3	2
	Oct: BB Full	3
	Jonathan Toker	
	Feb: SOB Full	1
	Aug: Bulldog 25K	2
	Aug: Inferno Half	3
	Rick Allison	
	March: Deo 10K Trail	1
	May: LB Pride 5K	2
	June: LAFR 10K	3
52	Rina Shiramizu	
	Aug: GG 5K	1
	Oct: Doggie 5K	2
	Mark Penn	
	Aug: GG 5K	1
	Aug: GG Full	2
	Chris Tapper	
	April: Bare Burro 5K	1
	May: LB Pride 10K	2
	John Butcher	
	March: LA Full	1
	Aug: GG Half	2
	Richard Ramirez	
	March: LA Full	1
	May: Mother's Day 10K	2
	Zack Whitley	
	April: Bare Burro 5K	1
	Aug: GG 10K	2

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	Brian Eggert	
	May: LB Pride 5K	1
	June: LAFR 5K	2
	Bruce Bair	
	May: LB Pride 10K	1
	June: LAFR 10K	2
	Patrick Conner	
	May: LB Pride 5K	1
	June: LAFR 10K	2
	Albert Giang	
	June: LAFR 5K	1
	Nov: Catalina 10K	2
	Ben Beneski	
	Jan: Xterra Trail 21K	1
	Feb: SOB 50K	2
	Sean O'Brien	
	Feb: SOB 50 Mile	1
	Oct: Doggie 5K	2
	Yumi Afrento	
	April: Spring Dash 5K	1
	Nov: PS Pride 5K	2
	Rex Boone	
	Feb: Firecracker 10K	1
	Oct: BB Half	2
	John Kawaharada	
	March: Deo 10K Trail	1
	Oct: Doggie 5K	2
	Richard West	
	Oct: Doggie 5K	1
	Nov: Catalina 10K	2
	Tony Moraga	
	Sept: Truckee Half	1
	Dec: Reindeer 15K	2
69	Mike Heredia	
	April: Bare Burro 5K	1
	Danny O'Hara	
	Feb: SOB Full	1
	Jeff Masino	
	March: Deo 10K Trail	1
	Allan-Michael Brown	
	March: LA Full	1
	Samuel Richman	
	June: LAFR 10K	1
	Frank Knies	
	Oct: Doggie 5K	1
	William Fang	
	Oct: Doggie 5K	1
	Eric Fischer	
	Oct: Doggie 5K	1
	Patrick Owen	
	Oct: Doggie 5K	1
	Neil Johnson	
	Nov: PS Pride 5K	1
	Mark DeAngelis	
	Nov: PS Pride 5K	1

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Henry Jung		
	Nov: PS Pride 5K	1
Chau Nguyen		
	Nov: PS Pride 5K	1
Mark Grumet		
	June: LAFR 5K	1
Carlos Carranza		
	June: LAFR 5K	1
Mickey Caruso		
	June: LAFR 5K	1
Connie Hammen		
	June: LAFR 5K	1
Amy Ross		
	June: LAFR 5K	1
Daisuke Hijikata		
	Aug: GG Half	1
Gary Todd		
	Aug: GG 5K	1

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Rank	MOST MILES ROAD	
1	Deo Jaravata	
	Jan: Pasadena Half	13.1
	Feb: Friendship 18 Mile	18.0
	Feb: Orange Curtain 50K	31.0
	March: LA Full	26.2
	April: Claremont 5000	3.1
	April: Claremont 1500Meter	1.0
	April: Nike 10K	6.2
	May: USATF 15K RW	9.3
	May: MayFest 5K RW	3.1
	May: Nanny Goat 12 Hr	56.0
	June: SD RnR Full	26.2
	July: Ulo Ng Full	26.2
	Aug: GG 5K RW Track	3.1
	Aug: GG Track 5K	3.1
	Aug: GG 5K	3.1
	Aug: GG 10K	6.2
	Aug: GG Full	26.2
	Sept: Dodger 5K	3.1
	Oct: LB Full	26.2
	Oct: RnR Half LA	13.1
	Nov: RnR Vegas Full	26.2
	Dec: Holiday Half	13.1
	Dec: CIM Full	26.2
	TOTAL	369.0
2	David Grudzien	
	Jan: ATC 5K	3.1
	Jan: Chicago Polar Half	13.1
	Jan: MM Aloha 10K	6.2
	Feb: Pettit Indoor Half	13.1
	Feb: Average Joe 5K	3.1
	Feb: Chicago Mardi Gras 10K	6.2
	March: Freeze 4 Food 5K	3.1
	March: Freeze 4 Food 10K	6.2
	March: BB&T Half	13.1
	April: South Shore Half	13.1
	April: Atlantic City 11K	6.8
	May: Mother's Day Half	13.1
	May: Greenfield 5K	3.1
	May: Gold Star 10K	6.2
	June: Heartland Series Half	13.1
	June: Heartland Series 10K	6.2
	June: Froemming Park 5K	3.1
	June: Heroes in Recovery 6K	3.7
	July: ATC 10K	6.2
	July: Prairie Series Half	13.1
	July: Grant Park 5K	3.1
	Aug: BTN Big 10K	6.2
	Aug: Madison Half	13.1
	Aug: Juneau Park 5K	3.1
	Sept: NewBo Run Half	13.1
	Sept: We Run Talinn 5K	3.1
	Sept: Talinn 10K	6.2
	Oct: Chicago 5K	3.1
	Oct: Whiskeydaddle Half	13.1

LAFR Challenge 2018 Most Miles ROAD FINAL

only 1 race per distance per month counts

	Nov: Hollywood 5K	3.1
	Nov: Soldier's Half	13.1
	Dec: Strider 10 Mile	10.0
	Dec: Strider 10K	6.2
	Dec: Barb's 5K	3.1
	Dec: Speedo 1 Mile	1.0
	Dec: Jeff G Half	13.1
	TOTAL	268.6
3	Bill Austin	
	Jan: Winter Fun 10K	6.2
	Feb: Val Day 5K	3.1
	March: Easter 15K	9.3
	March: Reaching Half	13.1
	April: Easter SM 10K	6.2
	April: Spring Dash 15K	9.3
	May: Mother's Day 5K	3.1
	May: Cinco 10K	6.2
	May: Cinco 15K	9.3
	May: Sun Sand & Sea Half	13.1
	June: Wrigley 5K	3.1
	June: Father's Day 15K	9.3
	July: Freedom 10K	6.2
	July: Cinco 15K	9.3
	Aug: GG 10K	6.2
	Aug: GG Half	13.1
	Aug: GG 5K Track	3.1
	Aug: GG 100 Hurdles	0.06
	Aug: GG 2000 Steeple	1.24
	Aug: GG 1500	0.93
	Sept: Beach Fun 10K	6.2
	Oct: Dolphin 15K	9.3
	Nov: Athens Full	26.2
	Dec: Reindeer 15K	9.3
	TOTAL	182.43
4	Bill Walsky	
	Jan: Winter Fun 5K	3.1
	Jan: Texas Half	13.1
	Feb: Val Day 5K	3.1
	Feb: Surf City Half	13.1
	March: Easter 5K	3.1
	March: Reaching Half	13.1
	April: Spring Dash 5K	3.1
	April: LAX Run Half	13.1
	May: Mother's Day 5K	3.1
	May: OC Half	13.1
	June: Wrigley 5K	3.1
	June: Father's Day 10K	6.2
	July: Stars/Stripes 10K	6.2
	Aug: GG 5K	3.1
	Aug: GG 10K	6.2
	Aug: GG Half	13.1
	Oct: LB Half	13.1
	Nov: Turkey 5K	3.1
	Nov: Athens 10K	6.2
	Dec: Reindeer 5K	3.1
	TOTAL	144.4

LAFR Challenge 2018 Most Miles ROAD FINAL

only 1 race per distance per month counts

5	Angus Kennedy	
	March: Easter 10K	6.2
	May: Mother's Day 10K	6.2
	May: LB Pride 5K	3.1
	June: Father's Day 10K	6.2
	July: Freedom 10K	6.2
	Aug: GG 5K Track	3.1
	Aug: GG 10K Track	6.2
	Aug: GG 5K	3.1
	Aug: GG 10K	6.2
	Aug: GG Half	13.1
	Sept: Beach Fun 15K	9.3
	Sept: Rockin Summer Half	13.1
	Oct: BB Full	26.2
	Dec: Reindeer 10K	6.2
	TOTAL	114.4
6	Mario Mota	
	March: SD Half	13.1
	April: Mt. Charleston Full	26.2
	May: LB Pride 10K	6.2
	June: Father's Day 5K	3.1
	Aug: GG 5K	3.1
	Aug: GG 10K	6.2
	Aug: GG Half	13.1
	Sept: Rockin Summer Half	13.1
	Oct: BB Full	26.2
	TOTAL	110.3
7	Peachy Poso	
	March: LA Full	26.2
	March: LA Big 5K	3.1
	Apr: Boston Full	26.2
	Apr: Run to Remember Half	13.1
	July: Mt. Hood Full	26.2
	Oct: RnR Half LA	13.1
	TOTAL	107.9
8	Mark Johnson	
	April: Boston Full	26.2
	June: Father's Day 15K	9.3
	Aug: GG 10K	6.2
	Aug: GG Full	26.2
	Aug: GG 3000 Steeple	1.86
	Aug: GG 5K Track	3.1
	Oct: BB Full	26.2
	TOTAL	99.06

LAFR Challenge 2018 Most Miles ROAD FINAL

only 1 race per distance per month counts

9	John Houser	
	Jan: Pasadena Half	13.1
	Jan: New Year 5K	3.1
	Jan: New Year 10K	6.2
	Feb: Firecracker 10K	6.2
	March: LA Full	26.2
	April: Run to Remember 10K	6.2
	May: LB Pride 10K	6.2
	Sept: Global Energy 10K	6.2
	Oct: Carrera 5K	3.1
	Nov: Big Bear Half	13.1
	Nov: Turkey 10K	6.2
	Dec: Reindeer 5K	3.1
	TOTAL	98.9
10	Rick Hetzel	
	March: LA Full	26.2
	March: Easter 10K	6.2
	April: LAX Run Half	13.1
	May: LB Pride 10K	6.2
	June: Wrigley 10 Mile	10.0
	Nov: Athens Full	26.2
	Nov: Turkey 5K	3.1
	TOTAL	91.0
11	Margie Gonzales	
	March: Easter 5K	3.1
	April: Spring Dash 5K	3.1
	April: Run to Remember Half	13.1
	May: Mother's Day 5K	3.1
	June: Father's Day 5K	3.1
	June: SD Half	13.1
	July: SD Pride 5K	3.1
	Aug: GG 100	0.06
	Aug: GG 200	0.12
	Aug: GG 400	0.25
	Aug: GG 5K	3.1
	Aug: GG 10K	6.2
	Aug: GG Half	13.1
	Oct: LB Half	13.1
	Nov: Turkey 5K	3.1
	Dec: Reindeer 5K	3.1
	TOTAL	83.83
12	Brian Dunbar	
	Feb: Friendship 18 Mile	18.0
	March: LA Full	26.2
	Aug: GG 5K	3.1
	Aug: GG 10K	6.2
	Aug: GG Half	13.1
	Sept: Dodger 5K	3.1
	Dec: Holiday Half	13.1
	TOTAL	82.8

LAFR Challenge 2018 Most Miles ROAD FINAL

only 1 race per distance per month counts

13	Patrice Salome	
	Jan: Pasadena Half	13.1
	April: Boston Full	26.2
	May: LB Pride 10K	6.2
	Oct: BB Full	26.2
	Nov: Palisades 10K	6.2
	TOTAL	77.9
14	Mike Smith	
	Jan: Pasadena Half	13.1
	Feb: Super Bowl 5K	3.1
	Feb: Friendship 18 Mile	18.0
	March: LA Full	26.2
	Dec: Holiday Half	13.1
	TOTAL	73.5
15	Bill Winkelmann	
	Jan: Winter Fun 5K	3.1
	Feb: Val Day 5K	3.1
	May: LB Pride 5K	3.1
	June: Father's Day 10K	6.2
	July: Stars/Stripes 10K	6.2
	July: Summer Breeze 15K	9.3
	Aug: GG 2000 Steeple	1.24
	Aug: GG 5K	3.1
	Aug: GG 10K	6.2
	Sept: Rockin Summer 15K	9.3
	Nov: Athens 10K	6.2
	Dec: Holiday Fun 10K	6.2
	Dec: Reindeer 15K	9.3
	TOTAL	72.54
16	Carlos Vizcarra	
	Aug: GG 10K	6.2
	Aug: GG Full	26.2
	Aug: Menudo 5K	3.1
	Oct: LB Half	13.1
	Oct: SRLA 10K	6.2
	Dec: Holiday Half	13.1
	TOTAL	67.9
17	Richard Nelson	
	Feb: Beach Fun 5K	3.1
	April: Spring Dash 10K	6.2
	April: Victory 5K	3.1
	May: Mother's Day 10K	6.2
	May: LB Pride 5K	3.1
	June: Fun in the Sun 15K	9.3
	July: Stars/Stripes 10K	6.2
	Aug: GG Track 1500	0.93
	Aug: GG 5K	3.1
	Aug: GG 10K	6.2
	Sept: A & R 5K	3.1
	Nov: PS Pride 5K	3.1
	Nov: Turkey 10K	6.2
	Dec: NY Celebration 10K	6.2
	TOTAL	66.03

LAFR Challenge 2018 Most Miles ROAD FINAL

only 1 race per distance per month counts

18	Jason Coleman	
	April: Boston Full	26.2
	April: Boston 5K	3.1
	Oct: Chicago 5K	3.1
	Nov: Queenstown Full	26.2
	Dec: NY Celebration 10K	6.2
	TOTAL	64.8
19	Raul Borja	
	Jan: Pasadena Half	13.1
	Feb: Firecracker 10K	6.2
	Feb: Friendship 18 Mile	18.0
	March: LA Full	26.2
	TOTAL	63.5
20	Mike Carbuto	
	Jan: Pasadena 5K	3.1
	May: LB Pride 5K	3.1
	July: Palisades 5K	3.1
	Aug: GG 5K	3.1
	Aug: GG 10K	6.2
	Aug: GG Half	13.1
	Oct: BB Full	26.2
	TOTAL	57.9
	Reg Willson	
	July: Will Rogers 5K	3.1
	Aug: GG 5K	3.1
	Aug: GG 10K	6.2
	Aug: GG Half	13.1
	Oct: BB Full	26.2
	Dec: Xmas 10K	6.2
	TOTAL	57.9
22	Bernie Tan	
	April: Boston Full	26.2
	Oct: BB Full	26.2
	TOTAL	52.4
23	David Gonzalez	
	May: SB Half	13.1
	Aug: Santa Rosa 10K	6.2
	Oct: BB Half	13.1
	Nov: Walnut 5K	3.1
	Dec: Holiday Half	13.1
	TOTAL	48.6
	Gabriel Cooper	
	Aug: GG Half	13.1
	Sept: Truckee Half	13.1
	Oct: BB Half	13.1
	Dec: Reindeer 15K	9.3
	TOTAL	48.6
25	Martin Carlson	
	Jan: GP 5K	3.1
	Feb: Surf City Half	13.1
	April: Boston Full	26.2
	TOTAL	42.4

LAFR Challenge 2018 Most Miles ROAD FINAL

only 1 race per distance per month counts

26	Mike Kerkman	
	March: Easter 15K	9.3
	May: Mother's Day 10K	6.2
	Aug: GG 5K	3.1
	Aug: GG 10K	6.2
	Aug: GG Half	13.1
	Sept: Beach Fun 5K	3.1
	TOTAL	41.0
27	John Butcher	
	March: LA Full	26.2
	Aug: GG Half	13.1
	TOTAL	39.3
28	Paul Morrell	
	June: SF Pride 10K	6.2
	Aug: GG 5K	3.1
	Aug: GG 10K	6.2
	Aug: GG Half	13.1
	Dec: Reindeer 15K	9.3
	TOTAL	37.9
29	Nicole Oeuvray	
	May: Mother's Day 5K	3.1
	June: Father's Day 5K	3.1
	June: SD Half	13.1
	July: SD Pride 5K	3.1
	Oct: LB Half	13.1
	TOTAL	35.5
30	Henri Faucher	
	Jan: Pasadena 5K	3.1
	Feb: Firecracker 10K	6.2
	May: LB Pride 5K	3.1
	Aug: GG 5K	3.1
	Aug: GG 10K	6.2
	Oct: BB Half	13.1
	TOTAL	34.8
31	Eddie Flores	
	March: Easter 15K	9.3
	May: Mother's Day 10K	6.2
	Aug: GG 5K	3.1
	Aug: GG 10K	6.2
	Sept: Beach Fun 15K	9.3
	TOTAL	34.1
32	Richard Ramirez	
	March: LA Full	26.2
	May: Mother's Day 10K	6.2
	TOTAL	32.4
33	Mark Penn	
	Aug: GG 5K	3.1
	Aug: GG Full	26.2
	TOTAL	29.3
34	Allan-Michael Brown	
	March: LA Full	26.2
	TOTAL	26.2
	Marcelino Goncalves	
	April: Boston Full	26.2
	TOTAL	26.2

LAFR Challenge 2018 Most Miles ROAD FINAL

only 1 race per distance per month counts

36	David Dassey	
	Aug: GG 10K	6.2
	Nov: Turkey 5K	3.1
	Dec: Reindeer Half	13.1
	TOTAL	22.4
	Scott Whiteleather	
	Aug: GG 5K	3.1
	Aug: GG 10K	6.2
	Aug: GG Half	13.1
	TOTAL	22.4
	Ryan Timmreck	
	Aug: GG 5K	3.1
	Aug: GG 10K	6.2
	Aug: GG Half	13.1
	TOTAL	22.4
	Tony Moraga	
	Sept: Truckee Half	13.1
	Dec: Reindeer 15K	9.3
	TOTAL	22.4
	Rob Chen	
	Aug: GG 10K	6.2
	Aug: GG Half	13.1
	Nov: PS Pride 5K	3.1
	TOTAL	22.4
	Allyne Winderman	
	April: Easter SM Half	13.1
	Dec: Holiday Fun 15K	9.3
	TOTAL	22.4
42	Richard Peng	
	Feb: Firecracker 10K	6.2
	April: Victory 10K	6.2
	July: SD Pride 5K	3.1
	Dec: Reindeer 10K	6.2
	TOTAL	21.7
43	Jane Dods	
	Jan: Taco 5K	3.1
	March: Lucky Clover 5K	3.1
	May: Miles for Melanoma 5K	3.1
	June: Love Liberates 5K	3.1
	July: Butte to Butte 4 Mile	4.0
	Aug: Scandia Run 5K	3.1
	TOTAL	19.5
44	Rex Boone	
	Feb: Firecracker 10K	6.2
	Oct: BB Half	13.1
	TOTAL	19.3
45	John McGuinness	
	May: Mother's Day 15K	9.3
	June: SF Pride 10K	6.2
	July: SD Pride 5K	3.1
	TOTAL	18.6
46	Doug Jones	
	June: SF Pride 10K	6.2
	July: SD Pride 5K	3.1
	Dec: reindeer 10K	6.2
	TOTAL	15.5

LAFR Challenge 2018 Most Miles ROAD FINAL

only 1 race per distance per month counts

	Dan Vu	
	July: SD Pride 5K	3.1
	Aug: GG 5K	3.1
	Aug: GG 10K	6.2
	Nov: PS Pride 5K	3.1
	TOTAL	15.5
48	Alexander Bazley	
	Oct: BB Half	13.1
	TOTAL	13.1
	John Heilman	
	Aug: GG Half	13.1
	TOTAL	13.1
	Daisuke Hijikata	
	Aug: GG Half	13.1
	TOTAL	13.1
51	Jim Martinez	
	April: Aut2Run 5K	3.1
	May: Mother's Day 5K	3.1
	Nov: PS Pride 5K	3.1
	TOTAL	9.3
	Lacey Howcroft	
	April: Spring Dash 5K	3.1
	July: Summer Dash 5K	3.1
	Dec: NY Celebration 5K	3.1
	TOTAL	9.3
46	Kevin Shiramizu	
	Aug: GG 5K	3.1
	Aug: GG 10K	6.2
	TOTAL	9.3
54	Bruce Bair	
	May: LB Pride 10K	6.2
	TOTAL	6.2
	Chris Tapper	
	May: LB Pride 10K	6.2
	TOTAL	6.2
	Barry Hamaguchi	
	Aug: Santa Rosa 10K	6.2
	TOTAL	6.2
	Zack Whitley	
	Aug: GG 10K	6.2
	TOTAL	6.2
	Yumi Afrento	
	April: Spring Dash 5K	3.1
	Nov: PS Pride 5K	3.1
	TOTAL	6.2
59	Rina Shiramizu	
	Aug: GG 5K	3.1
	TOTAL	3.1
	Gary Todd	
	Aug: GG 5K	3.1
	TOTAL	3.1
	Patrick Conner	
	May: LB Pride 5K	3.1
	TOTAL	3.1

LAFR Challenge 2018 Most Miles ROAD FINAL

only 1 race per distance per month counts

Rick Allison		
	May: LB Pride 5K	3.1
	TOTAL	3.1
Brian Eggert		
	May: LB Pride 5K	3.1
	TOTAL	3.1
Neil Johnson		
	Nov: PS Pride 5K	3.1
	TOTAL	3.1
Henry Jung		
	Nov: PS Pride 5K	3.1
	TOTAL	3.1
Mark DeAngelis		
	Nov: PS Pride 5K	3.1
	TOTAL	3.1
Chau Nguyen		
	Nov: PS Pride 5K	3.1
	TOTAL	3.1
Eric Eisenbrey		
	Dec: Reindeer 5K	3.1
	TOTAL	3.1

LAFR Challenge 2018 Most Miles TRAIL FINAL

only 1 race per distance per month counts

Rank	MOST MILES TRAIL	
1	Peachy Poso	
	Jan: Avalon 50 Mile	50.0
	Feb: SOB 50 Mile	50.0
	June: San Lorenzo 50K	31.0
	Aug: Bulldog 50K	31.0
	Nov: Rio Del Lago 100	100.0
	Dec: Paramount 50K	31.0
	TOTAL	293.0
2	Deo Jaravata	
	Jan: Avalon 50 Mile	50.0
	March: Deo Full Trail	26.2
	March: GP Trail 50K	31.0
	April: Leona Divide 50K	31.0
	Aug: Bulldog 50K	31.0
	Oct: Rocky Peak 50K	31.0
	Nov: Boundiful 12 HR	53.0
	Dec: Paramount Full	26.2
	TOTAL	279.4
3	Jonathan Toker	
	Feb: SOB Full	26.2
	Aug: Bulldog 25K	15.5
	Aug: Inferno Half	13.1
	TOTAL	54.8
4	Sean O'Brien	
	Feb: SOB 50 Mile	50.0
	Oct: Doggie 5K	3.1
	TOTAL	53.1
5	Ben Beneski	
	Jan: Xterra Trail 21K	13.0
	Feb: SOB 50K	31.0
	TOTAL	44.0
6	Angus Kennedy	
	March: Deo 10K Trail	6.2
	Apr: Pas Trail 10 Mile	10.0
	June: GP Relay Trail 5.3	5.3
	July: Pas Trail 12K	7.5
	Nov: Catalina Half	13.1
	TOTAL	42.1
7	Richard Peng	
	March: Deo Half Trail	13.1
	June: LAFR Ultra 15K	9.3
	June: GP Relay Trail 5.3	5.3
	Nov: Catalina Half	13.1
	TOTAL	40.8
8	Mike Kerkman	
	April: Bare Burro 5K	3.1
	April: Arroyo Seco 3.4 Trail	3.4
	May: Fuji Mountain 15K	9.3
	June: GP Relay Trail 5.3	5.3
	Oct: Doggie 5K	3.1
	Nov: Catalina Half	13.1
	Nov: Tucson XC 5K	3.1
	TOTAL	40.4

LAFR Challenge 2018 Most Miles TRAIL FINAL

only 1 race per distance per month counts

9	Patrice Salome	
	March: Deo Half Trail	13.1
	June: LAFR Ultra 15K	9.3
	Oct: Doggie 5K	3.1
	Nov: Catalina Half	13.1
	TOTAL	38.6
10	John Houser	
	Feb: Hwd Sign Trail 12K	7.5
	March: Deo Half Trail	13.1
	June: LAFR 5K	3.1
	June: GP 8K	5.0
	Aug: Luau 5K	3.1
	Oct: Doggie 5K	3.1
	TOTAL	34.9
11	Danny O'Hara	
	Feb: SOB Full	26.2
	TOTAL	26.2
12	Brian Dunbar	
	March: Deo Half Trail	13.1
	June: LAFR 10K	6.2
	Nov: Catalina 10K	6.2
	TOTAL	25.5
13	Mike Carbuto	
	March: Deo 5K Trail	3.1
	April: Bare Burro 5K	3.1
	May: Verdugo 10K	6.2
	June: LAFR Ultra 15K	9.3
	Oct: Doggie 5K	3.1
	TOTAL	24.8
14	Eddie Flores	
	March: Deo 5K Trail	3.1
	June: GP Relay Trail 5.3	5.3
	Oct: Doggie 5K	3.1
	Nov: Catalina Half	13.1
	TOTAL	24.6
15	John McGuinness	
	June: LAFR Ultra 15K	9.3
	July: Pas Trail 12K	7.5
	Oct: Doggie 5K	3.1
	TOTAL	19.9
16	David Grudzien	
	April: Bare Burro 5K	3.1
	June: Minooka Park 5K	3.1
	Oct: Zachariah's Half	13.1
	TOTAL	19.3
	Raul Borja	
	March: Deo Half Trail	13.1
	June: LAFR 10K	6.2
	TOTAL	19.3
	Dan Vu	
	June: LAFR 10K	6.2
	Nov: Catalina Half	13.1
	TOTAL	19.3

LAFR Challenge 2018 Most Miles TRAIL FINAL

only 1 race per distance per month counts

19	Mario Mota	
	March: Deo 10K Trail	6.2
	June: LAFR Ultra 15K	9.3
	Oct: Doggie 5K	3.1
	TOTAL	18.6
20	Mark Johnson	
	March: Deo Half Trail	13.1
	June: GP Relay Trail 5.3	5.3
	TOTAL	18.4
21	Reg Willson	
	April: Bare Burro 5K	3.1
	April: Arroyo Seco 3.4 Trail	3.4
	June: GP Relay Trail 5.3	5.3
	June: LAFR 5K	3.1
	Oct: Doggie 5K	3.1
	TOTAL	18.0
22	Bill Austin	
	March: Deo 5K Trail	3.1
	June: LAFR Ultra 15K	9.3
	Oct: Doggie 5K	3.1
	TOTAL	15.5
	Jim Martinez	
	March: Deo 5K Trail	3.1
	June: LAFR 5K	3.1
	Oct: Doggie 5K	3.1
	Nov: Catalina 10K	6.2
	TOTAL	15.5
24	Richard Nelson	
	March: Deo 5K Trail	3.1
	June: LAFR Ultra 15K	9.3
	TOTAL	12.4
	Rick Allison	
	March: Deo 10K Trail	6.2
	June: LAFR 10K	6.2
	TOTAL	12.4
	Marcelino Goncalves	
	June: LAFR Ultra 15K	9.3
	Oct: Doggie 5K	3.1
	TOTAL	12.4
	Martin Carlson	
	June: LAFR Ultra 15K	9.3
	Oct: Doggie 5K	3.1
	TOTAL	12.4
	John Miles	
	June: LAFR Ultra 15K	9.3
	Oct: Doggie 5K	3.1
	TOTAL	12.4
	Rudy Van Graan	
	June: LAFR Ultra 15K	9.3
	Oct: Doggie 5K	3.1
	TOTAL	12.4
	Bill Walsky	
	March: Deo 10K Trail	6.2
	June: LAFR 5K	3.1
	Oct: Doggie 5K	3.1
	TOTAL	12.4

LAFR Challenge 2018 Most Miles TRAIL FINAL

only 1 race per distance per month counts

	Eric Eisenbrey	
	June: LAFR 5K	3.1
	Oct: Doggie 5K	3.1
	Nov: Catalina 10K	6.2
	TOTAL	12.4
32	Alexander Bazley	
	March: Deo 10K Trail	6.2
	July: Pas Trail 6K	3.7
	TOTAL	9.9
33	John Heilman	
	June: LAFR Ultra 15K	9.3
	TOTAL	9.3
	Henri Faucher	
	March: Deo 10K Trail	6.2
	June: LAFR 5K	3.1
	TOTAL	9.3
	Doug Jones	
	June: LAFR 10K	6.2
	Oct: Doggie 5K	3.1
	TOTAL	9.3
	John Kawaharada	
	March: Deo 10K Trail	6.2
	Oct: Doggie 5K	3.1
	TOTAL	9.3
	Albert Giang	
	June: LAFR 5K	3.1
	Nov: Catalina 10K	6.2
	TOTAL	9.3
	Richard West	
	Oct: Doggie 5K	3.1
	Nov: Catalina 10K	6.2
	TOTAL	9.3
39	Lacey Howcroft	
	March: Deo 5K Trail	3.1
	Oct: Doggie 5K	3.1
	TOTAL	6.2
	Paul Morrell	
	June: LAFR 10K	6.2
	TOTAL	6.2
	Scott Whiteleather	
	June: LAFR 10K	6.2
	TOTAL	6.2
	Patrick Conner	
	June: LAFR 10K	6.2
	TOTAL	6.2
	Jeff Masino	
	March: Deo 10K Trail	6.2
	TOTAL	6.2
	Samuel Richman	
	June: LAFR 10K	6.2
	TOTAL	6.2
	Bruce Bair	
	June: LAFR 10K	6.2
	TOTAL	6.2

LAFR Challenge 2018 Most Miles TRAIL FINAL

only 1 race per distance per month counts

	Rob Chen	
	June: LAFR 10K	6.2
	TOTAL	6.2
	Kevin Shiramizu	
	Nov: Catalina 10K	6.2
	TOTAL	6.2
48	Bernie Tan	
	June: GP Relay Trail 5.3	5.3
	TOTAL	5.3
49	Ryan Timmreck	
	April: Bare Burro 5K	3.1
	TOTAL	3.1
	Zack Whitley	
	April: Bare Burro 5K	3.1
	TOTAL	3.1
	Chris Tapper	
	April: Bare Burro 5K	3.1
	TOTAL	3.1
	Mickey Caruso	
	June: LAFR 5K	3.1
	TOTAL	3.1
	David Gonzalez	
	June: LAFR 5K	3.1
	TOTAL	3.1
	Rick Hetzel	
	June: LAFR 5K	3.1
	TOTAL	3.1
	Allyne Winderman	
	June: LAFR 5K	3.1
	TOTAL	3.1
	Jason Coleman	
	June: LAFR 5K	3.1
	TOTAL	3.1
	Mark Grumet	
	June: LAFR 5K	3.1
	TOTAL	3.1
	Margie Gonzales	
	June: LAFR 5K	3.1
	TOTAL	3.1
	Carlos Carranza	
	June: LAFR 5K	3.1
	TOTAL	3.1
	Bill Winkelmann	
	June: LAFR 5K	3.1
	TOTAL	3.1
	Brian Eggert	
	June: LAFR 5K	3.1
	TOTAL	3.1
	Nicole Oouvray	
	June: LAFR 5K	3.1
	TOTAL	3.1
	Amy Ross	
	June: LAFR 5K	3.1
	TOTAL	3.1

LAFR Challenge 2018 Most Miles TRAIL FINAL

only 1 race per distance per month counts

David Dassey		
	June: LAFR 5K	3.1
	TOTAL	3.1
Connie Hammen		
	June: LAFR 5K	3.1
	TOTAL	3.1
Mike Heredia		
	April: Bare Burro 5K	3.1
	TOTAL	3.1
Patrick Owen		
	Oct: Doggie 5K	3.1
	TOTAL	3.1
Gabriel Cooper		
	Oct: Doggie 5K	3.1
	TOTAL	3.1
William Fang		
	Oct: Doggie 5K	3.1
	TOTAL	3.1
Eric Fischer		
	Oct: Doggie 5K	3.1
	TOTAL	3.1
Frank Knies		
	Oct: Doggie 5K	3.1
	TOTAL	3.1
Rina Shiramizu		
	Oct: Doggie 5K	3.1
	TOTAL	3.1