

LA FRONTRUNNERS

Newsletter

March 2013

LA Marathon Mania!



Above: John, Mark & Eric pass our water stop
Left: the LAFR water stop crew



Captain Carl pouring H2O

It was with trepidation as we saw record heat early in marathon week. With less than 7 days away, each LAFR was prepping for the marathon their own way. Some prayed to the gods of Nike and Asics; some concentrated on tapering; and others were ready to brave the heat.

But the first sign of a welcome turnaround in the mercury happened on Saturday morning, as what seemed like June Gloom blanketed Glassell Park. Chef Jason Bautista prepared a tasty pancake breakfast to get the runners and water station volunteers ready for the big day.

The runners were rewarded with perfect race weather. We had three LAFRs run sub 3 hours: Carlos Vizcarra, Mark Johnson, and Eric Alvarez. Read on for more LA Marathon & LAFR recap.



Mike training Rina to be the next generation of volunteers

In this Issue

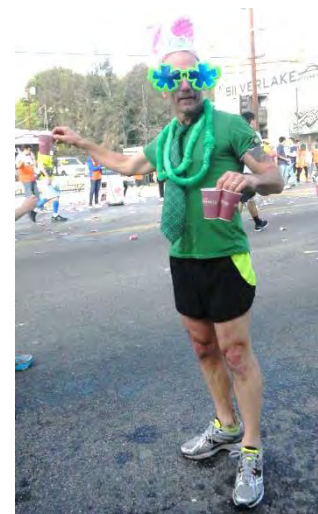
Tons of stuff and pictures. Just read the whole thing already!



Piyush passes our water stop



Patricia, Amy & Connie handing out water



Mike Carbuto blending St. Patrick and Marathon

The Marathon



Deo en route to finishing 2nd OA in the RaceWalk division

Marathon Sunday saw many outstanding performances by LAFRs. Carlos Vizcarra led our troop of runners, finishing in 2:48:39. Coach Mark Johnson (2:56:53) and Eric Alvarez (2:57:48) also came in under 3 hours. This was Eric's first marathon and he and Mark just missed the medals in the 45-49 age group, placing 4th and 5th.

Deo and Juan Moreno continued the LAFR dominance of the RaceWalk division of the LA Marathon, placing 2nd and 3rd overall. Several runners ran PRs, including Piyush Prakash, who ran strong and even from start to finish in 3:23:17.

Congratulations to all the LAFR finishers!



Carlos was the fastest LAFR, placing 52nd OA in 2:48:39



Job well done: Eric, David, Mark & Piyush after the race



Finisher's medal



John McGuinness ran 3:06:16 in prep for the Boston Marathon



Piyush & Eric heading home from Sean & Allen's for some well deserved rest



Angus, Piyush & David at the start line

Pancake Breakfast

Instead of the usual Griffith Park run, the club moved the Saturday venue to Glassell Park. Chef Jason Bautista made pancakes for about 25 people. The gathering was just a way for the club to wish its dozen or so runners a successful marathon the next day. Bruce Bair led the group on a run that jugged into Occidental College in neighboring Eagle Rock.



Chef Jason

It became apparent we had more than enough food. Coincidentally, a group of local senior citizens were holding a silent-auction fundraiser next door. And it was brunch hours. Naturally we invited the seniors to join us for the food. It was very sweet that we were able to share our abundance. And we collected toiletries at the breakfast for the district office of Eric Garcetti.



Happy eaters at the pancake breakfast

Post Race Party

As was the case for the past several years, Sean and Allen opened their home to host the post marathon party for the runners and the water station volunteers. The first wave of people showed up just before 11, before any food was ready! Apparently the runners had all passed the Mile 7 Water Stop already. Fortunately, William and Anthony rushed there to put out burgers, salads, and fruits - just what the runners ordered.

We then dawdled the next few hours, monitoring the LAFR runners via the internet. Angus posted each finish time as it became available. The crowd burst into applause as a group of runners finally arrived. While most were walking gingerly, all were elated for accomplishing a feat as grueling as running 26.2 miles. The party wound down by 3, but the euphoria is sure to last longer.



William and Anthony, the food preparers

Mile 7 Aid Station

If you decided not to wake up early and report for 5:30 AM duty at the Mile 7 Aid Station, you missed out on a good time. Led by the strong arms of Captain Carl Maravilla, a lively group of Frontrunners congregated at Sunset and Vendome in Silver Lake before sunrise to set up the best aid station along the marathon route.



Above: Ross, Richard, John & Yumi

Fueled by coffee, hot chocolate and doughnuts, and adorned in festive St. Patrick's Day head pieces and hats, we set up our station with the skill and precision that would have made Martha proud. Like busy bees, just buzzing away like no one should at such an early hour (unless you were still coming down from the night before), we honeycombed our cups of water and Altima/sports drink/electrolytes/"yuck", and stacked them 3 stories high. Ready well ahead of schedule, we eagerly awaited the arrival of our racers, and ate the rest of the doughnuts.



Patrick hands out our St. Pat's gear



There were loads of eye candy--so much that we were worried that Reg (left) was going to throw his neck out, or just trip on something. But none were sweeter than our own LA Frontrunners. Congratulations to all of our marathoners, and thank you to all of our volunteers.

LAFR BIRTHDAY BOYS AND GIRLS

3/19	Areana Tate		
3/20	Brian Dunbar		
3/20	Jonathan Toker		
3/26	Brad Maury		
3/29	Henry Warren		
3/30	Sue Roth		
3/30	Allen Posten		
4/3	Conni Montgomery		
4/4	Marty Freedman		
4/5	Jason Bautista		
4/10	Seth Diamond	4/20	Stewart Gonshorek
4/11	Eric Blakely	4/20	George Takei
4/14	Jessica Seaton	4/23	Ryan Timmreck
4/15	Ken Wilson	4/26	Will Crawford
4/16	Michael Whitehead	4/27	Bill Austin
4/16	Ted Wyder	4/28	Amy Ross



Deo with his birthday meal

WELCOME NEW MEMBERS!

Aaron Rothbart	Norman Dixon
Daniel Mullen	Rudolph Van Graan
Jared Eros	

Los Angeles Fronrunners

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Angus Kennedy, *president*
 Patrick Owen, *vp*
 William Fang, *treasurer*
 Bruce Bair, *secretary*
 David Dassey, *dir-at-large*
 Geoff Buck, *dir-at-large*
 Regina Robinson, *dir-at-large*
 Ross Lamkin, *dir-at-large*
 John Kawaharada, *dir-at-large*
 Margie Gonzales, *dir-at-large*
 Sean O'Brien, *dir-at-large*

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

Los Angeles Fronrunners Monthly Treasurer's Report for March 2013

Balance on 2013 Jan 31	\$ 6,720.71
Balance on 2013 Mar 11	\$ 9,653.45
Net change	\$ 2,932.74

Club Events	Expense	Revenue	Net
Annual Banquet	\$ (829.20)	\$ 3,295.00	\$ 2,465.80
Catalina Downpayment	\$ (400.00)	\$ -	\$ (400.00)
Pride Run Advertisement	\$ (60.00)	\$ -	\$ (60.00)

Membership

Membership Dues	\$ -	\$ 2,770.00	\$ 2,770.00
Member Donation	\$ -	\$ 300.00	\$ 300.00
Uniform Purchase	\$ -	\$ 99.00	\$ 99.00

Operational

CA Tax filing	\$ (136.00)	\$ -	\$ (136.00)
Communication	\$ (148.39)	\$ -	\$ (148.39)
Insurance	\$ (1,256.00)	\$ -	\$ (1,256.00)
Paypal	\$ (202.67)	\$ -	\$ (202.67)
Storage	\$ (388.00)	\$ -	\$ (388.00)
Mailbox	\$ (36.00)	\$ -	\$ (36.00)
IFR Membership	\$ (75.00)	\$ -	\$ (75.00)

Totals	\$ (3,531.26)	\$ 6,464.00	\$ 2,932.74
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From the Treasurer: The club's finance is in healthy shape. However, we did end 2012 will a small deficit of about \$700. In general, the club dues cover about \$3,200 of the annual \$9,000 expenses. Pride Run generates the largest revenue, at about \$10,000. And it is split 50/50 with \$5,000 to charities and \$5,000 to cover expenses. Our scholarships of \$1,500 has been self-financed through Hamburger Mary fund-raising.

LAFR Board Meeting March 9, 2013

Postponed from March 2 due to scheduling conflict

The following items were discussed:

1. Finances – See above monthly Treasurer's report
2. Hamburger Mary Bingo – Scheduled for 2013-09-22 6PM; will need to assemble prizes and auction items
3. Upcoming events – Soup-off, LA Marathon
4. Newsletter – Memorial issue for Barry Norcross, March newsletter to come out after marathon
5. Uniforms – Margie researched, Angus purchased samples
6. Pride Run 2013 – Discussed chip timing, need to raise fund, decided Project 10 will be a beneficiary
7. Club Management Software – Bruce, Angus, William will for a subcommittee on this
8. Next meeting on April 13 at Patrick's

Have a cute dog? Cat? Turtle?

We're publishing pictures of LAFR animal friends for April. Do you have pictures of your 2-, 3-, 4-, or no-legged friends? Email us and share with the club!

A Day in the San Gabriels



Runners fording a narrow stream on the Shortcut Pass Trail

The rugged San Gabriel Mountains northeast of Pasadena are part of the Transverse Range of Southern California. This large chain also includes Big Bear Lake, the Santa Monica Mountains, the Channel Islands, and the Los Padres National Forest. Ultra runners often use the term AC100 in association with the San Gabriels. Angeles Crest 100 is one of the toughest ultra marathons in the nation.

Ross, L Jim S, John K, Sean O, William F

LAFR's long runs often take you to this region. Scenic runs in the San Gabriels: Brown Mountain, Mt Wilson Toll Road, Mt Wilson Trail, Chantry Flat, and Monrovia Canyon.



The cardinal rules on long runs are: Start a run only if you can finish and always make sure everyone is accounted for every 3 or 5 miles. Check out the few photos posted here from a March 2 run. If the beauty awes you, then come out and join others of us who also find these views breathtaking and irresistible.



Looking eastward from the Rincon Red Box Trail. Sean in the lead in yellow. Now you see why we sing the phrase "purple mountain majesty"?

Notes from the Back of the Pack

By Bill Walsky



Spring marathon season has arrived and LAFR runners turn their attention to the Holy Grail of 26.2, Boston. So what makes Beantown so special? Maybe because you have to qualify to run it, or because of its history and its link to the time a century ago during the "first" marathon boom.

In his book "Showdown at Shepherd's Bush" journalist David Davis takes the reader back to the years leading up to the 1908 London Olympics. He tells the story through the lives of three runners; Italian baker Dorando Pietri, New York subway tunnel digger Johnny Hayes and Canadian Indian Tom Longboat. All three came from humble backgrounds and were ill prepared for the celebrity the Olympic race would bring them.

On a hot day they took off at 2:30 in the afternoon on a course that offered only four water stops, a journey that would take them from Windsor Castle to the finish line in the Olympic Stadium. The initial winner crossed the finish line in 2:54:46 and was declared the winner despite collapsing on the track several times and needing assistance to finish. After a formal protest the second place runner was named the winner the next day. The London newspapers had a field day. The controversy reached across the Atlantic to the United States and caught the attention of promoters. They quickly signed the best runners to a series of match races.

In the fall of 1908, in sold out smokey arenas and baseball stadiums, the Olympic runners ran multiple races winning as much as \$4,000 per victory. Marathoning had become a popular spectator sport. The three featured runners enjoyed fame in their respective countries and marathons popped up in many cities, including Toronto, Los Angeles, Buffalo and Minneapolis. The boom ended with the start of World War I.

After the war American's attention turned to other sports. In the depression era, marathoning became more synonymous with six day bicycle races and dance contests than running. The Boston Marathon was one of the few races to persevere.

Author Davis follows his three runners long after the spotlight has left them. He takes us through the rebirth of distance running as more than a cult sport with Frank
(continued bottom of next page)

Inaugural LAFR Soup-Off



Soup with Meat Winners:

- 1st Bernie Tan – Albondigas: beef/chorizo meatballs simmered in chicken and tomato broth with carrots, celery, cabbage, zucchini
- 2nd Anthony Chan – Corn chowder with ham and egg flower, sprinkled with cilantro
- 3rd William Fang – Chicken soup with tomato and onion



Soup No Meat Winners:

- 1st Reg Willson – Curried Butternut Squash with garlic, onion, fresh ginger, curry, cilantro, and coconut milk
- 2nd Albert Giang – Sunchoke (Jerusalem artichoke) bisque with hazelnut oil
- 3rd Ross Lamkin – Vegan Roasted Sweet Potato Soup



Best In Show (Soup Queen) Winners:

- 1st Bernie Tan – Albondigas soup
- 2nd Patrick Owen – Chocolate soup with cookie dough and Granny Smith apple croutons for dipping
- 3rd Reg Willson – Curried Butternut Squash

It was a pleasantly warm Sunday afternoon on March 10 at the home of Rob Chen. LAFR held its inaugural “Soup-Off”, where 9 chefs showcased their tasty creations. 35 or so LAFRs came and had a jolly time on Rob’s hilltop terrace. Bernie Tan emerged as the first Soup Queen with his Albondigas soup (also winning the soup with meat category). “Soup No Meat” winner Reg revealed after his crowning that his soup is a recipe from Don Thompson himself. Patrick surprised the crowd to grab 2nd in “Best-in-Show” with his chocolate soup (isn’t that just fondue?). But any whiff of controversy was silenced after you dipped the apples or cookie dough bits in the soup. Host Rob brought a bag of squid strands, a snack common in Asia, but less so in the US. Richard Peng used his charms to try to get others to dip the squid strands in the chocolate, but alas, no one was up for that gastronomic challenge. Ross gave the most philosophical quote: “For me, soup is a lot like life: You get out of it what you put into it.”



Bernie & Patrick pose for their official portrait



Phil, Yumi & Bernie



The truth behind the crown

(“Walsky” continued from page 9)

Shorter’s victory in the 1972 Munich Olympics and contrasts the use of strychnine as the performance enhancer of choice one hundred years ago with the designer drugs of today.

The book is a lively read and guaranteed to add to any readers appreciation for the sport of running and its rich history. And for any of you heading to Boston for the coming race, don’t forget to tip your cap at 24.5 miles; for that’s where your race would have ended but for the insistence of the Princess of Wales to have the race start at Windsor Castle. The Boston Marathon formally adopted the 26.2 distance in 1924.



Spoon in mouth, Jeff Masino is ready to taste

Amy Ross Named President Elect of USCAA Board of Governors



Last week, the USC Alumni Association announced that Amy Ross will be the new President Elect of the USCAA Board of Governors (BOG). The BOG is the governing body of all USCAA alumni groups and Amy begins her official capacity as President Elect in July 2013. She will then become the first openly LGBT BOG President in July 2014. After completing her year-long term, Amy is slated to serve 5 years on the USC Board of Trustees, the governing body of USC.

Amy co-founded USC Lambda in 1992 and has served three years as USC Lambda's President. Amy co-chaired USC Lambda's 20th Anniversary Campaign, which surpassed its goal of \$250,000- breaking \$400,000.



You helped to found Lambda 20 years ago. How has Lambda changed in the last two decades? How has USC changed?

It has been gratifying to see Lambda grow from a grass-roots alumni organization of a few dozen people into the accomplished, diverse group we are today. We have gone from paying for the newsletters out-of-pocket to reaching a milestone of successfully raising over \$400,000 in our 20th Anniversary Campaign. We continue to increase the number of scholarships we offer; while our events, most notably Lavender Commencement and The Don Thompson LGBT Film Festival, are viewed as signature alumni events by USC.

USC has grown immensely over the past 20 years in embracing the LGBT community. There were very few out faculty, staff, and students in 1992. We received some very negative comments from alumni in the Trojan Family Magazine following our inaugural event. However, by publishing those comments, along with a letter from the late Dr. Doug Elliott, proud Lambda member and fourth generation Trojan, the university community came to accept us, and now treasures us. Today, USC has a very impressive number of out faculty, senior administrators, staff, and students. We consistently rank as one of the top universities in LGBT awareness, acceptance, and programming.

You have endowed a scholarship for students with an interest in LGBT health. What inspired you to create this scholarship?

My own experiences in the health care system as an out lesbian in the late 1970's and early 80's was eye-opening. All women were assumed to be heterosexual. When you told most physicians/nurses that you were gay, they became uncomfortable and had no idea that lesbian women have different health issues from our non-lesbian sisters. There was also no teaching of LGBT health issues

at that time. There was so much ignorance, that when AIDS first became a diagnosable disease in 1982, most people assumed that you "got it" just by being gay, and that lesbians must be AIDS carriers, too. I was even interviewed by the LA Times Medical Journalist in 1983 in a piece entitled "Lesbians and AIDS" in an effort to debunk that myth.

So, when it became financially feasible, it was my first mission to endow a scholarship, which is now expanded to all LGBT health issues, to give back to my wonderful alma mater. USC provided me with the academic foundation to have a wonderful career. It is my honor and privilege to give back to USC.

You received a Ph.D. in clinical pathology from USC. Can you please explain what this field is?

Most people who work in pathology have an MD degree or a combined MD/Ph.D. In the early 1980's, only a few schools offered an exclusive Ph.D. in Experimental Pathology. We took about 60% of the medical school curriculum in addition to graduate courses, extensive lab work, and a dissertation. In contrast to MD pathologists who diagnose conditions, perform biopsies, do autopsies, etc., experimental pathologists work in developing the assays and tests that are used clinically. So, my work focused on developing laboratory tests and assay kits that detect tumor cells in the blood and bone marrow of patients with breast, prostate, colon, and lung cancers. I always loved the mystery of disease, but really hated seeing people suffer. So, this field of medical science suited me perfectly!

What was your dissertation?

Ok, you asked: "Ultrastructural Immunocytochemistry of Cellular, Viral, and Plasma-Derived Antigens in Normal and Pathological Central Nervous System Tissues." Essentially, I developed a method of identifying viruses

continued on next page

Amy Ross continued

and abnormal proteins using very small gold particles tagged to monoclonal antibodies on tissues prepared for electron microscopic evaluation. And remember, computers were in their infancy in 1986, so we had to pay "Dissertation Typists" to type the whole thing! I'm sure I gave mine fits with all those long words!

We learned you are also a member of Roadrunners, an LGBT running club. Can you let us know a little bit about your involvement with this group?

Actually, the name of the group is Los Angeles Frontrunners. I joined "LAFR" one year after its inception, in 1981. I've been running with them ever since, and have completed nine marathons, lots of half marathons, and too many 5 and 10K races to count. I also have had the privilege of serving on their Board of Directors, as Vice President, and as the only woman President in the mid-80's.

It was through LAFR, that the Don Thompson Scholarship and the Don Thompson LGBT Film Festival came to be. Don was a past LAFR President, avid runner, and the Chief Curator of the film archives at the USC School of Cinematic Arts Library. We chose to honor Don with a named scholarship for all his contributions to cinematic arts.

What was your fondest USC experience?

I seem to have a new one every week! I am always so amazed by the fabulous students I meet through my role on the Board of Governors. I particularly enjoy hosting a "Trojan Supper" at my home every year and meeting students from all over the world who are proud to call themselves Trojans.

What does it mean for you to be a part of the Trojan family?

It means having a never-ending network of family. Whether we are University Park or Health Science Campus students, faculty, staff or alumni, from Los Angeles or Laos, we all share a bond that truly is "life-long and world-wide."

Any words of advice for current students who might be interested to go into your field?

Be flexible! I always encourage students who are interest in the medical sciences that there are additional career paths to explore. For me, being able to be involved in medical research and help people without practicing clinical medicine was the best. And, as is the case with any career endeavor, persevere and never lose your sense of humor.

More Pix



Telling war stories post marathon



David, Piyush & Eric post marathon



March 2 LAFR and friends at White Saddle, above Monrovia, with Mount Baldy in the background - (left to right) Carl, Jeff, Dom, William, Andrew, Ross, Jesse, Keira, John, Katie, Mike, Sean and canine friends Maddie and Arlington

Race Results

New Year's Resolution 5K

Long Beach, CA 1/12

Carlos Vizcarra..... 17:10 2nd OA
1st 35-39

Death Valley Full

Death Valley, CA 2/2

William Korthof..... 3:18:09 2nd 30-34

Buzz Marathon (Grand Prix)

San Miguel, CA 2/16

Half

Rex Boone..... 2:12:53 1st 45-49

Full

David Dassey..... 4:31:53 2nd 60-64

Pasadena RnR Half

Pasadena, CA 2/17

Deo Jaravata..... 2:28:17 RW

Margie Gonzales..... 3:04:06

Mercedes-Benz Half

Birmingham, AL 2/17

David Grudzien..... 2:19:01

San Diego RaceWalk Festival

El Cajon, CA 2/17

1 Mile

Deo Jaravata..... 10:10

5000 Meters

Deo Jaravata..... 34:16

Bandit Trail Run (Grand Prix)

Simi Valley, CA 2/17

6K

Marilyn Jackson..... 1:48:10

Regina Robinson..... 1:48:10

30K

Andrew Wissmiller.. 4:09:46 1st 60-64

Mardi Gras Marathon

New Orleans, LA 2/24

Half

David Grudzien..... 2:13:48

Full

Deo Jaravata..... 4:00:57

Firecracker (Grand Prix)

Los Angeles, CA 2/24

5K

Albert Giang..... 23:19 PR

Bill Austin..... 24:58

Jim Martinez..... 27:53

Bill Winkelmann..... 28:32

Margie Gonzales..... 37:36

Mike Carbuto..... 37:52

10K

Carlos Vizcarra..... 36:53 2nd 35-39

William Fang..... 38:43 3rd 35-39

Bruce Bair..... 42:39 1st 45-49

Patrick Conner..... 50:57 PR

Richard Peng..... 51:23

Rex Boone..... 59:14

Bill Walsky..... 1:22:12

Margie Gonzales..... 1:26:15

Cat White..... 1:45:30

Keeley Webster..... 1:45:30

Donna Balinski..... 1:45:30 PR

LA Marathon (Grand Prix)

LA, CA 3/17

5K

Marilyn Jackson..... 1:18:44 RW

Regina Robinson..... 1:18:44 RW

Full

Carlos Vizcarra..... 2:48:39

Mark Johnson..... 2:56:53

Eric Alvarez..... 2:57:48 PR

John McGuinness... 3:06:16

Piyush Prakash..... 3:23:17 PR

William Korthof..... 3:33:46

Jon Wasser..... 4:10:23

Brian Dunbar..... 4:16:29 PR

David Dassey..... 4:29:54

Deo Jaravata..... 5:20:01 2nd OA RW

Mike Smith..... 5:20:05

Juan Moreno..... 5:28:46 3rd OA RW

Doug Jones..... 5:56:09 PR

Bill Walsky..... 6:27:37 PR

Below: Sean, Ross & John K on the top of Mt. Baldy during the long run on 3/16



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



Grand Prix & Half Challenge Standings as of 3/18

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
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MALE

1. Eric Alvarez	1	82.59
2. Richard Nelson	1	82.10
3. Mark Johnson	2	81.27
4. Carlos Vizcarra	4	79.98
5. Moises Medina	2	72.70
6. Reg Willson	1	71.89
7. William Fang	1	71.78
8. John McGuinness	3	71.22
9. Mike Kerkman	1	70.86
10. Bruce Bair	1	69.73

FEMALE

1. Margie Gonzales	4	48.04
2. Regina Robinson	2	26.96
3. Marilyn Jackson	1	17.58

RACEWALK

1. Juan Moreno	1	63.21
2. Deo Jaravata	4	62.02
3. Keeley Webster	1	41.30
4. Cat White	1	40.99
5. Donna Balinski	1	40.33
6. Regina Robinson	1	27.16
7. Marilyn Jackson	1	26.95

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
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1. Jonathan Toker	1	116.06
2. Sean O'Brien	1	110.08
3. Ross Lamkin	1	77.17
4. Andrew Wissmiller	1	76.82
5. Deo Jaravata	1	67.60
6. Regina Robinson	1	32.74
7. Marilyn Jackson	1	32.58

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

AGE GROUP MEN

Division	Races	Points
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Male 20-29

1. Piyush Prakash	1	140
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Male 30-34

1. Mike Kerkman	1	145
2. Patrick Conner	1	130
3. William Korthof	1	110

Male 35-39

1. John McGuinness	2	230
2. Carlos Vizcarra	2	225
3. Jonathan Toker	1	150
4. William Fang	1	125
5. Albert Giang	1	100

Male 40-44

1. Bernie Tan	2	245
Moises Medina	2	245
3. Mike Smith	2	200
4. Ross Lamkin	1	120
5. Richard Peng	1	110

Male 45-49

1. Angus Kennedy	3	355
2. Deo Jaravata	3	280
3. Mark Johnson	2	255
4. Rex Boone	2	235
5. Eric Alvarez	1	130

Male 50-54

1. Brian Dunbar	2	230
2. Sean O'Brien	1	135
Reg Willson	1	135

Male 55-59

1. Doug Jones	2	260
2. Bill Austin	1	110
3. Jim Martinez	1	100

Male 60+

1. David Dassey	2	255
2. Bill Walsky	2	210
3. Andrew Wissmiller	1	125
4. Bill Winkelmann	1	110
5. Mike Carbutto	1	90

AGE GROUP WOMEN

Division	Races	Points
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Female 40-49

1. Regina Robinson	3	330
2. Marilyn Jackson	2	220
3. Keeley Webster	1	100
Donna Balinski	1	100
5. Cat White	1	90

Female 50-59

1. Margie Gonzales	3	330
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13.1 CHALLENGE



Most

Name	Amount
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1. Margie Gonzales	5
David Grudzien	5
3. Deo Jaravata	3
4. John McGuinness	2
Doug Jones	2
6. Carlos Vizcarra	1
Richard Nelson	1
Angus Kennedy	1
Mark DeAngelis	1
Jonathan Toker	1
Rex Boone	1

Fastest Men

Name	Time	Race
1. Carlos Vizcarra	1:18:38	Surf City
2. John McGuinness	1:30:16	Surf City
3. Jonathan Toker	1:35:23	Boney Mtn
4. Richard Nelson	1:38:12	P. Springs
5. Angus Kennedy	1:40:31	New Years
6. Deo Jaravata	1:44:39	SoCal
7. Mark DeAngelis	1:58:11	P. Springs
8. Rex Boone	2:12:53	Buzz Half
9. David Grudzien	2:20:04	Disney
10. Doug Jones	2:58:04	Surf City

Fastest Women

Name	Time	Race
1. Margie Gonzales	2:56:58	Honkers



Angus & Jeff Masino cheering on runners at the LA Marathon



Barry Norcross Memorial Service

Saturday, April 13, 2013
10 AM

St. Thomas the Apostle Church
7501 Hollywood Blvd.
Los Angeles 90046

NW corner of Gardner and Hollywood
In lieu of flowers, donations can be made to St. Thomas the Apostle, marked "Barry Norcross Memorial" or "The Breakfast Club"



Potluck

April 11 - Pasadena, at the home of Eric Blakely, details to follow via email

April 17 - Griffith Park, on the picnic tables at the ranger's office

Santa Monica potlucks will start up in June, ask Bruce...

Tuesday Fun Run returns to Griffith Park

Starting **April 2**, we'll meet at 6:30 PM by the flag pole, where the weekly Saturday run takes place. The monthly potlucks will be at the picnic tables by the ranger's office across the street.



The meeting place for our Tuesday night run starting April 2



Santa Cruz Island

On the weekend of **May 11-12** a trip to Santa Cruz Island off the coast of Ventura is planned, to run the beautiful trails led by Sean O'Brien (consider yourself warned). The options of a day trip or overnight camping are available. Stay tuned for further details via email.

Making new friends



Grand Prix Races

Full schedule @ www.lafronrunners.com



- Saturday, 3/23 in Agoura Hills
Chesebro Half Marathon
www.greatraceofagoura.org
- Saturday, 4/6 in Hollywood
Hollywood Half Marathon
www.hollywoodhalfmarathon.com

- Sunday, 4/21 in Colton
Bare Burro Tail 5K
<http://olivedellranch.com/bburro.htm>
- Sunday, 4/28 in Encino
Victory for Victims
www.w2promotions.com

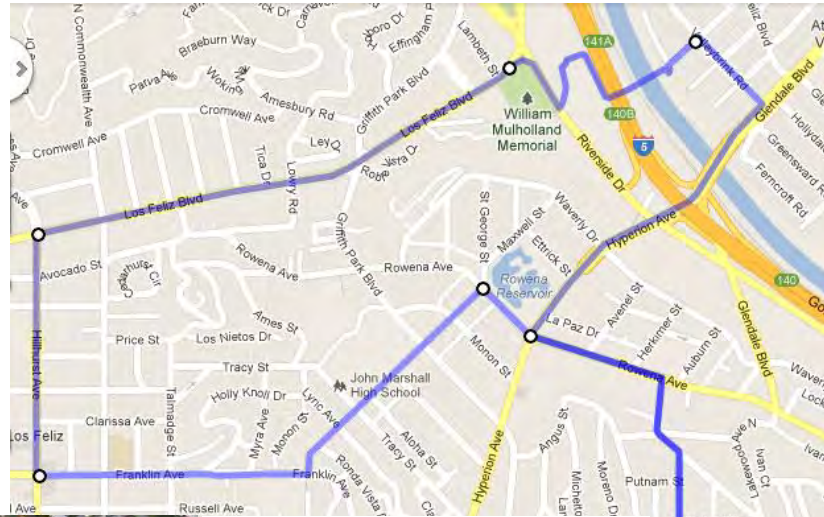
Gazing into the future...

- May 18** - Long Beach Pride
- June 7, 8, 9** - LA Pride
- June 9** - LAFR Pride Run
- September 22** - Bingo Night, Hamburger Mary's
- September 28** - Big Sur Trip, Trail Marathon
- November 9** - Catalina Trip, Eco-Marathon

Spotlight on Roads: The (Evolved) Seven Bridges of Silver Lake

Silver Lake is a picturesque neighborhood nestled in northeast LA. In the middle is the ever serene Silver Lake Reservoir. The club's Tuesday night run meets at the Silver Lake Recreation Center from October to March. A safe and enjoyable run is the lap around the reservoir, which is a 2.2 mile run with moderate elevation gain. For the more adventurous, there is the "Seven Bridges Run". The route is on the map to the right. The distance is 6.9 miles and we always run counter-clockwise in the loopy portion.

The section between Sunnynook Dr and Riverside Dr is pedestrian only and weaves through tennis courts and parking lots. This run is not for the faint of heart. Car traffic is daunting around the 5 freeway, the sidewalk is treacherous on Los Feliz Blvd, and pedestrian traffic is heavy on Hillhurst Ave. Even the pedestrian bridge over the LA River is rickety and seems like it could give way, although it never has. It's like an obstacle course.



So why do we run the "Seven Bridges"? My (William Fang's) reason is this run is an authentic cross-section of Los Angeles. Just where are the 7 bridges? I point out 6 bridges in the satellite view to the left:

1. Waverly Dr over Hyperion Ave
2. Hyperion Ave over Riverside Dr
3. Hyperion Ave over 5 Freeway
4. Hyperion Ave over LA River
5. Pedestrian bridge over LA River
6. Pedestrian bridge over 5 Freeway

The 7th bridge is the Franklin bridge (near Franklin Ave and St George St) over the grounds of the Lycee International (French School). An abridged version of this run, erroneously called the "5 Bridges Run", cuts out the 7th bridge by turning at Griffith Park Blvd. The distance for that run is 5.2 miles.



Discount Diva

Race	Race Date	Website	City	Code	Amount	Expires
Pasadena Duathlon	03/23/13	http://www.pasadenatriathlon.com/	Pasadena	smelltheroses	10%	
Pasadena 5k	03/23/13	http://www.pasadenatriathlon.com/	Pasadena	smelltheroses5k	10%	
Hollywood Half Marathon	04/06/13	www.hollywoodhalfmarathon.com	Hollywood	GEMINI	\$10	
Griffith Park Trail Half Marathon	04/13/13	http://griffithparktrailmarathon.com/	Los Angeles	RaceGrader	\$15	
Victory for Victims 5k/10k	04/28/13	http://www.active.com/running/encino-ca/victory-for-victims-5k-10k-walk-run-and-kids-fun-run-2013	Encino	V4V2013	\$5	
Safari Park Half Marathon	05/05/13	www.safariparkhalf.com	San Diego	LARUNNERS10	\$10	
Mountains2Beach Half or Full Marathon	05/26/13	http://www.mountains2beachmarathon.com/	Ojai to Ventura	lafr15	15%	
The Grapes of Rock	06/08/13	http://grapesofrock.com/index.php	Dry Creek Valley, Sonoma County	AXSLOWGRAPE	\$10	
New Year.s Race	01/04/14	http://www.newyearsrace.com/	Los Angeles	NYR2014	\$15 off Half \$5 off 5K	First 500 First 500

Chinatown Firecracker 5K/10K



William and Margie

On Feb 24, the races went off on a boisterous start with 12 strands of firecrackers. The two races had a combined headcount of over 5000 runners and about 15 LAFRs took part. The 5K is a flat loop skirting the southern end of Dodger Stadium. The 10K heads up on Broadway and turns northwest into Elysian Park. Runners then ascend about 350 feet, peaking at the top of Angeles Point Rd at the 2.5 mile point. Those with sturdy legs enjoy a long downhill stretch until a final flat stretch before the finish.



(back) Bill, Patrick, Margie, William, Richard, Albert
(front) Cat, Bruce, Jim, Keeley, Donna

Of course, since we were in Chinatown and most people finished around brunch time, we had to do dim-sum! So twelve of us hungry runners, now feeling guiltless to gobble down fine Cantonese cuisine, trotted over to Empress Pavilion. We munched down savory shrimp in rice noodle, scallop dumpling, shumai, and even chicken feet. Some enjoyed dim-sum more than others, but we all loved the running and the camaraderie.

Chinatown, Dodger Stadium, and Elysian Park are densely packed between freeways, busy streets, and train tracks. But on an early Sunday morning, one can weave together an interesting jaunt throughout these neighborhoods, which the Firecracker run accomplished.

Faking surprise at such exotic ingredients as shrimp and pork



Explainer: The Firecracker Run celebrates Lunar New Year, which typically falls on the second new moon after the winter solstice. This year that was on February 10.

Moonlight Run

The Moonlight Run had a chilly start on Feb 25. The cold probably deterred many people, but the 7 runners who participated saw a serene and solitary side of Griffith Park that eludes daylight. We met at the Mulholland Fountain and climbed up to the helicopter pad.



Snuggling to stay warm: Mark, Patrick, William, Phil, Sean Carl and Mike joined later on.

We then traced the foothills just above Commonwealth Canyon to the Greek Theatre. From there, we scaled a steep trail to the beautifully lit Griffith Observatory. At that point, most people returned down Vermont Canyon, but a few souls (Sean and William) journeyed onward to Mount Hollywood to catch a panoramic night view of the city, the valley, the mountain, and a bright winter moon.

Although the starting temperature was in the high 40's and the initial hill was strenuous, the views really were incomparable. The trails were surprisingly full of night time hikers...and hopping rabbits and hooting owls!



Mark, Sean, Carl, Phil, and Patrick near the helicopter pad. We weren't even sure the photo would turn out, but it did!

Silver Lake Potluck

February 19



(left) John, Patrick, Norman, (above) Henry, Richard, Henry, Mark, Kevin with Rina, Rob, Anthony, Ken, Dan, (half of) Ryan at Rusty's

What began as an informal backyard film festival at the home of Sean O'Brien and Allen Posten has blossomed into a full-fledged film festival hosted by the USC Lambda LGBT Alumni Association. Now in its sixth year, the "DTFF" has awarded seven scholarships to talented LGBT and allied student filmmakers at USC, all of whom are currently involved in producing and directing in the "real world." It is through the generosity of LAFR members who remember Don and his legacy to both our club and USC that this is possible.

This year's 6th Annual Don Thompson Film Festival took place on February 9 in the beautiful Roy Stark Family Theatre at USC. This annual event showcases the short films of USC students and alumni that are about, of interest to, or made by LGBT film makers. The submissions doubled from last year. Check out the USC Lambda LGBT Alumni Association website (<http://alumni.usc.edu/lambda>) for a listing of the winning films. While LAFR no longer organizes this event, the club maintains our ties through a \$500 donation and strong attendance by club members at the film festival. It's not too early to mark a reminder for yourself on your January 2014 calendar for the 7th annual event.

A past President and LAFR Board Member, Don served as Director of the photo archives at The USC Scholl of Cinematic Arts from 1997 until his passing in 2006. His passions in life were running, films, and his beloved Trojans. Thanks to LAFR and USC Lambda, Don's legacy is firmly established assisting student filmmakers with their educational pursuits.



Mark, Phil, and Gardner waiting for the screening to start.



Bill and Bill, Rob, Jane, and Keeley mingling among the crowd.



Bill Wink & Angus with Rob Lai, one of the first LAFR Presidents.



Jane, Connie, USC AA member Jaimie Weiner and Amy on the balcony.



Cat and Keeley registering.



Stewie, Connie, and Tim conversing in the lobby, where a silent auction was held.

Marathon Training: Yasso 800s

On Feb 17, Coach Johnson led us in a Yasso 800s workout. The workout was for everyone and several non-marathoners came along. Initially we hit a small roadblock when we found the original venue Marshall HS locked and deserted. Jeff Masino suggested Burbank HS and a short 15 minutes later we were back on track.

The theory behind Yasso 800s is that your time in minutes and seconds for a workout of 10 times 800 meters (two laps of the track) with equal recovery time is the same as the hours and minutes of your marathon time. For example, if you can run 10 times 800 meters

In 3:20 (minute:second), then this predicts that you can run 3:20 (hour:second) for your marathon. For half-marathoners, the conversion is 2x the half-marathon time + 10. So if you aim for a 1:40 time, your 800 time should be 3:30. Usually the first 800 is deceptively easy and the sixth 800 is surprisingly harder. *Beautiful downtown Burbank.*

About 15 people showed up and the times ranged from 2:55 to 4:00. The club supplied Gatorade, which we greatly needed. While LAFR rarely hosts track workouts, many of our members do train with other track clubs. Please email laftronrunners@gmail.com for more info.

