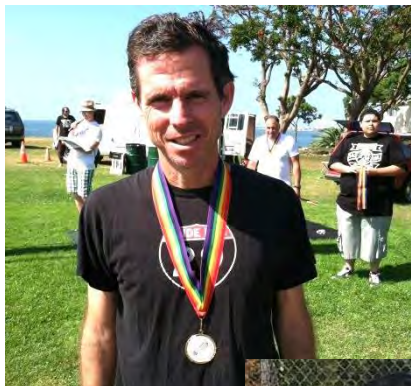


LAFR Champs!

FIVE Frontrunners won local races over the past 2 months

March 2015

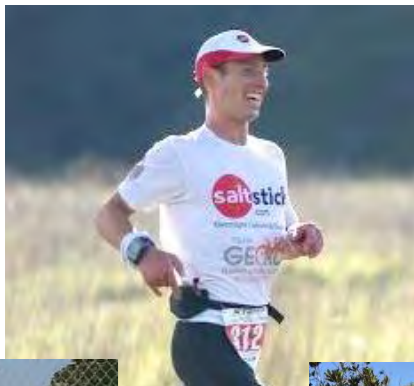


Above:
Mark Johnson won two races: the SRLA Friendship Run 9 Miler and the Rockin Shamrock 15K

Right:
Eric Alvarez won the SRLA Friendship Run 18 Miler



Above:
2014 Trail Master champ Jonathan Toker won the SOB 50K



Above:
Sean O'Brien won the Old Goats 50K

Left:
New member Jojo Herrera won the Deo 25K



Carlos Leads LAFRs at LA Marathon

2014 Frontrunner of the Year Carlos Vizcarra ran a sizzling 2:46:59 to lead all LAFRs in the Los Angeles Marathon on March 15. He was 3rd in the 40-44 age group.

Over \$4000 Raised for SRLA!
see pages 14/15

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LAFR BIRTHDAY BOYS AND GIRLS

3/1 Barry Hamaguchi	4/3 Conni Montgomery
3/3 Richard Nelson	4/5 Jason Bautista
3/4 Juan Moreno	4/10 Seth Diamond
3/4 Michael Lou	4/13 David Gonzalez
3/7 Deo Jaravata	4/16 Michael Heredia
3/13 Gardner Delano	4/18 Mong Noiboonsook
3/14 Gary Braitman	4/20 George Takei
3/15 Albert Giang	4/20 Stewart Gonshorek
3/20 Jonathan Toker	4/20 Dennis Schorr
3/30 Sue Roth	4/25 Bill Austin
3/30 Allen Posten	4/27 Steven Morchak
3/31 Tom Haskins	4/28 Amy Ross

WELCOME NEW MEMBERS!

Barry Hamaguchi
Hazel Garganera
Craig Biesecker
Michael Lou
Henry Lo
Scott Lasker

Jojo Herrera
Linda Carmona
John Butcher
Tom Haskins
Rod Abbott
Robert Walker



David Gonzalez with BF and new member Barry Hamaguchi after they ran the LA Marathon together

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Angus Kennedy, *president*
Patrick Owen, *vp*
Jason Coleman, *treasurer*
Bruce Bair, *secretary*
David Dassey, *dir-at-large*
Geoff Buck, *dir-at-large*
John Kawaharada, *dir-at-large*
William Fang, *dir-at-large*
Sean O'Brien, *dir-at-large*
Yumi Afrento, *dir-at-large*
Danny O'Hara, *dir-at-large*

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

LAFR Board Meeting 3/9/15

1. Finance – all is well, William delivered a stirring rendition of the annual Treasurer's Report at the Annual Meeting, which can be found on page 26
2. Membership – membership renewal has begun
3. LA Marathon events
 - 40+ registered for water stop
 - 15 members running
 - 1 charity relay
 - Pasta party at Bernie's on 3/14
 - Post party at Sean's on 3/15
 - Angus handling food for Bernie's
 - William handling food for Sean's
4. Spelling Bee fundraiser raised \$1610 for SRLA
5. Deo's race raised \$2735 for SRLA
6. Angus to send out online vote for annual Don Thompson Scholarship donation
7. Annual Awards Banquet – our contact at Castaways is retiring – Angus to contact and try to schedule 2016 event
8. Insurance issue with fun runs – non-members are not covered, BOD voted to enforce a new policy of allowing new runners to attend three fun runs before they have to join
9. Discussed changing tax status of club from 501c7 to 501c3 BOD voted to pursue change and will prepare the necessary paperwork in advance of a membership vote on the tax status change
10. Next BOD meeting, Monday, April 6 at Sean's



Moises, Eric & Mark after the SRLA Friendship Run



Carlos rockin' our new club T

2014: 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 2014 (each runner's fastest result used).



Left: Eric Alvarez and Carlos Vizcarra took the top 2 spots on all four lists. Right: Along with Carlos and Eric, William Fang appears on all four lists, while Mike Kerkman and Mark Johnson appear on three lists each.



5K

- Eric Alvarez** 16:51
LAFR Pride 6/8
- Carlos Vizcarra** 16:54
LB Pride 5/18
- William Fang** 17:46
Alhambra Pumpkin 10/4
- Mike Kerkman** 18:30
Gay Games 8/14
- Jorge S Corona** 19:35
LAFR Pride 6/8
- Duane Howard** 19:40
LAFR Pride 6/8
- Carl Maravilla** 19:41
LAFR Pride 6/8
- Bill Austin** 20:04
Cypress 7/26
- Reg Willson** 20:16
LB Pride 5/18
- Bernie Tan** 20:48
LAFR Pride 6/8

10K

- Eric Alvarez** 35:54
HandsOn 12/20
- Carlos Vizcarra** 35:57
LAFR Pride 6/8
- Mike Heredia** 37:52
LAFR Pride 6/8
- Mike Kerkman** 37:53
Gay Games 8/13
- Mark Johnson** 38:37
Firecracker 2/23
- William Fang** 40:03
Tiger Run 12/6
- Bruce Bair** 40:16
Victory 4 Victims 4/13
- Carl Maravilla** 41:35
LB Pride 5/18
- Jeff Lymburner** 41:48
LAFR Pride 6/8
- Mark DeAngelis** 41:51
Downtown Turkey 11/27

Half Marathon

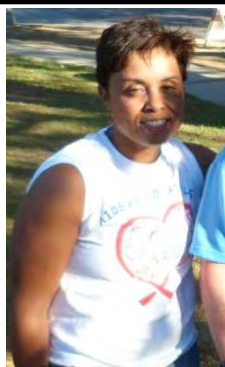
- Eric Alvarez** 1:16:01
Music City 10/19
- Carlos Vizcarra** 1:17:48
Mtns to Beach 5/26
- Mike Kerkman** 1:23:12
Gay Games 8/16
- Mark Johnson** 1:24:19
Mtns to Beach 5/26
- Jonathan Toker** 1:25:35
Paramount Ranch 12/20
- William Fang** 1:34:13
SF 7/27
- Jorge S Corona** 1:36:12
Hollywood 4/5
- Angus Kennedy** 1:38:53
Mtns to Beach 5/26
- Andrew Wissmiller** 1:39:30
Mtns to Beach 5/26
- Randy Levinson** 1:39:53
Hollywood 4/5

Marathon

- Carlos Vizcarra** 2:44:31
CIM 12/7
- Eric Alvarez** 2:48:13
Rocket City 12/13
- Mark Johnson** 2:56:38
Boston 4/21
- Moises Medina** 3:01:05
Santa Rosa 8/24
- William Fang** 3:07:34
Boston 4/21
- Danny O'Hara** 3:09:29
Revel Canyon 11/15
- Bernie Tan** 3:16:51
Mtns to Beach 5/26
- Sean O'Brien** 3:24:52
Death Valley 12/6
- Marcelino Goncalves** 3:24:54
Los Angeles 3/9
- Angus Kennedy** 3:26:28
Santa Rosa 8/24



Left: Karen Adams on right with daughter JD Rouan. Karen was the only LAFR female to appear on all four year-end lists for 2014. Right: Tanya Haney and Margie Gonzales appear on two lists each, along with Kathleen Curley, who topped both the 10K and half-marathon lists.



5K

- JD Rouan** 25:26
LAFR Pride 6/8
- Karen Adams** 26:34
LAFR Pride 6/8
- Katrina Klaasmeyer** 35:55
LAFR Pride 6/8
- Yumi Afrento** 36:27
Tiger Run 12/6
- Margie Gonzales** 40:12
SD Pride 7/19

10K

- Kathleen Curley** 52:21
LAFR Pride 6/8
- Karen Adams** 54:57
Sharks 6/29
- Tanya Haney** 57:46
RAD 10/11
- Ruthanne Salido** 57:56
RAD 10/11
- JD Rouan** 58:54
LAFR Pride 6/8

Half Marathon

- Kathleen Curley** 1:49:44
Gay Games 8/16
- Tanya Haney** 2:06:47
Jazz 11/1
- Ruthanne Salido** 2:10:51
Jazz 11/1
- Karen Adams** 2:22:32
Disneyland 8/31
- Margie Gonzales** 2:56:31
Revel Canyon 11/15

Marathon

- Bernadette Green** 4:46:16
LA 3/9
- Lee Miller** 6:58:04
LA 3/9
- Karen Adams** 7:34:38
SOB Trail 5/26

Banquet Re-Cap: 2014 Club Awards

Frontrunner of the Year Carlos Vizcarra

Our 2014 Frontrunner of the Year had an outstanding year of running. He raced 8 times last year, with one race in particular standing above the rest. We'll get to that in a minute but first let's review the other seven:

*He placed in the top 15 overall in every one of those races with 5 of those in the top 10.

*He also won or was 2nd in his age group in all 7 races. He started his year in April at the El Segundo 10K, where he was 7th overall. He then tackled the two local Pride Runs, running 16:54 to place 2nd overall in the Long Beach Pride Run 5K, and then in our Pride Run 10K, he ran 35:57 to again grab 2nd place overall. In between the two Pride Runs, Carlos joined the gang on our trip to the Mountains to Beach half and full and ran 1:17:48 in the half, placing 6th overall and winning the masters division. He also very generously brought along his partner, Sammy, to cart all of us around.

The summer brought lots of hard training for his fall marathon. In September, he ran the SRLA 5K, finishing 4th overall and 2nd in his age group and also was 12th overall, 2nd age group at the Rock n Roll Half in LA in October.

All of this hard work was in preparation for the California International Marathon in Sacramento in December. Carlos ran 2:44:51, the fastest marathon of the club for 2014 and his fastest marathon in over 10 years. 2014 was the 6th consecutive year that Carlos has run the fastest marathon in the club. And he has the notable distinction of running the two fastest marathons in the club this century.

If you've ever talked with Carlos about teaching and working with young people, you know how passionate and devoted he is to his students. He is currently volunteering his time coaching for SRLA. Carlos is genuinely helping young people, many who are at risk, to shape and change their lives every day. In addition to his superlative running achievements, these are the qualities that make him our Frontrunner of the Year.



Randy Peck Service Award Yumi Afrento

Our Randy Peck award winner this year is one of our most active and outgoing Frontrunners. She is always present with a smile on her face and lots of love in her hugs. And if you're ever anywhere along a race course when she's there cheering on fellow Frontrunners, you better bring earplugs! The girls at Wellesley College are famous for the tunnel of sound they create with their enthusiastic screaming and free kisses at mile 13 of the Boston Marathon. Last year our Randy Peck Award winner was her own tunnel of sound at mile 16. At that point you are about to head into the infamous Newton Hills, so her shouting, screaming, shall we say shrieking (?) helped propel some of our members to Boston PRs...and helped Bernie forget he was running Boston one week after an emergency appendectomy!

We often speak of quiet service in reference to Randy Peck and I'm sure some of you have figured out who this year's winner is and you're asking yourself: Yumi? Quiet?

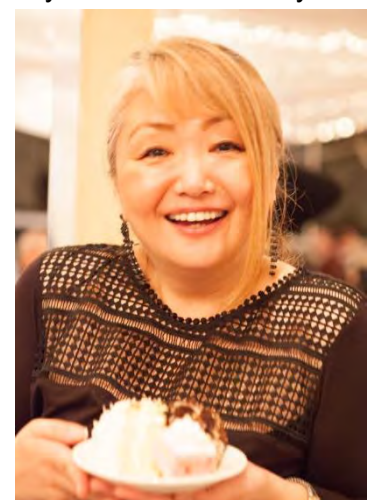
Yumi's quiet service happens away from the race course.

Her enthusiasm and thoroughness as a volunteer is astounding. Many of the best meals we enjoy after Sunday long runs, at major group events, or at pre-marathon pasta feeds await us as a result of her special recipes of a few carbs here, a bit of butter there, and tons of love mixed throughout.

She volunteered at just about every event we had last year and is on the board of directors for 2015. And she ran three 5ks last year and PR'd every time!

Los Angeles Frontrunners is a more vibrant, happy, well fed, and loving group as a result of her generous service.

Our 2014 Randy Peck Service award winner is Yumi Afrento.



Banquet Re-Cap

President's Award

Margie Gonzales

presented by Angus Kennedy

The Los Angeles Frontrunners President's Award is given annually by the President of the club to a member who merits special recognition and appreciation.

As a volunteer organization, we depend entirely on the generosity and good will of our members to continue the extraordinary record of health and fitness, athleticism, and community service of Los Angeles Frontrunners. Therefore, all of our members who have contributed to our ongoing mission, in big ways and small, merit a heartfelt expression of gratitude. On behalf of my fellow board members, thank you.

I've had the honor of giving out this award a number of times now so you would think it would become old hat. But the truth is that I struggle every year with this award. And the reason for that is that so many of you are so completely awesome and when I think about the previous year, there's so many wonderful examples of kindness and generosity and fun and great running that I am always a little overwhelmed at first, something that Mark can definitely attest to.

But, usually, I see something or remember something and the light bulb goes off. And that happened again this year with a simple quote. Our intrepid Frontpage columnist Bill Walsky asked a simple question, "What are your goals for the coming year?". There was one answer that for me summed up not only what it means to be a Frontrunner but also offered a great, simple motto for life. And I will get to that quote in just a minute.

The recipient of the President's Award is Margie Gonzales. Margie has been on the board for many years and is stepping down this year. From a completely selfish point of view, I am sad because I love seeing her every month at our meetings. For years, she has been a tremendous sounding board for me, always level headed and with a perfect balance of humor and common sense.

As a member, you all know her as the Discount Diva and more recently the Frugal Frontrunner. She is the consummate volunteer, always there, always ready to do whatever is needed and she just gets it done.



And because she's such a prolific racer, most of us have been at races with Margie. I look forward to a race even more when I know Margie will be there. She's a great cheerleader and no matter how her race is going, she's smiling and giving it her all.

Which brings me to her quote in response to Walsky's question about goals for the coming year.

"I'm hoping 2015 finds my health issues healed so I can resume my love of running and racing. My goals are to continue to try and find the joy in life within myself and others, to contribute to others' quality of life and to recapture the Grand Prix Champions title..."

I think that just sums it up, stay healthy, love yourself and others, help people, and win races along the way!! It's really that simple. Please show your love for the President's Award winner, Margie Gonzales.



Banquet Re-Cap

Lifetime Achievement Award

Bill Walsky

presented by David Dassey

Bill Walsky, this year's Lifetime Achievement Award honoree joined Los Angeles Frontrunners in the late 1980s and has been an active member these many years, running, volunteering, and participating in all club activities. He is a previous winner of the Randy Peck Award and more recently was honored with the President's Award in 2014.

Bill is an addict for running and racing stats. His knowledge of running lore is enviable. He keeps up with racing events of every distance, from track to cross country to ultras, but his favorite distance is the marathon. He's completed 16 of those, the first being Grandma's Marathon in 1985, the last Surf City a week ago; his PR is 3:57 from Grandmas in 1993. He's also completed 40 half marathons and is an active member of the [MARATHON MANIACS](#) and the [HALF FANATICS](#), two international racing clubs.

Bill is the go-to guy if you're trying to pick a fast marathon for a PR or a Boston qualifier. Years ago another of our esteemed members – Ric Munoz – was struggling to crack the sub-3 barrier. Bill told him "Go to Sacramento in December and run California International." The result? A 2:58. A couple of years later, Munoz was inching toward a sub 2:50. Bill's advice: "You should run Grandma's." "Grandma's?" Ric replied, "what and where the hell is that?" Soon after crossing the finish line with a new PR, Ric found the nearest pay phone and called Mr. Walsky to thank him for his advice. A similar thing happened to me after finishing the 1999 Vancouver Marathon in near PR time – the first person I wanted to tell was Bill because I knew how much he would appreciate it.

What else can I say? He writes a column every month for The Front Page. He collects memorabilia from the 1964-65 New York World's Fair. He's a vegetarian and a walking IMDB. A truly deserving recipient of the 2015 Lifetime Achievement Award, my good friend Bill Walsky.



*THEN-above & below:
Gay Games 1990
NOW-left: volunteering
at the LA Marathon
water stop 3/15*



*Below:
Gay Games 1990
with Bill Winkelmann*





Champions Race Men

1. Eric Alvarez
2. Carlos Vizcarra
3. Mark Johnson

Our champ, **Eric**, raced 9 times in 2014. In 7 of those races, he won his age group and in all 7 of those races finished in the top 10 overall. He was the overall winner in both the Santa Clarita HandsOn 10K, where he ran 35:54 and the Music City Half Marathon, where he ran 1:16:01 (running the fastest times for the club at those two distances for 2014). He lowered his marathon PR by over 9 minutes last December, running a 2:48:13 and placing 3rd in the masters division at the Rocket City Marathon. He also partnered with Mark Johnson to win the LA Marathon Charity relay.

Carlos trekked to the start line 8 times in 2014. In seven of those races, he finished either 1st or 2nd in his age group, with 5 wins and two runner-up finishes. He was in the top 2 fastest runners for the club in 2014 at 5K, 10K, half marathon and the full marathon (the 6th year in a row where he has accomplished that feat). He has been in the top 2 fastest runners at 5K, 10K, half and full every year since 2008.

Mark had an outstanding year of racing highlighted by two exceptional marathon performances. At Boston, he ran 2:56 to run the 3rd fastest marathon in the club in 2014. In the fall, on a windy course, he was the overall winner of the Surfers Point Marathon in Ventura. In addition, he was 3rd in his age group at the Mountains to Beach half and won his age group at both the Firecracker 10K and Surf City 10 Miler, where he was also 9th overall. He also teamed with Eric Alvarez to win the LA Marathon Charity Relay last March.

Banquet Re-Cap



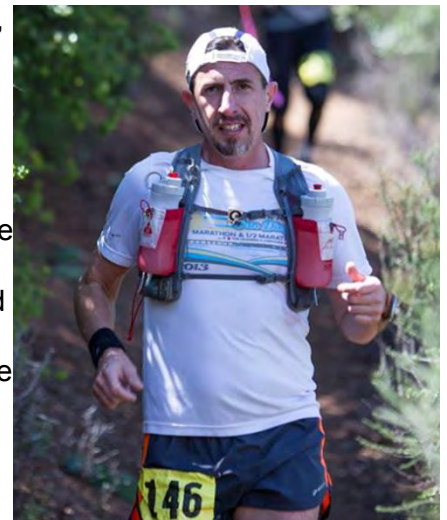
Trail Master

1. Jonathan Toker
2. Danny O'Hara
3. Bruce Bair

Our Trail Master champ, **Jonathan**, had an amazing year in 2014. He was 2nd overall in the Mt. Baldy Run to the Top trail race and the Boney Mountain 21K. He won both the Paramount Trail Half Marathon and the TransRockies Run 6 day event – a total of 120 miles over six days (basically racing a marathon of trail running for six consecutive days). Not only was he the overall winner of the event, but he won 4 of the 6 days and was 3rd on the other two.

Our second place winner, **Danny**, raced 6 trail races, including three 50 milers. He placed top 3 in his age group in 4 of his trail races and in addition to his trail prowess, ran a Boston qualifying 3:09 at the Revel Canyon Marathon in November.

Bruce, the 3rd place finisher in the Trail Master division had a great year on the roads as well as the trails. He raced 5 trail races in 2014, placing 2nd in his age group at the Griffith Park Trail Half Marathon and 3rd in his age group at the Pt. Mugu 18K.



10K Challenge & More



10K Challenge Fastest Guys

1. Eric Alvarez: 35:54
2. Carlos Vizcarra: 35:57
3. Mike Heredia: 37:52



- ### 10K Challenge Biggest PR
1. Karen Adams
 2. Mark DeAngelis
 3. Brian Dunbar



RaceWalk Champions Race

1. Deo Jaravata
2. Bill Walsky
3. Patricia Bates



- ### Best Love of Squids
- Rina



Champions Race Women

1. Karen Adams
2. Margie Gonzales
3. Kathleen Curley



Banquet Re-Cap

Newcomer of the Year

Jason Coleman

It's been a while since we've had a runner rack up the kind of stats our Newcomer of the Year did in 2014. Jason ran 34 races last year: four 5Ks, six half marathons, one 10 miler, twenty-two 10Ks, and in late December, his very first marathon. Then right after the new year, he ran his second full marathon. Because both marathons were within 16 days of each other, he qualified to become a marathon maniac as well!

His twenty-two 10Ks gave him the win for the most 10Ks in the 10K Challenge, with more than twice the 10Ks raced than 2nd place. He also finished the year in 2nd place in the 35-39 age group in the Grand Prix.

Jason was part of the 18 person Los Angeles Frontrunner team that participated in the LA Marathon 2-man charity relay, raising money for Students Run LA. His relay partner was David Dassey and that event was his very first half marathon. In addition to setting PR's at his first time distances, he also PR'd in the 5K.

He was an outstanding volunteer throughout the year, agreeing to join board as a director-at-large for the second half of 2014. He is our new Treasurer on the 2015 Board of Directors.



Most Improved Runner

Mark DeAngelis

Mark DeAngelis did what no other LA Frontrunner did in 2014 – he PR'd at all four standard road race distances. He lowered his 5K PR to 21:01, his 10K PR over 8 minutes down to 41:51, his half marathon PR over 5 minutes down to 1:39 and his full marathon PR over 7 minutes down to 3:46.



Most Improved Honorable Mention

Albert Giang & Raul Borja

Albert broke his 10K PR three times in 2014 and also lowered his half PR by two minutes. He was 5th in the very competitive 35-39 age group and continued to lower his times thru the end of 2014.

Raul raced in the the competitive 35-39 age group as well. He finished 4th in the age group and 6th in the Trail Master race. He raced from 5K to 50 miles and set new PRs at 10K and the marathon.



Grand Prix Age Group Awards

30-34

1. Patrick Conner
2. David Gonzalez
3. Jorge S Corona



30-39

1. JD Rouan
2. Lee Miller
3. K. Klaasmeyer

40-49

1. Yumi Afrento
2. Regina Robinson
3. Kathleen Curley

50-59

1. Karen Adams
2. Margie Gonzales

35-39

1. Mike Kerkman
2. Jason Coleman
3. William Fang

40-44

1. John McGuinness
2. Carlos Vizcarra
3. Ted Wyder

45-49

1. Eric Alvarez
2. Deo Jaravata
3. Bruce Bair

60+

1. Patricia Bates



50-54

1. Reg Willson
2. Carl Maravilla
3. Brian Dunbar

55-59

1. Bill Austin
2. Dan Graham
3. Doug Jones

60+

1. Andrew Wissmiller
2. David Dassey & Mike Carbuto
3. Bill Winkelmann

Gay Games Superstar: Bill Austin



LAFR superstar Bill Austin ran 7 events at the Gay Games, taking home 6 medals: on the roads he won bronze in the 5K and silver in the 10K. On the track he won bronze at 200 meters, bronze at 1500 meters, bronze in the 4x400 meter relay and silver in the 4x200 meter relay.

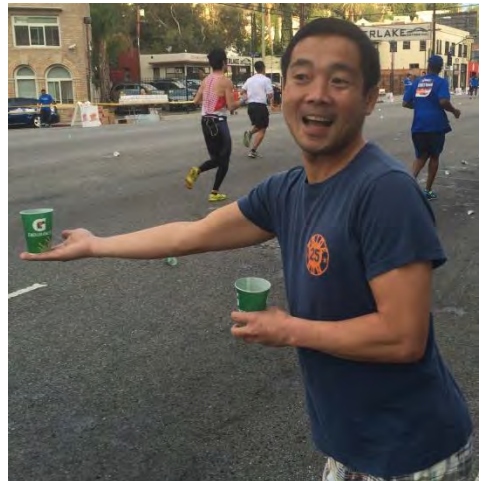
LA Marathon Part 1



Left: Rina hands out water at the last long run before the race
Above: Yumi & Margie at the pasta party at Bernie & Dan's



LA Marathon water stop volunteers – from left: Eddie Flores, Richard Peng, John McGuinness, Moises Medina, Mong Noiboonsook, Danny O'Hara, Carl Maravilla



LA Marathon water stop volunteers – from left: Dennis Arrue, Amy Ross with Deo (taking a rest), Bernie-licious Tan

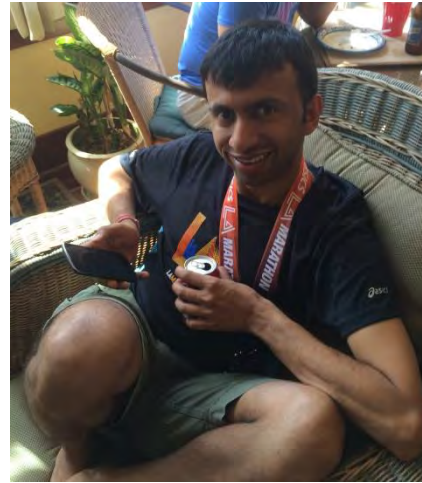
LA Marathon Part 2



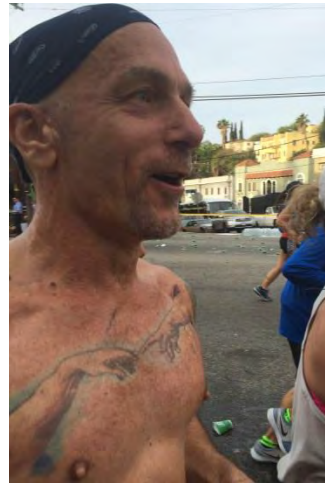
Left:
Carlos
passes
the water
stop en
route to
a 2:46



Right:
Reg &
Adrian
ran the
Charity
Relay for
SRLA



From left: Yumi & Norman at the post-race party at Sean & Allen's, Piyush relaxing after running the marathon, Jim Martinez at the LAFR water stop



From left: Rob after finishing, William & Richard at the post-race party, Mike Carbuto mid-race, Deo & the marathon lights

News from Eugene from Jane Dods

How great it was to spend a few days in December in my old home town with some old friends. Some of us have been together for over 34 years! The Bills were my gracious hosts in beautiful downtown Burbank. It was wonderful to once again jog along the bridle path in Griffith Park on Saturday - this time in the company of Eric, Richard, Cruiser, and Maggie. And, of course, filling up afterwards at Foxy's was as tasty as ever. Naturally, the weather was Southern California picture-perfect – about 70 degrees and sunny. And, boy, was my timing ever good to be there for Jim Martinez's Rockefeller Center West Extravaganza! That alone was worth heading south for. Seriously, I do love my Fronrunner family and trust we will be together for many years to come.

I just downsized from a rather large home on the Willamette River to a cozy condo on Amazon Creek (fitting, eh?). If any of you would like to pay me a visit sometime, just let me know. We can go for a run in the shadows of Steve Prefontaine (Oregon's favorite son) and other runners of note. I live adjacent to a bike path which runs along the creek (as do !!) As much as I love L.A.. I really do love living here in a town that is so track/running-oriented. See you next time!

Love,
Jane Dods

P.S. The Eugene Marathon is Sunday, May 10. Would love to see some of you up here! It's a great course - much of it along the Willamette River. Think about it. I plan to run-walk the Half.



14TH ANNUAL BRENTWOOD 5K/10K
Brentwood, California
May 27, 1990

Above: Jane Dods and Brian Eggert circa 1990, Right: Jane and the boys after breakfast at Foxy's



More Pix



Above: Angus at the Valentine's Day 10K



Left: Patrick and Danny serving up some major deliciousness at the Annual Meeting



Right: Deo with Allyne Winderman at the Sunday long run on 3/8

Deo 25K/50K: \$2735 Raised for SRLA!

Randy Peck would be proud! Deo, our 2013 Randy Peck Award recipient, decided to celebrate his 50th birthday by organizing a 25K/50K race, where all the proceeds were donated to Students Run LA.

In the end, \$2735 was donated to SRLA. Prez Kennedy handled registration and organized the LAFR timing team of Vice Prez Owen and 1st Hubby Johnson. New LAFR Jojo designed the medals. Wink and David Dassey handled the aid station. A Runner's Circle donated the race shirts and provided the staging area, the tents, and arranged for Power Bar to attend, handing out free samples and helping with the aid station. Perhaps the best donation was from Deo's family, who brought a rather large amount of Filipino food. After all, what's better after a 25K/50K than Lumpia?



Above: Deo's big sister Minat, new LAFR Hazel, Deo



Right: David Dassey, Ric Munoz and Danny O'Hara. Danny was 3rd OA in the 50K



The Birthday Boy



Above: Wink, Bernie and Richard after the 25K. Bernie was 3rd OA in the 25K.



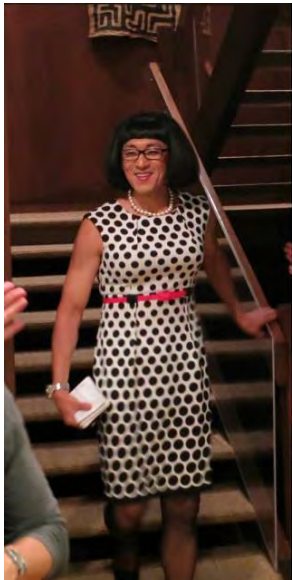
Above: New LAFR Jojo won the 25K, pictured here with womens 25K champ Susan

Also above: VP Patrick concentrating as he notates lap times during the race.



Left: The first couple with the Birthday Boy

2nd Annual LAFR Spelling Bee Raises \$1610 for SRLA



Lily Tanaka, Mimi O'Graff, and Heidi Hamantaschen make their entrances

The Second Annual LAFR Spelling Bee returned on 3/7 at the home of Mike and Kevin. About 25 contestants braved the spelling and the judges. Two judges, Lily Tanaka and Mimi O'Graff, returned. They were joined by new judge Heidi Hamantaschen.

Unlike last year (Rob Chen "bottom"), the contestants were well prepared and after several rounds of few to no eliminations, the judges quickly accelerated to the tougher words. The final four were Bernie Tan, Mark Brunetz, Norman Dixon and Gary Todd. Gary emerged victorious. Wait...isn't Gary an English teacher...

Many thanks to all the volunteers who helped make this year's Spelling Bee another rousing success



Lots of eating of pizza took place. In the foreground is Yumi, the chief make-up artist for the event.



Kevin tended the bar, assisted occasionally by Eddie.



Contestants and spectators enjoy the spectacle.



The contestant from Alhambra, CA, (William) being grilled by the judges.

2/1 Sean O'Brien Marathon/50K/50 Mile/100K



LAFR manned the mile 49 water station of the 100K.



The crowd enjoying a quick chat with Sean.



The Day saw on and off rain.



Danny remembers to smile as he passed through.



Sean O'Brien, for whom the race was named, coming down the path to the aid station.



At the end, marathoner Deo and Sean, with Raul in the background.

Los Angeles Chinatown Firecracker Run



Groupie with the runners near the start.



Another Groupie. Spot the difference?



Richard racing towards the end of the 10K



Bill racing near the middle of the 5K

The club had another fun day for the Firecracker run. The 5K is rolling hills and the 10K has one big hill to the top of Elysian Park. As has been the tradition for several years, the gang met up for dimsum afterwards. Fortunately, Empress Pavilion, which had closed briefly, reopened.

Many runners partook in the race and about 12 stayed for the food. It was perfect running weather as the sun started to peak out from the rain clouds.



Mike, Richard, and Jason



Rusty, Georgia, Carl, Jason. Great friends, great food...well adventurous food for some.

3/12 and 3/17 Celebration of St Patrick's



The Thursday Rose Bowl runners used St Patrick's Day as a pretext to plan an Irish Pub Run to Griffins of Kinsales in South Pasadena. This resulted in the largest turnout in recent memory at the Rose Bowl run. About 14 folks showed up for the run, and another 12 folks (so 26 total) showed up for the drinks.



Unfortunately, given the nice weather, proximity to St Patty's, and the Thursday Farmers Market, most people could not get inside the pub. Only 6 lucky lads got in: Gerry, Eric, Rusty, Rudolf, John, and Jim (above left). The rest crowded into a Mexican restaurant (below left).

The plan is to go to Griffins again on Cinco de Mayo. So mark your calendar!

St Patrick's Day Potluck at Rusty's



The Tuesday runners were meeting on the actual day of St Patrick's and congregated at Rusty's for an Irish themed pot-luck, such as Belgian beer, baked chicken, Chinese take-out, ... wait, what? Well, some of the folks did put in Irish efforts, specifically Doug, who made a delicious corned beef and cabbage. The pesto salad also looked rather green.

What the folks lacked in culinary authenticity they made up with good spirits and green-colored clothing. Because, you know, that's what Irish is.



Run, Eat, Sleep, Repeat



Left: 3/8 Sean, William, John at a local maxima near the bench on Mt Wilson Trail, with the LA Basin in the background.

Right: 3/14 Sean, Danny, John on top of Mt Disappointment in the middle of a 27 mile run. Ask them about the beefy cyclists they encountered at Red Box.

Left: 3/21 Jim and Danny at the start of the Old GoatS race in the Cleveland National Forest near Lake Elsinore. Jim is doing the 50 mile and Danny the 50K. Ask them about the drive to the race.



Right: 3/21 Jim at the end of the race. This is his first "officially finished" 50 miler. Ask him why it's "official"!



Left: 2/17 Mark being honored with his 2014 awards as he and Henry hosted the Tuesday night pot-luck.

Above Middle and right: More LAFR enjoying the food and company.

Below Left: 2/15 William giving the annual Treasurer's report Ask him about the birthday gifts he got after the meeting.

Below Middle: Happy birthday Charlie! Below right: Enjoying a post-run meal.



Race Results

RAD 10K

Agoura Hills, CA 10/11

Tanya Haney.....57:46 PR
Ruthanne Salido.....57:56 PR

Across the Years

Glendale, AZ 12/29

100.78 Miles

Ric Munoz.....31:21:02

New Year's Day 5K

Santa Monica, CA 1/1

Jason Coleman.....35:25

Texas Marathon

Kingwood, TX 1/1

Deo Jaravata.....4:00:45

New Year's Half

Los Angeles, CA 1/3

Mike Carbuto.....2:13:26

Deo Jaravata.....2:14:58

Mississippi Blues Half

Jackson, MS 1/10

David Grudzien.....2:40:30

Disney World Marathon

Orlando, FL 1/11

Deo Jaravata.....4:00:43

Jason Coleman.....6:59:02

Castaway Cay 5K

Castaway Cay, Bahamas 1/14

Jason Coleman.....39:36

Castaway Family 5K

Castaway Cay, Bahamas 1/14

Jason Coleman.....36:47

Star Wars 10K

Anaheim, CA 1/17

Jason Coleman.....1:21:59

Star Wars Half

Anaheim, CA 1/18

Jason Coleman.....2:41:59



Angus,
Bill Austin,
Bill
Winkelmann
& Margie
Gonzales
after the
Valentine's
Day Run in
February

Paramount Ranch (Grand Prix)

Paramount Ranch, CA 12/20

10K Trail

Jason Coleman.....1:51:14

Half Trail

Jonathan Toker.....1:25:35 1st OA
1st 35-39
Reg Willson.....2:00:27 2nd 55-59
Seth Diamond.....2:25:07 3rd 50-54

Reindeer Run (Grand Prix)

Van Nuys, CA 12/21

10K

Angus Kennedy.....45:26 1st 45-49

Half

Jason Coleman.....2:34:40 PR

Operation Jack Full (Grand Prix)

Long Beach, CA 12/26

10K

Deo Jaravata.....4:05:28 3rd 45-49
Jason Coleman.....6:36:38 1st Full!

Griffith Park (Grand Prix)

Los Angeles, CA 1/25

5K

Bill Austin.....22:58 2nd 55-59
Bill Winkelmann.....27:13 1st 60-64
Jim Martinez.....27:59 3rd 60-64
Jason Coleman.....34:52

Half

Tom Haskins.....1:51:43 1st 60-64/PR
Allyne Winderman..2:07:48 1st 60-64/PR
Mike Carbuto.....2:08:32

SoCal Half

Irvine, CA 1/10

Carlos Vizcarra.....1:17:44 1st 40-44

Juan Moreno.....2:30:32

Sean O'Brien Trail (Grand Prix)

Malibu Creek State Park, CA 2/7

50K

Jonathan Toker.....4:25:58 1st OA
1st 35-39

Deo Jaravata.....7:14:02

50 Mile

Danny O'Hara.....11:23:40

Raul Borja.....11:33:58

100K

Sean O'Brien.....13:35:14 3rd 50-54

SRLA Friendship Run (Grand Prix)

Hansen Dam, CA 2/8

9 Mile

Mark Johnson.....58:04 1st OA
1st 45-49

18 Mile

Eric Alvarez.....1:41:33 1st OA
1st 45-49
Moises Medina.....1:55:08 3rd 45-49
Reg Willson.....2:29:02 2nd 55-59
Carlos Vizcarra.....2:42:23
Mike Carbuto.....3:20:28
Brian Dunbar.....3:29:00
Deo Jaravata.....3:33:39 RW

Race Results

Bahamas Marathon

Nassau, Bahamas 1/18

Deo Jaravata..... 4:11:19

Miami Marathon 5K

Miami, FL 1/24

David Grudzien..... 29:48

Miami Half

Miami, FL 1/25

David Grudzien..... 2:38:07

Calico 50K

Barstow, CA 1/25

Deo Jaravata..... 6:04:40

Ventura Hammer Half

Ventura, CA 1/25

Raul Borja..... 1:43:43 PR

Surf City Half

Huntington Beach, CA 2/1

David Grudzien..... 2:33:15

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

ATC Heart & Soles 5K

Decatur, GA 2/7

David Grudzien..... 28:45

ATC Spring Tune-Up 8K

Atlanta, GA 2/14

David Grudzien..... 51:07

Mercedes-Benz Half

Birmingham, AL

David Grudzien..... 2:28:03

Wild Hare Snowshoe 5K

Telluride, CO 2/15

Jeff Lymburner..... 45:42

Noonan Foundation 5K

Long Beach, CA 2/21

Jason Coleman..... 33:29

Dolphin Dash 5K

Santa Monica, CA 2/22

Jason Coleman..... 35:17



Mark,
Gabriel,
Mike,
Bernie,
Doug,
Brian, Rob,
John, Tom
& Allyne at
the
Sunday
long run on
March 1

Tussock Traverse 26K

Waihi, AUC, New Zealand 1/24

Jonathan Toker..... 2:11:00 3rd OA
1st 35-39

Super Bowl

Redondo Beach, CA 2/1

5K

Bill Austin..... 22:05 1st 55-59

10K

Bill Winkelmann..... 56:41

Juan Moreno..... 62:57

Home Run for Kids 5K

Los Angeles, CA 2/8

Bill Austin..... 21:42 1st 55-59

Valentine's Day (Grand Prix)

Van Nuys, CA 2/14

5K

Bill Austin..... 22:45 2nd 55-59

Bill Winkelmann..... 27:25 1st 60-64

Karen Carey..... 31:23 1st 40-44

Margie Gonzales..... 39:39 1st 60-64

10K

Angus Kennedy..... 43:55 1st 45-49

Half

Jason Coleman..... 2:30:04 PR

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

Race on the Base 10K

Los Alamitos, CA 3/1

Mark Johnson..... 37:41 1st 45-49/PR

Mike Carbuto..... 55:41

Firecracker (Grand Prix)

Los Angeles, CA 3/1

5K

Danny O'Hara..... 19:16 PR

Barry Hamaguchi..... 21:34 PR

David Gonzalez..... 21:42 PR

Bill Austin..... 23:22 3rd 55-59

Bill Winkelmann..... 28:30

Jim Martinez..... 29:10

Jason Coleman..... 40:38

Karen Carey..... 50:52

10K

William Fang..... 39:29 2nd 35-39

David Gonzalez..... 49:26

Barry Hamaguchi..... 49:27 PR

Richard Peng..... 54:31

Mike Carbuto..... 58:17



Race Results

Texas Half

Kingswood, TX 1/1

Bill Walsky.....3:22:27 RW

Surf City Half

Huntington Beach, CA 2/1

Bill Walsky.....3:25:47 RW

Atlanta Hawks 5K

Atlanta, GA 2/28

David Grudzien..... 29:33

Miami Beach Half

Miami, FL 3/1

David Grudzien..... 2:56:03

Publix GA Half

Atlanta, GA 3/22

David Grudzien..... 2:46:57



Karen Carey & Bill Austin at the Valentine's Day 5K



Reg, Adrian, Carlos, Piyush & Rob relax at the post-party after the LA Marathon on March 15

Deo 25K/50K (Grand Prix)

Los Angeles, CA 3/7

25K

Jojo Herrera..... 1:40:15 1st OA
1st 35-39
Bernie Tan.....1:53:23 3rd OA
2nd 45-49
Angus Kennedy..... 1:59:00 3rd 45-49
Richard Peng..... 2:16:39 1st 40-44
Hazel Garganera.....3:01:42 2nd 40-44

50K

Danny O'Hara..... 4:08:49 3rd OA
1st 40-44
Deo Jaravata..... 5:11:22 1st 50-54

FL Sheriff's Boys Ranch Half

Live Oak, FL 3/8

David Grudzien..... 2:26:38 2nd 55-59



Rockin' Shamrock 15K

Van Nuys, CA 3/15

Mark Johnson.....57:00 1st OA
1st 45-49

LA Marathon (Grand Prix)

Los Angeles, CA 3/14-15

5K

Lui Sanchez..... 27:10 PR
Jason Coleman.....41:08
Regina Robinson.....57:26

Marathon

Carlos Vizcarra.....2:46:59 3rd 40-44
Marcelino Goncalves..3:21:37 PR
David Gonzalez..... 3:38:03
Barry Hamaguchi.....3:39:15 PR
Piyush Prakash.....3:49:33
Raul Borja.....3:55:16
Rob Chen.....3:59:38 PR
Bernadette Greene...4:40:57 PR
Anthony Yeung..... 4:44:39 1st Full
Mike Carbuto.....4:59:46
Andrew Sanchez.....5:15:12 PR
Brian Dunbar..... 5:21:05
Mike Smith.....5:26:31
Deo Jaravata.....5:27:29 RaceWalk
John Butcher.....7:51:35 Legacy

Charity Relay

Sweaty Sisters..... 4:13:35
Adrian Bewley & Reg Willson

Left: Margie Gonzales and Bill Winkelmann after the Valentine's Day 5K

Grand Prix Series Standings as of 3/24

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	88.70
2. Carlos Vizcarra	2	84.51
3. Mark Johnson	3	81.51
4. Moises Medina	1	76.93
5. Marcelino Goncalves	1	72.83
6. William Fang	1	71.42
7. Bill Austin	2	71.40
8. Jojo Herrera	1	68.92
9. Tom Haskins	1	68.80
10. Angus Kennedy	2	66.65

FEMALE

1. Allyne Winderman	1	72.99
2. Bernadette Greene	1	61.38
3. Margie Gonzales	1	48.93
4. Hazel Garganera	1	44.26
5. Karen Carey	2	39.40
3. Regina Robinson	1	28.20

RACEWALK

1. Deo Jaravata	2	63.97
2. Bill Walsky	2	53.43

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	2	116.28
2. Bernie Tan	1	100.98
3. Sean O'Brien	2	100.20
4. Angus Kennedy	1	98.95
5. Jojo Herrera	1	93.92
6. Richard Peng	1	87.55
7. Danny O'Hara	3	86.61
8. Deo Jaravata	3	84.13
9. Raul Borja	1	76.76
10. Hazel Garganera	1	69.26

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

AGE GROUP GUYS

Division	Races	Points
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Male 20-29

1. Anthony Yeung	1	135
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Male 30-34

1. David Gonzalez	3	355
2. Piyush Prakash	1	115

Male 35-39

1. Jason Coleman	4	410
2. Barry Hamaguchi	3	375
3. Raul Borja	2	240
4. Jonathan Toker	1	155
5. Rob Chen	1	125
Jojo Herrera	1	125
William Fang	1	125

Male 40-44

1. Danny O'Hara	3	405
2. Carlos Vizcarra	2	260
3. Richard Peng	2	225
4. Mike Smith	1	115

Male 45-49

1. Deo Jaravata	4	460
2. Angus Kennedy	2	240
3. Eric Alvarez	1	160
4. Mark Johnson	1	150
5. Marcelino Goncalves	1	135
Bernie Tan	1	135

Male 50-54

1. Brian Dunbar	3	375
2. Sean O'Brien	1	145
3. Lui Sanchez	1	130
4. Andrew Sanchez	1	125

Male 55-59

1. Bill Austin	3	375
2. Reg Willson	2	255

Male 60+

1. Mike Carbuto	4	465
2. Bill Winkelmann	3	330
3. Jim Martinez	2	185
4. Tom Haskins	1	125
5. John Butcher	1	105

AGE GROUP GALS

Division	Races	Points
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Female 40-49

1. Karen Carey	2	235
2. Bernadette Greene	1	135
3. Hazel Garganera	1	125
4. Regina Robinson	1	100

Female 60+

1. Allyne Winderman	1	145
2. Margie Gonzales	1	125

LAFR

5K CHALLENGE



5K Most

Name	# of 5Ks
1. Jason Coleman	8
2. Bill Austin	5
3. Bill Winkelmann	3
David Grudzien	3
5. Karen Carey	2
Jim Martinez	2
7. 5 LAFRs	1

5K Fastest Women

Name	Time	Race
1. Karen Carey	31:23	Valentines
2. Margie Gonzales	39:39	Valentines
3. Regina Robinson	57:26	LA Big 5K

5K Fastest Men

Name	Time	Race
1. Danny O'Hara	19:16	Firecracker
2. Barry Hamaguchi	21:34	Firecracker
3. Bill Austin	21:42	Home Run
David Gonzalez	21:42	Firecracker
5. Lui Sanchez	27:10	LA Big 5K
6. Bill Winkelmann	27:13	Griffith Park
7. Jim Martinez	27:59	Griffith Park
8. David Grudzien	28:45	ATC Heart
9. Jason Coleman	33:29	Noonan
10. Jeff Lyburner	45:42	Wild Hare

5K Biggest PR

Name	Cum. Time	Race
1. Lui Sanchez	0:01:27	LA Big 5K





Upcoming Events

Grand Prix Races

Full schedule @ www.lafronrunners.com

Saturday 3/28 at Griffith Park
Griffith Park Trail

Half/Full

www.griffithparktrailmarathon.com

Sunday 4/5 in Santa Monica
Easter Fun

5K/10K/15K/Half

www.abetterworldrunning.com

Sunday 4/19 in Van Nuys
Victory for Victims

5K/10K

www.w2promotions.com

Sunday 4/19 in Colton
Bare Burro

5K

www.olivedellranch.com/bburro.htm

Monday 4/20 in Boston
Boston Marathon

Marathon

www.baa.org

Sunday 5/4 in Glendale
Verdugo Mountains Trail

10K

www.runtheverdugos.com

Sunday 5/10 in Van Nuys
Mother's Day

5K/10K/15K/Half/Full

www.abetterworldrunning.com

Sunday 5/17 in Long Beach
Pride Run

5K/10K

www.shorelinefronrunners.com

Sunday 5/24 in Ventura
Mountains to Beach

Half/Full

www.mountains2beachmarathon.com

**Tuesday Night
Fun Run
Returns to
Griffith Park**

**Tuesday, April 7
7:00 PM**



**Potluck after
Tuesday
Fun Run
Griffith Park**

**Tuesday, April 21
post-run**

Don Thompson Film Festival



8th Annual Don Thompson LGBT Film Festival
Ray Stark Theatre, USC University Park Campus
Saturday, Apr 11, 2015, 2:00-6:00 PM

LAFR Marketplace & Pride Run Sponsors



www.n2nbodywear.com

www.santamonicyoga.com

Jason Coleman, Inc. www.jasoncolemaninc.com
Your Lifelong Vacation Consultants



Running Shop
Los Angeles

www.arunnerscircle.com

Placing an Ad

The LAFR Marketplace returns to the newsletter. This section is for LAFR members to advertise services/products that might be of interest to fellow club members.

If you would like to place an ad, please go to the online store and choose Membership/Newsletter Ads to purchase your ad space.

Rates are per month: \$15 ¼ page, \$25 ½ page, \$50 full page.

Your ad must be ready for print when submitted (we are runners, not graphic designers!).

Special Thanks to our Pride Run Sponsors

\$500

Santa Monica Yoga

N2N Bodywear

\$250

William Fang & Anthony Chan

Angus Kennedy & Mark Johnson

\$165

Jason Coleman, Inc.

\$100

Cat White & Keeley Webster ▪ Danny O'Hara

Kevin, Mikey & Rina ▪ Jerry Weyer ▪ Richard Nelson

The Bills ▪ Pat Bates & Sue Roth ▪ Neil E. Johnson, CPA

Bryan Prado ▪ Norman Dixon & Patrick Owen

Rina's Favorite Uncle

\$50

Mark Grumet ▪ Mark DeAngelis & Henry Jung ▪ Alexandra Amore

David Dassey ▪ Amy Ross ▪ Carl Maravilla

Mike Carbutto & Chris Tapper ▪ Regina Robinson

Mike Smith ▪ Lee Lightfoot ▪ Andrew Wissmiller ▪ Bill Walsky

Los Angeles Front Runner Annual Treasurer Report 2014

Ending Balance on 2013 December 31 18,064.79
 Ending Balance on 2014 December 31 19,838.37
 Net Change 1,773.58

For tax purposes, the club generally uses cash accounting. This means revenues and expenses are recognized when the cash transaction occurs, even if the item is for a different calendar year. However, details are present to convert to accrual accounting.

Type	Date	Profit/(Loss)	Total Revenue	Total Expense	Description	Profit/(Loss)	Total Revenue	Total Expense
2014 Club Events								
Annual Banquet	January	(1,904.58)	2,183.94	(4,088.52)	Member Payment	2,160.00	2,160.00	-
					Decoration	(96.99)	-	(96.99)
					Medals	(735.09)	23.94	(759.03)
					Rental	(3,232.50)	-	(3,232.50)
Annual Meeting	February	(176.29)	-	(176.29)				
LA Marathon	March	(441.70)	-	(441.70)				
Santa Cruz	May	(108.17)	1,123.00	(1,231.17)	Member Payment	25.00	25.00	-
					Food and Beverage	(179.17)	-	(179.17)
					Lodging	46.00	1,098.00	(1,052.00)
M2B Marathon	May	(46.20)	450.00	(496.20)	Member Payment	450.00	450.00	-
					Lodging	(496.20)	-	(496.20)
Pool Party	July	(528.28)	-	(528.28)				
Gay Games	August	322.40	1,317.00	(994.60)				
Chili Cook-Off	October	(20.00)	-	(20.00)				
Halloween Party	October	(188.60)	-	(188.60)				
Revel Marathon	November	(160.00)	-	(160.00)				
Fall Feast	November	(273.77)	-	(273.77)				
Christmas Party	December	(378.04)	-	(378.04)				
New Year Run	December	(83.32)	-	(83.32)				
Subtotal		(3,986.55)	5,073.94	(9,060.49)				

2014 Fund Raising and Charitable Giving								
Don Thompson Scholarship	February	(750.00)	-	(750.00)				
Spelling Bee	February	(113.59)	1,153.00	(1,266.59)	Donation	1,153.00	1,153.00	-
					Food	(214.36)	-	(214.36)
					Medals	(14.23)	-	(14.23)
					Beneficiary	(1,038.00)	-	(1,038.00)
SRLA	February	(670.00)	-	(670.00)				
Pride Run	June	5,436.15	14,330.00	(8,893.85)	Registration	14,010.00	14,310.00	(300.00)
					Donation	20.00	20.00	-
					Beneficiary	(1,645.00)	-	(1,645.00)
					T-shirts	(2,108.76)	-	(2,108.76)
					Timing Company	(2,200.00)	-	(2,200.00)
					Insurance	(1,197.00)	-	(1,197.00)
					Trophies	(1,008.80)	-	(1,008.80)
					Other Supplies	(374.29)	-	(374.29)
					Advertisement	(60.00)	-	(60.00)
2009 Pride Run		1,385.00	1,385.00	-				
Subtotal		5,287.56	16,868.00	(11,580.44)				

2014 Operational								
Registration Fees		(100.00)	-	(100.00)	CA DOJ	(25.00)	-	(25.00)
					IFR	(75.00)	-	(75.00)
Operational		(5,289.43)	-	(5,289.43)	Food	(121.53)	-	(121.53)
					Storage + Mail box	(2,929.30)	-	(2,929.30)
					Transaction Fees	(762.69)	-	(762.69)
					Website and Email	(1,449.88)	-	(1,449.88)
					Storage Bin	(26.03)	-	(26.03)
Membership		5,862.00	6,162.00	(300.00)	Dues	5,275.00	5,275.00	-
					Donation	504.00	504.00	-
					Club T-Shirt	(300.00)	-	(300.00)
					Club Uniform	383.00	383.00	-
Subtotal		472.57	6,162.00	(5,689.43)				
2014 Total		1,773.58	28,103.94	(26,330.36)				

For Accrual Accounting	Profit/(Loss)	Revenue	Expense
Cash Basis	1,773.58	28,103.94	(26,330.36)
Back out:			
2009 Pride	(1,385.00)	(1,385.00)	-
2013 Membership	(200.00)	(200.00)	-
Back in:			
2014 Chili Cook-off Donation	(1,125.00)	-	(1,125.00)
Accrual Basis	(936.42)	26,518.94	(27,455.36)

	2014	2015	
Direct Donation			
SRLA	3,353		
Don Thompson	750		
Inside Out Community Arts		425	
Paws LA		325	
Life Worth Saving		150	
GLEH		100	
Friends of Project 10		50	
USC		50	
St Thomas the Apostles		25	
Total	4,103	1,125	5,228

Fundraising Effort	
SRLA	11,355
Individual members	?