

August 2013

### The Dog Days of Summer



*Snack is the universal language of dog-speak. Allen Posten keeps the pups happy at Doggie Beach Day on July 21.*

July and August - what a dramatic difference from the frantic pace of May and June, when the whole club was scrambling to put on our show case event, the LA Pride Run. Unlike the hectic spring, summer ushers in a mellow and slower pace for the club. Even the Grand Prix schedule eases up a bit.

This summer lull coincides with natural running rhythm: It is simply too hot to run that much! No doubt you've noticed we've scheduled numerous Sunday long runs as early as 6 AM to take advantage of cooler temps.



*Former LAFR President Marty Freedman catches up with Bob Rose, Seth Eskigian, Bill Austin, and David Dassey after Barry's Run on July 14.*



*Eric Fischer and Richard West graciously opened their home for a summer pool party on July 27.*

Though the summer has been mild so far, we did have a searing heat wave the last weekend of June, right during the Pasadena Half Marathon. While some runners required medical care, our own Andrew Wissmiller finished 3<sup>rd</sup> in his age group. Go Andrew!

A regular summer feature is the annual Pasadena Potluck at the Rose Bowl. This year it happened on 7/11 and a large group of LAFRs came to enjoy the cool evening.

Enjoy the rest of your summer! If you've travelled or done anything interesting that you want to share with the club, you can post on our facebook page or email us (with pix!). Don't forget to bring plenty of water, GU, and salt on your summer runs. And use sunblock!

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# LAFR BIRTHDAY BOYS AND GIRLS

8/1	Michael Carter	9/1	David Woodbury
8/1	John Anania	9/2	Phil Lelyveld
8/3	Alex Morales	9/4	Moises Medina
8/3	Rex Allen Boone	9/4	Eric Gober
8/5	Rusty Millar	9/8	Mike Kerkman
8/10	Andrew Wissmiller	9/9	Allyne Winderman
8/16	Kerry Quakenbush	9/11	Tom Carmichael
8/17	Drew Brabb	9/12	Warren Gorowitz
8/19	Gordon Lenarth	9/15	Raul Borja
8/23	Nelson Lee	9/18	Wadley
8/24	Henri Faucher	9/19	Craig Kaner
8/27	Gary Iem	9/21	Bruce Bair
8/30	Don Formanek	9/22	Jared Eros
8/31	Kevin Shiramizu	9/23	Patrick Owen
9/1	Tanya Haney	9/29	Joel Mosemann
9/1	John Yong	9/30	Richard West



Carlos on 7/27 (left) and Rex on 8/3 (right). Courtesy of Henry Ong, who's fast becoming LAFR's birthday recorder.

## WELCOME NEW MEMBER!

Sarina Mohanty    Loriann Stevenson

### Los Angeles Frontrunners

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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](mailto:lafronrunners@gmail.com)

### Monthly Treasurer's Report for August 2013

Balance on 2013 June 26    \$ 14,841.45

Balance on 2013 Aug 5    \$ 17,530.12

Net change    \$ 2,688.67

Club Events	Expense	Revenue	Net
Santa Cruz	\$ (222.00)	\$ -	\$ (222.00)
Pride Run Donation	\$ (1,000.00)	\$ 100.00	\$ (900.00)
Pride Run Registration	\$ (85.28)	\$ 5,142.00	\$ 5,056.72
Pool Party	\$ (203.65)	\$ -	\$ (203.65)
Montana de Oro	\$ -	\$ 152.00	\$ 152.00
Big Sur	\$ (628.44)	\$ -	\$ (628.44)

### Membership

Membership Dues	\$ -	\$ 100.00	\$ 100.00
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### Operational

Communication	\$ (90.00)	\$ 30.00	\$ (60.00)
Mailbox and Storage	\$ (434.00)	\$ -	\$ (434.00)
Paypal	\$ (12.71)	\$ -	\$ (12.71)
Food and Beverage	\$ (159.25)	\$ -	\$ (159.25)

**Totals**    \$ (2,835.33)    \$ 5,524.00    \$ 2,688.67

### Pride 2013

	Expense	Revenue	Net
Registration	(185.28)	14,942.00	14,756.72
In Donation	-	1,700.00	1,700.00
Out Donation	(2,500.00)	-	(2,500.00)
T-Shirt	(2,468.36)	-	(2,468.36)
Medals	(899.79)	-	(899.79)
Food	(363.89)	-	(363.89)
Supplies	(140.57)	-	(140.57)
Kids Bag	(114.00)	-	(114.00)
Ad	(60.00)	-	(60.00)
	(6,731.89)	16,642.00	9,910.11

The club netted \$9,910 from the Pride Run. The bulk came from the 441 runner registrations, averaging \$33.88 per person. We raised an additional \$4200 in donation. LAFR served as the conduit for \$1700 of that while the remaining \$2500 went directly to Project Ten so that donors could enjoy tax deductibility. All expenses are reasonable. Supplies are mainly for helium and balloons.

### LAFR Board Meeting July 9, 2013

These were discussed

1. Google Groups – Bruce will send out a Constant Contact email with info about joining it
2. Barry's Run time moved to avoid conflict with Outfest
3. Max's Doggie Beach Day scheduled for July 21
4. Pool party at Eric and Richard's set for July 27
5. Potential Book Club with Eric Gober's book
6. Club now has 30 female members. It might be nice to create some events for women only. Angus will discuss with Margie
7. Ragnar Vail Lake Trail Relay – Mike and Angus will coordinate for this even occurring in November
8. Next meeting on August 17 after the run at Patrick's

# Barry's Run

by Bill Winkelmann

On Sunday, July 14<sup>th</sup>, LA Frontrunners celebrated what would have been founding member Barry Norcross' 81<sup>st</sup> birthday with a memorial circle followed by a run and some great eats at our usual Wednesday location at the corner of Ocean and San Vicente in Santa Monica.

Aside from very familiar and current faces (e.g., Angus and Mark, Dassey, Walsky, Reg, Carl, Bruce and Patrick, Margie), we were joined by long standing members Marty Freedman, Ric Munoz (and husband Seth) and Bob Rose, all of whom date way back to the 80s as part of the core of the Santa Monica Wednesday night group. Bob and partner Will Cullen might have gotten the long distance awards along with Barry's niece Robin, all of whom trekked up from Long Beach to pay tribute to our lost leader and share both tearful and joyous memories.

Everyone who knew Barry shared a memory or two, some of us saying "oh, I forgot about that one" as someone recalled a past event. Eventually it was Barry's niece Robin who shared some very personal memories of her lifelong relationship with Barry, whom she had met as a child. She related that since her mother, Connie, was a single mom, Barry took responsibility for finding all of Robin's new school clothes each year and performed other fatherly duties. He was part of Robin's family and godfather to one of the children. And since it was Bastille Day, Robin came dressed in navy and yellow, colors that a Francophile like Barry appreciated. Robin was thoughtful enough to bring a picture of Barry from one of his last Hawaii trips and to read a sweet poem that Barry treasured. This truly pulled Barry into our midst to begin the run.

Bob and Will brought their wonderful dog, Kirby, and six or so folks walked, David, Marty and I went to the SaMo Pier and back for a leisurely 3 mile run and the rest of



Left Seth Eskigian and hubby Ric Munoz peruse a picture of Barry that his niece Robin brought to the run.



Right: Seth Eskigian and Bill Austin after Barry's Run on July 14.



Barry's niece Robin spoke beautifully of Uncle Barry before the run

the gang headed down from the pier to run slightly longer. We all met up again at the picnic tables by the restrooms for some great sweets, water, juice, a very abundant Dassey fruit salad, yogurt and other fruits. Since many of us older timers do not see enough of each other lately as life moves on, we were able to catch up and speak of runs that we did at a faster pace. Now we get to see all the younger pups on numerous FB postings. Watch out, Barry might be lusting from the heavenly skies above.

Bob Rose's partner, Will Cullen, graciously took some amazing pictures that can be found at <https://picasaweb.google.com/118275877862557329124/BarrySRun#> Thanks, Will for sharing your photography talents and your Bobby on this treasured day!

By the way, I understand from the family that Barry's memorial plaque has been placed in St Thomas the Apostle Church in Hollywood at the corner of Hollywood and Gardner. I believe it's on the right side of the church as you make your way up to the altar. I will have some more details to share later on. Sail on, sweet Barry. Thanks for so many good times and fond memories. Who knows what LA Frontrunners would look like now had it not been for your vision some 33 years ago?!

## Notes from the Back of the Pack

By Bill Walsky

The summer doldrums are here and sometimes, no matter how motivated you may be, you just can't face another slog in 90F degree heat. Or perhaps there's a nagging injury which is keeping you from exercising.



Well cheer up! Below are several web based resources which might prove helpful or entertaining and just might get you out the door and running.

The [naturalrunningcenter.com](http://naturalrunningcenter.com) is primarily focused on minimalist running but offers several outstanding videos which showcase proper running form and exercises to strengthen the glutes.

Dr. Steve Gangemi is controversial with his negative views on stretching and orthotics but his [sock-doc.com](http://sock-doc.com) website offers a number of videos which explain the use of trigger point therapy to diagnose and fix ailing feet, calves and hamstrings.

[Runnersconnect.net](http://Runnersconnect.net) is primarily a coaching service but this site is loaded with articles, podcasts, and Skype interviews exploring everything from weight training and proper nutrition to heart rate training and the need for LESS hydration in distance running.

If you prefer dirt to asphalt the next two websites may be of interest. [Ultrarunnerpodcast.com](http://Ultrarunnerpodcast.com) features a daily (m-f) newsfeed on all things ultra and gear and beer reviews but its main claim to fame are the podcasts which feature a who's who of ultra running...from Scott Jurek and Dean Karnazes to Timothy Olson and Ellie Greenwood, current course record holders of the Western States 100 Mile.

[Trailrunnernation.com](http://Trailrunnernation.com) also offers podcasts featuring the best ultra runners but the primary focus is on making you a better runner. Topics have included warm weather running, proper hydration, heart rate training and nutrition. Especially interesting have been the discussions concerning the mental preparation for running long distances. Hosts Don, Scott and Faith keep it lively and fun. You don't have to be an ultra runner to enjoy these podcasts and you might just pick up a tip which makes your running a little more enjoyable.

Finally, there's [themarathonshow.com](http://themarathonshow.com), whose host Joe Taricani has been called the Richard Simmons of marathon running. He's loud and lively and covers much of the same territory as the aforementioned podcasts but occasionally he'll run a race and interview other runners along the way. Take this podcast along on your run and you just might forget the overbearing heat or the ache in your feet.

## Help Cat White Run the Mesa Falls Marathon and Raise Money for the Domestic Abuse Center in Van Nuys

LAFRs Cat White (and wife Keeley Webster) are running the Mesa Falls Marathon in Idaho on August 24 to raise money for the Domestic Abuse Center in Van Nuys, where Cat is a Marriage Family Therapist Intern. Here is Cat's statement about what the agency provides:

"The funds I am raising will primarily go toward business size cards for first responders to give to victims of domestic abuse- the cards have referrals for shelters and other resources we do not cover. The money will also go toward making safety bags-a duffle or a backpack with a change of clothes and toiletries in case the victim needs to leave their house immediately. Some of the money is going toward school supplies to many of the needy children (we recently had several companies donate school supplies, so we made backpacks for the children, 300 so far so they would be prepared for school). Whatever money is left over, if there is, will go towards holiday treats for the children I counsel.

What I think is one of the most important things we offer are cell phones to these victims. It is a private phone number, and these victims have access to the phone for usually up to 3 months to get in contact with their family members to let them know they are alright. After 3 months, the phone is turned in, and are issued yet a new phone with a new number, so the batterers cannot locate their victims."

### To Donate online:

Cat's fundraising goal is \$5000 and so far, she has raised \$1000. Here is the direct link to the DAC donation page: <https://www.justgive.org/basket?acton=donate&ein=95-4301872>

Or, go to [www.justgive.org](http://www.justgive.org) and in the "Find a Charity" box, type in the EIN for the Domestic Abuse Center: 95-4301872 and then follow the instructions to donate.

IMPORTANT: Please type "Cat White" in the "Program" box so that the DAC will know the donation is from Cat.

*Cat on a recent training run*



## Pool Party! Beautiful Weather, Beautiful Pool



*Don & Teddy*



*Mrs. & Mrs. Webster-White*

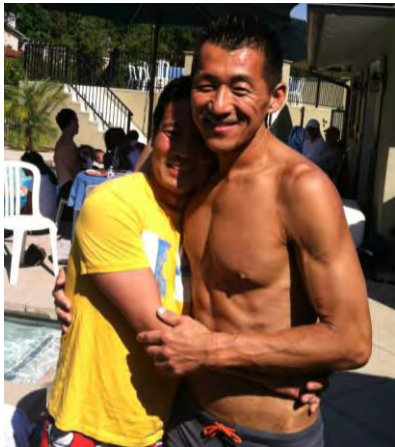
Richard West and Eric Fischer opened their Altadena home on July 27 to a large group of LAFRs for a summer pool party. The couple have renovated and re-landscaped their home in recent years. This is the first (of hopefully more) LAFR pool parties to be held there.

The party got off to a quiet start as Angus, Mark, Eric B, John K and the hosts hauled in all the food for the BBQ. Eric had heated the pool to a comfy 90F as well. Shortly thereafter, folks arrived, slathered on sunblock, and dove into the pool. By 2:30 the party was in full-swing, with about 60 LAFRs in attendance. Bernie, assisted by Angus, tended to the grill, churning out burgers, hot dogs, and even Filipino sausages. He even toasted the hamburger buns!

Kevin came with Rina, and her presence immediately triggered a few men to compete to be her favorite uncle. Angus's friend Kimberly also came with her 9 month old baby girl, Melody. In general the gender ratio was actually pretty good, as 7 women (not including the 2 babies) showed up and mingled with the guys. Those not going in the water admired Richard and Eric's numerous paintings, bonsai collection, and beautiful garden by the pool. Everyone enjoyed the abundance of food include homemade whoopie pies made by reigning Chili Queen, Ross Lamkin. In fact there were enough burgers and dogs leftover to have an impromptu BBQ the Tuesday after at Rina's.

Many thanks to Eric & Richard for opening up their beautiful home for all of us to enjoy on a lovely July afternoon.

*Grill master Bernie & John*



*Stewie, Pastor Rudy, Linwood & Gordon*



*Albert & Rob compete for Rina's affections*



*Rina & Cat and Melody & Angus*

## Doggie Beach Day – Rosie’s Beach on July 21



Left to right, dogs and their human attendants

- Coffee and Maestro with William and Anthony
- Diesel with Rusty
- Dedo with Carl
- Max with Reg
- Spanky and Lucy with John
- Nellie and Tobey with Bernie and Dan
- Wellington, Vanderbilt, and Arlington with Allen and Sean

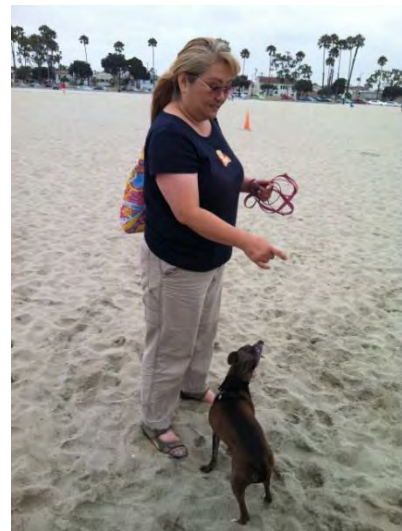
Photographers: Yumi and Henri



Dedo mastering the adorable dog-with-hanging-tongue look.

Max Willson, with some assistance from Reg, his human, organized a Doggie Beach Date at Rosie’s Beach near Long Beach’s Belmont Shore on July 21. Eleven other dogs joined Max and had a blast, treated to snacks, balls, and Frisbees their human attendants brought along.

The weather was cool and overcast, so sunburn and overheating weren’t an issue. There was just one scuffle between two alpha males, who shall not be named, with no harm done. Max, Diesel, Nellie, and Tobey especially loved the water. All, including the hydro-phobic ones, had a great time.



Auntie Yumi giving directions to Lucy. Beach rule requires 1 human per dog. We barely made the 1:1 ratio, with 12 dogs and 13 humans (Angus showed up at the end).



Reg: “Let me braid your ears and make you look pretty!”  
Max: “Woof! Frisbee! Woof!”



Sniff-fest! Maestro enjoying the scents of Lucy and Spanky. Arlington is recovering from an earlier gash on his hind leg

## More Pictures from Doggie Beach Day



*"Stay put while daddies check email". Beautiful beach, eager dogs, mild day. But smart phones trump all that.*



*Diesel, who loves jumping into the waves to chase balls.*



*Tobey, who peed on everyone and everything.*

## San Diego Pride – July 13



*Carol Pierce, founding member of SDFR and Walkers, flanked by William and Anthony.*

San Diego Pride 5K took place on July 13 in the Hillcrest neighborhood just north of Balboa Park. This year only two LAFRs, Anthony and William, ran the race. The 5K started at 10AM, just an hour or so before the parade itself started, and ran down the parade route. So the sidewalk was already packed with onlookers, who all cheered loudly and enthusiastically for the runners. The course itself was largely flat, with a few subtle hills.

The later start and the typical San Diego summer weather meant the temperature was very warm during the race. That probably explains why the winning time was just over 17 minutes. SDFRW only has a 5K, but the attendance was quite high, at around 500. The staging area filled with vendors and free food and drink samples. The multi-color technical shirt was really nice, too.

Anthony ran his inaugural race on this day! In 2011, Anthony received the "Angel Award." It was given to an LAFR member who did everything and volunteered frequently with the club *except* running. But this year William finally convinced (i.e., coerced) Anthony to run a 5K race.

The two stayed together the entire race, with William making sure Anthony didn't slack off. The pair crossed the finish line together at just under 34 minutes. Afterwards, they viewed the festive Pride Parade, which featured a large number of military contingents. The whole day was greatly enjoyable. Hopefully, more LAFR will come to San Diego next year.



*Anthony toughing through mile 1.5*



*The joy of crossing the finish line! That's a very nice balloon arch.*

# Race Results & 13.1 Challenge Standings

## Intown 10K

Atlanta, GA 3/3

David Grudzien.....59:21

## Bettmeralp 15K

Alps, Switzerland 6/30

Jonathan Toker.....1:01:12

## Peachtree 10K

Atlanta, GA 7/4

David Grudzien.....59:44

## Zermatt Marathon

Zermatt, Switzerland 7/6

Jonathan Toker.....3:42:04

## Rockin the L.P. Half

Snellville, GA 7/7

David Grudzien.....2:19:11

## San Diego Pride 5K (Grand Prix)

San Diego, CA 7/13

William Fang..... 34:52

Anthony Chan.....34:53 1<sup>st</sup> Race

## YMCA 4-Miler

Decatur, GA 7/13

David Grudzien..... 38:22

## Aspen Valley Half

Aspen, CO 7/20

David Grudzien..... 2:29:58

## Kendall Mtn. Trail-12 miles

Silverton, CO 7/20

Jeff Lymburner..... 2:37:04 3<sup>rd</sup> 50-54

## Essex Half

Essex Junction, VT 7/28

David Grudzien..... 2:28:57

## Renegade Trail 5 miles

Tustin, CA 8/1

Mong Noiboonsook...41:38

## Sneffels Highline Trail-13.8 mi.

Telluride, CO 8/3

Jeff Lymburner..... 3:03:59 2<sup>nd</sup> 50-54



## 13.1 MOST

Name	Amount
1. David Grudzien	25
2. Margie Gonzales	8
3. Deo Jaravata	4
4. John McGuinness	4
Doug Jones	3
Bill Walsky	3
7. Mong Noiboonsook	2
Andrew Wissmiller	2
Angus Kennedy	2
Mike Carbuto	2
Paul Morrell	2
Raul Borja	2
Richard Peng	2
William Fang	2
15. 23 LAFRs	1



TO REPORT RACE RESULTS,  
PLEASE USE THE RACE  
REPORTING TOOL ON THE  
GRAND PRIX PAGE AT  
[WWW.LAFRONTRUNNERS.COM](http://WWW.LAFRONTRUNNERS.COM)

## 13.1 Fastest Men

Name	Time	Race
1. Eric Alvarez	1:15:47	Mountains2Beach
2. Carlos Vizcarra	1:18:38	Surf City
3. Mark Johnson	1:24:46	Mountains2Beach
4. William Fang	1:26:51	SF
5. John McGuinness	1:28:22	OC
6. Bernie Tan	1:29:57	Mountains2Beach
7. Jonathan Toker	1:35:23	Boney Mountain
8. Angus Kennedy	1:36:39	Mountains2Beach
9. Richard Nelson	1:38:12	P. Springs
10. Dan Graham	1:43:35	Mountains2Beach

## 13.1 Fastest Women

Name	Time	Race
1. Melissa Coleman	2:06:36	SF
2. Margie Gonzales	2:45:59	OC
3. Cat White	2:48:07	Mountains2Beach
4. Donna Balinski	3:16:07	Mountains2Beach
5. Keeley Webster	3:31:12	Mountains2Beach

## 13.1 Biggest PR

Name	Cum. Time	Race
1. Albert Giang	0:08:12	Mountains2Beach
2. Dan Graham	0:06:55	Mountains2Beach
3. Eric Alvarez	0:06:03	Mountains2Beach
4. Cat White	0:05:58	Mountains2Beach
5. Bernie Tan	0:05:12	Mountains2Beach
6. David Grudzien	0:05:07	Palmetto
7. Paul Morrell	0:04:00	Kaiser & SF
8. Mike Carbuto	0:03:21	OC
9. William Fang	0:02:05	Hollywood & SF

*Biggest PR: Like our other grand prix categories, the PR you're trying to best for the 13.1 Challenge is a 5-year PR (your fastest half from 2008-2012). This is cumulative for the entire year – so, for example, if you set a new PR in January by 5 minutes and then break the new PR by two minutes in May, your total is 7 minutes.*



Deo and friends at the Tijuana Marathon in July



# Grand Prix Series Standings as of 8/6

## 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	3	85.62
2. Carlos Vizcarra	6	80.28
3. Mark Johnson	5	79.10
4. Richard Nelson	6	77.95
5. Ric Munoz	1	75.36
6. William Fang	6	74.39
7. Reg Willson	2	73.61
8. John McGuinness	5	72.95
9. Moises Medina	2	72.70
10. Andrew Wissmiller	6	72.62

### FEMALE

1. Melissa Coleman	3	60.19
2. Amy Ross	1	59.80
3. Jennifer Rouan	4	54.63
4. Margie Gonzales	5	50.56
5. Merle Brill	1	47.81
6. Cat White	4	46.88
7. Lee Miller	3	43.23
8. Keeley Webster	3	34.82
9. Donna Balinski	3	34.24
10. Marilyn Jackson	4	32.05

### RACEWALK

1. Patricia Bates	2	68.62
2. Juan Moreno	1	63.21
3. Deo Jaravata	5	61.84
4. Connie Hammen	1	58.68
5. Sue Roth	1	53.84
6. Bill Walsky	1	49.72
7. Keeley Webster	1	41.30
8. Cat White	1	40.97
9. Donna Balinski	1	40.33
10. Regina Robinson	1	27.16

## AGE GROUP MEN

Division	Races	Points
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### Male 20-29

1. Piyush Prakash	1	140
2. Gary Iem	1	130

### Male 30-34

1. William Korthof	5	545
2. Jorge S Corona	4	470
3. Mike Kerkman	3	420
4. Jose Castillo	3	230
5. Patrick Conner	2	200

### Male 35-39

1. William Fang	6	900
2. Raul Borja	5	460
3. Albert Giang	4	430
4. Rob Chen	4	405
5. Dan Vu	4	345

### Male 40-44

1. Bernie Tan	5	635
2. Richard Peng	5	470
3. Don Formanek	4	455
4. Kent Hamilton	3	385
5. Adam Gooch-Smith	3	320

### Male 45-49

1. Mark Johnson	6	755
2. Deo Jaravata	6	550
3. Angus Kennedy	4	455
4. Eric Alvarez	3	435
5. Rex Boone	2	235

### Male 50-54

1. Mong Noiboonsook	6	645
2. Brian Dunbar	6	590
3. Carl Maravilla	3	365
4. Mike Kezsely	3	295
5. Reg Willson	2	260

### Male 55-59

1. Bill Austin	4	485
2. Dan Graham	3	425
2. Doug Jones	3	320
3. David Grudzien	2	230
4. Jim Martinez	2	190

### Male 60+

1. Andrew Wissmiller	6	770
2. David Dassey	6	720
3. Bill Walsky	6	640
4. Richard Nelson	5	595
5. Mike Carbuto	4	490

## AGE GROUP WOMEN

Division	Races	Points
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### Female 30-39

1. Jennifer Rouan	3	330
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### Female 40-49

1. Cat White	5	550
2. Regina Robinson	5	530
3. Marilyn Jackson	4	475
4. Donna Balinski	4	455
5. Marilyn Jackson	4	440
Lee Miller	4	440

### Female 50-59

1. Margie Gonzales	6	710
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### Female 60+

1. Patricia Bates	2	255
2. Amy Ross	1	125
3. Sue Roth	1	105
Connie Hammen	1	105

## 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. Mike Kerkman	1	113.70
2. Sean O'Brien	2	109.90
3. Jonathan Toker	3	102.19
4. Carl Maravilla	1	89.85
5. Andrew Wissmiller	3	89.35
6. Deo Jaravata	2	88.07
7. Jeff Lymburner	3	87.24
8. John Kawaharada	1	85.10
9. Richard Peng	1	74.67
10. Mike Carbuto	1	73.49



Anthony & William after the San Diego Pride Run

I DON'T TRUST JOGGERS.  
THEY'RE ALWAYS THE ONES THAT  
FIND THE DEAD BODIES.  
I'M NO DETECTIVE, JUST SAYIN'.

FOR COMPLETE GRAND PRIX  
STANDINGS AND DETAILS, PLEASE  
VISIT THE GRAND PRIX PAGE AT  
[WWW.LAFRONTRUNNERS.COM](http://WWW.LAFRONTRUNNERS.COM)

## Grand Prix Races

Full schedule @ [www.lafronrunners.com](http://www.lafronrunners.com)



**Saturday 8/24**  
 Dockweiler Beach  
 Jet to Jetty  
 5K/10K  
<http://w2promotions.com>

**Sunday 9/8 - Ventura**  
 Ventura Marathon  
 5K/Half/Full  
[www.venturamarathon.com](http://www.venturamarathon.com)

**Saturday 9/21 - Downtown LA**  
 Frozen Hot Chocolate  
 5K/10K  
[www.hotchocolate5k.com](http://www.hotchocolate5k.com)

**Saturday 9/28 - Big Sur**  
 Big Sur  
 Half/Full  
[www.envirosports.com](http://www.envirosports.com)

## Chili Cook-off



**...and kiss the cook!**

**Sunday, October 6**

The annual chili-cook is just around the corner, so start playing with your recipes, with or without meat, and for anything you like to do on the side.

## Mark it or you'll miss it!



**September 22 - Bingo Night,**  
 Hamburger Mary's

**September 28 - Big Sur Trip,**  
 Trail Marathon

**November 9 - Catalina Trip,**  
 Catalina Eco-Marathon

## POTLUCK! (PAAAHTLAAAAHK!)



**Tuesday, August 20**  
 Griffith Park, on a picnic table with Oprah and Gayle

**Wednesday, August 21**  
 Westside, usual SaMo location

# LAFR Marketplace



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[www.santamonicyoga.com](http://www.santamonicyoga.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**

**William Fang & Anthony Chan**

**Angus Kennedy & Mark Johnson**

<b>\$250</b>	<b>\$200</b>	<b>\$150</b>	<b>\$100</b>
<b>Ziba Beauty</b>	<b>Patricia Bates</b>	<b>Rina</b>	<b>The Bills</b>
<b>Walgreens</b>	<b>&amp; Sue Roth</b>	<b>Rob Chen</b>	<b>Jerry Bulovsky</b>

**\$50**

**Mark Grumet ▪ Jeffery Masino ▪ Abbe Land ▪ Dave Kettel  
David Dassey ▪ Amy Ross ▪ Ross Lamkin & Aaron Rothbart  
Otis Redding & Kaspar ▪ Arturo Salgado & Seth Diamond  
Michael Carter ▪ Jim Martinez ▪ Don & Teddy ▪ Bill Walsky  
Donna M. Balinski ▪ Richard Nelson ▪ Neil E. Johnson, CPA  
Eddie Flores ▪ Norman Dixon & Patrick Owen ▪ John Kawaharada  
John McGuinness & Doug Jones**

## San Gorgonio Run – July 7



*Looking fresh at the start of the trail*

Four intrepid LAFRs decided to take on San Gorgonio Mountain. Mt San Gorgonio, located in the San Bernardino National Forest, is the highest peak in Southern California and third highest in California (after Mt Whitney and Mt Shasta). Sean, John, Jim, and William departed at around 5:30 AM from Jim's place in Sean's pick-up. The drive itself took over an hour. We also had to get a day-use permit from the park ranger.

We finally arrived at the trailhead for Monyer-Alger Creek Trail in the mountain town of Forest Falls. This trail is 13 miles to the summit and is gentler than another popular trail, Vivian Creek, which rises the same altitude in just under 9 miles. The starting elevation for both was 5600 ft, which is already taller than Mt Wilson!

The thinner air of the high altitude was already noticeable from the beginning. But otherwise, the terrain was similar to the San Gabriel foothills, except a bit greener.



*At the summit of Mt San Gorgonio. Peace, everyone.*



*At 10,000 ft. The thin air and exhaustion are getting to John*

During the ascent, the four runners largely stuck together. We had our first water break at mile 8 (same break at mile 18), the last stream crossing before reaching the summit. Sean generously lent out his magic stick (infrared flashlight) for us to clean the water. The next 5 miles proved more difficult, as the air continued to thin and the trail become more rocky.

Nonetheless, we persisted to the peak, where a ranger actually checked for the day-use permit. After a group picture and a short break, we ran down. Well, Sean and Jim ran down and John and William stumbled behind. While William fell twice, John almost fell off the cliff, and Jim bloodied his elbow, we all made it back safely. But it did take 8 hours to cover 26 miles.

Sean suggested Mount San Jacinto, visible from Mt San Gorgonio, for the next extreme long run. Alas, the Idyllwild fire put that plan on hold for now.



*Foraging for water and playing with Sean's magic stick.*

## Compare and Contrast

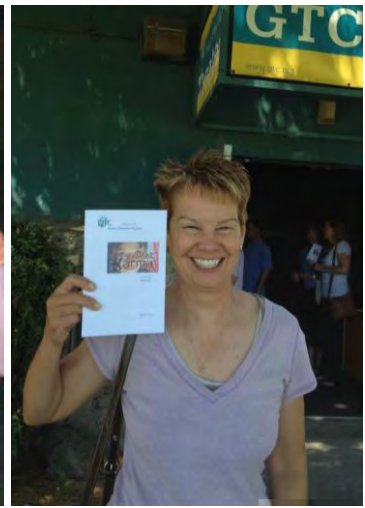
Our diligent team of photo editors compiled a series of side-by-side photos to heighten the diversity in our club. We present to you photos you can compare pairwise to provoke profound discussions and introspection into the existence of LAFR...

Seriously, we're just having the summer bug and didn't want to think too hard or write anything. So here are a few pictures to distract you from the lack of literary content on this page.

*Do you like...*



*Hanging out with the boys to see Henry Ong's Sweet Karma? Mark, Henry, Angus, Bernie, Dan, Norman, Patrick on July 12*



*Or hanging out with the girl? Amy on July 12*



*Running in the cityscape of downtown Los Angeles? Richard, Albert, Mark, David, Reg, Angus on July 7*



*Or running in the wilderness of east Orange County? William at May 11 Into The Wild OC Train Run.*



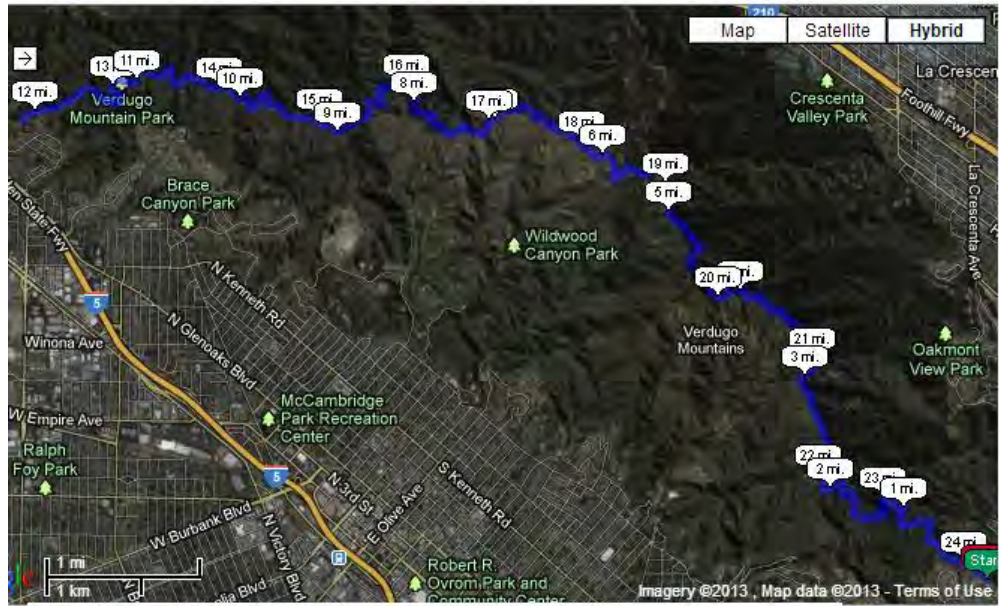
*Left:  
Eating at old-school Tarantino's Pizza after the Thursday night run in Pasadena? July 25*

*Right:  
Or dining at stylish Modern Eats after the Tuesday night run in Silver Lake? July 2*



## Spotlight on Verdugo Mountain (and trail runs in general)

The Verdugo Mountains is an isolated mountain range tucked between Glendale, Burbank, and Los Angeles. It peaks at over 3000 ft and is home to several radio towers. The trail along the spine between the southeast (Glendale) and northwest (Sun Valley, LA) is about 12 miles with plenty of climb. You can detour down Stough Canyon to the namesake nature center in Burbank, for an additional 2-mile round trip and about 550 ft of climb. Distance-wise, this marks a marathon, although very few Boston qualifying marathons are this hilly.



Several challenges are present in Verdugo Mountain. First and foremost is the lack of water. The nature center is the only guaranteed source of water. At



*Borrowing a picture of Wellington, Vanderbilt, and Arlington to show the magnificent view from the Verdugo Mountain. This is the eastward view showing the San Gabriel Mountains, with Crescenta Valley in between*

either end, you can try looking for spigots in the front lawns of houses. The other challenges are constant exposure to the sun, wildlife (namely rattlesnakes), and the sheer ruggedness of the terrain. In other words, Verdugo Mountain is typical of trail running in So Cal!

This year, the Grand Prix included <http://www.runtheverdugos.com/> which is a formidable trail race that climbs nearly 1800 ft up the Brand Park Motorway from the Brand Library Park in Glendale. The grade is about 10% and a good rule of thumb for the boundary of runnable steepness.



*OK, space-filling photo of one of the two men who care for those three dogs. From a Mt Waterman run.*

### Discount Diva

Race	Race Date	Website	City	Code	Amount	Expires
Jet to Jetty 5k/10k	08/24/13	<a href="http://w2promotions.com">http://w2promotions.com</a>	Venice	AMCS	\$5	
Ventura Marathon and Half Marathon	09/08/13	<a href="http://venturamarathon.com/">http://venturamarathon.com/</a>	Ventura	GREATRACE2013	\$10	8/14/2013
LA Cancer Challenge 5k/10k	10/27/13	<a href="http://www.lacancerchallenge.com/">http://www.lacancerchallenge.com/</a>	West LA	LARUNCLUB1	\$5	8/31/2013
Santa Clarita Marathon and Half Marathon	11/03/13	<a href="http://scmarathon.org/">http://scmarathon.org/</a>	Santa Clarita	RETURNING	20%	7/31/2013
Malibu International Marathon and Half Marathon	11/10/13	<a href="https://www.malibuintmarathon.com/signup.aspx">https://www.malibuintmarathon.com/signup.aspx</a>	Malibu	MIMLAFRHALFNFULL	\$10	
New Year's Race	01/04/14	<a href="http://www.newyearsrace.com/">http://www.newyearsrace.com/</a>	Los Angeles	NYR2014	\$15 off Half	First 500
					\$5 off the 5k	First 500