

LA FRONTRUNNERS

Newsletter

Ring out the Old, Ring in the New

January 2014



New Year's Day run through Runyon Canyon in Hollywood – from left: Rick, Sean, Dan, Bernie, Mark, Gabor, Patrick, Gary, David, Richard, and darling Piyush in front.

So much happened in 2013 since the club kicked off the year with a run at Patrick's old place in North Hollywood.

What trips have we done? Santa Cruz Island, Mountains to the Beach Marathon from Ojai to Ventura, Ragnar Wasatch Back Relay, Montaña de Oro Trail Races, Catalina Eco Marathon, and Big Sur Trail Marathon.

What races did we run? Lots. Some with the largest turn-out were LA Marathon, M2B Marathon and half, Jet to Jetty, Turkey Trot. Of course the single largest event is and probably always will be our annual Pride Run.

What fun runs did we do? Downtown Grand Park, Moonlight run in Griffith Park, NOELA. If you define fun liberally, there were numerous trips up the San Gabriels: Mt Wilson, Mt Lowe, Echo Mtn, Chantry Flat. And the Verdugos. A few even braved Mt San Gorgonio.

Any eating events? Of course! Aside from the usual post run eats, there were several dimsum runs, including one last trip to the Empress Pavilions. The beloved Chili Cook-off saw a huge turn-out. We even created a new food competition, the Soup-off.

Other old favorite events returned: Don Thompson, Bare Burro (the naked run), a summer pool party (this time at Eric and Richard's), Hamburger Mary's Bingo, Fall Feast, and the Christmas Party. And we had a few new ones: Doggie Beach Day and a Halloween Party at Geoff and Jason's.

We saw the passing of Barry Norcross, the bombing of Boston, the overturn of Prop 8. And 35 new members joined. We carried on old traditions, we created new ones. 2014 is what we make of it. Like Lord Tennyson wrote in 1850, let's ring out the old, ring in the new.

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LAFR BIRTHDAY BOYS AND GIRLS

1/15	Angus Kennedy	2/9	Bryan Prado
1/17	Paul Jacoy	2/9	Mike Kezsely
1/18	Chris Tapper	2/10	Mike Smith
1/19	Ken Dunn	2/13	Mark Johnson
1/22	Daniel Graham	2/13	Michael Whitley
1/27	Margie Gonzales	2/15	William Fang
1/27	Bernie Tan	2/15	Adam Comeau
1/27	Kristi Twilley	2/16	Eddie Flores
1/28	Ross Lamkin	2/17	Andrew Sanchez
1/29	Ruthanne Salido	2/20	Terry Finestein
1/30	Augie Robles	2/25	Brad Takei
2/1	Carl Maravilla	2/25	Brent Kaspar
2/3	Lui Sanchez	2/26	David Dancer
2/6	Brad Henkle	2/27	Norman Dixon
2/7	Patrick Conner	2/28	Ric Muñoz
2/7	Sarah Boone	2/28	Maryland Bolds



1/1 Mike Carbuto



1/9 Robb Briggs

WELCOME NEW MEMBERS!

Rick Allison Hajime Ueno

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*
 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

LAFR Monthly Treasurer's Report for January 2014

Balance on 2013 Dec 23 \$18,455.03

Balance on 2014 Jan 20 \$17,385.08

Net change \$(-1,069.95)

Club Events	Expense	Revenue	Net
New Year Run	\$ (36.04)	\$ -	\$ (36.04)

Membership

Membership Dues	\$ -	\$ 135.00	\$ 135.00
Donation	\$ (355.00)	\$ 65.80	\$ (289.20)

Operational

Communication	\$ (412.36)	\$ -	\$ (412.36)
Storage and Mailbox	\$ (460.03)	\$ -	\$ (460.03)
Paypal	\$ (7.32)	\$ -	\$ (7.32)

Totals \$(-1,270.75) \$ 200.80 \$ (1,069.95)

From the Treasurer: The \$355 donation to SRLA is from the Fall Feast raffle. The \$412 for comm. is website/domain fees. The \$460 for storage/mailbox is \$26 for bins and the rest for 2 months mailbox rental.

PLEASE NOTE: The 2013 year-end Treasurer's Report is the last page of this newsletter

LAFR Board Meeting January 20, 2014

Agenda items included:

- Finance – see above
 - William to follow up on an uncashed Active.com check from a few years ago
 - Year-end numbers are ready for annual meeting
- Insurance – William to renew
- Membership renewal – Angus working w/ Club Express to set up membership renewal
- SOB 50/50 on Feb 1 – John to coordinate volunteer effort
- Annual Awards Banquet
 - Checked other facilities, decided to stay at Castaway
 - Saturday Feb 15 at Castaways in Burbank
 - Bruce to provide laptop/Angus- projector
 - After a long discussion, price per person will be \$30 for pre-purchase through PayPal and \$40 at the door
- Awards – Some were decided and will be announced at annual awards banquet
- Annual meeting set for Feb 9 at Rob Chen's at 10:30AM after the customary long-run
- LA Marathon – Begin discussion
 - Carl organizing water stop
 - Bernie host pasta party
 - Post race party and Sean and Allen's
 - John's house for race-day logistics.
- Next meeting on Feb 10, 7PM at Sean's

Upcoming Events

LAFR Annual Banquet and Awards Ceremony



Saturday, February 15
Castaway Restaurant
1250 Harvard Road, Burbank, CA 91501

Pull out those dusty prom gowns because the LAFR Annual Banquet and Awards Ceremony is just a few weeks away. Come relive all the excitement and intrigue of 2013 while enjoying the breathtaking views from Castaway Restaurant! The results of the LAFR Grand Prix will be announced, as well as Frontrunner of the Year, Newcomer of the Year, the Randy Peck Award, and the Don Thompson Lifetime Achievement Award. And this year it's on Saturday night kids, no school the next day! Stay tuned for further details by email.

LAFR Annual Meeting (aka an excuse to have brunch)

Sunday, February 9
Silver Lake, Rob Chen's Pad



Potlucks Never Die (at least on Tuesday nights they don't)

Tuesday, February 18
Silver Lake, Rusty Millar's Pad





Upcoming Events

Grand Prix Races

Full schedule @ www.lafronrunners.com



Saturday 1/25 in Playa Del Rey

Coastal

5K/10K

www.w2promotions.com

Saturday 2/1 at Malibu Creek State Park

Sean O'Brien Trail Race

26M/50K/50M

www.sob5050.com

Sunday 2/2 at Hansen Dam

Students Run LA

18M Friendship Run

www.srla.org

Saturday 2/15 in Van Nuys

Valentine's Day Run

5K/10K/15K/Half

www.rocketracingproductions.com

Saturday 2/23 in Chinatown

Chinatown Firecracker

5K/10K

www.firecracker10k.org



Sean O'Brien 25M/50K/50M Trail Race



Saturday, February 1, 2014

Malibu Creek State Park

Our own Sean O'Brien has a race named after him, and he's still alive too! Sean mapped out this challenging course as only he would with his friend and race director Keira Henninger in the beautiful Santa Monica Mountains. Come out and support all the brave (or crazy) LAFR racers, and see some of the best trail racers in the country compete in this highly competitive race. As part of the Montrail Ultra Cup series, the top 3 finishers in the 50-mile event win an automatic entry into the Western States 100-Mile Endurance Run, the world's oldest and most prestigious 100-mile trail race.

Students Run LA Friendship Run

Sunday, February 2, 2014

Hansen Dam



Students Run LA celebrates 25 years of running! Join this wonderful organization at their annual 18-mile Friendship Run. This year they are offering the usual 18-mile course and also a community loop (9+ miles) for those runners not currently in training for a marathon, but interested in coming out to run all the same. The event is set for 5 weeks prior to the ASICS LA Marathon, and they hope that you will consider joining the 3500 students and the volunteer teacher leaders on their journey toward 26.2 miles – our Geoff Buck and Brian Dunbar included!

Race Results

Temecula Half

Temecula, CA 10/20

Donna Balinski.....3:41:56
Keeley Webster..... 4:02:15
Cat White..... 4:02:16

WeSpark 10K

Temecula, CA 11/10

Cat White..... 1:34:15
Keeley Webster..... 1:34:19

LA RnR Half

Los Angeles, CA 10/27

Margie Gonzales..... 3:08:30

Malibu Half

Malibu, CA 11/8

Margie Gonzales..... 3:11:05

We Run This City 5K

Los Angeles, CA 11/24

Mike Carbuto.....25:24

Topanga Turkey 15K

Topanga, CA 11/28

Mike Carbuto.....1:44:49

San Diego Holiday Half

San Diego, CA 11/29

David Grudzien..... 2:14:55

Running Off Turkey Full

Long Beach, CA 12/1

Deo Jaravata..... 3:59:58

Jingle Jog 5K

Atlanta, GA 12/7

David Grudzien..... 24:59

Holly Jolly Half

Camarillo, CA 12/15

Margie Gonzales..... 3:04:47

Santa to the Sea Half

Oxnard, CA 12/18

Margie Gonzales..... 3:04:47

Rocket Racing 10K

Santa Monica, CA 12/31

Margie Gonzales..... 1:16:17



Boney Mountain start: Jonathan Toker (2nd from left) on his way to a 2nd overall finish

Operation Jack (Grand Prix)

Los Angeles, CA 12/26

Half

David Dassey.....1:43:19 2nd 60-64
Albert Giang..... 2:01:50
Mike Carbuto.....2:06:36 PR
David Grudzien..... 2:25:23
Bill Walsky.....3:33:48 RaceWalk

Full

Deo Jaravata..... 4:15:57 1st 45-49

New Year's Race Half (Grand Prix)

Los Angeles, CA 1/4

Chris Ng..... 2:05:36
Tommy Ho.....2:09:31
Mike Carbuto.....2:07:18
Mike Smith.....2:27:55
Deo Jaravata.....2:36:49 RaceWalk
Margie Gonzales..... 3:03:59

Boney Mountain (Grand Prix)

Burbank, CA 1/5

21K

Jonathan Toker..... 1:31:47 2nd OA
1st 35-39
Bruce Bair..... 2:01:49
Patrick Conner..... 2:31:37



Deo racewalking the New Year's race on Saturday night, 1/4

Flashlight 5K

Lawrenceville, GA 12/31

David Grudzien..... 28:25

Resolution Run 5K

Kennesaw, GA 1/1

David Grudzien..... 29:11

Last & First Races!

The wrapping paper wasn't even in the garbage yet when a bunch of LAFR's got back to racing. The unusually warm and dry winter, generally bad for California, has made for great racing conditions. Many LAFR runners closed 2013 and opened 2014 with great racing. And they got to burn off holiday calories to boot!



Deo, Mike, Albert, David, Bill, and David near the start.

The Operation Jack Marathon was first up on Boxer Day (12/26). This relatively intimate marathon loops around Dockweiler State Beach and is only 4 years young. Mike, Albert, David D, Walsky, and David G competed in the Half while Deo competed in the full. Impressively, this is David G's 53rd (we think) half marathon of 2013.

On completely different terrain is the Boney Mountain Trail Run (1/5) that loops the rugged Santa Monica Mountains. Runners climb about 3000 ft over 13 miles. Even the downhill parts are hard because of the steepness and rockiness of the trails. LAFR Trail superstar Jonathan Toker placed 2nd overall in the 21K with LAFRs Bruce Bair and Patrick Conner tackling the course as well.

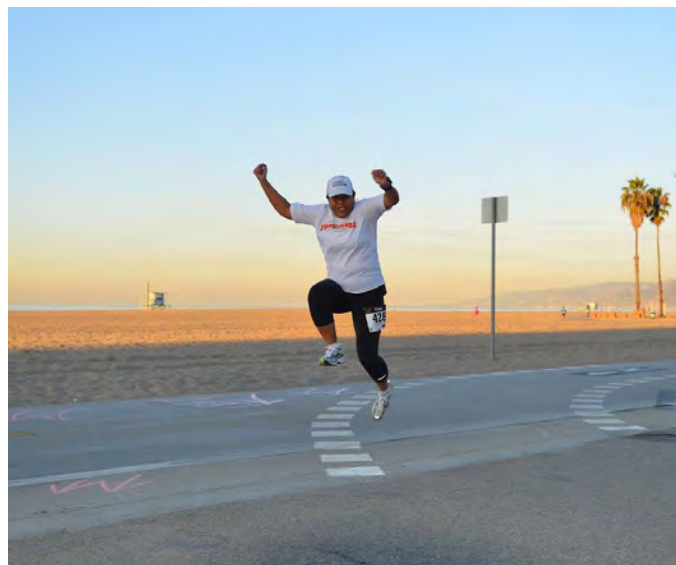


Jonathan and Bruce showing off their winning smiles.



Tommy, Mike, Chris, and friend Terrence showing off medals.

If you want a close-up view of downtown LA, the 2nd annual New Year's Race (1/4) half marathon offered just that. The race meanders through downtown, Chinatown, and Dodger Stadium before it heads south to end at the Staples Center. An interesting side story: Mike Smith was agonizing, both figuratively and literally, before the race, whether he should run the race just a few days after he has dental surgery. Well, we know how that story turned out.



Margie bouncing off the sand in Santa Monica.

And if you wanted to run the absolute last race of 2013, you should have joined Margie in the Rocket Racing New Year's Eve (12/31) run. This event was a flat and fast dash in Santa Monica. If you like small races with an informal feel, Rocket Racing puts races regularly in SoCal (one is on our 2014 Grand Prix schedule). Margie, already our resident Discount Diva (and super jumper), also features a Frugal Fronrunner page to highlight these fun but inexpensive races.

So you see, despite our reputation for food and fun, LAFR really does take running seriously. So take a look at the Grand Prix and Frugal Fronrunner calendar and mark down a few races that you can run in 2014.

Notes from the Back of the Pack

By Bill Walsky

A new year sweeps in and brings with it new hopes and dreams and if you're a runner this can translate into renewed commitment, healthier living and maybe a personal best or two. Below, are some of the goals fellow Frontrunners hope to achieve in 2014:

Ran Mullins...Train for the Gay Games 5k and 10k.

Mark Grumet...Consistently run 3-4 times per week.

Mark Johnson...Run a sub 3 hour time at the Boston Marathon.

Carlos Vizcarra...Finally get rid of plantar fasciitis. Concentrate on base building and then speed early in the year and point to the California International Marathon in December as my goal race.



Amy Ross...Maybe, just maybe, I will be able to beat Margie Gonzales when she reaches my age group...OR maybe something realistic...like world peace.

David Grudzien...Run a half marathon in eleven more states to complete my quest of finishing a half in all 50 states.

William Fang...Complete my first 50k.

Bernie Tan...See if there are anymore PR's left in me. Do more trails.

David Dassey...Run my best ever Boston Marathon in April and keep in shape for Gay Games in Cleveland in August.

Sean O'Brien...Have fun!

Mark Penn...Run Avenue of the Giants Marathon, ET Moonlight Marathon and the Midnight Sun Half Marathon in Iceland.

Sarina Mohanty...Better my 5k time by 15%.

Ric Munoz...Crank out steady 40-60 miles of running per week.

What are your goals in 2014?

Sean O'Brien 50/50

By William Fang

As mentioned in Bill's column above, I want to complete my first 50K this year. Why put myself through such a physically demanding trial? Hmm, before I get to that, let's do a simple pro and con. The pro- side has a lot going for it. To name a few, the race course is beautiful: narrow canyons, wide valleys, gnarly oaks, exhausting hills, all captured by the Santa Monica mountains. The health benefit is probably there, despite the wear-and-tear on the body. Finally trail runners are generally great folks, and you *really* get to know them after spending hours on the trail and much social filter falls to the wayside.

How about the con- side? That's a long list too. The biggest is the time-commitment. A Sunday long run consumes an entire day. There goes half the weekend that I otherwise could have

A training run for the SOB 50/50, starting at the Backbone Trail for a 22-mile loop.

spent with other friends, family, dogs, or my computer. All that running does increase the risk of injuries. I needed several weeks in November to recover from an ankle that I twisted doing the 7 bridges run, which I twisted again on a subsequent run. And running is tiring, even on the best of days (aside: some LAFR's call me WTF because of my audible cussing going up impossible hills or down rocky single tracks).

But I did not go through this decision process when I signed up for the SOB 50K. For me, the initial spark for the 50K was as training for the 2014 Boston Marathon. But the preparation has given importance and enjoyment to the 50K. Some people find their passion in music, religion, or career. The way I see it, it is in our nature to get excited about something, because boredom is, well, boring. So it was somewhat of an accident that I first signed up for the SOB 50K. But after having signed up, I'm now really excited about it.

The SOB 50K (www.sob5050.com) takes place on Feb 1. About 9 people LAFR's are running it and another 11 are volunteering for it.



Another training run, starting at Corral Canyon for an 18-mile out-and-back.

New Year's Day Run

LA Frontrunners continued our tradition of ringing in the new year with a neighborhood run, followed by a hearty brunch. In consideration of our more "social" members, we start this run a bit later, at 11 AM rather than the customary 8 AM. This year, John Kawaharada opened his lovely and spacious home near the foot of the Hollywood Hills and Laurel Canyon to host the first run of 2014. John's home was beautifully decorated with two Christmas trees and exquisite nutcrackers from Germany, including a recently completed set commemorating the Twelve Days of Christmas.

The weather was perfect, reminding once again why we live in SoCal. The run was through nearby Runyon Canyon, which is a steep climb up a beautiful cliff. It's beautiful for both the views of the LA Basin below as well as the good-looking people in it. The LAFR crowd no doubt increased that second quotient ☺. You can see a photo of a group of beautiful people posing before a beautiful background on page 1. Distances ranged from a few miles for the walkers, to about 6 miles for the standard run, to about 9 miles for the more adventurous.



Host John before a rotating Christmas tree.



Rina being the center of attention.



Panoramic view of the backyard.

After the run, a generous brunch awaited the runners. Yumi made yummy traditional Japanese New Year's fare: baked mochi cake in vegetable broth. You put a mochi cake in the oven and bake it until a bubble starts popping from the middle, indicating readiness. It was quite fun to watch! Patrick brought two casseroles, one regular and one veggie. Others brought pizza, dimsum, pastries, etc., making for one big smorgasbord of culinary delights.

John swung open the French doors to the backyard, a section of which is decorated like a little beach cabana. The warm sun and comfy surroundings made for a relaxing afternoon as well as a fun place for Rina to play while surrounded by her many adoring uncles.



The guys with a sighting of Allen in the back



Chat around the picnic table



1/1 in LA is truly a beach day



Chefs in the kitchen

Pictures! (William's iPhone, so biased sample)



Mike, William, and Arlington at Vergudo 12/29



Sean, John, Jim, and Arlington at Vergudo 12/29



Sean, Jim, a finger, and Arlington at Vergudo 12/29



Rick and Carl at Helipad in Griffith Park 12/28



William, Jim, and Sean at Mueller Tunnel 12/22



Yumi and Bernie eating traditional soba, 12/31

Focus on Zuma Canyon

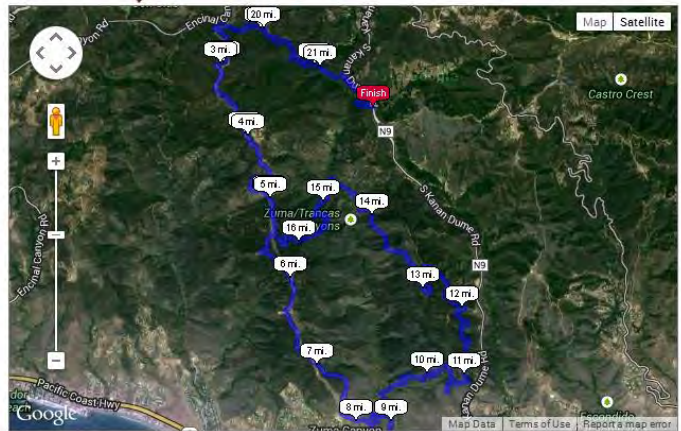
SOB 22 Mile

So have you heard about this trail race called Sean O'Brien 50 Mile, 50K, and Marathon? ☺ A big chunk of it goes around the ridge that rings Zuma Canyon. Here's a shorter 22 mile with 5000 ft climb that you can do starting from the Backbone Trailhead off Kanan. The map is here: <http://www.usatf.org/routes/view.asp?rID=533619>

Distance: 21.95 miles / 35.32 km
 Location: Start: Backbone Trailhead at Kanan Santa Monica Mountains - Malibu, CA, US
 Attributes: loop, all hills, unpaved path
 Description: Challenging 22 mile run through the beautiful and picturesque hills north of Malibu, with ocean view.

Route Markers:
 ● miles
 ○ km
 ○ none

Print map Read reviews Rate this route



Total climb: 5208 feet / 1587 m
 Total elevation change: 10427 feet / 3178 m

If you want to stay closer to Zuma Canyon (and keep the distance a bit saner), you can drive out to the Zuma Ridge Trailhead (mile 8) or Zuma Canyon Trailhead (mile 8.75) and just do the loop portion. You cut out about 11 miles, but only 1000 ft in climb. So even this 11 mile loop is challenging because of the steepness.

But as your reward for tackling this hill, you get a sweeping view of the Pacific ocean. The climate also tends to be milder because of the proximity to the sea.



A view of Zuma Ridge Trail

Mile 4 is the highest point of the entire run. It also marks the entrance to one of the very few private lots in the park and is known as Buzzard's Roost Ranch.

A shorter alternative that keeps the climbing profile is available for the more adventurous. At about mile 14.25 where the main trail takes a leftward turn, you'll find a single track trail going up the hill on your right. If you take this trail and don't get lost, you get back to the Backbone Trailhead in about 2 to 3 miles.

This trail has fallen into some disrepair, although Jonathon Toker and Sean O'Brien have done some upkeep. The last 2 or so miles on this map outlines that trail: <http://www.usatf.org/routes/view.asp?rID=533620>

Hopefully you will be entranced by Zuma Canyon. The Santa Monica Mountains offer many other such locales. If you want to explore these trails, let a board member know and the club will schedule a long run or more there.

A few notes, though. These are generally state parks and dogs are entirely prohibited. Also quite a few places have been burnt recently. In fact, one motivation for the SOB 50/50 is to replace the Ray Miller 50/50, which trail suffered devastating burn in the Camarillo Spring fire of May 2013.



Tracing the circle of friendship. Not sure where this is precisely located.

New: The Frugal Frontrunner

LAFR is thrilled to present a new section to the newsletter. Let's let Margie, the Discount Diva, describe what The Frugal Frontrunner is all about.

Happy Holidays! With all the parties and shopping making our wallets a little lighter, we are introducing a new monthly feature – The Frugal Frontrunner. Unlike the Discount Diva, it will include more budget friendly races that do not require a discount code. Most are time sensitive so if you can plan ahead a little you can save a lot!

Note: Rocket Racing tends to have professional photographers at their races AND share the photos for free on their web site.

Race	Race Date	Website	City	Amount	Notes
The Odyssey Marathon	01/25/14	http://www.rocketracingproducts.com/	Huntington Beach	Marathon - \$41, Half - \$31	
Beach Party Run	01/26/14	http://www.rocketracingproducts.com/	Santa Monica	Half - \$31, 5K - \$16, 10K - \$23, 15K - \$28	
Highland YMCA Half, 5K and 10K	01/26/14	http://www.ymcaeastvalley.org/highland-run/	Highland	\$45	
The Awesome Run 5k, 10k, 15k and Half	02/01/14	http://www.rocketracingproducts.com/	Santa Monica	Half - \$32, 5K - \$17, 10K - \$24, 15K - \$29	
Palm Springs Half	02/09/14	http://www.kleinclarksports.com/page2/page2.html	Palm Springs	\$70 Half, \$95 Relay	
San Diegito Half	02/09/14	http://www.kathyloperevents.com/san_diegito/	San Diego	\$70	
Valentine's Day Run	02/15/14	http://www.rocketracingproducts.com/	Encino	Full- \$42, Half - \$32, 5K - \$18, 10K - \$23, 15K - \$28	
Majestic Half and Full Marathons	02/16/14	http://www.rocketracingproducts.com/	Huntington Beach	Full-\$41, Half -\$31	
Fantastic Run	02/23/14	http://www.rocketracingproducts.com/	Santa Monica	Half - \$31, 5K - \$16, 10K - \$23, 15K - \$28+	
Seaside Half	02/23/14	http://www.seasidehalf.com/	Ventura	\$75	Add \$10 at expo
Diamond Valley Lake Full and Half	03/01/14	www.dvlrun.com	Hemet	Full-\$65, Half-\$55	Prices increase Feb 1st
La Jolla Half	04/27/14	http://www.lajollahalfmarathon.com/	La Jolla	\$80	
Laguna Hills Half	05/26/14	http://www.lagunahillshalfmarathon.com/index.html	Laguna Hills	\$65	Price increases after Feb 10th
Fontana Half	06/07/14	http://www.fontanadayrun.org/	Fontana	\$50 (\$45 with team of 4 or more)	
Arroyo Creek Half, 5K and 10K	08/10/14	http://www.arroyocreekhalf.com/Home_Page.html	Simi Valley	Half - \$45, 10K-\$30, 5k-\$15	Prices go up after Feb 1
Ventura Full and Half	09/07/14	http://www.venturamarathon.com/	Ventura	Full-\$100, Half-\$70	Prices increase May 1
Malibu Full and Half	11/16/14	http://www.malibuintmarathon.com	Malibu	Full-\$109, Half-\$69	Prices increase June 15th

Discount Diva

Race	Race Date	Website	City	Code	Amount	Expires
UT California 1020	02/16/14	http://www.cal1020.com/	San Diego	RaceGrader1020	\$5	Jan 31st
Race on the Base	02/22/14	www.raceonthebase.com	Los Alamitos	2014ROTB	\$5	
Hollywood Half	04/05/14	http://hollywoodhalfmarathon.com/	Hollywood	STAR	\$5	

By the way, you might find this interesting. The Marathon Show is moving to television! Broadcasting at marathon and half marathon events around the world. Take a look, meet the hosts and find out where the pilot will be filmed. http://youtu.be/ZxPegojJM_Y

LAFR Marketplace



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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

\$250	\$200	\$150	\$100
Ziba Beauty	Patricia Bates	Rina	The Bills
Walgreens	& Sue Roth	Rob Chen	Jerry Bulovsky

\$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

Los Angeles Front Runner Annual Treasurer Summary 2013

Ending Balance on 2012 November 30	15,775.59	
Ending Balance on 2012 December 31	13,489.70	
Ending Balance on 2013 December 31	18,064.79	
Net Change	2,289.20	
Change in 2012 using Cash	(2,285.89)	Used for Tax
Change in 2013 using Cash	4,575.09	Used for Tax
Change in 2012 using Accrual	(5,313.22)	
Change in 2013 using Accrual	7,602.42	

Notes This summary covers a 13-month period. The Board has voted to adopted the calendar year as our accounting year. This also coincides with how our taxes are filed. Starting in 2014, this report will cover a 12-month period

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.

Please refer to the January 2012 newsletter for LAFR Annual Treasurer Summary 2012

Type	Date	Profit/(Loss)	Total Revenue	Total Expense	Description	Profit/(Loss)	Total Revenue	Total Expense
2012 All Activity								
Fall Feast	November	(1,302.58)	-	(1,302.58)	Food and Beverage	(91.78)	-	(91.78)
					Outbound Donation	(200.00)	-	(200.00)
					Heater + Tent Rental	(1,010.80)	-	(1,010.80)
Pride Run Donation	December	(2,000.00)	500.00	(2,500.00)	Inbound Donation	500.00	500.00	-
					Outbound Donation	(2,500.00)	-	(2,500.00)
Christmas Party	December	(448.59)	-	(448.59)				
Annual Meeting	December	(220.92)	-	(220.92)				
Uniform	December	159.00	159.00	-				
Operational		(103.80)	-	(103.80)	Communications			(49.05)
					PayPal			(54.75)
Prepaid 2013 Dues		1,390.00	1,390.00	-	2013 membership collected in 2012			
Prepaid 2013 Catalina		241.00	241.00	-	2013 trip reserved in 2012			
Unadjusted Subtotal		(2,285.89)	659.00	(4,575.89)				

Postpaid in 2013 Club T-Shirt		(1,396.33)	-	(1,396.33)	Cost paid in 2013 but for shirts in 2012 and 2013		
Adjusted Subtotal		(3,682.22)	659.00	(5,972.22)			

2013 Club Events								
Annual Banquet	January	(864.69)	3,295.00	(4,159.69)	Raffle	130.00	130.00	-
					Member Payment	3,165.00	3,165.00	-
					Decoration	(227.00)	-	(227.00)
					Medals	(602.20)	-	(602.20)
					Rental	(3,330.49)	-	(3,330.49)
LA Marathon	March	(394.83)	-	(394.83)				
Soup-Off	March	(121.91)	-	(121.91)				
Santa Cruz	May	(1.14)	2,319.00	(2,320.14)	Member Payment	2,316.00	2,316.00	-
					Travel	(1,810.00)	-	(1,810.00)
					Food and Beverage	(387.14)	3.00	(390.14)
					Lodging	(120.00)	-	(120.00)
Barry's Run	July	(32.33)	-	(32.33)				
Pool Party	July	(244.97)	-	(244.97)				
Montana de Oro	August	18.72	285.28	(266.56)				
Catalina	September	(77.00)	2,364.60	(2,441.60)				
Chili Cook-Off	October	(108.10)	-	(108.10)				
Halloween Party	October	(14.35)	-	(14.35)				
Big Sur	November	(70.97)	1,240.00	(1,310.97)	Member Payment	1,240.00	1,240.00	-
					Travel	(628.44)	-	(628.44)
					Lodging	(601.92)	-	(601.92)
					Food and Beverage	(80.61)	-	(80.61)
Fall Feast	November	(383.86)	355.00	(738.86)	Raffle	355.00	355.00	-
					Food and Beverage	(263.86)	-	(263.86)
					Heater Rental	(475.00)	-	(475.00)
Christmas Party	December	(417.30)	-	(417.30)				
New Year Run	December	(36.04)	-	(36.04)				
Adjustment from 2013		(241.00)	(241.00)	-	Member payment collected in 2012			
Subtotal		(2,989.77)	9,617.88	(12,607.65)				

2013 Fund Raising and Charitable Giving								
Don Thompson Scholarship	February	(500.00)	-	(500.00)				
Pride Run	June	8,645.39	16,642.00	(7,996.61)	Registration	14,756.72	14,942.00	(185.28)
					Donation	1,700.00	1,700.00	-
					Beneficiary	(2,500.00)	-	(2,500.00)
					T-shirts	(2,468.36)	-	(2,468.36)
					Insurance	(1,256.00)	-	(1,256.00)
					Trophies	(899.79)	-	(899.79)
					Other Supplies	(504.46)	-	(504.46)
					Kid's bags	(114.00)	-	(114.00)
					Advertisement	(68.72)	-	(68.72)
Hamburger Mary	September	1,510.00	1,510.00	-				
Students Run LA	December	(355.00)	-	(350.00)	Pass-through of funds raised during Fall Feast raffles			
Subtotal		9,300.39	18,152.00	(8,846.61)				

2013 Operational								
Registration Fees		(256.00)	-	(256.00)	CA DOJ	(25.00)	-	(25.00)
					CA Secretary	(20.00)	-	(20.00)
					CA FTB	(136.00)	-	(136.00)
					IFR	(75.00)	-	(75.00)
Newsletter Ad		120.00	120.00	-				
Operational		(4,288.52)	-	(4,288.52)	Potluck supplies	(285.92)	-	(285.92)
					Storage + Mail box	(2,778.00)	-	(2,778.00)
					PayPal Fees	(477.82)	-	(477.82)
					Website and Email	(746.78)	-	(746.78)
Membership		4,078.99	6,871.65	(2,792.66)	Dues	5,875.00	5,875.00	-
					Donation	458.65	458.65	-
					Club T-Shirt	(2,792.66)	-	(2,792.66)
					Club Uniform	538.00	538.00	-
Adjustment from 2013		6.33	(1,390.00)	1,396.33	Dues collected in 2013 + back out half the cost of Club T-Shirt			
Subtotal		(339.20)	5,601.65	(5,940.85)				

2014 Subtotal	5,971.42	33,371.53	(27,395.11)
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Grand Total	2,289.20	34,030.53	(33,367.33)
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