

Doggie Dash 5K!

November 2016



Doggie Dash winners! Mike Heredia & Chloe won the pups & humans 5K and Duane Howard won the humans only 5K

The first LA Frontrunners Doggie Dash 5K was held on October 23 in Griffith Park. There were two races – one for humans only and one for humans & pups! Prez Kennedy and the volunteers ably race directed our first ever dog race. A great time was had by all, and perhaps the pups even had more fun than the humans! And we raised money for PAWS/LA. Mario Mota shot close to 1000 beautiful pics – the link is on the newsletter page of our website.



Guy proudly displays the division medal he won (1st place Small Dogs) running with his human, LAFR Martin Carlson

Chili Queen '16: Mario!



In this Issue

BOD & Birthdays	2
Chili Cook-Off	3
Doggie Dash	4
Boston Qualifiers	8
Camping in the Eastern Sierras	9
Halloween at Geoff & Jason's	10
Race Results	11
Grand Prix Standings	13
Challenge Standings	14
Events	15
Sponsors	16

LAFR BIRTHDAY BOYS AND GIRLS

11/2 Eric Alvarez	11/27 Tom Croyle
11/4 Peter Lehrbaum	11/27 David Grudzien
11/5 Rob Chen	11/28 Kevin Gardner
11/7 Mary Church	11/30 Dale Beldin
11/7 Matthew Dernoga	12/2 Dan Vu
11/10 Brian Baldwin	12/3 Lui Sanchez
11/10 John McGuinness	12/7 Kimberly Fairchild
11/18 Bryan Keller	12/9 Kirk Leutkehans
11/20 Piyush Prakash	12/10 Jason Coleman
11/21 Rudy Van Graan	12/11 Connie Hammen
11/21 Bill Winkelmann	12/13 Antonio Hernandez
11/22 John Houser	12/13 Richard Korn
11/23 Henry Ong	12/13 Brian Eggert
11/23 Gary Todd	12/13 Andrew Guimond
11/25 Alexander Bazley	

LOS ANGELES FRONTRUNNERS

WELCOME NEW MEMBERS!



Brian Baldwin

Bryan Keller

Kevin Corbett

Matthew Dernoga

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Yumi Afrento, *dir-at-large*
Bill Austin, *dir-at-large*
Bruce Bair, *dir-at-large*
Erin Brinton, *dir-at-large*
William Fang, *dir-at-large*
Doug Jones, *dir-at-large*
Mario Mota, *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 lafontrunners@gmail.com

LAFR Board Meeting Excerpts & Current Business

1. Present at 10/16 meeting: Angus, David, Yumi, William, Doug, Bill, Danny, Bruce
2. Treasury - \$17,389 in account as of 10/16.
3. All Santa Rosa Marathon lodging reimbursements have been received
4. Catalina Eco Marathon trip all set – houses reserved, Angus & other volunteers will handle club dinner/breakfast
5. Halloween Party at Geoff & Jason's: Geoff/Jason providing food, Angus will bring soft drinks/ice and medals
6. LGBT Center Event at Doug & John's: Doug organizing, Angus will send out e-mail info and RSVP survey
7. Henry & Mark to host post race brunch after Palm Springs Pride 5K – Mark sent info to Angus which will be forwarded to club along with info Brian Eggert sent to Angus from PSFR
8. Revel Canyon Pasta: Bernie & Yumi to cook, Angus & David to go pick up packets for runners and bring to pasta party for pick up
9. Fall Feast on 11/13: Angus to send out volunteer survey
10. Jim's Holiday Party: Wednesday, December 14
11. Marilyn Jackson Race: Angus reserved January 22 at Griffith Park and will be meeting with Regina to get details and planning in motion
12. Doggie Dash on 10/23 – all plans ready. Mike Kerkman reported on discussions with a local coffee shop that works with local animal rescues
13. Elections for 2017 BOD to be completed by early November



**SAVE
THE DATE!**

**Jim's
Fabulous
Annual
Holiday
Party**

**Wednesday,
December 14**





\$1425 Donated to Local Charities

Each winning chef was awarded a cash prize that was donated to a charity. The LAFR BOD selected a list of charities for the winners to choose from. Here are the winners and the charities they cooked for!

Chili Queen

Chili Queen	Mario Mota	Senior Svcs.	\$250
1st Runner-up	Patrick Owen	PAWS/LA	\$125
2nd Runner-up	John Kawaharada	InsideOut	\$75

Meat Chili w/ beans

1st	John Kawaharada	InsideOut	\$75
2nd	Patrick Owen	PAWS/LA	\$50
3rd	Angus Kennedy	PAWS/LA	\$25

Meat Chili no beans

1st	Mario Mota	PAWS/LA	\$75
2nd	Rusty Millar	Rampart	\$50
3rd	Doug Jones	Senior Svcs.	\$25

Veggie Chili

1st	Chris Tapper	PAWS/LA	\$75
2nd	Eddie Flores	Senior Svcs.	\$50
3rd	Martin Carlson	PAWS/LA	\$25

Cornbread

1st	Henri Faucher	SRLA	\$75
2nd	John Kawaharada	InsideOut	\$50
3rd	Mike Carbuto	PAWS/LA	\$25

Hottest Chef

1st	Rick Allison	PAWS LA	\$75
2nd	Mike Kerkman	Breakfast	\$50
3rd	Rusty & Sameh	SRLA/Rampart	\$25

Presentation

1st	Jim Martinez	PAWS/LA	\$75
2nd	Patrick Owen	PAWS/LA	\$50
3rd	Mario Mota	Breakfast	\$25

Hottest Chili

	Mike & Rina	PAWS/LA	\$50
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It started out a great day with spirits and hopes high (without prescription of course) on who would be the next LAFR Chili Queen. Over 20 entries filled the tables like a big Thanksgiving Day spread and cornbread of abundance.

A new Chili Queen was crowned, hail to the queen. Well known NYC Marathoner and turtle collector Mario Mota won his first chili crown in the 16th Annual LAFR Chili Cook Off. Mario, known for dabbling in the African dark arts, cast a spell over the entire crowd to claim first place. Owen, Martinez and Millar were stunned with this outcome vowing to return next year with retooled versions of their chilis. Dan Vu, reached by phone for comment, said anyone should have beat him but Mario proved he was the champ. Not only did he win chili no beans but the whole shebang itself. Price Waterhouse was called in to audit. And first timer (at least with chili) Chris Tapper from LB won the veggie version of chili. Then there was that pesky Rick Allison running around half naked to get the hottest chef award. How could you say no? Then what is with Mike K using poor little Rina as a prop to gather sympathy? Most of us saw through that though she is the cutest chef! Call DFS.

We had our largest chili turn out with 20+ varieties on display for the multitude of attendees. Great job everyone. As usual the drama diva's had it out to be the best presentation. Jim, Patrick and Mario went over the top and had great displays, next year I expect one of them to show up in a U-Haul with a set up display. Who will have a band? But you just can't top (sort of) Jim Martinez with going gang busters Diva for the display. And this cornbread contest is really getting competitive, Henri Faucher and John Kawaharada were just flinging spatulas at each other over the best packaged cornbread mix. John won the most medals this year eclipsing Mike K!

Pres Angus called out the winners and there were many first timers so congrats to everyone for a great job and leaving me with so much beer. Thank you everyone that helped set up and take down, and for everyone who took the time to make chili and make this the best LGBT chili cook off in the US. State Treasurer John Chiang just happened to be cruising by looking for chili and he found the right place. An excellent turnout and the club donated \$1425 in prizes to local charities so everyone was a winner. And really a special thank you to Jim Martinez for making the sign for all 16 years of events also for Angus for upping the trophies this year. Great job everyone and now you have just 11 months to get that recipe tweaked for next year cause Mario you are going down.

Doggie Dash 5K Race Results



Reg & Suki: 2nd in the XL Division



Mike & Toby : 1st Toy Division



Erin & Samantha: 3rd in the Large Division and 1st OA for female runners & pups



Above: Rick Allison was 2nd OA in the humans only 5K and right: Sean & Arlington were 2nd in the Large Pups Division



LAFR Doggie Dash 5K (Grand Prix)

Griffith Park, CA 10/23

5K – Humans & Pups

Mike H & Chloe.....	17:59	1 st OA
		1 st Medium
Jim S & Amos.....	21:21	2 nd OA
		1 st Large
Jeff L & Maddie.....	21:34	3 rd OA
		2 nd Medium
Sean O & Arlington.	21:49	2 nd Large
Erin B & Samantha..	22:34	3 rd Large
Martin C & Guy.....	22:58	1 st Small
Angelo M & Diesel..	26:02	
Chris N & Farrah.....	27:34	3 rd Medium
Dan G & Toby.....	28:05	
Eric F & Cruiser.....	29:42	2 nd Small
Mike S & Toby.....	30:33	1 st Toy
Reg W & Suki.....	31:15	2 nd XL
Adam C & Tobey.....	34:27	
Brandi S & Ruby.....	38:20	
Eddie F & Luna.....	39:04	3 rd XL
Richard W/Maggie..	56:35	
Tim C & Goliath.....	57:15	
Yumi & Sister.....	57:16	

LAFR Doggie Dash 5K (Grand Prix)

Griffith Park, CA 10/23

5K – Humans Only

Duane Howard.....	18:44	1 st OA/PR
		1 st 35-39
Rick Allison.....	21:21	2 nd OA
		1 st 50-54
Angus Kennedy.....	21:34	3 rd OA
		2 nd 50-54
Mario Mota.....	21:49	3 rd 50-54/PR
Eddie Flores.....	22:34	1 st 40-44
Angelo Murray.....	23:14	1 st 20-24
Bill Austin.....	23:56	1 st 55-59
Richard Nelson.....	24:42	1 st 65-69
Mike Carbuto.....	29:08	1 st 60-64
Jim Martinez.....	29:08	1 st 60-64
Bill Winkelmann.....	29:08	1 st 60-64
Jason Coleman.....	32:50	2 nd 40-44
Margie Gonzales.....	40:06	2 nd OA F
		1 st 60-64
Rusty Millar.....	40:59	3 rd 65-69
Nicole Oeuvray.....	42:29	3 rd OA F
		1 st 55-59

More Doggie Dash



Dan & Toby : 1st in Toby Division
(there were 4 Toby's in the race)

Margie & Nicole: 2nd & 3rd OA in the humans 5K

Martin & Guy : 1st Small Division



Humans 5K 60-64: Wink, Jim & Dr. Mike finished together so all were 1st place



Richard & Maggie finish the pups & humans 5K



Above: Bill Austin was 1st 55-59 in the humans only 5K and right: New LAFR Brandi & Ruby in the homestretch



Uncle Eddie, niece Victoria & Luna were 3rd XL Division

More Doggie Dash



Eric & Cruiser: 2nd Small Division



Angelo & Diesel



Chris & Farrah: 3rd Medium



Yumi & Sister and Tim & Goliath in the finishing chute



Adam & Tobey share a post-race snack



Above: Jim & Amos finished 2nd OA in the pups/humans 5K and right: Jeff & Maddie were 3rd OA



Miss Doggie Dash Medals

Doggie Dash & BQ 2018



Humans only 5K: Rusty (3rd) and Richard (1st) in the 65-69 division



Jason: 2nd 40-44 humans only 5K



Bernie & the pups pre-race



Angus: 3rd OA humans only 5K

Boston Marathon 2018 Qualifying Standards

For the 2018 Boston Marathon, qualifying times must be run between September 17, 2016 and the close of registration for the 2018 race (early to mid-September 2017, exact date TBD).

The qualifying times below are based upon each athlete's age on the date of the 2018 Boston Marathon (April 16, 2018).

Age Group	Men	Women
18-34	3:05	3:35
35-39	3:10	3:40
40-44	3:15	3:45
45-49	3:25	3:55
50-54	3:30	4:00
55-59	3:40	4:10
60-64	3:55	4:25
65-69	4:10	4:40
70-74	4:25	4:55
75-79	4:40	5:10
80 and over	4:55	5:25

12 LAFRs Qualify for Boston 2017

See previous page for 2018 qualifying info



Duane



Marcelino

Carlos Vizcarra

2:42:45 - M2B
2:48:13 - London

Eric Alvarez

2:49:41 - Boston

Mark Johnson

2:56:31 - M2B
3:00:53 - Boston

Moises Medina

3:03:26 - M2B
3:09:24 - Santa Rosa
3:17:57 - Boston

Mike Kerkman

3:06:13 - LA

Mike Heredia

3:08:08 - Boston

Duane Howard

3:09:37 - Santa Rosa

John McGuinness

3:13:28 - LA

Marcelino Goncalves

3:17:29 - LA
3:17:57 - Boston

Sean O'Brien

3:21:12 - LA

Maria Poso

3:50:12 - M2B

David Dassey

3:56:10 - M2B
4:04:30 - Boston



David



Carlos



Maria



John



Moises

Eric

Mark

Mike H



Sean

Mike K

9/24 Camping in the Eastern Sierras



Five LAFRs went camping at the Cottonwood Lakes in the Eastern Sierras just south of Mt Whitney. David, Reg, Sean, William, and John (in that order on the top left) drove about 4 hours to an altitude of 10,000 ft. Ultra running dog Arlington also came along. The group grabbed lunch at nearby Lone Pine and later found 3 adjacent camp sites. After setting up tents, the 5 humans and 1 dog went for a mild 6 mile hike towards the south of the valley. While water level in the streams were low, the scenery was still beautiful. As evening approached, the group cooked spaghetti with sausage and broccoli. Temperature dropped quickly, so the group huddled by a small camp fire to keep warm. The starry night sky was absolutely amazing.

Next morning, everyone was wondering why William was still not getting up (we all slept in separate tents). Then William emerged from his car, where he spent the night. His excuse was that the wind on his tent was too loud. Whatever. The group packed up and started on the highlight of this trip: hiking/running to the Cottonwood Lakes, all six of them. The trail to the lake region was a gentle 4 mile climb, although the high altitude made it more strenuous than on lowlands. The trail meanders for another 2 miles in the lake regions, before a sudden climb up 1000 ft into the Old Army Pass. Everyone made it to the lake region. Only Sean, William, and Arlington ventured up the Old Army Pass, which offered a panoramic view of the lakes. The group then returned to the camp at their own pace. We headed down to Lone Pine, grabbed lunch, and all headed home after an unforgettable trip in the mountains.



Halloween!

For the third year in a row, Geoff Buck & Jason Bautista opened their home for the LAFR Halloween costume party. The hosts provided a delicious dinner and the guests obliged by dressing up in some truly creative (& horrifying) costumes.



Eric & Joe were dressed in vintage and historically accurate costumes, down to Eric's underwear, which were period...seriously.



Richard Peng came as a cowboy from the south...South Vietnam that is. Next to him, Martin Carlson won 2nd in Miss Scary



Miss Creative: Jason won 1st, Bernie & Erin were 2nd and Geoff was 3rd



Patrick & Norman (pictured LEFT with Richard) came as "middle aged gay men"



Right: Mark & Deo relax after scarfing down the wonderful food Jason & Geoff prepared for the gang



Miss Pretty: Ford won 1st, Erin was 2nd and Eric was 3rd



Not all dressed up – some (like Tony & Rudy) came to enjoy the good food & company

Race Results

SoCal Half

Irvine, CA 1/9

Juan Moreno.....2:08:42 PR

Hollywood Half

Hollywood, CA 4/9

Rudy Van Graan.....2:05:21

Napa to Sonoma Half

Napa, CA 7/16

David Gonzalez.....1:48:23

SF Pride 10K

San Francisco, CA 6/25

John Miles.....56:11

Rudy Van Graan.....59:40

Sierre-Zinal 31.6K Trail

Zinal, Switzerland 8/14

Jonathan Toker.....3:13:59

Disneyland 5K

Anaheim, CA 9/2

Jason Coleman.....37:11

CAR Triple 5K

Long Beach, CA 9/3

Jason Coleman.....48:17

Disneyland 10K

Anaheim, CA 9/3

Jason Coleman.....1:21:57

Celebrate Freedom 5K

Marietta, GA 9/3

David Grudzien.....27:11

Disneyland Half

Anaheim, CA 9/4

Jason Coleman.....3:06:54

Rock Lenora 5K

Snellville, GA 9/4

David Grudzien.....28:11

Scottsboro Half

Scottsboro, AL 9/5

David Grudzien.....2:32:19



Nicole Oeuvray, Margie Gonzales & Erin Brinton after the Shane's Inspiration 5K/10K on September 18 in Griffith Park

Leona Divide 30K

Leona Divide, CA 4/20

Rudy Van Graan.....4:17:37 3rd 50-54

Malibu Creek 22K Trail

Malibu Creek, CA 5/21

Jonathan Toker.....1:40:18 3rd OA
1st 40-44

Skatas Ryggar 21K Trail

Goteburg, Sweden 6/4

Jonathan Toker.....1:45:30 3rd 40-44

Glacier 3000 26K Trail

Gstaad, Switzerland 8/6

Jonathan Toker.....1:45:30 3rd 40-44

Summer Breeze (Grand Prix)

Van Nuys, CA 9/10

5K
Bill Austin.....21:05 2nd OA
1st 55-59

Margie Gonzales.....40:09 1st 60-64

10K

Mario Mota.....44:49 1st 50-54/PR

Ventura (Grand Prix)

Ventura, CA 9/11

5K
David Dassey.....22:42 1st 65-69

Half

Rick Allison.....1:42:55 PR

David Gonzalez.....1:48:03

Bill Walsky.....3:11:08 PR/RW

Heroes in Recovery 6K

Malibu, CA 9/18

Rick Allison.....29:24 1st 50-54

Shane's Inspiration (Grand Prix)

Griffith Park, CA 9/18

5K

Bill Austin.....23:26 2nd OA
1st 55-59

Mario Mota.....23:36 2nd OA
1st 50-54

Mike Carbuto.....27:32 1st 60-64

Jason Coleman.....29:41 1st 40-44

Bill Winkelmann.....29:42 2nd 60-64

Margie Gonzales.....40:22 1st 60-64

Nicole Oeuvray.....42:55 1st 55-59/PR

10K

Erin Brinton.....45:23 1st OA F
1st 30-34

Angus Kennedy.....45:45 3rd OA
1st 50-54

Oktoberfest (Grand Prix)

Long Beach, CA 10/1

5K

Bill Austin.....23:13 1st 55-59

15K

Mark Johnson.....62:49 1st OA
1st 45-49

Angus Kennedy.....73:28 2nd OA
1st 50-54

Jason Coleman.....1:42:23 1st 40-44/PR

Margie Gonzales.....2:18:58 1st 60-64/PR

Race Results

ATC Rise Up & Run 5K

Atlanta, GA 9/10

David Grudzien.....26:35

Imogene Pass 17.1 Mile

Ouray to Telluride, CO 9/10

Jeff Lymburner..... 3:46:34

Best Buddies 5K

San Simeon, CA 9/10

Jason Coleman..... 29:41

Rockin the Coast 5K

Long Beach, CA 9/11

Margie Gonzales.....38:50

Child Obesity 5K

Los Angeles, CA 9/17

Margie Gonzales.....43:14

Beat the Blerch Half

Carnation, WA 9/17

Bill Walsky.....3:33:40 RW

Navy Air Force Half

Washington, DC 9/18

David Grudzien.....3:00:33

Rock the Marina 5K

Long Beach, CA 9/24

Jason Coleman..... 30:30

Rock the Coast 5K

Long Beach, CA 9/25

Jason Coleman..... 31:33

Elizabethtown Half

Elizabethtown, KY 10/1

David Grudzien.....2:19:06

San Jose Half

San Jose, CA 10/2

Juan Moreno.....2:32:54 RW

Raleigh Fall Half

Raleigh, NC 10/8

David Grudzien.....2:30:04

Humana Atlanta 5K

Atlanta, GA 10/16

David Grudzien.....29:44



Richard Nelson runs the half marathon at the Monster Dash on October 30 in Santa Monica

RAD 10 Mile (Grand Prix)

Agoura Hills, CA 10/8

Bill Austin..... 1:21:19 1st 55-59

Jason Coleman.....1:39:37 PR

Margie Gonzales.....2:21:03 1st 60-64/PR

Long Beach (Grand Prix)

Long Beach, CA 10/9

Half

Barry Hamaguchi.....1:41:42

Rob Chen..... 1:42:29

David Gonzalez..... 1:48:18

Bill Winkelmann..... 2:10:06

Mike Carbuto.....2:22:24

Jason Coleman.....2:28:03

Bill Austin..... 3:16:30 RW

Bill Walsky.....3:16:34 RW

Margie Gonzales.....3:22:35

Nicole Oeuvray..... 3:28:01 PR

Regina Robinson..... 4:02:15

Full

Deo Jaravata.....4:11:58

Monster Dash (Grand Prix)

Santa Monica, CA 10/30

10K

Patrick Owen..... 50:11 3rd OA

1st 55-59

15K

Angus Kennedy.....68:30 2nd OA

1st 50-54

Erin Brinton.....68:52 3rd OA/1st F

1st 30-34/PR

Mario Mota.....69:49 2nd 50-54

Half

Richard Nelson..... 154:37 3rd OA

1st 65-69

Kansas City

Kansas City, MO 10/15

Half

Bill Walsky.....3:41:42 RW

Full

David Dassey.....4:18:29 2nd 65-69

Des Moines

Des Moines, IA 10/16

Half

Bill Walsky.....3:29:35 RW

Full

David Dassey.....4:38:36

ATC Atlanta 10 Mile

Atlanta, GA 10/23

David Grudzien.....1:36:18 PR

P. Springs Pride 5K (Grand Prix)

Palm Springs, CA 11/5

Carlos Vizcarra.....18:19 1st OA
1st 40-44

Bernie Tan..... 21:55

Mark DeAngelis..... 22:08 2nd 50-54

John McGuinness.... 22:50

Peter Lehrbaum.....23:01 2nd 55-59

Richard Nelson..... 23:26 3rd 65-69

Patrick Owen..... 23:59 3rd 55-59

Dan Vu.....24:30

Henry Jung.....25:45

Dan Graham.....25:47 2nd 60-64

Mike Carbuto.....27:20

Brian Dunbar..... 28:41

Doug Jones.....40:53

Neil Johnson.....41:48

Yumi Afrento..... 44:19 3rd 50-54

Grand Prix Series Standings as of 10/28

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. Bill Austin	6	73.32
2. Richard Neslon	6	73.28
3. David Dassey	6	71.80
4. Angus Kennedy	6	68.19
5. Mario Mota	6	66.83
6. Martin Carlson	6	65.91
7. Rick Allison	6	65.38
8. Bill Winkelmann	6	58.01
9. Mike Carbuto	6	56.71
10. Richard Peng	6	53.88

FEMALE

1. Maria Poso	6	65.38
2. Margie Gonzales	6	50.37
3. Erin Brinton	4	67.33
4. Nicole Oeuvray	4	42.27
5. Allyne Winderman	3	71.01
6. Keeley Webster	3	36.13
7. Jane Dods	2	60.74
8. Karen Carey	2	55.65
9. Brandi Spence	2	42.39
10. Regina Robinson	2	32.44

RACEWALK

1. Deo Jaravata	6	61.03
2. Bill Walsky	6	55.74
3. Nicole Oeuvray	3	54.68
4. Tim Chung	2	37.22
5. Jane Dods	1	83.92

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. Deo Jaravata	5	96.88
2. Jason Coleman	5	67.48
3. Bill Austin	4	103.66
4. Mario Mota	4	98.98
5. Jonathan Toker	4	92.38
6. Mike Carbuto	4	87.16
7. Bill Winkelmann	4	80.40
8. Richard Peng	4	74.20
9. Angus Kennedy	3	105.24
10. David Dassey	3	100.85

AGE GROUP GUYS

Division	Races	Points
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Male 20-29

1. Adrian Adams	3	375
2. Angelo Murray	2	270

Male 30-34

1. Darwin Marengo	5	620
2. Mike Heredia	3	425
3. Piyush Prakash	2	260
4. Alexander Bazley	1	130
5. Patrick Conner	1	80

Male 35-39

1. David Gonzalez	6	640
2. Mike Kerkman	4	615
3. Raul Borja	5	600
4. Duane Howard	3	385
5. Barry Hamaguchi	3	365

Male 40-44

1. Jason Coleman	6	875
2. Richard Peng	6	680
3. John McGuinness	4	520
4. Carlos Vizcarra	3	430
5. Danny O'Hara	2	260

Male 45-49

1. Moises Medina	6	775
2. Marcelino Goncalves	6	695
3. Mark Johnson	4	540
4. Bruce Bair	2	220
5. Bernie Tan	2	195

Male 50-54

1. Angus Kennedy	6	855
2. Mario Mota	6	825
3. Deo Jaravata	6	755
4. Rick Allison	5	700
5. John Miles	4	460

Male 55-59

1. Bill Austin	6	890
2. Martin Carlson	5	555
3. Doug Jones	4	360
Reg Willson	3	360
5. Rand Smith	3	295

Male 60+

1. Richard Nelson	6	855
2. David Dassey	6	775
3. Bill Winkelmann	6	750
4. Mike Carbuto	6	740
5. Bill Walsky	6	715

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

AGE GROUP GALS

Division	Races	Points
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Female 30-39

1. Erin Brinton	5	755
2. Brandi Spence	3	350

Female 40-49

1. Maria Poso	6	730
2. Karen Carey	5	620
3. Regina Robinson	2	230
4. Keeley Webster	1	110

Female 50-59

1. Nicole Oeuvray	5	680
2. Yumi Afrento	2	260

Female 60+

1. Margie Gonzales	6	810
2. Allyne Winderman	1	125
3. Connie Hammen	1	115
Jane Dods	1	115



Monster Dash: Mario (above) & Patrick (below)

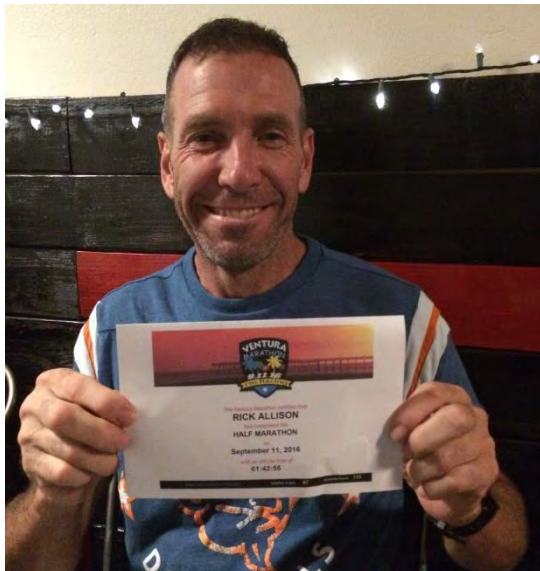


All-Around Challenge Standings as of 10/28

Rank	MOST		Rank	Highest Age Grade Male		Rank	Highest Age Grade Female	
1	Jason Coleman	20	1	Eric Alvarez		1	Erin Brinton	
2	Margie Gonzales	16		Boston: 2:49:41	88.81		Monster Dash 15K: 68:52	70.52
3	David Grudzien	15	2	Mark Johnson		2	Allyne Winderman	
	Bill Austin	13		Boston: 3:00:53	84.05		LAFR 5K: 28:58	69.97
5	Bill Winkelmann	7	3	Moises Medina		3	Maria Poso	
6	Mike Carbuto	6		GP Half: 1:26:02	79.02		Surf City Full: 3:55:17	68.95
	Angus Kennedy	6	4	Mike Kerkman		4	Connie Hammen	
8	Nicole Oeuvray	5		Wrigley 5K: 17:16	78.47		LAFR 5K: 55:21	51.69
	David Dassey	5	5	Sean O'Brien		5	Margie Gonzales	
10	John McGuinness	4		LA Full: 3:21:12	78.34		Spring Equinox 10K: 1:18:26	51.43
	Doug Jones	4	6	Bill Austin		6	Karen Carey	
	Moises Medina	4		Wrigley 5K: 20:36	77.19		LAFR 5K: 29:56	51.41
	Mario Mota	4	7	Marcelino Goncalves		7	Brandi Spence	
14	Maria Poso	3		LA Full: 3:17:29	75.00		LAFR 5K: 35:45	42.53
	Mike Carbuto	3	8	John McGuinness		8	Nicole Oeuvray	
	Marcelino Goncalves	3		LA Full: 3:13:28	73.99		Sum. Sensation 10K: 1:30:18	41.65
	Martin Carlson	3	9	David Dassey				
	John Miles	3		LB Pride 10K: 47:24	73.65	Rank	PR Race	
19	Twelve LAFRs	2	10	Mike Heredia		1	Jason Coleman	
31	Twenty-nine LAFRs	1		Boston: 3:08:08	73.04		9 races	52.22
						2	Richard Korn	
							Agoura 10K	18.22
						3	Bill Austin	
							2 races	16.00
						4	Mike Heredia	
							LAFR 5K	15.75
						5	Juan Moreno	
							SoCal Half	14.50
						6	Mike Kerkman	
							2 races	9.21
						7	Moises Medina	
							GP Half	4.85
						8	Nicole Oeuvray	
							Shane's 5K	4.81
						9	Duane Howard	
							Santa Rosa Full	3.85
						10	Barry Hamaguchi	
							LB Pride 10K	2.94

Challenge Distance by Month

JAN	Half Marathon	
FEB	Full Marathon	
MAR	10K	
APR	Full Marathon	
MAY	10K	
JUN	5K	
JUL	10K	
AUG	Full Marathon	
SEP	5K	
OCT	15K/10Mile	
NOV	Half Marathon	
DEC	5K	



Left: Rick Allison after his first half marathon in Ventura - Right: The Bills, Dr. Mike, Erin, Angus, Mario & Jason after Shane's Inspiration



Upcoming Events

Grand Prix Races

Full schedule @ www.lafronrunners.com

Saturday 11/5 in Palm Springs
Palm Springs Frontrunners Pride Run
www.psfr.org

Saturday 11/12 in Azusa
Revel Canyon City
Half/Full
www.runrevel.com/rcc

Saturday 11/19 in Avalon
Catalina Eco
10K/Half and Full Marathon
www.catalinaecomarathon.com

Thanksgiving Weekend
Turkey Trot-tacular!
See Grand Prix page on website
<http://lafronrunners.com>

Sunday 12/4 in Santa Monica
Holiday Fun
5K/10K/15K/Half
www.abetterworldrunning.com

Sunday 12/11 in Pomona
Holiday Half Marathon
www.runholidayhalf.com

Sunday 12/18 in Van Nuys
Reindeer Run
5K/10K/15K/Half/Full
www.abetterworldrunning.com

Monday 12/26 in Los Angeles
Operation Jack Half and Full Marathon
www.operationjack.org

Saturday 12/31 in Long Beach
New Year's Eve
5K/10K/15K/Half
www.abetterworldrunning.com

Silver Lake Potlucks

NOVEMBER
Tuesday, November 15,
after the run
at Mike, Kevin & Rina's
2038 Redcliff Street
LA, CA 90039

DECEMBER
White Elephant
Tuesday, December 20,
after the run
at Angus & Mark's
2480 1/2 Silver Lake Blvd.
LA, CA 90039

Revel Canyon Pasta Feed at Bernie & Dan's



Friday, November 11
6:00-8:00 PM
at Bernie & Dan's
1412 Belleau Road
Glendale, 91206

LAFR Annual Fall Feast Food & Shoe Drive



Sunday, November 13
4:00 PM
at Martin & Marcelino's
2131 Cedarhurst Drive
LA, CA 90027

Catalina Eco- Marathon Trip



November 18-21
Avalon, Catalina
RACEGRADER15 for
\$15 off the full or half
RACEGRADER10K for
\$5 off the 10K

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Kevin, Mikey & Rina ▪ Amy Ross ▪ Connie Hammen**

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

Carlos Vizcarra ▪ Seth & Arturo ▪ John Miles

Eric Alvarez ▪ David Jaquez ▪ Bill Walsky

Mark Grumet & Efren Matos ▪ David & Barry

John McGuinness & Doug Jones

\$50

Erin Brinton ▪ David Dassey ▪ John Kawaharada

David Grudzien ▪ Paul Williams ▪ Allyne Winderman

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