

### Pride Run 2015!

July 2015



Pride Run 2015 is in the books! It was another great race, with a few changes and a healthy profit. The beneficiary (and a very popular one) was PAWS/LA. We were able to raise 100% of our \$5000 donation through sponsors which enabled us to keep all the profit from the race for the club. You can see the complete Pride Run financial report on page 3. Our profit was \$7,460.35. We also had a minor scheduling change in that we held the kids race in between the 5K and 10K, which enabled us to provide a safer route for them to run. All the runners were still there, having either just run the 5K or preparing to run the 10K, so the kids had a very loud and supportive (and captive) audience.

The running was also spectacular, with many outstanding performances by LAFRs. Eric Alvarez (pictured right running the 10K with Mike Heredia) led all LAFRs in the 5K, the 10K, and the Ultra. You can read more about Eric's great year of racing thus far on page 3. There was also total LAFR domination in one of the male age groups. You can read about it on page 3. As always, LAFR volunteers came out in full force and were awesome, helping to make the race welcoming and well-run. We could not put on such a great race without all the wonderful club volunteers.



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## LAFR BIRTHDAY BOYS AND GIRLS

7/1 Karen Carey	7/27 Carlos Vizcarra
7/3 Bill Walsky	7/28 Norman O'Hara
7/3 Alex Grosko	8/1 John Anania
7/3 Henry Lo	8/1 Nelson Lee
7/6 Seth Eskigian	8/1 Michael Carter
7/9 Jeffrey Weinstein	8/3 Alex Morales
7/11 John Miles	8/5 Rusty Millar
7/14 Cat White	8/6 Kevin Forshay
7/17 Henry Jung	8/7 Brian Hurley
7/19 John Heilman	8/10 Andrew Wissmiller
7/19 Vincent Flumiani	8/16 Kerry Quakenbush
7/21 Mark McNary	8/17 Drew Brabb
7/24 David Belenky	8/20 Joan Miro
7/25 Lee Lightfoot	8/20 Duane Howard
7/25 Charles Holmes	8/24 Henri Faucher
7/27 John Butcher	8/31 Kevin Shiramizu

# LOS ANGELES FRONTRUNNERS

## WELCOME NEW MEMBERS!

Martin Rosas	Erin Brinton
John Miles	Joshua Phillips
Konrad Gstrein	Christian Eimer
Al Daniels	Darwin Marengo
Jonathan Alami	Bill Sadler
David Belenky	Adam Britten
Kirk Leutkehans	Vincent Flumiani
Bordeaux Martin	

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Angus Kennedy, *president*  
Patrick Owen, *vp*  
Jason Coleman, *treasurer*  
Bruce Bair, *secretary*  
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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 [lafronrunners@gmail.com](mailto:lafronrunners@gmail.com)

## LAFR Board Meeting 7/11/15

1. Finance – bank balance healthy (please see full Treasurer's Report for Jan-July 2015 at the end of the newsletter)
2. \$5785 donated to charity YTD in addition to \$5000 Pride Run donation, so total YTD is \$10,785
3. 501(c)(3) status approved by IRS
4. Pride Run follow-up
  - Pride Run net \$7460.35
  - Changed time for kids race a success
  - Next year add discounted membership option to reg.
  - Gemini had some errors, will look for a new company
  - Lack of organization on the part of CSW again problematic
    - Angus will buy tables/chairs for future races
    - Next year we will attend more CSW meetings to try to help matters and also to raise awareness about vehicles on course
    - CSW would still need to provide porta-potties and cones
5. Membership Renewal – Bruce to update Constant Contact
6. Website
  - Angus met with designer, budget set at \$800
  - Platform will be WordPress, with focus on ease of use
7. Upcoming Events
  - PAWS volunteer food delivery – July 18
  - August 15 Pool Party
  - August 23 Santa Rosa
  - October 4 Chili Cook-Off
  - November 20-22 – Catalina trip
8. Next BOD meeting, Saturday, 8/29 at Angus & Mark's



**Scottish Frontrunners:** Neil and Andrew from Glasgow Frontrunners visited us on July 5<sup>th</sup> and joined us for the Sunday long run. Close to 30 LAFRs came to the run and John McGuinness led a group (including Neil & Andrew) up to the Hollywood sign. Afterwards, 18 of us went to breakfast with the lads.

# Pride Run Financials and Stories

Right:  
Mike  
Carbuto,  
David  
Dassey  
and Bill  
Winkelman



Below:  
Charlie  
Holmes



## 60-64 Domination!

The 60-64 LAFR guys swept the top 3 in all three races at the Pride Run. Pictured above, David Dassey, Mike Carbuto & Bill Winkelman were 1/2/3 in the 10K and the Ultra. And in the 5K, David and Mike were again 1/2, with Charlie Holmes grabbing 3<sup>rd</sup>.

## The \$\$\$

### Income

Race Registrations	\$13,538.37
Sponsors	\$5,000.00

**Total Income** **\$18,538.37**

### Expenses

PAWS/LA Donation	\$5,000.00
Medals	\$969.01
T-Shirts	\$2,240.93
Gemini Timing	\$2,224.00
Bibs/supplies	\$106.99
Bullhorns	\$36.78
Kids Bags Toys	\$105.00
Food/Water	\$395.30

**Total Expenses** **\$11,078.01**

**Profit** **\$7,460.36**

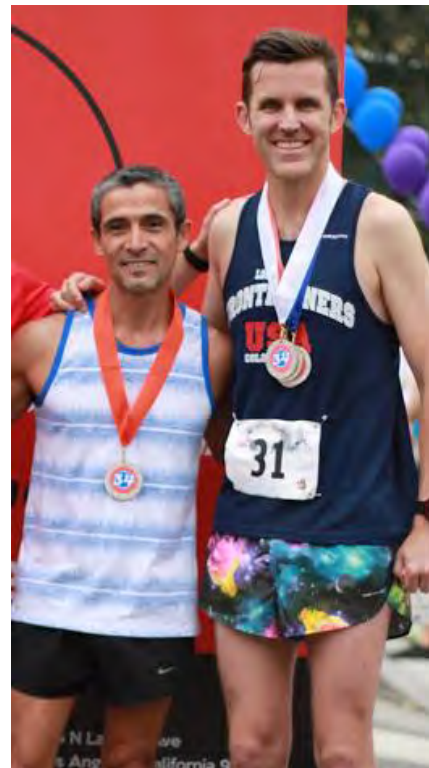
## Eric & 2015

Eric Alvarez has had a blazing first half of 2015. He won the SRLA 18 mile Friendship Run back in February and also won the Long Beach Pride 5K in May. He led all LAFRs at the LAFR Pride Run, finishing 3<sup>rd</sup> OA in the 5K (16:50, fastest LAFR male in 2015), 2<sup>nd</sup> OA in the 10K (36:05) and 2<sup>nd</sup> OA in the Ultra Pride. He also shattered his marathon PR back in April, running 2:44:02 on a windy and rainy Boston Marathon course.



## One More Second?

Both Mike Kerkman (18:24) and Moises Medina (18:27) tied their 5K PRs to the second at the Pride Run. Our guess is neither one of them realized it because you'd think they both could've mustered up one measly second to set a new PR had they known...©



## Pride Run Runners!!



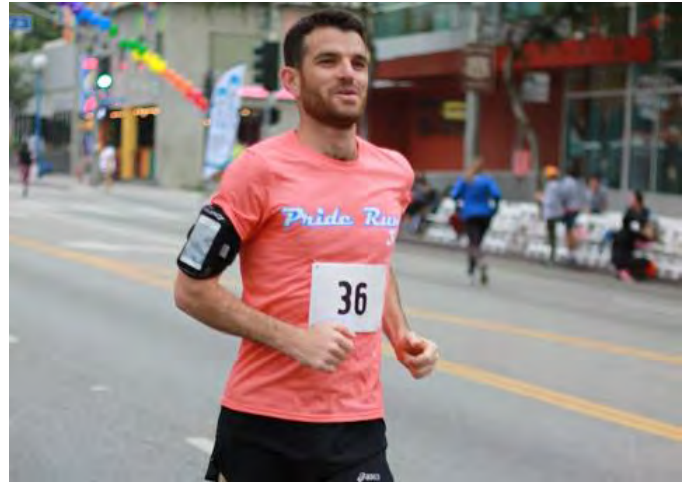
The women runners, Cat, Connie, Amy, Keeley and Carl



Mike Kerkman runs the 10K



Legacy runner Jack Hill (#194) running his 34<sup>th</sup> race



New LAFR Bordeaux Martin runs the 5K



David flanked by Keeley, Cat, and Pat.



5K 40-44 Winners: LAFRs Danny O'Hara and John McGuinness with Los Feliz Flyer Amado Ulloa

## 6/14 Pride Run Crew



*Piyush and Patrick taking a break from volunteering at the registration area*



*Keith and Pride Run T-Shirt designer Eddie manning the kiddie table*



*Norman, Neil, and Amy checking in the runners*



*John, Allen, and Yumi prepping all the food*



*Maggie and Cruiser cheering their humans Richard and Eric. It was Eric's birthday, too!*



*The water boys: Alex, Andy, Andrew, Alex and Brian*

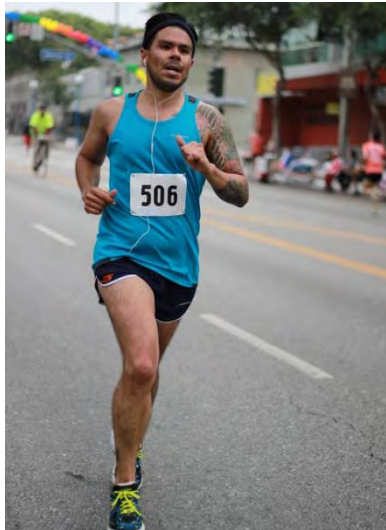
# Pride Run Race Results

## LAFR Pride Run (Grand Prix)

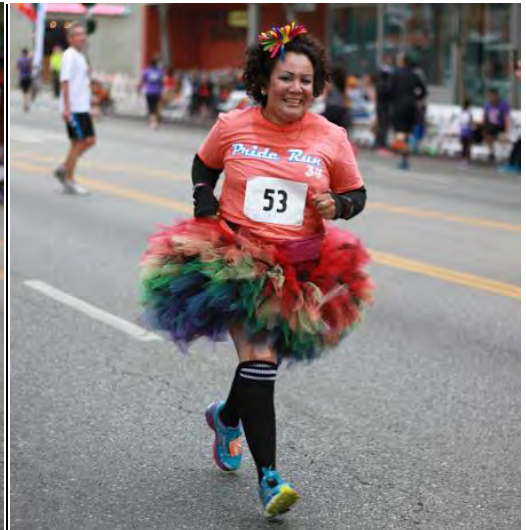
WeHo, CA 6/14

### 5K

Eric Alvarez.....	16:50	3 <sup>rd</sup> OA 1 <sup>st</sup> 45-49
Mike Kerkman.....	18:24	2 <sup>nd</sup> 35-39/PR
Moises Medina.....	18:37	2 <sup>nd</sup> 45-49/PR
Danny O'Hara.....	18:38	1 <sup>st</sup> 40-44/PR
Bill Sadler.....	19:08	3 <sup>rd</sup> 30-34
Duane Howard.....	20:03	
Carl Maravilla.....	20:27	1 <sup>st</sup> 55-59
John McGuinness....	20:30	2 <sup>nd</sup> 40-44
Barry Hamaguchi....	21:14	PR
Marcelino Goncalves	21:33	PR
David Gonzalez.....	21:56	
Kent Hamilton.....	22:00	
Bill Austin.....	22:06	
Scott Lasker.....	22:11	3 <sup>rd</sup> 50-54
David Dassey.....	22:27	1 <sup>st</sup> 60-64
Jon Alami.....	23:07	3 <sup>rd</sup> 20-24/PR
Martin Carlson .....	23:27	
Raul Borja.....	23:37	
Kevin Shiramizu.....	24:02	
Rand Smith.....	24:46	PR
Michael Carbuto.....	25:51	2 <sup>nd</sup> 60-64
Charles Holmes.....	25:51	3 <sup>rd</sup> 60-64
John Miles.....	26:33	PR
Lui Sanchez.....	27:00	PR
Bill Winkelmann.....	27:35	
Jim Martinez.....	28:43	
Bradley Henkle.....	29:06	
Adam Comeau .....	29:06	PR
David Grudzien.....	29:08	
Bordeaux Martin.....	29:22	
Christian Eimer.....	30:31	
Mark Grumet.....	31:13	
Karen Carey.....	31:21	
Christopher Tapper..	31:26	PR
Richard West.....	32:24	2 <sup>nd</sup> 65-69
Eric Fischer.....	32:24	3 <sup>rd</sup> 65-69
Steven Morchak.....	34:34	
Jason Coleman.....	34:52	
Juan Moreno.....	35:35	1 <sup>st</sup> OA RW
Patricia Bates.....	36:19	3 <sup>rd</sup> 65-69
Margie Gonzales.....	39:16	2 <sup>nd</sup> 60-64
Lee Lightfoot.....	41:14	2 <sup>nd</sup> 70-74
Bill Walsky.....	45:36	
Amy Ross.....	49:13	1 <sup>st</sup> OA RW 3 <sup>rd</sup> 60-64
Connie Hammen.....	49:29	1 <sup>st</sup> 70-74
Cat White.....	49:37	
Keeley Webster.....	49:38	



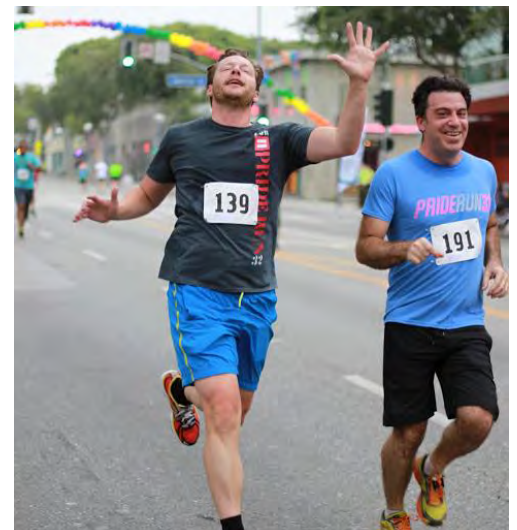
David Gonzalez ran both the 5K & 10K



Best dressed Jackie Rubio ran both the 5K & 10K



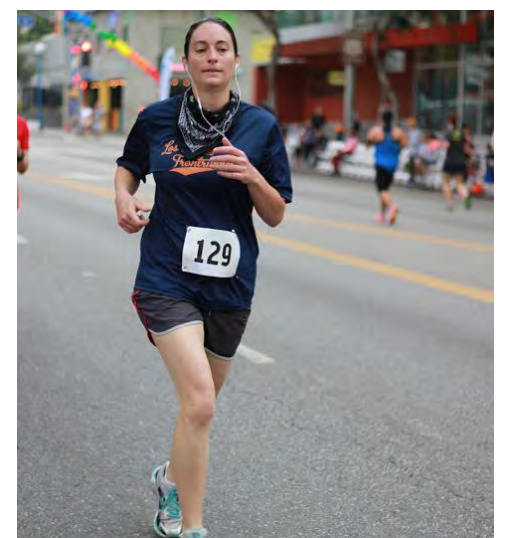
New LAFR Christian Eimer in the 5K



Adam Comeau and Bradley Henkle in the 5K



Lee Lightfoot was 2<sup>nd</sup> 70-74 In the 5K



Karen Carey in the 5K

# Pride Run Race Results

## LAFR Pride Run (Grand Prix)

WeHo, CA 6/14

### 10K

Eric Alvarez.....	36:05	2 <sup>nd</sup> OA
		1 <sup>st</sup> 45-49
Mike Heredia.....	37:37	1 <sup>st</sup> 30-34
Bill Sadler.....	38:53	2 <sup>nd</sup> 30-34/PR
Mike Kerkman.....	39:27	1 <sup>st</sup> 35-39
Moises Medina.....	39:38	2 <sup>nd</sup> 45-49
Jeff Lymburner.....	42:24	1 <sup>st</sup> 55-59
Darwin Marengo.....	42:32	PR
Bruce Bair.....	42:51	
John McGuinness....	43:34	2 <sup>nd</sup> 40-44
Duane Howard.....	44:33	
Angus Kennedy.....	44:39	
Marcelino Goncalves	45:06	PR
Barry Hamaguchi....	46:25	PR
Mario Mota.....	46:45	3 <sup>rd</sup> 50-54/PR
David Gonzalez.....	47:33	
Michael Carter.....	47:48	
David Dassey.....	47:48	1 <sup>st</sup> 60-64
Bill Austin.....	48:06	
Raul Borja.....	49:19	
Jeff Masino.....	49:40	
Martin Carlson.....	50:59	
Richard Peng.....	51:06	
Bordeaux Martin.....	51:16	
Jason Bautista.....	51:34	
Kent Hamilton.....	53:57	
Andrew Sanchez.....	54:16	
Rand Smith.....	55:00	PR
John Miles.....	55:38	
Kirk Luetkehans.....	56:18	PR
David Jaquez.....	56:20	PR
Richard Nelson.....	56:33	2 <sup>nd</sup> 65-69
Michael Carbuto.....	56:42	2 <sup>nd</sup> 60-64
Bill Winkelmann.....	57:50	3 <sup>rd</sup> 60-64
Juan Moreno.....	1:02:40	
David Grudzien.....	1:09:08	
Jason Coleman.....	1:11:24	
Christopher Tapper..	1:15:16	
Doug Jones.....	1:18:14	



Bruce Bair in the 10K



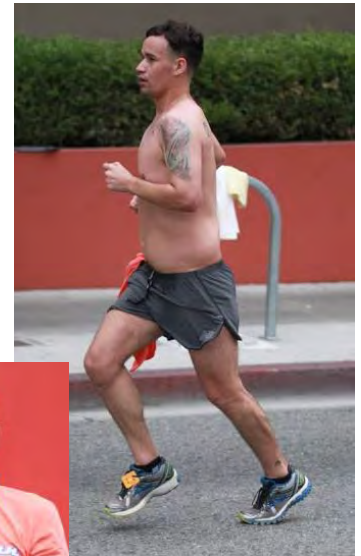
Jeff Lymburner was 1<sup>st</sup> 55-59 in the 10K



New LAFR Rand Smith ran both the 5K and 10K

### Ultra: 5K & 10K

Eric Alvarez.....	52:55	2 <sup>nd</sup> OA
		1 <sup>st</sup> 40-49
Mike Kerkman.....	57:51	3 <sup>rd</sup> OA
		1 <sup>st</sup> 30-39
Bill Sadler.....	58:01	2 <sup>nd</sup> 30-39
Moises Medina.....	58:15	2 <sup>nd</sup> 40-49
John McGuinness....	1:04:04	3 <sup>rd</sup> 40-49
Duane Howard.....	1:04:36	
Marcelino Goncalves	1:06:39	
Barry Hamaguchi.....	1:07:39	
David Gonzalez.....	1:09:29	
Bill Austin.....	1:10:12	
David Dassey.....	1:10:15	1 <sup>st</sup> 60+
Raul Borja.....	1:12:56	
Martin Carlson.....	1:14:26	
Kent Hamilton.....	1:15:57	
Rand Smith.....	1:19:46	
Bordeaux Martin.....	1:20:38	
John Miles.....	1:22:11	
Michael Carbuto.....	1:22:33	2 <sup>nd</sup> 60+
Bill Winkelmann.....	1:25:25	3 <sup>rd</sup> 60+
Juan Moreno.....	1:38:15	
David Grudzien.....	1:38:16	
Jason Coleman.....	1:46:16	
Christopher Tapper..	1:46:42	



New LAFR Darwin Marengo ran the 10K



New LAFR Mario Mota was 3<sup>rd</sup> 50-54 in the 10K

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

# 2015 Pride Run Sponsors



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## Special Thanks to our Pride Run Sponsors

**\$500**

**Santa Monica Yoga**

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**\$250**

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**Eric Fischer & Richard West ▪ Lee Lightfoot  
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The Bills ▪ Pat Bates & Sue Roth ▪ Neil E. Johnson, CPA  
Bryan Prado ▪ Margie Gonzales ▪ David Dassey  
Eric Alvarez ▪ David Jaquez ▪ Bill Walsky  
Rina's Favorite Uncle**

---

**\$50**

**Mark Grumet ▪ John McGuinness & Doug Jones ▪ Amy Ross  
David Grudzien ▪ Allan Weiss ▪ Allyne Winderman  
Mike Carbuto & Chris Tapper ▪ Michael Carter  
Katrina Klaasmeyer ▪ Jim Martinez ▪ John Kawaharada**

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## Notes from the Back of the Pack

By Bill Walsky



Summer is almost here; are you ready to race? Your fellow Frontrunners are and they agreed to share some of their favorite events. Have a peek and see if something grabs your interest or intrigues you enough to explore new territory.

**David D** Mayor's Midnight Sun Marathon, Anchorage - because it's run at the summer solstice on a beautiful course of bike paths and trails.  
 San Francisco Marathon - because it's San Francisco-do you need another excuse to go?  
 AFC Half Marathon, San Diego - because it runs along the coast and finishes in Balboa Park.

**Margie G** The Fontana Half-because for a few miles I can pretend that I'm fast.  
 The LA Pride 5k/10k-because I get to see so many people that I love.

**Bernie T** San Francisco Marathon...a good excuse to visit San Francisco, running on the Golden Gate Bridge, through Golden Gate Park and Haight Ashbury

**WTF** San Diego Pride...Flat and fast, the race is just before the parade so the entire route is lined with cheering spectators.

**Sean O** Mt. Disappointment 25k/50k...Rugged, difficult, hot and beautiful.

**Angus K** Santa Rosa Marathon...Beautiful course, great weather, well organized race, perfect end to the summer.

**Amy R** Our Pride Run...because it's the race that got me started in Frontrunners nearly 35 years ago.

**Deo J** San Francisco Marathon...running across the Golden Gate Bridge.

**Bill A** For several years in the 80's the Cypress 5k/10k was a popular club race because they gave medals ten deep in each age category but also because of the small town atmosphere. The race started and finished at an elementary school adjacent to City Hall and after there was a country fair. A trip back to the race last summer was much the same, only our times were much slower.

**Wink** AFC...My first half marathon, 1:30, and I could have done better. Oh those were the days. The Cypress 5k/10k are still fun to do. Flat and fast... multiple awards 8-10 deep used to be a treat.

**Me** Cypress gets my vote because it is flat & fast... the last 1.5 miles of each race is a straight shot to the finish line. And don't let me forget the great ice pops after you finish...delicious.

Interesting that most of the races mentioned are outside of Los Angeles...Frontrunners must like their road trips. Thanks to everyone who took the time to share their wisdom. Now go out and explore.

## Discount Diva and Frugal Frontrunner

Race	Date	Website	City	Code
Foothill 5K Challenge	7/29/15	<a href="http://la.backonmyfeet.org/5kchallenge">http://la.backonmyfeet.org/5kchallenge</a>	Glendale	CHALLENGEME
San Diego Beer Run	08/29/15	<a href="http://www.beerrunsd.com">www.beerrunsd.com</a>	San Diego	RACESHED 20
LA Dodgers 5K/10K	09/13/15	<a href="http://dodgers.race-mlb.com">http://dodgers.race-mlb.com</a>	LA	Race Shed
Revel Canyon City Marathon	11/07/15	<a href="http://www.runrevel.com">www.runrevel.com</a>	Azusa	
Santa Clarita Half and Full	11/08/15	<a href="http://scmarathon.org">http://scmarathon.org</a>	Santa Clarita	RETURNING
Seaside Half	02/21/16	<a href="http://www.seasidehalf.com">www.seasidehalf.com</a>	Ventura	Seaside16
Ojai Half	04/26/16	<a href="http://www.ojahalfmarathon.com">www.ojahalfmarathon.com</a>	Ojai	Ojai61

Race	Race Date	Website	City
Summer Fun	07/11/15	<a href="http://www.abetterworldrunning.com">http://www.abetterworldrunning.com</a>	Van Nuys
Shoreline Half	07/12/15	<a href="http://www.shorelinehalf.com">http://www.shorelinehalf.com</a>	Ventura
Summer Spectacular	07/19/15	<a href="http://www.abetterworldrunning.com/">http://www.abetterworldrunning.com/</a>	Santa Monica
Summer Showdown	08/01/15	<a href="http://www.abetterworldrunning.com/">http://www.abetterworldrunning.com/</a>	Long Beach
Arroyo Creek Half	08/09/15	<a href="http://arroyocreekhalf.com">http://arroyocreekhalf.com</a>	Simi Valley
Harvest Half	09/20/15	<a href="http://www.harvesthalf.com">http://www.harvesthalf.com</a>	Camarillo
Surfer's Point Half and full	11/15/15	<a href="http://www.surferspointmarathon.com">http://www.surferspointmarathon.com</a>	Ventura

# PAWS/LA!



PAWS/LA Volunteer Pet Food delivery on July 18: Mike, Carl, Brett & Moises, Eric & Richard (hiding behind David), David, Mike & Mike. The guys had a great time bringing food and supplies to PAWS/LA clients. We will plan another volunteer delivery day in the coming months.



GSTRIP 66 was more than a nightclub; it was an explosion of creativity, community, and self expression that welcomed everybody to experience its misfit inspired magic. Please take a look at the website, watch the video, and support us on Facebook and Twitter. I hope you'll see that this documentary tells a story, not only of what was, but also what can be. You may already know that DRAGSTRIP 66 was legendary. Now it's time to let the rest of the world know! Thank you for your support.

-Phil Scanlon

<http://ds66thefrockumentary.com>

# 5/17 Long Beach Pride Run!



Deo, Carl, Patrick and Rick



Jim, Margie, Richard and Bill

Let's make a Jim sandwich!  
Start with Jim, add slices of Jason and Margie,  
and glue together with love and enthusiasm.



The Gang!



# LAFRs Running Everywhere!



*Clockwise from top left:*

*5/27 Jorge, who now lives in NYC, still sports his LAFR uni at the NYC Pride Run*

*5/27 Joan Miro also proudly showing his LAFR shirt at the NYC Pride Run*

*5/07 Jowenne Herrera wearing his LAFR jersey to a workout in Toronto*

*5/23 Margie & Stephanie at the Spring 5K*

*3/28 Raul nearing the finish line at the Griffith Park Trail Marathon*

*Jane Dods RaceWalked her first half marathon in Eugene*

*Photos on the left show Bill A, Angus, Deo, and Bill W at the Mother's Day race.*



## A Busy Weekend in April

The weekend of April 18-19 turned out to be full of events. Four different races saw LAFR representation. Leona Divide 50K/50M on 4/18 was rated R for ruggedness, Bare Burro on 4/19 rated X for nudity, Boston on 4/20 rated T for tradition, and Victory for Victim on 4/19 rated H for hominess.



Left: Deo and Raul ran the marathon at Leona Divide.

Sean, Danny, and John ran the 50 miler. They were cheered on by William, Yumi, Allen, and fellow racer Raul.

As tradition, a large group pigged out at Outback Steakhouse afterwards.



The top and bottom pictures of naked people are from the Bare Burro 5K. The top shows the excellent turn-out and the bottom shows the medal winners.

Top right: Moises, Eric, and Mark ran Boston (2:59, 2:44, 3:02 respectively)  
Bottom right: Karen, Bill A, and Margie ran Victory for Victims.



# Race Results

## Bandit 50K

Simi Valley, CA 2/15

Deo Jaravata.....6:55:08

## Orange Curtain 50K

Cerritos, CA 2/28

Deo Jaravata.....6:27:31 RW

## Coaster Run 5K

Knotts Berry Farm, CA 3/8

Jason Coleman.....38:21

## Heart of the City 5K

Los Angeles, CA 3/28

Jason Coleman.....34:31

## Tomoka Half

Ormond Beach, FL 3/29

David Grudzien.....2:18:52

## Derby Day 5K

Santa Anita, CA 4/4

Bill Austin.....22:38

Bill Winkelmann.....27:38

## NYRR Scotland Run 10K

New York, NY 4/4

David Grudzien.....61:07

## Palmetto Half

Columbia, SC 4/11

David Grudzien.....2:26:37

## RnR Raleigh Half

Raleigh, NC 4/12

David Grudzien.....2:29:48

## Beach Bash 5K

Santa Monica, CA 4/18

Jason Coleman.....34:31

## ATC Singleton 5K

Norcross, GA 4/18

David Grudzien.....44:21

## Coastal Run 5K

Playa del Rey, CA 4/18

Jason Coleman.....33:14



Angus Kennedy and Raul Borja after running the Griffith Park Trail Half Marathon. Mark Johnson and David Dassey were there to cheer.

## Old Goats

Lake Elsinore, CA 3/21

### 50K

Sean O'Brien.....5:54:25 1<sup>st</sup> OA  
1<sup>st</sup> 50-54  
Danny O'Hara.....6:41:04 2<sup>nd</sup> 40-44

### 50 Mile

Jim Sullivan.....10:33:04

## Griffith Park Trail Half (Grand Prix)

LA, CA 3/28

Angus Kennedy.....1:54:02 1<sup>st</sup> 45-49  
Raul Borja.....2:03:12

## Hollywood Half (Grand Prix)

Hollywood, CA 4/11

### 10K

Karen Carey.....1:12:51 PR

### Half

Jason Coleman.....2:32:05

## Oriflamme 50K

Julien, CA 4/11

Danny O'Hara.....5:34:03 3<sup>rd</sup> 40-44

## Mt SAC Relays RaceWalk Track

Walnut, CA 4/12

### Deo Jaravata

5K.....34:46 1<sup>st</sup> 50-54  
10K.....68:42 1<sup>st</sup> 50-54

## Victory 4 Victims 5K (Grand Prix)

Encino, CA 4/19

Bill Austin.....22:13 2<sup>nd</sup> 55-59  
Karen Carey.....32:05  
Margie Gonzales.....39:14

## Leona Divide (Grand Prix)

Lake Hughes, CA 4/18

### 50K

Raul Borja.....6:48:20  
Deo Jaravata.....6:51:41

### 50 Mile

Sean O'Brien.....9:27:37 1<sup>st</sup> 50-54  
Danny O'Hara.....10:06:09  
John Kawaharada....11:50:12

## Bare Burro 5K (Grand Prix)

Colton, CA 4/20

Mike Kerkman.....23:01 3<sup>rd</sup> OA  
1<sup>st</sup> 30-39  
Mike Heredia.....23:04 2<sup>nd</sup> 30-39  
William Fang.....24:34 3<sup>rd</sup> 30-39  
Danny O'Hara.....26:15 1<sup>st</sup> 40-49  
Carl Maravilla.....26:30 3<sup>rd</sup> 50-59  
Duane Howard.....27:37  
Jeff Lymburner.....27:48  
Jeff Bennett.....28:06  
Kent Hamilton.....29:37 3<sup>rd</sup> 40-49  
Mong Noiboonsook...32:26  
Mike Carbuto.....32:31 2<sup>nd</sup> 60-69  
Bill Winkelmann.....35:44  
Rich Crook.....36:11  
Robb Briggs.....36:40  
Jim Martinez.....37:51  
Christopher Tapper..38:33  
David Grudzien.....39:16  
Drew Brabb.....40:33  
Jason Coleman.....47:58

## Lost Boys 50 Mile

Borrego Springs, CA 4/25

Danny O'Hara.....11:15:14

# Race Results

## Sunset Strip Half

WeHo, CA 4/19

Deo Jaravata..... 1:59:43

## Conquer Our Run 5K

Playa del Rey, CA 4/25

Jason Coleman.....34:16

## Kids 4 Kids 5K

Los Angeles, CA 4/26

Jason Coleman.....35:47

## San Luis Obispo Half

SLO, CA 4/26

David Dassey.....1:48:41

## Ojai Half

Ojai, CA 4/26

Deo Jaravata..... 1:50:13

## NYRR Run as One 4 Mile

New York, NY 4/26

David Grudzien.....36:32

## Miwok 100K

Stinson Beach, CA 5/2

Sean O'Brien.....12:43:16

John Kawaharada.... 14:02:00

## Orange County Half

Costa Mesa, CA 5/3

William Fang..... 1:27:11

Jason Coleman.....2:38:44

Bill Walsky.....3:18:08 RW

## Oh, Boy! Half

Waterbury, CT 5/4

David Grudzien.....2:41:47

## Mother's Marathon

Huntington Beach, CA 5/9

Deo Jaravata..... 4:01:33

## Running w/ Cows 1/2

Bucyrus, KS 5/9

David Grudzien.....2:20:22

## Wine Country Half

Santa Ynez, CA 5/9

David Gonzalez..... 1:40:19



*Mark Johnson, Eric Alvarez & Moises Medina after running the Boston Marathon in April*

## Boston Marathon

Boston, MA 4/21

Eric Alvarez..... 2:44:02 PR

Moises Medina..... 2:59:11

Mark Johnson..... 3:02:58

## Innovation 5K

North Hollywood, CA 4/18

Bill Austin..... 21:45 1<sup>st</sup> 55-59

## Independence Series

Half Marathon, 5 Days, 4/29-5/3

### David Grudzien

4/29: Elkton, MD..... 2:34:10 1<sup>st</sup> 55-59

4/30: Bear, DE..... 2:42:32 1<sup>st</sup> 55-59

5/1: Birsdboro, PA.. 3:08:56 2<sup>nd</sup> 55-59

5/2: Clinton, NJ..... 2:13:35 2<sup>nd</sup> 55-59

5/3: New Paltz, NY.. 2:36:03 3<sup>rd</sup> 55-59

## LA River Fun Run 5K

LA, CA 5/3

Bill Austin..... 22:36 1<sup>st</sup> 55-59

Bill Winkelmann..... 26:34 1<sup>st</sup> 60-64

Allyne Winderman.. 26:43 1<sup>st</sup> 60-64

Deo Jaravata..... 45:00

## Verdugo Mtns. 10K (Grand Prix)

Glendale, CA 5/4

Carl Maravilla.....56:04 1<sup>st</sup> 55-59

Raul Borja.....65:30

Mike Carbuto.....68:02

## Eugene Half Marathon

Eugene, OR 5/10

Jane Dods.....3:15:00 1<sup>st</sup> 75-79/RW

## Mother's Day (Grand Prix)

Van Nuys, CA 5/10

### 5K

Bill Austin..... 22:10 1<sup>st</sup> OA  
1<sup>st</sup> 55-59

Karen Carey..... 30:42 2<sup>nd</sup> 40-44

### 15K

Angus Kennedy.....69:10 1<sup>st</sup> OA  
1<sup>st</sup> 45-49

Bill Winkelmann..... 1:26:56 1<sup>st</sup> 60-64

### Full

Deo Jaravata..... 4:24:12 1<sup>st</sup> 50-54

## Freedom Run

West Hills, CA 5/16

### 5K

Jason Coleman.....30:55 3<sup>rd</sup> 35-39

Margie Gonzales..... 35:17 3<sup>rd</sup> 60-64

### 10K

Jason Coleman.....1:16:31 2<sup>nd</sup> 35-39

## Spring Break 5K

Santa Monica, CA 5/23

Margie Gonzales.....38:34 1<sup>st</sup> 60-64

## Nanny Goat 12 Hour

Riverside, CA 5/23

Deo Jaravata..... 64 Miles 1<sup>st</sup> OA  
1<sup>st</sup> 50-54

## Mtns. to Beach Half (Grand Prix)

Ventura, CA 5/25

Raul Borja.....1:45:05

# Race Results

## Helsinki City Half

Helsinki, Finland 5/16

David Grudzien.....2:25:04

## COR Heroes Memory 5K

Playa del Rey, CA 5/23

Jason Coleman.....32:56

## Avacado Half

Fallbrook, CA 5/23

David Grudzien.....2:24:09

## Memorial Day Half

Laguna Hills, CA 5/25

David Grudzien.....2:19:55

## UAE Healthy Kidney 10K

New York, NY 5/30

David Grudzien.....1:09:04

## Volition America 5K

Chicago, IL 6/6

Jason Coleman.....34:41

## NYRR Retro 4 Miler

New York, NY 6/7

David Grudzien.....35:23

## RnR Seattle Half

Seattle, WA 6/13

David Grudzien.....2:29:02

## COR Dad's Rule 5K

Playa del Rey, CA 6/13

Jason Coleman.....35:24

## SD County Fair 5K

Del Mar, CA 6/20

Jason Coleman.....33:15

## Atlanta FR Pride 5K

Atlanta, GA 6/20

David Grudzien.....31:18

## NYFR Pride 5 Miler

New York, NY 6/27

David Grudzien.....49:31

## La Palma 5K (Grand Prix)

La Palma, CA 7/4

Bill Walsky.....45:53 RW



The LAFR gang at breakfast on Sunday, July 5, with visiting FRs from Scotland

## Shoreline FR Pride (Grand Prix)

Long Beach, CA 5/17

### 5K

Eric Alvarez.....17:02 1<sup>st</sup> OA

1<sup>st</sup> 45-49

Carlos Vizcarra..... 17:41

3<sup>rd</sup> OA

1<sup>st</sup> 40-44

Bill Austin..... 22:23

1<sup>st</sup> 55-59

Richard Nelson..... 25:44

1<sup>st</sup> 65-69

Mong Noiboonsook...26:03

2<sup>nd</sup> 50-54

Jim Martinez..... 28:34

1<sup>st</sup> 60-64

Christopher Tapper.. 32:45

3<sup>rd</sup> 45-49

Jason Coleman.....33:15

Margie Gonzales.....39:54

2<sup>nd</sup> 60-64

Bill Walsky.....44:59

2<sup>nd</sup> 60-64/RW

### 10K

Moises Medina.....39:03

2<sup>nd</sup> OA

1<sup>st</sup> 45-49

Carl Maravilla.....41:41

1<sup>st</sup> 55-59

Duane Howard.....41:56

1<sup>st</sup> 30-34

John McGuinness....42:18

1<sup>st</sup> 40-44

Rick Allison..... 46:13

1<sup>st</sup> 50-54/PR

David Dassey.....46:39

1<sup>st</sup> 60-64

Patrick Owen.....46:39

2<sup>nd</sup> 55-59

Deo Jaravata.....50:33

3<sup>rd</sup> 45-49

Richard Peng..... 51:30

2<sup>nd</sup> 40-44

Bill Winkelmann..... 53:42

2<sup>nd</sup> 60-64

Mike Carbuto.....53:55

3<sup>rd</sup> 60-64

Brian Dunbar.....56:02

## Whistler Half

Vancouver, Canada 6/6

Mike Kerkman..... 1:27:54 1<sup>st</sup> 35-39

## Wrigley River Run

Long Beach, CA 6/6

### 5K

Bill Austin..... 21:38 1<sup>st</sup> 55-59

Mike Carbuto.....26:33 3<sup>rd</sup> 60-64

Bill Walsky.....44:59 RW

### 10K

Mong Noiboonsook...52:19

Mike Carbuto.....53:48

## Father's Celebration 5K

Long Beach, CA 6/20

Margie Gonzales..... 38:36 1<sup>st</sup> 60-64

## Father's Day (Grand Prix)

Van Nuys, CA 6/21

### 5K

Bill Austin..... 21:50 2<sup>nd</sup> OA

1<sup>st</sup> 55-59

Karen Carey..... 31:27 3<sup>rd</sup> 40-44

### 15K

Bill Winkelmann..... 1:26:23 1<sup>st</sup> 60-64

### Half

Jason Coleman..... 3:16:01

## Will Rogers (Grand Prix)

Pacific Palisades, CA 7/4

### 5K

Reg Willson..... 21:32 3<sup>rd</sup> 55-59

Richard Nelson..... 25:37 1<sup>st</sup> 65-69

### 10K

John McGuinness.... 43:11

Scott Lasker.....49:07

Mike Carbuto.....56:00

Doug Jones.....1:27:29



# Grand Prix Series Standings as of 7/21

## 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).

Division	Races	Average
----------	-------	---------

### MALE

1. Eric Alvarez	5	86.59
2. Carlos Vizcarra	3	82.26
3. Mark Johnson	4	81.73
4. Moises Medina	5	77.01
5. David Dassey	4	72.64
6. Bill Austin	3	71.09
7. Bruce Bair	1	70.50
8. Bill Sadler	2	69.04
9. Jojo Herrera	1	68.92
10. Tom Haskins	1	68.80

### FEMALE

1. Allyne Winderman	2	73.87
2. Bernadette Greene	1	61.38
3. Patricia Bates	1	57.53
4. Margie Gonzales	2	52.64
5. Karen Carey	3	47.20
6. Hazel Garganera	1	44.26
7. Regina Robinson	1	28.20

### RACEWALK

1. Jane Dods	1	87.41
2. Lee Lightfoot	1	61.50
3. Deo Jaravata	6	60.38
4. Juan Moreno	2	57.13
5. Connie Hammen	1	56.95
6. Amy Ross	1	54.11
7. Bill Walsky	6	52.77
8. Keeley Webster	1	43.44
9. Cat White	1	42.76

## AGE GROUP MEN

Division	Races	Points
----------	-------	--------

### Male 20-29

1. Jon Alami	1	145
2. Anthony Yeung	1	135

### Male 30-34

1. David Gonzalez	6	605
2. Duane Howard	5	465
3. Bill Sadler	3	355
4. Mike Heredia	2	260
5. Piyush Prakash	1	115

### Male 35-39

1. Barry Hamaguchi	6	715
2. Raul Borja	6	705
3. Jason Coleman	6	670
4. Mike Kerkman	4	570
5. Bordeaux Martin	3	240
William Fang	2	240

## AGE GROUP MEN

Division	Races	Points
----------	-------	--------

### Male 40-44

1. Danny O'Hara	6	795
2. John McGuinness	5	590
3. Richard Peng	4	430
4. Carlos Vizcarra	3	400
5. Mike Smith	1	115

### Male 45-49

1. Eric Alvarez	6	905
2. Moises Medina	6	735
3. Deo Jaravata	6	710
4. Angus Kennedy	5	590
5. Marcelino Goncalves	4	395

### Male 50-54

1. Juan Moreno	4	370
2. John Miles	3	290
3. Sean O'Brien	2	290
4. Lui Sanchez	2	240
5. Brian Dunbar	3	225
Scott Lasker	2	225

### Male 55-59

1. Bill Austin	6	800
2. Carl Maravilla	4	500
3. Reg Willson	3	380
4. David Grudzien	4	300
5. Rand Smith	3	260

### Male 60+

1. Bill Winkelmann	6	710
Mike Carbuto	6	710
3. David Dassey	4	500
4. Jim Martinez	5	430
5. Richard Nelson	3	355

*Below: Connie Hammen, Keeley Webster & Cat White at the Pride Run*

## AGE GROUP WOMEN

Division	Races	Points
----------	-------	--------

### Female 40-49

1. Karen Carey	5	615
2. Bernadette Greene	1	135
3. Hazel Garganera	1	125
4. Regina Robinson	1	100
5. Cat White	1	90

### Female 60+

1. Margie Gonzales	4	475
2. Allyne Winderman	1	145
3. Patricia Bates	1	115
4. Amy Ross	1	105
5. Connie Hammen	1	95

## TRAIL MASTER

The Trail Master Race is a combination points & age-graded accrual competition that determines the club Trail Running Champion. Runners are ranked by average score until Sept. when runners with most races will be ranked first.

Athlete	Races	Average
---------	-------	---------

1. Jonathan Toker	2	116.28
2. Mike Kerkman	1	112.61
3. Bernie Tan	1	100.98
4. Sean O'Brien	5	99.75
5. Angus Kennedy	2	97.54
6. Jojo Herrera	1	93.92
7. Richard Peng	1	87.55
8. Carl Maravilla	2	87.52
9. Jim Sullivan	1	87.06
10. Mike Heredia	1	86.58



# 5K Challenge Standings as of 7/21

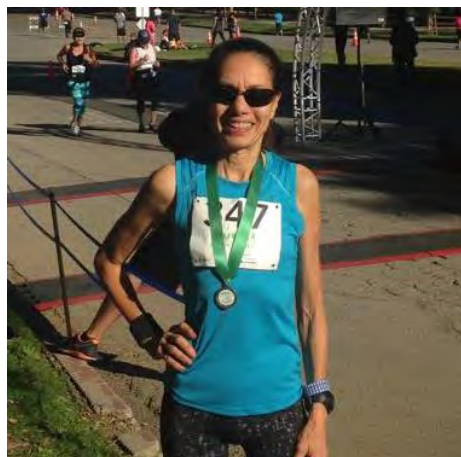


Rank	MOST	
1	Jason Coleman	24
2	Bill Austin	14
3	Margie Gonzales	8
4	Bill Winkelmann	7
	David Grudzien	7
6	Karen Carey	6
7	Jim Martinez	5
8	Bill Walsky	4
9	Danny O'Hara	3
	Mike Carbuto	3
	Christopher Tapper	3
12	13 LAFRs	2
25	38 LAFRs	1
Rank	Biggest PR	
1	Lui Sanchez	
	LA Mar. 5K, LAFR 5K	1:37
2	Allyne Winderman	
	LA River 5K	1:28
3	Marcelino Goncalves	
	LAFR 5K	:52
4	Danny O'Hara	
	LAFR 5K	:38
5	Barry Hamaguchi	
	LAFR 5K	:20
6	Rand Smith	
	LAFR 5K	:18
7	Christopher Tapper	
	LAFR 5K	:12

Rank	Fastest Male		
1	Eric Alvarez		
	LAFR 5K	16:50	
2	Carlos Vizcarra		
	LB Pride 5K	17:41	
3	Mike Kerkman		
	LAFR 5K	18:24	
4	Moises Medina		
	LAFR 5K	18:37	
5	Danny O'Hara		
	LAFR 5K	18:38	
6	Bill Sadler		
	LAFR 5K	19:08	
7	Duane Howard		
	LAFR 5K	20:03	
8	Carl Maravilla		
	LAFR 5K	20:27	
9	John McGuinness		
	LAFR 5K	20:30	
10	Barry Hamaguchi		
	LAFR 5K	21:14	

*Biggest PR: Like our other grand prix categories, the PR you're trying to best for the 5K Challenge is a 5-year PR (your fastest 5K from 2010-2014). This is cumulative for the entire year – so, for example, if you set a new PR in January by 2 minutes and then break the new PR by 3 minutes in May, your total is 5 minutes.*

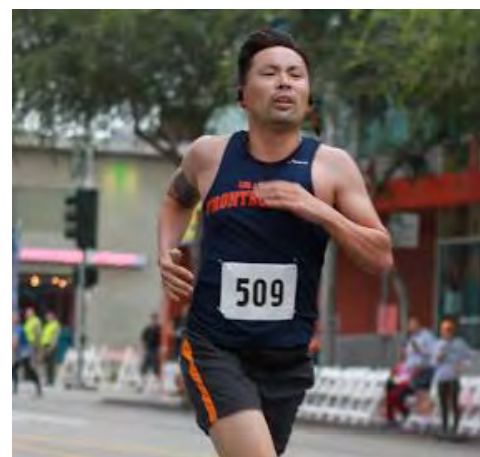
Rank	Fastest Female		
1	Allyne Winderman		
	LA River 5K	26:43	
2	Karen Carey		
	Mother's Day 5K	30:42	
3	Margie Gonzales		
	Freedom 5K	35:17	
4	Patricia Bates		
	LAFR 5K	36:19	
5	Amy Ross		
	LAFR 5K	49:13	
6	Connie Hammen		
	LAFR 5K	49:29	
7	Cat White		
	LAFR 5K	49:37	
8	Keeley Webster		
	LAFR 5K	49:38	
9	Regina Robinson		
	LA Big 5K	57:26	
10			



5K Challenge fastest female  
Allyne Winderman



Margie Gonzales sits in 3<sup>rd</sup> place  
for most 5Ks with 8



Barry Hamaguchi's Pride Run PR puts him in  
10<sup>th</sup> for the fastest males



# Upcoming Events

## Grand Prix Races

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



Sunday 7/26 in San Francisco  
San Francisco Marathon  
Half and Full Marathon  
<http://www.thesfmarathon.com>

Saturday 8/1 Starting in Wrightwood  
Angeles Crest 100 Mile  
Ending in Alta Dena  
[www.ac100.com](http://www.ac100.com)

Early August in Stockholm  
Euro Games!  
Tons of activities to choose from  
[www.eurogamesstockholm.com](http://www.eurogamesstockholm.com)

Saturday 8/15 in Long Beach  
Summer Sizzle  
5K/10K/Half/Full  
[www.abetterworldrunning.com](http://www.abetterworldrunning.com)

Saturday 8/22 Malibu Creek State Park  
Bulldog  
25K/50K  
[www.trailrunevents.com](http://www.trailrunevents.com)

Sunday 8/23 in Santa Rosa  
Santa Rosa Marathon  
5K/Half/Full  
[www.thesantarosamarathon.com](http://www.thesantarosamarathon.com)



*BTW, a group of 20+ is planning on doing the Santa Rosa Marathon. Google it and check it out!*

## 3<sup>rd</sup> Annual Pool Party!



Saturday, August 15, 2015, 1-6PM  
at the beautiful home of  
Eric Fischer and Richard West

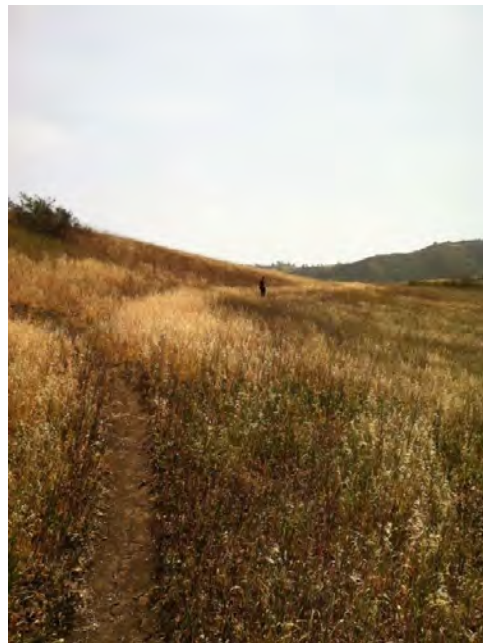
Save the date for the annual LAFR Pool Party! We've always had tons of fun at this event. Keep your eye out for emails with details and a RSVP links as August approaches. With a month to go, you can still work on your abs. Or just come as you are, since we love you that way.

Save the Date!  
Catalina Eco-Marathon Trip  
November 20-22  
Half Marathon Added!



After a year off, we are headed back to Catalina for the Catalina Eco-Marathon weekend. The good news is they added a half marathon to the event. So, if the marathon is too daunting and the 10K is not reason enough to make the journey, sign up for the half! We have three houses already rented for the weekend with space for 20 or so. Details on reserving space in the houses to come.

# Running on the Trails



*Clockwise from top:  
5/24 The 3 trainees of the AC-100, Danny, Sean, John flanked by their pacers Mark and William*

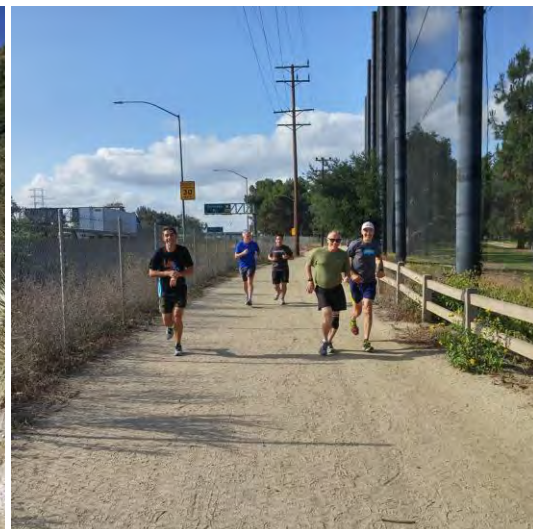
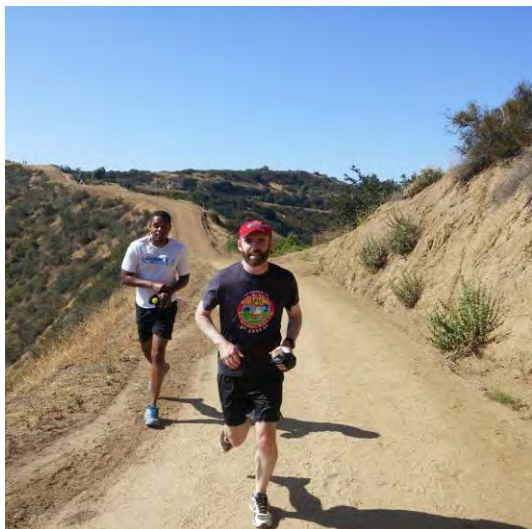
*4/5 Can you tell who is in the field of gold in Serra Meadow near Malibu?*

*5/24 Taking it easy at Chilao, the mid-point of the AC-100*

*5/10 Duane and John running up to Mt Hollywood.*

*4/12 Arlington and his trusted human companion in the San Gabriel Mountains*

*5/23 Running along the 5-Fwy.*



## It All Happens in Griffith Park



*If one spot represents LAFR, one could argue it must be Griffith Park, where our members gather frequently.*

*Clockwise from top left:*

*5/23 A good turnout of humans and dogs on the Saturday run during Memorial day weekend.*

*5/10 Sunday long run from GP*

*5/19 Tuesday evening run back in GP*

*5/02 Ruby enjoying multiple tummy rubs by Norman, Dan, and Brian on the grassy knoll of GP*



# Eating, a Side-Benefit to Running



Clockwise from top:  
6/30 Henry and Mark at Z Pizza after the run

6/27 John with liquid lunch and Danny with onigiri at North Rim

7/15 Zack and Duane after Weds. night track

5/12 Alcove after the run

5/05 After the run, more Z Pizza



## Focus on Trails: Grand Canyon R2R2R

Over the June 27 weekend, 4 LAFRs (John, Danny, William, and Sean) and friend Mark decided to run/hike rim-to-rim-to-rim (R2R2R). The 5 runners started from the South Rim, descending the South Kaibab trail at 4:30 AM. The sun was not quite up as the runners ran down 6.4 miles, dropping nearly 4000 ft to the Black Bridge.

The group wrapped up the first leg at Phantom Ranch at around 7:30AM. After a short water break, they continued on the next 6.5 miles on relatively flat North Kaibab trail from the "Box" to Cottonwood Camp. Temperature was getting into the high 70s to low 80s. At Cottonwood Camp was where Mark was scheduled to take it easy.

The next 7 miles was a climb of 4000 ft up to the North Rim. After Roaring Spring, the North Kaibab is basically a trail etched into the canyon rocks. The 2 or so miles in this section was ruggedly



*Near the Supai tunnel on the North Rim.*



*Group selfie at the Silver Bridge, before ascending Bright Angel trail, the final leg of R2R2R for the group..*

The remaining 6 miles back to Phantom Ranch was surprisingly hard, despite a gentle terrain, as the temperature climbed into 115F. Water became uncomfortably warm for drinking. Fortunately everyone made it back by 4PM, meeting up with Mark. The group then enjoyed the best steak dinner ever (at \$50/person!) then embarked on the final leg at 6PM. As the group reached Indian Garden at 8PM, about midpoint of the Bright Angel Trail, the sun set and darkness began to descend.

The last 4.5 miles were run in darkness, sometime utterly so. But as the heat relented and the end was within sight, spirits remained high. By 10PM, every reached South Rim for a joyous ending. R2R2R was spectacular. But one advice: Don't go in the summer!

beautiful, but low on water. The steep canyon provided some shade, but the strong summer noon sun was quite punishing. About a mile from the top, the landscape became gentler as the group entered alpine territories. The group finally reached North Rim at around noon.

After a break pigging out on GU and John's famous onigiri, the group began their return trip. Conditions were relatively favorable until Manazanita Spring, where the group ran into a somewhat disoriented young hiker from Korea separated from his group, who also seemed under prepared. We reported this to a park ranger later, who said no distress call was made. It was 2PM and getting hot.



*Danny with his "I can do this" face on South Kaibab at the junction with Tonto Trail.*

07/05/15

Los Angeles Frontrunners  
Profit and Loss Standard  
July 2015

	Jul '15	Jun '15	Jan - Jul '15
Ordinary Income/Expense			
Income			
Other Types of Income			
Miscellaneous Revenue	0.00	0.00	1,830.44
Other Types of Income - O...	0.00	0.00	5,412.98
Total Other Types of Income	0.00	0.00	7,243.42
Program Income			
Membership Dues	67.65	996.09	4,181.47
Race Registrations	0.00	11,148.37	13,538.37
Total Program Income	67.65	12,144.46	17,719.84
Total Income	67.65	12,144.46	24,963.26
Expense			
Awards and Grants	0.00	969.01	7,579.73
Business Expenses			
Business Registration Fees	0.00	400.00	400.00
Total Business Expenses	0.00	400.00	400.00
Facilities and Equipment			
Equip Rental and Maintena...	0.00	0.00	22.50
Race Equipment	2,224.00	1,453.26	3,677.26
Rent, Parking, Utilities	0.00	217.00	1,085.00
Total Facilities and Equipme...	2,224.00	1,670.26	4,784.76
Licenses & Permits	0.00	0.00	120.00
Operations			
Bank Fees	0.00	16.00	71.00
Food & Supplies	0.00	384.18	4,755.85
Supplies	0.00	0.00	1,779.27
Website	159.24	55.85	850.73
Total Operations	159.24	456.03	7,456.85
Other Types of Expenses			
Insurance - Liability, D and...	0.00	0.00	1,212.85
Total Other Types of Expen...	0.00	0.00	1,212.85
Total Expense	2,383.24	3,495.30	21,554.19
Net Ordinary Income	-2,315.59	8,649.16	3,409.07
Net Income	-2,315.59	8,649.16	3,409.07