FrontPage

Silver Lake Stairs, Chili & Fall Events

LAFR Silver Lake Stairs Run/Walk & Breakfast Potluck Saturday, October 9, 8:00 AM

Join us on Saturday, October 9th for our 2nd Annual "LAFR Stair Run", only this time we'll be running all the #@&*! stairs of Silver Lake! There are 40 public staircases in Silver Lake (sadly, two are now closed off) ranging from the easy, 5step Rotary staircase to the thighbusting, 154-step Landa staircase. Along the way well pass a variety of L.A. landmarks such as the 132-step "Music Box" stairs used in a 1932 Laurel and Hardy movie (yes, we'll be running up those too), the 22,000 sq. ft. Canfield/Moreno estate at the top of Micheltorena St. John Lautner's Silvertop House, not to mention the stunning Kerkman/Shiramizu manse, as well as great views of the lake, downtown, and the surrounding mountains.

The run/walk will be divided into two loops, starting and finishing at the Silver Lake Rec. Center. The first loop is 6 miles and takes in 18 staircases on the east side of the lake. The second loop is 9 miles and takes in the other 20 staircases on the west side of the lake. You can choose to do one or both loops, but we recommend you do both so you say "I ran all the #@&*! stairs of Silver Lake!"

Maps/directions will be provided, so hopefully no one will get lost (Christine, Doris...).

Half a Life



I joined San Francisco Frontrunners as I was about to turn 30; my roommate was a member and encouraged me to start running again. Sounded like a good idea -- an easy way to meet hot guys. Glad I did. I moved to Los Angeles the following year, and one of the first things I did was join Los Angeles Frontrunners. Glad I did. Thirty years later, still running. Thanks, Frontrunners, for half my life. Looking forward to the next 3 decades.

-David Dassey (pictured in 1981)

And what LAFR event would be complete with food! Join us after the run for a potluck breakfast on the lawn at the Recreation Ctr. Please note there will not be a Griffith Park Run on this date (10/9). However, non stair runners/walkers can do the loop around the reservoir (2.2 miles).

Membership News

OCTOBER BIRTHDAY BOYS AND GIRLS

- 1 William Korthof
- 1 Geoff Buck
- 2 Donnie Broxson
- 5 Myron Curlee
- 6 Michael Muoio
- 10 Peter Kaplan
- 10 Ara Mihranian
- 14 Samantha Leland
- 15 Mark Grumet
- 17 Phil Amato

- 18 David Dassey
- 20 Ed Gallardo
- 20 Keeley Webster
- 22 Paul Williams
- 26 Mark Penn
- 28 Todd Sullivan
- 29 Patricia Bates
- 30 Hiro Moriyasu
- 31 Verity Grover

from left:
Robb
Briggs,
Mike
Smith,
Bernie
Tan, &
Richard
Nelson
at the
Alive &
Running
5K on
9/26



SEPTEMBER BOARD MEETING HIGHLIGHTS

- o The September board meeting took place at Patrick Owen's home
- The October board meeting will be held at Angus Kennedy's homestead in Silver Lake on October 2nd, after the Saturday run
- The next Moonlight Run is scheduled for Thursday,
 September 23rd at 8:00 pm and will be hosted by Sean.
- The Silver Lake Stair Run is scheduled for Saturday,
 October 9th. This event will also be hosted by Sean.
 Volunteers are needed to help with preparations, including water and snack stop. Also considering what to do for breakfast afterwards perhaps a potluck
- o This year's Chili Cook-off is scheduled again at Rusty Millar's home this year. This is the 10th anniversary of the event, and coincidently the event is being held on 10/10/10. How wild is that! Angus will handle awards, Mark will pick up beer and wine and entire board will help set-up and clean-up afterwards. Volunteers to help in the clean-up would be appreciated!
- o The 2nd annual Veggie Cook-off will take place on Saturday, October 30th at Mark and Brad's house in the rolling hills of Glassell Park. Christine will also be organizing a pumpkin carving to coincide with the potluck and with the Halloween holiday.
- The Board will attempt to get better spot at next year's Sunset Junction event. The fundraising event was successful this year, but the belief is that another location would drive more purchases and more tips.
- Elections for the 2011 term are coming up, so preparations are underway. Like last year, we'll do the voting electronically.
- Mark will do an inventory of team apparel so that we can determine gaps and retail value of the collection

OCTOBER POTLUCK/BABY SHOWER

Tuesday, Oct 19, Potluck and Baby Shower for Alicia
 & Rich in Silver Lake at Mark & Brad's – see pg 7

Regina & the boys at Alive & Running



NEW MEMBERS

During September we finally had some hot weather. Speaking of hot, we have four new members that joined us this past month: Freddie Diaz, Hector Dura, Gary Iem and Andre Guimond! Welcome boys!

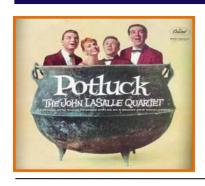
Los Angeles Frontrunners 2870 Los Feliz Place, #229 Los Angeles, CA 90039

www.lafrontrunners.com lafrontrunners@gmail.com

Angus Kennedy, President Patrick Owen, Vice President William Fang, Treasurer Piyush Prakash, Secretary Christine Curtin, Mark Jones, Carl Maravilla, John McGuinness and Bryan Prado, Directors at Large LAFR FrontPage Events: Bryan Prado Member News: Mark Jones Results: Angus Kennedy Treasury: William Fang

Other Contributors and Photographers include: Christine Curtin, Carl Maravilla, John McGuinness, Piyush Prakash, Patrick Owen, Robb Briggs

UPCOMING EVENTS



Tuesday Fun Run back to Silver Lake Tuesday, October 5

October Silver Lake Potluck & Baby Shower

Tuesday, October 19 – at Mark & Brad's 4166 Verdugo View Drive, LA, 90065 – info on page 7

Saturday, October 9
 Silver Lake Stairs
 8:00 AM start at
 Silver Lake Rec Center potluck breakfast to follow
 Info on page 1



Wednesday
 October 20
 Westside Potluck
 after fun run
 at the home of Mike Smith
 72 Village Park Way
 Santa Monica, 90405

Sunday, October 10
 LAFR Chili Cook-Off X
 at the home of Rusty Millar
 850 Micheltorena Street
 Los Angeles, CA 90026
 4:00 PM
 info on page 6



Saturday, October 30
 LAFR Veggie Cook-Off II
 at Mark & Brad's
 4166 Verdugo View Drive
 Los Angeles, CA 90065

 4:00 PM
 info on insert



Grand Prix Races

- Sunday, October 3 GRAND PRIX: Camarillo Half/Full
- Sunday, October 17 GRAND PRIX: Long Beach Half/Full
- Sunday, October 24 GRAND PRIX: Rock'n'Roll LA Half Marathon
 - Fri-Mon, November 5-8 NYC Marathon Trip
 - Sunday, November 14 Fall Feast
 - Fri Sun, December 3-5 Death Valley Trip
 - Saturday, December 11 Annual Meeting/Pancake Breakfast
 - Fri-Sun, January 21-23 Annual Catalina Trip

LAFR RACE RESULTS Transrockies Run3 - 57.8 miles Buena Vista, CO 8/22-24 Jonathan Toker.....8:15:20 3rd OA 1st 35-39 **Disneyland Half Marathon** Los Angeles, CA 9/5 Ely Yaron.....1:37:12 **Nautica Malibu Triathlon** Malibu, CA 9/11 Ely Yaron.....3:16:57 Jungfrau Trail Marathon Jungfrau, Switzerland 9/11 Jonathan Toker.....3:32:14 Santa Monica 5000/10000

Santa Monica, CA 9/12

Mike Smith	24:18	
<u>10K</u>		
Dichard Malcan	12.02	10

Richard Nelson......42:02 1st 60-64 Regina Robinson......1:14:44 Areana Tate......1:20:50 PR

Maui Marathon

Maui, Hawaii 9/19

Ric Munoz3:42:44 3rd 50-54

Playa del Run 5K

Malibu, CA 9/19

Jim Martinez	25:12	
Rusty Millar	28:21	
Margie Gonzales	33:50	3rd 55-59

Vision for Blind Marathon

Huntington beach, CA 9/19

Deo Jaravata.....4:05:50 3rd OA

Alive and Running 5K

Los Angeles, CA 9/26

Richard Nelson	20:33	1st 60-64
Robb Briggs	21:30	
Bernie Tan		
Mike Smith	25:17	
Mike Kezsely	27:04	

Death Valley Trip Lodging

We will be staying at the Furnace Creek Ranch.

Lodging is for two nights: Fri-12/3 & Sat-12/4. All rooms have two queen beds. PLEASE READ CAREFULLY!!

Option 1: Frat Boy (4 to a room) **\$86.80** total per person for both nights

You can request a bunkmate if you like, but not required for this option.

Option 2*: Swingers (3 to a room)

\$100.80 total per person for both nights - see note below

Option 3*: Princess (2 to a room)

\$128.80 total per person for both nights - see note below

*NOTE: For Swingers & Princess, you MUST arrange in advance who your roommates will be and note it in the box during checkout.

Option 4: Diva (1 to a room)

\$257.60 total per person for both nights

Deadline for LAFR lodging is Friday, Oct. 29
Pay thru LAFR online store (link is at bottom of Membership page on website)



Online registration for Boston 2011 starts Monday, October 18 at 9 AM EST www.bostonmarathon.org

According to club records, the following LAFRs have qualified:

Carlos Vizcarra	2:47:51	Los Angeles
Sean O'Brien	.3:07:04	Los Angeles
William Korthof	.3:07:35	Los Angeles
	2:54:05	St. George
	3:00:26	Philly
Reg Willson	.3:27:12	Los Angeles
Richard Nelson	3:29:26	Los Angeles
Patricia Bates	.4:20:13	Los Angeles
Brad Maury		
David Dassey	. 3:59:55	Palos Verde
John McGuinness	. 3:14:09	San Diego Rn

Boston '11 Qualifying Times

Qualifying times are listed below and must be run on or after September 20, 2009.

Qualifying times are based upon each athlete's age on the date of the Boston Marathon in which they are participating.

AG	Men	Women
18-34	3:10	3:40
35-39	3:15	3:45
40-44	3:20	3:50
45-49	3:30	4:00
50-54	3:35	4:05
55-59	3:45	4:15
60-64	4:00	4:30
65-69	4:15	4:45
70-74	4:30	5:00
75-79	4:45	5:15
80+	5:00	5:30

*An additional 59 seconds is accepted for each qualifier. For example, 3:30:59 will be accepted for a 47 yr old man.

GRAND PRIX STANDINGS CHAMPIONS RACE as of 9/28

The Champions Race determines overall male and female Grand Prix champions. Points are calculated using the Masters Age-Graded tables from WAVA (see website for more info).

Division	Races	Points
MALE		
1. Richard Nelson	6	486.27
2. Carlos Vizcarra	6	475.10
Sean O'Brien	6	427.64
Reg Willson	6	424.94
Patrick Owen	6	424.61
Mike Kerkman	6	403.67
7. Bernie Tan	6	388.32
8. Ely Yaron	6	388.17
Angus Kennedy	6	386.56
10. Ted Wyder	6	380.93
FEMALE		
 Patricia Bates 	6	478.20
2. Stephanie Stone	6	369.23
3. Margie Gonzales	6	319.69
4. Jane Dods	4	298.35
Christine Curtin	6	298.12
6. Regina Robinson	6	258.36
Amy Ross	2	121.63
8. Allyne Windermar		75.04
Diane Abato	1	65.79
10. Jacqueline Vogel	1	65.10
RACEWALK		
 Deo Jaravata 	6	367.31
Doug Jones	6	345.52
Areana Tate	4	191.77
4. Juan Moreno	2	123.31
5. Connie Hammen	1	60.44

TRAILMASTER RACE

The TrailMaster Race is a combination agegraded/points accrual competition that will determine the club Trail Running Champion.

Ath	lete	Races	Points
1.	Sean O'Brien	5	552.77
2.	Jonathan Toker	4	500.95
3.	Robb Briggs	4	290.05
4.	Jeff Lymburner	3	244.79
5.	Mike Murphy	3	239.14
6.	Wadley	2	223.25
7.	Ryan Timmreck	3	210.80
8.	Stephanie Stone	3	210.54
9.	Deo Jaravata	2	197.30
10.	Andrew Wissmille	er 2	164.63
9.	Deo Jaravata	_	197.30

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

AGE GROUP	MEN	
Division Male 20-29	Races	Points
 John Yong Ryan Bailon Luis Aguilar Thomas Ader Piyush Prakash 	3 3 2 2 2	325 320 270 265 245
Male 30-34 1. Mike Kerkman 2. Wadley 3. Dan Vu 3. William Korthof 4. Jonathan Toker	6 5 4 3 2	730 650 390 325 300
Male 35-39 1. Ted Wyder 2. Ely Yaron Mike Smith 4. Brad Maury 5. Carlos Vizcarra	6 6 6 5 4	675 590 590 535 515
Male 40-44 1. Angus Kennedy 2. Robb Briggs 3. Bernie Tan 4. Frank Jacoy 5. Timo Vallez	6 6 6 4 3	710 695 680 345 325
Male 45-49 1. Deo Jaravata 2. Mark Jones 3. Sean O'Brien 4. Juan Moreno 5. Paul Jacoy	6 5 4 4 3	715 565 520 455 300
Male 50-54 1. Reg Willson 2. Patrick Owen 3. Doug Jones 4. Jeff Lymburner 5. Carl Maravilla Henri Faucher	6 6 5 3 2 2	715 700 480 350 240
Male 55-59 1. David Dassey 2. Bill Winkelmann 3. Jim Martinez 4. Bill Walsky 5. Dan Graham	6 6 6 5	730 665 635 620 505
Male 60+ 1. Richard Nelson	6	770



WHEN

Saturday, October 23, 2010 - 10 AM

WHERE

At the beautiful and spacious Ruth Hardy Park at the corner of Tachevah and Avenida Caballeros in Palm Springs. There's plenty of free parking available.

The scenic Walk and Run route this year is once again through the famous Movie Colony area and along downtown Palm Springs!

www.desertaidsproject.org

AGE GROUP W	OME!	V	
Division	Races	Points	
Female 20-29			
1. Jacqueline Vogel	1	150	
2. Laura Coffey	1	100	
Female 30-39			
 Cat White 	1	100	
Female 40-49			
 Regina Robinson 	6	670	
Christine Curtin	6	665	
Areana Tate	5	510	
4. Kimberly Fairchild	1	125	
Keeley Webster	1	80	
Female 50-59			
 Stephanie Stone 	6	785	
Margie Gonzales	6	715	
Amy Ross	2	240	
4. Diane Abato	1	135	
Female 60+			
 Patricia Bates 	6	735	
2. Jane Dods	2	230	
Connie Hammen	1	125	

2

2

2

240

230

220

2. Eric Fischer

4. Richard West

3. Al Miller

Chili Cook-Off Winners Busted! 10th Annual LAFR Chili Cook-Off Sunday, October 10, 4-7 PM

With the 10th annual LAFR Chili Cook Off upon us, two former winners were recently busted in an undercover sting operation. "Tofu my ass" Mike Kerkman and "I will sleep with anyone to win" Jim Martinez were photographed getting supplies for their 2010 chili entries. Neither of them had attended the Meg Whitman School of Excuses so they had no response. Sources report that Mike has checked himself into a Hawaiian rehab facility to get himself back into a vegan state.

Many former winners are vowing to return to capture the prize while several newcomers are cruising the net for that winning recipe. Will David Dassey wow us with a sort of Creole version? Will Ken Wilson put his Silver Lake's best in front of us? Does Bruce Bair know how to cook? Can Steve Frybarger man up again to beat out Sanford Doi? So many questions will be answered on Sunday, October 10. Last year's event was a great success and we hope to have an even larger turnout. Don't forget we need cornbread entrants!

This is on 10/10/10 for the 10th annual event, omens are flying around on this one.

Entrants must arrive by 4:00 PM!!

Categories:

Cornbread

Meat Chili with beans

Meat Chili no beans

Vegetarian Chili

Best Chili Pot/Presentation and more

Location:

at the home of Rusty Millar 850 Micheltorena St., 90026 (x-street Marathon)

-Rusty Millar







Baby Shower for Alicia & Rich at October Silver Lake Potluck Tuesday, October 19

It's not often we get to celebrate the arrival of a baby in LAFR!! Join LAFR in celebrating Alicia & Rich and the imminent arrival of their own little lovable monster!

We will have a baby shower for the parentsto-be at the October Tuesday night potluck in Silver Lake:

Location:

at Mark & Brad's 4166 Verdugo View Dr LA, 90065



Alicia & Rich are registered at <u>Babies R Us</u> and <u>Target.</u>

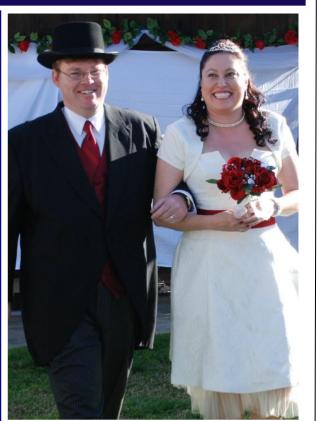
Search using Alicia Soto with a due date of 12/01/2010

Please Note: There is more than one Alicia Soto registered at both stores.

Make sure you select the registry for ALICIA SOTO and RICH LEWIS due date 12/01/2010

Reminder:
Join host
Todd Sullivan
(on left next
to Piyush) at
the new
Monday night
Fun Run in
West
Hollywood







Treasurer's Report: This month's report was not ready at press time. A two-month report will appear in the November newsletter. If you have any questions, please contact us at lafrontrunners@gmail.com

2011 LAFR BOD Elections

Per our by-laws, we will be electing a Secretary, Treasurer and 5 Directors-at-Large for 2011. Our current Prez/VP (Angus & Patrick) are in the middle of their two-year terms. Open positions:

Two-Year Terms:

- 1. Secretary
- 2. Treasurer

One-Year Terms: Directors-at-Large

- 3. Director-at-Large Long Run Coordinator
- 4. Director-at-Large Fun Run Coordinator
- 5. Director-at-Large LAFR Apparel
- 6. Director-at-Large Website
- 7. Director-at-Large Pride Run/Newsletter

Nominations/Election Process

You may nominate yourself or another person for a Board position, pending that person's agreement to run for office. We will send out a survey on October 11th with detailed position descriptions calling for nominations. Deadline to receive nominations is October 28 and nominees will be announced on November 1. The voting survey will be sent on November 15 and will close on November 17 and results will be announced on November 22. Current VP Patrick Owen is our Elections Officer.

If you have any questions, please talk to Patrick or Angus or e-mail us at lafrontrunners@gmail.com

LAFR Vegetarian Cook-Off II Saturday, Oct. 30, 4:00 PM at Brad & Mark's 4166 Verdugo View Drive, LA, 90065

Entrants must arrive by 4:00 PM!! Categories:

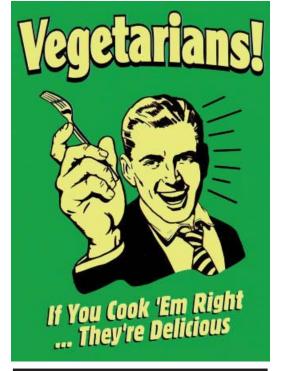
Veggie 101: Welcome to Vegetarianism! Any vegetarian dish that does not include tofu but CAN include faux meat (dairy products/eggs allowed, no meat or meat products).

Who Knew Tofu Could Taste So Good:

Vegetarian dish with tofu (dairy products/eggs allowed, no meat or meat products).

William Korthof Stage 5 Vegan: Vegen side or main dish (no animal products at all - no dairy products, no eggs/cheese, no meat/meat products, no honey/gelatin).

Mike Kerkman Vegan Dessert: Our 2009 Best in Show came from this category. Same rules as above (no animal products at all - no dairy products, no eggs/cheese, no meat/meat products, no honey/gelatin).



Don't Forget!
Tuesday Night
Fun Run back to
Silver Lake on
October 5

Fall Feast & Food Drive Sunday, Nov. 14

Pull out those fantastic recipes as we crown Queens of the Thanksgiving table at our annual Fall Feast! We will be holding a food drive as well.

Details:

Sunday, November 14, 4:00 PM at the home of Andrew Makay

5802 Vesper Ave, Van Nuys, 91411

Fee: Donation for Bienestar Food Drive

Bring: T-day inspired side and/or dessert

Club will provide turkey/drinks

Contest: best cranberry sauce

best side dish/vegetable

best dessert

Food Drive for Bienestar

The Bienestar Food Bank is located in East LA. LGBT Youth, homeless, low-income, and HIV positive clients use this free service.



Bienestar provided this "wish-list" but stressed that food items in addition to these are wonderful!

Cereal, Oatmeal, Juices, Ketchup, Mayo, Mustard, Soda, Chips, Popcorn, Nacho Cheese, Canned Goods: Tuna, Fruit, Corn, Peas

Bienestar is a grass-roots, non-profit community service organization. Bienestar originated as a direct result of neglect and non-existent HIV/AIDS services for the Latino community. Since their establishment, Bienestar has evolved into a multi-

service, multi-center agency, offering services in LA, San Bernardino County, and San Diego.





Catalina Weekend Lodging 2011 Date One Month Earlier

Join your fellow LAFRs for our annual trip to Catalina Island!!

The Buffalo Run weekend is **January 21-23**, **2011**.

Race was last weekend in Feb in 2010.

The half marathon and 5K are Saturday, January 22.

We have reserved three houses with space for 24 people. The cost is \$150 per person for two nights - Friday, January 21 and Saturday, January 22.

Space is available on a first-come, first-served basis. Your payment is your reservation and is non-refundable.

Please visit the LAFR online store to pay for your lodging. The link is at the bottom of the membership page at www.lafrontrunners.com



2870 Los Feliz Place PMB # 229 Los Angeles, CA 90039

WEEKLY FUN RUNS

SATURDAY
Griffith Park
8:00 A.M.
Meet at the flag

Meet at the flag pole across from Ranger Station at 4730 Crystal Springs Dr.

Hosts: Amy/Patrick

SUNDAY Long Run 8:00 A.M.

Various distance long runs on roads and/or trails at various So. Cal locations.

Hosts: Various

MONDAY
West Hollywood
6:30 P.M.
Meet by basketbal

Meet by basketball courts in West Hollywood Park parking lot

Hosts: Todd

TUESDAY Silver Lake 6:30 P.M.

Meet at Silver Lake Recreation Center at 1850 W. Silver Lake Drive.

Host: Rusty

WEDNESDAY Santa Monica 6:30 P.M.

Palisades Park at Ocean & San Vicente at Millennium Plaque.

Hosts: Bruce/Brian

THURSDAY Pasadena 6:30 P.M.

Brookside Park, south of the Rose Bowl, next to the rose garden.

Hosts:

Mike/John/William