

# FrontPage

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Since 1980

## Chili Divas: Frybarger Wins Best In Show By Rusty Millar

The 9th Annual LA Frontrunners Chili Cook-Off was a resounding success. Over 70 club members (and their admirers) gathered at Rusty Millar's abode for a good-natured afternoon of chili and cornbread. There, seasoning divas engaged in a battle of "pick mine, pick mine" with all the tasters.

Jim Martinez figured that if he passed around his brownies, he would win the Chili sash. Shirtless with a cute vest & tie, Carl Maravilla walked away with the inaugural "Hottest Cook" Award.

Last year's Chili Queen, Patrick Owen, entered every category in hopes he would win SOMETHING (he did). The tasting proved intense. Fortunately, there was ample beer to wash down sample after sample.

A record 16 chili entrants made judging tight. Andrew Makay skillfully presented his meat chili... but then a guy that dresses men in thongs all day long would certainly have an edge on size and design. Like a stealth jet, newcomer Chris Clemenson zipped in for the win. Bruce Bair (a.k.a. Mr. Yoga) premiered in the vegetarian division, a razor-thin runner-up to soy master Mike Kerkman.

Not to be outdone, preppy Brad Maury and Mark Jones showed up with cornbread ala Glassell Park; Brad was

coronated Cornbread Queen. Brian Dunbar (with chef's assistant Dan Vu) brought his southern-style cornbread for all to drool over.



*Patrick Owen, mid-stride, on his way to a run-away medals in all three categories he entered.*

Let's not forget Mr. Meat Steve Frybarger's ascent into the Chili Cook-Off history books as the newly crowned Chili Queen 2009. See **Hot Chili** on p. 3

## Commitment, Courage and Camaraderie By Bryan Prado

Today was about three things: commitment, courage and camaraderie. Everyone strolled in early that morning making their way up the hill to registration; this same hill being one of many that some of us would detest.

The LAPD Randy Simmons 2nd Annual 5K on Saturday, October 17, 2009 attracted over 400 participants for a worthy cause, The Randall D. Simmons Outreach Foundation. See **Hills p. 8**.



*Frank Jacoy conquers the hills & finishes in style.*

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## Serving Your Country – Or, in this Case – Los Angeles Frontrunners

By Mark Jones

With the fall elections upon us, my message this month is one of encouraging our members to become more engaged and involved in the activities of the Los Angeles Frontrunners. This doesn't only mean considering a run for office. There are many different ways of increasing your involvement and becoming a more vital part of our community.

We all have limited time available, priorities in life, different social styles, likes and dislikes – and LAFR offers participation opportunities for everyone. For some folks, this means running for office and being a steward for our organization (which also means a lot of hands-on work!). But for those of you who can't make the time commitment, you can get involved in many different ways: volunteering at the annual Pride Run, helping improve our website, attending one or more of our weekly runs and joining in on the multitude of social activities.



The Annual Banquet, Pride Run, monthly potlucks, Grand Prix races, the Chili Cook-Off and its inaugural Vegetarian counterpart provide just a calendar sampling of another active year. All of these programs and events require volunteers and

participants to ensure success.

As you start thinking about your New Year's resolutions (yes, it's a tad early), consider giving back to your club. What a great way to make new friends, enhance your existing bonds – and perhaps even find a beau!

Personally, I've been a member for two years; last year was spent as an elected member of our Board of Directors (I'm running again and would appreciate your vote!). I've found my time with Frontrunners to be very rewarding and, in particular, have really enjoyed helping to pull together and host social events (such as potlucks), as well as -- most importantly -- welcoming and encouraging new members.

I can also point to the many friendships that have developed over the past two years as one of the key benefits. I think of LAFR as my family... and I know many others that do so as well.

As you ready yourself for the upcoming holiday season and think about spending time with your family and friends, remember that Frontrunners are here. We are your family and friends

### LAFR Board Meeting Briefs November 4 @ Amy Ross

Catalina trip switched to Buffalo Run to accommodate LA Marathon schedule – houses reserved  
Don Thompson Night to be held winter/early spring in conjunction with USC Lambda Alumni  
Ten people running for Director-at-Large positions  
Patrick working out details for Death Valley trip in Feb  
Upcoming events

- Fall Feast – November 15 at home of Sean and Allen
  - Annual Meeting – Saturday, 11/21 in Glassell Park – special run and Toy Drive
  - Jim's Xmas Party and Run Thru Xmas Lights – Thursday, December 17
  - Elections to be held 11/16-11/18
  - Annual Banquet scheduled Sunday, January 31
  - Mark & Brad to host New Year's Day run and potluck brunch
  - Mimi's fundraiser tentatively Dec 1
- Next Board Meeting
- 7PM on December 7 at Angus & Mark's

### LAFR FrontPage

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and Patrick Owen, *directors at large*

## Hot Chili from cover

Also putting a dent on Jim Martinez's and Patrick Owen's domination was Mark DeAngelis, placing with his chili and beautiful pot.

It was a spectacular time. While this year I did not win, place, or show, it just goes to demonstrate that some people don't appreciate good chili. That means -- next year -- a new internet recipe, so watch out!

Congratulations to all of our entrants, and thanks to LAFRs for making this a great event!

### Best in Show:

- 1st Steve Frybarger
- 2nd Chris Clemenson
- 3rd Patrick Owen

**Hottest:** Carl Maravilla

**Medium Spicy:** Brad Maury

### Chili with Beans:

- 1 - Patrick Owen
- 2 - Jim Martinez
- 3 - Mark DeAngelis

### Chili - No Beans:

- 1 - Steve Frybarger
- 2 - Chris Clemenson
- 3 - Andrew Makay

### Veggie Chili:

- 1 - Mike Kerkman
- 2 - Bruce Bair
- 3 - Patrick Owen

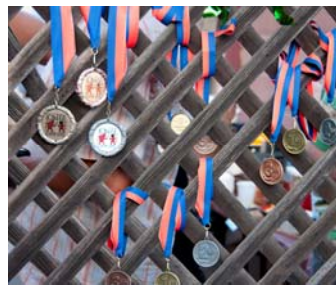
### Cornbread:

- 1 - Brad Maury
- 2 - Patrick Owen
- 3 - Jim Martinez

<b>New Members</b>	Jesse Cabrera Sam Wolling Timothy McLean Paul Santello Terry Finestein Craig Swogger Frank Jacoy Michael Khum Michael Ferretti
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Bruce, Jim, and Brad in a friendly discussion on the definition of Chili



Medal Madness



Vote early and often...



Ken and Amy know Chili!



Efren enjoys the afternoon

## BIRTHDAY GIRLS AND BOYS



Nathan Nguyen	Nov 1	Jonathan Franklin	Nov 15
Camille Winfrey	Nov 3	Efren Matos	Nov 16
Jarred Katz	Nov 3	Steven Frybarger	Nov 18
Stephen Baldonado	Nov 3	Albert Brecht	Nov 19
Michael Proctor	Nov 5	Jacqueline Vogel	Nov 20
Robert Berman	Nov 5	Piyush Prakash	Nov 20
Matthew Cate	Nov 6	Bill Winkelmann	Nov 21
Mary Church	Nov 7	Gary Todd	Nov 23
Timo Vallez	Nov 8	Henry Ong	Nov 23
John McGuinness	Nov 10	Tom Croyle	Nov 27
Jeffrey Bennett	Nov 12	Kevin Gardner	Nov 28
Chau Nguyen	Nov 13	Dale Beldin	Nov 30
Kim Ricketts	Nov 14	Monica Childress	Nov 30
Matt Young	Nov 14	Dan Vu	Dec 2
Paul Houson	Nov 14	Lui Sanchez	Dec 3



**LAFR RACE RESULTS****Baldwin Park 5K**

Baldwin Park, CA 8/1

Mike Smith.....23:39 PR

**America's Finest City Half Marathon**

San Diego, CA 8/16

Bill Walsky.....3:15:27

**Tahoe Triple Marathon**

Lake Tahoe, CA 9/25-9/27

Deo Jaravata.....4:54:23 Day 1

Deo Jaravata.....4:37:54 Day 2

Deo Jaravata.....4:50:51 Day 3

**Alive & Running 5K**

Los Angeles, CA 9/27

Mike Smith.....23:52

**St. George Marathon**

St. George, UT 10/4

William Korthof.....2:54:05 PR

**Portland Marathon**

Portland, OR 10/4

Deo Jaravata.....5:12:45 RaceWalk  
2nd OA**Ragnar Las Vegas Relay**

Las Vegas, NV 10/9-10

LA Frontrunners .....19:33:55 2nd OA

Luis Aguilar

Mick Caruso

Angus Kennedy

Richard Korn

William Korthof

Carl Maravilla

Brad Maury

Piyush Prakash

Todd Sullivan

Reg Willson

Alex Grosko - driver

Bryan Prado - driver

**Say No to Drugs 5K**

Playa del Rey, CA 10/10

Deo Jaravata.....24:12

**Christopher Columbus Marathon**

South El Monte, CA 10/17

Deo Jaravata.....4:27:00 2nd OA

**Brandi Cowan 50K**

Coto de Caza, CA 10/10

Deo Jaravata.....7:06:00 2nd OA

**Long Beach Marathon**

Long Beach, CA 10/11

**Half Marathon**

John McGuinness .....1:30:17 PR

Bruce Bair .....1:33:09

Robb Briggs .....1:36:43

Patrick Owen .....1:40:11

Ara Mhrianian .....1:47:50 PR

Eric Gober .....1:53:06

Jim Martinez.....1:55:03

Bill Winkelmann.....1:56:31

Mike Smith .....2:00:46 PR

Stephanie Stone.....2:12:41 PR

Regina Robinson.....2:36:29

Doug Jones .....2:51:29 RaceWalk/PR

Bill Walsky .....3:09:41

**Full Marathon**

Seth Huerta .....3:22:19 PR

Ely Yaron.....3:23:08 PR

Deo Jaravata.....4:13:22

Al Miller .....4:56:36 1st Marathon

**Chicago Marathon**

Chicago, IL 10/11

Juan Moreno .....3:42:08

**Randy Simmons 5K**

Elysian Park, CA 10/17

Carl Maravilla .....18:55 3rd OA  
1st 45-49

Juan Moreno .....22:28

Angus Kennedy.....22:42

Mike Reynolds.....23:05 3rd 35-39

Bernie Tan .....23:45

Bryan Prado .....25:58

Frank Jacoy.....25:59

Patricia Bates .....27:36 1st 60-64

Rusty Millar .....28:07 1st 55-59

**LA Cancer Challenge 10K**

Los Angeles, CA 10/25

Ely Yaron.....42:03 PR

**La Puente 10K**

Los Angeles, CA 10/25

Deo Jaravata.....52:42

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Please send race results to  
lafrontrunners@gmail.com

**Catalina Trip 2010  
February 26-28**

Our annual Catalina trip will be for the Buffalo Run Half Marathon and 5K (instead of the Catalina Marathon week-end). We switched it due to the high interest of members running the new LA course on 3/21 (Catalina Marathon is the weekend before LA). The housing form is on the insert. Race information can be found at pacificsportsllc.com

**Upcoming**

**Annual Xmas Run & Party at  
the home of Jim Martinez  
Thursday, December 17**

**LAFR Annual Banquet  
Castaway Restaurant  
Sunday, January 31, 2010**

**LAFR GRAND PRIX TEAM  
CHALLENGE RESULTS****Race #8: Randy Simmons 5K**

Finish times are added for total time. Teams with all 3 members racing are ranked first.

1. Team 2 (3)..... 70:16
2. Team 8 (2) .....50:49
3. Team 3 (1) .....22:28

**Standings after 8 races:**

1. Team 2.....480  
Carl, Bernie, Patricia
2. Team 5..... 460  
Deo, John M, David Dassey
3. Team 8..... 410  
Rusty, Angus, Bill Walsky
4. Team 9.....360  
Bill A, Eric G, Richard P
5. Team 7..... 340  
Sean, Cat, Robb
6. Team 3.....330  
Brad, Juan, Jim
7. Team 1..... 270  
Bruce, Keeley, Patrick
8. Team 6..... 200  
Augie, Mark J1, Mark J2
9. Team 4..... 110  
William F, Ely, Seth

## GRAND PRIX STANDINGS CHAMPIONS RACE TOP 10

The Champions Race is an age-graded competition that will determine overall male and female Grand Prix Series 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	469.63
2. Carl Maravilla	5	457.82
3. Sean O'Brien	6	434.30
4. William Korthof	6	428.94
5. Patrick Owen	6	424.58
6. Bruce Bair	6	421.17
7. John McGuiness	6	415.92
8. Bill Austin	6	407.44
9. Ely Yaron	5	402.03
10. Robb Briggs	6	379.78

### FEMALE

1. Patricia Bates	6	488.80
2. Margie Gonzales	6	320.70
3. Regina Robinson	6	286.32
4. Christine Curtin	5	255.26
5. Doris Chung	4	210.56
6. Kristi Twilley	4	201.24
7. Stephanie Stone	3	164.84
8. Allyne Winderman	2	151.65
9. Amy Ross	2	114.31
10. Keeley Webster	2	78.04

### RACEWALK

1. Deo Jaravata	6	372.20
2. Doug Jones	6	341.64
3. Juan Moreno	3	191.20
4. Sue Roth	2	100.85
5. Connie Hammen	1	59.30

## TRAILMASTER RACE

The TrailMaster Race is a combination age-graded/points accrual competition that will determine a club Trail Running Champion (see website for more info).

Athlete	Races	Points
1. Sean O'Brien	5	595.89
2. Mike Murphy	5	422.69
3. Deo Jaravata	5	365.74
4. Bruce Bair	4	363.62
5. Jonathan Toker	3	345.02
6. Robb Briggs	5	328.00
7. Ely Yaron	4	291.66
8. Ric Munoz	3	257.87
9. Jeff Lymburner	3	257.09
10. Carl Maravilla	2	238.02

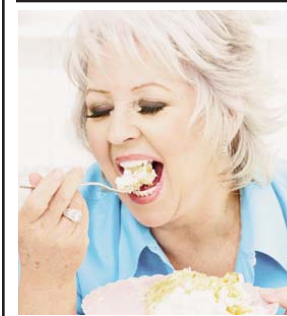
FOR FULL STANDINGS,VISIT  
[WWW.LAFRONTRUNNERS.COM](http://WWW.LAFRONTRUNNERS.COM)  
SEND RACE RESULTS TO:  
[LAFRONTRUNNERS@GMAIL.COM](mailto:LAFRONTRUNNERS@GMAIL.COM)

## AGE GROUP TOP 3

Division	Races	Points
<b>Female 19-under</b>		
1. Nancy Alvarez	1	125
<b>Female 20-29</b>		
1. Jacqueline Vogel	1	125
<b>Female 30-39</b>		
1. Cat White	2	220
<b>Female 40-49</b>		
1. Regina Robinson	6	625
2. Christine Curtin	5	480
3. Doris Chung	4	400
<b>Female 50-59</b>		
1. Margie Gonzales	6	675
2. Amy Ross	2	205
3. Stephanie Stone	2	185
<b>Female 60+</b>		
1. Patricia Bates	6	700
2. Connie Hammen	1	105
3. Sue Roth	1	95
<b>Male 19-under</b>		
1. Gary Lashley	2	230
2. Andrew Rohrlch	1	115
<b>Male 20-29</b>		
1. Bryan Prado	6	645
2. Wadley	3	280
3. Luis Aguilar	2	275
<b>Male 30-34</b>		
1. William Korthof	4	470
2. Mike Murphy	4	315
3. Jose Castillo	4	290
<b>Male 35-39</b>		
1. John McGuiness	6	725
2. Ely Yaron	6	655
3. Carlos Vizcarra	4	490
<b>Male 40-44</b>		
1. Robb Briggs	6	615
2. Juan Moreno	6	610
3. Bernie Tan	6	590
<b>Male 45-49</b>		
1. Carl Maravilla	6	775
2. Patrick Owen	5	670
3. Sean O'Brien	5	590
<b>Male 50-54</b>		
1. Bill Austin	6	705
2. Doug Jones	6	610
3. Dan Graham	5	445
<b>Male 55-59</b>		
1. Rusty Millar	6	655
2. Jim Martinez	6	620
Bill Winkelmann	6	620
<b>Male 60+</b>		
1. Richard Nelson	6	680
2. Richard West	2	230
3. Al Miller	1	120



Deo Jaravata after the Tahoe Triple



## NOV Tuesday Night Potluck

Tuesday, November 17  
at the home of Rusty Millar  
850 Micheltorena St.  
LA, CA 90026

## October 2009

### Treasurer's Report

A quiet month in the LAFR Treasury. Expenses for the annual banquet, Catalina deposits and reimbursements will be posting in the coming weeks.

Questions? Contact us at lafronrunners@gmail.com.

**LAFR Balance 9/30/09 \$13,457.04**

#### Oct 09 Revenues

Membership Dues **\$60.00**  
Total Revenue **\$60.00**

#### Oct 09 Expenses

Newsletter **\$94.52**  
Constant Contact **\$45.00**  
Chili Cook Off **\$52.38**  
Uniforms **\$90.00**  
Stamps **\$35.20**  
Total Expenses **(\$317.10)**

**Net Profit/(Loss) (\$257.10)**

**LAFR Balance 10/21/09 \$13,199.94**

## Annual Meeting Bernie's Burritos Toy Drive

The LAFR Annual Meeting will be held on Saturday, 11/21, in Glassell Park after the morning run. **There will be NO run in Griffith Park that morning.**

The meeting will feature Bernie and his fabulous breakfast burritos and a toy drive benefiting the children of the surrounding community. You will be able to renew your membership, and/or pay for the Annual Banquet and Catalina trip.



### LAFR Annual Meeting

**Toy Drive:** Please bring a new, unwrapped toy that will be donated to local schools, head start and needy families in LA District 13 (our donation will be distributed by the offices of District 13 City Council President Eric Garcetti. We are using their meeting space for free).

**Chow:** Provided by club featuring Bernie's breakfast burritos.

**Where:** Glassell Park Recreation Center  
3650 Verdugo Rd., LA, 90065

We will meet at the park next to the Rec. Ctr. It is very easy to find and there is plenty of parking. Mark & Brad will lead runs through the neighborhood.

#### Directions:

2 North: Exit Verdugo, go straight thru light at end of ramp veering to right. Park is immediately on left.

2 South: Exit Verdugo, left onto Verdugo (1/4 mile), right onto Eagle Rock (1/4 mile), left onto Verdugo, park is immediately on left.

## Thanks to Doris & Welcome Piyush

Due to personal reasons, Doris Chung has resigned from the LAFR Board of Directors. Doris has been an outstanding board member for the past several years and I know I speak for all of us in saying THANK YOU for all that she has done for the club. Per our by-laws, the Board has asked Piyush Prakash to come on board. William Fang has taken over as Treasurer and Piyush is now Secretary. Welcome, Piyush!!

-Angus

## LAFR Season of Giving

Please join your fellow Frontrunners in supporting local charities this holiday season at several of our club events!!

### Food Drive at Fall Feast, Nov. 15

Food Drive to benefit Bienestar Food Bank. Please see insert for details.

### Toy Drive at Annual Meeting, Nov. 21

Toy Drive to benefit local schools, head start and needy families. Please see article to the left.

### Clothing Drive-Details TBA

Clothing Drive to benefit LA Youth Network & Jeff Griffith Youth Center

## Marathon Training

Join Coach Mike on our Sunday long runs to get ready for the multitude of events in early 2010. Many of these events will sell out, so register early:

- 1/10/10 Los Angeles Half Marathon
- 2/6/10 Death Valley 30K/Marathon
- 2/7/10 Surf City Half & Full Marathon
- 2/21/10 Pasadena Half & Full Marathon
- 2/28/10 Buffalo Run Half Marathon/5K
- 3/14/10 Catalina Marathon
- 3/21/10 Los Angeles Marathon
- 3/27/10 Chesebro Half Marathon

## LAFR Board of Directors Elections

This year, we are electing the following:

### **President & Vice-President**

Two-year terms

### **Directors-at-Large**

Five (5) Directors  
1 year terms

### **Election Procedure:**

All voting will take place ONLINE starting Monday, November 16 and ending Wednesday, November 18 at midnight. An e-mail with the link will go out Monday morning, 11/16. If you are unable to vote online, please contact us

Also Please Note: If you have opted out of receiving constant contact e-mails from the club, you will automatically receive a paper ballot in the mail.

### **Candidate for President**



#### **Angus Kennedy**

I continue to be inspired and proud of LAFR and its fantastic members. I would be honored to continue serving as Princess of LAFR for another term.

### **Candidate for Vice-President**



#### **Patrick Owen**

I welcome the opportunity to continue my service to the club as Vice President. I am very committed to and very much enjoy my responsibilities as a Board member. I will encourage input from all members in order to keep the club vital, exciting and fun.

*continued on next page*



## Director-at-Large Candidates



### **Bryan Prado**

I, Bryan Prado, of sound body & mind...oh wait wrong statement! :X As a new LAFR member, I would love to contribute my time and effort this upcoming term. In college I was quite socially active and held several positions in various groups. I served as Pride Run Co-Race Director this past June and also assisted with several LAFR Live! events this past year. A vote for me is a vote for you...wait that made no sense! O\_o



### **Carl Maravilla**

Certainly many of you enjoy our fabulous club as much as I. Like all things in life, the more you put into something, the more you get out. That is one reason I wish to serve on the Board after a brief hiatus. I also want to add to the incredible momentum built the last few years, to ensure that new members & guests are always welcome, and to help our club remain visible and active in our community.



### **Christine Curtin**

I am excited to be running to serve on the Board of LA Frontrunners. I have been involved with Frontrunners since 1992 and recognize the importance of maintaining club enthusiasm and promoting future membership. I served two years on the Board of Directors for West Hollywood Aquatics (WH2O) and was responsible for all social events and celebrations. I was dedicated and diligent. Thanks for your consideration!



### **Ely Yaron**

An avid marathoner (I have completed 9 and am planning 3 more in 2009) and a passionate reader of running related books, I feel I could make a contribution leading book discussion groups. In addition, I am an accountant and have 5 years experience as treasurer of the Great Outdoors hiking group. I would like to help LAFR where the board feels I can be most useful.



### **John McGuinness**

I had been a runner most of my life but once I finished with school, I focused on work and not being active. Four years ago, my New Year's resolution was to start running again and do another marathon. Three years ago I joined LAFR and with the help of many people club members, I qualified for Boston this year. I would like to give back to the club and help others reach their goals. I work in advertising, so I would be able to help promote our club and increase our presence in the LGBT community. I welcome the opportunity to serve on the Board of Directors.



### **Phil Amato**

I am honored to be nominated to the Board of LAFR. As Founder and former President of Rochester, NY, Frontrunners, I am keenly aware of how LAFR contributes and improves the quality of life for the LGBT community. In my time in LAFR, the club has provided fellowship, camaraderie, and a healthy social outlet. It would be a privilege to work in growing our club's part for creating community in the lives of our members.



### **Mark Jones**

After serving this past year I am again running for board member at large. I will focus on: recruiting and retaining members; encouraging active participation of members in running and social activities; and helping our members more effectively network with one another through social networking sites, such as Facebook.



### **Nelson White**

I moved to LA 3 yrs ago from the east coast via an unplanned 10-yr stop in Chicago. Though I've been running since high school it was often a solitary pursuit. Then I found Chicago FR and rediscovered the joy of group running and fun off the course. I look forward to becoming more involved in LAFR and working together toward our individual goals. Chicago taught me to run in seriously cold weather and LA has taught me that was nuts when I could live/run where 50 degrees is considered cold!



### **Rusty Millar**

Hello fellow FRs, currently I am replacing windows/removing wallpaper so I am missing Saturday runs. Plaster and primer aside, I am running for the Board. I joined LAFR in 1993, which was when the current president graduated high school. Besides hosting the Tuesday night run (13 years) and the Chili Cook-off (9 years), I also hosted the Sat. run for a year. I have been active in LAFR for many years and look forward to many more.

I ask for your vote and will continue to work hard to advance LAFR.



### **Stephanie Stone**

Since joining LAFR, I've enjoyed the camaraderie of the club & the events. I would like to use my experience to reach out to new members and current members. I hope to provide support in developing/maintaining our presence through Twitter, Facebook and our website. A long time distance runner, I've run 26 marathons over the past 25 yrs. Currently I am focused on half marathons and training Saturdays with LAFR. I may not

be fast, but I keep going! I recently ran the Long Beach Half (finished in 2:19) and look forward to running The Bandit 30K in Simi Valley.



## MEMBER SPOTLIGHT: In Their Shoes

# An LAFR Stroll with John Yong

### John -- Straight-Up

- \* Grad student in biology at Caltech; 27
- \* Into singing (both in chorus and in the shower), hiking, traveling
- \* Family: (back home in Hong Kong) Mom, Dad, older sister, twin sister
- \* Years as a Frontrunner: 1+.

### John -- Look Closer

- \* (As his friends put it:) "Enthusiastic, upbeat, and high-spirited."
- \* (His ideal next 10 years:) "Continue to enjoy every bit of my life."
- \* ("If money were not a consideration...") "I would love to travel around the world!... Be a quasi-professional singer... and the list goes on..."

### John -- Looking Back

- \* Worst race/why: "My first marathon (Death Valley), sadly. Hardly anyone would find a rainy, windy and chilly desert enjoyable to run... Thanks to the record-breaking rain, what was supposed to be

a gorgeous canyon view was re-routed and became monotonous and unforgiving."

- \* Best race/why: "USC Pride Run this March – almost beating Mike Kerkman with a stealth tactic. Well, he noticed that at the last fifty yards and sprinted the fastest in his life. "That was mean!" was the first thing he said after the finish line... after he recovered from what he referred to as a near-puke sensation. That was fun."

- \* Favorite place to run/walk: "Westridge. Great trail with stunning scenery. A run in winter/spring early morning would be rewarded with glimpses of a foggy downtown flanked by green hills. Definitely worth the effort of climbing the hill!"

### John -- Looking Ahead:

- \* Life running/walking goals: "Qualify for Boston! (If I keep up with my current time, that would happen when I turn 70!)"
- \* Personal training tips: "Yes we can!"
- \* Favorite quote: "The best is yet to come."



## Hills from cover

The Foundation benefits families and individuals by providing them assistance in one of four categories: quality of life, education, health & fitness, and world outreach. Randy Simmons was lauded for his commitment to volunteering his time to those less fortunate and with the attendance by many of his fellow officers at this race, exemplified continued commitment.



Mike Reynolds and Pat Bates were two of several LAFR members taking hardware home from this challenging race.

The race traced its course through the hills of Elysian Park beginning at the LAPD Police Academy, swerving up and through Cardiac Hill for over a mile, and making its way speedily downward through it's back side. Touching down at the bottom with only a mile to go, we wound ourselves back onto Academy Road and mustered up the courage for the last challenge in front of us, a low grade hill.

"You're almost there!" yells out an officer tracing his way back away from the finish. Coursing up to the field, turning that last corner, watching the clock tick away, we cross the finish line sweaty, exhausted, and relieved.

Despite this being a slow 5K, I was hoping to better my previous entries of 23:37 and 23:59, 25:58 would have to do! In retrospect, turning that last corner and hearing the cheers of my fellow comrades helped me realize that challenge I set for myself that day, I ultimately met.

Anticipating the awards at the end was well worth the wait! Watching earnestly, several of our brethren approached the announcer and collected their medals (also correcting a near-miss of a medal presentation), this was definitely another banner day for all of us at Los Angeles Frontrunners!



Overheard on the Strip, after the race:

## Red Rover, Red Rover, Send LAFR Right Over!



LA Frontrunners photographed by the Amish (seriously), before the race. Back (l-r) Luis Aguilar, Reg Willson, Richard Korn, Bryan Prado, Brad Maury, Alex Grosko, William Korthof Front (l-r) Todd Sullivan, Piyush Prakash, Angus Kennedy, Carl Maravilla, Mick Caruso.



Piyush took the lead in organizing and coordinating logistics. LAFR finished 2<sup>nd</sup> out of 182 teams at 19:33:55. Team Pants Optional (out for revenge after a stinging defeat at the hands of LAFR Masters at Ragnar Los Angeles) won the race in 17:57:12.

## LAFR 2<sup>nd</sup> Overall in Inaugural Ragnar Relay - Las Vegas



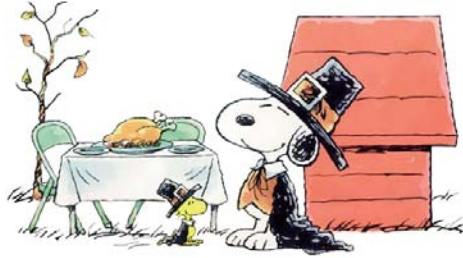
Photos (from right) Reg can't wait to start. Our uniforms coordinate perfectly with the Ragnar logos. Mick is happy to start his last leg as Angus watches for hot runners. Alex (and Bryan) were awesome drivers. Todd was the intended (but oblivious) recipient of the "Red Rover..." plea (by a group of drunk bachelorettes on the trainride back from the strip....seriously). Richard ponders the wisdom of pulling a Nancy Kerrigan on one of the stronger Pants Optional runners.



# Fall Feast & Food Drive

## Sunday, Nov. 15

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



- Details:** Sunday, November 15, 4:00 PM  
Sean & Allen's  
2160 West 20th Street, LA, 90018
- Fee:** Donation for Food Drive
- Bring:** T-day inspired side and/or dessert  
Club will provide turkey/drinks
- Contest:** best cranberry sauce  
best vegetable/side  
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, Canned Tuna, Canned Fruit, Canned Corn, Canned Peas, Ketchup, Mayo, Mustard, Soda, Chips, Popcorn, Nacho Cheese*

Bienestar is a grass-roots, non-profit community service organization established in 1989. 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 throughout Los Angeles County, San Bernardino County, and San Diego.

# Catalina Weekend!

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

The Buffalo Run weekend is February 26-27, 2010.

The half marathon and 5K are Saturday the 27th.

We have reserved three houses with space for 22 people. The cost is \$155 per person for two nights - Friday, February 26 and Saturday, February 27.

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



Please fill in and return with your check payable to "Los Angeles Frontrunners" - \$155 per person. Give to Mark Jones or mail to: LA Frontrunners, 2870 Los Feliz Place, PMB #229, LA, CA 90039

Name \_\_\_\_\_

**Details:** Catalina Island weekend  
February 26-27, 2010

Housing Preference: \_\_\_\_\_ Single \_\_\_\_\_ Double

**Housing:** 3 houses for 22 people  
4 singles: 2 per room, twin beds  
6 doubles: 2 per room, queen/king

My roomie will be \_\_\_\_\_



# 2010 Los Angeles Fronrunner Membership Renewal and Banquet Registration

*It's time to renew your membership and to sign up for our annual Banquet on January 31, 2009. Please complete the forms on this page and mail in, or hand to any club officer. You can also sign up online by visiting our website at [www.lafronrunners.com](http://www.lafronrunners.com)*

## 2010 LAFR Annual Banquet

Sunday, Jan 31, 2010, 6:30 PM  
The Castaway, Mountain Room  
1250 Harvard Rd.  
Burbank, CA 91501

[www.castawayrestaurant.com](http://www.castawayrestaurant.com)

Guest 1: \_\_\_\_\_

Guest 2: \_\_\_\_\_

Guest 3: \_\_\_\_\_

Guest 4: \_\_\_\_\_

\$40 per person

Total Amount Enclosed: \_\_\_\_\_

## 2010 Membership Application

### Step 1: Applicant Information

T-Shirt Size: S M L XL

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Email: \_\_\_\_\_

Primary Phone: \_\_\_\_\_

Secondary Phone: \_\_\_\_\_

Current address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

ZIP Code: \_\_\_\_\_

Partner Information (if joint membership)

T-Shirt Size: S M L XL

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Email: \_\_\_\_\_

Primary Phone: \_\_\_\_\_

Secondary Phone: \_\_\_\_\_

### STEP 2: Please sign and date the following Agreement and Release of Liability: Agreement and Release of Liability (Both partners should sign if applying as a couple)

I/We, \_\_\_\_\_, have voluntarily participated, and will voluntarily participate, in activities and events offered, organized, endorsed and sponsored by Los Angeles Fronrunners ("Events"). I am aware that my participation in the Events and the sport of running, jogging and walking involves numerous risks of injury, including, but not limited to, falls, collisions with other people and natural and man-made objects, strain and injury and I freely assume those risks. I agree to release from any legal liability and agree not to sue Fronrunners Track Club of Greater Los Angeles, their officers, directors, members, agents and employees, for any and all injuries caused by or resulting from my participation in the Events or the sport of running, jogging or walking whether or not such injury or death was caused by negligence. I have read this release, am aware that this contract is legally binding and that I am releasing legal rights by signing it.

Signature(s): \_\_\_\_\_ Date: \_\_\_\_\_

### Step 3: Please check a box for each

Club member information (name, e-mail only) is printed in the Club Roster. Do you want your name and email address released to other LA Fronrunners?

Yes [ ] No [ ]

Do you want to receive the newsletter online ONLY? (Yes: online only - No: online & paper mailed)

Yes [ ] No [ ]

Do you want to be included in the E-group (LAFR\_Community@googlegroup.com) where members post and receive messages from each other?

Yes [ ] No [ ]

**Step 4: Dues are shown below. Circle the category of your membership, enter the amount of dues enclosed, indicate amount of any donation to LA Fronrunners, and total the amount. Please write a check payable to LA Fronrunners.**

**Step 5: Once Completed,  
mail with your payment to:**

Category of Membership (Annual Dues)	Payments
Individual \$25	Dues: _____
Couples in Same Address \$35	Donation: _____
Student (College/HS) \$15	Amount Enclosed: _____

**Los Angeles Fronrunners  
2870 Los Feliz PI, PMB # 229  
Los Angeles, CA 90039**





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

### WEEKLY FUN RUNS

**SATURDAY**  
**Griffith Park**  
**8:00 A.M.**

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

**Hosts: Doris/Amy**

**SATURDAY**  
**Santa Monica**  
**8:00 A.M.**

1st Saturday of Month  
Palisades Park at Ocean & San Vicente at Millennium Plaque.

**Host: Bruce**

**SUNDAY**  
**Long Run**  
**7:00 A.M.**

10 to 20 mile runs on roads and/or trails at various So Cal locations.

**Hosts: Sean/Bruce**

**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: Jeffrey/Mark**

**THURSDAY**  
**Pasadena**  
**6:30 P.M.**

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

**Hosts:**  
**Mike/Bernie/William**