

Front Page

Hamburger Mary's & Fall Events

11th Annual LAFR Chili Cook-Off Sunday, October 9, 4-7 PM

At last year's Chili Cook-Off, we crowned our very first female Chili Queen. Will Cat return to defend her crown? Or will another as yet unheralded chef take home the prize? Join us for the 11th annual LAFR Chili (and cornbread) Cook-Off hosted by Rusty Millar.

If you are entering, you must arrive with your dish ready to serve by 4:00 PM sharp.

Categories:

Cornbread
Meat Chili with beans
Meat Chili no beans
Vegetarian Chili
Best Presentation

Location:

Rusty Millar's home
850 Micheltorena St
90026
x-street Marathon



Hamburger Mary's Fundraiser \$1771 Raised for LAFR Scholarships

The Hamburger Mary's Drag Queen Bingo fundraiser on September 25 was a huge success. We raised \$1771 for our LAFR LGBT high school athletic scholarships. The 2011 winners will be profiled in the November issue of Frontpage. This was especially important due to the cancellation of Sunset Junction where we normally raise about \$1000.

LAFR BOD member-at-large Regina Robinson did a terrific job organizing and collecting the prize baskets for the event. In addition to the donations made by the BOD members, special thanks also goes to new club members Marilyn Jackson and Meg Fisher for donating prizes for the evening.



Above right: Richard Nelson and new LAFR Mike Carbuto
Middle: Event organizer Regina Robinson and Marilyn Jackson and LAFR's Meg Fisher and John McGuinness to the right.



Race Report: Gore-Tex TransRockies Run 2011

*6 days of epic running:
Summer camp for adults!*

Calling all LAFRs...this is YOUR event for 2012! Six epic days of running in the Colorado Rockies...120 miles and lots of climbing... tents...buffet food galore...shower truck...R&R area....free beer each night....teams of 2 in several divisions or try the TR3 solo race for only 3 days. Run the famous Hope Pass on the Leadville 100 route... Vail and Beaver Creek ski areas...great fellow runners from around the globe. Check it out at www.transrockies.com and get your free event DVD to see what you're missing! Where else can you get this much fun for such value? There's a club discount so if you sign up be sure to let them know you are with the LAFR group, and let me know you're signing up at LAFR@jtokr.com.



Training Tip:

"If you run a hundred miles a week, you can eat anything you want-Why? Because (a) you'll burn all the calories you consume,(b) you deserve it, and (c) you'll be injured soon and back on a restricted diet anyway."

-Don Kardong, 4th in 1976 Olympic Marathon

LAFR BIRTHDAY BOYS AND GIRLS

10/1	William Korthof	10/18	David Dassey
10/1	Geoff Buck	10/20	Ed Gallardo
10/3	Denise Alvarez	10/20	Keeley Webster
10/10	Ara Mihranian	10/21	Mitch Fryling
10/14	Johnny Mendez	10/22	Paul Williams
10/15	Mark Grumet	10/26	Mark Penn
10/17	Phil Amato	10/29	Patricia Bates



WELCOME NEW MEMBERS!

Trevin Hartwell
Roger Yang
Alex Morales
Michael Carbuto
Chris Tapper

Michael
Whitehead



Two LAFR Overall Victories on September 25!

On 9/25, Michael Whitehead (pictured right) won the Alive & Running 5K and Wadley (bikin', runnin', and lower right) won the open division of the Los Angeles Triathlon.



LAFR Geoff Buck Wins SRLA Star Award

On May 25, leaders of the Students Run LA program representing over 100 middle and high schools throughout greater LA celebrated the year at their annual banquet in North Hollywood. Students Run LA is a 6 to 8 month training program in which volunteers (mostly teachers) work with and train students from grades 7-12 for the LA Marathon. Within the training program, the volunteers work with the students by coaching and running with the students at practices several times a week including organized monthly events. Each year SRLA selects several leaders who have stood out among their peers as truly outstanding leaders and awards them the "SRLA Star Award".

This year one of the recipients of the prestigious "SRLA Star Award" was our very own LAFR Geoff Buck. Geoff has led the SRLA Program for over a decade at Hollywood High. His wonderful friendliness and positive attitude are only a few of the reasons he was selected. As one of Geoff's students said, "he always makes you feel welcome and gives plenty of encouragement".

He is a truly dedicated leader and educator. LAFR is very proud to have our friend and fellow runner Geoff Buck as one of the recipients of the SRLA Star Award. Fellow SRLA Leaders Brian Dunbar, Deo Jaravata, and Mike Smith were all in attendance (pictured below with Geoff) as well as Jason Bautista. Congratulations, Geoff!

-Mike Smith



Geoff presenting a check for \$1320 to Harry Shabazian, one of the original founders of Students Run LA. SRLA was one of the beneficiaries of the 2011 Pride Run.

Join the LAFR Team 4 AIDS Walk

Come walk with us! Join your fellow LAFRs for our first (and hopefully) annual AIDS Walk team. AIDS Walk is a 10K walk fundraiser for APLA.

Date: Sunday, October 16

Location: West Hollywood

To register: go to www.aidswalk.net - select Los Angeles, Register, and Join a Team, then select *LA Frontrunners First Annual AIDS Walk Team*"-5439

Our team fundraising goal for the first year is quite modest. We'd like 30 participants each to raise \$100.00 per walker, totaling \$3,000, if that is not possible there is no penalty. Of course we'll beat this goal! Please register early to begin fundraising and assure your T-Shirt!

For questions regarding the event please contact team captain Linwood Fullam at onlylinwood@yahoo.com



Race Results

Zermatt Marathon

Zermatt, Switzerland 7/13

Jonathan Toker..... 3:46:18 3rd 35-39

Run the Forest Marathon

Lake Forest, CA 8/7

Deo Jaravata..... 4:42:50

ET Full Moon 51K

Rachel, NV 8/14

Deo Jaravata..... 5:40:46

Cinderella Marathon

Oakland, CA 8/20

Deo Jaravata..... 5:37:20

London FR Pride Run 10K

London, England 8/20

Patrick Owen..... 45:09

TransRockies Run

6 Day, 120 Mile, Two Man Teams

Vail to Beaver Creek, CO 8/21-26

Team Saltstick.....27:58:52 13th Division

Jonathan Toker

Howard Cohen

Bulldog Trails

Calabasas, CA 8/27

25K

Ely Yaron..... 3:08:12

Cat White..... 7:00:30

50K

Deo Jaravata..... 7:30:03

Half Marathon of the Harbors

Ventura, CA 8/28

John McGuinness..... 1:31:01

Sara Croft..... 2:22:30

Margie Gonzales..... 2:36:21

Doug Jones..... 2:53:12

SoCal USATF Road Mile Champ.

El Toro Airstrip, Irvine, CA 8/28

Carlos Vizcarra..... 4:37.41 3rd 35-39

Disneyland Half Marathon

Irvine, CA 9/4

Ely Yaron..... 1:46:22

Conquer the Bridge 5.3 Miles

San Pedro, CA 9/5

Margie Gonzales..... 1:01:21

Sara Croft..... 1:01:56

Run Into Fall Marathon

Lake Forest, CA 9/3

Deo Jaravata..... 5:04:11

Patriot's Day Marathon

Huntington Beach, CA 9/11

Deo Jaravata..... 4:49:30

Wounded Warrior Half Marathon

Point Mugu, CA 9/17

Sara Croft..... 2:31:40

Margie Gonzales..... 2:40:35

North Coast 24 Hour Run

Cleveland, OH 9/17-18

Ric Munoz..... 105.69 Miles/PR

100 Mile Split..... 22:46:25/PR

Tahoe Triple Marathons

Lake Tahoe, CA 9/23-24-25

Deo Jaravata

Day 1..... 4:49:26

Day 2..... 4:45:59

Day 3 (RaceWalk)..... 5:39:24

Alive & Running 5K

LA, CA 9/25

Michael Whitehead..... 17:13

1st OA

1st 45-49

Bernie Tan..... 19:39

2nd 40-44/PR

Jeff Lymburner..... 19:45

1st 50-54/PR

Richard Nelson..... 20:52

1st 60-64

Dan Graham..... 23:25

2nd 55-59/PR

Mike Smith..... 24:12

Paul Williams..... 25:44

3rd 55-59

Sara Croft..... 29:18

St. George Marathon

St. George, UT 10/1

Bernie Tan..... 3:11:51

PR

Bill Walsky..... 6:51:27

Santa Monica 5K/10K

LA, CA 10/2

5K

Bruce Bair..... 18:50

2nd 45-49

Paul Williams..... 25:53

10K

Moises Medina..... 38:38

1st 40-44/PR

Carl Maravilla..... 38:46

2nd 50-54

Mark Johnson..... 39:08

2nd 40-44

Richard Nelson..... 44:08

1st 60-64

Sara Croft..... 61:07

Marilyn Jackson..... 68:01

PR

Margie Gonzales..... 70:53

Regina Robinson..... 81:02

Race Report: Ric Munoz 100 Miles in Less than a Day

One of my oldest/dearest amigos (Bill Winkelmann) asked me to write a little recap of my triumph, on September 17 & 18, at the North Coast 24-Hour Run in Cleveland, OH. Simply put, it was a race where everything went absolutely right. The bonus was that it was a double PR: my fastest time for 100 miles (22:46:25), a near 2½-hour improvement over my previous PR - - and -- the furthest distance run in a 24-hour race (105.69 miles), a 12-mile improvement. The race was held on a .90075-mile loop course. It took just over 111 laps to cover 100 miles and I ended up doing 117 laps -- this was good enough for 26th overall (out of 186) and 4th in 50-54 age division. Thanks to all who have had to endure my race reports over the past couple of years, especially during those times when I fell short of the sub-24-hour 100-mile goal!



Despite his haggard appearance during the race's 24th & final hour, Ric is thrilled on the inside with his double-PR!!

Los Angeles Triathlon

LA, CA 9/25

Sprint

Chris Holly..... 1:25:12

Juan Moreno..... 1:55:25 1st Triathlon

Olympic

Wadley..... 2:06:32 1st OA

1st 30-34

GRAND PRIX STANDINGS as of 10/5

CHAMPIONS RACE

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). Runners are ranked by average score with runners with most races ranked first.

Division	Races	Average
MALE		
1. Carlos Vizcarra	6	81.05
2. Richard Nelson	6	80.58
3. Mark Johnson	6	79.88
4. Reg Willson	6	70.89
5. John McGuinness	6	69.56
6. Sean O'Brien	6	68.86
7. Angus Kennedy	6	67.96
8. Ric Munoz	6	67.70
9. Bernie Tan	6	67.33
10. Andrew Wissmiller	6	67.23

FEMALE

1. Stephanie Stone	6	59.91
2. Margie Gonzales	6	54.33
3. Sara Croft	6	52.90
4. Regina Robinson	6	40.87
5. Marilyn Jackson	4	46.37
6. Patricia Bates	2	80.03
7. Tanya Haney	2	45.19
8. Cat White	2	27.84
9. Allyne Winderman	1	77.69
10. Maggie Williams	1	49.76

RACEWALK

1. Deo Jaravata	6	60.87
2. Juan Moreno	4	61.81
3. Doug Jones	2	53.70



Richard Peng at the Hamburger Mary's Fundraiser on September 25

TRAIL MASTER

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

Athlete	Races	Average
1. Sean O'Brien	5	110.89
2. Robb Briggs	5	63.14
3. Stephanie Stone	4	73.38
4. Deo Jaravata	3	107.02
5. Jonathan Toker	3	106.39
6. Andrew Wissmiller	3	92.07
7. Bruce Bair	3	81.07
8. Mike Murphy	3	79.39
9. Bernie Tan	3	79.12
10. Dan Graham	3	74.27

AGE GROUP WOMEN

Division Races Points

Female 20-29

1. Stephanie Collins	1	120
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Female 30-39

1. Tanya Haney	2	230
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Female 40-49

1. Sara Croft	6	695
2. Regina Robinson	6	615
3. Marilyn Jackson	4	465
4. Christine Curtin	1	125
5. Keeley Webster	1	110

Female 50-59

1. Stephanie Stone	6	765
2. Margie Gonzales	6	740
3. Allyne Winderman	1	110

Female 60+

1. Patricia Bates	1	135
Maggie Williams	1	135
3. Connie Hammen	1	115

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



AGE GROUP MEN

Division Races Points

Male 20-29

1. Luis Aguilar	3	445
2. Piyush Prakash	2	230
3. Riley Turcott	1	120
4. Gary Iem	1	110
Tanner Stransky	1	110

Male 30-34

1. Wadley	5	710
2. William Korthof	5	575
3. Mike Kerkman	3	340
4. Jose Castillo	3	250
5. Robert Chen	2	210

Male 35-39

1. John McGuinness	6	750
2. Carlos Vizcarra	5	665
3. Mike Smith	5	545
4. Richard Peng	3	320
5. Ted Wyder	2	210
Brad Maury	2	210

Male 40-44

1. Mark Johnson	6	760
2. Bernie Tan	6	705
3. Robb Briggs	6	625
4. Moises Medina	4	455
5. Ely Yaron	3	310

Male 45-49

1. Sean O'Brien	5	675
2. Deo Jaravata	6	620
3. Angus Kennedy	5	610
4. Sergio Casillas	5	605
5. Paul Jacoy	3	300

Male 50-54

1. Reg Willson	6	705
2. Carl Maravilla	4	525
3. Doug Jones	5	490
4. Patrick Owen	4	415
5. Ric Munoz	4	390

Male 55-59

1. Andrew Wissmiller	6	815
2. Paul Williams	6	675
3. Bill Winkelmann	5	565
4. Dan Graham	4	475
5. Geoff Buck	3	300

Male 60+

1. Richard Nelson	6	775
2. Bill Walksy	2	160
3. David Dassey	1	115
4. Eric Fischer	1	105
5. Richard West	1	80

LAFR Death Valley Trip in December

If you haven't run the Death Valley 30K or Marathon, here's your chance to run this exciting race with your fellow FRs. The marathon course begins w/ rolling hills through mile 8 before reaching the starting point of the 30K and continuing through spectacular Titus Canyon to the finish, dropping 5000 feet along the way. We'll head out to Death Valley on Friday morning 12/2, race on Saturday 12/3, come back on Sunday 12/4. All lodging info is to the right.

This could be you



Lodging for Death Valley Trip

Death Valley 30K/Marathon weekend housing: Furnace Creek Ranch (same as last year) Lodging is for TWO NIGHTS: Friday, December 2 and Saturday, December 3 (leave Fri, race Sat, home Sun) ALL ROOMS are two people per room and have two queen beds. Price is \$140 per person total for both nights. Deadline for registration/payment is Friday, Oct. 14, 2011, or until we sell out our allotment. We have space for 20 people reserved. Ranch sells out every year for this race. This payment is non-refundable unless the trip is cancelled. First come, first served.



We will rent vans and drive as a group - cost of vans/gas will be split between runners and will not be charged until after race weekend.

To register for housing, go to lafrrunners.com and follow the link to the LAFR Online Store, select "Events" and "Death Valley 2011 Lodging".

And don't forget to register for the race...it sells out as well!!

Santa Monica 5K/10K

Moises Medina led all LAFRs in the Santa Monica 10K on 10/2, running a personal best 38:38 (1st 40-44), Richard Nelson (1st 60-64), Carl Maravilla (2nd 50-54), and Mark Johnson (2nd 40-44) also placed.

Below: Sara Croft, Margie Gonzales, Carl Maravilla, Paul Williams, Moises Medina



Above: Richard Nelson, Paul Williams, Carl Maravilla, Mark Johnson, Moises Medina



Pictured right: Bruce Bair (2nd 45-49 in the 5K) flanked by 10K runners Regina Robinson to the right and Marilyn Jackson (PR) to the left





palm springs
Front Runners
& WALKERS

WHEN:

Saturday, November 5th
 Race starts at 8:00 am.
 Race day registration
 opens at 6:30 am.

WHERE:

Event begins and ends
 at the Palm Springs High
 School Track on the
 corner of Baristo Road
 & Farrell Drive.

REGISTRATION FEES:

Through October 31st
\$25.00
 Starting November 1st
\$30.00

**ONLINE REGISTRATION
 AVAILABLE AT:**

www.psfr.org
 or www.active.com



11th ANNUAL 5K PRIDE RUN • WALK

Proceeds To Benefit:



BOYS & GIRLS CLUB
 OF PALM SPRINGS

An official event of Palm Springs Pride
www.pspride.org

DISTANCE:

5K (3.1 miles)
 loop course.

AWARDS:

Will be presented to the
 top male and female
 winners in each age
 category.

**ALL PARTICIPANTS
 RECEIVE:**

A race T-Shirt, goodie
 bag, refreshments,
 and entry for prize
 drawings.

**FOR MORE
 INFORMATION:**

www.psfr.org or
psfrunner@gmail.com
 or (760) 832-6814

PSFR&W 11th Annual 5K Pride Run & Walk Entry Form

Name _____ Phone _____ Email _____

Address _____ City/State/Zip _____

Male ___ Female ___ T-Shirt Size: Small ___ Medium ___ Large ___ X-Large ___

Age (on race day) ___ Event: 5K Run ___ 5K Walk ___ Add'l Donation _____

Waiver: In consideration of your accepting my entry into this race, I, undersigned, do hereby for myself, my executors and administrators, waive and release any and all rights, and claims for damages I may acquire, against the beneficiaries, Palm Springs Front Runners and Walkers, sponsors, underwriters, advertisers, City of Palm Springs, or private parties on whose property the event may be conducted, of any and all injuries suffered by me, due to participating in the event. I hereby grant full permission to any and all of the foregoing to use my name and likeness in any broadcast, telecast, video, or print media of the event, without compensation to me. I certify I am in good condition and able to participate in this event.

Signature _____ Date _____

Please make checks payable to: PSFR&W Pride Run and Walk
 Mail to: PSFR&W Pride Run and Walk, P.O. Box 2184, Palm Springs, CA 92263-2184



UPCOMING EVENTS – October

Grand Prix Races

• **Sunday, October 2**
Santa Monica 5K/10K
www.santamonica5000.com

• **Sunday, October 9**
Long Beach Half/Full
www.runlongbeach.com

• **Sunday, October 30**
Rock'n'Roll Half Marathon
www.runrocknroll.competitor.com



Tuesday, 10/18,
Silver Lake
@ David Dassey's
1918 N. Hoover St
90027

Westside
Sept/Oct
TBD

Hill Repeats

Join us every other Tuesday night for hill repeats led by Coach Johnson. You'll get stronger and faster for your Fall races, and you'll be the most popular kid at school with your new buns of steel.

Silver Lake:
10/11, 10/23, 11/8

Tuesday Night Fun Run:

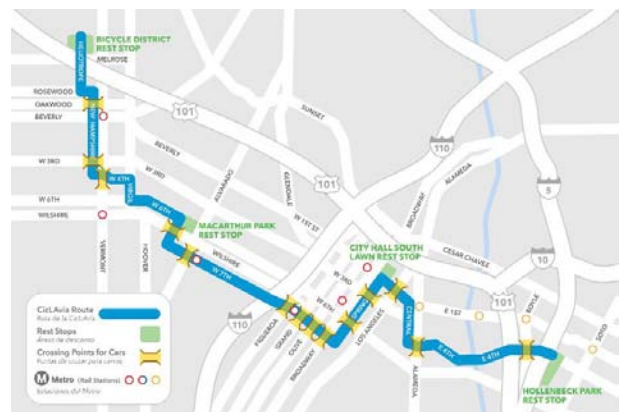
Back to Silver Lake on
Tuesday, October 4



CicLAvia October 9th at 9:45 a.m.

Join Host Mike Kerkman this Sunday for an ultra special run during CicLAVia. This is the third time the event is being held in LA. It's where they close the streets to traffic so everyone other than cars can enjoy our great city. There will be bikers, walkers, yogi, and the LAFRs! Meet at Melrose and Heliotrope (next to the Faultline) at 9:45 am. This is an out and back course so you can go long or short, and we always seem to find ice cream at the end.

Total course one way is around 7.5 miles (15 miles rt). Who knows, we may just get back in time for beer bust at the Faultline. Also bring water as they do not have water stops along the route. Directions: Meet at the corner of Melrose and Heliotrope: one block west of Vermont on Melrose behind LA City College. Parking is free at meters or park at LACC for \$7 (it supports CicLAVia)



chili, moonlight and walkers – Oh My!

CHILI COOK-OFF
Sunday, October 9

Rusty's house
see page 1 for details

get your chili on!



MOONLIGHT RUN I
Wednesday, October 12

Griffith Park-Mulholland Fountain
8:00 p.m.

howlin' baby, howlin'!



AIDS WALK
Sunday, October 16

LAFR Team Captain: Linwood
see page 3 for details

represent!





UPCOMING EVENTS – November/December

Grand Prix Races

• Saturday, November 5

Palm Springs Pride 5K

www.psfpr.org

• Sunday, November 6

Santa Clarita Half/Full Marathon

www.scmarathon.org

New York Marathon

www.nycmarathon.org

• Sunday, November 13

weSpark 5K/10K

www.wespark.org

• Sunday, November 20

Santa Monica Mountains Trail Run

9K / 18K / 30K / 50K

www.pctrailruns.com

• Saturday, November 26

San Dimas Turkey Trot 5K/10K

www.renegaderaceseries.com

• Saturday, December 3

Death Valley

30K / Marathon

www.envirosports.com

• Date TBD

Tiger Run 5K/10K

www.sptigerrun.com

• Sunday, December 11

LA County Holiday Half Marathon

www.runlacomty.com

• Sunday, December 18

Winter Solstice Xmas Run – 5 miles

www.tryusevents.com



Tuesday, 11/15,

Silver Lake

Location TBD

Tuesday, 12/13,

Silver Lake

Location TBD

Westside

Nov/Dec

TBD

MOONLIGHT RUN II
Thursday, November 10

Studio City
@ John & Doug's

howlin' baby, howlin'!



FALL FEAST
Saturday, November 12

at the home of Andrew Makay
Van Nuys

*It's a feast of
bacchanalian proportions!*



JIM'S HOLIDAY PARTY

Date TBA

It's fabulous baby!



ANNUAL MEETING

Saturday, December 10

Glassell Park – Toy Drive/Breakfast/Run



DEATH VALLEY TRIP

December 3-5

Death Valley 30K / Marathon

see page 6 for details



2012

Los Angeles Frontrunners

Board of Directors

Nominations & Elections

November 2011

Details TBA



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



TUESDAY
Silver Lake
6:30 P.M.
Meet at Silver Lake Recreation Center at 1850 West 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:
Gary/John/William

SATURDAY
Griffith Park
8:00 A.M.
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