

Pride Run 2016!

June 2016



LAFR's 35th annual Pride Run returned to Griffith Park on June 5, for the first time in 20 years. The old sayings may not always be true, but in this case the change was both hard and good! Despite longstanding difficulties with producing the race on the streets of West Hollywood since 1996, the LAFR board needed to be forced by changes from parade organizer CSW to make the switch back to Griffith Park. The runners enjoyed great weather, easy parking, fresh air and sun-dappled shade in the park. Running events included a 5K, 10K, and 25K (plus kids race). Runners wanting more could choose to run the 5K plus either the 10K or 25K.

Those running a total of 15K were dubbed "ultra", while the 30K crowd was "flaming". Runners and organizers finished the day feeling they had accomplished something worthwhile – a run in the park that raised money for two deserving charities, Friends of Griffith Park and the Genders and Sexualities Alliance Network. We look forward to growing the Pride Run in its new/old home at Griffith Park! And with the help of our wonderful volunteers as well as very generous donors, we were able to stage a fun race in a beautiful setting and raise funds for our beneficiaries and our club.



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Pride Run Financials and Pics

The \$\$\$



Income

Race Registrations	\$7,160.00
Sponsors	\$9,237.75

Total Income \$16,397.75

Expenses

Beneficiary Donations	\$5,000.00
Medals	\$427.50
T-Shirts	\$1,374.49
Timing	\$710.00
Bibs/supplies	\$268.29
Griffith Park Permit	\$750.00
Kids Bags	\$88.50
Food/Water	\$214.87

Total Expenses \$8,833.65

Profit \$7,564.10

The Bucks

There are still a few expenses outstanding for the Pride Run so these numbers will change slightly. Our profit last year was slightly lower so in terms of our finances, the Pride Run was a success!

Left: Bill running the 10K

Below: Norman volunteering

Right: Carlos was 2nd OA in the 10K



LAFR Pride Run (Grand Prix)

Griffith Park, CA 6/5

Pride Run Race Results

5K

Michael Heredia.....	19:26	2 nd 30-34/PR
Darwin Marengo.....	20:56	3 rd 30-34
Moises Medina.....	21:02	1 st 45-49
Marcelino Goncalves.	21:51	2 nd 45-49
John McGuinness....	22:08	1 st 40-44
Carl Maravilla.....	22:51	1 st 55-59
Martin Carlson	24:15	2 nd 55-59
Mario Mota.....	24:36	3 rd 50-54
David Dassey.....	24:41	1 st 65-69
Adran Adams.....	25:05	2 nd 20-24
Richard Peng.....	26:33	
Mong Noiboonsook...	26:58	
Kevin Shiramizu.....	28:06	
Rand Smith.....	28:21	3 rd 55-59
Brian Dunbar.....	28:21	
Mike Carbuto.....	28:22	2 nd 60-64
Jason Coleman.....	28:36	
Eric Fischer.....	28:41	3 rd 65-69
Allyne Winderman..	28:58	1 st 60-64
Karen Carey.....	29:56	3 rd 40-44
Jim Martinez.....	30:00	3 rd 60-64
Patrick Conner.....	30:42	
John Houser.....	30:46	
Richard West.....	31:11	
Bob Riddle.....	31:17	
Bill Winkelmann.....	31:34	
Brandi Spence.....	35:45	2 nd 35-39
Doug Jones.....	40:55	
Tim Chung.....	55:20	
Connie Hammen.....	55:21	1 st 70-74
Bill Walsky.....	57:47	
William Fang.....	1:00:35	
Anthony Chan.....	1:00:35	

10K

Carlos Vizcarra	37:48	2 nd OA
		1 st 40-44
Moises Medina.....	44:00	1 st 45-49
Bruce Bair.....	44:33	2 nd 45-49
Marcelino Goncalves.	45:17	3 rd 45-49
Bill Austin.....	50:17	1 st 55-59
Martin Carlson	51:12	2 nd 55-59
Daniel Vu.....	51:53	
Mario Mota.....	52:11	3 rd 50-54
David Dassey.....	52:17	1 st 65-69
Richard Peng.....	55:53	
Adrian Adams.....	57:41	2 nd 20-24
Rand Smith.....	1:01:47	
Mike Carbuto.....	1:03:15	2 nd 60-64
Bill Winkelmann.....	1:05:25	3 rd 60-64
Jason Coleman.....	1:15:28	
Keeley Webster.....	1:32:54	



Allyne on her way to winning her AG in the 5K



Mario & David ran both the 5K & 10K



Moises and his many, many medals



Volunteers Duane, Brad & Mong on the course during the Pride Run



Mark & Patrick happy to volunteer



Mike & Danny before Mike led the LAFR contingent in the 5K

Pride Run Race Results

LAFR Pride Run (Grand Prix)

Griffith Park, CA 6/5

25K

Darwin Marengo.....2:28:31 1st 30-34
 Rick Allison.....2:32:38 1st 50-54
 John Kawaharada....2:34:13 2nd 45-49
 Raul Borja.....2:46:08 3rd 35-39

Ultra Pride 5K + 10K

Moises Medina.....1:05:02 2nd OA
 1st 40-49
 Marcelino Goncalves. 1:07:08 2nd 40-49
 Martin Carlson.....1:15:27 2nd 50-59
 Mario Mota.....1:16:47 3rd 50-59
 David Dassey.....1:16:58 2nd 60+
 Richard Peng.....1:22:26
 Adrian Adams..... 1:22:46 2nd 29-under
 Rand Smith.....1:30:08
 Mike Carbuto.....1:31:37 3rd 60+
 Bill Winkelmann.....1:36:59
 Jason Coleman.....1:44:04

Flaming Pride 5K + 25K

Darwin Marengo..... 2:49:27 1st 30-39



Above: Marcelino, Mario & Martin after the awards ceremony.



Right: Ran & Mark enjoying the day.



Below left: Volunteers Yumi, Dan & William making sure there's food and drink for the runners.

And kids!!



LAFR BIRTHDAY BOYS AND GIRLS

5/23	Volker Schmidt	7/3	Bill Walsky
5/27	Charles Heaton	7/6	Seth Eskigian
5/29	Santiago Mandi	7/8	Joy Davis
5/31	Reg Willson	7/9	Jeffrey Weinstein
6/2	Anthony Chan	7/11	John Miles
6/7	Gabor Frank	7/14	Cat White
6/9	Neil Johnson	7/17	Henry Jung
6/13	Mark DeAngelis	7/19	John Heilman
6/13	Jeff Lymburner	7/21	Mark McNary
6/14	Eric Fischer	7/25	Lee Lightfoot
6/18	Jim Ames	7/27	John Butcher
6/24	Tim Chung	7/27	Carlos Vizcarra
6/28	Richard Ramirez	7/28	Doug Jones
7/1	Karen Carey	7/28	Danny O'Hara
7/3	Alex Grosko		

LOS ANGELES FRONTRUNNERS

WELCOME NEW MEMBERS!



John Houser
Katy Klaasmeyer
Richard Ramirez
Brandi Spence

Los Angeles Frontrunners

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Angus Kennedy, *president*
Patrick Owen, *vp*
Jason Coleman, *treasurer*
David Dasey, *secretary*
Yumi Afrento, *dir-at-large*
Bill Austin, *dir-at-large*
Bruce Bair, *dir-at-large*
Erin Brinton, *dir-at-large*
William Fang, *dir-at-large*
Doug Jones, *dir-at-large*
Mario Mota, *dir-at-large*
Danny O'Hara, *dir-at-large*

The LAFR Newsletter is a free monthly newsletter published for its members. For questions or content contributions, please email lafontrunners@gmail.com

Richard West & Eric Fischer will host our summer "thank you" pool party on August 6.



LAFR Board Meeting Excerpts & Current Business

1. Present at 5/4 meeting: Angus, David, Yumi, William, Danny, Bill, Erin, Patrick
2. Treasury - \$26,924 in account as of 6/21. Pride Run profit was roughly the same as 2015.
3. Jim Sullivan recital will be June 26. William will coordinate with Sean with assistance from Angus. The beneficiary is the Kadima Conservatory.
4. Pool party will be at Eric & Richard's on August 6.
5. Annual Pasadena Potluck will be July 14. This year's theme is "Erin".
6. Angus reserved houses for Catalina Eco-Marathon trip in November. He reserved the same houses we used in 2015 – there will be room for 20-24 runners. We will see if we can get a race discount.
7. Angus reserved rooms for Santa Rosa Marathon trip in August. More details to follow. Space is reserved for 20-24 runners.
8. Boston 2017: Jason reserved a block of 10 rooms at Hotel Nine Zero. If we cannot fill all the rooms, we will reach out to area running clubs.
9. Griffith Park confirmed the September 25th date for the Marilyn Jackson race.
10. International trip postponed to 2018 due to scheduling conflicts.
11. San Diego Frontrunners Pride Run registration is live – race is Saturday, July 16.



4/2 Spelling Bee

April 2 marked the 2ND Annual LAFR Spelling Bee, a popular fundraising event to support Students Run LA (SRLA). As before, this event featured the most beautiful judges east of the Mississippi River, with newcomer Ms. Wen To-fu stealing the show. Food was abundant and drinks were flowing as the competition heated up. Erin got out first, claiming the DFL trophy for her misspelling of mused.

The next three rounds saw few misspellings, with a whopping twelve LAFR still eligible after three rounds. The fourth round was a doozy, with not a single correct spelling. As per the rules, all the spellers remained. The judges improvised in the final round and Patrick Owen emerged victorious. In all, a fun night was had by all, raising funds for the Transgender Economic Empowerment Project in the process.



4/17 Victory for Victims

While many in the club were on the East Coast preparing for the Boston Marathon, three LAFR members took to the paths of Balboa Park in Van Nuys for the 13th annual Victory for Victims 5K/10K race. Proceeds from this race go to support Dignity Health's Center for Assault Treatment Services, a 24/7 response program that serves adult and child victims of sexual assault and domestic violence. Richard Nelson, Richard Peng, and Doug Jones all raced the 10K. Richard Nelson placed first in his age group while Richard Peng just missed out on a medal, placing fourth in his age group.



From L to R:
 R. Nelson
 mid-race, R.
 Nelson, D.
 Jones, and R.
 Peng at the
 finish line, R.
 Peng mid-
 race, R.
 Nelson 1st
 place 65-69,
 Doug Jones
 finishing

6/11 Wrigley 5K/10K

Ahem. Mike Kerkman ran a 17:16 5K, a 40 sec PR!

2016 Wrigley River Run & Tri		
Enter Bib:	Find	
5K 39 MIKE KERKMAN		
TIME	PACE	
00:17:16	05:34	
Finished	min/mi	
Overall	Male	Male 35-39
1 st	1 st	1 st
of 362	of 181	of 15





Upcoming Events



5/8 Mother's Day Race

Grand Prix Races

Full schedule @ www.lafronrunners.com

Monday 7/4 in Santa Monica

Red, White & Blue Run

5K/10K/15K/Half

<http://www.abetterworldrunning.com>

Saturday 7/16 in San Diego

SDFR Pride Run 5K

<http://www.frwsd.org>

Sunday 7/31 in San Francisco

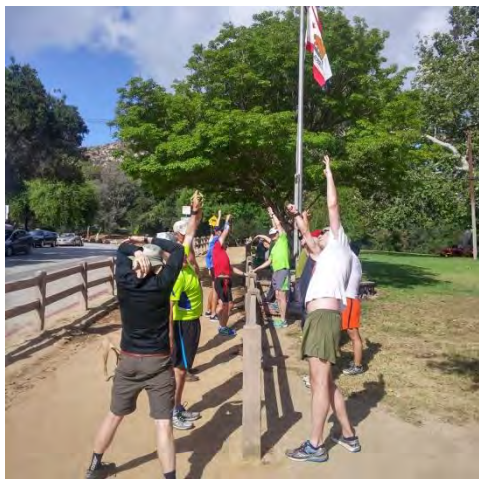
San Francisco Half and Full Marathon

www.thesfmarathon.com

Sunday 8/28 in Santa Rosa

Santa Rosa 5K/Half/Full Marathon

<http://www.thesantarosamarathon.com>



5/21 stretching after a run at GP

6/26 Jim Sullivan Recital

Shallen Manor, 4PM to 6PM
2160 W 20th St., LA, CA 90018

Musicians Jacqueline Suzuki (violin), Derek Stein (cello), and LAFR Jim Sullivan (clarinet) will perform selections in the styles of classical, Baroque, Klezmer, and possibly Arabic.

Tickets are \$25 and benefits Kadima Conservatory. Bring a dessert to share!
[Click here to buy tickets](#)



7/14 Pasadena Potluck

Ever wonder what the crazy folks of Pasadena do? Come find out at the annual potluck. By the picnic tables where we meet.

It was at the Pasadena potluck one year ago when Erin Brinton joined LAFR for the first time so bring a dish inspired by Erin...



8/6 "Thank You" Pool Party

Hosted by Eric and Richard in Alta Dena, this party is a big "thank you" to all the Pride Run volunteers. The club will provide food and drinks. Keep an eye out for an RSVP email near the end of July.



Upcoming Events

8/28 Santa Rosa will be a big club trip. So if you're on the fence at all, sign up!

Race Results

Super Bowl 5K

Redondo Beach, CA 2/7

Bill Austin..... 23:12

Bill Winkelmann..... 28:58

Surf City Half

Huntington Beach, CA 2/7

Martin Carlson..... 1:45:34

Ft. Lauderdale Half

Ft. Lauderdale, FL 2/14

David Grudzien.....2:16:06

Casa Superhero 5K

Cumming, GA 2/20

David Grudzien.....42:25

Race to the Base Tri

Los Alamitos, CA 2/27

Maria Poso.....1:27:27

Cupcake 15K

Cumming, GA 2/28

David Grudzien.....1:35:59

Augusta University Half

Augusta, GA 2/29

David Grudzien.....2:26:54

St. Pat's Conquest 10K

Playa del Rey, CA 3/5

Jason Coleman..... 69:24

UCLA 5K

Westwood, CA 3/6

Keeley Webster.....48:58

New South Trail Half

Charlotte, NC 3/26

David Grudzien.....3:37:40

Beyond Limits 50K

Mountain Center, CA 4/2

Deo Jaravata.....5:24:17

April Showers Half

Lawrenceville, GA 4/3

David Grudzien.....2:30:32

San Diego Half Marathon

San Diego, CA 3/13

Carlos Vizcarra..... 1:20:45 2nd 40-44

Great Race of Agoura (Grand Prix)

Agoura Hills, CA 3/19

10K

Richard Korn..... 46:13 PR

Chesebro Trail Half

Piyush Prakash.....1:39:20 PR

Richard Peng.....2:05:06

Pacific Half

Jason Coleman.....2:15:49 PR

Gwinnett Life Run 10K

Snellville, GA 3/19

David Grudzien.....62:38 1st 55-59

Bunny Dash (Grand Prix)

Santa Monica, CA 3/27

5K

Karen Carey.....27:26 1st 40-44/PR

10K

Bill Austin..... 51:17 1st 55-59

Bill Winkelmann..... 62:22 2nd 60-64

15K

Richard Nelson..... 1:18:49 2nd OA

1st 65-69/PR

Hollywood 10K/Half

Hollywood, CA 4/9

10K

Jane Dods..... 1:31:15 1st 80-84

Half

Richard Ramirez..... 2:29:15

Jason Coleman.....2:34:50

David Grudzien.....2:57:32

Bare Burro 5K (Grand Prix)

Colton, CA 4/10

Mike Kerkman..... 21:36 2nd OA

2nd 30-39

Jeff Lymburner..... 25:35

Kent Hamilton..... 28:11 1st 40-49

David Grudzien.....37:20

Robb Briggs.....37:50

Jason Coleman.....41:25

Mong Noiboonsook...41:45



Margie ROCKS! Margie has been busy...so much so that she gets her own race results!

Dolphin Dash 10K

Santa Monica, CA 2/7

Margie Gonzales.....1:18:16 1st 60-64

Valentine's Day 10K

Van Nuys, CA 2/14

Margie Gonzales.....1:21:50 1st 60-64

Winter's End 5K

Santa Monica, CA 2/28

Margie Gonzales.....36:50 1st 60-64

Awesome Run 10K

Santa Monica, CA 3/6

Margie Gonzales.....1:24:01 1st 60-64

Beach Dash 10K

Long Beach, CA 3/12

Margie Gonzales.....1:21:00 1st 60-64

Rockin Shamrock 10K

Van Nuys, CA 3/13

Margie Gonzales.....1:18:16 1st 60-64

Spring Equinox 10K

Santa Monica, CA 3/20

Margie Gonzales.....1:18:26 1st 60-64

Outstanding 5K

Santa Monica, CA 4/10

Margie Gonzales.....36:44 2nd 60-64

Spring Break 5K

Santa Monica, CA 4/24

Margie Gonzales.....38:32 1st 60-64

Beach Blast 5K

Santa Monica, CA 5/15

Margie Gonzales.....37:04 1st 60-64

Race Results

Finish the Ride Half

LA, CA 4/10

Deo Jaravata.....2:02:20

Star Wars Dark Side 5K

Orlando, FL 4/15

Richard Ramirez..... 34:50

Star Wars Dark Side 10K

Orlando, FL 4/16

Richard Ramirez..... 1:14:06

Star Wars Dark Side Half

Orlando, FL 4/17

Richard Ramirez..... 2:36:15

RussVegas Half

Russellville, AR 4/23

David Grudzien..... 2:41:20

London Marathon

London, England 4/24

Carlos Vizcarra..... 2:48:29

OK City Memorial Half

Oklahoma City, OK 4/24

David Grudzien..... 2:55:40

Claremont RWalk 5000m

Claremont, CA 4/24

Deo Jaravata.....33:57

Claremont Rwalk 1500m

Claremont, CA 4/24

Deo Jaravata.....9:45

Descanso Gardens

La Canada Flintridge, CA 4/24

5K

Erin Brinton..... 37:15 RW

10K

Richard Ramirez..... 1:01:05

Lost Boys 50 Mile Trail

Anza Borrego Park, CA 4/30

Danny O'Hara..... 10:56:42

Mt. Charleston Half

Las Vegas, NV 4/30

Keeley Webster..... 3:11:00

Victory for Victims (Grand Prix)

Encino, CA 4/17

5K

Karen Carey..... 28:27

10K

Richard Nelson..... 52:24 1st 65-69

Richard Peng.....55:31

Boston Marathon (Grand Prix)

Boston, MA 4/18

5K

Dan Graham..... 24:57

Jason Coleman.....27:57 PR

Marathon

Eric Alvarez..... 2:49:41 BQ

Mark Johnson..... 3:00:53 BQ

Mike Heredia..... 3:08:08 BQ

Moises Medina..... 3:12:01 BQ

Marcelino Goncalves..3:17:57 BQ

Danny O'Hara..... 3:36:21

Bernie Tan..... 3:46:41

Patrick Owen..... 4:00:07

David Dassey.....4:04:30 BQ

Jason Coleman.....4:42:53 PR

Riverboat Day 6 Half

Cape Girardeau, MO 4/22

David Grudzien..... 2:27:03 3rd 55-59

Orange County (Grand Prix)

Newport Beach, CA 5/1

Half

Darwin Marenco.....1:33:11

Maria Poso.....1:51:01 PR

Bill Walsky..... 3:22:09 RW

Full

Jason Coleman.....5:37:35

Tacoma Full

Tacoma, WA 5/1

Jojo Herrera..... 3:13:11 2nd 35-39/BQ

Deo Jaravata..... 4:28:50 #400

Eugene Half Marathon

Eugene, OR 5/1

Jane Dods..... 3:27:58 1st 80-84/RW



Neil Johnson manning the registration table at the Pride Run

Mother's Day (Grand Prix)

Van Nuys, CA 5/8

5K

Mario Mota..... 22:32 1st 50-54/PR

Karen Carey..... 27:53 2nd 40-44

Jim Martinez..... 28:10 1st 60-64

Rusty Millar..... 40:08 2nd 65-69

Bill Walsky..... 46:19 3rd 65-69

10K

Bill Austin..... 44:39 1st OA

1st 55-59

Angus Kennedy.....45:19 2nd OA

1st 50-54

Bill Winkelmann..... 60:18 2nd 60-64

Long Beach Pride (Grand Prix)

Long Beach, CA 5/22

5K

Darwin Marenco..... 19:48 2nd OA

2nd 30-34

Rick Allison..... 21:04 3rd OA

1st 50-54

Erin Brinton..... 22:55 3rd OA F

2nd 30-34

Richard Nelson..... 23:24 1st 65-69

Juan Moreno..... 25:48 3rd 50-54

Mong Noiboonsook...26:19

Jim Martinez..... 28:42 3rd 60-64

Steve Morchak..... 33:07 2nd 55-59

Anthony Chan..... 35:32 1st 40-44

William Fang..... 35:36 2nd 40-44

David Gonzalez..... 37:26

Race Results

Vancouver Full

Vancouver, BC 5/1

Allyne Winderman.. 5:11:03

Northwest 10K

Letterkenny, Ireland 5/1

John McGuinness.... 46:03

Doug Jones..... 1:18:45

Santa Barbara Half

Santa Ynez, CA 5/7

David Gonzalez..... 1:46:12

Mother's Day 10K

Vancouver, BC 5/8

Jason Coleman..... 62:18 PR

Sporting Like 10K

Toronto, ON 5/8

Jojo Herrera..... 38:55

Lake Balboa Half

Van Nuys, CA 5/29

Margie Gonzales..... 3:15:35

Gaspee Days 5K

Cranston, RI 6/11

David Grudzien..... 43:40

Atlanta Pride 5K

Atlanta, GA 6/18

David Grudzien..... 31:28



Darwin Marenco, Rick Allison, Erin Brinton & Richard Nelson after the Long Beach Pride Run in May

Long Beach Pride (Grand Prix)

Long Beach, CA 5/22

10K

John McGuinness.. 44:47 1st 40-44
 Barry Hamaguchi... 45:03 1st 35-39
 Angus Kennedy..... 46:30 1st 50-54
 Bill Austin..... 47:02 1st 55-59
 David Dassey..... 47:24 1st 65-69
 Carl Maravilla..... 47:46 2nd 55-59
 Rob Chen..... 49:04 2nd 35-39
 Dan Vu..... 50:13 2nd 40-44
 John Miles..... 54:46 3rd 50-54/PR
 Richard Peng..... 54:40
 Jason Coleman..... 58:43 PR
 Mike Carbuto..... 59:30 2nd 60-64
 Bill Winkelmann..... 60:31 3rd 60-64
 Chris Tapper..... 1:17:56
 Doug Jones..... 1:29:55

Expo 10K

Knoxville, TN 5/28

Martin Carlson..... 48:46 3rd 55-59

Mountains to Beach (Grand Prix)

Ventura, CA 5/29

Half

Angus Kennedy..... 1:42:57
 Albert Giang..... 1:54:14

Marathon

Carlos Vizcarra..... 2:42:45 BQ
 Mark Johnson..... 2:56:31 BQ
 Moises Medina..... 3:03:26 BQ
 Maria Poso..... 3:50:12 BQ
 David Dassey..... 3:56:10 BQ
 Jason Coleman..... 5:00:58
 Mong Noiboosook... 5:26:53
 Mike Carbuto..... 5:38:53

Wrigley River (Grand Prix)

Long Beach, CA 6/11

5K

Mike Kerkman..... 17:16 1st OA/PR
 1st 35-39
 Bill Austin..... 20:36 1st 55-59
 Angus Kennedy..... 23:32 1st 50-54
 Bill Walsky..... 45:50 RW

10K

Angus Kennedy..... 46:37
 Richard Nelson..... 50:10 1st 65-69

15K (5K & 10K combined)

Angus Kennedy..... 1:10:09 3rd OA
 1st 50-54

Father's Day (Grand Prix)

Van Nuys, CA 6/19

5K

Bill Austin..... 21:58 1st 55-59
 Erin Brinton..... 22:57 1st OA F
 1st 30-34
 Mario Mota..... 22:57 2nd 50-54
 Jason Coleman..... 26:38 3rd 40-44/PR
 Karen Carey..... 32:37 3rd 40-44
 Brandi Spence..... 35:59
 Margie Gonzales..... 41:28 1st 60-64
 Rusty Millar..... 42:43 3rd 65-69

10K

Angus Kennedy..... 47:23 1st 50-54
 Rick Allison..... 47:36 2nd 50-54
 Bill Winkleman..... 62:07 1st 60-64

Half

John Miles..... 2:08:18 PR



Mark Johnson & Carlos Vizcarra after Mountains to Beach in May

4/18 Boston!



5/1 The Relay from Calistoga to Santa Cruz



A group of 12 LAFRs took part in the annual "The Relay" from Calistoga to Santa Cruz, covering 191 miles with elevations ranging from sea-level to over 3000 ft. The group split into two vans. In Van 1 were: Duane, Piyush, Angus, William, Casey, and Reg. In Van 2 were: John, Sean, Bruce, Eddie, Mike, and Richard.

Duane suffered an unfortunate fall a week before the race, but still made the trip and took charge of driving almost the entire time.

*Top left: Bruce found a hand in downtown Santa Rosa
Top: Breakfast at the Inn
Left: Decorating the van, so that everyone knows we're the GAY team.*



The race began in a field in Calistoga, where the Glitter And Unicorn (GAY) team started at 2PM, the second fastest wave. The first half of the race was bucolic, running through hills and alongside vineyards. Lucky Sean got the leg to cross the Golden Gate Bridge. Then for the next quarter of the race, the course ran through SF and the peninsula cities. The final quarter was from the hills to Santa Cruz.

GAY finished in 23:58, taking 9th place.

Top: Stretching before the start.



Top: The start!



We lost count of the vineyards.



Van 1



There was lots of waiting.



And more waiting.



But the finish was glorious!

Grand Prix Series Standings as of 6/21

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). Runners are ranked by average score only until Sept. when runners with most races will be ranked first.

Division	Races	Average
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MALE

1. Eric Alvarez	1	88.81
2. Mark Johnson	2	85.09
3. Carlos Vizcarra	5	80.25
4. Moises Medina	5	74.48
5. Mike Kerkman	4	72.61
6. Richard Nelson	5	72.46
7. Jojo Herrera	2	71.86
8. Sean O'Brien	2	70.80
9. David Dassey	6	70.62
10. Mike Heredia	2	70.25

FEMALE

1. Allyne Winderman	2	69.73
2. Maria Poso	6	65.38
3. Erin Brinton	2	64.56
4. Jane Dods	2	60.74
5. Karen Carey	2	55.65
6. Margie Gonzales	4	51.00
7. Brandi Spence	2	42.39
8. Yumi Afrento	1	40.98
9. Keeley Webster	3	36.13

RACEWALK

1. Jane Dods	1	83.92
2. Deo Jaravata	5	60.64
3. Bill Walsky	6	50.24
4. Erin Brinton	1	53.11
5. Connie Hammen	1	51.69

TRAIL MASTER

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

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

1. Sean O'Brien	1	118.26
2. David Dassey	1	107.82
3. Mike Kerkman	1	106.07
4. John McGuinness	1	104.33
5. Reg Willson	1	104.26
6. Bill Austin	1	99.53
7. Duane Howard	1	98.29
8. Deo Jaravata	5	96.88
9. Angus Kennedy	1	95.23
10. Maria Poso	2	92.51

AGE GROUP GUYS

Division	Races	Points
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Male 20-29

1. Adrian Adams	3	375
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Male 30-34

1. Darwin Marengo	5	620
2. Piyush Prakash	2	260
3. Mike Heredia	2	255
4. Patrick Conner	1	80
5. John Houser	1	70

Male 35-39

1. Mike Kerkman	4	615
2. Raul Borja	4	485
3. David Gonzalez	4	420
4. Barry Hamaguchi	2	255
5. Albert Giang	1	120

Male 40-44

1. Jason Coleman	6	825
2. Richard Peng	6	670
3. John McGuinness	4	520
4. Carlos Vizcarra	3	430
5. Danny O'Hara	2	260

Male 45-49

1. Moises Medina	6	765
2. Marcelino Goncalves	6	695
3. Mark Johnson	2	270
4. Bruce Bair	2	220
5. Bernie Tan	2	195

Male 50-54

1. Angus Kennedy	6	790
2. Mario Mota	5	625
3. Deo Jaravata	4	515
4. Rick Allison	3	435
5. Mong Noiboonsook	4	390

Male 55-59

1. Bill Austin	6	790
2. Martin Carlson	4	450
3. Doug Jones	4	360
4. Rand Smith	3	295
5. Reg Willson	2	255

Male 60+

1. David Dassey	6	775
2. Mike Carbuto	6	730
3. Bill Winkelmann	6	705
4. Richard Nelson	5	655
5. Jim Martinez	5	520

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

AGE GROUP GALS

Division	Races	Points
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Female 30-39

1. Erin Brinton	2	300
2. Brandi Spence	2	225

Female 40-49

1. Maria Poso	6	730
2. Karen Carey	5	620
2. Keeley Webster	1	110

Female 50-59

1. Yumi Afrento	1	125
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Female 60+

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



Margie & Bernie after San Diego RnR in June



Barry & Rob were 1st/2nd 30-39 at the Long Beach Pride 10K

All-Around Challenge Standings as of 6/21

Rank	MOST		Rank	Highest Age Grade Male		Rank	Highest Age Grade Female	
1	Jason Coleman	11	1	Eric Alvarez		1	Allyne Winderman	
2	Bill Austin	9		Boston: 2:49:41	88.81		LAFR 5K: 28:58	69.97
3	David Grudzien	8	2	Mark Johnson		2	Maria Poso	
4	Margie Gonzales	6		Boston: 3:00:53	84.05		Surf City Full: 3:55:17	68.95
5	Bill Winkelmann	5	3	Moises Medina		3	Erin Brinton	
6	Mike Carbuto	4		GP Half: 1:26:02	79.02		Father's Day 5K: 22:57	64.51
	Doug Jones	4	4	Mike Kerkman		4	Connie Hammen	
	John McGuinness	4		Wrigley 5K: 17:16	78.47		LAFR 5K: 55:21	51.69
	Angus Kennedy	4	5	Sean O'Brien		5	Margie Gonzales	
10	Six LAFRs	3		LA Full: 3:21:12	78.34		Spring 10K: 1:18:26	51.43
16	Ten LAFRs	2	6	Bill Austin		6	Karen Carey	
26	Thirty-eight LAFRs	1		Wrigley 5K: 20:36	77.19		LAFR 5K: 29:56	51.41
			7	Marcelino Goncalves		7	Brandi Spence	
				LA Full: 3:17:29	75.00		LAFR 5K: 35:45	42.53
			8	John McGuinness				
				LA Full: 3:13:28	73.99	Rank	PR Race	
Challenge Distance by Month			9	David Dassey		1	Jason Coleman	
JAN	Half Marathon			LB Pride 10K: 47:24	73.65		6 races	32.77
FEB	Full Marathon		10	Mike Heredia		2	Richard Korn	
MAR	10K			Boston: 3:08:08	73.04		Agoura 10K	18.22
APR	Full Marathon					3	Mike Heredia	
MAY	10K						LAFR 5K	15.75
JUN	5K					4	Mike Kerkman	
JUL	10K						2 races	9.21
AUG	Full Marathon					5	Moises Medina	
SEP	5K						GP Half	4.85
OCT	15K/10Mile					6	Barry Hamaguchi	
NOV	Half Marathon						LB Pride 10K	2.94
DEC	5K					7	Marcelino Goncalves	
							LA Marathon	2.05
						8	John Miles	
							2 races	2.02



LA Frontrunners at the Shoreline Frontrunners Pride Run in May

5/22 Long Beach Pride Run



*Clockwise from top left:
Angus, Bill A, and Carl
Erin was 3rd woman*

*Rick was 4th 5K, Jim had the
best parking spot*

*David, Anthony, William, and
Erin getting ready*

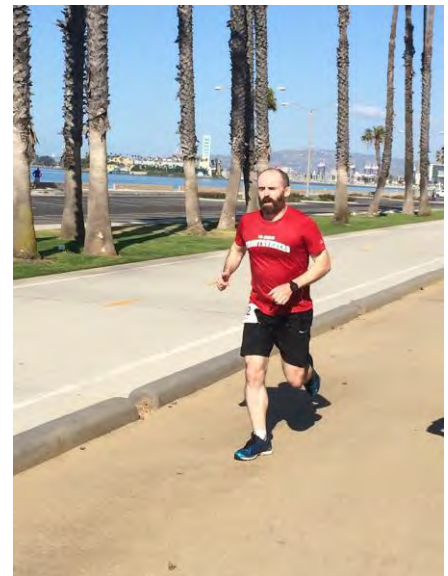
Dan and Rob fighting



*Bottom left
Darwin was 2nd 5K*

*Bottom center
Carl's first post-surgery
race.*

*Bottom right
John was the fastest LAFR
in the 10K*



5/29 Mountains to Beach Marathon

