

FrontPage

Annual Awards Banquet

LAFR Annual Awards Banquet Sunday, January 29, 6:00 PM

Who will succeed Mike Kerkman as Frontrunner of the Year? Come on out to the LAFR Annual Awards Banquet as we celebrate LAFR 2011 and hand out a bunch of nifty awards to our brethren. Besides the standard frivolity, there will be LAFR apparel for purchase, event sign-ups and membership renewal.



Details:

Sunday, January 29, 6:00 PM
The Castaways Restaurant
1250 Harvard Road, Burbank, 91501

Price:

\$45 in advance, \$50 at door

**To purchase banquet tix
thru LAFR Online Store:**

Go to lafronrunners.com and store link is on home page and then select "events" from the store menu.

Deo Jaravata: 52 Marathons in 2011



LAFR marathon maniac Deo Jaravata ran the Operation Jack Marathon on December 26 to bring his total for 2011 to 52!



Brian, Kevin, and Rina enjoying the gorgeous SoCal weather on New Year's Day at Patrick's

Running Safe

What do you take along when you go out running or biking? Most of us have our keys, but nothing that could identify us in case of an emergency. Not good. If you have an accident, the faster you are identified and your underlying health condition is known to the EMTs, the better able they are to provide proper care.

There is a new free service that every Frontrunner should take advantage of -- FINISHSAFE. After registering and providing information on emergency contacts, health problems, and medications, you receive 2 tags for your shoe, wrist or bike. It's free [but you can buy more tags if needed]. To register, go to www.finishsafe.com -- and never run unprotected again.

-David Dassey



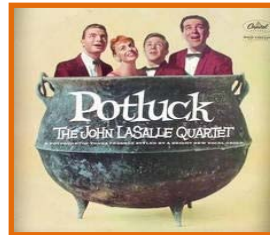
LAFR BIRTHDAY BOYS AND GIRLS

- | | | | |
|------|------------------|------|-----------------|
| 1/1 | Alexander Lozano | | |
| 1/3 | Marty Zimmerman | | |
| 1/4 | James Williams | | |
| 1/6 | Fiona Visocnic | | |
| 1/9 | Robb Briggs | | |
| 1/9 | Matthew Siegle | | |
| 1/11 | Arturo Salgado | | |
| 1/11 | Francisco Otero | | |
| 1/13 | Lorraine Silver | | |
| 1/14 | Sue Parker | 1/26 | Alicia Soto |
| 1/14 | Sean O'Brien | 1/27 | Kristi Twilley |
| 1/15 | Angus Kennedy | 1/27 | Margie Gonzales |
| 1/17 | Paul Jacoy | 1/27 | Bernie Tan |
| 1/18 | Warren Kawakami | 1/28 | Ross Lamkin |
| 1/19 | Ken Dunn | 1/29 | Ruthanne Salido |
| 1/22 | Dan Graham | 1/30 | Augie Robles |



Above: Deo Jaravata and David Dassey at the operation Jack Marathon on December 26

January Potlucks



Silver Lake Potluck
Tuesday, January 17
after the fun run
at Ken Wilson's
2171 Kenilworth Ave
LA, 90039

Westside Potluck
TBD

Welcome New Members!

Steven Morchak
 Mike Kienitz
 Knut Eichhorn
 David Maynard
 Patrick Conner

Galen Beyea
 Melissa Coleman
 Joel Mosemann
 Lisa Arellanes
 Christine Liao

Please renew your membership through the LAFR online store – store link is on home page of club website lafonrunners.com

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

www.lafonrunners.com
lafonrunners@gmail.com



Left:
 Richard Peng and Mike Smith relaxing after the run on New Year's Day, more pix on page 7

Richard Nelson in Egypt



Modern Egypt vs. Ancient Egypt

I first visited Egypt 30 years ago - I was young (!) and very excited to see the land of the Pharaohs, especially since "Tut Mania" had swept the United States and I had seen the Tutankhamun exhibit at the De Young Museum in San Francisco. Needless to say, Egypt has changed a lot in 30 years. The population has doubled to over 80 million people with more than 20 million residing in Cairo.

This trip was organized by a gay travel agency and there were 16 of us on a 10 day trip, which first took us to Cairo and Luxor-Karnak, with its incredible temples built over 4000 years ago. We continued up the Nile River to Aswan and Abu-Simbel, where we saw the Ramses II statues and temples. These ancient monuments had been moved to higher ground before the Aswan Dam was opened in the mid-60s and flooded the original site.

There was little time for running but I did manage to run in Cairo during the last two days. Egyptians don't seem to have time for running as I only saw a handful of Westerners running in the early morning hours.

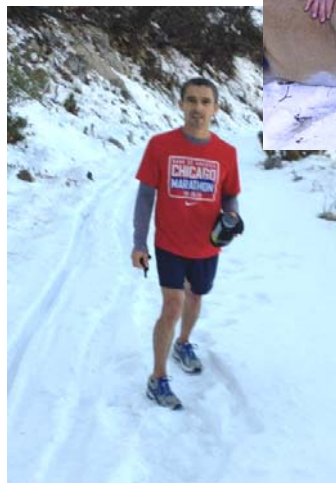
No trip to Egypt is complete without a day viewing the Pyramids at Giza and riding a camel - boy, they can be temperamental. The people were glad to see us as tourism is their 3rd biggest source of revenue. Our guide said he had very little work for the past seven months.

My buds and I were very fortunate to visit in early November as a week after our return, more political demonstrations and riots occurred at Tahir Square, a block away from our hotel. I highly recommend a trip to Egypt when things calm down - the sights are the most incredible man-made sights I've ever seen.

-Richard Nelson

Snow in Southern California

Right: Sean O'Brien and Arlington take a breather during their run in Monrovia Canyon on New Year's Day



Right: Moises Medina surrounded by the white stuff 12/18 on a run up Mt. Lowe. Below: also Mt. Lowe - Jonathan Toker, Sean & Wadley with a curious Arlington between Sean's legs



Race Results

America's Finest City Half Marathon

San Diego, CA 8/21

Bruce Bair..... 1:29:30

Endure the Bear 15K Trail

Big Bear, CA 9/10

Kristi Twilley..... 2:17:20

Santa Clarita Marathon

Santa Clarita, CA 11/6

Half

John Kawaharada..... 2:02:44

Full

Allyne Winderman..... 4:18:37 1st 60-64

Malibu Marathon

Malibu, CA 11/13

Deo Jaravata..... 4:39:47

Beachfest Marathon

Playa del Rey, CA 11/19

Deo Jaravata..... 4:28:13

Penang Bridge Int'l Marathon

Penang Island, Malaysia 11/20

David Dassey..... 5:03:16

San Dimas Turkey Trot

San Dimas, CA 11/26

5K

Mike Kerkman..... 19:21 3rd OA
1st 30-34

Paul Williams..... 28:04 1st 60-64

Sara Croft..... 31:36

Margie Gonzales..... 34:11 2nd 55-59

10K

Moises Medina..... 40:04 1st 40-44

Andrew Wissmiller..... 47:04 2nd 55-59

Feeling Stuffed Marathon

Lake Forest, CA 11/26

Deo Jaravata..... 5:47:36

Tiger Run

South Pasadena, CA 12/3

5K

Jim Phillips..... 26:54

Bill Walsky..... 35:55

Gerry Orcholski..... 52:48 1st 70-79

10K

Scott Flanary..... 57:46

California Int'l Marathon

Sacramento, CA 12/4

Freddie Diaz..... 4:00:46

Sara Croft..... 5:39:41

Margie Gonzales..... 5:47:36

Las Vegas Marathon

Las Vegas, NV 12/4

Deo Jaravata..... 4:25:05

Holiday Half Marathon

Pomona, CA 12/11

Deo Jaravata..... 1:48:22

Mike Smith..... 2:07:42

Paul Jacoy..... 2:14:21

Margie Gonzales..... 2:39:51

Sara Croft..... 2:52:49

Honolulu Marathon

Honolulu, HI 12/11

John Kawaharada..... 3:54:26

Deck the Halls Marathon

Playa del Rey, CA 12/17

Deo Jaravata..... 4:07:05

Winter Solstice 5 Miler

Long Beach, CA 12/18

Carlos Vizcarra..... 28:28 2nd 35-39

Richard Nelson..... 34:20 1st 60-64

Bill Winkelmann..... 41:33

Sara Croft..... 51:54

Operation Jack Marathon

Manhattan Beach, CA 12/26

Deo Jaravata..... 3:57:10 3rd 45-49

David Dassey..... 4:17:59 3rd 60-64



New Year's Day Run/Potluck: John Yong

More 2011 Race Results

First Run 5K

Eugene, OR 1/1

Jane Dods..... 35:20 1st 75-79

Rose Bowl 10K

Pasadena, CA 2/6

Giselle Nguyen..... 50:03 1st 25-29

Couples Classic 5K

Eugene, OR 2/12

Jane Dods..... 34:15 1st 75-79

Palm Springs Half Marathon

Palm Springs, CA 2/13

Jon Wasser..... 1:45:15

Truffle Shuffle 2 Miles

Eugene, OR 2/13

Jane Dods..... 21:13 1st 75-79

OTC Race Series 5K #3

Eugene, OR 3/10

Jane Dods..... 36:01 1st 75-79

Lucky Clover 5K Trail

Springfield, OR 3/19

Jane Dods..... 40:00 1st 75-79

LA Marathon 5K

LA, CA 3/20

Kristi Twilley..... 35:51

Derby Day 5K

Santa Anita, CA 4/9

Kristi Twilley..... 32:35

Bay to Breakers 12K

San Francisco, CA 5/15

Andrew Wissmiller..... 59:28

San Diego R'n'R Half Marathon

San Diego, CA 6/5

Kristi Twilley..... 2:34:24

OTC Race Series 5K #10

Eugene, OR 10/13

Jane Dods..... 36:56 1st 75-79

Monster Mash 5K

Eugene, OR 10/30

Jane Dods..... 38:19 1st 75-79

Turkey Stuffer 5K

Springfield, OR 11/24

Jane Dods..... 41:51 1st 75-79

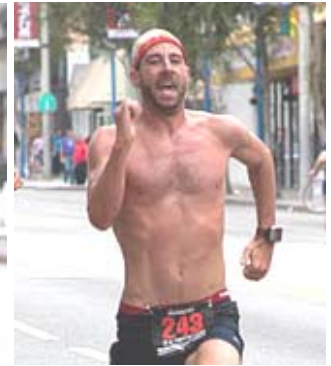
2011: Year in Review

Fastest LA Frontrunners

In a year full of outstanding running, cheers to the best of the best! Rankings compiled from results reported to LAFR during 2011 (each runner's fastest result used).



Left: Luis Aguilar and Carlos Vizcarra. Carlos topped all four year-end lists for 2011 with Luis 2nd on two lists. Right: Along with Carlos, Mark Johnson and Wadley were the only runners to appear on all four year-end lists.



5K	
1. Carlos Vizcarra	16:26
Will Rogers	7/4
2. Luis Aguilar	16:53
LB Pride	5/21
3. Eric Alvarez	17:08
Will Rogers	7/4
4. Michael Whitehead	17:13
Alive & Running	9/25
5. Mark Johnson	17:47
Will Rogers	7/4
6. Wadley	18:22
LAFR Pride	6/12
7. Carl Maravilla	18:35
LAFR Pride	6/12
8. Bruce Bair	18:50
Santa Monica	10/2
9. William Korthof	19:07
LAFR Pride	6/12
10. Mike Kerkman	19:09
SD Pride	7/23

10K	
1. Carlos Vizcarra	35:15
Super Bowl	2/6
2. Mark Johnson	38:09
LB Pride	5/21
3. Carl Maravilla	38:22
LB Pride	5/21
4. Moises Medina	38:38
Santa Monica	10/2
5. Wadley	39:18
LAFR Pride	6/12
6. Brad Maury	40:19
LB Pride	5/21
7. John McGuinness	40:48
Victory 4 Victims	4/10
8. Reg Willson	41:00
Jet to Jetty	8/20
9. Mike Kerkman	41:17
Firecracker	2/13
10. William Korthof	41:23
LAFR Pride	6/12

Half Marathon	
1. Carlos Vizcarra	1:17:43
Ventura	2/13
2. Luis Aguilar	1:20:56
Chesebro	3/26
3. Mark Johnson	1:22:06
San Francisco	7/31
4. John McGuinness	1:29:25
Santa Clarita	11/6
5. Bruce Bair	1:29:30
America's Finest	8/21
6. Wadley	1:29:37
Buffalo Run	1/22
7. Angus Kennedy	1:32:28
13.1	1/16
8. Brad Maury	1:32:39
San Francisco	7/31
9. Richard Nelson	1:34:30
13.1	1/16
10. Bernie Tan	1:35:09
LA R'n'R	10/30

Marathon	
1. Carlos Vizcarra	2:48:05
Orange County	5/1
2. Mark Johnson	2:57:28
Los Angeles	3/20
3. Moises Medina	2:59:17
Chicago	10/9
4. William Korthof	3:02:32
Los Angeles	3/20
5. John McGuinness	3:06:56
Los Angeles	3/20
6. Bernie Tan	3:11:51
St. George	10/1
7. Sean O'Brien	3:13:48
NYC	11/6
8. Wadley	3:18:38
Los Angeles	3/20
9. Ric Munoz	3:23:10
Boston	4/18
10. Reg Willson	3:26:56
NYC	11/6



Unlike the men, the LAFR ladies had a different runner top each year-end list. Left is 5K champ Stephanie Stone. Right is half marathon champ Patricia Bates with Sue Roth. Next is Sara Croft, who appears on all four year-end lists and last is marathon champ Allyne Winderman.



5K	
1. Stephanie Stone	28:54
LAFR Pride	6/12
2. Sara Croft	29:18
Alive & Running	9/25
3. Kristi Twilley	32:35
Derby Day	4/9
4. Marilyn Jackson	32:58
LAFR Pride	6/12
5. Margie Gonzales	33:06
PS Pride	11/5

10K	
1. Giselle Nguyen	50:03
Rose Bowl	2/6
2. Patricia Bates	52:09
Super Bowl	2/6
3. Stephanie Stone	60:06
Firecracker	2/13
4. Sara Croft	60:34
Wrigley River Run	6/11
5. Margie Gonzales	64:37
Catalina Eco	11/12

Half Marathon	
1. Patricia Bates	1:53:34
Palm Springs	2/13
2. Stephanie Stone	2:02:27
Fontana	6/4
3. Sara Croft	2:22:30
Harbors	8/28
4. Kristi Twilley	2:34:24
SD R'n'R	6/5
5. Tanya Haney	2:35:31
Chesebro	3/26

Marathon	
1. Allyne Winderman	4:17:43
Los Angeles	3/20
2. Stephanie Stone	5:32:32
Los Angeles	3/20
3. Sara Croft	5:36:20
Run in the Sun	1/30
4. Patricia Bates	5:38:53
NYC	11/6
5. Margie Gonzales	5:47:36
CIM	12/4

Thank You, LAFRs! Holiday Party and Donation for My Friend's Place

After some last minute musical chairs with the location for the Holiday Party, 60+ FRs came out on Dec. 22nd to Patrick Owen's to celebrate the holiday season. Very special thanks to Patrick for opening up his home last minute and to Regina and her team of volunteers for getting everything ready.

Huge thanks, also, to all of you who brought donations for the Parenting Program at My Friend's Place (including the lovely Amy Ross, who dropped her donation at my house that morning because she & Connie couldn't make the party). More thanks to Eddie Flores, who dropped off our donations on December 23rd and reported that the staff at My Friend's Place were shocked and near tears, commenting that they could now spend money on food and other necessities because we had provided such a large supply of diapers, wipes, and formula.

Good job, FRs!

-Angus



Left:
Phil Lelyveld
and
Mark Jones
at the
Holiday
Party on
December
22nd



More party-goers:
Above: Richard
Peng, Christine
Liao and Regina
Robinson
Below:
Eric Fischer &
Richard West



Above:
Eddie Flores before heading out to
drop off all the donations for the Parenting
Program at My Friend's Place
in Hollywood



New Year's Day at Patrick's

A large group of Frontrunners started 2012 with a run and good food on New Year's Day at Patrick's. We were all reminded why we live in SoCal as the weather was perfect for the 5-mile run that Patrick led.



Left: Bryan Prado with BFF Elisabeth – Middle: Ted Wyder – Right: Gordon Lenarth and Linwood Fullam

Below: Doug Jones and John McGuinness



Above: New LA Frontrunner member Christine Liao with Reg Willson and Dan Vu

Below: Hostess with the mostest Patrick Owen, who made a delicious breakfast casserole that will take most of us a month to burn off.



LA Frontrunners Grand Prix Series Race Schedule 2012 (Jan-March)

remainder of 2012 to be posted by Feb 1

**All races count for Age Group and Champions Race
TM notes races that are also Trail Master Races**

****all races subject to change/cancellation**

****please see rules/scoring on grand prix page for info**

JANUARY 2012			
Date	Event/Distance	Website	Location
Sun., 1/15 7:00 AM	13.1 Los Angeles Half Marathon	www.131marathon.com	Los Angeles
Sat., 1/28 8:00 AM	Coastal 5K/10K*	www.w2promotions.com	Playa del Rey
FEBRUARY 2012			
Date	Event/Distance	Website	Location
Sun., 2/5 8:00 AM	Students Run LA 18 Mile Friendship Run	www.srla.org	Hansen Dam
Sun., 2/12 8:00 AM	Chinatown Firecracker 5K/10K*	www.firecracker10k.org	Chinatown
Sun., 2/19 7:00 AM	Bandit Trail Run 6K/15K/30K/50K* TM	www.bandittrailrun.com	Simi Valley
MARCH 2012			
Date	Event/Distance	Website	Location
Sat., 3/3 8:30 AM	Malibu Creek Trail 10K/25K/50K* - TM	www.pctrailruns.com	Malibu
Sat., 3/10 7:00 AM	Catalina Conservancy 5K/10K/Marathon* marathon is TM	www.runcatalina.com	Avalon
Sun., 3/18 7:00 AM	Los Angeles Marathon/5K*	www.lamarathon.com	Los Angeles
Sat., 3/24 7:00 AM	Chesebro Half Marathon - TM	www.greatraceofagoura.com please note: only the Chesebro Half (trail) counts for this event, not the Pacific Half (road) or other distances.	Agoura Hills



2012 Membership Application

LA Frontrunners is a running and walking club for lesbian, gay, bisexual, and transgender people (LGBT) and their friends and supporters. We welcome runners and walkers of all levels, ethnic backgrounds, and sexual identities.

The LA Frontrunners participate in competitive and non-competitive running events, weekly fun runs, our annual Pride Run, our Grand Prix racing series, social events, and more. We assist each other with our running goals and promote camaraderie among the LGBT community. We are also actively involved in charity fundraising for various causes.

We encourage you to come check us out. We meet for fun runs at 6:30 PM Monday thru Thursday evenings in and around the LA area. On Saturday mornings, the group meets at 8:00 AM in Griffith Park.

LA Frontrunners is part of the more than 100 Frontrunner clubs across the U.S. and around the world. The club was founded in 1981, and are proud of the long tradition of promoting a healthy community.

If you'd like more information, please visit our website at www.lafrontrunners.com

Thanks for your interest and see you on the trails!

2012 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:		
<u>Emergency Contact</u> Name:				Phone:			
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 Frontrunners ("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 Los Angeles Frontrunners, 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) will be printed in the Club Roster. Do you want your name and e-mail address released to other LA Frontrunners?				Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
Do you want to be included in the E-group (LAFR_Community@googlegroups.com) where members post and receive messages from each other?				Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
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 Frontrunners, and total the amount. Please write a check payable to LA Frontrunners.						Step 5: Once Completed, mail with your payment to:	
Category of Membership (Annual Dues)		Payments					
Individual	\$25	Dues:					
Couples at Same Address	\$35	Donation:					
		Amount Enclosed:					
						Los Angeles Frontrunners 2870 Los Feliz Pl, PMB # 229 Los Angeles, CA 90039	



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

 **Weekly Fun Runs**

MONDAY West Hollywood 6:30 P.M. Meet by picnic tables behind pool in West Hollywood Park at 647 N. Vicente Blvd. Hosts: Jeff	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
--	--	---	--	---	---