

### Euro Games, AC 100, BQs

September 2015



**Euro Games:** 11 LA Frontrunners travelled to beautiful Stockholm for the Euro Games in early August. Pictured above at Opening Ceremonies are (from left) Albert Giang, Reg Willson, Rob Chen, Dan Vu, Angus Kennedy, Bill Austin, Mark Johnson, Bill Winkelmann and Brian Dunbar. See page 3 for more coverage.



**Boston Qualifiers:** The end of the summer features a flurry of runners trying to run a Boston Marathon qualifier before the qualifying window closes in early September. Mike Heredia (above – San Francisco) and Patrick Owen (left – Santa Rosa) both achieved Boston qualifiers during the summer. See page 9 for all the LA Frontrunners who qualified for the 2016 Boston Marathon!



**AC 100:** Two brave and studly LA Frontrunners added their names to the list of runners who have completed the Angeles Crest 100 Mile Endurance Run: Danny O'Hara (left after finishing) and John Kawaharada. See page 5 for the race report.

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## LAFR BIRTHDAY BOYS AND GIRLS

9/1	Tanya Haney	10/1	Geoff Buck
9/1	Robert Walker	10/1	Jim Paterson
9/2	Phil Lelyveld	10/1	Craig Biesecker
9/3	Brad Duerre	10/8	Jim Sullivan
9/4	Eric Gober	10/10	Ara Mihranian
9/4	Moises Medina	10/11	Jeff DeFelice
9/8	Mike Kerkman	10/15	Mark Grumet
9/9	Allyne Winderman	10/18	David Dassey
9/11	Tom Carmichael	10/20	Keeley Webster
9/14	Rod Abbott	10/20	Ed Gallardo
9/15	Raul Borja	10/21	Jojo Herrera
9/18	Craig Kaner	10/21	Erin Brinton
9/21	Bruce Bair	10/22	Paul Williams
9/22	Rick Allison	10/26	Mark Penn
9/23	Patrick Owen	10/28	Linda Carmona
9/24	Marcelino Goncalves	10/28	Todd Sullivan
9/30	Richard West	10/31	Patricia Bates

# LOS ANGELES FRONTRUNNERS



## WELCOME NEW MEMBERS!

Rand Smith  
Brad Miyasato (left)  
Brad Duerre  
Joy Davis

**Los Angeles Frontrunners**  
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Angus Kennedy, *president*  
Patrick Owen, *vp*  
Jason Coleman, *treasurer*  
Bruce Bair, *secretary*  
David Dassey, *dir-at-large*  
Geoff Buck, *dir-at-large*  
John Kawaharada, *dir-at-large*  
William Fang, *dir-at-large*  
Sean O'Brien, *dir-at-large*  
Yumi Afrento, *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](mailto:lafontrunners@gmail.com)

## LAFR Board Meeting 9/5/15

1. Finance – bank balance healthy (please see full Treasurer's Report at the end of the newsletter)
2. John K found new timing company for Pride Run 2016, John and Angus to meet with them
3. Chili Cook-Off
  - Sunday, 10/4, at Rusty's
  - BOD attending: Angus, William, Danny, David, Yumi
  - BOD approved charitable giving same as last year, Angus will send survey to membership for approval
4. Cataline Trip 11/20-22
  - Houses almost full
  - Patrick to make his world renowned lasagna
  - Jason arriving by helicopter
5. Angus to attend International Frontrunners Meeting in Denver weekend of 9/11
6. Halloween Party at Geoff & Jason's on 10/24
7. Fall Feast will be on 11/14
  - Martin Carlson & Marcelino Goncalves have volunteered to host event at their Los Feliz home
  - Angus & others to visit and get to-do list going
8. Olympic Marathon Trials, 2/14/16
  - Jason to follow up regarding volunteer opportunities
9. Revel Canyon pasta party – Angus to coordinate
10. Jim's Holiday Party – Patrick to contact Jim about a date
11. Possible 2016 events:
  - North American Outgames – May in St. Louis
  - Grandma's Marathon June – Bruce to investigate
  - Portland Marathon October – Angus to investigate
12. Next BOD meeting, Saturday, 10/3, at Angus & Mark's

**NO THURSDAY NIGHT RUN AT THE ROSE BOWL ON OCTOBER 22 DUE TO THE UCLA/CAL GAME THAT EVENING. THERE WILL BE AN ALTERNATE RUN PLANNED!**





# Euro Games Stockholm



Above: LAFRs before the 5K/10K – race was a scenic loop (or double for the 10K) around a lake in Stockholm. From left: Bill Austin, Rob Chen, Mark Johnson, Brian Dunbar, Albert Giang, Zack Whitley

Right: Rob Chen sets a PR in the 5K

Left: Bill Winkelmann wins the gold in the 2000 Meter Steeplechase. The track meet was held in the Olympic Stadium built for the 1912 Olympics.



Right: Mark Johnson, Bill Austin, Reg Willson, Deo Jaravata, Angus Kennedy & Bill Winkelmann after the 50K. It was President Kennedy's first 50K on a scenic and flat course around the same lake as the 5K/10K.



The Euro Games 50K was part of the Stockholm Ultra, which also featured a 75K and 100K. The runners agreed that potentially the best part of the race was the goulash served to all runners at the finish line.



# Euro Games Stockholm continued



The LA Frontrunners who travelled to Stockholm took advantage of the locale and did other sightseeing in Scandinavia.

Above: Rob, Dan, Brian, Angus & Albert (and Mark who is taking the pic) on a trail hike in beautiful Voss, Norway.

Right: Mark, Rob, Albert & Angus traverse the Besseggen Trail in Norway. This was the high point of the trail, hence the reason terrified of heights Angus is not looking up.



Right: Bill Austin races the 5K on Day 1 before heading to the track to race the 3000 Meter Steeplechase



Left: Bill & Mark at the 50K to cheer on the boys

Right: Reg & Deo at the start of the 50K. Angus was in the porta pottie & missed the start Races start on time in Sweden ☺





## Angeles Crest 100

The Angeles Crest-100 Mile Endurance Run is one of the hardest trail races in the country. Over a hundred runners have 33 hours to run 100 miles from the town of Wrightwood to Alta Dena. He/she must climb 19,100 feet and descend 24,200 feet. The highest point of the run is Mt Baden-Powell PCT Junction, which is just a bit short of the actual summit of 9,406 ft.

In the late summer days of 2014, four intrepid Frontrunners signed up for this grueling challenge: Jim Sullivan, Sean O'Brien, Danny O'Hara, and John Kawaharada. Each needed to complete a 50-mile trail race and perform a full day of trail maintenance to ensure full qualification. We've regularly featured pictures from their many training runs.

As the race date of August 1, 2015, approached, training kicked into high-gear. Unfortunately at this point, Jim had to withdraw due to commitment to his music. The remaining three runners carried on, with the Grand Canyon R2R2R on June 27 as the first major dress rehearsal. The next one was from Chantry Flat starting at midnight to Alta Dena on July 4 (pictured below)



With just about 3 weeks left to the race, Sean, Danny, and John all peaked at around 100 miles per week.

In addition to training, the runners also had to plan the logistics. They had to plan their food intake, gear, and drop bags. The runners were also allowed a pacer from mile 52 (Chilao Camp Ground) to mile 74 (Chantry Flat) to mile 100 (Alta Dena), either one person or two. Sean managed to get (trick? coerce?) William Fang and Mike Murphy; Danny got John McGuinness and Mark Bennett; and John got Bruce Bair and Mike Kerkman.

As for food, the group decided on the onigiri (rice-balls) that John has been generously making for all his fellow runners. Although during the race, the runners all had a hard time eating after about mile 25. Not the onigiri's fault, just the nature of running 100 miles.



On July 19<sup>th</sup>, all the runners, the pacers, and the crew members gathered at Ebisu Restaurant in Little Tokyo to finalize all the details (pictured above, missing Mike Murphy and John McGuinness).

When the day was finally upon us, the runners and their primary crew spent the night in Victorville. They enjoyed a send-off dinner at Olive Garden, an obvious choice for carbo-loading. At 5 AM on August 1, the race was off. For the first 50 miles, the runners were incommunicado, except to the primary crew members of Allen and Yumi.

Meanwhile, Anthony shuttled the pacers for the first leg to Chilao: William, John M, Bruce, and Reg who was pacing another friend Sue. There the 4 waited for about 3 to 4 hours before Sean and Danny showed up together. There we learned that Sean had twisted his ankle at mile 25. While it was bothering him, the hope was that the pain might subside. Danny was fine and running strong.



At around 5PM, Sean and Danny departed Chilao with William and John M, respectively, within a few minutes. The 4 stayed within visual distance for about 7 miles. Then Danny and John passed Sean and William, and that remained so for the rest of the race. Meanwhile, John K reached Chilao about 2 hours later, still with several hours to spare before the cut-off. From this point forward, the story of the three runners, who trained together for the past year, diverged and it was not until the very end that they met up again.



### Sean's Tale

Sean and William trotted along. As day turned into night, William realized he left his headlamp in the car, so had to rely on his backup flashlight. This got interesting as Sean's headlamp started to weaken. But the greater challenge was Sean's ankle. For much of this leg, the pair had to walk, for the trail was very rocky. Sean began grimacing and ouching every few minutes. He could not fathom having to run down the even rockier Mt Wilson Toll Road and the Sam Merrill Trail. Finally, as he and William climbed the final quarter mile to Chantry Flat after midnight, he decided to drop out. It was a very tough decision, but the right decision.

### Danny's Tale

After passing Sean and William, Danny and John arrived at Chantry Flat late into the night. Mark was waiting and ready to see Danny to the finish. The runner and his two trusty pacers even had a moment for a group photo.



The final leg was rocky, both figuratively and literally. Sleep deprivation also started to catch up. At one point, Danny brushed up hard against a tree root and bloodied his leg. But as the finish line became ever closer, the pair powered on. Mark's Garmin's battery died with about 4 miles to go, but by that point Danny's completion was almost assured. Below is his triumphant finish.



### John's Tale

John's pacer Bruce had paced Sean in a prior year. Perhaps it was that experience or just his naturally uppity personality, Bruce guided John to Chantry Flat at around 4 AM, which was still a couple hours before cut-off. There he was welcomed by Yumi, Mike, and William. The crew scrambled to get him everything he needed. By then sleepiness was making everyone a bit disoriented.



In the next 8 hours, Mike did all he could to keep up John's spirit. At one point he even sang. The clock was starting to tick, though. John had a comfortable margin to beat the cut-off, but that margin began eroding. Staying awake was obviously hard, but so was eating. At the last aid station at Millard's Camp, the margin was down to about 40 minutes. In a normal run, the time left should be plenty to finish the last 5 miles. But it was cutting close...



Well, as you can see from the above finish line photo, John made it with 23 minutes to spare. At the finish, race volunteers offered to help him sit down. He turned that offer down. Instead, he went to the medical tent and collapsed. Don't worry, his only ailment was exhaustion.

Finally, for everyone, this long journey has ended, some as expect, other not so much.



## Epilogue

Here's a picture of John at the medical tent.



Friends waiting at the finish



And here's a shout-out to Skye Colclough, who frequently trained with the LAFRRs. Here she is led by her three sons at the finish. Presumably they're part of the reasons she's so tough on these trail runs.

## Pasadena Potluck

The Tuesday and Wednesday runs regularly have monthly potlucks. But the Thursday group only has one potluck a year. This year it was on July 15, meaning we still had plenty of sunlight. Below are the happy eaters. Can you spot the difference between the two photos? If not, William and Anthony are not talking to you.



On a food note, these runners on 9/20 felt unloved when Bernie didn't invite them to dimsum. They really wanted to try some chicken feet.





# Santa Rosa Marathon: 3 Boston Qualifiers

24 LA Frontrunners travelled to Santa Rosa in late August for the Santa Rosa Half and Full Marathon. With a flat course and temps in the mid 50s at the start, the marathon is consistently listed as one of the top Boston qualifying courses in the USA.

Most of the gang made their way to Santa Rosa on Friday. That evening, we were treated to Patrick Owen's homemade lasagna as the perfect pre-race meal. After a short run and group breakfast Saturday morning, we went to the expo at DeLoach Winery and then everyone relaxed and prepped for race morning. In addition to the 5 club members who ran the half, 9 LAFRs ran the full. Moises Medina led the way with a PR in 2:58:18. William Fang and Patrick Owen also ran Boston qualifiers. Both Mario Mota and Jason Coleman set huge PRs, while Allyne Winderman (with the help of pacer David Dassey, pictured right with Bill Austin) completed her first full in almost two years.



Mario on his way to a big PR



Post-race: Bill, Richard, Duane, David, Brett, Moises, Mark, Norman, Patrick, Mario, Angus

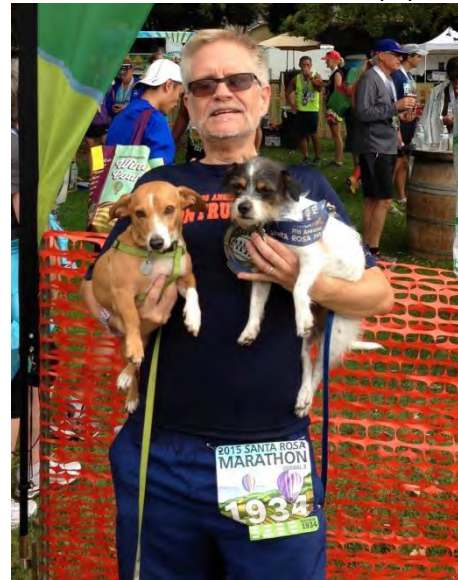


Above: William & Moises  
Left: The gang at post-race lunch





Above: Mike - Below: Patrick & pups



Below: Mark, Eric & Moises

## 12 LAFRs Qualify for Boston 2016

See next page for 2017 qualifying info

### Eric Alvarez

2:44:02 - Boston  
2:48:13 - Rocket City

### Carlos Vizcarra

2:44:51 - CIM  
2:46:59 - LA

### Mike Heredia

2:56:29 - San Francisco

### Moises Medina

2:58:18 - Santa Rosa  
2:59:11 - Boston  
3:04:31 - Rocket City

### Mark Johnson

3:02:58 - Boston  
3:07:05 - Surfers Point

### Danny O'Hara

3:09:29 - Revel Canyon

### William Fang

3:13:25 - Santa Rosa

### Bernie Tan

3:18:56 - Revel Canyon

### Marcelino Goncalves

3:21:37 - LA

### Deo Jaravata

3:29:55 - Revel Canyon

### Patrick Owen

3:35:38 - Santa Rosa

### David Dassey

3:38:40 - Revel Canyon



Above: Carlos & William - Below: Marcelino



Below: Danny, Deo, David & Bernie





## Boston Marathon 2017 Qualifying Standards

For the 2017 Boston Marathon, qualifying times must be run between September 19, 2015 and the close of registration for the 2017 race (early to mid-September 2016, exact date TBD).

The qualifying times below are based upon each athlete's age on the date of the 2017 Boston Marathon (April 17, 2017).

Age Group	Men	Women
18-34	3:05	3:35
35-39	3:10	3:40
40-44	3:15	3:45
45-49	3:25	3:55
50-54	3:30	4:00
55-59	3:40	4:10
60-64	3:55	4:25
65-69	4:10	4:40
70-74	4:25	4:55
75-79	4:40	5:10
80 and over	4:55	5:25

## The Trail Running Film Festival

The 2015 Trail Running Film Festival hits LA on Nov. 1. Get your tickets in advance! It sold out last year.

Downtown Independent  
251 S. Main St., LA, CA 90012

Doors open at 5:00 PM; Films start at 6:00 PM.  
Tix \$20; Beer for sale! <http://www.trailfilmfest.com>



## David Grudzien Hits Two Milestones

Last July 13, Fifty States Half Marathon Club member and LAFR David Grudzien officially finished both his 50 States Half Marathon Challenge and his 100th Half Marathon on the SAME DAY! Way to go, David! The milestone half marathon was the Shipyard Old Port Half Marathon in Portland, Maine, and he is the first ever to finish both challenges on the same day!



## Tuesday Night Fun Run Back to Silver Lake on Tuesday, October 6

Silver Lake Recreation Center  
1850 W Silver Lake Dr,  
Los Angeles, CA 90026





## Pool Party!



So the fabulous pool party took place on 8/15 this year, again hosted by the gracious Eric and Richard in their beautiful Alta Dena home. Food was catered by Bonnie B's Smokin BBQ Heaven. We had so much food we also fed the subsequent 8/18 potluck.



*Dennis on the right brought a couple friends to the party...*



*Bruce, John, Ran, and Richard posing with their perfect smiles.*



*Chris, Doug, and David enjoying the outdoor warmth but still protecting themselves from the UV rays.*



*Darwin, Patrick, and Jason deciding to keep it cool inside the AC room. The outside temp was probably high 90s.*



*Eric's daughter Ashley, Augie and friend, and Erin enjoying the bubbling but unheated Jacuzzi.*



# Pictures from the runs



Top-top from 7/12, top-middle from 8/23, top-bottom from 8/30  
 Right-top from 9/20, the other two are from 9/27.



## West Hills Half

West Hills, CA 1/25

Margie Gonzales..... 3:08:01

## Run for Warriors 5K

Los Angeles, CA 5/25

Jason Coleman.....34:52

## Faxon Law Fairfield Half

Fairfield, CT 6/28

David Grudzien.....2:43:28

## Nuvali Trail 50K

Laguna, Philippines 6/28

Deo Jaravata.....8:22:47

## Peachtree 10K

Atlanta, GA 7/4

David Grudzien.....64:20

## Burn Your Half Off Half

Chattanooga, TN 7/11

David Grudzien.....2:45:47

## Shoreline Half

Ventura, CA 7/12

Adam Britten..... 1:43:35 PR

Margie Gonzales.....3:10:13

## Run thru the Park Half

Snellville, GA 7/12

David Grudzien.....2:49:05

## The Scream! Half

Jonas Ridge/Mortimer, NC 7/18

David Grudzien.....2:37:52

## Cypress 5K

Cypress, CA 7/25

Bill Walsky.....45:35 RW

## Swiss Alpine Trail Full

Davos, Switzerland 7/25

Deo Jaravata.....7:12:22

## Rock the Lake Half

Lawrenceville, GA 7/26

David Grudzien.....2:53:17

## Still Hollow Trail Half

Chattanooga, TN 8/1

David Grudzien.....2:57:47

# Race Results



Barry Hamguchi and David Gonzalez with their pal Faithy after the San Francisco Half Marathon in July

## Easter Fun 15K

Santa Monica, CA 4/5

Jason Coleman.....1:50:00 1<sup>st</sup> 35-39

## San Francisco Pride Run

San Francisco, CA 6/27

### 5K

Ted Wyder..... 22:52 3<sup>rd</sup> 40-44

### 10K

Zack Whitley..... 46:14

Kent Hamilton.....49:32

## Summer Fun 5K

Van Nuys, CA 7/11

Jason Coleman.....34:47

Margie Gonzales..... 38:36 3<sup>rd</sup> 60-64

## San Diego FR Pride 5K (Grand Prix)

San Diego, CA 7/18

Jason Coleman.....31:40

Juan Moreno.....36:12 RW

## Summer Spectacular

Santa Monica, CA 7/19

### 5K

Margie Gonzales..... 40:30 1<sup>st</sup> 60-64

### 15K

Jason Coleman.....1:53:38 1<sup>st</sup> 35-39

## Summer Showdown 5K

Long Beach, CA 8/1

Margie Gonzales..... 40:15 1<sup>st</sup> 60-64

## Euro Games

Stockholm, Sweden 8/6-8

### 5K – 8/6 (no age groups in 5K/10K)

Angus Kennedy.....21:22

Reg Willson..... 21:46

Rob Chen.....21:59 PR

Albert Giang.....24:03

Bill Austin..... 26:10

### 10K – 8/6

Zack Whitley..... 43:04 PR

Mark Johnson.....43:43

Dan Vu..... 50:24

Deo Jaravata.....50:34

Bill Winkelmann.....54:35

Brian Dunbar..... 57:05

### 50K – 8/8

Angus Kennedy.....5:14:43 2<sup>nd</sup> 45-49

Reg Willson..... 5:15:59 1<sup>st</sup> 55-59

Deo Jaravata..... 5:36:28 3<sup>rd</sup> 50-54

### 3000 Meter Steeplechase – 8/6

Angus Kennedy..... 14:43 2<sup>nd</sup> 45-49

Bill Austin..... 14:44 2<sup>nd</sup> 55-59

### 2000 Meter Steeplechase – 8/6

Bill Winkelmann.....11:00 1<sup>st</sup> 60-64

### 400 Meters – 8/7

Angus Kennedy.....70.13

### 1500 Meters – 8/7

Angus Kennedy.....5:50

### 4x400 Meter Relay – 8/8

LAFR..... 5:09

Albert Giang, Dan Vu,

Brian Dunbar, Rob Chen



## Special Olympics Half

Long Beach, CA 8/1

Jason Coleman.....2:45:23

## Sundown Full

Singapore 8/5

Deo Jaravata.....5:57:43

## Griffith Park Luau 5K

Los Angeles, CA 8/8

Jason Coleman.....35:13

## ATC Jog Days 5K

Atlanta, GA 8/8

David Grudzien.....30:24

## Rockin the LP Half

Snellville, GA 8/9

David Grudzien.....2:53:33

## News & Sentinel Half

Parkersburg, WV 8/15

David Grudzien.....2:30:15

## America's Finest City 1/2

San Diego, CA 8/16

Mario Mota.....1:50:15

## NYRR Percy Sutton 5K

NYC, NY 8/22

David Grudzien.....28:32

## Zermatt Ultraks 32K

Zermatt, Switzerland 8/22

Jonathan Toker.....3:29:05

## Disney 5K

Anaheim, CA 9/4

Jason Coleman.....31:20

## Disney 10K

Anaheim, CA 9/5

Jason Coleman.....72:50

## Disney Half

Anaheim, CA 9/6

Jason Coleman.....2:36:56

## Tortoise & Hare Trail Half

Canton, GA 9/5

David Grudzien.....3:14:20

# Race Results



Erin Brinton was 4<sup>th</sup> OA and 1<sup>st</sup> 25-29 at the Jet to Jetty 10K

## San Francisco (Grand Prix)

San Francisco, CA 7/26

### 1<sup>st</sup> Half

Jason Coleman.....2:35:03 PR

### 2<sup>nd</sup> Half

Barry Hamaguchi.....1:38:14 PR

Ted Wyder.....1:41:06

David Gonzalez.....1:43:15 1<sup>st</sup> 60-64

### Full

Mike Heredia.....2:56:22 PR

Bruce Bair.....3:26:38

## AC 100 Mile Trail (Grand Prix)

Angeles Forest, CA 8/1

Danny O'Hara.....28:56:10

John Kawaharada....32:36:58

## Arroyo Creek

Simi Valley, CA 8/9

### 5K

Margie Gonzales.....39:46 1<sup>st</sup> 60-64

### Half

Jason Coleman.....2:32:13

## Summer Sizzle (Grand Prix)

Long Beach, CA 8/15

### 5K

Margie Gonzales.....41:29 1<sup>st</sup> 60-64

### Half

Jason Coleman.....2:50:45 3<sup>rd</sup> 35-39

## Bulldog 50K Trail (Grand Prix)

Malibu Creek State Park, CA 8/22

Raul Borja.....6:24:19

Deo Jaravata.....7:04:29

## Santa Rosa (Grand Prix)

Santa Rosa, CA 8/23

### Half

Duane Howard.....1:41:49

Bill Austin.....1:49:45 PR

Richard Peng.....1:51:06

Doug Jones.....2:48:00

Bill Walsky.....3:16:53 PR/RW

### Full

Moises Medina.....2:58:18 2<sup>nd</sup> 45-49/PR

William Fang.....3:13:25

John McGuinness....3:29:43

Patrick Owen.....3:35:38

Mario Mota.....3:45:20 PR

David Dassey.....4:30:09

Allyne Winderman..4:45:46

Mike Carbuto.....5:11:18

Jason Coleman.....5:50:41 PR

## Jet To Jetty (Grand Prix)

Dockweiler Beach, CA 8/29

### 5K

Jason Coleman.....32:34

### 10K

Erin Brinton.....44:03 1<sup>st</sup> 25-29/PR

## Summer Breeze (Grand Prix)

Van Nuys, CA 9/6

### 5K

Margie Gonzales.....39:52 1<sup>st</sup> 60-64

### 15K

Bill Winkelmann.....1:23:40 1<sup>st</sup> 60-64

## Brews Cruise 5K

Eugene, OR 9/7

Jane Dods.....41:39 1<sup>st</sup> 75-79

## Labor Day Run for Autism Half

Cumming, GA 9/7

David Grudzien.....2:16:26 3<sup>rd</sup> 55-59

## Imogene Pass 17.1 Trail

Telluride, CO 9/12

Jeff Lymburner.....3:45:34



# Grand Prix Series Standings as of 9/21

## 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).

Division	Races	Average
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### MALE

1. Moises Medina	6	77.90
2. Angus Kennedy	6	68.86
3. Danny O'Hara	6	63.89
4. Bill Winkelmann	6	62.56
5. Deo Jaravata	6	62.11
6. Mike Carbuto	6	61.74
7. David Gonzalez	6	60.72
8. Barry Hamaguchi	6	60.59
9. Raul Borja	6	56.93
10. David Grudzien	6	53.41

### FEMALE

1. Allyne Winderman	3	74.06
2. Margie Gonzales	3	52.64
3. Karen Carey	3	47.20
4. Erin Brinton	1	68.86
5. Bernadette Greene	1	61.38
6. Patricia Bates	1	57.53
7. Hazel Garganera	1	44.26
8. Regina Robinson	1	28.20

### RACEWALK

1. Deo Jaravata	6	60.38
2. Bill Walsky	6	53.62
3. Juan Moreno	2	57.13
4. Jane Dods	1	87.41
5. Lee Lightfoot	1	61.50
5. Connie Hammen	1	56.95
6. Amy Ross	1	54.11
8. Keeley Webster	1	43.44
9. Cat White	1	42.76

## AGE GROUP MEN

Division	Races	Points
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### Male 20-29

1. Jon Alami	1	145
2. Anthony Yeung	1	135

### Male 30-34

1. David Gonzalez	6	645
2. Duane Howard	6	575
3. Mike Heredia	3	395
4. Bill Sadler	3	355
5. Piyush Prakash	1	115

### Male 35-39

1. Jason Coleman	6	775
2. Barry Hamaguchi	6	755
3. Raul Borja	6	725
4. Mike Kerkman	4	570
5. William Fang	3	365

## AGE GROUP MEN

Division	Races	Points
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### Male 40-44

1. Danny O'Hara	6	805
2. John McGuinness	6	715
3. Richard Peng	5	540
4. Carlos Vizcarra	3	400
5. Mike Smith	1	115

### Male 45-49

1. Eric Alvarez	6	905
2. Moises Medina	6	780
3. Angus Kennedy	6	750
4. Deo Jaravata	6	745
5. Marcelino Goncalves	4	395

### Male 50-54

1. Brian Dunbar	4	425
2. Juan Moreno	4	370
3. John Miles	3	290
Sean O'Brien	2	290
5. Mario Mota	2	270

### Male 55-59

1. Bill Austin	6	805
2. Reg Willson	5	630
3. Carl Maravilla	4	500
4. David Grudzien	4	300
5. Rand Smith	3	260

### Male 60+

1. Bill Winkelmann	6	745
2. Mike Carbuto	6	710
3. David Dassey	5	625
4. Jim Martinez	5	430
5. Richard Nelson	3	355

*Below: Margie & Wink after the Summer Breeze race on 9/6*



## AGE GROUP WOMEN

Division	Races	Points
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### Female 20-29

1. Erin Brinton	1	145
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### Female 40-49

1. Karen Carey	6	725
2. Bernadette Greene	1	135
3. Hazel Garganera	1	125
4. Regina Robinson	1	100
5. Cat White	1	90

### Female 60+

1. Margie Gonzales	6	725
2. Allyne Winderman	2	260
3. Patricia Bates	1	115
4. Amy Ross	1	105
5. Connie Hammen	1	95

## 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 until Sept. when runners with most races will be ranked first.

Athlete	Races	Average
1. Sean O'Brien	5	99.75
2. Danny O'Hara	5	87.56
3. Deo Jaravata	5	84.57
4. Raul Borja	5	81.26
5. Jonathan Toker	4	101.55
6. Angus Kennedy	3	98.75
7. John Kawaharada	3	78.20
8. David Grudzien	3	58.44
9. Carl Maravilla	2	87.52
10. Mike Carbuto	2	72.57









# Races & Events

## Grand Prix Races

Full schedule @ [www.lafronrunners.com](http://www.lafronrunners.com)

Saturday 10/3 in Agoura Hills  
RAD

10K and 10 Mile  
<http://www.radruns.org>

Sunday 10/11 in Long Beach  
Long Beach Marathon  
Half and Full Marathon  
[www.runlongbeach.com](http://www.runlongbeach.com)

Sunday 10/25 in Huntington Beach  
Surf City  
5K, 10K & 10 Mile  
[www.surfcity10.com](http://www.surfcity10.com)

Saturday 11/7 in Azusa  
Revel Canyon  
Half and Full Marathon  
[www.runrevel.com/rcc](http://www.runrevel.com/rcc)

Saturday 11/20 in Avalon  
Catalina Eco-Marathon Trail  
10K, Half and Full Marathon  
[www.catalinaecomarathon.com](http://www.catalinaecomarathon.com)

Thanksgiving Weekend  
Turkey Trot-tacular  
Various – see schedule online for info

Sunday 12/13 in Pomona  
Holiday Half Marathon  
Half Marathon  
[www.runholidayhalf.com](http://www.runholidayhalf.com)

Sunday 12/20 in Van Nuys  
Reindeer Run  
5K, 10K, 15K, Half and Full Marathon  
[www.abetterworldrunning.com](http://www.abetterworldrunning.com)

Saturday 12/26 in Los Angeles  
Operation Jack  
Half and Full Marathon  
[www.operationjack.org/marathon/](http://www.operationjack.org/marathon/)

## 15<sup>TH</sup> Annual Chili Cook-Off



Sunday, October 4,  
4:00 PM  
at Rusty's  
850 Micheltorena Street  
LA, CA 90026

## LAFR Halloween Party & Costume Contest



Saturday, October 24,  
5:00 PM  
At Geoff & Jason's  
1007 N. Sierra Bonita Ave  
West Hollywood, 90046

## LAFR Annual Fall Feast



Saturday, November 14,  
4:00 PM  
at Martin & Marcelino's  
2131 Cedarhurst Drive  
LA, CA 90027

## Catalina Eco- Marathon Trip



November 20-22  
Avalon, Catalina  
LAFR Housing is full  
but if you want to go,  
contact Angus



# 2015 Pride Run Sponsors



# N2N



[www.n2nbodywear.com](http://www.n2nbodywear.com)

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

# USC Fertility

[www.uscfertility.org](http://www.uscfertility.org)



AUDIO

[www.66audio.com](http://www.66audio.com)



**a runner's circle**  
.com

Running Shop  
Los Angeles

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

## Special Thanks to our Pride Run Sponsors

**\$500**

**Santa Monica Yoga**

**N2N Bodywear**

**USC Fertility**

**Angus Kennedy & Mark Johnson**

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**\$250**

**Patrick Owen & Norman Dixon**

**Seth Diamond & Arturo Salgado**

**Audio 66**

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**\$150**

**Jason Coleman, Inc.**

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**\$100**

**Eric Fischer & Richard West ▪ Lee Lightfoot  
Kevin, Mikey & Rina ▪ Adam Comeau ▪ Richard Nelson  
The Bills ▪ Pat Bates & Sue Roth ▪ Neil E. Johnson, CPA  
Bryan Prado ▪ Margie Gonzales ▪ David Dassey  
Eric Alvarez ▪ David Jaquez ▪ Bill Walsky  
Rina's Favorite Uncle**

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**\$50**

**Mark Grumet ▪ John McGuinness & Doug Jones ▪ Amy Ross  
David Grudzien ▪ Allan Weiss ▪ Allyne Winderman  
Mike Carbuto & Chris Tapper ▪ Michael Carter  
Katrina Klaasmeyer ▪ Jim Martinez ▪ John Kawaharada**

# Jason Coleman, Inc.

*Your Lifelong Vacation Consultants*

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



## Los Angeles Frontrunners

## Profit &amp; Loss

August 2015

	Aug 15	Jul 15	Jan - Aug 15
Ordinary Income/Expense			
Income			
Other Types of Income	0.00	0.00	2,610.00
Program Income			
Travel Registrations & A...	4,227.08	0.00	4,227.08
Social Event Admissions	0.00	0.00	4,619.16
Uniform & Merchandise ...	46.98	689.92	751.16
Pride Run Registrations	0.00	0.00	13,538.37
Membership Dues	67.65	137.67	4,319.14
Total Program Income	4,341.71	827.59	27,454.91
Total Income	4,341.71	827.59	30,064.91
Expense			
Running Event Expenses			
Awards & Trophies	0.00	0.00	1,794.73
Race Operations & Equi...	0.00	3,260.45	4,713.71
Total Running Event Expen...	0.00	3,260.45	6,508.44
Licenses, Permits & Memb...	0.00	0.00	120.00
Charitable Donations and ...	0.00	0.00	5,785.00
Travel and Meetings	2,642.08	2,220.00	4,862.08
Facilities and Equipment			
Equip Rental and Mainte...	58.04	0.00	80.54
Rent, Parking, Utilities	217.00	217.00	1,519.00
Total Facilities and Equipm...	275.04	217.00	1,599.54
Business Expenses			
Business Registration F...	0.00	0.00	400.00
Total Business Expenses	0.00	0.00	400.00
Operations			
Bank Fees	0.00	0.00	71.00
Insurance - Liability/D&O	0.00	0.00	1,212.85
Food & Supplies	1,120.97	27.96	5,904.78
Website	55.85	159.24	906.58
Supplies	0.00	0.00	1,779.27
Postage, Mailing Service	0.00	276.00	276.00
Total Operations	1,176.82	463.20	10,150.48
Total Expense	4,093.94	6,160.65	29,425.54
Net Ordinary Income	247.77	-5,333.06	639.37
Net Income	247.77	-5,333.06	639.37