FrontPage LAFR Pride Run!

LAFR 29th Annual Pride Run - June 13

Siblings Benjamin and Sophie Brill (pictured right) racing in our 5K on June 13. Benjamin is 7 and Sophie is 8 and were accompanied by their Mom and Grandma to the race. One look at Benjamin's expression reminds you why running is so awesome! A slightly overcast and cooler than usual morning made for fast times with many FRs setting personal records (full results on page 4). Former LA Frontrunner (and current Boulder-based triathlete) Brandon Del Campo (bottom right) won the 10K by over 2 minutes in 35:20. Jason Duarte (below left) won the 5K in 16:34. In the Ultra Pride Race (5K & 10K combined), Naoki Kato and Marla Adams (below center) set new course records, and Jill Fischer (below right) won the Women's 5K. More Pride Run pix on pages 6 & 7.

















Membership News

BIRTHDAY BOYS AND GIRLS

•	Alex Grosko	7/3	•	Lee Lightfoot	7/25
•	Bill Walsky	7/3	•	David Ingram	7/26
•	Timothy Mack	7/4	•	Carlos Vizcarra	7/27
•	Seth Eskigian	7/6	•	Doug Jones	7/28
•	Jeffrey Weinstein	7/9	•	Rex Boone	8/3
•	Andrew Makay	7/14	•	Rusty Millar	8/5
•	Barry Norcross	7/14	•	Manny Moreno	8/8
•	Cat White	7/14	•	Paul Santello	8/9
•	Sergio Casillas	7/14	•	Stephanie Stone	8/9
•	Henry Jung	7/17	•	Andrew Wissmiller	8/10
•	John Heilman	7/19			

Carl Maravilla and Christine Curtin work the door at Hamburger Mary's Drag Queen Bingo on June 16.

Brad Maury, Robb Brigas. and Shane McGowan at Hamburger Mary's Drag Queen Bingo.

JUNE BOARD MEETING HIGHLIGHTS

- Hamburger Mary prizes identified for event on June 16th
- o Trip to Madonna Inn being set-up for mid August
- LAFR will again participate in the Sunset Junction event on August 21st and 22nd. Volunteers will be needed to man the booth. Carl will be organizing participation.
- Book club was tabled until next meeting
- Scholarship recipients were discussed at meeting and recipients were selected
- o Summer beach day will take place this year, Carl will organize - date still to be determined
- o Pride Run updates, status and action items took up a significant portion of the rest of the meeting
- Next board meeting on Saturday, July 10th at John's house at 10:00 am

TREASURER'S REPORT: Our illustrious Treasurer. William, is out of the country so there is no report in this month's newsletter - next month there will be a twomonth treasurer's report.



Pride Run Shirts For Sale! Scholarship Update

We made \$1700 at Hamburger Mary's Drag Queen Bingo a few weeks back. This almost covers the \$2000 we gave out in scholarships. To make up the difference, we are selling the remainder of the Pride Run T-shirts for \$10 each. Please visit our online store to get yours link is at bottom of Membership page.

JULY POTLUCKS

- Tuesday, 7/21 at the Ranger Station in Griffith Park diagonal across from where we meet
- Wednesday, 7/22 at the picnic tables in Ocean Park just north of where we meet
- Thursday, 7/29 at picnic tables near where we meet at the Rose Bowl

NEW MEMBERS

- Mike Kezsely
- Albert Giang
- Robert Chen

FONTANA HALF MARATHONERS



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

www.lafrontrunners.com lafrontrunners@gmail.com

Angus Kennedy, President Patrick Owen, Vice President William Fang, Treasurer Piyush Prakash, Secretary Christine Curtin, Mark Jones, Carl Maravilla, John McGuinness and Bryan Prado, Directors at Large

LAFR FrontPage Events: Bryan Prado Member News: Mark Jones Results: Angus Kennedy Treasury: William Fang

Other Contributors and Photographers include: Christine Curtin, Carl Maravilla, John McGuinness, Piyush Prakash, Patrick Owen, Henri Faucher, Margie Gonzales

UPCOMING EVENTS



July 4, Sunday
 GRAND PRIX RACE &
 POST-RACE POTLUCK BRUNCH

GRAND PRIX RACE:
Palisades/Will Rogers 5K/10K
8:15 am
www.palisades10k.org



Post-Race Potluck
 Brunch @ Richard Nelson's
 Start time: 9:30-10 am
 Location: 714 22nd Street
 (between Montana & Alta).

 Drive time: about 15 minutes from the Palisades - drive down to Santa Monica Canyon to avoid Sunset road closure

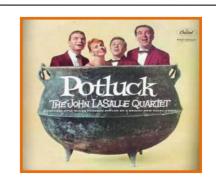


Potluck: whatever you can think of; or grab something at Pavilions or Whole Foods on Montana

<u>Pool or beach</u>: bring a suit and towel for a dip or join some of us at the beach in the afternoon

PLEASE RSVP

- RSVP: Three choices: 1. Respond to RSVP e-mail 2. Call Richard at 310.395.1715 - 3. send an email to nelsonrichard@earthlink.net
 - July 18, Sunday GRAND PRIX: Playa Del Run 5K
- July 20 Griffith Park Potluck after fun run at picnic tables by ranger station
- July 21 Westside Potluck
 after fun run at picnic tables in park just north of run site
- July 29 Pasadena Potluck after fun run near meeting place at Rose Bowl



August 13-15 – Hearst Castle/Trail Race Trip – see insert for details

LAFR RACE RESULTS	Los Angeles Frontrunners	Pride Run	Los Angeles Frontrunners West Hollywood, CA 6/13	Pride Run
Nutmeg State Half Marathon	West Hollywood, CA 6/13	West Hollywood, CA 6/13		
Washington Depot, CT 4/25	5K Men		10K Men	
	Carlos Vizoarra 16:50	2nd OA	Thomas Ader39:18	2nd 25-29/
Matthew Siegle1:37:22 2nd 30-3	4 Carios Vizcaria10.30	1st 35-39	Wadley39:19	2nd 30-34
PR	Wadley18:32	1st 30-34/PR	John McGuinness40:17	3rd 35-39
Nanny Goat 12 Hour Race	William Korthof18:43	2nd 30-34	Mike Kerkman42:29	3rd 30-34
Riverside, CA 5/29	Brad Maury18:43	211u 30-34	Reg Willson42:32	2nd 50-54
	Mike Kerkman19:32	3rd 30-34	Richard Nelson43:53	1st 60-64
Deo Jaravata49 Miles	John Yong19:54	3rd 25-29	David Dinielli45:05	131 00-04
	Mike Kezsely19:56	1st 50-54/PR	Jason Bautista45:22	PR
Fontana Days Half Marathon	Reg Willson20:04	2nd 50-54	Andrew Wissmiller45:28	1st 55-59/
Fontana, CA 6/5	Terry Finestein20:29	3rd 40-44/PR	Bernie Tan45:39	131 00-00/
	Richard Nelson20:39	1st 60-64	David Dassey45:53	2nd 55-59
3rad Maury1:28:55	Andrew Gonzalez20:45	131 00-04	Michael Gifford46:24	PR
Ryan Timmreck1:30:20 PR	Ted Wyder20:49	PR	Gardner Delano46:44	PR
Patrick Owen1:33:09 PR	Juan Moreno21:09	1st 45-49/PR	Alvin Magpantay47:50	PR
Angus Kennedy1:33:24	Bernie Tan21:19	PR	Freddie Diaz47:52	PR
Mark Jones1:39:12	Michael Gifford21:47	PR PR	1	EIX
Kerry Quakenbush1:45:24	Neal Weisenberg21:54	PR PR	Ely Yaron47:58 Richard Peng48:31	
Paul Jacoy1:49:18 PR	NI di Contra del Contr	PR		PR
Patricia Bates1:49:35 1st 60-64	Nathan Nguyen22:01 Eric Fischer22:23	2nd 60-64/PR	Tony Madril48:40 Nelson White48:42	FK
Eric Gober1:56:17				DD
Stephanie Stone1:59:39 PR	Michael Muoio22:27	PR	Rich Crook48:43	PR
Margie Gonzales2:28:02	Don Formanek	PR	Dan Vu49:08	DD
Regina Robinson2:38:05	Mike Smith22:32	PR	Kevin Shiramizu49:09	PR
One Diama Bar D. Half/Fall Manadhan	Mark DeAngelis22:43	3rd 45-49/PR	Deo Jaravata49:45	
San Diego RnR Half/Full Marathon	Max Padilla22:50	PR	Jose Castillo51:15	
San Diego, CA 6/6	Jose Castillo22:59	DD	Bill Winkelmann51:18	
Half Marathon	Jeff Masino23:17	PR	Dan Graham52:50	
Mike Smith1:58:24	Augie Robles23:39	DD.	Jim Martinez53:19	DD.
Margie Gonzales2:41:39	Eddie Flores23:46	PR	Phil Amato53:50	PR
Doug Jones2:47:43 RW	Steve Frybarger23:49	PR	Rex Boone54:09	PR
Joug Jones2.47.45	Paul Jacoy23:51	PR	Michael Ferretti56:09	PR
<u> Marathon</u>	Rex Boone24:10	PR	Ed Stanley56:10	PR
John McGuinnness3:14:09	Johnny Wong24:32	PR	Bahman Ghahremani60:34	PR
Ely Yaron3:51:30	Frank Jacoy24:34	PR	Geoff Buck66:23	
Deo Jaravata4:10:23	Jim Martinez24:42	3rd 55-59	Juan Moreno67:03	
Christine Curtin5:50:48	Henry Jung25:09	PR	10K Women	
	Dan Graham25:20		Patricia Bates52:00	1st 60-64
100th Annual Dippsea Race	Bill Winkelmann25:53		Diane Abato56:58	2nd 55-59
Marin County, CA 6/13	Eric Gober25:54	PR	Stephanie Stone61:07	1st 50-54/l
vicini county, crt or to	Mark Grumet26:28	PR	Stephanie Storie 1.07	151 30-34/1
Robb Briggs1:20:43	Richard West27:34	3rd 60-64	Ultra Pride Men (5K & 10K co	<u>mbined)</u>
	Deo Jaravata32:13	1st OA RW	Wadley57:51	3rd OA
Camp Pendleton ASYMCA Mud Rur	Doug Jones36:38	3rd OA RW	Mike Kerkman62:01	
Camp Pendleton, CA 6/19			Reg Willson62:36	
Samp i endictori, GA 6/19	5K Women		Richard Nelson64:29	
Robb Briggs55:49 3rd 40-4	Jacqueline Vogel22:44	3rd OA/PR	Bernie Tan66:58	
		1st 25-29	Michael Gifford68:11	
Culver City 5K	Kimberly Fairchild25:59	2nd 40-44/PR	Jose Castillo74:14	
Culver City, CA 6/20	Stephanie Stone28:21	3rd 50-54/PR	Bill Winkelmann77:11	
54.151 5kg, 5/1 6/20	Christine Curtin30:03		Jim Martinez78:01	
Bryan Prado25:48	Amy Ross30:43	1st 55-59	Dan Graham78:10	
Stephanie Stone28:22	Laura Coffey32:39	PR	Rex Boone78:19	
Margie Gonzales33:26	Cat White36:18		Deo Jaravata81:58	
3ill Walsky35:28	Keeley Webster36:40		Juan Moreno88:12	
,	Connie Hammen43:29	2nd OA RW		
		1st 65-69	Ultra Pride Women (5K & 10k	(combined)
	1		Stephanie Stone89:28	

GRAND PRIX STANDINGS CHAMPIONS RACE as of 7/1

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).

Division	Races	Points				
MALE						
 Richard Nelson Patrick Owen Mike Kerkman Bernie Tan Jim Martinez Ely Yaron Deo Jaravata John McGuinness David Dassey 	66666655	477.68 424.61 392.57 388.66 369.88 363.77 352.35 347.04 346.15				
10. Angus Kennedy	5	334.00				
FEMALE 1. Patricia Bates 2. Stephanie Stone 3. Margie Gonzales 4. Christine Curtin 5. Regina Robinson 6. Amy Ross 7. Jane Dods 8. Allyne Winderman 9. Diane Abato 10. Jacqueline Vogel	2 1	401.16 367.50 314.33 298.12 250.54 121.63 77.41 75.04 65.79 65.10				
RACEWALK 1. Deo Jaravata 2. Doug Jones 3. Areana Tate 4. Connie Hammen 5. Juan Moreno	6 6 3 1	367.31 343.01 143.05 60.44 60.37				

TRAILMASTER RACE

The TrailMaster Race is a combination agegraded/points accrual competition that will determine the club Trail Running Champion.

actornino tro ciab rrain rtanning criampioni					
Athlete		Races	Points		
1.	Sean O'Brien	3	301.51		
2.	Jeff Lymburner	3	244.79		
3.	Jonathan Toker	2	235.05		
4.	Wadley	2	223.25		
5.	Robb Briggs	3	211.87		
6.	Ryan Timmreck	3	210.80		
7.	Stephanie Stone	3	210.54		
8.	Deo Jaravata	2	197.30		
9.	Andrew Wissmille	er 2	164.63		
10.	Mike Murphy	2	157.13		

FOR COMPLETE STANDINGS, VISIT WWW.LAFRONTRUNNERS.COM

Α	GE GROUP	MEN	
	vision ale 20-29	Races	Points
1. 2. 3. 4.	John Yong Ryan Bailon Luis Aguilar	3 3 2 2 2	325 320 270 265 245
Ма	ale 30-34		
1. 2. 3. 4. 5.	Wadley William Korthof Jonathan Toker	6 5 3 2 3	695 650 325 300 220
	ale 35-39		
3.	Brad Maury Carlos Vizcarra Ryan Timmreck	6 5 4 5 5	550 535 515 505 485
	ale 40-44	_	
2.	,	6 5 4 4 3	680 585 460 345 325
Ма	ale 45-49		
3. 4.	Deo Jaravata Mark Jones Sean O'Brien Paul Jacoy Eric Gober	6 5 3 3	635 565 360 300 280
Ma	ale 50-54		
2. 3. 4.	Patrick Owen Doug Jones Reg Willson Jeff Lymburner Carl Maravilla	6 5 4 3 2	675 480 475 350 240
	ale 55-59	_	
3. 4.	David Dassey Jim Martinez Bill Walsky Dan Graham Andrew Wissmille	5 6 5 5 er 4	575 575 530 505 480
	ale 60+	_	
2.	Richard Nelson Eric Fischer Al Miller	5 2 2	620 240 230

AGE GROUP WOMEN							
Division	Races	Points					
Female 20-29 1. Jacqueline Vogel	1	150					
Laura Coffey	1	100					
Female 30-39		400					
1. Cat White	1	100					
Female 40-49							
Christine Curtin	6	665					
2. Regina Robinson	6	610					
3. Areana Tate	3	300					
4. Kimberly Fairchild	1	125					
5. Keeley Webster	1	80					
Female 50-59							
Stephanie Stone	6	775					
Margie Gonzales	6	700					
3. Amy Ross	2	240					
4. Diane Abato	1	135					
Female 60+							
 Patricia Bates 	4	485					
2. Connie Hammen	1	125					



Bill Walsky, Bryan Prado, Margie Gonzales, and Ron Del Rio at the Culver City 5K on June 20.

Reminder:

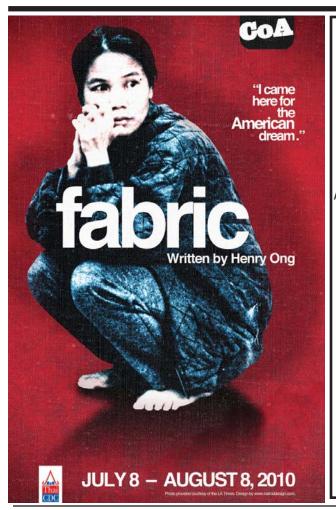
San Diego Frontrunners & Walkers has CANCELLED their Pride Run for 2010

TO REPORT RACE RESULTS, PLEASE USE THE RACE REPORTING TOOL ON THE GRAND PRIX PAGE AT WWW.LAFRONTRUNNERS.COM

2

220

4. Richard West



COMPANY OF ANGELS in association with THAI COMMUNITY DEVELOPMENT CENTER presents

FABRIC

by Henry Ong

August 2, 1995: In El Monte, California, law enforcement officials discovered 72 Thai nationals confined in an apartment complex ringed with barbed wire. Lured to this country with promises of achieving the American dream, these Thai workers instead found themselves engulfed in the harsh reality of the garment industry.

JULY 8 - AUGUST 8, 2010

Friday, Saturday, 8pm; Sunday, 4:30pm
Ticket prices: \$20 General/\$12 Students & Seniors
Box Office: (213) 489-3703 / info@companyofangels.org
Groups of 10 or more email: xmoreno@companyofangels.org

Location:
Company of Angels
inside The Black Box at The Alexandria



Above: Ted Wyder helps with timing Below: AIDS Marathoners at the Pride Run







Above from left: John McGuinness and Dan Vu in the 10K

Left: Margie Gonzales helps at the finish line Below: Amy wins her age group in the 5K











Left top: 10K winner Brandon Del Campo with LAFRs David Dinielli & Chris Holly - Left bottom: Mike Smith with new LAFRs Johnny Wong & Michael Muoio - Above center: Eric Fischer placed 2nd in his age group in the 5K (and looks hot in our awesome t-shirt) - Above left: Thomas Ader was the top LA Frontrunner in the 10K, finishing 4th overall.









From left: LAFR Race Walkers Deo Jaravata, Connie Hammen & Juan Moreno - Right: Stephanie Stone (with Patrick) was the only LAFR female to tackle the Ultra Pride and placed in her age group in both the 5 & 10K.





From left: Reg Willson also placed in his age group in both races and some of the kids get set for the kids race.

Hearst Castle/Montana de Oro Trail Race Trip - 8/13-15

Lodging at the World Famous MADONNA INN | Montana de Oro Trail Racel Friday thru Sunday - 8/13-8/15 \$65 per person per night (1, 2, or 3 nights)

If you have never staved at the Madonna Inn. you're in for a treat. Each of the 110 rooms is decorated with a special theme (one of our rooms is Oriental Fantasy and yes, Bernie is included), there's a Day Spa, two kitschy restaurants including an all pink steakhouse, and is just minutes from downtown San Luis Obispo. Check the website and click on the rooms to see what it's like - the Caveman Room, for example, features rock walls, floor and ceiling, and a waterfall for a shower.

www.madonnainn.com

PLEASE NOTE: You can choose 1, 2, or 3 nights (Fri., Sat., Sun.). We have a set amount of space for each night (hotel is booked & we cannot get more space) so don't wait to reserve. Rooms have combos of different beds - mostly doubles, queens, kings with a handful of twins.

Hearst Castle Tours - Saturday, August 14

Please see reverse side for tour options. All tours are \$24. We will choose mid-afternoon tours so that folks who decide to drive up Saturday morning can participate. You can choose any of the four tour options. There are no minimums.

Sunday, August 15 8K/12K/25K/50K

Montaña de Oro, "Mountain of Gold", features 7 miles of shoreline, rugged cliffs, sandy beaches, coastal plains, streams, canyons, and hills, including 1,347-foot Valencia Peak. This race is put on by the Pacific Coast Trail Runs folks, who do the Sycamore Canyon/SM Mountain races we do in the spring and fall. This is a LAFR Grand Prix and TrailMaster Series race.

PLEASE NOTE:

We have a room at the hotel reserved for Sunday night regardless if anyone sleeps over. We will all use this room Sunday morning to stash our stuff and afterwards to shower, hang out, etc., so no worries about rushing if you want to do the 50K.

All purchases are NON-REFUNDABLE (unless trip is cancelled). You can buy tour tix/lodging thru our online store (store link is on LAFR website at bottom of membership page) or mail form below with check. Reservation deadline is WEDNESDAY, JULY 14

Hear	st Ca	astle/Mo	ntana d	le Oro Trai	I Order Form	
Name			E-Mail_		Phone	
Name of bunkma	ate if ap	plicable				
Madonna Inn	Fric	day, August 13		# of people	x \$65 =	
Madonna Inn	Sat	urday, August	14		x \$65 =	
Madonna Inn	Sur	nday, August 1	5		x \$65 =	
					Total Lodging =	
Hearst Castle S Circle Tour Prefe	•	Afternoon To	ours:			
Tour 1 To	ur 2	Tour 3	Tour 4	# of	f people x \$24 =	
Make check to: Los Angeles Fr 2870 Los Feliz		Angeles Fron 0 Los Feliz Pl		29, LA, 90039	Grand Total =	
			•	IS WEDNESDAY,	JULY 14 *****	

Hearst Castle Tours - Sat., Aug. 14

All tours are \$24. We will choose mid-afternoon tours (that start at the same time) to accommodate Sat. morn. drivers. All tours visit each of Hearst's two swimming pools -- the Neptune Pool and the Roman Pool. Tours are 1 hour and 45 minutes PLEASE VISIT WEBSITE FOR TOUR DETAILS www.hearstcastle.com



Tour 1 - The Experience Tour

Tour One is recommended for first-timers as it provides a broad overview of Hearst Castle and includes the film "Hearst Castle: Building the Dream" shown on our giant 5 story screen in the Hearst Castle Theater. The main stop on Tour 1 is the main house (Casa Grande). Rooms on this tour include: the Assembly Room, the Refectory, the Morning Room, & the Billiard Room.

Tour 2 - Upper Floors of Casa Grande

Tour Two focuses on the architectural elements and vast art collection in the main house, or Casa Grande. Featured rooms on this tour include; the Doge's Suite, "The Cloisters" which are four guest rooms flanked by open walkways, the Library, the Gothic Suite which occupies the entire third floor and includes Hearst's impressive private suite, library & office, & the Kitchen.

Tour 3 - North Wing of Casa Grande

Tour Three provides an overview of the construction and development of the Hilltop by contrasting the earliest guest house with the most recent addition, the North Wing. Tour 3 includes the 1940s bathrooms in the North Wing, the North Terrace, and Casa del Monte, one of the Hearst's magnificent guest houses.

Tour 4 - The Garden Tour

Tour Four not only concentrates on the beauty of the botanical gardens, but also provides a glimpse into some of the less familiar aspects of Hearst Castle. Tour 4 includes the Wine Cellar of Hearst Castle, featuring rare European vintages and California wines and Casa del Mar where Hearst himself spent his final years of residence on the hilltop.



Madonna Inn exterior



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

WEEKLY FUN RUNS

SATURDAY SATURDAY SUNDAY MONDAY **TUESDAY WEDNESDAY THURSDAY Griffith Park** Santa Monica Long Run West Hollywood **Griffith Park** Santa Monica Pasadena 8:00 A.M. 8:00 A.M.(1st Sat of 7:00 A.M. 6:30 P.M. 6:30 P.M. 6:30 P.M. 6:30 P.M. Meet at the flag pole month only) Various distance long Meet in parking lot by Meet at the flag pole Meet in Palisades Meet in Brookside across from Ranger Mett in Palisades runs on roads and/or basketball courts in across from Ranger Park at Ocean & San Park, south of the West Hollywood Park Station at 4730 Park at Ocean & San trails at various SoCal Station at 4730 Vicente at Millennium Rose Bowl, next to Crystal Springs Dr. 647 N. San Vicente Crystal Springs Dr. the rose garden. Vicente at Millennium locations. Plaque. Plaque. Blvd. Hosts: Hosts: Amy/Patrick Host: Bruce Hosts: Sean/Bruce Hosts: Todd/Wadley Host: Rusty Hosts: Jeffrey/Mark Mike/John/William