

# FrontPage

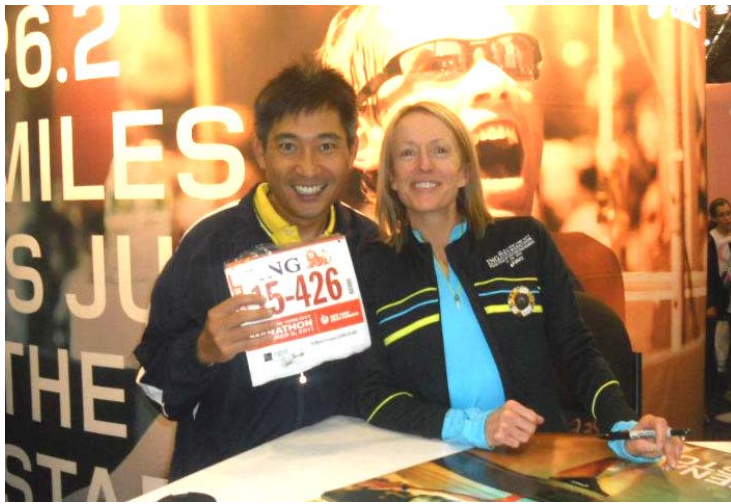
## Holiday Events & Traveling FRs

### Frontrunners Tackle NYC Marathon

Seven LAFRs ran the iconic New York City Marathon on November 6. The weather was beautiful and per usual, the organization of the race was top-notch. Mark Johnson led the LAFR contingent, finishing in 2:58:09. In addition to the seven LAFRs who ran the race (Mark Johnson, Sean O'Brien, Reg Willson, Patricia Bates, Alvin Magpantay, Deo Jaravata and Mike Smith), five more Frontrunners accompanied the runners to NYC for support and fun (Sue Roth, Allen Posten, Angus Kennedy, Rusty Millar and Patrick Owen).

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Above: Rusty's friend Elias, Mike Smith, Deo Jaravata and Patrick Owen at the post-race dinner



Above: Deo Jaravata with Athens Olympic Marathon Bronze medalist Deena Kastor (USA) at the expo

Left: Sean O'Brien, Reg Willson and Mark Johnson at the finish line



Above: Patricia Bates, Sue Roth & Deo Jaravata at the expo



### December Potlucks



**Silver Lake Potluck**  
Tuesday, December 13  
after the fun run  
at Henry Ong's  
3431 Fernwood Ave  
LA, 90039

**Westside Potluck**  
Weds., December 14  
after the fun run  
at Brian Dunbar's  
3572 Greenwood Ave  
LA, 90066

### LAFR BIRTHDAY BOYS AND GIRLS

- 12/2 Dan Vu
- 12/7 Kimberly Fairchild
- 12/11 Connie Hammen
- 12/13 Andre Guimond
- 12/13 Richard Korn
- 12/13 Jeffery Nunes
- 12/13 Brian Eggert
- 12/16 Marilyn Jackson
- 12/18 James Aldous
- 12/20 Jorge S Corona
- 12/21 Paul Morrell
- 12/21 Jane Dods
- 12/27 Stephen Germain
- 12/28 Jeff Masino
- 12/31 Regina Robinson



### More New York Marathon



Above: If we were in NYC, we would use this storage company!

Left: Allen Posten & Sean O'Brien at the finish area

Below: Deo Jaravata in Dunkin Donuts hat with his medal



Los Angeles Frontrunners  
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Angus Kennedy, President  
Patrick Owen, Vice President  
Ted Wyder, Treasurer  
Linwood Fullam, Secretary  
Robb Briggs, William Fang,  
John McGuinness, Regina Robinson & Stephanie Stone, Directors at Large



San Dimas Turkey Trot in late November from left: Moises Medina, Paul Williams, Margie Gonzales, Sara Croft, Mike Kerkman and Andrew Wissmiller



## David Dassey in Malaysia



My addiction to running is obvious, but another thing that gets me off is ORCHIDS. So when there's an opportunity to engage both passions, I'm on it. Last month the World Orchid Conference, which is held just every 3 years, took place in Singapore, and by chance a week later the largest marathon in Southeast Asia was scheduled on the island of Penang, 800 miles northwest on the coast of Malaysia, just south of the Thailand border. The Penang Bridge International Marathon is unusual in a couple ways. More than half the race goes back and forth on the bridge between Penang and the mainland. And the start time is 2AM, which leads to questions such as how much to nap and whether to eat beforehand? It made for a very long day and a hungry run, and I clearly made some wrong decisions. I crashed badly at about 30K, and limped to the finish after more than 5 hours. Met several Malaysian Marathon Maniacs and even a frontRUNNER (staffer with a sport magazine out of the Philippines pictured below) who knows Bernie and Deo. I heartily recommend doing a destination race to see the world and experience a new culture. Next year – South Africa? -David Dassey



## Santa Monica Mountains Trail Races – Wet & Fun!



It rained, it poured, we slid down the mountains. In front: Sara Croft & Margie Gonzales, back from left: Robb Briggs, Deo Jaravata, Bernie Tan, Angus Kennedy, and Bruce Bair

Right: Sean O'Brien is not exactly a fan of running in the mud and rain...



Left: Andrew Wissmiller and Bernie Tan before the start of the race

Right: Doug Jones (shivering a little), John McGuinness, and Margie Gonzales before the start of the race



# Race Results

## Chicago Marathon

Chicago, IL 10/9

Moises Medina.....2:59:17 PR

## Long Beach Half Marathon

Long Beach, CA 10/9

Alvin Magpantay..... 1:48:49

## Rock'n'Roll Half Marathon

LA, CA 10/30

Mike Smith.....2:04:43

## Cancer Challenge 10K

LA, CA 10/30

Patricia Bates..... 56:55 3<sup>rd</sup> 60-64

## Palm Springs FR Pride Run 5K

Palm Springs, CA 11/5

Carl Maravilla..... 19:08 1<sup>st</sup> 50-54

Moises Medina..... 19:48 2<sup>nd</sup> 40-44

Mike Kerkman..... 20:10 1<sup>st</sup> 30-34

Ted Wyder..... 21:42 2<sup>nd</sup> 35-39

Mike Reynolds.....21:46 3<sup>rd</sup> 35-39

Mike Kezsely..... 22:36

Robert Chen..... 22:37 PR

Mark DeAngelis..... 23:12

Jon Wasser.....23:20

Dan Vu.....25:12

Richard Peng..... 25:17

Eddie Flores..... 25:34

Gardner Delano..... 25:42 PR

Henry Jung..... 25:50

Brian Dunbar..... 26:05

Phil Scanlon.....26:20 PR

Mike Carbuto..... 26:25 PR

Bill Winkelmann.....26:31

Frank Jacoy..... 26:46

Albert Giang.....26:47

Jeffery Wiggins.....28:04

Richard West..... 29:35

Eric Fischer.....29:35

Sara Croft..... 30:09 3<sup>rd</sup> 45-49

Margie Gonzales.....33:06 3<sup>rd</sup> 55-59

Juan Moreno.....33:25 RaceWalk

Neil Johnson..... 38:08

Jerry Weyer..... 47:42

## Santa Barbara Marathon

Santa Barbara, CA 11/12

Ely Yaron..... 4:15:56

## Malibu Marathon

Malibu, CA 11/13

Ely Yaron..... 4:50:50

## New York Marathon

New York, NY 11/6

Mark Johnson.....2:58:09

Sean O'Brien..... 3:13:48

Reg Willson.....3:26:56

Deo Jaravata.....3:54:06

Alvin Magpantay..... 4:19:04

Mike Smith..... 5:05:58

Patricia Bates.....5:38:53

## Santa Clarita Half Marathon

Santa Clarita, CA 11/6

John McGuinness..... 1:29:25

Margie Gonzales.....2:40:32

Sara Croft.....2:41:11

Doug Jones.....2:49:50

Bill Walsky..... 3:03:22

## Catalina Eco-Marathon

Avalon, CA 11/12

### 10K

Margie Gonzales..... 64:37 1<sup>st</sup> 55-59

### Full

Wadley.....3:20:59 2<sup>nd</sup> 30-34

Deo Jaravata..... 4:03:01 3<sup>rd</sup> 45-49

Sara Croft.....6:32:52

## WeSpark

Universal City, CA 11/13

### 5K

Bill Walsky..... 37:27 2<sup>nd</sup> 60-64

### 10K

Jose Castillo..... 52:58

Scott Flanary..... 57:39 PR

## Santa Monica Mountains Trail

Malibu, CA 11/20

### 9K

Angus Kennedy..... 50:50 3<sup>rd</sup> OA

1<sup>st</sup> 45-49

Margie Gonzales..... 75:25 1<sup>st</sup> 55-59

Sara Croft.....76:42 1<sup>st</sup> 45-49

### 18K

Bernie Tan..... 1:48:17 1<sup>st</sup> 40-44

Doug Jones..... 3:06:07 3<sup>rd</sup> 55-59

### 30K

John McGuinness.....2:58:47 2<sup>nd</sup> 35-39

Bruce Bair..... 3:02:59 2<sup>nd</sup> 45-49

Andrew Wissmiller..... 3:40:12 1<sup>st</sup> 55-59

### 50K

Sean O'Brien..... 5:33:50 1<sup>st</sup> 45-49

Deo Jaravata..... 7:32:12

## Holiday Season Fun Run Schedule



**No cancellations.**  
**All fun runs will happen as scheduled.**

## New Year's Day Run & Potluck Brunch

Join host Patrick Owen for some fun runs through the entertainment studios of the valley and the Toluca Lake estates of the rich and famous. Patrick will be cooking a big pot of bean soup and corn bread - a Southern U.S. good luck tradition for New Year's Day - and some other southern specialities. Please bring your New Year's Day good luck tradition of the culinary variety or anything yummy to contribute to the potluck. The club will provide coffee, juice, drinks, etc.

Maps will be provided, but Aspirin for hangovers will not.

Time:

Runs start at 11am sharpish followed by a pot luck at noonish

Address:

5041 Ledge Ave, Toluca Woods 91601





# GRAND PRIX STANDINGS as of 11/22

## CHAMPIONS RACE

The Champions Race determines overall male and female Grand Prix champions. Points are calculated using the Masters Age-Graded tables from WAVA (see website for more info). Runners are ranked by average score with runners with most races ranked first.

Division	Races	Average
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### MALE

1. Richard Nelson	6	81.09
2. Carlos Vizcarra	6	81.05
3. Mark Johnson	6	80.19
4. Moises Medina	6	72.95
5. Reg Willson	6	72.79
6. Sean O'Brien	6	71.58
7. Bernie Tan	6	69.92
8. John McGuinness	6	69.79
9. Andrew Wissmiller	6	69.60
10. Angus Kennedy	6	67.96

### FEMALE

1. Stephanie Stone	6	59.91
2. Margie Gonzales	6	54.85
3. Sara Croft	6	53.19
4. Marilyn Jackson	6	45.71
5. Regina Robinson	6	41.66
6. Patricia Bates	3	74.28
7. Cat White	3	29.94
8. Tanya Haney	2	45.19
9. Keeley Webster	2	35.30
10. Allyne Winderman	1	77.69

### RACEWALK

1. Deo Jaravata	6	60.87
2. Juan Moreno	5	60.95
3. Doug Jones	2	53.70



Margie Gonzales & Sara Croft brave the cold at the Catalina Eco-Marathon

## TRAIL MASTER

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

Athlete	Races	Average
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1. Sean O'Brien	5	112.00
2. Margie Gonzales	5	75.91
3. Robb Briggs	5	63.14
4. Deo Jaravata	4	98.13
5. Andrew Wissmiller	4	90.35
6. Bruce Bair	4	83.28
7. Bernie Tan	4	81.08
8. Stephanie Stone	4	73.38
9. Sara Croft	4	60.71
10. Jonathan Toker	3	106.39

## AGE GROUP WOMEN

Division	Races	Points
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### Female 20-29

1. Stephanie Collins	1	120
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### Female 30-39

1. Tanya Haney	2	230
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### Female 40-49

1. Sara Croft	6	745
2. Marilyn Jackson	6	705
2. Regina Robinson	6	635
4. Keeley Webster	2	200
5. Cat White	2	190

### Female 50-59

1. Stephanie Stone	6	765
2. Margie Gonzales	6	750
3. Allyne Winderman	1	110

### Female 60+

1. Patricia Bates	2	255
2. Maggie Williams	1	135
3. Connie Hammen	1	115

FOR COMPLETE STANDINGS AND DETAILS, PLEASE VISIT THE GRAND PRIX PAGE AT [WWW.LAFRONTRUNNERS.COM](http://WWW.LAFRONTRUNNERS.COM)



## AGE GROUP MEN

Division	Races	Points
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### Male 20-29

1. Luis Aguilar	3	445
2. Piyush Prakash	2	230
3. Scott Flanary	2	220
4. Riley Turcott	1	120
5. Gary Iem	1	110
Tanner Stransky	1	110
Ryan Bailon	1	110

### Male 30-34

1. Wadley	5	710
2. William Korthof	5	575
3. Mike Kerkman	4	465
4. Jose Castillo	4	360
5. Robert Chen	3	320

### Male 35-39

1. John McGuinness	6	770
2. Carlos Vizcarra	5	665
Mike Smith	6	665
4. Richard Peng	4	400
5. Ted Wyder	3	335

### Male 40-44

1. Mark Johnson	6	760
2. Bernie Tan	6	750
3. Robb Briggs	6	615
4. Moises Medina	5	590
5. Ely Yaron	5	540

### Male 45-49

1. Sean O'Brien	6	810
2. Angus Kennedy	6	760
3. Deo Jaravata	6	700
4. Sergio Casillas	5	605
5. Paul Jacoy	5	500

### Male 50-54

1. Reg Willson	6	705
2. Doug Jones	6	685
3. Carl Maravilla	5	650
4. Patrick Owen	4	415
5. Ric Munoz	4	390

### Male 55-59

1. Andrew Wissmiller	6	825
2. Paul Williams	6	675
3. Bill Winkelmann	6	665
4. Dan Graham	4	465
5. Geoff Buck	3	300

### Male 60+

1. Richard Nelson	6	785
2. Bill Walsky	5	515
3. David Dassey	2	235
4. Eric Fischer	2	215
5. Richard West	2	190

## LAFR Mark Johnson Named California Coach of the Year

Many LAFRs already know what a tremendous coach we have in Mark Johnson (just ask Bernie Tan & Patrick Owen who Mark coached to huge marathon PRs and Boston qualifying times this past year). The California Coaches Association has named Mark as California Coach of the Year for 2011 for high school soccer.

Mark graduated from Georgetown University in 1989 and immediately afterwards spent a year in Nicaragua working with juvenile offenders. Upon return, he found his way to California and on a whim applied to teach English and History at Salesian High School, an all boys Catholic school in Boyle Heights. He thought he would stay a year before deciding what to do with the rest of his life.

Mr. J fell in love with the Salesian Spirit. As a young teacher with a “save the world” attitude, he committed his heart and soul to his work. Throughout the years he has served as teacher, academic counselor, admissions director, activities director, development director, and vice principal, in addition to being a great mentor, friend, and coach.

Mr. J began coaching at Salesian practically upon arrival. His love of running was a natural fit and attracted him to the cross country team where he coached Salesian to 16 league titles, including two podium finishes at the state meet. He took over the soccer program in 1995 and has since developed the Salesian program into one of the top programs in California and the USA. Salesian has won 13 league titles, 4 CIF Southern Section Championships, and most impressively, three of the four California State Championships in the small schools division since the championships began four years ago.

Throughout the years, Mr. J has coached a great many players and outstanding young men, most notably, Carlos Alvarez (‘09) and



Above: Mark receives his award



Above: Mark after the San Francisco Marathon last summer with Angus, Dan Graham, Robert Chen and Bernie Tan, whom Mark coached to a 20 minute marathon PR in 2011. Many consider Mark's success at getting Bernie to reduce his “adult beverage intake” amongst his greatest achievements as a coach.

Luis Silva (‘08), who are both captains of their respective nationally ranked teams, UConn and UC Santa Barbara, and both of whom are rated in the top 20 prospects for the upcoming Major League Pro Soccer draft.

For the year 2011, the California Coaches Association has recognized Mark's success as a coach honoring him with the distinction of being named the California Coach of the Year for high school soccer. Mr. J was praised for his love and passion of the game. With over 2000 high schools in California, the Salesian family (and LAFR family!!) couldn't be more proud.



## Carl Maravilla Leads LAFRs at Palm Springs Pride Run

Carl Maravilla finished 5<sup>th</sup> overall in leading 28 LAFRs who travelled to Palm Springs to run the Palm Springs Frontrunners Pride Run 5K. The weather was perfect, of course, and the Palm Springs gang did a fantastic job organizing their race. Special thanks to LAFRs Henry Jung and Mark DeAngelis for hosting a post-race brunch at their Palm Springs compound.



Left: Rina takes a nap – Middle: Carl gets awarded – Right: Moises Medina & Ted Wyder with Ted's parents after the race

## Santa Clarita Half Marathon

November rain was the theme for the five LAFRs who ran the Santa Clarita Half Marathon on November 6. John McGuinness led our gang, finishing in 1:29:35.



Above: Bill Walsky after the half marathon with his well-earned hardware

Below: Sara & Margie did their own SoCal double, running the Palm Springs Pride Run (in very different sunny weather!) the day before running the Santa Clarita Half



Left: Doug Jones, John McGuinness, Sara Croft & Margie Gonzales after the race





**LAFR LIVE**  
**Gay Men's Chorus Holiday Concert**  
**Starring John Yong**  
**Sunday, December 18**

Join host John Yong for the concert and the cast party to follow. Okay, Melissa Manchester (don't cry out loud...just keep it inside...learn how to hide your feelings...) is actually the star, but John has a solo...in Hebrew!

*Please note: check the LAFR e-mail that was sent on 12/7 for the links to purchase tix.*

**Sunday, 12/18, 3 p.m.**

Price: \$15-\$55 and enter code "CHORUS" for a 10% discount. Cast party to follow.

***Can't come on the 18th with the rest of the gang?***

Check out one of these other shows:

**Saturday, 12/17, 3 p.m.**

Their first show is a "prelude" -- without Melissa Manchester (looking through the eye-eyes of love...), but it's a nice deal and one can get really good seats at \$15. It's hard to find the link to this show so be sure to follow the link thru the LAFR e-mail.

or

**Saturday, 12/17, 8 p.m.**

This concert includes Melissa Manchester (you should hear how she talks about you...you should hear what she says...)

*"Really hope to see some frontrunners at the show!"*  
-John Yong

for more information, email John directly at [onionstore@gmail.com](mailto:onionstore@gmail.com)



**LAFR Holiday Party & Donation Drive**  
**Wednesday, December 21, 5:30 PM**

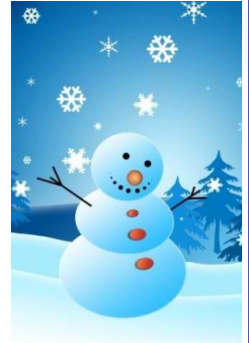
Jim's Annual Holiday Spectacular returns on Wednesday, December 21. We will also hold a donation drive for My Friend's Place – see details below. The Westside fun run is cancelled that night.

**Details:**

Wednesday, Dec. 21, 5:30 PM  
at the home of Jim Martinez  
11856 Moorpark St #C,  
Studio City, 91604

A buffet dinner will be served.

And Jim might decorate a little.



**Entrance Fee:**

***Donation Drive for the Health and Well-Being and Parenting Program at My Friend's Place***

In honor of LAFR babies Logan & Rina, this year our holiday party donation drive will benefit the Health & Well-Being & Parenting Program at My Friend's Place. My Friend's Place in Hollywood serves over 1,800 homeless youth and their children each year, who are escaping abusive homes, emancipated from foster care, or victims of homelessness. You can learn more about their programs at [myfriendsplace.org](http://myfriendsplace.org). Please bring one (or more!) items from the wish-list for our donation drive.

**Donation Drive Wish-List:**

***Diapers – sizes 2-5, pull-ups a plus!***

***Wipes***

***Powdered Baby Formula***







# UPCOMING EVENTS – December



- Wednesday, December 21  
LAFR Holiday Party &  
Donation Drive  
at the home of Jim Martinez  
5:30 PM  
11856 Moorpark Street #C  
Studio City, 91604  
Info on insert

- Tuesday, December 13  
Silver Lake Potluck  
after the fun run at  
the home of Henry Ong  
3431 Fernwood Ave, 90039

- Wednesday, December 15  
Westside Potluck  
after the fun run (8:00 PM)  
at the home of Brian Dunbar  
3572 Greenwood Ave., 90066



- Sunday, January 1, 2012  
New Year's Day Run & Potluck  
11:00 AM at Patrick Owen's  
5041 Ledge Avenue  
Toluca Woods, 91601  
Info on page 4



## Grand Prix Races

- Sunday, 12/11  
Los Angeles County Holiday Half Marathon  
[www.runlacounty.com](http://www.runlacounty.com)
- Sunday, 12/18  
Winter Solstice Xmas Run – 5 miles  
[www.tryusevents.com](http://www.tryusevents.com)

## Annual Meeting Fun Run, Toy Drive & Breakfast

The Annual Meeting will be held on Saturday, December 10, in Glassell Park. There will be **NO** run in Griffith Park that morning, we will run in Glassell Park. Back by popular demand are Bernie's breakfast burritos and a toy drive benefiting local families.

### Toy Drive:

Please bring a new, unwrapped toy that will be donated to needy families in District 13 (we are using their meeting space for free).

### Where:

Glassell Park Recreation Center, 3650 Verdugo Rd., LA, 90065

We will meet at the park next to the Rec. Ctr. It is easy to find and has plenty of parking. John McGuinness will lead our fun run.

### Directions:

2 North: Exit Verdugo, go straight thru light at end of ramp veering to right. Park is on left.

2 South: Exit Verdugo, left on Verdugo (1/4 mile), right onto Eagle Rock (1/4 mile), left onto Verdugo, park is on left.

Breakfast/coffee provided by club.





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



**TUESDAY**  
Silver Lake  
6:30 P.M.  
Meet at Silver Lake Recreation Center at 1850 West Silver Lake Drive.

Host: Rusty

**WEDNESDAY**  
Santa Monica  
6:30 P.M.  
Palisades Park at Ocean & San Vicente at Millennium Plaque.

Hosts: Bruce/Brian

**THURSDAY**  
Pasadena  
6:30 P.M.  
Brookside Park, south of the Rose Bowl, next to the rose garden.

Hosts:  
Gary/John/William

**SATURDAY**  
Griffith Park  
8:00 A.M.  
Meet at the flag pole across from Ranger Station at 4730 Crystal Springs Dr.

Hosts: Amy/Patrick

**SUNDAY**  
Long Run  
8:00 A.M.  
Various distance long runs on roads and/or trails at various So. Cal locations.

Hosts: Various