

LAFRONT RUNNERS

Newsletter

PRIDE RUN!

May/June 2014



June has passed and our 33rd Annual Pride Run is in the books! We hope everyone felt just like Keeley and Cat during the race (well maybe *after* the race...). Thank you to all of the volunteers who came out to help put on a great race. More photos and complete race results are in this newsletter as well as on our website.



Carlos (l) & Eric (r) were the top LAFR finishers at the Pride Run. Carlos was the top LAFR in the 10K, finishing 3rd OA in 35:57. Eric was tops in the 5K, running 16:51 (6th OA), and combined with his 36:39 in the 10K (5th OA), was the top LAFR in the Ultra Pride Run (3rd OA).



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Pride Run



Deo Jaravata and Patricia Bates were the overall winners in the 5K RaceWalk. Pat won for the 2nd year in a row while Deo notched his 6th consecutive victory.

Below: Kids Race Prep



At press time, there was no evidence that Drew's feet made contact with the ground at any point during the race.



Above: The lovely Regina Robinson finishes the 5K.



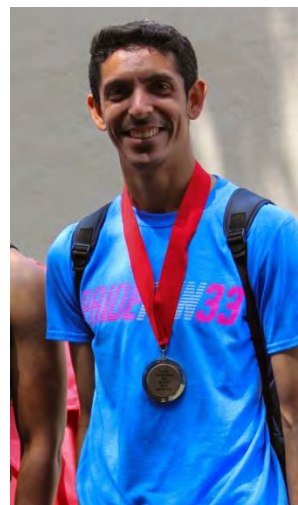
Left: Best Dressed Mom & daughter duo JD Rouan and Karen Adams.

Center: New LAFR Matthew Ware ran his first ever 5K and 10K in running the Ultra Pride Run.

Pride Run Honor Roll



These 7 LAFRs have made the 2014 Pride Run Honor Roll. What do these 7 LAFRs have in common? They all raced the Ultra Pride Run and they all placed in their age groups in all three races: the 5K, the 10K, and the Ultra Pride. The top row from left is Bill Austin, Martin Carlson, Andrew Wissmiller & David Dassey. The bottom row from left is Eric Alvarez, Karen Adams & Jorge Santana Corona.



Frugal Frontrunner and Discount Diva

Race	Race Date	Website	City	Amount	Notes
Laguna Hills Half	05/26/14	http://www.lagunahillshalfmarathon.com/index.html	Laguna Hills	\$75	
Fontana Half	06/07/14	http://www.fontanadaysrun.org/	Fontana	\$50 (\$35 with team of 4 or more)	
Father's Day 5k, 10k, 15k, Half and Full	06/15/14	http://www.abetterworldrunning.com/	Van Nuys	5K-\$19, 10K-\$24, 15K-\$29, Half-\$33, Marathon-\$43	
Malibu Full and Half	11/16/14	http://www.malibuintmarathon.com	Malibu	Full-\$109, Half-\$69	Prices increase June 15th

Race	Race Date	Website	City	Code	Amount
Laguna Hills Half	05/26/14	http://lagunahillshalfmarathon.com/	Laguna Hills	Racegrader	10%
Costume Party Half	07/13/14	http://costumepartyrun.com/	San Diego	AXBEAT61	\$20
Costume Party 5k	07/13/14	http://costumepartyrun.com/	San Diego	AXBEAT615	\$5
Shoreline Half	07/13/14	http://www.shorelinehalf.com/	Ventura	RACESHED	30%
Arroyo Creek Half	08/10/14	http://www.arroyocreekhalf.com/	Simi Valley	RACESHED30	30%

LAFR BIRTHDAY BOYS AND GIRLS

7/1 Ren-Horng Wang	8/1 John Anania
7/3 Bill Walsky	8/1 Michael Carter
7/3 Alex Grosko	8/3 Alex Morales
7/6 Seth Eskigian	8/3 Rex Boone
7/9 Jeffrey Weinstein	8/5 Rusty Millar
7/14 Andrew Makay	8/10 Andrew Wissmiller
7/19 John Heilman	8/14 Mark Brunetz
7/21 Mark McNary	8/16 Kerry Quakenbush
7/25 Lee Lightfoot	8/17 Drew Brabb
7/27 Carlos Vizcarra	8/23 Nelson Lee
7/28 Doug Jones	8/24 Henri Faucher

Birthday kids! Clockwise from right: Mike (4/16), Yumi (5/2), Richard (5/19), Amy (4/28)



WELCOME NEW MEMBERS!

Charles Holmes	Adrian Bewley
Paul Mullaney	Marcelino Goncalves
Mark McNary	Martin Carlson
Kathleen Curley	Duane Howard
Christopher Stevens	Karen Carey
Michael Heinrichs	Steven Baugh

Los Angeles Fronrunners

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Angus Kennedy, *president*
 Patrick Owen, *vp*
 William Fang, *treasurer*
 Bruce Bair, *secretary*
 David Dassey, *dir-at-large*
 Geoff Buck, *dir-at-large*
 John Kawaharada, *dir-at-large*
 Margie Gonzales, *dir-at-large*
 Jason Coleman, *dir-at-large*
 Sean O'Brien, *dir-at-large*

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

Los Angeles Fronrunners Monthly Treasurer's Report for May 2014

Balance on 2014 Apr 2	\$16,586.99
Balance on 2014 May 19	\$18,950.53
Net change	\$ 2,363.54

Club Events	Expense	Revenue	Net
Santa Cruz Reservation	\$(1,136.17)	\$ 1,098.00	\$ (38.17)
Pride Registration	\$ -	\$ 1,635.00	\$ 1,635.00
Membership			
Membership Dues	\$ -	\$ 910.00	\$ 910.00
Operational			
Communication	\$ (15.00)	\$ -	\$ (15.00)
Club Express + PayPal	\$ (143.29)	\$ -	\$ (143.29)
Uniform	\$ -	\$ 15.00	\$ 15.00
Totals	\$(1,294.46)	\$ 3,658.00	\$ 2,363.54

From the Treasurer: Not much activity this month.

LAFR Board Meeting June 16, 2014

- Pride Run
 - Gemini Timing was great!
 - Angus to send out medals & t-shirts
 - We made a healthy profit, exact numbers TBA
 - Discussed problem areas to fix for next year
 - Donated total of \$5000 to SRLA
- Summer Social Events
 - Pasadena Potluck – Thursday, July 10
 - Pool Party – Sat, July 12 at Eric & Richard's
 - Reg & Max dog day, Sunday, August 2
- Other
 - Angus to do Gay Games uniforms
 - Club t-shirt poll to go out shortly
 - New club uniforms in the works
 - Jason & Angus to talk about possible Int'l club trip
- BOD voted to add Jason Coleman to BOD for remainder of 2014 as a director-at-large
- No Palm Springs Pride Run – discussed possibly LAFR running the race for them
- Next meeting July 14 at Sean's



Belated photo from the LA Marathon Mile 7 Water Station

Boston Marathon 2014 aka The Saga of Bernie's Belly

The lead-up to Boston 2014 was certainly eventful. Due to injuries and timing conflicts, Allyne Winderman and Ric Munoz were not able to go at all. John McGuinness caught a nasty stomach bug and gamely made his way to Boston before deciding not to run race morning. But Bernie ended up having the craziest experience as 6 days before the race, he had an emergency appendectomy. Yes, you read that correctly, and he still ran the race! And arguably had more fun than the rest of us. The rest of us being Mark J, Angus, Moises, William, David Dassey, Eric Alvarez & John A Kawaharada.

Most of us arrived Friday so we could cheer on Yumi & Dan, who ran the Boston 5K Saturday morning. By the afternoon, everyone had arrived and we had a large group dinner at Rino's

John & Doug at the Boston FR Carboload

Place in East Boston, where the portions were monstrous.

Sunday was largely a time of relaxation before the big day. People took this time to tour Boston, shop at the Convention, and visit the memorial for the 2013 bombing victims at the Boston Public Library. On Sunday night, almost the entire gang attended the carboload hosted by Boston Frontrunners.

On race morning, the runners boarded the yellow busses to be shuttled to the start line in Hopkinton. Yumi, Doug, Anthony & Dan took the T to greet the runners at mile 16 on the border between Wellesley & Newton...

continued



William and Anthony by the BAA emblem at the finish line.



Yumi & Dan were the first to run when they competed in the 5K on Saturday

Bernie and Angus with Boston Love on the shuttle to the starting line



Left: The whole gang on the roof deck of Alden and Cassio, the hosts of the Boston FR Carboload. Moises was already back in the hotel resting. The finish line is near the base of the John Hancock Tower, the tallest in New England (angular building on the right).



Mile 16

...where the runners were already zipping by! The four cheerleaders were just what our runners needed at that point in the race. And you can see how happy the runners were to see them (ok, maybe not so sure about Angus, who somehow could not hear Yumi screaming his name...).

While Angus was ignoring Yumi, Mark Johnson was busy leading our strong group of runners, finishing in 2:56:38. Surgery boy Bernie took it easy, snapped a lot of pix, and finished in 4:32 – pretty good for a boy who had surgery 6 days prior! And let's not forget Head Cheerleader Yumi, who set a PR in the 5K Saturday morning!

We all agreed that it was a once in a lifetime experience made special by the tremendous spirit of the people of Boston.



Clueless Prez Kennedy runs by Yumi & gang



Top: Bernie competing for Mr. Photogenic
Bottom: William demanding attention



Moises and Eric en route to Hopkinton



Top: John high-fiving his adoring public
Center: Mark J after the race waiting for the rest
Right: David D after a satisfying performance



Long Beach Pride

The historic heat wave that gripped SoCal finally relented just in time for the Long Beach Pride Run on May 18. 24 LAFRs came to show their support for Shoreline Frontrunners. In the 5K, Carlos Vizcarra & William Fang led the LAFR contingent that finished 2nd thru 6th overall. In the 10K, Mike Kerkman was 3rd OA, followed by Bruce Bair and Carl Maravilla.

As usual, Shoreline Frontrunners put on a wonderful race. Their new President, Scott Osmond, was very welcoming and thanked us for bringing such a large group. All their volunteers were friendly and supportive and it was a lovely morning and a great race. Thank you, Shoreline FR, we look forward to next year!

Jim, Richard & Wink swept their age group in the 5K



Karen Adams won her age group in the 10K



Carlos & William were 2nd & 3rd OA in the 5K



Grizzly Kerkman was 3rd OA in the 10K



25 Years Ago: Jimmy Stewart Relay

By Bill Austin

In last month's LAFR newsletter, Bill Walsky wrote about Marathons that once were, but are no more.

The Jimmy Stewart Relay Marathon was once a major LAFR event and in 1989 we reached a pinnacle in club participation (second only to our own Pride Run) with ninety (90) Frontrunners making up sixteen teams (13 LA and 1 each SD, SF, LB). The race was held annually in Griffith Park at the same location as our Saturday morning and Tuesday evening runs, with typical sunny Southern California Spring weather conditions.

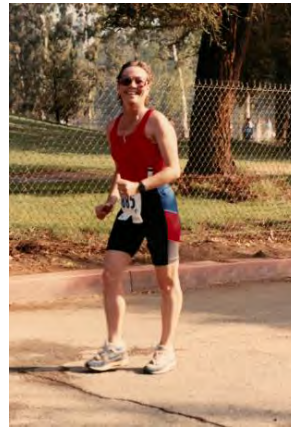
Each team of five runners split the marathon distance, with baton hand-offs in a designated exchange chute often in frenetic conditions. As a result, each team needed to have a sign/poster in the exchange chute to help locate the team member to whom you were handing off the baton. There was actually a contest for "Best" sign. Amy Ross borrowed a skeleton from the cancer research institute where she was doing her post-doctoral work. She dressed it in a Jimmy Stewart Relay singlet and cap and wired a JSR baton in his/her hand. Everyone loved it. But because it was not technically a poster and therefore in violation of the rules, it was declared ineligible for a prize (darn judges and their rules).



Left: Amy's clever team emblem that, alas, was disqualified from the poster competition.

Below: Judging of posters in the baton exchange chute (Team Pink Flamingo's Dave Palmer looks on)

Below: Conni Montgomery is all smiles, and still a member!



There were numerous male, female and mixed team categories, with Frontrunners shining most in the "Medical Occupation" and "Entertainment" divisions. In fact, six of our teams took home medals. While the event was primarily for fun and camaraderie we would sometimes put teams of our faster runners together.



Teams including current club members Bill Winkelmann, Ric Munoz, Richard Nelson and Brad Altman recorded times as fast as 2:45:58. As Bill Walsky mentioned in his article, it would not be a Frontrunner event without potluck picnic. We would arrive before sunrise and stake out a prime picnic location that **continued**

After our Picnic, with at least 12 current members – check out Ric Munoz chowing down on a sandwich

continued was also a great area for everyone to cheer on teammates as they entered the baton exchange area.

Team naming and custom racing attire was also part of the fun. Unique team names such as "Dumb Blondes", "Life is Hell – Medical", "Medical Mix-ups", "West Hollywood Debutante Dudes" and "Pink Flamingos" definitely helped make our teams stand out. (see pics)

The Jimmy Stewart Relay Marathon (1982-2006) was one of the marathons that succumbed to the ultimate fate of cancellation. However, the fond memories of what once was remain for all Fronrunners that participated.



Top: Lorraine Silver
Left: Bill Winkelmann



Cheering (Far left: Ken Wilson looking dapper; Far right: Martin Zimmerman giving a really high 5)

Right: Team Pink Flamingos with Jerome Telio, Martin Zimmerman, Johnny Mendez, and Dave Palmer



Notes from the Back of the Pack

By Bill Walsky



In the niche sport of distance running the marathon has always been the glamour event. It attracts the largest sponsorship dollars and the most media coverage of any running event outside the Olympics. Most non-running Americans could probably name the Boston Marathon and the NYC Marathon but none of the local races in their neighborhood every year. So, it's surprising when you read the annual report by Running USA and see that it's the unglamorous half marathon that has exploded in participation numbers in the past five years. Lets take a look at the numbers:

- In 2013 in the USA, a total of 2,100 half marathons were staged vs only 1,100 marathons
- 1990 finishers: Half - 303,000 Full - 224,000
- 2000 finishers: Half - 482,000 Full - 353,000
- 2013 finishers: Half - 1,960,000 Full - 541,000

A closer look at those 2013 figures reveals the driving force behind the yearly 10% growth of half marathon participants is women. While the ladies make up only 43% of the average marathon field they are 61% of a typical half marathon. In seven years the women have increased their participant share of half marathons by eight percentage points. Why? Probably two reasons; the rise of charity running and the expanding role of Disney and Rock and Roll in the running industry. Both the AIDS training group in Griffith Park and Team in Training are typically dominated by female participants. What accounts for this? Probably a welcoming atmosphere toward beginners and a sense of shared purpose in striving toward a common goal. Disney and R&R emphasize the festive nature of their events and the fun to be had in crossing a finish line with your friends & family.

So where can you find info on local half marathons? Try www.raceplace.com for info on most of the races, of any distance, in SoCal. If you're thinking of traveling to a race try the race calendar at www.halffanatics.com which lists hundreds of halves with links to their websites. Here is the of the five biggest local half marathons.

Rock and Roll San Diego	18,077
Disneyland	15,871
Surf City	14,792
Long Beach	12,033
Tinkerbell	11,948

And finally, if you're thinking of trying your first half but are worried about your time, don't be. The Disney races offer cutoff times so generous that of all of the half marathons with over 2000 participants in 2013 the five Disney halves averaged the slowest median finishers times. Must be all the selfies the runners take with Mickey and Donald!

So You Wanna Do a Duathlon?

By Tanya Haney and Ruthanne Salido, shown on right

What do two runners do when they have too much time on their hands and a couple of heavy, squeaky bikes? They sign up for a duathlon, of course!

This all happened because we saw that the Pasadena Triathlon/Duathlon/5K was to be held at the Rose Bowl. This was happening at OUR Rose Bowl? Just three miles from where we live? This we had to see. More than that, this we had to sign up for.

Neither of us liked the idea of training for a competitive swim. That meant that signing up for the triathlon was out of the question – for now. The 5K didn't feel new and exciting. That left us with the duathlon. The duathlon involved two 5Ks and a nine-mile bike ride. How hard could that be?

Well, here's the thing. We runners are awfully familiar with 5Ks and such. We know what foot races feel like and exactly what to pack, if anything. It's all very routine after so many years of running. However, when you suddenly also have to think about riding on your heavy, somewhat-ramshackle bike, then running again, well, your universe can start to shift.

Then there's the whole transition area you're forced to think about and plan for. This is the area where you get on and off your bike during the race. Runners aren't used to dealing with so much fuss and equipment. Frankly, we were a bit intimidated about having to deal with all of it, but the transition area turned out to not be a big deal after all. Basically, it involves bringing a towel to lay your helmet and other bike equipment on next to your ride. Done and done. Since we were doing the duathlon, we didn't have to transition to the pool after our bike ride. But I now sort of wish we had. It is *really* hard to start another 5K after finishing the bike segment. Did I mention we have basic, heavy bikes?!!

We had thought we were taking the easy route by signing up for a duathlon. Turns out the joke was on us. A longtime triathlete told us a few days before the big event that duathlons were actually HARDER than triathlons. You know what? We believe him! By the time we started the second 5K, my legs felt as though they were full of concrete, and Ruthanne said her stride felt awkward.

We're still not completely sure how you train for these events, but we think we'll do a few more. We've already completed our second duathlon in Camarillo and plan to do another (in Goleta). What can we say? We haven't learned our lesson. Care to join us?



Bare Burro 2014

Or "Full Coverage of No Coverage"
By Mike Kerkman

April 27th brought another sunny day to Olive Dell Ranch in Colton for the 5th annual Bare Burro 5k. This is one of the most difficult and rewarding 5Ks around. And, as you probably know by now, it's naked.

LAFR has had a strong contingent for this race in years past, and 2014 continued that trend. We even got a shout-out from the race organizers during the awards ceremony for our continued support. Fourteen of our club members showed up this year, and for team solidarity, everybody got a My Little Pony tattoo. Because what better way is there for friends to bond than to help each other put temporary pony tattoos on their butts?

The course is fantastic. It's varied and scenic. The trail takes you through narrow paths lined with desert plants, up and down some of the most challenging set of race hills around, and this year many of us actually saw the wild burros from which the race (kinda) gets its name. I can't think of anyone that has done this race that hasn't wanted to come back. We asked first-time participant Jason Coleman for his thoughts about the Bare Burro and he calls it the "funnest, freest, and challengingest" run he's ever done.

Make sure you sign up next year.



Upcoming Events

Grand Prix Races

Full schedule @ www.lafronrunners.com

Friday 7/4 in Pacific Palisades
Palisades / Will Rogers Run

5K/10K

<http://palisades10k.com/home.php>

Saturday 7/19 in San Diego

San Diego Frontrunners Pride Run

5K

<http://www.frwsd.org/wp/pride/>

Sunday 7/27 in San Francisco

San Francisco Marathon

Half/Full

<http://www.thesfmarathon.com/>

8/9-16 in Cleveland

Gay Games 2014

<http://www.gg9cle.com/>



Max and Reg's Dog Day of Summer

Saturday, August 2 at 1:00 PM

Max and Reg are back hosting Dog Day at Rosie's Dog Beach in Belmont Shores (Long Beach). We'll have beverages and snacks, and maybe a nervous Allen once again. Please check the website for rules.

<http://www.hautedogs.org/beach.html>

Summer Pool Party 2014!



Saturday, July 12 at 2:00 PM

1467 Crest Drive, Alta Dena

Shine, sparkle, glisten and don't forget the hairspray. Bring something tasty to share, and we'll be grilling burgers and wieners. Eric Fischer and Richard West host at their beautiful home.

San Diego Pride 5K Run and Walk

Saturday, July 19



Summer Potlucks!

Pasadena

Thursday, July 10
Kidspace Children's
Museum Picnic Area
"Bring a Dish from your
Homeland"



Griffith Park
Tuesday, July 15
Ranger Station
Picnic Area
"Bring Orange Chicken
for Rob Chen"

Race Results

Coastal 5K

Vista Del Mar, CA 1/25

Karen Adams..... 29:04 3rd 50-54

SOB Trail Marathon

Malibu, CA 2/1

Karen Adams..... 7:34:38 2nd 50-54

Old Agoura 10K

Agoura Hills, CA 3/22

Karen Adams..... 57:41 PR

Hollywood Half

Hollywood, CA 4/5

Jorge S Corona.....1:36:12

Randy Levinson..... 1:39:53 3rd 55-59

David Grudzien..... 2:36:02

Run Seal Beach 10K

Seal Beach, CA 4/5

Mong Noiboonsook...60:27

RnR SF Half

San Francisco, CA 4/6

Deo Jaravata..... 2:35:45 RW

Mt. SAC RaceWalk 5K

Walnut, CA 4/13

Deo Jaravata..... 32:57 1st OA

Mt. SAC RaceWalk 10K

Walnut, CA 4/13

Deo Jaravata..... 67:42 3rd OA

Riverboat 5 Day Half Series

David Grudzien 4/12-4/16

Columbus, KY..... 2:59:02

Millington, TN..... 2:39:15

Lake City, AR..... 2:37:26

Hollandale, MS..... 3:08:29

Winnsboro, LA..... 2:47:27 1st 50-59

Mustang Half

Las Vegas, NV 4/19

David Grudzien..... 2:36:24

Garmin Oz Half

Olathe, KS 4/26

David Grudzien..... 2:26:49



Long Beach Pride Run : Andrew Wissmiller & Mike Carbuto (1st & 2nd 60-64 10K),
Reg Willson and Bill Austin (1st & 2nd 50-54 5K)

Victory for Victims (Grand Prix)

Encino, CA 4/13

5K

Richard Nelson..... 24:15 2nd 65-69

10K

Bruce Bair.....40:16 1st 45-49/PR

Carl Maravilla.....43:03 1st 50-54

Patrick Conner.....49:13 PR

Richard Peng.....50:22

Mike Carbuto..... 51:44 3rd 60-64/PR

Karen Adams..... 56:35 PR

Jason Coleman.....68:23

Bare Burro Trail 5K (Grand Prix)

Colton, CA 4/21

Mike Kerkman..... 22:23 3rd OA

2nd 30-39

Carl Maravilla.....24:57 3rd 50-59

Jeff Lymburner..... 26:03

Kerry Quakenbush.. 26:51

David Dassey.....28:06 1st 60-69

Jeff Bennett..... 28:18

John Yong.....28:51

Mong Noiboonsook...30:38

Mike Carbuto..... 31:50

Rich Crook.....34:44

Drew Brabb.....36:46

Robb Briggs.....36:48

Jim Martinez..... 37:09

Chris Tapper.....41:42

Jason Coleman.....43:58

Boston Marathon (Grand Prix)

Boston, MA 4/21

5K

Dan Graham..... 25:01

Yumi Afrento..... 39:39 PR

Marathon

Mark Johnson..... 2:56:38

Eric Alvarez..... 3:00:12 PR

William Fang..... 3:07:34

Moises Medina..... 3:09:15

John Kawaharada... 3:43:54

Angus Kennedy.....3:57:31

David Dassey.....4:14:38

Bernie Tan.....4:32:03

El Segundo 10K

El Segundo, CA 4/26

Carlos Vizcarra.....38:24 1st 40-44

Cinco de Mayo 10K

Santa Monica, CA 5/3

Karen Adams..... 56:50 1st 50-54

Run the Verdugos (Grand Prix)

Glendale, CA 5/4

10K

Carl Maravilla.....55:16

Andrew Wissmiller..61:21 1st 60-64

Raul Borja.....66:49

Mike Carbuto..... 68:26 2nd 60-64

Race Results

Leona Divide 50

Palmdale, CA 4/27

50 Mile

Danny O'Hara..... 11:33:57

Raul Borja.....12:06:27

Gambler Half

Council Bluffs, IA 4/27

David Grudzien..... 2:39:57

LA River Run

LA, CA 5/3

Deo Jaravata..... 48:00 RW

OC Half

Costa Mesa, CA 5/4

Jason Coleman.....2:35:38 PR

Bill Walsky.....3:25:59 RW

El Moro 50K

Laguna Beach, CA 5/10

Raul Borja.....6:08:33

Harper's Ferry Half

Harper's Ferry, WV 5/10

David Grudzien..... 3:00:00

Mother's Day Marathon

Van Nuys, CA 5/11

Deo Jaravata..... 4:14:10

Running Fest Half

Wilmington, DE 5/11

David Grudzien..... 2:37:02

Run with History Half

Edwards Air Force Base 5/17

David Grudzien..... 2:24:23

Miracle Mile 1 Mile Race

LA, CA 5/18

Deo Jaravata..... 10:33 RW

Nanny Goat 12 Hour

Riverside, CA 5/24

Deo Jaravata..... 60 Miles

Hibiscus Half

Honolulu, HI 5/25

David Grudzien..... 2:31:54

*LAFR
Pride
Run:
Mike
Heredia
& Jorge
Santana
Corona
placed
1st & 3rd
30-34 in
the 10K*



Shoreline FR Pride (Grand Prix)

Long Beach, CA 5/18

5K

Carlos Vizcarra..... 16:54 2nd OA
1st 40-44

William Fang..... 17:53 3rd OA
1st 35-39

Reg Willson..... 20:16 1st 50-54
Bill Austin..... 20:20 1st 55-59

Angus Kennedy.....21:03 1st 45-49
Richard Nelson..... 23:39 1st 65-69

Jose Castillo.....25:27
Bill Winkelmann..... 26:46 1st 60-64

Jim Martinez..... 26:58 1st 60-64

10K

Mike Kerkman..... 38:43 3rd OA/PR
2nd 35-39

Bruce Bair.....41:09 1st 45-49
Carl Maravilla.....41:35 1st 50-54

Andrew Wissmiller..45:16 1st 60-64/PR
David Gonzalez..... 46:24

John McGuinness... 46:30 2nd 40-44
Dan Vu..... 49:19 3rd 35-39

Patrick Conner..... 51:24
Albert Giang..... 51:29 PR

Mike Carbuto..... 51:56 2nd 60-64
Brian Dunbar..... 52:19 PR

Karen Adams..... 57:06 1st 50-54
David Grudzien..... 59:22 2nd 55-59

Jason Coleman.....66:44
Doug Jones..... 76:55 3rd 55-59

Mountains 2 Beach (Grand Prix)

Ojai, CA 5/26

5K

Jason Coleman.....29:56 2nd 35-39/PR

Half

Carlos Vizcarra..... 1:17:48 6th OA
1st Masters

Mark Johnson..... 1:24:19 3rd 45-49

Angus Kennedy.....1:38:53

Andrew Wissmiller..1:39:30 1st 60-64

Dan Graham.....1:48:47

Albert Giang..... 1:58:00

Margie Gonzales.....3:07:18

Bill Walsky.....3:18:17 RW

Full

Bernie Tan.....3:16:51

Randy Levinson..... 3:37:37 PR

Mark DeAngelis..... 3:39:32 PR

John Kawaharada... 3:49:30

David Dassey.....4:09:50

Mike Carbuto.....4:41:47

Sunburst Half

South Bend, IN 5/31

David Grudzien..... 2:33:11

Dexter-Ann Arbor Half

Ann Arbor, MI 6/1

David Grudzien..... 2:33:40

Pride Run Race Results

LAFR Pride Run (Grand Prix)

WeHo, CA 6/8

5K Men

Eric Alvarez.....	16:51	1 st 45-49
Jorge S Corona.....	19:35	2 nd 30-34/PR
Duane Howard.....	19:40	3 rd 30-34
Carl Maravilla.....	19:41	1 st 50-54
Bernie Tan.....	20:48	
Bill Austin.....	20:51	1 st 55-59
Mark DeAngelis.....	21:01	PR
Martin Carlson.....	21:37	3 rd 50-54
Kent Hamilton.....	21:54	PR
Andrew Wissmiller..	21:57	1 st 60-64
John Yong.....	22:51	
David Dassey.....	23:02	2 nd 60-64
Matthew Ware.....	23:08	
Raul Borja.....	23:20	
Richard Nelson.....	23:34	1 st 65-69
Nelson White.....	23:39	
Mong Noiboonsook...	25:17	
Charlie Holmes.....	25:39	3 rd 60-64
Juan Moreno.....	26:09	
Bradley Henkle.....	26:33	
Drew Brabb.....	26:43	
Henry Jung.....	26:56	
Augie Robles.....	27:12	
Jim Martinez.....	27:21	
Eric Fischer.....	27:37	
Lui Sanchez.....	28:37	PR
Bill Winkelmann.....	29:03	
Christopher Tapper.	31:38	PR
Mark Grumet.....	31:47	
Deo Jaravata.....	32:46	1 st OA RW
Steven Morchak.....	34:13	
Lee Lightfoot.....	42:35	2 nd 70-74
Bill Walsky.....	46:12	
Tomas Tiangco.....	55:55	

5K Women

JD Rouan.....	25:26	PR
Karen Adams.....	26:34	1 st 50-54/PR
Katrina Klaasmeyer.	35:55	
Patricia Bates.....	40:43	1 st OA RW 1 st 65-69
Cat White.....	51:35	
Keeley Webster.....	51:35	
Regina Robinson.....	56:16	

Ultra: 5K & 10K Women

JD Rouan.....	84:20	
Karen Adams.....	85:39	1 st 50-59



New LAFR Duane Howard was 3rd 30-34 in the 5K



Mark Grumet in the 5K



Carl Maravilla was 1st 50-54 in the 5K

10K Men

Carlos Vizcarra.....	35:57	2 nd OA 1 st 40-44
Eric Alvarez.....	36:39	1 st 45-49
Mike Heredia.....	37:52	1 st 30-34
Mike Kerkman.....	39:26	1 st 35-39
Bruce Bair.....	41:15	2 nd 45-49
Jeff Lymburner.....	41:48	1 st 50-54/PR
Brad Maury.....	42:27	2 nd 40-44
Jorge S Corona.....	43:18	3 rd 30-34
Bernie Tan.....	45:22	
David Gonzalez.....	45:39	
Richard Allison.....	46:23	PR
Michael Carter.....	47:02	
Bill Austin.....	47:10	1 st 55-59
Andrew Wissmiller.	47:36	1 st 60-64
Martin Carlson.....	48:24	3 rd 50-54
David Dassey.....	48:47	2 nd 60-64
Raul Borja.....	49:31	
Matthew Ware.....	50:01	PR
Dan Vu.....	50:12	
Richard Peng.....	50:45	
Andrew Sanchez.....	51:38	PR
Jason Bautista.....	51:45	
Patrick Conner.....	51:58	
Kent Hamilton.....	52:16	
Michael Carbuto.....	52:24	3 rd 60-64
Rob Chen.....	52:54	
Albert Giang.....	53:17	
Brian Dunbar.....	53:18	
Ran Mullins.....	53:19	
Alex Grosko.....	54:55	PR
Tommy Ho.....	57:01	
Bill Winkelmann.....	59:58	
Jason Coleman.....	65:32	
Christopher Tapper.	78:04	PR

10K Women

Kathleen Curley.....	52:21	1 st 45-49/PR
JD Rouan.....	58:54	
Karen Adams.....	59:05	2 nd 50-54

Ultra: 5K & 10K Men

Eric Alvarez.....	53:30	3 rd OA 1 st 40-49
Jorge S Corona.....	62:53	1 st 30-39
Bernie Tan.....	66:10	
Bill Austin.....	68:01	1 st 50-59
Andrew Wissmiller..	69:33	1 st 60+
Martin Carlson.....	70:01	3 rd 50-59
David Dassey.....	71:49	2 nd 60+
Raul Borja.....	72:51	
Matthew Ware.....	73:09	
Kent Hamilton.....	74:10	
Bill Winkelmann.....	89:01	3 rd 60+
Christopher Tapper.	1:49:42	

10K Challenge Standings as of 6/23



Bruce Bair (2nd 45-49) Pride Run 10K



Ran Mullins LAFR Pride Run 10K



New LAFR Martin Carlson (3rd 50-54) Pride Run 10K



10K MOST

Name	Amount
1. Jason Coleman	7
2. Mike Carbuto	6
3. Karen Adams	5
4. Bruce Bair	4
5. Patrick Conner	4
6. Richard Peng	3
7. Mike Kerkman	3
8. Carl Maravilla	3
9. Andrew Wissmiller	3
10. 9 LAFRs	2



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

10K Fastest Men

Name	Time	Race
1. Carlos Vizcarra	35:57	LAFR Pride
2. Eric Alvarez	36:39	LAFR Pride
3. Mike Heredia	37:52	LAFR Pride
4. Mark Johnson	38:37	Firecracker
5. Mike Kerkman	38:43	LB Pride
6. Bruce Bair	40:16	Victory
7. Jeff Lyburner	41:48	LAFR Pride
8. Brad Maury	42:27	LAFR Pride
9. Carl Maravilla	43:03	Victory
10. Jorge S Corona	43:18	LAFR Pride

10K Fastest Women

Name	Time	Race
1. Kathleen Curley	52:21	LAFR Pride
2. Karen Adams	56:35	Victory
3. JD Rouan	58:54	LAFR Pride
4. Margie Gonzales	1:16:16	Dolphin

10K Biggest PR

Name	Cum. Time	Race
1. Karen Adams	0:09:02	Agoura, Victory
2. Brian Dunbar	0:02:43	LB Pride
3. Patrick Conner	0:01:26	Victory
4. Albert Giang	0:01:16	LB Pride
5. Mike Kerkman	0:00:52	LB Pride
6. Mike Carbuto	0:00:26	Victory
7. Bruce Bair	0:00:18	Victory
8. Andrew Wissmiller	0:00:12	LB Pride

Biggest PR: Like our other grand prix categories, the PR you're trying to best for the 13.1 Challenge is a 5-year PR (your fastest half from 2008-2012). This is cumulative for the year – so, for example, if you set a new PR in Jan. by 5 minutes and then break the new PR by 2 minutes in May, your total is 7 minutes.



New member Kathleen Curley (right) ran 52:21 at the Pride Run (1st 45-49), also the fastest 10K of the year so far among the LAFR women

Grand Prix Series Standings as of 6/23

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
----------	-------	---------

MALE

1. Eric Alvarez	5	83.21
2. Mark Johnson	3	81.16
3. Carlos Vizcarra	4	79.26
4. Moises Medina	2	76.21
5. Randy Levinson	2	76.11
6. Bill Austin	3	73.60
7. Richard Nelson	2	72.38
8. Carl Maravilla	4	72.12
9. Reg Willson	3	71.35
10. Mike Heredia	2	71.14

FEMALE

1. Kathleen Curley	1	62.18
2. Bernadette Greene	1	59.49
3. Karen Adams	5	59.11
4. JD Rouan	2	55.57
5. Margie Gonzales	5	48.16
6. Katrina Klaasmeyer	1	41.92
7. Yumi Afrento	1	41.77
8. Lee Miller	1	38.35

RACEWALK

1. Patricia Bates	1	64.54
2. Deo Jaravata	6	62.44
3. Lee Lightfoot	1	58.82
4. Bill Walsky	4	53.03
5. Keeley Webster	1	41.46
6. Cat White	1	40.80
7. Regina Robinson	1	38.32
8. Tomas Tiangco	1	35.77

AGE GROUP MEN

Division	Races	Points
----------	-------	--------

Male 30-34

1. Patrick Conner	6	630
2. Jorge S Corona	4	510
3. David Gonzalez	3	315
4. Matthew Ware	3	270
5. Mike Heredia	2	250

Male 35-39

1. Raul Borja	6	685
2. Jason Coleman	6	680
3. Mike Kerkman	4	545
4. William Fang	3	400
5. Albert Giang	3	290

AGE GROUP MEN

Division	Races	Points
----------	-------	--------

Male 40-44

1. Carlos Vizcarra	3	405
2. Mike Smith	3	325
3. Richard Peng	3	300
4. Tommy Ho	3	285
5. Moises Medina	2	260

Male 45-49

1. Eric Alvarez	6	775
2. Bruce Bair	6	705
3. Bernie Tan	5	490
4. Deo Jaravata	5	485
5. Mark Johnson	3	375

Male 50-54

1. Carl Maravilla	5	610
2. Brian Dunbar	4	425
3. Reg Willson	3	360
4. Martin Carlson	3	325
5. Mong Noiboonsook	3	270

Male 55-59

1. Bill Austin	4	500
2. Doug Jones	2	220
Dan Graham	2	220
4. Randy Levinson	1	135
5. David Grudzien	1	115

Male 60+

1. Andrew Wissmiller	6	795
2. Mike Carbutto	6	735
3. David Dassey	6	720
4. Richard Nelson	3	345
Jim Martinez	4	345

Below: LAFR sweep of the 60+ division of the LAFR Ultra Pride Run – David Dassey (2nd), Andrew Wissmiller (1st) & Bill Winkelmann (3rd)

AGE GROUP WOMEN

Division	Races	Points
----------	-------	--------

Female 30-39

1. JD Rouan	3	350
2. Lee Miller	1	105
3. Katrina Klaasmeyer	1	90

Female 40-49

1. Kathleen Curley	1	135
Bernadette Greene	1	135
3. Yumi Afrento	1	130
4. Cat White	1	110
5. Lee Miller	1	105
6. Keeley Webster	1	100
Regina Robinson	1	100

Female 50-59

1. Karen Adams	6	805
2. Margie Gonzales	3	350

Female 60+

1. Patricia Bates	1	125
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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. Jonathan Toker	1	119.14
2. Mike Kerkman	1	113.88
3. David Dassey	1	88.62
4. Andrew Wissmiller	2	84.47
5. John Kawaharada	1	82.72
6. Carl Maravilla	2	81.74
7. Deo Jaravata	4	78.42
8. Bruce Bair	2	75.72
9. William Fang	1	74.94
10. Jeff Lymburner	1	73.50



Mountains to Beach



The early birds heading out for the marathon

The 4th Annual Mountains to Beach Marathon, Half, and 5K took place over Memorial Day weekend. LAFR saw a large turnout at this popular event, with 15 runners across the three distances and 3 driver/cheerleaders.

Race weekend kicked off with most LAFRs arriving at the hotel mid-afternoon. After a group pasta feed at Macaroni Grill, it was off to bed as the race start was at 6 am.

The marathoners (pictured above) headed out at 4:30 am in WTF's car. The course was changed this year with a larger loop in Ojai at the start. As a result, the runners got a scenic tour of charming downtown Ojai.

The half runners left later since their start was 13 miles closer. Their course was also changed. Though not as fast as last year, it is still a mostly downhill, quick course.



Carlos led the LAFR group in the half, running 1:17 for 6th OA and 1st OA Masters. Bernie showed he is recovered from his appendectomy with a 3:16 Boston qualifying finish in the full.

After dropping off the runners, Yumi, Sammy, and William raced to the finish line. They didn't have to wait long for Carlos to cross the finish line, followed by a steady stream of LAFRs. William was able to capture our runners in the home stretch and those photos are on our facebook page. After the race, the gang went to Social Tap for a relaxing brunch. The big question was whether the hot waiter from last year was still there. Was? He was not but we still had a great lunch.

Just a bit more on M2B. The race is well organized with good pre-race and raceday logistics. The fields are not too large which makes the race very manageable regardless of pace. The drop offs were easy and parking at the finish is quite abundant and free. The coastal fog kept temps in the 60's until 4 hours after the race started. All in all a very good local race.



Most of the gang post-race: Sammy, Angus, Yumi, Mark D, Margie, Jason, Carlos, Dr. D, Bernie, Dan, John K, Walsky, Albert, Mark, Andrew, Gabriel



*Left:
Andrew, Mike, and
Eddie, who headed the
fundraising effort for
the AIDS LifeCycle.*



*Right:
Angus, Rob, Mark, and
Eric settling in.*

Bingo Night!

On April 8, the club held a Bingo fundraiser for both Students Run LA and AIDS LifeCycle. The venue was Viva Cantina in Burbank with the Bingo Boy and the beautiful Tiffany. This being in Burbank and not West Hollywood, our hosts did their best to tone down the risqué factor, but that did not affect the fun factor at all.

A local adult toys company generously donated a bunch of prizes so each prize package contained several decidedly adult only items. This allowed Bingo Boy to really use his improv chops as he had to explain each prize in a way that was suitable to any young ears in the restaurant. He did a terrific job and had the crowd in stitches throughout the evening. There was also bride-to-be with her bridesmaids at the event. They ended up winning most of the games and had a blast receiving all the adult toys they were winning. In addition to several chocolate items in various shapes... there was also a plethora of toys that, uh, all plug in somewhere. The company donated so much merchandise that there were leftovers so don't be surprised if they show up as a white elephant prize this holiday season. N2N Bodywear also donated a half-off shopping spree and the grand prize was a 3-day get-away in Palm Springs, from Patrick and Norman, which was auctioned off for over \$400.

Mike Kerkman was the only LAFR to win a game, but one of the bachelorettes also won and beat out Mike for the prize. As a consolation, Mike got a dubious looking Easter related toy that he probably shouldn't give to Rina.

This was the first time we used the Burbank location for Drag Bingo and while the walk-in crowd was smaller, the parking and traffic were much easier than WeHo, and the atmosphere more relaxed. We raised over \$1000 for the charities and had a fun night as well.



*Left:
Mike co-won a Bingo,
but lost out in the "pick
a ball" tie-breaker.
He's showing off his
consolation prize.*



Top: Hans and Jeff. Ask Hans what happened when he had a false Bingo.

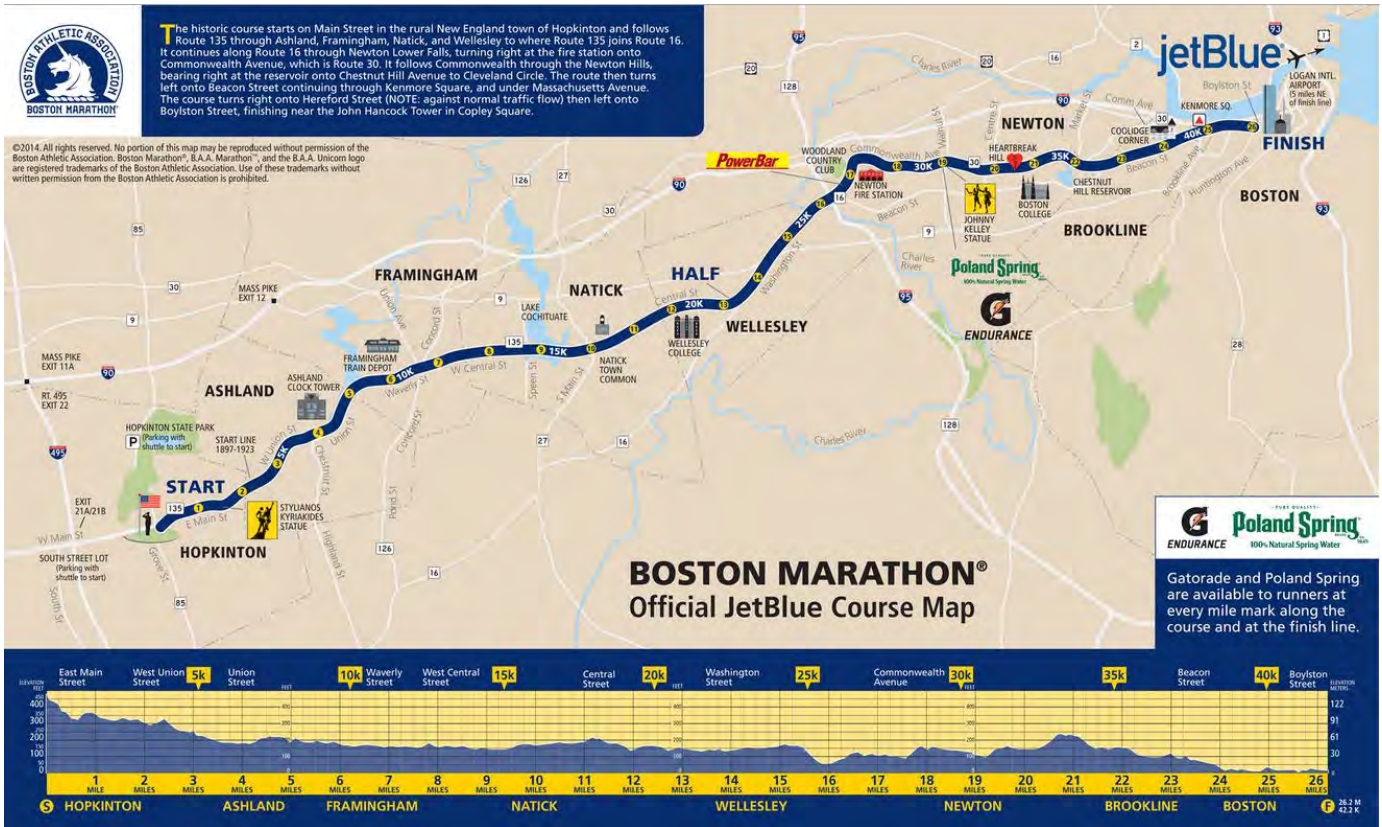
Below: Norman and Patrick, who donated the grand prize of a Palm Springs get-away.



*Right:
Anthony, Jason,
Richard, and Reg
sharing a pitcher of
margaritas*

Focus on Boston

Below is a screenshot of the 2014 route from the website baa.org:



Let's first get the downsides out, and there are a few:

1. The route is on unshaded pavement. The majority of the course is in rural or suburban landscape and lined by trees. But the race starts at 10AM, which means the sun is high up in the sky for most of the way.
2. The weather can be unpredictable. 2007 was cold, rainy, and windy; 2012 was sizzling hot. 2014 was on the warm side, but tolerably so. Snow is rare.
3. The journey from Boston to the start is over an hour.

On the other hand, the Boston Marathon is unmatched in many ways. All the runners are competitive and well-prepared. The runners in your corral run the same pace as you do. That means you can run a fairly even pace if you just follow the crowd. None of those "runners" who start walking at mile 2.

The course is lined with cheering folks. Given the bombing last year, 2014 probably hit an unusually high note with crowd support. But long-time runners recall the crowd has always been amazing. Little boys and girls are eager to hand out oranges, water bottles, Twizzlers, and enthusiastic high-fives. Onlookers are also quick to offer a chair or other assistance to the struggling.

The race is very well organized. Directions are clear; port-a-potties are abundant; and runners are given

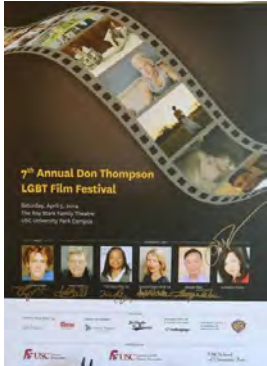
adequate time at every stage from gear-check to entering the right corral. The race support is extensive. At every mile, the runner is offered Gatorade followed by water, first on the right and then on the left.

Views along the course are quite stunning. Runners start at a quiet New England town in the forest. The first half is lined mostly with ponds and forests. Interspersed are the quaint looking train stations, clock towers, small town halls. At the half-way point at Wellesley college, the women (and the occasional gay boy) form a kissing-booth line over a block long. The few miles after Wellesley is suburban, as the rural landscape gives way to cityscape. In Newton, well-kept houses and estates become common, culminating in the Heartbreak Hill at mile 20.5.

After Heartbreak Hill, you enter Boston College. Perhaps it's the frat boys and sorority girls, or just that the finish is getting near, but the energy of the crowd reaches a fever pitch. As you run down Beacon St, you realize that John Hancock Tower is within sight. And 2 miles of people are just screaming for you to cross the finish line.

What makes Boston so special can be summed up in one word: people. The runners, the organizers, the volunteers, and the crowd all work together to make Boston one of the most fabled marathons in the world.

7th Annual Don Thompson Film Festival a Huge Success!



What began as an informal backyard movie night at the home of Sean O'Brien and Allen Posten to raise funds for the USC Lambda LGBT Alumni Don Thompson Scholarship in Cinematic Arts has blossomed into a full-fledged student film festival. Now in its seventh year, the "DTFF" (held in conjunction with USC Lambda and the USC School of Cinematic Arts) showcases USC student and alumni films that are supportive of LGBT issues/themes.



Connie, Amy, and Joyce, with USC School of Cinematic Arts Dean Elizabeth and husband James.



Mark, David D, Angus, David G, and Reg



The two Bills, Ran, and friend



Amy (with scarf) flanked by Brad and George Takei

The event also serves as the main fundraising vehicle for the scholarship, which was established in Don's honor in 2006. LAFR was proudly represented as a "Director" level patron this year. This year's event was so successful, that the amount of the scholarship for 2014-15 will increase from \$3000 to \$5000!

A great turn-out of Frontrunners (many of whom ran the Hollywood Half-Marathon that morning) enjoyed 10 innovative films from USC students and alumni. Celebrity host Drew Droege kept the program moving along in hilarious fashion, and guest judges included our own George Takei, Mark Hamill (*Star Wars*), Tina Mabry (producer director of *Mississippi Damned*), Amy Nicholson (head film critic for *LA Weekly*), and Guinevere Turner (writer, director *The L Word*). Prizes were awarded to the creative filmmakers. As USC School of Cinematic Arts Dean Elizabeth Daley noted, DTFF is the only event that the school participates in with non-USC collaborators. Kudos LAFR!



Gary and Reg, left and center, enjoying the films.

A past LAFR President and Board Member, Don served as Director of the photo archives at the USC School of Cinematic Arts from 1977 until his passing in 2006. His passions in life were running, films, and his beloved Trojans. Thanks to Frontrunners and USC Lambda, Don's legacy is firmly established in assisting LGBT and ally student filmmakers with their educational pursuits.

While Elsewhere...

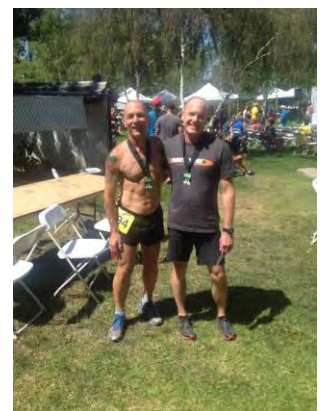


LAFR members challenged the trails.

Left: Henry and Mark with Kathi at Neutra 4K

Right: Danny O'Hara running the Leona Divide 50M. Raul Borja also ran.

Far Right: Mike & Andrew at Verdugo Mtn 10K



LAFR Marketplace & Pride Run Sponsors



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www.santamonicyoga.com

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Your Lifelong Vacation Consultants



Running Shop
Los Angeles

www.arunnerscircle.com

Placing an Ad

The LAFR Marketplace returns to the newsletter. This section is for LAFR members to advertise services/products that might be of interest to fellow club members.

If you would like to place an ad, please go to the online store and choose Membership/Newsletter Ads to purchase your ad space.

Rates are per month: \$15 ¼ page, \$25 ½ page, \$50 full page.

Your ad must be ready for print when submitted (we are runners, not graphic designers!).

Special Thanks to our Pride Run Sponsors

\$500

Santa Monica Yoga

N2N Bodywear

\$250

William Fang & Anthony Chan

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\$165

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\$100

Cat White & Keeley Webster ▪ Danny O'Hara

Kevin, Mikey & Rina ▪ Jerry Weyer ▪ Richard Nelson

The Bills ▪ Pat Bates & Sue Roth ▪ Neil E. Johnson, CPA

Bryan Prado ▪ Norman Dixon & Patrick Owen

Rina's Favorite Uncle

\$50

Mark Grumet ▪ Mark DeAngelis & Henry Jung ▪ Alexandra Amore

David Dassey ▪ Amy Ross ▪ Carl Maravilla

Mike Carbutto & Chris Tapper ▪ Regina Robinson

Mike Smith ▪ Lee Lightfoot ▪ Andrew Wissmiller ▪ Bill Walsky