

So Much To Be Thankful For

November 2013

LAFRs at the Palm Springs Pride Run on 11/2



It has been an eventful month. A catastrophic typhoon struck the Philippines, hitting home for several LAFRs who have family there. All our members families are fine but if you would like to donate to the recovery, Deo is accepting donations. Check your e-mail for details. The LAX shooting added an unwelcome wrinkle to Angelenos traveling to NYC for the marathon, including our own Carlos Vizcarra (read his story on page 6).

On the bright side, Amy spent a dreamy month in Paris and Regina and Marilyn celebrated an anniversary. Deo ran back-to-back marathons (Catalina and Malibu) while David Grudzien inches ever closer to running a half marathon in every state. Several runners also decided to commit to the Sean O'Brien 50/50 race.

Speaking of racing, the window for the Grand Prix is closing! Only 5 more races remain on the calendar for the age group race. The GP calendar lists 4 suggestions for Turkey Trots on Thanksgiving Day, but wherever you are, if you run a turkey trot, just report it and we'll score it.

For folks with marathons on the horizon, the club kicked off marathon training with the Nov. 17 NOELA run. It's ok if you missed it. There's still plenty of time to get started for LA or another early 2014 long distance race.

At the Fall Feast on 11/23, we will be collecting food and shoes for APLA & SRLA. Remember how great this year has been for LAFR and please be generous if you can!

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LAFR BIRTHDAY BOYS AND GIRLS

11/18 Steven Frybarger	12/10 Jason Coleman
11/20 Piyush Prakash	12/11 Connie Hammen
11/21 Bill Winkelmann	12/13 Andre Guimond
11/21 Rudolph Van Graan	12/13 Richard Korn
11/23 Henry Ong	12/13 Jeffery Nunes
11/23 Gary Todd	12/13 Brian Eggert
11/25 Joseph Carrao	12/14 Christopher Schmitt
11/27 Tom Croyle	12/16 Marilyn Jackson
11/27 David Grudzien	12/18 James Trevithick
11/28 Kevin Gardner	Aldous
11/30 Eric Garon	12/20 Jorge Santana
11/30 Dale Beldin	Corona
12/2 Dan Vu	12/21 Paul Morrell
12/3 Aaron Rothbart	12/21 Jane Dods
12/7 Kimberly Fairchild	12/28 Jeffery Masino
12/8 Donna Balinski	12/31 Regina Robinson



Happy Birthdays! Todd (10/28) and John (11/10)

Welcome New Members!

Maryland Bolds Randy Levinson
Bernadette Green Jeffrey Giles

Los Angeles Frontrunners

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Geoff Buck, *dir-at-large*
Regina Robinson, *dir-at-large*
Ross Lamkin, *dir-at-large*
John Kawaharada, *dir-at-large*
Margie Gonzales, *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 Frontrunners Monthly Treasurer's Report for Nov 2013

Balance on 2013 Oct 17	\$19,028.97		
Balance on 2013 Nov 19	\$19,513.38		
Net change	\$ 484.41		
Club Events	Expense	Revenue	Net
Halloween Party	\$ (14.35)	\$ -	\$ (14.35)
Catalina	\$ -	\$ 412.50	\$ 412.50
Membership			
Membership Dues	\$ -	\$ 125.00	\$ 125.00
Donation	\$ -	\$ 25.00	\$ 25.00
Operational			
Communication	\$ (45.00)	\$ -	\$ (45.00)
Paypal	\$ (18.74)	\$ -	\$ (18.74)
Totals	\$ (78.09)	\$ 562.50	\$ 484.41

From the Treasurer: Very little activity this month. Catalina Revenue is member reimbursement for expenses last month. Storage and Mailbox were already prepaid last month. Only major revenues were membership dues and donation. Only major expenses were Paypal fees and Constant Contact.

LAFR Board Meeting November 4, 2013

These were discussed

1. Website – Angus + Bruce will work on this
2. General state of finance is good. Paypal info has been updated to use William's home address, since Paypal now requires a street address and a PMB is no longer acceptable.
3. Fall Feast on 11/23 at Sean + Allen starting at 4PM
 - Rental items to be ordered by William
 - Sean will provide 2 heaters
 - Food will be organized by Patrick
 - Supplies/General Org. by Angus
 - Email for RSVP Angus
4. NOELA (north of East LA) neighborhood run 11/17
5. William has an East LA run idea, culminating with Chinese food and Daiso \$1.50 store. Probably in January
6. Discuss 2-person charity for SRLA as part of LA Marathon. Angus will coordinate with SRLA
7. December potluck will also host a White Elephant gift exchange
8. Jim Martinez will host Christmas party
9. 2014 trip idea? Sean will work up some ideas for a new trip other than Grand Canyon. William requested a trip to Bodie, the ghost town
10. Patrick will follow up with Griffith Park about rental space for Saturday breakfasts and/or annual mtg
11. December Board meeting on 12/14 after the run at David's

Catalina Eco-Marathon & 10K

It was another beautiful weekend in Avalon for the 7th running of the Catalina Eco-Marathon and 10K. If you like challenging trail running, both of these races offer spectacular scenery and a plethora of climbs and descents. The marathon starts and ends Avalon (no morning boats to catch!), and offers some of the most beautiful, rugged and breathtaking trails you will see. If you're not ready for the marathon, the 10K also offers a challenging, hilly course that climbs up trails to a beautiful view before plummeting quickly back down to the finish.

President Kennedy took 1st 45-49 in the 10K. Six LAFRRs tackled the marathon, with Sean finishing 5th OA and 1st 50-54 and John Kawaharada taking 1st 45-49 (and more importantly, 1st Asian).



Above: John Kawaharada running the marathon



Left: the marathoners at the start – John Kawaharada, Sean O'Brien, Wadley, Deo Jaravata, Mike Carbuto & Reg Willson



Left: Queens of the 45s: Angus was 1st 45-49 in the 10K and John was 1st 45-49 in the marathon



Right: Wadley cools off after the race

Palm Springs Pride Weekend

The Palm Springs Pride weekend got started with the annual Palm Springs Frontrunners Pride Run 5K. 25 LAFRs raced, with Mike Kerkman leading the LAFR contingent, placing 3rd OA. The weather was beautiful and our Palm Springs Frontrunners brethren put on a great race!



Above:
LAFR Kristi Twilley
was 3rd 40-44



Right:
Bill Austin was
1st 55-59 and
Richard Nelson
was 2nd 65-69



Above: Mike Kerkman and Mark Johnson were 3rd and 4th OA in the race and both won their age groups. Rina raced with Papa Kevin.



Zoolander (played by Bruce) feeding strawberry to Ren McCormack (played by Brian).



A shot of John and Dan, with the congenial crowd in the background.



The hosts, Mark and Henry, taking a short breather. The two put together a scrumptious brunch spread.

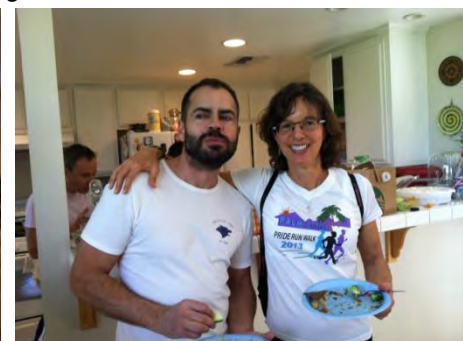
Pride weekend in Palm Springs has always been a happening event. For the past several years, LAFRs Mark and Henry have hosted both the Palm Springs Frontrunners as well as LAFR to a post-race brunch. This year saw another great turn-out. The weather was a sunny 85F and the atmosphere was just right. Food and drinks were aplenty and everyone had a blast. Rumors had it this was just the first in a long series of celebrations that weekend.



Albert, Rob, Mike, and Chris enjoying the food and conversation.



Richard, Bill, and Neil enjoying some drinks.



Drew posing with Kathi Garcin, the race director for Palm Springs Pride Run.

Happy Anniversary, Marilyn & Regina!

Marilyn & Regina celebrated their one-year anniversary the first weekend of November. The party was at Marilyn's cousin's house with a live band and great food, but the absolute highlight of the evening was a surprise rendition of "Fly Me to the Moon" sung by our own secret singing sensation Regina to a thoroughly surprised Marilyn.

There wasn't a dry eye in the house!



Right:
Patrick, Norman,
Mark & Angus
celebrate with
Regina & Marilyn
on the occasion of
their one-year
anniversary



Wanna Do Sean? As in the SOB 50/50



Feb. 1, 2014 - Malibu, Ca

The Sean O'Brien 50M/50K/26M (2/1/14) was created after the original Ray Miller course had suffered a devastating fire in early May. The area was badly burned, and needed time to heal. Race Director Keira Henninger still wanted to bring a solid, competitive, and tough 50M/50K race to SoCal in early winter in the beautiful Santa Monica Mountains. The result was the creation of one of the most epic race courses to date on the West Coast. Mapped out and created by our own Sean O'Brien, the race course consists of beautiful single-track on the Backbone Trail, miles of sweeping ocean views, and close to 14,000+ feet of gain in the 50-mile distance (it was created by Sean after all). The backcountry trails of the Santa Monica Mountains are breathtaking and some parts rarely touched. The top 3 male and female finishers in the 50 mile receive entry into the Western States 100, assuring a top-notch field for the SOB 50 Mile. Read more at www.sob5050.com



Sean and trail running partner Arlington

NYC Marathon

By Carlos Vizcarra

The New York City Marathon should be on every marathoner's bucket list. I was able to check it off on Sunday November 3rd. It was not the easiest marathon to train for, as I've been plagued with plantar fasciitis for about two years now. Only weekly one hour visits to a doctor allowed me to get through my training schedule. Training through the pain made crossing the finish line in 2:48:53 all the sweeter. In addition, this was my first marathon since turning 40. My usual 18 to 22 week long training program was abbreviated to 15 weeks. And it was the first marathon at which I had course support from my family, my sister and her family who live in Long Island.



I was set to fly out to NY on Friday, 11/1, at 4pm. The shooting at LAX derailed that plan. I ended up leaving from Long Beach at 11:40 pm on a non-direct flight to NY which arrived at JFK at noon on Saturday. Upon landing, I headed straight to the expo in Manhattan. I was excited to introduce my sister's family to a slice of the crazy world of distance running I've been a part of since a chubby Carlos decided to join Cross Country in his sophomore year at Marshall High. After a couple hours at the expo, we headed to my sister's home on Long Island. My 14-year old nephew and I went for a 2 ½ mile jog around the neighborhood, for it's not wise to take the day off before race day. The day wrapped up with pasta dinner and planning for race morning.

Sunday began with a 3:45 AM alarm. The NYC Marathon begins at 9:40 AM for the first wave. I had signed up to take the 6 AM ferry to Staten Island. The excitement was palpable and even the machine-gun carrying officers on the ferry could not distract athletes from what lay ahead. Many athletes like me also found this the perfect time (3 ½ hours to race time) to eat. I chomped on my PB & J, banana & bagel along with some Gatorade. Once on the Staten Island side, it was all a matter of timing. I stayed in the Station to keep warm in the high 40's cold.

At 8 a.m. it was time to take the shuttle to the start. As athletes stepped off the buses, each and every one was greeted by a security guard with a metal detector. I had no bags to check in, so I jogged around looking for my corral and avoided much of the communal nature of this staging area—water and coffee tables were spread throughout to keep athletes warm. The corral was a long winding snake with entrances for athletes based on their expected finishing time. Mini Corrals contained 500 to

1,000 athletes and each had its own port-a-potties and set of volunteers. The first wave corral opened from 8:20 to 8:50 am. At 8:55, the entire snaking corral moved in unison toward the start—the Verrazano Bridge. Soon, after our short walk toward the start, the elite women were announced and the gun sounded to start their race.

Next it was the elite men along with the first wave of athletes' turn. Mary Wittenberg, Mayor Bloomberg, and the President of the Boston Marathon were on hand to send us off. The first mile was the uphill side of the bridge with helicopters along both sides of the bridge and the second mile was the descent side to Brooklyn. By mile 4, I had settled into a group of about 10 runners and the pace remained steady for the next 9 miles. It was nice running in a pack and not having to take on the brunt of the 10 to 20 mile per hour headwinds that lasted till mile 20. Mile 12.5 is where my family awaited with my own special blend of Gatorade and a gel packet (one of four I would take during the race).

My potty stop came right before the half way marker and although it was merely a 30 second stop, I lost my group and the next 7 miles would be running on my own as I caught and passed the natural attrition that begins to occur at the half way point. These several miles included the Pulaski Bridge past mile 13 and the Queensboro bridge past mile 15. Once you are in Manhattan, the crowds made those windy miles go by fast, for the masses along the streets are quite loud. The race proceeds northward up First Avenue to the Bronx where it turns southward toward Central Park. Miles 23 and 24 are a slow grind up, but having had committed the course elevation profile to heart, I knew that this was the place to give it my all, for the last 2.2 miles are rolling so you can run hard on the down sections and let the momentum carry you on the upslopes—that is if your quads, calves & hamstrings are still able to handle it. *continued next page*

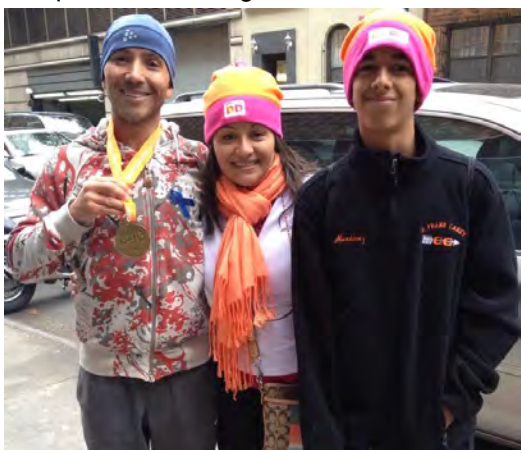


Carlos with his bib at the expo

(continued from previous page)

According to my watch, mile 25 and 26 were 6:11 and 6:10 respectively. When I crossed that finish line, my quads and hamstrings tightened up immediately, for there was no way I could have kept that pace for more than a few more seconds. First half—1:24:44 and second half 1:24:09. 2:49 goal accomplished.

It was a long 20 minute walk to the family reunion area, but a number of volunteers along the way supported the athletes by providing: your medal, your picture, a cellophane cover, a nutrition bag, a bright orange poncho to keep you even more warm, and the constant “Congratulations, you are almost there,” (the there referring to the family reunion area). I’m sure finishing 243rd made the reception by the volunteers that much more special. I have a difficult time believing that their smiles and congratulations would hold up for 3 hours after I finished, but since I haven’t heard otherwise, I believe the volunteers need to be congratulated for their own cheering marathon they endure. Once at the family reunion area, it was posing for more pictures and changing into warm comfortable clothes. The day ended with a warm bath, dinner at Olive Garden and an 8-hour sleep before heading back to L.A. the next afternoon.



Carlos post-race with his sister and nephew

Notes from the Back of the Pack

By Bill Walsky

People run races for many reasons; to test themselves, to chart their progress towards specific goals or simply to use an upcoming event as motivation when they really don't want to run. If start lines are fraught with anxiety and anticipation, finish lines are home to elation and disappointment in unequal measure. What follows is the story of two runners and their decidedly different reactions to their races.

In late October I accompanied Ric Munoz to Fountain Hills, AZ, where he was scheduled to run the Javalina Jundred 100 Mile Race.



My job was to act as crew member, cheerleader and designated driver on the return home. Javalina was a festive event, themed to Halloween, with skeletons, grave headstones, pumpkins and people in costume throughout the finish area. Saturday morning the race went off at 6am with temps in the 60's as runners began the first of 6 loops on a 15 mile desert course followed by a smaller 9.3 loop. As temps rose into the 90's most of the supporters and crew members retreated to the shaded pavilions.



Ric Munoz at mile 15

In the heat of the afternoon, after two or three laps, many runners took a break and ate and hydrated in the shaded pavilions. By sundown Ric had finished 45 miles and said he was tired but okay. Fast forward to Sunday morning: After spending the night at the hotel I arrived back at the race site to find Ric dozing in his race chair. Exhaustion had overtaken him at sixty nine miles and he had dropped from the race earlier that morning. We gathered his race bags and retreated to the hotel where a hot shower, breakfast and a long nap partially restored his spirits. At dinner that night I asked him if he had accepted the belt buckle for finishing the 100k as so many 100 miler starters had. He said no because that hadn't been the objective in coming to the race. We drove home the next day.

A week later I found myself on the starting line of the New York City Marathon. A bad knee during the summer and a lingering virus had conspired to wreck my training but after a thirty year wait I was ready to start the race...as a walker. The early miles in Brooklyn whizzed by as crowds cheered and the mass of runners thinned to a trickle. At mile eight I met Orriana from Italy who was celebrating her fortieth birthday by doing her first marathon. Off and on we walked together until mile twenty when I ducked into a port-a-potty.

By mile twenty three it was dark but the glow of the roof lights of the buildings surrounding Central Park lit up the inky black sky. The night time finish wasn't how I had imagined it all the times I watched the race on television. The fall colors were invisible in the darkness and the boisterous crowds had long since gone home. But the volunteers were exuberant and when one of them placed the finishers medal around my neck it was all good. At seven hours plus it was way slower than I had ever imagined, but it was still satisfying and good.

Race Results

LAFR Pride 5K

WeHo, CA 6/9

Jason Coleman..... 33:24 PR

Rock Into Autumn Half

Stone Mountain, GA 9/22

David Grudzien..... 2:26:59

Nashville Women's Half

Nashville, TN 9/28

David Grudzien..... 2:22:49

Lake Tahoe Full

Lake Tahoe, CA 9/29

Deo Jaravata..... 4:23:08

ATC Cartersville 10K

Cartersville, GA 10/5

David Grudzien..... 56:53

Allstate 13.1 Half

Atlanta, GA 10/6

David Grudzien..... 2:17:04

Lucy Town 5K

Jamestown, NY 10/12

David Grudzien..... 27:49

Lucy Town Half

Jamestown, NY 10/13

David Grudzien..... 2:20:40

Kansas City Half

Kansas City, MO 10/19

David Grudzien..... 2:24:01

Des Moines Half

Des Moines, IA 10/20

David Grudzien..... 2:15:58

Rock'n'Roll Full

Denver, CO 10/20

Deo Jaravata..... 3:57:03

Raul Borja..... 4:20:29

Twin Cities Monster Half

St. Paul, MN 10/26

David Grudzien..... 2:19:50



Mike Kerkman & John McGuinness placed 1st and 2nd in the 35-39 age group at the Palm Springs Frontrunners Pride Run

Javelina 100K

Fountain Hills, AZ 10/26

Ric Munoz..... 17:38:36

Haunted Hustle Half

Middleton, WI 10/27

David Grudzien..... 2:17:11

Main Street 10K

La Puente, CA 10/27

Deo Jaravata..... 49:43

Brian Dunbar..... 55:22

Mike Smith..... 56:57

Geoff Buck..... 1:25:10

New York Marathon

NYC, NY 11/3

Carlos Vizcarra..... 2:48:53

Andrew Wissmiller... 3:44:30

Bill Walsky..... 7:22:41

Santa Clarita Marathon

Santa Clarita, CA 11/3

Deo Jaravata..... 3:48:51

Two Cities Marathon

Santa Clarita, CA 11/3

David Dassey..... 3:55:47

Mt. Baldy Run to the Top Trail

Mt. Baldy, CA 9/1

7 Miles

Jonathan Toker..... 1:12:39 3rd OA
2nd 35-39

Bookends (Grand Prix)

Los Angeles, CA 10/20

5K

Bernie Tan..... 19:35 1st 45-49/PR

Dan Graham..... 22:53 1st 55-59/PR

Mike Carbuto..... 25:39 2nd 60-64/PR

10K

Richard Nelson..... 45:08 2nd OA
1st 65-69

Jason Coleman..... 1:16:28

Rock'n'Roll LA Half (Grand Prix)

Los Angeles, CA 10/27

Mike Kerkman..... 1:29:44 PR

David Gonzalez..... 1:43:42

Richard Nelson..... 1:48:47 3rd 65-69

Palm Springs FR 5K (Grand Prix)

Palm Springs, CA 11/2

Mike Kerkman..... 18:24 3rd OA/PR
1st 35-39

Mark Johnson..... 18:41 1st 45-49

John McGuinness.... 19:38 2nd 35-39

Bruce Bair..... 19:50

Bill Austin..... 20:31 1st 55-59

Angus Kennedy..... 20:51

Mark DeAngelis..... 21:21

Dan Vu..... 23:22

Richard Nelson..... 23:28 2nd 65-69

Patrick Conner..... 23:42 PR

Albert Giang..... 23:58

Brian Dunbar..... 24:08 PR

Mike Carbuto..... 24:22 PR

Juan Moreno..... 24:45

Henry Jung..... 25:07

Drew Brabb..... 25:43

Jon Wasser..... 26:59

Kevin & Rina..... 27:03

Rob Chen..... 27:05

Bill Winkelmann..... 27:32

Kristi Twilley..... 32:43 3rd 40-44

Neil Johnson..... 38:15

Doug Jones..... 39:41

Brian Eggert..... 41:33 PR

Chris Tapper..... 45:12

Grand Prix Series Standings as of 11/10

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 with max allowable races (6) are ranked first.

Division	Races	Average
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MALE

1. Carlos Vizcarra	6	81.79
2. Mark Johnson	6	78.92
3. Richard Nelson	6	78.56
4. Andrew Wissmiller	6	75.61
5. William Fang	6	75.28
6. John McGuinness	6	72.41
7. Bernie Tan	6	72.26
8. David Dassey	6	70.44
9. Angus Kennedy	6	70.10
10. Reg Willson	6	68.35

FEMALE

1. Margie Gonzales	5	51.60
2. Cat White	5	44.48
3. Regina Robinson	5	32.19
4. JD Rouan	4	54.63
5. Tanya Haney	4	54.15
6. Keeley Webster	4	34.16
7. Marilyn Jackson	4	32.05
8. Melissa Coleman	3	60.19
9. Lee Miller	3	43.23
10. Donna Balinski	3	34.24

RACEWALK

1. Deo Jaravata	6	62.23
2. Patricia Bates	2	68.62
3. Juan Moreno	1	63.21
4. Connie Hammen	1	58.68
5. Sue Roth	1	53.84
6. Bill Walsky	1	49.72
7. Keeley Webster	1	41.30
8. Cat White	1	40.97
9. Donna Balinski	1	40.33
10. Regina Robinson	1	27.16

AGE GROUP MEN

Division	Races	Points
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Male 20-29

1. Piyush Prakash	1	140
2. Gary Iem	1	130

Male 30-34

1. Mike Kerkman	5	720
2. Jorge S Corona	5	600
3. William Korthof	5	545
4. David Gonzalez	4	380
5. Jose Castillo	4	310
Patrick Conner	3	310

AGE GROUP MEN

Division	Races	Points
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Male 35-39

1. William Fang	6	925
2. John McGuinness	6	735
3. Carlos Vizcarra	5	635
4. Albert Giang	6	630
5. Rob Chen	6	610

Male 40-44

1. Bernie Tan	6	780
2. John Kawaharada	5	650
3. Richard Peng	6	595
4. Don Formanek	4	455
5. Kent Hamilton	3	385

Male 45-49

1. Mark Johnson	6	835
2. Angus Kennedy	6	780
3. Deo Jaravata	6	620
4. Eric Alvarez	3	435
5. Rex Boone	2	235

Male 50-54

1. Reg Willson	6	740
2. Mong Noiboonsook	6	700
3. Brian Dunbar	6	640
4. Sean O'Brien	3	430
5. Carl Maravilla	3	365

Male 55-59

1. Bill Austin	6	800
2. Doug Jones	6	700
3. Dan Graham	4	570
4. David Grudzien	2	230
5. Jim Martinez	2	190

Male 60+

1. Andrew Wissmiller	6	830
2. Richard Nelson	6	805
3. David Dassey	6	735
4. Bill Walsky	6	730
5. Mike Carbuto	6	700

AGE GROUP WOMEN

Division	Races	Points
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Female 30-39

1. JD Rouan	3	330
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Female 40-49

1. Regina Robinson	6	650
2. Cat White	5	550
3. Melissa Coleman	4	475
4. Donna Balinski	4	455
5. Marilyn Jackson	4	440
Lee Miller	4	440

Female 50-59

1. Margie Gonzales	6	730
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Female 60+

1. Patricia Bates	2	255
2. Amy Ross	1	125
3. Sue Roth	1	105
Connie Hammen	1	105

TRAIL MASTER

The Trail Master Race is a combination points & age-graded accrual competition that determines the club Trail Running Champion. Runners with max allowable races (5) are ranked first.

Athlete	Races	Average
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1. Andrew Wissmiller	5	90.14
2. Mong Noiboonsook	5	71.54
3. Sean O'Brien	4	114.18
4. Jonathan Toker	4	100.58
5. Angus Kennedy	3	107.67
6. Jeff Lymburner	3	97.31
7. John Kawaharada	3	92.32
8. Deo Jaravata	3	78.85
9. Mike Carbuto	3	74.06
10. Mark Johnson	2	122.97

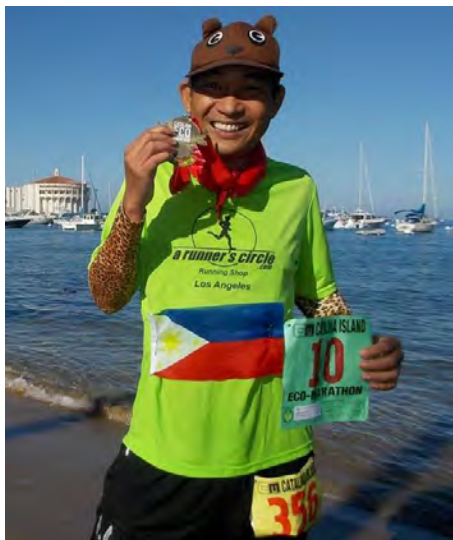
Below: Sean O'Brien, John Kawaharada & Deo Jaravata after the Catalina Eco-Marathon



13.1 Challenge Standings as of 11/8

And you thought your weekend was busy?

Our intrepid marathoner Deo Jaravata had a busy weekend November 9-10. First, on Saturday morning (the 9th), he took the Catalina Express to Avalon to run the Catalina Eco-Marathon. Deo is a legacy runner at Eco, having run all 7. Then, after pics with his fans, he was back on the boat to the mainland to run the Malibu Marathon Sunday morning (the 10th).



Deo after Catalina Eco on Saturday



Deo running Malibu on Sunday



13.1 MOST

Name	Amount
1. David Grudzien	47
2. Margie Gonzales	13
3. John McGuinness	5
Doug Jones	5
5. Bill Walsky	4
Andrew Wissmiller	4
Deo Jaravata	4
8. Angus Kennedy	3
Mong Noiboonsook	3
Mike Carbuto	3
Mark Johnson	3
Richard Peng	3
13. 8 LAFRs	2
21. 23 LAFRs	1



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

13.1 Fastest Men

Name	Time	Race
1. Eric Alvarez	1:15:47	Mountains2Beach
2. Carlos Vizcarra	1:18:38	Surf City
3. Mark Johnson	1:24:46	Mountains2Beach
4. William Fang	1:26:51	SF
5. John McGuinness	1:28:22	OC
6. Mike Kerkman	1:29:44	RnR LA
7. Bernie Tan	1:29:57	Mountains2Beach
8. Jorge Santana Corona	1:31:56	Ventura
9. Reg Willson	1:34:34	Long Beach
10. Jonathan Toker	1:35:23	Boney Mountain

13.1 Fastest Women

Name	Time	Race
1. Melissa Coleman	2:06:36	SF
2. Tanya Haney	2:25:46	Valley Crest
3. Margie Gonzales	2:35:03	Fontana
4. Cat White	2:48:07	Mountains2Beach
5. Donna Balinski	3:16:07	Mountains2Beach

13.1 Biggest PR

Name	Cum. Time	Race
1. Tanya Haney	0:09:45	Valley Crest
2. Albert Giang	0:08:12	Mountains2Beach
3. Dan Graham	0:06:55	Mountains2Beach
4. Eric Alvarez	0:06:03	Mountains2Beach
5. Cat White	0:05:58	Mountains2Beach
6. Andrew Wissmiller	0:05:21	Ventura & LB
7. Bernie Tan	0:05:12	Mountains2Beach
8. David Grudzien	0:05:07	Palmetto
9. Paul Morrell	0:04:00	Kaiser & SF
10. Mike Carbuto	0:03:21	OC

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.



Mike Carbuto, Richard Nelson, Dan Graham & Bernie Tan after the Bookends 5K/10K

Grand Prix Races

Full schedule @ www.lafronrunners.com



Thursday 11/28 Thanksgiving
TURKEY TROT-TACULAR!

Turkey Trot LA in DTLA

5K/10K

www.turkeytrot.la/

Topanga Turkey Trot in Topanga

5K/10K/15K

www.trailrace.com/topanga.html

YMCA Turkey Trot in Burbank

5K/10K

www.burbankymca.org/turkeytrot.php

Pali Turkey Trot in Pacific Palisades

5K

www.paliturkeytrot.com

Saturday 12/7 in South Pasadena
Tiger Run

5K/10K

www.sptigerrun.com

Sunday 12/8 in Laguna Beach

Crystal Cove Trail Run

5K/10K/15K

www.trailrace.com/crystalcove.html

Sunday 12/15 in Pomona

LA County Holiday Half Marathon

5K/Half

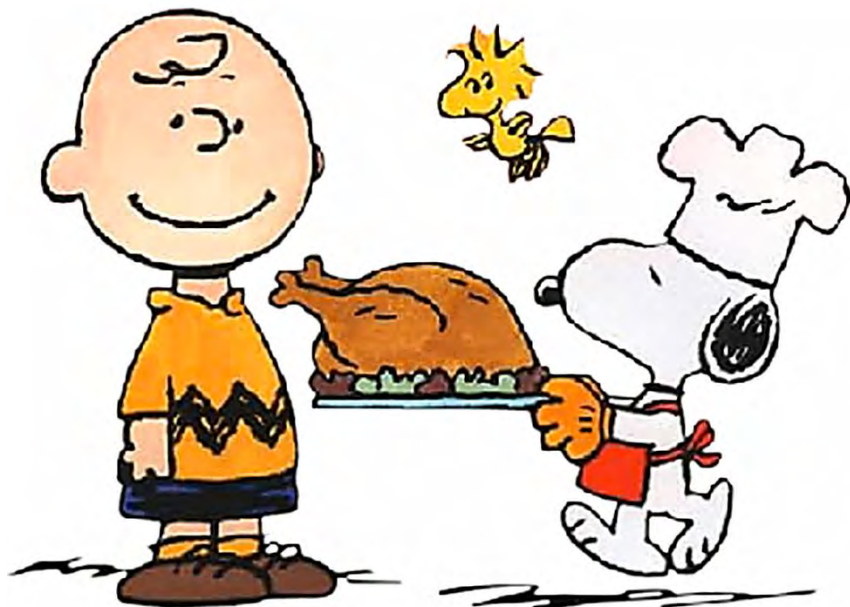
www.runholidayhalf.com/

Thursday 12/26 in Playa del Rey

Operation Jack Marathon
Half/Full

www.operationjack.org/marathon/

FALL FEAST 2013!



Saturday, November 23th at 4:00 PM

Posten O'Brien Residence

2160 W. 20th Street, Los Angeles 90018

It's here! Please join your LAFR family at the lovely home of Sean and Allen for Fall Feast 2013. We'll have turkey and the trimmings, plus all the fabulous entries you'll bring in hopes of winning one of the crowns of Fall Feast 2013. (Yes, life as a LAFR is one pageant after another.)

Side Dish Queen

Cranberry Sauce Queen

Dessert Queen

Make sure you bring a nice-sized portion so a lot of people can taste and vote for you to win. We're expecting approximately 70-80 attendees. Also, we'll be accepting your donations for the APLA Food Drive and SRLA Shoe Drive. Read more about it in this newsletter.



Fall Feast Food Drive – Saturday 11/23

We will be conducting a Food Drive at the Fall Feast to donate to the APLA World AIDS Day Food Drive. APLA is initiating a massive county-wide food drive to secure donations of food and hygiene items for persons living with HIV/AIDS. Proper nutrition is so important to the health and well-being of people living with HIV/AIDS. But thousands of APLA clients struggle to manage this disease while facing poverty and hunger. The Necessities of Life Program (NOLP) operates 9 food pantries across LA County, where people with HIV/AIDS are able to bring home the equivalent of four bags of groceries every week at no charge.

Here is the shopping checklist for the Food Drive. Please bring your donation to the Fall Feast.

APLA Food Drive Shopping Checklist:



Please consider purchasing a suggested food and hygiene item below. Other **NON-PERISHABLE** items or **PERSONAL** items are also welcomed!

Whole Grain Cereal



Canned meats



Canned Fruits and vegetables



Chicken or vegetable Stock



Peanut Butter



Cooking Oils



Non-perishable 100% Juices



Evaporated Milk



Coffee and Teas



Personal Hygiene Items



Fall Feast Shoe Drive for Students Run LA – Saturday 11/23

We will be collecting running/rubber-soled shoes at the Fall Feast to donate to the SRLA Shoe Drive and World Record Breaking Attempt. See below for all the details.

Please bring any running/rubber-soled shoes you would like to donate to the Fall Feast. Shoes must be CLEAN & TIED TOGETHER. We will box up and store our collected shoes until the event in April.



SRLA CARES SHOE COLLECTION
& World Record Breaking Attempt

SRLA Cares

In 2010 SRLA added a new component to our program: SRLA Cares. The purpose of SRLA Cares is to raise the students' awareness and involve them in the process of "giving back" to their communities. Historically what was asked of the students in SRLA was to attend practices and training runs, and stay in school, graduate, and make plans for post-secondary education. SRLA Cares is intended to ask more of them. The students know that SRLA is generous to them, providing them with everything they need to train for a marathon. SRLA has asked that the students participate in a series of "giving back" projects associated with each of the community races in which they run. For example, at the 5K, the project is to collect pennies for breast cancer and at the 15K, the project is to bring in a can of tuna for food banks. Since many of our students are themselves from low-income families, the SRLA Leaders work on each of these SRLA Cares projects in an appropriate way, so that even the most needy students learn to give back in a meaningful way. The 2012-13 season was our third year of implementing "SRLA Cares." We view it as a long-term effort for SRLA.

Shoe Collection

The 175 groups in SRLA will be collecting used rubber soled shoes in their schools and neighborhoods. The shoes will be transported to the final collection site the day prior to or the morning of the event (sometime in April near Earth Day). All shoes must be rubber soled and each pair should be clean and tied together.

Where are the shoes going?

Soles for Life is a not for profit organization that collects shoes, and sells them to an exporter. The money received from the collection of shoes is used to fund the repair and installation of water wells around the world. They are currently working in Monrovia, Liberia in Africa where there are 50,000 broken wells. A portion of the profits will go back to SRLA to fund scholarships for graduating seniors. Go to www.solesforlife.com for more information.

Guinness Book of World Records

Over the past 3 seasons SRLA has recycled used athletic shoes through the Nike ReUse-A-Shoe program at the 28-mile Friendship Run. This year even though the Nike recycle project has been discontinued SRLA wanted to keep the tradition. This is also the 25th season and so the idea was born to try and break the world record for the largest collection of shoes to be recycled. The previous record was earlier this year at 16,407 pairs of shoes. Our goal is to hit 25,000 pairs of shoes.

Pictures! (running related)



Brian, Deo, and Geoff at the City of La Puente Main Street 10K on Oct 27. This race is part of the Students Run LA (SRLA) program.



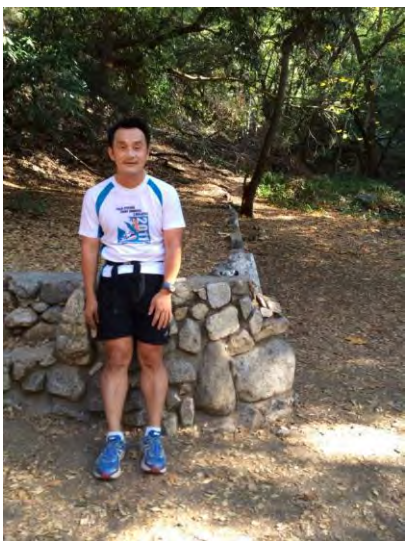
David and friends at the Twin Cities Marathon (Fresno + Clovis, CA) on Nov 3. He earned great swag by running a 3:55:50.



David with his trademark smile after completing his 49th half marathon at Palos Verdes on Nov 16.



A selfie from Mark at the Palm Springs Tram Run, 3.7 miles up a 2500 ft climb, on Oct 28. Mark finished in the top 10%.



Top, middle, bottom: Mt Wilson Trail Run on Nov 3. Everyone fresh at the start, Dan on the way there, Richard at the turnaround.



Patrick is back to running! A selfie at the end of a 17 mile run on Nov 10. The group ran along scenic LA River. Most went to dimsum after 11 miles but Patrick soldiered on.



Anthony and William making sure everyone made it back to the parking lot after the NOELA Run on Nov 17. Everyone did return.

Pictures! (not really running-related)



Post-run, Yumi, Anthony, and William modeling exciting merchandise at a Daiso shop in Monterey Park on Nov 10. Daiso is like Japan's 99 cent stores but with better stuff.



Angus and Mark as renaissance twins at the Halloween Party on Oct 26.



Wednesday crowd at Tender Greens on Nov 6. Dale, Chris, Mike, Ari, Tommy, Craig, and Jeff Jackson visiting from Ft Lauderdale.



Geoff, John, Moises, Ted, and Sarina at the Halloween party on Oct 26.



Anthony and William at the Halloween Party on Oct 26. With a peek-a-boo shot of John in costume.



Apprehension at Palm Springs, Nov 2. What game is this that we're playing?

Halloween Party – 10/26 at home of Geoff and Jason in WeHo



Richard and Yumi



Our gracious hosts Geoff and Jason



Mike and his Australian mate



Teddy and Don. Those shoes!

Board member Geoff and his partner Jason hosted the LAFR Halloween party at their home on 10/26. The hosts lavishly decorated both the house and yard and served up yummy food to a crowd of almost 40 people. Nearly everyone came in costume. For the few who didn't, Geoff and Jason prepared gag costumes for them to wear. The evening was filled with merrymaking and revelry, climaxing with a costume contest voted on by the guests.

The first category was for Miss Pretty. The guests voted Jason 3rd as Black Cat, 2nd was Yumi as the Green Hair Lady with a Fan, and Miss Pretty went to Bernie as Miley Cyrus. The panda bears, Rob and Kevin, were collectively voted in as finalists. Next up was Miss Scary. This time 3rd went to Rob Chen as Scary Panda, 2nd to Big Dan as Billy Ray Cyrus, and Miss Scary went to... Bernie again. Interestingly Bernie was both Prettiest and Scariest. What a polarizing figure. Also interesting was the panda bears were voted in as Prettiest, but Rob alone was voted in as Scariest. What does that mean for Rob?

Finally, winners for Miss Creative were 3rd Dan & Bernie, 2nd Stuart as Stewie from Family Guy, and Miss Creative went to John K as Angus. John sported the Angus K outfit – singlet/tights – with accessories: starbucks mug (adorned with pix of hot guys), keys around wrist and a box of Cheez-its. John dusted his hair to a dirty blond. Angus was impressed with the accuracy but noted that for true authenticity, John should have padded his six-pack for a more realistic, doughy appearance.

Better start thinking of your costumes for next year!



John as Angus and Angus



Phil and Henri



Rob and Kevin



Finalists in Prettiest category



Finalists in Scariest category



Finalists in Most Creative category

Toker Run on Oct 27



The second wave start: Anthony, Eric, Henri, David, Richard, and Carl. Anthony and William walked. The rest ran about 9 to 11 miles.

Club member Jonathan Toker, an accomplished trail runner, hosted a long run on Oct 27 starting at the Backbone Trail in the mountains above Malibu. The run had two waves: The first was to run about 16 miles and the second was to run about 10 miles. Jonathan led Sean, Jim, John, and friends in the first wave and started 90 minutes earlier, so that everyone would finish together.



Sean and Jim ended up running 30 or so miles.

The terrain was very bucolic. The trail itself was not too rugged for the shorter distance runners of the second wave. Although the sun was out, the air was very chilly at the start. The timing worked out well so that we did all reconvene at the end. This is one of the few runs where the after photo has more people than the before photo. Only Sean and Jim, who went way off on their own, did not return until much later.

After the run, Jonathan invited the crowd over to his place off Latigo Canyon for brunch. The drive up Latigo Canyon from PCH was a scenic, curvy, mountainous road. Kinda like the roads professional drivers drive in those commercials for high-end German cars. For folks more used to flatland driving, it was a wee bit harrowing.

But once we got to Jonathan's home, the view was serene and relaxing. Jonathan opened up all the floor-to-ceiling sliding doors and it was like we were suspended above the beautiful Escondido Canyon below.



At the finish: Jonathan, David, Eric, Richard, John, Anthony, Henri, William and Carl, who lost his shirt.

While being hypnotized by the nature that surrounded us, we ate fruit, yogurt, and freshly baked waffles, with an abundant supply of strong coffee. What a relaxing way to spend a Sunday morning! You just had to set your alarm and get up really early after the fabulous LAFR Halloween party the night before :-P



John and Angus relaxing, with a view of Escondido Canyon in the background.

Inaugural Run for Marathon Training - NOELA



Group shot of the runners at the start.



Climbing the 1st hill in Debs Park.



Climbing the 2nd hill - Elephant Hill

The air was crisp and the sky was clear when 15 LAFRs converged on Ernest E Debs Regional Park off the 110 Freeway in LA's Montecito Heights on Nov 17. The group was about to embark on a 12.3 mile journey through this corner of northeast LA. The two organizers, Sean and William, dubbed the run NOELA, for "north of East LA."

Right away the runners had to climb to the top of Debs Park, running by the small Peanut Lake. The group then descended the hill and crossed over to Hermon, the southern end of the larger Highland Park. The 2nd hill up Elephant Hill, just south of South Pasadena, proved brutally steep and almost everyone had to walk at some point. But the view of downtown and the surrounding hills was beautiful. A few headed back afterwards.

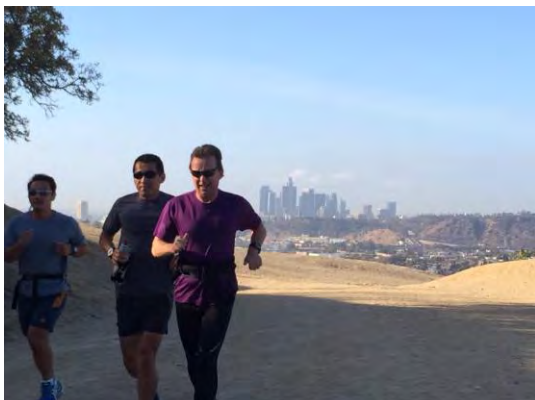
From there, the runners climbed the two ridges of Ascot Hills. Most returned to Debs Park afterwards. Sean, William, Jim and Mike decided to carry on and saw Rose Hill and Radio Hill. The neighborhoods were a typical LA mix of upscale and run-down, but the group was cheered on a few times, once by an enthusiastic grandmother in Highland Park and then by two high school girls outside Lincoln High School.

The run did see some tension between Sean and William. The first sign of drama was at the very start, where Sean led the group off to a dirt trail, to the dismay of William

who alone with one other runner stayed on the map. Tension simmered as Sean led the group through what William called an "unnecessary hill" on the climb up Elephant hill. In fact at the top, some of the runners were even complaining the run was very disorganized.

At the 3rd hill, Ascot Hill, was when full fissure broke out. William had lagged behind to give direction to the first group of returning runners. Sean, meanwhile, led the main group down a wrong turn on Huntington Dr. At the agreed upon meeting point, the restroom break at Ascot Hill, William waited worriedly for the belated runners. When the runners finally showed up, the breakup finally occurred: William insisted on staying on the main trail while Sean insisted on branching to the single-track. The two could not reconcile and the runners had to pick sides.

Ok, so the previous two paragraphs were tongue-in-cheek. Whatever discontent healed by the time the groups reached the Boundary Ave entrance to Debs Park. Most people returned to the cars while Sean, William, Mike, and Jim braved the last two hills. The pleasantly shaded picnic area and tasty food cooled away what little temper there was. Anthony even brought "real" food: toasted Vietnamese sandwiches. In the end the day was an interesting tour of a slice of LA most of us did not realize existed.



With downtown behind, rounding out Elephant Hill



Regrouping after hill #3



At the end, hugging Bernie the photographer

Focus on Monday Run: West Hollywood

West Hollywood is a centrally located neighborhood, but it is not an easy place to reach during rush hour. Mainly for this reason, and supposedly other stereotype-related conjectures, the Monday night run in West Hollywood has seen small turnouts for a while. However, our host Todd Sullivan, often assisted by Jeff Lymburner, persisted. And his effort is paying off in building a steady group of runners for the Monday run.

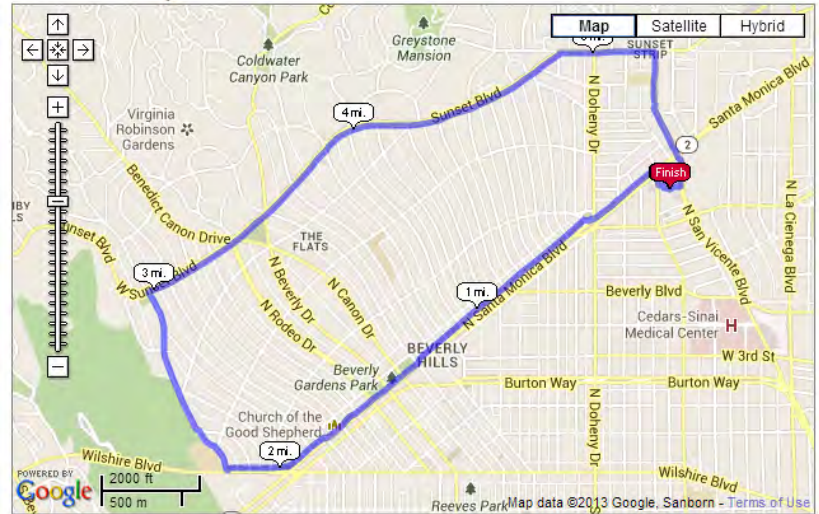
Aside from traffic, parking might cause the most fear. However, fear not. The park in which LAFR meets has 2-hour validated parking in the new parking structure near the corner of N San Vicente and Melrose. You can ask a Monday regular where the validation is handed out. Supposedly one can also park in the USPS lot on San Vicente NE of Santa Monica.

But generally, street-parking is not very hard on a Monday night. This is especially so if you go on a holiday-Monday, like Veterans Day or Columbus Day.

LAFR West Hollywood

Distance:	5.83 miles / 9.38 km	Route Markers: ● miles ○ km ○ none
Location:	Start: West Hollywood Park Mostly 90210 - West Hollywood, CA, US	
Attributes:	loop, all flat, sidewalks	
Description:	A fast but scenic loop out on Santa Monica and back on Sunset through the flatland of 90210. Car traffic is high.	

[Print map](#)
[Read reviews](#)
[Rate this route](#)



The usual route is nearly 6 miles. The road rises gradually from about mile 2.25 to the top of Sunset. The return on San Vicent is a fast downhill.

The reward for making the effort to WeHo is manifold. First and foremost are the friendly LAFR who will make you feel right at home. Then you have the interesting route, of which almost 80% is actually in Beverly Hills. It's a surreal feeling to run leisurely along Santa Monica and Sunset Blvd when everyone else is still struggling to go home. The sudden transition on Sunset from a residential area west of Doheny to the Sunset Strip east of Doheny is also both jarring and exciting. And you're in WeHo on a school night.

Do be mindful, though, that drivers in the area aren't shy about running red lights during rush hour. The part on Santa Monica is on dirt and can get treacherous when it rains. The regular route is drawn above and a live map is saved here:

<http://www.usatf.org/routes/view.asp?rID=531148>



The Monday crowd: Brad, Todd (host), Jeff, Tommy, Brian, Dan and visitors Anthony and William.

Discount Diva

Race	Race Date	Website	City	Code	Amount	Expires
Dana Point Turkey Trot	11/28/13	http://turkeytrot.com/	Dana Point	LONGBEACHTROT	\$5	
Santa to the Sea Half, RELAY and 5K	12/08/13	http://www.santatothesea.com	Camarillo	STTS2013GEMINI10	\$10	
Jingle Bell 5K	12/08/13	www.laibr.org	Glendale	PP2013	\$5	
Santa Run 5K, 10K and Kids Run	12/14/13	http://www.renegaderaceseries.com/index.php?view=details&id=26%3Asanta-run&option=com_eventlist&Itemid=146	Irvine	AXRENEGADE	\$7	11/25/2013
New Year's Race	01/04/14	http://www.newyearsrace.com/	Los Angeles	NYR2014	\$15 off the Half \$5 off the 5k	First 500 First 500
San Francisco Chocolate Run 5K/15K	01/12/14	http://www.hotchocolate15k.com/sanfrancisco/register/	San Francisco	SFMMUG1	Free Mug	11/28/2013
UT California 1020	02/16/14	http://www.cal1020.com/	San Diego	RaceGrader1020	\$5	
Race on the Base	02/22/14	www.raceonthebase.com	Los Alamitos	2014ROTB	\$5	
Santa Barbara Half and Full Marathons	11/08/14	http://www.sbimathon.com/	Santa Barbara	2014SBIVMGTEARLY	\$25	11/24/2013

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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

William Fang & Anthony Chan

Angus Kennedy & Mark Johnson

\$250	\$200	\$150	\$100
Ziba Beauty	Patricia Bates	Rina	The Bills
Walgreens	& Sue Roth	Rob Chen	Jerry Bulovsky

\$50

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