

An Active Autumn Arrives

October 2013



LAFR Big Guns Mark Johnson and Sean O'Brien led the LAFR contingents at the challenging Big Sur Trail Half and Full Marathon in late September. Both guys were 3rd overall in their races (Mark in the half, Sean in the full).

Who was crowned Chili Queen 2013?? Was it Rob or was there a twist in this year's results?

Wow, is it Halloween already? The year slipped by so quickly. On the racing front, eleven LAFR's were accepted into Boston Marathon 2014, RAD 10 Mile had a last minute course change because of the government shut down, and the Long Beach Marathon and Half saw a great turn-out. On the artistic front Lui Sanchez hosted Circus SouLA, David Dassey led a group to The Normal Heart, and Phil Scanlon debuted Dragstrip 66. And, of course, on the food front, we triumphed in the numerous potlucks, post-run restaurant dashes, and the annual Chili Cook-Off at Rusty's.

As the year winds down, it means training for LA Marathon 2014 will kick off soon. It also means the LAFR BOD election is upon us. Details of nominations and voting will be sent via e-mail this week.

The Grand Prix calendar has been updated through the end of the year. You still have enough races to propel you up the age group rankings. Also our social calendar is quite busy, with almost one event a week starting with the Halloween party on 10/26, and continuing through Thanksgiving. So now is a good time to keep your eye out for club e-mails.

Another note. If you feel you or a friend has been poorly represented pictorially in our newsletters, please feel free to submit photos, ideally taken this year and not just you staring at the camera, and we'll try to include them in the last few issues of the 2013 newsletters.

In this Issue

<i>Birthdays & BOD</i>	2
<i>Big Sur</i>	3
<i>Chili Cook-Off</i>	4
<i>Walsky & Pics</i>	5
<i>NOELA & Discount Diva</i>	7
<i>Race Results</i>	8
<i>Grand Prix Standings</i>	9
<i>13.1 Challenge Standings</i>	10
<i>Upcoming Events & Ads</i>	11
<i>Where the Wild Things Are</i>	14
<i>Patrick & Norman & Puppies</i>	15
<i>Hollywood Obsession</i>	16
<i>Eating & Hamburger Mary's</i>	17

LAFR BIRTHDAY BOYS AND GIRLS

10/15 Mark Grumet	11/7 Mary Church
10/17 Phil Amato	11/10 John McGuinness
10/17 Dennis Bacsafr	11/11 James Matzen
10/18 David Dassey	11/12 Melissa Coleman
10/20 Ed Gallardo	11/13 Tommy Ho
10/20 Keeley Webster	11/18 Steven Frybarger
10/22 Paul Williams	11/20 Piyush Prakash
10/26 Mark Penn	11/21 Bill Winkelmann
10/26 Paul Wendell	11/21 Rudolph Van Graan
10/27 Michael Janson	11/23 Henry Ong
10/28 Sarina Mohanty	11/23 Gary Todd
10/28 Todd Sullivan	11/25 Joseph Carrao
10/29 Patricia Bates	11/27 Tom Croyle
10/30 Tim Campbell	11/27 David Grudzien
11/1 Nathan Nguyen	11/28 Kevin Gardner
11/4 Loriann Stevenson	11/30 Eric Garon
11/5 Robert Chen	

Los Angeles Frontrunners Monthly Treasurer's Report for October 2013

Balance on 2013 Sep 3	\$17,630.84
Balance on 2013 Oct 17	\$19,028.97
Net change	\$ 1,398.13

Club Events	Expense	Revenue	Net
Big Sur	\$ (682.53)	\$1,240.00	\$ 557.47
Chili Cook-Off	\$ (108.10)	\$ -	\$ (108.10)
Hamburger Mary	\$ -	\$1,510.00	\$1,510.00
Catalina	\$ (832.00)	\$ 660.00	\$ (172.00)

Membership

Membership Dues	\$ -	\$ 125.00	\$ 125.00
Donation	\$ -	\$ 15.00	\$ 15.00
Uniform	\$ -	\$ 15.00	\$ 15.00

Operational

Communication	\$ (45.00)	\$ -	\$ (45.00)
Mailbox and Storage	\$ (434.00)	\$ -	\$ (434.00)
Paypal and Square	\$ (65.24)	\$ -	\$ (65.24)

Totals	\$(2,166.87)	\$3,565.00	\$1,398.13
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From the Treasurer: Operational expenses are in line. While the fees paid to Paypal and Square appear high, they are based off nearly \$2000. The club typically absorbs this cost to enable credit card payments by members. The Big Sur net is actually about -\$71, since expenses were incurred in July as well. The net difference is almost all fees for Paypal. Chili Cook-off is supplies and medals. Catalina has not yet happened so the accounting is still incomplete. Hamburger Mary generated \$1510 which will fund LAFR scholarship.



Happy Birthday! Keeley 10/20 (top right) and Bruce Bair (left).

WELCOME NEW MEMBER!

David Gonzalez

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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*

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

LAFR Board Meeting October 12, 2013

These were discussed

1. Turkey Trot, Anywhere – Since members might be all over the country, any Turkey Trot that an LAFR runs in will count towards Grand Prix
2. Silver Lake Tuesday potlucks have been scheduled through the duration of winter months
3. Halloween Party on Saturday 10/26 at Geoff and Jason's. William to email.
4. Jonathon Toker Run on Sunday 10/27. John to email
5. Palm Springs Pride 11/2 with brunch at Henry and Mark's. William to email
6. Catalina Eco-Marathon 11/9 Angus to coordinate
7. NOELA (north of East LA) neighborhood run 11/17. William, Sean, and John to coordinate. Also mark the start of LA Marathon training.
8. Discuss 2-person charity for SRLA as part of LA Marathon
9. Fall Feast tentatively on 11/23
10. Grand Canyon trip next year?
11. Election coming up
12. Contract with Club Express as a back-end software that takes over credit card processing, email, web site, event registration, and membership.
13. Next board meeting Monday 11/4 at Sean's at 7 PM

LAFRs Shine at Big Sur

Nine LAFRs took the trip to beautiful Big Sur for the Big Sur Trail Half and Full Marathon. The course is difficult, primarily consisting of steep climbs and steep downhill, with very little flat running. The guys who have run both Catalina and Big Sur agreed that Big Sur is more difficult. The guys stayed in cabins at a nearby campsite and enjoyed a weekend of gorgeous scenery plus a well-organized and beautiful trail race in great running weather.

Both the half and the full were very competitive, with strong trail runners racing both events. In the half marathon, LAFR Mark Johnson finished 3rd overall and in the full marathon, Sean O'Brien also took 3rd overall. Most of our gang took home age group awards as well.



Above: the three LAFRs who braved the challenging full marathon course – Mong Noiboonsook, Sean O'Brien & John Kawaharada



Left: John Kawaharada, Mong Noiboonsook, Richard Peng & Angus Kennedy arrive at the start



Right: Reg Willson flying down the final hill towards the half marathon finish



Left: Richard and Rob are happy to be finished



Right: John and Coach J before the start

13th Annual LAFR Chili Cook-Off



All the happy award-winning chefs at the Chili Cook-Off.

The 13th annual Chili Cook-Off was a big success. There were worries that the heat and people out of town would dampen attendance. Au contraire. We had a large field of entries (21) and a hungry group of tasters. Patrick Owen, in a first for LAFR, was crowned Chili Queen in absentia (he dropped his entry off before heading out of town for the weekend). He swept the top awards, winning Best in Show, Best Presentation, and Best Traditional Chili (meat). His “Wedding Banquet Chili” was a celebration of marriage equality, as well as tang, spice, and sesame. Rob Chen stood in for Patrick, since he obviously resembles Patrick so much.

The voting was slightly delayed because one of LAFR's all-time speediest runners, Carl Maravilla, ran out of his house so fast that he forgot his chili... Carl & Henri drove back home from Rusty's in record time to get the chili. But the delay only served to whet the crowd's appetite. In the hottest chef category, Doug Jones ran a whisper campaign to elect his partner John McGuinness, because ironically John never cooks. Nelson Lee's Mom, Cecilia, was voted 2nd Hottest Chef by the crowd and we were honored to sing happy birthday to her as well. A few old faces who've been absent recently returned, including Gary whom Henri and Carl mentored.

The always dapper Jim Martinez created another fantastic poster and also baked delicious brownies and pumpkin bars that the crowd devoured in minutes.



The food tables took up Rusty's entire driveway



The competition saw 16 chili entries: 12 with meat and 4 without meat. We also had 5 cornbread competitors. Also a large selection of desserts and chips & dips.

Best in Show – Chili Queen!

1. Patrick Owen
2. Sanford Doi
3. Doug Jones

Traditional Chili (meat)

1. Patrick Owen
2. Sanford Doi
3. Mark DeAngelis

Chili (no-meat)

1. Andrew Sanchez
2. Jim Martinez
3. Albert Giang

Corn Bread

1. Henri Faucher
2. Gary
3. Albert Giang

Hottest chefs

1. John McGuinness
2. Cecilia (Nelson's Mom)
3. Luis Aguilar

Hottest Chili

1. Andrew Sanchez

Best Presentation

1. Patrick Owen



Engaging in a deep philosophical discussion on what defines chili. Beans? Slow cook? How do you tell bean curry or thick bean soup from chili?



Jim's poster and the hottest chefs: Cecilia Lee (Nelson's Mom), Luis Aguilar, and John McGuinness

Notes from the Back of the Pack

By Bill Walsky

As another summer slips away I thought it would be fun to look back in time to another summer, 1988, when "Big" and "Die Hard" and "Roger Rabbit" filled movie screens while Michael Jackson, Cheap Trick and George Michael filled the airwaves



LA Frontrunners had a very busy season that year. It started auspiciously in Long Beach (6/5) at the Jose Figueroa Run, a precursor to the Shoreliner's Pride Run, when club President Bill Winkelmann (39:22) and Vice President Bill Austin (22:14) won both the 10k and 5K. Several weeks later the Seventh Annual Run For Gay Pride was held in Griffith Park to kick off pride week.



Dassey and Wink in the 6th OC Half and 5K, Jan 8, 1994

Then city Councilman Zev Yaroslavsky was the official race starter, Amy Ross in charge of the finish line. Twenty San Francisco Frontrunners came south to run. Current FR's Bill Austin, Bill Winkelmann, Drew Brabb, Brian Eggert, Neil Johnson and Lorraine Silver ran the 5K; Richard Nelson, Brad (Altman) Takei, Jane Dods, David Dassey, Ken Dunn, Diane Abato, Ric Munoz and David Woodbury finished the 10K. After Prez Wink emceed the awards ceremony many of the exhausted runners retired to a pool party in Silver Lake to recover. Sorry to say subsequent newsletters offer scant details on who attended and how they "relaxed". The following week FRs marched in the Pride Parade for the first time and staffed a booth at the CSW Festival all weekend.

Through most of the summer Jane Dods blazed a trail of racing across Southern California. She won age group

awards at the Will Rogers, Santa Paula and Camarillo 10Ks and at the AFC and Santa Monica Half Marathons. In late August the club hosted the 4th Annual Lucille Ball weekend. Saturday featured a run at Lake Hollywood in the morning and a pot luck/dance party in Silver Lake (on Lucile street) later that night attended by over 125 people. Sunday morning many club members participated in the

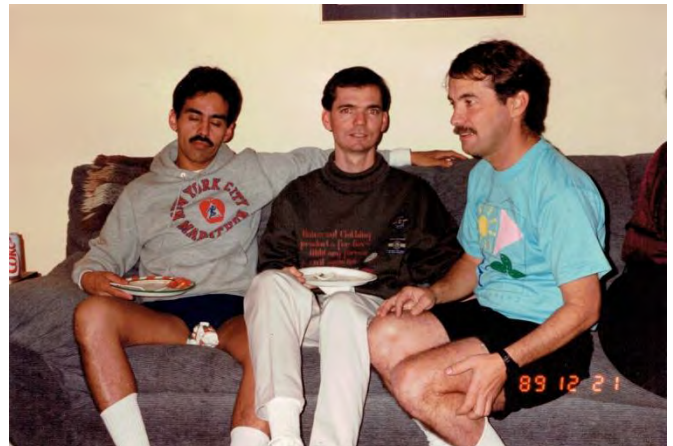


Chardonnay Run, 1990

Tom Procter/West Hollywood 5 & 10K. Highlights included personal bests by Ken Dunn (21:14) and Brian Eggert (21:37) in the 5K and Richard Nelson (35:31) and Brad (Altman)Takei (37:14) in the 10K.

Unfortunately, the summer of 1988 wasn't all fun and games; the specter of the AIDS epidemic hovered over every fun run, meal and social activity. In late summer LAFR presented \$3500 to the Greater Los Angeles AIDS Hospice Foundation. Another donation was made to Los Angeles Shanti in memory of member George Bishop.

A lot has changed in the intervening twenty five years. AIDS is now thought of as a "manageable" condition. The internet and cell phones have revolutionized how people communicate day to day, moment to moment. But Frontrunners has remained relevant, offering the simple pleasures of fun runs and races, food and festivities and friendship from one season to the next.



Bill Austin (center) and friends, Christmas 1989

Pictures!



Regina with her hard-earned medal from the Long Beach Half. She made Marilyn proud!



Bill Austin belatedly recognized for his second place finish in his age group for the Jet to Jetty 5K.



John, Raul, Sean, and Arlington on the Mount Lowe Trail.



Who's comforting whom? John and Arlington at a respite from a 9-mile run that took 4 hours to finish...



...but is that worse than the snow Maddie had to deal with in Colorado? She's imitating Little Red Ridinghood.

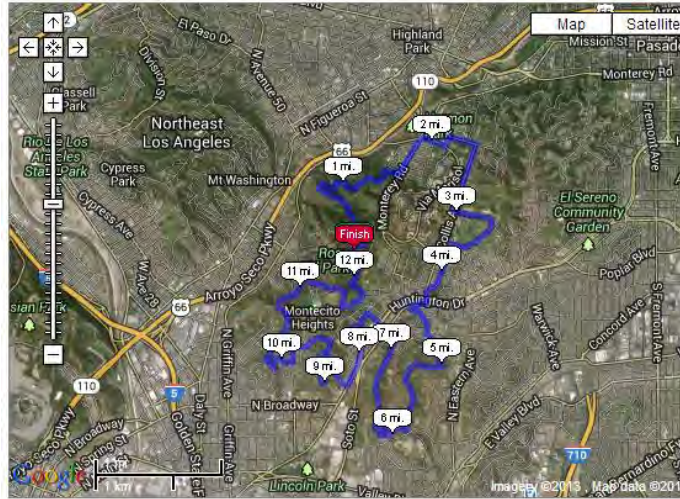
Mark Your Calendar: NOELA Neighborhood Run on 11/17

Get your hill running legs ready. On Sunday 11/17, Sean and William have a treat for you. The two will be leading the NOELA neighborhood run. NOELA is the not-very-interesting acronym “North of East Los Angeles.”

This neighborhood is anything but uninteresting. We will start off at Ernest E Debs Park southwest of the Arroyo, where the Audubon Society has a learning center. Then we bypass Monterey Hill to hit Elephant Hill, which is contiguous with South Pasadena’s Via del Rey Hill. We then take a southerly dip to Ascot Hill, brushing Woodrow Wilson High School. Here the student walk-out on March 1, 1968, marked the beginning of the East LA Blowouts, a movement for better educational resources and recognition of Chicano culture.

Then we return north to climb Rose Hill, only to dip into Happy Valley just behind Abraham Lincoln High School. We then ascend Radio Hill, the final hill in our series. Take a good look at the bucolic ground around you. Words on the street is this hill is slated for development soon.

Despite the lack of development, the neighborhoods we visit are among the oldest in Los Angeles. While the exact boundaries are unclear, we will traverse Highland Park, Montecito Heights, Monterey Hills, and El Sereno. We probably go through Arroyo Seco and Lincoln Heights.



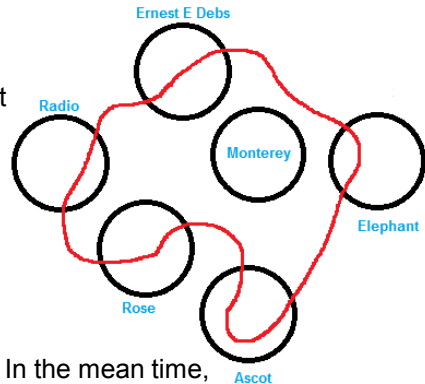
Total climb: 2324 feet / 708 m
Total elevation change: 4645 feet / 1416 m

Ridged for more pleasure! Below is a schematic of the hills and route.



Sean on top of Radio Hill, with downtown LA in the background.

The neighborhoods are not the most gentrified and could be rough around the edges (and not just the edges). But your guides Sean and William have been running these hills on many a Wednesday nights for the past year. They continue to be surprised by the rich landscape the region offers.



Watch your email for more info. In the mean time, you can check out the planned route here (still subject to tweaks):

<http://www.usatf.org/routes/view.asp?rID=529045>

Discount Diva

Race	Date	Website	City	Code	Amount	Expires
LA Cancer Challenge 5K/10K	10/27/13	http://www.lacancerchallenge.com/	West LA	RaceGrader1	\$5	
Electric Run	11/01/13	http://electricrun.com/orangecounty/	Orange County	RaceGrader1	10%	
Electric Run	11/09/13	http://electricrun.com/san-diego-ca/	San Diego	RaceGrader1	10%	
Malibu Marathon	11/10/13	https://www.malibuintmarathon.com/signup.aspx	Malibu	MIMLAFRHALFN FULL	\$10	
City Farm Turkey Trot	11/16/13	www.lacityfarm.com/turkeytrot	Griffith Park	front2013	\$10	if we get 15+
Dana Point Turkey Trot	11/28/13	http://turkeytrot.com/	Dana Point	LONGBEACHTR OT	\$5	
New Year's Race	01/04/14	http://www.newyearsrace.com/	Los Angeles	NYR2014	\$15 off Half \$5 off 5K	First 500 First 500
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	

Race Results

Every Child Matters 5K

Los Angeles, CA 3/9

Tanya Haney.....27:28 2nd 40-44

LA Marathon

Los Angeles, CA 3/17

David Gonzalez.....3:52:54

Ojai 10K

Ojai, CA 4/28

Tanya Haney.....58:20 1st 40-44

LAFR Pride 10K

West Hollywood, CA 6/9

David Gonzalez.....44:55

SF Marathon

San Francisco, CA 6/16

David Gonzalez.....3:45:10

Center of Nation Day 1 Half

Bowman, ND 9/16

David Grudzien.....2:27:07 2nd 55-59

Center of Nation Day 2 Half

Belle Fourche, SD 9/17

David Grudzien.....2:27:00

Center of Nation Day 3 Half

Colony, WY 9/18

David Grudzien.....2:41:00

Center of Nation Day 4 Half

Albion, MT 9/19

David Grudzien.....2:57:00

Center of Nation Day 5 Half

Chadron, NE 9/20

David Grudzien.....2:31:00 2nd 55-59

WOW Festival 10K Trail

Telluride, CO 9/22

Jeff Lymburner..... 1:00:27 1st OA
1st 50-54

Catalina Island Trail Half

Avalon, CA 9/28

Mike Carbuto.....2:52:15 2nd 60-64



Margie running the Long Beach Half



Reg running the Long Beach Half

Will Rogers 10K

Pacific Palisades, CA 7/4

Mike Carbuto.....60:09

Imogene Pass Run

Telluride, CO 9/7

17.1 Mile

Jeff Lymburner..... 3:32:27

KP Corporate Run 5K

Atlanta, GA 9/12

David Grudzien.....27:28

Big Cottonwood Half

Cottonwood Heights, UT 9/14

David Grudzien.....2:12:25

Big Sur (Grand Prix)

Big Sur, CA 9/28

5 Mile

Angus Kennedy.....47:37 2nd OA
2nd 45-49

Half

Mark Johnson..... 1:45:07 3rd OA
1st 45-49

Reg Willson..... 2:10:15 2nd 50-54

Richard Peng.....2:20:49 3rd 40-44

Rob Chen.....2:21:51 3rd 35-39

Full

Sean O'Brien..... 3:50:12 3rd OA
1st 50-54

John Kawaharada....4:22:34 2nd 40-44

Mong Noiboonsook...5:44:42

RAD (Grand Prix)

Malibu Creek, CA 10/6

10K

Andrew Wissmiller..45:31 1st 60-64

10 Mile

Carlos Vizcarra.....1:02:59 3rd OA/PR
1st 40-44

John McGuinness.... 1:11:26 2nd 35-39/PR

Bill Austin..... 1:22:52 2nd 55-59/PR

Richard Nelson..... 1:24:50 1st 65-69/PR

Doug Jones.....2:23:38 PR

Bill Walsky..... 2:29:47 PR

Long Beach (Grand Prix)

Long Beach, CA 10/13

Half

Mark Johnson..... 1:27:21

John McGuinness.... 1:30:01

Reg Willson..... 1:34:34

Andrew Wissmiller..1:37:29 1st 60-64/PR

Mong Noiboonsook...1:51:48

Albert Giang.....1:56:04

Doug Jones.....2:57:03

Margie Gonzales.....2:58:22

Regina Robinson.....3:43:15

Full

Deo Jaravata..... 4:14:39

Mike Carbuto.....5:04:05

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

Grand Prix Series Standings as of 10/16

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	81.04
2. Mark Johnson	6	78.89
3. Richard Nelson	6	78.02
4. William Fang	6	75.28
5. Andrew Wissmiller	6	74.99
6. John McGuinness	6	72.33
7. Bernie Tan	6	72.05
8. David Dassey	6	70.44
9. Angus Kennedy	6	69.08
10. Deo Jaravata	6	64.12

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. Jorge S Corona	5	600
2. William Korthof	5	545
3. Mike Kerkman	3	420
4. Jose Castillo	4	310
5. David Gonzalez	3	270

AGE GROUP MEN

Division	Races	Points
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Male 35-39

1. William Fang	6	925
2. John McGuinness	6	720
3. Carlos Vizcarra	5	635
4. Rob Chen	5	540
Albert Giang	5	540

Male 40-44

1. Bernie Tan	5	635
2. Richard Peng	6	595
3. John Kawaharada	4	515
4. Don Formanek	4	455
5. Kent Hamilton	3	385

Male 45-49

1. Mark Johnson	6	830
2. Angus Kennedy	6	765
3. Deo Jaravata	6	620
4. Eric Alvarez	3	435
5. Rex Boone	2	235

Male 50-54

1. Mong Noiboonsook	6	700
2. Reg Willson	5	630
3. Brian Dunbar	6	590
4. Carl Maravilla	3	365
5. Mike Kezsely	3	295

Male 55-59

1. Bill Austin	6	785
2. Doug Jones	6	700
2. Dan Graham	3	425
3. David Grudzien	2	230
4. Jim Martinez	2	190

Male 60+

1. Andrew Wissmiller	6	830
2. Richard Nelson	6	750
3. David Dassey	6	735
4. Bill Walsky	6	730
5. Mike Carbutto	6	610

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	530
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	3	117.14
4. Jonathan Toker	3	102.19
5. Jeff Lymburner	3	97.31
6. Mark Johnson	2	122.97
7. Angus Kennedy	2	113.99
8. John Kawaharada	2	90.51
9. Deo Jaravata	2	88.07
10. Richard Peng	2	78.02

Below: Richard, Mong, Reg, John, Rob & Sean before the Big Sur Trail Half & Full Marathon



13.1 Challenge Standings as of 10/16



Richard Peng at the Big Sur Trail Half



Mong finishing the Big Sur Full



John McG running the LB Half



13.1 MOST

Name	Amount
1. David Grudzien	39
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. 7 LAFRs	2
20. 22 LAFRs	1



TO REPORT RACE RESULTS,
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REPORTING TOOL ON THE
GRAND PRIX PAGE AT
WWW.LAFRONTRUNNERS.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. Bernie Tan	1:29:57	Mountains2Beach
7. Jorge Santana Corona	1:31:56	Ventura
8. Jonathan Toker	1:35:23	Boney Mountain
9. Reg Willson	1:34:34	Long Beach
10. Angus Kennedy	1:36:39	Mountains2Beach

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.



Albert, Reg, Mark & John after the Long Beach Half Marathon



Upcoming Events

Grand Prix Races

Full schedule @ www.lafronrunners.com



Saturday 11/2 in Palm Springs
PS Fronrunners Pride Run
5K

www.psfr.org

Saturday 11/9 in Avalon
Catalina Eco-Marathon
10K/Full

www.catalinaecomarathon.com

Sunday 11/10 at Will Rogers
SoCal X-Country Championships
8K/10K

www.scausatf.org/events/open_xc/2013_SCA_XC_Championships.pdf

Saturday 11/16 at Griffith Park
City Farm Turkey Trot
5K/10K

www.lacityfarm.com/turkeytrot

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

Halloween Party at Geoff and Jason's!



Saturday, October 26 from 6:00 to 9:00 PM
1007 N. Sierra Bonita Avenue
West Hollywood 90046

Don't miss the Halloween party and costume contest (aka PAGEANT)!
We will be awarding: Miss Sexy, Miss Scary, Miss Creative
Featuring Quesadillas and Mini Tacos and Hamburgers and more!

Jonathan Toker's Malibu Run and Brunch



Sunday, October 27 at 7:01 or 8:31 AM

Run the famous Backbone Trail through the Santa Monica mountains, followed by brunch at Jonathan's casa in the Malibu hills. We'll meet at the Backbone Trailhead on Kanan Road at the following times:

7:01 for longer group, 18-20 miles

8:31 for shorter group, 8-12 miles

Afterwards we'll caravan to Jonathan's for yummy treats.

Please RSVP and specify longer/shorter and brunch/no brunch to

LAFR@jtoker.com.



Upcoming Events

And even more to get excited about...



November 8-10

Catalina Eco-Marathon Trip

November 17

SOB & WTF's NOELA

North of East LA Run

Hosted by Sean O'Brien and William "What the Fang"

November 19

Silver Lake Potluck

Love Nest of Henry Ong



Celebrate Palm Springs Pride with Mark and Henry!



Saturday, November 2nd

Join our most adorable couple Mark and Henry for brunch following the Palm Springs Pride Run. Enjoy the parade, hang out at the pool, and make your rounds at the bars and clubs, but save some energy for a Sunday morning run, host to be determined. Stay tuned for more info in upcoming email blasts!

Allen and Sean host FALL FEAST 2013!



Saturday, November 23rd

Purchase tickets directly from www.ticketmaster.com before they sell out! Kidding. Back by popular demand and the graces of our handsome hosts, Fall Feast lives on! Further details to follow, but mark the date.

LAFR Marketplace



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www.santamonicyoga.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

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

**Mark Grumet ▪ Jeffery Masino ▪ Abbe Land ▪ Dave Kettel
David Dassey ▪ Amy Ross ▪ Ross Lamkin & Aaron Rothbart
Otis Redding & Kaspar ▪ Arturo Salgado & Seth Diamond
Michael Carter ▪ Jim Martinez ▪ Don & Teddy ▪ Bill Walsky
Donna M. Balinski ▪ Richard Nelson ▪ Neil E. Johnson, CPA
Eddie Flores ▪ Norman Dixon & Patrick Owen ▪ John Kawaharada
John McGuinness & Doug Jones**

Where the Wild Things Are, and Druids, and Cougars, and Blood, and Gore

By Rex Boone

Ever wonder why the Tuesday night run moves from Griffith Park to the Silver Lake reservoir just before Halloween? The reason is the large number of Griffith Park ghosts and their frequent encounters with runners after dark.

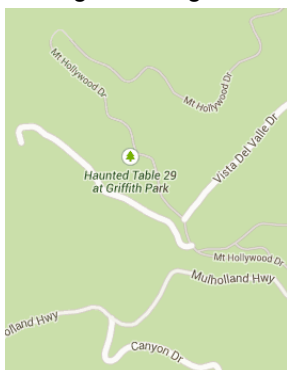


A few LAFRs who were caught red-handed (err, red-teethed for some) at an occult event in Griffith Park.

The ghosts are thought to originate with the Griffith Park Curse placed by Dona Petronilla in 1863. Upon learning that her uncle had not bequeathed the land to her, she shouted a curse on all future owners of the land. She predicted the untimely, bloody and violent deaths of the men who took the land from her. Those interested in the bloody details can consult Google like I did. Dona Petronilla remains pissed in the afterlife. Her ghost haunts the Ranger Station where the monthly potlucks are held. She can often be seen peering from the windows on dark and rainy nights and is known to be particularly fond of Rusty's pasta salad.

In 1932, distraught actress Peg Entwistle leapt to her death from the H in the Hollywoodland sign. People staring at the sign after dark have reported seeing a young woman jumping from the H, vanishing before hitting the ground. She is also seen wandering the park trails in period clothes and the smell of gardenia, her favorite perfume, lingers near her spirit. As a result, I never follow Sean to the Hollywood sign after dark.

More recently, a young couple making love on a picnic bench



Google map showing the location of a haunted picnic table.

off Mt. Hollywood drive were crushed by a falling tree. According to the story, a chain of workers hired to clear the tree fell sick or were injured before they could finish the job. A supervisor for the workmen was found dead near the sight of the accident by an early morning jogger.

There's also a creature rumored to prowl the trails after dark. One eyewitness account describes it, "Its back was bent back and its neck was very long and was bent forward. They said no human could be bent like this thing was. Its eyes were black, but it did have the whites as well." Did she see David Dassey? Or was it a chubacabra? People have reported being chased by the creature but oddly no one has ever been attacked by it. Being pursued by a chubacabra or David Dassey apparently increases one's pace by a considerable amount.



Could this be one of the mystery creatures that roams Griffith Park? Supposedly courtesy of Steve Winter from 3/2/2013.



If you insist on running in the park after dark, I have an amulet for sale for \$19.95 that will protect you from most paranormal activity. Effects on David Dassey have not been verified.

A possessed LAFR unwillingly participating in strange rituals. Identity obscured for his/her protection

Patrick Owen and Norman Dixon Will Be Tying the Knot! Proposed on 9/22



Patrick's heart can't stop pounding and Norman's eyes can't turn from Patrick.

Long-time member and current VP Patrick proposed to boyfriend Norman on 9/22, with the help of a flash mob. Several LAFR's were accessory to this event. You see, Patrick's pretext was that he just "happened" to be on a long run with other LAFR's. They just "happened" to jog by the church in which Norman was attending. If you're in need of a flash-mob for hire for heartwarming purposes, you can also call on these seasoned flash-mobsters. Acceptable payments include smiles and happiness.



Cuteness Overload at Puppy Potluck 9/12

Thursday runners were treated to a puppy potluck by Eric and Richard. The long-time couple have in recent years become well-regarded breeders of Alaskan Klee Kai. These dogs look like compact Alaskan Huskies. Cruiser, the daddy dog, has won numerous best-in-show or best-in-breed awards at dog shows. Maggie, the mommy dog, is less flamboyant and more devoted to her family.

We picked the Thursday closest to the puppies' 8th week birthday to descend upon Eric and Richard's hillside home in Altadena. Although we were a bit short on food, attention quickly turned to the four little ones. While it was immense fun for the humans, it does help the puppies to acquaint humans before they are off to their new homes in a few weeks time.



The whole family on display.



Sarina and John hold the puppies as David (left) and Reg (right) look on.



The puppies are Luna, Terra, Venus, and Mars.



The proud parents are Cruiser (left) and Maggie (in Richard's embrace).

Hollywood Obsession

Griffith Park might feel a world away from the glitz and ritz of Hollywood, but the venerable Hollywood sign and Hollywood Hills are adjacent to this vast green space. As you read in Bill Walsky's column, the club used to hold regular runs around Lake Hollywood. Also, the climb up to the sign is a perennial favorite of the club. In October, we had a back to back affair with Hollywood.



David Dassey on top of the Mulholland Dam of the Hollywood Reservoir ("Lake Hollywood"). In the movie Earthquake (1974), its destruction marked the climax of the film.

On 10/6 we ran to Lake Hollywood. The entire loop around Lake Hollywood was recently reopened in April 2013 after partial closure since 2005. Long-time LAFR David Dassey led a group of eager runners down memory lane to this beautiful landmark. You may recognize nearby Lake Hollywood Park from the scene in Valentine's Day (2011) where Bryce Robinson (who plays Julia Roberts's character's son) plays soccer. In real life, this is a spacious dog park. Here is one way to get there: <http://www.usatf.org/routes/view.asp?rID=528767>



William, David, Mong, Mark, Brad, and Bernie (photographer) before their descent to Lake Hollywood.



The same crowd (different photographer) with the fabled HOLLYWOOD sign in the background.

On 10/13, we ran to the Hollywood sign. The way coincides with the way to Lake Hollywood for the first 3.75 miles, at which point we stay on the right to go up Mount Lee. You can't actually go to the sign, despite what Episode 3 of Season 4 of Ellen depicts back in 1996. But you can get a great view of both the Valley, the City, and the lake just by twirling in place.



William, Carl, Bernie, and Richard on the hill above the HOLLYWOOD sign. You can make out the "O" next to William.

If you follow the map, there's water at around mile 2.4 (look for the water tank) and at the dog park around mile 5.2. And at the west end of the dam is another hose on a spigot. So you probably can do without bringing water if you start running early in the morning.

When you do trek out the lake or the sign, be respectful of the neighborhood. This neighborhood is frequently inundated with tourists and understandably gets a bit cranky with unruly folks. You'd probably get less flak if you park in the Griffith Park and run to those landmarks. Stay on pedestrian trails when you can and stay out of traffic when you can't.

Visual Acuity Test

You should know by now LAFR loves to eat. We run so that we are hungry again. So here's a visual acuity test on the theme of eating. One of these following five pictures shows imposters pretending to be LAFRs, eating. Can you tell which one?



Silver Lake crowd at Mae Ploy on 10/8. A bit glum looking, aren't we? Maybe we're just hungry for food.



Rose Bowl crowd at Teri & Yaki on 10/4. Asian comfort food.



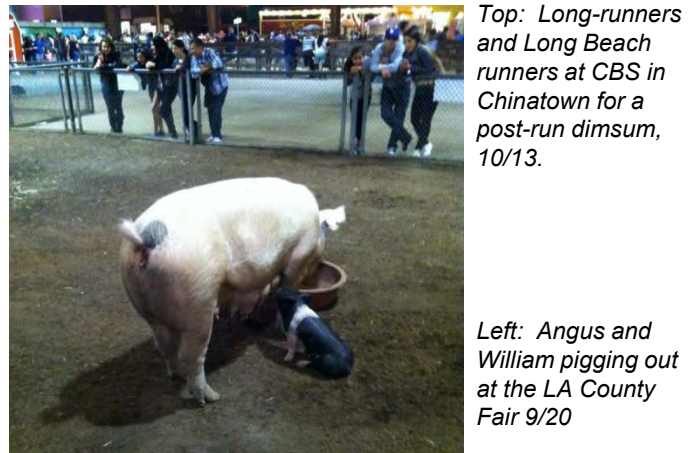
But what do you call it?

Forget Gangnam Style, Harlem Shake, or even twerking. LAFR Deo Jaravata is pioneering a new phenomenon in posturing. It's marked by the tilting upwards of the hip sideways, with a hand on the lifted hip. See below for a visual demonstration.



Deo, center, at Kapamilya Run earlier in the summer; Jim (left) and Sean (right) on top of Mount Baldy.

Some say it looks like one is massaging a strained hip; others say it looks like one is lifting the pants (or skirt) to lure with the thigh. But the most important thing is, we don't yet have a name! What should it be called? The Deo Hip? The Jaravata Pose? Valley Seduction?



Top: Long-runners and Long Beach runners at CBS in Chinatown for a post-run dimsum, 10/13.

Left: Angus and William pigging out at the LA County Fair 9/20

Right: First Silver Lake pot-luck of the season 10/15.

Hosted by Rob Chen in absentia.



Hamburger Mary's Bingo Fundraiser



What are Norman, Marilyn, Regina (with the cool hat), and Margie all staring so intently at...

Delightful hostesses, great prizes, and lots of mirth (and beer) marked Frontrunners' 2013 LEGENDARY BINGO Night fundraiser at Hamburger Mary's. The frenetic evening was coordinated by LAFRs Regina and Patrick, and hosted by Calpernia Addams and the lovely Alexis. The festivities took place on a Sunday evening on 9/22.

For those who have not played in a while, this is not your mother's BINGO. It's difficult to describe the rules and the sometimes naughty repartees expected from the raucous crowd in response to certain numbers. Think of a traditional bingo, a drinking game, and Twister blended together with a generous sprinkle of risqué.



...It's Patrick! He's been summoned to the stage to be...Well, what happens at Legendary Bingo stays legendary.

Did anything naughty actually take place? Well, suffice it to say that everyone let their hair down and had a great time. The hostesses did a fabulous job engaging the crowd and dispensing sharp wit.

But it's not solely for fun that we've done this for the past few years. BINGO is the club's second largest fundraiser, after the annual Pride Run. The board spent weeks collecting and assembling prize and auction baskets. In the end, we were glad that we pulled in nearly \$1500. If you have exciting items to donate (boring printers need not apply), please consider doing so next year. Also, just show up and have fun!



Phillip, Carl, Reg, and Gary having a great time.



Yumi, Rob, Mark, Dan, and Brian having a more subdued time.



Robb and friend



Magic Mike and stoned out John