

September 2013

### Competition Heats Up Again



Left: Upset! David Dassey “comforting” William Fang after the Ventura Marathon. David finished in under 3:54 while William finished barely under 4:26, an hour slower than his previous slowest marathon.

Below: Ric Muñoz finishing the Run De Vous 100 mile ultra marathon in San Martin, CA. Runners must complete a 2-mile lap 50 times.



As the heat of the summer lifts, our members start racing again. Ok, for those of us in LA, the last few weeks have been hot and humid. Only the immediate coast has been spared this brutal furnace heat. On the bright side, it's the perfect reason to ditch LA for a weekend and race elsewhere. And that's what a lot of us did!

11 LAFRs raced the Ventura Marathon. On race day, the weather along the coast only broke 70 after the noon hour, well after all LAFRs had finished. Putting in the most subpar performance was William Fang. Angus, Carlos, Margie et al were checking with the medical tent to see if any runners were taken to the hospital. William was that slow. Fortunately, he didn't hurt himself; he just had a really bad day. David Dassey and Deo Javarata both beat William and put in strong performances.

In the half marathon, Carlos Vizcarra finished 7<sup>th</sup> overall, and 1<sup>st</sup> 40-44 (his very first race as a masters runner!). Other runners were Jorge Santana Corona (1<sup>st</sup> Half), Angus Kennedy, John McGuinness, Andrew Wissmiller (PR), Doug Jones, Margie Gonzales, and Bill Walsky. In another upset, Angus beat John! Angus commented afterwards, “I'm now 1-200 vs. John”.

Elsewhere, Angus and Moises Medina both ran Boston Qualifying marathons in Santa Rosa. Cat and Keeley ran the Mesa Falls Marathon in Idaho. Ric ran a 100-miler. Deo ran Bulldog 50K and 3 events at Outgames in Antwerp. Margie ran America's Finest Half. Jeff Lymburner conquered a few mountains. Jonathon Toker ran in Europe. Yumi Afrento ran her first race. And David Grudzien ran 4 or 5 more half marathons.

As the newsletter is being written, several people are waiting to register for Boston 2014. Carlos is also blogging his NYC Marathon training. So it's inescapable: Running is back! Good luck to all the aspiring runners.

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## LAFR BIRTHDAY BOYS AND GIRLS

9/15 Raul Borja	10/15 Mark Grumet
9/18 Wadley	10/17 Phil Amato
9/19 Craig Kaner	10/17 Dennis Bacsafrá
9/21 Bruce Bair	10/18 David Dassey
9/22 Jared Eros	10/20 Ed Gallardo
9/23 Patrick Owen	10/20 Keeley Webster
9/29 Joel Mosemann	10/22 Paul Williams
9/30 Richard West	10/26 Mark Penn
10/1 Geoff Buck	10/26 Paul Wendell
10/1 William Korthof	10/27 Michael Janson
10/8 James Sullivan	10/28 Sarina Mohanty
10/10 Ara Mihranian	10/28 Todd Sullivan
10/11 Jeff DeFelice	10/29 Patricia Bates
	10/30 Tim Campbell



Happy Birthdays! Allyne Winderman 9/9 (top) and John Yong 9/1 (upside down). Don't do anything dangerous.

### WELCOME NEW MEMBERS!

Jason Coleman	Andrew Sanchez
David Dancer	Christopher Schmitt
Katrina Klaasmeyer	Ren-Horng Wang
Andrew Padilla	

### Los Angeles Fronrunners

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 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](mailto:lafronrunners@gmail.com)

### Los Angeles Fronrunners Monthly Treasurer's Report for September 2013

Balance on 2013 Aug 5	\$17,530.12
Balance on 2013 Sep 3	\$17,630.84
Net change	\$ 100.72

Club Events	Expense	Revenue	Net
Pool Party	\$ (25.00)	\$ -	\$ (25.00)
Montana de Oro	\$ (266.56)	\$133.28	\$(133.28)

### Membership

Membership Dues	\$ -	\$100.00	\$ 100.00
Uniform	\$ -	\$120.00	\$ 120.00

### Operational

Communication	\$ (45.00)	\$ 90.00	\$ 45.00
Mailbox and Storage	\$ -	\$ -	\$ -
Paypal	\$ (6.00)	\$ -	\$ (6.00)

<b>Totals</b>	<b>\$ (342.56)</b>	<b>\$443.28</b>	<b>\$ 100.72</b>
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From the Treasurer: The club saw very little financial activity in the past month. Advertisement in the newsletter brought in a small windfall of \$90 in revenue. Otherwise, nothing is out of the ordinary.

### LAFR Board Meeting August 17, 2013

These were discussed

1. Roster – Bruce will solicit opt outs and then distribute a roster to the club
2. Email Communication – Bruce will examine alternatives to Constant Contact
3. A sum of \$2500 from last year's donation was not accepted by the beneficiary. Angus will contact Project 10 and Geoff will contact GALAA as potential alternative beneficiary
4. BOD member Ross Lamkin heading to east coast til January. John Kawaharada will take over Ross's long-run duties.
5. Events discussed:
  - Halloween party 10/26 at Geoff & Jason's
  - Chili Cook-off 10/6 at Rusty's
  - Puppy Potluck 9/12 at Eric and Richard's
  - Banquet – new venues?
  - Possible trail race in Griffith Park.

### LAFR Board Meeting September 7, 2013

These were discussed

1. Big Sur Marathon
2. Hamburger Mary's – Gift baskets given to Patrick
3. NOELA – "North of East LA" run 10/27
4. David to coordinate theater night for "Normal Heart"
5. Tuesday night run changes to Silverlake 10/1
6. Patrick will research if LAFR can use a meeting room after Saturday runs to increase club cohesion
7. Next meeting October 12 at Patrick's



## Montaña de Oro, where all distances are approximate



Relaxing by the cove before the race. See David's dust guard.

On August 10<sup>th</sup>, seven intrepid LAFRs drove up to the town of Los Osos near San Luis Obispo to run in the Montaña de Oro trail races. The distances to choose from were 8K, 12K, 25K, and 25K.

In the "8K," Angus took second place overall. The actual distance was 6.95 miles (instead of 5). The course was clearly marked so no one got lost even though the racers knew the mileage was off. As Angus raced through the finish, his first gesture was to show his Garmin to the race director, who was not surprised and upon seeing the actual distance was able to speculate where the problem was. At the end of the day, everyone did the same distance, so it was a good race.

In the "12K" (which was 8 miles instead of 7.4), Mark took third place overall and David took second in his age group. The three, along with Anthony, began pacing nervously at the end for the return of the 25K runners. The uncertainty of how long these runners are enduring almost proved unbearable!



William grinding up the steep hill of the 25K. Most of the 25K race was shrouded by coastal fog. This both kept the temperature cool and made the view ephemeral.



Posing as triplets before the 25K kicks off, with the race director.

Fortunately, the three LAFRs in the "25K" began appearing in less than 3 hours. William was the first to pop out from the coastal bushes. Not far after came Andrew. Pretty soon, Mong was back as well. William and Mong each took second in their age groups while Andrew took first. The real distance was 17.1 miles. Also William unwittingly took a wrong turn and ran an extra half mile or so.

After the race, Mong had places to be, so he left (to explore Cambria and Hearst Castle). The remaining six drove a few miles to Pismo Beach for breakfast. Pismo Beach was like a trip back to the 50's. It's one archetypal Central Coast beach town not yet transformed by gentrification, although McMansions are visible in the outer fringes.

The trip was cool and fun. The Friday night stroll through Downtown SLO was pleasant and relaxing as well. Perhaps next year we will organize a bigger event so other LAFRs can enjoy this inexpensive but adventurous trip.



Every runner placed in his age group.



## Notes from the Back of the Pack

Usually By Bill Walsky

Usually Bill Walsky writes something witty and interesting for this column. But the editors are sorry to say that an unfortunate happenstance prevents Bill from enlightening the readers with his deep thoughts.



You see, Bill tripped and fell during the Ventura Half Marathon. Gasp! It was around mile 9 just as Bill was happily running along. When out of nowhere the ground beneath him did not align and he fell. Women spectators and volunteers from both sides of the street rushed to comfort Bill and make sure he was ok. If only men spectators were equally rushing to Bill's side...

During the split second before Bill hit the ground, his whole life flashed before him. In that seemingly eternal moment, Bill recalled that this day marked his 30<sup>th</sup> year of



*Bill Walsky distraught after tripping in the half-marathon that commemorates the 30<sup>th</sup> anniversary of his first race ever. There, there, Bill. You can drink away your melancholy with that 400-cal cup of coke from Habit Burgers.*

racing starting with Run for the City of Hope 10K at Pierce College on September 8, 1983. It was a typically hot summer day in the Valley during his inaugural race. And poor Bill just felt tired and dehydrated. Who rushed to his aid? A very nice woman runner. Darn. "Why am I such a woman magnet?" Bill must have pondered.

Well, Bill, that's just who you are, a woman magnet. But we bet 30 years ago, you would have loved to have had Steve Sax, the celebrity sponsor of the race, rush to your aid.



## Telluride Mountain Run

by Heather Sackett, with changes by Jeff Lymburner



*Jeff ran the 10-mile Vertical Hill Climb, the second event of the day. He's the shirtless hottie in the above picture*

Despite a day that threw everything at racers, from sun to rain, hail, lightning and even snow, the inaugural Telluride Mountain Run was a success. On August 10, 66 people toed the starting line for the 40-mile loop through some of the most beautiful and rugged terrain surrounding Telluride featured more than 12,000 ft of climb. In the end, 56 runners, of which 9 were women. Paul Hamilton of Fort Collins won with a blistering time of 6:53. Benthany Lewis of Salt Lake City claimed the women's title with a time of 8:10. Finishers were rewarded with a pint glass, hot chocolate, soup and beer.

The second event saw 27 runners: the 10 a.m. Hill Climb. Racers scrambled 4,000 feet in four miles, from Lift 7 to the top of Gold Hill and back. Boulder's Cameron Clayton won the men's race in 1:35, while Canada's Ellie Greenwood claimed the women's title in 1:54. Jeff was 9th overall at 2:17.

The issues organizers worried most about for the long event, competitors getting lost and supplies running out at the aid stations, didn't happen. Organizers said the pack was faster overall than they expected, meaning they can adjust the very generous cutoff times in the future.

The weather started out clear and sunny for the first climb up Gold Hill and through two wildflower-strewn, high-alpine basins. But the weather quickly deteriorated, with thunderstorms in the afternoon, hail at high elevations and a frigid downpour that turned trails into streambeds. When the clouds cleared late in the day, the surrounding mountaintops were frosted with snow. Reese Ruland and mountain runner Dakota Jones organized the event, with the help of course designer and local runner Ricky Denesik. If such an adventure appeals to you, start planning for next year, because they're bringing it back.

## Jet to Jetty



*The happy runners at the finish.*

The 29<sup>th</sup> Annual Jet to Jetty 5K/10K on August 24 saw a dozen participating LAFR runners. This race also marked Yumi's inaugural race. Go Yumi! The immediate coastal location meant the race condition was perfect: cool, overcast, and flat. In fact, the race finished down a ramp, given racers an extra kick in the final sprint.

First to go off were the 5K runners, which included Yumi, Anthony, Bill Winkelmann and Bill Austin (not pictured). Bill Austin did remarkably well, although the two Bills had to leave right away and couldn't wait for his medal (Bill, William has your medal). Yumi came in just under 42 minutes. Anthony officially came in last, because his timing chip didn't actually cross the timing mat until the 10K was finishing. Moral of the story: Always cross the timing mat!

Next up were the 10K folks. LAFR even got an unexpected shout-out. You see, William lined up early at the start line, in his catchy red shirt. John M and Reg were also sporting red. The announcer saw that and said, "See the guy in red? Line up there. His shirt even says Fronrunner! They must be fast" ☺. Unplanned shout-outs are the best!

William took an early lead and was able to keep his second place position until the end. John, Reg, and Richard also all kept their pace and went on to medal in their age groups as well. Not picture was Jose Castillo, who also had to take off right after the race.

After collecting their medals, a large group drove to nearby El Segundo for a cozy breakfast at Main Street Café. Outside, the city was having its Classic Car show, filled with Corvettes and Thunderbirds. Gosh, how much Americana can one fit into one day?



*Look at Yumi's fabulous beach bag!*



*Sending Ross off with a bake-off.*

## Godspeed Ross

Our chef in residence, baker extraordinaire, and dedicated board member Ross Lamkin bid adieu to Los Angeles as he embarks on a new chapter in his life. Near the end of August, Ross headed out to Martha's Vineyard to take on the challenge of a pastry chef at a local establishment. But, don't despair, it's a temporary gig, Ross will be back in January.

We miss Ross already. We also miss his philosophical long run emails and his sumptuous cookies, scones, muffins, and chili. Speaking of which, the top spot of the Chili Cook-Off has now been vacated. Thus Princess Albert is now the new reigning Chili Queen. John Kawaharada is the new long-run coordinator.

In the accompanying photo, Ross has adorned Brian Dunbar as the unofficial Bake-Off Queen.



## Boston Marathon 2014 Reg. Info

Registration for the 2014 Boston Marathon will open on Monday, 9/9, 2013 at 10:00 a.m. ET. The B.A.A. will use the same process to register qualified runners as it used in 2012/13, allowing the fastest qualifiers to register first. Registration will be held online at [www.baa.org](http://www.baa.org). The qualification window for the 2014 Boston Marathon began last year on September 22, 2012. In addition, the B.A.A. has set the field size at 36,000 official entrants, 9,000 more than last year.

### Boston Marathon Registration Dates:

- Monday, 9/9 - Qualifiers who have met the qualifying standard by 20 minutes or faster.
- Weds., 9/11 - Qualifiers who have met the qualifying standard by 10 minutes or faster (if space remains).
- Friday, 9/13 - Qualifiers who have met the qualifying standard by 5 minutes or faster (if space remains).
- Monday, 9/16 - All qualifiers who have met the qualifying standard (if space remains).

### 2014 Boston Marathon Qualifying Standards

AGE GROUP	MEN	WOMEN
18-34	3:05:00	3:35:00
35-39	3:10:00	3:40:00
40-44	3:15:00	3:45:00
45-49	3:25:00	3:55:00
50-54	3:30:00	4:00:00
55-59	3:40:00	4:10:00
60-64	3:55:00	4:25:00
65-69	4:10:00	4:40:00
70-74	4:25:00	4:55:00
75-79	4:40:00	5:10:00
80 and over	4:55:00	5:25:00



Moises Medina and Prez Angus Kennedy after running Boston Qualifiers in Santa Rosa on Aug. 25.

## 13 LA Frontrunner Qualifiers for Boston

According to our records, the following LAFRs have met qualifying standards for the 2014 Boston Marathon. Listed below is the name, age group\*\*, qualifying race, and mins:secs under qualifying standard:

\*\*age group is the age group you will be in on raceday

### LAFR Qualifiers & Registration Dates:

- Monday, 9/9 - Qualifiers who have met the qualifying standard by 20 minutes or faster:
  - Mark Johnson** (45-49), LA, 2:56:53 (28:07)
  - Eric Alvarez** (45-49), LA, 2:57:48 (27:12)
  - Carlos Vizcarra** (40-44), LA, 2:48:39 (26:21)
- Weds., 9/11 - Qualifiers who have met the qualifying standard by 10 minutes or faster (if space remains).
  - Bernie Tan** (45-49), Boston, 3:08:52 (16:08)
  - John McGuinness** (40-44), Boston, 3:00:37 (14:23)
  - Moises Medina** (40-44), Santa Rosa, 3:04:15 (10:45)
- Friday, 9/13 - Qualifiers who have met the qualifying standard by 5 minutes or faster (if space remains).
  - David Dassey** (60-64), Mtns 2 Beach, 3:46:32 (8:28)
  - William Fang** (35-39), Mtns 2 Beach, 3:02:37 (7:23)
  - Ric Munoz** (55-59), Boston, 3:33:06 (6:54)
  - John Kawaharada** (45-49), Mtns 2 Beach, 3:18:32 (6:28)
- Monday, 9/16 - All qualifiers who have met the qualifying standard (if space remains):
  - Angus Kennedy** (45-49), Santa Rosa, 3:22:26 (2:34)
  - Andrew Wissmiller** (60-64), Boston, 3:53:50 (1:10)

Due to the finish line bombing in 2013, runners who were past the halfway point at the time of the bombing were granted entry into the 2014 race. Two LAFRs, David Dassey and Allyne Winderman, qualified under this exemption.



David Dassey en route to another Boston Qualifying performance at the Ventura Marathon on September 8.

## Racing in the Swiss Alps

by Jonathan Toker

The Swiss Alps conjure up images of snow-capped peaks, pastures full of cows and girls named Heidi. And all of that is absolutely true, along with a whole lot more. For runners, exploring the Alps can bring about rewards of a solitary sunrise on distant peaks, delectable all-you-can-eat breakfast buffets featuring Swiss specialties and wholesome food, and nearly unlimited miles of trails. For competitive types, there are many organized races throughout the mountain ranges from short to ultramarathon distance. It's a very safe place to travel, both from a crime standpoint (nearly non-existent) to the docile farm animals that dot the countryside (and lack of dangerous wildlife).

In June/July 2013 I traveled to Switzerland to participate in the renown Aletsch Half Marathon in the tiny car-free town of Bettmeralp ("The Better Alp") and the Zermatt Marathon at the base of the famous Matterhorn. While a late season snowfall in the days prior to the half marathon caused a race-day course change to a flatter 15K, it was still a scenic mountain race all above 6000' elevation. Weather in the mountains can be somewhat unpredictable and the race was cold and mostly overcast but the smiles on the 3000 runners were unmistakably warm. I finished a respectable 36th overall, a bit disappointed that the route change had removed the last 6km vertical climb and what is usually my race strength. Wearing bib #1 however, was pretty fun!

After a week of recovery & training on the local trails, and a mid-week move between Bettmeralp and Zermatt, I was ready for the Zermatt Marathon. My home-away-from-home for the past several trips has been the Hotel Christiania, a family-owned Swiss chalet complete with requisite geraniums in red painted window flower boxes, oh, and a spa and an indoor 25 meter lap pool with views of the Matterhorn. For any athlete, this place is a dream come true. The hotel is situated a 5 minute walk from the train station, and at an altitude of 1616 m.a.s.l. close proximity to grocery stores, restaurants (including the notable Pfeffermühle ("Pepper Mill" in the hotel), and all other facilities. Within easy reach a few minutes outside of town are countless trails and endless opportunities to climb (both hiking and mountaineering) the surrounding peaks in all directions. Daily buffet breakfast is an extensive and typically Swiss fare, with plenty of choices for coffee, cheese, cereal, croissants, bread, cold cuts, fruit, smoked salmon, eggs, and they were more than willing to accommodate special diets. Single rooms start at about \$140 per night, a huge bargain compared with winter rates that are double or higher.

The marathon began in the valley town of St. Niklaus at 1116 m.a.s.l. and concluded 42.2 km later and over



1400 m higher at the Riffelberg train station (2585 m.a.s.l.) For true masochists. A 46km ultra route concluded at the 3089 m.a.s.l. Gornergrat hotel and observatory, and the site of countless Bollywood film segments and winter ski paradise. With the Matterhorn (you know, the mountain on the Toblerone chocolate bar?) as a backdrop, the finish finally came into sight and I jogged to the finish for a final time of 3:42, which was good for 21st place among the men, and behind two very fast women. Elite Kenyan Paul Michieka won the event for the 2nd year in a row with a time of 3:05. The 46 km Ultra run was won in a time of 4:23, the extra 4 km a brutal 500 m above the marathon finish line, and amidst towering piles of snow from the significant winter snow pack.

After having raced the Jungfrau marathon (September) twice and Zermatt marathon twice (July) there remain several other recognized events in the Alps that are on my to-do list: Glacier3000, Swiss Alpine 78K, Sierre-Zinal, Tour-de-Mont-Blanc (in adjacent France). Any LAFRs interested in planning a trip to Switzerland in 2014, drop me a note (LAFR@jtoker.com). You gotta love trails.



## More Pics of Jonathan Toker in the Swiss Alps



Zermatt Marathon: July 5, 2014: [www.zermattmarathon.ch](http://www.zermattmarathon.ch)  
 Swiss race calendar:  
[www.marathons.ahotu.com/calendar/switzerland](http://www.marathons.ahotu.com/calendar/switzerland)

## Chili Cook-Off 2013!!

by Rusty Millar

The 13th Annual Los Angeles Frontrunner Chili Cook-Off is scheduled for Sunday, October 6, from 4-7 p.m.

Last year's Queen Ross Lamkin high tailed it out of town abandoning his crown. Ross cited a need to drink Sam Adams beer, and with Tom Brady as his reason who can blame him? However, now 1<sup>st</sup> runner-up Albert Giang is claiming that Chili Cook-off rule 6.2.a makes him the new chili queen. No one argued with the last part of that one. But a straw poll let Ross keep his crown but took away his wand.



*This is the second longest running LGBT chili cook-off in the US.* You never know who will win, place or show. Many of the past winners like Dan Vu, Jim Martinez, and Mike Kerkman are tweaking their recipes, while others are looking online to determine if those winners on the food network will pass muster. This annual event is a club favorite and brings people from all over.

You can enter many classes such as chili with beans, no beans, vegetarian, sort of vegetarian, meat, no meat.

Also, if you are better at making that southern version of corn bread we have a contest for that also.

Prize medals will be will be awarded by chief medalist Angus. With all the categories you cannot lose and categories also include best in show, cook you want to go home with, and more.

Drop by and have a great time. Sunday, October 6.  
 Location: 850 Micheltorena St, Rusty Millar's home.



Rina & John Kawaharada at last year's Chili Cook-Off.



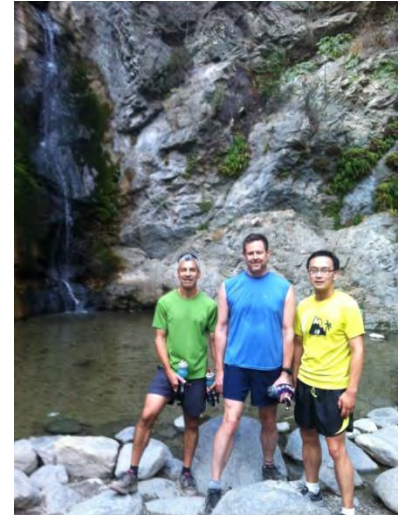
## Tales from the Trails



*John Kawaharada with friend Keira Henniger mapping out the route for the Ray Miller 50/50 near Zuma beach.*

Despite the heat and fire danger, summers are nonetheless great for trail running. The longer daylight allows for an earlier start and an extra cushion for runners who got lost to make it back before the bears and coyotes are out in force. In the western states, much of our mountains don't really heat up until mid to late summer anyway. So compared to the smothering heat in the valleys, the relative cool and breezy mountain tops provide some relief, at least until 2PM. Here's a montage of pictures from trails that LAFR visited.

If you have stories or photos to share, preferably running related but don't have to be, email them to our gmail or post on facebook.



*Sean, Ross, and William finally found the namesake waterfall of Eaton Canyon Fall.*



*Sean and Jim philosophizing on top of Mt Bliss. Why is it called Mt Bliss? Hmm...*



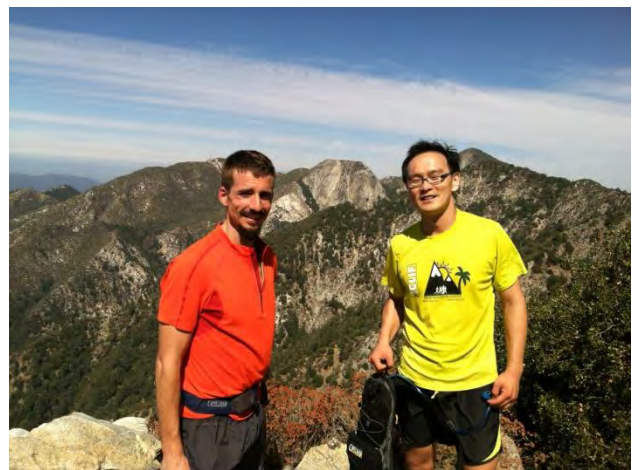
*Jeff Lyburner and Maddie Wonderdog (center) with runner friends on one of the peaks surrounding Telluride, CO.*



*Amy Ross (center left?) and friends hiking to Shaver Lake in central California.*



*Three pairs of doppelgangers at the Monrovia Canyon Park. Compare the poses of Mike with Sean, Chris with Jim, and John with Andrew.*



*Jim and William atop Mount Wilson Toll Road. Behind them are probably (left to right) Muir Peak, Mt Lowe, and San Gabriel Peak, with Eaton Wash carving out the namesake canyon in between.*

# Race Results

## Fontana Half

Fontana, CA 6/22

Margie Gonzales.....2:35:03

## Aztlan 5K

Los Angeles, CA 6/22

Tanya Haney.....26:55 PR

## Valley Crest Trail Half

Tarzana, CA 6/9

Tanya Haney.....2:25:46

## Welcome Friends Full

Long Beach, CA 7/13

Deo Jaravata.....5:36:48

## Sunset 7 Day 2 Full

Long Beach, CA 7/23

Deo Jaravata.....5:45:49 RW

## Tijuana Full

Tijuana, Mexico 7/28

Deo Jaravata.....5:36:48

## Atlanta's Finest 5K

Atlanta, GA 8/3

David Grudzien.....27:54

## Rockin the Lake Half

Snellville, GA 8/4

David Grudzien.....2:25:39

## Lynchburg Half

Lynchburg, VA 8/10

David Grudzien.....2:36:40

## Arroyo Creek Half

Simi Valley, CA 8/11

Margie Gonzales.....3:07:47

## Area 13.1 Half

Roswell, GA 8/17

David Grudzien.....2:23:21

## America's Finest City Half

Simi Valley, CA 8/18

Margie Gonzales.....3:03:29

## Outgames

Antwerp, Belgium 8/6-8/11

### Deo Jaravata

5K RaceWalk.....32:32 2<sup>nd</sup> 45-49

5K Track.....23:33

Marathon.....4:05:20

## Telluride Mtn. Hill Climb

Telluride, CO 8/10

### 10 Mile

Jeff Lymburner.....2:17:08 1<sup>st</sup> 50-54

## Run-de-Vous 100 Mile

San Martin, CA 8/17-18

Ric Munoz.....27:40:23 2<sup>nd</sup> 55-59

## Into the Wild 8K Trail Race

Irvine, CA 8/22

Mong Noiboonsook...44:56 3<sup>rd</sup> 50-54

## Bulldog 25K Trail Race

Malibu, CA 8/24

Andrew Wissmiller 2:29:31 1<sup>st</sup> 60-64

Mong Noiboonsook...2:46:12

## Mesa Falls Full

Ashton, ID 8/24

Cat White.....7:45:00

Keeley Webster.....8:30:53

## Santa Rosa Marathon

Santa Rosa, CA 8/25

Moises Medina.....3:04:15

Angus Kennedy.....3:22:26

## Summer Nights 5K

Long Beach, CA 8/27

Mong Noiboonsook...23:37 2<sup>nd</sup> 50-54

## Black Bear Half

Waterville Valley, NH 8/25

David Grudzien.....2:27:53

## Conquer the Bridge 5.3 Mile

San Pedro, CA 9/2

Mong Noiboonsook...43:38

## Budapest Half

Budapest, Hungary 9/8

David Grudzien.....2:33:39

## Montana de Oro (Grand Prix)

San Luis Obispo, CA 8/10

### 6.95 Mile

Angus Kennedy.....58:48 2<sup>nd</sup> OA

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

### 8 Mile

Mark Johnson.....1:09:22 3<sup>rd</sup> OA

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

David Dassey.....1:25:51 2<sup>nd</sup> 60-64

### 17.1 Mile

William Fang.....2:39:39 1<sup>st</sup> 35-39

Andrew Wissmiller. 2:57:58 1<sup>st</sup> 60-64

Mong Noiboonsook...3:19:00 2<sup>nd</sup> 50-54

## Jet to Jetty (Grand Prix)

Dockweiler Beach, CA 8/24

### 5K

Bill Austin.....20:10 PR/3<sup>rd</sup> 55-59

Bill Winkelmann.....28:08

Yumi Afrento.....41:46 PR/1<sup>st</sup> Race

Anthony Chan.....1:09:33

### 10K

William Fang.....36:03 2<sup>nd</sup> OA

1<sup>st</sup> 35-39

John McGuinness....40:50 3<sup>rd</sup> 35-39

Reg Willson.....42:13 3<sup>rd</sup> 50-54

John Kawaharada....43:36 PR

Richard Nelson.....47:07 2<sup>nd</sup> 65-69

Jose Castillo.....54:24

Bill Walsky.....1:15:52 PR

Doug Jones.....1:17:38

## Ventura (Grand Prix)

Ventura, CA 9/8

### Half

Carlos Vizcarra.....1:19:55 1<sup>st</sup> 40-44

Jorge S Corona.....1:31:56 PR/1<sup>st</sup> Half

Angus Kennedy.....1:36:48

John McGuinness....1:37:00

Andrew Wissmiller..1:41:36 PR/3<sup>rd</sup> 60-64

Doug Jones.....2:52:45

Margie Gonzales....2:53:45

Bill Walsky.....3:12:58

### Full

David Dassey.....3:53:13

Deo Jaravata.....4:10:19

William Fang.....4:25:49



# 13.1 Challenge Standings



Bill Walsky finishes the Ventura Half



Carlos & John after the Ventura Half



Margie & Doug after the Ventura Half



## 13.1 MOST

Name	Amount
1. David Grudzien	29
2. Margie Gonzales	12
3. Deo Jaravata	4
John McGuinness	4
Doug Jones	4
Bill Walsky	4
7. Andrew Wissmiller	3
Angus Kennedy	3
9. Mong Noiboonsook	2
Mike Carbuto	2
Paul Morrell	2
Raul Borja	2
Richard Peng	2
William Fang	2
Carlos Vizcarra	2
16. 24 LAFRs	1



TO REPORT RACE RESULTS,  
PLEASE USE THE RACE  
REPORTING TOOL ON THE  
GRAND PRIX PAGE AT  
[WWW.LAFRONTUNNERS.COM](http://WWW.LAFRONTUNNERS.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. Angus Kennedy	1:36:39	Mountains2Beach
10. Richard Nelson	1:38:12	P. Springs

## 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. Bernie Tan	0:05:12	Mountains2Beach
7. David Grudzien	0:05:07	Palmetto
8. Paul Morrell	0:04:00	Kaiser & SF
9. Mike Carbuto	0:03:21	OC
10. William Fang	0:02:05	Hollywood & SF

*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.*



John, Andrew, Angus & Jorge after the Ventura Half Marathon

# Grand Prix Series Standings as of 9/11

## 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
----------	-------	---------

### MALE

1. Carlos Vizcarra	6	81.04
2. Richard Nelson	6	78.02
3. Mark Johnson	6	76.13
4. William Fang	6	75.28
5. Andrew Wissmiller	6	73.55
6. John McGuinness	6	72.30
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. JD Rouan	4	54.63
4. Tanya Haney	4	54.15
5. Keeley Webster	4	34.16
6. Marilyn Jackson	4	32.05
7. Regina Robinson	4	31.93
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
----------	-------	--------

### Male 20-29

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

### Male 30-34

1. Jorge S Corona	5	610
2. William Korthof	5	545
3. Mike Kerkman	3	420
4. Jose Castillo	4	320
5. Patrick Conner	2	200

## AGE GROUP MEN

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

### Male 35-39

1. William Fang	6	925
2. John McGuinness	5	555
3. Carlos Vizcarra	4	465
4. Raul Borja	5	460
5. Albert Giang	4	430

### Male 40-44

1. Bernie Tan	5	635
2. Richard Peng	5	470
3. Don Formanek	4	455
4. Kent Hamilton	3	385
5. John Kawaharada	3	380

### Male 45-49

1. Mark Johnson	6	785
2. Angus Kennedy	6	725
3. Deo Jaravata	6	590
4. Eric Alvarez	3	435
5. Rex Boone	2	235

### Male 50-54

1. Mong Noiboonsook	6	700
2. Brian Dunbar	6	590
3. Reg Willson	3	385
4. Carl Maravilla	3	365
5. Mike Kezsely	3	295

### Male 55-59

1. Bill Austin	5	630
2. Doug Jones	5	530
2. Dan Graham	3	425
3. David Grudzien	2	230
4. Jim Martinez	2	190

### Male 60+

1. Andrew Wissmiller	6	800
2. David Dassey	6	735
3. Richard Nelson	6	720
4. Bill Walsky	6	700
5. Mike Carbutto	5	490

## AGE GROUP WOMEN

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

### Female 30-39

1. JD Rouan	3	330
-------------	---	-----

### Female 40-49

1. Cat White	5	550
2. Regina Robinson	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	720
--------------------	---	-----

### 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
---------	-------	---------

1. Andrew Wissmiller	5	90.14
2. Mong Noiboonsook	5	68.32
3. Jonathan Toker	3	102.19
4. Jeff Lymburner	3	87.24
5. Sean O'Brien	2	109.90
6. Deo Laravata	2	88.07
7. Ross Lamkin	2	70.15
8. David Grudzien	2	58.21
9. Angus Kennedy	1	122.96
10. Mark Johnson	1	121.27

*Below: Trail Master leader Andrew Wissmiller before the Montana de Oro 25K*





# Upcoming Events

## Tuesday Fun Run back to Silver Lake



**Tuesday, October 1st**  
**Meet Rusty here at 6:30 PM**  
**Silver Lake Recreation Center**  
**1850 W. Silver Lake Drive, LA 90026**

## Hamburger Mary's Legendary Bingo!



**Roxy Wood**



**Calpernia Addams**

**Sunday, September 22 at 6:00PM**  
**Hamburger Mary's**  
**8288 Santa Monica Blvd. at Sweetzer in WeHo**

Hosted by the lovely Roxy Wood and Calpernia Addams  
 Big baskets to win...International Indulgence, Wine Lovers,  
 LA Kings Rule the Ice, USC "Out" Homecoming and more!  
 \$20 suggested donation includes Bingo cards

## Last Griffith Park Potluck of 2013



**Tuesday, September 17**  
**Ranger Station Picnic Area**

**Jonathan Toker's**  
**Trail Run and Brunch**  
**Sunday, October 20**  
**Early in the morning**  
**Santa Monica Mountains**

**North of East LA Run**  
**Stairs and Hills Galore**  
**Sunday, October 27**  
**Early in the morning**  
**Hosted by Sean O'Brien (who knew?)**  
**and William Fang (loves to run hills**  
**because it reminds him of other**  
**painful pleasures)**

## Who will be crowned Chili Queen 2013?



**Sunday, October 6th from 4:00 to 7:00 PM**  
**Rusty Millar Center for the Culinary Arts, 850 Micheltorena St., LA 90026**  
**Who cares about the Rose Queen anyway? Read all about in this newsletter!**



# Upcoming Events

## Grand Prix Races

Full schedule @ [www.lafronrunners.com](http://www.lafronrunners.com)



Saturday 9/21 in Downtown LA  
Frozen Hot Chocolate  
5K/10K  
[www.hotchocolate5k.com](http://www.hotchocolate5k.com)

Saturday 9/28 in Big Sur  
Big Sur Trail Marathon  
5Mi/Half/Full  
[www.envirosports.com](http://www.envirosports.com)

Saturday 10/5 in Agoura Hills  
Big Bad RAD  
10Mi/10K  
[www.bigbadrad.com](http://www.bigbadrad.com)

Sunday 10/13 in Long Beach  
Long Beach ICB Marathon  
5K/Half/Full  
[www.runlongbeach.com](http://www.runlongbeach.com)

Saturday 11/2 in Palm Springs  
PS Fronrunners Pride Run  
5K  
[www.psfr.org](http://www.psfr.org)

Saturday 11/9 in Avalon  
Catalina Eco-Marathon  
10K/Full  
[www.catalinaecomarathon.com](http://www.catalinaecomarathon.com)



## Halloween Party at Geoff and Jason's

Saturday, October 26 from 6:00 to 9:00 PM  
Haunted House of Geoff Buck and Jason Bautista  
1007 N. Sierra Bonita Avenue  
West Hollywood 90046

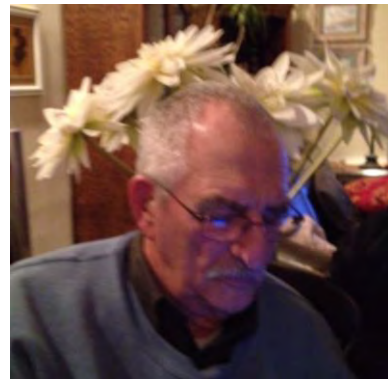
Rev up those sewing machines and bust out those big hot glue guns 'cause there's gonna be a costume contest! These are the categories...



...Scariest...



...Sexiest...



...Most Creative...



Theater Night with David Dassey  
Friday, October 4th at 8:00PM

Fountain Theater in Hollywood, 5060 Fountain Ave., LA 90029  
Purchase tickets directly from the box office  
and contact David Dassey for the pre-show dinner  
[ddass88@sbcglobal.net](mailto:ddass88@sbcglobal.net)



# LAFR Marketplace



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[www.santamonicyoga.com](http://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**

<b>\$250</b>	<b>\$200</b>	<b>\$150</b>	<b>\$100</b>
<b>Ziba Beauty</b>	<b>Patricia Bates</b>	<b>Rina</b>	<b>The Bills</b>
<b>Walgreens</b>	<b>&amp; Sue Roth</b>	<b>Rob Chen</b>	<b>Jerry Bulovsky</b>

**\$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**

## What were they saying (or thinking)?



What's with the off center? Is it a) the photo taker set the timer too fast and didn't make it in the picture, b) Bill Austin being awarded in absentia, or c) we cropped out the bikini biker photo-bombing Richard Nelson? Answer: (b)



What's John thinking?

- a) If I pose for this picture, Angus will delete that picture of me from the Caltech shower.
- b) Hmm. Best. Garlic Knot. Ever.
- c) Why doesn't that cute waiter turn around and look at me yet?

Answer: What? There's a picture of a shower scene with John in it? Oh, the answer is (b)

What's Maddie Wonderdog doing?

- a) Showing cousin Oscar some fashion sense.
- b) On the look out for bears and humming birds.
- c) Getting a respite from the cone of shame.

Answer: Probably all of the above, but supposedly (c). Ways to reuse your old pride run shirts.



What's going on with Cat? a) See how my pink streak matches my shirt, b) So this is the mythical junk car graveyard of Idaho, or c) Look at this Vespa my dad and I are gonna fix up! Answer: (c)



What's Sean saying? a) I ran that hill, that hill, that hill... b) One day, all this will be yours, young Jimmy, or c) maybe we should turn around now. Answer: Not sure. I wasn't able to keep up, but it's not c!



Is this Ric on lap a) 1, b) 13, or c) 45 of his 50-lap 100-mile Run De Vous marathon? Answer: (a) and he probably looked just as fresh during every other lap.





## Catalina Eco-Marathon Trip November 8-10

Join your fellow LAFRs for a trip to beautiful Catalina Island and the Catalina Eco-Marathon & 10K!

This is a Grand Prix Race and many LAFRs have placed overall or in their age group at this challenging trail race. In fact, two LAFRs have been the overall winners of the Marathon: Carlos Vizcarra ('07) & Sean O'Brien ('11).

We have two houses rented from Friday, November 8 thru Sunday, November 10. We will have a group dinner at one of the houses on Saturday night and a breakfast Sunday morning before heading back to the mainland.

Click through below to reserve LAFR housing for the weekend. The charge for 2 nights lodging is \$165 per person, and includes the dinner and breakfast. Don't forget to reserve transport to Catalina through Catalina Express and don't forget to register for the race!

Space is limited so reserve your space now in the LAFR House by clicking below:

<http://lafronrunners.com/drupal/drupal/?q=node/15>

Race registration:

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

Ferry reservations from Long Beach:

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



*Deo Javarata at the Bulldog 50K*



*David Grudzien at the Aspen, CO, half marathon*



*William Fang enjoys some refreshing watermelon after the Ventura Marathon on September 8.*



*New member Ren (right) and visitor Anthony feeling victorious at a Tuesday Griffith Park Potluck.*

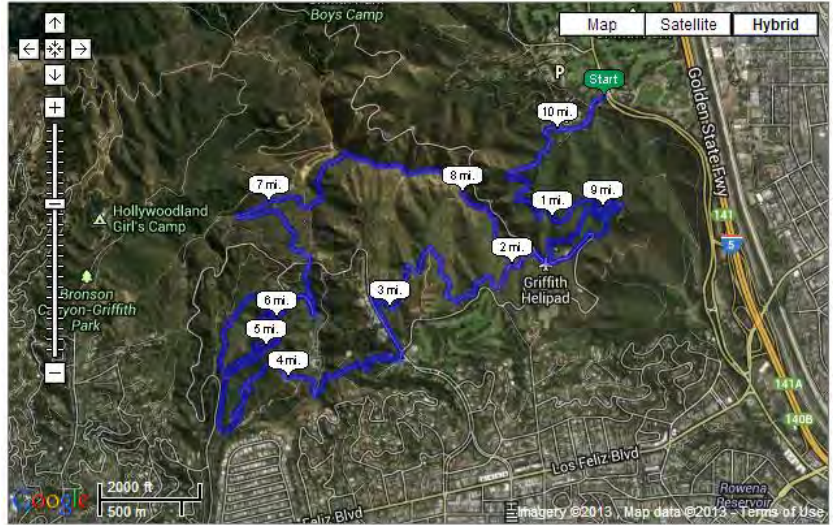


## Ring Around the Observatory

So Griffith Park is effectively LAFR's home turf. And most runners already know most of the trails, especially the beautiful Mount Hollywood loop. But this urban gem of parkland has so many different facets that even a slightly tilted angle on an otherwise worn run reveals another new glint of beauty.

For example, the run profiled here (live map: <http://www.usatf.org/routes/view.asp?rID=524782>) is all about the Griffith Park observatory. If you follow this route, the sharp turn before mile 6 is especially awe inspiring. There you are struggling up a moderate climb on a single-track trail. You ascend the saddle, where the trail takes a sharp U-turn. As soon as you lift your head, before you materializes the Art Deco Griffith Observatory. Heavens.

For those not needing the full 10 miles, you can park on N Vermont Canyon Rd (Greek Theater) and start at mile 3.3. Cut out the loop around mile 5 by stomping through the thin bush. Then return on E Observatory Ave or climb down the trail southeast of the Observatory. That makes for about 5 miles.



Elevation Profile



Total climb: 2037 feet / 621 m

Total elevation change: 4073 feet / 1241 m



*Borrowing a picture off the web. While the coloration and relative perspective of this photo seem "enhanced", this is very close to the view you see near mile 7.*

Another beautiful run is the trek out to the lone tree on Cahuenga Peak (just google those 5 words). Howard Hughes bought the land, intending to build a home for Ginger Rogers. Thought that never panned out, the land was slated for development in early 2000. A high profile campaign to preserve the open space ensued, bringing in such colorful local legends as Hefner, Spielberg, and Lucas. Hmm, that would make an interesting movie endeavor... But anyway, enough money was raised and Cahuenga Peak and its lone tree are saved. You can read more here:

<http://www.savehollywoodland.org/>



## Discount Diva

Race	Race Date	Website	City	Code	Amount	Expires
Simi Valley 5k/10k	09/21/13	<a href="http://www.simivalley5k10k.com/">http://www.simivalley5k10k.com/</a>	Simi Valley	RaceGrader	10%	
Xterra Trail Run	10/13/13	<a href="http://www.trailrace.com/ptmuqu.html">http://www.trailrace.com/ptmuqu.html</a>	Point Mugu	RG10XMUGU	10%	
LA Cancer Challenge 5k/10k	10/27/13	<a href="http://www.lacancerchallenge.com/">http://www.lacancerchallenge.com/</a>	West LA	RaceGrader1	\$5	
Electric Run	11/01/13	<a href="http://electricrun.com/orangecounty/">http://electricrun.com/orangecounty/</a>	Orange County	RaceGrader1	10%	
Electric Run	11/09/13	<a href="http://electricrun.com/san-diego-ca/">http://electricrun.com/san-diego-ca/</a>	San Diego	RaceGrader1	10%	
Catalina Eco Marathon	11/09/13	<a href="http://catalinaecomarathon.com/">http://catalinaecomarathon.com/</a>	Avalon	CATEX20	\$20	
Malibu International Marathon and Half Marathon	11/10/13	<a href="https://www.malibuintmarathon.com/signup.aspx">https://www.malibuintmarathon.com/signup.aspx</a>	Malibu	MIMLAFRHALFNFULL	\$10	
New Year's Race	01/04/14	<a href="http://www.newyearsrace.com/">http://www.newyearsrace.com/</a>	Los Angeles	NYR2014	\$15 off the Half	First 500
					\$5 off the 5k	First 500
UT California 1020	02/16/14	<a href="http://www.cal1020.com/">http://www.cal1020.com/</a>	San Diego	RaceGrader1020	\$5	