

# FrontPage

## Busy FRs! Boston, Bare Burro, Ragnar, Santa Cruz

### Frontrunners Beat the Pants Off the Competition

Mike Kerkman led 7 brave and fancy-free LAFRs at the 2<sup>nd</sup> annual Bare Burro 5K in Colton on April 17. The race is put on by a nudist colony and is run in your birthday suit. It's not a flat road race, either, it's a hilly 5K trail run. Mike bounced ☺ to a 3<sup>rd</sup> place overall finish with John Yong (1<sup>st</sup> 20-29) and Jeff Lymburner (2<sup>nd</sup> 50-59) placing as well. The race results are not posted yet, perhaps because the organizers are still in shock from the bevy of Frontrunner hotness.



From left: Jeff Lymburner, Jeff Bennett, Robert Chen, Mike Kerkman, Robb Briggs, John Yong, Drew Brabb

### Sycamore Canyon Trail Races

Jonathan Toker and Sean O'Brien were 1<sup>st</sup> and 2<sup>nd</sup> overall in the 30K at the Sycamore Canyon Trail Races on April 23. LAFRs raced in all four distances (8K, 18K, 30K, 50K) and we had guys place in their age groups in all four races.



Sycamore Canyon back from left: Mike Murphy, Jonathan Toker, Dan Graham, Sergio Casillas – Front from left: Bernie Tan, Robb Briggs, Paul Williams, Deo Jaravata, Sean O'Brien



### Mark Leads FRs at Boston

Mark Johnson ran a 3:02:16 to lead the 10 LA Frontrunners who ran the Boston Marathon on April 18.

**Boston, Santa Cruz, Ragnar  
pix on pages 6 & 7**

# Membership News

## Second LA Frontrunner Eggstravaganza

Extra special thanks to Christine Curtin & Jim Martinez for planning and organizing the second LAFR Eggstravaganza on Sunday, April 17, at Christine's home in Burbank. William Fang led a group of Frontrunners on a neighborhood run before the festivities began. There was great food, decorating, and various forms of hunting.

Below: the Eggstravaganza crowd

## MAY BIRTHDAY BOYS AND GIRLS

3	Frank Jacoy	20	Sungju Lee
9	Randall Mullins	20	Linwood Fullam
11	Jerry Weyer	23	Volker Schmidt
16	John Kawaharada	25	Chris Holly
18	Tony Madril	27	Phil Scanlon
19	Richard Peng	30	Christine Curtin
19	Johanna Ho	31	Reg Wilson

## WELCOME NEW MEMBERS!

John Kawaharada  
Kristi Twilley  
Sue Parker



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

[www.lafrontrunners.com](http://www.lafrontrunners.com)  
[lafrontrunners@gmail.com](mailto:lafrontrunners@gmail.com)

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



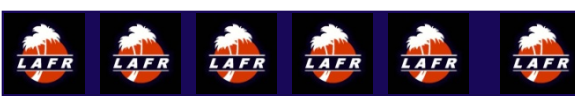
Los Angeles  
Frontrunner  
May  
Anniversaries

5 Years in LAFR

*Lui Sanchez*  
*Kevin Shiramizu*







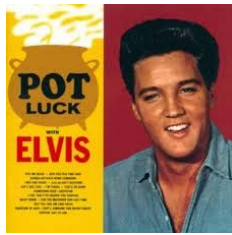
## Grand Prix Races



- **Sunday, May 15**  
Pasadena 5K/10K/Half/Marathon  
[www.pasadenamarathon.org](http://www.pasadenamarathon.org)
- **Saturday, May 21**  
Long Beach Pride 5K/10K  
[www.shorelinefronrunners.org](http://www.shorelinefronrunners.org)
- **Saturday, May 28**  
Mount Wilson Trail Race  
[www.mountwilsontrailrace.com](http://www.mountwilsontrailrace.com)

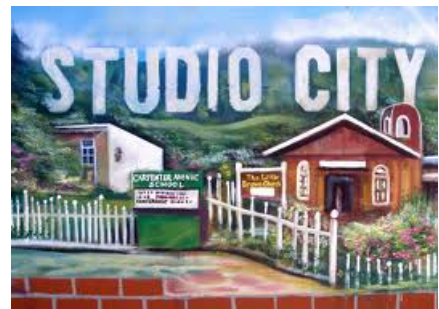


Tuesday, May 17  
Griffith Park Potluck  
picnic tables  
at the Ranger Station



Wednesday, May 18  
Westside Potluck  
Location TBA

Save the Date



**MY NEIGHBORHOOD RUN**  
Studio City Celebrity Trail Run  
Sunday, May 29, 8:00 a.m.  
Watch for an email with all the details

## LAFR GAY PRIDE RUN 30<sup>th</sup> ANNIVERSARY

*See Your Name on the Official Pride Run Shirt*

Come celebrate 30 years of being out, proud and fit! And join us in the special 30<sup>th</sup> Anniversary Opportunity to have your name printed as a sponsor on the Official Pride Run Shirts. Donate \$30 to any of the official beneficiaries that you choose and your name will be printed on the shirt. Go to the LAFR Store to register, and donate \$30 and *see your name on the official 30<sup>th</sup> Anniversary shirt! See insert for details.*



# Race Results

## Chesebro Half Marathon

Agoura Hills, CA 3/26

Sergio Casillas..... 1:58:13  
Tanya Haney..... 2:35:31

## Umstead 100 Mile Endurance Run

Raleigh, NC 4/2

Ric Munoz..... 25:10:28 PR

## Warrior Dash Mud Run

Lake Elsinore, CA 4/2

Robb Briggs..... 31:57

## Rock the Ocean Marathon

Huntington Beach, CA 4/3

Deo Jaravata..... 4:12:45 1<sup>st</sup> 45-49

## Diamond Valley Lake Marathon

Hemet, CA 4/9

Deo Jaravata..... 3:57:12 3<sup>rd</sup> OA

## Victory for Victims

Encino, CA 4/10

### 5K

Richard Nelson..... 20:51 1<sup>st</sup> 60-64  
Robb Briggs..... 21:57

### 10K

John McGuinness..... 40:48 2<sup>nd</sup> 35-39  
Sergio Casillas..... 47:58 PR  
Robb Briggs..... 49:13  
Bill Winkelmann..... 52:35 3<sup>rd</sup> 55-59  
Doug Jones..... 1:23:33

## Mt. Sac Relays RaceWalk

Walnut, CA 4/10

### 5K

Deo Jaravata..... 34:10 1<sup>st</sup> 45-49

### 10K

Deo Jaravata..... 1:09:10 1<sup>st</sup> 45-49

## La Jolla Half Marathon

La Jolla, CA 4/17

Ely Yaron..... 1:45:15

**Shoreline (Long Beach)  
Frontrunners  
Annual Pride Run  
Saturday, May 21  
See insert**

## Boston Marathon

Boston, MA 4/18

Mark Johnson..... 3:02:16  
William Korthof..... 3:16:40  
John McGuinness..... 3:22:07  
Ric Munoz..... 3:23:10  
Bruce Bair..... 3:28:41  
Brad Maury..... 3:28:41  
Patrick Owen..... 3:33:52  
Angus Kennedy..... 3:53:05  
Richard Nelson..... 3:58:36  
Reg Willson..... 4:01:41

## Ragnar SoCal Relay – 200 Miles

Huntington Beach to Coronado Island, 4/15-16

**Slomosexuals**..... 27:51:58 19<sup>th</sup> OA  
Ryan Timmreck 4<sup>th</sup> Open Men  
Mike Kerkman  
Robb Briggs  
Andrew Wissmiller  
Robert Chen  
Ted Wyder  
Jeff Lymburner  
Gary Iem  
Lester Dixon  
Patrick O'Neal  
James Hayton

## Sycamore Canyon Trail Runs

Malibu, CA 4/23

### 8K

Paul Williams..... 48:09 1<sup>st</sup> 55-59

### 18K

Dan Graham..... 2:08:17 1<sup>st</sup> 55-59  
Robb Briggs..... 2:11:21

### 30K

Jonathan Toker..... 2:24:19 1<sup>st</sup> OA  
1<sup>st</sup> 35-39  
Sean O'Brien..... 2:32:20 2<sup>nd</sup> OA  
1<sup>st</sup> 45-49

Brian Krogmann..... 2:45:29 1<sup>st</sup> 30-34  
Mike Murphy..... 3:02:37 2<sup>nd</sup> 35-39  
Bernie Tan..... 3:17:01 3<sup>rd</sup> 40-44  
Sergio Casillas..... 3:44:32 2<sup>nd</sup> 45-49

### 50K

Deo Jaravata..... 7:16:10 2<sup>nd</sup> 45-49

## Race Report: Ric Munoz

Ric did more racing during two weeks of April than most of us will do the entire year. Ric spent the weekend of 4/2 in North Carolina running his latest 100-mile race. Here is what he had to say about it: "I am pleased to report it was my personal best by nearly **2½ hours**. My finish time was 25 hours 10 minutes – my previous best was 27 hours 35 minutes (in a race in Riverside last year). On Feb. 26/27, I ran a gruesome 33 hours, 9 minutes in a 100-miler down in Coto de Caza (Orange County) so the Umstead race was a big confidence booster."

The race was held in Raleigh, entirely within Umstead State Park (near the Raleigh-Durham airport). The course was 12½ miles long and runners had to run 8 laps of it to cover the 100 miles. Ric began running at 6:00 Saturday morning and finished at 7:10 on Sunday morning.

Two weeks later, Ric hit the start line of his 17<sup>th</sup> Boston Marathon w/ 9 other LAFRs and ran a 3:23:10.



Ric during the Umstead 100 Miler

TO REPORT RACE RESULTS, PLEASE  
USE THE RACE REPORTING TOOL ON  
THE GRAND PRIX PAGE AT  
[WWW.LAFRONTRUNNERS.COM](http://WWW.LAFRONTRUNNERS.COM)

# GRAND PRIX STANDINGS as of 5/1

## CHAMPIONS RACE

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

Division	Races	Average
<b>MALE</b>		
1. Mark Johnson	3	80.66
2. Richard Nelson	5	78.94
3. Carlos Vizcarra	3	77.57
4. Carl Maravilla	1	74.53
5. Luis Aguilar	2	71.78
6. John McGuinness	4	69.94
7. Wadley	2	69.28
8. Tom Haskins	1	68.55
9. Reg Willson	2	67.91
10. Sean O'Brien	6	67.55

### FEMALE

1. Patricia Bates	2	80.03
2. Allyne Winderman	1	77.69
3. Stephanie Stone	6	55.08
4. Margie Gonzales	5	47.99
5. Tanya Haney	2	45.19
6. Christine Curtin	1	43.36
7. Stephanie Collins	1	41.37
8. Regina Robinson	2	39.90
9. Keeley Webster	1	35.97
10. Cat White	1	35.20

### RACEWALK

1. Juan Moreno	2	63.37
2. Deo Jaravata	5	60.67
3. Doug Jones	2	53.70

## TRAIL MASTER

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

Athlete	Races	Average
1. Wadley	1	129.38
2. Carlos Vizcarra	1	121.74
3. Jonathan Toker	1	113.16
4. Sean O'Brien	5	110.89
5. Deo Jaravata	3	106.84
6. Andrew Wissmiller	3	92.07
7. Angus Kennedy	1	91.33
8. Jeff Lymburner	1	90.27
9. Ric Munoz	2	87.75
10. Bernie Tan	2	86.46

## AGE GROUP WOMEN

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

### Female 20-29

1. Stephanie Collins	1	120
----------------------	---	-----

### Female 30-39

1. Tanya Haney	1	110
----------------	---	-----

### Female 40-49

1. Regina Robinson	2	240
2. Christine Curtin	1	125
3. Keeley Webster	1	110
4. Cat White	1	100
5. Areana Tate	1	80

### Female 50-59

1. Stephanie Stone	6	730
2. Margie Gonzales	5	585
3. Allyne Winderman	1	110

### Female 60+

1. Patricia Bates	1	135
-------------------	---	-----

## AGE GROUP MEN

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

### Male 20-29

1. Luis Aguilar	2	295
2. Riley Turcott	1	120
3. Gary Iem	1	110
Piyush Prakash	1	110
5. Scott Flanary	1	100

### Male 30-34

1. Wadley	2	290
2. William Korthof	2	220
3. Brian Krogmann	1	125
4. Mike Kerkmann	1	110
5. Robert Chen	1	100

### Male 35-39

1. John McGuinness	3	365
2. Mike Smith	3	320
3. Carlos Vizcarra	2	260
4. Richard Peng	2	220
5. Mike Murphy	2	185

### Male 40-44

1. Robb Briggs	5	515
2. Ely Yaron	3	310
3. Mark Johnson	2	255
4. Bernie Tan	2	250
5. Bibi Silvas	2	180

### Male 45-49

1. Sean O'Brien	4	550
2. Angus Kennedy	4	500
3. Sergio Casillas	4	485
4. Deo Jaravata	3	315
5. Paul Jacoy	1	110

### Male 50-54

1. Mike Kezsely	2	220
Doug Jones	2	220
3. Reg Willson	1	135
Jeff Lymburner	1	135
5. Patrick Owen	1	125
Carl Maravilla	1	125

### Male 55-59

1. Andrew Wissmiller	4	535
2. Paul Williams	3	370
3. Dan Graham	2	240
4. Geoff Buck	2	220
5. Bill Winkelmann	1	125

### Male 60+

1. Richard Nelson	4	515
-------------------	---	-----

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



Bernie & Deo at the Sycamore Canyon Trail Runs on April 23



Mike & Jeff - Santa Cruz Island Day Trip



### Slomosexuals Race to 19<sup>th</sup> OA

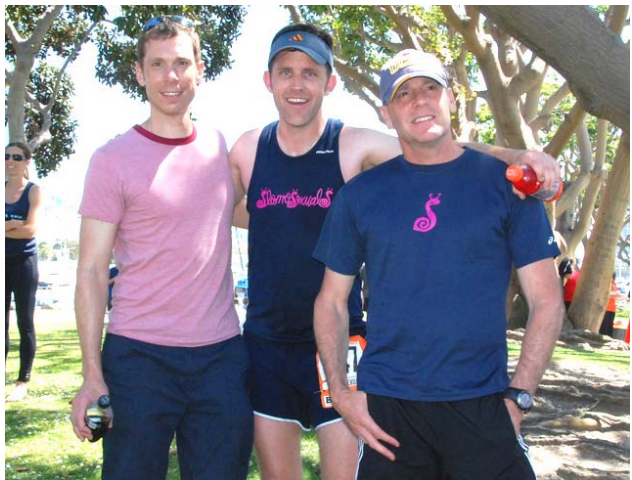
The LAFR Slomosexual team finished 19<sup>th</sup> OA out of 457 teams in the Ragnar SoCal Relay 4/15-16. They covered the 200 mile course in 27:51:58. It was the first team relay for most of the guys & they represented LAFR in style!



Above: Slomosexuals at the finish line



Above: Captain Mike - Below: Ted, Mike, Andrew



### Boston Marathon Pix



Above: Bruce, Patrick, Angus, Boston party host Alden, Mark, John, Brad, Ric at post-race party thrown by Boston FRs



Above: Reg, Bruce, Angus, William & Mark at finish line day b4 race - Below: Patrick at the expo





# Santa Cruz Day Trip Pix

Thanks William & Anthony for yummy lunch!



Left: FR Angels Angus, Mike & Ted - Above: Little Gays on the Prairie Murph & Mike - Middle Left: Chilly boys Mike, Robert & Sergio on the boat ride over to Santa Cruz Island



Carl, John, Mike & Sean on the way down from the highest point on the island

## Pride Run Beneficiary Voting Results

Thanks for voting for our 2011 Pride Run Beneficiary. Based on the results, we have decided to donate to three groups this year, and will split up the total donation amount in a 40/40/20 split.

The 2 groups that will get 40% each are:



With the remaining 20% to:



## Special 30th Anniversary LA Frontrunners Pride Run T-Shirt Opportunity

This year marks the 30th Anniversary of the LAFR Pride Run and what better way to strut your stuff than with the 30th Anniversary Pride Run shirt... with your name listed as a sponsor!

And, it gets better!

Your \$30 donation to take part in this opportunity will be earmarked to support the Pride Run beneficiary of your choice!

Visit the LAFR Online Store and choose Member T-Shirt Sponsor in the Pride Run category.

### DEADLINE:

Monday, May 16 is the deadline to sign up to make it on to the t-shirt (you still can make a sponsorship donation after the deadline but your name will not appear on the back of the shirt).

## Treasurer's Report 2/25-5/1

Please contact Ted at [lafonrunners@gmail.com](mailto:lafonrunners@gmail.com) if you have any questions.

Membership Dues	1,880.00	(25.00)
Santa Cruz Island	1,100.00	(1,153.29)
Grand Canyon	3,625.00	
LA Marathon		(236.87)
Uniform	270.00	(42.17)
Newsletter		(189.03)
Insurance		(175.00)
PayPal		(190.30)
Inside Out 5K Donation		(490.00)
Pride Run 2011	835.00	
Constant Contact		(135.00)
Food for events		(299.84)
Misc.	42.00	(145.37)
<b>Totals</b>	<b>7,752.00</b>	<b>(3,081.87)</b>
Balance on 2/25/11	8,951.47	
Balance on 5/1/11	13,711.60	





# Long Beach Pride Run 2011

## General Info

### 5K/10K run & 5K walk

### Saturday, May 21, 2011

### 8:00 a.m.



#### Entry Information:

Entry fee: \$25.00 thru May 14, 2011, \$30.00 thereafter. Fee includes a t-shirt (while supplies last.)

Race bib/t-shirt pickup and on-site registration begin at 7 a.m. on race day.

#### Location:

Pride Run/Walk starts and finishes in the Junipero Beach parking lot located at Junipero Ave and Ocean Blvd. Bring coins for parking meters.

#### Course:

Pride Run/Walk will take place along the scenic Shoreline Bike Path of Long Beach.

#### Registration:

Register online at [shorelinefrontrunners.org](http://shorelinefrontrunners.org)

Kick off the 2011 Long Beach Pride weekend by participating in the 2011 Pride Run. All proceeds from the Pride Run are donated to Long Beach and Orange County youth, education, and health groups during the Awards Ceremony. Questions? Call our hotline at 562-252-0218, or send e-mail to [priderun@shorelinefrontrunners.org](mailto:priderun@shorelinefrontrunners.org)

LAFRs  
at the  
2010  
Long  
Beach  
Pride  
Run





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

### WEEKLY FUN RUNS

**SATURDAY**  
**Griffith Park**  
**8:00 A.M.**

Meet at the flag pole across from Ranger Station at 4730 Crystal Springs Dr.

**Hosts: Amy/Patrick**

**SUNDAY**  
**Long Run**  
**8:00 A.M.**

Various distance long runs on roads and/or trails at various So. Cal locations.

**Hosts: Various**

**MONDAY**  
**West Hollywood**  
**6:30 P.M.**

Meet by basketball courts in West Hollywood Park parking lot

**Hosts: Todd/Wadley**

**TUESDAY**  
**Griffith Park**  
**6:30 P.M.**

Meet at the flag pole across from Ranger Station at 4730 Crystal Springs Dr.

**Host: Rusty**

**WEDNESDAY**  
**Santa Monica**  
**6:30 P.M.**

Palisades Park at Ocean & San Vicente at Millennium Plaque.

**Hosts: Bruce/Brian**

**THURSDAY**  
**Pasadena**  
**6:30 P.M.**

Brookside Park, south of the Rose Bowl, next to the rose garden.

**Hosts:**  
**Mike/John/William**