

### A Memorable Spring

### March/April 2014



One of our much beloved members, Marilyn Jackson, partner of Regina Robinson, passed away on March 6 from breast cancer. Marilyn was Newcomer of the Year in 2011 and received a special club award in 2012: "Guts, Courage, and Hope", acknowledging her courageous fight as well as her loving and kind spirit. The funeral service was held on 3/15 at the Hope in Christ Community Church in Compton with many Frontrunners in attendance. Also attending were a large number of Marilyn's colleagues from Walgreens, where she was known as "Action Jackson" for being the queen of getting-it-done. Your board of directors is planning an event to remember Marilyn and to raise funds for breast cancer services. Details will be announced shortly.



March also saw the LA Marathon, both a big social event and a demanding event for LAFR. Between racing and volunteering, we had 70+ LAFRs participating. We had the usual pasta party, water station, and post-race blow-out. Onward to the Boston Marathon!



LAFR Vice President Patrick Owen married his partner Norman Dixon! LAFR President Angus Kennedy was one of the officiants. We are proud to report that Angus's voice quivered only once. The wedding took place in Elysian Park on one of the hottest days in March, where many LAFR members partook in the festivities.

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# LAFR BIRTHDAY BOYS AND GIRLS

3/13 Gardner Delano	4/13 David Gonzalez
3/14 Gary Braitman	4/14 Jessica Seaton
3/14 Nelson White	4/14 Kent Hamilton
3/15 Albert Giang	4/15 Ken Wilson
3/20 Brian Dunbar	4/16 Ted Wyder
3/20 Jonathan Toker	4/16 Michael Heredia
3/26 Brad Maury	4/17 Bernadette Green
3/27 Lee Miller	4/17 David Islas
3/29 John Aragon	4/18 Mong Noiboonsook
3/30 Allen Posten	4/19 Jeff Sinclair
3/30 Sue Roth	4/20 George Takei
4/3 Conni Montgomery	4/20 Merle Brill
4/4 Marty Freedman	4/23 Ryan Timmreck
4/5 Jason Bautista	4/26 Will Crawford
4/9 David Jaquez	4/27 Steven Morchak
4/10 Seth Diamond	4/28 Amy Ross
4/11 Eric Blakely	



Birthdays boys! Albert Giang (top middle) on 3/15 and Brian Kelly (right) on 3/3



## WELCOME NEW MEMBERS!

Carlos Carranza	Jim Paterson	Chris Ng
Norman O'Hara	Kelly Perigoe	Karen Adams
Joan Miro	Paul Dolby	Juan Herrera

### Los Angeles Frontrunners

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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](mailto:lafronrunners@gmail.com)

### Los Angeles Frontrunners Monthly Treasurer's Report for December 2013

Balance on 2014 Feb 24	\$15,402.88
Balance on 2014 Apr 2	\$16,586.99
Net change	\$ 1,184.11

Club Events	Expense	Revenue	Net
Annual Banquet	\$ -	\$ 23.94	\$ 23.94
SRLA and Spelling Bee	\$(1,266.59)	\$ 1,023.00	\$ (243.59)
LA Marathon	\$ (441.70)	\$ -	\$ (441.70)
Don Thompson Donation	\$ (750.00)	\$ -	\$ (750.00)
Santa Cruz Reservation	\$ (30.00)	\$ -	\$ (30.00)
<b>Membership</b>			
Membership Dues	\$ -	\$ 3,240.00	\$ 3,240.00
<b>Operational</b>			
Communication	\$ (45.00)	\$ -	\$ (45.00)
Club Express	\$ (294.51)	\$ -	\$ (294.51)
Storage	\$ (410.00)	\$ -	\$ (410.00)
Mailbox	\$ (24.00)	\$ -	\$ (24.00)
Paypal	\$ (19.35)	\$ -	\$ (19.35)
Food and Beverage	\$ (21.68)	\$ -	\$ (21.68)
Petty Cash (Return)	\$ -	\$ 200.00	\$ 200.00
<b>Totals</b>	<b>\$(3,302.83)</b>	<b>\$ 4,486.94</b>	<b>\$ 1,184.11</b>

From the Treasurer: The club has switched to Club Express for membership renewal. The cost is still \$25 and \$35 for couples, but the processing is done by Club Express rather than PayPal. The \$294.51 fee bundles both the fee for payment and website. William is to get a breakdown to assess whether the cost is reasonable.

The club's net outflow for the SRLA and Spelling Bee is \$93.59. This is for food and beverage at the Spelling Bee, which the club covered because it doubled as a club event. The club donated the customary \$750 for Don Thompson. All other expenses are normal.

### LAFR Board Meeting March 3, 2014

These were discussed

- Membership renewal – We switched to Club Express for membership; see article
- LA Marathon
  - Carl organizes water stop
  - Bernie hosts pasta party, helped by Yumi
  - Post race party and Sean and Allen's
  - Angus organizes carpool
- Pride Run
  - William to set up Active.com
  - Angus to get pricing from timing companies
  - Club to pay Eddie Flores \$300 to design Pride Run shirt, club shirt, Gay Games uniforms
- SRLA – Drag Queen bingo is on April 8. We may not need the money. If so we would focus on Eddie Flores's fundraising for AIDS ride
- Club T-shirt to use New Balance Tech shirts. Member can choose color of shirt.
- Next meeting on April 12, after Saturday Run at Angus

## Notes from the Back of the Pack

By Bill Walsky



What makes the Boston Marathon so special? Is it because it's the oldest marathon in the world, dating to 1897? Perhaps it's the rich history of past champions battling the hills and the weather and fellow competitors to a finish line victory. Or the fact that the race has woven itself into the very fabric of everyday life in the seven cities it traverses every Patriots Day. Possibly it's the sheer fact that Boston has endured historic storms and floods and cancellations due to World Wars and managed to survive. This month we look at other marathons which weren't so fortunate.

The Western Hemisphere Marathon began as an event in 1948 to complement the Los Angeles Track Relays being held at the Coliseum. The next year it found a permanent home in Culver City where it was usually run in the first week of December. One exception was the 1964 edition which was held in July to accommodate the Olympic Trials which selected the team which would run in Tokyo later that year. In 1971 the race became the first marathon to allow women to compete with men and was rewarded with a world record by Cheryl Bridges at 2:49:40, nowadays more famous as the mother of American Olympian Shalane Flanagan. Other world records would come in 1973 and 1974 by Miki Gorman and Jacqueline Hansen.

In the ensuing years, even as running took off as a participatory sport, the race averaged 200-300 runners but found competition from concurrent newer races such as Cal Intl in Sacramento, Honolulu and San Diego, among other races that began siphoning off runners. By the early 2000's race numbers barely cracked 200 and the city management hired promoters to attract sponsorship. It was all to no avail, and 2001 would be the last running of the second oldest marathon in the United States.

The Palos Verdes Marathon was started by the Kiwanis service organization in May 1967 and featured a hilly course with incredible ocean views. Even as running grew into a multi billion dollar sport in subsequent decades, PV managed to retain its low key charm as a local affair for 200-300 weekend warriors. One exception to that was the women's victory by twelve year old Mary Decker in 3:09 in 1971. Race organizers added a half marathon which boosted overall numbers but a maturing community and prohibitive road closure costs finally doomed the full marathon in 2011. A half marathon survives and is run every November.

The Jimmy Stewart Relay Marathon (1982-2006) was a different kind of 26.2. Teams of five people would split up

the marathon distance and race through Griffith Park against other teams handing off batons in a frenetic passing chute, which cut across the grassy expanse where Frontrunners currently meets on Saturday mornings. It was exciting, it raised money for the St. John's Child Study Center and was a regular event on Frontrunners calendar every April. On separate occasions Frontrunners Ric Munoz and David Dassey ran as a "team" of one, running all five laps. Of course it wouldn't be FR's if it didn't involve eating so a huge potluck picnic was a welcome feature for the 5-10 different teams and various hangers on who showed up. By 2006, with the number of runners down and corporate sponsorship harder to attract, St. Johns decided to end the event. The only relay marathon in Los Angeles was history.

Perhaps it's too much to hope for good events to last indefinitely. But occasionally there is an exception; such as the Long Beach Marathon which was resurrected after a three year hiatus in the 90's and thrives today. All the more reason to respect and honor the Boston Marathon which has endured and prospered for 118 years. And wish all our fellow Frontrunners the best of luck as they seek to become part of its unique history.

[Editor's Note]: A Runner's Circle did bring back a 26.2 mile relay last summer in Griffith Park. Fingers crossed.



David sporting a vintage Culver City Marathon shirt

## LA Marathon Race Report: PRs plus Mark & Eric and William & Mike win relay; \$9708 raised for SRLA

A total of 36 LAFRs ran in the three LA marathon events. We had one runner in the 5K (go, Margie!), 17 in the charity relay, and 18 in the full marathon. The weather mostly cooperated. The start was cool and overcast. Once the cloud cover dissipated, the heat rose and made the second half challenging. Even so, 3 of our marathon runners still set PRs: Bernadette Green, Andrew Sanchez & Mark DeAngelis. It was also virgin marathons for Andrew & Mark.

The LAFR teams in the 2-man charity relay performed strongly. LAFR Speed Queens (Eric & Mark) were the overall winners of the charity relay, beating 243 other teams, finishing in 2:46:41. Team Pink Lightning (Mike & William) was 2<sup>nd</sup> OA, finishing in 3:00:54. 5<sup>th</sup> was Team Bang Us - B(ernie)+angUs. Bernie insists this is also the name of a Filipino fish. Right... Bernie also did double duty because Patrick Owen got sick the night before the race and couldn't run, so Bernie ran the first leg and handed off to his relay partner, Angus, and his life partner, Dan! The 9 teams raised \$9,708 for Students Run LA. This is likely the most amount of money LAFR has raised in any one year for just one organization.



Jason Coleman gets ready to run his first half marathon as part of the charity relay



Team Speed Queens: Eric & Mark



Team Pink Lightning: Mike & William



Team Kelbert: Kelly & Albert



Bang Us & 2 Hot Daddies: Bernie, Dan & Angus



Team PB & Gay: Patrick & Bruce



Team Late Bloomers; Richard & Jeff

Great Photos from Tom Carmichael



Mark DeAngelis making his marathon debut



Tommy Ho waving one hand, and John McGuinness waving two hands



Richard Peng joyously running through



William Fang forgets to wave at all, while Bernie Tan copies John



Dawn breaking at the start



David Dassey wearing two bibs, while Jorge SC giving the race two thumbs up



## Pre-Marathon Carbo-Load

Bernie and Dan hosted the traditional carbo-load the night before the marathon at their beautiful Glendale home, where their deck is being rebuilt specifically for future LAFR parties. While the view of the canyon was even less obstructed, the glass sliding door unfortunately opened to a sheer cliff. At least one person almost stumbled to his death. Almost.

The feast was wonderful. Bernie was assisted in this near-industrial feat by Yumi Afrento. Bernie & Yumi are becoming a cooking duo to be reckoned with. The two carved out special dishes for the vegetarian and the lactose intolerant ones. Even the garlic bread had a low-cal and high-cal distinction. But that attention to calories was all undone by the mountain of cookies for dessert. The mix



Top: Gabor, Bill, Carl, Alex chatting away



Left: Mike, Dan, Rob, Yumi, Mark holding Rina, and Albert enjoying the festivity.



Right: John and Angus snuggling, with Mike and David chatting on the side

of chocolate chip, peanut butter, and white chocolate macadamia nuts (hmmm, macadamia...) proved too hard to resist. Early in the evening, an observer would see folks breaking the cookie in half and just taking the half. But pretty soon, entire cookies were disappearing by the mouthful. That's ok, people, a marathon or a half marathon can really burn those calories!

The reason behind carbo-loading is that it helps the body store glycogen, or stored glucose. Carbohydrate, abundant in pasta, is the quickest source for the body to manufacture glycogen. There should be some truth to this conventional wisdom, for even the Boston Athletic Association sponsors a carbo-loading dinner before the Boston Marathon. However, individual results vary. The most important factor to a successful marathon is undoubtedly the

Below: Mike, Yumi, Rob, Bernie eating away



Reg, Mike, Carl, David, Gabor eating away

amount and quality of training, which should have started about 16 weeks prior to the event. For the competitive athlete, nutritional management only makes a meaningful difference only if the athlete is in good shape. Over-eating the night before, especially if pasta is not the normal food, probably has more adverse impact than not.

But no worries. About only half the pasta were eaten, leaving the club with enough food (other than the cookies, which were mostly gone) to host an impromptu potluck on the following Tuesday, when we gathered at Rob Chen's place.. The clearly means LAFR members have great self-control. Or maybe Bernie just made a lot of food.

## Post Marathon Party

Sean and Allen again hosted the post marathon at their lovely home. The two hosts, along with LAFR chef-ess Yumi, labored away at the grill to churn out burgers, pancakes, and bacon to feed the continuously growing crowd. The first wave to arrive were the volunteers from the water station. As usual, LA Frontrunners manned the 7-mile water station in Silver Lake, under the leadership of Carl Maravilla. Thanks to Carl and all the LAFR volunteers who came out at that hideously early hour to support all the runners.

The second wave were the 1<sup>st</sup> leg runners from the charity relays. These straggled in mostly via carpool from the 13.1 mile marker, near John Kawaharada's house in Hollywood. William and Bernie decided to run to the party, rounding their mileage to 20 miles for the day. The third wave were the 2<sup>nd</sup> leg charity relay runners and the marathoners.

There was plenty of food throughout the day and the runners and volunteers relaxed and enjoyed well-deserved praise from their fellow LAFRs. Thanks to Sean & Allen for hosting!

*Photos on the right starting with the top: group photo by the food spread; lounging in the patio; and at the relay station.*



*Team SloMotion: David & Jason and Team Sweaty Sisters: Reg & Adrian*



*Seeing triple? Eric, Angus, and Mike are proud of sharing the same taste in equality*



*Yumi serving fresh pancakes and bacon strips to the hungry crowd*



*Phil and Ross, who was setting out soon for Martha's Vineyard again*

## Bill Austin looks back 25 years ago: Bowl to Breaker and Marathon



Amy flanked by Humberto Gonzalez on her left and Bill Peck on her right



Group Start with: David Dassey, Amy Ross, Conni Montgomery, Jane Dods, Lorraine Silver, Richard Nelson are still part of LAFR

LAFR's L.A. Marathon Training Run was a Huge Success. Also known as "Bowl to Breakers" this 21 mile training run started at the John Anson Ford Theater parking lot (across from the Hollywood Bowl) and ended at the Von's parking lot (where Sunset meets PCH). Eighteen runners (LA and Shoreline Frontrunners) participated on an overcast and drizzly morning. Volunteers were stationed every couple miles along the course offering water, oranges and much needed encouragement. When the final runner had completed the course, quite a crowd had gathered. A final count at the brunch at Gladstone's numbered 52 Frontrunner runners, volunteers, supporters and friends.



A few weeks later on what turned out to be an extremely hot day (sound familiar), 29 Frontrunners (21 LA, 4 SF, 3 LB, 1 SD) complete the taxing 1989 Marathon. David Dassey and Ric Munoz were two current members who finished the race that year. Amy Ross and Richard Nelson did the training run but their names do not appear in our marathon finisher results (you'll have to get the details on this from Amy and Richard directly). A photo of the LA Frontrunners water station was featured in the LA Times/Valley edition. The photo showed a volunteer pouring water directly into a young girl's hand because our water station had run out of cups (sound familiar). Margaret Stearns was the first Frontrunner (male or female) across the finish line (3:33:35). She was later given a special award by Reebok for being the first female attorney across the line. Her accomplishment was also documented in an article in the LA Daily Law Journal.



Group finish (note Conni's megaphone). Right: Ric Munoz & Bill Peck (LBFR); David Dassey gets water from Richie Kurse (friend of Bills); Bill Winkelmann helps Richard Nelson.





# Race Results

## Boney Mtn 21K

Pt. Mugu State Park, CA 1/5

Mike Carbuto.....2:40:15

## Seaside Half

Ventura, CA 1/4

Margie Gonzales.....3:17:41

## Tinker Bell 10K

Disneyland, CA 1/18

Jason Coleman.....72:55

## Palm Springs Half

Palm Springs, CA 2/9

Mark DeAngelis..... 1:39:13 PR

## Bandit 50K

Simi Valley, CA 2/16

Deo Jaravata..... 7:08:22

## Race on the Base 10K

Los Alamitos, CA 2/22

Mike Carbuto.....52:53

## Coaster Run 10K

Knotts Berry Farm, CA 3/2

Jason Coleman.....64:51

## Intown 10K

Atlanta, GA 3/2

David Grudzien..... 62:02

## NC Twilight 5K

Concord, NC 3/8

David Grudzien..... 28:13

## NC Half

Concord, NC 3/9

David Grudzien..... 2:41:57

## Catalina Trail Marathon

Avalon, CA 3/14

Mike Carbuto.....5:55:31

## RnR USA Half

Washington, DC 3/15

David Grudzien..... 2:28:41

Mike Carbuto brings LAFR to the City of Light



## LA Marathon (Grand Prix)

Los Angeles, CA 3/8-9

### 5K

Margie Gonzales.....42:19

### Marathon

John McGuinness.... 3:29:17

Jorge S Corona.....3:41:13

David Gonzalez.....3:41:51

Mark DeAngelis..... 3:46:53 PR/1<sup>st</sup> Full

Piyush Prakash.....3:59:09

Raul Borja.....4:06:49

David Dassey.....4:20:16

Andrew Wissmiller..4:21:50

Bernadette Greene.4:46:16 PR/1<sup>st</sup> Full

Brian Dunbar..... 4:49:11

Deo Jaravata..... 5:25:25

Gary Iem.....5:27:03

Mike Carbuto.....5:29:04

Tommy Ho.....5:33:34

Mike Smith.....5:43:55

Andrew Sanchez.....5:56:18 PR/1<sup>st</sup> Full

Doug Jones.....6:34:20

Lee Miller..... 6:58:04

## Chesebro Trail Half (Grand Prix)

Agoura Hills, CA 3/22

Bruce Bair.....1:44:45

Patrick Conner..... 2:09:07 PR/1<sup>st</sup> Half

## Diamond Valley Lake Full Trail

Hemet, CA 3/1

Deo Jaravata..... 4:24:54 2<sup>nd</sup> 45-49

## Shamrock Half

Virginia Beach, VA 3/16

David Grudzien..... 2:34:49

## Shamrock 10K

Santa Monica, CA 3/16

Margie Gonzales.....1:20:36 1<sup>st</sup> 60-64

## Savin Rock Half

West Haven, CT 3/22

David Grudzien..... 2:34:49

## Spring Dash Marathon

Van Nuys, CA 3/22

Deo Jaravata.....3:50:59 3<sup>rd</sup> OA  
1<sup>st</sup> 45-49

## Dolphin Dash 10K

Santa Monica, CA 3/23

Margie Gonzales.....1:16:16 1<sup>st</sup> 60-64

## Publix GA Half

Atlanta, GA 3/23

David Grudzien..... 2:33:05

## Griffith Park Trail Marathon

Los Angeles, CA 3/29

Raul Borja.....4:56:02 3<sup>rd</sup> 35-39

Deo Jaravata.....5:15:05

## Paris Marathon

Paris, FR 4/6

Mike Carbuto.....5:26:59

# Grand Prix Series Standings as of 4/10

## CHAMPIONS RACE

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

Division	Races	Average
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### MALE

1. Eric Alvarez	2	83.95
2. Mark Johnson	1	77.62
3. Moises Medina	1	75.50
4. Bill Austin	1	74.03
5. Mike Heredia	1	70.81
6. Reg Willson	2	69.44
7. Jonathan Toker	1	69.14
8. Mark DeAngelis	2	68.64
9. John McGuinness	1	67.28
10. Mike Kerkman	1	66.80

### FEMALE

1. Bernadette Greene	1	59.49
2. Margie Gonzales	5	47.54
3. Lee Miller	1	38.35

### RACEWALK

1. Deo Jaravata	4	62.37
2. Bill Walsky	1	55.25

## TRAIL MASTER

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

Athlete	Races	Average
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1. Jonathan Toker	1	119.14
2. Raul Borja	1	86.64
3. Andrew Wissmiller	1	84.03
4. John Kawaharada	1	82.72
5. Deo Jaravata	4	78.42
6. Bruce Bair	2	75.72
7. William Fang	1	74.94
8. Mike Carbuto	2	70.50
9. Patrick Conner	2	59.49

## AGE GROUP WOMEN

Division	Races	Points
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### Female 40-49

1. Bernadette Greene	1	135
2. Lee Miller	1	105

### Female 50-59

1. Margie Gonzales	1	120
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## AGE GROUP MEN

Division	Races	Points
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### Male 30-34

1. Patrick Conner	3	350
2. Mike Heredia	1	125
Jorge S Corona	1	125
4. David Gonzalez	1	115
5. Piyush Prakash	1	105

### Male 35-39

1. Jason Coleman	2	210
2. Jonathan Toker	1	150
3. William Fang	1	125
Raul Borja	1	125
5. Mike Kerkman	1	110

### Male 40-44

1. Mike Smith	3	325
2. Tommy Ho	2	235
3. Moises Medina	1	135
4. John McGuinness	1	125
5. Richard Peng	1	110

### Male 45-49

1. Deo Jaravata	4	465
2. Bruce Bair	3	320
3. Eric Alvarez	2	260
4. Mark DeAngelis	1	145
5. John Kawaharada	1	130

### Male 50-54

1. Reg Willson	2	245
2. Brian Dunbar	2	235
3. Andrew Sanchez	1	125
4. Mong Noiboonsook	1	100

### Male 55-59

1. Doug Jones	1	115
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## AGE GROUP MEN *cont.*

Division	Races	Points
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### Male 60+

1. Mike Carbuto	5	590
2. Andrew Wissmiller	2	245
3. David Dassey	1	125
4. Jim Martinez	1	100



## 10K Most

Mike Carbuto, Jason Coleman, Margie Gonzales 2  
Eight LAFRs 1

## 10K Fastest Men

Name	Time	Race
1. Mike Heredia	38:06	Firecracker
2. Mark Johnson	38:37	Firecracker
3. Mike Kerkman	41:04	Firecracker
4. Bruce Bair	44:42	Firecracker
5. Reg Willson	47:35	Firecracker
6. Richard Peng	52:08	Firecracker
7. Mike Carbuto	52:53	Race Base
8. Patrick Conner	53:15	Firecracker
9. David Grudzien	62:02	Intown
10. Jason Coleman	64:51	Coaster

## 10K Fastest Women

Name	Time	Race
1. Margie Gonzales	1:16:16	Dolphin



All the LAFR charity relay runners after the LA Marathon



# Upcoming Events

## Grand Prix Races

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



Sunday 4/13 in Balboa Park  
Victory for Victims  
5K/10K  
[www.abuse-assaultservices.org](http://www.abuse-assaultservices.org)

Monday 4/21 in Boston  
Boston Marathon  
5K & Full  
[www.baa.org](http://www.baa.org)

Sunday 5/4 in Glendale  
Verdugo Mountains 10K  
10K TM  
[www.runtheverdugos.com](http://www.runtheverdugos.com)

Sunday 5/18 in Long Beach  
Shoreline Frontrunners Pride Run  
5K/10K  
[www.longbeachpriderun.com](http://www.longbeachpriderun.com)

Sunday 5/25 in Ojai & Ventura  
Mountains 2 Beach Marathon  
5K/Half/Full  
[www.mountains2beachmarathon.com](http://www.mountains2beachmarathon.com)



## Santa Cruz Island Camping Trip 2014!



*Sean O'Brien explains the route out of Prisoner's Harbor*

**Saturday & Sunday, May 10-11**  
**(Oops, it's Mother's Day weekend again)**  
**Trail Running, Camping, Moonlight Hiking, Storytelling, and maybe an Exploding Casserole again this year!**  
Join the LAFR gang and the island 'dwarf foxes' on this rollicking trip.  
Save the date and watch for further details via email.

## Long Beach Pride Run and Festival May 17-18



## Potluck!

Tuesday, April 15  
Griffith Park  
post-run



# 1st Ever LAFR Spelling Bee Fundraiser

The first LAFR Spelling Bee took place on March 1 at the home of Rob Chen. A total of 19 people competed, with another 20+ cheering. The rules are:

1. A participant may ask for the origin of the word, the meaning of the word, and for the word to be used in a sentence.
2. Once a participant started spelling, he or she may NOT change the letters already listed. So if one started spelling "bear" as B-A-R... the participant is already eliminated.
3. One misspelled word and the participant is out.
4. The judges gave each a lifeline card, by which the participant can request help from one of the audience members.

The earlier rounds saw fairly rapid elimination. The later rounds with the final six took longer. In the end, Bruce Bair claimed the honor of Queen Bee as he was the final person standing. Along the way, some drama worked its way in. The most controversial was the disqualification of Brian Dunbar, who spelled R-E-V-A-N-C-H-E correctly. However, the judges had misspelled the word on their notes and thus dinged Brian. Hurt feelings still linger so tread lightly around Mr. Dunbar.

A few comical scenes also took place. Dan was dinged on MOLLIFY, even though he was given extra help when the judges surreptitiously referred to the Breakfast Club. Molly, mollify, get it? Reg was dinged on SORORAL. At first he accused Mrs. Tanaka of mispronouncing it and demanded another judge say it. But it was to no avail, Reg still couldn't spell it. BTW, my autocorrect wants to change SORORAL to SCROTAL. Hmm. In a few other episodes of she-said-he-heard, Anthony spelled HELMET when the word was AILMENT and Kevin spelled FOUL when the word was FOULED. The lifeline was used a few times, but it was futile. Anthony correctly spelled BOTRYOIDAL for Joy and Yumi spelled MATSUTAKE for Adrian, but both stumbled when they recited the words back. William asked Rob for help on CHLAMYDIA, which Rob (a doctor, no less) misspelled.

Rob Chen unanimously won the Worst Speller award, for being the first person out on his very first word, BOTTOM, which he spelled BUTTOM.

There was a point to all this fun and games and it was to raise money for the 9 LAFR relays running the LA Marathon charity relay and raising funds for SRLA. After all was spelled and done, we raised over \$1000.



*The crowds watching with high intensity...*



*The judges: Lily Tanaka, Harold Tomcheck, and Mimi O'Griff*



*The final six: Bruce, David, Joy, Angus, Adrian, Brian*



*Our lovely bartender*



*The Worst Speller is Rob*



*The Queen Bee is Bruce Bair*

# Out on the road



Mike and friend Terrence in Hollywood



Top: Deo showing off his thigh at the Griffith Park Trail Marathon

A high-turnout day for a Sunday marathon training: Gabriel, Reg, Carlos, John, Mark, Bernie, David, Richard, John, Lui, Doug, and Brian (kneeling)



Left: Another good-turnout day



Mike Carbuto at Arc de Triomphe

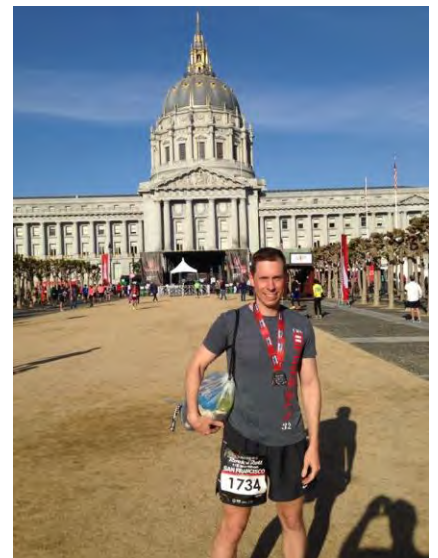
Bottom: Ted after SF Rock 'n Roll Half



Mike Carbuto relishing his Paris medal



David Grudzien earns another star!



# Caught Eating!



Top two: 3/18 Henry and Mark hosting a St Patrick-themed potluck, right before their kitchen remodel.

Lower right three: 3/11 PG-rated candid shots at the impromptu potluck. More racy photos were redacted.

Middle left: 3/4 post-run dinner at Meze

Bottom left: 3/23 devouring food at Modern Eats after a 22+ mile long run.





Pictures from Patrick and Norman's wedding

## A New Club Website

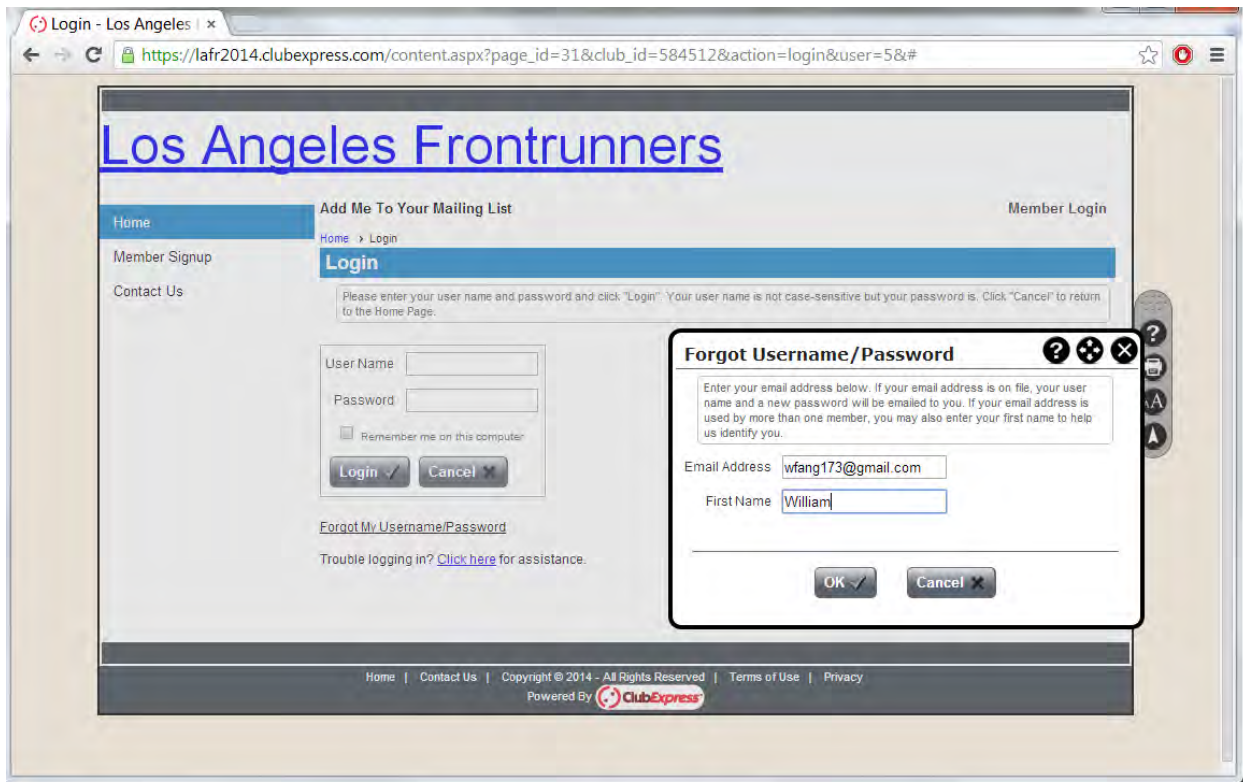
The club adopted a package of software from Club Express to administer membership and the club website. We are gradually migrating the entire club website. For now, membership renewal is already migrated. If you have already renewed, then great. If you haven't renewed or are a bit confused, here's what's going on.

Around March 5, you should have gotten an email with the subject "Los Angeles Frontrunners – Web Site Access" sent from mail2.clubexpress.com. If you haven't gotten this email, chances are it went to your spam folder. Try to find it there. The email has a user name and a temporary password with which you can log in and renew. Below is a screenshot from William Fang.

If you can't find the email, don't panic. You can go to <http://LAFR2014.clubexpress.com>, go to Home > Login. At the prompt for user name and password, just click on the "Forgot My Username/Password" link. You will be prompted for your email and first name. Just fill those in and you will get a new email with a user name and password almost instantaneously.

If you're still having problems, please email [lafronrunners@gmail.com](mailto:lafronrunners@gmail.com). The dues are still \$25 a person and \$35 a couple. The website does not impose an additional fee. So please renew now!

Below is a screenshot from William Fang.



# Frugal Frontrunner and Discount Diva

Race	Race Date	Website	City	Amount	Notes
Spring Spectacular	04/05/14	<a href="http://www.rocketracingproducts.com/">http://www.rocketracingproducts.com/</a>	Huntington Beach	10K-\$22, Half-\$32, Marathon-\$42	
The Ourstanding Run	04/06/14	<a href="http://www.rocketracingproducts.com/">http://www.rocketracingproducts.com/</a>	Santa Monica	5K-\$18, 10K-\$24, 15K-\$29, Half-\$33, Marathon-\$43	
Easter Marathon	04/19/14	<a href="http://www.rocketracingproducts.com/">http://www.rocketracingproducts.com/</a>	Huntington Beach	10K-\$22, Half-\$32, Marathon-\$42	
Easter Fun	04/20/14	<a href="http://www.rocketracingproducts.com/">http://www.rocketracingproducts.com/</a>	Santa Monica	5K-\$18, 10K-\$24, 15K-\$29, Half-\$33	
Beach Boogie La Jolla Half	04/26/14	<a href="http://www.rocketracingproducts.com/">http://www.rocketracingproducts.com/</a>	Huntington Beach	10K-\$22, Half-\$32, Marathon-\$42	
	04/27/14	<a href="http://www.lajollahalfmarathon.com/">http://www.lajollahalfmarathon.com/</a>	La Jolla	\$80	
Laguna Hills Half	05/26/14	<a href="http://www.lagunahillshalfmarathon.com/index.html">http://www.lagunahillshalfmarathon.com/index.html</a>	Laguna Hills	\$70	
Fontana Half	06/07/14	<a href="http://www.fontanadaysrun.org/">http://www.fontanadaysrun.org/</a>	Fontana	\$50 (\$35 with team of 4 or more)	
Arroyo Creek Half, 5K and 10K	08/10/14	<a href="http://www.arroyocreekhalf.com/Home_Page.html">http://www.arroyocreekhalf.com/Home_Page.html</a>	Simi Valley	Half - \$45, 10K-\$30, 5k-\$15	Prices go up after Feb 1
Ventura Full and Half	09/07/14	<a href="http://www.venturamarathon.com/">http://www.venturamarathon.com/</a>	Ventura	Full-\$100, Half-\$70	Prices increase May 1
Malibu Full and Half	11/16/14	<a href="http://www.malibuintmarathon.com">http://www.malibuintmarathon.com</a>	Malibu	Full-\$109, Half-\$69	Prices increase June 15th

Race	Race Date	Website	City	Code	Amount	Expires
Ojai Half	04/27/14	<a href="http://www.ojaihalfmarathon.com/">http://www.ojaihalfmarathon.com/</a>	Ojai	RACESHED	30% off of \$65	First 100 to register with code
Cinco de Mayo Run 5K	05/03/14	<a href="https://racegrader.webconnex.com/cincodemayorun">https://racegrader.webconnex.com/cincodemayorun</a>	Los Angeles	RACESHED	20%	First 100 to register with code
Laguna Hills Half	05/26/14	<a href="http://lagunahillshalfmarathon.com/">http://lagunahillshalfmarathon.com/</a>	Laguna Hills	Racegrader	10%	

## Focus on Bike Path

Have you ever wanted to run a good 16-mile on the roads nearby? Which means you don't really want to run the mountains of the San Gabriels nor do you want to drive to the gentler but farther Santa Monicas? Here is an acceptable option mapped out: <http://www.usatf.org/routes/view.asp?rID=536108>

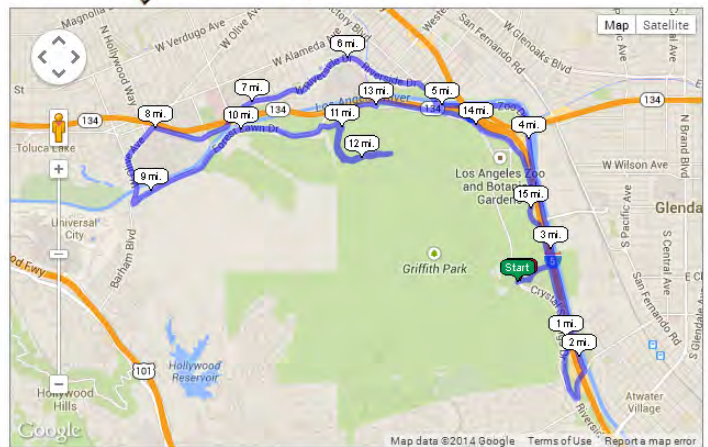
Head out to the bike path at Los Feliz. Follow the bike path north to its end at the Victory Bridge, then cutover to Riverside Drive and follow it westward to Olive and finally to Barham & Forest Lawn Drive, where you head eastward to the Over-The-Hill hill and then reverse course at the crest and run back clockwise to the start. For an added 1.5 mile bonus hill workout, run up Barham to the 101 freeway, then reverse back to Forest Lawn. Be careful of a few narrow curves on Forest Lawn.

This route is surprisingly popular for distance runners. What this route lacks in beauty and sometimes safety it makes up for in convenience, flatness, and predictability. One doesn't have to think to run this route. And if you get used to this type of a setting, then most marathons will be pleasantly scenic by comparison. Sometimes that's really all you need.

### LAFR GP LA River

**Distance:** 15.90 miles / 25.59 km  
**Location:** Start: Griffith Park, Los Angeles, CA, US  
**Attributes:** loop, mostly flat, roads  
**Description:** A largely flat route along the 5-fwy/bike bath, then Riverside in Burbank, then back on the horse trail

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



**Total climb:** 604 feet / 184 m  
**Total elevation change:** 1229 feet / 375 m



# LAFR Marketplace



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## Placing an Ad

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

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

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

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

## **Special Thanks to our Pride Run Sponsors**

**\$500**

**Santa Monica Yoga**

**N2N Bodywear**

**William Fang & Anthony Chan**

**Angus Kennedy & Mark Johnson**

<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  
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