

May 2013

### LAFR Champs!

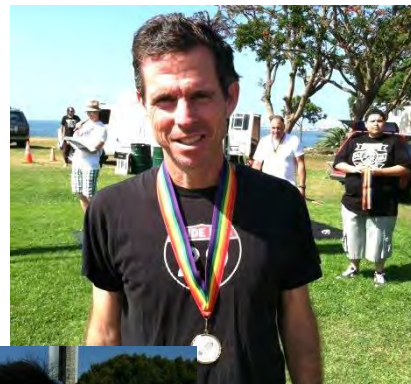
Not one, not two, but FIVE Frontrunners won local races over the past month



Above: Mike Kerkman won the Bare Burro 5K sans wig and clothing



Above: Trail speedster Jonathan Toker won the Malibu Creek Trail 6K



Above: Mark Johnson won the 10K for the third year in a row and William Fang won his first 5K at the Shoreline Frontrunners annual Pride Run



Right: Eric Alvarez defended his 2012 10K win at Victory for Victims



Unity Run: Patrick Owen, Marco Castro-Bojorquez, Andrew Wissmiller, Moises Medina, Reg Willson, Richard Peng, Bernie Tan, Dan Graham, Allyne Winderman, Tanya Haney, David Dassey, Bill Austin, Bill Winkelmann, Mark Johnson, Angus Kennedy

### In this Issue

Birthdays & BOD	2
Long Beach Pride Run	3
Victory for Victims	4
Bill Walsky/Unity Run	5
Brian Dunbar/Oxy Meet	6
Pride Run Beneficiaries	7
Leona Divide	8
Miwok 60K	9
Bare Burro 5K	10
Race Results	11
Grand Prix Standings	12
Upcoming Events	13
Santa Cruz	14
Course Spotlight: Pride Run	16
Discount Diva	16

# LAFR BIRTHDAY BOYS AND GIRLS



5/2	Yumi Afrento		
5/3	Frank Jacoy		
5/4	Randy Godin		
5/9	Ran Mullins		
5/11	Jerry Weyer		
5/16	John Kawaharada		
5/19	Linwood Fullam		
5/23	Volker Schmidt		
5/27	Phil Scanlon		
5/31	Reg Willson	6/13	Jeff Lymburner
6/2	Anthony Chan	6/13	Mark DeAngelis
6/7	Gabor Frank	6/14	Eric Fischer
6/9	Neil Johnson	6/15	Mark Jones

Right: Three Ladies of LAFR: Connie, Margie, and birthday girl Amy, who recently graduated to a new age group



Bottom: Henry and Mark celebrating the 10<sup>th</sup> birthday of being together (aka anniversary)



## Los Angeles Frontrunners Monthly Treasurer's Report for May '13

<b>Balance on 2013 Apr 13</b>	<b>\$ 9,876.49</b>
<b>Balance on 2013 May 5</b>	<b>\$ 10,442.65</b>
<b>Net change</b>	<b>\$ 566.16</b>

<b>Club Events</b>	<b>Expense</b>	<b>Revenue</b>	<b>Net</b>
LA Marathon	\$ (112.54)	\$ -	\$ (112.54)
Santa Cruz	\$ -	\$ 170.00	\$ 170.00
Pride Run	\$ -	\$ 610.00	\$ 610.00

### Membership

Membership Dues	\$ -	\$ 125.00	\$ 125.00
Uniform Purchase	\$ -	\$ 36.00	\$ 36.00

### Operational

Communication	\$ (45.00)	\$ -	\$ (45.00)
Paypal	\$ (11.30)	\$ -	\$ (11.30)
Storage	\$ (194.00)	\$ -	\$ (194.00)
Mailbox	\$ (12.00)	\$ -	\$ (12.00)

<b>Totals</b>	<b>\$ (374.84)</b>	<b>\$ 941.00</b>	<b>\$ 566.16</b>
---------------	--------------------	------------------	------------------

From the Treasurer: Our finances are in healthy shape. We have 51 registrants for Pride Run. The early cut off date of May 5 is due to the board meeting. I present the Treasurer's report at each board meeting and publish the exact same numbers in the newsletter.

## LAFR Board Meeting May 5, 2013

Happy Cinco de Mayo!

At John Kawaharada's

The following items were discussed:

1. Finances – See above monthly Treasurer's report
2. Santa Cruz Island Trip – Discuss logistics, food, equipment and transportation. 25 are going.
3. Long Runs – Marathon training schedule will be published soon. Trail long runs will be planned as desired
4. Fun Runs – Summer potlucks are 3<sup>rd</sup> Tuesday in Griffith Park and 3<sup>rd</sup> Wednesday in Santa Monica
5. Pride Run 2013 – New items discussed:
  - a. William will add an optional question for transgender or intersex participants
  - b. Angus created sponsor packets
  - c. Club has solicited design on Pride shirts
  - d. Duties for Pride Run assigned
  - e. Club will NOT participate in the Pride parade
6. Special thanks to partners/friends who attended to help with Pride Run prep while the BOD met: Allen Posten, Marilyn Jackson, Anthony Chan, Yumi Efrento, Aaron Rothbart, Mark Johnson and Wadley
7. Next meeting scheduled for May 28 at Sean and Allen's

## WELCOME NEW MEMBER!

Raul Borja	Brad Henkle
Adam Gooch-Smith	Mongkhon Noiboonsook
Kent Hamilton	

### Los Angeles Frontrunners

2870 Los Feliz Place, PMB #229

Los Angeles, CA 90039

[lafronrunners@gmail.com](mailto:lafronrunners@gmail.com)

[www.lafronrunners.com](http://www.lafronrunners.com)

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)

## Mark Johnson 3-Peats at LB Pride

Mark Johnson won the Shoreline Frontrunners Pride Run 10K for the third year in a row. This marks his 4<sup>th</sup> win out of the last 5 years (he didn't race in 2010). And William Fang made it a double LAFR victory by winning the 5K. The course was changed this year, with the start/finish at Ocean & Junipero. This meant a nice downhill start but runners had to run up that same hill to the finish. Also, raceday was Sunday instead of the usual Saturday. We all agreed that although parking was a struggle, it was nice to be there for the parade and for the race to feel more a part of the entire Pride Festival.

There were multiple age group awards from the LAFR team. This race uses 10-yr age groups so Angus re-scores it into 5-yr age groups for our Grand Prix which resulted in additional age group winners (see results).

They also added a fun team competition. For the 5K, the top 5 runners comprised the team time (10K was top 3). LAFR won both team titles. For the 5K, the team was William, Bernie, Bill Austin, Margie & Chris Tapper and for the 10K, it was Mark, Carl Maravilla and Andrew Wissmiller.

Thanks to Shoreline Frontrunners for putting on a great race and for being so friendly and welcoming!



Andrew, Wink & David swept the 60-69 age group in the 10K



Above: Age group winners Donna Balinski, Rob Chen & Margie Gonzales



Above: LAFR champs William Fang & Mark Johnson

Right: Angus, Mike Carbuto, Chris Tapper, Albert Giang, Mark Johnson, David Dassey, Bernie Tan, Bill Austin, Don Formanek, Margie Gonzales



continued  
Andrew Wissmiller, Anthony Chan, William Fang, Mong Noiboonsook, Bill Winkelmann, Rusty Millar, Rob Chen, Marco Castro-Bojorquez

## Eric Alvarez Defends 10K Win

Eric Alvarez defended his overall win from last year with a 34:36 clocking in the Victory for Victims 10K on April 28. Coach J was 5<sup>th</sup> overall and 2<sup>nd</sup> to Eric in 45-49. Dan Graham ran a PR to win his age group.

In the 5K, Bernie (2nd), Richard Nelson (1st), and Sue Roth (3rd) all placed in their age groups. Pat Bates, recovering from knee surgery, decided to try her hand at RaceWalking. She threw down the gauntlet to RW champs Deo & Juan Moreno with a 37:55 effort that puts her in first place in the RaceWalk category in the Champions Race.

Notable in this race was the large showing of LAFR women (and the return of Merle Brill!!). We almost reached gender parity with 6 women and 7 men. Go ladies (and gents)!



Above: Don Formanek, Richard Peng, Dan Graham and Eric Alvarez pose with a hot triathlete they found at the race.



Left: Eric Alvarez, Marilyn Jackson, Mark Johnson, Regina Robinson and Richard Nelson



Right: Margie Gonzales and Merle Brill



Left: Miss Tan

Right: Pat Bates, Marilyn & Regina, Sue Roth



## Unity Run for Boston

A large group of LAFRs came out to the Rose Bowl on April 21 to participate in the Unity Run. Unity Fun Runs were staged all across the USA to show support to Boston and the victims of the Boston Marathon bombings.



Above: Marco & Andrew



Left: Big Dan & Coach J

Middle: Moises, Marco, Richard, the Bills, Deo, Dan & Patrick

Bottom: LAFR Boston 2013 runners: Moises, Andrew, David, Bernie & Allyne



## Notes from the Back of the Pack

By Bill Walsky



A month has passed since the senseless bombings at the Boston Marathon. Several lives were lost, dozens of lives irretrievably altered. And yet from the carnage of that day has come some good.

In the immediate aftermath of the tragedy the running community came together and staged dozens of runs across the nation in a show of solidarity with the victims. Corporate citizens such as Adidas stepped forward and designed tribute shirts, the proceeds of which will all go to The One Fund Boston, a charity set up to help the people impacted by the events of that day.

Meanwhile, the Boston Athletic Association, the organization responsible for the marathon has quietly gone about the business of helping its city heal and bringing closure to all the runners affected by the sudden termination of the race.

- 1) The BAA made a donation of \$250,000 to the One Fund
- 2) Offered each of the non finishers entry into the 2014 Boston Marathon
- 3) Sent the coveted finishers medal to all those who didn't get to cross the finish line on Boylston Street

The one remaining question for the tens of thousands of people hoping to run Boston in 2014 is how big will the field be. Will the BAA increase the race from the 27,000 slots it allotted in 2013? Sometime between now and registration opening in September we will get the answer.



*"Dear Boston Marathon Race Participant  
Enclosed please find your finisher's medal for the 2013 Boston Marathon.*

*We regret that we were unable to present this medal to you personally, however, we wish to congratulate you on your*

*completion of the 117<sup>th</sup> Boston Marathon. We extend to you our sincere congratulations." From David Dassey*

Less than a month to go before the 32nd Gay Pride Run takes place in West Hollywood on June ninth. Are you trained and ready? How many times have you participated in the run? Trivia question of the month: Who do you think has run the most Pride Runs? I'll have the answer next month.

## LA Frontrunner Receives SRLA Award

By Mike Smith

The Students Run LA program is no stranger to Los Angeles Frontrunners. Approximately 3000 students from more than 170 middle and high schools throughout the greater Los Angeles area train for the Los Angeles Marathon each March. Each school has three leaders (mostly teachers at the schools) who volunteer their time to assist these students in achieving their goals.



Each year the Students Run LA committee selects a few truly outstanding leaders of whom are awarded a special Students Run LA - STAR Award. One of the recipients this year was our very own Brian Dunbar - SRLA leader at Fairfax High School. As is no surprise to anyone who knows him, Brian was selected for his dedication to the program, excellence in leadership skills, commitment, and just being a good role model for so many at risk teens whom this program supports. One of Brian's students even mentioned that he is so good at giving advice and always has time to listen. We at LA Frontrunners congratulate Brian for this honor.



*When not coaching SRLA, Brian is a regular at the Wednesday Santa Monica Run. Here, Bruce captured Dale (both also regulars) galloping into the ephemeral sunset on the endless beach of Santa Monica on 4/24.*

## Watching USATF at Oxy

Angus sent out a last minute notice about the USA Track and Field High Performance Meet on Friday 5/17 at Occidental College. This was for the distance running events (800 meters and longer). What began as a trickle of 3 LAFR viewers grew to a crowd of 12 people.



*Anthony, Bernie, Angus, Mark, Bill, and Bill watching the 3000 meter steeplechase event at the Occidental College track.*

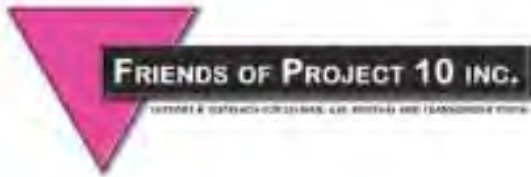
*Also attended were Deo, Rusty, William, David Dassey, Bill Walsky, John K*

Talk about excitement. The night was filled with it. Among the more notable ones were:

1. One of the women in the 800 meters fell about 10M before the finish line. She lost 10 seconds, but still got up and finished (you go woman). The top 4 finished within 0.5 seconds of each other.
2. The original winner of the men's 800 meters was disqualified, after being interviewed, too!
3. The top two women of the women's 1500 meters both finished at 4:04.60. Aside from the placement, \$2500 was at stake. Katie Mackey was declared 1<sup>st</sup> and the other woman was disqualified (why?).
4. Also in the 1500 meters, the 3<sup>rd</sup> place finisher (2<sup>nd</sup> after DQ) was 17 year-old Mary Cain, at 4:04.62. She set a new American junior women's record, breaking the previous mark set in 1987 by about 4 seconds.
5. In the men's 1500 meters, the winner in heat 2, Nick Symmonds (pictured with Angus) came in at 3:36.07, 0.27 faster than the winner of heat 1. The crown and the \$2500 had to change hands!
6. We witnessed Olympian Mo Farah (GB) run a stunning 13:15.68 5K.



# Pride Run 2013 Beneficiaries



## Models of Excellence Scholarship Program

Friends of Project 10 Inc., was created in 1986 to provide funding for programs and projects to support LGBTQ youth. The Models of Excellence scholarship program awards \$1,000, \$2,000 and \$3,000 scholarships to senior high school students from southern California schools who have advanced the civil rights of the LGBT population. 100% of the donation from the Pride Run will go towards the Models of Excellence Scholarships.



## The Breakfast Club

### in honor of Barry Norcross

Barry Norcross, one of the co-founders of Los Angeles Frontrunners, passed away last March. One of Barry's most beloved charities was The Breakfast Club at his church, St. Thomas the Apostle in Hollywood. The volunteers of Breakfast Club serve approximately 150 homeless and needy Angelinos a tasty breakfast the second and fourth Saturday morning of each month.

## Become a Pride Run Sponsor

### LAFR Member Individual Pride Run Sponsor

Back this year is the opportunity to be an individual sponsor of our annual Pride Run. For \$50, you will get your name printed on the back of our Pride Run T-Shirt as well as a listing in the newsletter and on our website.

Back in 2011, we raised over \$1000 this way. Our goal is to donate a total of \$5000 to our beneficiaries this year, so please consider signing on as an individual sponsor and helping us get to our goal.

100% of the money raised through the t-shirt sponsorship goes to the beneficiaries: Project 10 Models of Excellence Scholarships and The Breakfast Club.

To register, go to the online store on our website - [www.lafronrunners.com](http://www.lafronrunners.com)



### DEADLINE:

Friday, May 24 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).

## Become a Pride Run Volunteer

We need lots of help to make our Pride Run a success. Our Volunteer Overlord, Patrick Owen, will be sending out an e-mail so you can sign up to help. While there are a few volunteer positions that require someone not running, most of the help we need can be done by members who are running the race.



## Leona Divide!

The San Andreas Fault runs north of Los Angeles in the Leona Divide, where Lake Hughes hosts the annual Leona Divide 50K/50 mile trail race. This year 3 LAFRs, Ross Lamkin (50K), John Kawaharada and Jim Sullivan (both 50M) took on this challenge.



John & Ross at 4:30 am about to head out for the race

**Ross Lamkin:** You know what they say about the best laid plans, right? The heat at this year's Leona Divide, which by some accounts topped out at 100 degrees, added an unexpected (and for many people, unpleasant) element for those running either distance. Little cover and challenging climbs worked together with the long distances and high temperatures to wreak havoc on many a race-day goal, causing many (myself included) to drop down from the 50 mile to the shorter distance, or in many cases to drop out altogether mid-race. Those who weren't carted off by ambulance, that is.

On one particularly grueling stretch approaching the aid station at mile 20, after suffering a perfect storm of problems (light-headedness, nausea, dehydration, muscle cramps, general whiney- and feeling-sorry-for-myself-ness, etc.), I was forced to crawl off the trail and out of sight to lie down in the shred of shade afforded by a cluster of bushes where I waited to feel better. Or to die. Luckily it was the former, but without a doubt in my mind I intended to drop out of the race as soon as I could reach the next aid station. Once there things started to turn around and I was revived after taking in a few cold drinks, some salty and sweet foods, and the unparalleled camaraderie and can-do spirit found among my fellow competitors and virtually nowhere else. I was reminded at that moment of one of the many lessons the ultra has to teach those who seek its unique challenges, which is that when the going gets tough and we dig down deep, we're capable of so much more than we could ever realize in our day-to-day lives. Can't wait for the next one!

**John Kawaharada:** Last year at the LA Marathon pancake breakfast I chatted with Reg Willson and asked him why he wasn't running the marathon. He replied that he was training for an upcoming 50 mile race, and my immediate thoughts were--"I'll never", "he's crazy", and "why?" Reg went on to explain that it's just like running your first marathon. What seems insurmountable at first is gradually mountable through sweet talk, a little coercion, and burning desire. But back to running--you just gradually build up your mileage (a.k.a. long, long Sunday runs with Sean) and then well, you suffer the consequences of a foolish decision. Those weren't his words exactly, but that's basically what I heard.

So "never say never" and "look who's crazy now" are the words running through my head as I recap my first 50-miler, the lovely Leona Divide 50/50. It was hot, hot, hot-hot weather, hot runners, and a hot LA Frontrunners cheering squad--Sean, Allen, William, Anthony, Reg, Angus and Yumi. Who needs Dallas Cowboys Cheerleaders or Laker Girls with that lineup? Through the rose-colored glasses of my memory now, the first 42 miles were "fun". The single-track sections along the Pacific Crest Trail were a mix of exposed and shaded, climbs and descents, with beautiful views throughout. There was an exhilarating sense freedom and solitude while running alone, as well as uplifting passings with fellow runners, always friendly and encouraging, even better when shirtless. What's also great about ultra-racing are the opportunities for snacking and costume changes, headwear down to your shoes, and the biggest drop bag you can find to hold everything you might need during the race. The last 8 miles were horrible, but that made crossing the finish line even sweeter after 10 hours and 18 minutes. Right at the finish, I recall saying things to friends that I didn't mean, and that I'd never ever do another 50-miler. But we all know love and hate often go hand-in-hand, and never say never, as I plan to break 10 hours next time. Thank you so much to the aforementioned beauties of the LAFR pep team, and to my fellow racers, Ross and Jim.





## More Leona Divide



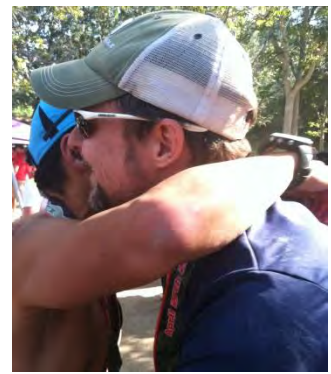
*Jim being chased by a poodle as he races into the mile 30 aid station*

[By Editor] Jim Sullivan: Leona Divide was Jim's first race ever. Jim was strong for the first 47 miles, on target for a 10-hour finish. But at the last aid station with 3 miles to go, he took a wrong turn. By the time he realized it, he was about 8 miles off course. He made it back to us, but had a DNF ("did not finish") for his result. Though the body was weary, the spirit was fresh. Jim now looks forwards to his first 50 miler in the not-too-distant future and thinks of this as a great training run.

After the race, everyone was hungry. How better to savor local flavors than to head to Outback Steakhouse? As we sat down, we noticed we had a white table and an Asian table (plus Ross). But as typical gay men (plus Yumi), we spent 2 seconds discussing this before we focused on the young athletic men sitting nearby.

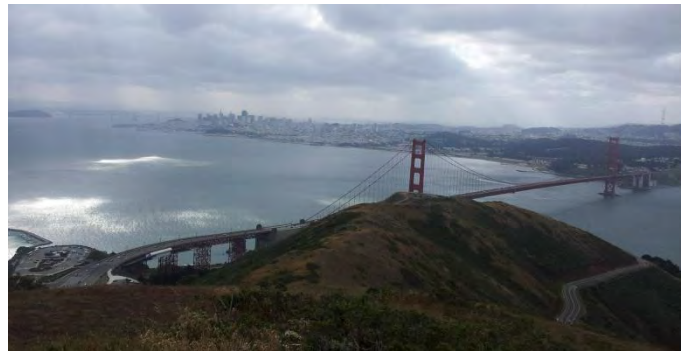


*Jim & John mid-race*



*Ross & John at finish*

## Miwok 400K 60K



Imagine you have trained months for an endurance race and flown out the day before. And then an hour before the 5AM start, you were told the start time is pushed back to 8AM and 40% of the race were cut, because of fire danger. Noooo! That fate befell Sean O'Brien for the Miwok 100K on May 4. So forgive him if he woke you up with his texting at 5AM on a Saturday to express his anguish.

No matter. Sean regrouped and still put in a great run, finishing 1<sup>st</sup> 50-54 and 16<sup>th</sup> overall at 5:49:18. And as a matter of personal pride, Sean beat out his arch-rival Tom, who came in 17<sup>th</sup> and after the 6 hour mark. As evidence of his true ultra runner status, Sean noted that the race was "too short" and "I could've passed more people if it was longer, I was just starting to get going".

The course traced some of the stairs of the Dip Sea, another fabled trail race. The scenery was "ridiculously beautiful"; weather was sunny and pleasant; and whatever anguish was felt had lifted like the morning fog on Stinson Beach.



## Strip Down. Warm Up. Race!

By Mike Kerkman

The Bare Burro 5K at Olive Dell Ranch in Colton is a three-year Frontrunner tradition now. It's well-loved for the challenging but pretty course, the welcoming and friendly organizers, the post-race poolside chill time, and--of course--for the opportunity to run *sans* clothing. It's great!

This year's race was the biggest yet: over 200 racers. Frontrunners from all around SoCal made the trip, with LA, Long Beach, and Palm Springs well-represented. We even got a special shout-out from the race organizers.



*Rich, Mike, Mong (welcome a brave new member!), Robb, Jeff, Mike, Rob, Carl, Kerry, and Jeff. Most runners did a noble job covering their jewels. But your prudish editor still decided to censor the essential members. Feel free to google for an uncensored version.*

The race starts at 10:30, so there's plenty of time to get your carpool together, stop for coffee (seriously, why did our car stop at, like, three different Starbucks on the way?), and to change into your race gear when you get there. And by "race gear" I mean shoes. Maybe a hat.

This year they changed the course. I really liked it. In year's past, the race was largely one gnarly uphill to a peak for the turnaround to go back. This year it snaked up and down and out into more side trails of the property. It was very much a cross-country race. Race organizers marked the course the night before with pink ribbons, but had to re-mark the entire thing the next morning: the burros (from which the race takes its name—sorta) had barreled through it all, like someone had challenged them to it. As Rich remarked, "What asses!"

LAFR had a very strong showing, with runners in 1<sup>st</sup>, 4<sup>th</sup>, and 5<sup>th</sup> overall, and placing in the top three of the 30-39, 40-49, 50-59, and 60-69 age groups. Dang! And let it be known that Angus generously awarded all of us the Grand Prix bonus points for wearing our "uniforms", so if your LAFR singlet and shorts are in the laundry next race day, you have an alternative.

*Editor's Note: Mike forgot to mention he won the race.*

## Caltech Neighborhood Run



By Rob Chen

In celebration of GAYPRIL, LAFR, Caltech PRISM, and JPL Spectrum co-hosted a fun run in the Caltech neighborhood and BBQ at Tournament Park, Pasadena on 4/20/2013.



It was a gorgeous sunny day and we ran 3 miles around and in the Caltech campus. Those who needed more mileage had the option to run 6-10 miles south of Caltech. After the run, the Caltech Center of Diversity provided yummy catered BBQ from Bonnie B's Smokin BBQ Heaven. About 10-15 LAFR members showed up and 10-15 Caltech students were there. Everybody had a fun time. Tiger mom Mikey Kerkman brought Rina along for a college tour but Rina decided against attending Caltech and said "I want to go as far away for college as possible so I can eat bacon and sushi".

## And elsewhere that weekend...



*Jorge showing off his girth at the mudfactor.com 5K obstacle run 4/20 in San Bernardino*

# Race Results

## Susan Komen 5K

Los Angeles, CA 3/9

Marilyn Jackson..... 42:44

## R'n'R SF Half

San Francisco, CA 4/7

Deo Jaravata..... 1:49:24

## Griffith Park Trail Full

Los Angeles, CA 4/13

Deo Jaravata..... 4:40:40

## Leona Divide (Grand Prix)

Lake Hughes, CA 4/27

### 50K

Ross Lamkin..... 8:03:37

### 50 Mile

John Kawaharada... 10:18:15

## Country Music Marathon

Nashville, TN 4/27

### Half

David Grudzien..... 2:14:31

### Full

Deo Jaravata..... 4:00:57

## Backside Trail Half

Louisville, KY 4/28

David Grudzien..... 3:06:16

## Indy 500 Half

Indianapolis, IN 5/4

David Grudzien..... 2:17:40

## Tacoma Full

Tacoma, WA 5/5

Deo Jaravata..... 3:49:53

## Flying Pig Half

Cincinnati, OH 5/5

David Grudzien..... 2:24:53

## Maryland Half

Fulton, MD 5/11

David Grudzien..... 2:17:25

## Bare Burro 5K (Grand Prix)

Colton, CA 4/21

Mike Kerkman..... 22:20 1<sup>st</sup> OA  
1<sup>st</sup> 30-39

Jeff Lymburner..... 24:55 1<sup>st</sup> 50-59

Carl Maravilla..... 25:15 2<sup>nd</sup> 50-59

Kerry Quakenbush.... 28:40 3<sup>rd</sup> 40-49

Jeff Bennett..... 29:10

Rob Chen..... 29:28

Mong Noiboonsook.. 29:45 PR

Rich Crook..... 32:56 PR

Robb Briggs..... 36:22

Mike Carbuto..... 36:53 3<sup>rd</sup> 60-69

## Victory 5K/10K (Grand Prix)

Van Nuys, CA 4/28

### 5K

Bernie Tan..... 19:43 2<sup>nd</sup> 45-49

Richard Nelson..... 21:30 1<sup>st</sup> 65-69

Margie Gonzales.... 37:09

Pat Bates..... 37:55 RW/PR

Marilyn Jackson..... 41:40

Regina Robinson..... 42:05

Sue Roth..... 53:58 3<sup>rd</sup> 70-74

### 10K

Eric Alvarez..... 34:36 1<sup>st</sup> OA

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

Mark Johnson..... 38:54 2<sup>nd</sup> 45-49

Dan Graham..... 47:50 1<sup>st</sup> 55-59/PR

Don Formanek..... 48:01 PR

Richard Peng..... 48:32

## Miwok 60K

Stinson Beach, CA 5/4

Sean O'Brien..... 5:49:18 1<sup>st</sup> 50-54

## Orange County Half

Newport Beach, CA 5/5

John McGuinness.... 1:28:22

Mike Kezsely..... 1:52:07

Mike Carbuto..... 2:10:14 PR

Margie Gonzales..... 2:45:59

Doug Jones..... 2:54:40

Bill Walsky..... 3:25:43

## Verdugos 10K (Grand Prix)

Glendale, CA 5/5

Andrew Wissmiller... 60:12 3<sup>rd</sup> 60-64

Mong Noiboonsook.. 63:27

Donna Balinski..... 1:47:53

## Malibu Creek Trail 6K

Malibu, CA 5/18

Jonathan Toker..... 26:07 1<sup>st</sup> OA  
1<sup>st</sup> 35-39

## Shoreline Pride (Grand Prix)

Long Beach, CA 5/19

### 5K

William Fang..... 17:32 1<sup>st</sup> OA  
1<sup>st</sup> 35-39

Bernie Tan..... 19:55 1<sup>st</sup> 45-49

Bill Austin..... 21:20 2<sup>nd</sup> 55-59

Margie Gonzales.... 35:59 1<sup>st</sup> 55-59

Chris Tapper..... 36:22 PR

Donna Balinski..... 41:47 2<sup>nd</sup> 40-44

### 10K

Mark Johnson..... 38:59 1<sup>st</sup> OA  
1<sup>st</sup> 45-49

Carl Maravilla..... 39:55 1<sup>st</sup> 50-54

Andrew Wissmiller... 46:25 1<sup>st</sup> 60-64

Don Formanek..... 47:13 3<sup>rd</sup> 40-44/PR

David Dassey..... 47:23 2<sup>nd</sup> 60-64

Rob Chen..... 48:55 2<sup>nd</sup> 35-39/PR

Mong Noiboonsook.. 49:47 3<sup>rd</sup> 50-54

Mike Kezsely..... 50:24

Dan Vu..... 50:44 3<sup>rd</sup> 35-39

Brian Dunbar..... 52:23

Albert Giang..... 52:45 PR

Marco C-Bojorquez.. 53:38

Bill Winkelmann..... 57:16 3<sup>rd</sup> 60-64

Mike Carbuto..... 59:02



Carl won his age group at LB Pride

# Grand Prix & Half Challenge Standings as of 5/21

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

### MALE

1. Eric Alvarez	2	83.94
2. Richard Nelson	2	80.42
3. Carlos Vizcarra	4	79.98
4. Mark Johnson	4	78.82
5. Ric Munoz	1	75.36
6. John McGuinness	4	74.05
7. William Fang	3	73.56
8. Moises Medina	2	72.70
9. Reg Willson	1	71.89
10. Bernie Tan	5	71.47

### FEMALE

1. Margie Gonzales	5	50.04
2. Cat White	1	43.59
3. Keeley Webster	1	34.33
4. Marilyn Jackson	4	32.05
5. Regina Robinson	4	31.93
6. Donna Balinski	2	29.24

### RACEWALK

1. Patricia Bates	1	68.42
2. Juan Moreno	1	63.21
3. Deo Jaravata	4	62.02
4. Sue Roth	1	53.84
5. Keeley Webster	1	41.30
6. Cat White	1	40.97
7. Donna Balinski	1	40.33
8. Regina Robinson	1	27.16
9. Marilyn Jackson	1	26.95

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

1. Mike Kerkman	1	113.70
2. Jonathan Toker	2	111.80
3. Sean O'Brien	2	109.90
4. Jeff Lymburner	2	92.24
5. Carl Maravilla	1	89.85
6. Andrew Wissmiller	3	89.35
7. Deo Jaravata	2	88.07
8. John Kawaharada	1	85.10
9. Richard Peng	1	74.67
10. Mike Carbuto	1	73.49

## AGE GROUP MEN

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

### Male 20-29

1. Piyush Prakash	1	140
-------------------	---	-----

### Male 30-34

1. Mike Kerkman	2	295
2. Patrick Conner	1	130
3. William Korthof	1	110

### Male 35-39

1. William Fang	3	435
2. Rob Chen	2	245
3. John McGuinness	2	230
4. Carlos Vizcarra	2	225
5. Albert Giang	2	200

### Male 40-44

1. Bernie Tan	4	495
2. Richard Peng	3	310
3. Don Formanek	2	245
Moises Medina	2	245
5. Rioss Lamkin	2	240

### Male 45-49

1. Mark Johnson	4	520
2. Angus Kennedy	3	355
3. Eric Alvarez	2	280
Deo Jaravata	3	280
5. Rex Boone	2	235

### Male 50-54

1. Brian Dunbar	3	310
2. Mong Noiboonsook	3	305
3. Carl Maravilla	2	240
4. Sean O'Brien	1	135
Reg Willson	1	135

### Male 55-59

1. Doug Jones	2	260
2. Bill Austin	2	235
2. Dan Graham	1	135
3. David Grudzien	1	120
4. Jim Martinez	1	100

### Male 60+

1. Andrew Wissmiller	4	510
2. David Dassey	3	370
3. Mike Carbuto	3	295
4. Bill Winkelmann	2	215
5. Bill Walsky	2	210



## AGE GROUP WOMEN

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

### Female 40-49

1. Regina Robinson	5	530
2. Marilyn Jackson	4	440
3. Donna Balinski	3	325
4. Keeley Websteri	1	100
5. Cat White	1	90

### Female 50-59

1. Margie Gonzales	6	685
--------------------	---	-----

### Female 60+

1. Patricia Bates	1	120
2. Sue Roth	1	105

## 13.1 CHALLENGE



### Most

Name	Amount
------	--------

1. David Grudzien	15
2. Margie Gonzales	7
3. Deo Jaravata	4
4. John McGuinness	3
Doug Jones	3
6. Mong Noiboonsook	2
7. 15 FRs	1

### Fastest Men

Name	Time	Race
1. Carlos Vizcarra	1:18:38	Surf City
2. William Fang	1:27:02	Hollywood
3. John McGuinness	1:28:22	OC
4. Jonathan Toker	1:35:23	Boney Mtn
5. Richard Nelson	1:38:12	P. Springs
6. Angus Kennedy	1:40:31	New Years
7. Deo Jaravata	1:44:39	SoCal
8. Andrew Wissmiller	1:48:35	Chesebro
9. Jon Wasser	1:50:04	P. Springs
10. Mong Noiboonsook	1:51:57	Surf City

### Fastest Women

Name	Time	Race
1. Margie Gonzales	2:45:59	OC

### Biggest PR

Name	Cum. Time	Race
1. David Grudzien	0:05:07	Palmetto
2. Mike Carbuto	0:03:21	OC
2. William Fang	0:01:54	Hollywood

*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 entire year – so, for example, if you set a new PR in January by 5 minutes and then break the new PR by two minutes in May, your total is 7 minutes.*



# Upcoming Events

## Grand Prix Races

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

Saturday 5/26 in Ojai  
Mountains 2 Beach 5K/Half/Full  
[www.mountains2beachmarathon.com](http://www.mountains2beachmarathon.com)

Saturday 6/1 in Long Beach  
Wrigley River Run 5K/10K  
[www.wrigleyriverrun.com](http://www.wrigleyriverrun.com)

Sunday 6/9 in West Hollywood  
**LAFR PRIDE RUN**  
5K/10K/Ultra  
[www.lafronrunners.com](http://www.lafronrunners.com)

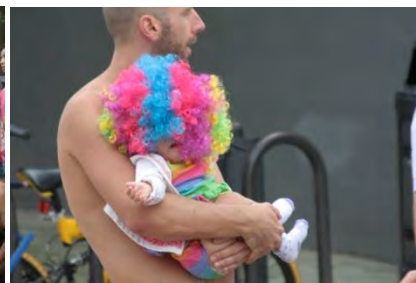
Sunday 6/16 in San Francisco  
San Francisco Marathon Half/Full  
[www.sfmarathon.com](http://www.sfmarathon.com)

Sunday 6/30 in Pasadena  
Pasadena 5K/10K/Half  
[www.pasadenamarathon.org](http://www.pasadenamarathon.org)

## LA Fronrunners 32<sup>nd</sup> Annual Pride Run Sunday, June 9 – 5K/10K/Ultra Pride

...and the kid's race! It's here, time to celebrate PRIDE in full regalia, running tights (you know who you are, and we love all of you), crazy wigs, LAFR uniforms (it's a Grand Prix race), or as little as possible without getting arrested (N2N short shorts). As always, we'll need lots and lots of volunteers as we are one of the only remaining races that is 100% volunteer organized and run. Blasts via email will be coming your way soon with information on all the fun ways to volunteer and get in on the fun. If you haven't already done so, register up for the race on active.com via our website.

[www.lafronrunners.com](http://www.lafronrunners.com)



## Barry's Run

Sunday, July 14, 6:00 PM

Join us as we celebrate LAFR co-founder Barry Norcross with a special Sunday evening fun run at the usual spot in Santa Monica.

We'll run one of Barry's favorite courses, share memories, and have a picnic dinner at the beach.

## Potluck Lovers!



Thursday, June 13  
Pasadena, TBD

Tuesday, June 18  
Griffith Park, Ranger Station  
Picnic Area

Coming soon to Santa Monica!

## Gazing into the future...



September 22 - Bingo Night,  
Hamburger Mary's

September 28 - Big Sur Trip,  
Trail Marathon

November 9 - Catalina Trip,  
Eco-Marathon

## Santa Cruz Island: The Ride

The club had a great trip to Santa Cruz Island on May 11. For most, the day began at 5:30 AM, since we had to load our stuff onboard starting at 7 AM. The boat departed sharply at 8 AM. Those hoping to catch some shut-eyes had their hopes dashed: The sea was pretty rough. Several had to sit at the rear of the boat for some relief. Fortunately noone actually had to throw up.



*Rob, Augie, Angus, Dan, Richard, Brian & Piyush on the boat ride over*

When we arrived at Scorpion Pier, we only had 45 minutes to unpack before 18 of us get on the next boat to make our way to Prisoners Harbor. It was barely enough time after unloading everything and hearing the mandatory orientation. So we had only a short amount of time to cover the half-mile or so dirt road, dragging food and camping equipment. Fortunately, the 7 people who stayed at the camp finished the haul.

The return trip was almost as hard. William grumbled about the six jars of OJ he had to carry. Patrick had to retrieve a bag of trash that fell overboard. But the sea was calm and we actually enjoyed the boat ride.



## The Accommodation



*Deo posing with artifacts from the island's ranching days*

Santa Cruz island used to be a self-sufficient sheep ranch. Nowadays, the island is mostly a nature preserve and therefore has very little in the way of modern day convenience. There were just two spigots supplying fresh water. Toilets were basically holes-in-the-ground. A shower facility is nowhere to be found. This is not Yosemite Valley. But for many, this is what we wanted.

The club divvied up the food chores. The highlights were Patrick's shepherd's pies for dinner followed by Ross' homemade cookies. Ross shined again the next morning with his walnut and blueberry pancakes from homemade batter. Angus assigned the rest of the gang to help with sides and clean-up/set-up.



*Ross making pancakes*

As per LAFR mandate, we ate very well! The only glitch was when one of Patrick's shepherd's pies exploded while heating up on the grill. Suspiciously, one of Patrick's cook-off rivals, Ross, had assured him that this would not happen...hmmm... Patrick later admitted he considered adding arsenic to Ross' pancake batter but changed his mind after a heated negotiation where Ross agreed to let Patrick have custody of the coveted chili crown for weekends and some holidays.

## Santa Cruz Island: The Activity

Several folks stayed at the campsite to do hikes and swims. Most went further to Prisoners Harbor, which is about 13 miles from the campsite. Because of all the morning chores, we didn't start until 11AM. So basically we ran during the hottest hours of the day on a very hot day and climbed 2600 ft on a rocky trail. A cinch. There were some interesting burn patterns on bodies the next day! Saturday's run is mapped out here:

[www.usatf.org/routes/view.asp?rID=515452](http://www.usatf.org/routes/view.asp?rID=515452)

It was interesting seeing how each person tried to fake a shower or clean up after the run....



Smiling runners at Prisoners Harbor, for they know not what lies ahead yet.

After nightfall, Sean led us up the ridge by the campsite, to go star gazing. It was amazing how many stars we saw that we can't see in LA. Dan and William got quite giddy after they found the North Star, but not without the help of an iPhone app. As night got deeper, some told scary stories by the lamp (open fires are prohibited).

After breakfast, several folks went for a run back to Potato Harbor to see a cliff-view of the sea. Then we packed up for the trip home. You should consider this trip if you haven't gone. This beautiful island and the ocean are so close to home but worlds apart from LA.



The gang taking a breather during the Saturday 13-mile hilly run.

## Santa Cruz Island: The View

Santa Cruz Island is a vast island in its natural form. We saw amazing scenery and animals. Not pictured are 15 brown pelicans flying in a synchronized single file.



Above: Overlooking the pier at Scorpion Cove where the boat dropped us off. The island cliffs drops to the turquoise water quite dramatically.



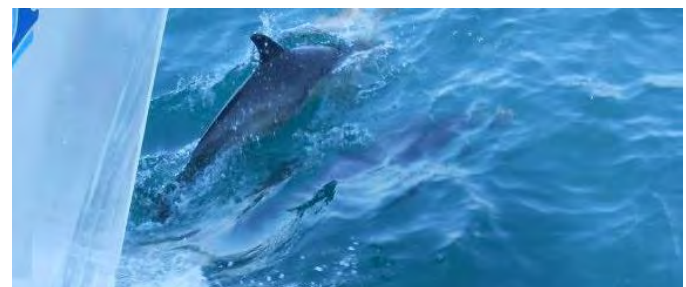
Left: Seals lounging on a buoy. The larger seal is a Stellar seal, which is more commonly found to the north of the island.

Not sure what species the smaller ones are. But the two species seem to co-exist peacefully.



Top : An endemic fox, not much bigger than a cat, scavenging the campsite for easy pickings.

Bottom: A pod of dolphins graced us on our return trip

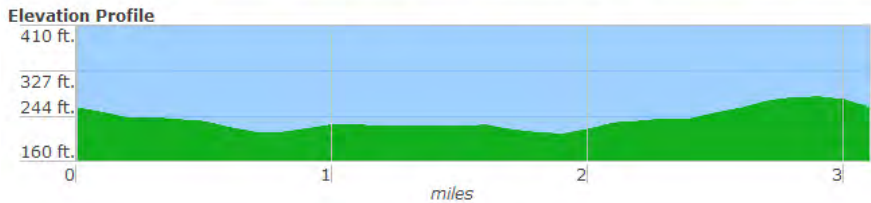
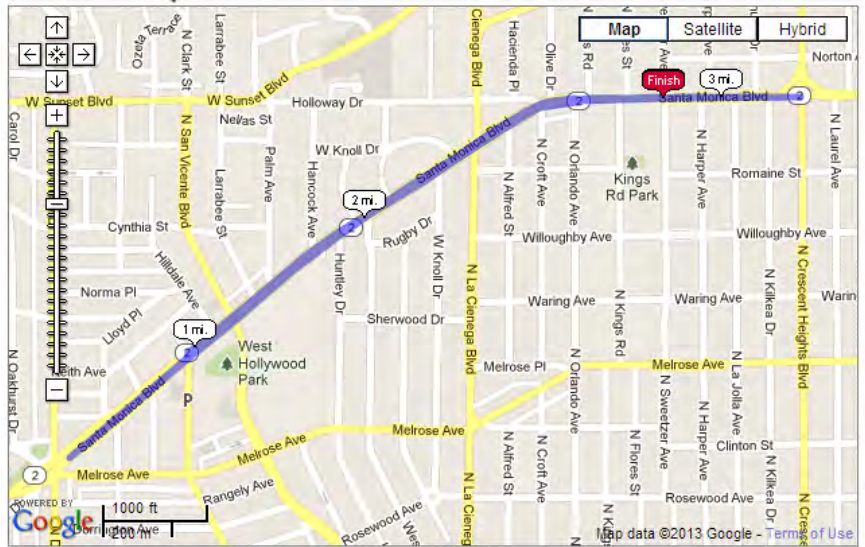


## Spotlight on Pride Run

Can you believe Pride Run is coming up soon?! Both the 5K and 10K routes are certified by the USATF: CA11054RS for the 5K and CA11055RS for the 10K. Here is profile the 5K race. The 10K race is jthe 5K route twice. The start and finish are at the same location, which is about mid point between Sweetzer and Flores on east bound Santa Monica.

Runners race towards Doheny Dr, which marks the beginning of Beverly Hills. Then turn around and run towards Crescent Heights. Then turn around and sprint towards the finish. See, simple!

The one subtle thing about this course is the 1<sup>st</sup> mile is downhill at about 2% grade while the 3<sup>rd</sup> mile is uphill at about 2% grade. These hills are noticeable. So remember to give that extra push in the final mile. If you are running the 10K, your legs are not fooling you. Mile 3 and mile 6 are actually the hardest.



Otherwise, the course is very low risk. Water is abundant, but unless the temperature is searing, your time might be better without a water break. As in all races, port-a-potties will have long lines. But overall this is a pretty fast course.

A map version is saved here with USATF: <http://www.usatf.org/routes/view.asp?rID=432241>.

All-time 5K course record is 16:01 (M) and 17:59 (F). All-time 10K course record is 31:17 (M) and 39:55 (F).

*(Left) Richard and Eric used to open their house to the club to put together the goodie bags for Pride Run. But we no longer have goodie bags, except for the kids. Now we just go there for potlucks. This one is from May 9.  
Back: Eric, Anthony, Richard, Eric, Robb, Richard, Joel  
Front: Jerry, Jim, Albert. Thank William for imposing the formal (and awkward) pose.*

## Discount Diva

Please note: Sometimes Margie receives very short-lived promotions (e.g., for a 24-hour period). You have to be alert on e-mail to take advantage of these.

Race	Date	Website	City	Code	Amount	Expires
Electric Run LA	5/24	<a href="http://www.electricrun.com/losangeles">www.electricrun.com/losangeles</a>		GEMIN4	10%	
Mountains 2 Beach	5/26	<a href="http://www.mountains2beachmarathon.com">www.mountains2beachmarathon.com</a>	Ojai	lafr15	15%	
Amica Triathlon	6/1	<a href="http://www.amicatriathlonvegas.com">www.amicatriathlonvegas.com</a>	Vegas	SCTRI13	\$25	
Grapes of Rock	6/8	<a href="http://www.grapesofrock.com/index.php">www.grapesofrock.com/index.php</a>	Sonoma	GRAPE	\$10	
New Year's Race	1/4	<a href="http://www.newyearsrace.com">www.newyearsrace.com</a>	LA	NYR2014	\$15 off Half \$5 off 5k	First 500 First 500