

September 2016

### Hello World! I'm Running My First Marathon!



By Rudolph Van Graan (*waving from his fabulous hotel room*)

Perhaps one never forgets one's first marathon (for better or worse), and I was very lucky to run Santa Rosa as my first. A huge shout out for Angus and the boys for a most enjoyable weekend trip to Santa Rosa! Thank you, Angus, for inspiring us and for equally valuing each and everyone in our club.

To train or not to train is the question. My excuse is that I work on Sundays and have limited training opportunities. My preparation relied on the Saturday fun runs and the occasional midweek run and track workout in Pasadena. "You have to have a plan," everyone said. Would "completion" count as a plan? I knew I had not trained well, but that would not deter me from completing this race.

Race day came with one constant (the distance) and a whole hamper full of variables, such as the weather (humidity, wind and temperature), the challenges of the course, one's own physical condition on race day, and what decadent meal you allowed yourself pre-race. Race day becomes the art of navigating between all these variables.

CONTINUED ON PAGE 2



*Santa Rosa post-race: Jason Coleman and Richard Peng grabbing a few winks after lunch & ice cream*



**SAVE THE DATE!**  
**The 16<sup>th</sup> Annual**  
**LAFR Chili Cook-Off**  
**Sunday, October 2**

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## Rudy's First Time continued

Most of the conditions on Sunday were near perfect -- cool and overcast, no wind, no large crowds, a flat and even course with a good surface, many aid stations, and gorgeous scenery along the way. (Sadly, some faster runners, including Duane and Moises, extended their race by almost one mile; read about this controversy below).

The start and finish were at the same spot in Juilliard Park, downtown Santa Rosa. I was in the 3<sup>rd</sup> corral, and crossed the start line around 6:06 a.m. I held back at a comfortable 9:45 pace. Miles 1 – 3 were on city streets downtown. Miles 3 – 8.5 followed the scenic Santa Rosa Creek Trail. We then turned north to run among the vineyards, with a special treat at mile 10 when we ran through the actual wine cellar of Deloach Vineyard & Winery, complete with cups of chardonnay at the aid station immediately upon exiting the wine cellar. After following a 10-mile loop with a few rolling hills and the occasional cheering spectator, we returned to the Santa Rosa Creek Trail at mile 20 to head for the finish. So far so good.

The Wall. What wall? Well, I don't know if I hit the wall or not, but at mile 22 my calves cramped so much so that I was forced to walk most of the remaining distance. This slowed me down dramatically and was I mad at myself for not putting in the required training. Only one thought remained in my mind, I just had to get to the finish line. How awesome was it when I passed the small gaggle of supporting Frontrunners less than a half mile from the finish cheering "Come on, Rudy, you can do it!"

I finished my first marathon in 4:54:45 with an average pace of 11:15 per mile. I almost sank to the ground when they hung the heavy finisher's medal around my neck! What a great experience. So, for any of you bucket list marathoners, my modest word of advice is to train as much as you can but then go out and have fun, and beware, the marathon bug might just bite!



*Sunday night after the race, the gang feasted on well-deserved pizza*



*LAFRs who ran the full marathon – from left: John, Jason, Bill, Duane, Rudy, David & Moises (plus Carbuto not pictured)*

## 27.1 VS. 26.2 UPDATE

The quick recap: About a mile or so into the race, the 3:03 pace leader led 50+ runners off course (the 3:08 group followed – later corrals did not take the wrong turn). This ultimately added .9 miles to the runners who were with the pacer. Duane & Moises were both running in the 3:03 pace group. Even with the extra mile, our two studs still finished under their Boston qualifying standards. While Moises already had a solid qualifier from Boston last April, this was Duane's one attempt to qualify for 2017 (the qualifying window closes in a few weeks). Duane's time (for 27.1) is just under his qualifier, which likely would not get him into Boston – however, his 26.2 finishing time is a solid 7 minutes or so under his qualifier. After much back and forth between the affected runners, the Santa Rosa staff and the Boston Athletic Association, it appears that Santa Rosa will be adjusting the times of the affected runners. As of press time, there is still no final answer on what the solution will be. The SRM race director appears to be genuinely trying adjust the affected runners times so hopefully, we'll have a good news update soon!



*After the race in the beer garden - from left: Wink, Mike, Duane, David, Bill, Angus, Richard w/ Moises & Mark in front*

## LAFR BIRTHDAY BOYS AND GIRLS

7/25	Lee Lightfoot	8/16	Kerry Quakenbush
7/27	John Butcher	8/20	Duane Howard
7/27	Carlos Vizcarra	8/31	Kevin Shiramizu
7/28	Doug Jones	9/1	Tanya Haney
7/28	Danny O'Hara	9/2	Phil Lelyveld
8/1	John Anania	9/3	Brad Duerre
8/1	Nelson Lee	9/4	Eric Gober
8/3	Alex Morales	9/4	Moises Medina
8/5	Rusty Millar	9/8	Mike Kerkman
8/6	Kevin Forshay	9/9	Allyne Winderman
8/7	Brian Hurley	9/11	Tom Carmichael
8/7	Brandi Spence	9/13	Vincent Mejia
8/10	Andrew Wissmiller	9/15	Raul Borja
8/14	Mark Brunetz	9/19	Craig Kaner

# LOS ANGELES FRONTRUNNERS

## WELCOME NEW MEMBERS!



Ben Beneski  
Nicole Oeuvray  
Brendan Kirschbaum  
Claire Musica  
Alexander Bazley  
Peter Lehrbaum  
Vikram Thakor

### Los Angeles Frontrunners

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Angus Kennedy, *president*  
Patrick Owen, *vp*  
Jason Coleman, *treasurer*  
David Dasey, *secretary*  
Yumi Afrento, *dir-at-large*  
Bill Austin, *dir-at-large*  
Bruce Bair, *dir-at-large*  
Erin Brinton, *dir-at-large*  
William Fang, *dir-at-large*  
Doug Jones, *dir-at-large*  
Mario Mota, *dir-at-large*  
Danny O'Hara, *dir-at-large*

The LAFR Newsletter is a free monthly newsletter published for its members. For questions or content contributions, please email [lafonrunners@gmail.com](mailto:lafonrunners@gmail.com)

## News from Eugene!

By  
Jane Dods

It is so great to live here in "TrackTown USA." As you are probably aware, we hosted the Track and Field Olympic Trials here again this year (as we did in 2008 and 2012), and I once more happily volunteered my services. It is such a joy to rub shoulders (almost) with these exceptional athletes. I did get up pretty close and personal as a marshal on the practice track adjacent to Hayward Field itself. It is here that the runners warmed up before their event. We were there to assure no one got on the track who shouldn't (you might call me a "track mistress"). Fortunately, I didn't have had to get "militant" with anyone (in all of my 5'1-3/4" presence!). On my off time I strolled over to the adjacent "Fan Festival" which had a bunch of vendor's booths as well as lots of food and drink. What I usually did was order a beer and then sit on the grass and watch the events take place on a giant TV screen. This area was open to the public free of charge which was great for people who didn't have tickets. The last day I had a ticket and got to see a number of finals which were spectacular. Women are pole vaulting close to 16 feet and running the 5,000 is a speck over 15:00 = egads! On to Rio.



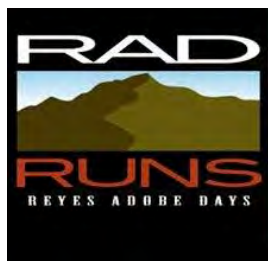


Deo Jaravata  
running  
the Bulldog 50K  
Trail Run  
on August 28



**Revel Canyon Pasta Dinner  
at Bernie & Dan's  
Friday, November 11**

### Race Discounts



Use "RaceGrader15" for a  
15% discount on the  
RAD 10 Miler/10K races.

Catalina Eco:  
RACEGRADER15 for  
\$15 off the full or half  
RACEGRADER10K for  
\$5 off the 10K



### LAFR Board Meeting Excerpts & Current Business

1. Present at 8/20 meeting: Angus, David, Yumi, William, Jason, Bill, Erin, Mario
2. Treasury - \$21,139 in account as of 8/20.
3. Donarios completed as follows: \$2000 to Friends of Griffith Park (Pride Run), \$3000 to GSA Network (Pride Run), \$525 to Kadima Conservatory (Jim Sullivan recital)
4. Santa Rosa trip good to go – guys staying at Hotel La Rose and dinner reservations made
5. William coordinating camping trip in September to Cottonwood Lakes
6. Angus reserved houses for Catalina Eco-Marathon trip in November and forwarded race discounts to members
7. Chili Cook-Off on Sunday, October 2
8. Geoff and Jason to host Halloween Party – date TBA
9. Angus spoke with Regina Robinson and decided on January 22, 2017 for Marilyn Jackson race. Angus filing all paperwork with Griffith Park
10. Palm Springs Pride Run 11/5 – Mark and Henry planning to host a post-race potluck – details TBA
11. Revel Canyon Marathon Pasta Dinner at Bernie's Friday, November 11. Angus will pick up bibs for interested runners
12. Fall Feast will be Sunday, November 13, at Martin & Marcelino's
13. Pup Race to benefit PAWS LA scheduled for October 23, details TBA
14. Winning design for club shirts selected, members will choose either a short or long sleeve and can purchase additional shirts if desired



## Los Angeles Frontrunners Chili Cook-Off XVI

The Super Bowl of Chili Cook-Offs is upon us and you want to be part of this event. The LAFR foodie event of the year will once again astound you with gourmet chili concoctions designed to perk you up and let you enjoy for days. I saw Jim Martinez picking up his canned chili in Ralph's in Studio City so his gig is up. Can you believe a certain optometrist gets his from a package mix at Trader Joe's? This writer has seen Patrick & Norman working over the stove like two witches on a new brew. Will an outsider come from nowhere and claim the prize as a rumor that a certain distance runner from Highland Park is entering a family recipe this year. Come join all your friends as we hash it out over some of the most fantastic chili this side of Texas and cornbread from heaven. Remember only one person entered a veggie chili last year so take a chance and toss something together. It is all for fun and the winners are the charities we donate to.



**16<sup>th</sup> Annual LAFR Chili Cook-Off**  
**Sunday, October 2 - 4:00 PM**  
**at Rusty's: 850 Micheltorena Street**  
**Los Angeles, 90026**

By Rusty Millar - 2015 Chili King



**Palm Springs Pride Run 5K**  
**Saturday, November 5**



**Richard Peng**  
**eating**  
**Pokemon**

**Tuesday Night Fun Run**  
**Back to Silver Lake on**  
**Tuesday, October 4**

Silver Lake Recreation Center  
 1850 W Silver Lake Dr,  
 Los Angeles, CA 90026



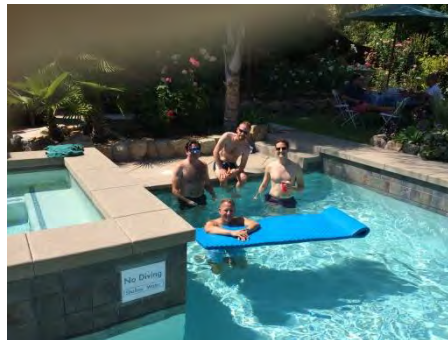
## 8/6 Annual Pool Party



Eric and Richard once again generously opened their Altadena home to a large turnout of LAFRs. This is the third year in a row for the club's summer watery fest in the foothills of the San Gabriel mountains. What started as a little thank-you party for Pride Run volunteers has turned into a fun afternoon activity for the entire club.



Top left: Matching hats!  
Top: A shady corner  
Left: Hot Carl



As in last year, the club provided southern style smoked rib, beef, chicken with large sides of potato salad and garden greens. Folks brought other summer fares, including home-made guacamoles, baked goods, and fruits. There was so much leftovers that we held an impromptu potluck the following Tuesday at Rusty's home.

This year the two belles of LAFR, Rina and Melody, were old enough to make a splash in the water, surrounded by watchful aunts and uncles. The Monday WeHo group also made a strong showing.

Top: The WeHo Corner.

All in all, a great way to while away a sunny summer afternoon.

Top: Say cheese!



Jason all tuckered out.



Some preferred the Olympics viewing.



Rina and her adult supervisors.



The guys relaxing.



Melody explores while responsible adults watch over here.

# Race Results

## Run to Remember 10K

Los Angeles, CA 1/24

Alexander Bazley.....53:42 PR

## Hollywood Half

Hollywood, CA 4/9

Nicole Oeuvray.....3:39:30 RW

## Spring Break 15K

Santa Monica, CA 4/24

Alexander Bazley.....1:29:54 PR

## San Diego RnR

San Diego, CA 6/5

### Half

Margie Gonzales..... 3:09:47

### Full

Bernie Tan.....3:29:58

Deo Jaravata..... 4:32:47

## US Vets 5K

Long Beach, CA 6/18

Margie Gonzales..... 39:20

Nicole Oeuvray..... 45:05

## Cobb County KIA 5K

Kennesaw, GA 6/25

David Grudzien.....48:58

## Wellington Full

Wellington, NZ 6/26

Deo Jaravata.....5:40:15 RW

## Laguna Full

Santa Cruz, Philippines 7/3

Deo Jaravata.....5:04:44

## Peachtree 10K

Atlanta, GA 7/4

David Grudzien.....1:08:27

## ATC Decatur 4-Mile

Decatur, GA 7/16

David Grudzien.....41:04

## South Haven Half

South Haven, MI 7/31

David Grudzien.....2:34:30

## Pool Party 5K

Los Angeles, CA 6/25

Erin Brinton.....22:37 3<sup>rd</sup> OA  
1<sup>st</sup> 30-34

## Red, White & Blue (Grand Prix)

Santa Monica, CA 7/4

### 10K

Margie Gonzales..... 1:21:48 1<sup>st</sup> 60-64

Nicole Oeuvray..... 1:32:00 1<sup>st</sup> 55-59

### 15K

Richard Nelson..... 1:18:06 3<sup>rd</sup> OA

1<sup>st</sup> 65-69

### Half

Jason Coleman..... 2:30:14

## Burn Your Half Off

Chattanooga, TN 7/10

David Grudzien.....2:44:40 1<sup>st</sup> 55-59

## Summer Sensation 10K

Santa Monica, CA 7/10

Margie Gonzales..... 1:22:42 2<sup>nd</sup> 60-64

Nicole Oeuvray..... 1:30:18 3<sup>rd</sup> 55-59

## Vineman 70.3

Windsor, CA 7/10

Martin Carlson.....5:37:42

Marcelino Goncalves.6:02:16

## Summer of Fun 10K

Van Nuys, CA 7/17

Margie Gonzales..... 1:23:59 1<sup>st</sup> 60-64

Nicole Oeuvray..... 1:33:18 3<sup>rd</sup> 55-59

## Run the Trails for the Whales 5K

Provincetown, MA 7/24

Mike Kerkman..... 17:43 2<sup>nd</sup> OA

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

## San Francisco (Grand Prix)

San Francisco, CA 7/31

### 1<sup>st</sup> Half

Bill Walsky.....3:23:40 RW

### 2<sup>nd</sup> Half

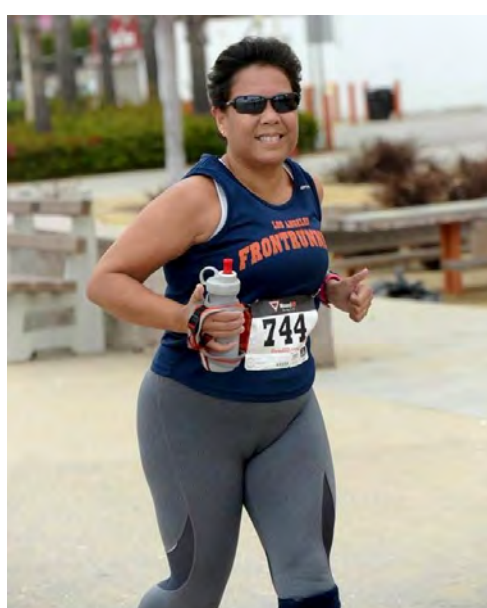
Jason Coleman..... 2:11:57 PR

### Full

Ted Wyder..... 3:41:35

Raul Borja.....4:14:33

Deo Jaravata..... 5:01:56



Red, White & Blue on July 4  
From top: Margie Gonzales, Nicole Oeuvray & Richard Nelson

# Race Results



From top: Mario & Jason at Summer Sizzle, Ted at SF Marathon

## Cypress

Cypress, CA 7/23

### 5K

Bill Austin..... 20:52  
 Bill Walsky.....44:25 RW

### 10K

Bill Winkelmann..... 61:09

## Rock the Lake 10K

Lawrenceville, GA 7/24

David Grudzien..... 1:11:40

## ATC Tailgate 5K

Atlanta, GA 8/6

David Grudzien..... 31:35

## Summer Dash

Santa Monica, CA 8/7

### 5K

Margie Gonzales..... 41:05 1<sup>st</sup> 60-64

### 15K

Alexander Bazley.....1:28:50 PR/2<sup>nd</sup> 30-34

## Luau 5K

Los Angeles, CA 8/13

Allyne Winderman.. 27:33 1<sup>st</sup> 60-64

## Summer Showdown (Grand Prix)

Santa Monica, CA 8/14

### 5K

Margie Gonzales.....41:40 1<sup>st</sup> 60-64

### Half

Bill Austin..... 1:51:38 1<sup>st</sup> 55-59  
 Richard Nelson..... 2:02:33 2<sup>nd</sup> 65-69  
 Bill Winkleman..... 2:16:04 1<sup>st</sup> 60-64

## Summer Sizzle (Grand Prix)

Santa Monica, CA 8/21

### 5K

Margie Gonzales..... 39:44 1<sup>st</sup> 60-64

### 10K

Jason Coleman..... 1:12:01 1<sup>st</sup> 40-44

### 15K

Nicole Oouvray..... 2:31:05 PR/2<sup>nd</sup> 55-59

### Half

Mario Mota.....1:44:59 1<sup>st</sup> 50-54  
 Alexander Bazley.....2:03:45 PR

## Santa Rosa (Grand Prix)

Santa Rosa, CA 8/28

### Half

Mark Johnson..... 1:27:50 3<sup>rd</sup> 45-49  
 Angus Kennedy.....1:49:37  
 Richard Peng.....1:52:37  
 Bill Winkelmann..... 2:11:15  
 Bill Walsky..... 3:20:59 RW

### Full

Moises Medina..... 3:09:24  
 Duane Howard..... 3:09:37 PR  
 Bill Austin..... 4:13:04 PR  
 John Miles..... 4:19:53  
 Rudy Van Graan..... 4:54:45 1<sup>st</sup> Marathon  
 David Dassey.....4:56:37  
 Mike Carbuto.....5:23:39  
 Jason Coleman.....5:30:18

## August Run Half

Lawrenceville, GA 8/21

David Grudzien..... 2:56:42

## Jet to Jetty

Los Angeles, CA 8/28

### 5K

Eddie Flores..... 22:14 PR

### 10K

Mike Kerkman..... 37:20 2<sup>nd</sup> OA  
 1<sup>st</sup> 35-39



New member Alexander Bazley at Summer Sizzle



# Grand Prix Series Standings as of 8/28

## 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	1	88.81
2. Mark Johnson	3	83.18
3. Carlos Vizcarra	5	80.25
4. Mike Kerkman	5	75.69
5. Moises Medina	5	74.48
6. Richard Nelson	6	72.84
7. Bill Austin	6	72.77
8. Jojo Herrera	2	71.86
9. Sean O'Brien	2	70.80
10. David Dassey	6	70.62

### FEMALE

1. Allyne Winderman	3	71.01
2. Maria Poso	6	65.38
3. Erin Brinton	2	65.03
4. Jane Dods	2	60.74
5. Karen Carey	2	55.65
6. Margie Gonzales	5	50.61
7. Brandi Spence	2	42.39
8. Nicole Oeuvray	3	41.08
9. Yumi Afrento	1	40.98
10. Keeley Webster	3	36.13

### RACEWALK

1. Jane Dods	1	83.92
2. Deo Jaravata	6	61.03
3. Bill Walsky	6	54.54
4. Nicole Oeuvray	2	53.48
5. Erin Brinton	1	53.11

## 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. Carlos Vizcarra	1	131.30
2. Sean O'Brien	1	118.26
3. Mike Kerkman	1	106.07
4. Reg Willson	1	104.26
5. David Dassey	3	100.85
6. Allyne Winderman	1	99.97
7. John McGuinness	2	98.47
8. Duane Howard	1	98.29
9. Carl Maravilla	1	97.82
10. Moises Medina	2	97.68

## AGE GROUP GUYS

Division	Races	Points
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### Male 20-29

1. Adrian Adams	3	375
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### Male 30-34

1. Darwin Marengo	5	620
2. Piyush Prakash	2	260
3. Mike Heredia	2	255
4. Alexander Bazley	1	130
5. Patrick Conner	1	80

### Male 35-39

1. Mike Kerkman	4	615
2. Raul Borja	5	600
3. David Gonzalez	4	420
4. Barry Hamaguchi	2	255
5. Duane Howard	2	250

### Male 40-44

1. Jason Coleman	6	825
2. Richard Peng	6	680
3. John McGuinness	4	520
4. Carlos Vizcarra	3	430
5. Danny O'Hara	2	260

### Male 45-49

1. Moises Medina	6	765
2. Marcelino Goncalves	6	695
3. Mark Johnson	2	270
4. Bruce Bair	2	220
5. Bernie Tan	2	195

### Male 50-54

1. Angus Kennedy	6	795
2. Mario Mota	6	760
3. Deo Jaravata	5	630
4. John Miles	4	460
5. Rick Allison	3	435

### Male 55-59

1. Bill Austin	6	820
2. Martin Carlson	4	450
3. Doug Jones	4	360
4. Rand Smith	3	295
5. Reg Willson	2	255

### Male 60+

1. Richard Nelson	6	820
2. David Dassey	6	775
3. Bill Winkelmann	6	745
4. Mike Carbutto	6	730
5. Bill Walsky	6	675

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

## AGE GROUP GALS

Division	Races	Points
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### Female 30-39

1. Erin Brinton	2	300
2. Brandi Spence	2	225

### Female 40-49

1. Maria Poso	6	730
2. Karen Carey	5	620
2. Keeley Webster	1	110

### Female 50-59

1. Nicole Oeuvray	2	270
1. Yumi Afrento	1	125

### Female 60+

1. Margie Gonzales	4	520
2. Allyne Winderman	1	125
3. Connie Hammen	1	115
Jane Dods	1	115



Carlos Vizcarra at the London Marathon



# All-Around Challenge Standings as of 8/28

Rank	MOST		Rank	Highest Age Grade Male		Rank	Highest Age Grade Female	
1	Jason Coleman	12	1	Eric Alvarez		1	Allyne Winderman	
2	David Grudzien	11		Boston: 2:49:41	88.81		LAFR 5K: 28:58	69.97
3	Margie Gonzales	10	2	Mark Johnson		2	Maria Poso	
	Bill Austin	10		Boston: 3:00:53	84.05		Surf City Full: 3:55:17	68.95
5	Bill Winkelmann	6	3	Moises Medina		3	Erin Brinton	
6	Mike Carbuto	5		GP Half: 1:26:02	79.02		Pool Party 5K: 22:37	65.46
7	Doug Jones	4	4	Mike Kerkman		4	Connie Hammen	
	John McGuinness	4		Wrigley 5K: 17:16	78.47		LAFR 5K: 55:21	51.69
	Angus Kennedy	4	5	Sean O'Brien		5	Margie Gonzales	
	Nicole Oouvray	4		LA Full: 3:21:12	78.34		Spring Equinox 10K: 1:18:26	51.43
	Moises Medina	4	6	Bill Austin		6	Karen Carey	
	David Dassey	4		Wrigley 5K: 20:36	77.19		LAFR 5K: 29:56	51.41
11	Five LAFRs	3	7	Marcelino Goncalves		7	Brandi Spence	
17	Eleven LAFRs	2		LA Full: 3:17:29	75.00		LAFR 5K: 35:45	42.53
28	Thirty-seven LAFRs	1	8	John McGuinness		8	Nicole Oouvray	
				LA Full: 3:13:28	73.99		Summer Sen. 10K: 1:30:18	41.65
			9	David Dassey				
				LB Pride 10K: 47:24	73.65	Rank	PR Race	
			10	Mike Heredia		1	Jason Coleman	
				Boston: 3:08:08	73.04		6 races	32.77
						2	Richard Korn	
							Agoura 10K	18.22
						3	Mike Heredia	
							LAFR 5K	15.75
						4	Bill Austin	
							Santa Rosa Full	14.13
						5	Mike Kerkman	
							2 races	9.21
						6	Moises Medina	
							GP Half	4.85
						7	Barry Hamaguchi	
							LB Pride 10K	2.94
						8	Marcelino Goncalves	
							LA Marathon	2.05

Challenge Distance by Month	
JAN	Half Marathon
FEB	Full Marathon
MAR	10K
APR	Full Marathon
MAY	10K
JUN	5K
JUL	10K
AUG	Full Marathon
SEP	5K
OCT	15K/10Mile
NOV	Half Marathon
DEC	5K



Left: John Miles relaxes after completing the Santa Rosa Marathon - Right: Moises, Richard, Bill, Mark, Angus & John the day before Santa Rosa at a local BBQ Challenge/Car Show fundraiser



# Upcoming Events

## Grand Prix Races

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

Monday 9/5 at Mount Baldy  
Mt. Baldy Run to the Top  
[run2top.wpengine.com](http://run2top.wpengine.com)

Saturday 9/10 in Van Nuys  
Summer Breeze  
5K/10K/15K/Half  
[www.abetterworldrunning.com](http://www.abetterworldrunning.com)

Sunday 9/11 in Ventura  
Ventura 5K/Half and Full Marathon  
[www.venturamarathon.com](http://www.venturamarathon.com)

Sunday 9/18 in Griffith Park  
Shane's Inspiration Trail 5K.10K  
[www.shanesinspiration.org/walkroll2016](http://www.shanesinspiration.org/walkroll2016)

Sunday 9/25 in Los Angeles  
Alive & Running 5K  
[www.aliveandrunning.org](http://www.aliveandrunning.org)

Saturday 10/1 in Long Beach  
Oktoberfest  
5K/10K/15K/Half  
[www.abetterworldrunning.com](http://www.abetterworldrunning.com)

Sunday 10/2 at Pt. Mugu  
Pt. Mugu Trail 11K/18K  
[www.trailrace.com](http://www.trailrace.com)

Saturday 10/8 in Agoura Hills  
RED 10K & 10 Mile  
[click here for website](#)

Sunday 10/9 in Long Beach  
Long Beach 5K/Half and Full Marathon  
[www.runlongbeach.com](http://www.runlongbeach.com)

Sunday 10/16 in Huntington Beach  
Surf City 5K/10K/10 Mile  
[www.surfcity10.com](http://www.surfcity10.com)

## 16<sup>TH</sup> Annual Chili Cook-Off



Sunday, October 2,  
4:00 PM  
at Rusty's  
850 Micheltorena Street  
LA, CA 90026

## LA FR Halloween Party & Costume Contest



Late October  
Date/Time TBA  
At Geoff & Jason's  
1007 N. Sierra Bonita Ave  
West Hollywood, 90046

## LA FR Annual Fall Feast



Sunday, November 13  
at Martin & Marcelino's  
2131 Cedarhurst Drive  
LA, CA 90027

## Catalina Eco- Marathon Trip



November 18-21  
Avalon, Catalina  
RACEGRADER15 for  
\$15 off the full or half  
RACEGRADER10K for  
\$5 off the 10K

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