

Happy Holidays, Frontrunners!!

December 2013



LAFRs ran in five different Turkey Trots on Thanksgiving Day. Bruce Bair & Patrick Conner tackled the Topanga Turkey Trot Trail 15K, while Brian Dunbar was running the 5K Turkey Trot in Pacific Palisades. Andrew Wissmiller set a 10K PR in the downtown LA Turkey Trot and David Dassey ran a 5 Mile Turkey Trot in New Orleans. The Burbank YMCA Turkey Trot saw the biggest LAFR contingent with Rob Chen, Mark Johnson, the Bills, Mike Kerkman, Walsky & Angus attending (also new member Jason Coleman).

The holidays are upon us, Frontrunners! We know it can be challenging getting your runs in this time of year as well as trying not to eat thousands of cookies and sweets on a daily basis. With that in mind, check our holiday fun run schedule on page 3 and try to fit in a few runs over the next few weeks.

Our annual New Year's Day run/walk and potluck brunch will be at the Hollywood home of John Kawaharada on January 1st. We don't start until 11:00 am that morning so you'll have plenty of time to recover from the previous night's celebrations.

After the new year, many of us will be in serious marathon training mode for either Los Angeles or Boston. Sixteen club members have chosen to run the LA Marathon on two-person relay teams to raise money for Students Run LA. Please consider donating to the cause – the details are on page 8.

We hope you all have a safe and joyous holiday season. See you in 2014!!

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LAFR BIRTHDAY BOYS AND GIRLS

12/16 Marilyn Jackson	1/14 Sean O'Brien
12/18 James Trevithick	1/14 Sue Parker
Aldous	1/15 Angus Kennedy
12/20 Jorge Santana	1/17 Paul Jacoy
Corona	1/18 Chris Tapper
12/21 Paul Morrell	1/19 Ken Dunn
12/21 Jane Dods	1/22 Daniel Graham
12/28 Jeffery Masino	1/27 Margie Gonzales
12/31 Regina Robinson	1/27 Bernie Tan
1/1 Michael Carbuto	1/27 Kristi Twilley
1/9 Robb Briggs	1/28 Ross Lamkin
1/11 Arturo Salgado	1/29 Ruthanne Salido
1/13 Lorraine Silver	1/30 Augie Robles



Top left: Donna (12/8)



Top right: Richard (12/13) and Piyush (11/20)



Right: Marilyn (12/16) and Regina (12/31)

WELCOME NEW MEMBER!

Martin Ruiz

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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

Los Angeles Frontrunners Monthly Treasurer's Report for Dec 2013

Balance on 2013 Nov 19	\$19,513.38
Balance on 2013 Dec 23	\$18,455.03
Net change	\$(1,058.35)

Club Events	Expense	Revenue	Net
Catalina	\$ -	\$ 82.50	\$ 82.50
Fall Feast	\$ (738.86)	\$ -	\$ (738.86)
Christmas Party	\$ (417.30)	\$ -	\$ (417.30)
Membership			
Membership Dues	\$ -	\$ 100.00	\$ 100.00
Donation	\$ -	\$ 355.00	\$ 355.00
Uniform	\$ -	\$ 46.00	\$ 46.00
Operational			
Communication	\$ (45.00)	\$ -	\$ (45.00)
Storage and Mailbox	\$ (434.00)	\$ -	\$ (434.00)
Paypal	\$ (6.69)	\$ -	\$ (6.69)
Totals	\$(1,641.85)	\$ 583.50	\$(1,058.35)

From the Treasurer: The expenses are larger this month. But they are all acceptable. The largest single item is the Fall Feast. Rental for tables, chairs, and heaters cost \$475. The remaining \$263.86 is for food and drinks, mainly drinks. Leftover drinks were used for the Christmas Party. The Christmas Party expense is for food. About 60 people attended Fall Feast and 40 people attended the Christmas Party, which works to about \$12 per person for each event, which is reasonable considering it covers dinner food, drinks, and set-up. Storage and Mailbox are for a two month period.

LAFR Board Meeting December 14, 2013

These were discussed

1. Finance – see above
2. White Elephant Potluck at Patrick's
3. Christmas party at Jim's. William to coordinate.
4. Fun Run
 - Cancel Tuesdays and Wednesdays before the holidays
 - William will host Thursdays as usual
 - Todd will host Mondays as usual
5. Annual meeting set for January 18. Angus will explore venues. Meeting in January also allows for a full year review of financials.
6. Annual Banquet – Where?
 - Angus check Castaway
 - Patrick check La Canada Thursday Club
 - Bruce check venues in Santa Monica
7. Website – Angus began set up for Club Express. At least get membership form set up for 2014
8. Newsletter to go out before the holidays
9. Next meeting Monday Jan 13, 7 PM at Sean's

Holiday Fun Run Schedule

12/23 WeHo: YES!

12/24 Silver Lake:
CANCELLED

12/25 West Side:
CANCELLED

12/26 Pasadena: YES!

12/28 Griffith Park and
12/29 long runs: YES!



12/30 WeHo: YES!

12/31 Silver Lake:
CANCELLED

1/1 West Side:
CANCELLED

1/2 Pasadena: YES!

1/4 Griffith Park and
1/5 long runs: YES!

New Year's Day Run/Walk & Potluck at John Kawaharada's – see events page

Notes from the Back of the Pack

By Bill Walsky

In the spirit of the holiday season I asked fellow frontrunners to share advice and tips on making your 2014 running year healthier and more enjoyable. Thanks to Mark DeAngelis for suggesting the topic.



Rusty Millar...Stretch

Mark Penn...Experience has taught me a diet low in carbs and high in protein leads to increased stamina and never hitting the wall in longer events and in avoiding joint inflammation.

Sean O'Brien...If you're not having fun you're not doing it right.

David Dassey...Run smart and safe, change shoes every 400 miles, always face the traffic when running on bikepaths and roads.

Bernie Tan...A tempo run really helps improve speed, especially in those longer distances. Join the LAFRs who attend the Los Feliz Flyers weekly track workouts at Caltech for enhanced performance.

William Fang...Run with a friend or group of friends. Run with the right preparation: sunblock, warm/cold weather clothing, gatorade, Gu. Leave time in your schedule for adequate rest and recovery. Running a fast marathon will require 50 mile weeks and tempo runs. To run a fast 10K you can't avoid track and speed workouts.

Amy Ross...Remember, the key word is enjoyment. The benefits of running/walking are not limited to physical fitness.

Carlos Vizcarra...Set realistic season goals or race goals based on previous experience. Work towards these longer term goals by developing weekly goals in terms of mileage, types of workouts and times for intervals or timed runs.

Mark Johnson...Work at developing a positive internal voice. Make no room for self-doubt. Incorporate one tough workout a week in your training...track work, hill repeats, a solid tempo run. Don't worry about pace on your long runs or easy days, just enjoy the miles.

Ric Munoz...Two things that revolutionized my running were using a heart rate monitor (religiously) and doing 25 mile training runs in preparation for a marathon.

Patrick Owen...I have heard that running is 90% mental and I agree and employ many psychological tricks to keep myself inspired and focused. I am currently in between satellite watches and have been running "watch free" for the past 6 months - it has been great to let my physical and mental state dictate my pace and distance. So consider throwing the training schedule and the watch out the window - and just run.

Bill Walsky...Always find time in your day to perform some form of maintenance on your body whether that takes the form of stretching, foam rolling, yoga or strengthening your core. Your body will thank you with years of injury free miles.



Bernie leaning on Yumi as the two tend to the raffles

After two years of rain, the Fall Feast finally enjoyed a dry evening this year. We took full advantage of the beautiful yard at the ginormous home of Sean and Allen. The tables were decked out in the driveway, strung with lights, of course. The backyard was the staging for raffles and the LAFR store. The BBQ patio was used to collect donations for the shoe drive and the food drive. In the fabulous dining room, we put out the sumptuous dessert spread.

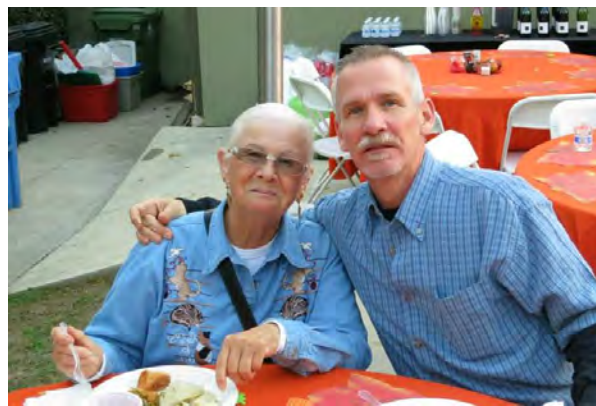
Volunteers brought the turkeys & hams. Others brought a wide variety of side-dishes, cranberry sauces, and desserts. The crowd had a good time tasting and voting for the winners in the three categories. One enterprising member brought a deep-fryer to fry a turkey. Unfortunately, there were some technical difficulties so alas, the deep fried turkey never made it to the table. But, there's always next year!

As always, LAFRs were very generous. We collected 100+ pairs of shoes to donate to SRLA for their attempt to break the world record. We also collected a carload of food to donate to the APLA World AIDS Day Food Drive.

Overall, about 70 people attended, making the Fall Feast one of our most popular events. It was an opportunity to have fun in a low-stress way before being completely consumed by the rush of the holidays.



Sean & the pups preparing dinner



Anne & Henri (mother and son) enjoy the feast.



President Kennedy continued his domination of the Cranberry Sauce category, just finishing ahead of Eddie (2nd) & Jason (3rd)



Left: Henri won the Dessert crown with Eddie Flores (2nd) & hubby Carl (3rd)

Right: Side Dish Queen Patrick with Amy Ross (2nd) and Doug Jones (3rd)



New: The Frugal Fronrunner

LAFR is thrilled to present a new section to the newsletter. Let's let Margie, the Discount Diva, describe what The Frugal Fronrunner is all about.

Happy Holidays! With all the parties and shopping making our wallets a little lighter, we are introducing a new monthly feature – The Frugal Fronrunner. Unlike the Discount Diva, it will include more budget friendly races that do not require a discount code. Most are time sensitive so if you can plan ahead a little you can save a lot!

Race	Race Date	Website	City	Amount	Notes
Operation Jack Half and Full	12/26/13	http://www.operationjack.org/marathon/	Dockweiler Beach	Marathon-\$85, Half - \$75	Add \$10 on race day
New Year's Eve Run	12/31/13	http://www.rocketracingproduction.com/	Santa Monica	Half - \$33, 5K - \$18, 10K - \$24, 15K - \$30	
New Year's Day Celebration	01/01/14	http://www.rocketracingproduction.com/	Santa Monica	Half - \$33, 5K - \$18, 10K - \$24, 15K - \$30	
Winter Warrior Marathon	01/11/14	http://www.rocketracingproduction.com/	Huntington Beach	Marathon - \$41, Half - \$31	
Winter Blast Run	01/12/14	http://www.rocketracingproduction.com/	Santa Monica	Half - \$31, 5K - \$16, 10K - \$23, 15K - \$28	
The Odyssey Marathon	01/25/14	http://www.rocketracingproduction.com/	Huntington Beach	Marathon - \$41, Half - \$31	
Highland YMCA Half, 5K and 10K	01/26/14	http://www.ymcaeastvalley.org/highland-run/	Highland	\$40	\$45 after Jan 7th
Beach Party Run San Diegito Half	01/26/14	http://www.rocketracingproduction.com/	Santa Monica	Half - \$31, 5K - \$16, 10K - \$23, 15K - \$28	
Palm Springs Half	02/09/14	http://www.kathylopererevents.com/san-diequito/	San Diego	\$60	Price increases to \$70 Jan 5th
Seaside Half	02/09/14	http://www.kleinclarksports.com/page2/page2.html	Palm Springs	\$65 Half, \$85 Relay	Prices increase after 12/31/13
Diamond Valley Lake Full and Half	02/23/14	http://www.seasidehalf.com/	Ventura	\$75	Add \$10 at expo
La Jolla Half	03/01/14	www.dvrun.com	Hemet	Full-\$65, Half-\$55	Prices increase Feb 1st
Laguna Hills Half	04/27/14	http://www.lajollahalfmarathon.com/	La Jolla	\$70	Prices increase after 12/31/13
Fontana Half	05/26/14	http://www.lagunahillshalfmarathon.com/index.html	Laguna Hills	\$65	Price increases after Feb 10th
Arroyo Creek Half, 5K and 10K	06/07/14	http://www.fontanadaysrun.org/	Fontana	\$50 (\$45 with team of 4 or more)	
Ventura Full and Half	08/10/14	http://www.arroyocreekhalf.com/Home_Page.html	Simi Valley	Half - \$45, 10K-\$30, 5k-\$15	Prices go up after Feb 1
Santa to the Sea Half	09/07/14	http://www.venturamarathon.com/	Ventura	Full-\$85, Half-\$60	Prices increase Jan 15th
	Dec 2014	http://www.santatothesea.com/	Camarillo to Oxnard	\$55	Until 12/31/13

Discount Diva

Race	Race Date	Website	City	Code	Amount	Expires
UT California 1020	02/16/14	http://www.cal1020.com/	San Diego	RaceGrader1020	\$5	
Race on the Base	02/22/14	www.raceonthebase.com	Los Alamitos	2014ROTB	\$5	
Hollywood Half	04/05/14	http://hollywoodhalfmarathon.com/	Hollywood	STAR	\$5	

Jim's Holiday Extravaganza



A panoramic view of the beautiful decorations at Jim's (thanks Bernie)

Left: Ted and Jim, hosts of the party. Jim grew out his mustache just for this.

Right: Elves Anthony and Margie, who assisted Santa Jim to make the party happen.



Jim and Augie



Martin and Gabor



Alex and Reg



Ren, after the food was gone.

If there were a world championship for Holiday Decoration, Jim Martinez would be a seeded contender. For the past several years, Jim has put on a fabulous party for the club. Traditionally the club would have a run in Griffith Park through the DWP Christmas Light Show, then head to Jim's for a party, which according to Jim was originally just an informal soiree. The DWP light show was canceled in 2010 due to construction, and has not yet been restored. But Jim's little soiree has blossomed to an extravagant party, with over 50 in attendance this year. Jim estimates he has 1000+ ornaments. Each year he makes room for new ones. This year, the den was newly done with a pastel snowflake-and-candy-cane theme. A few astute observers also commented the new white peacocks above the TV.

Diverging from tradition a bit, Jim made the food this year, with help from Anthony and Margie. This meant both greater variety (shrimp AND buffalo wings AND lasagna AND fabulous dessert) as well as larger quantities. Only one person did not have food this year: Ren who arrived 5 minutes after the food was put away. LAFR continued with our tradition of having a charity drive. This year, we collected several bins full of school supplies for School on Wheels in downtown Los Angeles.



Tom and Neil



David and Bill



Anne and Cat



Jason, Geoff, Deo, Robin

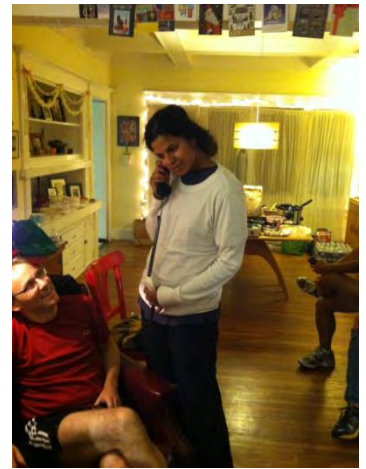
White Elephant Gift Exchange

The December Silver Lake Potluck fell on December 17 this year. In addition to the normal food and camaraderie, the club also planned a White Elephant Gift Exchange. Norman and Patrick graciously hosted the event at their beautiful home in Los Feliz.

Recently, several of us noticed we've been running low on main course dishes at the Silver Lake potlucks (according to Bruce, this is definitely not an issue on the west side...). Perhaps it's the season or the widespread realization, but this potluck had a surplus of stomach filling food. Both Patrick and William made curry chicken, Mark made a crock pot vegetable stew, Rob got two trays from Panda Express (he owns stock), and unnamed others all brought main course dishes. Yum.



The hosts, Norman and Patrick



Sarina savoring her gift



A festive house next to the reservoir



David, Mike, Kyle



Robb, William, Rob

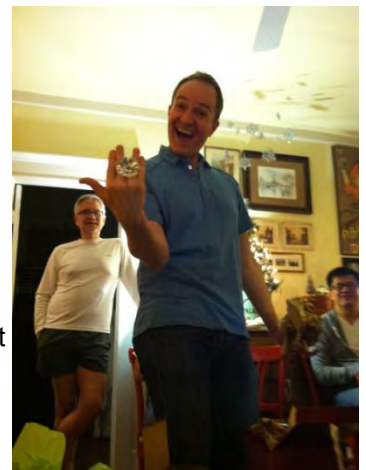


Richard dutifully opening his gift

If you don't know the rules of White Elephant, just google it. Suffice to say the most fun part was the stealing portion. This year, folks were not shy about stealing gifts! The most popular gift was a bauble wine topper, which Norman is sporting in the photo on the right. Unfortunately for Norman, Bernie stole it, then Henry stole it. No clue why it was popular. Another popular gift was a collection of chocolates, including different flavors of dark chocolate from Trader Joe's.

Other surprisingly stolen gifts were a phone headset that went home with Sarina, who ripped it from William's hand, and a cookbook that Kyle tore away from David (allegedly for YFHM). And popping up from last year was a banana holder + hair towel + basket combo that

Norman ended up with.



The most popular gift tonight...



Left:
Rusty, Mark,
Sarina



Right:
Henry and
Bernie

Upcoming Events & LAFR Teams for SRLA



Final Grand Prix Race of 2013



Thursday 12/26 in Playa del Rey

Operation Jack Marathon Half/Full

www.operationjack.org/marathon/

Eight LAFR 2-person relay teams to run LA Marathon to raise funds for SRLA. Please donate if you can!

Eight teams of LAFRs will be running the LA Marathon to raise money for Students Run LA. Each team is comprised of two people with each team member running a half marathon. Each team has a minimum fundraising requirement of \$900 so keep your eye out as we plan events to help our club members reach their fundraising goals. If you would like to donate to the cause, please click on the following link and thank you!

<http://www.imathlete.com/donate/LosAngelesFrontrunners>

Our teams are:

Eric Alvarez & Mark Johnson
(pictured right)

Patrick Owen & Dan Graham
Angus & Bernie

Jeff Masino & Richard Peng
Reg Willson & Adran Bewley

Albert Giang & Kelly Perigoe

David Dassey & Jason Coleman

Mike Kerkman & William Fang



New Year's Day Fun Run and Potluck

Join host John Kawaharada for a fun run into Runyon Canyon in Hollywood followed by a potluck brunch. Please bring your New Year's Day good luck tradition of the culinary variety or anything yummy (Yumi will be there of course) to share. The club will provide coffee, juice and drinks. There will be various options for the run/walk/sit and wait to eat.

When: 11:00 AM Sharpish, followed by potluck

Where: 7981 Hollywood Blvd., Los Angeles 90046
(between Fairfax and Laurel Canyon)

Parking: Street sweeping, metered parking and associated time limits waived on New Year's Day. Permit parking will be enforced.



Race Results

Day of the Dead Series

Half Marathons

David Grudzien

El Paso, TX 10/31.... 2:25:40

Wilcox, AZ 11/1..... 2:17:38

Las Cruces, NM 11/2.2:07:44

Las Cruces, NM 11/3.2:44:12

R'n'R Savannah Half

Savannah, GA 11/9

David Grudzien..... 2:10:55

Malibu

Malibu, CA 11/10

Half

Tanya Haney..... 2:25:10 PR

Full

Deo Jaravata..... 4:39:26

Palos Verdes Half

Palos Verdes, CA 11/16

David Grudzien..... 2:20:54

Silver Strand Half

Coronado, CA 11/17

David Grudzien..... 2:32:07

Rock'n'Roll Full

Las Vegas, NV 11/17

Deo Jaravata..... 3:57:02

Rt. 66 5K

Tulsa, OK 11/23

David Grudzien..... 25:53

Deo's Hall of Fame Full

Huntington Beach, CA 11/23

Deo Jaravata..... 4:22:20

Rt. 66 Half

Tulsa, OK 11/24

David Grudzien..... 2:11:07

Feeling Stuffed Full

Long Beach, CA 11/29

Deo Jaravata..... 4:14:20

Space Coast Half

Cocoa, FL 12/1

David Grudzien..... 2:12:01

Catalina Eco Trail (Grand Prix)

Avalon, CA 11/9

10K

Angus Kennedy..... 46:05 1st 45-49

Full

Sean O'Brien..... 3:55:00 1st 50-54

John Kawaharada.... 4:22:31 1st 45-49

Reg Willson..... 4:49:44

Wadley..... 5:07:02

Deo Jaravata..... 5:31:55

Mike Carbuto..... 6:22:14

CityFarm Turkey Trot (Grand Prix)

Griffith Park, CA 11/16

5K

Eric Alvarez..... 17:34 1st 45-49

William Fang..... 17:46 1st 35-39

Bernie Tan..... 21:10 2nd 45-49

Anthony Chan..... 33:44 PR

Rusty Millar..... 37:35 2nd 60-64

Yumi Afrento..... 40:52 PR

10K

John McGuinness.... 40:11 2nd 40-44

Angus Kennedy..... 43:43 3rd 45-49

David Gonzalez..... 44:04 1st 30-34

David Dassey..... 45:07 1st 60-64/PR

Dan Graham..... 48:47 1st 55-59

Mike Carbuto..... 52:10 2nd 60-64/PR

Gardner Delano..... 56:38

Burbank Turkey Trot (Grand Prix)

Burbank, CA 11/28

5K

Mike Kerkman..... 19:08 2nd 35-39

Bill Winkelmann..... 27:58

Bill Walsky..... 46:33

10K

Mark Johnson..... 39:42 2nd 45-49

Bill Austin..... 44:03 1st 55-59/PR

Angus Kennedy..... 44:23

Jason Coleman..... 1:16:59

LA Turkey Trot 10K (Grand Prix)

Downtown Los Angeles, CA 11/28

Andrew Wissmiller.. 42:33 1st 60-64/PR

Palisades Turkey 5K (Grand Prix)

Pacific Palisades, CA 11/28

Brian Dunbar..... 24:50



William Fang (1:24:23 – 2nd 35-39) and Mark Johnson (1:23:28 – 1st 45-49) ran the 3rd & 4th fastest half marathons of all LAFRs in 2013 at the Holiday Half on 12/15

Turkey Day 5 Miler (Grand Prix)

New Orleans, LA 11/28

David Dassey..... 36:09 2nd 60-64

Topanga Turkey 15K (Grand Prix)

Topanga, CA 11/28

Bruce Bair..... 1:24:41

Patrick Conner..... 1:41:04

Tiger Run (Grand Prix)

South Pasadena, CA 12/7

5K

Bernie Tan..... 20:05 2nd 45-49

Dan Graham..... 23:38 3rd 55-59

Eric Fischer..... 28:24

10K

Tanya Haney..... 64:37

Holiday Half (Grand Prix)

Pomona, CA 12/15

Mark Johnson..... 1:23:28 1st 45-49

William Fang..... 1:24:23 2nd 35-39/PR

Bernie Tan..... 1:35:03

Deo Jaravata..... 1:48:52

Dan Graham..... 1:53:27

Mike Carbuto..... 2:07:07 PR

Brian Dunbar..... 2:12:43

Mike Smith..... 2:16:58

Geoff Buck..... 3:03:37

Grand Prix Series Standings as of 12/15

CHAMPIONS RACE

The Champions Race determines overall male and female Grand Prix champions. Points are calculated using the WAVA Age-Graded tables (see website for more info). Runners with max allowable races (6) are ranked first.

Division	Races	Average
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MALE

1. Carlos Vizcarra	6	81.79
2. Mark Johnson	6	79.52
3. Richard Nelson	6	78.56
4. Andrew Wissmiller	6	76.67
5. William Fang	6	76.03
6. David Dassey	6	74.47
7. Bernie Tan	6	72.81
8. John McGuinness	6	72.69
9. Angus Kennedy	6	70.36
10. Dan Graham	6	68.65

FEMALE

1. Tanya Haney	5	53.25
2. Margie Gonzales	5	51.60
3. Cat White	5	44.48
4. Regina Robinson	5	32.19
5. JD Rouan	4	54.63
6. Keeley Webster	4	34.16
7. Marilyn Jackson	4	32.05
8. Melissa Coleman	3	60.19
9. Lee Miller	3	43.23
10. Donna Balinski	3	34.24

RACEWALK

1. Deo Jaravata	6	62.23
2. Bill Walsky	4	51.16
3. Patricia Bates	2	68.62
4. Juan Moreno	1	63.21
5. Connie Hammen	1	58.68
6. Sue Roth	1	53.84
7. Keeley Webster	1	41.30
8. Cat White	1	40.97
9. Donna Balinski	1	40.33
10. Regina Robinson	1	27.16

AGE GROUP MEN

Division	Races	Points
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Male 20-29

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

Male 30-34

1. Mike Kerkman	6	845
2. Jorge S Corona	5	600
3. William Korthof	5	545
4. David Gonzalez	5	505
5. Patrick Conner	4	410

AGE GROUP MEN

Division	Races	Points
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Male 35-39

1. William Fang	6	940
2. John McGuinness	6	740
3. Carlos Vizcarra	5	635
4. Albert Giang	6	630
5. Rob Chen	6	610

Male 40-44

1. Bernie Tan	6	795
2. John Kawaharada	5	650
3. Richard Peng	6	595
4. Don Formanek	4	455
5. Kent Hamilton	3	385

Male 45-49

1. Mark Johnson	6	845
2. Angus Kennedy	6	780
3. Deo Jaravata	6	620
4. Eric Alvarez	3	435
5. Bruce Bair	3	315

Male 50-54

1. Reg Willson	6	740
2. Mong Noiboonsook	6	700
3. Brian Dunbar	6	680
4. Sean O'Brien	3	430
5. Carl Maravilla	3	365

Male 55-59

1. Bill Austin	6	820
Dan Graham	6	820
3. Doug Jones	6	700
4. David Grudzien	2	230
5. Geoff Buck	2	200

Male 60+

1. Andrew Wissmiller	6	850
2. Richard Nelson	6	805
3. Mike Carbuto	6	775
4. David Dassey	6	770
5. Bill Walsky	6	730

AGE GROUP WOMEN

Division	Races	Points
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Female 30-39

1. JD Rouan	3	330
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Female 40-49

1. Regina Robinson	6	650
2. Cat White	5	550
3. Melissa Coleman	4	475
4. Donna Balinski	4	455
5. Marilyn Jackson	4	440
Lee Miller	4	440

Female 50-59

1. Margie Gonzales	6	730
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Female 60+

1. Patricia Bates	2	255
2. Amy Ross	1	125
3. Sue Roth	1	105
Connie Hammen	1	105

TRAIL MASTER

The Trail Master Race is a combination points & age-graded accrual competition that determines the club Trail Running Champion. Runners with max allowable races (5) are ranked first.

Athlete	Races	Average
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1. Andrew Wissmiller	5	90.14
2. Mong Noiboonsook	5	71.54
3. Sean O'Brien	4	114.18
4. Jonathan Toker	4	100.58
5. Angus Kennedy	3	107.67
6. Jeff Lymburner	3	97.31
7. John Kawaharada	3	92.32
8. Deo Jaravata	3	78.85
9. Mike Carbuto	3	74.06
10. Mark Johnson	2	122.97

Below: Mark, William, Anthony, Bernie & Dan after the Holiday Half Marathon



13.1 Challenge Standings as of 12/15

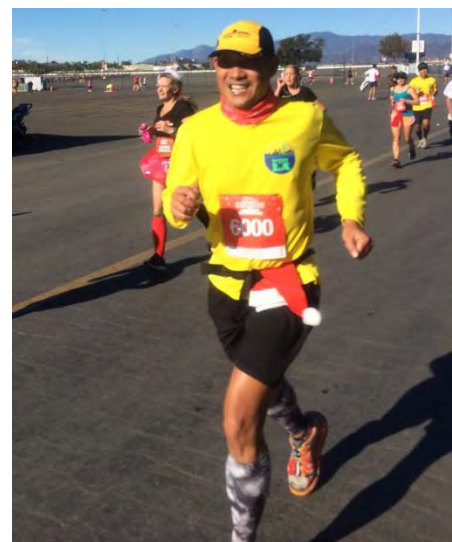
December Racers



Bernie Tan at the Holiday Half on 12/15



Mike Carbuto ran a PR at the Holiday Half



SRLA Coach Deo at the Holiday Half



13.1 MOST

Name	Amount
1. David Grudzien	52
2. Margie Gonzales	13
3. John McGuinness	5
Doug Jones	5
Deo Jaravata	5
6. Bill Walsky	4
Andrew Wissmiller	4
Mike Carbuto	4
Mark Johnson	4
10. Angus Kennedy	3
Mong Noiboonsook	3
Richard Peng	3
William Fang	3
14. 11 LAFRs	2
25. 21 LAFRs	1



TO REPORT RACE RESULTS,
PLEASE USE THE RACE
REPORTING TOOL ON THE
GRAND PRIX PAGE AT
WWW.LAFRONTUNNERS.COM

13.1 Fastest Men

Name	Time	Race
1. Eric Alvarez	1:15:47	Mountains2Beach
2. Carlos Vizcarra	1:18:38	Surf City
3. Mark Johnson	1:23:28	Holiday
4. William Fang	1:24:23	Holiday
5. John McGuinness	1:28:22	OC
6. Mike Kerkman	1:29:44	RnR LA
7. Bernie Tan	1:29:57	Mountains2Beach
8. Jorge Santana Corona	1:31:56	Ventura
9. Reg Willson	1:34:34	Long Beach
10. Jonathan Toker	1:35:23	Boney Mountain

13.1 Fastest Women

Name	Time	Race
1. Melissa Coleman	2:06:36	SF
2. Tanya Haney	2:25:10	Malibu
3. Margie Gonzales	2:35:03	Fontana
4. Cat White	2:48:07	Mountains2Beach
5. Donna Balinski	3:16:07	Mountains2Beach

13.1 Biggest PR

Name	Cum. Time	Race
1. Tanya Haney	0:10:21	Malibu & V. Crest
2. Albert Giang	0:08:12	Mountains2Beach
3. Dan Graham	0:06:55	Mountains2Beach
4. Mike Carbuto	0:06:28	OC & Holiday
5. Eric Alvarez	0:06:03	Mountains2Beach
6. Cat White	0:05:58	Mountains2Beach
7. Andrew Wissmiller	0:05:21	Ventura & LB
8. Bernie Tan	0:05:12	Mountains2Beach
9. David Grudzien	0:05:07	Palmetto
10. William Fang	0:04:33	Kaiser/SF/Holiday

Biggest PR: Like our other grand prix categories, the PR you're trying to best for the 13.1 Challenge is a 5-year PR (your fastest half from 2008-2012). This is cumulative for the year – so, for example, if you set a new PR in Jan. by 5 minutes and then break the new PR by 2 minutes in May, your total is 7 minutes.



Mark Johnson, Bill Austin & Mike Kerkman all finish in their age groups at the Burbank YMCA Turkey Trot on Thanksgiving Day.

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!).

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Angus Kennedy & Mark Johnson

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**Mark Grumet ▪ Jeffery Masino ▪ Abbe Land ▪ Dave Kettel
David Dassey ▪ Amy Ross ▪ Ross Lamkin & Aaron Rothbart
Otis Redding & Kaspar ▪ Arturo Salgado & Seth Diamond
Michael Carter ▪ Jim Martinez ▪ Don & Teddy ▪ Bill Walsky
Donna M. Balinski ▪ Richard Nelson ▪ Neil E. Johnson, CPA
Eddie Flores ▪ Norman Dixon & Patrick Owen ▪ John Kawaharada
John McGuinness & Doug Jones**

Turkey Trot on Nov 17

For the inaugural City Farm Turkey Trot in Griffith Park on Nov 17, LAFR fielded 15 runners. The race had both a 5K and a 10K. In the 5K, Eric Alvarez was 5th overall and 1st for LAFR; in the 10K, John McGuinness was also 5th overall and 1st for LAFR.



Almost the whole gang after the race.

The race was hand-timed and the 5K and 10K both started together. Therefore, this being their first race, the organizers did not anticipate runners would change their race. Some 10K runners dropped to the 5K and the organizer thought their 5K times were 10K times. This was painfully apparent when the 10K winner was initially announced to have run it in 21 minutes. Yikes.

Unfortunately the timing was not entirely resolved for a while. The men's 5K results were still not announced when everyone other than Rusty left. The race course snaked around the golf course to the horse trails so was not particularly fast.



Another group shot! That's Barry and David on the left. This is the first time David has met LAFR outside of the Thursday run.



Anthony and Yumi getting worried about the results, but still liking the yogurt.

Regardless, there were several sub-elite Santa Monica Track Club runners at the race, including the female 5K winner, former UCLA 800 meter runner Krishna Curry. The men's 5K winner ran a sizzling 14:51. The course was also like home for LAFR, so we knew what to expect. Coach Johnson noticed an impassable muddy section on the 10K. He and John Kawaharada kindly stood just before the impasse and instructed the runners



Hey I know you!

how best to navigate ("Stay on the right and use the sandbags!"). For a small-ish race, we got a lot of free yogurt. A few people even grabbed boxes full of them. After the race, most of the racers went to Modern Eats, where lo and behold we ran into the regular Saturday morning crowd, plus Rob Chen, who is still devoted to breakfast even though he is injured and not running at present. He is very dedicated.

Pictures!



Jeff Swafford and Eric Alvarez recently tied the knot! 12/7



Mike, Sean, Jim with Arlington on top Mt Verdugo and with Mt Wilson in the background. 11/24



WTF and SOB with Arlington at the saddle before Mt Lowe. It was freezing code. 12/8



Sean, Mike, William with Arlington on top Mt Verdugo. Same spot, different angle. 11/24



SOB teaching Arlington about bear tracks. 12/8

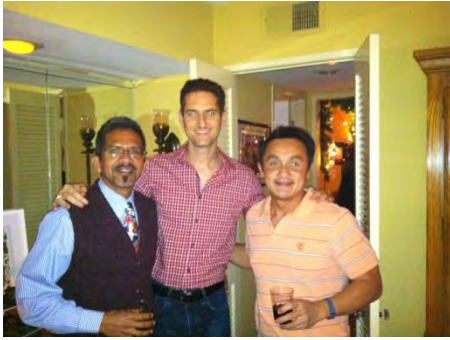


Tanya after completing the Malibu Half Marathon. 11/10



Andrew taking a breather at Saddleback in the Santa Monicas. 12/15

More pictures from the Holiday Extravaganza!



Carl, Brent, Richard



Jeff, Brad, Todd



Jim, Albert, Margie, Keeley, Bernie



Gary and Jim, photo-bombed by Reg



Cat and Keeley



Rob, Bruce, Dan, Todd, Brian

More pictures from the Fall Feast!



Mike, Terry, Chris in the dining room sampling the dessert spread.



Wadley and friend, Kevin and Rina pause from eating to smile for the camera.



Mark, Craig, David deciding which sweets to eat.



William & Angus with hosts Sean & Allen



Chris & Sarina enjoy dessert



Terry, Patrick & Norman during set-up

Focus on Mt Wilson: All roads (can) lead to Mt Wilson

Mt Wilson is a perennial favorite for trail and distance runners. If you've joined the Sunday long runs regularly, you must have ascended Mt Wilson (or tried ascending before turning back ☺). This happens for a few reasons:

1. Mt Wilson is centrally located.
2. It's challenging, but not too challenging, like Baldy.
3. There's a nice café and water spigot at the top.
4. It is accessible from many starting locations.

On December 1, the club had another run up Mt Wilson. It was also the last day of operation for Cosmo Café before it shuts down for winter. Try the Dorito Pie.



John, William, and Jim resting at the confluence of the Gabrielino Trail, the west fork of the San Gabriel River, and Rincon Red Box Truck Trail in a valley north of Mt Wilson. John is his usual ecstatic self, and Jim his stoic self.

In addition to the Toll Road, which starts in Eaton Canyon Park in NE Pasadena, and the Trail, which starts in Sierra Madre, Chantry Flat north of Arcadia on Santa Anita is popular: <http://www.usatf.org/routes/view.asp?rID=519012>. Altadena also has several starting points at the Sam Merrill Trail, the Chaney Trail, and the Sunset Ridge Trail. All three connect to Mt Lowe Road, which is a long way of getting to Wilson. For those who rather drive, the 2 highway (Angeles Crest Highway) allows for car access from the north. Points along the 2, such as Red Box, also connect to Mt Wilson. Location is important and Mt Wilson is just very well located for trail runners. Hope you try it someday.



Mike, Rusty, and Mong at the Cosmo Café on top Mt Wilson on the last day (12/1) before it closes for the winter.

So how do you get to Wilson? From the south, the two main arteries are the Mt Wilson Toll Road and the Mt Wilson Trail. The Toll Road no longer collects a toll, but as the name suggests is the wider and gentler way up. It climbs the 4700 ft in about 10 miles. The main drawback is the lack of shade.

The Trail began as a bandit alternative to avoid the tolls. But nowadays it is a well-worn trail. The Trail is more rugged and less graded than the Toll Road. It is also steeper, climbing the same altitude in about 7 miles. The biggest draw of the Trail is that it is better shaded and feels more as one with nature. Both the Toll Road and the Trail are popular and are mapped here on the USATF website.

<http://www.usatf.org/routes/view.asp?rID=532916> (Toll Road)
<http://www.usatf.org/routes/view.asp?rID=532944> (Trail)

There's an annual race up the Trail too (hint, it's hard):
<http://www.mountwilsontrailrace.com/HOME.html>



Sean, Mong, Jim, and Mike lining up for the men's room. There's a cute little park at the head of the Mt Wilson Trail.