

### LA Frontrunners Year in Review: Eric, Carlos & Patricia Lead Top Results for 2012

2012 was another great year for LAFR runners. Eric Alvarez ran the fastest 5K in the club posting a 16:37 en route to the overall win at our annual Pride Run. Carlos Vizcarra ran the fastest marathon, a superb 2:45:09 at Los Angeles and Patricia Bates, though running a reduced schedule in 2012, still ran the fastest 10K and half marathon for the LAFR women. See page 3 for the top runners at all distances for 2012.



2012 LAFR standouts Eric Alvarez (left), Patricia Bates (right), and Carlos Vizcarra (below)



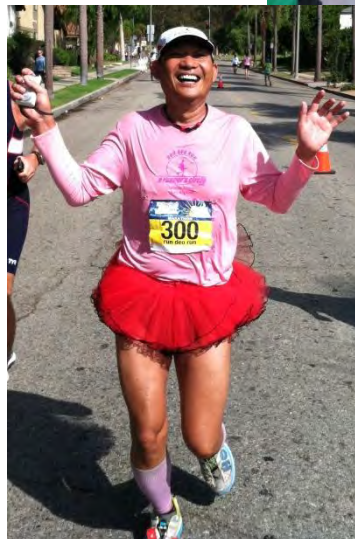
## January 2013

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### Chili Cook-Off 2012: Return of Ross

Ross Lamkin claimed the Chili Queen crown for a second time last October at the 13<sup>th</sup> Annual LAFR Chili Cook-Off



### Deo Jaravata: Marathon #300

Deo Jaravata completed his 300<sup>th</sup> marathon last October at the Long Beach Marathon

## Notes from the Back of the Pack with Bill Walsky



*[Editor's Note: Bill Walsky has been a long-time member of LAFR who often has a humorous and/or insightful take on running-related issues and has graciously agreed to be a regular feature in our newsletter.]*

A new year brings new hopes and dreams with it, and nowhere is that more apparent than in the responses of LA Frontrunner members to the simple question, "What do you hope to accomplish "runningwise" in the next twelve months?"

**Amy Ross:** I hope that I can keep one foot moving ahead of the other...in that order.

**Patrick Owen:** Train well for and complete the Ojai to Ventura marathon w/ a good run - and if that means a BMQT - yay! And continue to enjoy running & LAFR as much as I do!

**Carlos Vizcarra:** Key races for me this year will be Surf City Half where I aim to run sub 1:17. LA Marathon: 2:45. I also plan on running NYC for first time. It will be my first marathon competing in the masters category; hopefully I can still run it in the 2:40's. Also Pride Race.

**Rick Hetzel:** Run the Buzz Half in Feb., & then continue to progress with improved speed (with no illusions that I'll be the runner I once was).

**Rusty Millar:** Let me get past the half marathons in Antarctica and Chile and we can talk.

**David Dassey:** Get more time on the trails and remain uninjured. Run a great race at Boston.

**Bill Winkelmann:** Make it to more Saturday runs in GP, my knees continue to hold out and can support me through our Pride Run, a sprint tri.

**Carl Maravilla:** Looking forward to racing again.

**John McGuinness:** Remain injury free, PR at marathon.

**Doug Jones:** Run the LA Marathon.

## ***Walsky continued***

**Linwood Fullam:** Run the Hollywood 10k in April and the Pride Run in June.

**Bernie Tan:** Get back to 2011 fitness.

**Brad Maury:** Increase mileage.

**Bill Austin:** Run consistently throughout the year. Do a minimum of six Grand Prix races.

**Bill Walsky:** Stay healthy and finally run the LA Marathon and New York Marathon.

Best of luck to everyone in LA Frontrunners in 2013.

## **New Year's Day Run & Potluck**

Patrick Owen hosted a New Year's Day run in his corner of Toluca Woods. He planned a leisurely 10K course weaving through his beautiful neighborhood as well as adjacent Toluca Lake. Unfortunately, Toluca Lake itself is almost completely surrounded by private residences. But, we caught a peek-a-boo view of the lake at the southern end of S Valley St.

After the run, we had a wonderful potluck paired with mimosa. Strangely, the orange juice ran out before the champagne did.



Enthusiastic LAFR runners about to embark on the run



Left: New Year's Day Run & Potluck Host Patrick Owen flanked by David Dassey and Jeff Masino

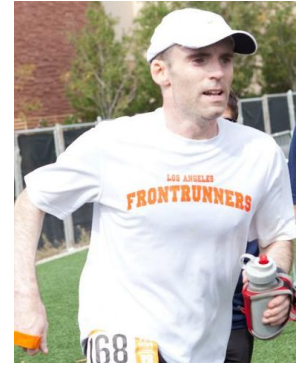
# 2012: Year in Review

## Fastest LA Frontrunners

In a year full of outstanding running, cheers to the best of the best! Rankings compiled from results reported to LAFR during 2012 (each runner's fastest result used).



Left: Eric Alvarez and Carlos Vizcarra each topped two year-end lists for 2012. Right: Along with Carlos, Mark Johnson and John McGuinness were the only runners to appear on all four year-end lists.



### 5K

1. Eric Alvarez	16:37
LAFR Pride	6/10
2. Carlos Vizcarra	16:49
Pasadena Fitness	7/14
3. Mark Johnson	17:56
Will Rogers	7/4
4. William Fang	18:36
LAFR Pride	6/10
5. Moises Medina	18:37
LAFR Pride	6/10
6. Mike Kerkman	18:41
LB Pride	5/19
7. John McGuinness	18:46
LAFR Pride	6/10
8. Carl Maravilla	19:09
LAFR Pride	6/10
9. William Korthof	19:10
LAFR Pride	6/10
10. Brad Maury	19:35
LAFR Pride	6/10

### 10K

1. Eric Alvarez	34:31
Victory 4 Victims	4/15
2. Carlos Vizcarra	35:16
Rose Bowl 10K	1/22
3. Mark Johnson	37:51
LB Pride	5/19
4. Todd Sullivan	38:12
LAFR Pride	6/10
5. Carl Maravilla	38:25
LB Pride	5/19
6. Moises Medina	38:27
LB Pride	5/19
7. John McGuinness	38:59
Victory 4 Victims	4/15
8. William Korthof	40:01
Windmill	3/25
9. Mike Kerkman	42:10
PS Pride	11/7
10. Patrick Owen	42:30
LB Pride	5/19

### Half Marathon

1. Carlos Vizcarra	1:16:53
Surf City	2/5
2. Mark Johnson	1:18:18
Fontana	6/2
3. Eric Alvarez	1:20:08
Santa Clarita	11/4
4. Luis Aguilar	1:22:46
Chesebro	3/24
5. Jonathan Toker	1:24:11
Paramount Ranch	12/15
6. John McGuinness	1:25:52
Surf City	2/5
7. Angus Kennedy	1:28:46
Fontana	6/2
8. Richard Nelson	1:37:10
Palm Springs	2/12
9. Bernie Tan	1:37:11
H'wd Half	3/26
10. Ted Wyder	1:37:46
San Francisco	7/30

### Marathon

1. Carlos Vizcarra	2:45:09
Los Angeles	3/18
2. John McGuinness	2:57:19
Los Angeles	3/18
3. Moises Medina	2:58:46
Santa Rosa	8/26
4. Mark Johnson	3:04:02
Boston	4/16
5. Bernie Tan	3:15:03
Los Angeles	3/18
6. William Korthof	3:25:30
San Francisco	7/30
7. Ric Munoz	3:27:43
Desert News	7/24
8. Angus Kennedy	3:31:23
Santa Rosa	8/26
9. John Kawaharada	3:31:47
San Francisco	7/30
10. Bruce Bair	3:32:11
Los Angeles	3/18



The LAFR ladies had 3 runners take the top spots on the year-end lists. Left is marathon champ Allyne Winderman. Right is half marathon and 10K champ Patricia Bates with partner Sue Roth. Next are Margie Gonzales and Sara Croft, who appear on all four year-end lists.



### 5K

1. Melissa Coleman	25:32
LAFR Pride	6/10
2. Patricia Bates	28:36
Palm Springs	2/12
3. Sara Croft	31:42
Firecracker	2/12
4. Margie Gonzales	32:50
Wrigley River	6/2
5. Marilyn Jackson	36:31
LA Marathon 5K	3/17

### 10K

1. Patricia Bates	56:07
Victory 4 Victims	4/15
2. Sara Croft	67:24
Victory 4 Victims	4/15
3. Margie Gonzales	72:12
Victory 4 Victims	4/15
4. Regina Robinson	85:41
Jet to Jetty	8/25
5. Keeley Webster	90:35
Firecracker	2/12

### Half Marathon

1. Patricia Bates	2:17:48
LA R'n'R	10/28
2. Margie Gonzales	2:36:19
Wounded Warrior	9/15
3. Sara Croft	2:36:43
13.1	1/15
4. Marilyn Jackson	2:44:23
Pasadena R'n'R	2/19
5. Cat White	2:54:05
13.1	1/15

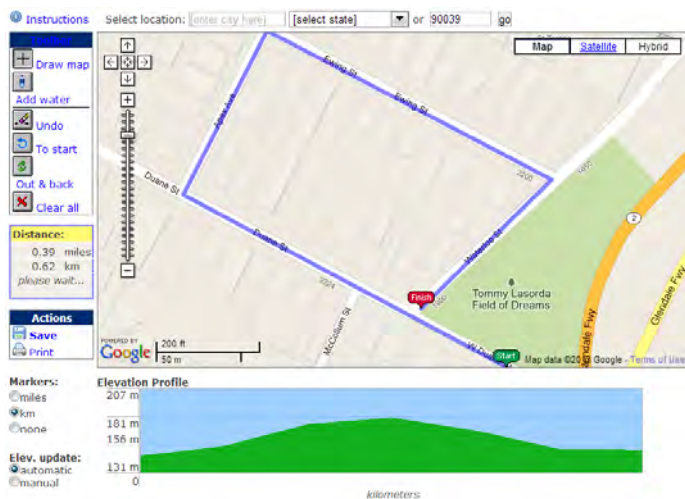
### Marathon

1. Allyne Winderman	5:18:23
Boston	3/20
2. Margie Gonzales	5:57:45
OC	3/20
3. Sara Croft	5:58:24
Berlin	1/30

**Annual Banquet January 27 at the Castaway. Buy your tix thru the online store today!!**

## **Spotlight on Workout: Hill Repeats Every Other Tuesday**

On 1/8, Coach Johnson led us on a challenging hill workout that will continue every other Tuesday leading up to the LA Marathon. This is a great workout for LA Marathon training and strength training in general. The workout is for all levels: the speed and number of reps depends on your own fitness. Here is the hill profile:



The Duane St hill is a 35 meter/115 feet climb. While we have run much bigger hills, this is a pretty steep climb.

The entire workout consists of:

- A warm-up loop around the Silver Lake reservoir
- A run up the northwest end of Duane St, which counts as one repetition
- 5-8 repetitions of the Duane St hill
- A warm-down loop around the Silver Lake reservoir (or directly back to rec ctr)

The total distance ranges from 5-8 miles (depending on how many reps you do).

The dates for the remaining hill repeats are: January 22, Feb 5, Feb 19, March 5



The LA Marathon (3/17) is always an exciting event for LA Frontrunners. The club is also prepping runners through a training program coached by Mark Johnson and coordinated by Patrick & Angus. Even if you are not running, you can participate by volunteering for:

- The LAFR water-stop. Carl Maravilla and Regina Robinson will be coordinating.
- Pancake breakfast Saturday (3/16): Geoff Buck and Jason Bautista will be coordinating.
- Post Race party at Sean & Allen's.

Keep your eye out for details as the event nears. The website for the marathon itself is: [www.lamarathon.com](http://www.lamarathon.com). Email us if you have questions on the training program.

## **SRLA Friendship Run**

LAFR has strong ties to Students Run LA, a non-profit that helps students of LAUSD build character by training for the LA Marathon. Four LAFRs – Geoff Buck, Brian Dunbar, Mike Smith, and Deo Jaravata are coaches this year..

SRLA has an upcoming run in the Hansen Dam Recreational Area. Join SRLA for the Friendship Run on February 10 (this is a LAFR Grand Prix race as well). This is an 18-mile course in and around Hansen Dam. This year there will also be a 10 mile race option. Registration fees are \$60 for the 18 miler and \$40 for the 10 miler. All participants will receive a t-shirt and finisher's medal upon completion of the event.

You can register online at:

<http://www.imathlete.com/events/18milefriendshiprun>



# Board Message: Happy 2013!

## President and Vice President



Angus Kennedy (left) and Patrick Owen (right) return. They led LAFR as recently as 2011.



## Secretary

Bruce Bair returns to the board as well and represents the Westside constituents.



## Treasurer

William Fang was most recently Treasurer of LAFR in 2010 and claims to be good with numbers.

## Director-at-Large

David Dassey served on the board for 3 yrs. back in the 90's and is eager to serve again.



## Director-at-Large

Geoff Buck is a math teacher at Hollywood High (go Sheiks!) and very active with SRLA. This is Geoff's first time on the board.

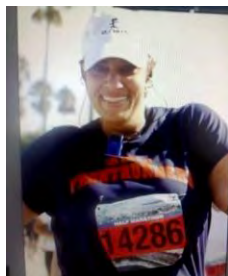
## Director-at-Large

Regina Robinson returns from the 2012 board and has helped plan numerous events such as Hamburger Mary's.



## Director-at-Large

Ross Lamkin has been with the club for 7 yrs and is well-known for his cooking & baking prowess. Though a first-time BOD member, Ross has reigned twice as the Chili Queen.



## Director-at-Large

John Kawaharada has enjoyed the club's friendship and guidance for the past 2 years. This is John's first time on the board and he is gunning for Ross's Chili Queen crown.

## Director-at-Large

Margie Gonzales, aka The Discount Diva, was a recent BOD member. She returns to help on tasks from uniforms to the newsletter to Pride Run.



## Director-at-Large

Sean O'Brien was the club president back in 2005. He gave rise to the term "Sean Mile" which is somewhere between 1 to an indefinite number of miles.

## WELCOME NEW MEMBERS!

(Since September 2012)

- |                 |                 |
|-----------------|-----------------|
| Sarah Boone     | Randy Godin     |
| Eric Blakely    | Eric Gardon     |
| John Aragon     | David Islas     |
| Michael Whitley | Warren Gorowitz |
| Michael Johnson | Paul Wendell    |
| James Sullivan  |                 |

## Los Angeles Fronrunners

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

Angus Kennedy, *president*  
Patrick Owens, *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)

# LAFR BIRTHDAY BOYS AND GIRLS



1/1 Michael Carbuto	2/4 Daniel Rodgers
1/4 James Williams	2/7 Sarah Boone
1/9 Robb Briggs	2/7 Patrick Conner
1/11 Arturo Salgado	2/9 Mike Kezsely
1/13 Lorraine Silver	2/9 Bryan Prado
1/14 Sean O'Brien	2/9 Mike Smith
1/15 Angus Kennedy	2/10 Mike Smith
1/18 Chris Tapper	2/13 Michael Whitley
1/19 Ken Dunn	2/13 Mark Johnson
1/22 Dan Graham	2/15 William Fang
1/26 Alicia Soto	
1/27 Margie Gonzales	
1/27 Bernie Tan	
1/28 Ross Lamkin	
1/29 Ruthanne Salido	
1/31 Gen Levy	
2/1 Carl Maravilla	
2/3 Lui Sanchez	



*B-days! Above: Celebrating Robb Briggs after 1/8 Silver Lake Run. Right: Celebrating Sean & Angus after the 1/15 Silver Lake Run.*

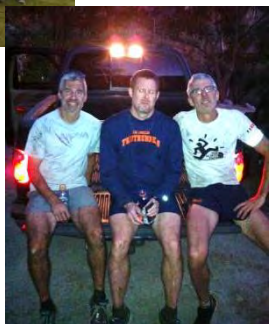
**For the February Newsletter, we're seeking photos of couples, whether past or current, in celebration of Valentine's Day. Please submit a photo and a short story/caption to [lafronrunners@gmail.com](mailto:lafronrunners@gmail.com)**

## Tales from the Trails



*LAFRs checking out Grand Park and resting on pink benches in front of LA City Hall last October*

*Sean, Ross, Jeff, and John (taking the pic) after a grueling 9 hour run at Trail Canyon Falls near Tujunga. Loved-ones were about to call the county rescue team just before they emerged at dusk. November 4, 2012*



### Los Angeles Frontrunners Annual Treasurer's Report for 2012

Balance on 2011 Nov. 30	\$	22,413.78
Balance on 2012 Nov. 30	\$	15,775.59
Net change	\$	(6,638.19)

type	net gain or loss	revenue	expense
<b>Club Events</b>			
Annual Banquet 2012	\$ (831.30)	\$ 3,625.00	\$ (4,456.30)
Annual Meeting 2011	\$ (218.76)	\$ -	\$ (218.76)
Catalina 2012	\$ (267.65)	\$ 900.00	\$ (1,167.65)
Chili Cook-off 2011	\$ (81.13)	\$ -	\$ (81.13)
Chili Cook-off 2012	\$ (131.98)	\$ -	\$ (131.98)
Christmas Party 2011	\$ (326.03)	\$ -	\$ (326.03)
Death Valley 2011	\$ (2,377.20)	\$ -	\$ (2,377.20)
Death Valley Late 2010	\$ (2,192.32)	\$ -	\$ (2,192.32)
Eggstravaganza 2010	\$ (60.82)	\$ -	\$ (60.82)
Fall Feast 2011	\$ (136.98)	\$ -	\$ (136.98)
Fall Feast 2012	\$ (8.09)	\$ 200.00	\$ (208.09)
LA Marathon 2012	\$ (393.06)	\$ -	\$ (393.06)
Ragnar Vegas 2011	\$ (442.50)	\$ -	\$ (442.50)
Santa Cruz 2012	\$ (486.87)	\$ 1,050.00	\$ (1,536.87)
<b>Fundraising and Charitable Giving</b>			
Pride Run 2011	\$ (2,649.94)	\$ -	\$ (2,649.94)
Pride Run 2011 Beneficiary	\$ (4,610.00)	\$ -	\$ (4,610.00)
Pride Run 2012	\$ 10,871.24	\$ 15,220.00	\$ (4,348.76)
Membership 2012	\$ 3,700.00	\$ 3,700.00	\$ -
Don Thompson Night 2012	\$ (500.00)	\$ -	\$ (500.00)
Bingo 2012	\$ 1,720.00	\$ 1,720.00	\$ -
Scholarship 2012	\$ (1,000.00)	\$ -	\$ (1,000.00)
<b>Operational</b>			
Newsletter	\$ (109.41)	\$ -	\$ (109.41)
Operational 2011	\$ (1,218.16)	\$ -	\$ (1,218.16)
Operational 2012	\$ (5,166.23)	\$ 60.10	\$ (5,226.33)
Uniforms	\$ 279.00	\$ 279.00	\$ -
<b>Totals</b>	\$ (6,638.19)	\$ 26,754.10	\$ (33,392.29)

### LAFR Board Meeting January 3, 2013

1. All BOD members were introduced to board procedures on email, communications, and general club business.
2. Finances: William to complete and file tax forms for 2010 and 2011, renew insurance for 2013.
3. Regular Events: The board coordinated responsibility for ongoing/upcoming events such as weekly runs, potlucks, LA Marathon. Ross handling long runs, Margie fun runs.
4. Newsletter: Newsletter returning as electronic version only. William to coordinate.
5. Don Thompson: Angus to survey members to approve a \$500 donation to DT Scholarship.
6. Trips: Camping in Santa Cruz, potentially Sequoia in the summer, Ireland & Catalina Eco in the fall.
7. Uniforms: Margie & Angus to meet regarding uniforms – members asking for hoodies.
8. Other: Hill repeats returning, Moonlight run in Feb.

# Palm Springs Pride



It was another gorgeous day for a run at the Palm Springs Frontrunners Pride Run last November.

Left: The LAFR boys with their medals – from left: Mike Kerkman, Bruce Bair, Rob Chen, Angus Kennedy, Richard Nelson, Dan Vu, Mike Reynolds, and Mark Johnson

Below: Mark & Angus placed 1<sup>st</sup> and 2<sup>nd</sup> 45-49 in the 10K



Above – the LAFR gang – from left: Rob Chen, Frank Jacoy, Albert Giang, Richard Nelson, Dan Vu, Mike Reynolds, Angus Kennedy, Mike Kerkman, Eddie Flores, Bruce Bair (in the shadow), Brian Dunbar up front is Mark Johnson, Kevin Shiramizu & Rina



Despite little sleep from Friday evening's "activities", Dr. Dan placed 2<sup>nd</sup> 35-39 10K



Rina was the cutest (sorry, Eddie) and also placed 1<sup>st</sup> 0-1.5



Phil Scanlon won his first age group medal by placing 3<sup>rd</sup> 50-54 in the 5K

## Getting to Know Our Website

All of you should take a look at the LAFR website: [www.lafronrunners.com](http://www.lafronrunners.com). Much of what you need to do with the club can be done on the website (see Housekeeping and Reminders to your right). Below is a Primer on what the website offers.

## Housekeeping and Reminders

1. Renew your membership. For those of you who paid at the annual meeting, please fill out, sign and return the application in the mail.
2. Annual Banquet is on Jan 27 at the Castaway.



Check out the calendar for club events!

Here is all things Grand Prix, including schedules and ranking!

Renew membership and access past newsletters!

This is the online store where you can buy stuff, like tickets to the Banquet!

Discount Diva, Margie, has found these discounts for LAFR members.

Race	Race Date	Website	City	Code	Amount	Expires
San Diego Half Marathon & 5K	03/10/13	<a href="http://www.sdhalfmarathon.com">www.sdhalfmarathon.com</a>	San Diego	LASF10	\$10	1/31/2013
Hollywood Half Marathon	04/06/13	<a href="http://www.hollywoodhalfmarathon.com">www.hollywoodhalfmarathon.com</a>	Hollywood	GEMINI	\$10	
Safari Park Half Marathon	05/05/13	<a href="http://www.safariparkhalf.com">www.safariparkhalf.com</a>	San Diego	LARUNNERS10	\$10	



# Race Results

## Fort Point 10K

Fort Point, CA 2/26

William Korthof..... 41:39 2<sup>nd</sup> 30-34

## Rundles Revenge Trail Run

Alberta, Canada 6/24

Jonathan Toker.....2:02:34 1<sup>st</sup> OA  
1<sup>st</sup> 35-39

## San Bruno 12K Trail

San Bruno Mtn., CA 7/22

William Korthof..... 69:53 3<sup>rd</sup> 30-34

## America's Finest Half

San Diego, CA 8/19

Margie Gonzales..... 2:49:30  
Sara Croft..... 3:00:13

## VSU 5K Fun Run

Valdosta, GA 8/25

David Grudzien..... 25:10 2<sup>nd</sup> 50-54

## ATL Relay 10K

Atlanta, GA 9/1

David Grudzien..... 64:32

## Big Peach Sizzler 10K

Atlanta, GA 9/3

David Grudzien..... 61:10

## Conquer the Bridge 5 Mile

San Pedro, CA 9/3

Marilyn Jackson..... 1:30:40  
Regina Robinson..... 1:30:41

## Jungfrau Trail Marathon

Interlaken, Switzerland 9/8

Jonathan Toker.....3:41:19

## Imogene Pass Trail 17.1 Mile

Telluride, CO 9/8

Jeff Lymburner..... 3:32:30

## KP Corporate 5K

Atlanta, GA 9/13

David Grudzien..... 28:17



Ross Lamkin, Patrick Owen, and Mark Johnson after the RAD 10 Miler in October

## Wounded Warrior (Grand Prix)

Pt. Mugu, CA 9/15

### Half

John McGuinness.... 1:30:48 2<sup>nd</sup> 35-39  
Margie Gonzales..... 2:36:19  
Doug Jones..... 2:55:34

## Air Force Marathon

Dayton, OH 9/15

Bill Walsky..... 6:38:44

## Philly R'n'R Half

Philadelphia, PA 9/16

David Grudzien..... 2:28:22

## Say No to Drugs 5K

Los Angeles, CA 9/22

Mike Smith..... 24:44

## Big Sur Trail (Grand Prix)

Big Sur, CA 9/29

### Half

John Kawaharada.... 1:51:54 1<sup>st</sup> 40-44  
Bernie Tan..... 1:53:02 2<sup>nd</sup> 40-44  
Ted Wyder..... 1:56:44 2<sup>nd</sup> 35-39  
Angus Kennedy..... 1:56:51 2<sup>nd</sup> 45-49  
Jeff Masino..... 2:11:00 3<sup>rd</sup> 45-49  
Dan Graham..... 2:14:49 1<sup>st</sup> 55-59  
Ross Lamkin..... 2:17:59  
Mark Jones..... 2:18:42 3<sup>rd</sup> 50-54  
Brad Maury..... 2:18:42  
Richard Peng..... 2:38:37

### Full

Sean O'Brien..... 3:50:57 1<sup>st</sup> 45-49  
Reg Willson..... 4:44:35 1<sup>st</sup> 50-54  
David Dassey..... 4:48:35 1<sup>st</sup> 60-64

## Alive & Running 5K

Los Angeles, CA 9/23

Mike Smith..... 25:34

## Berlin Marathon

Berlin, Germany 9/30

Sara Croft..... 5:58:24

## RAD (Grand Prix)

Agoura Hills, CA 10/6

### 10K

Angus Kennedy..... 42:59 2<sup>nd</sup> 45-49

### 10 Mile

Mark Johnson..... 63:13 1<sup>st</sup> 45-49

Patrick Owen..... 74:12

Ross Lamkin..... 83:51



Big Sur last September. From left: John Kawaharada, Mike Murphy, Ross Lamkin, Bernie Tan, and Dan Graham



Big Sur last September. From left: Mike Murphy, Jeff Masino, Brad Maury, and Ted Wyder

FINAL 2012 GRAND PRIX STANDINGS  
WILL BE POSTED POST-BANQUET ON  
THE GRAND PRIX PAGE AT  
[WWW.LAFRONTRUNNERS.COM](http://WWW.LAFRONTRUNNERS.COM)

# Race Results



Rina shares Albert's shock at winning his 1<sup>st</sup> age-group medal ever in PS Pride Run

## Lake Tahoe Marathon

Lake Tahoe, CA 9/30

Deo Jaravata..... 4:17:12

## Jacksonville Marine Half

Jacksonville, FL 10/6

David Grudzien..... 2:46:22

## Long Beach (Grand Prix)

Long Beach, CA 10/7

### Half

Eric Alvarez.....1:21:50 PR

John McGuinness....1:33:07

Juan Moreno..... 2:41:51 RW

Margie Gonzales..... 2:59:29

Marilyn Jackson.....3:30:01

Regina Robinson..... 3:37:31

### Full

Ely Yaron.....4:11:22

Deo Jaravata..... 4:38:40

Bill Walsky..... 6:39:32

Sara Croft..... 6:49:34

## Ophir Pass Hill 3.7 Miler

Ophir, CO 10/7

Jeff Lymburner..... 52:30

## City of Trees Half

Boise, ID 10/14

David Grudzien..... 2:29:35

## Nike Women's Marathon

San Francisco, CA 10/14

Deo Jaravata..... 3:58:20 2<sup>nd</sup> 45-49

## Main Street 10K

La Puente, CA 10/21

Deo Jaravata.....48:14

Mike Smith.....58:06

## Atlantic City Half

Atlantic City, NJ 10/21

David Grudzien..... 2:21:42

## Marine Corp Marathon

Arlington, VA 10/28

Bill Walsky..... 6:05:25

## R'n'R Half LA (Grand Prix)

Los Angeles, CA 10/28

John Kawaharada.... 1:35:10

Richard Nelson..... 1:39:12 2<sup>nd</sup> 65-59

Patricia Bates..... 2:17:48

Ely Yaron.....2:20:20

David Grudzien..... 2:25:19

Sara Croft..... 2:49:46

Margie Gonzales..... 2:57:08

## Battleship Half

Wilmington, NC 11/4

David Grudzien..... 2:36:48

## Santa Clarita Marathon

Santa Clarita, CA 11/4

### Half

Eric Alvarez..... 1:20:08 1<sup>st</sup> 45-49

David Dassey.....1:41:40 2<sup>nd</sup> 60-64

Jeff Masino.....1:43:53

### Full

Deo Jaravata..... 3:46:26



Regina Robinson and Marilyn Jackson during the Long Beach Half Marathon last October

## Palm Springs (Grand Prix)

Palm Springs, CA 11/7

### 5K (course mis-marked: 3.4 miles)

Bruce Bair.....22:42 2<sup>nd</sup> OA  
1<sup>st</sup> 45-49

Richard Nelson..... 24:09 1<sup>st</sup> 65-69

Mark DeAngelis..... 24:55

Chau Nguyen..... 27:20

Phil Scanlon.....27:47 3<sup>rd</sup> 50-54

Henry Jung..... 28:11

Marty Freedman..... 28:26 1<sup>st</sup> 70-74

Kevin Shiramizu.....29:00

Rob Chen.....29:09 3<sup>rd</sup> 30-34

Eddie Flores..... 29:10

Frank Jacoy..... 29:30

Richard Peng.....30:12

Juan Moreno.....33:55 1<sup>st</sup> RW

Jerry Weyer.....47:05 RW

### 10K (course mis-marked: 6.6 miles)

Mark Johnson..... 41:26 1<sup>st</sup> 45-49

Mike Kerkman..... 42:10 2<sup>nd</sup> 30-34

Angus Kennedy.....45:40 2<sup>nd</sup> 45-49

Jon Wasser.....52:45

Drew Brabb.....57:10

Dan Vu.....57:52 2<sup>nd</sup> 35-39

Brian Dunbar.....58:01

Albert Giang.....58:16 3<sup>rd</sup> 35-39

## Santa Barbara Marathon

Santa Barbara, CA 11/10

### Half

Sara Croft..... 2:54:59

### Full

David Dassey.....3:47:07 3<sup>rd</sup> 60-64

## Universal Studios 15K

Los Angeles, CA 11/10

Mike Smith.....1:35:13

## Athens Marathon

Athens, Greece 11/11

Jon Wasser.....4:29:41

## Malibu Marathon

Malibu, CA 11/11

Deo Jaravata..... 4:42:44

## San Antonio R'n'R Half

San Antonio, TX 11/11

David Grudzien..... 2:30:21

# Race Results



Operation Jack (last race of 2012). From left: David Grudzien, David Dassey, Jeff Masino, Deo Jaravata, Dan Graham, Bernie Tan, and Richard Nelson

## Speedo Fun Run 1.5 Miler

Atlanta, GA 12/8

David Grudzien..... 12:27

## CIM Marathon

Sacramento, CA 12/8

Moises Medina..... 3:09:08

## Santa to the Sea (Grand Prix)

Oxnard, CA 12/9

### Half

John McGuinness.... 1:28:13

Doug Jones..... 2:56:35

## Honolulu Marathon

Honolulu, HI 12/9

John Kawaharada.... 3:38:19

## Holiday Half Marathon

Pomona, CA 12/9

Deo Jaravata..... 1:48:24

Mike Smith..... 2:11:24

## Paramount Ranch Trail Half

Calabasas, CA 12/15

Jonathan Toker..... 1:24:11 1<sup>st</sup> OA  
1<sup>st</sup> 35-39

## Winter 7 Day Marathon

Playa del Rey, CA 12/17 & 18

Deo Jaravata..... 4:20:15 Day 4

Deo Jaravata..... 5:45:15 Day 5

## Winter Solstice (Grand Prix)

Long Beach, CA 12/23

### 5 Mile

Richard Nelson..... 35:08 1<sup>st</sup> 65-69

David Grudzien..... 46:01

## Operation Jack (Grand Prix)

Long Beach, CA 12/26

### Half

Richard Nelson..... 1:43:50 1<sup>st</sup> 65-69

Jeff Masino..... 1:45:54

Dan Graham..... 1:52:03 3<sup>rd</sup> 55-59

David Grudzien..... 2:17:54

### Full

Bernie Tan..... 3:40:12 3<sup>rd</sup> 40-44

David Dassey..... 4:07:52 2<sup>nd</sup> 60-64

Deo Jaravata..... 4:22:24 2<sup>nd</sup> 45-49

## Catalina Eco- Marathon

Avalon, CA 11/12

John Kawaharada.... 4:25:27

Ross Lamkin..... 4:53:31

Deo Jaravata..... 5:11:22

## NYC 60K

NYC, NY 11/17

Deo Jaravata..... 6:21:03

## Miami Beach Half

Miami Beach, FL 11/18

David Grudzien..... 2:32:45

## SM Mtns Trail (Grand Prix)

Pt. Mugu, CA 11/18

### 30K

Andrew Wissmiller.. 3:38:54 2<sup>nd</sup> 60-64

## Atlanta Half

Atlanta, GA 11/22

David Grudzien..... 2:18:24

## Burbank YMCA Turkey Trot

Burbank, CA 11/22

### 5K

Mike Kerkman..... 18:43 1<sup>st</sup> 30-34

### 10K

Angus Kennedy..... 43:29

Patrick Owen..... 46:24 2<sup>nd</sup> 50-54

## San Dimas Turkey (Grand Prix)

San Dimas, CA 11/24

### 5K

Deo Jaravata..... 23:34 3<sup>rd</sup> 45-49

## Tiger Run (Grand Prix)

South Pasadena, CA 12/1

### 5K

Rusty Millar..... 34:58

Regina Robinson..... 45:46

### 10K

David Dassey..... 49:02 2<sup>nd</sup> 60-64

Marilyn Jackson..... 1:35:21

## Death Valley Trail Marathon

Death Valley, CA 12/1

Deo Jaravata..... 4:25:59

## Kualoa Ranch Trail Half

Kaaawa, HI 12/2

Jonathan Toker..... 1:34:45 2<sup>nd</sup> 35-39

## Las Vegas R'n'R Half

Las Vegas, NV 12/2

Sara Croft..... 2:42:49

## Hollywood Half

Hollywood, FL 12/2

David Grudzien..... 2:23:51

# LA Frontrunners Grand Prix Series

## Race Schedule 2013

\*schedule not complete - schedule will be updated as race dates are published

**All races count for Age Group and Champions Race**  
**TM notes races that are also Trail Master Races**

**\*\*all races subject to change/cancellation \*\*please see rules/scoring on grand prix page for info**

<b>JANUARY 2013</b>			
Date	Event/Distance	Website	Location
Sat., 1/5 9:00 PM	New Year's Race Half Marathon	<a href="http://www.newyearsrace.com">www.newyearsrace.com</a>	Downtown LA
Sun., 1/6 8:00 AM	Boney Mtn. Trail Run 6K/21K* <b>TM</b>	<a href="http://www.trailrace.com">www.trailrace.com</a>	Pt. Mugu
Sun., 1/13 7:00 AM	13.1 Los Angeles Half Marathon	<a href="http://www.131marathon.com">www.131marathon.com</a>	Los Angeles
Sat., 1/26 8:00 AM	Coastal 5K/10K*	<a href="http://www.w2promotions.com">www.w2promotions.com</a>	Playa del Rey
<b>FEBRUARY 2013</b>			
Date	Event/Distance	Website	Location
Sun., 2/10 8:00 AM	Students Run LA 18 Mile Friendship Run	<a href="http://www.srla.org">www.srla.org</a>	Hansen Dam
Sat., 2/16 8:00 AM	Buzz Marathon 5K/Half/Full*	<a href="http://www.buzzmarathon.org">www.buzzmarathon.org</a>	San Miguel
Sun., 2/17 7:00 AM	Bandit Trail Run 6K/15K/30K/50K* <b>TM</b>	<a href="http://www.bandittrailrun.com">www.bandittrailrun.com</a>	Simi Valley
Sun., 2/24 8:00 AM	Chinatown Firecracker 5K/10K*	<a href="http://www.firecracker10k.org">www.firecracker10k.org</a>	Chinatown
<b>MARCH 2013</b>			
Date	Event/Distance	Website	Location
Sat., 3/9 8:00 AM	La Jolla Canyon Trail 5mi/11mi/30K/Full/50K* <b>TM</b>	<a href="http://www.coastaltrailruns.com">www.coastaltrailruns.com</a>	Malibu

## MARCH 2013 continued

Sun., 3/17 7:00 AM	Los Angeles Marathon/5K*	<a href="http://www.lamarathon.com">www.lamarathon.com</a>	Los Angeles
Sat., 3/23 7:00 AM	Chesebro Half Marathon <b>TM</b>	<a href="http://www.greatraceofagoura.com">www.greatraceofagoura.com</a> please note: only the Chesebro Half counts as Trail Master for this event, the other distances are road races	Agoura Hills

## APRIL 2013

Date	Event/Distance	Website	Location
Sat., 4/6 6:00 AM	Hollywood Half Marathon	<a href="http://www.hollywoodhalfmarathon.com">www.hollywoodhalfmarathon.com</a>	Hollywood
Sat., 4/20 8:00 AM	Chardonnay 10 Miler	<a href="http://www.sbactionpro.com">www.sbactionpro.com</a>	Santa Barbara
Sun., 4/28 8:30 AM	Victory for Victims 5K/10K*	<a href="http://www.w2promotions.com">www.w2promotions.com</a>	Balboa Park
TBD	Bare Burro Trail 5K <b>TM</b>	<a href="http://olivedellranch.com/bburro.htm">http://olivedellranch.com/bburro.htm</a>	Colton

## MAY 2013

Date	Event/Distance	Website	Location
Sat., 5/18 8:00 AM	Shoreline Frontrunners 5K/10K*	<a href="http://www.shorelinefrontrunners.org">www.shorelinefrontrunners.org</a>	Long Beach
Sat., 5/26 6:00 AM	Mountains 2 Beach 5K/Half/Full*	<a href="http://www.mountains2beachmarathon.com">www.mountains2beachmarathon.com</a>	Ojai

## JUNE 2013

Date	Event/Distance	Website	Location
Sun., 6/9 8:00 AM	LAFR Pride Run 5K/10K/Ultra*	<a href="http://www.lafrontrunners.com">www.lafrontrunners.com</a>	West Hollywood
Sun., 6/30 6:30 AM	Pasadena 5K/10K/Half*	<a href="http://www.pasadenamarathon.org">www.pasadenamarathon.org</a>	Pasadena

## JULY 2013

Date	Event/Distance	Website	Location
Thurs., 7/4 8:15 AM	Will Rogers 5K/10K*	<a href="http://www.palisades10k.com">www.palisades10k.com</a>	Pacific Palisades
TBD	S Diego Frontrunners Pride Run 5K	<a href="http://www.frwsd.org">www.frwsd.org</a>	San Diego

<b>AUGUST 2013</b>			
Date	Event/Distance	Website	Location
<b>SEPTEMBER 2013</b>			
Date	Event/Distance	Website	Location
<b>OCTOBER 2013</b>			
Date	Event/Distance	Website	Location
TBD	RAD 10 Miler/10K*	<a href="http://www.rad10K.com">www.rad10K.com</a>	Agoura Hills
TBD	Long Beach Half/Full Marathon*	<a href="http://www.runlongbeach.com">www.runlongbeach.com</a>	Long Beach
<b>NOVEMBER 2013</b>			
Date	Event/Distance	Website	Location
TBD	P Springs Frontrunners Pride Run 5K/10K*	<a href="http://www.psfr.org">www.psfr.org</a>	Palm Springs
Sun., 11/17 8:30 AM	Santa Monica Mountains Trail Runs 9K/12K/18K/30K/50K* TM	<a href="http://www.pctrailruns.com">www.pctrailruns.com</a>	Malibu
<b>DECEMBER 2013</b>			
Date	Event/Distance	Website	Location
TBD	Operation Jack Half/Full Marathon*	<a href="http://www.operationjack.org/marathon/">www.operationjack.org/marathon/</a>	Dockweiler Beach

\* - Modified Age Group scoring for these races. *Runners may choose any distance for these events.* Runners will be ranked within their age groups by their age grade score EXCEPT FOR LA FR PRIDE RUN – the 5K, 10K & Ultra will be scored as three separate races.

\*\* - Boston Marathon: The Boston Marathon will count as a GP race for the Champions Race ONLY – it will NOT be scored for the Age Group division. In other words, it will not count as a “non-GP race” (each runner is allowed 3 non-GP races in the Champions Race).



## 2013 Membership Application

LA Frontrunners is a running and walking club for lesbian, gay, bisexual, and transgender people (LGBT) and their friends and supporters. We welcome runners and walkers of all levels, ethnic backgrounds, and sexual identities.

The LA Frontrunners participate in competitive and non-competitive running events, weekly fun runs, our annual Pride Run, our Grand Prix racing series, social events, and more. We assist each other with our running goals and promote camaraderie among the LGBT community. We are also actively involved in charity fundraising for various causes.

We encourage you to come check us out. We meet for fun runs at 6:30 PM Monday thru Thursday evenings in and around the LA area. On Saturday mornings, the group meets at 8:00 AM in Griffith Park.

LA Frontrunners is part of the more than 100 Frontrunner clubs across the U.S. and around the world. The club was founded in 1981, and are proud of the long tradition of promoting a healthy community.

If you'd like more information, please visit our website at [www.lafronrunners.com](http://www.lafronrunners.com)

Thanks for your interest and see you on the trails!

### 2013 Membership Application

<b>Step 1: Applicant Information</b>		T-Shirt Size:	S	M	L	XL
Name:			Date of Birth:			
Email:		Primary Phone:		Secondary Phone:		
Current address:						
City:		State:			ZIP Code:	
<b>Emergency Contact:</b> Name:				Phone:		
<b>Partner Information (if joint membership)</b>		T-Shirt Size:	S	M	L	XL
Name:			Date of Birth:			
Email:		Primary Phone:		Secondary Phone:		
<b>STEP 2: Please sign and date the following Agreement and Release of Liability: Agreement and Release of Liability (both partners should sign if applying as a couple)</b>						
I/We, _____, have voluntarily participated, and will voluntarily participate, in activities and events offered, organized, endorsed and sponsored by Los Angeles Frontrunners ("Events"). I am aware that my participation in the Events and the sport of running, jogging and walking involves numerous risks of injury, including, but not limited to, falls, collisions with other people and natural and man-made objects, strain and injury and I freely assume those risks. I agree to release from any legal liability and agree not to sue Los Angeles Frontrunners, their officers, directors, members, agents and employees, for any and all injuries caused by or resulting from my participation in the Events or the sport of running, jogging or walking whether or not such injury or death was caused by negligence. I have read this release, am aware that this contract is legally binding and that I am releasing legal rights by signing it.						
Signature(s): _____					Date: _____	
<b>Step 3: Please check a box for each</b>						
Club member information (name, e-mail only) will be printed in the Club Roster. Do you want your name and e-mail address released to other LA Frontrunners?				Yes [ <input type="checkbox"/> ] No [ <input type="checkbox"/> ]		
Do you want to be included in the E-group (LAFR_Community@googlegroups.com) where members post and receive messages from each other?				Yes [ <input type="checkbox"/> ] No [ <input type="checkbox"/> ]		
<b>Step 4: Dues are shown below. Circle the category of your membership, enter the amount of dues enclosed, indicate amount of any donation to LA Frontrunners, and total the amount. Please write a check payable to LA Frontrunners.</b>						<b>Step 5: Once Completed, mail with your payment to:</b>  <b>Los Angeles Frontrunners 2870 Los Feliz Pl, PMB # 229 Los Angeles, CA 90039</b>
<b>Category of Membership (Annual Dues)</b>		<b>Payments</b>				
Individual	\$25	Dues:				
Couples at Same Address	\$35	Donation:				
		Amount Enclosed:				