

# FrontPage

## LAFRs Conquer LB Pride & Grand Canyon!

### Inaugural Grand Canyon Trip - May 21-23

Over 40 FRs joined the inaugural LAFR trip to the Grand Canyon. Roughly half the FRs ran "rim to rim" (north rim to south rim) – a distance of 25-29 miles, depending on which trails you took...and if you got lost. We all stayed within reach of each other for the 14.5 miles down to the bottom, where we stopped and had a light breakfast and rest before climbing the 4200 feet back out of the canyon. The second group went directly to the south rim and also ran/hiked down into the canyon. It was a spectacular experience. Very special thanks to Patrick and Sean, who planned and organized the trip and courses.

*Below: the boys prepare to head out for rim to rim  
Right: Sean & Ryan on the way down the north rim*



### Shoreline Pride Run May 15

21 LAFRs ran the Pride Run on May 15. We took 2 of the top 3 overall in both races. LAFR Luis Aguilar won the 5K in 16:29 with fellow FR Carlos Vizcarra 2<sup>nd</sup> in 16:50. In the 10K, John McGuinness ran a 40 flat to take 2<sup>nd</sup> overall with new FR Thomas Ader 22 seconds behind in 3<sup>rd</sup>.

*more pix of both  
events on pgs 4, 5, 6*

# Membership News

## BIRTHDAY BOYS AND GIRLS

• Ryan Bailon	6/1	• Mark DeAngelis	6/13
• Anthony Chan	6/2	• Eric Fischer	6/14
• Mike Milley	6/2	• Mark Jones	6/15
• Sandord Doi	6/4	• Jason Cooper	6/15
• Gerry Orcholski	6/6	• Luis Aguilar	6/21
• Gabor Frank	6/7	• Doris Chung	6/21
• Rich Crook	6/7	• Jim Gross	6/22
• Gary Kaplan	6/9	• Tim Chung	6/24
• Neil Johnson	6/9	• Jim Martinez	6/27
• Todd Marshall	6/9	• Manuel Munoz	6/28
• Art McDermott	6/12	• Jeff Cronin	6/29
• Jeff Lymburner	6/13	• David-Jon Barnard	6/29
		• Larry Sheffield	6/29

## EASY TO ORDER APPAREL

The LAFR team apparel is now easier than ever to order – thanks to our new LAFR store. Order fulfillment will take place at the weekly fun runs or the various LAFR events that are scheduled.

If you have questions on apparel, please contact Mark Jones  
(markgjones@yahoo.com)

## MAY BOARD MEETING HIGHLIGHTS

- Santa Cruz trip was a success and will be repeated next year
- Grand Canyon trip logistics all addressed (and trip was a great success)
- Coordinating the Hamburger Mary's fundraiser, which is scheduled for Wednesday, June 16<sup>th</sup>. Prizes are needed for the event, please contact Carl if you have items to provide
- Monday night West Hollywood runs launched May 10<sup>th</sup> with Todd Sullivan and Wadley as hosts
- Silver Lake Stairs run, scheduled for June 6<sup>th</sup>, to be rescheduled for later in the summer or early fall season due to ramp-up to Pride Run, Grand Canyon trip and weather
- Pride Run activities are in high gear – volunteers are still needed to assist on day of the race. Starting location will be the same as last year. Bryan is the race director. Angus will be responsible for timing and results. Piyush and William will manage registration. Carl and Christine to coordinate food and water. John is responsible for the course setup. Christine, Mark and Jim M are coordinating sponsorships. T-shirts and bag check falls under Patrick
- The Los Angeles Frontrunners store is up and running. Members can purchase team apparel, tickets to LAFR events and more
- Mark to take inventory of apparel and determine what additional pieces need to be ordered
- Next board meeting to be held at Christine Curtin's home on June 3rd

## JUNE POTLUCKS

With the weather warming up in the evenings, our potlucks are moving back to the parks from member homes. We are also launching a monthly potluck for the Thursday run at the Rose Bowl – so please join us for this month's inaugural picnic potluck at the Rose Bowl.

- Tuesday, 6/15 at the Ranger Station in Griffith Park diagonal across from where we meet
- Wednesday, 6/16 at the picnic tables in Ocean Park just north of where we meet
- Thursday, 6/24 at picnic tables near where we meet at the Rose Bowl

## New Members

- Michael Gifford
- Roy Mora Guzman
- Andrew Gonzalez
- Johnny Wong
- Sam Zoda
- Edward Stanley
- Matthew Siegle

## GRAND CANYON RIM TO RIMMERS



Los Angeles Frontrunners  
2870 Los Feliz Place, #229  
Los Angeles, CA 90039

[www.lafrontrunners.com](http://www.lafrontrunners.com)  
[lafrontrunners@gmail.com](mailto:lafrontrunners@gmail.com)

Angus Kennedy, President  
Patrick Owen, Vice President  
William Fang, Treasurer  
Piyush Prakash, Secretary  
Christine Curtin, Mark Jones,  
Carl Maravilla, John  
McGuinness and Bryan Prado,  
Directors at Large

LAFR FrontPage  
Events: Bryan Prado  
Member News: Mark Jones  
Results: Angus Kennedy  
Treasury: William Fang

Other Contributors and  
Photographers include:  
Christine Curtin, Carl  
Maravilla, John McGuinness,  
Piyush Prakash, Patrick  
Owen, Deo Jaravata

# UPCOMING EVENTS



- June 13, Sunday

**GRAND PRIX: Los Angeles Frontrunners  
Annual Pride Run 5K/10K**  
March in Parade after Pride Run  
See insert for more details

- June 16,  
Wednesday, 7:00 PM  
West Hollywood  
Legendary BINGO  
@ Hamburger Mary's  
8288 S. Monica Blvd



- annual event to fund our high school scholarships. If you have prizes you would like to donate, please contact Carl Maravilla

- June 20, Sunday – GRAND PRIX: Culver City 5K/10K

- June 15, Tuesday – Griffith Park Potluck after fun run at picnic tables by ranger station
- June 16, Wednesday – Westside Potluck after fun run at picnic tables in park just north of run site
- June 24, Thursday – Pasadena Potluck after fun run near meeting place at Rose Bowl



- June 25, Friday – LAFR at the Hollywood Bowl

*Sing-A-Long Grease, Friday, June 25, 2010*

*7:00 PM Pre-show, 8:30 PM Film*

*Bring your best poodle skirt & saddle shoes, biker jacket & shades for the pre-show parade, and your heartiest vocals for a frolicking '50s sing-along to Grease, for the first time on the Bowl's giant screen. Grease is the word! See page 7 for ticket info.*

*Ticket Price: \$44, Our Seats: Super Seats, Section H, Row 20*



- July 4, Sunday – GRAND PRIX: Will Rogers 5K/10K

- Save the Dates!! 7/17 –San Diego FR Pride Run & 8/13-15 –SLO Trip see insert

**LAFR RACE RESULTS**

**Rose Bowl Half Marathon**

Pasadena, CA 2/7

Juan Moreno .....1:47:33

**Boston Marathon**

Boston, MA 4/19

Allyne Winderman .....4:21:18

**Wildcat Canyon Trail Half Marathon**

El Sobrante, CA 4/24

Brian Kelly .....1:51:12 2nd OA  
1st 50-54

**Down & Dirty Nat'l Mud Run 10K**

Lake Castaic, CA 4/25

Stephanie Stone.....1:12:01 3rd 50-54

**OC Marathon**

Newport Beach, CA 5/2

**Half Marathon**

John McGuinness ....1:28:54  
Stephanie Stone.....2:08:41 PR  
Margie Gonzales.....2:43:58  
Bill Walsky .....3:02:14 PR  
Doug Jones.....3:04:06 PR/RW

**Marathon**

Deo Jaravata.....4:09:57

**Escape to Ayala 50K**

Chino, CA 5/8

Deo Jaravata.....5:23:14 2nd OA  
1st 45-49

**Palos Verde Marathon**

Palos Verde, CA 5/15

**Half Marathon**

Stephanie Stone.....2:13:09

**Marathon**

Ric Munoz .....3:49:12  
David Dassey .....3:59:55  
Deo Jaravata.....4:20:12

**Going Bananas Marathon**

El Monte, CA 5/16

Deo Jaravata.....4:42:35

**Run for the Kids in the Arts 5K**

Studio City, CA 5/23

Brad Maury .....21:11 2nd 35-39  
Eric Kratsa .....24:32  
Mark Jones.....25:19 1st 45-49

**Shoreline Frontrunners Pride Run**

Long Beach, CA 5/15

**5K**

Luis Aguilar.....16:29 1st OA  
1st 20-24  
Carlos Vizcarra.....16:50 2nd OA  
1st 35-39  
Carl Maravilla .....17:52 1st 50-54  
Timo Vallez.....20:53 1st 40-44  
Richard Nelson.....21:18 1st 60-64  
Mike Reynolds.....21:49 2nd 35-39  
Bill Winkelmann.....27:04 2nd 55-59  
Rusty Millar .....27:17 3rd 55-59  
Amy Ross.....30:15 1st 55-59

**10K**

John McGuinness .....40:00 2nd OA  
1st 35-39  
Thomas Ader.....40:22 3rd OA  
1st 25-29  
Robb Briggs .....41:45 1st 40-44/PR  
Angus Kennedy.....42:56 2nd 40-44  
Patrick Owen.....43:03 2nd 50-54  
Ted Wyder .....43:56 2nd 35-39  
Nelson White.....45:17 PR  
Gardner Delano.....48:06 PR  
Mike Smith .....49:40 PR  
Frank Jacoy.....51:53 PR  
Phil Amato .....54:30 2nd 55-59  
Doug Jones .....72:10 PR/RW  
Bill Walsky .....76:12 PR

**Nanny Goat 100 Miler**

Riverside, CA 5/29

Ric Munoz .....27:25:00

**Mt. Wilson Trail Race - 8.6 Miles**

Sierra Madre, CA 5/29

Robb Briggs .....1:36:07

Below: Wink, Rusty & Robb postrace

**More Long Beach Pride**



Richard won his age group in the 5K



Frank Jacoy set a PR in the 10K



Carlos & Mike R are awarded



**GRAND PRIX STANDINGS**

**CHAMPIONS RACE** *as of 6/1*

The Champions Race determines overall male and female Grand Prix champions. Points are calculated using the Masters Age-Graded tables from WAVA (see website for more info).

Division	Races	Points
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**MALE**

1. Patrick Owen	5	349.14
2. Deo Jaravata	6	335.60
3. Richard Nelson	4	319.80
4. Ely Yaron	5	304.54
5. Mike Kerkman	5	303.55
6. Sean O'Brien	4	291.38
7. Robb Briggs	5	280.21
8. David Dassey	4	274.02
9. Angus Kennedy	4	262.39
10. Bernie Tan	4	260.48

**FEMALE**

1. Stephanie Stone	6	332.50
2. Margie Gonzales	6	294.55
3. Patricia Bates	3	238.51
4. Christine Curtin	5	235.34
5. Regina Robinson	5	204.16
6. Jane Dods	1	77.41
7. Allyne Winderman	1	75.04
8. Amy Ross	1	61.28

**RACEWALK**

1. Deo Jaravata	5	306.24
2. Doug Jones	4	227.80
3. Areana Tate	3	143.05

**TRAILMASTER RACE**

The TrailMaster Race is a combination age-graded/points accrual competition that will determine the club Trail Running Champion.

Athlete	Races	Points
1. Sean O'Brien	3	301.51
2. Jeff Lymburner	3	244.79
3. Jonathan Toker	2	235.05
4. Wadley	2	223.25
5. Ryan Timmreck	3	210.80
6. Stephanie Stone	3	210.54
7. Deo Jaravata	2	197.30
8. Andrew Wissmiller	2	164.63
9. Mike Murphy	2	157.13
10. Mark Jones	2	143.04

**AGE GROUP MEN**

Division	Races	Points
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**Male 20-29**

1. Ryan Bailon	3	320
2. Luis Aguilar	2	270
3. Piyush Prakash	2	245
4. John Yong	2	210
5. Thomas Ader	1	140

**AGE GROUP MEN** *continued*

Division	Races	Points
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**Male 30-34**

1. Mike Kerkman	5	565
2. Wadley	3	410
3. Jonathan Toker	2	300
4. William Korthof	2	220
5. Jose Castillo	1	100

**Male 35-39**

1. Ely Yaron	5	460
2. Mike Reynolds	4	430
3. Ryan Timmreck	4	385
Ted Wyder	4	385
5. Carlos Vizcarra	3	375

**Male 40-44**

1. Bernie Tan	4	480
2. Angus Kennedy	4	465
3. Robb Briggs	4	460
4. Timo Vallez	3	325
5. Frank Jacoy	3	305

**Male 45-49**

1. Deo Jaravata	4	465
2. Mark Jones	4	445
3. Sean O'Brien	3	360
4. Seth Diamond	1	110
5. Eric Gober	1	100

**Male 50-54**

1. Patrick Owen	5	545
2. Doug Jones	4	400
3. Jeff Lymburner	3	350
4. Carl Maravilla	2	240
5. Reg Willson	2	235

**Male 55-59**

1. David Dassey	4	450
2. Bill Walsky	4	420
3. Jim Martinez	4	380
4. Dan Graham	3	345
Andrew Wissmiller	3	345

**Male 60+**

1. Richard Nelson	3	370
2. Al Miller	2	230
3. Eric Fischer	1	115
Richard West	1	115

**AGE GROUP WOMEN**

Division	Races	Points
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**Female 40-49**

1. Christine Curtin	5	565
2. Regina Robinson	5	490
3. Areana Tate	3	300

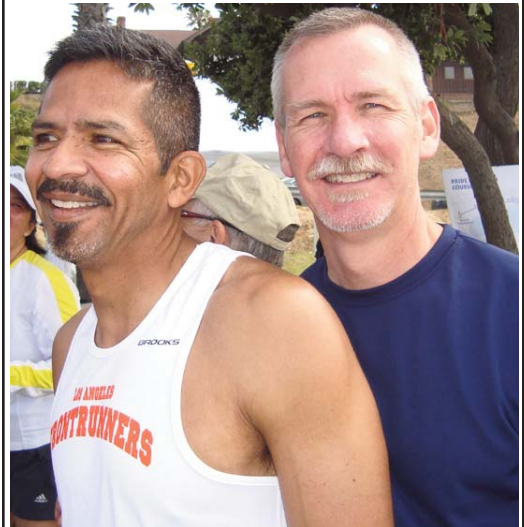
**Female 50-59**

1. Margie Gonzales	6	690
2. Stephanie Stone	4	485
3. Amy Ross	1	125

**Female 60+**

1. Patricia Bates	2	225
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**More Long Beach Pride**



Carl and Henri after the race. Carl placed 4th overall in the 5K, won his age group, and scored the highest age grade of all FRs for 2010 so far.



John McGuinness and Ted Wyder were 1st and 2nd in the 35-39 age group. It was also Ted's first medal ever! And they both set PRs.



Thomas Ader and Mike Smith both set 10K PRs.

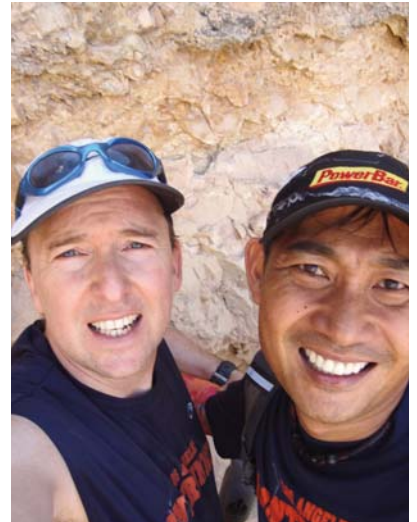
FOR COMPLETE STANDINGS, VISIT  
[WWW.LAFRONTRUNNERS.COM](http://WWW.LAFRONTRUNNERS.COM)

## Long Beach & Grand Canyon



Left: Timo, Patrick, Amy, Angus, Robb & Luis after the LB Pride Run

Right: Angus and Deo still manage a smile with less than a mile left climbing out of the Grand Canyon



It looks like a back drop but it's real. Mike Murphy behind Ribbon Falls, one of the side trips we took on the way down the north rim.



Above and right: Our fearless trail leader is always prepared



Boys in the Canyon: Reg Willson, Richard Korn, Andrew Wissmiller, Patrick Owen and Mike Murphy



Patrick Owen and Andrew Wissmiller finally come out

# LAFR Summer at the Hollywood Bowl - 2010



**Sing-A-Long Grease**  
**Friday, June 25, 2010**  
**7:00 PM Pre-show**  
**8:30 PM Film**

Bring your best poodle skirt & saddle shoes, biker jacket & shades for the pre-show parade, and your heartiest vocals for a frolicking '50s sing-along to Grease, for the first time on the Bowl's giant screen. Grease is the word!

**Ticket Price: \$44**  
**Our Seats: Super Seats,**  
**Section H, Row 20**

*You can buy tix thru our online store (store link is on LAFR website at bottom of Membership page) or mail form below with check.*

**Sing-A-Long Sound of Music**  
**Saturday, Sept. 25, 2010**  
**6:00 PM Pre-show**  
**7:30 PM Film**

The Hollywood hills are alive with The Sound of Music! Everyone's favorite sing-a-long returns to the giant screen at the Bowl – the world's largest outdoor movie theater. Bring your costume (for the pre-show parade) and warm up your vocal cords for this beloved event.

**Ticket Price: \$44**  
**Our Seats: Super Seats,**  
**Section G1, Row 20**

Super Seats are individual seats behind boxes. Tix are 1st come 1st served & non-refundable.

## Hollywood Bowl Sing-A-Long Ticket Order Form

Name \_\_\_\_\_ E-Mail \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

**Sing-A-Long GREASE**    Friday, June 25, 7:00 PM    # of tix \_\_\_\_\_ x \$44 = \_\_\_\_\_

**Sing-A-Long S of MUSIC**    Saturday, Sept. 25, 6:00 PM    # of tix \_\_\_\_\_ x \$44 = \_\_\_\_\_

Make check to:    Los Angeles Frontrunners    Grand Total = \_\_\_\_\_  
 2870 Los Feliz Place, PMB #229, LA, 90039



## Los Angeles Frontrunners Pride Run 5K/10K this Sunday, June 13, 2010

**Pre-registration ends Thursday at midnight  
Prices go up after Thursday**

To register, go to the membership page on our website, scroll down to the bottom of the page for the link to our online store where you can register for the race until midnight on Thursday, June 10. If you do not pre-register online, you can register at packet pick-up Saturday morning or race morning.

### **Saturday Late Reg & Packet Pick-Up**

You can pick up your race packet or register Saturday at Griffith Park after the fun run from 9-11 am.

### **Running Shoes for Philippines Bring Your Gently Worn Running Shoes Race Morning To Donate**

Race morning we will be collecting gently used running shoes. LAFR marathon maniac Deo Jaravata (with help from his brother, a pilot for Philippine Airlines) will be transporting the donated shoes to the Philippines to donate to a poor running club in Mindanao. All sizes are needed but Deo says, "Of course the smaller the size the better, because we Filipinos are cute and petite....."



Deo at the Grand Canyon



### **Montana de Oro Trail Races, Hearst Castle, Madonna Inn**

Join your fellow FRs Aug. 13-15 as we trek to San Luis Obispo for the Montana de Oro Trail Races. Race - 8K/12K/25K/50K is on Sunday. We will stay at the Madonna Inn & tour Hearst Castle Saturday. Info will be published after the Pride Run.







## MEMBER SPOTLIGHT: In Their Shoes

### An LAFR Stroll with Timo Vallez

#### Timo -- Straight - Up

- \* Employment: Los Angeles County Deputy Probation Officer II. 21.5 years on the job, but who's counting?
- \* Family: Older brother and sister and at 74, my mother has more energy than me!
- \* Into reading a good historical or autobiographical book, listening to classic female jazz vocals, road trips, cooking and of course eating!

#### Timo -- Looking Backward

- \* Average Weekly Mileage (last 12 months): 25-35 miles per week
- \* Favorite distance and PR: 8K and 25:10
- \* Most memorable running experience: "Winning the 1988 NCAA 800 Meters Track and Field Final was great but having all my students finish the LA Marathon may have been a better experience."
- \* Favorite place to run/walk: Griffith Park or Palos Verdes

#### Timo -- Look Closer

- \* (As friends put it:) shouldn't he be on Probation?
- \* (The "if money's not a question" question:) Take off on the ultimate road from start to finish on the Pan-American Highway!
- \* (His ideal next 10 years:) "Retired from the county and owning own business or heading a non-profit."

#### Timo -- Looking Forward

- \* Life running/walking goals: Run in the Gay Games and qualify for Boston and New York.
- \* Personal training tips: Stay off hard surfaces/don't over train!
- \* Favorite quote: "Nothing in all the world is more dangerous than sincere ignorance and conscientious stupidity."—Martin Luther King, Jr.



Timo with Mr. Washington. The two were separated for 5 years, when Mr. Washington was 1. They were recently reunited.

#### May 2010 Treasurer's Report

Balance on 4/28 was off by \$0.03. Questions? Contact us at lafronrunners@gmail.com

**LAFR Balance 4/28/2010**      \$ 10,235.91 (corrected)      **LAFR Balance 6/2/2010**      \$ 9,586.76

#### May 2010 Revenues

Eggstravaganza	\$ -
Grand Canyon	\$ 2,418.99
Hollywood Bowl	\$ 44.00
Newsletter, Operational	\$ -
Uniform	\$ 77.00
Membership	\$ 175.00
Pride Run	\$ 615.00
New York Marathon Trip	\$ 1,080.00
<b>Total Revenues</b>	<b>\$ 4,409.99</b>
<b>Net Profit/(Loss)</b>	<b>\$ (649.15)</b>

#### May 2010 Expenses

Eggstravaganza	\$ (341.78)
Grand Canyon	\$ (3,824.07)
Hollywood Bowl	\$ (529.00)
Newsletter, Operational	\$ (202.04)
Uniform	\$ -
Membership	\$ -
Pride Run	\$ (162.25)
New York Marathon Trip	\$ -
<b>Total Expenses</b>	<b>\$ (5,059.14)</b>



2870 Los Feliz Place  
 PMB # 229  
 Los Angeles, CA  
 90039

**WEEKLY FUN RUNS**

<p><b>SATURDAY</b>  <b>Griffith Park</b>  <b>8:00 A.M.</b>          Meet at the flag pole across from Ranger Station at 4730 Crystal Springs Dr.   <b>Hosts: Amy/Patrick</b></p>	<p><b>SATURDAY</b>  <b>Santa Monica</b>  <b>8:00 A.M.(1st Sat of month only)</b>          Meet in Palisades Park at Ocean &amp; San Vicente at Millennium Plaque.   <b>Host: Bruce</b></p>	<p><b>SUNDAY</b>  <b>Long Run</b>  <b>7:00 A.M.</b>          Various distance long runs on roads and/or trails at various SoCal locations.   <b>Hosts: Sean/Bruce</b></p>	<p><b>MONDAY</b>  <b>West Hollywood</b>  <b>6:30 P.M.</b>          Meet in parking lot by basketball courts in West Hollywood Park 647 N. San Vicente Blvd.   <b>Hosts: Todd/Wadley</b></p>	<p><b>TUESDAY</b>  <b>Griffith Park</b>  <b>6:30 P.M.</b>          Meet at the flag pole across from Ranger Station at 4730 Crystal Springs Dr.   <b>Host: Rusty</b></p>	<p><b>WEDNESDAY</b>  <b>Santa Monica</b>  <b>6:30 P.M.</b>          Meet in Palisades Park at Ocean &amp; San Vicente at Millennium Plaque.   <b>Hosts: Jeffrey/Mark</b></p>	<p><b>THURSDAY</b>  <b>Pasadena</b>  <b>6:30 P.M.</b>          Meet in Brookside Park, south of the Rose Bowl, next to the rose garden.   <b>Hosts:</b>  <b>Mike/John/William</b></p>
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