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LAFR Annual Fall Feast

LAFR Annual Fall Feast/Food Drive Raffles & Apparel Sales Saturday, November 12, 4:00 PM

Pull out those fantastic recipes as we crown Queens of the Thanksgiving table at our annual Fall Feast! We will be holding a food drive as well.

Details:

Saturday, November 12, 4:00 PM
at the home of Andrew Makay (below)
5802 Vesper Ave, Van Nuys, 91411

Entrance Fee:

Donation for Bienestar Food Drive

Bring to share:

T-day inspired side
and/or dessert

*Club will provide
turkey/drinks*

Contest:

best cranberry sauce
best side dish
best dessert



Bring Your Checkbook/Cash & \$5 Bills! Raffles & Apparel Sales

Our full apparel stock will be available to purchase. We will have cash for change and will accept checks as well.

Raffles for LAFR High School LGBT Athletic Scholarships:

We will have a few fun raffle items. Tickets are \$5 and all funds raised will go toward the LA Frontrunner Annual Scholarships.



Food Drive for Bienestar

The Bienestar Food Bank is located in East LA. LGBT Youth, homeless, low-income, and HIV positive clients use this free service.

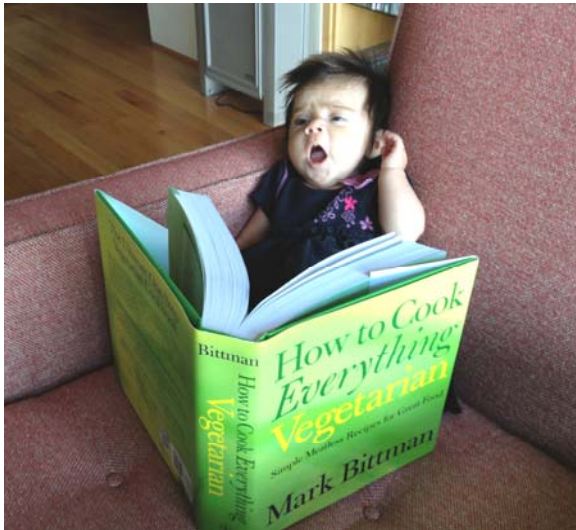


Bienestar provided this "wish-list" but stressed that food items in addition to these are welcome:

Cereal, Oatmeal, Juices, Ketchup, Mayo, Mustard, Soda, Chips, Popcorn, Nacho Cheese, Canned: Tuna, Fruit, Corn, Peas

Bienestar is a grass-roots, non-profit community service organization. Bienestar originated as a direct result of neglect & non-existent HIV/AIDS services for the Latino community. Since their establishment, Bienestar has evolved into a multi-service, multi-center agency, offering services in LA, San Bernardino, & San Diego.

Potluck at Rina's



**November Silver Lake Potluck
Tuesday, November 15
after the Tuesday night fun run
at Rina's pad
2038 Redcliff St., 90039**

AIDS Walk: LAFR Team Raises \$1025

A good time was had by members of LA Frontrunners who participated in the 27th Annual AIDS Walk. The team raised over \$1,000 for APLA, while having a good time walking 6.2 miles. Mayor Villaraigosa and West Hollywood Mayor John Duran sent off over 30,000 walkers. Celebrities Drew Carey, Carson Kressley, and NCIS's Pauley Purrette energized the crowd. Along the walk participants were treated to snacks like yogurt, pizza, gelato and granola bars, while DJs and dancers rooted the walkers on to a strong finish. LAFR gives special thanks to David Dassey, who was the largest fundraiser on the team, collecting more than 1/2 of total contributions! *-Linwood Fullam*



David, Gordon, Linwood & Ely at the AIDS Walk

LAFR BIRTHDAY BOYS AND GIRLS

11/1 Nathan Nguyen	11/20 Piyush Prakash
11/2 Eric Alvarez	11/21 Scott Flanary
11/3 Wes Lutovsky	11/21 Bill Winkelmann
11/5 Robert Chen	11/23 Gary Todd
11/7 Mary Church	11/23 Henry Ong
11/8 David Wilcox	11/27 Tom Croyle
11/8 Timo Vallez	11/28 Kevin Gardner
11/10 John McGuinness	11/30 Dale Beldin
11/12 Jeff Bennett	
11/13 Chau Nguyen	
11/14 Kim Ricketts	
11/14 Paul Houson	
11/16 Efren Matos	
11/18 Steve Frybarger	
11/19 Albert Brecht	



LAFR Live: Caltech-Occidental Orchestra Concert w/ Ted

As many of you know, LAFR Treasurer Ted Wyder plays cello with the Caltech-Occidental College Orchestra. Join your fellow LAFRs at the concert and for dinner after at a local eatery.

Free admission, Sunday, 11/20, 3:30 PM

Program:

Frank Ticheli: Shooting Stars

Jacques Ibert: Flute Concerto

Gary Woodward, soloist

Robert Schumann: Symphony No. 1 ("Spring")

The concert is at Caltech at Ramo Auditorium. Ramo Auditorium is at the south end of Baxter Hall (building 77 on the online map). The best place to park is in the lot off of Michigan Ave., just south of Del Mar Blvd. The Caltech concerts tend to fill up, so Ted recommends getting there maybe 10-15 minutes early.



Ted during the LAFR Grand Canyon trip last May

LAFR Moonlight Run II

Thursday, November 10, 8:00 PM

The Run

Start time is 8:00 pm at the home of John McGuinness and Doug Jones in Studio City:
4440 Morella Ave, Studio City, 91607

Options:

4 mile flat will be on the street only (will run by The Brady Bunch house), this is great for walkers or anyone who just wants to do a short run.

8 mile will include the same flat course as the 4 mile run for 2 miles but we will then go run in the Studio City hills primarily along Sunshine Drive including a short trek on the safe trail where we will have great valley/universal city lights views. This is not really a celebrity run but we will run pass The Brady Bunch house as well as the homes of Alex Trebek, Lily Tomlin (her street), Teri Hatcher and, of course, George Clooney.

Both courses are on a loop so you don't get to see the same thing twice but they are very straight forward (even John doesn't get lost...).

Everyone will need to wear a headlight or reflective gear as we will be on streets and some of them are a little dark.

Din-din will be afterwards at Four'n'Twenty or Little Tony's – we'll decide that night.



LAFRs at October Half Marathons



LAFR ladies at the Long Beach Half Marathon on October 9: Sara Croft & Margie Gonzales to the left and below is Marilyn Jackson with Regina Robinson



LAFR boys at the Rock'n'Roll Half Marathon on October 31 in downtown Los Angeles: Richard Nelson, Angus Kennedy & Bernie Tan above and Ely Yaron with his little brother to the right



Race Results

San Lorenzo River Half Marathon

Santa Cruz, CA 6/12

Bruce Bair..... 1:58:33 1st 40-44

Wounded Warrior Half Marathon

Point Mugu, CA 9/17

Patricia Bates..... 1:58:47 1st 60-64

Beach Blast 5K

Long Beach, CA 10/1

Jeffery Wiggins..... 24:26 2nd OA

Chino Hills Trail Marathon

Chino Hills, CA 10/1

Deo Jaravata..... 6:42:10

Long Beach Marathon

Long Beach, CA 10/9

Half

Ely Yaron..... 2:04:01

Paul Jacoy..... 2:06:12

Patricia Bates..... 2:08:20

Stephanie Stone..... 2:24:16

Margie Gonzales..... 2:37:56

Gary Lashley..... 2:42:00 1st Half

Marilyn Jackson..... 2:46:18 1st Half

Regina Robinson..... 3:03:03

Full

Deo Jaravata..... 4:01:31

David Dassey..... 4:10:38

Sara Croft..... 5:36:48

Xterra Trail Run

Malibu, CA 10/16

11K

Sara Croft..... 1:38:16

Margie Gonzales..... 1:41:48 2nd 55-59

18K

Bruce Bair..... 1:26:10 2nd 45-49

Nike Womens Marathon

San Francisco, CA 10/16

Deo Jaravata..... 3:58:41 2nd 45-49

Main Street Run 10K

Puente, CA 10/23

Deo Jaravata..... 52:12

Richard Leary 6 Hour Race

Irvine, CA 10/30

Deo Jaravata..... 34 Miles 1st OA

Rock'n'Roll Half Marathon

LA, CA 10/30

Bernie Tan..... 1:35:09 PR

Angus Kennedy..... 1:36:26

Richard Nelson..... 1:38:05 3rd 60-64

Ryan Bailon..... 2:03:32

Eric Gober..... 2:05:53

Paul Jacoy..... 2:09:32

Ely Yaron..... 2:10:34

Sara Croft..... 2:25:11

Stewart Gonshorek..... 2:26:51 PR

Margie Gonzales..... 2:37:08

Marilyn Jackson..... 2:40:00 PR

Regina Robinson..... 2:51:55

Cat White..... 3:30:35

Keeley Webster..... 3:30:35

Ragnar Las Vegas 188-Mile Relay

Las Vegas, NV 10/21-22

LA Frontrunners..... 22:21:01 4th OA

Eric Alvarez 1st Submasters

Mickey Caruso

Angus Kennedy

Richard Korn

Carl Maravilla

John McGuinness

Moises Medina

Sean O'Brien

Bernie Tan

Wadley

Reg Willson

Mike Carbuto-driver

Andrew Makay-driver

Slomosexuals..... 26:07:00 21st OA

Bruce Bair 2nd Submasters

Rex Boone

Robb Briggs

Rob Chen

Eddie Flores

Dan Graham

Mike Kerkman

Jeff Lymburner

Patrick Owen

Ryan Timmreck

Ted Wyder

John Yong

This is the very cool medal all the runners received at the Ragnar Relay



Palm Springs Pride Run & Post-Race Brunch

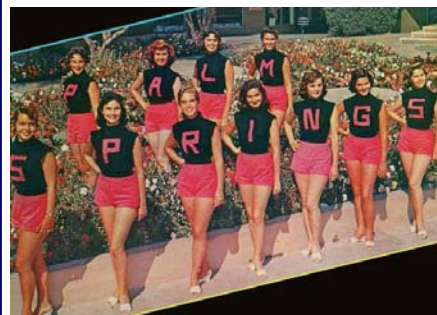
Come join your fellow Frontrunners for the Palm Springs Pride 5k run/walk on Saturday, November 5th. The race starts at 8:00am at Palm Springs High School. Registration is \$25 until October 31st and \$30 after. You can register on the day of the race itself starting at 6:30am. For more information about the race, check the insert or their website

Post-race Brunch

After the race, stay for a brunch hosted by the fabulous Mark DeAngelis and Henry Jung at their place in Palm Springs. They will provide Bloody Marys, coffee, juice, and food. Here are the details:

When: Saturday, 11/5, about 10 am
Place: 4850 N. Winner Circle, Unit C Palm Springs, CA 92264

They live in a gated community so please call ahead to either Mark at 310-351-8372 or Henry at 213-308-4098 for the code. Bring your favorite bikini because we're told Mark and Henry have an awesome heated pool to take a dip in.



Ely & Deo after the Bulldog in August

GRAND PRIX STANDINGS as of 11/2

CHAMPIONS RACE

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). Runners are ranked by average score with runners with most races ranked first.

Division	Races	Average
MALE		
1. Richard Nelson	6	81.09
2. Carlos Vizcarra	6	81.05
3. Mark Johnson	6	79.88
4. Reg Willson	6	70.89
5. Bernie Tan	6	69.92
6. John McGuinness	6	69.56
7. Sean O'Brien	6	68.86
8. Angus Kennedy	6	67.96
9. Ric Munoz	6	67.70
10. Andrew Wissmiller	6	67.23

FEMALE

1. Stephanie Stone	6	59.91
2. Margie Gonzales	6	54.57
3. Sara Croft	6	53.19
4. Marilyn Jackson	6	45.71
5. Regina Robinson	6	41.66
6. Cat White	3	29.94
7. Patricia Bates	2	80.03
8. Tanya Haney	2	45.19
9. Keeley Webster	2	35.30
10. Allyne Winderman	1	77.69

RACEWALK

1. Deo Jaravata	6	60.87
2. Juan Moreno	4	61.81
3. Doug Jones	2	53.70

TRAIL MASTER

The Trail Master Race is a combination points & age-graded accrual competition that will determine the club Trail Running Champion. Runners are ranked by average score with runners with most races ranked first.

Athlete	Races	Average
1. Sean O'Brien	5	110.89
2. Robb Briggs	5	63.14
3. Stephanie Stone	4	73.38
4. Deo Jaravata	3	107.02
5. Jonathan Toker	3	106.39
6. Andrew Wissmiller	3	92.07
7. Bruce Bair	3	84.94
8. Mike Murphy	3	79.39
9. Bernie Tan	3	79.12
10. Margie Gonzales	3	75.54

AGE GROUP WOMEN

Division Races Points

Female 20-29

1. Stephanie Collins	1	120
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Female 30-39

1. Tanya Haney	2	230
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Female 40-49

1. Sara Croft	6	715
2. Marilyn Jackson	6	705
2. Regina Robinson	6	635
4. Keeley Webster	2	200
5. Cat White	2	190

Female 50-59

1. Stephanie Stone	6	765
2. Margie Gonzales	6	740
3. Allyne Winderman	1	110

Female 60+

1. Patricia Bates	2	255
2. Maggie Williams	1	135
3. Connie Hammen	1	115

FOR COMPLETE STANDINGS AND
DETAILS, PLEASE VISIT THE
GRAND PRIX PAGE AT
WWW.LAFRONTRUNNERS.COM



AGE GROUP MEN

Division Races Points

Male 20-29

1. Luis Aguilar	3	445
2. Piyush Prakash	2	230
3. Riley Turcott	1	120
4. Gary Iem	1	110
Tanner Stransky	1	110
Ryan Bailon	1	110

Male 30-34

1. Wadley	5	710
2. William Korthof	5	575
3. Mike Kerkman	3	340
4. Jose Castillo	3	250
5. Robert Chen	2	210

Male 35-39

1. John McGuinness	6	750
2. Carlos Vizcarra	5	665
3. Mike Smith	5	545
4. Richard Peng	3	320
5. Ted Wyder	2	210
Brad Maury	2	210

Male 40-44

1. Mark Johnson	6	760
2. Bernie Tan	6	735
3. Robb Briggs	6	625
4. Ely Yaron	5	540
5. Moises Medina	4	455

Male 45-49

1. Angus Kennedy	6	730
2. Sean O'Brien	5	675
3. Deo Jaravata	6	670
4. Sergio Casillas	5	605
5. Paul Jacoy	5	500

Male 50-54

1. Reg Willson	6	705
2. Carl Maravilla	4	525
3. Doug Jones	5	490
4. Patrick Owen	4	415
5. Ric Munoz	4	390

Male 55-59

1. Andrew Wissmiller	6	815
2. Paul Williams	6	675
3. Bill Winkelmann	5	565
4. Dan Graham	4	475
5. Geoff Buck	3	300

Male 60+

1. Richard Nelson	6	785
2. David Dassey	2	235
3. Bill Walsky	2	160
4. Eric Fischer	1	105
5. Richard West	1	80



Rob Chen shows off his awesome Ragnar tattoo after the race

Patrick Owen Returns to Queendom 11th Annual Chili Cook-Off

It was an afternoon to remember as Patrick Owen returned to the throne as the 2011 Chili Queen (Patrick was the Chili Queen back in 2008 as well). A slight breeze on a warm Los Angeles afternoon welcomed 65 FRs for the longest running Los Angeles chili cook off that we know of. Jim Martinez made a fantastic banner for the event and for those of you that missed it, he was wearing coordinated yellow and navy blue Ralph Lauren sportswear. As the crowd milled around whilst the chili was being arranged, the cornbread sectioned into bite sized morsels, beer freely flowing and desserts beckoning like David Beckham in the shower, we all waited for the word to start. Angus jumped on his bullhorn and spoons were flying, taste buds desensitized, more beer, and an occasional "who has Mike and Kevin's kid" was heard. Carl Maravilla and David Dassey were wowing the crowd with their guac recipes, Cat was reminding everyone of her cooking talents, Patrick Owen was seen adding chili sauce to other chili pots, Rob Chen told others he would do anything to win, and of course Henry Ong wanted to lose 65 lbs at the same time he is having his third brownie with bacon frosting. A good time was had by all and the winners were:

Chili Queen - Best in Show

- 1st: Patrick Owen – Chili Queen!
- 2nd: Cat White
- 3rd: Gordon Lenarth

Vegetarian Chili

- 1st: Patrick Owen
- 2nd: Cat White
- 3rd: Mike Kerkman

Meat Chili w/ Beans

- 1st: Cat White
- 2nd: Gordon Lenarth
- 3rd: Rusty Millar

Hottest (cutest...) Cook

- 1st: Rina Shiramizu
- 2nd: Cat White
- 3rd: Papa Mike Kerkman

Cornbread

- 1st: Phil Amato
- 2nd: Jeff Masino
- 3rd: Jim Martinez

Hottest Chili

Mike Kerkman

Meat Chili no Beans

1st: Carl Maravilla

Best Presentation

Patrick Owen

-Rusty Millar



Above: Chili Queen Patrick and his court



Cat said she was ok with being Hottest Cook runner-up since it was to Rina ☺



Veggie Chili winners Patrick, Mike & Cat

LAFR Teams Sweep Division in Las Vegas Relay

Twenty-five LAFRs competed on two teams in the Las Vegas Ragnar Relay on October 21-22. The 188-mile course was divided into 36 legs with 12 runners running three legs each. Out of 446 teams, our two teams placed 4th and 21st overall and placed 1st and 2nd in the submasters division (all runners over 30).



Above: Sean hands off to Mick during the race
Below: Mick & Wadley and Bruce & Eddie



Above: Team Slomosexuals & their great van before leaving Los Angeles



Above: Mike Kerkman



Above: Ryan grabs a well deserved nap post-race



Above: the gaggle of gays having breakfast before heading back home to Los Angeles on Sunday

Right: Team LA Frontrunners at the finish line





UPCOMING EVENTS – November/December

Grand Prix Races

• **Saturday, November 5**

Palm Springs Pride 5K

www.psfr.org

• **Sunday, November 6**

Santa Clarita Half/Full Marathon

www.scmarathon.org

New York Marathon

www.nycmarathon.org

• **Sunday, November 13**

weSpark 5K/10K

www.wespark.org

• **Sunday, November 20**

Santa Monica Mountains Trail Run

9K / 18K / 30K / 50K

www.pctrailruns.com

• **Saturday, November 26**

San Dimas Turkey Trot 5K/10K

www.renegaderaceseries.com

• **Saturday, December 3**

Death Valley

30K / Marathon

www.envirosports.com

• **Saturday, December 3**

Tiger Run 5K/10K

www.sptigerrun.com

• **Sunday, December 11**

LA County Holiday Half Marathon

www.runlacounty.com

• **Sunday, December 18**

Winter Solstice Xmas Run – 5 miles

www.tryusevents.com

**Palm Springs
Pride Run &
Party**

Saturday, 11/5
post-race party at
Mark & Henry's
see page 4

**Caltech-Occi.
Orchestra
Concert**

Sunday, 11/20
Ramo Aud., 3:30
Caltech
see page 2



Tuesday, 11/15

Silver Lake

Rina's

2038 Redcliff St.

LA, 90039

Tuesday, 12/13

Silver Lake

Henry Ong's

3431 Fernwood Ave

LA, 90039

MOONLIGHT RUN II
Thursday, November 10

Studio City
@ John & Doug's
see page 3

howlin' baby, howlin'!



FALL FEAST
Saturday, November 12

at the home of Andrew Makay
Van Nuys
see page 1

*It's a feast of
bacchanalian proportions!*



JIM'S HOLIDAY
PARTY
Date TBA

It's fabulous baby!



ANNUAL MEETING
Saturday, 12/10
Glassell Park
Toy Drive/Breakfast/Run



NEW YEAR'S DAY
Run/Potluck
Sunday, 1/1
at Patrick's



DEATH VALLEY TRIP
December 3-5
Death Valley 30K / Marathon





palm springs
Front Runners
& WALKERS

WHEN:

Saturday, November 5th
 Race starts at 8:00 am.
 Race day registration
 opens at 6:30 am.

WHERE:

Event begins and ends
 at the Palm Springs High
 School Track on the
 corner of Baristo Road
 & Farrell Drive.

REGISTRATION FEES:

Through October 31st
\$25.00
 Starting November 1st
\$30.00

**ONLINE REGISTRATION
 AVAILABLE AT:**

www.psfr.org
 or www.active.com



11th ANNUAL 5K PRIDE RUN • WALK

Proceeds To Benefit:



BOYS & GIRLS CLUB
 OF PALM SPRINGS

An official event of Palm Springs Pride
www.pspride.org

DISTANCE:

5K (3.1 miles)
 loop course.

AWARDS:

Will be presented to the
 top male and female
 winners in each age
 category.

**ALL PARTICIPANTS
 RECEIVE:**

A race T-Shirt, goodie
 bag, refreshments,
 and entry for prize
 drawings.

**FOR MORE
 INFORMATION:**

www.psfr.org or
psfrunner@gmail.com
 or (760) 832-6814

PSFR&W 11th Annual 5K Pride Run & Walk Entry Form

Name _____ Phone _____ Email _____

Address _____ City/State/Zip _____

Male ___ Female ___ T-Shirt Size: Small ___ Medium ___ Large ___ X-Large ___

Age (on race day) ___ Event: 5K Run ___ 5K Walk ___ Add'l Donation _____

Waiver: In consideration of your accepting my entry into this race, I, undersigned, do hereby for myself, my executors and administrators, waive and release any and all rights, and claims for damages I may acquire, against the beneficiaries, Palm Springs Front Runners and Walkers, sponsors, underwriters, advertisers, City of Palm Springs, or private parties on whose property the event may be conducted, of any and all injuries suffered by me, due to participating in the event. I hereby grant full permission to any and all of the foregoing to use my name and likeness in any broadcast, telecast, video, or print media of the event, without compensation to me. I certify I am in good condition and able to participate in this event.

Signature _____ Date _____

Please make checks payable to: PSFR&W Pride Run and Walk
 Mail to: PSFR&W Pride Run and Walk, P.O. Box 2184, Palm Springs, CA 92263-2184



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



TUESDAY
Silver Lake
6:30 P.M.
Meet at Silver Lake Recreation Center at 1850 West Silver Lake Drive.

Host: Rusty

WEDNESDAY
Santa Monica
6:30 P.M.
Palisades Park at Ocean & San Vicente at Millennium Plaque.

Hosts: Bruce/Brian

THURSDAY
Pasadena
6:30 P.M.
Brookside Park, south of the Rose Bowl, next to the rose garden.

Hosts:
Gary/John/William

SATURDAY
Griffith Park
8:00 A.M.
Meet at the flag pole across from Ranger Station at 4730 Crystal Springs Dr.

Hosts: Amy/Patrick

SUNDAY
Long Run
8:00 A.M.
Various distance long runs on roads and/or trails at various So. Cal locations.

Hosts: Various