

Annual Awards, LA Marathon & More **February 2014**



Firecracker:
Fronrunner
of the Year
Eric Alvarez
was 4th OA
(1st 45-49) in
the 5K,
running a
blistering
16:53. In the
10K, Mike
Heredia
(38:06, 7th
OA, 2nd 30-
34) & Mark
Johnson
(38:37, 13th
OA, 1st 45-
49) led the
LAFR group.

The Los Angeles Marathon is just around the corner. We have 18 Frontrunners running in the two-man charity relay raising funds for SRLA. Please help our runners reach their fundraising goal by attending one of the fundraising events or donating online. Also, our intrepid water station captain, Carl Maravilla, will once again be corralling our group at mile 7. Bernie & Dan are hosting a pasta dinner the night before the race at their home and we'll be back to Sean & Allen's for our post-race festivities.

If you missed our Annual Awards Banquet, it was a lovely evening with many memorable moments. But, fear not! There is a full re-cap in this newsletter.

After our successful 13.1 Challenge in 2013, you all voted to have this year's challenge distance be the good ol' 10K. So, get those racing shoes out of the closet and sign up for a race! The Shoreline Frontrunners Long Beach Pride Run will be here before we know it and their race is a great one – flat and fun.

Enjoy the last few weeks of our SoCal winter!

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LAFR BIRTHDAY BOYS AND GIRLS

2/25	Brad Takei	3/13	Gardner Delano
2/25	Brent Kaspar	3/14	Gary Braitman
2/26	David Dancer	3/14	Nelson White
2/27	Norman Dixon	3/15	Albert Giang
2/28	Ric Muñoz	3/20	Brian Dunbar
2/28	Maryland Bolds	3/20	Jonathan Toker
3/3	Brian Kelly	3/26	Brad Maury
3/3	Richard Nelson	3/27	Lee Miller
3/4	Juan Moreno	3/29	John Aragon
3/7	Deo Jaravata	3/30	Allen Posten
3/13	Diane Abato	3/30	Sue Roth

LAFR Board Meeting February 10, 2014

These were discussed

1. Finance – Annual statement presented at annual meeting held on February 9.
 - Insurance renewed
 - Active.com cash received
2. Banquet duties assigned
3. SRLA fundraising
 - March 1 spelling bee at Rob Chen's
 - April 8 Drag queen Bingo
4. LA Marathon – Begin discussion
 - Carl organizing water stop, William to email
 - Bernie host pasta party
 - Post race party and Sean and Allen's
5. Next meeting on March 3, 7PM at Sean's

WELCOME NEW MEMBERS!

Um, none for now as we revamp membership payment on our website

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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 Fronrunners Monthly Treasurer's Report for December 2013

Balance on 2014 Jan 20 **\$17,385.08**

Balance on 2014 Feb 24 **\$15,402.88**

Net change **\$(1,982.20)**

Club Events	Expense	Revenue	Net
Pride Run 2009	\$ -	\$ 1,385.00	\$ 1,385.00
Annual Meeting	\$ (176.29)	\$ -	\$ (176.29)
Annual Banquet	\$ 2,160.00	\$ (4,088.52)	\$ (1,928.52)
Spelling Bee	\$ -	\$ 130.00	\$ 130.00

Membership

Membership Dues	\$ -	\$ 75.00	\$ 75.00
Donation	\$ (670.00)	\$ 415.00	\$ (255.00)
Uniform for Donation	\$ -	\$ 275.00	\$ 275.00
Uniform	\$ -	\$ 57.00	\$ 57.00

Operational

Communication	\$ (65.00)	\$ -	\$ (65.00)
Pride Run Insurance	\$ (1,197.00)	\$ -	\$ (1,197.00)
Paypal	\$ (82.39)	\$ -	\$ (82.39)
Petty Cash (40 Fives)	\$ (200.00)	\$ -	\$ (200.00)

Totals **\$ (230.68)** **\$ (1,751.52)** **\$ (1,982.20)**

From the Treasurer: We received a \$1,385 check from Active.com for 2009 Pride Run registration. We also renewed insurance for the year. While the insurance is mainly needed for the Pride Run in June, it does offer the club some coverage through the year. The \$1,197 cost is slightly less than last year, because we decreased our expected attendance from 700 to 450.

The board voted to reduce the cost of banquet by \$15 a person. Thus we absorbed \$1,928.52 for 72 people. The Petty Cash of \$200 is in the form of forty 5-dollar bills that we need for upcoming fundraising activities.

LAFR is fundraising for SRLA

Several LAFR members are raising funds for SRLA. We have fielded 9 teams of 2 runners each for the LA Marathon relay. Each person is running a half marathon. The goal is to raise \$8,100 for SRLA.

At the banquet we raised \$670 through a combination of uniform sale and raffle ticket sale. As of 2/28, we have raised \$5,765. Upcoming events include a spelling bee and a bingo night. If you can help out, please donate at: <http://www.imathlete.com/donate/LosAngelesFronrunners>

We have also collected shoes to help SRLA set a world record! If you still have shoes, let a board member know.



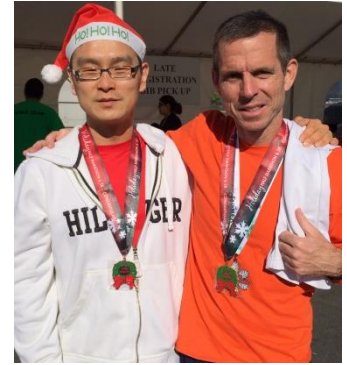
2013: Year in Review

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 2013 (each runner's fastest result used).



Left: Eric Alvarez and Carlos Vizcarra each topped two year-end lists for 2013. Right: Along with Carlos and Eric, John McGuinness, William Fang and Mark Johnson appear on all four year-end lists.



5K

1. Carlos Vizcarra	16:32
Memorial Day	5/27
2. William Fang	17:32
Long Beach Pride	5/19
3. Eric Alvarez	17:34
CityFarm	11/16
4. Mike Kerkman	18:24
Palm Springs Pride	11/2
5. Mark Johnson	18:41
Palm Springs Pride	11/2
6. William Korthof	18:43
LAFR Pride	6/9
7. Carl Maravilla	19:33
LAFR Pride	6/9
8. John McGuinness	19:38
Palm Springs Pride	11/2
9. Bernie Tan	19:43
Victory 4 Victims	4/28
10. Bruce Bair	19:50
Palm Springs Pride	11/2

10K

1. Eric Alvarez	34:36
Victory 4 Victims	4/28
2. Carlos Vizcarra	35:46
La Palma	7/4
3. William Fang	35:59
LAFR Pride	6/9
4. Mike Heredia	36:29
Citrus	1/12
5. Mark Johnson	38:54
Victory 4 Victims	4/28
6. Carl Maravilla	39:55
Long Beach Pride	5/19
7. John McGuinness	40:11
CityFarm	11/16
8. William Korthof	40:29
LAFR Pride	6/9
9. Bruce Bair	40:34
Venice	12/7
10. Moises Medina	40:37
Coastal	1/22

Half Marathon

1. Eric Alvarez	1:15:47
Mtns to Beach	5/26
2. Carlos Vizcarra	1:18:38
Surf City	2/3
3. Mark Johnson	1:23:28
Holiday	12/15
4. William Fang	1:24:23
Holiday	12/15
5. John McGuinness	1:28:22
Orange County	5/5
6. Mike Kerkman	1:29:44
LA RnR	10/27
7. Bernie Tan	1:29:57
Mtns to Beach	5/26
8. Jorge S Corona	1:31:56
Ventura	9/8
9. Reg Willson	1:34:34
Long Beach	10/13
10. Jonathan Toker	1:35:23
Boney Mtn Trail	1/6

Marathon

1. Carlos Vizcarra	2:48:39
Los Angeles	3/17
2. Mark Johnson	2:56:53
Los Angeles	3/17
3. Eric Alvarez	2:57:48
Los Angeles	3/17
4. John McGuinness	3:00:37
Boston	4/15
5. William Fang	3:02:37
Mtns to Beach	5/26
6. Moises Medina	3:04:15
Santa Rosa	8/25
7. Bernie Tan	3:08:52
Boston	4/15
8. William Korthof	3:12:43
San Francisco	6/16
9. Mike Heredia	3:17:11
Los Angeles	3/17
10. John Kawaharada	3:18:32
Mtns to Beach	5/26



Left: Cat White was the only LA Frontrunner female to appear on all four year-end lists for 2013. Right: Both Tanya Haney and Melissa Coleman appear on three each, with Melissa taking the top spot on three. 2013 Champions Race winner Margie Gonzales appears on two year-end lists.



5K

1. Melissa Coleman	25:51
LAFR Pride	6/9
2. JD Rouan	25:53
LAFR Pride	6/9
3. Tanya Haney	26:55
Aztlan	6/22
4. Cat White	30:23
Taft	4/21
5. Amy Ross	31:59
LAFR Pride	6/9

10K

1. Melissa Coleman	53:46
LAFR Pride	6/9
2. JD Rouan	57:46
Jaycees	1/19
3. Tanya Haney	58:20
Ojai	4/28
4. Cat White	70:37
LAFR Pride	6/9
5. Margie Gonzales	76:17
Rocket	12/31

Half Marathon

1. Melissa Coleman	2:06:36
San Francisco	6/16
2. Tanya Haney	2:25:10
Malibu	11/10
3. Margie Gonzales	2:35:03
Fontana	6/22
4. Cat White	2:48:07
Mtns to Beach	5/26
5. Donna Balinski	3:16:07
Mtns to Beach	5/26

Marathon

1. Cat White	7:45:00
Mesa Falls	8/24
2. Keeley Webster	8:30:53
Mesa Falls	8/24

Notes from the Back of the Pack

By Bill Walsky

Back in the 80's the first running boom was in full bloom. Growing numbers of runners could be seen along San Vicente Blvd. in Brentwood, the reservoir in Silver Lake and around the Rose Bowl in Pasadena. Clubs such as Los Angeles Frontrunners formed and local 5k and 10k races thrived and grew each year. Because of southern California's glorious weather you could run outdoors all year round and jump into a race almost any weekend. For many runners the new year began with the Super Bowl Sunday 10k in Redondo Beach in January or the hills of Elysian Park at the Firecracker-Chinatown 10k in February. Spring brought the Tom Sullivan St. Patrick's Day 10k in March and the Brentwood 5&10k in May. Of course the highlight in June, starting in 1982, was the Run for Gay Pride.



Many of these events added 5k's and family fun runs and grew to include several thousand participants each year. Unfortunately, success at attracting runners did not guarantee longevity for many of these popular events. This month we take a look at some of the races that didn't survive.

The **Brentwood 5K/10K** (1977-2011) started in the shopping district along San Vicente and ran west for 1.5 miles to Carmelina before returning to the start area; 10k runners ran a second lap. Then as now the highlight of the San Vicente course were the coral trees which line the street all the way to the ocean. In the early 90's Frontrunners earned money for the club volunteering by serving as registration volunteers. Farmers Insurance and San Pietros Italian restaurant served as major sponsors over the years but as the recession deepened several years ago such money vanished. The Brentwood 5 & 10K was cancelled in 2012.



The Fluffy Bunny Track Club was a fixture at the Brentwood 5K/10K. Despite the name, they were very, very fast.

The **Beverly Hills Perrier 10K** (1976-1988) was a flat, fast race which began and finished at Beverly Hills High School. Over the years it attracted Olympians Rod Dixon, Bill Rodgers and Steve Scott. Unique to this event was an International Waiter-Waitress 5K which required the contestant to run, in uniform, holding a tray with an open bottle of Perrier. Despite attracting over 2,000 runners Perrier called it quits in 1987. Buick came aboard as sponsor in 1988 but the race ended that year.



William Fang sporting his vintage 1990 Alhambra Moonlight 8K T-shirt and division top 10 plaque. Bernie Tan sporting the inaugural City of Angels Half Marathon shirt and medal

[Editor's note] C of A Half debuted in 2007, running from Griffith Park to Downtown. In 2008 it was a major club event, drawing 35 runners. You can read more in the January 2009 newsletter available at the club website.

The **Alhambra Moonlight 8K** (1988-1996) was that southern California rarity, a night race. Held on the Saturday night closest to Halloween it started at Alhambra Park, ran on main street through downtown then returned to the park. In 1988 Brenda Webb ran an American record 25:32 in winning the women's race. Several years later Olympian Lynn Jennings, drawn by a \$25,000 prize, attempted to break the record but was done in by rain and a lack of competition. Originally sponsored by the Chamber of Commerce as a way to draw people to the redeveloping downtown the race was forced to redraw the course in 1996 when the downtown merchants objected to the closing of Main Street on Saturday night. The new course proved too long and was a sad end to a festive event.

The inevitable lesson to be drawn from the disappearance of popular events is to let the sponsors know how much we as runners appreciate their continued support.

Next month we'll take a look at the marathons that aren't here anymore. Thanks to William Fang for suggesting the topic.

Banquet Re-Cap: 2013 Club Awards

Frontrunner of the Year

Eric Alvarez

Our Frontrunner of the Year had an outstanding year of running. Eric ran the fastest half marathon of 2013. His 1:15:47 clocking at Mountains to Beach was not only the fastest half marathon by a club member, but it's the fastest since we started the Grand Prix back in 2005. It's also the fastest half marathon in the club since at least 2000. I stopped there only because that's as far back as the records I have go! We'll have to consult the historians of the club to determine its place on the all-time list. Mountains to Beach was a very competitive race and he won his age group and was 9th overall.

Eric also ran the fastest 10K in the club last year, a scorching 34:36 at Victory for Victims where he successfully defended his individual crown. Along with a 34:31 10K in 2012, Eric has the two fastest 10K times in the club in at least the last 15 years. His age grade for the half was just under 85 and for the 10K just over 85 – he has the top 5 age grade scores for the entire 9 years of the Grand Prix. And to top it off, in 2013, Eric tackled his first marathon (LA), running 2:57:48...good enough for 5th in his age group and a free Nutri-Bullet! How many people can say they ran sub 3 hours in their first marathon?

In addition to his outstanding race results, Eric was a key member of the LAFR relay team that placed 10th overall and 2nd in its division out of 1400 teams at the Wasatch Relay. As any of the guys will attest, he's a wonderful & supportive teammate, genuinely interested in others' running. He consistently shares this positive energy with other LAFRs. After a short break due to injury, Eric has returned to racing in fine form, winning his age group and placing 7th OA out of 1400 runners at the 18 Mile SRLA Friendship Run. He is part of our 18 member group running the LA Marathon Charity Relay, raising funds for SRLA and will run the Boston Marathon in April. Perhaps Eric's greatest accomplishment in 2013 was his marriage to his partner Jeff.



Randy Peck Service Award

Deo Jaravata

Our Randy Peck award winner is one of our most active and outgoing members. He does more races than just about everyone in the club so if you have raced, you have seen him. He is a great supporter and cheerleader for other Frontrunners – always taking pictures and cheering runners across the finish line. Even during a race if you pass him or he passes you, he will always offer words of encouragement. On more than one occasion, he has slowed his own race pace or stopped altogether to support a fellow runner.

We often speak of quiet service in reference to Randy Peck and I'm sure some of you are asking yourself: Deo? Quiet Service?

But, yes, it's true. We all know the exuberant cheerleading side of Deo during races and club events but there is the quiet charitable side that many of you might not know about – for example, there's the shoe drives that Deo has held during our Pride Run for years. He not only collects all those shoes but he gets them to the Philippines himself - he's not handing them off to another organization - he collects, packs up and gets those shoes to the communities where they're needed. He's also one of our SRLA coaches, giving of his free time to work with high school kids. And this past year, after the devastating tsunami in the Philippines, he jumped into action again. Some LAFRs had asked how they could help and early on there were some issues with donations reaching the people in need so I figured I'd check with Deo to see what he knew. He was already collecting goods and money on his own and was working with a group college back in the Philippines that were goods/money directly to the folks in need. It was another example of the kind of selflessness and quiet service that Randy Peck would have applauded and assisted with.



Banquet Re-Cap: Crowd Favorites

Newcomer of the Year

Yumi Afrento

presented by John Kawaharada

Miss Newcomer this year hails from the Westside and is a blond-haired beauty that just started running this year.

She started off as a walker, or as I was corrected, “power walker,” not to be confused with “power bottom” (David Dassey), or “power top” (Margie Gonzales).

By August she was running and completed her first race, the Jet to Jetty, and in November, her second, the City Farm Turkey Trot. And she is running Boston in April, the 5K.

Her Miss Newcomer platform was “No Frontrunner Social Event Left Behind,” attending the Soup-off, Chili Cook-off, Summer Pool Party, Drag Queen Bingo, Fall Feast, and co-hosting the New Year’s Day Run and Potluck. She also volunteered at the Ray Miller 50/50, the LA Marathon, our Pride Run, and the recent Sean O’Brien Trail Race (where Patrick Conner nearly froze to death).

The loudest cheerleader at any race (right William?), she is arguably Arlington’s best friend and the Queen of New Year’s good luck soba noodles and rice cake soup (Allen Posten’s new favorite foods).

As a dear friend of mine, I am proud of the journey she has started with her running, and I want to thank her for sharing her fun-loving spirit, enthusiasm and kindness with our club.

It’s Yumi!



Best Love of Horses Rina



Banquet Re-Cap: 2013 Club Awards

President's Award

Bill Walsky and Bill Winkelmann

presented by Angus Kennedy

The President's Award is given by the President to a member who merits special recognition and appreciation. As a volunteer organization, we depend entirely on the generosity and good will of our members to continue the extraordinary record of health and fitness, athleticism, and community service of LAFR. Therefore, all of our members who have contributed to our ongoing mission, in big ways and small, merit a heartfelt expression of gratitude. On behalf of my fellow board members, thank you.

When I sit down to think about the President's Award, I always do a similar procedure – I look through the roster and lots of pics and then I re-read all the newsletters to remind myself of everything we did the past year. We are a very active organization so it's easy for everything to sort of mush together. As I was re-reading all the wonderful stories and remembrances about Barry Norcross, a few things occurred to me. As the needs and interests of the group ebb and flow over time, so do the names and faces of those in the spotlight – whether it's the emergence of really strong road racers like Eric and Carlos and Mark, Richard & Carl, or the development of our trail running group with Sean and Ric Munoz and Andrew or our champion ice cream/ramen/snack eaters like me and Rob Chen, Bernie and John K.

But no matter who moves to the forefront of the racing scene, or cook-off challenges, there are constants that define the core of what it means to be a Los Angeles Frontrunner– the kindness, generosity and selflessness of so many of our members. These are the qualities that Barry Norcross and the other founders of our club put at the center of the lived experience of the LAFR community.

For the President's Award this year, I have selected two guys that truly exemplify these traits. Both of these guys were so wonderful when Barry passed. They each were instrumental in helping guide me and the board so that we could honor Barry and what he and the other co-founders meant to the forming of our group. Their loving guidance and input was not only a great help but it was a beautiful tribute to Barry.

And since this is my award, I get to say why they're both so special to me personally as well!



The first of the two BW's is Mr. Bill Walsky. Walsky is like a running IMDB. You guys know what that is, right – internet movie database – has everything you could ever want to know about movies – well, Walsky is like that about running. He's a track & field/road racing /trail running nut – if it's happening in the sport, Bill knows about it. And he passes all his info on to me – I'm on his almost daily e-mail list – along with Ric Munoz and a few others – & he sends along the best running info out there. A very large amount of information that gets passed along to the club has initially come from Walsky, including many ideas that become events or competitions that we use. I was so happy when he agreed to write a column for the newsletter and in true LAFR fashion, he not only passes along great running info but in a completely selfless and loving manner, often turns the spotlight on other club members to showcase all of our goals and accomplishments.

The second BW is Mr. Bill Winkelmann. We all know how kind and sincere and loving this man is...and for me, Wink is kind of my own personal cheerleader, though, in truth, he is everyone's cheerleader in the group. He is always supportive and complimentary to us all and I often seek him out for help or advice. More than a few times I have found myself frustrated, or upset, about something going on in the club, work, life, the world...boy do I hate it when Mark forgets to use the dryer sheets...anyway at some of these rough spots, a handwritten note from Wink has been waiting for me in the mail. He is a master of the old-fashioned thank you card. Those cards are full of kind thoughts and words of encouragement. They are full of beauty, just like the man who writes them. He is a treasure to me & to us all.



Champions Race Men

1. Carlos Vizcarra
2. Mark Johnson
3. Richard Nelson

After a number of 2nd and 3rd place finishes over the years in the Champions race, **Carlos** finally takes the win. He had the fastest LAFR marathon in 2013, clocking 2:48:39 at LA, finishing 52nd OA. At NY, running with nagging plantar fasciitis and windy conditions, he ran 2:48:53. He ran the fastest 5K of the year, a 16:32 2nd OA finish at the Memorial Day 5K, and the 2nd fastest 10K of the year, clocking 35:46 in winning the La Palma 10K. He also was 2nd OA in the Resolution 5K and 3rd OA in the RAD 10 miler. In 8 road races from 5K to half marathon, he placed top 3 OA in 4 of them and placed top two in his age group in the other four.

Coach J started the year with a 2:56:53 finish at the LA Marathon, which made him #2 on the LAFR marathon list for the year. He also had three top 3 OA finishes – winning the Long Beach Pride 10K and placing 3rd OA in the Big Sur Trail Half Marathon and the Montana de Oro 8 mile trail race. He also had the 3rd fastest half marathon of the club last year.

Richard continues to add to a running resume that surely makes him one of the top athletes in the history of LAFR. He was 10 for 10 in road races in 2013, placing top 3 in his age group every time he stepped to the line. He also had an outstanding 2nd place OA finish at the Bookends 10K. And with this 3rd place finish, he continues the longest streak in the Grand Prix – he is the only male to place in the top 3 in the Champions Race every single year since we started back in 2006.

Banquet Re-Cap: 2013 Club Awards

Quickest to Marry in 2013! Mikey & Kevin

Prop 8 was history on June 28th and the race to marry was on! While many Frontrunners tied the knot in 2013, Mikey and Kevin won the race by getting hitched on July 1.



Grand Prix Age Group Women 60+

1. Patricia Bates
2. Amy Ross
3. Connie Hammen & Sue Roth

Banquet Re-Cap: 2013 Club Awards

Most Improved Runners William Fang & Bernie Tan

William PR'd at all four distances in 2013 – he ran a zippy 17:32 5K PR and knocked 2:44 off his already fast 10K PR, running 35:59 at our Pride Run. Knocking almost 3 minutes off a 10K PR when you're already running in the 30s is impressive. He brought his half down to 1:24:23 and then capped it off with a superb 3:02:37 full marathon, breaking his PR by 5:28 that he set back in 2008.

Mr. Tan brought his 5K PR down to 19:35, a PR he had been chasing that for a while so that was a nice get. He also knocked 1:47 off his 10K PR but even more impressive were his half and full PRs – in the half, he broke the 1:30 barrier by knocking off 5:12 to run 1:29:57 and in the full he knocked 2:59 off his previous 3:11:51 PR – running 3:08:52 at Boston.

What's really impressive about that one is that his previous PR was set at St. George, which is an extremely fast course so to break that PR and do it at Boston is quite an accomplishment



Comeback of the Year Mike Carbuto

Like our other most improved runners, Mike PR'd across several distances in 2013 - he brought his 5K down by 1:17, his 10K down by :31 and his half down by a total of 10:08 – he won 2nd place in the Biggest PR category for the 13.1 Challenge. But, we have a big old asterisk here. Why, you ask? Because Mike had not one, but two surgeries to repair both achilles tendons in 2012, one in May and the other in October. He spent a total of three months on crutches in 2012.

He went from surgery, crutches and no races in 2012 to 18 races and 5K, 10K, and half marathon PRs in 2013. That, my friends, is a comeback!



Most Improved Runner Honorable Mentions Dan Graham, Albert Giang & Cat White



13.1 Challenge Fastest Guys

1. Eric Alvarez: 1:15:47
2. Carlos Vizcarra: 1:18:38
3. Mark Johnson: 1:23:28



RaceWalk Champions Race

1. Deo Jaravata
2. Bill Walsky
3. Patricia Bates



13.1 Challenge & Margie & More

Margie

Here's Margie and Mike Carbuto. In the 13.1 Challenge, Margie was 2nd in the "Most" category with 17 half marathons in 2013 and Mike was 3rd with 6.



Margie also was the 3rd fastest female in the 13.1 Challenge and she won the Champions Race!. Go, Margie!



13.1 Challenge Biggest PR

1. Tanya Haney
2. Mike Carbuto
3. Albert Giang

Champions Race Trail Master

1. Andrew Wissmiller
2. Mong Noiboonsook
3. Sean O'Brien

Grand Prix Age Group Awards



20-29
1. Piyush Prakash
2. Gary Iem



30-34
1. Mike Kerkman
2. Jorge S Corona
3. William Korthof



45-49
1. Mark Johnson 2. Angus Kennedy 3. Deo Jaravata



50-54
1. Reg Willson 2. Mong Noiboonsook 3. Brian Dunbar



35-39
1. William Fang 2. John McGuinness 3. Albert Giang



55-59
1. Bill Austin & Dan Graham 3. Doug Jones



40-44
1. Bernie Tan 2. John Kawaharada 3. Richard Peng



60+
1. Andrew Wissmiller 2. Richard Nelson 3. David Dassey



Upcoming Events

Grand Prix Races

Full schedule @ www.lafronrunners.com



Sunday 3/9 in Los Angeles

LA Marathon

Full/5K

www.lamarathon.com

Saturday 3/22 in Agoura Hills

Chesebro Half Marathon

Half TM

www.greattraceofagoura.com

Sunday 4/13 in Balboa Park

Victory for Victims

5K/10K

www.abuse-assaultservices.org

Monday 4/21 in Boston

Boston Marathon

Full

www.baa.org



Fundraiser for SRLA



Queen Bee Kevin

1st Annual Spelling Bee for LAFR LA Marathon Teams

Saturday, March 1, 2014

Pulchritudinous Silver Lake Home of our own Rob Chen

2646 Lake View Avenue, LA 90039

7:00 PM

What: A charity fundraiser for the 9 teams that are relay-running the LA Marathon. All funds benefit SRLA. Hosted by Team Pink Lightning (Mike Kerkman & William Fang).

What else: It's a spelling bee! Sign up as a contestant or spectator. Rounds will start with easier words, progressing to harder as we eliminate the weak. And we'll have cocktails, just like in school! Plus free food.

\$25 to compete

\$20 to watch

[Click here to purchase!](#)

If you can't attend (or spell), but would like to help our LAFR teams reach their goal, you can! PLEASE NOTE: it does not matter if you choose a specific individual to donate to or just the entire team - all the money funnels into the team account regardless. Thank you!

[Click here to donate to the LAFR team!](#)

LA Marathon Events



That Bernie loves his meatballs big!

Carbo-Loading Pasta Dinner Party
Saturday, March 8
Villa Tan Dan
1412 Belleau Road, Glendale 91205
5:30 PM

Bernie Tan and Dan Graham graciously host a pre-marathon pasta party for carbo-loading marathoners and their admirers. Join us for a saucy night with noodles and noodles of fun. Pasta Marinara or Pasta Bolognese with a couple of baguettes please.



A casual brunch hosted by Sean and Allen

Marathon Post-Party
Sunday, March 9
Posten O'Brien Abbey
2160 W. 20th Street, LA 90018
10:00 AM

And what a tradition it has already become, Sunday after the marathon with Sean and Allen! Tiaras and gloves not required, but absolutely appreciated. Get a recap of the marathon from those who ran it, while sipping a beer, and brunching on wieners and burgers.

Silver Lake Potluck

Tuesday, March 18, at Mark & Henry's
1720 Deloz Ave., 90027



These tasty dishes are always popular

Sean O'Brien 50M, 50K, Marathon

The much anticipated Sean O'Brien 50/50 Trail Race took flight February 1. Four LAFRs (and former LAFR Mike Murphy) raced. In the marathon was Deo Javarata, who was also running the SRLA Friendship Run the next day; in the 50K, William Fang and Andrew Wissmiller; and in the 50 mile, John Kawaharada.

In the marathon, Deo came in 15th overall in 6:10:13 (3rd 45-49). In the 50K, William came in 19th in 5:49:49, Mike Murphy 79th with 7:19:02, and Andrew 105th with 8:09:26, placing 2nd in his age group. In the 50 mile, John came in 96th with 10:51:55. Coincidentally, John's bib number was also 96. The race course, as designed by Sean, was beautiful, scenic, and tremendously difficult. Since the race was a qualifier for the Western States 100 (the world's oldest and most prestigious 100-mile trail race – it's the Boston Marathon of 100-milers), the field was chock full of top trail runners and was anticipated to be a hotly contested battle between the top 5-8 guys. But even these major trail dudes were not ready for a course designed by Sean. Top runner after top runner fell off the pace due to the difficulty of the course and in the end, only 3 guys broke 7 hours. And those three were separated by 15-20 minutes a piece. It was an exciting race with the only disappointment being that Sean was injured and wasn't able to show those guys how to conquer this tough course. With Sean injured, he was able to be at the rest stops to cheer on the runners and many were ribbing him (good-naturedly, mostly) about the difficulty of the course. But, no doubt, those top guys will



Seeing double? The race shirts for the SOB runners featured a likeness of Sean in neon yellow-green. For Halloween, we should all wear our SOB shirts and Sean should pain himself yellow.



Wadley shows his moves as he handed out SOB race bags.



LAFR volunteers had to brave the dark and subfreezing cold at the start.



Mike still looking fresh and happy at God knows what mile

Be ready next year. There were 17 LAFR volunteers too: Angus & Mark, Yumi, David D, Reg, Wadley, Bruce & Patrick, Kent H, Seth D, Jason C, Ross, Anthony C, Richard P, Allen P, Moises, and Juan M. Also Raul B came out to spectate.

For the volunteers, the day started at around 3:50 AM. Some carpoled from nearby Calabasas Goodnite Inn, some woke up (or pulled an all-nighter, maybe) even earlier and drove out. The 50-mile runners started at 6:00 AM, so the volunteers had to have sign-in ready at around 4:30 AM. It was still hours from sunrise. And boy, it was really, really cold. Like polar vortex cold. The parking attendants especially had a hard time, since they had to stand alone in the wind to direct cars.. This included Mark, David, Seth, and Richard. The temperature was barely 31F at 6:00 AM. When the 50K-ers kicked off at 7:00 AM, the chill was subsiding. Fortunately for everyone, as the sun came out, temperature warmed to a comfortable 60F-ish for the duration of the race.

Most of the volunteers went home to catch some ZZZ's. A few stayed to cheer the runners: Sean, Allen, Yumi, Anthony, and Angus, who got a few bad splinters from napping on a wooden bench..



Several volunteers dressed up to add humor to the race. Apparently that's a common custom. Here Sean with a bull, Pikachu, and, uh, an alligator? The alligator is Raul.



Andrew after he crossed the finish line. The medal is a coaster (as for mugs). The hurt's finally over!

The runners started trickling in after 4 hours, with the marathon winners, followed by the 50K winners. The fastest 50-milers lapped most other runners, finishing in less than 7 hours (that's fast!).

Quite a few runners were also beaten up by the course and had to drop out. Most also agree that the last hill was brutal. With about 1.5 miles left, the runners had to cross a stream. It turned out most just stomped through the water. C'mon, who can keep their balance on rocks after so many miles? Then with wet shoes and freezing feet, they had to climb one last bit of hill before the finish.

But if you endured all that and crossed the finish line, you'd probably be asking in your head when the registration opens for 2015. So you can run this beautiful, difficult race again!

Good job, Sean!



William at the last water stop at Corral Canyon. The last 6 or so miles see a fast, scenic drop.



Sean encouraging John at the last water stop before the finish. John had to endure the longest distance.



Mike, Yumi, Allen, Anthony, and William, waiting for John to finish. The challenge for the support people at these ultra races is how to stay cheery despite the wait.



Deo stating the obvious pun that has been on everyone's mind. Sean has been a good sport about putting up with the tease. Or he's just oblivious to it.

America the Beautiful

Did you see the Coca-Cola ad "Big Game"? It stirred some strong reactions from many viewers. But did you know that the seconds between 43 and 47 showcase Tommy Le and his family? Tommy has been in LAFR since 2009. He used to run with the Wednesday Santa Monica group. In recent years he has been running with the Monday West Hollywood group.



A Look Back February 1984: 30 years ago this month

By Bill Austin

LA Frontrunners had a great turnout at the 6th Annual Chinatown Firecracker 10K Run with 29 members welcoming in the Year of the Rat and taking on the challenging hilly course. 16 other Frontrunner members/friends/family cheered on our group of runners.

Thanks went out to all Frontrunner members who supported the FIRST AIDS Project/LA and Fight AIDS of Silverlake "Run For AIDS". 52 runners garnered \$9,500+ in pledges with the majority of runners and donators being LA Frontrunners. Scott Wingo headed our Frontrunner efforts while Ken Shapiro and Ric Munoz were the leading pledge gathers. Unfortunately, Frontrunners lost two of these beloved members (Scott and Ken) early on to this dreaded disease. Lets not forget them and all the Frontrunner family that we have lost over the years. Our Fight continues.



Right: LAFR at the Santa Ana 25 Mile Relay in November of 1984. Note how the iconic twin-palms-on-an-orange-sun logo persists, even if the hair and mustache styles do not.

More Banquet Pix



Deo and Eric showing some love



Dan and Bernie



Dan, Brian, David, and Richard



Sammy and Carlos



Paul and Ran



Piyush and Richard



Richard and Bill Wink



Patrick, John, and Eric

Race Results

LA RnR Half

Los Angeles, CA 10/27
Mike Carbuto.....2:03:27

Camarillo Full

Camarillo, CA 1/5
Deo Jaravata..... 5:11:39

SoCal Half

Irvine, CA 1/11
Deo Jaravata..... 2:31:51 RW

Disney World Half

Lake Buena Vista, FL 1/11
David Grudzien..... 2:41:38

Calico Trail 50K

Barstow, CA 1/26
Deo Jaravata..... 6:14:09

Surf City Full

Huntington Beach, CA 2/2
Bill Walsky..... 7:07:50 RW

Palm Springs Half

Palm Springs, CA 2/9
David Grudzien..... 2:37:37

Ft. Lauderdale Half

Ft. Lauderdale, FL 2/16
David Grudzien..... 2:27:41



Finish of Chinatown Firecracker 2014: from left -Jason Coleman, Jim Martinez, Patrick Conner, Mike Carbuto, Mike Heredia & Mark Johnson



Mike Murphy enjoying the SOB 50K

Sean O'Brien Trail (Grand Prix)

Malibu Creek State Park, CA 2/1
Marathon
Deo Jaravata..... 6:10:13 3rd 45-49

50K
William Fang..... 5:49:49
Andrew Wissmiller..8:09:26 2nd 60-64

50 Mile
John Kawaharada.... 10:51:55

SRLA 18 Mile (Grand Prix)

Los Angeles, CA 2/3
Eric Alvarez..... 1:53:54 1st 45-49
Moises Medina..... 2:03:33 3rd 40-44
Reg Willson..... 2:20:51 2nd 50-54
Brian Dunbar..... 2:44:46
Mike Carbuto..... 2:52:54 2nd 60-64
Mong Noiboonsook..2:56:03
Mike Smith..... 3:09:50
Deo Jaravata..... 3:35:42 RaceWalk

Super Bowl 5K

Redondo Beach, CA 2/2
Bill Austin..... 20:56 2nd 50-54
Bill Winkelmann..... 29:46

Valentines 5K (Grand Prix)

Van Nuys, CA 2/15
Jason Coleman..... 34:45

Firecracker (Grand Prix)

Los Angeles, CA 2/23
5K
Eric Alvarez..... 16:53 4th OA
1st 45-49
Jim Martinez..... 29:21
Jason Coleman..... 31:28

5K
Mike Heredia..... 38:06 2nd 30-34
Mark Johnson..... 38:37 1st 45-49
Mike Kerkman..... 41:04
Bruce Bair..... 44:42
Reg Willson..... 47:35
Richard Peng..... 52:08
Patrick Conner..... 53:15
Mike Carbuto..... 54:45

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

Grand Prix Series Standings as of 2/24

CHAMPIONS RACE

The Champions Race determines overall male and female Grand Prix champions. Points are calculated using the WAVA Age-Graded tables (see website for more info). Runners are ranked by average score only until Sept. when runners with most races will be ranked first.

Division	Races	Average
----------	-------	---------

MALE

1. Eric Alvarez	2	83.95
2. Mark Johnson	1	77.62
3. Moises Medina	1	75.50
4. Bill Austin	1	74.03
5. Mike Heredia	1	70.81
6. Reg Willson	2	69.44
7. Jonathan Toker	1	69.14
8. Mike Kerkman	1	66.80
9. Mike Carbuto	3	61.76
10. Bruce Bair	2	61.53

FEMALE

1. Margie Gonzales	5	47.88
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RACEWALK

1. Deo Jaravata	3	61.55
2. Bill Walsky	1	55.25

TRAIL MASTER

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

Athlete	Races	Average
---------	-------	---------

1. Jonathan Toker	1	119.14
2. Andrew Wissmiller	1	84.03
3. John Kawaharada	1	82.72
4. Bruce Bair	1	76.00
5. William Fang	1	74.94
6. Deo Jaravata	2	73.36
7. Patrick Conner	1	60.81

AGE GROUP WOMEN

Division	Races	Points
----------	-------	--------

Female 50-59

1. Margie Gonzales	1	120
--------------------	---	-----

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

AGE GROUP MEN

Division	Races	Points
----------	-------	--------

Male 30-34

1. Patrick Conner	2	220
2. Mike Heredia	1	125

Male 35-39

1. Jason Coleman	2	210
2. Jonathan Toker	1	150
3. William Fang	1	125
4. Mike Kerkman	1	110

Male 40-44

1. Mike Smith	2	220
2. Moises Medina	1	135
3. Tommy Ho	1	130
4. Richard Peng	1	110

Male 45-49

1. Deo Jaravata	3	350
2. Eric Alvarez	2	260
3. Bruce Bair	2	210
4. John Kawaharada	1	130
5. Mark Johnson	1	115

Male 50-54

1. Reg Willson	2	245
2. Brian Dunbar	1	110
3. Mong Noiboonsook	1	100

Male 60+

1. Mike Carbuto	3	365
2. Andrew Wissmiller	1	140
3. Jim Martinez	1	100

Enjoying post Firecracker breakfast at Modern Eats: right – Bruce & Patrick
Below: the First Couple with Mike Heredia



LAFR 10K Challenge

10K Fastest Men

Name	Time	Race
1. Mike Heredia	38:06	Firecracker
2. Mark Johnson	38:37	Firecracker
3. Mike Kerkman	41:04	Firecracker
4. Bruce Bair	44:42	Firecracker
5. Reg Willson	47:35	Firecracker
6. Richard Peng	52:08	Firecracker
7. Patrick Conner	53:15	Firecracker
8. Mike Carbuto	54:45	Firecracker

10K Most

1. All the guys above with 1 each!



Final 2013 Grand Prix Series Standings

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
----------	-------	---------

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. Margie Gonzales	6	51.44
2. Cat White	6	42.73
3. Tanya Haney	5	53.25
4. Regina Robinson	5	32.19
5. Keeley Webster	5	34.23
6. JD Rouan	4	54.63
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	5	51.02
3. Patricia Bates	2	68.62
4. Donna Balinski	2	42.54
5. Keeley Webster	2	41.89
6. Cat White	2	41.35
7. Juan Moreno	1	63.21
8. Connie Hammen	1	58.68
9. Sue Roth	1	53.84
10. Regina Robinson	1	27.16

AGE GROUP MEN

Division	Races	Points
----------	-------	--------

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
----------	-------	--------

Male 35-39

1. William Fang	6	940
2. John McGuinness	6	740
3. Albert Giang	6	660
4. Carlos Vizcarra	5	635
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	655
4. Eric Alvarez	4	560
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	3	365
5. Geoff Buck	2	200

Male 60+

1. Andrew Wissmiller	6	850
2. Richard Nelson	6	805
3. David Dassey	6	790
4. Mike Carbuto	6	765
5. Bill Walsky	6	730

AGE GROUP WOMEN

Division	Races	Points
----------	-------	--------

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
---------	-------	---------

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. Mike Carbuto	4	73.32
6. Angus Kennedy	3	107.67
7. Jeff Lymburner	3	97.31
8. John Kawaharada	3	92.32
9. Deo Jaravata	3	78.85
10. Mark Johnson	2	122.97

Below left: Richard Peng after Firecracker and Jason Coleman and David Dassey at breakfast after Firecracker



13.1 Challenge Final Standings

Firecracker



Mike Kerkman



Patrick Conner & Mike Carbuto



Bruce Bair



13.1 MOST

Name	Amount
1. David Grudzien	54
2. Margie Gonzales	17
3. Mike Carbuto	6
4. Doug Jones	5
Deo Jaravata	5
Bill Walsky	5
John McGuinness	5
8. Andrew Wissmiller	4
Mark Johnson	4
10. Angus Kennedy	3
Mong Noiboonsook	3
Richard Peng	3
William Fang	3
Albert Giang	3
15. 13 LAFRs	2
28. 19 LAFRs	1



TO REPORT RACE RESULTS,
PLEASE USE THE RACE
REPORTING TOOL ON THE
GRAND PRIX PAGE AT
WWW.LAFRONTRUNNERS.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. Mike Carbuto	0:10:08	OC & LA Rnr
3. Albert Giang	0:08:12	Mountains2Beach
4. Dan Graham	0:06:55	Mountains2Beach
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.



Reg Willson, Eric Alvarez and Moises Medina after the SRLA Friendship Run

From a SRLA Coach

By Mike Smith

Sunday, March 9, 2014 will be an exciting day for many as they run 26.2 miles through the streets of Los Angeles, West Hollywood, Beverly Hills, and Santa Monica completing the LA Marathon. Among the thousands of runners are over 3000 students from grades seven to twelve completing the race through the Students Run LA program.

The Students Run LA program is currently in its 25th year and continues to grow and grow each year. The beauty of the program is that it focuses on "completion" not "competition". Hundreds of volunteers (mostly teachers from public schools across LA County) volunteer in working with these students as they compete the goal of completing a marathon. In general, most SRLA groups start training in August and meet three or four times a week gradually increasing their distance as marathon day approaches.

The Students Run LA program works with many volunteers to promote the program and are thus able to provide students with the opportunity to participate in seven organized races (including the marathon), receive two free pair of shoes, and a marathon running uniform.



At the start of the SRLA 18 Mile Friendship Run on Feb 2. See a familiar fact in the center? That's Eric Alvarez.

As students continue the training throughout the course of the school year, students participate in a 5K race in September; a 10K race in October; November gives them an opportunity to participate in a 15K race; December and January students complete two half marathons; and the final official practice race prior to the marathon is February's 18 Mile Friendship Run. This of course in addition to all the practices leads up to the most important and exciting event of the year - the LA Marathon this year on Sunday, March 9th.



Coach Deo Javarata at the start. Other SRLA coaches from LAFR are: Mike Smith, Brian Dunbar, and Geoff Buck.

During each of the organized races, we attempt to do a charity event entitled "SRLA Cares". This ranges from collecting food at Thanksgiving to toys at the Holiday season, to crushed cans and even used shoes. In fact, this year the organization is trying to set a

world record (literally to be published if all goes well) in collecting 26,200 (get the number!) pairs of used shoes by early April. So if you have any more used shoes just laying around the house, please let us know!

This program is so important because it truly teaches our young people about responsibility, setting goals, good health, and so much other discipline. It is a remarkable program that has helped thousands of kids (and adults too) over its quarter of a century beginning. The students involved are wonderful as they make it a priority to show up for practices and the races. Many face challenging obstacles as they have to travel far away (and at a very early hour) to make the races, yet they do so with such enthusiasm. Plain and simple, it is good for the kids and they love it! The SRLA Organization is truly grateful to the Los Angeles Frontrunners for all their support over the years.

[Editor's Note] See page 2 for fundraising detail!

Discount Diva

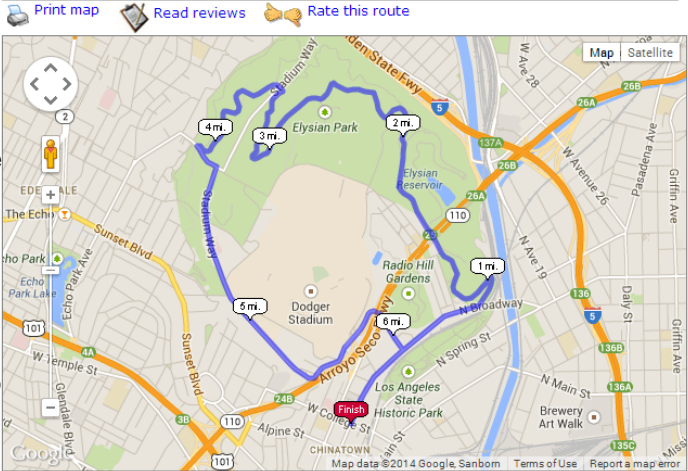
Race	Race Date	Website	City	Code	Amount	Expires
Race on the Base	02/22/14	www.raceonthebase.com	Los Alamitos	2014ROTB	\$5	
Hollywood Half	04/05/14	http://hollywoodhalfmarathon.com/	Hollywood	STAR	\$5	
Ojai Half	04/27/14	http://www.ojaihalfmarathon.com/	Ojai	RACESHED	30% off of \$65	First 100 to register with code
Cinco de Mayo Run 5K	05/03/14	https://racegrader.webconnex.com/cincodeamayorun	Los Angeles	RACESHED	20%	First 100 to register with code

Focus on FCKR

LA Chinatown Firecracker Run

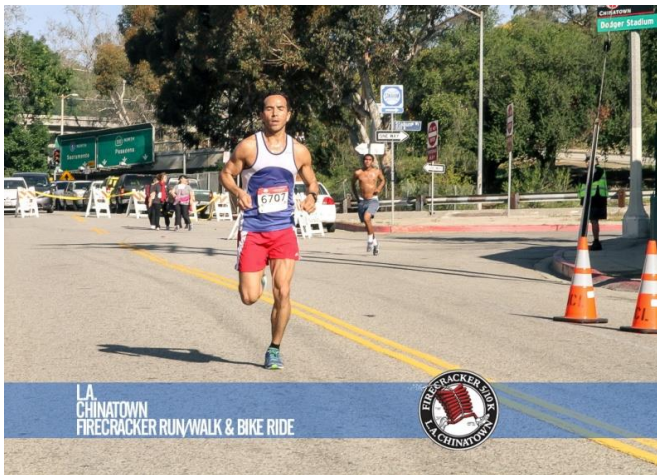
We also didn't think FCKR stands for firecracker. But supposedly it does, and is the short name for the Chinatown Firecracker 5K/10K. The 5K is a traditional race. The 10K, however, has a pretty big hill. The map is here: <http://www.usatf.org/routes/view.asp?rID=536037>

Distance:	6.50 miles / 10.45 km	Route Markers: ● miles ○ km ○ none
Location:	Start: LA Chinatown Elysian Park - Los Angeles, CA, US	
Attributes:	loop, mixed flat & hills, roads	
Description:	Essentially the 10K route of the annual Firecracker 10K held in February. Rolling hills	

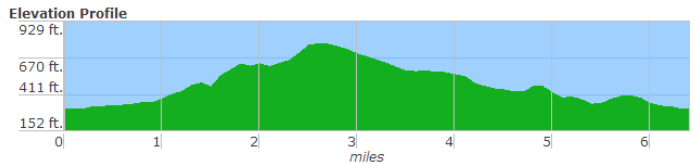


FCKR 10K takes a scenic tour of Elysian Park that surrounds Dodger Stadium. The 2nd and 3rd miles are challenging. You crest around mile 2.6, where you get a beautiful panoramic view of downtown LA. The rest of the race is a fast downhill return. The course stays on the main roads. But come back when you're not racing to explore the many trails. At about mile 2.2 and mile 3.5 you'll find several dirt trails on the north side of the hills with sweeping views of the LA River.

Elysian Park has another claim to fame. If you go on Yelp to search for gay cruising parks, the top choice is here.



Carlos racing the homestretch in 2013.



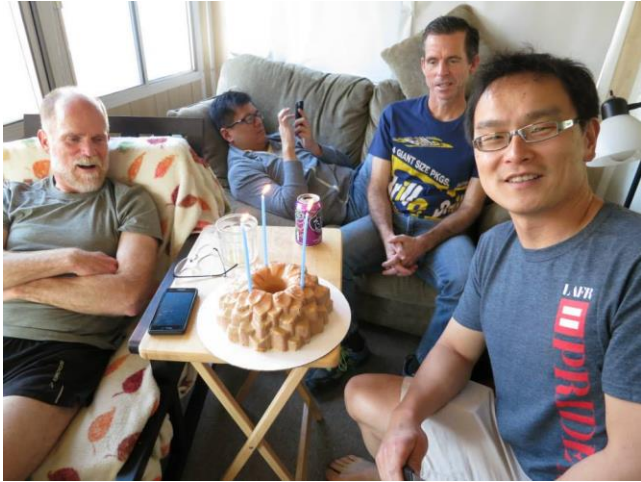
Total climb: 637 feet / 194 m
Total elevation change: 1274 feet / 388 m

Come for a night time run and you can experience that aspect of the park too! Parking is abundant. In particular there's a lot at about mile 4.25, where Academy Road intersects Stadium Way. You'll find a restroom and water there too. Just make sure you don't come on a day when the Dodgers are playing a home game.

The Frugal Frontrunner

Race	Date	Website	City	Amount	Notes
Fantastic Run	02/23	http://www.rocketracingproductions.com/	Santa Monica	Half - \$31, 5K - \$16, 10K - \$23, 15K - \$28+	
Seaside Half	02/23	http://www.seasidehalf.com/	Ventura	\$75	Add \$10 at expo
Diamond Valley Lake Full and Half	03/01	www.dvrun.com	Hemet	Full-\$65, Half-\$55	Increase 2/1
Beach Dash	03/02	http://www.rocketracingproductions.com/	Santa Monica	5K-\$17, 10K-\$23, 15K-\$28, Half-\$32	Beach Dash
Rockin' Shamrock	03/16	http://www.rocketracingproductions.com/	Santa Monica	5K-\$17, 10K-\$23, 15K-\$28, Half-\$32	Rockin' Shamrock
Spring Dash	03/22	http://www.rocketracingproductions.com/	Van Nuys	5K-\$18, 10K-\$24, 15K-\$29, Half-\$33, Marathon-\$43	Spring Dash
La Jolla Half	04/27	http://www.lajollahalfmarathon.com/	La Jolla	\$80	
Laguna Hills Half	05/26	http://www.lagunahillshalfmarathon.com/index.html	Laguna Hills	\$65	Increase 2/10
Fontana Half	06/07	http://www.fontanadaysrun.org/	Fontana	\$50 (\$45 with team of 4 or more)	
Arroyo Creek Half, 5K and 10K	08/10	http://www.arroyocreekhalf.com/Home_Page.html	Simi Valley	Half - \$45, 10K-\$30, 5k-\$15	Increase 2/1
Ventura Full and Half	09/07	http://www.venturamarathon.com/	Ventura	Full-\$100, Half-\$70	Increase 5/1
Malibu Full and Half	11/16	http://www.malibuintmarathon.com	Malibu	Full-\$109, Half-\$69	Increase 6/15

Birthday Kids! (who's youngest?)



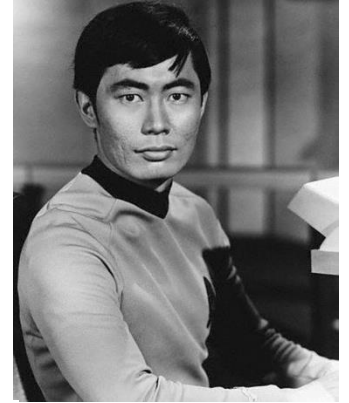
Mark 2/13 and William 2/15 with Reg and Rob



Terry 2/20 and Norman 2/27, with Patrick



Zack 2/13



Clockwise top right:

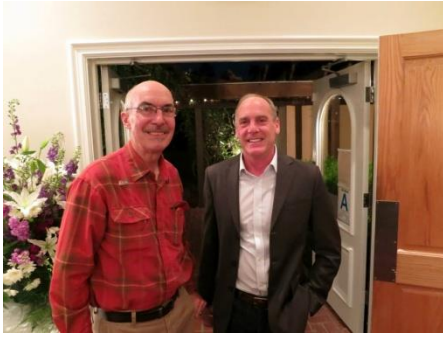
- Eddie 2/16
- George/Takei 2/25
- Dan 1/22, Bernie 1/27
- Lui 2/26
- Chris 1/18 with Mike and Yumi



Patrick 2/7



Banquet Pictures!



David and Andrew



Margie and John



Anne, Henri, and Carl



Mike and Rob



Mark and Henry



Geoff, Allen, Angus, Ken, and Bill



Eric, Rick, and Sean



Richard and Eric



Eddie and Andrew



Bruce and Patrick



Al and Brian



William and Anthony

More Banquet Pictures!



Albert and Chris. Albert was on KPCC's AirTalk on Feb 18!



Amy and Connie



Stewie and Geoff



Wadley and Kevin



Paul and Rudolph



Ross (back from Martha's Vineyard for only a few more weeks) and Yumi



Mong and friend (husband...?)



Reg, Mark, and Richard



Seth, Ric, and Bill A



Sue and Pat



Phil



Randy

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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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Walgreens	& Sue Roth	Rob Chen	Jerry Bulovsky

\$50

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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**