

September 2014

WHY CLEVELAND? By David Dassey

When the site selection of the 2014 Gay Games-9 was announced several years ago, an outcry went up around the world (well, at least in Los Angeles) of "Why Cleveland?" Given the locations of the previous 8 events – Cologne, Chicago, Sydney, Amsterdam, New York, Vancouver, and San Francisco x2 -- many felt that northeast Ohio just wasn't in the same league as the other metropolitan centers. GG9 CLE+AKR proved the doubters wrong. The Rock & Rubber Capital of the world hosted over 7500 participants in 35 events between the shores of Lake Erie and the roads of Akron, 35 miles away. Fourteen intrepid LA Frontrunners (and Rina) took up the challenges of tennis (Rob, Albert and Bill A), table tennis (Kevin, Rob), track (the Bills), and road racing (everybody), winning a bundle of age group medals in the running events. Full race results can be found later in the newsletter.



Frontrunners at the 5K Thursday morning



LAFRs heading to Opening Ceremonies

The road race organizers deserve lots of credit for the great venues they chose. For the 10K, we were taken by the historic Cuyahoga Valley Scenic Railroad to the start line, then ran back along a rolling, shady gravel Towpath Trail paralleling the Erie Canal. Four LAFRs captured medals in their age divisions. The next morning the 5K was run inside the Cleveland Zoo, a challenging series of loops with 2 big hills; two more medals ensued. As is tradition, the final events of the Games were the Marathon and Half Marathon, held early Saturday morning along parts of the Akron Marathon course.

Fortune brought much cooler and drier weather than we'd had all week, leading to good times all around for seven runners in the half; Mikey ran a PR, taking fifth overall and second in his age division. Meanwhile, Mike Carbuto and I kept going for a second loop and both finished the marathon with better times than we predicted. The big winner was Bill Austin, who advanced in singles tennis to the third round, which prevented him from making his appearance on the track until Wednesday. Once he arrived though he blasted a string of medal winning performances in the 4x200, 4x400, 200, and 1500; to those he added a Silver in the 10K and Bronze in the 5K.

The International Rainbow Friendship Run, Opening and Closing ceremonies, the Rock & Roll Museum and more -- Cleveland did not disappoint. Sure, it's not PARIS, the site of the 2018 Games (start saving your money and FF miles). Still I've got to say:

WOW CLEVELAND!

In this Issue

BOD/Birthdays	2
Gay Games	3
Results/Standings/Events	7
Walsky	12
Discount Diva & Race Re-caps	13
Run Focus	17
Marketplace & BOD Minutes	18

LAFR BIRTHDAY BOYS AND GIRLS

- | | |
|------------------------|--------------------------|
| 7/1 Ren-Horng Wang | 8/23 Nelson Lee |
| 7/3 Bill Walsky | 8/24 Henri Faucher |
| 7/3 Alex Grosko | 8/31 Kevin Shiramizu |
| 7/6 Seth Eskigian | 9/4 Eric Gober |
| 7/14 Andrew Makay | 9/4 Moises Medina |
| 7/17 Henry Jung | 9/8 Mike Kerkman |
| 7/19 John Heilman | 9/9 Allyne Winderman |
| 7/21 Mark McNary | 9/11 Tom Carmichael |
| 7/25 Lee Lightfoot | 9/15 Raul Borja |
| 7/27 Carlos Vizcarra | 9/18 Brian Wadley |
| 7/28 Doug Jones | 9/19 Craig Kaner |
| 8/1 John Anania | 9/21 Bruce Bair |
| 8/1 Michael Carter | 9/22 Richard Allison |
| 8/3 Alex Morales | 9/23 Patrick Owen |
| 8/3 Rex Allen Boone | 9/24 Marcelino Goncalves |
| 8/5 Rusty Millar | 9/30 Richard West |
| 8/10 Andrew Wissmiller | |
| 8/14 Mark Brunetz | |
| 8/16 Kerry Quakenbush | |
| 8/17 Drew Brabb | |



Birthday kids! Clockwise from top: Carlos (7/27), Henri (center 8/24), Mike(9/8) and Kevin (8/31)

Los Angeles Fronrunners

2870 Los Feliz Place, PMB #229
 Los Angeles, CA 90039
lafrrunners@gmail.com
www.lafrrunners.com

- Angus Kennedy, *president*
 Patrick Owen, *vp*
 William Fang, *treasurer*
 Bruce Bair, *secretary*
 David Dassey, *dir-at-large*
 Geoff Buck, *dir-at-large*
 John Kawaharada, *dir-at-large*
 Margie Gonzales, *dir-at-large*
 Sean O'Brien, *dir-at-large*
 Jason Coleman, *dir-at-large*

The LAFR Newsletter is a free monthly newsletter published for its members. For questions or content contributions, please email lafrrunners@gmail.com

Los Angeles Fronrunners Monthly Treasurer's Report for Sep 2014

Balance on 2014 May 19 \$ 18,950.53
Balance on 2014 Sep 1 \$ 19,612.58
Net change \$ 662.05

Club Events	Expense	Revenue	Net
Santa Cruz Reservation	(130.00)	90.00	(40.00)
Pride Run 2014	(7,696.85)	9,760.00	2,063.15
Pool Party	(528.28)	-	(528.28)
M2B	(496.20)	450.00	(46.20)
Gay Games	(697.49)	1,317.00	619.51
Membership			
Membership Dues	-	690.00	690.00
Operational			
Storage	(832.00)	-	(832.00)
Communication	(346.41)	-	(346.41)
Mailbox	(329.50)	-	(329.50)
Uniform	(300.00)	36.00	(264.00)
Club Express + PayPal	(224.22)	-	(224.22)
CA DOJ	(25.00)	-	(25.00)
IFR	(75.00)	-	(75.00)
Totals	\$(11,680.95)	\$ 12,343.00	\$ 662.05

From the Treasurer: The club's finance remains healthy. For Pride, we received \$1635 in the last period and await \$2935 from active.com. That means we expect a net of \$6633 for Pride Run 2014. This already accounts for the \$5000 we committed for SRLA. A detailed breakdown will be presented after the active.com check arrives.

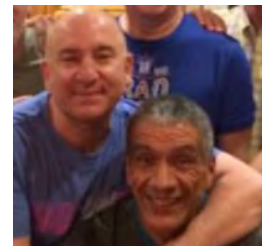
The \$619.51 from the Gay Games is net revenue from the Gay Games uniform. Angus was able to find favorable bulk discount and net revenue will go back to the club to subsidize the club's other activities for club members.

The operational costs are normal and customary. The large increase in mailbox fee is due to our relocating the PO Box. Our current provider is shutting its mail service and we relocated to a nearby US Postal service, which required a \$300 upfront cost. The IFR is for the International Fronrunners to keep our 2014 membership current, especially given our Gay Games participation.

WELCOME NEW MEMBERS!

Kenny Aliaga Valerie Finney Santiago Mandi
 Brian Hurley Emily Finney

More birthday kids: Ren 7/1, Moises 9/4, Seth left 7/6



Gay Games 2014

By Bill Winkelmann

The world is excited as the spirit of the Gay Games lives on with the City of Paris receiving the flag in Cleveland to host the Games from August 4-12, 2018. As many as 15,000 participants from up to 70 countries are expected to be there. The Village will be located on City Hall Plaza in the heart of Paris; 36 sports will be represented and over a dozen cultural events will take place.

Although not on as grand a scale, Gay Games 9 hosted by the cities of Cleveland + Akron, Ohio, during August 2014 was a big success. (The only possible drawback was the almost 40 mile distance between the two cities – cha ching for the car rental companies). From the Rainbow Memorial Run on the steps of the Rock and Roll Hall of Fame, to the Closing Ceremonies held in the Convention Center, thousands of participants came to celebrate sport and culture, all in an environment of participation, inclusion and personal best. Over a dozen Los Angeles Frontrunners competed in this weeklong event, some of whom came home highly decorated for their efforts.



Rainbow Friendship Run, at the R&R Museum: Steven, Dan, Albert, Bill, Chris, Mike, Mike, Brian, Carl, Henri, and David

The first road race was the 10K which had to be postponed from Monday to Wednesday evening due to record rainfall. The course was along a beautiful trail in Akron which required us to take an old fashioned train to the start for this point to point race. Twelve of us participated and it was proud moment for LAFR to see Mike Kerkman, David Dassey, Carl Maravilla and Bill Austin all receiving medals during the awards ceremony. Mike's finish was especially sweet as it was the first of 2 PRs that week!

Since the 10K was postponed to Wednesday evening, we still had to get up to run the 5K through the grounds



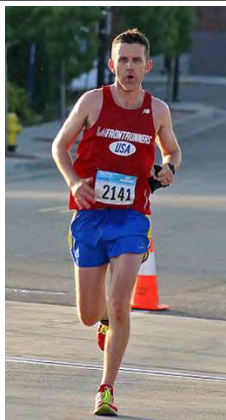
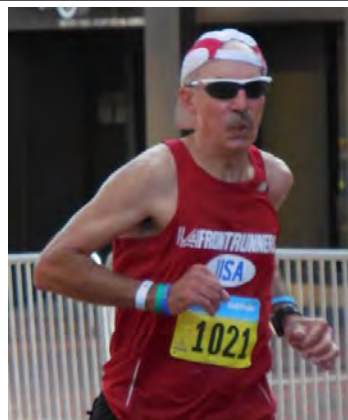
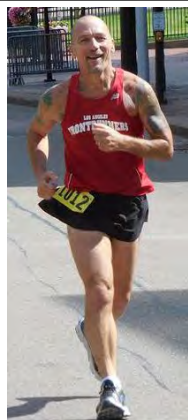
Taking in the sights

of the Cleveland Zoo the following morning. It's amazing how many runners did both events. Each mile in the 5K had a challenging uphill, much different than the 10K course, but every LAFR finished cheered on by Dr Dassey. Mike Kerkman and Bill Austin medaled again.

A few Frontrunners signed up for other competitions as Bill Austin, Albert Giang and Rob Chen played Tennis, while Rob Chen (busy boy) and Kevin Shiramizu played Table Tennis. One highlight of tennis competition is that, although they were eliminated in the second round, Bill and Albert were the only doubles team to win a set against the top seeded men's doubles team from San Diego, who went on to take the gold medal. Good job, boys.



Bill Austin displayed his immensely competitive spirit in every event he entered. After being eliminated in the third round of men's singles tennis on Wednesday morning, he drove the almost 40 miles between Cleveland and Akron to the track to jump on a 4 X 400 relay team with the Sydney Frontrunners to take a silver medal in the afternoon, still in his tennis gear. He garnered silver that evening in the 10K. His singles tennis opponent, who went on to take the gold medal, told Bill the morning of the marathon that their particular match was the most competitive. (And as small world coincidences would have it, wouldn't you know that this same opponent is a monster thoroughbred horse fan, just like Bill. What were the odds?!)



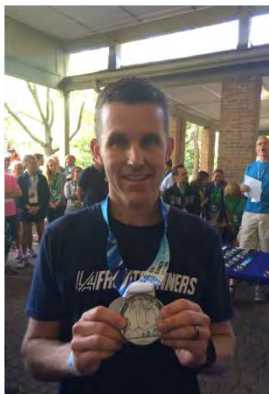
Due to the scheduling conflicts between tennis in Cleveland and Track and Field events in Akron, Bill had to cancel various track events early in the week, but managed to participate in all three track events on Friday morning, taking bronze medals in the 200 and 1500 and silver in the 4X200 relay. When David Dassey asked Bill how many events he signed up for, Bill simply said "I signed up for everything". Too bad the Games are only 7 days long, who knows what else Bill would have competed in. We are all so very proud of you for your amazing efforts, sweetheart.

As is Games tradition, the marathon and half marathon take place on the last day of competition on Saturday morning. Fortunately for David, Bill and me, we simply had to walk around the corner to the 6AM start, one benefit of staying at the host hotel in Akron. Here Mike Kerkman finished the half in a time of 1:23, finishing 5th overall and running his second PR of the week! New LAFR Kathleen Curley won silver in her age group as well. The rest of us finished on the other side of 1:30 but had a great time. Being that the marathon course was a double loop, we were able to high-5 Mike Carbuto as he passed by the starting line to begin his second half of the marathon. We also got to see all the marathoners finish and attend the last awards ceremony of these Games before that evening's Closing Ceremonies.



Each Gay Games is unique and Cleveland was no different. Many of us including myself went in wondering if anything special was to come of this event. All of the less than positive thoughts were dispelled starting with a very efficient athlete check-in and a first rate Opening Ceremony headlined by the Pointer Sisters that night. Unbelievable volunteer support in both cities abounded at all venues throughout the week right up to Closing Ceremonies. And the list of successes in between goes on and on. The people of Cleveland + Akron really

outdid themselves to make us feel welcome and the tireless efforts of the organizers made this a class event. Sara Lewinstein, affectionately nicknamed "Mama Games", told us on Saturday morning that she was so pleased with how everyone really pulled out all the stops to bring quality to Gay Games 9. By the time it was over, everyone was totally amped on the grounds of the party that was Closing Ceremonies. If you have not been to the Gay Games, mark your calendar to go to Paris in 2018. If that's too far off, watch the Outgames schedule for the next couple years to do something more domestic. But do yourself a favor, participate. It will give you lifelong memories and introduce you to other gay and lesbian athletes from around the world, not to mention how you'll be inspired to reach your personal best.



The Rainbow Run at the Gay Games



How friendship endures. Read Bill W's column to appreciate these two pictures separated by 24 years.



By Bill Winkelmann

Since 1990 at Gay Games III in Vancouver, the Rainbow Flag from the initial Gay Games has become part of a special event that takes place the morning of Opening Ceremonies at each Games. Back in 1990, Brent Nicholson Earle, a member of Front Runners New York and the Federation of Gay Games, ran that flag from San Francisco to Vancouver, travelling out of California, through Oregon and Washington and arriving in British Columbia. Among other things, this was done to memorialize the work of Tom Waddell, the Father of the Gay Games, and a commitment Brent made to Tom to continue the spirit of the Games.

A special AIDS quilt panel featuring all four states was unfolded in Vancouver for those present to sign. Brent and others read the names of many people whom we lost to AIDS and asked the crowd to call out names of friends and loved ones who had also died.

In 1994, Brent and his team actually rollerbladed that flag across the west coast and into Yankee Stadium for the Opening Ceremonies of Gay Games IV. The morning ceremony became a run once again in Amsterdam in 1998 and has now become tradition at each successive Games. In Cleveland, Brent was one of the speakers that included dignitaries from the Federation; Tom Waddell's widow, Sara; their 31 year old daughter, Jessica; as well as a member of the Federation who was actually the first chair of Team Los Angeles for early Games.

Much of Brent's passion to do the Rainbow Run came from his famous American Run for the End of AIDS (AREA). In 1986, he embarked on a 9,000 mile run around the United States to bring awareness to the AIDS crisis. Before ending up back in NYC for the run's conclusion in November 1987, Brent held a press conference and a special run at the March on Washington in October, an event attended by Frontrunners from around the US. A diehard activist, Brent's passion to fight AIDS and to memorialize those we have lost to this disease as well as raise consciousness about breast cancer continue to this day, even though he has suffered some health setbacks in recent years.

The pictures to the left were both taken at the Gay Games, however 24 years apart. David Dassey, Bill Austin and I befriended Brent back in the 80s when he founded AREA. It's really great to perpetuate friendships that have endured for decades and show no sign of slowing. Fight on, Brent!

Doggie Beach Day



Tobie and Nellie with Bernie; Coffee, Jin-Jin, and Maestro with Anthony and William; Max with Reg; Diesel with Rusty; and Buckley with Karen.

Max and Reg hosted this year's Doggie Beach Day again at Rosie's Dog Beach in Long Beach on August 2. Toys, treats, and overall jolliness was in great abundance. Newcomers to the group were Jin-Jin the pug and Buckley the ...? The dogs had serious fun while tiring out their human companions.

Gay Games Results

Gay Games Triathlon

Olympic Distance 8/10

Christopher Tapper.3:58:08 1st Tri

Gay Games 10K

Cleveland, OH 8/13

Mike Kerkman..... 37:53 Gold 35-39/PR
 Carl Maravilla.....43:33 Bronze 50-54
 Ted Wyder.....45:16
 Bill Austin..... 47:13 Silver 55-59
 David Dassey.....47:33 Gold 60-64
 Rob Chen.....48:05 PR
 Dan Vu.....49:08
 Brian Dunbar.....50:53 PR
 Mike Carbuto.....54:09
 Bill Winkelmann..... 54:40
 Henri Faucher..... 58:08

Gay Games 5K

Cleveland, OH 8/14

Mike Kerkman..... 18:30 Silver 35-39
 Ted Wyder.....22:54
 Rob Chen.....22:59
 Bill Austin..... 22:59 Bronze 55-59
 Kevin Shiramizu.....24:16
 Dan Vu.....24:20
 Carl Maravilla.....24:43
 Brian Dunbar..... 24:55
 Bill Winkelmann..... 27:49
 Henri Faucher..... 30:10
 Steven Morchak..... 33:23

Gay Games Half/Full

Akron, OH 8/16

Half

Mike Kerkman..... 1:23:12 Silver 35-39/PR
 Ted Wyder..... 1:40:41
 Kathleen Curley..... 1:49:44 Silver 45-49
 Brian Dunbar.....1:51:24 PR
 Albert Giang..... 1:51:28 PR
 Dan Vu..... 1:53:21 PR
 Bill Austin..... 1:57:44 PR
 Bill Winkelmann..... 2:03:30

Full

David Dassey.....3:55:05 Silver 60-64
 Mike Carbuto..... 4:55:16

Right: David Dassey and The Bills relax post-race at the Gay Games

Gay Games Track Meet

Cleveland, OH 8/11-8/15

200 Meters

Bill Austin..... 30.20 Bronze 55-59

1500 Meters

Bill Austin..... 6:04.50 Bronze 55-59
 Bill Winkelmann..... 7:07.58 Gold 60-64

4x200 Meter Relay

Bill Austin..... 2:19.26 Silver 50-59
 Paul Oostenberg
 Darryl Gauld
 Jeffrey Johnson

4x400 Meter Relay

Bill Austin..... 5:37.15 Bronze 50-59
 James Box
 Darryl Gauld
 Wayne Morgan



Bill Austin with one of his 6 medals at the Gay Games



Left: Mikey & Henri get ready to race



Right: Carl does his best Rafael Nadal



Race Results

Bootlegger Half

Dawsonville, GA 6/7

David Grudzien..... 2:42:05

Rock the Park Half

Snellville, GA 6/8

David Grudzien..... 2:47:19

Father's Day 5K

Atlanta, GA 6/14

David Grudzien..... 28:16

Culver City 10K

Culver City, CA 6/15

Jason Coleman..... 64:08

Mayors Midnight Half

Anchorage, AK 6/21

David Grudzien..... 2:47:17

NY Pride 5 Mile

NY, NY 6/28

David Grudzien..... 53:32

Sharks Fitness 10K

San Jose, CA 6/29

Karen Adams..... 54:57 PR

Catamount Half

Brattleboro, VT 6/29

David Grudzien..... 2:38:33

Peachtree 10K

Atlanta, GA 7/4

David Grudzien..... 61:02

Village Runner 5K

Redondo Beach, CA 7/4

Bill Walsky..... 46:18 RW

Rockin the LP Half

Snellville, GA 7/6

David Grudzien..... 2:26:08

Jamestown Half

Jamestown, RI 7/12

David Grudzien..... 2:33:10



John K & Carl enjoy a perfect SoCal July morning on a recent long run in San Pedro

Will Rogers (Grand Prix)

Pacific Palisades, CA 7/4

5K

Richard Nelson..... 24:34 2nd 65-69

10K

John McGuinness.... 47:30

David Gonzalez..... 48:40

Jason Coleman..... 73:17

Doug Jones..... 75:40

S Diego FR Pride 5K (Grand Prix)

San Diego, CA 7/19

Margie Gonzales..... 40:12 3rd 60-64

San Francisco (Grand Prix)

San Francisco, CA 7/27

1st Half

David Gonzalez..... 1:48:54

Jeff Masino..... 2:01:05 PR

2nd Half

William Fang..... 1:34:13

Ted Wyder..... 1:40:02

Rob Chen..... 1:49:29

Full

Jorge S Corona..... 3:39:53

John Kawaharada.... 3:41:07

Reg Willson..... 3:46:51

Mike Carbuto..... 5:11:23

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

Kona Half

Kona, HI 6/22

Mike Kerkman..... 1:28:35 1st 35-39

Gay 5K

Nashville, TN 6/28

Eric Alvarez..... 17:50 1st 45-49

Shipyards Old Port Half

Portland, ME 7/13

David Grudzien..... 2:54:16

Shoreline 10K

Ventura, CA 7/13

Jason Coleman..... 69:12

YMCA 4 Mile

Decatur, GA 7/19

David Grudzien..... 40:36

Kendall Mountain Run 12 Mile

Silverton, CO 7/19

Jeff Lymburner..... 2:40:03 2nd 55-59

Cypress 5K

Cypress, CA 7/26

Bill Austin..... 20:04 1st 55-59/PR

Bill Winkelmann..... 28:42

Bill Walsky..... 36:42

ATC Jog Days of Summer

Atlanta, GA 8/9

David Grudzien..... 29:25

Race Results

RnR San Diego Full

San Diego, CA 6/1

Deo Jaravata..... 4:32:53

Independence Day 50K

Cavite, Philippines 6/15

Deo Jaravata..... 7:00:00

Milo Marathon

Manila, Philippines 7/27

Deo Jaravata..... 4:45:56

Vinings Downhill 5K

Atlanta, GA 8/16

David Grudzien..... 27:02

Atlanta's Finest 5K

Atlanta, GA 8/23

David Grudzien..... 29:13

Hotlanta Half

Atlanta, GA 8/24

David Grudzien..... 2:40:32

Disneyland Half

Anaheim, CA 8/31

David Grudzien..... 2:27:16



Reg, Peng, John McG, Doug, Bernie, Dan, Mikey, Brian, Dan, the Bills, Andrew before a beautiful summer long run at Griffith Park

Transrockies 6 Day Run

120 Miles

Buena Vista to Beaver Creek, CO 8/13-18

Jonathan Toker..... 16:54:28 1st OA

Stages

Day 1: 20.8 miles..... 2:34:22 1st OA

Day 2: 13.4 miles..... 2:10:20 1st OA

Day 3: 24.3 miles..... 3:16:31 1st OA

Day 4: 22.9 miles..... 2:04:59 3rd OA

Day 5: 23.6 miles..... 3:35:33 3rd OA

Day 6: 19.3 miles..... 3:12:41 1st OA

Bulldog (Grand Prix)

Malibu Creek, CA 8/23

25K

Mike Kerkman..... 2:09:28 2nd 35-39

50K

Deo Jaravata..... 6:42:54

Santa Rosa Marathon (Grand Prix)

Santa Rosa, CA 8/2

Moises Medina..... 3:01:05

Angus Kennedy..... 3:26:28

Dan Graham..... 3:46:53 PR

Bernie Tan..... 3:46:54

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

Mt. Baldy Run to Top (Grand Prix)

Mt. Baldy, CA 9/1

Jonathan Toker..... 1:12:10 2nd OA
1st 35-39

Jim Sullivan..... 1:26:36 3rd 35-39

Raul Borja..... 2:05:46

Jet to Jetty 10K (Grand Prix)

LA, CA 9/6

Reg Willson..... 45:42 1st 55-59

Jason Coleman..... 1:14:45

Ventura (Grand Prix)

Ventura, CA 9/7

Half

Doug Jones..... 2:54:04

Margie Gonzales..... 3:21:58

Bill Walsky..... 3:29:56

Full

Angus Kennedy..... 3:37:12

John McGuinness.... 3:49:00

Deo Jaravata..... 4:05:32

Diva's Atlanta Half

Peachtree City, GA 9/6

David Grudzien..... 2:49:57 3rd 55-59

Imogene Pass Run 17.1 miles

Ouray to Telluride, CO 9/6

Jeff Lymburner..... 3:35:32



Mike Kerkman finishing strong at the Bulldog 25K in August

Grand Prix Series Standings as of 9/9

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. Bill Austin	6	73.15
2. Mike Kerkman	6	69.90
3. David Dassey	6	69.35
4. Andrew Wissmiller	6	67.65
5. Mike Carbuto	6	61.95
6. Bill Winkelmann	6	59.93
7. Brian Dunbar	6	59.83
8. Raul Borja	6	51.28
9. Eric Alvarez	5	83.21
10. Reg Willson	5	70.97

FEMALE

1. Margie Gonzales	6	48.07
2. Karen Adams	5	59.55
3. Kathleen Curley	2	64.89
4. JD Rouan	2	55.57
5. Bernadette Greene	1	59.49
6. Katrina Klaasmeyer	1	41.92
7. Yumi Afrento	1	41.77
8. Lee Miller	1	38.35

RACEWALK

1. Deo Jaravata	6	62.44
2. Bill Walsky	6	52.42
3. Patricia Bates	1	64.54
4. Lee Lightfoot	1	58.82
5. Keeley Webster	1	41.46
6. Cat White	1	40.80
7. Regina Robinson	1	38.32
8. Tomas Tiangco	1	35.77

AGE GROUP MEN

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

Male 30-34

1. Patrick Conner	6	630
2. Jorge S Corona	4	510
3. David Gonzalez	3	315
4. Matthew Ware	3	270
5. Mike Heredia	2	250

Male 35-39

1. Mike Kerkman	6	870
2. Jason Coleman	6	690
3. Raul Borja	6	685
4. William Fang	4	520
5. Dan Vu	5	495

AGE GROUP MEN

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

Male 40-44

1. John McGuinness	4	475
2. Ted Wyder	4	460
3. Carlos Vizcarra	3	405
4. Moises Medina	3	385
5. Mike Smith	3	325

Male 45-49

1. Eric Alvarez	6	775
2. Bruce Bair	6	705
3. Deo Jaravata	6	695
4. Bernie Tan	6	605
5. Angus Kennedy	5	560

Male 50-54

1. Carl Maravilla	6	735
2. Brian Dunbar	6	705
3. Reg Willson	5	610
4. Martin Carlson	3	325
5. Mong Noiboonsook	3	270

Male 55-59

1. Bill Austin	6	765
2. Doug Jones	4	450
3. Dan Graham	3	365
4. Randy Levinson	1	135
5. David Grudzien	1	115

Male 60+

1. Andrew Wissmiller	6	795
2. David Dassey	6	755
3. Mike Carbuto	6	750
4. Bill Winkelmann	6	600
5. Richard Nelson	4	470

Below: Tanya Haney (here with partner Ruthanne Salido) missed the awards banquet back in January so we presented her trophies at the pool party

AGE GROUP WOMEN

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

Female 30-39

1. JD Rouan	3	350
2. Lee Miller	1	105
3. Katrina Klaasmeyer	1	90

Female 40-49

1. Kathleen Curley	2	260
2. Bernadette Greene	1	135
3. Yumi Afrento	1	130
4. Cat White	1	110
5. Lee Miller	1	105
6. Keeley Webster	1	100
Regina Robinson	1	100

Female 50-59

1. Karen Adams	6	805
2. Margie Gonzales	5	595

Female 60+

1. Patricia Bates	1	125
-------------------	---	-----

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. Jonathan Toker	5	122.79
2. Deo Jaravata	5	75.29
3. Mike Carbuto	5	72.65
4. Raul Borja	5	67.26
5. Mike Kerkman	3	103.04
6. Carl Mravilla	3	88.77
7. Jeff Lymburner	3	71.81
8. David Dassey	2	95.36
9. Andrew Wissmiller	2	84.47
10. Bruce Bair	2	75.72



10K Challenge Standings as of 9/9



Danny & Mike after Bulldog



Dr. D on a long run at Griffith Park



Deo finishing the Bulldog 50K in August



10K MOST

Name	Amount
1. Jason Coleman	10
2. Mike Carbuto	7
3. Karen Adams	6
4. Bruce Bair	4
Patrick Conner	4
Mike Kerkman	4
Carl Maravilla	4
8. Richard Peng	3
David Grudzien	3
David Gonzalez	3
Andrew Wissmiller	3
Cat Uncles	3



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

10K Fastest Men

Name	Time	Race
1. Carlos Vizcarra	35:57	LAFR Pride
2. Eric Alvarez	36:39	LAFR Pride
3. Mike Heredia	37:52	LAFR Pride
4. Mike Kerkman	37:53	Gay Games
5. Mark Johnson	38:37	Firecracker
6. Bruce Bair	40:16	Victory
7. Jeff Lyburner	41:48	LAFR Pride
8. Brad Maury	42:27	LAFR Pride
9. Carl Maravilla	43:03	Victory
10. Jorge S Corona	43:18	LAFR Pride

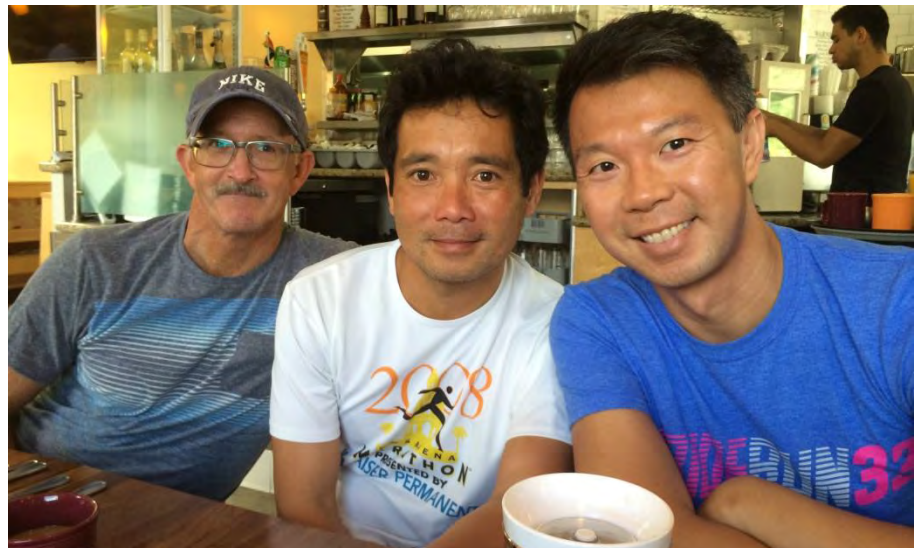
10K Fastest Women

Name	Time	Race
1. Kathleen Curley	52:21	LAFR Pride
2. Karen Adams	56:35	Victory
3. JD Rouan	58:54	LAFR Pride
4. Margie Gonzales	1:16:16	Dolphin

10K Biggest PR

Name	Cum. Time	Race
1. Karen Adams	0:10:39	Agoura/Vic/Shark
2. Brian Dunbar	0:04:09	LB, Gay Games
3. Mike Kerkman	0:01:42	LB, Gay Games
4. Patrick Conner	0:01:26	Victory
5. Albert Giang	0:01:16	LB Pride
6. Rob Chen	0:00:50	Gay Games
7. Mike Carbuto	0:00:26	Victory
8. Bruce Bair	0:00:18	Victory
9. Andrew Wissmiller	0:00:12	LB Pride

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.



After a summer long run, Dan, Bernie & Albert enjoy a well deserved breakfast at Bernie's favorite restaurant, Modern Eats



Upcoming Events

Grand Prix Races

Full schedule @ www.lafronrunners.com

Saturday 9/27 in Big Sur
Big Sur Trail Marathon
Half/Full TM

<http://www.envirosports.com>

Sunday 10/12 in Long Beach
Long Beach ICB Marathon
5K/Half/Full

www.runlongbeach.com

Saturday 11/15 in Azusa
Revel Canyon City Marathon
Half/Full

www.brooksee-events

Sunday 11/16 in Calabasas
Malibu Canyon Trail Runs
10K/25K/50K TM

www.coastaltrailruns.com

Thursday 11/27 all over the place
Turkey Trot-tacular
Details on the website

www.lafronrunners.com/grandprix_files/2014

Tuesday Fun Run back to Silver Lake



Tuesday, October 7th
Meet Rusty here at 6:30 PM
Silver Lake Recreation Center
1850 W. Silver Lake Drive, LA 90026

LAFR Chili Cook-Off XIV



Sunday, October 5th, 4:00 to 7:00 PM

Chez Rusty

850 Micheltorena Street, LA 90026

Time to chop, sauté and simma down now for the 14th Annual LAFR Chili Cook-Off. You can also grease, beat and bake for the cornbread prize, or primp for the pretty divisions. Here are the titles to be won this year:

- Traditional Chili (meat with beans)
- Traditional Chili (meat no beans about it)
- Vegetarian Chili (hold that meat)
- Hottest Chili (oh so spicy)
- Cornbread (because carbs make the world go round)
- Best Presentation (make it pretty)
- Hottest Chef (be pretty, with or without beans)
- Chili Queen 2014 (overall prize and the crown/sombrero)

Last Griffith Park Potluck of 2014

Tuesday, September 16
Ranger Station Picnic Area



Notes from the Back of the Pack

By Bill Walsky

16 Days of Joy! Living in Los Angeles was extra special in the summer of 1984. The biggest party in the world, the 20th Summer Olympics, came to town and proved all the naysayers wrong. Instead of financial deficits, gridlocked traffic and oppressive weather the days were filled with superb athletic performances. Carl Lewis, Mary Lou Retton, Greg Louganis, Valerie Brisco Hooks and Joan Benoit became worldwide names.



The Olympic Torch, streets decorated with the bright Olympic banners and events such as bicycling and the marathons brought the games to multiple neighborhoods and encouraged the populace to come out and participate in the ongoing spectacle. Our own LA Frontrunners got in on the fun serving as course monitors at the twenty four mile mark of both marathons

Top left: Carlos Ferreria and Scott Cleland reporting for duty

Top right: Ric Muñoz at work

Near right: Joan Benoit, gold medalist

Far right: Grete Waitz, silver medalist, cheered by Rick Toller



But rather than regurgitate the myriad of recent media articles celebrating the thirtieth anniversary of the event I thought we'd look at the numbers which helped it thrive and made the time so special.

28,000 Volunteers

6,800 Athletes

400 Olympic Arts Festival Performance in theater, dance and music.

223 millions in profit

140 nations participating

90 LA84 Foundations portion of the organizing committee's profit which funds youth sports activities today

83 US Gold Medals

52 Years since last Summer Olympics in the USA

32 Years since China last competed in the Olympics.

21 # of sports including rhythmic gymnastics and synchronized swimming for the first time

4 Gold Medals won by Carl Lewis in track and field, equaling the great Jesse Owens

3 Gold Medals won by Valerie Brisco Hooks in track

2 Gold medals won by Greg Louganis in spring board and platform diving

1 Carlos Lopes wins Portugal's first ever gold medal by winning the mens marathon

1 Joan Benoit wins the first ever women's Olympic Marathon



Closer to now, a couple photos from Rick Allison of the Saturday runs in Griffith Park.

BTW, this is how normally photogenic Carl and Bruce look (near left). Not the staged photos of the pool party!

The Annual Pasadena Potluck



The annual Pasadena Potluck took place on July 10. Our theme was “food from your homeland, however you define homeland.” Here is what we got. Can you tell why we listed the dishes in this order?

- Summer - first time visitor, exempt from food
- Sean - pasta salad from the Ralph's near his work, which is his **home-away-from-home**
- Robb - peach tart from the (first ever) Trader Joe's **next to his home**

- Angus + Mark - Fried chicken and brownies from the Ralph's **across from their home**
- William + Anthony - bun (vermicelli) and broken rice dishes from their **home-away-from-home** restaurant
- Ren - vegetarian dishes reminiscent of his childhood **hometown** in Taiwan
- Bernie - Filipino ube and flan from his first **home country**
- David - Peaches, plums, and nectarines that he cut up **at home**
- Eric + Richard - **home-made** vegetarian lasagna
- Reg - Canada Dry ginger ale and seltzer and Moosehead beer from his first **home country**
- Doug and John - **home-made** corned beef from their long-ago and recent **homeland** in Ireland
- Bill Wink - **home-made** pork and sauerkraut from his long-ago **homeland** in central Europe



So what did you think of the food?

Frugal Frontrunner and Discount Diva

Race	Race Date	Website	City	Amount
Summer Bliss	09/07/14	http://www.abetterworldrunning.com/	Huntington Beach	10K-\$23, 15K-\$29, Half-\$33, Marathon-\$43
Summer End	09/21/14	http://www.abetterworldrunning.com/	Santa Monica	5K-\$17, 10K-\$23, 15K-\$23, Half-\$32
Fun in the Sun	09/27/14	http://www.abetterworldrunning.com/	Long Beach	Half-\$33, Marathon-\$42
Dolphin Dash	09/28/14	http://www.abetterworldrunning.com/	Santa Monica	5K-\$17, 10K-\$23, 15K-\$23, Half-\$32
Majestic Marathon	10/04/14	http://www.abetterworldrunning.com/	Huntington Beach	10K-\$23, 15K-\$29, Half-\$33, Marathon-\$43

Race	Race Date	Website	City	Code	Amount
Harvest Half Marathon	09/20/14	https://racegrader.webconnex.com/harvesthalfmarathon5k10k	Camarillo	RACESHED30	30%
Grab the Swag 5K/10K	09/27/14	http://itzabouttime.com/grab-the-sweg	Laguna Nigel	RACEGRADER	15%
That Dam Mud Run	10/25/14	http://thatdammudrun.com/	Santa Fe Dam	RSTENOFF	\$10 OFF + \$5 MORE WHEN YOU SHARE ON FACEBOOK
Day of the Dead Dash	11/01/14	http://www.activeruns.com/day-of-the-dead-dash-race-info/	Los Angeles	RACESHED	25%
Surfer's Point Half Marathon	11/26/14	https://racegrader.webconnex.com/surferspointmarathon2014	Ventura	RACESHED20	20%
Holly Jolly Half Marathon	12/21/14	https://racegrader.webconnex.com/camarillohollyjollyhalfmarathon	Camarillo	RACESHED20	20%
Camarillo Half and Full Marathon	01/04/15	https://racegrader.webconnex.com/camarillomarathon2015	Camarillo	RACESHED20	20%

Santa Rosa



The Santa Rosa Marathon took place on August 24. Moises, Bernie, Dan, and Angus all took part, led by Coach Johnson who didn't run himself but provided moral and logistical support. A few hours before race start, the Napa earthquake struck, but fortunately did not affect the race.



Here are a few photos from Santa Rosa.

Clockwise from top: At the finish line! At the Start line! Trying out the course! And what's a trip to wine country without tasting some wine?

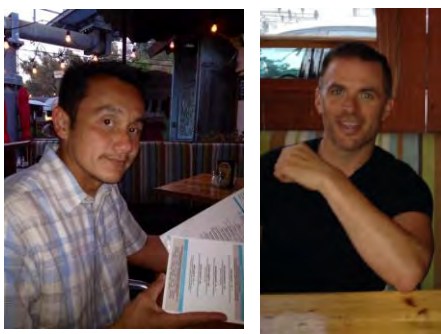


More Pictures

A picture is worth a thousand words (and it keeps you from having to read more of our dribble). Here are a few more pictures that depict what LAFR does.



On the left are Bill, Rudolph, David, Richard, and Chris eating a well-deserved dinner on separate occasions after rigorous workouts at the Tuesday Griffith Park Run. If you run there, have you also noticed the summer gradually slip away with the earlier sunsets?



On the right are Eddie and friend Andy Kraft on their AIDS LifeCycle journey from San Fran to LA. This is a loooong bike-riding fundraiser that always sees a few LAFRs partake. This year we had a Bingo fundraiser for the two in Burbank back in May. Keep your eye out for another such event in 2015.



LAFR John-Staring Party

On July 12 Eric and Richard hosted the annual LAFR pool party. The original reason for the pool party was a treat for the Pride run volunteers. But a pool party in July never really needs any reason. About 45-50 people showed up. The club provided the food, hiring the “lesbian caterers” from one of the Caltech socials for the sides and firing up the grill for the main dish.

Chief chefs Bernie and John also entertained the crowd by seemingly wearing nothing other than an apron. In fact we got photographic proof of John. We also captured shots of a few other people and decided to put words in their mouths. What’s a pool party without a bit of innuendo and made-up gossip?



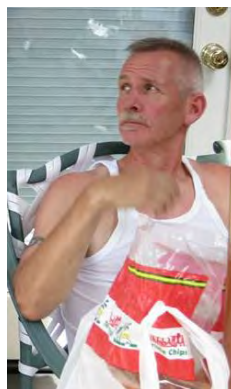
John: I hope this outfit is distracting!



Chris: Nice buns!



Mike: Just act cool...



Henri: Could do with less cloth



The men: John you're such a tease! Work it!



Reg and Moises: Why are you taking pictures of us? You should take pictures of John.



Karen: Look at all the guys going ga-ga over John! Stewie and Dan: going ga-ga behind their shades.



The women: Oh puleez. Men and their one-track minds



Carl, Patrick, Bruce: We're just as hot! Why aren't the paying attention to our ripped physique? [Editor's note: To be fair, on the next page is a better shot of Carl and Bruce]



The men: Tony, you can so totally pull off the apron look if you wanted to. Here, we can ogle at you already.

San Francisco Marathon



Good luck to all the runners!

This year's San Francisco Marathon returned to its normal time of the last Sunday of July, after being somewhat displaced by the American Cup last year. Again a large group from LA trekked north to meet the challenge. Everyone arrived individually, but we did manage to huddle together for the pre-race carbo-load.

Joining us were LAFR Emeritus Ted Wyder and Clayton Bullock with his then bf Delip Rao (more on this later). A few other friends, Scott, Richard, and King, also gathered together to wish the runners good luck.

The marathoners were Jeff, Reg, John, Mike, and Jorge. The halfers were William, Rob, and Ted. And the official cheerers were Chris and Anthony. One runner may have switched from the full to the half during the race.

Race day was gorgeous. The marathoners and the first halfers arguably had the best views. Their route followed the north coast of the city and climaxed with crossing the Golden Gate Bridge. From the bridge to the 13.1 mark in Golden Gate Park was an enjoyable downhill along the foggy west coast. But for this beautiful route, not only was the course net uphill, the runners also had to climb more hills. The bridge itself saw several hundred feet of climb. Also they had to start off at the wee hour of 5:30AM, making a good night's sleep impossible.

The second halfers had an easier time logistically. The much later starting times between 7 and 8, depending on one's wave, made getting to the start much less stressful. But the race route was arguably less scenic. The first 6 or 7 miles were endless back- and-forths in Golden Gate Park. While green and all, there was no view at all.

The route got more interesting once the runners went into south central SF. The route didn't go by the famed painted ladies by Alamo Square Park, but we did nonetheless see many elegant Victorian beauties. The finish swerved by industrial AT&T Park and was not as



Pre-race carbo-loading at Lupa Trattoria



Like your dish, Rob?

Boring as feared. Another drawback of the 2nd half was that morning fog gave way to noon heat. Halfway through, the runners are pretty much under the full blast of the mid-summer sun. To make up for this, the 2nd half is net downhill and runners usually can shave several minutes off because of the terrain.



William and Ted at the start of the 2nd Half, Jorge at the finish of the full.



So on a related note, Clayton and Delip are no longer bfs. As many of you know, the two actually got married the following Monday! Many of the LAFRs remember Clayton as a doctor-doctor who runs sub-three marathons and plays both the piano and the violin and likes spanking. Hopefully many will also get a chance to know Delip more in the coming years.



Not even running a marathon dims John's supermodel poise.

Focus on Catholic School

What do you think of when you hear Catholic School? Stern nuns with rulers, strictly enforced uniforms, disciplined teaching, inappropriate fantasies? For the Pasadena crowd, it means... hills! The run to the Flintridge Sacred Heart Academy is a net climb of over 800 ft, mapped here:

<http://www.usatf.org/routes/view.asp?rID=549389>

This route starts on the west side of the Rosebowl. The climb begins immediately as you hit Salvia Canyon Rd. The fun really starts when you turn off Linda Vista on the twisty Inverness Dr. Be mindful of cars! You can stay on Inverness for a steeper climb, or veer right on Normandy. In either case, you'll get a clear view into the San Gabriel foothills and the skyline of Pasadena. You do have to turn off Inverness to reach the school itself, which is right at the midpoint and highest point. Unfortunately there is no water unless you barge in on the dorms.

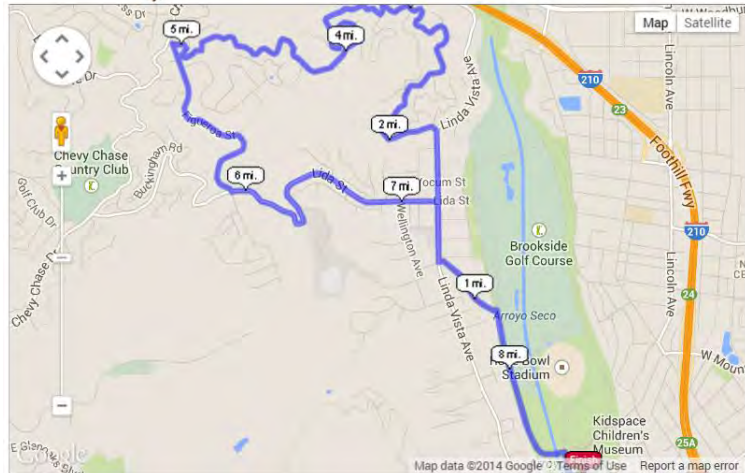
The return trip is a moderate to steep drop along the residential streets of (mostly) Glendale. No views, but the thick canopy gives the run a rustic feel. When you're back on Figueroa St, which doesn't connect to the one in LA, you'll see a great view of...the backside of the hills of Glendale. But if you focus closer to the road, the cliff view on your right has its own charm. There's a narrow pass where you turn onto Lida, which also is mile 6. The next quarter mile is like those curvy roads you see on German car commercials, so BE CAREFUL even as you have fun with the turns! Watch for Art Center College of Design around mile 6.4, which is worth a visit on its own.

This hill system is surrounded by suburbs. Perhaps the most accurate name is "San Rafael Hills." Not much information turns up when you google it. The heart of the mountain range is bounded by the 2, the 134, and the 210 freeways. This area is highly developed with houses, roads, and the large Scholl Canyon Landfill ☹️. But enough of nature is protected by the rugged terrain and you can still imagine you were running in a wild forest.

LAFR Catholic School Run

Distance:	8.63 miles / 13.89 km	Route Markers: ● miles ○ km ○ none
Location:	Start: Kidspace Museum San Rafael Hills - Pasadena, CA, US	
Attributes:	loop, mostly hills, roads	
Description:	A climb up to the Flintridge Sacred Heart Catholic school, weaving through the northwest corner of the San Rafael Hills, which is bounded by the 210, 2, and 134 freeways. Quite hilly with no water. But the views on the way up are quite good.	

[Print map](#) [Read reviews](#) [Rate this route](#)



Map data ©2014 Google. Terms of Use. Report a map error. Added by William Fang on 8/29/2014



Left to right:
Jim,
Jonathan,
and Raul

Below: and
their
supporters

Mt Baldy

Jim, Jonathan, and Raul all ran the Mt Baldy Run-To-The-Top on Labor Day. This is a grueling 7 mile trail run starting at about 6000 ft and finishing at 10,064 ft. Especially challenging are the technical trails (i.e., you trip you die), the steepness, and the thin air. But the view at the top is incredible!



Practice run! Top is at the summit of Mt Baldy (aka Mt San Antonio) and bottom is at the midpoint.



A group of 6 humans and a dog did a practice run two weeks before the race. They ascended via Mt Baldy Rd and Devil's Backbone Trail and descended via Mt Baldy Trail. Despite the name, Devil's Backbone Trail is the gentler option. Take that one.



LAFR Marketplace & Pride Run Sponsors



www.n2nbodywear.com
www.santamonicyoga.com

Jason Coleman, Inc. www.jasoncolemaninc.com
Your Lifelong Vacation Consultants



www.arunnerscircle.com

Placing an Ad

The LAFR Marketplace returns to the newsletter. This section is for LAFR members to advertise services/products that might be of interest to fellow club members.

If you would like to place an ad, please go to the online store and choose Membership/Newsletter Ads to purchase your ad space.

Rates are per month: \$15 ¼ page, \$25 ½ page, \$50 full page.

Your ad must be ready for print when submitted (we are runners, not graphic designers!).

Special Thanks to our Pride Run Sponsors

\$500

**Santa Monica Yoga
N2N Bodywear**

\$250

**William Fang & Anthony Chan
Angus Kennedy & Mark Johnson**

\$165

Jason Coleman, Inc.

\$100

**Cat White & Keeley Webster ▪ Danny O'Hara
Kevin, Mikey & Rina ▪ Jerry Weyer ▪ Richard Nelson
The Bills ▪ Pat Bates & Sue Roth ▪ Neil E. Johnson, CPA
Bryan Prado ▪ Norman Dixon & Patrick Owen
Rina's Favorite Uncle**

\$50

**Mark Grumet ▪ Mark DeAngelis & Henry Jung ▪ Alexandra Amore
David Dassey ▪ Amy Ross ▪ Carl Maravilla
Mike Carbutto & Chris Tapper ▪ Regina Robinson
Mike Smith ▪ Lee Lightfoot ▪ Andrew Wissmiller ▪ Bill Walsky**

LAFR Board Meeting May 26, 2014

Bank balance is at around \$19,000. Remainder on Pride

1. Coordination with CSW – Bruce will send email to Karan at CSW
2. Volunteers – email going out Tuesday
3. A Runner's Circle
4. Packet Pickup – Saturday 10:00-3:00
5. Start/finish line, gift cert, additional pop-up tents?, PA system? – Bruce will email Dino at ARC
6. Shoe collection for SRLA – Geoff will coordinate
7. Get a sign?
8. Food – John contact French Quarter, SoyJoy (Doug), CSW
9. Registration – Margie
10. Volunteer coordinator – Patrick
11. Course Setup – William, Sean
12. Bag Check – David
13. Water stops – Andrew? (Angus will ask)
14. Tee-shirts – volunteer
15. Kids Race - Mike K
16. Timing Company – Angus will coordinate with Brandon at Gemini Timing
17. Next Board Meeting June 16, 7:00 pm at Sean's

LAFR Board Meeting June 16, 2014

1. Membership – Bruce notify those not renewed
2. Pride Run
 - We were happy with timing company
 - John – write up a food to-do list for next year
 - Porta-potties – need a sign that there are additional units across Crescent Heights
 - Kids Race – move time to between 5K and 10K (start 5K 15 minutes earlier?)
 - Send out medals & t-shirts
 - Need to make note of issues with parade person at Crescent Heights – who was this? Angus will address with CSW director.
 - Moving race to Griffith Park? Would need to be off-road course. Something to think about... Angus will get more info.
 - SRLA donation up to 5K, club will add difference
3. Could we/should we help out with Long Beach and Palm Springs Pride races?! Angus put out feelers...
4. Summer Social Events
 - Pasadena Potluck – Thursday July 10 – William
 - Combine Pride Run volunteer party and Pool party at Eric and Richard's? – tentative date July 12, William will confirm
 - Beach dog day? – Reg and Max will coordinate
5. Gay Games August 9-16
6. International marathon trip? – fall probably too soon, look at next year (Angus will discuss with Jason)
7. Web site? – Angus and Bruce will talk offline to get this rolling
8. Club t-shirts? – Angus got designs from Eddie, need to take a poll on which shirt

(continue)

9. Club uniforms? – Also have designs, need to take orders and produce accordingly
10. July BOD meeting – July 14 Monday at Sean's (David can't make it)

LAFR Board Meeting July 14, 2014

Bastille Day... Off with their heads!

1. PO Box – need a new one. Could we get one at Post Office on Glendale Blvd? Angus will check.
2. Membership/Website – had a short discussion about web site. Want to explore options – Bruce, Angus, Jason need to have a separate meeting about this!
3. Events
 - Beach Day Aug 2 – Reg is coordinating
 - William proposes do a "My neighborhood run"... maybe in September? William will figure out.
4. Newsletter history project - Angus want to figure out how to scan and index our old newsletters. Patrick will investigate.
5. Palm Springs Pride Run - Are we interested in taking on this as a project? Angus will talk to Keith of PSFR about it.
6. Int'l Trip - Working with Jason about this – May, Summer, or early fall Kona race that Mikey did?
7. August Meeting Aug 18th, 7:00 pm at Sean's

LAFR Board Meeting August 18, 2014

1. Check from Active – William is still working on this
2. Storage unit – is this worth it? (Yes – because it doesn't work to have all this stuff in somebody's garage)...Price of \$217/month... William will see if anything can be found cheaper
3. Finances are extra healthy (next board meeting in Cancun?)
4. Address updates for new PO Box being done
5. Website – Angus updated info so we can use WordPress. Do we want to keep ClubExpress as database only (something to look at)
6. Events
 - Keira race freebies (from SOB race) – Maybe Paramount on 12/20? Sean and John will check
 - Neighborhood run – Sep 7 with Piyush and Richard will host
 - Chili Cook-off Oct 5, Patrick taking lead
7. Newsletter history project – Patrick is coordinating. David will collect paper originals for scanning.
8. Palm Springs Pride? Interest is not there from PS.
9. Int'l trip – Jason created a list of possibilities – further research needs to be done.
10. LA marathon relay – do we want to do it again? Angus will send out a poll.
11. Azusa race – Nov 15, marathon & half with steep drop, lots of members are signing up... could be a club event of sorts? Downhill training runs?
12. Sep BOD Mtg - Sept 29, Monday 7:00 pm at Sean's