

### Boston Marathon

April 2013



**Angus Kennedy**

Dassey was with Allyne - all accounted for :)

Like · Comment · Follow Post · 22 hours ago near Los Angeles



With this Facebook update from Angus, LAFR finally breathed a collective sigh of relief. Our seven runners and their cheering loved ones were safe. While LAFR was fortunate to be spared any loss, we know that many lost loved ones, and even more may never walk or run again.

The bombings have inflicted irreparable physical harm on nearly 200 people, and psychological harm on millions more. But, barely a week after the tragedy, the overwhelming sentiment is to train harder, qualify, and make Boston 2014 the best event ever.

We thought the best way to honor Boston and the Marathon would be to have LAFRs who have run the iconic race share their favorite memories.

Our goal is to have the largest LAFR contingent in the history of our club attend the race in 2014.

### The 2013 Boston Marathon Class

We had 7 LAFRs enter Boston for 2013. Moises Medina sustained an injury close to raceday and decided not to risk further damage. But, like a true LAFR, he went on the trip anyway to cheer on the rest of our group.

John McGuinness led the group finishing in 3:00:37. He was thrilled as he was expecting to run 5-7 minutes slower. Bernie Tan ran a lifetime best 3:08:52. Bernie's half marathon split obliterated his half PR by three minutes. Ric Munoz (running his 19<sup>th</sup> Boston Marathon in 3:33:06) and Andrew Wissmiller (3:53:50) both ran Boston qualifiers for 2014.

David Dassey and Allyne Winderman were among the thousands of runners who were still on the course when the explosions occurred.

At press time, the Boston Athletic Association has not published how they will deal with the finishing times for the scores of runners who were not able to finish. However, this is a time where all of us were thrilled that David and Allyne were behind their normal race pace as it ensured they were still on the course and safe from any harm.



*Boston Marathon 2013 Runners:  
clockwise from left: Allyne Winderman,  
David Dassey, Ric Munoz, Moises  
Medina, Andrew Wissmiller, Bernie  
Tan, John McGuinness*

## Boston Marathon Memories: Mark Johnson

**2011/12:** I'll never forget my first Boston in 2011 nor the follow-up in 2012. In 2011, I was a wide-eyed rookie, thrilled to have finally arrived to the big leagues. What great fun it was to experience Boston with Angus, Patrick, Bruce, Brad, Reg, Ric, John, Doug, and Richard. I remember the cold morning on Boston Common waiting for the school bus that would deliver us to Hopkinton. Driving 26 miles out on a point-to-point course confronts you with the reality that you have a long way to run later that day! Angus, Patrick, and I lucked out in Hopkinton as we discovered a small, warm, wrestling gym with free massages that shielded us from the bitter cold of that morning. The rest of the day was filled with similar blessings. No amount of testimony can prepare you for the energy of the Boston crowds. Everyone rightly raves about the screaming and kissing girls of Wellesley at the race's midpoint. But for me, I preferred the rough and tumble motorcycle crowd at the biker bar early in the race and the rowdy BC boys as I struggled near the end.

The 2012 race will long be remembered for the excessive heat that convinced over 4,000 runners not to even start the marathon. But for anyone that decided to challenge the sun gods, it proved to be a magical day. The people of Boston and the small towns along the route turned the course into a 26 mile long water station. The homemade water stations reflected the generosity of the Boston spirit as young people lined the streets handing out popsicles, ice bags, sponges, and endless high-fives.

After both races, I remember the simple joys of reuniting with LAFR friends and exchanging stories of the run as we strolled down Boylston Street to the Common. The Common was alive with runners and their supporters, soaking in the energy of a great event, on a great day, in a great city. That energy cannot be destroyed by violence. In fact it will be magnified by it. I hope to be blessed with the opportunity to hit the streets of Boston with the LAFR family in 2014.



*2011:  
Brad Maury,  
Reg Willson,  
Mark Johnson,  
Bruce Bair &  
Angus Kennedy*



*2012: Mark Johnson & Moises Medina*

## Moises Medina

**2010:** My first Boston Marathon.

I qualified in SF in '09 and was so ecstatic to see BQ beside my finishing time. I then knew it was official and could not contain the joy of such an accomplishment. It seemed like an eternity waiting 2 months to register.

Upon my arrival in Boston, I immediately felt the excitement around me from thousands of runners from all over the world. The expo was so memorable because it was unlike any other. I remember telling myself "The runners here earned their spot due to their diligence and hard work". I then ventured to the finish line and the BAA staff had just finished painting the emblem on the road.

Race day finally arrived and the nerves and adrenaline were hard to contain: from the bus loading at Boston Common to the athletes village, walking to the start and entering your corral (priceless). Once the gun went off I fell into my rhythm and fed off the excitement and encouragement from the crowds. And who could forget Wellesley College! I ran 3:08:40 and it will be a lifetime memory.

## Boston Marathon Memories



2011 Bruce Bair, Patrick Owen, Angus Kennedy, Boston FR Prez, Mark Johnson, Reg Willson, John McGuinness, Brad Maury, Ric Munoz

### Bruce Bair

**2011:** I was at about mile 24 in the 2011 Boston Marathon and felt ready to start walking. With plantar fasciitis flaring up, everything just hurt. I had been running with Brad Maury earlier in the race, but at some point we got separated. Just then I heard Brad's friendly voice call out to me - and what a relief it was to see him! It was such a boost to have a friend to run with that I was able to keep going and maybe even pick it up a little. We were a bit behind Kenyan Geoffrey Mutai's winning time of 2:03:02 that year, but the roaring of the crowds made it feel like a great accomplishment nonetheless. After the terrible bombings at this year's race, I don't doubt the toughness and enthusiasm of marathoners and Bostonians alike to return next year to run even harder and cheer even louder at the marathon. But I am saddened that an event that was more than anything just an expression of joy is now an occasion for mourning.



### Patricia Bates

**1996:** I ran Boston in 1996 and 2003 - fell in love with the Bostonians and the city. One fond memory - in 1996 when I was there we became totally lost and were studying a map trying to figure out where we were. No less than 3 businessmen stopped to get us straightened out - being from NY, it was weird but charming. My heart goes out to the people injured and the families, and this attack is truly personal.

### Brad Maury

**2011:** Running the Boston Marathon is an experience like no other - the spectator support, race volunteers and runners are all so proud to be a part of the event. It's an 'All American' patriotic experience to be involved and was great fun to be there.

### Ric Munoz

**2013:** This year marked my 19th finish at Boston. For many years my fondest memory was the 2:48 I ran in the '94 race (my 2nd fastest time ever). But when my husband, Seth Eskigian, came with me for the first time to Boston weekend in 2003, I had a new fond memory. That day Seth waited for me at mile 25. When I got there I gave him a big kiss to the cheers of the surrounding crowd. Seth's been at that same spot in subsequent years, patiently waiting for his kiss, including this past Monday, when I, inexplicably, gave him two kisses AND a hug. I don't know what compelled me to hug and plant the second kiss (these activities slow down one's time, after all!). Without realizing it, I must've sensed 2013 would be a year like no other before it.



Ric & Seth share a smooch during 2013 race

## Bernie Tan

**2013:** 2013 was my "finally I made it to Boston" year. I thought it would just be another one of those marathons, but it was a lot more than I expected. The course was absolutely beautiful – a two-lane highway lined with forests of bare trees, throngs of young kids offering oranges and high fives, gaggles of screaming college girls waiting to be kissed, sexy runners left and right to keep you on pace, and a crowd at the finish that erupts in super loud cheers of appreciation when the military guy running next to you does a couple of cartwheels.

*2013: Bernie zipping to a PR*



## Angus Kennedy

**2012:** My favorite Boston so far was the heat year. The heat of '12 saw thousands of runners not even start the race. I am not a "heat" runner so decided to take it easy and enjoy the race, the sights, and the crowds. I have never before or since had so much fun in a race. The people were amazing, handing out water, ice, popsicles, etc. Folks were spraying runners with their hoses and cheering like I've never heard. Because of the heat, all the BC boys took their shirts off (yay). My very favorite



*2012: Mark & Angus*

part was the Wellesley girls. Boston is worth running just for that stretch of road. We were all shaken by Monday's events and like many LAFRs, my biggest goal is to run Boston 2014.



*2013: John, Allyne, David & Bernie before the race*

## David Dassey

**1996:** The 100th anniversary - 10 LAFRs toed the starting line for what was then the largest ever marathon: John Rochat, Mark Penn, Rick Hetzel, John Butcher, Patricia Bates, Bill Walsky, Koko Lytie, Hiroshi Moriyasu, Barry Steinwand, and me. 5 days before, it had snowed 15" in Hopkinton, & it rained the next 4 days. But race day dawned sunny and cold, and what a glorious day it was. The next morning the rains returned with a vengeance, but who cared?

## Allyne Winderman

The entire city is a festive atmosphere with everyone in the Boston area celebrating. Family and friends of runners everywhere - filled with anticipation and joy. My favorite moment is one that didn't happen this year. We always celebrate ('07, '10, '12) with amazing Italian food in the North End, Boston's Little Italy. The narrow streets are crowded with runners, friends and family sharing stories of the spectacular race. This year that joy turned to tragedy and sorrow. Words can't express our sadness.

## John McGuinness

**2013:** This year there seemed to be more people than ever out cheering. The route was packed with people on both sides of the road the entire way from start to finish. It seemed like every other mile there was a community BBQ and it all smelled so so good. I was craving BBQ at the end but had to make do with a banana.



2011: Patrick Owen

## Patrick Owen

**2011:** I am currently training for the Ojai Marathon in hopes of qualifying for my 2nd Boston. After this year's events I am even more determined to qualify in order to be part of next year's race which I know will be a celebration of the runner's spirit and a way to honor everyone whose life was radically changed by the bombing. But you never forget your first time, and I have so many great memories of my first and still my only Boston Marathon. One of the funniest ones was almost not making it to the start line. The runners catch early morning buses for the 26 mile ride to Hopkinton where you hang out and wait for the start of the race. The staging area was very cold, but Angus and I sussed out that there were free pre-race massages inside of a gymnasium. We decided that whether we wanted a massage or not, waiting in the massage line would at least get us inside and out of the cold for a little while. We got in the line that snaked around the building and in a few short minutes we found ourselves inside in the warmth. And better yet, there was a Disneyland style line system once inside where we snaked back and forth as the line shuffled along. It became apparent that we would get to stay warm for quite some time. Finally we reached the front of the line and we each got sent to a massage table. Several minutes later as I relaxed under the hands of an excellent masseur - we suddenly heard people yelling - "the race is starting, the race is starting". We jumped up, threw our shoes on and ran out of there at full speed to cover the 1/4 mile we had to traverse to reach our starting corrals. I literally jumped into my corral as it was about to cross the start line - so I actually ran a 26.45 marathon that day!

## Richard Nelson

**1987:** I have great memories of running the Boston marathon in the late 80s. The first year, 1987, I was surprised to see so many old white guys (little did I realize that I'd be one of those guys running in 2011). In the 80s, if you were under 40, you had to have run a marathon under 3 hours. The first year, I was worried about Heartbreak Hill which was just a couple of rolling hills. The next year, I experienced a runner's high just after the hill. I repressed the desire to surge until mile 22. As I entered Boylston Street, the crowd support kept me going for the best finish of any marathon. That same crowd support got me through a very tough and disappointingly slow run in 2011. The people of the Boston Metro area are the most consistent and enthusiastic supporters of marathon runners. The tragedy of this year's marathon breaks my heart for the Boston Marathon is a very sacred tradition for all serious runners. The sight of runners and spectators down after the blasts is forever seared in my consciousness. I pray that the resiliency of the human spirit is there for the people of Boston.



Richard Nelson

## Wanna Qualify for the Boston Marathon?

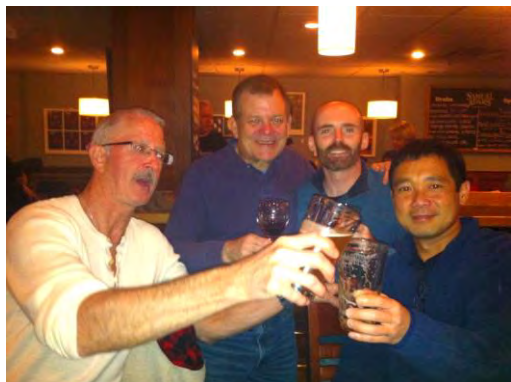
You can!!

It takes dedication and hard work, but you won't be alone if you want to go for it. We will be starting up marathon training shortly for late summer/fall races. Here is the 2014 Boston Marathon Quallifying information:

For the 2014 Boston Marathon, qualifying times must be run on or after September 22, 2012.

Your age group is based on your age on race day 2014 (so if you are 44 now but will be 45 in April 2014, you would use the 45-49 age group qualifying time).

Age Group	Men	Women
18-34	3:05	3:35
35-39	3:10	3:40
40-44	3:15	3:45
45-49	3:25	3:55
50-54	3:30	4:00
55-59	3:40	4:10
60-64	3:55	4:25
65-69	4:10	4:40
70-74	4:25	4:55
75-79	4:40	5:10
80+	4:55	5:25



*Dan, Doug, John, and Bernie carbo loading at Woody's Grill and Tap on 4/13*

## 9 LAFRs Already Qualified for Boston 2014

According to our records, the following LAFRs have posted qualifying times for the 2014 Boston Marathon:

Carlos Vizcarra-LA	2:48:39
Mark Johnson-LA	2:56:53
Eric Alvarez-LA	2:57:48
John McGuinness-Boston	3:00:37
Bernie Tan-Boston	3:08:52
Moises Medina-CIM	3:09:08
Ric Munoz-Boston	3:33:06
David Dassey-S Barbara	3:47:07
Andrew Wissmiller-Boston	3:53:50



*Carlos at LA last March*

## Los Angeles River Fun Run

Sunday, May 5

Come on out for a fun run to support the river. All proceeds support the beautification and restoration of the L.A. River.

Register at

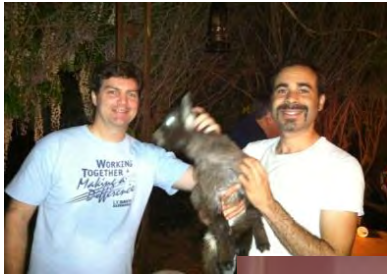
[www.lariverfunrun.com](http://www.lariverfunrun.com)



# LAFR BIRTHDAY BOYS AND GIRLS



- 4/15 Ken Wilson
- 4/16 Ted Wyder
- 4/17 David Islas
- 4/18 Mong Noiboonsook
- 4/19 Jeff Sinclair
- 4/20 Stewart Gonshorek
- 4/20 George Takei
- 4/23 Ryan Timmreck
- 4/26 Will Crawford
- 4/27 Bill Austin
- 4/27 Steven Morchak      5/4      Randy Godin
- 4/28 Amy Ross              5/9      Rand Mullins
- 5/2 Yumi Afrento        5/11     Jerry Weyer
- 5/3 Frank Jacoy         5/16     John Kawaharada



*Happy birthday Eric (right)! With Joel and Jacob the pygmy goat. The birthday coincided with a potluck. We celebrated under wisteria covered patio in Eric's home.*

*And happy birthday Ted Wyder (baby). This is adorable Ted within a few hours of entering the world 40 years ago. Can you see the resemblance of baby Ted with mommy & daddy?*



## WELCOME NEW MEMBERS!

Dennis Bacsafara, Mong Noiboonsook,  
James Matzen

### Los Angeles Fronrunners

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Los Angeles, CA 90039  
[lafronrunners@gmail.com](mailto:lafronrunners@gmail.com)  
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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](mailto:lafronrunners@gmail.com)

### Los Angeles Frontrunners Monthly Treasurer's Report for April 2013

Balance on 2013 Mar 11	\$ 9,653.45
Balance on 2013 Apr 13	\$ 9,876.49
Net change	\$ 223.04

Club Events	Expense	Revenue	Net
Soup Off	\$ (121.91)	\$ -	\$ (121.91)
LA Marathon	\$ (282.29)	\$ -	\$ (282.29)
Santa Cruz	\$ (1,708.00)	\$ 1,820.00	\$ 112.00
Pride Run	\$ -	\$ 305.00	\$ 305.00

#### Membership

Membership Dues	\$ -	\$ 665.00	\$ 665.00
Member Donation	\$ -	\$ 90.85	\$ 90.85
Uniform Purchase	\$ -	\$ 112.00	\$ 112.00

#### Operational

CA DOJ Filing	\$ (50.00)	\$ -	\$ (50.00)
Communication	\$ (90.00)	\$ -	\$ (90.00)
Supplies	\$ (22.85)	\$ -	\$ (22.85)
Paypal	\$ (82.76)	\$ -	\$ (82.76)
Storage	\$ (388.00)	\$ -	\$ (388.00)
Mailbox	\$ (24.00)	\$ -	\$ (24.00)

<b>Totals</b>	<b>\$ (2,769.81)</b>	<b>\$ 2,992.85</b>	<b>\$ 223.04</b>
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From the Treasurer: Our finances are in healthy shape. We have filed taxes for 2012 for both the state and the federal government. Our gross revenue for 2012 was \$28,489 and we had an year-end asset of \$13,490, all as cash in our bank account. We had no tax liability and no filing fees because our revenue was below \$50,000.

### LAFR Board Meeting April 15, 2013

Postponed from April 13 due to scheduling conflict with memorial for Barry Norcross

The following items were discussed:

1. Finances – See above monthly Treasurer's report
2. Santa Cruz Island Trip – Discuss logistics and food
3. Upcoming events – Barry's Run July 14
4. Newsletter – will somberly reflect on the bombing of the Boston Marathon that happened just hours ago
5. Pride Run 2013 – Several items discussed:
  - a. Donation of \$4000 to Project Ten and \$1000 to The Breakfast Club at St Thomas Church of West Hollywood. Barry Norcross was an active member at this LGBT-friendly charity
  - b. Angus to follow up with a Pride Run beneficiary from last year that was never paid
  - c. Decided on different levels of sponsorship
  - d. Packet pick-up will be at A Runner's Circle
6. LAFR Live event in May w/ Henry Ong
7. Patrick to survey Ojai runners and organize hotels
8. Sean to investigate possible Ireland trip in the fall
9. Angus and Margie to work on uniforms. Angus able to get New Balance clothing at wholesale pricing.
10. Marathon training to start up again in a few weeks
11. Next meeting May 5

# Race Results

## Into the Wild Trail 9.2K

Irvine, CA 1/13

Mong Noiboonsook.54:42

## Heroes in Recovery 6K

Palm Springs, CA 2/2

Jon Wasser.....29:53 1<sup>st</sup> 45-49

## Surf City Half

Huntington Beach, CA 2/3

Mong Noiboonsook.1:51:57

## Palm Springs Half Marathon

Palm Springs, CA 2/10

Jon Wasser..... 1:50:04

## Winter Trail Series 21K

Cleveland Nat'l Forest, CA 2/16

Mong Noiboonsook.2:37:05

## Race on the Base 10K

Los Alamitos, CA 2/23

Mong Noiboonsook.47:59 PR

## Diamond Valley Lake Full

Hemet, CA 3/2

Deo Jaravata..... 4:20:00

## Publix GA Half

Atlanta, GA 3/17

David Grudzien..... 2:19:33

## Chesebro Trail Half (Grand Prix)

Agoura Hills, CA 3/23

Andrew Wissmiller..1:48:35 1<sup>st</sup> 60-64

Richard Peng.....1:58:28

Margie Gonzales.....3:09:03

## Spring 7 Day 6 Full

Long Beach, CA 3/23

Deo Jaravata..... 4:12:14

## Allstate NYC Half

NYC, NY 3/23

David Grudzien..... 2:20:59

## Women Running Wild 5K

Palm Springs, CA 3/24

Jon Wasser.....23:01

## Tour de Pain Extreme

Jacksonville, FL 3/29 & 3/30

David Grudzien

10K 3/29.....59:00

5K 3/30.....29:30

Half 3/30..... 2:22:17

TOTAL TIME..... 3:52:03

## H'wd 10K/Half (Grand Prix)

Hollywood, CA 4/6

### 10K

Marilyn Jackson.....1:29:36

Regina Robinson.....1:30:16

### Half

William Fang..... 1:27:02

Rudolph van Graan. 2:08:12 1<sup>st</sup> Race!

David Grudzien..... 2:12:55

## Derby Day 5K

Santa Anita, CA 4/6

Cat White..... 35:33

Keeley Webster.....45:51

## Palmetto Half

Colombia, SC 4/13

David Grudzien..... 2:05:02 PR

## Run Seal Beach 10K

Seal Beach, CA 4/14

Mong Noiboonsook.48:21

## Xterra Lake Las Vegas 21K

Henderson, NV 4/14

Jeff Lymburner..... 2:02:03 3<sup>rd</sup> 50-54

## Boston Marathon

Boston, MA 4/15

John McGuinness.... 3:00:37

Bernie Tan.....3:08:52 PR

Ric Munoz..... 3:33:06

Andrew Wissmiller..3:53:50

FOR COMPLETE GRAND PRIX  
STANDINGS AND DETAILS, PLEASE  
VISIT THE GRAND PRIX PAGE AT  
[WWW.LAFRONTRUNNERS.COM](http://WWW.LAFRONTRUNNERS.COM)

*Before Boston: Doug, Ric, Seth, John, Bernie, David, Dan, Andrew*



TO REPORT RESULTS, PLEASE USE  
THE RACE REPORTING TOOL  
ON THE GRAND PRIX PAGE AT  
[WWW.LAFRONTRUNNERS.COM](http://WWW.LAFRONTRUNNERS.COM)





# Grand Prix & Half Challenge Standings as of 4/19

## 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
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### MALE

1. Eric Alvarez	1	82.59
2. Richard Nelson	1	82.10
3. Mark Johnson	2	81.27
4. Carlos Vizcarra	4	79.98
5. Ric Munoz	1	75.36
6. John McGuinness	4	72.75
7. Moises Medina	2	72.70
8. William Fang	2	72.27
9. Reg Willson	1	71.89
10. Bernie Tan	3	71.42

### FEMALE

1. Margie Gonzales	4	48.04
2. Cat White	1	43.59
3. Keeley Webster	1	34.33
4. Regina Robinson	3	29.99
5. Marilyn Jackson	2	26.80

### RACEWALK

1. Juan Moreno	1	63.21
2. Deo Jaravata	4	62.02
3. Keeley Webster	1	41.30
4. Cat White	1	40.99
5. Donna Balinski	1	40.33
6. Regina Robinson	1	27.16
7. Marilyn Jackson	1	26.95

## 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
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1. Jonathan Toker	1	116.06
2. Sean O'Brien	1	110.08
3. Jeff Lyburner	1	93.82
4. Andrew Wissmiller	2	91.30
5. Deo Jaravata	2	85.03
6. Ross Lamkin	1	77.17
7. Richard Peng	1	74.67
8. Margie Gonzales	1	66.60
9. Mong Noiboonsook	2	55.47
10. Regina Robinson	1	32.74

## AGE GROUP MEN

Division	Races	Points
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### Male 20-29

1. Piyush Prakash	1	140
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### Male 30-34

1. Mike Kerkman	1	145
2. Patrick Conner	1	130
3. William Korthof	1	110

### Male 35-39

1. William Fang	2	265
2. John McGuinness	2	230
3. Carlos Vizcarra	2	225
4. Jonathan Toker	1	150
5. Albert Giang	1	100

### Male 40-44

1. Bernie Tan	2	245
Moises Medina	2	245
3. Mike Smith	2	200
4. Ross Lamkin	1	120
5. Richard Peng	1	110

### Male 45-49

1. Angus Kennedy	3	355
2. Deo Jaravata	3	280
3. Mark Johnson	2	255
4. Rex Boone	2	235
5. Eric Alvarez	1	130

### Male 50-54

1. Brian Dunbar	2	230
2. Sean O'Brien	1	135
Reg Willson	1	135
4. Rudolph van Graan	1	130

### Male 55-59

1. Doug Jones	2	260
2. David Grudzien	1	120
3. Bill Austin	1	110
4. Jim Martinez	1	100

### Male 60+

1. David Dassey	2	255
2. Bill Walsky	2	210
3. Andrew Wissmiller	1	125
4. Bill Winkelmann	1	110
5. Mike Carbutto	1	90

## AGE GROUP WOMEN

Division	Races	Points
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### Female 40-49

1. Regina Robinson	4	430
2. Marilyn Jackson	3	330
3. Keeley Webster	1	100
Donna Balinski	1	100
5. Cat White	1	90

### Female 50-59

1. Margie Gonzales	3	330
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## 13.1 CHALLENGE



### Most

Name	Amount
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1. David Grudzien	10
2. Margie Gonzales	6
3. Deo Jaravata	3
4. John McGuinness	2
Doug Jones	2
Mong Noiboonsook	2
6. Carlos Vizcarra	1
Richard Nelson	1
Angus Kennedy	1
Mark DeAngelis	1
Jonathan Toker	1
Rex Boone	1
Richard Peng	1
Jeff Lyburner	1
Andrew Wissmiller	1
Rudolph van Graan	1
William Fang	1
Jon Wasser	1

### Fastest Men

Name	Time	Race
1. Carlos Vizcarra	1:18:38	Surf City
2. William Fang	1:27:02	Hollywood
3. John McGuinness	1:30:16	Surf City
4. Jonathan Toker	1:35:23	Boney Mtn
5. Richard Nelson	1:38:12	P. Springs
6. Angus Kennedy	1:40:31	New Years
7. Deo Jaravata	1:44:39	SoCal
8. Andrew Wissmiller	1:48:35	Chesebro
9. Jon Wasser	1:50:04	P. Springs
10. Mong Noiboonsook	1:51:57	Surf City

### Fastest Women

Name	Time	Race
1. Margie Gonzales	2:56:58	Honkers

### Biggest PR

Name	Cum. Time	Race
1. David Grudzien	0:05:07	Palmetto
2. William Fang	0:01:54	Hollywood

*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 entire year - so, for example, if you set a new PR in January by 5 minutes and then break the new PR by two minutes in May, your total is 7 minutes.*



# Upcoming Events

## Marathon Training returns to Griffith Park

Starting **April 28**, we'll meet at 8:00 am by the flag pole, where the weekly Saturday run takes place. We'll start fall marathon run-up shortly, but in the meantime, we'll meet and do 10 milers to build/maintain base.



*The meeting place for Sunday morning Griffith Park long runs*

## Santa Cruz Island – May 11-12

The Santa Cruz Island camping trip promises to be a weekend of breathtaking trail running and hiking, along with relaxation and eating (of course). Santa Cruz Island is the biggest (of course) of the Channel Islands with the most diverse landscape and wildlife population. Although the ticket deadline has passed, if you are still interested in joining the sexy campers, please contact one of the board members and we will try to accommodate you (of course).



*On Santa Cruz Island, Angus, Mikey & Ted know that nothing beats a great pair of L'eggs, except for a really big third one*



**Sunday, May 26** - If you are running and would like to be included in the LAFR lodging plans, please contact Patrick Owen.



## LA Frontrunners 32<sup>nd</sup> Annual Pride Run Sunday, June 9 – 5K/10K/Ultra Pride

And, of course, the kid's race. Stay tuned for lots of information about our annual race. As always, we'll need lots and lots of volunteers as we are one of the only remaining races that is 100% volunteer organized and run.

Start your training!

## Grand Prix Races

Full schedule @ [www.lafronrunners.com](http://www.lafronrunners.com)



- Sunday, 4/28 in Encino  
Victory for Victims  
[www.w2promotions.com](http://www.w2promotions.com)
- Sunday, 5/19 in Long Beach  
Shoreline FR Pride Run  
[www.shorelinefronrunners.org](http://www.shorelinefronrunners.org)
- Sunday, 5/5 in Glendale  
Verdugo Mtns. 10K Trail  
[www.runtheverdugos.com](http://www.runtheverdugos.com)
- Sunday, 5/26 in Ojai  
Mountains to Beach 5K/Half/Full  
[www.mountains2beachmarathon.com](http://www.mountains2beachmarathon.com)



## May Potlucks

Pasadena: Thursday, May 9  
Location TBD

Griffith Park: Tuesday, May 21  
Ranger Station Picnic Area



## Barry's Run

Sunday, July 14, 6:00 PM

Join us as we celebrate LAFR co-founder Barry Norcross with a special Sunday evening fun run at the usual spot in Santa Monica.

We'll run one of Barry's favorite courses, share memories, and have a picnic dinner at the beach.

## Gazing into the future...

- June 9 - LAFR Pride Run  
5K/10K/Ultra Pride
- July 14 - Barry's Run
- September 22 - Bingo Night, Hamburger Mary's
- September 28 - Big Sur Trip, Trail Marathon
- November 9 - Catalina Trip, Eco-Marathon

## Henry Ong's Sweet Karma

Sunday, May 19  
3:00 pm

Tix: use discount code "KARMA"  
[www.sweetkarma.brownpapertickets.com](http://www.sweetkarma.brownpapertickets.com)

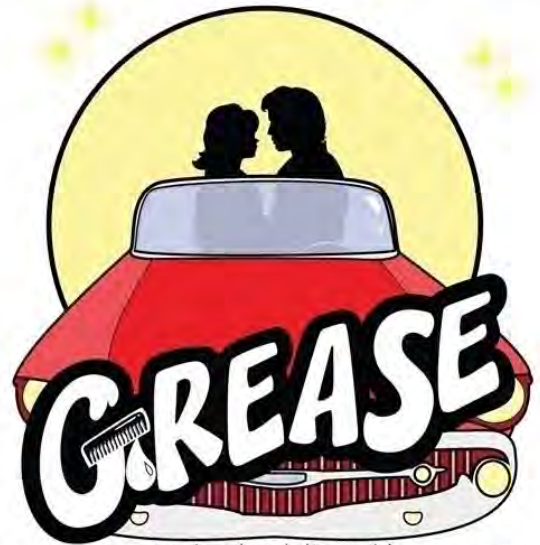
Join Amy Ross and your fellow LAFRs for an afternoon of great theatre.

*Sweet Karma* (written by LAFR Henry Ong) is a work of fiction inspired by true events in the life of Hang Ngor. He survived the brutal Khmer Rouge regime, won an Oscar for his role in *The Killing Fields*, and then was gunned down on the streets of L.A. The play jumps back and forth in time from the moment of his death, to his early life in Cambodia, the courtship of his wife, and the making of the movie that made him a national hero.

Please email Amy if you want to join in pre- or post-show nosh with the gang.



Venice High School Performing Arts Department  
proudly presents



musical direction **Robert Carpenter** produced and directed by **Traci Nichols-Thrasher** choreography **Lawrence Hatcher**

2013 **April 26th & 27th**  
**May 3rd & 4th** 7:30pm

**\$7 in advance**  
**\$10 at the door**

Venice High School Auditorium  
13000 Venice Boulevard  
Los Angeles CA 90066  
(310) 306-8310

book, music  
& lyrics by  
**Jim Jacobs**  
&  
**Warren Casey**

Sponsored by the Witherbee Foundation  
Produced through special arrangement with Samuel French Inc.

## Mike Smith in GREASE

LAFR Mike Smith will be performing in the musical *Grease* at Venice High School. A mathematics teacher and SRLA coach, he takes on dual roles, as the Teen Angel singing *Beauty School Dropout*, and Johnny Casino singing *Born to Hand Jive*.

Fri/Sat, April 26/ 27

Fri/Sat May 3/4

7:30 pm

Venice High School Auditorium

13000 Venice Blvd.

Los Angeles, CA 90066

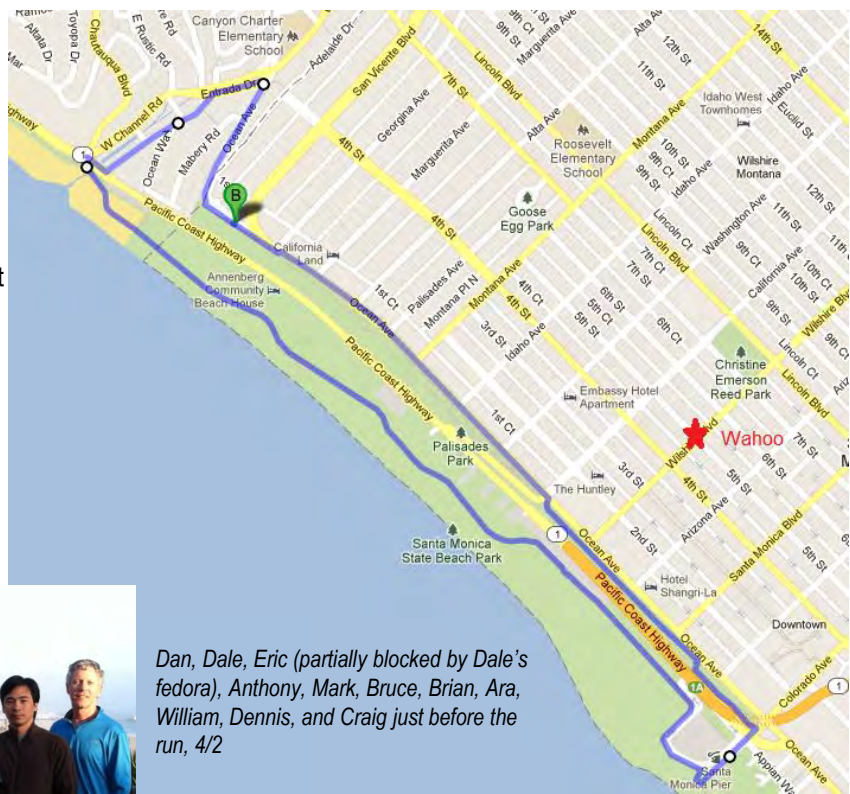
\$7 in advance, \$10 at the door

## Spotlight on Westside: Chasing the Setting Sun

The city of Santa Monica needs no introduction. It is the western terminus of the 10 freeway on the Pacific and epitomizes the natural beauty and style of Southern California. The club's Wednesday night run meets at the northern end of Palisades Park, near the intersection of San Vicente Blvd and Ocean Ave. The all-time favorite run is a 4.5 loop that heads southeast on Palisades Park. We go past the California Incline and turn right onto the pier. After crossing a bridge over the 10, we take several steps onto the wooden planks themselves before we descend the steps to the beach path.

Then it's a beautiful run into the sunset. In the summer months, that is a literal statement since the sun sets to the northwest. A typical evening includes gentle ocean breezes, distant waves splashing, and a few hot bods here and there on bikes or skates.

The scenery changes quietly as we go under PCH to head back on Entrada Dr. Here we enter the city of LA. The loop takes a sudden



Dan, Dale, Eric (partially blocked by Dale's fedora), Anthony, Mark, Bruce, Brian, Ara, William, Dennis, and Craig just before the run, 4/2



right as it climbs the final and only hill during the whole run.

Santa Monica has quite a few eating options. A perennial favorite is Wahoo's Fish Taco (see map above). The parking structures northeast of 2<sup>nd</sup> St and southwest of 4<sup>th</sup> St are free for the first 90 minutes and is only \$1 for the next 60 minutes, which gives you time to stroll Third Street Promenade after dinner.

## Discount Diva

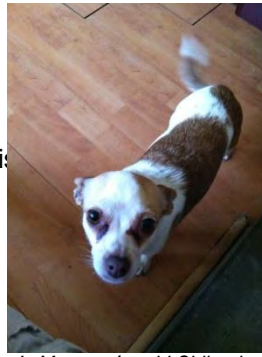
Margie has found two more discounts: Run through the Vineyard and Amica 19.7 Triathlon.

Race	Race Date	Website	City	Code	Amount	Expires
Victory for Victims 5k/10k	04/28/13	<a href="http://www.active.com/running/encino-ca/victory-for-victims-5k-10k-walk-run-and-kids-fun-run-2013">http://www.active.com/running/encino-ca/victory-for-victims-5k-10k-walk-run-and-kids-fun-run-2013</a>	Encino	V4V2013	\$5	
Run through the Vineyard 5K/10K	05/04/13	<a href="http://kelowna.directrouter.com/~nbyg-weng/run-the-vineyards">http://kelowna.directrouter.com/~nbyg-weng/run-the-vineyards</a>	Temecula	Run5viney	\$5	4/22/2013
Safari Park Half Marathon	05/05/13	<a href="http://www.safariparkhalf.com">www.safariparkhalf.com</a>	San Diego	LARUNNERS10	\$10	
Mountains2Beach Half or Full Marathon	05/26/13	<a href="http://www.mountains2beachmarathon.com/">http://www.mountains2beachmarathon.com/</a>	Ojai to Ventura	lafr15	15%	
Amica 19.7 Triathlon	06/01/13	<a href="http://www.amicatriathlonvegas.com/">http://www.amicatriathlonvegas.com/</a>	Las Vegas	SCTRI13	\$25	
The Grapes of Rock	06/08/13	<a href="http://grapesofrock.com/index.php">http://grapesofrock.com/index.php</a>	Dry Creek Valley, Sonoma County	AXSLOWGRAPE	\$10	
New Year.s Race	01/04/14	<a href="http://www.newyearsrace.com/">http://www.newyearsrace.com/</a>	Los Angeles	NYR2014	\$15 off Half \$5 off 5K	First 500 First 500

# Animal Friends!

Many members at LAFR have animal friends. Some call them pets; some think of them as children; and some think of them as companions. Whatever the term, there is no doubt our pets enrich our lives. Here is a montage of some of pictures members sent in (or were forcefully solicited) to share with the club.

(To avoid any hint of favoritism, the pictures are ordered by the estimated size of the smallest animal.)



Anthony's Mo-mo, 4yr old Chihuahua



William's 3 turtles: Big, Medium, Small in that order left to right. Probably over 15 yrs old



Above is Regina Robinson's 1yr old Chloe and right is Marilyn Jackson's Faith



Below are Sean with Vanderbilt, Arlington, and Wellington. They appear with the "small" animals because of the cats in the family.



Above are Anthony's Checky, 5yr old JRT and Chihuahua mix, and Jin-jin, a pug. They don't like cameras but they are quite portable.



Above are William's 2 dogs: Coffee, a generic 5yr old brown dog, and Maestro, a 10yr old beagle-basset mix. They appear in the "small" section because of the turtles.



Right are Eric Blakely's hens and Jacob, a months-old pygmy goat. Jacob has taken a competitive liking to John Perisho and likes to head-butt John's fist.



Above are James Matzen's 2 tortoises Snow Pea and Peanut. Or is it Peanut and Snow Pea?



Left are Sean holding Lexington (very friendly) and Allen holding Elizabeth (deaf but confident). The dogs are Arlington (the runner), Vanderbilt (the leader of the pack), Wellington (the "neurotic" one), and Victoria (the Grand Dame of the house).

Below are Margie Gonzales's cats Teddy Bear and Joey. They have adorable videos posted on Margie's facebook page.

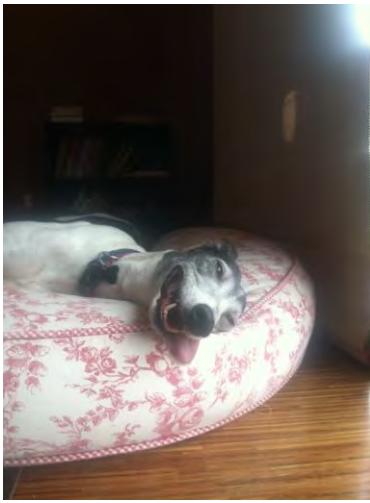


Not pictured are two goldfish.

## More Animal Friends!



Norman Dixon's white cats Cosmo and Otto and Patrick Owen's black Dachshunds Mortie and Max. Norman and Patrick recently moved in together and the cats and dogs are learning to love one another.



Mike and Kevin's whippet Sister not caring much to look pretty for the camera.



Eric holding Cruiser (boy) and Richard holding Maggie (girl), taken in Big Bear Lake, fall of 2012. The dogs are Alaskan Klee Kai and Maggie recently gave birth to a litter, one of which found a home in Scandinavia!



Above and below are John Kawaharada's Italian greyhounds Lucy (chocolate) and Spanky (gray). They are adorably inseparable.



Above is Jeff's Maddie, 6yr old Vizsla, rescued after a baby-making stint at a puppy mill. She had given birth to several litters, but is a great runner. You'll find "Maddie Wonderdog" on facebook. Jeff buys the coolest gears for Maddie.



That dog leash is like a bungee cord!



Above and below are Drew Brabb's Oliver. The looks of "before haircut" and "after (an extreme) haircut."



Below are Cat and Keeley's Piper (blackish medium dog), JoDee (tallest border collie), and Doxie (brownish smallest dog).



Above is Piper munching on a carrot. All three dogs gnaw on carrots as if they were bones.



## Still More Animal Friends!



Dan and Bernie's Toby and Nellie. The two are brother and sister. Don't let the shaggy look fool you. They are very good runners!



Above and right are Dedo, lady dog for Carl (pictured) and Henri. Dedo has memorized a series of tricks to get herself treats.



A recent fireside photo of Nelson and his Lu, but without the actual fire..



Connie and Tim and his dog Goliath on a recent walk in Griffith Park. Goliath is about 8 years old but often still has the energy of a young pup.



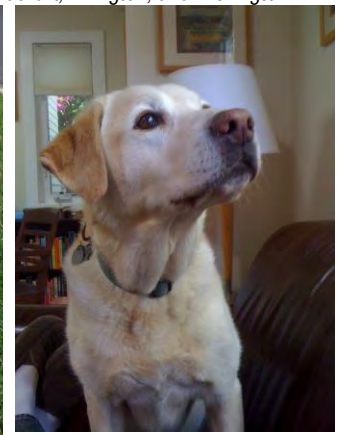
Above are Yumi and her paw pal Boku. Yumi features Boku's doggie smile on her phone when traveling, to remind herself of Boku.



An older picture (October 2012) featuring Rusty's Chaco treated by Reg. and Max, Vanderbilt, Arlington, and Wellington.



Above and right are Reg and Max. Reg says Max is "what they call vocal." But Max is friendly towards humans and doesn't mind other dogs. Max is developing arthritis as he ages, but has Reg's tender loving care.



When I adopted Charlie (who was formerly going by "Cody") from the West LA Animal Shelter in Aug. 2001, he came with an AKC paper showing his "whelping date" as 02/02/01, so Happy Birthday Charlie! He's still going strong! Here he is sitting for me earlier today [above left] (but not sure as to why...) – Jeff Masino

## Hollywood Half Marathon, 5K, and 10K

The 2<sup>nd</sup> Hollywood Half Marathon, 5K and 10K ran to an early start on April 6 at 6 AM. Starting at Highland and Hollywood, the largely flat race ran on Hollywood and Sunset with a detour up the eastern shore of the Silver Lake Reservoir. The corrals were well organized and the water stops were well-staffed. The only critique was the clock for the 10K split was placed at around mile 5.8 instead of 6.2. But no matter, most runners loved the race.



Marilyn Jackson and Regina Robinson with finisher medals for the 10K

In addition to Regina & Marilyn in the 10K, Rudolph Van Graan ran his first half marathon. In fact, it was his first race ever. William Fang (below at start) led all LAFRs, running a 1:27:02, and David Grudzien (right), wins the title for greatest-effort-to-reach-the-start by flying in from Atlanta.

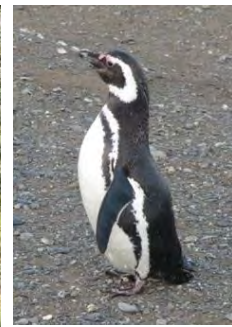


John Kawaharada and Ross Lamkin formed a small but enthusiastic cheerleading duo at the 4.5 mile mark. They strategically located themselves in order to cheer the runners 3x during the race. It was a fun morning for all!

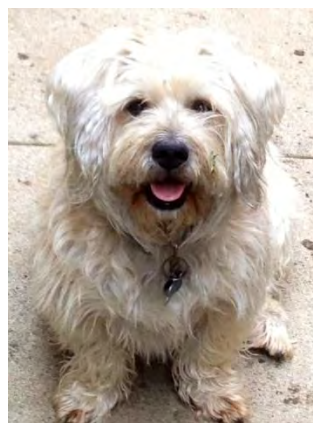
## More Animal Friends



Ross Lamkin's cats fooling around during their kitten years.



Two of the animal pals Rusty hung with down south.



Tobey Tinkle, pet of Jason & Geoff



Angus is surrounded by 7 pups the guys met while visiting the ancient city of Troy in Turkey



Pharoah, pup of Eddie Flores; Pharoah & Zoe with Eddie (right)





## A Note from the Heart

From Lorraine Silver, 3/27/2013

Greetings Frontrunners Near and Far: Though I've been a club member since the early 80's many if not most of you do not know me. Injury after injury over the years has left me a bit "invisible" with the Club. But I'm still a member and my brain continues to think as a runner. If only I could get rid of this sciatica.

I am writing this to tell you something about the woman who captured my heart in 1984, Conni Montgomery, also a club member, as the Club remains close to her heart. Through life events, which I own up to, Conni has been in Oregon for quite a while so even fewer of you know her. If you did you would surely remember her in a positive way.



Conni and Dee taken June of 2012

Conni will be turning 62 on April 3. Two years ago she became a mom for the first time, adopting her former foster daughter Dee whom she had from birth to 18 months. Now 6 years old Dee is more than a handful for Conni but no bigger heart prevails than that of My Soulmate. She continues to provide the love and support to heal Dee's past wounds.

I admire you Conni for the love you give to so many. You're still the biggest cheerleader in my book. The words "beat that clock" as you stood near the finish line so many times ring in my years. I am proud to be your Soulmate.

Can't wait to see you in June and a Happy Birthday to you. I love you.

We've met some lifelong friends in FR who continue to keep in touch with us. You guys know who you are.

Thank you for taking a couple of minutes to read these words that come from my heart. And on a side note as you read this I hope that Prop 8 will soon be deemed unconstitutional. Yeah!!!

## Hola from the South Pole



From Rusty Millar

*Rusty in Chile's National Park*

Following in the esteemed footsteps of Lee Lightfoot and Deo Jaravata, I made the trek to southern Chile to run a half marathon there and then on to Antarctica for another.

I received an email in Sept from Kathy Loper Events (whom I have traveled with to the Great Wall, St Petersburg and Angkor Wat ) about the White Continent race. While I have always had this trip in mind, I was reticent about the normal travel by boat that Marathon Tours offers. Kathy had linked up with Marathon Adventures and instead we flew over to Antarctica. If this trip is on your list I recommend this versus the boat trip.

Being summer in the southern hemisphere the weather was very good. I left on Feb 20 from LA as I wanted to spend a couple days in Santiago before I flew down to Punta Arenas, Chile. Santiago is a very cosmopolitan city and wonderful restaurants and other sights. It was 90 F while I was there. Then on Saturday I flew via LAN airlines from Santiago for Punta Arenas which was just under 4 hours. PA is a city of about 160k people and it is right on the Straights of Magellan. *continued next page*



*At Waterfall TDP National Park*

*Rusty continued*

The weather in PA was in the upper 50's to low 60's, cool, sunny (but not bad) and there always was a breeze. On Tuesday we ran either a half or full marathon in PA along the straights. Bingo - South America, continent number 5, done. Then Wednesday morning we caught a 3 a.m. flight to King George Island for the Antarctica part of the trip. Landing at 5:15 we schlepped our gear to the start line, used the facilities and lined up and ran.

The temperature was I am guessing 29-30 but no wind and I was plenty warm with my LAFR shirt under an Asics long sleeved shirt and a windbreaker, tights (with N2N undies) and unlined windbreaker pants, gloves and hat. I ditched the gloves at the first turn-a-round. The course was along a graded road of gravel of all sizes and dirt. Most of it was frozen at first but the sun came up and it warmed up to close to 40 and the ground became mud. One guy was running in shorts and another was doing it barefoot (he paid dearly for this). We finished and were back on the plane at 11:30 a.m. back to PA. Antarctica, continent number 6, done. Only Africa is left to go.

One day while were there (and included in the trip) was a boat trip to a national park area to an island of penguins. They were not the cute sort of cuddly ones you see on the NatGeo channel. On Thursday while we were there was an all day bus trip to Torres del Paine National Park (Chile). We had several stops along the way for photo opps and at one point a chance to stand in both Argentina and Chile at the same time. The area of the park is part of the Patagonia region and the temperature was close to 90 F. The view in the mountains of the park was just amazing and was one big picture after another.

If doing all the continents is on your agenda consider this trip. It is about 8 days and other than getting down there is all inclusive. You knock off two continents and get some great sightseeing in and memories that will stay with you forever. Happy Running.



*Globetrotting in Izmir (Turkey), Mark, Sean, Reg, w/ ancient bronze dude*

## Notes from the Back of the Pack

By Bill Walsky



In honor of the new Grand Prix 13.1 Challenge I thought I would spotlight some of the notable half marathons coming up in the next few months. All races were open for registration as of 4/11.

**4/28 32nd La Jolla Half Marathon**...point to point scenic course rolls from Del Mar Race Track to La Jolla Cove. Torrey Pines is the big hill at five miles with a smaller incline at twelve which leads to a spectacular downhill rush to a finish in a park which juts out into the ocean. Giant party at the end. This race usually sells out.

**5/05 Orange County Half Marathon**...is the first and prettier half of the OC Marathon. It runs from Newport Beach Harbor past Corona del Mar Beach and along the Back Bay Reserve before finishing at the OC Fairground.

**5/26 Mountains to Beach Half Marathon**...offers a downhill to flat course which starts in Ojai and finishes at Ventura Harbor. LAFR Grand Prix race, check with Patrick if you want to go and be included in the club lodging plans.

**6/02 R'n'R Marathon and Half Marathon**...pricey and crowded but if you like running with 15,000 people this might be your race. New for 2013, a finish at the San Diego Padres Petco Park.

**6/16 San Francisco Marathon and 2 Half Marathons**...Wake up early and run over the Golden Gate Bridge or sleep a little later and start the second, easier half in Golden Gate Park and finish on the Embarcadero. Either race offers an unparalleled tour of San Francisco.

**8/18 36th America's Finest City Half Marathon**...classic course from Point Loma, around San Diego Harbor and the final 1 1/2 mile climb into Balboa Park to the finish. It can be hot and the 3 hour time limit is strictly enforced.

**8/18 ET Full Moon Half Marathon**...2.5 hours outside Las Vegas in the high desert at 12:30 AM. Where else can you run in the 60's in the middle of August? Remember to bring a head lamp or flash light. Major fun and an all you can eat breakfast at the Alein Inn when you finish.

**9/08 Ventura Marathon**...a new race put on by an experienced runner, Josh Spiker, who also owns the local running store, Inside Track. Final course approval is pending but the website guarantees a flat fast race even if they have to use the back up course.

Several of these races sell out so don't hesitate if you're thinking of running them. See you on the road.

## LAFR Live: End of the Rainbow



Patrick Owen, who works at Center Theatre Group, organized a group outing to the LA premier of the *End of the Rainbow*. Club members were treated to a post performance party hosted by Frontiers Magazine. Here is a review from Jeff Lymburner:

Don't Walk, RUN! End of the Rainbow LA Premier, 3/20

Nothing on Broadway has excited me more than Tracie Bennett playing Judy Garland in *End of the Rainbow*, a play set in London in December 1968, 6 months before Judy's death in June 1969, which is often cited as the force that pushed the mourning drag queens at the Stonewall Inn to throw down their compacts in rage after yet another police raid, starting 3 days of riots in Greenwich Village and igniting the modern gay rights movement.

Sure, I saw the outdoor advertising, promoting the run at the Ahmanson Theater. "I've gotta go see that one," I thought, contemplating the banner while waiting for a tire repair at Just Tires on Beverly Blvd. Yes, I read the fawning piece in the LA Times about Tracie Bennett and how she came to create and live this role. And when our own Patrick Owen offered to coordinate a Frontrunners

Live event for the Centre Theater Group's opening night on Wednesday, 20 March, I'm certain I have never responded more quickly to a Frontrunner solicitation (yeah yeah yeah, I'll get around to paying those dues eventually).

Patrick did everything possible to make it a wonderful evening - special ticket pick-up outside the theater (the will call is just FULL of riff raff these days, but some people get into that), fantastic seats (I was 4th row orchestra - FAB!), and free passes to the Frontiers Magazine premiere party at First and Hope. Spotted: Angus and Mark, Amy and Connie, Margie, DJ Sparkle Pony and Kevin, that redheaded guy from *Modern Family*, the adorable Peter Paige from *Queer as Folk*, and Lainie Kazan (the Sylvia Miles of the 21st century? You decide).

Get your tickets now! But as I type this, I realize by the time this is published the show will have closed its LA run. What can I say - you missed an extraordinary evening. Here's a snip from the LA Times review that sums it up best: "*End of the Rainbow*" teeters between Oscar Wilde and "*Virginia Woolf*" but maybe more important, between serious play and tribute concert.

"It's all the better for that indecision, if only because it gives Bennett the chance to flash furtive looks of doomed sadness and command the stage as the biggest, gutsiest belter ever to win the world. Playing a terrified force of nature in a drama is multitask enough, but to leave us wishing we could stay for another three hours just to hear her sing Garland songs, off-book, is another."

## The Magic of Food



Our club loves food. Sometimes we joke that we are an eating club with a running disorder. Probably the real reason is that running induces hunger and food is always a great way to spend time with friends on a pleasant evening, with which we are blessed in abundance here in LA.



Here are snapshots of a few eating occasions:



*Left: (clockwise from bottom) Henry, Anthony, Albert, Henry, John, Mark, Bill, Ken, David on 3/19 at home of Mark and Henry*

*Top right: (clockwise from left) Dennis, David, Ryan, Robb, Bill on 4/2 at a restaurant*

*Top bottom: John, John(athan), Rudolph, Eric on 4/11 at home of Eric Blakely*

