

Race Report

September 2012

Champions Race Leaders: Eric, Carlos, Mark & Patricia

With 2012 about 3/4 done, the Champions Race is shaping up to be the most competitive in years. Eric Alvarez has the lead on the strength of strong results at both the 5K and 10K distance, including the overall 5K win at our Pride Run in 16:37. Carlos Vizcarra and Mark Johnson are holding 2nd and 3rd with balanced results from the 5K to the marathon. Richard Nelson and Carl Maravilla round out the top 5 and only 4 points separates 1st from 5th. Either Carl or Richard has emerged as the overall mens champion since 2005 so a late year surge by either (or both) would not be a surprise.

Patricia Bates is leading the womens race but 2nd and 3rd are up for grabs and will depend strongly on which runners get to 6 races by the end of the year. There are still plenty of races left on the Grand Prix schedule and lots of opportunities to score in the Champions Race, the Trail Master Race and the Age Group Race.

Multiple times
LAFR
Champions
Race winner
Richard
Nelson after
the Shoreline
Frontrunners
Pride Run
last May



In this Issue

<i>Champions Race Standings</i>	Page 2
<i>Trail Master Race Standings</i>	Page 3
<i>Age Group Race Standings</i>	Page 4
<i>Race Pics</i>	Page 5
<i>2012 Race Results</i>	Page 6
<i>David Dassey's 100th</i>	Page 12
<i>Rina Caption Contest</i>	Page 13
<i>Upcoming Grand Prix Races</i>	Page 14

Trail Master Race Leaders: Jonathan, Luis & Mike

Jonathan Toker and Luis Aguilar have both turned in outstanding performances on the trails in 2012 to lead the Trail Master Race. Jonathan was the overall winner of both the Mount Rundle 25K and the Ray Miller 50K while Luis won the Bandit 15K and set a new course record in the process. Holding down 3rd place is Mike Kerkman with only one race but a very high scoring one – he used his very special talents to place top 3 overall in the Bare Burro 5K.



Shoreline FR
Pride Run:
Mike Kerkman
in slightly more
dress than
during his
top 3 overall
finish in the
Bare Burro

Champions Race Standings as of 9/1

Rank	MEN	R	Score	AVG
1	Eric Alvarez	4	335.93	83.98
2	Carlos Vizcarra	4	326.25	81.56
3	Mark Johnson	6	485.15	80.86
4	Carl Maravilla	2	159.48	79.74
5	Richard Nelson	6	476.79	79.47
6	Moises Medina	6	454.10	75.68
7	Todd Sullivan	2	147.00	73.50
8	Andrew Wissmiller	6	439.00	73.17
9	David Dassey	6	438.59	73.10
10	John McGuinness	6	438.12	73.02
11	Bernie Tan	3	216.97	72.32
12	Bill Austin	3	215.37	71.79
13	Patrick Owen	6	430.91	71.82
14	William Fang	1	71.29	71.29
15	Angus Kennedy	6	424.84	70.81
16	Brad Maury	2	135.78	67.89
17	Jonathan Toker	3	201.72	67.24
18	Luis Aguilar	3	198.86	66.29
19	Reg Willson	3	198.84	66.28
20	Mike Kezsel	4	264.61	66.15
21	William Korthof	6	394.83	65.81
22	Dan Graham	2	131.08	65.54
23	John Kawaharada	4	261.38	65.35
24	Mark DeAngelis	1	65.16	65.16
25	Mark Jones	1	64.64	64.64

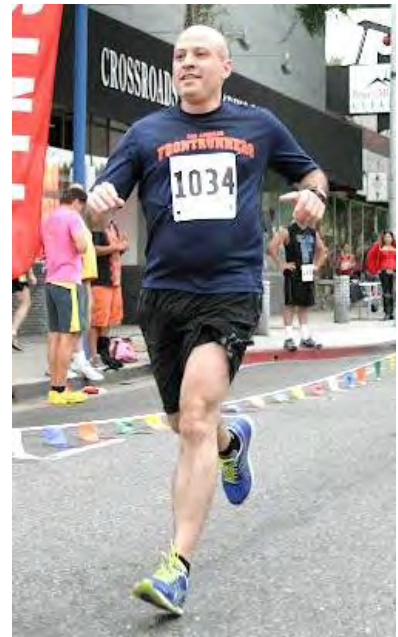
Rank	WOMEN	R	Score	AVG
1	Patricia Bates	3	213.85	71.28
2	Allyne Winderman	1	63.83	63.83
3	Melissa Coleman	1	61.65	61.65
4	Lorraine Silver	1	55.41	55.41
5	Margie Gonzales	6	332.41	55.40
6	Sara Croft	6	286.54	47.76
7	Marilyn Jackson	4	160.82	40.21
8	Cat White	2	80.40	40.20
9	Regina Robinson	5	192.98	38.60
10	Keeley Webster	2	71.28	35.64
11	Areana Tate	1	35.35	35.35

Rank	RACEWALK	R	Score	AVG
1	Deo Jaravata	6	372.64	62.11
2	Juan Moreno	2	121.65	60.83
3	Sue Roth	3	153.05	51.02
4	Bill Walsky	2	100.17	50.09
5	Keeley Webster	1	34.31	34.31
6	Cat White	1	33.78	33.78



Above: Age Group medalists from the Shoreline Frontrunners Pride Run 5K – from left: Robb Briggs, Angus Kennedy, Bill Austin & Mike Kerkman

Right: LAFR Frank Jacoy running LAFR Pride Run



Below: LA Frontrunners at pasta party thrown by SF Frontrunners before the SF Marathon. From left: Dan Graham, Bernie Tan, Mark Johnson, Angus Kennedy, Albert Giang, Rob Chen, Ted Wyder



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

Trail Master Race Standings as of 9/1

Rank	ATHLETE	R	Score	AVG
1	Jonathan Toker	3	357.62	119.21
2	Luis Aguilar	3	353.86	117.95
3	Mike Kerkman	1	111.09	111.09
4	Deo Jaravata	3	308.71	102.90
5	Reg Willson	1	96.76	96.76
6	Andrew Wissmiller	5	464.08	92.82
7	Bruce Bair	1	92.35	92.35
8	David Dassey	1	87.11	87.11
9	Richard Nelson	1	86.86	86.86
10	Jeff Lymburner	3	241.87	80.62
11	William Korthof	1	79.92	79.92
11	Marco C. Bojorquez	1	68.31	68.31
12	Margie Gonzales	1	68.21	68.21
13	Ric Munoz	1	67.99	67.99
14	Angus Kennedy	1	66.58	66.58
15	Ted Wyder	1	66.32	66.32
16	Jeff Bennett	1	65.54	65.54
17	John Yong	1	63.20	63.20
18	Drew Brabb	1	61.16	61.16
19	Jim Martinez	1	59.91	59.91
20	Robb Briggs	5	286.79	57.36
21	Rex Boone	1	57.36	57.36
22	Rusty Millar	1	55.28	55.28
23	Tim Campbell	1	52.48	52.48
24	Seth Diamond	1	46.33	46.33
25	Sara Croft	1	48.42	48.42
26	David Grudzien	3	48.29	16.10
27	Arturo Salgado	1	39.25	39.25



Pictured left: Luis Aguilar winning the Bandit 15K last February. Not only did he win the race, but he set a new course record as well.



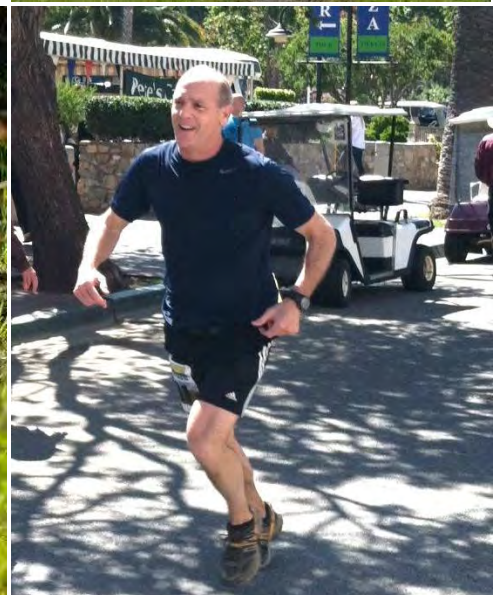
Pictured right: Jonathan Toker winning the Mount Rundle Mule Running Race 25K in June in Canada. Jonathan also won the Ray Miller Trail 50K last February.

Below right: Andrew Wissmiller finishing the Catalina Trail Marathon last March

Below: Deo Jaravata running the Leona Divide 50K last April



The Slow Antelope © 2012



Age Group Standings as of 9/1

Rank	Age Group	R	Score
M20-29			
1	Luis Aguilar	3	445
2	Piyush Prakash	1	110
M30-34			
1	William Korthof	4	475
2	Mike Kerkman	3	400
3	Jose Castillo	4	380
4	John Yong	2	190
5	Patrick Conner	1	110
6	Robert Chen	1	70
M35-39			
1	John McGuinness	6	765
2	Ted Wyder	4	455
	Mike Smith	3	290
4	Wayne Bayan	3	260
5	Richard Peng	2	210
6	Jonathan Toker	1	150
7	William Fang	1	125
8	Carlos Vizcarra	1	120
9	Nelson White	1	90
10	Don Formanek	1	70
11	Kevin Shiramizu	1	50
M40-44			
1	Moises Medina	6	800
2	Mark Johnson	5	660
3	Robb Briggs	6	645
4	Eric Alvarez	4	605
5	Jonathan Wasser	6	480
6	Marco C Bojorquez	5	460
7	Bernie Tan	3	350
8	John Kawaharada	3	330
9	Brad Maury	3	305
10	Todd Sullivan	2	255
11	Ely Yaron	2	190
12	Gardner Delano	2	170
13	Jeffery Wiggins	2	125
	Ryan Timmreck	1	125
15	Frank Jacoy	2	120
16	Alex Grosko	1	80
	Will Crawford	1	80
18	Linwood Fullam	1	70
19	Bibi Silvas	1	40
	Edd Adamko	1	40

Rank	Age Group	R	Score
M45-49			
1	Angus Kennedy	6	710
2	Deo Jaravata	6	660
3	Jeff Masino	4	470
4	Juan Moreno	4	325
5	Bruce Bair	2	235
6	Brian Dunbar	2	200
7	Gary Braitman	2	175
8	Rex Boone	2	170
9	Seth Diamond	2	170
10	Arturo Salgado	2	140
11	Mark DeAngelis	1	135
12	Eric Gober	1	110
13	Henry Jung	1	110
14	Mark Jones	1	100
15	Ran Mullins	1	100
16	Jeff Bennett	1	100
17	Dreew Brabb	1	90
18	Christopher Tapper	1	70
M50-54			
1	Patrick Owen	6	760
2	David Grudzien	4	420
3	Reg Willson	3	395
4	Doug Jones	3	300
5	Carl Maravilla	2	265
6	Tim Campbell	2	225
7	Mike Kezselly	2	200
8	Jeff Lymburner	1	125
M55-59			
1	Andrew Wissmiller	6	785
2	Bill Austin	3	365
3	Geoff Buck	3	320
4	Jim Martinez	2	200
5	Dan Graham	1	120
6	Bill Winkelmann	1	110
7	Stewart Gonshorek	1	90
8	Mark Grumet	1	80
M60+			
1	David Dassey	6	770
2	Richard Nelson	6	760
3	Bill Walsky	2	210
4	Rusty Millar	2	100
5	Tom Carmichael	1	90

Rank	Age Group	R	Score
F40-49			
1	Sara Croft	6	700
2	Regina Robinson	5	510
3	Marilyn Jackson	4	430
4	Cat White	3	330
5	Keeley Webster	3	280
6	Melissa Coleman	1	115
7	Areana Tate	1	80
F50-59			
1	Margie Gonzales	6	725
F60+			
1	Patricia Bates	3	360
2	Sue Roth	2	215



Mark & Patrick both won their age groups at the San Diego Frontrunners Pride Run



Pat & Sue after the Will Rogers 5K/10K in Pacific Palisades on July 4th



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



Frontrunners



LAFRs doing what we do best: eating!
Left top: Phil Lelyveld and David Dassey at breakfast after a Saturday morning run

Left middle: Alicia and Logan enjoying the evening at a Tuesday night Griffith Park potluck

Start and Finish

Right: Ric Munoz at the start line of the Boston Marathon



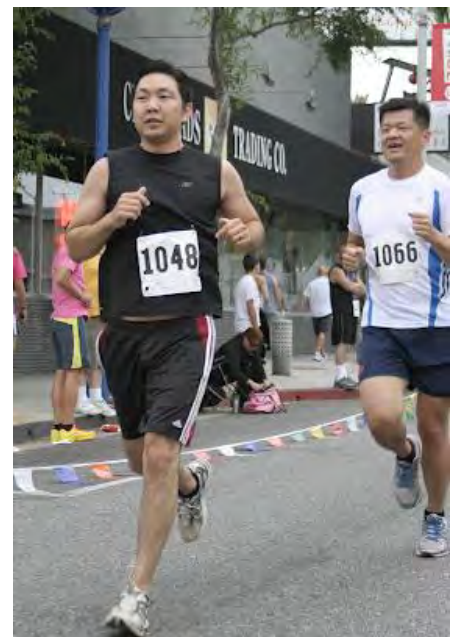
Above: Allyne Winderman completing the Boston Marathon, still smiling in spite of the hot race conditions



Robb Briggs racing the Pasadena R'n'R Half Marathon



John Kawaharada and Ted Wyder at packet pick-up for the Pride Run



Dr. Kevin Shiramizu & Dr. Albert Giang at the Pride Run

Race Results Jan/Feb

Texas Marathon

Kingwood, TX 1/1

Deo Jaravata..... 4:38:32

Resolution Run 5K

Kennesaw, GA 1/1

David Grudzien..... 27:50

SoCal Half Marathon

Irvine, CA 1/8

Mike Smith.....1:56:40

Deo Jaravata.....2:35:00 RaceWalk

Boney Mtn Trail (Grand Prix)

Pt. Mugu, CA 1/8

6K

Sara Croft..... 57:58

Margie Gonzales..... 58:02 2nd 55-59

21K

Jonathan Toker..... 1:35:16 3rd OA
2nd 35-39

Camarillo Half Marathon

Camarillo, CA 1/8

Ely Yaron..... 1:47:02

13.1 Half (Grand Prix)

Venice, CA 1/15

Mark Johnson.....1:23:26 3rd 40-44

John McGuinness....1:27:56

Mike Kezselly..... 1:43:22

Sara Croft.....2:36:43

Margie Gonzales..... 2:45:22

Cat White..... 2:54:05 PR

Doug Jones..... 2:57:15

Houston Marathon

Houston, TX 1/16

Deo Jaravata.....3:56:51

David Dassey.....4:25:08

Peachtree City 5K

Peachtree City, GA 1/21

David Grudzien..... 28:59

Rose Bowl 10K

South Pasadena, CA 1/22

Carlos Vizcarra..... 35:16 2nd OA
2nd 35-39

Carlsbad Marathon

Carlsbad, CA 1/22

Half

Ely Yaron..... 1:50:45

Full

Sara Croft..... 6:05:29

Coastal Run (Grand Prix)

Dockweiler Beach, CA 1/28

5K

Patrick Owen..... 21:40 3rd 50-54

Marilyn Jackson.....37:20

Regina Robinson.....40:04

10K

Moises Medina.....39:23 2nd 40-44

Richard Nelson..... 44:49 1st 60-64

Jose Castillo..... 50:24

SRLA Friendship (Grand Prix)

Hansen Dam, CA 2/5

18 Miles

Mark Johnson..... 1:51:53 5th OA
2nd 40-44

Moises Medina.....1:52:46 8th OA

Reg Willson..... 2:12:50 1st 50-54

Patrick Owen..... 2:18:07 2nd 50-54

David Dassey.....2:18:20 1st 60-64

Angus Kennedy.....2:20:11

Ted Wyder..... 2:20:32

Brian Dunbar..... 3:03:26

Mike Smith.....3:06:00

Deo Jaravata..... 3:20:34 RaceWalk

Geoff Buck..... 4:03:29

Surf City Marathon

Redondo Beach, CA 2/5

Half

Carlos Vizcarra.....1:16:53 1st 35-39

John McGuinness....1:25:52 PR

Mike Kezselly..... 1:43:50

Doug Jones..... 2:52:59

Bill Walsky..... 3:03:45

Full

Ely Yaron..... 4:27:36

Sara Croft..... 5:55:37

Margie Gonzales..... 6:00:16

Firecracker (Grand Prix)

Los Angeles, CA 2/12

5K

Sara Croft..... 31:42

Margie Gonzales..... 33:08

10K

Patrick Owen.....44:39

Mike Kezselly.....49:22

Gardner Delano.....51:53

Richard Peng.....52:45

Bill Winkelmann..... 57:18

Margie Gonzales..... 75:39

Sara Croft..... 81:35

Keeley Webster.....90:35



At the Students Run LA 18 Mile Friendship Run in February. Above - age group awardees from left: David Dassey (1st 60-64), Patrick Owen (2nd 50-54), Reg Willson (1st 50-54), Mark Johnson (2nd 40-44). Mark was also 5th OA and 2nd OA in the Masters Division (40+). Below from left: Reg Willson, Ted Wyder, Moises Medina (8th OA), David Dassey



Race Results Feb/March

Palm Springs Half/Relay

Palm Springs, CA 2/12

5K

David Grudzien..... 26:24
 Patricia Bates..... 28:36 2nd 60-64
 Sue Roth..... 52:55

Half

Richard Nelson..... 1:37:10 2nd 60-64
 Jon Wasser..... 1:47:51

Male/Male Sweetheart Relay

Mark & Angus..... 1:27:31 1st OA
 Ted & Moises..... 1:29:56 2nd OA
 Bernie & Dan..... 1:40:10 3rd OA

Hugs and Kisses Marathon

Long Beach, CA 2/12

Deo Jaravata..... 4:03:39

Buzz Marathon

San Miguel, CA 2/17

David Dassey..... 3:54:35 1st 60-64

Run the Reagan 10K

Snellville, GA 2/18

David Grudzien..... 55:19 PR

Bandit Trail Runs (Grand Prix)

Simi Valley, CA 2/19

15K

Luis Aguilar..... 1:11:23 1st OA
 *Set Course Record 1st 20-24

30K

Andrew Wissmiller.. 3:53:04 1st 55-59

Rock 'n' Roll Half (Grand Prix)

Pasadena, CA 2/19

Angus Kennedy..... 1:42:03
 Robb Briggs..... 1:59:15
 Margie Gonzales..... 2:36:22
 Ely Yaron..... 2:39:33
 Marilyn Jackson..... 2:44:23
 Sara Croft..... 2:46:55
 Regina Robinson..... 3:02:24

Fantastic 5K

Long Beach, CA 2/19

Jeffery Wiggins..... 31:10

La Jolla Canyon 50K

Malibu, CA 2/26

Deo Jaravata..... 6:42:17 3rd 45-49

Ray Miller 50K Trail

La Jolla Canyon, CA 2/25

Jonathan Toker..... 4:07:30 1st OA
 1st 35-39

Mardi Gras 5K

Valencia, GA 3/2

Eric Alvarez..... 17:12 2nd OA
 1st 40-49

March 5K Trail

Conyers, GA 3/3

David Grudzien..... 28:08

Malibu Creek Trail (Grand Prix)

Calabasas, CA 3/3

10K

Marco C Bojorquez. 60:37 2nd 40-44

25K

Luis Aguilar..... 1:57:56 1st OA
 1st 20-24
 Bruce Bair..... 2:20:27 3rd 45-49
 Andrew Wissmiller.. 3:00:55 3rd 55-59
 Robb Briggs..... 3:16:25

50K

Reg Willson..... 6:22:14 3rd 50-54
 Deo Jaravata..... 6:37:59 2nd 45-49

LA Marathon 5K (Grand Prix)

Los Angeles, CA 3/17

Sara Croft..... 35:11
 Marilyn Jackson..... 36:31
 Margie Gonzales..... 38:37
 Regina Robinson..... 39:46

Publix Half Marathon

Atlanta, GA 3/18

David Grudzien..... 2:16:42



At the Catalina Island races in March. From left: Marco Castro-Bojorquez: 10K 3rd 40-44, Angus Kennedy: 10K 1st 45-49, Patrick Owen: 5K 2nd OA/1st 50-54, Gary Braitman: 10K 3rd 45-49, Ryan Timmreck: 10K 2nd 40-44

Catalina (Grand Prix)

Avalon, CA 3/10

5K

Patrick Owen..... 20:52 2nd OA
 1st 50-54

10K

Angus Kennedy..... 43:05 1st 45-49
 Ryan Timmreck..... 47:21 2nd 40-44
 Marco C Bojorquez. 47:46 3rd 40-44
 Gary Braitman..... 55:33 3rd 45-49

Marathon

Andrew Wissmiller.. 4:34:53

LA Marathon (Grand Prix)

Los Angeles, CA 3/18

Carlos Vizcarra..... 2:45:09
 John McGuinness.... 2:57:19 PR
 Bernie Tan..... 3:15:03
 William Korthof..... 3:26:30
 Bruce Bair..... 3:32:11
 Ted Wyder..... 3:36:07 PR
 John Kawaharada.... 3:42:35 PR
 Andrew Wissmiller.. 3:51:23
 Jon Wasser..... 3:52:05 PR
 David Dassey..... 3:53:19
 Ely Yaron..... 4:00:39
 Piyush Prakash..... 4:01:13
 Patrick Conner..... 4:15:24 PR
 Jeff Masino..... 4:32:09 PR
 Alex Grosko..... 4:35:05 PR
 Brian Dunbar..... 4:43:40
 Rex Boone..... 5:04:41 PR
 Mike Smith..... 5:10:13
 Deo Jaravata..... 5:23:24 1st OA RW
 Doug Jones..... 5:58:17
 Margie Gonzales..... 6:14:10
 Sara Croft..... 6:36:50
 Geoff Buck..... 6:38:55

Race Results March/April

Chesebro (Grand Prix)

Agoura Hills, CA 3/24

10K

Eric Alvarez..... 35:47 1st 40-44

Trail Half

Luis Aguilar..... 1:22:46 1st 20-24

Andrew Wissmiller.. 1:44:03 3rd 55-59

Run the Marina Full

Long Beach, CA 3/25

Deo Jaravata..... 3:44:24 1st OA
1st 45-49

Susan G Kolmen 5K

Los Angeles, CA 3/25

Marilyn Jackson..... 37:21

Coaster Run 5K

Buena Park, CA 3/25

Mike Kezsely..... 23:14

Windmill 10K

San Francisco, CA 3/25

William Korthof..... 40:01 2nd 30-34

Women Running Wild 5K

Palm Springs, CA 3/25

Jon Wasser..... 22:43

Hollywood Half (Grand Prix)

Hollywood, CA 3/26

10K

Moises Medina..... 39:40 2nd 40-44

Gardner Delano..... 47:06

Frank Jacoy..... 53:57

Linwood Fullam..... 70:18 PR

Areana Tate..... 90:32

Half

Bernie Tan..... 1:37:11

Patrick Owen..... 1:37:58

Andrew Wissmiller.. 1:42:50 PR

Jon Wasser..... 1:47:17

Jeff Masino..... 2:02:37 PR

Eric Gober..... 2:21:02

Sara Croft..... 2:41:30

Margie Gonzales..... 2:49:56

Cat White..... 3:03:46

Keeley Webster..... 3:22:52

Hollywood Half (Grand Prix)

Hollywood, CA 3/26

10K

Moises Medina..... 39:40 2nd 40-44

Gardner Delano..... 47:06

Frank Jacoy..... 53:57

Linwood Fullam..... 70:18 PR

Areana Tate..... 90:32

Half

Bernie Tan..... 1:37:11

Patrick Owen..... 1:37:58

Andrew Wissmiller.. 1:42:50 PR

Jon Wasser..... 1:47:17

Jeff Masino..... 2:02:37 PR

Eric Gober..... 2:21:02

Sara Croft..... 2:41:30

Margie Gonzales..... 2:49:56

Cat White..... 3:03:46

Keeley Webster..... 3:22:52

Diamond Valley Lake Full

Hemet, CA 3/31

Deo Jaravata..... 3:55:43

Umstead 50 Mile Run

Raleigh, NC 3/31

Ric Munoz..... 12:56:01

Half Marathon of the Harbors

Ventura, CA 4/1

Margie Gonzales..... 2:40:39

Sara Croft..... 2:46:12

Spring Has Sprung 8K

Atlanta, GA 4/14

David Grudzien..... 48:21

Victory for Victims (Grand Prix)

Encino, CA 4/15

10K

Eric Alvarez..... 34:31 1st OA

1st 40-44

John McGuinness.... 38:59 1st 35-39

Richard Nelson..... 43:56 1st 65-69

Patricia Bates..... 56:07 1st 60-64

Sara Croft..... 67:24

Margie Gonzales..... 72:12



John McGuinness, Sara Croft & Margie Gonzales before Victory for Victims



Deo & friend at Diamond Valley Lake



Dan & Bernie before the Hollywood Half

Race Results April/May

Mt. Sac RaceWalk Relays

Walnut, CA 4/15

5K
Deo Jaravata..... 32:01 1st 45-49

10K
Deo Jaravata..... 69:02 1st 45-49

Bay Trail 4 Miler

San Francisco, CA 4/15

William Korthof..... 28:27 2nd 30-34

Boston Marathon

Boston, MA 4/16

Mark Johnson..... 3:04:02

Moises Medina..... 3:15:19

Ric Munoz..... 4:12:36

Angus Kennedy..... 4:24:40

Andrew Wissmiller.. 4:26:20

Allyne Winderman.. 5:18:23

Mayor's Healthy Planet 7 Miles

Palm Springs, CA 4/21

Jonathan Wasser..... 61:44

Bare Burro 5K Trail (Grand Prix)

Colton, CA 4/22

Mike Kerkman..... 23:16 3rd OA
2nd 30-39

Jeff Lymburner..... 24:43 2nd 50-59

Ted Wyder..... 26:24

John Yong..... 26:50

Angus Kennedy..... 27:42

David Dassey..... 28:20 1st 60-69

Jeff Bennett..... 28:43

Richard Nelson..... 29:30 2nd 60-69

Drew Brabb..... 31:12

Robb Briggs..... 34:03

Jim Martinez..... 35:06

Rex Boone..... 35:12

Rusty Millar..... 45:14

David Grudzien..... 55:15

RnR Country Music Half

Nashville, TN 4/28

David Grudzien..... 2:16:37

Leona Divide 50K

Lake Hughes, CA 4/28

Deo Jaravata..... 6:40:19

La Jolla Half Marathon

La Jolla, CA 4/29

Ely Yaron..... 1:52:00

Margie Gonzales..... 2:50:19

Sara Croft..... 3:02:03

Malibu Xterra 22K Trail

La Jolla, CA 4/29

Jonathan Toker..... 1:40:53 3rd OA
2nd 35-39

Heroes in Recovery 6K

Palm Springs, CA 5/5

Jon Wasser..... 28:56 2nd 40-44

LA River Fun Run 5K

Los Angeles, CA 5/6

David Dassey..... 22:51

Safari Park Half Marathon

San Diego, CA 5/6

Mike Kezsely..... 2:17:41

OC Marathon

Orange County, CA 5/6

Deo Jaravata..... 3:46:58

Ely Yaron..... 4:10:44

Margie Gonzales..... 5:57:45

Sara Croft..... 6:19:40

Verdugo Mtns 10K (Grand Prix)

Glendale, CA 5/6

Andrew Wissmiller.. 56:47 2nd 55-59

Tim Campbell..... 64:39

Seth Diamond..... 73:06

Arturo Salgado..... 86:10

Run for Ike 5K

Palm Springs, CA 5/12

Jon Wasser..... 24:04 3rd 40-44

Sycamore Canyon (Grand Prix)

Malibu, CA 5/12

18K

Robb Briggs..... 2:11:00

30K

Andrew Wissmiller.. 3:17:12 1st 55-59

Shoreline Pride (Grand Prix)

Long Beach, CA 5/19

5K

Mike Kerkman..... 18:41 2nd OA
1st 30-34

Angus Kennedy..... 20:36 1st 45-49

Bill Austin..... 21:26 2nd 55-59

Robb Briggs..... 22:19 1st 40-44

Stewie Gonsiorek... 30:11

Jeff Wiggins..... 30:36 3rd 40-44

Rusty Millar..... 32:14

Juan Moreno..... 32:47 1st RW

Tom Carmichael..... 37:12

10K

Mark Johnson..... 37:51 1st OA
1st 45-49

Carl Maravilla..... 38:25 2nd OA
1st 50-54

Moises Medina..... 38:27 3rd OA
1st 40-44

John McGuinness... 40:36 1st 35-39

Patrick Owen..... 42:30 2nd 50-54

Richard Nelson..... 44:08 1st 65-69

Ted Wyder..... 45:01 2nd 35-39

Andrew Wissmiller.. 45:43 2nd 55-59

Jon Wasser..... 47:38 PR

Jeff Masino..... 47:57 PR

Marco C Bojorquez. 49:19



Sungju Le, Richard Nelson & Bill Austin after the Shoreline Frontrunners Pride Run 5K/10K in May in Long Beach. Richard was 1st 65-69 in the 10K and Bill was 2nd 55-59 in the 5K.

Race Results May/June

Palos Verdes Half Marathon

Palos Verdes, CA 5/19

Sara Croft..... 3:00:59

Fargo Half Marathon

Fargo, ND 5/19

David Grudzien..... 2:10:09 PR

Pasadena (Grand Prix)

Pasadena, CA 5/20

Half

John Kawaharada....1:45:35 PR

Dan Graham.....1:54:21

Sara Croft..... 3:13:47

Full

Bernie Tan.....3:27:59

David Dassey.....3:51:37

Deo Jaravata..... 4:16:17

Margie Gonzales.....6:16:54

Santa Monica Classic 10K

Santa Monica, CA 5/20

Nelson White..... 49:11

Mt. Wilson Trail (Grand Prix)

Mt. Wilson, CA 5/26

Robb Briggs..... 1:55:44

Nanny Goat 12 Hour Race

Riverside, CA 5/26

Deo Jaravata.....62 mi 2nd OA
1st 45-49

Laguna Hills Memorial Half

Laguna Hills, CA 5/28

Sara Croft..... 3:06:27

Fontana Half Marathon

Fontana, CA 6/2

Mark Johnson..... 1:18:18 1st OA
Masters
1st 45-49

Angus Kennedy.....1:28:46 PR

Wrigley River Run (Grand Prix)

Long Beach, CA 6/2

5K

Bill Austin..... 21:11 2nd 55-59

Margie Gonzales.....32:50

10K

Sara Croft..... 69:49

Provincetown 10K

Provincetown, MA 6/3

David Grudzien..... 58:18

Rock 'n' Roll San Diego

San Diego, CA 6/6

Half

Sara Croft..... 3:18:39

Full

Deo Jaravata..... 3:53:13

Dipsea 7.4 Miles

Marin County, CA 6/10

Robb Briggs..... 1:35:15

Children of the Carribean 5K

Los Angeles, CA 6/16

Lorraine Silver..... 38:54 1st 65-69

Father's Day 4 Miler

Atlanta, GA 6/16

David Grudzien..... 37:52

Camp Pendleton Mud 10K

Oceanside, CA 6/16

Robb Briggs.....63:43

Atlanta FR Pride Run 5K

Atlanta, GA 6/23

David Grudzien..... 29:03

Maritime Marathon

Manitowoc, WI 6/24

David Dassey.....3:57:49 3rd 60-64

Simi Valley Arroyo Half

Simi Valley, CA 6/24

Sara Croft..... 2:46:27

Nuvali Trail 50K

Laguna, Phillippines 6/30

Deo Jaravata..... 7:25:26

Peachtree Road Race 10K

Atlanta, GA 7/4

David Grudzien..... 59:53

Decatur/Dekalb YMCA 4 Mile

Atlanta, GA 7/14

David Grudzien..... 39:18



At the Pasadena Half/Full Marathon in May Above: John Kawaharada set a PR in the half. From left: David Dassey, Bill Austin, Margie Gonzales, Bernie Tan, Dan Graham

Race Results Pride Run

LAFR Pride 5K (Grand Prix)

West Hollywood, CA 6/10

5K Men

Eric Alvarez.....	16:37	1 ST OA 1 ST 40-44
William Fang.....	18:36	1 ST 35-39
Moises Medina.....	18:37	2 nd 40-44
John McGuinness....	18:46	2 nd 35-39
Carl Maravilla.....	19:09	1 st 50-54
William Korthof.....	19:10	3 rd 30-34
Brad Maury.....	19:35	
Rina Shiramizu.....	21:12	
Richard Nelson.....	21:35	1 st 65-69
Bill Austin.....	21:36	3 rd 55-59
John Yong.....	21:37	
Andrew Wissmiller..	21:52	
David Dassey.....	22:01	1 st 60-64
Mark DeAngelis.....	22:06	3 rd 45-49
Nelson White.....	22:27	PR
Don Formanek....	22:45	
Jonathan Wasser.....	22:47	
Mark Jones.....	22:49	
Will Crawford.....	23:54	PR
Wayne Bayan.....	24:37	PR
Henry Jung.....	25:08	PR
Frank Jacoy.....	25:54	
Jim Martinez.....	26:07	
David Grudzien.....	26:16	PR
Kevin Shiramizu.....	26:41	
Robert Chen.....	26:42	
Jose Castillo.....	27:57	
Jeffery Wiggins.....	28:29	
Bibi Silvas.....	30:47	PR
Edd Adamko.....	30:47	PR
Mark Grumet.....	30:55	
Deo Jaravata.....	31:38	1 st RW
Juan Moreno.....	32:59	2 nd RW
Doug Jones.....	37:54	
Chris Tapper.....	42:47	
Bill Walsky.....	47:21	RaceWalk

5K Women

Melissa Coleman.....	25:32	2 nd 40-44
Cat White.....	61:20	RaceWalk
Keeley Webster.....	61:20	RaceWalk
Sue Roth.....	61:20	1 st 70-74



LA Fronrunner Eric Alvarez won the 5K for the home team in 16:37

LAFR Pride 10K (Grand Prix)

West Hollywood, CA 6/10

10K Men

Todd Sullivan.....	38:12	2 nd OA 1 st 40-44
Moises Medina.....	40:05	2 nd 40-44
John McGuinness....	40:11	2 nd 35-39
William Korthof.....	41:27	2 nd 30-34
Brad Maury.....	43:40	
Jeff Masino.....	44:44	PR
John Kawaharada....	45:27	PR
Richard Nelson.....	46:05	1 st 65-69
Tim Campbell.....	46:17	2 nd 50-54
David Dassey.....	46:23	1 st 60-64
Ran Mullins.....	47:56	PR
Andrew Wissmiller..	48:24	3 rd 55-59
Marco C Bojorquez	48:24	
Deo Jaravata.....	48:26	PR
Richard Peng.....	49:34	
Jose Castillo.....	49:35	
Seth Diamond.....	50:13	
Jonathan Wasser.....	50:49	
Gary Braitman.....	52:48	PR
Wayne Bayan.....	53:28	PR
Juan Moreno.....	59:28	
David Grudzien.....	61:18	
Arturo Salgado.....	64:11	
Geoff Buck.....	67:34	

10K Women

Patricia Bates.....	57:35	1 st 60-64
---------------------	-------	-----------------------

LAFR Pride Ultra (Grand Prix)

West Hollywood, CA 6/10

Ultra Men (5K & 10K combined)

Moises Medina.....	58:43	3 RD OA 1 ST 40-44
John McGuinness....	58:57	1 ST 35-39
William Korthof.....	60:37	1 ST 30-34
Brad Maury.....	63:15	3 RD 40-44
Richard Nelson.....	67:40	1 ST 65-69
David Dassey.....	68:24	1 ST 60-64
Andrew Wissmiller..	70:16	1 ST 55-59
Jonathan Wasser.....	73:36	
Jose Castillo.....	77:32	
Wayne Bayan.....	78:05	
Deo Jaravata.....	80:04	2 ND 45-49
David Grudzien.....	87:34	
Juan Moreno.....	92:27	3 RD 45-49



Rina: "Pick it up, Dada"



LAFR Todd Sullivan was 2nd OA in the 10K

Race Results July/August

Will Rogers (Grand Prix)

Pacific Palisades, CA 7/4

5K

Eric Alvarez.....	16:38	2 nd OA 1 st 40-44
Mark Johnson.....	18:00	2 nd 45-49
Reg Willson.....	20:10	3 rd 50-54
Angus Kennedy.....	20:52	
Richard Nelson.....	21:04	1 st 65-69
Bill Walsky.....	43:18	RaceWalk
Sue Roth.....	53:50	RaceWalk

10K

Todd Sullivan.....	39:07	2 nd 40-44
Patricia Bates.....	58:20	
Mike Smith.....	58:32	

Pasadena Fitness 5K

Pasadena, CA 7/14

Carlos Vizcarra.....	16:49	2 nd 35-39
----------------------	-------	-----------------------

San Diego Pride 5K (Grand Prix)

San Diego, CA 7/21

Mark Johnson.....	17:56	1 st 45-49
Angus Kennedy.....	20:19	
Patrick Owen.....	20:47	1 st 50-54
Andrew Wissmiller..	21:20	1 st 55-59
Marco C Bojorquez.	22:31	PR

Kendall Mountain Half

Silverton, CO 7/21

Jeff Lymburner.....	2:43:34	3 rd 50-59
---------------------	---------	-----------------------

Muddy Buddy Obstacle Run

Chicago, IL 7/21

David Grudzien.....	59:09	
---------------------	-------	--

SF Track Club Pride Meet

San Francisco, CA 7/22

5000 Meters

Carlos Vizcarra.....	17:25	1 st 35-39
----------------------	-------	-----------------------

Rock 'n' Roll Chicago

Chicago, IL 7/22

Half

David Grudzien.....	2:44:18	
Margie Gonzales.....	3:00:22	
Sara Croft.....	3:14:04	

Desert News Marathon

Salt Lake City, UT 7/24

Ric Munoz.....	3:27:43	
----------------	---------	--



Eric Alvarez was 2nd OA at the Will Rogers 5K on the 4th of July

San Francisco

San Francisco, CA 7/30

1st Half

Dan Graham.....	1:53:48	
Robert Chen.....	1:59:14	
Mike Kezsely.....	2:00:31	
Albert Giang.....	2:01:39	PR

2nd Half

Mark Johnson.....	1:23:34	
Ted Wyder.....	1:37:46	
Angus Kennedy.....	1:37:52	

Full

Bernie Tan.....	3:18:02	
William Korthof.....	3:25:30	
John Kawaharada....	3:31:47	PR
Deo Jaravata.....	4:11:27	
Ely Yaron.....	4:21:24	

Sneffels Highline Run 14 Miles

Telluride, CO 8/4

Jeff Lymburner.....	3:28:22	2 nd 50-59
---------------------	---------	-----------------------

Run-de-Vous 100 Miler

San Martin, CA 8/18

Ric Munoz.....	31:41:46	
----------------	----------	--

Make Every Woman Count 10K (Grand Prix)

Encino, CA 8/18

Regina Robinson.....	1:35:54	
----------------------	---------	--

R'n'R Providence Half

Providence, RI 8/19

David Grudzien.....	2:14:09	
---------------------	---------	--

Jet to Jetty 10K (Grand Prix)

Los Angeles, CA 8/25

Regina Robinson.....	1:25:41	
Marilyn Jackson.....	1:40:22	

Santa Rosa Marathon

Santa Rosa, CA 8/26

Half

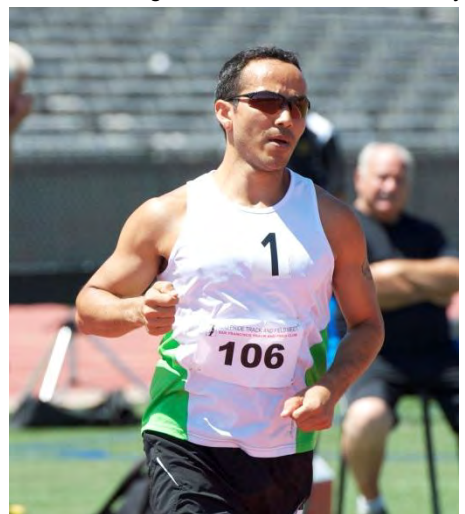
Patrick Owen.....	1:41:13	
Richard Nelson.....	1:42:24	3 rd 65-69

Full

Moises Medina.....	2:58:46	1 st 40-44 PR
Mark Johnson.....	3:04:34	3 rd 45-49
Angus Kennedy.....	3:31:23	
Ely Yaron.....	4:17:12	



Mike Smith, Todd Sullivan & Mark Johnson at the Will Rogers 5K/10K on the 4th of July



Carlos Vizcarra running the 5000 Meters at the SF Track Club Pride Meet in July

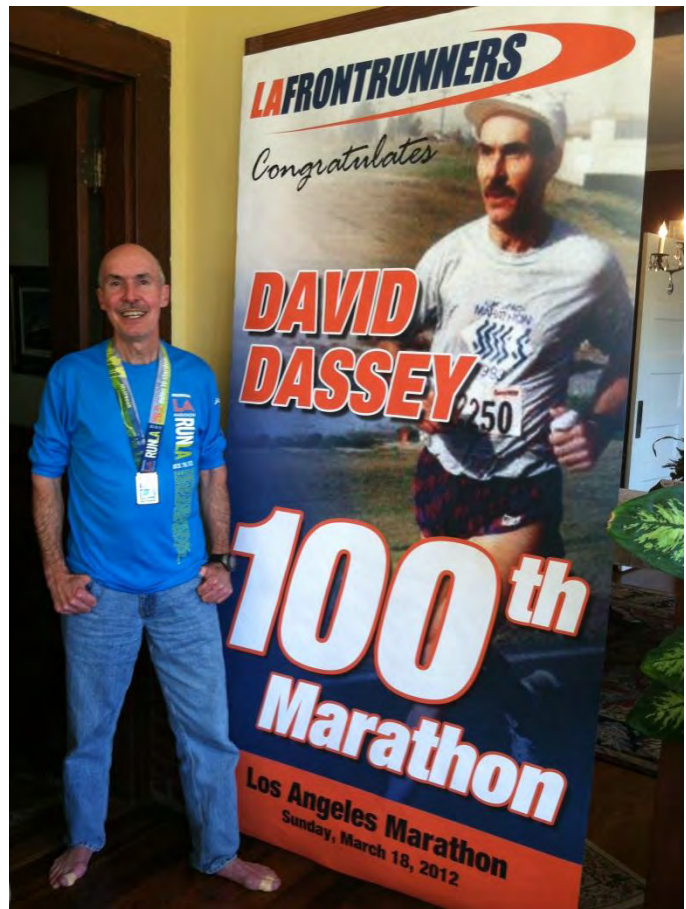
David Dassey: 100 Marathons

In his own words:

It started as a personal challenge in 1987. I had just rejoined LAFR, and after watching a gang of Frontrunners return in triumph from the NYC Marathon, I wondered if I could do it too. And so I vowed to run a marathon before I turned 40. The following summer, Ken Shapiro organized a training program for a bunch of LAFR marathon newbies to run the 1989 LA; for our long runs he would ride his bike and carry water and snacks for us. The only 20 miler we did was on Mulholland Drive from Laurel Canyon to Coldwater and back. With that race in the bag I looked ahead to Chicago and San Diego later in the year, and PR'ed in both -- I was hooked. I knew I had the potential to do much better, maybe even qualify for Boston; would have needed a 3:20 but couldn't get under 3:33. St George did the trick in 1995, only because I moved into the next age group and ran a 3:26. The races just kept accumulating, and I hit #50 at the 2002 Gay Games marathon in Sydney; by coincidence it was also Deo's 50th.

At some point during the next few years I realized that I might be able to reach #100 before my 60th birthday in 2010; stuff like tendonitis and a broken metatarsal with a cast for 4 months slowed me down but never stopped me completely. So I upped the miles and tried squeezing in 6 races a year. That backfired when I got sidelined with piriformis syndrome and several other injuries that haunted me from 2006 to 2009, resulting in many slow, painful races. With lots of physical therapy and cross training on my bike, I broke 4:00 again, at Palos Verdes 2010 for the first time in 4 years. And I finally reached #100 at LA 2012.

What do I get out of running? When I run I feel younger and more alive. I work out personal issues, sort of like meditation on the go. I've learned that trail running is not only easier on the body, but it provides a better all-around



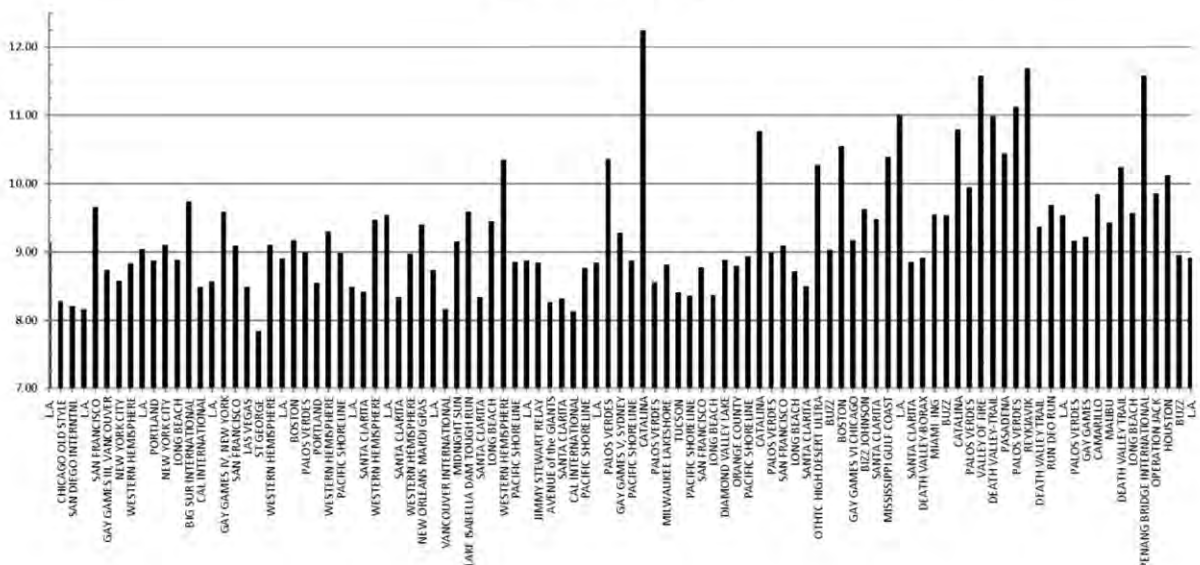
workout. Trails are more interesting too – no traffic, just the occasional rattler and poodle dog bush. I've enjoyed traveling to destination marathons, running in 5 Gay Games, 5 foreign countries and 14 different states. As a member of the Marathon Maniacs since 2004, I can always find other MMs at each and every race. But first and foremost I am a Frontrunner. I am so fortunate to be able to run with you guys, and I'm inspired by so many of you – Deo, Amy, the Bills (all 3 of you), Ric, Sean, Bernie, Richard, and more. I can't describe my surprise and pride on seeing that huge banner with my picture and your good wishes on it floating over the water station in March. Thanks for your support and friendship; I'll do my best to return the favor.

Note: As of September 1, Dr. D is up to 102 marathons.

Dassey: 100 Marathons by the Numbers

LA	9:08	LA	8:44	OTHTC Ultra	10:16
Chicago Old Style	8:17	Vancouver International	8:10	Buzz	9:01
San Diego Int'l	8:12	Midnight Sun	9:09	Boston	10:32
LA	8:10	Lake Isabella Tough Run	9:35	Gay Games VI Chicago	9:10
San Francisco	9:39	Santa Clarita	8:20	Bizz Johnson	9:37
Gay Games III, Vancouver	8:44	Long Beach	9:26	Santa Clarita	9:29
New York City	8:35	Western Hemisphere	10:20	Mississippi Gulf Coast	10:23
Western Hemisphere	8:50	Pacific Shoreline	8:51	LA	11:01
LA	9:02	LA	8:52	Santa Clarita	8:51
Portland	8:52	Jimmy Stewart Relay	8:50	Death Valley-Borax	8:55
New York City	9:06	Avenue Of The Giants	8:16	Miami ING	9:32
Long Beach	8:53	Santa Clarita	8:19	Buzz	9:32
Big Sur International	9:44	Cal International	8:07	Catalina	10:48
Cal International	8:29	Pacific Shoreline	8:46	Palos Verdes	9:56
LA	8:34	LA	8:50	Valley Of Fire	11:35
Gay Games IV, NY	9:35	Palos Verdes	10:22	Death Valley-Trail	10:59
San Francisco	9:08	Gay Games V, Sydney	9:16	Pasadena	10:26
Las Vegas	8:29	Pacific Shoreline	8:52	Palos Verdes	11:07
St George	7:50	Catalina	12:14	Reykjavik	11:41
Western Hemisphere	9:06	Palos Verdes	8:33	Death Valley Trail	9:22
LA	8:54	Milwaukee Lakeshore	8:49	Run Deo Run	9:41
Boston	9:10	Tucson	8:25	LA	9:32
Palos Verdes	8:59	Pacific Shoreline	8:22	Palos Verdes	9:10
Portland	8:32	San Francisco	8:46	Gay Games VII, Cologne	9:13
Western Hemisphere	9:17	Long Beach	8:22	Camarillo	9:50
Pacific Shoreline	8:59	Diamond Valley Lake	8:53	Malibu	9:25
LA	8:29	Orange County	8:47	Death Valley Trail	10:14
Santa Clarita	8:25	Pacific Shoreline	8:56	Long Beach	9:34
Western Hemisphere	9:28	Catalina	10:46	Penang Bridge Int'l	11:35
LA	9:32	Palos Verdes	8:59	Operation Jack	9:51
Santa Clarita	8:20	San Francisco	9:08	Houston	10:07
Western Hemisphere	8:58	Long Beach	8:43	Buzz	8:57
New Orleans Mardi Gras	9:24	Santa Clarita	8:30	LA	8:55

MARATHON / ULTRA PACE per MILE



Rina Caption Contest



Rina (& Wadley) Caption Contest

Rules:

1. Write a caption or dialogue
2. Send to awkennedy@hotmail.com
3. Deadline is this Friday 9/21
4. Be funny

Remaining GP Races 2012

SEPTEMBER 2012

Date	Event/Distance	Website	Location
Sat., 9/29 9:00 AM	Big Sur Half/Full Marathon* TM	www.envirosports.com	Big Sur

OCTOBER 2012

Date	Event/Distance	Website	Location
Sat., 10/6 7:30 AM	RAD 10 Miler/10K*	www.rad10K.com	Agoura Hills
Sun., 10/7 7:00 AM	Long Beach Half/Full Marathon*	www.runlongbeach.com	Long Beach
Sun., 10/21 7:00 AM	Hercules Half/Full Marathon*	www.rocketracingproductions.com	Long Beach
Sun., 10/28 7:00 AM	Rock'n'Roll Los Angeles Half Marathon	www.runrocknroll.competitor.com	Los Angeles

NOVEMBER 2012

Date	Event/Distance	Website	Location
Sat., 11/3 8:00 AM	P Springs Frontrunners Pride Run 5K/10K*	www.psfr.org	Palm Springs
Sun., 11/4 8:30 AM	NYC Marathon** (Champs Race only)	www.nycmarathon.org	NYC
Sat., 11/24 8:00 AM	San Dimas Turkey Trot 5K/10K* TM	www.renegaderaceseries.com	Bonelli Park

DECEMBER 2012

Date	Event/Distance	Website	Location
TBD	Tiger Run 5K/10K*	www.sptigerrun.com	South Pasadena
Sun., 12/23 8:30 AM	Winter Solstice Xmas Tree Run – 5 Miles	www.tryusevents.com	Long Beach

* - Modified Age Group scoring for these races. *Runners may choose any distance for these events.* Runners will be ranked within their age groups by their age grade score.

** - Boston Marathon/NY Marathon: These races will count as GP races for the Champions Race ONLY – they will NOT be scored for the Age Group division.