

Happy New Year, Frontrunners!

January 2016



2016 is upon us! Per usual, we have lots of events coming up, including the earlier than usual Los Angeles Marathon. Do you have some running goals for the year ahead? See what your fellow LAFRs have in store for 2016 on page 3. A group of your fellow LAFRs already started racing at the Griffith Park Half Marathon on 1/24. From left: Jason Coleman, Bill Austin, Bill Winkelmann, Moises Medina, Angus Kennedy, Eric Alvarez, Erin Brinton, Mike Carbuto & Martin Carlson.

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Bernie & Dan hosted the annual New Year's Day run & potluck

LAFR BIRTHDAY BOYS AND GIRLS

1/1 Mike Carbuto	2/5 Adam Britten
1/1 Kent Hamilton	2/6 Bradley Henkle
1/9 Robb Briggs	2/7 Patrick Conner
1/11 Arturo Salgado	2/8 Mike Kezsely
1/13 Lorraine Silver	2/9 Bryan Prado
1/14 Sean O'Brien	2/10 Mike Smith
1/15 Angus Kennedy	2/11 Nathaniel Buck
1/17 Paul Jacoy	2/13 Mark Johnson
1/18 Christopher Tapper	2/13 Zack Whitley
1/19 Kenneth Dunn	2/15 Adam Comeau
1/22 Dan Graham	2/15 William Fang
1/24 Allan-Michael Brown	2/17 Andrew Sanchez
1/27 Margie Gonzales	2/24 Scott Lasker
1/27 Bernie Tan	2/25 Brad Takei
1/30 Augie Robles	2/25 Brent Kaspar
2/1 Brad Miyasoto	2/27 Norman Dixon
2/1 Carl Maravilla	2/28 Ric Munoz

LOS ANGELES FRONTRUNNERS



WELCOME NEW MEMBERS!

Jim Ames
Robert Cipolloni
Nathaniel Buck
Allan-Michael Brown

Los Angeles Frontrunners

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Angus Kennedy, *president*
Patrick Owen, *vp*
Jason Coleman, *treasurer*
David Dasey, *secretary*
Yumi Afrento, *dir-at-large*
Bill Austin, *dir-at-large*
Bruce Bair, *dir-at-large*
Erin Brinton, *dir-at-large*
William Fang, *dir-at-large*
Doug Jones, *dir-at-large*
Mario Mota, *dir-at-large*
Danny O'Hara, *dir-at-large*

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

LAFR Board Meeting Excerpts 1/3/16

- Present: Angus, Patrick, Jason, David, Bruce, Yumi, Danny, Erin, William, Doug, Mario, Bill,
- Finance – bank balance healthy (please see full Treasurer's Report at the end of the newsletter)
- Annual Meeting & Breakfast
 - Saturday, 1/30, at John & Doug's
 - Club will provide food, Jason will prepare report
- LA Marathon Events
 - Carl organizing water stop, Angus will send e-mails
 - Pasta dinner Sat., 2/13, at Angus & Mark's
 - Post-race gathering at Rob Chen's after race
 - Angus to send surveys about events/car-pooling
- Decided to give up storage unit due to continual price increases. All supplies will be stored at both Angus & Mark's and Danny's.
- William/Jason/Angus to get all tax filings complete.
- Jason to renew club insurance with RRCA and Angus to renew membership with Int'l Frontrunners.
- Annual Awards banquet at Castaway Restaurant on 2/21. Patrick handling contract.
- Angus and Jason to finalize 2016 Grand Prix schedule.
- Angus to apply with Griffith Park to host Deo 25K/50K.
- Other:
 - Sean O'Brien race on 2/7. John Kawaharada to organize LAFR volunteers.
 - Silver Lake potluck at Ken Wilson's in January, at Rusty's in February.
 - Angus & Jason to send out survey regarding possible New Zealand trip in November 2016.
 - Angus to check with Mike Kerkman about scheduling the Spelling Bee fundraiser.
- Next BOD meeting, Saturday, 1/30, at John & Doug's, following Annual Meeting.

Annual Meeting on Saturday, January 30, after the Saturday morning run at John & Doug's.

LAFR Treasurer Jason Coleman will present the annual Treasurer's Report.



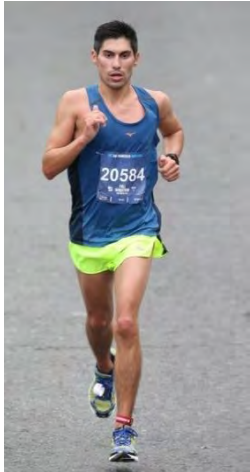
Notes from the Back of the Pack

By Bill Walsky

2016 is upon us. A new year brings with it new opportunities and hopes and dreams and maybe fresh goals in our work and play. With that in mind I asked a cross section of fellow Frontrunners to share what they hoped to achieve in running in the new year.



Dan: Run my first race in over a year: Boston Marathon 5K
Bernie: Get faster, get back to the glory days.
Angus: Beat Bernie in a race, any race, any distance, clothed or not. Also run a 50K, qualify for Boston and set a few 5 year PRs.



Amy: My goal is to walk fast enough to make it to breakfast at Foxy's on time.
Wink: Run a sub 2 hour half marathon again.
Rudy: Run 6 half marathons.
Mario: Qualify for Boston Marathon.

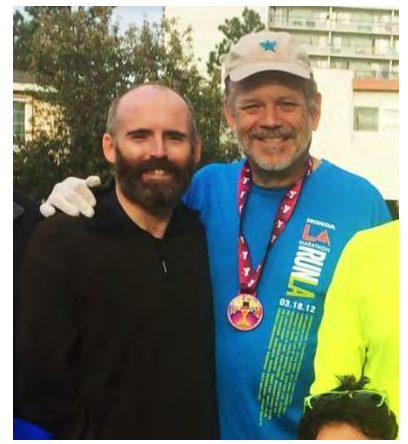


Mike H: Run a sub 2:50 at the Boston Marathon.
Carlos: Run a sub 2:45 at the London Marathon, a sub 17 minute 5K & a 1:17 half in the first half of 2016.
Bill A: Run a marathon.
Margie: Run at least one 5 year PR, break 5 hours in the marathon.



Darwin: Sub 3:10 at San Diego Marathon, sub 1:28 at Orange County Half.
Deo: Run my 400th marathon & remain injury free.
David: Run my best Boston Marathon ever. Get back to trails & running for the fun of it.

Doug: Run LA Marathon.
John: Run LA Marathon in 3:05.
Jason: 26 half marathons, move up to silver level in the Marathon Maniacs (6 marathons in 6 months) and focus on a new PR at the Boston Marathon.



15TH Annual Chili Cook-Off



Finally, it has happened to me...In the words of Cece Peniston, Rusty Millar was finally crowned the Chili Queen at the 15th Annual Chili Cook-Off. Rusty bested the crowded field with a delicious recipe that also earned him an award at the Los Angeles County Fair Chili Cook-Off over the summer. Read about the day in the newly crowned Chili Queen's own words on the next page!

\$1225 Donated to Local Charities

Each winning chef was awarded a cash prize that was donated to a charity. The LAFR Board of Directors selected a list of charities for the winners to choose from. Here are the winners and the charities they cooked for. Thanks to all the entrants!

Chili Queen

Chili Queen	Rusty Millar	GLEH	\$250
1st Runner-up	Rich Crook	GLEH	\$125
2nd Runner-up	John Kawaharada	InsideOut	\$75

Cornbread

1st	John Kawaharada	InsideOut	\$75
2nd	Albert Giang	GLEH	\$50
3rd	John Kawaharada	InsideOut	\$25

Veggie Chili

1st	Patrick Owen	PAWS LA	\$75
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Meat Chili w/ beans

1st	John Kawaharada	InsideOut	\$75
2nd	Jim Martinez	PAWS LA	\$50
3rd	Marcelino Goncalves	GLEH	\$25
4th	Mike Smith	PAWS LA	\$25

Meat Chili no beans

1st	Rusty Millar	PAWS LA	\$75
2nd	Rich Crook	GLEH	\$50
3rd	Jon VB	SRLA	\$25
4th	Sanford Doi	PAWS LA	\$25

Hottest Chef

1st	Danny O'Hara	PAWS LA	\$75
2nd	John Kawaharada	InsideOut	\$50
3rd	Carlos & Andy	Project 10	\$25

Hottest Chili

Marcelino Goncalves	SRLA	\$50
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Presentation

Jim Martinez	Don Thompson	\$50
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The text reads:
 On behalf of the City of Los Angeles, congratulations on your 15th Annual Chili Cook-Off. Over the past ten years, Los Angeles Frontrunners has raised and donated over \$60,000 to local organizations including Students Run LA, Gay and Lesbian Elder Housing and Covenant House. Thank you for your outstanding commitment to excellence.



LAFR Chili Cook-Off 2015 from the Quinceanera Chili Queen

An October surprise it was with the LAFR 15th Annual Chili Cook-Off. Who knew that a demure innocent country boy from Michigan would upstage the Cordon Blue expertise of so many seasoned cooks from Los Angeles?

If you have been watching the cat scratching for the Speaker of the House in DC, you have no idea what goes on to be the Chili Champ. While the picture is all smiles it starts early with former champs Jim Martinez wanting to know who is entering and where do they live (I smell Joan Crawford), Sanford Doi alerting his car club muscle friends to neutralize the competition and sweet (vampire diaries) Dan Vu getting his gym buds to work over anyone that might be entering. And don't think that just because "I have two nice wiener dogs" Patrick Owen isn't plotting daggers. Of course there is last year's surprise winner Rich Crook who almost was dueling it out with Patrick at a recent Saturday run like two pachyderms fighting over territory. Working their way into the mix was newcomer Marcelino, second timer Mike Smith and Jon Van Gassbeek's bacon chili. Like hello, was that great or what? The things vegans miss.

The presentation award is just getting to be a battle between Jim Martinez and Patrick Owen. It is almost like a ping pong ball each year on this one. Both were great, one down home organic farmers market, one WeHo Halloween show.

And OMG did anyone say cornbread? Was it the best year ever for this yummy chili accoutrement? This writer was just transfixed with all the options to choose from. Chefs John and Albert are battling like an episode of Hell's Kitchen out there. I overheard some conversation that John K is going to enter 12 recipe's next year to sweep the event with Yumi shorting cornbread futures.

It was a great turnout on a great day for chili with 69 folks for a nice sunny Sunday afternoon. The big winners were our award charities. A special thank you to Jim Martinez who has made the Chili banner each year for 15 years. Also, all the guys from the board and helpers that set up and cleaned up the place. It was a lot of fun and we look forward to number XVI next year. Could it be a duel between Carlos Vizcarra and his hot chili con carne vs Marcelino's new mixture of taste tingling delight? Who knows? Join us next year to find out.

-Rusty Millar



Above: Rusty's winning Chili



John Kawaharada was the MVP, taking home FIVE medals, including two of the three prizes in Cornbread



Jim Martinez setting up his chili and display

Catalina Eco-Marathon



Above: The gang before heading back to LA Sunday morning

Over 20 LAFRs headed to Catalina on the weekend of November 20th for the Catalina Eco Marathon, Half Marathon & 10K. Carlos Vizcarra led the LAFR marathoners, placing 3rd overall. John McGuinness led a strong contingent in the half marathon, with 5 LAFRs placing in their age groups. LAFRs also cleaned up in the 10K, with 4 placing in their age groups. Other than running, the gang relaxed and enjoyed the beautiful weather and scenery. The club (courtesy of Chef Patrick with help from Doug, Wink & Angus) provided Saturday dinner and Sunday breakfast.



Above: Deo, Mike & Carlos at the start of the marathon



Above left: Half marathon age group medalists from left – John McGuinness, Brian Dunbar, Richard Peng, Angus Kennedy & Patrick Owen



Above: Norman, Patrick & Dr. D enjoying the pasta dinner the night before the race



Above: Vubar really enjoying the pasta dinner the night before the race



Left: 10K age group medalists Juan Moreno & Rick Allison. It was Juan's very first age group medal!

Secret Wednesday Workout

Okay, it isn't really a secret, but did you know there's a group of Frontrunners who do a rigorous and awesome track workout every Wednesday? A growing number of LA Frontrunners (up to about a dozen now) have also joined the Los Feliz Flyers, a running club that hosts a Wednesday night track workout at CalTech in Pasadena. Track workouts are a fantastic way to switch up your routine and reach new running goals. Flyers have a variety of pace groups to run with, and a great coach to guide you.

Why not give it a shot? Go to lofelizflyers.org and click "join us" to print out a free 3-week trial membership. Your fellow Frontrunners will see you there!



Above: Erin kicking the butts of John, Darwin, Rudy & Mike at track

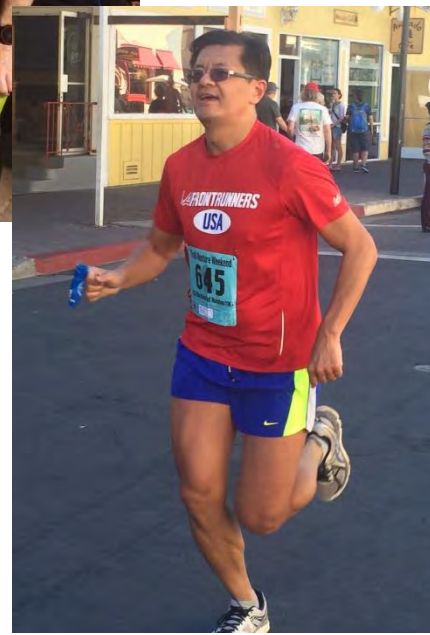
More Catalina Eco



Left: Post race from left: Rick Allison, Bill Winkelmann, Patrick Owen, Angus Kennedy, Juan Moreno, David Dassey, John McGuinness & Christopher Tapper



*Left:
10K medalists Eric Fischer
& David Dassey*



*Right:
Rob Chen finishing the
half marathon*

Reindeer Run December 20



A distance for everyone! Margie ran the 5K, Mario ran the 10K & Patrick ran the 15K. All 3 won their age groups.



16 LAFRs turned out for one of the last races of 2015 on 12/20. The Reindeer Run featured a distance for everyone, with a 5K, 10K, 15K, Half or Full to choose from. We also had our own sub-competition with the "Beat Bernie Challenge". Runners predicted if they would beat or lose to Bernie and by how much. Most of the gang ran the 15K with Bernie but Prez Kennedy converted the times of the runners who ran other distances to 15K so everyone could play. When all was said and done, Richard Peng was crowned the champ as his prediction was only off by 7 seconds.



Left: Mike Carbuto won his age group in the 15K
Right: our beloved Bernie was 2nd in his age group in the 15K



Above : Part of the LAFR gang after the race
Left: Duane Howard was 3rd OA in the 15K
Right: Richard Peng won his age group in the 15K

Autumn Racing!



Above: SRLA coaches Deo & Dunbar at the Holiday Half in Dec.



Above: David D & David G at the NYC Marathon



Long Beach Marathon & Half – left: Mike Carbuto and right: Carlos Vizcarra



Left: David, Carl, Mike & Jason with Father Greg at the Homeboy 5K on 10/24



Left: A great LAFR turnout for the Burbank YMCA Turkey Trot Thanksgiving morning.

Right: Jason Coleman at the Long Beach Marathon



Fall Feast



Marcelino & Martin (pictured left) opened their beautiful home to host the LAFR Annual Fall Feast. In addition to the delicious food prepared by the wonderful volunteers, club members brought their specialties as entries in the three food contests: cranberry sauce, side dish, and dessert. Prez Kennedy took the cranberry crown for the umpteenth time while VP Owen was victorious in both the side dish and dessert categories. Patrick had to leave early so Rob Chen was his stand-in for the awards, 'cuz they look so much alike. We also did a food collection for the Senior Services Dept. of the LGBT Center. And we held a raffle and used the funds to purchase scarves/hats/totes for the Senior Services Center. It was a lovely evening. Many thanks to Marcelino & Martin for sharing their lovely home with the club!



Above: Cranberry Sauce Winners
 1st: Angus Kennedy
 2nd: Doug Jones
 3rd: Martin Carlson



Above: Side Dish Winners
 1st: Patrick Owen
 2nd: Martin Carlson
 3rd: Mario Mota



Left: Dessert Winners
 1st: Patrick Owen
 2nd: Marcelino Goncalves
 3rd: Phil Lelyveld



The tote bags, drawstring backpacks and scarves/hats we purchased with the raffle money



Revel Canyon Half & Full

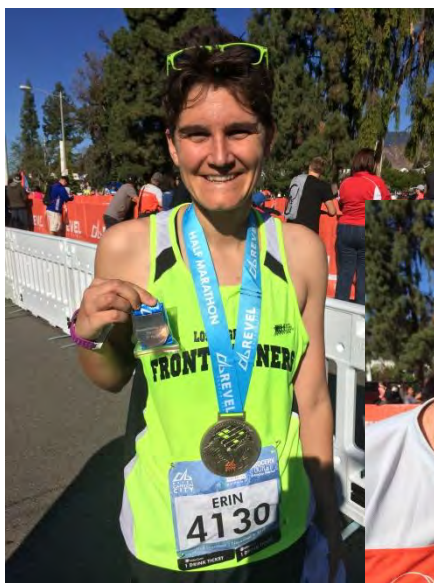


Above: Bernie & Yumi fed the crowd the night before the race

Nine LAFRs tackled the Revel Canyon Half & Full in Azusa on 11/7. In the half marathon, Erin Brinton was 2nd 30-34 and set a PR, as did Rudy Van Graan. The night before the race, Bernie & Yumi cooked up a feast of pasta for the gang. It's a fast course and one of the best organized races in the region. This is a great race to consider if you'd like to do a half or full in the Autumn of 2016.



Above: most of the gang after the race – from left: Yumi Afrento, Bernie Tan, Dan Graham, John McGuinness, Doug Jones, David Dassey, Rick Allison & Mario Mota – in front: Erin Brinton, Rudy Van Graan, Margie Gonzales & Angus Kennedy



Left: Erin Brinton with her medal for taking 2nd in her age group in the half marathon



Left: Bernie getting some well deserved hugs from Dan after running the full marathon



Left: Doug Jones and Margie Gonzales after the half marathon



Right: Post-race John McGuinness, Dan Graham, Yumi Afrento & Rudy Van Graan

Griffith Park Pics Courtesy of Rick Allison – Thanks, Rick!



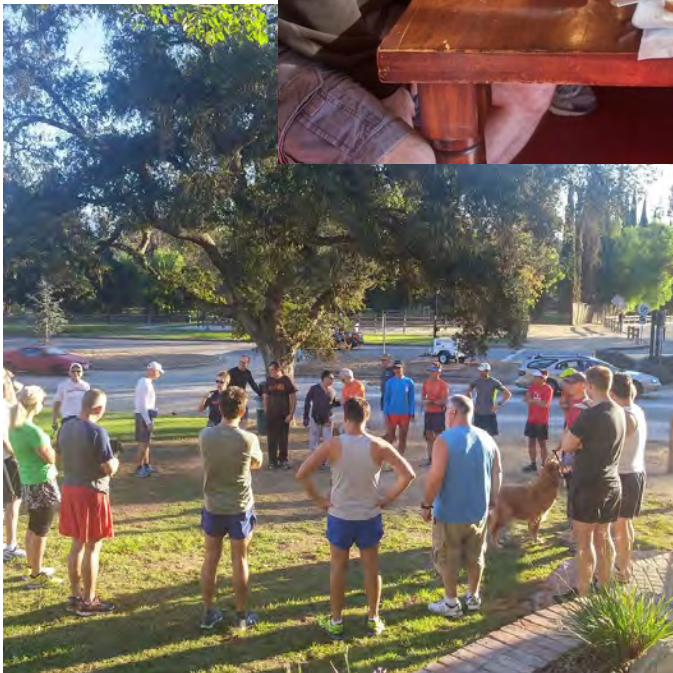
Above: Saturday run 10/31

Below: Saturday run 10/24

Above: Saturday run 11/14

Left: Breakfast after the Saturday run 11/28

Below: Sunday long run 10/11



10/24 Halloween Party

Geoff & Jason threw another great Halloween bash for the club, with Jason cooking up a delicious feast that everyone enjoyed. Take a look at how creative the LAFR's are in scaring little children and/or capturing the zeitgeist.



12/15 Christmas Party

Jim Martinez hosted another fabulous Holiday Party on Dec. 15. The theme this year was Candy Cane. The club did a collection drive for the LGBT Center's Senior Services (formerly known as GLEH). We collected socks to donate along with the scarves and mittens we purchased using funds raised at the Fall Feast.



A Few January Birthdays & New Year's Day

January 14 saw an excellent turnout at the Thursday Rose Bowl run. The main draw was that it was Sean's birthday and Angus's birthday eve. The group broke their usual routine of Tarantino's and Souplantation and instead went to Pitfire Pizza. Much pizza was consumed and a great time was had by all.

Bernie and Dan hosted the club's annual New Year's run & potluck. The main group ran along the Ridge Motorway that parallels Camino San Rafael. The view was gorgeous and extended as far as Palos Verdes. That day was also Mike Carbuto's birthday and he was treated to a group butt-slap (sorry, no pictures).

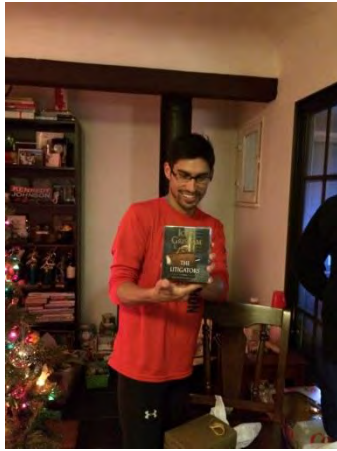


12/22 White Elephant Party

Angus and Mark hosted the always popular White Elephant Gift Exchange party after the Tuesday run on 12/22. About 15 people showed up for the run, with most running a 5 miler on the bike path. Sean and William ran the Spooky Hill run that is popular around Halloween. By the time the potluck started, the crowd grew to over 30, and under the Christmas Tree were mostly beautifully wrapped "presents."

You had to be there to witness the faces of joy (rarely) and disappointment (mostly). Sean and Allen pulled off a couple-tag-team to make sure Allen secured a set of Frosty the Snowman glasses. Mike Heredia was stolen from the most that night, about 4 times. The Bills had the least coordinated performance, as Wink stole a gift (from Mike Heredia) that Austin had cleared from the garage. The pasta boat reappeared, as did the 1-lb candy cane (which expires in 2016, not than anyone was ever going to eat it), a 9-inch dildo, a remote control butt plug, and a gaydar gun. Combined with the "icicle" and a new dildo at another party, we can look forward to another year of exciting gift exchange in 2016.





Race Results

Carlsbad Half

Carlsbad, CA 1/18/15

Mario Mota.....1:48:34

La Jolla Half

La Jolla, CA 4/26/15

Mario Mota.....1:50:09

San Diego Pride 5K

San Diego, CA 7/18

Doug Jones.....34:43 PR

ATC Rise Up & Run 5K

Atlanta, GA 9/12

David Grudzien.....40:33

Best Buddies 5K

San Simeon, CA 9/12

Jason Coleman.....32:24

NYRR Fifth Avenue Mile

NYC, NY 9/13

David Grudzien.....7:06

Lung Run 5K

Chicago, IL 9/19

Jason Coleman.....31:20

Make-a-Wish 5K

Chicago, IL 9/20

Jason Coleman.....33:57

Ovarian Cancer Half

Evans, GA 9/19

David Grudzien.....2:17:27

KP Corporate 5K

Atlanta, GA 9/24

David Grudzien.....26:35

Brewer's Mini Half

Milwaukee, WI 9/26

David Grudzien.....2:17:56

Chicago Half

Chicago, IL 9/27

David Grudzien.....2:19:04

Michelob Ultra Half

Atlanta, GA 9/27

David Grudzien.....2:23:38



Angus Kennedy, Linda Carmona, Linda's friend, & Bill Austin after the Rare Run in October

Xterra Malibu Creek 6K

Malibu Creek State Park, CA 5/20

Jonathan Toker.....26:10 2nd OA
1st 40-44

Big Bear 5K

Big Bear, CA 5/24

Linda Carmona.....31:39 1st 45-49

Gay 5K

Nashville, TN 6/20

Eric Alvarez..... 17:09 3rd OA
1st 45-49

Cypress 5K

Cypress, CA 7/25

Bill Austin..... 21:45 2nd 55-59
Bill Winkelmann..... 27:36

Fun in The Sun 5K

Santa Monica, CA 9/27

Margie Gonzales..... 39:40 1st 60-64

SRLA 5K

Los Angeles, CA 9/26

Carlos Vizcarra..... 18:32 1st 40-44
Reg Willson..... 20:52 1st 55-59
Brian Dunbar..... 26:18
Mike Smith.....26:43
Deo Jaravata..... 26:52
Jason Coleman.....34:04

Alive & Running 5K (Grand Prix)

Los Angeles, CA 9/27

Richard Nelson..... 23:44 3rd 65-69
Jason Coleman.....32:34

Dolphin Dash 5K

Santa Monica, CA 10/4

Jason Coleman.....32:59 2nd 35-39

RAD (Grand Prix)

Agoura Hills, CA 10/3

10K

Margie Gonzales..... 1:22:20 3rd 60-64

10 Mile

Jason Coleman.....1:55:23 PR

Rose Run 5K

Griffith Park, CA 10/4

Raul Borja.....23:34 1st 35-39

Long Beach (Grand Prix)

Long Beach, CA 10/11

5K

Jason Coleman.....35:42

Half

Carlos Vizcarra.....1:24:15 1st 40-44
David Gonzalez..... 1:48:28
Barry Hamaguchi.....1:50:32
Margie Gonzales.....3:21:38
Bill Walsky..... 3:27:25 RW

Full

Deo Jaravata..... 4:23:36
Mike Carbutto..... 6:09:04

Rare Run 5K (Grand Prix)

Griffith Park, CA 10/17

Angus Kennedy.....21:14 3rd OA
1st 45-49
Bill Austin..... 21:53 1st 55-59
Linda Carmona.....34:45 1st 45-49

RnR Brooklyn Half

Brooklyn, NY 10/10

David Grudzien.....2:13:25

NYRR Staten Island Half

Staten Island, NY 10/11

David Grudzien.....2:29:34

Chicago Marathon

Chicago, IL 10/11

Raul Borja.....4:07:04

Melbourne Half

Melbourne, Australia 10/18

David Grudzien.....2:18:23

Race for the Rescues 5K

Rose Bowl, CA 10/24

Margie Gonzales..... 40:17

Kooky Spooky Half

Golden, CO 10/25

David Grudzien.....2:30:59

LA RnR Half

Los Angeles, CA 10/25

Mario Mota.....1:44:06 PR

Margie Gonzales.....3:25:57

Day of the Dead 5K

Los Angeles, CA 10/31

Jason Coleman.....35:27

Dash to the Finish 5K

NY, NY 10/31

David Grudzien.....26:43

New York Marathon

NY, NY 11/1

David Dassey.....4:19:51

RnR Savannah Half

Savannah, GA 11/7

David Grudzien.....2:29:44

Ray Miller 50 Mile

Pt. Mugu, CA 11/7

Raul Borja.....12:24:16

Mickey's Jingle Jungle 5K

Orlando, FL 11/7

Jason Coleman.....42:02

Race Results



Barry Hamaguchi, David Gonzalez & Deo Jaravata after the Long Beach Marathon & Half

Quench the Fire 5K

Van Nuys, CA 10/18

Margie Gonzales.....38:53 1st 60-64

Surf City 10 Mile (Grand Prix)

Huntington Beach, CA 10/25

Jason Coleman.....1:55:23 PR

Homeboy 5K

Los Angeles, CA 10/25

Carl Maravilla.....21:50 1st 55-64

David Dassey.....22:55 2nd 65-74

Mike Carbuto.....26:33

Chris Tapper..... 32:52

Jason Coleman..... 34:26

Revel Canyon (Grand Prix)

Azusa, CA 11/7

Half

John McGuinness.... 1:28:43

Angus Kennedy.....1:35:39

Erin Brinton.....1:36:16 2nd 30-34/PR

Rudy Van Graan.....1:53:49 PR

Margie Gonzales.....3:01:22

Doug Jones..... 3:04:16

Full

Bernie Tan.....3:25:43

Mario Mota.....3:47:00

Mike Carbuto.....5:41:04

Surfer's Point 10K

Ventura, CA 11/7

Margie Gonzales.....1:18:06 2nd 60-64

Catalina Eco Trail (Grand Prix)

Avalon, CA 11/21

10K

Rick Allison.....49:04 1st 50-54

David Dassey.....49:52 1st 65-69

Juan Moreno.....57:08 2nd 50-54

Eric Fischer.....59:43 2nd 65-69/PR

Bill Winkelmann..... 59:56

Richard West.....66:00 PR

Chris Tapper..... 71:01 PR

Half

John McGuinness....2:00:40 1st 40-44

Angus Kennedy.....2:04:51 1st 45-49

Patrick Owen..... 2:13:12 1st 55-59

Rob Chen.....2:14:03 PR

Richard Peng..... 2:29:10 3rd 40-44

Dan Vu..... 2:30:33

Brian Dunbar..... 2:34:07 3rd 50-54

Doug Jones..... 3:37:25

Full

Carlos Vizcarra.....3:37:39 3rd OA

2nd 40-44

Deo Jaravata..... 6:08:17

Main Street 10K

La Puente, CA 10/25

Carlos Vizcarra..... 39:31 2nd 40-44

Deo Jaravata..... 53:44

Brian Dunbar..... 56:12

Mike Smith.....58:24

BeachFest Half

Orlando, FL 11/14

David Grudzien.....2:16:40 1st 55-59

Race Results

Disney Wine & Dine 6.72

Orlando, FL 11/7

Jason Coleman.....1:33:37

13.1 Orlando Half

Orlando, FL 11/8

David Grudzien.....2:24:09

Santa Clarita Full

Santa Clarita, CA 11/8

Deo Jaravata..... 4:07:20

RnR Vegas 5K

Las Vegas, NV 11/14

David Grudzien.....27:57

RnR Vegas

Las Vegas, NV 11/15

Half

David Grudzien.....2:23:53

Full

Deo Jaravata..... 4:07:20

Avengers Half

Anaheim, CA 11/15

Jason Coleman.....2:38:23

USA Invitational Half

San Diego, CA 11/21

Mario Mota.....1:48:11

David Grudzien.....2:09:58

We Run the City 5K

LA, CA 11/22

Jason Coleman.....32:18

Margie Gonzales..... 37:21

Rockin Santa Half

Knoxville, TN 12/5

David Grudzien.....2:21:12

River Vista Half

Dillard, GA 12/6

David Grudzien.....2:29:18

Vahagn Setian 5K

Beverly Hills, CA 12/6

Jason Coleman.....36:10



John McGuinness, Erin Brinton, Eddie Flores & Mike Kerkman after the Burbank YMCA Turkey Trot in November

Turkey Trots! (Grand Prix)

Burbank Turkey 5K – 11/26

Mike Kerkman.....	18:35	2 nd 35-39
Mark Johnson.....	19:14	1 st 45-49
John McGuinness....	20:32	3 rd 40-44
Erin Brinton.....	21:15	2 nd 30-34
David Dassey.....	22:31	1 st 65-69
Eddie Flores.....	24:06	PR
Doug Jones.....	36:17	
Bill Walsky.....	37:04	

Burbank Turkey 10K – 11/26

Angus Kennedy.....	44:49	2 nd 45-49
Patrick Owen.....	47:03	1 st 55-59
Albert Giang.....	52:34	

Smithtown Kickers 5K – 11/26

Bill Austin.....	25:02
Bill Winkelmann.....	27:09

Turkey Trot 15K – 11/26

Richard Nelson.....	84:49	1 st 65-69
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LA Downtown Turkey – 11/26

Jason Coleman.....	38:37	5K
Jason Coleman.....	65:06	10K

Aztlan Classic 5K – 11/28

Jason Coleman.....	34:53
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Turkey Dash 5K – 11/28

Jason Coleman.....	34:45	2 nd 35-39
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Giving Thanks 5K – 11/29

Margie Gonzales.....	38:08	1 st 60-64
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Giving Thanks 15K – 11/29

Mike Kerkman.....	60:15	1 st 35-39
Duane Howard.....	66:03	2 nd 35-39
Angus Kennedy.....	68:20	1 st 45-49
Richard Nelson.....	84:24	1 st 65-69

Giving Thanks Full – 11/29

Deo Jaravata.....	4:14:03	1 st 50-54
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Mount Juliet Half Marathon

Mt. Juliet, TN 12/5

Eric Alvarez.....	1:20:07	1 st OA
		1 st 45-49

Tiger Run (Grand Prix)

South Pasadena, CA 12/5

5K

Mark Johnson.....	18:52	1 st 45-49
Jason Coleman.....	21:13	1 st 55-59

10K

John McGuinness....	44:31	2 nd 40-44
Erin Brinton.....	47:10	1 st 30-34
Mike Carbuto.....	57:51	2 nd 60-64
Eric Fischer.....	58:30	3 rd 65-69
Doug Jones.....	77:03	

Jingle Bell 5K (Grand Prix)

Santa Monica, CA 12/13

Erin Brinton.....	21:13	2 nd OA
		1 st 30-34

Margie Gonzales.....	39:06	1 st 60-64
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Holiday Half (Grand Prix)

Pomona, CA 12/13

John McGuinness....	1:34:57
David Gonzalez.....	1:41:39
Barry Hamaguchi....	1:42:34
Reg Willson.....	1:45:33
Deo Jaravata.....	1:53:32
Raul Borja.....	1:56:42
Brian Dunbar.....	1:58:19
Mike Smith.....	2:12:40
Mike Carbuto.....	2:13:58
Carlos Vizcarra.....	2:24:19
Jason Coleman.....	2:42:57
Doug Jones.....	2:53:08

Race Results

Yuletide 5K

Manhattan Beach, CA 12/12

Jason Coleman.....36:51

Honolulu Marathon

Honolulu, HI 12/13

John Kawaharada....4:16:16

Zack Whitley.....4:57:44

Kent Hamilton.....4:59:34

Barb's 5K

Atlanta, GA 12/12

David Grudzien.....39:45

Jeff Galloway 13.1

Atlanta, GA 12/13

David Grudzien.....2:13:15

Corn Maze 5K

Mt. Dora, FL 12/19

David Grudzien.....28:35

Happy Holidays 5K

Santa Monica, CA 12/25

Jason Coleman.....36:49

Iron Horse Half

Ft. Campbell, KY 12/31

David Grudzien.....2:22:26



David Dassey with his award for winning his age group at the Operation Jack Full



Mike Kerkman on his way to winning the Reindeer Run Half Marathon on December 20

Fiesta 5K

Van Nuys, CA 12/12

Jason Coleman.....34:40 2nd 40-44

Margie Gonzales.....38:48 1st 60-64

Holiday Fun 5K

Long Beach, CA 12/19

Bill Austin.....22:53 1st 55-59

Jason Coleman.....39:06 3rd 40-44

Starlight Half

Palm Coast, FL 12/19

David Grudzien.....2:18:37 3rd 55-59

Reindeer Run (Grand Prix)

Van Nuys, CA 12/20

5K

Bill Austin.....22:18 1st 55-59

Margie Gonzales.....37:47 1st 60-64

Rusty Millar.....41:13 2nd 65-69

10K

Mario Mota.....46:58 1st 50-54

15K

Duane Howard.....66:20 3rd OA

1st 35-39

Angus Kennedy.....67:28 1st 45-49

Erin Brinton.....69:14 2nd OA F

1st 30-34

Bernie Tan.....76:52 2nd 45-49

Richard Peng.....81:05 1st 40-44

Richard Nelson.....82:21 1st 65-69

Mike Carbuto.....84:07 1st 60-64

Bill Winkelmann.....88:09 2nd 60-64

Patrick Owen.....90:58 1st 55-59

Half

Mike Kerkman.....1:23:59 1st OA

1st 35-59

Jason Coleman.....2:46:43

Full

Deo Jaravata.....4:10:11 2nd OA

1st 50-54

Operation Jack (Grand Prix)

Dockweiler Beach, CA 12/26

5K

Bill Austin.....24:00 2nd 55-59

Half

Mike Carbuto.....2:05:18 1st 60-64

Bill Winkelmann.....2:06:21 2nd 60-64

Full

David Dassey.....4:16:06 1st 65-69

Deo Jaravata.....4:37:47

Jason Coleman.....6:11:43

Peachtree Corners 5K

Norcross, GA 12/27

David Grudzien.....28:11 3rd 55-59

New Year's Eve

Santa Monica, CA 12/31

5K

Bill Austin.....22:35 1st 55-59

Margie Gonzales.....36:15 2nd 60-64

Jason Coleman.....37:01

10K

Bill Winkelmann.....58:02 2nd 60-64

Glen Eden 5K

Corona, CA 5/24

Mike Kerkman.....18:18 1st OA

1st 35-59

Jeff Lymburner.....21:13 1st 55-59

Rick Allison.....21:51 2nd 50-54

Ryan Timmreck.....22:49 1st 40-44

David Dassey.....22:50 1st 60-64

Mike Carbuto.....26:43 2nd 60-64

Bill Winkelmann.....27:58

Robb Briggs.....28:31

David Grudzien.....29:15

Chris Tapper.....31:42

Jason Coleman.....32:34

Grand Prix Series Standings as of 12/15

CHAMPIONS RACE

The Champions Race determines overall male and female Grand Prix champions. Points are calculated using the WAVA Age-Graded tables.

Division Races Average

MALE

1. Eric Alvarez	6	86.54
2. Mark Johnson	6	79.88
3. Carlos Vizcarra	6	78.77
4. Moises Medina	6	77.90
5. David Dassey	6	72.21
6. Angus Kennedy	6	70.94
7. Reg Willson	6	68.94
8. John McGuinness	6	68.80
9. Danny O'Hara	6	63.89
10. Deo Jaravata	6	63.40

FEMALE

1. Margie Gonzales	6	50.44
2. Erin Brinton	5	68.89
3. Allyne Winderman	3	74.06
4. Karen Carey	3	47.20
5. Linda Carmona	2	49.39
6. Bernadette Greene	1	61.38
7. Patricia Bates	1	57.53
8. Hazel Garganera	1	44.26
9. Regina Robinson	1	28.20

RACEWALK

1. Deo Jaravata	6	60.38
2. Bill Walsky	6	53.84
3. Juan Moreno	2	57.13
4. Jane Dods	1	87.41
5. Lee Lightfoot	1	61.50
6. Connie Hammen	1	56.95
7. Amy Ross	1	54.11
8. Keeley Webster	1	43.44
9. Cat White	1	42.76

AGE GROUP MEN

Division Races Points

Male 20-29

1. Jon Alami	1	145
2. Anthony Yeung	1	135

Male 30-34

1. David Gonzalez	6	785
2. Duane Howard	6	610
3. Mike Heredia	3	395
4. Bill Sadler	3	355
5. Piyush Prakash	1	115

Male 35-39

1. Jason Coleman	6	805
2. Mike Kerkman	6	800
3. Barry Hamaguchi	6	765
4. Raul Borja	6	725
5. William Fang	3	365
Rob Chen	3	365

Final 2015 standings will be posted after the Annual Awards Banquet on 2/21

AGE GROUP MEN

Division Races Points

Male 40-44

1. Danny O'Hara	6	805
2. Carlos Vizcarra	6	790
3. John McGuinness	6	750
4. Richard Peng	6	645
5. Mike Smith	2	225

Male 45-49

1. Eric Alvarez	6	905
2. Angus Kennedy	6	820
3. Moises Medina	6	780
4. Deo Jaravata	6	750
5. Mark Johnson	5	615

Male 50-54

1. Brian Dunbar	6	660
2. Juan Moreno	5	475
3. Mario Mota	3	385
4. Sean O'Brien	2	290
John Miles	2	290

Male 55-59

1. Bill Austin	6	805
2. Reg Willson	6	750
3. Doug Jones	6	670
4. Carl Maravilla	4	500
5. Patrick Owen	4	490

Male 60+

1. David Dassey	6	750
2. Bill Winkelmann	6	745
3. Mike Carbuto	6	730
4. Richard Nelson	6	720
5. Bill Walsky	6	525

AGE GROUP WOMEN

Division Races Points

Female 20-29

1. Erin Brinton	4	550
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Female 40-49

1. Karen Carey	6	725
2. Bernadette Greene	1	135
3. Hazel Garganera	1	125
Linda Carmona	1	125
4. Regina Robinson	1	100
5. Cat White	1	90

Female 60+

1. Margie Gonzales	6	750
2. Allyne Winderman	2	260
3. Patricia Bates	1	115
4. Amy Ross	1	105
5. Connie Hammen	1	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 until Sept. when runners with most races will be ranked first.

Athlete Races Average

1. Sean O'Brien	5	99.75
2. Danny O'Hara	5	87.56
3. Deo Jaravata	5	84.57
4. Raul Borja	5	73.59
5. Jonathan Toker	4	101.55
6. Angus Kennedy	4	96.77
7. John Kawaharada	3	78.20
8. Jeff Lymburner	3	64.67
9. David Grudzien	3	58.44
10. Carl Maravilla	2	87.52

Below: Margie Gonzales & Jason Coleman after the RAD 10K/10 Mile in Agoura Hills



5K Challenge Standings as of 12/15

Final 2015 standings will be posted after the Awards Banquet on 2/21

Rank	MOST		Rank	Fastest Male		Rank	Fastest Female	
1	Jason Coleman	47	1	Eric Alvarez		1	Erin Brinton	
2	Margie Gonzales	20		LAFR 5K	16:50		Jingle Bell 5K	21:13
3	Bill Austin	18	2	Carlos Vizcarra		2	Allyne Winderman	
	Jane Dods	18		LB Pride 5K	17:41		LA River 5K	26:43
5	David Grudzien	15	3	Mike Kerkman		3	Karen Carey	
6	Bill Winkelmann	10		LAFR 5K	18:24		Mother's Day 5K	30:42
7	Karen Carey	6	4	Moises Medina		4	Linda Carmona	
	Bill Walsky	6		LAFR 5K	18:37		Big Bear 5K	31:39
9	Jim Martinez	5	5	Danny O'Hara		5	Margie Gonzales	
	Mike Carbuto	5		LAFR 5K	18:38		Freedom 5K	35:17
	Christopher Tapper	5	6	Mark Johnson		6	Patricia Bates	
12	2 LAFRs	4		Tiger Run 5K	18:52		LAFR 5K	36:19
14	7 LAFRs	3	7	Bill Sadler		7	Jane Dods	
21	16 LAFRs	2		LAFR 5K	19:08		OTC #1 5K	38:16
37	38 LAFRs	1	8	Duane Howard		8	Amy Ross	
				LAFR 5K	20:03		LAFR 5K	49:13
Rank	Biggest PR		9	Carl Maravilla		9	Connie Hammen	
1	Ryan Timmreck			LAFR 5K	20:27		LAFR 5K	49:29
	Glen Eden 5K	2:57	10	John McGuinness		10	Cat White	
2	Doug Jones			LAFR 5K	20:30		LAFR 5K	49:37
	SD Pride	1:55						
3	Lui Sanchez							
	LA Marathon, LAFR 5K	1:37						
4	Allyne Winderman							
	LA River 5K	1:28						
5	Marcelino Goncalves							
	LAFR 5K	:52						
6	Danny O'Hara							
	LAFR 5K	:38						
	Rob Chen							
	Euro Games 5K	:38						
8	Barry Hamaguchi							
	LAFR 5K	:20						
9	Rand Smith							
	LAFR 5K	:18						
10	Christopher Tapper							
	LAFR 5K	:12						

Biggest PR: Like our other grand prix categories, the PR you're trying to best for the 5K Challenge is a 5-year PR (your fastest 5K from 2010-2014). This is cumulative for the entire year – so, for example, if you set a new PR in January by 2 minutes and then break the new PR by 3 minutes in May, your total is 5 minutes.



5K Challenge leader
Jason Coleman at the Reindeer Run



The Bills and Dr. D after
Operation Jack on December 26



Races & Events



Silver Lake February Potluck

Tuesday, Feb. 16
at Rusty's
850 Micheltorena St.
LA, CA 90026

Grand Prix Races

Full schedule @ www.lafronrunners.com

Saturday 2/6 at Malibu Creek State Park
Sean O'Brien Trail Races
26M/50K/50M/100K
www.sob5050.com

Sunday 2/14 in Los Angeles
LA Marathon
5K & Full Marathon
www.lamarathon.com

Sunday 2/21 in Chinatown
Firecracker
5K & 10K
<http://www.firecracker10k.org>

Saturday 3/5 at Griffith Park
Griffith Park Trail
Half and Full Marathon
www.griffithparktrailmarathon.com

Sunday 3/6 at Knotts Berry Farm
Coaster Run
5K & 10K
www.renegaderaceseries.com

Sunday 3/19 in Agoura Hills
Great Race
5K, 10K, Road Half & Trail Half
www.greatrace.run

Sunday 3/27 in Santa Monica
Bunny Dash Run
5K, 10K & Half
www.abetterworldrunning.com

LAFR Annual Meeting



Saturday, January 30,
after the morning run
at John & Doug's
2131 Etrick Street
LA, CA 90027

LA Marathon Events



Pasta at Angus & Mark's
Saturday, 2/13

Water Stop Volunteering
Race Morning 2/14

Post-race at Rob Chen's
after the race

Sean O'Brien Volunteers



Saturday, February 7
Malibu Creek State Park
Contact John
Kawaharada if you
would like to volunteer

Annual Awards Banquet



Sunday, February 21
Castaway Restaurant
Burbank

Who will take the
crown?
Details TBA

2015 Pride Run Sponsors



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Jason Coleman, Inc.

\$100

**Eric Fischer & Richard West ▪ Lee Lightfoot
Kevin, Mikey & Rina ▪ Adam Comeau ▪ Richard Nelson
The Bills ▪ Pat Bates & Sue Roth ▪ Neil E. Johnson, CPA
Bryan Prado ▪ Margie Gonzales ▪ David Dassey
Eric Alvarez ▪ David Jaquez ▪ Bill Walsky
Rina's Favorite Uncle**

\$50

**Mark Grumet ▪ John McGuinness & Doug Jones ▪ Amy Ross
David Grudzien ▪ Allan Weiss ▪ Allyne Winderman
Mike Carbutto & Chris Tapper ▪ Michael Carter
Katrina Klaasmeyer ▪ Jim Martinez ▪ John Kawaharada**

Jason Coleman, Inc.

Your Lifelong Vacation Consultants

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Los Angeles Frontrunners				
Profit and Loss by Class				
January through December 2015				
	Operations	Total Running Events	Total Social Events	TOTAL
Ordinary Income/Expense				
Income				
Other Types of Income	0.00	2,610.00	0.00	2,610.00
Program Income				
Travel Registrations & Arrangem	0.00	7,857.08	0.00	7,857.08
Social Event Admissions	0.00	0.00	4,619.16	4,619.16
Uniform & Merchandise Sales	786.16	0.00	0.00	786.16
Pride Run Registrations	0.00	13,538.37	0.00	13,538.37
Membership Dues	4,463.46	0.00	0.00	4,463.46
Total Program Income	5,249.62	21,395.45	4,619.16	31,264.23
Direct Public Support				
Individ, Business Contributions	0.00	0.00	455.00	455.00
Total Direct Public Support	0.00	0.00	455.00	455.00
Total Income	5,249.62	24,005.45	5,074.16	34,329.23
Expense				
Running Event Expenses				
Awards & Trophies	0.00	969.01	825.72	1,794.73
Race Operations & Equipment	0.00	4,713.71	0.00	4,713.71
Total Running Event Expenses	0.00	5,682.72	825.72	6,508.44
Licenses, Permits & Memberships	120.00	0.00	0.00	120.00
Charitable Donations and Grants	750.00	2,610.00	5,009.68	8,369.68
Travel and Meetings				
Conference, Convention, Meeting	325.25	0.00	0.00	325.25
Travel and Meetings – Other	0.00	8,075.68	0.00	8,075.68
Total Travel and Meetings	325.25	8,075.68	0.00	8,400.93
Facilities and Equipment				
Equip Rental and Maintenance	0.00	0.00	225.04	225.04
Rent, Parking, Utilities	2,413.00	0.00	0.00	2,413.00
Total Facilities and Equipment	2,413.00	0.00	225.04	2,638.04
Business Expenses				
Business Registration Fees	400.00	0.00	0.00	400.00
Total Business Expenses	400.00	0.00	0.00	400.00
Operations				
Merchant/Processing Fees	1.32	109.81	0.00	111.13
Bank Fees	71.00	0.00	0.00	71.00
Insurance – Liability/D&O	1,212.85	0.00	0.00	1,212.85
Food & Supplies	251.15	1,683.94	5,401.77	7,336.86
Website	1,164.25	0.00	0.00	1,164.25
Supplies	1,779.27	11.70	13.37	1,804.34
Postage, Mailing Service	276.00	0.00	0.00	276.00
Total Operations	4,755.84	1,805.45	5,415.14	11,976.43
Total Expense	8,764.09	18,173.85	11,475.58	38,413.52
Net Ordinary Income	-3,514.47	5,831.60	-6,401.42	-4,084.29
Net Income	-3,514.47	5,831.60	-6,401.42	-4,084.29