

### Action Jackson 5K & Run Deo Run

January 2017



#### Sunday, February 19

Join your fellow LAFRs as we celebrate the life of one of our own, Marilyn Jackson, who lost her battle with breast cancer in 2014. Action Jackson - as she was affectionately known to her Walgreen's family - courageously fought the disease with her trademark humor, smile, and unending love for all those in her life. Marilyn was greatly aided by Life Worth Saving, a local non-profit organization whose mission is to support urban women and their families who struggle with cancer and other diseases.

As a LAFR, Marilyn was our 2011 Newcomer of the Year and brought the same energy, smile and enthusiasm to her running that she showed in all areas of her life.

Please join in for a fun 5K/10K run/walk to celebrate Marilyn and help raise funds for Life Worth Saving.

[click to register](#)



The 3<sup>rd</sup> Annual Run Deo Run Trail Races will be on Sunday, March 12, in Griffith Park. We will celebrate Deo's 50<sup>th</sup> birthday for the 3<sup>rd</sup> time...and raise funds for Students Run LA! [click to register](#)

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**Martin Carlson, Bernie Tan & David Dassey**  
**First LAFRs to Qualify for Boston Marathon 2018**  
**at Revel Canyon City in November (Martin & Bernie) & Operation Jack in December (David)**



**Martin: 3:36:27**



**Bernie: 3:22:24**



**Dr. D: 4:06:48**

# LOS ANGELES FRONTRUNNERS

**WELCOME NEW MEMBERS!**

Michael Bottomley

Allan Brown

Adam Lindsey

Stephanie Stone



## LAFR BIRTHDAY BOYS AND GIRLS

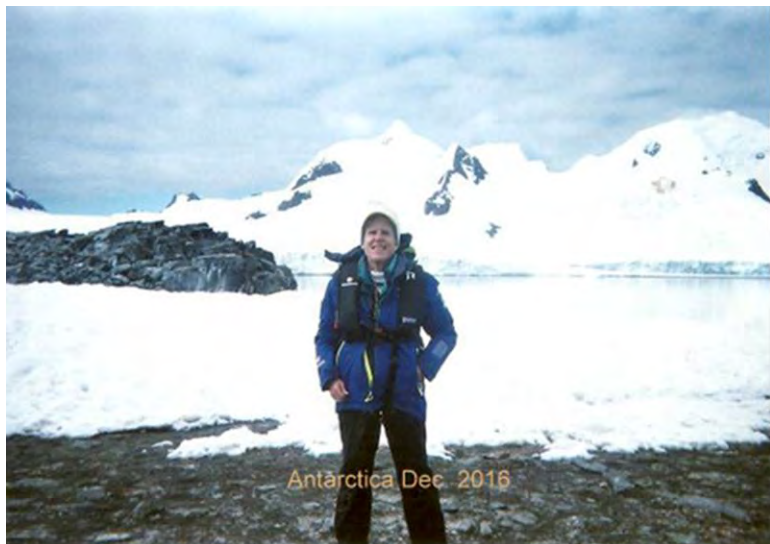
1/1 Michael Carbuto	2/1 Brad Miyasato
1/7 Adam Lindsey	2/3 Ben Beneski
1/9 Robb Briggs	2/7 Patrick Conner
1/13 Lorraine Silver	2/9 Michael Kezsely
1/14 Sean O'Brien	2/9 Bryan Prado
1/15 Angus Kennedy	2/10 Mike Smith
1/17 Paul Jacoy	2/13 Mark Johnson
1/18 Christopher Tapper	2/13 Zack Whitley
1/19 Ken Dunn	2/15 Adam Comeau
1/22 Dan Graham	2/15 William Fang
1/24 Allan Brown	2/15 Brett Hobza
1/27 Margie Gonzales	2/15 Claire Musica
1/27 Bernie Tan	2/16 Eddie Flores
1/30 Augie Robles	2/17 Andrew Sanchez
2/1 Brad Miyasato	2/19 Katy Klaasmeyer

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Angus Kennedy, *president*  
 Jason Coleman, *vp*  
 Erin Brinton, *treasurer*  
 Bill Austin, *secretary*  
 Yumi Afrento, *dir-at-large*  
 David Dassey, *dir-at-large*

William Fang, *dir-at-large*  
 Eddie Flores, *dir-at-large*  
 Margie Gonzales, *dir-at-large*  
 Mario Mota, *dir-at-large*  
 Patrick Owen, *dir-at-large*





In December, I went on one of the most amazing adventures of my life. And for this 81-year-old world-traveler that's saying a lot! I spent over two weeks exploring Antarctica. I had never had a real urge to go there, but since it was the only continent I had not visited (and I found a really good price last spring for early-bird sign-ups) I thought what the heck, why not?

OH BOY, was it ever worth it! We saw jagged snow-covered peaks (the Andes) rising up out of the sea, seals lounging languidly on ice floes, humpback whales arching out the water in very close proximity and BEST OF ALL, we wandered about with penguins. They are not at all afraid of humans. In fact, we were asked to stay at least 5 meters away to respect their space. I learned that they walk "funny" because they have no ankles (I guess we would, too, under those circumstances!).



This was a trip offered by Road Scholar (formerly Elderhostel). We sailed out of Punta Arenas, Chile on a Norwegian ship, the *Midnatsol* (Midnight Sun). Our group was about 80 out of the full ship's complement of some 300+. The amenities were terrific. I had my own commodious cabin with a nice big window, and the public spaces were splendid. I enjoyed my nightly glass of wine on Deck 9 while gazing out at the unbelievable scenery. And the food - OMG! It's a pity I'm a light eater, but I did my best. Being a Norwegian ship, we had fish offerings at each meal (I skipped the breakfast delicacies).



I also took part in two "extras" which were offered - snowshoeing and kayaking. The snowshoeing was tough because it followed a hilly trail. The uphill wasn't too bad, but the downhill was definitely challenging. The kayaking amidst icebergs, however was fabulous. We were in two-person sea kayaks in a very calm bay. The person in back handled the rudder and therefore directed the steering. I was in front, so all I had to do was keep on paddling.

Lastly, I celebrated my birthday, December 21, during the trip. Usually this is the shortest day of the year, but this time it was the longest!

# Call for LAFR Historical Items & Annual Awards

## ONE Archives at the USC Libraries

**By David Dassey**

ONE Archives is the largest collection of LGBTQ materials in the world, and it's located right here in Los Angeles under the auspices of the USC Libraries. Founded in 1952, ONE Archives' mission is to collect, preserve, and make accessible our queer histories for future generations. Its holdings comprise over 2 million archival items, including documents, publications, photographs, posters, art works of all kinds, and cultural objects such as picket signs, t-shirts, banners, flags, costumes, and buttons. Anything derived from gay organizations and activities is welcomed.

LA Frontrunners has some materials already in the [Archives](#), and now we are making a push to collect more materials related to our organization. DO YOU HAVE THINGS TO DONATE TO O.N.E.? Medals, awards, certificates, photographs, films, signs – anything that we've generated as a club over its 38 years in existence is welcomed. Please contact me to discuss getting your donations into the ONE Archive now.

We will also be scheduling a special tour of the Archives, located on West Adams Blvd near USC, for Frontrunners and friends. Look for a club survey soon to select a date for this special activity.

## Los Angeles Frontrunners Annual Awards Luncheon



### Who will succeed Wink as Frontrunner of the Year?

Yes, in case you missed the survey, our Annual Awards Banquet is a DAY event this year!

Sunday, February 26

\$30 per person, check your e-mail for info at Coral Reef in Atwater Village

*just kidding...really, just kidding, it's at Castaway in Burbank per usual, though I'm sure more than one person will come up to me in the next week saying "the awards are at Coral Reef??"*



New Year's Eve - from left: Rudy, Mike, Margie, Bobby, Bill, Rick and Jason (right)



# Catalina Eco



Rina rocked the kids race



Peng in the half marathon

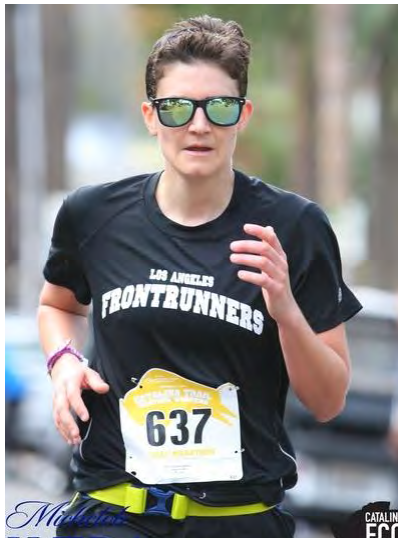
Carlos Vizcarra and Mike Kerkman led the way for LAFR at the Catalina Eco Marathon. Carlos was 2<sup>nd</sup> OA in the marathon and Mike was 2<sup>nd</sup> OA in the half marathon. The weather was great and the group had a great time. With Yumi on the trip as well as Rina and her roomie Auntie Erin, we had more women on a LAFR trip than we have had in quite some time! In other news, Prez Kennedy managed to face plant on the trail about 1.5 miles before the finish and got up and still managed to win his age group. An x-ray later in the day at the cute little Avalon hospital revealed a broken rib, which he insists was caused by Erin pushing him down (even though she had already finished the race when he fell...).



Angus (1<sup>st</sup> 50-54) & Reg (2<sup>nd</sup> 55-59) in the half marathon



Above: Yumi & the Kerkamizus  
Below: Richard & Dan



Above: Erin was 2<sup>nd</sup> 30-34 in the half marathon



Right: Eric & Richard were 1<sup>st</sup> and 3<sup>rd</sup> 65-69 in the 10K



# Catalina Eco



The half marathon medalists: Reg, Mike, Angus & Erin



Carlos finishing 2<sup>nd</sup> OA in the marathon



Above: Mike finishing 2<sup>nd</sup> in the 1/2  
Above right: Eric in the 10K  
Below: Angus in the 1/2  
Right: Deo in the full



Above: Eric, Erin & Richard  
Below: Brian, Mario & Carlos



# Revel Canyon Half & Full



Bernie Tan & Martin Carlson (left) became the first two LAFR qualifiers for Boston 2018 at Revel Canyon City 11/11. In the half marathon, Mark Johnson placed 10<sup>th</sup> overall (2<sup>nd</sup> 45-49) and Bruce Bair was 1<sup>st</sup> 50-54 (pictured below). 8 LAFRs set either 5-year or lifetime PRs that day. This newer race continues to be one of the quickest courses and best organized races in the SoCal region.

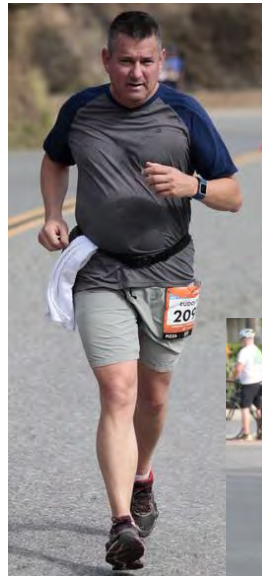
Right: the half marathon guys – John, Bruce, Angus, Rick, David, Mark & Bill



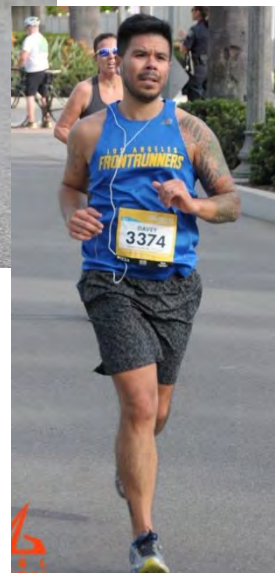
Below: Mark on his way to a 10<sup>th</sup> place overall finish in the half marathon



Margie & Nicole after the half marathon



Left: Rudy Van Graan in the full marathon



Right: David Gonzalez in the half marathon

# Erin's Mom & More



Over the holidays, Erin's parents came to visit for about a week. Erin's Mom, in addition to birthing the spectacular-ness that is Erin (and just being all around lovely) is also an accomplished trail and road runner (previous Boston qualifier). A few days after Xmas, Mike Kerkman led a run up to the Hollywood Sign. Martin, Reg & Bernie joined Mike, Erin & Mom for the beautiful morning run.



Jane Dods ran the Pantsuit Pursuit 5K in Eugene, OR, on January 21

"What a hoot - even some of the guys wore pantsuits!"



Bernie cooking New Year's Day "Outta my kitchen!!!"

Jason, Margie & Bill at the Homeless for the Holidays 5K last December 11

Bill Austin was the overall winner in the 5K!



Deo with Athens Olympic Marathon Silver Medalist Meb Keflezighi at RnR San Antonio



# Reindeer Run & Breakfast at Mario's



Kevin, Mark, Frank & Frank's cousin (visiting from Poland)

20 LAFRs raced the Reindeer Run on December 18<sup>th</sup>. We had three overall winners with Mark Johnson winning the 15K, Mike Kerkman winning the half marathon and Erin Brinton winning the half marathon for the women. After the race, we all headed back to Mario's, where his Mom (visiting from Portugal) cooked us breakfast!



Above: the half marathon champs  
 Above right: Jim in the 5K  
 Below: Margie in the 5K  
 Right: Dan, Carlos, Rock, Mike



Rick, David & Host Mario



Eddie raced his first half marathon!



Peng & Prez selfie

# Reindeer Run



*Left:  
Mark on  
his way  
to  
winning  
the 15K*



*Right:  
Erin &  
Mike on  
their  
way to  
winning  
the half*



*The  
LAFR  
15K  
trios:*

*Left:  
Angus,  
Rick &  
Mario*

*Right:  
Rob,  
Dan &  
Richard*



*Bill went back out on the course after the 5K to pace Patrick in the 15K*



*Eddie running his first half marathon*

# Reindeer Run



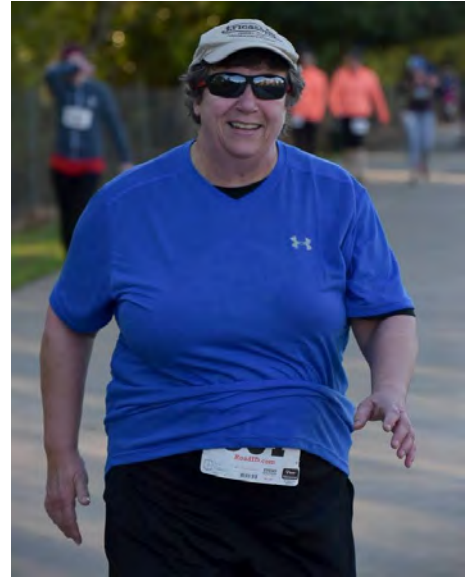
*Left:  
Carlos  
was 4<sup>th</sup>  
OA in  
the 5K  
and won  
his age  
group*



*Right:  
Jason &  
Margie  
enjoying  
the 5K*



*Left:  
Mike in  
the 10K  
&  
Darwin  
in the  
15K*



*Right:  
Nicole in  
the 5K*



*Happy Couple*



*Rina & some uncles*



*Champs at rest*

# White Elephant



Mark, Carlos & Walsky

The Prez & First Hubby hosted the traditional December White Elephant Silver Lake Tuesday night potluck. There was good food and funny gifts, the most popular being several "toys" and also a box of rings, made of elastic, fabric & snaps...



David & Ken



Above: Richard, Mike & Mario  
Right: the goodies  
Below: Allen, Rob, McG, Yumi



Kevin & Eddie



Angus, newly bald

# Jim's Holiday Spectacular



*Doug, Dan, Paul, Angelo & Dennis*

Jim & Ted once again opened their home to LAFR for a lovely evening of frivolity and of course, eating. We collected socks for Senior Services at the LGBT Center. Thanks to Jim and the volunteers for making this LAFR tradition a joyous night!



*Above: Jason, Deo, Erin & Angus*



*Left:  
Yumi,  
Margie &  
Nicole*



*Right:  
Rusty,  
Eric  
& Danny*



*Above: Tom & Neil*



*Above: David, Jeff & Serena*

*Left: Mike & Chris*



*Above: John, Rick, Eric & Gary*

# New Year's Day at Bernie & Dan's



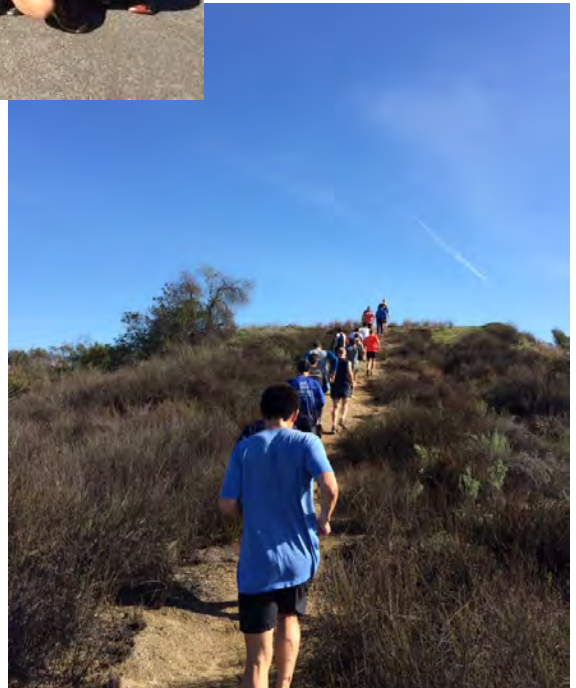
LAFRs started 2017 with a beautiful morning run and breakfast hosted by Bernie & Dan. After Bernie led a trail run, we enjoyed delicious brunch food and mimosas with great company and a few enjoyed a relaxing stop in the jacuzzi.

*Left: the gang before the run  
Below: the gang on the run*



*Above: Mike, Jeff, Mark, WTF, Erin & Martin*

*Below: Mark soup*



*Chillin' on the deck*



# Upcoming Events

## Sean O'Brien Trail Runs Volunteers Saturday, February 4, 10-5



If you would like to be a volunteer at the Sean O'Brien Trail Runs race on Saturday, February 4, in Malibu Creek State Park please contact John Kawaharada at [johnkawaharada@aol.com](mailto:johnkawaharada@aol.com)

## Los Angeles Frontrunners Annual Awards Luncheon



Sunday, February 26  
Castaway Restaurant  
Burbank

Who will take the crown?

## LAFR Annual Meeting aka run/breakfast/chat



Hosted by Brett & Moises  
Sunday, March 5, at Brett's  
4627 Collis Ave., LA, 90032

## Los Angeles Marathon Eating Events



Pasta Party at Rob Chen's  
Friday, 3/17

Post-race at Rob Chen's  
after the race, 3/19

# Race Results



Carlos Vizcarra winning the Palm Springs Pride 5K in November

## Leona Divide 50K Trail

Leona Divide, CA 4/16  
Raul Borja.....7:18:51

## Ventura Marathon

Ventura, CA 9/11  
Deo Jaravata.....4:12:37

## SRLA 5K

LA, CA 10/8  
Deo Jaravata.....29:43

## Race for the Rescues 5K

Pasadena, CA 10/15  
Margie Gonzales.....41:05  
Nicole Oeuvray.....43:06

## 13.1 Nashville

Nashville, TN 10/29  
David Grudzien.....2:06:32

## LA RnR Half

Los Angeles, CA 10/30  
Margie Gonzales.....3:21:43

## Dash to the Finish 5K

New York, NY 11/5  
David Grudzien.....26:39

## NYC Marathon

New York, NY 11/6  
Mario Mota.....3:51:00  
Deo Jaravata.....4:48:51  
David Grudzien.....5:01:43 PR  
Jason Coleman.....6:23:22

## Revel Canyon City (Grand Prix)

Azusa, CA 11/12  
**Half**  
Mark Johnson.....1:24:53 2<sup>nd</sup> 45-49  
Bruce Bair.....1:27:46 1<sup>st</sup> 50-54/PR  
Angus Kennedy.....1:37:12  
Rick Allison.....1:40:14 PR  
Bill Austin.....1:47:23 PR  
David Gonzalez.....1:53:49  
John Miles.....2:00:39 PR  
Margie Gonzales.....3:01:26  
Nicole Oeuvray.....3:23:14 PR

### Full

Bernie Tan.....3:22:24 BQ  
Martin Carlson.....3:36:27 BQ/PR  
Rudy Van Graan.....4:43:53 PR

## Catalina Eco Trail (Grand Prix)

Avalon, CA 11/19  
**10K**  
Eric Fischer.....51:23 1<sup>st</sup> 65-69  
Richard West.....64:32 3<sup>rd</sup> 65-69

### 14.1 Miles

Mike Kerkman.....1:50:56 2<sup>nd</sup> OA  
Erin Brinton.....2:18:29 1<sup>st</sup> 35-39  
Angus Kennedy.....2:26:03 2<sup>nd</sup> 30-34  
Reg Willson.....2:32:52 1<sup>st</sup> 50-54  
Richard Peng.....2:38:18 2<sup>nd</sup> 55-59  
Mario Mota.....3:23:00

### Full

Carlos Vizcarra.....3:25:42 2<sup>nd</sup> OA  
Deo Jaravata.....5:29:33 1<sup>st</sup> 40-44

## Turkey Trot-tacular (Grand Prix)

**Downtown Turkey 5.6 – 11/24**  
Duane Howard.....36:59 1<sup>st</sup> 35-39  
Rick Allison.....41:43

**Turkey Trot 5K – 11/24**  
Richard Nelson.....23:22 1<sup>st</sup> 65-69

**Burbank Turkey 10K – 11/24**  
Patrick Owen.....50:14 3<sup>rd</sup> 55-59

**Thanksgiving ATC Half – 11/24**  
David Grudzien.....2:10:24

**Turkey Trek Half – 11/25**  
Bill Austin.....1:54:30 1<sup>st</sup> 55-59

**Turkey Dash Half – 11/26**  
Bill Austin.....2:02:32 1<sup>st</sup> 55-59  
Margie Gonzales.....3:12:03 1<sup>st</sup> 60-64

**Giving Thanks 10K – 11/27**  
Erin Brinton.....45:07 1<sup>st</sup> OA F  
Richard Nelson.....50:12 1<sup>st</sup> 30-34  
1<sup>st</sup> 65-69

**Giving Thanks 15K – 11/27**  
Mario Mota.....72:08 3<sup>rd</sup> OA  
Patrick Owen.....77:06 1<sup>st</sup> 50-54  
1<sup>st</sup> 55-59/PR

**Giving Thanks Half – 11/27**  
Bill Austin.....2:07:31 1<sup>st</sup> 55-59  
Bill Winkelmann.....2:14:49 1<sup>st</sup> 60-64  
Margie Gonzales.....3:25:16 1<sup>st</sup> 60-64

**Panama City Full – 11/27**  
Deo Jaravata.....4:44:44

**Space Coast Half – 11/27**  
David Grudzien.....2:06:14

**Holiday Fun (Grand Prix)**  
Santa Monica, CA 12/4

**5K**  
Bill Austin.....25:25 3<sup>rd</sup> 55-59  
Bill Winkelmann.....28:18 2<sup>nd</sup> 60-64  
Steven Morchak.....32:03  
Margie Gonzales.....40:44 2<sup>nd</sup> 60-64

**15K**  
Patrick Owen.....73:01 1<sup>st</sup> OA  
Richard Nelson.....76:12 1<sup>st</sup> 55-59/PR  
2<sup>nd</sup> OA  
1<sup>st</sup> 65-69/PR

**Half Marathon**  
Mario Mota.....1:46:55 1<sup>st</sup> 50-54



# Race Results

## Santa Clarita Half

Santa Clarita, CA 11/6

Margie Gonzales.....3:14:32

Nicole Oeuvsray.....3:31:57

## Soldier's Half

Columbus, GA 11/12

David Grudzien.....2:22:43

## Dr. Strange 10K

Anaheim, CA 11/12

Jason Coleman.....1:34:43

## RnR Las Vegas Full

Las Vegas, NV 11/13

Deo Jaravata.....4:32:50

## Avengers Half

Anaheim, CA 11/13

Jason Coleman.....2:34:10

## MM Southwest Half

Bullhead City, AZ 11/18

David Grudzien.....2:24:05

## Queenstown Marathon

Queenstown, NZ 11/19

David Dassey.....4:30:48

## Magic City Half

Birmingham, AL 11/20

David Grudzien.....2:07:23

## Panama City Full

Panama City, Panama 11/27

Deo Jaravata.....4:44:44

## 13.1 Baltimore

Baltimore, MD 12/3

David Grudzien.....2:09:19

## Rock the Oceanfront 5K

Long Beach, CA 12/3

Jason Coleman.....28:29

## VA Blue and Grey Half

Fredericksburg, VA 12/4

David Grudzien.....2:14:20



Jason Coleman & Mario Mota at the expo before the NYC Marathon

## Javelina Jundred 100 Mile

Fountain Hills, AZ 10/29

Raul Borja.....27:00:07 1<sup>st</sup> 100 Mile

## Main Street 10K

La Puente, CA 10/30

Carlos Vizcarra.....41:10 2<sup>nd</sup> 40-44

Deo Jaravata.....61:34

Mike Smith.....66:38

Brian Dunbar.....69:36

## Griffith Park Trail 5.7 Mile

Griffith Park, CA 11/13

Mike Kerkman.....40:37 1<sup>st</sup> 35-39

## Beach Dash Half

Long Beach, CA 11/19

Bill Austin.....1:57:50 1<sup>st</sup> 55-59

Margie Gonzales.....3:11:09 1<sup>st</sup> 60-64

## Tiger Run 5K

Pasadena, CA 12/3

Bill Austin.....21:49 3<sup>rd</sup> 55-59

Margie Gonzales.....40:20

## LA River Run 10K

Griffith Park, CA 12/4

Rick Allison.....45:57 1<sup>st</sup> 50-54/PR

## Hands On 5K

Santa Clarita, CA 12/10

Bill Austin.....23:14 1<sup>st</sup> 55-59

Margie Gonzales.....39:29

## Samo/Venice Xmas 5K

Santa Monica, CA 12/9

Carlos Vizcarra.....17:50 1<sup>st</sup> 40-44

## Holiday Half (Grand Prix)

Pomona, CA 12/11

Carlos Vizcarra.....1:27:42 2<sup>nd</sup> 40-44

David Gonzalez.....1:47:42

Patrick Owen.....1:48:23

Deo Jaravata.....1:55:31

Brian Dunbar.....1:56:39

Raul Borja.....2:05:39

Mike Smith.....2:17:14

## Homeless for Holidays 5K

Los Angeles, CA 12/11

Bill Austin.....23:18 1<sup>st</sup> OA  
1<sup>st</sup> 55-59

Jason Coleman.....26:38 1<sup>st</sup> 40-44

Margie Gonzales.....39:58 1<sup>st</sup> 60-64

## Finish the Ride 5K

Van Nuys, CA 12/11

Margie Gonzales.....39:55 1<sup>st</sup> 60-64

## Paramount Ranch Trail Full

Calabasas, CA 12/17

Deo Jaravata.....4:41:19 1<sup>st</sup> 50-54

## Natasha Watley 5K

Van Nuys, CA 12/17

Bill Austin.....23:18 2<sup>nd</sup> 55-59

Margie Gonzales.....39:21 2<sup>nd</sup> 60-64

# Race Results

## Cruise the Marina 5K

Long Beach, CA 12/4

Jason Coleman..... 28:51

## RnR San Antonio Full

San Antonio, TX 12/4

Deo Jaravata..... 4:00:07

## Barbs 5K

Atlanta, GA 12/4

David Grudzien.....46:18

## Insane Inflatable 5K

Orlando, FL 12/7

David Grudzien.....41:40

## Conquer Our Run 5K

Hermosa Beach, CA 12/10

Jason Coleman..... 29:58

## Seasons Greetings 5K

Long Beach, CA 12/11

Jason Coleman..... 30:06

## Jeff Galloway 13.1

Atlanta, GA 12/11

David Grudzien.....2:01:38 PR

## Winter 7 Day 4 5K

Long Beach, CA 12/15

Jason Coleman..... 32:30

## Winter 7 Day 5 5K

Long Beach, CA 12/16

Jason Coleman..... 31:16

## Yuletide 5K

Manhattan Beach, CA 12/17

Jason Coleman..... 36:24

## Mt. Dora Half

Mt. Dora, FL 12/18

David Grudzien.....2:13:08

## Flashlight 5K

Lawrenceville, GA 12/31

David Grudzien.....45:34



David Dassey, Deo Jaravata & Allynne Winderman before the Operation Jack Marathon on December 26

## Reindeer Run (Grand Prix)

Van Nuys, CA 12/18

### 5K

Carlos Vizcarra.....18:40 1<sup>st</sup> 40-44  
 Bill Austin..... 25:31 3<sup>rd</sup> 55-59  
 Jim Martinez..... 28:00 1<sup>st</sup> 60-64  
 Margie Gonzales.....40:05 1<sup>st</sup> 60-64  
 Jason Coleman.....41:17  
 Nicole Oeuvray.....43:04

### 10K

Mike Carbuto.....61:51 1<sup>st</sup> 60-64

### 15K

Mark Johnson..... 59:13 1<sup>st</sup> OA  
 1<sup>st</sup> 45-49  
 Mario Mota.....69:31 3<sup>rd</sup> OA  
 1<sup>st</sup> 50-54/PR  
 2<sup>nd</sup> 50-54/PR  
 Rick Allison.....69:56 2<sup>nd</sup> 50-54/PR  
 Angus Kennedy.....71:51 3<sup>rd</sup> 50-54  
 Darwin Marengo..... 73:15 1<sup>st</sup> 30-34/PR  
 Patrick Owen..... 75:34 1<sup>st</sup> 55-59  
 Rob Chen.....84:40 2<sup>nd</sup> 35-39/PR  
 Richard Peng.....84:40 1<sup>st</sup> 40-44  
 Dan Vu.....85:12 2<sup>nd</sup> 40-44

### Half Marathon

Mike Kerkman..... 1:23:05 1<sup>st</sup> OA  
 1<sup>st</sup> 35-39  
 Erin Brinton.....1:39:28 1<sup>st</sup> OA F  
 1<sup>st</sup> 30-34  
 Eddie Flores..... 1:47:01 2<sup>nd</sup> 40-44/PR  
 Richard Nelson..... 1:50:52 1<sup>st</sup> 65-69

## Holly Jolly 5K

Fountain Valley, CA 12/24

Bill Austin..... 22:21 2<sup>nd</sup> 55-59

## Happy Holidays 5K

Santa Monica, CA 12/25

Bill Austin..... 21:14 1<sup>st</sup> 55-59  
 Jason Coleman.....32:34 3<sup>rd</sup> 40-44  
 Margie Gonzales.....41:04 3<sup>rd</sup> 60-64

## Operation Jack (Grand Prix)

Dockweiler, CA 12/26

### 5K

Jason Coleman.....25:55 3<sup>rd</sup> 40-44/PR  
 Margie Gonzales.....38:52 2<sup>nd</sup> 60-64

### Half

Mario Mota.....1:45:35 2<sup>nd</sup> 50-54  
 Rudy Van Graan.....2:12:11 2<sup>nd</sup> 55-59

### Full

David Dassey.....4:06:48 1<sup>st</sup> 65-69/BQ  
 Deo Jaravata..... 4:51:19  
 Rick Allison.....5:00:39 2<sup>nd</sup> 50-54/PR  
 Allynne Winderman..5:01:09 1<sup>st</sup> 65-69

## New Year's Eve (Grand Prix)

Long Beach, CA 12/31

### 5K

Rick Allison..... 21:43 1<sup>st</sup> 50-54  
 Bill Austin..... 22:12 2<sup>nd</sup> 55-59  
 Mike Carbuto.....28:44 1<sup>st</sup> 60-64  
 Rudy Van Graan.....30:31 PR  
 Margie Gonzales.....38:53 2<sup>nd</sup> 60-64

### 15K

Patrick Owen..... 77:48 1<sup>st</sup> 55-59  
 Jason Coleman.....91:55 1<sup>st</sup> 40-44

# Grand Prix Standings as of 12/28 – does not include final race of 2016!

## CHAMPIONS RACE

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

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

### MALE

1. Mark Johnson	6	81.91
2. Carlos Vizcarra	6	80.87
3. Mike Kerkman	6	75.87
4. Richard Nelson	6	74.87
5. Bill Austin	6	73.77
6. David Dassey	6	71.82
7. Rick Allison	6	70.16
8. Angus Kennedy	6	69.66
9. Mario Mota	6	69.02
10. Martin Carlson	6	67.90

### FEMALE

1. Erin Brinton	6	67.70
2. Maria Poso	6	65.38
3. Margie Gonzales	6	50.82
4. Nicole Oeuvray	6	42.21
5. Allyne Winderman	4	71.48
6. Keeley Webster	3	36.13
7. Jane Dods	2	60.74
8. Karen Carey	2	55.65
9. Brandi Spence	2	42.39
10. Regina Robinson	2	32.44

### RACEWALK

1. Deo Jaravata	6	61.03
2. Bill Walsky	6	55.74
3. Nicole Oeuvray	3	54.68
4. Juan Moreno	2	60.44
5. Tim Chung	2	37.22

## TRAIL MASTER

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

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

1. Bill Austin	5	107.58
2. Deo Jaravata	5	97.70
3. Mario Mota	5	90.72
4. Jason Coleman	5	73.28
5. Richard Peng	5	72.50
6. Mike Kerkman	4	109.46
7. Angus Kennedy	4	100.67
8. David Dassey	4	99.67
9. Jonathan Toker	4	92.38
10. Mike Carbuto	4	87.16

## AGE GROUP GUYS

Division	Races	Points
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### Male 20-29

1. Adrian Adams	3	375
2. Angelo Murray	2	270

### Male 30-34

1. Darwin Marengo	5	620
2. Mike Heredia	3	425
3. Piyush Prakash	2	260
4. Alexander Bazley	1	130
5. Patrick Conner	1	80

### Male 35-39

1. Mike Kerkman	6	935
2. Raul Borja	6	710
3. David Gonzalez	6	690
4. Duane Howard	4	500
5. Rob Chen	3	370

### Male 40-44

1. Carlos Vizcarra	6	880
Jason Coleman	6	880
3. Richard Peng	6	685
4. John McGuinness	5	620
5. Dan Vu	4	430

### Male 45-49

1. Mark Johnson	6	825
2. Moises Medina	6	775
3. Marcelino Goncalves	6	695
4. Bernie Tan	4	410
5. Bruce Bair	3	365

### Male 50-54

1. Mario Mota	6	870
2. Rick Allison	6	860
3. Angus Kennedy	6	855
4. Deo Jaravata	6	760
5. John Miles	5	580

### Male 55-59

1. Bill Austin	6	890
2. Patrick Owen	6	845
3. Martin Carlson	6	690
4. Reg Willson	4	495
5. Doug Jones	5	440

### Male 60+

1. Richard Nelson	6	895
2. David Dassey	6	790
3. Bill Winkelmann	6	750
4. Mike Carbuto	6	740
5. Bill Walsky	6	715

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

## AGE GROUP GALS

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

### Female 30-39

1. Erin Brinton	6	915
2. Brandi Spence	3	350

### Female 40-49

1. Maria Poso	6	730
2. Karen Carey	5	620
3. Regina Robinson	2	230
4. Keeley Webster	1	110

### Female 50-59

1. Nicole Oeuvray	5	810
2. Yumi Afrento	3	260

### Female 60+

1. Margie Gonzales	6	820
2. Allyne Winderman	2	265
3. Connie Hammen	1	115
Jane Dods	1	115



New Year's Eve: Margie (above) & Bill (below)



# All-Around Challenge Standings as of 12/28

Rank	MOST	
1	Jason Coleman	32
2	Margie Gonzales	30
3	Bill Austin	26
4	David Grudzien	24
5	Bill Winkelmann	9
6	Angus Kennedy	8
	Nicole Oouvray	8
8	Mike Carbuto	6
9	David Dassey	5
	Mario Mota	5
11	John McGuinness	4
	Doug Jones	4
	Moises Medina	4
	Erin Brinton	4
	Mike Kerkman	4
	John Miles	4
17	Six LAFRs	3
23	Ten LAFRs	2
33	Thirty-nine LAFRs	1

Rank	Highest Age Grade Male	
1	Eric Alvarez	
	Boston: 2:49:41	88.81
2	Carlos Vizcarra	
	London: 2:48:29	84.96
3	Mark Johnson	
	Boston: 3:00:53	84.05
4	Bruce Bair	
	Revel Half: 1:27:46	80.10
5	Moises Medina	
	GP Half: 1:26:02	79.02
6	Mike Kerkman	
	Wrigley 5K: 17:16	78.47
7	Sean O'Brien	
	LA Full: 3:21:12	78.34
8	Bill Austin	
	Wrigley 5K: 20:36	77.19
9	Marcelino Goncalves	
	LA Full: 3:17:29	75.00
10	John McGuinness	
	LA Full: 3:13:28	73.99

Rank	Highest Age Grade Female	
1	Erin Brinton	
	Monster Dash 15K: 68:52	70.52
2	Allyne Winderman	
	LAFR 5K: 28:58	69.97
3	Maria Poso	
	Surf City Full: 3:55:17	68.95
4	Connie Hammen	
	LAFR 5K: 55:21	51.69
5	Margie Gonzales	
	Spring Equinox 10K: 1:18:26	51.43
6	Karen Carey	
	LAFR 5K: 29:56	51.41
7	Brandi Spence	
	LAFR 5K: 35:45	42.53
8	Nicole Oouvray	
	Summer Sensation 10K: 1:30:18	41.65

Rank	PR Race	
1	Jason Coleman	
	10 races	54.91
2	Richard Korn	
	Agoura 10K	18.22
3	Bill Austin	
	3 races	18.15
4	Mike Heredia	
	LAFR 5K	15.75
5	Juan Moreno	
	SoCal Half	14.50
6	Mike Kerkman	
	2 races	9.21
7	David Grudzien	
	Peachtree 5K	9.14
8	John Miles	
	3 races	7.98
9	Moises Medina	
	GP Half	4.85
10	Nicole Oouvray	
	Shane's 5K	4.81

Challenge Distance by Month	
JAN	Half Marathon
FEB	Full Marathon
MAR	10K
APR	Full Marathon
MAY	10K
JUN	5K
JUL	10K
AUG	Full Marathon
SEP	5K
OCT	15K/10Mile
NOV	Half Marathon
DEC	5K



Left: Bruce & Rick relaxing after Revel Canyon City Half - Right: New Year's Eve Race – Mike, Patrick, Rudy, Rudy's friend, Rick



# Upcoming Grand Prix Races & Rules

## Grand Prix Races

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

**Sunday 1/22 in Santa Monica  
Winter Fun**

5K/10K/15K/Half

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

**Sunday 1/29 in Griffith Park  
Griffith Park Run**

5K/Half

<http://www.griffithparkrun.com>

**Saturday 2/4 in Malibu Creek  
SOB Trail**

26M/50K/50M/100K

<http://www.sob5050.com>

**Sunday 2/5 in Santa Monica  
Winter Blast**

5K/10K/15K/Half

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

**Sunday 2/12 in Van Nuys  
Valentine's Day**

5K/10K/15K/Half

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

**Sunday 2/19 in Griffith Park  
Action Jackson**

5K/10K

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

**Saturday 3/4 in Griffith Park  
Griffith Park Trail Half/Full  
Half/Full**

<http://www.griffithparktrailmarathon.com/>

**Sunday 3/12 in Griffith Park  
Run Deo Run Trail**

5K/10K/Half/Full

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

**Saturday 3/19 in LA  
Los Angeles Marathon**

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

## 2017 Club Challenge Rules Changes

Like 2016, the 2017 LAFR Club Challenge has three categories: Most Races, Highest Age Grade (male and female), and PR Champ.

### DISTANCES

For the Club Challenge, each month in 2017 has a designated race distance(s). For 2017, some months have more than one designated distance and two months are "Trail" months (trail races at any distance).

### NEW RULES FOR CLUB CHALLENGE 2017:

1. In the MOST RACES category, there is a limit of 4 (four) races per month. This limit does not apply to age grade or PR. For example, if in April, you race 6 5ks, only 4 will count towards your "Most" total but age grades/PRs from all 6 races are eligible.
2. EXCEPTION to Rule #1: From 11/23 (Thanksgiving Day) thru December 31, there is no limit to how many races you can apply to your "Most" total.
3. Challenge Bonus races: these are designated races that will count for all three categories of the Challenge regardless of the designated distance for that month. In general, these bonus races include club races (Pride/Deo, etc.) and any out-of-town club race trips (Boston, Catalina, etc.).
4. For any month where the designated challenge distance includes half marathon, 15K will also be accepted.

## 2017 Trail Master Rules Changes

1. For 2017, the Trail Master division will combine your FOUR best trail results.
2. Bonus points for longer distances have been increased.



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