

# FrontPage

## 100 (+3) Miles in the Hood

By Mike Murphy

Perhaps you have asked yourself what running 100 miles is like or perhaps you have asked yourself if LAFRs like Ric Munoz, Sean O'Brien and myself have lost their minds! Either way, here is a "snapshot" of my "100 In the Hood" endurance race at Mt. Hood in Portland, Oregon.

**Saturday, September 26th:**

**2:30 am** - Wake up! Time to carbo load. It's 35 degrees. My goal is to complete the race under 24 hours. Runners who do so receive a "buckle" that in the ultra-running community is well regarded. I am excited and nervous.

**4:30 am** - I arrive at the start with my parents (my brave and loyal race crew!). I had a crew and 2 pacers for my original race in the Angeles Forest the weekend before that was cancelled due to fires. I had no pacers for this race. My parents joined me as my crew. This was their first endurance sporting event.

**4:57 am** - Ready for the 5 am start. Mom is nervous and keeps hugging and kissing me asking if I am warm enough and had enough to eat. Dad cracks a few jokes. I am calm and ready.

**5:00 am** - Off I go into the dark woods with nothing more than a headlamp & 130+ runners in pursuit of completing 100 miles.

**6:30 am** - Feeling great as the sun rises. Hooray for daylight! No tripping on hidden tree roots, stumps and rocks in the dark.

**8:30 am** - Start to fall into a pace group with a few runners (Adam, Jennifer and Lupe) and we find out we're all doing our first 100 mile race ever. We stay together for a while until...

**10:30 am** - I get stung by bees on my left calf and need a quick medical stop at the aid station. Wasn't expecting that. I tell Jen, Adam & Lupe to keep running and I will catch up (hopefully).



Mike at the start line

**11:00 am** - At the aid station, Mom has a PB & J sandwich for me to and Dad has Gatorade. I eat boiled potatoes w/ salt as well. During an endurance race, these are the best! The stations are stocked with fruit, bagels, candy and even Jack Daniels. Yes, you read that right..Jack Daniels..I guess they figure if we're crazy enough to run 100 miles then maybe we're willing to down a shot along the way. I decide to stick to water - I'll re-assess at mile 85 - maybe it will be a different story then.

**12:00 pm** - I catch up to Lupe and we're excited to reconnect. She has a great energy and is a strong runner. For the rest of the afternoon Lupe and I bond through the whole experience.

**4:00 pm** - Mile 48 - Lupe rolls her ankle and needs to slow down so I stay with her until the aid station at mile 55.

**5:10 pm** - We arrive at mile 55. Lupe can't go any further on her swollen ankle and decides to pull out. For a second, I thought I could change her mind but realized this was best for her. I had hoped we would push each other to the end. I gave her a big hug as she left with her family. My sadness for Lupe is suddenly sidetracked by the arrival of my Mom & Dad along with my co-worker Bill, his wife, three kids, and St. Bernard. It was just the lift I needed! Mom fed me three slices of pizza and an energy bar. She asked if I needed my evening jacket/gear. It was still warm so I said I'd get it at mile 65. I finish my food, change shirts, and head out. I was sad about Lupe but tried to refocus back to finishing sub-24 hrs.

**7:00 pm** - The sun sets and the temp drops. I turn on my headlamp to run in the dark for 12+ hours. I pass runners here and there but mostly am alone. The trail is rocky and hilly. It's hard to see anything beyond a few feet.

**continued on page 7**



Filling up his water bottle at mile 55

# Board Message: The Menu - Er, Road - Ahead

By ANGUS KENNEDY



If you missed September's inaugural Veggie Cook-Off -- a truly FABULOUS spread at the casa de Mark Jones y Brad Maury -- chances are you can still catch part of it... namely, my face prints against the glass door to their patio. (Judging by the print I left, clearly I need an astringent.) Seriously: since when are bedrooms no longer open-air?

Looking ahead -- now there's some novel advice -- our calendar of traditions are, at least to my eyes, curiously taking on the image of a tempting menu-to-order. And not just because my helping of Robb Brigg's macaroni and cheese with faux bacon got pancaked against a sliding exit.

We've slinging potlucks in Silver Lake. Cornbread-and-cold-beer-a-plenty with Rusty and the Chili Cook-off. Our annual meeting breakfast. Holiday cupcakes and sweets be-sparkling Christmas party tables as beloved Jim Martinez once again out-decorates Macy's. And that's not even counting a beast of a Fall Feast and the Annual Banquet at Castaways.

But behind each recipe and underscoring every dish isn't some low carb-friendly whole grain or those vegan substitutes, it's fellowship. The very act of people sitting down together -- or shifting their weight on one leg, with a snazzy cocktail balanced in the opposite hand -- is all about sharing... themselves, what they have, what they've experienced. The age old ritual of breaking bread, if you will. Each year, LAFR offers course after course of a proverbial meal of fun and friendship... and you, dear member, will always be our guest of honor.

Come hungry for camaraderie, leave happy.

## LAFR Board Meeting Briefs 9/09

September 3 at Mark's

- A. Sunset Junction** Mike Kerkman did fabulous job, club made \$779 in tips and \$600 in pay. All monies received/deposited.
- B. GLEH Pride Run donations:** Sent and received by GLEH. Will follow up in regards to 501C(3) letters
- C. Membership:** New members who join thru end of 2009 will be rolled over to 2010 - membership forms updated on active/website
- D. Upcoming Events:** Veggie Cook-Off (9/13), Chili Cook-Off (10/18), Pee-Wee Herman (Dec), Fall Feast (TBD), starting planning stages for Catalina, Death Valley, Echo Park Stairs
- E. Annual Meeting:** Griffith Park has raised their rental rates for our usual space at the park from \$125 to \$750. Board is searching for an alternate location to hold the annual meeting.
- F. Don Thompson Scholarship Status** Amy attended a meeting with bigwigs at USC to discover criteria for endowing Don Thompson Scholarship. Board leaning towards not achieving endowed status, but still keeping option open.
- G. Mimi's** Mike Kalvoda gathering information for possible fundraising opportunities at Mimi's in Los Feliz
- H. Marathon Training:** Patrick working with Mike Kerkman to organize marathon training for slate of marathons between February and March of 2010
- I. Next Board Meeting:** October 3 at Patrick's

### WELCOME NEW MEMBERS!!

Michael Feretti  
Terry Finestein  
Frank Jacoy  
Michael Khum  
Jeffrey Masino  
Timothy McLean  
Paul Santello  
Craig Swogger

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Amy Ross, *vice president*  
Doris Chung, *treasurer*  
William Fang, *secretary*  
Mike Kalvoda, Mark Jones, and  
Patrick Owen, *directors at large*

LAFR FrontPage  
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*photographers*

# Inaugural LAFR Vegetarian Cook-Off

50+ dishes - 80+ people - fun for all!  
Thanks Brad & Mark for hosting!!

**Veggie  
Queen  
and  
Best in  
Show**

**David  
Carter  
Dinielli**



Veggie 101  
champs:  
Reg  
Willson  
and Amy  
Ross



Faux Meat  
champs:  
Rich Soto,  
Robb  
Briggs,  
and Mike  
Kerkman



Vegan  
Dessert  
champs:  
Ken Wilson  
(stand-in  
for Jeff  
Cronin),  
Rusty  
Millar and  
David  
Dinielli



Vegan  
champs:  
Steve  
Frybarger,  
Chris  
Clemenson,  
and William  
Korthof



Tofu  
champs:  
Roy,  
Bernie Tan  
and  
Matthew  
Black

## CHAMPIONS!

### Best in Show

- |                   |                             |
|-------------------|-----------------------------|
| 1. David Dinielli | Chocolate Rosemary Cupcakes |
| 2. Reg Willson    | Channa Masala               |
| 3. ChrisClemenson | Citrus Soba Noodles         |

### Veggie 101

- |                |   |
|----------------|---|
| 1. Reg Willson | Channa Masala                           |
| 2. Bandit      | Eggplant Lasagna                        |
| 3. Amy Ross    | Not for the Faint of Heart Mac & Cheese |

### Vegan Main/Side

- |                    |                              |
|--------------------|------------------------------|
| 1. ChrisClemenson  | Citrus Soba Noodles          |
| 2. William Korthof | Tomato Basil Polenta         |
| 3. Steve Frybarger | Roasted Portobello Mushrooms |

### Tofu

- |                  |                    |
|------------------|--------------------|
| 1. Bernie Tan    | Tofu Stew          |
| 2. Matthew Black | Fried Rice w/ Tofu |
| 3. Roy           | Costa Rican Tofu   |

### Faux Meat

- |                 |                            |
|-----------------|----------------------------|
| 1. Robb Briggs  | Mac & Cheese w/ Faux Bacon |
| 2. Mike Kerkman | Chicken-esque Salad        |
| 3. Rich Soto    | Spicy Vegetarian Chili     |

### Vegan Dessert

- |                   |                             |
|-------------------|-----------------------------|
| 1. David Dinielli | Chocolate Rosemary Cupcakes |
| 2. Jeff Cronin    | Tofu Cheesecake             |
| 3. Rusty Millar   | Blueberry Pie               |

**LAFR RACE RESULTS****Reykjavik Marathon**

Reykjavik, Iceland 8/22

David Dassey.....5:06:15

**Bulldog 25K/50K**

Los Angeles, CA 8/22

**25K**

Ely Yaron.....2:28:00

**50K**

Deo Jaravata.....6:39:51

**Disneyland Half Marathon**

Irvine, CA 9/6

Ely Yaron.....1:35:15

**Conquer the Bridge 5 Miler**

San Pedro, CA 9/7

Richard Nelson.....37:21 1st 60-64

Bill Austin.....39:20

Robb Briggs.....40:52

Jim Martinez.....45:47

Bryan Prado.....46:36

Bill Winkelmann.....48:53

Rusty Millar.....49:25

**Big Bear Half Marathon**

Big Bear, CA 9/12

Mike Smith.....2:38:48

**Ovarian Cancer Run**

Studio City, CA 9/13

**5K**

Robb Briggs.....24:15

**8K**

John McGuinness.....32:56 2nd 35-39

Bill Austin.....34:03 2nd 50-54

Bryan Prado.....41:14

Bill Winkelmann.....42:56 1st 55-59

Doug Jones.....66:17 RaceWalk

**Playa del Run**

Malibu, CA 9/20

**Aquathlon (1000m swim/5K)**

Wadley.....33:06 1st OA

**5K**

John McGuinness.....19:46 1st 35-39

Robb Briggs.....20:39

Patrick Owen.....20:48 1st 50-54

Deo Jaravata.....22:10

Bryan Prado.....23:37 2nd 25-29

Rusty Millar.....24:16 2nd 55-59

Doug Jones.....36:04 RaceWalk

**Alive & Running 5K**

Los Angeles, CA 9/27

John McGuinness.....19:52 1st 35-39

Bill Austin.....20:42 3rd 50-54

Patrick Owen.....21:06

Bryan Prado.....23:59

Bill Winkelmann.....27:07

Regina Robinson.....32:34

Doug Jones.....38:43 RaceWalk

**LAFR GRAND PRIX TEAM CHALLENGE RESULTS****Race #7: Playa del Run 5K**

Finish times are added for total time. Teams with all 3 members racing are ranked first.

1. Team 5 (2)..... 41:56
2. Team 7 (1).....20:39
3. Team 1 (1).....20:48
4. Team 8 (1).....24:16

**Standings after 7 races:**

1. Team 2.....460  
Carl, Bernie, Patricia
- Team 5.....460  
Deo, John M, David Dassey
3. Team 9.....360  
Bill A, Eric G, Richard P
4. Team 8.....340  
Rusty, Angus, Bill Walsky
- Team 7.....340  
Sean, Cat, Robb
6. Team 1.....270  
Bruce, Keeley, Patrick
7. Team 3.....250  
Brad, Juan, Jim
8. Team 6.....200  
Augie, Mark J1, Mark J2
9. Team 4.....110  
William F, Ely, Seth



Wadley swam and ran his way to the overall title in the Playa del Run Aquathlon in Malibu



Robb Briggs, Rusty Millar, &amp; Bryan Prado after the Playa del Run 5K



Patrick Owen, Wadley, Deo Jaravata, Robb Briggs, and Bryan Prado after the Playa del Run 5K in Malibu on September 13

## GRAND PRIX STANDINGS CHAMPIONS RACE TOP 10

The Champions Race is an age-graded competition that will determine overall male and female Grand Prix Series champions. Points are calculated using the Masters Age-Graded tables from WAVA (see website for more info).

Division	Races	Points
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### MALE

1. Richard Nelson	6	469.63
2. Carl Maravilla	5	457.82
3. Sean O'Brien	6	434.30
4. Patrick Owen	6	424.56
5. Bruce Bair	6	420.33
6. John McGuiness	6	412.90
7. Bill Austin	6	407.44
8. Ely Yaron	6	397.96
9. Carlos Vizcarra	5	379.60
10. Bernie Tan	6	372.65

### FEMALE

1. Patricia Bates	6	488.80
2. Margie Gonzales	6	320.70
3. Regina Robinson	6	286.29
4. Christine Curtin	5	255.26
5. Doris Chung	4	210.56
6. Kristi Twilley	4	201.24
7. Allyne Winderman	2	151.65
8. Amy Ross	2	114.31
9. Stephanie Stone	2	103.39
10. Keeley Webster	2	78.04

### RACEWALK

1. Deo Jaravata	6	372.20
2. Doug Jones	6	338.81
3. Juan Moreno	3	191.20
4. Sue Roth	2	100.85
5. Connie Hammen	1	59.30

## TRAILMASTER RACE

The TrailMaster Race is a combination age-graded/points accrual competition that will determine a club Trail Running Champion (see website for more info).

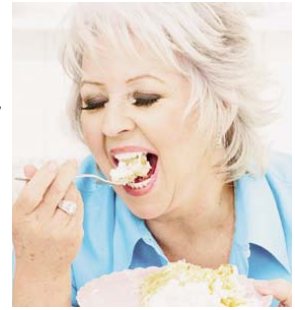
Athlete	Races	Points
1. Sean O'Brien	5	595.89
2. Mike Murphy	5	422.69
3. Deo Jaravata	5	365.74
4. Bruce Bair	4	363.62
5. Jonathan Toker	3	345.02
6. Robb Briggs	5	328.00
7. Ely Yaron	4	291.66
8. Ric Munoz	3	257.87
9. Jeff Lymburner	3	257.09
10. Carl Maravilla	2	238.02

FOR FULL STANDINGS,VISIT  
[WWW.LAFRONTRUNNERS.COM](http://WWW.LAFRONTRUNNERS.COM)  
SEND RACE RESULTS TO:  
[LAFRONTRUNNERS@GMAIL.COM](mailto:LAFRONTRUNNERS@GMAIL.COM)

## AGE GROUP TOP 3

Division	Races	Points
<b>Female 19-under</b>		
1. Nancy Alvarez	1	125
<b>Female 20-29</b>		
1. Jacqueline Vogel	1	125
<b>Female 30-39</b>		
1. Cat White	2	220
<b>Female 40-49</b>		
1. Regina Robinson	6	615
2. Christine Curtin	5	480
3. Doris Chung	4	400
<b>Female 50-59</b>		
1. Margie Gonzales	6	675
2. Amy Ross	2	205
3. Stephanie Stone	2	185
<b>Female 60+</b>		
1. Patricia Bates	6	700
2. Connie Hammen	1	105
3. Sue Roth	1	95
<b>Male 19-under</b>		
1. Gary Lashley	2	230
2. Andrew Rohrlch	1	115
<b>Male 20-29</b>		
1. Bryan Prado	5	545
2. Wadley	3	280
3. Luis Aguilar	2	275
<b>Male 30-34</b>		
1. William Korthof	4	470
2. Mike Murphy	4	315
3. Jose Castillo	4	290
<b>Male 35-39</b>		
1. John McGuiness	6	720
2. Ely Yaron	6	640
3. Carlos Vizcarra	4	490
<b>Male 40-44</b>		
1. Robb Briggs	6	610
2. Bernie Tan	6	590
3. Deo Jaravata	6	560
<b>Male 45-49</b>		
1. Patrick Owen	6	660
2. Carl Maravilla	5	635
3. Sean O'Brien	5	590
<b>Male 50-54</b>		
1. Bill Austin	6	705
2. Doug Jones	6	580
3. Dan Graham	5	445
<b>Male 55-59</b>		
1. Rusty Millar	6	620
2. Jim Martinez	6	610
3. Bill Winkelmann	6	600
<b>Male 60+</b>		
1. Richard Nelson	6	680
2. Richard West	2	230
3. Al Miller	1	120

## OCT Tuesday Night Potluck



Tuesday, October 20  
at the home of David Dassey  
1918 N. Hoover St.  
LA, CA 90027

## Tuesday Night Fun Run Back To Silver Lake Tuesday October 6

## September 2009 Treasurer's Report

Revenues consist of membership dues, H'wd Bowl tix, and Sunset Junction. Expenses include club events/operational costs/reimbursements.

Questions? Contact us at [lafontrunners@gmail.com](mailto:lafontrunners@gmail.com).

**LAFR Balance 8/28/09 \$15,921.30**

### Sept 09 Revenues

Membership Dues	\$165.00
Sunset Junction tips	\$769.79
Sunset Junction pay	\$600.00
H'wd Bowl	\$514.00
Pride Run	\$25.00
<b>Total Revenue</b>	<b>\$2,073.79</b>

### Sept 09 Expenses

Newsletter	\$67.01
Constant Contact	\$45.00
PO Box	\$36.00
Pride Run Reimburse	\$1,387.84
GLEH Donation	\$3,002.20
<b>Total Expenses</b>	<b>(\$4,538.05)</b>

**Net Profit/(Loss) (\$2,464.26)**

**LAFR Balance 9/30/09 \$13,457.04**



**MEMBER SPOTLIGHT: In Their Shoes**

**An LAFR Stroll with Allyne Winderman**

***Allyne -- Straight-Up***

\* Director of Housing and Development for the City of West Hollywood; also a licensed architect; 57

- \* Into urban design, art, travel
- \* Married to Glenn Winderman
- \* Years in LAFR: just a few months....”But, I’ve been running in the Pride Run since it moved to WeHo. I joined after doing the amazing Echo Park Stairs Run.”

***Allyne -- Look Closer***

- \* (As her friends put it:) "Happy and content."
- \* (“If money were not a consideration, I would love to...”) “Spend more time with Glenn. Run more. Do yoga. Travel.”

***Allyne – Looking Back***

- \* Accomplishments: "Ran my first marathon at 48! Have done sixteen including Boston. I started running for health and kept running ‘cause I love it."
- \* Most memorable running experience (pictured here):



“Florence (Italy) Marathon... people yelling “brava” when you pass (and “bravo” for the guys)... I remember running between the Duomo and the Baptistery and thinking how lucky I was to be healthy, be with my friends and husband, and be in this amazing place.”

- \* Worst race/why: “The very, very hot LA Marathon a few years ago. On the other hand, I had to slow down and a good time because of it. Talked to people, ate snow cones – it was an interesting experience.”

***Allyne – Looking Ahead***

- \* Personal training tips: "It’s never too late to start! I was always the last kid chosen on the team. Now I’ve come in 1<sup>st</sup> place in my age group in two marathons and qualified for Boston three times!"
- \* Glory Days PR: “These are my glory days!"
- \* Allyne’s favorite quote: "Pain is temporary. Quitting is forever."

**BIRTHDAY GIRLS AND BOYS**



10/1 Geoff Buck	10/20 Keeley Webster
10/1 Kyle Jarrett	10/22 Paul Williams
10/1 William Korthof	10/26 Mark Penn
10/2 Jackie Legg	10/28 Al Miller
10/5 Myron Curlee	10/28 Juan Moscoso
10/10 Ara Mihranian	10/28 Todd Sullivan
10/10 Brian Converse	10/28 Victor Kang
10/11 John Saveland	10/29 Patricia Bates
10/13 Julia Passwater	10/30 Hiro Moriyasu
10/15 Mark Grumet	11/1 Nathan Nguyen
10/17 Phil Amato	11/3 Camille Winfrey
10/18 David Dassey	11/3 Jarred Katz
10/20 Ed Gallardo	11/3 Stephen Baldonado



Darken the city, night is a wire  
 Steam in the subway, earth is afire  
 Do do do do do do do do do do do do

**100 Miles in the Hood-continued from page 1**

**8:45 pm** - I arrive at the mile 65 aid station anxious to pick up my evening running jacket/gear from my parents. Noone is there. A volunteer tells me noone could get to this station because of bad roads. My heart sank. This meant no evening gear to keep me warm for at least 10 miles. I am cold and really need warm clothing. Another runner overheard me asking an official if they had any extra gear and offered me his extra shirt, gloves and flashlight that he didn't need. My savior's name was Nic and we ran the next few miles together. It was great having a partner in the dark. All was good until...

I rolled my ankle and twisted my knee on the rocky path. It felt like my right knee had been hit with a hammer. I told Nic to go ahead and I tried "walking off the pain." I thought about Lupe's disappointment when she pulled out of the race and thought to myself, "There is no way I am going out like this."

I came up with a new game plan. Goodbye to winning a "buckle" and finishing sub-24 hours. Now it was about finishing in one piece. I had trained for 9 months for this...there was no way I was going home having not crossed that finish line!

**Sunday, September 27th**

**1:30 am** - After running (well, hobbling) in the dark I reached mile 75 where I was reunited with my parents (great!) and my warm clothes (even better!). It was 29 degrees. I had the best cup of warm chicken noodle soup of my life and ate another slice of pizza while standing by a small bonfire. It felt SO GOOD to be by the fire with my parents taking care of me. I was exhausted. Mom kept throwing clothes on me to keep me warm. I was too tired to put up resistance and surrendered as she bundled me up (just like elementary school when she put me in a snowsuit and I could barely move because I had too much on. Here I was as a grown adult in a similar situation - I could barely move my arms when I was getting ready to leave this aid station because I had too much on. For a moment, I felt as if my life had come full circle).

I said my goodbyes and went back into the night. The next time I would see them would be the finish line in 25 miles! As I continued, I passed runners struggling to move forward. We congratulated each other and offered encouragement. I could tell some of them might not make it to the finish line.

As the night wore on, I got lightheaded and delirious. I could hear animals near me and various "scrambling noises" all around. I turned DOWN my hearing aid to avoid hearing this as it was freaking me out. I wasn't sure what exactly was within feet from me and quite frankly DIDN'T WANT TO KNOW!

As the night continued, my eyes got heavier and heavier. I started to sing to keep awake. If the animals weren't already scared by my presence, my singing voice was guaranteed to do the trick. "I decided long ago, never to walk in anyone's shadow...if I fail, if I succeed, it takes a little more to live..."

Whitney Houston's "Greatest Love Of All." It was one of many renditions I butchered. Don't ask why I thought about that song, corny I know - it just popped into my head.

**7:00 am** - The sun started to rise. Finally, daylight...yes! Things are starting to look brighter again - literally. I try running faster to pick up time but my body is not cooperating.

**10:02 am** - I reach mile 97...it's the homestretch, three miles to go, until a volunteer informs me that the course was miscalculated and **it's actually 103 miles not 100 miles**. I said, "that's not funny." He said he wasn't kidding. When you've just ran 97 miles, the worst thing you could hear is that the finish line is 3 miles farther!! I was so annoyed and wanted to say so but I kept my mouth shut. Positive energy is what I needed to get to the finish line. I just focused on the goal.

**11:36 am** - 102.7 miles. It took me over 90 minutes to run the last 6 miles. I was exhausted, hungry and delirious. I felt like a "bobblehead" running through the forest. I finally could see the finish. Mom and Dad and others were screaming and cheering. I wanted to run faster but my legs and feet were done. As I got closer, I welled up with emotions. In the last few feet, I picked it up and ran as fast as I could across the finish line. I finished into a big hug from my Dad, followed by my Mom and they told me how proud of me they were.

It was over - I had ran 103 miles with 12,448 feet of elevation gain in 30 hours and 38 minutes.

As I walked away, I thought about the nine months of intense training that it took to complete this goal. Double long runs on Saturdays and Sundays, running on hot summer, early bed times, fatigue, exhaustion and dehydration. With that came a deeper understanding of my own perseverance, determination, will and strength. It was by far the most difficult, humbling and rewarding experience I have ever endured.

I am truly grateful for having had this opportunity, to have my Mom and Dad with me for the whole event and for all of the support I received through my whole training experience.



at the finish line with Mom & Dad

## LAFR Chili Cook-Off IX

Or is this the battle of the valley queens? Patrick Owen and Jim Martinez each claim to be top chefs. With the judging now by all those in attendance, the competition is fierce to be the chili man.



However, the dynamics have been changing in the past few weeks. Robb Briggs is vowing to win with his "Glendalian" chili and then, of course, there is Ross Lamkin lurking in the shadows as a former winner (he has been giving me that "I am going to win again" look). Sanford Doi (another Glendalian entrant and multiple previous winner) wants to win the prettiest chili outfit. Those recent transplants to Glassell Park (who spend all day cooking) are rumored to be building a chili trophy room. Steve Frybarger (former Ms. Texas and Tri Delta cheerleader) is probably going to come in with the macho mans macho chili. The larger question from a long time FR is how come no women have won? Will another vegan win? Regardless of the drama behind the scenes we are looking forward to a great gastronomic event. Lest I forget the cornbread contest which has been quite competitive of late and is shaping up to be a stellar frontrunner to the chili, so batter up!

Get out your best cornbread and/or chili recipe and wow your friends with your kitchen talents. Let your date know you have talents outside of the bedroom.

-Rusty Millar

**LAFR Chili Cook-Off IX**  
**October 18, 4:00 PM at Rusty's**  
**850 Micheltorena St., LA, 90026**

**If you are entering, you must arrive by**  
**4:00 PM!!**

**Categories:**

**Cornbread**  
**Meat Chili with beans**  
**Meat Chili no beans**  
**Vegetarian Chili**

**Best Chili Pot (as in cooking vessel....)**

## 2010 LAFR Board of Directors Elections

Per our by-laws, we will be electing a President, Vice-President and Directors at Large this year. Our recent proposal to amend the by-laws passed by an overwhelming majority, and allows the sitting Board to put forward 3 to 7 Directors at Large. We are initially placing 5 Directors at Large positions on the ballot. President and Vice-President are *two-year* terms. Directors at Large are *one-year* terms.

### 1. PRESIDENT

Act as chief administrative officer of the club, exercise supervision over the club, its activities, and members, represent the club at other organizations/in public, serve as chairperson of board of directors.

### 2. VICE PRESIDENT

Assume the duties of the president in case of absence or incapacity of the president, directs the activities of the "Special Committees".

### 3. DIRECTORS AT LARGE

We are looking for candidates who would be interested in helping enhance the club in the areas listed below. Once the elections are over and based on the composition of the new Board, we will determine who will lead the charge in each of these areas. If you are interested in joining the Board, but don't feel you are an exact fit for one of the positions described below, please do not let that stop you from submitting your name for consideration. We welcome your candidacy and your ideas on what you can bring to the Board to enhance the club.

Communications: newsletter, website

Pride Run Coordinator

Social & Charity: LAFR Live, movie night, social/fundraising events

Membership: recruitment & cultivation

Running: Coordinate long run, my neighborhood runs, fun run hosts

Other BOD Responsibilities

In addition, Board members are expected to attend and host monthly Board meetings, and volunteer at club activities. Each Board member volunteers to be the point person for coordinating a few events each year, and each Board member is expected to attend as many events as possible to help with set up and clean up.

Board service is fun and fulfilling and offers the opportunity to make a real difference in the club experience - come join us in the fun!

### Nomination Process

You may nominate yourself or another person for a Board position, pending that person's agreement to run for office. To submit your name or another person's name, please e-mail the following information to lafronrunners@gmail.com:

- candidate name
- board position (President, Vice-President or Director at Large)

DEADLINE TO RECEIVE NOMINATIONS IS NOVEMBER 1, 2009





## 2010 Membership Application

LA Frontrunners is a running and walking club for lesbian, gay, bisexual, and transgender people (LGBT) and their friends and supporters. We welcome runners and walkers of all levels, ethnic backgrounds, and sexual identities.

The LA Frontrunners participate in competitive and non-competitive running events, weekly [Fun Runs](#), our annual [Pride Run](#), our [Grand Prix](#) racing series, social events, and more. We assist each other with our running goals and promote camaraderie among the LGBT community. We are also actively involved in charity fundraising for various causes.

We encourage you to come check us out. We meet for [Fun Runs](#) at 6:30 PM on Tuesday, Wednesday, and Thursday evenings in and around the LA area. On Saturday mornings, the group meets at 8:00 AM in Griffith Park.

LA Frontrunners are part of the more than 100 [Fronrunner](#) clubs across the U.S. and around the world. We have recently celebrated our 27th anniversary, and are proud of the long tradition of promoting a healthy community.

If you'd like more information, please visit our website at [www.lafronrunners.com](http://www.lafronrunners.com)

Thanks for your interest and see you on the trails!

## 2010 Membership Application

### Step 1: Applicant Information

T-Shirt Size: S M L XL

Name:

Date of Birth:

Email:

Primary Phone:

Secondary Phone:

Current address:

City:

State:

ZIP Code:

### Partner Information (if joint membership)

T-Shirt Size: S M L XL

Name:

Date of Birth:

Email:

Primary Phone:

Secondary Phone:

Partner's Name:

### STEP 2: Please sign and date the following Agreement and Release of Liability: Agreement and Release of Liability (Both partners should sign if applying as a couple)

I/We, \_\_\_\_\_, have voluntarily participated, and will voluntarily participate, in activities and events offered, organized, endorsed and sponsored by Frontrunners Track Club of Greater Los Angeles ("Events"). I am aware that my participation in the Events and the sport of running, jogging and walking involves numerous risks of injury, including, but not limited to, falls, collisions with other people and natural and man-made objects, strain and injury and I freely assume those risks. I agree to release from any legal liability and agree not to sue Frontrunners Track Club of Greater Los Angeles, their officers, directors, members, agents and employees, for any and all injuries caused by or resulting from my participation in the Events or the sport of running, jogging or walking whether or not such injury or death was caused by negligence. I have read this release, am aware that this contract is legally binding and that I am releasing legal rights by signing it.

Signature(s): \_\_\_\_\_ Date: \_\_\_\_\_

### Step 3: Please check a box for each

Club member information (name, e-mail only) is printed in the Club Roster. Do you want your name and email address released to other LA Frontrunners?	Yes [ <input type="checkbox"/> ]	No [ <input type="checkbox"/> ]
Do you want to receive the newsletter online ONLY? (Yes: online only - No: online & paper mailed)	Yes [ <input type="checkbox"/> ]	No [ <input type="checkbox"/> ]
Do you want to be included in the E-group (LAFR_Community@googlegroup.com) where members post and receive messages from each other?	Yes [ <input type="checkbox"/> ]	No [ <input type="checkbox"/> ]

### Step 4: Dues are shown below. Circle the category of your membership, enter the amount of dues enclosed, indicate amount of any donation to LA Frontrunners, and total the amount. Please write a check payable to LA Frontrunners.

### Step 5: Once Completed, mail with your payment to:

Category of Membership (Annual Dues)		Payments	
Individual	\$25	Dues:	
Couples in Same Address	\$35	Donation:	
Student (College/HS)	\$15	Amount Enclosed:	

**Los Angeles Frontrunners  
2870 Los Feliz Pl, PMB # 229  
Los Angeles, CA 90039**



2870 Los Feliz Place  
PMB # 229  
Los Angeles, CA  
90039

### WEEKLY FUN RUNS

**SATURDAY**  
**Griffith Park**  
**8:00 A.M.**

Meet at the flag pole across from Ranger Station at 4730 Crystal Springs Dr.

**Hosts: Doris/Amy**

**SATURDAY**  
**Santa Monica**  
**8:00 A.M.**

1st Saturday of Month  
Palisades Park at Ocean & San Vicente at Millennium Plaque.

**Host: Bruce**

**SUNDAY**  
**Long Run**  
**7:00 A.M.**

10 to 20 mile runs on roads and/or trails at various So Cal locations.

**Hosts: Sean/Bruce**

**TUESDAY**  
**Silver Lake**  
**6:30 P.M.**

Meet at Silver Lake Recreation Center at 1850 W. Silver Lake Drive.

**Host: Rusty**

**WEDNESDAY**  
**Santa Monica**  
**6:30 P.M.**

Palisades Park at Ocean & San Vicente at Millennium Plaque.

**Hosts: Jeffrey/Mark**

**THURSDAY**  
**Pasadena**  
**6:30 P.M.**

Brookside Park, south of the Rose Bowl, next to the rose garden.

**Hosts:**  
**Mike/Bernie/William**