

FrontPage

LA Marathon & Don Thompson Film Festival

LA Marathon Race Report: Rain, Cold & Fast Running! Three LAFRs Finish Top 10 Age Group

Maybe everyone was so cold and wet that they wanted to get off the course ASAP, but 36 LAFRs ran the LA Marathon and ran fast! Carlos Vizcarra led all FRs in 2:53:32 with masters ace Mark Johnson right behind in 2:57:28. Lots of PRs were set, including John McGuinness knocking 5 minutes off his PR in 3:06:56 and Andrew Wissmiller taking over 25 minutes off his PR in 3:40:15. The ladies were led by Allyne Winderman in 4:17:43. Three LAFRs placed in the top 10 in their age groups: Mark (8th 40-44), Allyne (9th 55-59), and Richard Nelson (8th 60-64 in 3:34:43). And ten LAFRs qualified for Boston, including first-time qualifier Andrew Wissmiller. Juan Moreno and Deo Jaravata continued the LAFR excellence in the RaceWalk division, placing 3rd and 4th overall respectively. Congratulations to all the runners who conquered the elements and ran strong!



Regina Robinson flashes her beautiful smile during the marathon



Always a multi-tasker, Deo finds time for the important things during the marathon.....



Left: Anne Vasquez is happy and dressed for the rain

More LA Marathon pix & Results on pages 2, 4, & 6
Don Thompson Festival pix on page 7

Membership News

LA Marathon: Thanks to Carl & the Hearty Water Stop Gang!!

Carl Maravilla once again organized a large and hearty group of LAFRs to man the water stop at mile 7. It was cold and raining and cold.. and raining...and they all stayed out there and cheered the runners on. On such a challenging day, it was a huge boost for each and every LAFR running the marathon to be greeted by our loud and supportive group. THANKS to all who volunteered!

Below: the LAFR H2O Stop Gang

APRIL BIRTHDAY BOYS AND GIRLS

3	Conni Montgomery	19	Albert Pinedo
4	Marty Freedman	20	George Takei
5	Jason Bautista	22	Fortino Lopez
10	Seth Diamond	23	Ryan Timmreck
14	Jessica Seaton	26	Will Crawford
15	Ken Wilson	27	Bill Austin
16	Ted Wyder-Treas.!	28	Amy Ross

WELCOME NEW MEMBERS!

Johnny Mendez
Brian Krogmann
Stephen Jacques Germain



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

www.lafronrunners.com
lafronrunners@gmail.com

Angus Kennedy, President
Patrick Owen, Vice President
Ted Wyder, Treasurer
Linwood Fullam, Secretary
Robb Briggs, William Fang,
John McGuinness, Regina
Robinson & Stephanie Stone,
Directors at Large



Connie & Margie at the Don
Thompson LGBT Film Festival at USC

Los Angeles Frontrunner April Anniversaries

5 Years in LAFR

Don Formanek
Connie Hammen
Patrick Owen

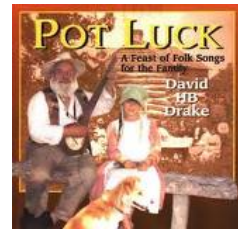
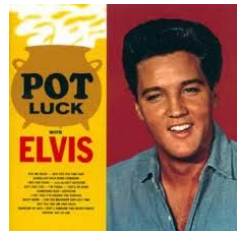


UPCOMING EVENTS

Grand Prix Races



- **Sunday, April 10**
Victory for Victims
www.w2promotions.com
- **Saturday, April 23**
Sycamore Canyon Trail
Runs
www.pctrails.com



Tuesday, April 19

Griffith Park Potluck
Just like the swallows at Capistrano – we return to the traditional picnic tables at the Ranger Station in Griffith Park

Wednesday, April 27

Westside Potluck
At the home of Brian Waldo Dunbar
3572 Greenwood, Los Angeles, 90066



DON'T be LEFT OUT

SUNDAY, April 17
2nd ANNUAL EGGSTRAVAGANZA
With hosts Christine Curtin & Jim Martinez
9:00 am Toluca Lake Celebrity Run
10:00 am brunch and festivities
RSVP to ccurtin63@netzero.com

- Easter egg hunt
- Mimosas
- "Prettiest at the Party"
- Easter Bonnet Contest
- Egg coloring contest
- Tasty treats



Joyful Fronrunners headed down the North Rim in 2010

GRAND CANYON May 20 – 23, 2011

We will be returning for another great trail experience. Choose to run, hike or just enjoy the amazing cabins overlooking the Grand Canyon on the rugged and peaceful North Rim. Cabins are filling up, go to www.lafronrunners.com click thru to the LAFR Store to reserve your space.

PLEASE NOTE: If you plan to run to the bottom of the canyon and back up – **you must complete at least one of two qualifying runs** --- April 9, Mount Wilson and May 8, Sandy Peak watch your LAFR email for exact details.



New York Marathon in November 2012? April 19 is the deadline to enter the lottery.
<http://www.nycmarathon.org/entrantinfo/apply.htm>

Race Results

Surf City Marathon

Huntington Beach, CA 2/6

Deo Jaravata..... 3:51:19

Rose Bowl Half Marathon

Pasadena, CA 2/6

Bibi Silvas..... 1:56:58

Love Your Heart Marathon

Lake Forest, CA 2/12

Deo Jaravata..... 3:56:55

Hugs & Kisses Marathon

Long Beach, CA 2/13

Deo Jaravata..... 4:08:07

Golden Gate Trail 50K

San Francisco, CA 2/19

Deo Jaravata..... 6:37:53

President's Day Marathon

Playa del Rey, CA 2/21

Deo Jaravata..... 4:21:51

Rocky Road Endurance

Coto de Caza, CA 2/26

50 Mile

Deo Jaravata..... 9:32:01

100 Mile

Ric Munoz..... 33:09:42

Malibu Creek Trail Runs

Calabasas, CA 3/6

10K

Angus Kennedy..... 54:53 1st 45-49
 Bernie Tan..... 56:10 1st 40-44
 Dan Graham..... 65:22 1st 55-59
 Robb Briggs..... 67:31 2nd 40-44
 Stephanie Stone..... 80:00 2nd 50-54
 Margie Gonzales..... 88:55 1st 55-59

25K

Bruce Bair..... 2:20:02 1st 40-44
 Andrew Wissmiller..... 2:31:03 1st 55-59

Catalina Marathon

Avalon, CA 3/12

Ely Yaron..... 4:36:13
 Deo Jaravata..... 4:53:45

Los Angeles Marathon

Los Angeles, CA 3/20

Men

Carlos Vizcarra..... 2:53:32
 Mark Johnson..... 2:57:28 8th 40-44
 William Korthof..... 3:02:32
 John McGuinness..... 3:06:56 PR
 Wadley..... 3:18:38 PR
 Sean O'Brien..... 3:18:38
 Angus Kennedy..... 3:28:40
 Riley Turcott..... 3:30:02 PR
 Ric Munoz..... 3:31:32
 Richard Nelson..... 3:34:43 8th 60-64
 Andrew Wissmiller..... 3:40:15 PR
 Piyush Prakash..... 3:43:10
 Jon Wasser..... 3:53:32 PR
 Tom Haskins..... 3:56:29 PR
 Ely Yaron..... 3:59:06
 Michael Gifford..... 4:09:00 PR
 Gary Iem..... 4:11:11
 Scott Flanary..... 4:11:48 PR
 Bibi Silvas..... 4:24:46 PR
 Rich Crook..... 4:34:20
 John Miranda..... 4:50:02
 Mike Smith..... 5:06:17 PR
 Rex Boone..... 5:07:19 PR
 Mike Murphy..... 5:15:58
 Ed Stanley..... 5:17:19
 Sam Zoda..... 5:21:36
 Geoff Buck..... 6:29:47

Women

Allyne Winderman..... 4:17:43 9th 55-59
 Stephanie Stone..... 5:32:32
 Stephanie Collins..... 6:00:06 PR
 Margie Gonzales..... 6:35:42
 Regina Robinson..... 7:10:55
 Keeley Webster..... 7:25:43
 Cat White..... 7:25:43

RaceWalk

Juan Moreno..... 5:26:24 3rd OA
 Deo Jaravata..... 5:28:39 4th OA

LA Marathon 5K

Los Angeles, CA 3/19

Carl Maravilla..... 19:57 1st 50-54
 Brad Maury..... 20:38 2nd 35-39
 Terry Finstein..... 21:51
 Mark Jones..... 22:55
 Jeff Masino..... 30:39
 Areana Tate..... 46:13
 Lui Sanchez..... 60:08

Chesebro Half Marathon

Agoura Hills, CA 3/26

Luis Aguilar..... 1:20:56 2nd 19-24/PR
 Stephanie Stone..... 2:17:00
 Linwood Fullam..... 2:34:50 PR
 Ely Yaron..... 2:53:06

Bataan Death March Marathon

White Sands, NM 3/27

Deo Jaravata..... 4:25:00

Old Goat 50 Miler

Cleveland Nat'l Forest, CA 3/27

Sean O'Brien..... 9:16:54 3rd 45-49
 Mike Murphy..... 10:53:05



Bernie Tan at the LA Marathon water stop



Anthony & Gary at the LAFR Pancake Breakfast they day before the marathon

GRAND PRIX STANDINGS as of 3/31

CHAMPIONS RACE

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

Division	Races	Average
MALE		
1. Mark Johnson	2	81.05
2. Richard Nelson	3	80.50
3. Carlos Vizcarra	3	77.57
4. Carl Maravilla	1	74.53
5. Luis Aguilar	2	71.78
6. Reg Willson	1	71.77
7. John McGuinness	2	71.63
8. Wadley	2	69.28
9. Tom Haskins	1	68.55
10. Sean O'Brien	5	67.92

FEMALE

1. Patricia Bates	2	80.03
2. Allyne Winderman	1	77.69
3. Stephanie Stone	6	55.08
4. Margie Gonzales	5	47.99
5. Tanya Haney	1	44.71
6. Christine Curtin	1	43.36
7. Stephanie Collins	1	41.37
8. Regina Robinson	2	39.90
9. Keeley Webster	1	35.97
10. Cat White	1	35.20

RACEWALK

1. Juan Moreno	2	63.37
2. Deo Jaravata	3	62.10
3. Doug Jones	1	55.64



Piyush & Patrick at the LAFR Pancake Breakfast they had before the marathon

TRAIL MASTER

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

Athlete	Races	Average
1. Wadley	1	129.38
2. Carlos Vizcarra	1	121.74
3. Sean O'Brien	4	107.19
4. Deo Jaravata	2	100.07
5. Andrew Wissmiller	3	92.07
6. Angus Kennedy	1	91.33
7. Jeff Lymburner	1	90.27
8. Bernie Tan	1	89.20
9. Ric Munoz	1	87.44
10. Dan Graham	1	86.71

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

AGE GROUP WOMEN

Division Races Points

Female 20-29

1. Stephanie Collins	1	120
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Female 30-39

1. Tanya Haney	1	110
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Female 40-49

1. Regina Robinson	2	240
2. Christine Curtin	1	125
3. Keeley Webster	1	110
4. Cat White	1	100
5. Areana Tate	1	80

Female 50-59

1. Stephanie Stone	6	730
2. Margie Gonzales	5	585
3. Allyne Winderman	1	110

Female 60+

1. Patricia Bates	1	135
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LAFR Banner at our water stop

AGE GROUP MEN

Division Races Points

Male 20-29

1. Luis Aguilar	2	295
2. Riley Turcott	1	120
3. Gary Iem	1	110
Piyush Prakash	1	110
5. Scott Flanary	1	100

Male 30-34

1. Wadley	2	290
2. William Korthof	2	220
3. Mike Kerkman	1	110
4. Robert Chen	1	100

Male 35-39

1. Mike Smith	3	320
2. Carlos Vizcarra	2	260
3. John McGuinness	2	240
4. Richard Peng	2	220
5. Ryan Timmreck	1	125

Male 40-44

1. Ely Yaron	3	310
2. Mark Johnson	2	255
3. Robb Briggs	2	205
4. Bibi Silvas	2	180
5. Linwood Fullam	1	130

Male 45-49

1. Angus Kennedy	4	500
2. Sean O'Brien	3	390
3. Deo Jaravata	2	200
4. Sergio Casillas	1	120
5. Paul Jacoy	1	110

Male 50-54

1. Mike Kezsely	2	220
2. Reg Willson	1	135
Jeff Lymburner	1	135
4. Patrick Owen	1	125
Carl Maravilla	1	110

Male 55-59

1. Andrew Wissmiller	4	535
2. Paul Williams	2	235
3. Geoff Buck	2	220
4. Tom Haskins	1	120
5. Dan Graham	1	115

Male 60+

1. Richard Nelson	3	390
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TO REPORT RACE RESULTS, PLEASE USE THE RACE REPORTING TOOL ON THE GRAND PRIX PAGE AT WWW.LAFRONTRUNNERS.COM

LA Marathon: Frontrunners Vote to Sponsor Theater Kids

With a 90% yes vote, LAFR voted to sponsor 14 kids from the Inside Out Community Arts Theater program to run the LA Marathon 5K to raise funds for their organization. Our donation was a great way to support low income youth in LA to become runners and also future LAFRs – they are theater kids after all! Thanks to all who voted – here are a few of your comments:

I feel privileged to vote on something like this as a member of LAFR. *-David Wilcox & Julian Diaz*

I think it's a great use of funds and a great example of giving back to the community for all the treasures we have! *-Bill Wink*

Lui Sanchez is a role model. *-Henry Ong*

I think this is a great use of our funds and supports what we do (run!). *-Sean O'Brien*

LA Marathon Water Stop Pix



Above: Jim Martinez & Richard Peng at the water stop



Above: LAFRs try to stay warm and cheer on the runners
Below: Mike, Kevin, Ted & Bruce before the rain



Above: Inside Out kids say thanks to LAFR. Below: Brad, Terry, Jeff & Lui with some of the kids race morning



4th Annual Don Thompson LGBT Film Festival

**USC Lambda
LGBT Alumni Association**

On a beautiful spring afternoon, nearly 200 persons attended this year's Don Thompson LGBT Film Festival. The winners were "*It Was Like That*" by Morgan Dameron, and "*Question*" by Matt Sheehan.

Serving as honorary judges were two USC alumni, Stacy Codikow '84, founder & executive director of Power-Up, a nonprofit film production company for women and the GLBTQ community; and Randal Kleiser '68, M.A. '74, director of *The Blue Lagoon*, *Grease*, and many other projects. Our host was Dennis Hensley, performer and writer *The Big Gay Sketch Show*.

Through the silent auction over \$9,000 was raised for the scholarship in Don's name. USC noted that this was the first time that a USC Alumni Association like Lambda had created a successful relationship with a community partner such as LAFR.

Special thanks goes to John Paul Karliak, Manager, USC Alumni Association for his hard work and support.



Don Thompson



Don Thompson was a Co-Founder of LAFR, who also served as club President prior to his death in 2006. Don died at the young age of 62, just one year before his planned early retirement as the Photo Archivist at the USC Cinema/Television Library.

The Don Thompson Scholarship was established in his memory through the generous efforts of Amy Ross and the LA Frontrunners. Together, USC Lambda and LA Frontrunners team up each fall for a movie night to celebrate his passions and raise money for his scholarship.

Each year the scholarship is awarded to a student who has demonstrated a commitment to advance LGBT issues through their academic or creative work, community involvement, or by other personal contributions.



Left:
2011 Don
Thompson
Film Festival
Filmmakers

Below: Stephanie & Dr. D at the Festival



Above: A gaggle of LAFR guys at the Don Thompson LGBT Film Festival

Pride Run 2011 Beneficiary Nominations

Thank you to everyone who submitted! Here are our 5 final nominees. The online vote will take place in mid April. In the meantime, please take a moment to learn about the nominees.



galaaonline.org

GALAA was established to create safe schools and success for LGBTQ students. GALAA's goal is to establish safe campuses where LGBTQ issues and concerns are an integral part of the school environment. GALAA services include: Scholarships for LAUSD High School LGBTQ Students, Support for LGBTQ Youth & Employees, Professional Development and Training on LGBTQ Issues. If chosen, our donation will be used for scholarships to high school LGBTQ students.



project10.org

Friends of Project 10 Inc was created in 1986 to provide funding for programs and projects to support LGBTQ youth. They produce the Models of Excellence scholarship program and the LGBTQ Youth Prom. Additionally, they consult with school districts throughout California and with community groups to implement the California School Safety and Violence Prevention Act, 2000 (AB537).

Pride Run & Parade Volunteers

Pride Run 2011 will be here in just over 2 months! The 30th Annual Pride Run is on Sunday, June 12, in West Hollywood.

While many of you show up on the day-of to help, a tremendous amount of planning is needed before the race. So please consider contributing your volunteer time sooner! Talk to William or contact us at lafrontrunners@gmail.com



srla.org

The mission of Students Run LA is to challenge at-risk secondary students to experience the benefits of goal-setting, character development, adult mentoring and

improved health by providing them with a truly life-changing experience: the training for and completion of the Los Angeles Marathon. Several of our members are volunteer coaches for SRLA.



angelfood.org

Project Angel Food prepares and delivers free and nutritious meals to men, women, and children living with HIV/AIDS, cancer, and other life-threatening illnesses throughout Los Angeles. More than 14,000 such meals a week are delivered.



lgbtventura.org

Ventura County Rainbow Alliance was established in 1993 to provide services and programming

designed for the LGBT community and those affected by HIV/AIDS. The agency is staffed by a network of volunteers and community partners. They are governed by a volunteer Board of Directors that meeting monthly to set policy.

Long Beach Pride Run 2011

General Info

5K/10K run & 5K walk

Saturday, May 21, 2011

8:00 a.m.



Entry Information:

Entry fee: \$25.00 thru May 14, 2011, \$30.00 thereafter. Fee includes a t-shirt (while supplies last.)

Race bib/t-shirt pickup and on-site registration begin at 7 a.m. on race day.

Location:

Pride Run/Walk starts and finishes in the Junipero Beach parking lot located at Junipero Ave and Ocean Blvd. Bring coins for parking meters.

Course:

Pride Run/Walk will take place along the scenic Shoreline Bike Path of Long Beach.

Registration:

Register online at shorelinefrontrunners.org

Kick off the 2011 Long Beach Pride weekend by participating in the 2011 Pride Run. All proceeds from the Pride Run are donated to Long Beach and Orange County youth, education, and health groups during the Awards Ceremony. Questions? Call our hotline at 562-252-0218, or send e-mail to priderun@shorelinefrontrunners.org

LAFRs
at the
2010
Long
Beach
Pride
Run





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: Amy/Patrick

SUNDAY
Long Run
8:00 A.M.

Various distance long runs on roads and/or trails at various So. Cal locations.

Hosts: Various

MONDAY
West Hollywood
6:30 P.M.

Meet by basketball courts in West Hollywood Park parking lot

Hosts: Todd/Wadley

TUESDAY
Griffith Park
6:30 P.M.

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

Host: Rusty

WEDNESDAY
Santa Monica
6:30 P.M.

Palisades Park at Ocean & San Vicente at Millennium Plaque.

Hosts: Bruce/Brian

THURSDAY
Pasadena
6:30 P.M.

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

Hosts:
Mike/John/William