

# FrontPage

## Annual Awards Banquet

### Frontrunner of the Year: Mike Kerkman

The Frontrunner of the Year displays overall athleticism, a competitive spirit, and good sportsmanship in reflection of the values of our club. In addition to running prowess, the Frontrunner of the Year also shines through volunteerism and participation in club events.

Our 2010 Frontrunner of the Year, Mike Kerkman, had an outstanding year of running. He raced 10 Grand Prix events last year, from 5K to 45K, placing in his age group in 5 races and notching a 1<sup>st</sup> place overall win in one of them. He led all LAFRs in the 5K and 10K at the Gay Games, setting a PR in the 5K. He also set a PR in the Half Marathon in 2010 and was one of only three FRs (along w/ Carlos & Wadley) to finish the year in the top 10 fastest at all four distances – 5K, 10K, Half & Full. Mike was also one of the strongest and fastest runners on the LAFR Relay that took 2<sup>nd</sup> place OA in the Vegas Ragnar Relay. He had several of the longest and most difficult legs and was a huge reason why we did so well. Perhaps his best race last year was his slowest, when he ran with David Dinielli in the Sycamore 8K in David's first race back after open heart surgery.

You would be hard pressed to find a LAFR event where Mike was not involved with volunteering. In addition to being one of our Thursday night fun run hosts, he again in 2010 acted as the training coach of not one, but two trips to Death Valley. Besides coordinating long run training and assisting with logistics, he hosted the departure morning breakfasts, where we all tried to be respectful and not bring Starbucks into his house ☺. He (and Kevin, of course) have graciously allowed their home to become a LAFR meeting place. Besides hosting Tuesday night potlucks, their home was also part of the most sought after auction prize at last year's Don Thompson Night – the Indian Feast prepared by Piyush and hosted by Mike & Kevin. It was so popular we ended up letting two groups win, raising over \$500 for scholarships. And Mike again assisted with Sunset Junction where we raised over \$1500. For our Silver Lake Stairs event, he was out at 6 am setting the course w/ Sean. Before Gay Games, Mike helped with distributing the uniforms, even taking some to Germany with him to get to the guys who had left earlier. While at the Games, Mike made sure we had pix and results back in LA. He also



registered and is captain-ing a LAFR team for the upcoming SoCal Ragnar Relay.

People always say the list goes on and on....but in this case, it actually does. We could not possibly list everything he helped out with last year. He always is asking how he can help and even better, he just takes projects on and gets them done.

Perhaps his most impressive result came at Deo's 200<sup>th</sup> marathon celebration race. He won the 45K and as proud as he surely is of the victory, he was more excited about the award he received for being the "Youngest Male Finisher". It's true—they actually gave that out (Deo's idea....). Frontrunner of the Year and youngest male finisher – it doesn't get better.

# Membership News

## FEBRUARY BIRTHDAY BOYS AND GIRLS

1	Carl Maravilla	20	Terry Finestein
4	Max Padilla	20	Robert Lindall
7	Steven Sardelli	22	Jim Fischer
9	Jim Phillips	22	Stephanie Collins
9	Mike Kezsely	23	Rob Berardinelli
9	Bryan Prado	24	Jim White
9	Marc Golden	25	Brad Altman
10	Mike Smith	25	George Takei
13	Mark Johnson	25	Kerry Robb
15	Adam Comeau	28	Ric Munoz
15	William Fang	3/3	Richard Nelson
16	Rick Asensio	3/3	Brian Kelly
16	Eddie Flores	3/3	Kate Mulligan
19	Mike Reynolds	3/4	Juan Moreno

## Silver Lake Hill Repeats

- Tuesdays, 2/15 & 3/1, meet at normal location & time for Tuesday night fun run – all levels

## February Silver Lake Potluck

- Tuesday, 2/15, after the Silver Lake fun run at the home of Rick & Chau: 1543 Easterly Terrace, 90026

## Winter Pasadena Potluck

- Thursday, 2/17, after the Pasadena fun run at the home of Robert Chen: 931 East Walnut Street #407, Pasadena, 91106



Left: Luis won the Buffalo Run 5K in January

Right: Wadley, Robert Chen, and Andrew Wissmiller at the start line of the Buffalo Run Half Marathon in January



Los Angeles Frontrunners  
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Los Angeles, CA 90039

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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



Left: Annual Catalina trip in January - after the Buffalo Run 5K from left: Ryan Timmreck, Angus Kennedy, Christine Curtin, Patrick Owen, Luis Aguilar, Christine's awesome bud Anne.

## Lifetime Achievement Award: Richard Nelson

The Don Thompson Lifetime Achievement Award recognizes one very special Frontrunner who over time has exemplified not only great running, but also service to the club and service to our community. This year's recipient is Richard Nelson, who is an ongoing source of inspiration. In addition to having an amazing running year in 2010 – he won the Champions Race and a Gold medal in the 10K at the Gay Games – his age grade scores are higher now than when he set many of his personal records twenty years ago! Those impressive lifetime personal records include:

**5K:** 17:42 (LAFR Pride 1987)

**10K:** 35:31 (1988)

**Half Marathon:** 1:18:50 (1989)

**Marathon:** 2:50:49 (San Diego 1988)

He also ran an incredible 1500 in 4:43:06, at the Gay Games in Vancouver in 1990. And he has done himself and our club proud at every single Gay Games but the inaugural one – running strong and bringing home lots of medals. Apparently, he did much of this while sneaking cigarettes after the races – okay, maybe he didn't smoke after each one, and he did quit – but rumor has it that there were many incredulous sightings of Richard smoking away after having just smoked the competition in a race back in the day.

But it is not just his incredible history of running that led to Richard receiving the Award. In addition to being an active and contributing member of our club, he has been a member of Shoreline Frontrunners and the San Francisco clubs. He was our Frontrunner of the Year in 1991 and was also awarded our Randy Peck Award in 2005. He is a shining example of what it means to be a lifelong runner and we have no doubt that the next twenty years will be filled with the same level of outstanding race results and contributions. He always has an encouraging word and great coaching advice for other runners, and he is an all around great guy and role model for us all.



## Newcomer of the Year: Stephanie Stone

Stephanie spent much of her year racing. In 2010, she raced 16 Grand Prix races, tied (with Margie) for the most Grand Prix races anyone in the club ran last year. She also won her age group in the Grand Prix, finished 2<sup>nd</sup> overall in the Women's Champions Race and was 5th overall in the Trail Master Race. Stephanie also became a frequent volunteer and took the ultimate volunteering plunge by running for and winning a seat on the 2011 LAFR Board of Directors.





### Most Improved Runner **Bernie Tan**

Bernie started 2010 with a bang – knocking 8 minutes off his marathon PR, running 3:28 at Surf City in Feb., and then kept it going all year. He knocked 30 seconds off his 5K PR running the Ultra Pride Run at the Pride Run & almost broke his 10K PR as well.. At the LA R'n'R Half in Nov., he set a new PR and then in Dec., set a new 5K PR again by 30 seconds, running 20:55 at the Tiger Run. He also ran 3:31 at the NYC Marathon & just missed his half PR in his last race of 2010 at the LA County Half. He hit a new level early & stayed there all year. And he did every race with a cocktail in his hand.

## Performance of the Year

### 1st Place

#### **Sean O'Brien**

#### ***Catalina Eco-Marathon Win!***

3:34:36 - 1st OA - 1st 45-49

For all the impressive results Sean has amassed over the years, he had never actually won a race until 2010. On a crisp fall morning, on the beautiful island of Catalina, Sean finally got his win - taking 1st place in the Catalina Eco-Marathon.

### 2nd Place (tie)

#### **LAFR Mens Team**

#### ***Ragnar Relay Las Vegas***

22:39:22 - 195 miles - 2nd OA

The LAFR team had another great finish at the Vegas Ragnar Relay. Despite last minute injuries, the guys ran strong, finishing 2nd overall out of 406 teams.

### **Carlos Vizcarra**

#### ***Fastest Marathon - Los Angeles***

2:47:51 - 50th OA - 7th 35-39

For the second year in a row, Carlos ran the fastest marathon of all LAFRs with this strong showing at the LA Marathon. In a field of over 22,500 runners, including a large elite field, Carlos finished 50th OA and 7th in the 35-39 age group.

### 3rd Place (tie)

#### **Richard Nelson**

#### ***Gay Games Golden Boy***

10K - 43:41 - Gold Medal 60-64

Among Richard's outstanding results in 2010 was his Gold Medal at the Gay Games in the road 10K. Richard won his age group by almost two minutes and his time would have won the silver in the 55-59 age group. He also won a Bronze Medal on the track in the 5000 meters.

### **Jane Dods**

#### ***Gay Games Golden Girl***

10K - 65:35 - Gold Medal 75-79

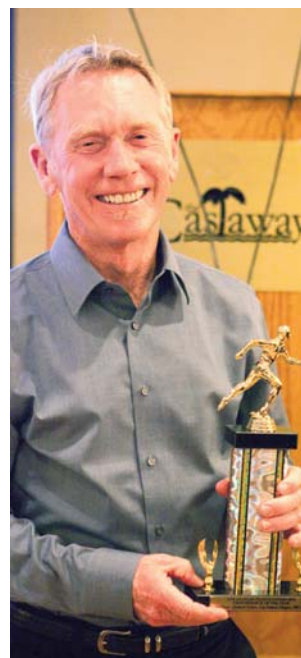
Jane had a good meet.....she won four gold medals (road 5K & 10K, track 200 & 400 meters). Her 10K stood out not only because of the 76.80 age grade she scored but her time made her the 4th fastest 10K LAFR female runner for 2010. It's all golden with Jane!



Sean



Carlos



Richard



Relay from left: Angus, Wadley, Mike, Brad, John, Richard, Luis, Sean - missing: Alex Grosko, William Korthof, Mick Caruso, Carl Maravilla, Paul Williams, Brandon Del Campo

# Banquet Pix



Above: The Oriental Fantasy and his royal court



Above: The Ladies



Above: Piyush & Bryan



Top: Deo's dreams come true

Above: The awesome 40-44s

Right: Cutest Duo Henry & Mark



Don't....come....any....closer

## Randy Peck Award: *Margie Gonzales*

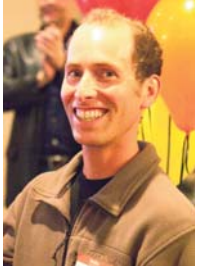
The 2010 recipient of the Randy Peck Award is someone whose generous and joyful spirit makes any event she attends better. For any of you who have been with Margie on a race morning, you know firsthand that she is always there to cheer on any Frontrunner before, during, and after a race. She has a beautiful smile and a beautiful heart and genuinely cares about her fellow Frontrunners. Margie is a fantastic volunteer who is always ready to help out and is willing to do whatever is needed, whether it's carting supplies around or organizing club areas at races, whatever it is, if she can do

it, she says yes. She also has continued to do something very special that no other Frontrunner does, or has ever done, and she does it completely on her own. As our Discount Diva, she saves us money.....lots and lots of money. And with the skyrocketing registration fees at many races, this is a really good thing. And it's a lot of work – she has to contact each race director and try to convince them that we deserve to get a discount. The 2010 Randy Peck recipient deserves our thanks for not only being such a doll but for protecting all of our hard earned dollars as well.



### Banquet Re-Cap: 2010 Grand Prix Series Awards

Grand  
Champions  
Richard  
Nelson,  
Patricia  
Bates, Deo  
Jaravata, &  
Jonathan  
Toker



### Champions Race

Men	Women	RaceWalk	Trail Master
1. Richard Nelson	1. Patricia Bates	1. Deo Jaravata	1. Jonathan Toker
2. Carlos Vizcarra	2. Stephanie Stone	2. Doug Jones	2. Sean O'Brien
3. Sean O'Brien	3. Margie Gonzales	3. Areana Tate	3. Wadley

Age Group	Women 40-49	Women 50-59	Women 60+	Men 20-29	Men 30-34
<b>Women 30-39</b>	1. Regina Robinson	1. Stephanie Stone	1. Patricia Bates	1. Bryan Prado	1. Wadley
1. Cat White	2. Christine Curtin	2. Margie Gonzales	2. Jane Dods	2. Ryan Bailon	2. Mike Kerkman
	3. Areana Tate	3. Diane Abato	3. Connie Hammen	3. Piyush Prakash	3. William Korthof



Men 35-39	Men 40-44	Men 45-49	Men 50-54	Men 55-59	Men 60+
1. J. McGuinness	1. Angus Kennedy	1. Sean O'Brien	1. Patrick Owen	1. David Dassey	1. Richard Nelson
2. Ely Yaron	2. Bernie Tan	2. Deo Jaravata	2. Reg Willson	2. Dan Graham	2. Eric Fischer
3. Ted Wyder	3. Robb Briggs	3. Juan Moreno	3. Doug Jones	3. Bill Winkelmann	3. Richard West

## 2010: Year in Review Fastest LA Frontrunners

In a year full of outstanding running, cheers to the best of the best! Rankings compiled from results reported to LAFR during 2010 (each runner's fastest result used).



From left: Top Dogs Luis Aguilar (5K), and Carlos Vizcarra (10K, Half, Full). Right: Wadley & Mike Kerkman, who along with Carlos are the only FRs to appear on all four lists, and top masters marathoner Sean O'Brien



5K		10K		Half Marathon		Marathon	
1. Luis Aguilar	16:29	1. Carlos Vizcarra	35:53	1. Carlos Vizcarra	1:19:44	1. Carlos Vizcarra	2:47:51
LB Pride	5/15	Redondo Beach	2/7	Pasadena	2/21	Los Angeles	3/21
2. Carlos Vizcarra	16:50	2. Wadley	39:19	2. Jonathan Toker	1:21:03	2. Sean O'Brien	3:03:13
LB Pride	5/15	LAFR Pride	6/13	Xterra Las Vegas	4/24	Death Valley	2/6
3. Carl Maravilla	17:52	3. Mark Johnson	39:21	3. Luis Aguilar	1:21:19	3. William Korthof	3:07:35
LB Pride	5/15	WeSpark	11/14	Surf City	2/7	Los Angeles	3/21
4. William Korthof	18:27	4. Mike Kerkman	39:35	4. John McGuinness	1:27:59	4. Mark Johnson	3:11:12
Heroes for Hope	11/7	Gay Games	8/5	Long Beach	10/17	Long Beach	10/17
5. Wadley	18:32	5. John McGuinness	40:00	5. Brad Maury	1:28:55	5. John McGuinness	3:12:02
LAFR Pride	6/13	LB Pride	5/15	Fontana	6/5	Camarillo	10/3
6. Mike Kerkman	18:33	6. Todd Sullivan	40:39	6. Ryan Timmreck	1:30:20	6. Wadley	3:26:05
Gay Games	8/2	Will Rogers	7/4	Fontana	6/5	Los Angeles	3/21
7. Brad Maury	18:43	7. Bruce Bair	40:57	7. Mike Kerkman	1:31:00	7. Reg Willson	3:27:12
LAFR Pride	6/13	Will Rogers	7/4	Pasadena	2/21	Los Angeles	3/21
8. Reg Willson	19:31	8. Robb Briggs	41:45	8. Wadley	1:32:54	8. Richard Korn	3:27:15
Will Rogers	7/4	LB Pride	5/15	Buffalo Half	2/27	Death Valley	2/6
9. John Yong	19:54	9. Richard Nelson	42:02	9. Patrick Owen	1:33:09	9. Mike Kerkman	3:27:34
LAFR Pride	6/13	Santa Monica 10K	9/12	Fontana	6/5	Death Valley	2/6
10. Mike Kezsely	19:56	10. Reg Willson	42:32	10. Angus Kennedy	1:33:24	10. Bernie Tan	3:28:54
LAFR Pride	6/13	LAFR Pride	6/13	Fontana	6/5	Surf City	2/7



Far left: Just like last year, Pat Bates tops three lists. Jacqueline Vogel tops the 5K list. Right: Jane Dods makes the 10K list. Amy Ross (5K) & Margie Gonzales (Half & Full) from the Pride Run, and Regina Robinson places 5th on three year-end lists.



5K		10K		Half Marathon		Marathon	
1. Jacqueline Vogel	22:44	1. Patricia Bates	52:00	1. Patricia Bates	1:49:35	1. Patricia Bates	4:20:13
LAFR Pride	6/13	LAFR Pride	6/13	Fontana	6/5	Los Angeles	3/21
2. Kimberly Fairchild	25:59	2. Diane Abato	56:58	2. Stephanie Stone	1:59:39	2. Allyne Winderman	4:21:18
LAFR Pride	6/13	LAFR Pride	6/13	Fontana	6/5	Boston	4/19
3. Stephanie Stone	27:36	3. Stephanie Stone	58:18	3. Kimberly Fairchild	2:08:28	3. Christine Curtin	5:50:48
Playa del Run	7/18	Heroes for Hope	11/7	Rock n Roll LA	10/24	RnR San Diego	5/31
4. Christine Curtin	29:22	4. Jane Dods	65:35	4. Margie Gonzales	2:28:02	4. Margie Gonzales	5:55:47
Victory for Victims	4/11	Gay Games	8/5	Fontana	6/5	New York	11/7
5. Amy Ross	30:15	5. Regina Robinson	77:44	5. Regina Robinson	2:38:05	5. Regina Robinson	6:33:17
LB Pride	5/15	Santa Monica 10K	9/12	Fontana	6/5	Los Angeles	3/21



# 4<sup>th</sup> Annual Don Thompson LGBT Film Festival

presented by the USC Lambda LGBT Alumni Association

**Date:** Mar 5, 2011

**Time:** 3:00 - 6:00 PM

**Tickets:** [www.alumnigroups.usc.edu/lambda](http://www.alumnigroups.usc.edu/lambda)

**Location:** The Ray Stark Family Theatre

USC School of Cinematic Arts Complex

University Park Campus, LA, CA 90089 - (213) 740-1606

Started 4 years ago as a scholarship fundraiser by LAFR, the **Don Thompson LGBT Film Festival** has blossomed into a USC Lambda signature event, celebrating the work of USC's up-and-coming LGBT and allied filmmakers.

In addition, proceeds from the event go toward the **Don Thompson Scholarship in Cinematic Arts**. Named in memory of the former Head of Reference Services at the School of Cinema/Television Library, the scholarship is awarded to a student sharing Don's love of the LGBT community and the cinematic arts.

## **DON THOMPSON**

Don was a founding member of LAFR and in so many ways embodied all that is great about the club and our members. Don had two passions in life: LAFR and his beloved USC. Don served as a Board member-at-large, Vice President, and President. He was always there to encourage Frontrunners to be their best and never give up. He was our pillar during the sad times in the 80s and 90's when we lost so many members to AIDS. Sadly, Don succumbed to bacterial meningitis in 2006. It was then that the Don Thompson Scholarship in Cinematic Arts was established through USC Lambda Alumni Association. Over the years this scholarship has allowed talented LGBT film students to reach their potential.

## **Honorary Judges**

### **Stacy Codikow '84**

Founder and Executive Director of POWER-UP, the only non-profit film production



company for women and the GLBTQ community.

### **Randal Kleiser '68, MA '74**

Director of *The Blue Lagoon*, *Flight of the Navigator*, *White Fang*, and the 1996 AIDS drama *It's My Party*.



His first film *Grease* is the most successful movie musical ever made.







## 2011 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 Monday thru Thursday evenings in and around the LA area. On Saturday mornings, the group meets at 8:00 AM in Griffith Park.

LA Frontrunners is part of the more than 100 Frontrunner clubs across the U.S. and around the world. The club was founded in 1981, and are proud of the long tradition of promoting a healthy community.

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

Thanks for your interest and see you on the trails!

### 2011 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:

Emergency Contact: Name: \_\_\_\_\_ Phone: \_\_\_\_\_

#### Partner Information (if joint membership)

T-Shirt Size: S M L XL

Name:		Date of Birth:
Email:	Primary Phone:	Secondary Phone:

#### 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 Los Angeles Frontrunners ("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 Los Angeles Frontrunners, 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) will be printed in the Club Roster. Do you want your name and e-mail 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@googlegroups.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	Los Angeles Frontrunners 2870 Los Feliz PI, PMB # 229 Los Angeles, CA 90039
Individual \$25	Dues:	
Couples at Same Address \$35	Donation:	
	Amount Enclosed:	



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

**Host: Todd/Wadley**

**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: Bruce/Brian**

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

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

**Hosts:**  
**Mike/John/William**