

### Chili Cook-Off & Doggie Dash

December 2017



Mike Heredia & Chloe repeated as Champions of the LAFR Doggie Dash – they're two for two! It was a great day and we raised funds for PAWSLA.

Jim Martinez also pulled off another type of repeat by being crowned the Chili Queen at the 17<sup>th</sup> Annual Chili Cook-Off.

See page 2 for Doggie Dash results and pics and page 3 for Chili Cook-Off results and pics.

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Walter is ready to go at Doggie Dash



# Doggie Dash 5K Race Results



Patrick & Norman & Ruby & Gus



Winning trophies is hard work



The fabulous 50-54s and their fearless leader, Bruce Bair

## LAFR Doggie Dash 5K (Grand Prix)

Griffith Park, CA 10/23

### 5K – Humans & Pups

Mike H & Chloe.....	19:15	1 <sup>st</sup> OA
		1 <sup>st</sup> Medium
Sean O & Arlington & Washington	21:48	2 <sup>nd</sup> OA
		2 <sup>nd</sup> Medium
Mario M & Ellie.....	21:54	3 <sup>rd</sup> OA
		1 <sup>st</sup> Large
Erin B & Samantha..	22:03	1 <sup>st</sup> XL
Patrick O & Gus.....	24:47	1 <sup>st</sup> Small
Reg W & Suki.....	29:49	
Mike C & Caroline...	32:55	
Frank K & Tejo.....	36:06	
Rich W & Maggie.....	36:46	
Eric F & Cruiser.....	36:47	
Jeff W & Kingston....	42:20	
WTF & Piper/Pearl..	42:42	
Rina S & Walter.....	48:20	
Norman D & Ruby...	55:50	
Mark B & Hazel.....	55:51	

## LAFR Doggie Dash (Grand Prix)

LA, CA 10/28

### 5K Humans Only

Mike Kerkman.....	17:55	1 <sup>st</sup> OA
		1 <sup>st</sup> 35-39
Duane Howard.....	17:56	2 <sup>nd</sup> OA/PR
		2 <sup>nd</sup> 35-39
Bruce Bair.....	20:45	3 <sup>rd</sup> OA
		1 <sup>st</sup> 50-54
Martin Carlson.....	21:38	1 <sup>st</sup> 55-59
Bernie Tan.....	21:41	1 <sup>st</sup> 45-49
Eddie Flores.....	21:43	1 <sup>st</sup> 40-44/PR
Bill Austin.....	21:47	1 <sup>st</sup> 60-64
Ben Beneski.....	21:51	2 <sup>nd</sup> 40-44/PR
Rick Allison.....	22:08	2 <sup>nd</sup> 50-54
Angus Kennedy.....	22:24	3 <sup>rd</sup> 50-54
Mario Mota.....	23:15	
Richard Nelson.....	25:25	1 <sup>st</sup> 70-74
Richard Peng.....	26:20	3 <sup>rd</sup> 45-49
John Miles.....	26:28	PR
Jim Martinez.....	28:20	3 <sup>rd</sup> 60-64
Lacey Howcroft.....	29:37	1 <sup>st</sup> OA F
		1 <sup>st</sup> 30-34
Patrick Conner.....	29:38	3 <sup>rd</sup> 35-39
Mark Grumet.....	36:08	1 <sup>st</sup> 65-69
Margie Gonzales.....	43:42	2 <sup>nd</sup> OA F
		1 <sup>st</sup> 60-64



## Chili Cook-Off 2017



*Jim won the very first Chili Cook-Off 17 years ago and was again crowned Chili Queen in 2017!*

## Bucks Donated to Local Charities

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

### Chili Queen

Chili Queen	Jim Martinez	Senior Svcs.	\$250
1st Runner-up	Mario Mota	PAWS/LA	\$125
2nd Runner-up	Eric Eisenbrey	InsideOut	\$75

### Meat Chili w/ beans

1st	Neil Johnson	InsideOut	\$75
2nd	Eric Eisenbrey	PAWS/LA	\$50
3rd	Rick Allison	PAWS/LA	\$25

### Meat Chili no beans

1st	Sanford Doi	PAWS/LA	\$75
2nd	Mario Mota	Rampart	\$50
3rd	Rusty Millar	Senior Svcs.	\$25

### Veggie Chili

1st	Jim Martinez	PAWS/LA	\$75
2nd	Patrick Owen	Senior Svcs.	\$50
3rd	Mike & Rina	PAWS/LA	\$25

### Cornbread

1st	Jim Martinez	SRLA	\$75
2nd	Patrick Owen	InsideOut	\$50
3rd	Henri Faucher	PAWS/LA	\$25

### Hottest Chef

1st	Rusty Millar	PAWSLA	\$75
2nd	WTF	Breakfast	\$50
3rd	Rick Allison	SRLA/Rampart	\$25

### Presentation

1st	Jim Martinez	PAWS/LA	\$75
2nd	Patrick Owen	PAWS/LA	\$50
3rd	Mario Mota	Breakfast	\$25

<b>Hottest Chili</b>	Mike & Rina	PAWS/LA	\$50
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*Right: John takes his judging very seriously*



*Below: Bill & Matthew in front of Jim's 17th Chili Cook-Off poster*



*Left: Rina & Papa chillin*



## RnR Half

New Orleans, LA 2/5

Lacey Howcroft.....2:04:49

## Mississippi River Half

Greenville, MS 2/11

David Grudzien.....2:15:44

## Mercedes Benz Half

Birmingham, AL 2/12

David Grudzien.....2:19:40

## Christie Clinic

Champaign, IL 4/21

Paul Morrell.....27:22 5K

Paul Morrell.....2:07:15 1/2

## GA Peach Jam Half

Cumming, GA 5/29

David Grudzien.....2:30:51

## Falmouth Flag Day 5K

Falmouth, MA 6/11

Paul Morrell.....23:34

## Rio Marathon

Rio de Janeiro, Brazil 6/18

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

## SF Pride 10K

San Francisco, CA 6/24

Paul Morrell.....59:16

## Memorial 13.1 Half

Hattiesburg, MS 7/1

David Grudzien.....2:39:45

## Peachtree 10K

Atlanta, GA 7/4

David Grudzien.....61:25

## Hunter Valley Marathon

Hunter Valley, Australia 7/16

Deo Jaravata..... 4:44:52

## Race 13.1 Half

Detroit, MI 7/22

David Grudzien.....2:32:01

## Run ATL Midtown 5K

Atlanta, GA 7/29

David Grudzien.....29:37

# Race Results



*Wink, Mario,  
Bill Austin,  
Richard  
Peng & Rudy  
with a gaggle  
of SD  
Frontrunners  
at Lisbon  
Marathon*

## Best Damn 5K

New Orleans, LA 3/26

Lacey Howcroft.....23:06 3<sup>rd</sup> OA F  
1<sup>st</sup> 25-29

## WHOOS in El Moro 50K

Newport Beach, CA 5/13

Sean O'Brien..... 4:53:08 1<sup>st</sup> 50-54

## Rochester Heart Run 5K

Rochester, NY 5/22

Lacey Howcroft.....25:25 1<sup>st</sup> 25-29

## Happy Birthday LA 5K

LA, CA 9/3

Mike Kerkman.....18:11 3<sup>rd</sup> 35-39

## Shane's Inspiration (Grand Prix)

Griffith Park, CA 9/10

### 5K

Margie Gonzales..... 41:33

## Rockin Summer 15K (Grand Prix)

Long Beach, CA 9/16

Erin Brinton.....67:08 1<sup>st</sup> OA F/PR  
1<sup>st</sup> 30-34

Bill Austin..... 1:22:50 1<sup>st</sup> 60-64/PR

## Rockin Summer 2 (Grand Prix)

Van Nuys, CA 9/17

### 5K

Margie Gonzales..... 42:42 3<sup>rd</sup> 60-64

### Half

John McGuinness.....1:37:37 2<sup>nd</sup> 40-44

## Homeboy 2.9 Mile (Grand Prix)

LA, CA 9/23

Mike Kerkman.....16:59 3<sup>rd</sup> 35-39

John McGuinness.....19:35 1<sup>st</sup> 40-44

Eddie Flores..... 20:56

Doug Jones.....36:13

## Dolphin Dash Sept. 15K

SaMo, CA 9/24

Bill Austin.....1:15:54 1<sup>st</sup> 60-64/PR

## SRLA 5K

SaMo, CA 9/24

Carlos Vizcarra.....17:23 2<sup>nd</sup> 40-44

Deo Jaravata.....26:05

## NoName Trail

Agoura Hills, CA 10/7

### 15K

Bruce Bair.....1:18:52 2<sup>nd</sup> OA  
1<sup>st</sup> 50-54

### 30K

Ben Beneski.....3:15:23 2<sup>nd</sup> 40-44

## Phidippides XC Trail 5K

Decatur, GA 10/14

David Grudzien.....29:23 1<sup>st</sup> 55-59

## Lisbon Marathon (Grand Prix)

Lisbon, Portugal 10/15

Mario Mota.....4:20:04

Bill Austin.....4:42:45

Richard Peng.....4:43:31 PR

Rudy Van Graan.....5:43:50



## Milo Marathon

Manila 7/30

Deo Jaravata..... 5:22:00

## ATC Finest 5K

Atlanta, GA 8/19

David Grudzien.....27:28

## Falmouth 7 Miler

Falmouth, MA 8/20

Paul Morrell.....66:28

## Michigan 13.1 Wine

Baroda, MI 8/20

David Grudzien.....2:24:49

## Run Thru Park Half

Loganville, GA 7/30

David Grudzien.....2:24:52

## Mahomet Half

Mahomet, IL 8/5

David Grudzien.....2:19:52

## Disney

Anaheim, CA 9/1

Jason Coleman.....1:38:41 10K

Jason Coleman.....2:41:33 1/2

## Race 13.1 Nashville Half

Nashville, TN 9/2

David Grudzien.....2:09:46

## Scottsboro Half

Scottsboro, AL 9/4

David Grudzien.....2:07:38

## Air Force Half

Dayton, OH 9/16

David Grudzien.....2:21:54

## Beyond the Beach Half

Gary, IN 9/17

David Grudzien.....2:19:51

## Tunnel Light Full

North Bend, WA 9/17

Maria Poso.....3:51:37 BQ

## Race 13.1 Charlotte Half

Charlotte, NC 9/24

David Grudzien.....2:13:42

# Race Results



*Peachy Poso and Bernie Tan both ran Boston Qualifiers at Revel Canyon City in Azusa*

## Long Beach (Grand Prix)

Long Beach, CA 10/8

### Half

Carlos Vizcarra..... 1:21:42 1<sup>st</sup> 40-44

Duane Howard.....1:26:23 PR

John McGuinness....1:39:29

Angus Kennedy.....1:52:10

Doug Jones.....2:56:18

Bill Walsky.....3:24:36 RW

Margie Gonzales.....3:29:29

Nicole Oeuvray.....3:39:00 RW

Regina Robinson..... 4:28:30

### Full

Mark Johnson..... 3:03:51 1<sup>st</sup> 50-54

Deo Jaravata..... 4:35:17

## Monster Dash 15K

Los Angeles, CA 10/22

Alexander Bazley.....1:22:32 1<sup>st</sup> 30-34/PR

## Revel Canyon (Grand Prix)

Azusa, CA 11/4

### Half

Mark Johnson..... 1:25:09 1<sup>st</sup> 50-54

Mario Mota.....1:40:45 PR

David Gonzalez.....1:47:13

Margie Gonzales.....3:07:26

Nicole Oeuvray.....3:31:31

### Full

Patrice Salome.....3:16:34

Duane Howard.....3:21:19

Bernie Tan.....3:29:21 BQ

Maria Poso.....3:50:42 BQ

Martin Carlson.....4:18:16

Rudy Van Graan.....5:01:42

## Palm Springs Pride (Grand Prix)

Palm Springs, CA 11/4

*\*course was mis-marked and was corrected during race\**

### 3.8 Miles

Mike Kerkman..... 21:30 1<sup>st</sup> OA

1<sup>st</sup> 35-39

Mike Heredia..... 22:00 2<sup>nd</sup> 35-39

Matthew Dernoga...25:40 1<sup>st</sup> 30-34

Rick Allison..... 26:21 2<sup>nd</sup> 50-54

Mark DeAngelis..... 27:23

Matt Barnes..... 28:00

Dan Vu.....30:13

Alexander Bazley....30:14

Brian Dunbar.....30:42

Peter Lehrbaum..... 31:32

Henry Jung.....34:18

### 5K

Christopher Tapper.35:28

Rina Shiramizu.....36:47 2<sup>nd</sup> 1-24/PR

Kevin Shiramizu..... 36:47

Rob Chen.....36:48

Mike Carbuto.....37:19

David Dassey.....51:18 RW

## Santa Clarita Half

Santa Clarita, CA 11/5

Mark Penn..... 1:39:00 2<sup>nd</sup> 60-64

Bill Walsky.....3:18:26 RW

## Dublin Marathon

Dublin, Ireland 10/29

John McGuinness..... 3:37:41

Doug Jones.....6:30:43

# Race

## Berlin Marathon

Berlin, Germany 9/24

Jason Coleman.....6:03:01

## Chicago Marathon

Chicago, IL 10/8

David Grudzien.....6:03:17

Jason Coleman.....6:06:32

## Grand Canyon Trail Half

Grand Canyon 10/14

Stephanie Stone..... 3:01:26

## Run 4 Rescues 5K

Pasadena, CA 10/14

Margie Gonzales.....43:33

## Lake Tahoe Full

Lake Tahoe, CA 10/15

Deo Jaravata..... 5:12:09

## 4 Bridges Half

Chattanooga, TN 10/15

David Grudzien.....2:00:59

## Scotiabank Half

Toronto, Canada 10/22

David Grudzien.....2:12:58

## Ventura

Ventura, CA 10/22

### Half

Gabriel Cooper..... 2:33:14 PR

Bill Walsky..... 3:20:05 RW

### Full

Deo Jaravata..... 4:39:05

## Day of the Dead

Las Cruces, NM 10/28-29

### Day 1

David Grudzien.....54:11 5K

David Grudzien.....2:32:17 1/2

### Day 2

David Grudzien.....2:44:41 1/2

## RnR LA Half

Los Angeles, CA 10/29

Patrice Salome.....1:33:08

Margie Gonzales.....3:28:21



Reg & Brien getting their age group medals at Catalina Eco

## Red Rock Trail Marathon

Agoura Hills, CA 11/25

Ben Beneski..... 5:49:46 2<sup>nd</sup> 40-44

## Catalina Eco (Grand Prix)

Avalon, CA 11/18

### 10K

Carlos Vizcarra.....38:02 1<sup>st</sup> OA

1<sup>st</sup> 40-44

Kevin Shiramizu..... 53:07 2<sup>nd</sup> 40-44/PR

Albert Giang.....64:25 3<sup>rd</sup> 40-44

Richard West..... 64:59 3<sup>rd</sup> 65-69

John Houser.....68:13 PR

Eric Fischer.....68:43

### Half

Mike Kerkman..... 1:40:18 1<sup>st</sup> OA

1<sup>st</sup> 35-39

Eddie Flores..... 2:11:46

Angus Kennedy.....2:24:06 3<sup>rd</sup> 50-54

Reg Willson..... 2:24:38 1<sup>st</sup> 55-59

Richard Peng.....2:25:05

Brian Dunbar.....2:25:33 2<sup>nd</sup> 55-59

Dan Vu..... 2:37:36

Rudy Van Graan.....2:55:35

Bill Walsky..... 4:25:09

### Full

Sean O'Brien..... 4:10:25 1<sup>st</sup> 50-54

Wadley.....4:33:00 3<sup>rd</sup> 35-39

Mike Murphy.....5:11:12

Deo Jaravata..... 6:16:55

## Run to Stay Warm 5K

Eugene, OR 11/19

Jane Dods.....48:50 1<sup>st</sup> 80-84

## LA River Half

Los Angeles, CA 12/3

Patrice Salome..... 1:35:18 3<sup>rd</sup> 40-44

# Results

## Turkey Trot-tacular (Grand Prix)

### Thanksgiving ATC Half – 11/23

David Grudzien.....2:34:00

### Turkey Trot 10K SaMo – 11/23

Richard Nelson..... 52:29 1<sup>st</sup> 70-74

### Burbank Turkey 5K – 11/23

Eddie Flores..... 21:12 3<sup>rd</sup> 40-44/PR

Angus Kennedy.....24:49

Bill Walsky.....45:20 RW

### Burbank Turkey 10K – 11/23

Rick Allison.....45:55 PR

Mario Mota.....47:40

Albert Giang.....56:33

Rudy Van Graan..... 61:21

### Turkey Trot LA – 11/23

Paul Morrell.....43:34 5K

Paul Morrell.....57:15 10K

### Tucson Turkey Classic – 11/23

Mike Kerkman..... 18:02 2<sup>nd</sup> 35-39

Kevin Shiramizu.....25:56

### Topanga Turkey Trail 5K – 11/23

Patrick Conner.....46:13

Keeley Webster.....88:40

### Topanga Turkey Trail 15K – 11/23

Bruce Bair..... 1:24:05 3<sup>rd</sup> 50-54

### Turkey Stuffer 5K – 11/23

Jane Dods.....47:50 1<sup>st</sup> 80-84

### ABWR Half HB – 11/24

Bill Austin..... 1:54:50 2<sup>nd</sup> OA

1<sup>st</sup> 60-64

### MN Indoor Half – 11/27

David Grudzien.....2:10:03 3<sup>rd</sup> OA

1<sup>st</sup> 55-59

### Giving Thanks 10K – 11/27

Mario Mota.....46:27 3<sup>rd</sup> OA

3<sup>rd</sup> 50-54

Bill Winkelmann..... 1:40:54 1<sup>st</sup> 65-69

### Giving Thanks 15K – 11/27

Mark Johnson.....60:43 1<sup>st</sup> OA

1<sup>st</sup> 50-54

Angus Kennedy.....76:07 2<sup>nd</sup> 50-54

Richard Peng.....86:10 2<sup>nd</sup> 45-49

### Giving Thanks Half – 11/27

Bill Austin..... 2:08:55 1<sup>st</sup> 60-64

## KSQ Half

Kennett Square, PA 11/4

David Grudzien.....2:15:03

## NYC Marathon

NY, NY 11/5

John Kawaharada....4:26:03

Deo Jaravata..... 4:35:50

## C & D Canal Half

New Castle, DE 11/5

David Grudzien.....2:13:22

## Longview Half

Grandview, MO 11/11

David Grudzien.....2:13:54

## Gobbler Grind Half

Overland Park, KS 11/12

David Grudzien.....2:28:47

## RnR Full

Las Vegas, NV 11/12

Deo Jaravata..... 5:02:36

## Cambridge Half

Cambridge, MA 11/19

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

## CIM Full

Sacramento, CA 12/3

Carlos Vizcarra.....2:50:36

## Barbados Full

Barbados 12/3

Deo Jaravata..... 4:59:23

## Brooklyn Half

Brooklyn, NY 12/9

David Grudzien.....2:44:49

## NYCRuns Half

New York, NY 12/10

David Grudzien.....2:42:25

## Barbs 5K

Atlanta, GA 12/16

David Grudzien.....28:02

## Jeff Galloway 13.1

Atlanta, GA 12/17

David Grudzien.....2:15:45

# Race Results



Richard Peng at Reindeer Run on 12/23

## Ray Miller 50K

Malibu, CA 12/2

Maria Poso.....6:31:05 2<sup>nd</sup> 45-49

Rudy Van Graan.....8:36:57

## Holiday Half (Grand Prix)

Pomona, CA 12/10

David Gonzalez.....1:52:58

Brian Dunbar..... 2:06:02

Raul Borja.....2:09:36

Deo Jaravata..... 2:16:59

Mike Smith..... 3:00:35

## Generosity 5K

Griffith Park, CA 12/10

Bill Austin..... 22:04 3<sup>rd</sup> OA  
1<sup>st</sup> 60-64

## Venice 10K

Los Angeles, CA 12/16

Reg Willson.....47:31 3<sup>rd</sup> 55-59

## Dolphin Dash Dec. 5K

SaMo, CA 12/17

Bill Austin..... 22:38 3<sup>rd</sup> OA  
1<sup>st</sup> 60-64

## Operation Jack

Dockweiler, CA 12/26

### Half

Keeley Webster.....3:31:48

Cat White..... 3:41:17

### Full

Deo Jaravata..... 4:27:32

Rudy Van Graan.....5:14:22 2<sup>nd</sup> 55-59

## Paramount Ranch Trail

Paramount Ranch, CA 12/16

### Full

Deo Jaravata..... 5:02:23 1<sup>st</sup> 50-54

### 50K

Maria Poso..... 6:18:47 2<sup>nd</sup> 45-49

## Reindeer Run (Grand Prix)

Van Nuys, CA 12/23

### 5K

Mario Mota.....21:34 1<sup>st</sup> 50-54/PR

Rick Allison.....21:43 2<sup>nd</sup> 50-54

Henri Faucher.....28:57 3<sup>rd</sup> 55-59/PR

Bill Walsky.....44:34 3<sup>rd</sup> 65-69/RW

Margie Gonzales.....47:38 RW

Nicole Ouevray.....47:41 3<sup>rd</sup> 55-59/RW

Gary Todd.....48:07 3<sup>rd</sup> 60-64/RW

### 10K

John McGuinness....43:14 1<sup>st</sup> OA  
1<sup>st</sup> 40-44

Eddie Flores..... 45:26 2<sup>nd</sup> OA  
2<sup>nd</sup> 40-44/PR

Richard Nelson..... 52:58 1<sup>st</sup> 70-74

Dan Graham.....53:47 1<sup>st</sup> 60-64

Rick Hetzel..... 53:53 2<sup>nd</sup> 55-59/PR

Paul Morrell..... 54:58 3<sup>rd</sup> 55-59

Rudy Van Graan.....58:17 PR

Gabriel Cooper..... 65:14 3<sup>rd</sup> 25-29/PR

Doug Jones.....88:05 2<sup>nd</sup> 60-64

### 15K

Angus Kennedy.....75:23 3<sup>rd</sup> OA  
1<sup>st</sup> 50-54

Richard Peng.....82:21 1<sup>st</sup> 40-44

### Half Marathon

Mark Johnson.....1:27:36 1<sup>st</sup> OA  
1<sup>st</sup> 50-54

Bernie Tan..... 1:40:24 1<sup>st</sup> 45-49

Jeff Masino.....1:52:26 PR

## Pre New Year's Eve 5K

Long Beach, CA 12/30

Bill Austin..... 22:33 3<sup>rd</sup> OA  
1<sup>st</sup> 60-64

Mike Carbuto.....31:25

## New Year's Eve 5K (Grand Prix)

SaMo, CA 12/31

Bill Austin..... 26:03 3<sup>rd</sup> 60-64

Margie Gonzales.....46:30 RW

Nicole Ouevray.....46:33 RW/PR

Bill Winkelmann.....46:38 2<sup>nd</sup> 65-69



# Grand Prix Series Standings Final 2017

## 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
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### MALE

1. Carlos Vizcarra	6	81.35
2. Mark Johnson	6	80.12
3. Richard Nelson	6	75.43
4. Mike Kerkman	6	74.84
5. Bill Austin	6	71.93
6. Rick Allison	6	68.99
7. Bernie Tan	6	67.85
8. Mario Mota	6	67.35
9. Brice Bair	6	66.79
10. John McGuinness	6	66.62

### FEMALE

1. Erin Brinton	6	69.71
2. Maria Poso	6	61.61
3. Stephanie Stone	6	52.87
4. Margie Gonzales	5	46.96
5. Lacey Howcroft	3	58.96
6. Jane Dods	3	56.83
7. Nicole Oeuvray	3	41.10
8. Keeley Webster	3	35.67
9. Cat White	3	33.48
10. Rina Shiramizu	2	48.16

### RACEWALK

1. Deo Jaravata	6	63.50
2. Bill Walsky	6	55.30
3. Nicole Oeuvray	6	51.89
4. Margie Gonzales	4	55.89
5. Bill Winkelmann	3	47.01

## 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
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1. Erin Brinton	4	123.74
2. Bruce Bair	4	115.63
3. Deo Jaravata	4	114.10
4. Peachy Poso	4	104.99
5. Angus Kennedy	4	95.43
6. Mike Carbuto	4	89.00
7. Ben Beneski	4	85.85
8. Rudy Van Graan	4	80.21
9. Richard Peng	4	78.29
10. Stephanie Stone	4	74.81

## AGE GROUP GUYS

Division	Races	Points
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### Male 20-29

1. John Chau	3	395
2. Gabriel Cooper	1	145

### Male 30-34

1. John Houser	6	645
2. Alexander Bazley	4	465
3. Matthew Dernoga	2	255

### Male 35-39

1. Mike Kerkman	6	910
2. Duane Howard	6	865
3. David Gonzalez	5	585
4. Mike Heredia	3	395
5. Barry Hamaguchi	3	385

### Male 40-44

1. Carlos Vizcarra	6	880
2. Eddie Flores	6	840
3. John McGuinness	6	795
4. Richard Peng	6	730
5. Jason Coleman	4	420

### Male 45-49

1. Moises Medina	6	860
Mark Johnson	6	860
3. Bernie Tan	6	720
4. Marcelino Goncalves	4	390
5. Eric Alvarez	1	185

### Male 50-54

1. Deo Jaravata	6	810
2. Mario Mota	6	805
3. Rick Allison	6	735
4. Angus Kennedy	6	730
5. Brian Dunbar	6	665

### Male 55-59

1. Bill Austin	6	900
2. Rudy Van Graan	6	750
3. Doug Jones	6	700
4. Martin Carlson	5	545
5. Rick Hetzel	3	375

### Male 60+

1. Richard Nelson	6	790
2. David Dassey	6	765
3. Mike Carbuto	6	735
4. Jim Martinez	6	700
5. Bill Winkelmann	6	675

## AGE GROUP GALS

Division	Races	Points
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### Female 29 & Under

1. Rina Shiramizu	2	270
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### Female 30-39

1. Erin Brinton	6	990
2. Lacey Howcroft	1	115

### Female 40-49

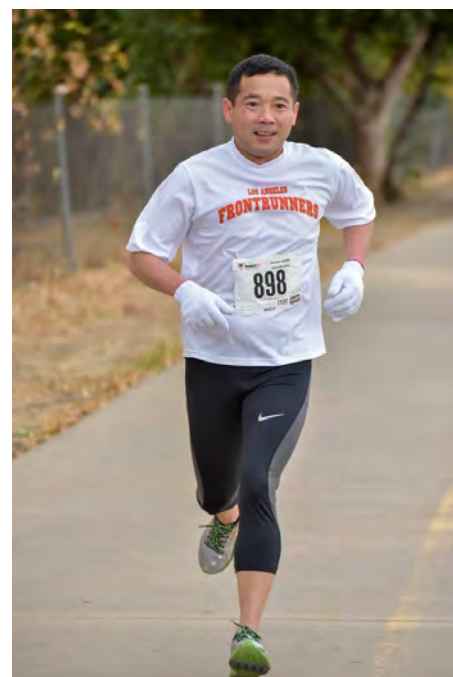
1. Maria Poso	6	800
2. Keeley Webster	3	310
2. Regina Robinson	2	220
3. Cat White	2	215
4. Tanya Haney	1	150

### Female 50-59

1. Nicole Oeuvray	6	735
2. Stephanie Stone	4	495
3. Yumi Afrento	4	465

### Female 60+

1. Margie Gonzales	6	750
2. Allyne Winderman	1	115
Jane Dods	1	115
3. Connie Hammen	1	105



Bernie Tan at Reindeer Run in December



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# LAFR Challenge Standings Final 2017

Rank	MOST		Rank	Highest Age Grade Male		Rank	Highest Age Grade Female	
1	Bill Austin	25	1	Eric Alvarez		1	Erin Brinton	
2	David Grudzien	22		M2B: 2:43:15	91.65		Stars/Stripes 10K: 42:08	71.99
3	Margie Gonzales	10	2	Carlos Vizcarra		2	Maria Poso	
	Deo Jaravata	10		Boston: 2:46:19	85.54		Revel: 3:50:42	69.30
	Richard Nelson	10	3	Mark Johnson		3	Allyne Winderman	
6	Mike Carbuto	9		M2B: 3:03:24	82.29		LAFR 5K: 28:35	69.04
	Richard Peng	9	4	Richard Nelson		4	Stephanie Stone	
	Doug Jones	8		Summer Time 5K: 22:44	76.83		LAFR 10K: 64:03	59.12
	Carlos Vizcarra	8	5	Mike Kerkman		5	Jane Dods	
	Mike Kerkman	8		GP 12.6: 1:18:17	76.45		OTC 5K #2: 43:36	57.42
	Rudy Van Graan	8	6	Mark Penn		6	Margie Gonzales	
12	Maria Poso	7		SC Half: 1:39:00	76.38		NY Eve 5K RW: 46:30	55.09
	Moises Medina	7	7	Bill Austin		7	Nicole Oeuvery	
	Stephanie Stone	7		Wrigley 5K: 20:59	76.09		LB Half RW: 3:39:00	54.92
12	David Dassey	7	8	Moises Medina		8	Connie Hammen	
	Martin Carlson	7		Boston: 3:15:32	75.23		LAFR 5K: 53:14	54.58
	Bangus	7	9	Duane Howard		9	Tanya Haney	
	Bill Winkelmann	6		M2B: 3:01:24	75.15		Action J 5K: 30:33	51.45
	John Houser	6	10	Marcelino Goncalves		10	Lacey Howcroft	
	John McGuinness	6		LA: 3:18:45	74.01		Doggie Humans 5K: 29:37	49.86
	David Gonzalez	6						
	Duane Howard	6						
	Mark Johnson	6						
	Jane Dod	6						
	Nicole Oeuvery	6						
27	Nine LAFRs	5						
37	Nine LAFRs	4						
46	Twelve LAFRs	3						
58	Eleven LAFRs	2						
69	Thirty-six LAFRs	1						
<b>Challenge Distance by Month</b>			<b>Challenge Bonus Races</b>			<b>Rank PR Race</b>		
JAN	Half Marathon		FEB	SOB		1	Stephanie Stone	
FEB	5K/10K		FEB	Action Jackson			LAFR 5K/10K	33.31
MAR	Trail		MAR	LA Marathon		2	Alexander Bazley	
APR	5K		APR	Boston Marathon			LB Pride 5K	23.45
MAY	10K/Full		MAY	LB Pride		3	Duane Howard	
JUN	5K/10K		MAY	M2B			LA/M2B/Luau/LB/Doggie	14.62
JUL	10K/Full		JUN	LAFR Pride		4	Rick Hetzel	
AUG	5K		OCT	LB Marathon			LAFR/Pas/Stars/Reindeer	9.47
SEP	Trail		OCT	LAFR Doggie Dash		5	Bill Austin	
OCT	10K/Half		NOV	Catalina Eco			Dolphin 15K	8.37
NOV	Half/Full		DEC	Reindeer Run		6	Jeff Masino	
DEC	5K/Half						Reindeer Half	8.31
						7	Erin Brinton	
							Father's Day/Stars/Rockin	7.50
						8	Eddie Flores	
							Doggie/Reindeer	4.93
						9	John Houser	
							Action J 5K	4.93
						10	Mario Mota	
							Revel/Reindeer	2.22



From left:  
Rick Allison, Eddie Flores,  
Angus Kennedy, Rudy  
Van Graan, Bill Walsky,  
Mario Mota & Albert Giang  
after the Burbank YMCA  
Turkey Trot Thanksgiving  
morning

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**\$50**

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Duane Howard ▪ Margie Gonzales ▪ Moises & Brett ▪  
Mike Carbutto & Chris Tapper ▪ Raul Borja ▪ Yumi Afrento  
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