



LAFR lost a founding member this past month. Barry Norcross, pictured above center in a cheerful Hawaiian shirt, had been with the club since 1980. LAFR will publish a separate newsletter dedicated to Barry.

Below is a memorial from another founding member, Jane Dods:

Bye, Bye Barry

I just learned of Barry Norcross' passing and was very saddened. Barry and I and a handful of other gay runners were founding members of the L. A. Front Runners (no smooshing up of words in those days!). What a privilege it was to be on the ground floor of a running club that catered to "us." I had just begun my running "career" two years earlier in 1978 when the club was formed in 1980. Was that good timing or what! Barry and I were contemporaries and attended many, many events together over the next ten years before I moved to Oregon. We enjoyed the fun runs as well as the not-so-fun training for marathons - many laughs and occasional moments of glory. Not only did Barry enjoy running, he also gave of his time to the club, serving as president one year. He was a big guy with a big heart and will be missed by all who had the pleasure of knowing him.

Sail on!

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Annual Awards Banquet

The Annual Awards Banquet took place on January 27 at the Castaway Restaurant. About 80 Frontrunners enjoyed an evening of good food & even better company. While the attendance dropped slightly from years past, there was no diminishment in fun and spirit. In the following pages we re-cap the night with plenty of pictures so that even those who could not attend can share in the fun and camaraderie.

Renew your 2013 membership!

Email drop-date for 2013 will be March 1. You can renew at the LAFR Online Store at www.lafrontrunners.com

LAFR BIRTHDAY BOYS AND GIRLS



2/15	William Fang		
2/20	Terry Finestein		
2/24	Christine Liao		
2/25	Brent Kaspar		
2/25	Brad Takei		
2/28	Ric Muñoz		
3/3	Brian Kelly		
3/3	Richard Nelson		
3/4	Juan Moreno	3/19	Areana Tate
3/7	Deo Jaravata	3/20	Brian Dunbar
3/8	Ely Yaron	3/20	Jonathan Toker
3/13	Gardner Delano	3/26	Brad Maury
3/13	Diane Abato	3/29	John Aragon
3/14	Gary Braitman	3/29	Henry Warren
3/14	Nelson White	3/30	Sue Roth
3/15	Albert Giang	3/30	Allen Posten



The Annual Awards Banquet on 1/27 was also the birthdays of Bernie & Margie, pictured with Ross, whose birthday was the 28th (hence the bday sash/tiara)

WELCOME NEW MEMBERS!

Yumi Afrento Paul Wendell

Los Angeles Fronrunners

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www.lafronrunners.com

Angus Kennedy, *president*
 Patrick Owens, *vp*
 William Fang, *treasurer*
 Bruce Bair, *secretary*
 David Dassey, *dir-at-large*
 Geoff Buck, *dir-at-large*
 Regina Robinson, *dir-at-large*
 Ross Lamkin, *dir-at-large*
 John Kawaharada, *dir-at-large*
 Margie Gonzales, *dir-at-large*
 Sean O'Brien, *dir-at-large*

The LAFR Newsletter is a free monthly newsletter published for its members. For questions or content contributions, please email lafronrunners@gmail.com

Los Angeles Fronrunners Monthly Treasurer's Report for January 2013

Balance on 2012 Nov. 30	\$	15,775.59
Balance on 2013 Jan 31	\$	6,720.71
Net change	\$	(9,054.88)

type	net gain or loss	revenue	expense
Club Events			
Annual Banquet	\$ (1,085.24)	\$ 2,245.25	\$ (3,330.49)
T-Shirt	\$ (2,770.11)	\$ -	\$ (2,770.11)
Fall Feast	\$ (1,102.58)	\$ -	\$ (1,102.58)
Holiday Party	\$ (448.59)	\$ -	\$ (448.59)
Annual Meeting	\$ (220.92)	\$ -	\$ (220.92)
Donation			
Minority Aids Project	\$ (2,500.00)	\$ -	\$ (2,500.00)
Don Thompson Scholarship	\$ (500.00)	\$ -	\$ (500.00)
Project Angel Food	\$ (200.00)	\$ -	\$ (200.00)
Operational			
Pair Networks	\$ (103.39)	\$ -	\$ (103.39)
Constant Contact	\$ (90.00)	\$ -	\$ (90.00)
CA Secretary of State	\$ (20.00)	\$ -	\$ (20.00)
Bank Correction	\$ (10.00)	\$ -	\$ (10.00)
UPS	\$ (4.05)	\$ -	\$ (4.05)
Totals	\$ (9,054.88)	\$ 2,245.25	\$ (11,300.13)

From the Treasurer: One of the beneficiaries of Pride Run 2012 has still to be paid. The club is following up with the organizers. About \$4,000 consisting of banquet payment and membership renewal was transferred into the club account from PayPal at the beginning of February. They will be detailed in the next newsletter.

LAFR Board Meeting February 9, 2013

The following items were discussed:

1. Housekeeping – Half of 2012 membership renewed. Drop date is March 1 for renewing 2013.
2. Finances – Expenses higher this year than last, but still in good shape. One beneficiary from 2012 still not paid
3. LA Marathon – Several events planned. Please refer to page 7
4. Newsletter – William to coordinate. Angus to plan a memorial issue for Barry Norcross
5. Other Events – Half Marathon Grand Prix, Soup-Off, and Moonlight runs discussed
6. Pride Run 2013 – Discussion begins. Active.com is already activated for Pride Run
7. Future events – Neighborhood runs, Santa Cruz trip
8. Next meeting on March 2

Club Picture on March 16

We will revive the tradition of a club picture during the LA Marathon Pancake Breakfast. Put on your best smile. Look at the Marathon update on page 8 for more info.

Banquet Re-Cap: 2012 Grand Prix Awards

CHAMPIONS RACE



MEN

1. Eric Alvarez
2. Mark Johnson
3. Richard Nelson



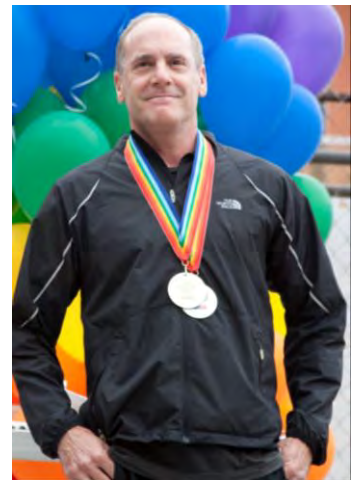
WOMEN

1. Margie Gonzales
2. Sara Croft
3. Marilyn Jackson



RACEWALK

1. Deo Jaravata
2. Juan Moreno
3. Sue Roth



TRAIL MASTER

1. Andrew Wissmiller
2. Robb Briggs
3. Deo Jaravata



Men 20-29

1. Luis Aguilar
2. Piyush Prakash



Men 30-34

1. Mike Kerkman
2. William Korthof
3. Jose Castillo



Men 35-39

1. John McGuinness
2. Ted Wyder
3. Richard Peng



Men 40-44

1. Mark Johnson
2. Moises Medina
3. Eric Alvarez



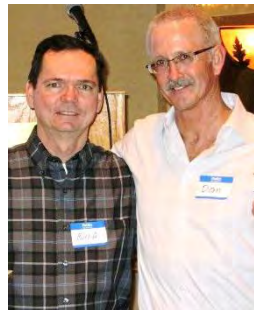
Men 45-49

1. Angus Kennedy
2. Deo Jaravata
3. Jeff Masino



Men 50-54

1. Patrick Owen
2. David Grudzien
3. Doug Jones



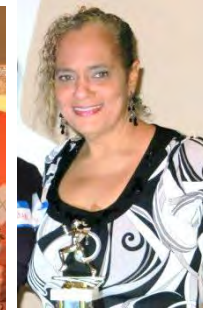
Men 55-59

1. Andrew Wissmiller
2. Dan Graham
3. Bill Austin



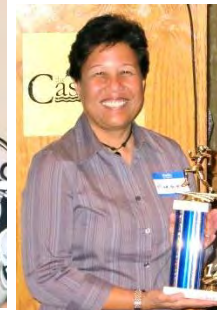
Men 60+

1. David Dassey
- Richard Nelson
3. Bill Walsky



Women 40-49

1. Sara Croft
2. Marilyn Jackson
3. Regina Robinson



Women 50-59

1. Margie Gonzales



Women 60+

1. Pat Bates
2. Sue Roth

Banquet Re-Cap: 2012 Club Awards

Frontrunner of the Year John McGuinness

presented by 2012 winner Bernie Tan

John had an outstanding year on the roads in 2012. John set PRs at all 4 standard road distances: 5K, 10K, Half Marathon, and Full Marathon. Of those, his biggest PR came at the marathon distance, where he accomplished the holy grail of marathon PRs:

going sub 3 hours for the first time, running 2:57:19 at L.A. Beyond being an outstanding athlete, John is always a cheerful volunteer as was evidenced when he & partner Doug home at the last minute to rescue the Fall Feast in the face of inclement weather.



President's Award Ted Wyder

presented by 2012 President Drew Brabb

Ted Wyder has served on the Board of Directors for several years. At the end of 2012, Ted moved to the Bay Area to pursue a new career. But despite the many hectic changes in his personal life, Ted never wavered from his duties as Treasurer to the club. Ted was also one of the few returning board members from 2011 and was instrumental in ensuring the continuity in the administration of the club. Though we are sad to see him leave, we thank him & honor him for his dedication.



Most Improved Runner Moises Medina

Special Recognition David Dassey: 100th Marathon Deo Jaravata: 300th Marathon



Newcomer of the Year John Kawaharada

Banquet Re-Cap: 2012 Club Awards

Randy Peck Service Award

Angus Kennedy

presented by 2012 winner Bill Winkelmann

We could literally write a book on the individual we honor tonight with this award. Just pick a club activity and you'll see his fingerprint. Many events that have become standard for LAFR were started by Angus, including the LAFR High School Scholarship, the kids & ultra pride races at our pride run, the many clothing, food, school supplies and shoe collections we have done, and the list goes on. He also administers our Grand Prix program, assists with marathon training and coordinates many of the club relays, social events, and uniforms.

His pride, spirit and enthusiasm allow many of us to reach for new goals, congratulate ourselves on our successes and even learn from our failures. He does this for both walkers and runners alike, men and women, young and old, the differently abled, the very competitive and the less competitive – **NO ONE IS LEFT OUT.**

Amy Ross began this recognition at the annual meeting in Dec 2011 & I continue it tonight. When you bring this superior level of commitment, pride and spirit in acknowledging individual and team achievement, outstanding events for all to be a part, in addition to unconditional love of your fellow human beings, you then raise the bar of what can be and create something that you and all of us can be proud of. I'm sure I speak on behalf of all LAFRs tonight in saying thank you for your vibrant and extraordinary service. What an amazing example you have set - all in the name of service.



Don Thompson Lifetime Achievement

Carl Maravilla

presented by 2012 winner Patricia Bates

The Don Thompson Lifetime Achievement award goes to a long-standing member of LA Frontrunners who has gone above and beyond in dedication to the life of our club. Carl has been with LAFR for over 20 years. He has served on the Board of Directors numerous times and consistently volunteers at many club events. He (and husband Henri Faucher) have graciously opened their home on countless occasions for club runs and activities (usually with delicious carne asada present). For the past several years, Carl has organized the LA Marathon Mile 7 water stop and our summer beach day. He also coordinated our beer booth at Sunset Junction for many years. He is always willing to help out in any way needed, whether it's organizing an event, helping with set-up, or cooking a turkey (or three...) for the Fall Feast.

Carl is also one of the very top runners in the long history of our club. He has won the Champions Race twice and has run some of the fastest times ever run by LAFR members. He is still running times that land him in the top 10 at several distances each year for the club. He has anchored many (if not most) of the distance relay teams that have been competing since 2005.

His kindness, generosity, and encouragement of other runners makes him a perfect recipient for an honor named after Don Thompson. Carl is still a youngster, so we're all expecting another 40 years of fast running, and more importantly, his great spirit and smile.



Banquet Re-Cap: 2012 Club Awards

Guts, Courage, and Hope

Marilyn Jackson

presented by Angus Kennedy

Courage comes in many colors and as runners, we all exhibit a fair amount of courage every time we embark on a new training program, step up to a start line, or just go out for a run. One of our own has been the champion of guts, courage, and hope in the past year: Marilyn Jackson.

Marilyn was diagnosed with cancer and began her first round of chemo in the middle of 2012. The chemo was difficult and after receiving her treatments mid-week, she could not eat or do much of anything until Sunday night. There was no way this was going to stop her from running and racing. Initially, her doctor was skeptical, but soon realized the positive effect running was having on her spirit and strength. During this period, Marilyn raced the Jet to Jetty 10K, the Conquer the Bridge 5 Miler, and the Tiger Run 10K. Her most impressive race, hands down, was the Long Beach Half Marathon. Marilyn had planned on running Long Beach before she was diagnosed. The race held special meaning as it was partner Regina's first half marathon a few years back. She continued to train while getting chemo. It was difficult to do long training runs on the weekends because she really couldn't eat but she did them anyway. After begging and cajoling her wonderful doctor, he allowed her to take one week off from chemo the week of the race so that she would be able to eat and fuel herself for the big day. Mark & I were privileged to go down and watch her run that day and it was one of the highlights of all the times I have watched LAFRs run. With the loving support of Regina by her side, Marilyn shows us what it means to have guts, courage, and hope. And she rocks the bald look.



More Awards Banquet Pix

Gordon Lenarth and Linwood Fullam

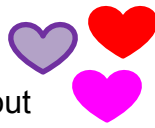


Brad Maury, Will Crawford and Mark Jones



Richard Peng

Happy Valentine's Day



With Valentine's Day upon us, here's a call-out to a few of the lovely couples of LAFR.



Sean and Allen, who often open up their cozy chalet to LAFR events



Aaron and Ross, the oft-reigning Chili Queen



Regina and Marilyn, with Marilyn's mom Mildred (seated)



Angus, LAFR Prez, and St. Mark



Norman and Patrick, both active participants in the performing arts



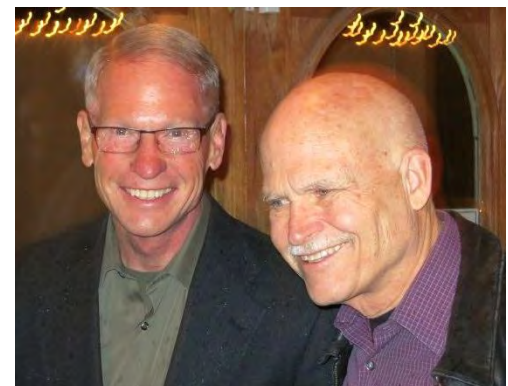
Pat and Sue, both competitive runners



Proud Daddies Kevin and Mike, with little Rina



Ted, the President's Award winner, and Moises



Eric and Richard, who are legally married in California

More LAFR Valentines



Kirk and Luis



Doug and John



Mike and Chris



Patrick and Bruce



Mile 7 Water Station

Let's make the Mile 7 Water Station fabulous for our runners & walkers!

Location: Mile 7 - Sunset Blvd near Silver Lake Blvd

When: Sunday, March 17

Time: 5:30 am to approximately 11:00 am

Details: Our tasks include set up, providing water to the runners and walkers, and clean up-which starts around 10:00 am. The club provides refreshments, coffee, and baked goods. Many of us are able to leave by 11:00 am to make our way to the post-race party.

We always have lots of fun and your participation is a great way to support your fellow walkers, friends, and runners, while providing visibility to the community for LA Frontrunners.

To Register:

On LA Marathon home page click on <EVENT> on the menu bar that appears on the top of the page.

Select <volunteer> on the drop menu that appears. It is important that you select <To join a group, click here> (otherwise, you will not be directed to our group or to our volunteer positions at mile 7 water station, nor will Carl Maravilla be able to see whether you are properly registered).

Select "LA Frontrunners" group from the drop down menu and use the password lafr. Enter the requested information then click on the agreement/waiver. Details about the assignment (date, time, location) are provided when your registration is complete. Confirmed volunteers will receive a T-shirt and goodie bag.

The more volunteers we provide, the more control we will have over our station. Our goal is 45+! If you would like to help Carl coordinate this event for the club, or if you have any questions or problems send him email at carlmaravilla@gmail.com. Forward this to your friends so they can help out too!



Silver Lake Potluck
after the fun run
Tuesday, February 19
Rusty Millar Estate
850 Micheltorena
LA, 90026



Rusty & boys at Nov 2012 Silver Lake potluck

MARATHON

Marathon Update
(now sponsored by Asics)

Training:

The race is on **March 17**, just a month away. Most of the runners have reached 18 miles and ran the SRLA Friendship run on February 10. For **February 17**, the runners will run Yasso 800s. Contact patrickdeanowen@gmail.com with questions.

Pre-Race Pancake Breakfast:

March 16
Glassell Park Recreation Center
3650 Verdugo Rd., LA, 90065

Instead of the usual Griffith Park Run, the club will serve freshly griddled pancakes made by Jason Bautista. The club will organize a charity drive for the Rec Center, since we are again able to use the facility gratis.

Also we will take a club photo at the breakfast. So bring your appetite, your bright smile, and a yet-to-be-determined item.

Sign up for Water Stop:
Registration is already open!
See previous page

Carpool:
March 17

The club will organize a carpool in the morning. Runners can park their cars in Sean and Allen's neighborhood and will be chauffeured to the start. Please contact Patrick (email above) if you are interest.

Post-Race Party:
March 17

Sean and Allen will again host a post-race party at their home. Keep your eye out for more info through emails and/or the club calendar.

Moonlight Run in Griffith Park!



Monday, **February 25**, will be our next Moonlight run.

Meet at 7PM at the Mulholland Fountain at the southwest intersection of Los Feliz and Riverside. Sean will lead an adventurous run in the area.

Give yourself time to find parking. You can try Los Feliz and the nearby public lots south of Los Feliz. Read the signs!!

Inaugural LAFR Soup Off!

At Dr. Rob's (as in Chen)
2646 Lake View Ave
Los Angeles, CA 90039

See page 10 for details

Put something warm and delicious down your throat, or bring some for your favorite Fronrunner! And there's yet another crown and sash to win...Ross.



Grand Prix Races

Full schedule @ www.lafronrunners.com



- Sunday, 2/24 in Chinatown
Firecracker 5K/10K
www.firecracker10k.org

- Sunday, 3/17 in LA
LA Marathon
www.lamarathon.com.

- Saturday, 3/9 in La Jolla Canyon
La Jolla Canyon Trail Runs
www.coastaltrailruns.com

- Saturday, 3/23 in Agoura Hills
Chesebro Half Marathon
www.greatraceofagoura.com



Race Re-Cap: Honkers Motivational Half & Full Marathon

By Margie Gonzales

The Honkers Motivational Half & Full Marathon debuted on a chilly January 13th morning.

The race was run on the asphalt bike path along the Santa Ana River Trail. The Half Marathoners ran an out and back to the west while the Full Marathoners shared the same course then had a 13 mile out and back to the east.

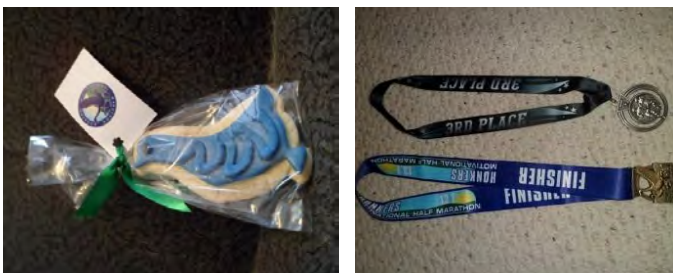
The small field was enthusiastic & friendly. Despite a few unfriendly cyclists on the bike path, the atmosphere was supportive and upbeat. Although the 91 Freeway was nearby, the course was quiet and you could hear the honkers, the Canadian Geese that gather in the river paralleling the course.

Although the free parking lot was only a block away from the start line there was a bag check for those wanting warm clothes as soon as they finished.

It was a brisk 35 degrees at the start but a gentle climb into the 50s made for almost perfect running conditions. The volunteers at the water stops were some of the most supportive I have encountered. They seemed genuinely happy to be there and really lifted my spirits.

Despite my lack of speed, I placed! That's the great thing about small races.

Kudos to race director Pamela Kane, a breast cancer survivor who ran the full Honkers marathon as her 50th marathon!



At the end, you even get a cookie in the shape of the race mascot, a Canadian goose (left)! And pretty medals (right)

Save the Date: Inaugural LAFR Soup-Off Sunday, March 10

We have so many talented chefs in the club itching for another venue to show off their culinary skills. Sunday, March 10, will be the inaugural LAFR Soup-Off at the home of Rob Chen in Silver Lake. There will be categories and crowns and medals and lots of good soup. All the details will be published shortly so watch your e-mail and start thinking about those fantastic soup recipes handed down from your maw-maw.

LAFR Soup-Off Sunday, March 10

at the home of
Rob Chen
2646 Lake
View Ave
Los Angeles,
CA 90039
Time TBA



Seen on the Trails

Below: Jim, Patrick, William, Sean, Jeff, and Maddie (four legged friend) running up Mount Lowe Trail, February 10



Above: Mike, Bernie, Moises, and Angus, Age group winners at the Coastal 5K and 10K, January 27

LAFR 13.1 Challenge

Get Your Half-Marathon On!

Are the 5k and 10k distances a little too fast for you? Don't have enough time, energy or money to commit to a full marathon? Is 13.1 miles your favorite distance? Well, have we got a competition for you!

Announcing the LAFR 13.1 Challenge.

According to Running USA's most recent Annual Half-Marathon Report, the 13.1 mile distance is the most popular and fastest growing distance in the USA. The half is the juggernaut distance in the sport and is the favorite distance to run for both genders and overwhelmingly, the road race distance that runners are most interested in entering.

More half-marathon fun facts:

Since 2003, the half-marathon has been the fastest growing road race distance in the USA, and each year since then, the number of 13.1 mile finishers has grown by 10% or more each year. No other U.S. road distance comes close to this growth rate during the Second Running Boom (circa 1994).

Since 2000, the number of half-marathon finishers in this country has more than tripled (482,000 to 1,610,000), an increase of 234%. 59% of half-marathon finishers were females (approximately 950,000, a record).



Margie Gonzales



The Rules:

1. The Challenge will run from 1/1/13 to 12/31/13. You must report your half marathon race results using the online race reporting tool on our website.
2. There are three categories: Most, Fastest, and Biggest PR. There will be prizes for the top 3 in each category.
3. Half Marathon Trail races qualify (like the Chesebro Half or the Paramount Trail Half). Trail races that are 21K or 22K also qualify. There must be at least 25 finishers in both road or trail half marathons to qualify.
4. Biggest PR: Like our standard grand prix categories, the PR you are trying to best for the 13.1 Challenge is a 5-year PR (your fastest half from 2008-2012). You don't have to beat that 1:15 you ran when you were 20...

Margie & Carlos Take Early Lead

Margie Gonzales and Carlos Vizcarra take the early leads in the new LAFR 13.1 Challenge. Margie has the most half marathons run so far in 2013 – she's already run four! David Grudzien is right behind her with three. In the fastest division, Carlos put up a tough mark to beat with a 1:18:38 running at Surf City in early February.



Carlos Vizcarra

Race Results

Santa Barbara Half Marathon

Santa Barbara, CA 11/10

Margie Gonzales.....2:49:38

Texas Marathon

Kingwood, TX 1/1

Bill Walsky.....6:34:11

New Year's Half (Grand Prix)

Los Angeles, CA 1/5

John McGuinness....1:35:12

Angus Kennedy.....1:40:31

Deo Jaravata.....1:53:54

Doug Jones.....3:05:21

Margie Gonzales.....3:09:35

Boney Mtn. Trail (Grand Prix)

Thousand Oaks, CA 1/6

21K

Jonathan Toker.....1:35:23 1st OA
1st 35-39

SoCal Half Marathon

Irvine, CA 1/12

Deo Jaravata.....1:44:39



Disney World Half

Orlando, FL 1/12

David Grudzien.....2:20:04

Honkers Half Marathon

Anaheim, CA 1/13

Margie Gonzales.....2:56:58 3rd 55-59

Coastal 5K/10K (Grand Prix)

Playa del Rey, CA 1/26

5K

Mike Kerkman.....18:30 3rd 30-34

Regina Robinson.....43:54

10K

Moises Medina.....40:37 1st 40-44

Bernie Tan.....43:19 2nd 40-44

Angus Kennedy.....43:27 3rd 45-49

Carlsbad Half Marathon

Carlsbad, CA 1/27

Margie Gonzales.....3:06:59

Miami Half

Miami, FL 1/27

David Grudzien.....2:27:38

Calico 50K Trail

Barstow, CA 1/27

Deo Jaravata.....5:59:40

SRLA Friendship Run
 Left: Age Group Winners Reg Willson (1st 50-54) and Mark Johnson (2nd 45-49)
 Below left: Moises Medina, Bernie Tan, SRLA Coach Brian Dunbar, Mark J
 Below right: Bernie Tan, Mark Johnson, SRLA Coach Deo Jaravata, Angus Kennedy, Reg Willson, Moises Medina

Ray Miller 50 Mile (Grand Prix)

Pt. Mugu, CA 2/2

Sean O'Brien.....9:11:46 3rd 50-54

Ross Lamkin.....12:02:18

Surf City Marathon

Huntington Beach, CA 2/3

Half

Carlos Vizcarra.....1:18:38 2nd 35-39

John McGuinness....1:30:16

Doug Jones.....2:58:04

Margie Gonzales.....3:03:12

Full

Bill Walsky.....6:36:29

Super Bowl 10K

Redondo Beach, CA 2/3

Bill Winkelmann.....59:28

Bill Austin.....60:04

SRLA Friendship (Grand Prix)

Hansen Dam, CA 2/10

Mark Johnson.....1:59:20 2nd 45-49

Moises Medina.....2:05:16

Bernie Tan.....2:16:28

Reg Willson.....2:20:11 1st 50-54

Angus Kennedy.....2:22:44

Deo Jaravata.....2:28:55

Brian Dunbar.....2:42:18

Mike Smith.....3:13:41

Palm Springs Half Marathon

Palm Springs, CA 2/10

Richard Nelson.....1:38:12 2nd 65-69

Mark DeAngelis.....1:58:11

David Grudzien.....2:23:34



Grand Prix & Half Challenge Standings as of 2/12

CHAMPIONS RACE

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

Division Races Average

MALE

1. Richard Nelson	1	82.10
2. Carlos Vizcarra	1	81.73
3. Mark Johnson	1	78.81
4. Moises Medina	2	72.70
5. Reg Willson	1	71.89
6. Mike Kerkman	1	70.86
7. John McGuinness	2	69.35
8. Bernie Tan	2	68.26
9. Angus Kennedy	3	67.87
10. Jonathan Toker	1	66.06

FEMALE

1. Margie Gonzales	2	48.59
2. Regina Robinson	1	36.18

TRAIL MASTER

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

Athlete Races Average

1. Jonathan Toker	1	116.06
2. Sean O'Brien	1	110.08
3. Ross Lamkin	1	77.17
4. Deo Jaravata	1	67.60

AGE GROUP WOMEN

Division Races Points

Female 40-49

1. Regina Robinson	1	110
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Female 50-59

1. Margie Gonzales	1	120
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AGE GROUP MEN

Division Races Points

Male 30-34

1. Mike Kerkman	1	135
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Male 35-39

1. Jonathan Toker	1	150
2. John McGuinness	1	120

Male 40-44

1. Moises Medina	2	245
2. Bernie Tan	2	235
3. Ross Lamkin	1	120
4. Mike Smith	1	90

Male 45-49

1. Angus Kennedy	3	355
2. Deo Jaravata	2	200
3. Mark Johnson	1	135

Male 50-54

1. Sean O'Brien	1	135
Reg Willson	1	135
3. Brian Dunbar	1	100

Male 55-59

1. Doug Jones	1	120
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13.1 CHALLENGE



Most

Name	Amount
1. Margie Gonzales	4
2. David Grudzien	3
3. Doug Jones	2
John McGuinness	2
Deo Jaravata	2
6. Carlos Vizcarra	1
Richard Nelson	1
Angus Kennedy	1
Mark DeAngelis	1

Fastest Men

Name	Time	Race
1. Carlos Vizcarra	1:18:38	Surf City
2. John McGuinness	1:30:16	Surf City
3. Richard Nelson	1:38:12	P. Springs
4. Angus Kennedy	1:40:31	New Years
5. Deo Jaravata	1:44:39	SoCal
6. Mark DeAngelis	1:58:11	P. Springs
7. David Grudzien	2:20:04	Disney
8. Doug Jones	2:58:04	Surf City

Fastest Women

Name	Time	Race
1. Margie Gonzales	2:56:58	Honkers



Ross Lamkin, Mike Murphy, Sean O'Brien after completing the Ray Miller 50 Miller

TO REPORT RACE RESULTS,
PLEASE USE THE RACE
REPORTING TOOL ON THE
GRAND PRIX PAGE AT
WWW.LAFRONTRUNNERS.COM

FINAL 2012 GRAND PRIX STANDINGS

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 with runners with most races ranked first.

Division	Races	Average
MALE		
1. Eric Alvarez	6	83.63
2. Mark Johnson	6	81.08
3. Richard Nelson	6	80.09
4. Moises Medina	6	75.68
5. Andrew Wissmiller	6	73.17
6. David Dassey	6	73.10
7. John McGuinness	6	73.02
8. Patrick Owen	6	72.37
9. Angus Kennedy	6	70.86
10. William Korthof	6	65.81

FEMALE

1. Margie Gonzales	6	55.65
2. Sara Croft	6	48.01
3. Marilyn Jackson	6	38.18
4. Regina Robinson	6	37.80
5. Patricia Bates	5	70.38
6. Cat White	2	40.20
7. Keeley Webster	2	35.24
8. Allyne Winderman	1	63.83
9. Melissa Coleman	1	61.65
10. Lorraine Silver	1	55.41

RACEWALK

1. Deo Jaravata	6	62.11
2. Juan Moreno	4	63.23
3. Sue Roth	3	51.02



Best Hat: Rob Chen

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 with runners with most races ranked first.

Athlete	Races	Average
1. Andrew Wissmiller	5	92.82
2. Robb Briggs	5	57.36
3. Deo Jaravata	4	99.96
4. Jonathan Toker	3	122.42
5. Luis Aguilar	3	117.95
6. Jeff Lymburner	3	80.62
7. David Grudzien	3	48.29
8. Reg Willson	2	96.08
9. David Dassey	2	93.04
10. John Kawaharada	2	87.31

AGE GROUP WOMEN

Division	Races	Points
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Female 40-49

1. Sara Croft	6	700
2. Marilyn Jackson	6	640
2. Regina Robinson	6	630
4. Cat White	3	330
5. Keeley Webster	3	280

Female 50-59

1. Margie Gonzales	6	725
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Female 60+

1. Patricia Bates	4	470
2. Sue Roth	2	215

More Awards Banquet



The Dashing Jim Martinez

AGE GROUP MEN

Division	Races	Points
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Male 20-29

1. Luis Aguilar	3	445
2. Piyush Prakash	1	110

Male 30-34

1. Mike Kerkman	4	525
2. William Korthof	4	475
3. Jose Castillo	4	380
4. John Yong	2	190
5. Robert Chen	2	175

Male 35-39

1. John McGuinness	6	780
2. Ted Wyder	5	590
3. Richard Peng	4	410
4. Mike Smith	3	290
5. Wayne Bayan	3	260

Male 40-44

1. Mark Johnson	6	815
2. Moises Medina	6	800
3. Eric Alvarez	5	735
4. Robb Briggs	6	645
5. Bernie Tan	5	610

Male 45-49

1. Angus Kennedy	6	740
2. Deo Jaravata	6	730
3. Jeff Masino	6	705
4. Juan Moreno	5	425
5. Bruce Bair	3	385

Male 50-54

1. Patrick Owen	6	775
2. David Grudzien	6	670
3. Doug Jones	5	540
4. Reg Willson	4	530
5. Carl Maravilla	2	265

Male 55-59

1. Andrew Wissmiller	6	795
2. Dan Graham	4	510
3. Bill Austin	3	365
4. Geoff Buck	3	320
5. Jim Martinez	2	200

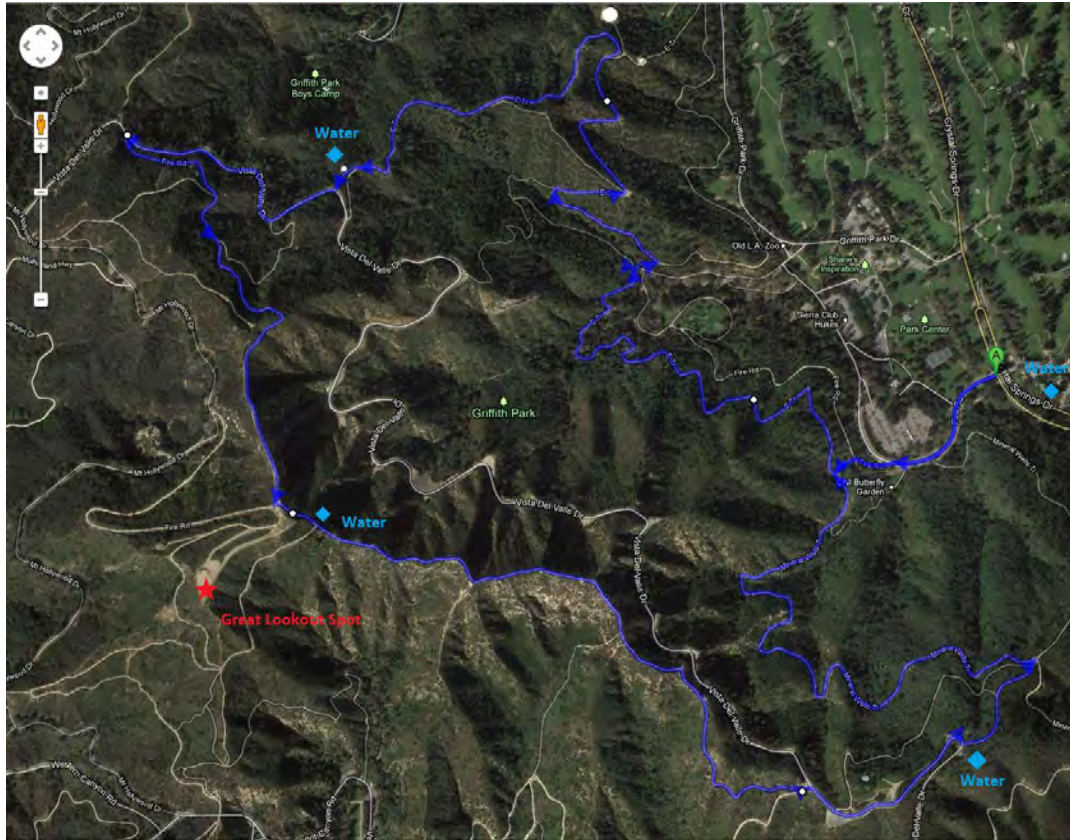
Male 60+

1. David Dassey	6	780
Richard Nelson	6	780
3. Bill Walsky	3	320
4. Rusty Millar	3	300
5. Marty Freedman	1	115

For complete final standings, please visit the Grand Prix page at WWW.LAFRONTRUNNERS.COM

Spotlight on Trails: Mount Hollywood

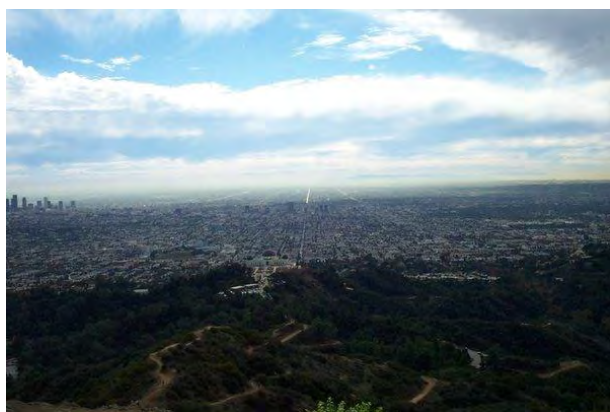
Griffith Park, LAFR's home base, one of the largest urban parks. It holds many storied landmark such as the Griffith Observatory, the Hollywood sign, and the Greek Theater. <http://www.laparks.org/dos/parks/griffithpk/> Sadly, the fire of 2007 damaged a large portion of the park. But the landscape has been recovering slowly.



In this spotlight, we highlight a popular trail that offers a sweeping view of the city.

The route is laid out in the map on the right. It covers about 6.4 miles with a 1000 feet climb, culminating at 1626 feet at Dante's Peak aka Mount Hollywood, marked by the red star. You are directly north and above Griffith Observatory and to the southeast of the Hollywood sign. If you run the loop counter-clockwise, the mile after Dante's Peak has breath-taking views of downtown to the right and the valley to the left. If you have a trail you want highlighted, email us!

Below is a view from Dante's Peak. Not to be confused with Dante's View in Death Valley.



Just a few points of cautions:

- The route is completely exposed to the sun pretty much during any time of the day. Use sunblock!
- The first water stop if running counter-clockwise is pretty far. So carry your own water if you need it.
- Finally, the mile after Date's Peak, while breath-taking, is also steep, slippery, and often crowded. Run carefully.

Pick up you club T-Shirt!

All members from 2012 and 2013 can pick up a technical shirt. Look for a board member at the fun runs. If you can't attend any of the runs or social events, please email the club to let us know.

Discount Diva

Race	Race Date	Website	City	Code	Amount	Notes
Los Alamitos Race on the Base	02/23/13	http://www.raceonthebase.com/	Los Alamitos	ROTB2013	\$5	
San Diego Half Marathon & 5K	03/10/13	www.sdhalfmarathon.com	San Diego	LASF10	\$10	1/31/2013
Hollywood Half Marathon	04/06/13	www.hollywoodhalfmarathon.com	Hollywood	GEMINI	\$10	
Victory for Victims 5k/10k	04/28/13	http://www.active.com/running/encino-ca/victory-for-victims-5k-10k-walk-run-and-kids-fun-run-2013	Encino	V4V2013	\$5	
Safari Park Half Marathon	05/05/13	www.safariparkhalf.com	San Diego	LARUNNERS10	\$10	
The Grapes of Rock	06/08/13	http://grapesofrock.com/index.php	Dry Creek Valley, Sonoma County	AXSLOWGRAPE	\$10	
New Year's Race	01/04/14	http://www.newyearsrace.com/	Los Angeles	NYR2014	\$15 off the Half \$5 off the 5K	First 500