

Annual Awards Night & More!

April 2016



Many of our most loved fellow Frontrunners were honored at the Annual Awards Night in February. Bill Winkelmann was named Frontrunner of the Year and Jim Martinez was the recipient of the Don Thompson Lifetime Achievement Award. Jane Dods trekked all the way down from Eugene to join us and was the recipient of the President's Award as well as several standing ovations! For full coverage of all the awards and of course, lots and lots of pictures, read on!

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The Bills hosted a great run and lovely brunch in late Feb. in San Pedro



LAFR BIRTHDAY BOYS AND GIRLS

4/09 David Jaquez	4/27 Steven Morchak
4/10 Seth Diamond	4/28 Amy Ross
4/12 Darwin Marengo	4/30 Tommy Le
4/13 David Gonzalez	5/01 Dennis Arrue
4/14 Jessica Seaton	5/02 Mario Mota
4/15 Ken Wilson	5/02 Yumi Afrento
4/16 Casey Wooden	5/03 Frank Jacoy
4/16 Ted Wyder	5/06 Konrad Gstrein
4/16 Mike Heredia	5/09 Ran Mullins
4/18 Mong Noiboonsook	5/11 Jerry Weyer
4/20 George Takei	5/16 John Kawaharada
4/20 Dennis Schorr	5/18 Tony Madril
4/20 Stewie Gonshorek	5/19 Martin Rosas
4/23 Ryan Timmreck	5/19 Richard Peng
4/25 Bill Austin	5/19 Derek Johnson

LOS ANGELES FRONTRUNNERS

WELCOME NEW MEMBERS!

Adrian Adams	James Lord
Daniel Choi	Jesse Lujan
Evan Fraser	Vincent Mejia
Charles Heaton	Maria Poso
Antonio Hernandez	Freddy Puza
Brett Hobza	Bob Riddle
	Casey Wooden

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David Dasey, *secretary*
Yumi Afrento, *dir-at-large*
Bill Austin, *dir-at-large*
Bruce Bair, *dir-at-large*
Erin Brinton, *dir-at-large*
William Fang, *dir-at-large*
Doug Jones, *dir-at-large*
Mario Mota, *dir-at-large*
Danny O'Hara, *dir-at-large*

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

Frontrunner of the Year Bill Winkelmann flanked by Eddie Flores and Mark Brunetz at the Annual Awards Night in February.



LAFR Board Meeting Excerpts 4/9/16

1. Present: Angus, Jason, David, Yumi, William, Danny, Doug, Bill, Bruce
2. Finance – bank balance healthy - \$18,774 in account. Charitable donations from recent fundraisers not deducted yet pending completion of financials from events.
3. Annual Awards Banquet – agreed to book a date for 2017 event now.
4. Jason completed club membership with USATF.
5. Run Deo Run Trail Races were a big success. Final tally in process. Donation will be made to SRLA once financials are complete. Will move date to January for 2017 to avoid conflicts with other trail races and LA Marathon.
6. Spelling Bee – 60+ attendees, take was over \$1500, voted to donate \$750 each to Transgender Economic Empowerment Project & Friends of Griffith Park.
7. Angus met with Griffith Park permit office and got potential dates in the fall for both a tribute race in honor of Marilyn Jackson and a dog/owner trail race as a fundraiser for PAWS/LA.
8. Queensland NZ trip still undecided.
9. \$1000 was donated to Don Thompson Film Festival after club vote approved the amount.
10. Newsletter completed and will go out before 4/18.
11. Membership renewals ongoing.
12. William working with Jim Sullivan and Sean O'Brien on recital. Once Pride Run date is set, recital date will be chosen and planning will begin.
13. Shoreline Frontrunners Pride Run registration is live – race is Sunday, May 22.
14. Angus will survey BOD members to schedule May BOD meeting.

2015: 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 2015 (each runner's fastest result used).



Left: Eric Alvarez and Carlos Vizcarra appear on all 4 lists, with Eric in the top 3 on all 4 and Carlos in the top 3 on 3 lists. Right: Mike Heredia & Mike Kerkman made the top 3 on two lists each and Mark Johnson grabbed 3rd on the 10K list.



5K

1. Eric Alvarez	16:50
LAFR Pride	6/14
2. Carlos Vizcarra	17:41
LB Pride	5/17
3. Mike Kerkman	18:18
Glen Eden	5/24
4. Moises Medina	18:37
LAFR Pride	6/14
5. Danny O'Hara	18:38
LAFR Pride	6/14
6. Mark Johnson	18:52
Tiger	12/5
7. Bill Sadler	19:08
LAFR Pride	6/14
8. Duane Howard	20:03
LAFR Pride	6/14
9. Carl Maravilla	20:27
LAFR Pride	6/14
10. John McGuinness	20:30
LAFR Pride	6/14

10K

1. Eric Alvarez	36:05
LAFR Pride	6/14
2. Mike Heredia	37:37
LAFR Pride	6/14
3. Mark Johnson	37:41
Race on the Base	3/1
4. Bill Sadler	38:53
LAFR Pride	6/14
5. Moises Medina	39:03
Long Beach Pride	5/17
6. Mike Kerkman	39:27
LAFR Pride	6/14
7. William Fang	39:29
Firecracker	3/1
8. Carlos Vizcarra	39:31
Main St	10/25
9. Carl Maravilla	41:41
Long Beach Pride	5/17
10. Duane Howard	41:56
Long Beach Pride	5/17

Half Marathon

1. Carlos Vizcarra	1:17:44
SoCal	1/10
2. Eric Alvarez	1:20:07
Mt. Juliet	12/5
3. Mike Kerkman	1:23:59
Reindeer	12/20
4. William Fang	1:27:11
OC	5/3
5. John McGuinness	1:28:43
Revel	11/7
6. Angus Kennedy	1:35:39
Revel	11/7
7. Barry Hamaguchi	1:38:14
San Francisco	7/26
8. David Gonzales	1:40:19
Santa Barbara	5/9
9. Ted Wyder	1:41:06
San Francisco	7/26
10. Duane Howard	1:41:49
Santa Rosa	8/23

Marathon

1. Eric Alvarez	2:44:02
Boston	4/21
2. Carlos Vizcarra	2:46:49
LA	3/15
3. Mike Heredia	2:56:22
San Francisco	7/26
4. Moises Medina	2:58:18
Santa Rosa	8/23
5. Mark Johnson	3:02:58
Boston	4/21
6. William Fang	3:13:25
Santa Rosa	8/23
7. Marcelino Goncalves	3:21:37
LA	3/15
8. Bernie Tan	3:25:43
Revel	11/7
9. Bruce Bair	3:26:38
San Francisco	7/26
10. John McGuinness	3:29:43
Santa Rosa	8/23



Left: Newcomer of the Year Erin Brinton grabbed the top spot on 3 of the 4 lists for 2015. Right: Allyne Windeman and Margie Gonzales appear on three lists each, along with Karen Carey, who appears on two lists..



5K

1. Erin Brinton	21:13
Jingle Bell	12/13
2. Allyne Winderman	26:43
LA River	5/3
3. Karen Carey	30:42
Mother's Day	5/10
4. Linda Carmona	31:39
Big Bear	5/24
5. Margie Gonzales	35:17
Freedom	5/16

10K

1. Erin Brinton	44:03
Jet to Jetty	8/29
2. Karen Carey	1:12:51
Hollywood	4/11
3. Margie Gonzales	1:18:06
Surfers' Point	11/14

Half Marathon

1. Erin Brinton	1:36:16
Revel	11/7
2. Allyne Winderman	2:07:48
Griffith Park	1/25
3. Margie Gonzales	3:01:22
Revel	11/7

Marathon

1. Bernadette Greene	4:40:57
LA	3/15
2. Allyne Winderman	4:45:46
Santa Rosa	8/23

Banquet Re-Cap: 2015 Club Awards

Frontrunner of the Year

Bill Winkelmann

presented by Angus Kennedy

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.

The 2015 Frontrunner of the Year has excelled in the past year in each of these areas. His love for our club and extended LAFR family shines through his volunteerism at events and cheerful support for fellow runners at workouts and races. Board members know that his presence at events means that the volunteer work will get done. Perhaps the best part of his volunteerism is his spirited cheerleading for the rest of us. In Sweden this summer, he logged early and long hours to support LAFR competitors at the Euro Games. And the Catalina Eco-marathoners were all welcomed back to Avalon by his warm presence.

I did my first 50K in Stockholm at Euro Games and it was a 6K loop course – Reg & Deo raced it as well, and I know I can speak for the three of us in saying how amazing it was on each loop for us to have him cheering for us and taking care of us. And he was so genuinely proud of us when we all finished.

And 2015 was a heck of a comeback year on the roads for this spry runner. He completed 22 races which included 12 finishes in the top 3 of his age group and 6 age group victories. He has been a consistent attendee at the Sunday long runs and faced down the challenge of the tough Sunday climbs to the top of Griffith Park in preparation for racing in Catalina. And at an age when most runners begin to cut back on distance and adventure, he ran his first 15K and half marathon in years...and won a gold medal in Stockholm in his first ever outing in the 2000 meter steeplechase.

And surprisingly, he has never won Frontrunner of the Year until now.

I think it must be his strong faith and love for others that makes him such a man of service and his New York fighting spirit that makes him such a tough runner...

Start spreading the news... the 2015 Frontrunner of the Year is Bill Winkelmann.



Randy Peck Service Award

Eric Fischer

The Randy Peck Service Award is presented in memory of Randy Peck. Randy was a founding member of LA Frontrunners and could always be counted on to contribute his time and talents to the club. Randy was unfortunately taken from this world by AIDS in March 1985. Accordingly, the Board at the time decided to memorialize his name by bestowing the annual Randy Peck Service Award on a deserving LA Frontrunner. The award recognizes a club member who displays the same humility and dedication to service that was so evident in the life of Randy.

This year's recipient exudes kindness in all that he does. His concrete acts of service include opening his home for the annual pool party, filling in as host for the Thursday evening Rose Bowl Run, aiding the PAWS LA Saturday dog food delivery, providing all-around assistance on the Catalina trip, and always seeking ways to lend a helping hand at club events. He is spreading the gospel of running to his high school classmates by organizing a 5K run at their upcoming reunion.

Perhaps more important than the what of his service is the how. His volunteerism is rooted in a deep thoughtfulness, faith, and integrity. If you haven't had the chance to volunteer alongside him at a club event, be sure to put it on your to-do list. I promise you'll be richer for it. His joy abounds as does his obvious and deep love for his family and husband. This joy and love shine through some really great stories he shares while serving with a smile.

The character of our club is strengthened by his service and example. The 2015 Randy Peck Service Award recipient is Eric Fisher.



President's Award

President's Award

Jane Dods

presented by Angus Kennedy

So we've all been out there on a run when someone goes FD on us...Full Diva:

"It's so cold this morning. I should have stayed in bed."

"Can't we just turn around here?"

"Whose idea was it to run hills?"

"Shouldn't we be tapering?"

And those are just lines I heard doing a loop around the reservoir with Rob Chen last Tuesday!

I'm reminded of the Snickers campaign that suggested a Snicker's bar cure for those moments when one of your friends is going Full Liza or Full Aretha...

In the interests of maintaining ideal racing weight, may I suggest our own LAFR chocolate-free antidote for the times when your running partner is showing signs of Barbra or Mariah...or Bernie...

Two simple, but powerful words: Jane Dods

You see, Jane just turned 80.

Last year, she completed 19 5Ks and power walked a half marathon. She ran more races than just about everyone in the club! And in many of those races, her age grade score was above 80%! And, she won her age group in every single race she entered, as she did this morning at the Firecracker 5K.

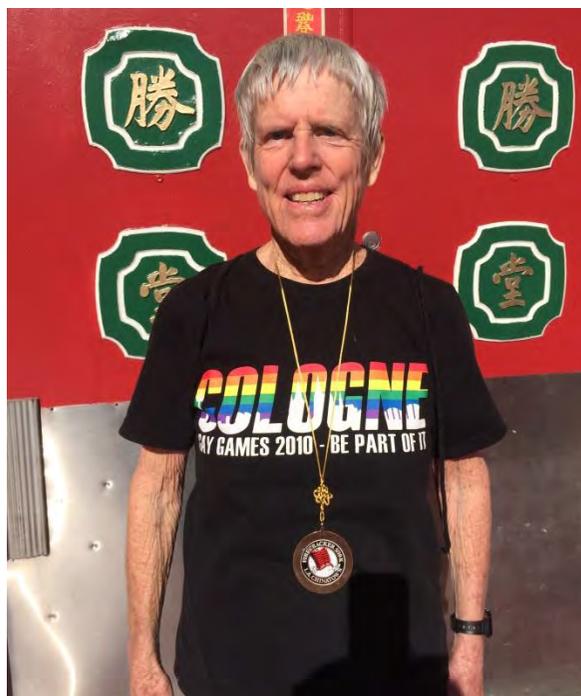
When we started talking about this year's awards, I opened the membership spreadsheet and sorted it by join date – I was actually looking for the newer members for the newcomer of the year award and I decided to scroll down to the bottom – and there on the very last line or first I guess, was Jane Dods, with a join date of January 1, 1980. Now, some of you may not know who Jane is as she moved to Oregon quite some time ago, but she renews her membership to LA Frontrunners every year.

A few years ago, we gave Jane the Lifetime Achievement Award to honor her status as a Founding member and for her decades of service to the club and the sport of running. That award was richly deserved, and I remember being so moved by Jane's comments about overcoming the many obstacles that existed for female athletes in decades past.



But as Jane's results arrived in my in-box this year, I realized that Jane is still out there blazing trails, still out there obliterating obstacles, still out there setting an example, still out there kicking ass.

That makes me happy. That makes me want to be just like her when I grow up. And that makes me so proud to award the 2015 LA Frontrunners President's Award to Jane Dods.



Banquet Re-Cap

Newcomer of the Year

Erin Brinton

Our newcomer of the year came to us about halfway through last year. In the second half of 2015, she finished 1st in her age group at the Jet to Jetty 10K and Tiger Run 10K. On Thanksgiving, she finished 2nd in her age group at the Burbank Turkey Trot 5K. She ran her very first half marathon at the Revel Canyon Half Marathon, where she placed 2nd in her age group. She was also the 2nd overall female finisher in both the Jingle Bell 5K and the Reindeer Run 15K. She topped three of the four year-end lists of fastest LAFR women for 2015. If you go to the Tuesday night run, or Wednesday track at CalTech or either weekend run, you no doubt have already enjoyed her sweet nature and sly sense of humor. She has been an outstanding volunteer since joining Frontrunners, and is a new addition to the Board of Directors for 2016. The newcomer of the year is Erin Brinton.



Lifetime Achievement Award

Jim Martinez

presented by David Dassey

The **Lifetime Achievement Award** is given to a Frontrunner with at least a decade of membership, to honor their athleticism, volunteerism, and dedication to the club. This year's honoree, Jim Martinez, joined LAFR in 1999 and I think it's safe to say that every single member knows him and has enjoyed his many contributions to our club these past 16 years. He is renowned for his culinary skills, his artistry, and his hospitality.

Jim's athletic achievements range from the 5K to the marathon, and more recently triathlons and "bootcamp." Jim served on the Board of Directors as vice president twice, and over the years he has volunteered at nearly every club event. He was the very first Chili Queen in 2001 and still competes fiercely in both the chili and cornbread categories every year.

His artistry is demonstrated in a number of ways -- the centerpieces at the banquet, the banners he paints for the Chili Cook-off and marathon parties, and the balloon arch at every Pride Run. As for hospitality, he's hosted the Holiday party to end all parties every December for the past 15 years.

Jim's devotion to his family is unparalleled, including his partner Ted, his two children, and the most spoiled grandkids west of the Mississippi. Los Angeles Frontrunners is a better club because of Jim's participation and he truly deserves this Lifetime Achievement award.



Banquet Re-Cap



Champions Race Men

1. Eric Alvarez
2. Mark Johnson
3. Carlos Vizcarra

Eric raced 7 times in 2015. His 2:44:02 at the Boston Marathon was the fastest marathon in the club last year and he had the fastest 5K and 10K as well. He was the overall winner in three races: the SRLA Friendship Run 18 Miler, the Long Beach Pride 5K and the Mt. Juliet Half Marathon. He was also 2nd overall in the LAFR Pride Run 10K and 3rd overall in the 5K, and 2nd overall in the ultra. He also had the highest year end score in the history of the Champions Race.

Mark trekked to the start line 7 times in 2015. In 5 of those races, he raced to first place in his age group and was the overall winner of both the SRLA Friendship Run 9 miler and the Shamrock 15K. Of the 9 years of the Champions race, this is his 6th time placing in the top 3 - and along with Carlos, who also has 6 appearances in the top 3 - Mark is one short of Richard Nelson's mens record of 7 years in the top 3. This runner is also on a 5 year consecutive streak in the top 3, just 2 short of Richard Nelson's 7 in a row.

Carlos had an outstanding year of racing highlighted by an exceptional marathon performance last year at LA, where he ran 2:46:59 and placed 3rd in his age group. He also ran a 1:17:44 half marathon that was the fastest in the club last year. He was 3rd overall in the Long Beach Pride 5K and 3rd overall in the Catalina Eco Marathon and placed in his age group in 4 other races, winning three. In addition to being the fastest half marathoner in the club last year, he had the 2nd fastest 5K and full marathon times.



Trail Master

1. Sean O'Brien
2. Danny O'Hara
3. Deo Jaravata

Sean is a returning Trail Master champ who raced on the trails 5 times last year, one 50K, two 100Ks and two 50 milers - so, yes, if you're paying attention, the shortest race he did last year was 50K. He won the Old Goats 50K and placed in his age group at the Leona 50 Miler and the 100K of the trail race named for him.

Danny raced 8 trail races last year, including finishing his first Angeles Crest 100 Miler. He also was 3rd overall in the Deo 50K and placed in his age group in three other races.

Deo raced 10 trail races last year - 8 50Ks and 2 full marathons and he placed in his age group in 2 of those races.

Best Love of Batman

Rina



Banquet Re-Cap

Miss Colombia Award Moises Medina

Our recipient was oh so close on many occasions last year – he was 2nd overall at the Long Beach Pride 10K, 2nd in his age group in the LA Pride Run 5K, 10K and Ultra and 2nd in his age group in the Santa Rosa Marathon – now, he got hardware for all those so those are fine. But, at years end, he was 4th in the Champions race, 4th fastest in the 5K Challenge, and 4th for the fastest 10K and he set a new marathon PR of 2:58:18, which was, you guessed it, 4th on the fastest marathon list. Our first winner of the Miss Colombia award is Moises Medina



Champions Race Women

1. Erin Brinton
2. Margie Gonzales
3. Allyne Winderman

Erin, the womens Champion is a new face to LAFR who raced 6 times last year. Of those 6 races, she was either 1st or 2nd in her age group in every race and was 2nd overall in two of them. She was the fastest female last year at 5K, 10K and half marathon and her half marathon time of 1:36:16 would be 7th on the mens top 10 list for the year.

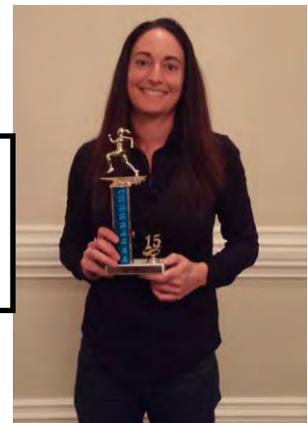
Margie continues a streak that she and she alone owns in the history of the Champions Race. She is the only LAFR, male or female, to place in the top 3 in the Champions Race every year since we began the Champions Race 9 years ago. She raced 29 races last year. She placed in her age group in 21 of her races, winning in 14 of them.

Allyne only raced three times last year but produced excellent results each time she raced. She won her age group at both the Griffith Park Half Marathon and the LA River 5K and was the 2nd fastest female last year in the 5K, half and full marathons.

Grand Prix Age Group Women



30-39
Erin
Brinton
←



- ← 60+
1. Margie Gonzales
 2. Allyne Winderman
 3. Patricia Bates

- ↑ 40-49
1. Karen Carey
 2. Bernadette Green
 3. Linda Carmona





5K Challenge Fastest Men

1. Eric Alvarez: 16:50
2. Carlos Vizcarra: 17:41
3. Mike Kerkman: 18:18



5K Challenge Fastest Women

1. Erin Brinton: 21:13
2. Allyne Winderman: 26:43
3. Karen Carey: 30:42



5K Challenge



5K Challenge Most Races

1. Jason Coleman: 50
2. Bill Austin & Margie Gonzales: 22
3. Jane Dods: 19



5K Challenge Biggest PR

1. Ryan Timmreck: 2:57
2. Doug Jones: 1:55
3. Lui Sanchez: 1:37

RaceWalk

RaceWalk Champions Race

1. Deo Jaravata
2. Bill Walsky
3. Juan Moreno



Grand Prix Age Group Awards Men



← 30-34
 1. David Gonzalez
 2. Duane Howard
 3. Mike Heredia



35-39 →
 1. Mike Kerkman
 2. Jason Coleman
 3. Barry Hamaguchi



← 40-44
 1. Danny O'Hara
 2. Carlos Vizcarra
 3. John McGuinness



45-49 →
 1. Eric Alvarez
 2. Angus Kennedy
 3. Moises Medina



↑ 50-54
 1. Brian Dunbar
 2. Mario Mota
 3. Juan Moreno

↑ 55-59
 1. Bill Austin
 2. Reg Willson
 3. Doug Jones

60+ →
 1. David Dassey
 2. Bill Winkelmann
 3. Mike Carbuto



More Awards Night



President's Award recipient Jane and Lifetime Achievement Award recipient Jim at Awards Night



Joy, David & Raul at Awards Night



Sameh & multiple awardee Carlos at Awards Night

Most Improved Barry Hamaguchi

Barry Hamaguchi did what no other Fronrunner did in 2015 – he PR'd at all four standard distances. He set new PRs at 5K in 21:14, 10K in 46:25, half marathon in 1:38:14 and full marathon in 3:39:15.



Most Improved Honorable Mention Marcelino Goncalves & Mario Mota

Marcelino set new PRs at 5K, 10K and the full marathon last year, qualifying for the Boston Marathon for the first time.

Mario also set PRs in 3 of the 4 standard distances. He lowered his 10K PR to 46:45, his half marathon PR to 1:44:06 and his full marathon to 3:45:20.



2/7 Sean O'Brien Trail Races



How awesome to have a race named after you! That's the case for Sean O'Brien, a former president and board member at LAFR. But Sean was plagued for the first two races. During the inaugural race, an injury prevented him from running at all. In the second year, inclement weather (as in cold and wet) impaired his performance. Finally in the third year, the weather gods decided to make it unseasonably warm. While that sucks for most runners, it turned out well for Sean, who came in 7th overall in the 50 mile category.

Fellow LAFR Deo and former LAFR Mike Murphy also completed the 50K.

The race has distances of marathon, 50K, 50 mile, and 100K. The terrain was very rough, traversing back hills of Malibu, starting and ending in Malibu Creek State Park. The unseasonable heat also added to the pain.

While all this was happening, another group of LAFR was volunteering at the water station around mile 49. This was only for the 100K runners, so they did not see any of the LAFR folks. No matter, the volunteers were ready to assist all the runners anyway.

But it was a very long wait. The first runner was over an hour later than last year. Also the number of runners was rather low. It turned out that the heat was more brutal than felt by the volunteers, who were comfortably shaded by a few towering oak trees. Also not running helped. It turned out that quite a few runners dropped to a shorter distance or dropped out all together.

No matter. These volunteers still showered their enthusiasm and aid on the 100K runners. And just had more time to while the time away in a beautiful setting.



Some of the volunteers had to keep themselves entertained. The first runners did not pass until after about 4 hours.



Deo, Sean, and Mike (former LAFR now in SF) completed the grueling race.

2/14 Los Angeles Marathon

Despite being a month earlier than usual this year, the Los Angeles marathon weekend was filled with many LAFR events and participants. The weekend's events kicked off with a pasta party at Rob Chen's house. Runners loaded up on carbs and well wishes for the race the following day while the rest of us ate too much and enjoyed one another's company.

Bright and early the next morning, over forty frontrunners showed up to volunteer at the mile 7 water stop. Thanks to our fearless leader, Carl Maravilla, we were set up and ready to go as the first wheelchair marathon participants zoomed by us. For the next four hours, we handed out water and words of encouragement to the thousands of LA marathon participants, including many of our own LAFR members.

As our work at the water stop wound down, many of us headed back to Rob Chen's house to celebrate the accomplishments of those who finished the marathon. Through Dr. D's mastery of the live results app on his phone, we applauded the many great races, PR's, and finishes of all of our club members who competed. From the amazing race results to the smiles of all the volunteers, the weekend was deemed a huge success by all who participated!



LAFR water station volunteers pose for a picture prior to the start of the marathon..



LAFR members and runners enjoying the pasta party at Rob Chen's house.



Bill A ran his first marathon in over 40 years!



John K. getting water from Yumi.



Mikey en route to a lifetime marathon PR!



Sean O'Brien on pace to set a new 5-yr PR!



Doug Jones!



Deo, one of our fearless SRLA coaches.



There's that famous Carbuto smile!

LAFR members competing in the Los Angeles Marathon visiting the mile 7 water stop.

3/17 St Patrick's Day Potluck

St Patrick's Day fell perfectly on a Silverlake potluck this year. Our gracious hosts Mark and Henry (pictured below in matching white T-shirts) opened their hilltop home, with a newly renovated kitchen, to the Tuesday runners.

Mark and Henry also made several traditional fares. The potatoes were boiled and the cabbages were grilled. And to top off is a large tray of corned beef. Other folks also brought generous portions of chicken, sausages, salads, and other side dishes. Rusty even built a make-your-own taco bar. It was a delicious evening.

Remember in April the Tuesday night run moves back to Griffith Park.



A Few More Pictures

The below 3 pictures are from the Annual Meeting, held on 1/30. New board member Doug Jones (middle, holding a home-made Bundt cake) and John hosted the meeting and catered the food.



The 2016 board at the Annual Banquet. They are (starting from the left): Jason (treasurer), Yumi, Mario, Bruce, Doug, Bill, Erin, David (secretary), Danny, Patrick (vice president), William, and Angus (president).

Sean, Geoff, and John K retired for 2016.

2/27 enjoying a post-Griffith Park breakfast at the Village Bakery in Atwater Village. What is Bruce upset about?



2/21 Annual Banquet - Mingling



Andrew, Jane, and Deo



Eric and Richard



Angus, William, Bruce, Danny, and Rick



Patrick, Yumi, Norman, and David



William, Anthony, Yumi, John, David, and Bill A



Duane, Joy, David, and Erin



Moises, Brett, and Mark



Piyush and Richard



Rob, Dan, Kevin, Albert, and William



Mark and Eddie



Jane, Sue, and Ann



Vincent and John

2/21 Annual Banquet – more pix



Kevin and Mike with Rina



Sean, Lui, and Eric



Mario, Frank, and Allyne



John and Richard



Kevin and Paul



Raul, Rudolph, Reg, David, and Brian



Allen and Vincent



John and Doug



Mike, Ann, Chris, Richard, David, and Raul



Mark and Bernie with Rina



Danny, Brian, and David



Ryan

Race Results

ATC Resolution 4 Mile

Atlanta, GA 1/1

David Grudzien.....36:24

Camarillo Full

Camarillo, CA 1/3

Deo Jaravata..... 4:17:25

New Year's Half

Los Angeles, CA 1/3

Deo Jaravata..... 2:59:59 RW

Disney World 5K

Orlando, FL 1/7

Jason Coleman.....41:57

Disney World 10K

Orlando, FL 1/8

Jason Coleman.....1:21:42

Disney World Half

Orlando, FL 1/9

Jason Coleman.....3:02:46

Disney World Full

Orlando, FL 1/10

Jason Coleman.....6:42:15

Avalon 50 Mile

Avalon, CA 1/9

Maria Poso..... 10:26:20

Deo Jaravata..... 10:41:17

Mississippi Blues Half

Jackson, MS 1/9

David Grudzien.....2:17:25

First Light Half

Mobile, AL 1/10

David Grudzien.....2:19:27

Castaway Cay 5K

Castaway Cay, Bahamas 1/13

Jason Coleman.....38:36

Castaway Cay Challenge 5K

Castaway Cay, Bahamas 1/13

Jason Coleman.....52:44



Bill Winkelmann, Jane Dods & Jim Martinez after the Firecracker 5K in February

SoCal 18 Miler (Grand Prix)

Irvine, CA 1/9

Carlos Vizcarra.....2:10:05

Raul Borja.....2:42:43

Brian Dunbar..... 2:49:02

Mike Smith.....3:21:16

Kick Off the New Year 5K

Long Beach, CA 1/10

Margie Gonzales..... 37:17 1st 60-64

Winter Blast 5K

Santa Monica, CA 1/24

Karen Carey..... 28:05 1st 40-44/PR

Griffith Park Half (Grand Prix)

Los Angeles, CA 1/24

Moises Medina.....1:26:02 3rd OA/PR
1st 45-49

Angus Kennedy.....1:41:16

Martin Carlson.....1:52:19 1st 55-59

Bill Austin..... 1:52:28 2nd 55-59

Bill Winkelmann..... 2:08:40 1st 60-64

Jason Coleman.....2:28:45 PR

Mike Carbuto.....2:34:23 3rd 60-64

Calico 50K

Yermo, CA 1/24

Deo Jaravata..... 6:12:00 3rd 50-54

Sean O'Brien Trail (Grand Prix)

Los Angeles, CA 2/6

50K

Deo Jaravata..... 7:42:25

50 Mile

Sean O'Brien..... 9:43:07 2nd 50-54

LA Marathon (Grand Prix)

Los Angeles, CA 2/14

5K

Lui Sanchez..... 27:16

Marathon

Mike Kerkman..... 3:06:13 PR/BQ

John McGuinness.... 3:13:28 BQ

Marcelino Goncalves..3:17:29 PR/BQ

Sean O'Brien.....3:21:12 BQ

Piyush Prakash.....3:32:34

Maria Poso.....4:06:59

Barry Hamaguchi.....4:07:05

David Gonzalez..... 4:20:24

Brian Dunbar..... 4:46:02

Bill Austin..... 4:54:42 PR

Deo Jaravata..... 5:32:07 RW

Jason Coleman.....5:41:05 PR

Mike Carbuto.....5:54:07

Doug Jones.....6:12:58

Mike Smith..... 7:23:49

Raul Borja..... 7:47:13

Firecracker (Grand Prix)

Los Angeles, CA 2/21

5K

David Gonzalez.....22:36

Maria Poso.....23:15 3rd 40-44/PR

Richard Nelson..... 24:19 2nd 65-69

Jason Coleman.....29:05 PR

Bill Winkelmann..... 30:31

Jim Martinez.....31:45

Jane Dods.....43:16 1st 80+

10K

Reg Willson.....45:54 2nd 55-59

Maria Poso.....50:53

Richard Peng.....51:59

Race Results

Star Wars 10K

Anaheim, CA 1/16

Jason Coleman.....1:14:40

Star Wars Half

Anaheim, CA 1/17

Jason Coleman.....2:45:48

Bermuda Full

Hamilton, Bermuda 1/17

Deo Jaravata..... 4:29:05

Run to Remember Half

Los Angeles, CA 1/24

Maria Poso..... 2:37:10

Margie Gonzales..... 3:04:41

Surf City

Huntington Beach, CA 2/7

Half

Jason Coleman.....2:47:34

Bill Walsky.....3:23:53 RW

Full

Maria Poso..... 3:55:17

Seaside Half

Ventura, CA 1/24

Margie Gonzales..... 3:07:57

Freeze Your Half Off

Chattanooga, TN 1/16

David Grudzien.....2:18:48

Hot Chocolate 15K

Atlanta, GA 1/24

David Grudzien.....1:33:20 PR

Suwanee Gateway Half

Suwanee, GA 1/30

David Grudzien.....2:15:32

Big Beach Half

Gulf Shores, AL 1/31

David Grudzien.....2:22:07

ATC Heart & Soles 5K

Decatur, GA 2/6

David Grudzien.....26:30



Sunday long run at Hahamongna late March from left: Mike, Patrick, David, Duane, Mark & Bernie

Ft. Lauderdale 5K

Ft. Lauderdale, FL 2/13

David Grudzien.....26:18 3rd 55-59

Bandit 15K

Simi Valley, CA 2/16

Bruce Bair.....1:32:24 2nd 45-49

Patrick Conner..... 2:26:23

Orange Curtain 50K

Cerritos, CA 2/27

Deo Jaravata..... 6:59:06 2nd 50-54

Griffith Park Trail (Grand Prix)

Griffith Park, CA 3/5

Half

Angus Kennedy.....1:56:44 2nd 50-54

Rudy Van Graan.....2:26:01

Full

Maria Poso..... 4:38:24 1st 40-44

Deo Jaravata..... 4:50:28

HomeRun 4 Kids 10K

Brentwood, CA 3/6

Richard Nelson..... 51:24 1st 65-69

Coaster (Grand Prix)

Knotts Berry Farm, CA 3/6

5K

Bill Walsky.....43:15 RW/PR

10K

Bill Austin.....44:27 3rd 55-59

San Diego Half Marathon

San Diego, CA 3/13

Darwin Marenco..... 1:35:53

Run Deo Run (Grand Prix)

Griffith Park, CA 3/13

5K

Jim Martinez..... 29:07 1st OA

1st 60-64

Steven Morchak..... 31:57 3rd OA

1st 55-59

Yumi Afrento..... 41:25 1st 50-54

10K

Mike Kerkman..... 36:32 1st OA/PR

1st 35-39

Duane Howard..... 40:10 2nd OA

2nd 35-39

Bill Austin..... 47:11 3rd OA

1st 55-59

John Miles..... 54:18 1st 50-54/PR

Jason Coleman.....63:53 2nd 40-44

25K

John McGuinness.... 2:08:31 1st 40-44

Marcelino Goncalves..2:10:02

Bruce Bair..... 2:14:48

Danny O'Hara..... 2:16:08 2nd 40-44

Bernie Tan.....2:24:08

David Dassey.....2:29:51 1st 65-69

Reg Willson..... 2:33:09 1st 55-59

Raul Borja.....2:46:02 1st 35-39

Richard Peng..... 2:52:14 3rd 40-44

Doug Jones.....4:05:39 3rd 55-59

50K

Deo Jaravata.... 5:59:32 2nd 50-54

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

Grand Prix Series Standings as of 4/7

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. Moises Medina	1	79.02
2. Mike Kerkman	2	75.08
3. Richard Nelson	3	71.84
4. Sean O'Brien	2	70.80
5. Carlos Vizcarra	1	70.53
6. Marcelino Goncalves	2	70.36
7. John McGuinness	2	69.16
8. Reg Willson	2	68.32
9. Duane Howard	1	68.29
10. David Dassey	1	67.82

FEMALE

1. Maria Poso	6	64.12
2. Jane Dods	1	61.61
3. Karen Carey	2	55.45
4. Margie Gonzales	3	50.00
5. Yumi Afrento	1	40.98

RACEWALK

1. Deo Jaravata	3	60.39
2. Bill Walsky	2	54.35

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. Sean O'Brien	1	118.26
2. David Dassey	1	107.82
3. Mike Kerkman	1	106.07
4. John McGuinness	1	104.33
5. Reg Willson	1	104.26
6. Danny O'Hara	1	101.73
7. Bill Austin	1	99.53
8. Duane Howard	1	98.29
9. Angus Kennedy	1	95.23
10. Maria Poso	2	92.51

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

AGE GROUP GUYS

Division Races Points

Male 30-34

1. Piyush Prakash	2	260
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Male 35-39

1. Raul Borja	3	345
2. Mike Kerkman	2	295
3. David Gonzalez	2	220
4. Duane Howard	1	115
5. Barry Hamaguchi	1	110

Male 40-44

1. Jason Coleman	5	655
2. Richard Peng	3	350
3. John McGuinness	2	270
4. Danny O'Hara	1	130
5. Carlos Vizcarra	1	125

Male 45-49

1. Marcelino Goncalves	2	255
2. Moises Medina	1	180
3. Richard Korn	1	120
4. Bruce Bair	1	115
5. Bernie Tan	1	105

Male 50-54

1. Deo Jaravata	4	515
2. Sean O'Brien	2	285
3. Angus Kennedy	3	255
4. Brian Dunbar	2	235
5. John Miles	1	135

Male 55-59

1. Bill Austin	4	515
2. Reg Willson	2	255
3. Doug Jones	2	210
4. Martin Carlson	1	125
Steven Morchak	1	125

Male 60+

1. Mike Carbuto	3	380
2. Bill Winkelmann	3	360
3. Richard Nelson	2	280
4. Jim Martinez	2	205
5. David Dassey	1	140

AGE GROUP GALS

Division Races Points

Female 40-49

1. Maria Poso	4	480
2. Karen Carey	1	135

Female 50-59

1. Yumi Afrento	1	125
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Female 60+

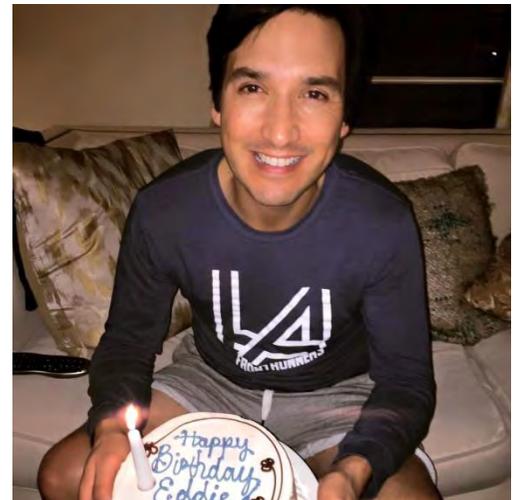
1. Jane Dods	1	115
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Mike & Piyush after completing the LA Marathon



Duane keeping dry during a rare rainy run in SoCal



Eddie Flores celebrating his birthday in February

All-Around Challenge Standings as of 4/7

Rank	MOST		Rank	Highest Age Grade Male		Rank	Highest Age Grade Female	
1	Jason Coleman	5	1	Moises Medina		1	Maria Poso	
	David Grudzien	5		GP Half: 1:26:02	79.02		Surf City Full: 3:55:17	68.95
	Bill Austin	5	2	Mike Kerkman		2	Margie Gonzales	
4	Maria Poso	3		Run Deo Run 10K: 36:32	76.07		Run 2 Rem. 1/2: 3:04:41	49.07
5	Mike Carbuto	2	3	Bill Austin				
	Bill Winkelmann	2		Coaster 10K: 44:27	73.81	Rank	PR Race	
	Mike Kerkman	2	4	Richard Nelson		1	Richard Korn	
8	21 LAFRs	1		HomeRun 10K: 51:24	70.57		Agoura 10K	18.22
			5	Sean O'Brien		2	Moises Medina	
				LA Full: 3:21:12	69.43		GP Half	4.86
Challenge Distance by Month			6	Duane Howard		3	Jason Coleman	
JAN	Half Marathon			Run Deo Run 10K: 40:10	68.29		GP Half/LA Full	3.61
FEB	Full Marathon		7	Marcelino Goncalves		4	Mike Kerkman	
MAR	10K			LA Full: 3:17:29	67.08		Run Deo Run	3.56
APR	Full Marathon		8	John McGuinness		5	Marcelino Goncalves	
MAY	10K			LA Full: 3:13:28	61.46		LA Marathon	2.05
JUN	5K		9	Angus Kennedy		6	John Miles	
JUL	10K			GP Half: 1:41:16	69.43		Run Deo Run	1.96
AUG	Full Marathon		10	Martin Carlson				
SEP	5K			GP Half: 1:52:19	65.38			
OCT	15K/10Mile							
NOV	Half Marathon							
DEC	5K							

Upcoming Grand Prix Races

Sunday 4/17 in Encino
Victory for Victims
5K/10K

www.sob5050.com

Monday 4/18 in Boston
Boston Marathon
5K & Full Marathon

www.baa.org

Sunday 5/1 in Newport Beach
Orange County
5K/Half/Full

www.ocmarathon.com

Sunday 5/1 in Glendale
Run the Verdugos Trail
10K

www.runtheverdugos.com

Sunday 5/8 in Van Nuys
Mother's Day Run
5K/10K/15K/Half

www.abetterworldrunning.com



Jason & Jim after the Firecracker 5K



Shoreline Frontrunners Annual Pride Run 5K/10K

Sunday 5/22 in Long Beach



Rick & Deo at the 2015 race

[click here for website](#)

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Bryan Prado ▪ Margie Gonzales ▪ David Dassey

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David Grudzien ▪ Allan Weiss ▪ Allyne Winderman

Mike Carbuto & Chris Tapper ▪ Michael Carter

Katrina Klaasmeyer ▪ Jim Martinez ▪ John Kawaharada

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