

2019 LAFR Challenge Standings FINAL

scroll down for complete standings and detail for all three categories - only 1 race per distance per month counts

Rank	MOST RACES		Rank	MOST MILES ROAD		Rank	MOST MILES TRAIL	
1	David Grudzien	26	1	Deo Jaravata	329.60	1	Peachy Poso	455.20
2	Deo Jaravata	22	2	David Grudzien	191.07	2	Solomon Leung	422.40
3	Peachy Poso	15	3	Carlos Vizcarra	147.35	3	Deo Jaravata	263.40
4	Bill Austin	14	4	Mark Swenson	131.00	4	Ken Lewis	256.70
	Carlos Vizcarra	14	5	Juan Carlos Fernandez	107.90	5	David Grudzien	104.35
6	Mike Kerkman	13	6	Solomon Leung	106.20	6	Ric Munoz	100.00
7	John Houser	11	7	Jason Coleman	94.10	7	Richard Peng	48.60
	Margie Gonzales	11	8	Bill Austin	78.20	8	Sean O'Brien	47.20
	Jane Dods	11	9	David Dassey	77.90	9	David Dassey	44.80
10	David Dassey	10	10	Mike Smith	69.45	10	Kimberly Fairchild	36.18
11	Solomon Leung	9	11	Bernie Tan	68.60	11	Blake Owens	35.15
	Jim Martinez	9	12	Bill Walsky	64.80	12	John Miles	31.70
	Ken Lewis	9	13	Margie Gonzales	54.10	13	Angus Kennedy	31.50
14	Richard Peng	8	14	Rick Hetzel	48.60	14	Mike Kerkman	31.10
	Mike Smith	8	15	Mike Kerkman	47.90	15	Sarah Syed	24.60
	Bill Walsky	8	16	Scott Whiteleather	42.40		Carlos Vizcarra	24.60
	Jason Coleman	8		Dan Graham	42.40	17	Jim Martinez	20.50
	John Miles	8	18	Raul Borja	41.70	18	Bruce Bair	19.30
19	Juan Carlos Fernandez	7	19	John Heilman	39.30	19	Jeffrey Kalowes	18.60
	Mike Carbuto	7	20	Martin Carlson	38.60		Rudy Van Graan	18.60
	Bill Winkelmann	7	21	Mario Mota	35.50	21	Dan Vu	16.20
	Angus Kennedy	7		Peachy Poso	35.50	22	Kevin Shiramizu	15.50
23	Paul Morrell	6	23	Jane Dods	34.80		Mike Carbuto	15.50
	Mark Swenson	6	24	Lori Abosch	33.40	24	Reg Willson	14.90
	Mario Mota	6	25	John Houser	31.00	25	Mickey Caruso	13.10
	Martin Carlson	6	26	Bill Winkelmann	29.70		Kyle Stevenson	13.10
	Blake Owens	6	27	Paul Morrell	29.40		Bernie Tan	13.10
28	5 LAFRs	5	28	Stephanie Stone	29.30		Piyush Prakash	13.10
33	11 LAFRs	4	29	Craig Coburn	28.60		Alex Grosko	13.10
44	13 LAFRs	3	30	Travis Rex	26.20	30	Martin Carlson	13.10
57	19 LAFRs	2		Alex Grosko	26.20	31	Eric Eisenbrey	13.10
76	35 LAFRs	1		John McGuinness	26.20	32+	various/see detail below	
				Marcelino Goncalves	26.20			
			34+	various/see detail below				

LAFR Challenge 2019 Most Miles TRAIL FINAL

only 1 race per distance per month counts

Rank	MOST MILES TRAIL	
1	Peachy Poso	
	Jan: Avalon 50 Mile	50.00
	Feb: Mt Hwd 12K trail	7.50
	Feb: Calico 50k	31.00
	March: Deo Full Trail	26.20
	March: GP 50K	31.00
	April: Leona Divide 100K	62.00
	April: Badwater Salton Sea	81.00
	June: LAFR 5K	3.10
	June: LAFR 10K	6.20
	Aug: Kodiak 100	100.00
	Sept: Tunnel Light Full	26.20
	Dec: Ray Miller 50K	31.00
	TOTAL	455.20
2	Solomon Leung	
	June: LAFR 5K	3.10
	June: LAFR 10K	6.20
	March: Antelope Canyon 100	100.00
	April: Hellbender 100	100.00
	May: Bryce Canyon 100	100.00
	Aug: Lean Horse 100	100.00
	Nov: Catalina Half	13.10
	TOTAL	422.40
3	Deo Jaravata	
	Jan: Avalon 50 Mile	50.00
	March: Deo Full Trail	26.20
	April: Sisyphus Trail 12 HR	47.00
	April: Leona Divide 50K	31.00
	Sept: Bat Cave Full	26.20
	Oct: Rocky Peak 50K	31.00
	Nov: Boundiful 12 HR	52.00
	TOTAL	263.40
4	Ken Lewis	
	March: Deo 10K Trail	6.20
	Apr: Bare Burro 5K	3.10
	June: LAFR 5K	3.10
	June: LAFR 10K	6.20
	June: Western States 100 Mile	100.00
	Aug; AC 100	100.00
	Sept: Mt. Baldy Run to Top 7.1	7.10
	Sept: Javelina 50K	31.00
	TOTAL	256.70
5	David Grudzien	
	Jan: Winter Night TR Half	13.10
	Feb: MM Gulf Day 2 Half	13.10
	April: Bare Burro 5K	3.10
	May: Great Western Half	13.10
	June: MM Alaska Day 1 Half	13.10
	June: MM Alaska Day 1 10K	6.20
	June: Summer Night TR 6.55	6.55
	July: MM Prairie Day 3 Half	13.10
	Backyard Classic 8 Hr Trail	23.00
	TOTAL	104.35

LAFR Challenge 2019 Most Miles TRAIL FINAL

only 1 race per distance per month counts

6	Ric Munoz	
	May: Nanny Goat 100 Mile	100.00
	TOTAL	100.00
7	Richard Peng	
	March: Deo Half Trail	13.10
	April: Chesebro Half	13.10
	June: LAFR 5K	3.10
	June: LAFR 10K	6.20
	Nov: Catalina Half	13.10
	TOTAL	48.60
8	Sean O'Brien	
	Feb: SOB 50K	31.00
	Oct: Doggie 5K	3.10
	Nov: Catalina Half	13.10
	TOTAL	47.20
9	David Dassey	
	March: Deo 10K Trail	6.20
	Apr: Bare Burro 5K	3.10
	June: LAFR 5K	3.10
	June: LAFR 10K	6.20
	July: Jack and Jill Full	26.20
	TOTAL	44.80
10	Kimberly Fairchild	
	Feb: SOB 25 Mile	25.00
	April: Ahmanson Trail 18K	11.18
	TOTAL	36.18
11	Blake Owens	
	Apr: Pas Trail 10 Mile	10.00
	June: LAFR 5K	3.10
	June: GP Trail Relay	5.30
	July: Pas Trail 12K	7.45
	Oct: Doggie 5K	3.10
	Nov: Catalina 10K	6.20
	TOTAL	35.15
12	John Miles	
	March: Deo 10K Trail	6.20
	April: Bare Burro 5K	3.10
	June: LAFR 5K	3.10
	June: LAFR 10K	6.20
	Nov: Catalina Half	13.10
	TOTAL	31.70
13	Angus Kennedy	
	Apr: Bare Burro 5K	3.10
	Apr: Pas Trail 10 Mile	10.00
	June: GP Relay Trail 5.3	5.30
	Nov: Catalina Half	13.10
	TOTAL	31.50
14	Mike Kerkman	
	April: Bare Burro 5K	3.10
	April: Arroyo Seco 3.4 Trail	3.40
	June: GP Relay Trail 5.3	5.30
	June: LAFR 5K	3.10
	Nov: Catalina Half	13.10
	Nov: Tucson XC 5K	3.10
	TOTAL	31.10

LAFR Challenge 2019 Most Miles TRAIL FINAL

only 1 race per distance per month counts

15	Sarah Syed	
	Apr: Pas Trail 10 Mile	10.00
	June: GP Relay Trail 5.3	5.30
	June: LAFR 5K	3.10
	June: LAFR 10K	6.20
	TOTAL	24.60
	Carlos Vizcarra	
	March: Deo Half Trail	13.10
	June: GP Relay Trail 5.3	5.30
	June: LAFR 10K	6.20
	TOTAL	24.60
17	Jim Martinez	
	March: Deo 5K Trail	3.10
	April: Pas Trail 5 Mile	5.00
	June: LAFR 5K	3.10
	Oct: Doggie 5K	3.10
	Nov: Catalina 10K	6.20
	TOTAL	20.50
18	Bruce Bair	
	March: Deo 10K Trail	6.20
	Nov: Catalina Half	13.10
	TOTAL	19.30
19	Jeffrey Kalowes	
	May: Verdugo 10K	6.20
	June: LAFR 5K	3.10
	June: LAFR 10K	6.20
	Oct: Doggie 5K	3.10
	TOTAL	18.60
	Rudy Van Graan	
	April: Leona Divide 30K	18.60
	TOTAL	18.60
21	Dan Vu	
	June: LAFR 5K	3.10
	Nov: Catalina Half	13.10
	TOTAL	16.20
22	Kevin Shiramizu	
	June: LAFR 10K	6.20
	Nov: Thanks XC Classic 5K	3.10
	Nov: Catalina 10K	6.20
	TOTAL	15.50
	Mike Carbuto	
	April: Bare Burro 5K	3.10
	May: Verdugo 10K	6.20
	June: LAFR 5K	3.10
	Oct: Doggie 5K	3.10
	TOTAL	15.50
24	Reg Willson	
	April: Bare Burro 5K	3.10
	April: Arroyo Seco 3.4 Trail	3.40
	June: GP Relay Trail 5.3	5.30
	Oct: Doggie 5K	3.10
	TOTAL	14.90
25	Mickey Caruso	
	Nov: Joshua Tree Half	13.10
	TOTAL	13.10

LAFR Challenge 2019 Most Miles TRAIL FINAL

only 1 race per distance per month counts

	Kyle Stevenson	
	Nov: Catalina Half	13.10
	TOTAL	13.10
	Bernie Tan	
	March: Deo Half Trail	13.10
	TOTAL	13.10
	Piyush Prakash	
	April: Chesebro half	13.10
	TOTAL	13.10
	Alex Grosko	
	March: Deo Half Trail	13.10
	TOTAL	13.10
30	Martin Carlson	
	June: LAFR 5K	3.10
	June: LAFR 10K	6.20
	Oct: Doggie 5K	3.10
	TOTAL	12.40
31	Eric Eisenbrey	
	April: Pas Trail 5 Mile	5.00
	Apr: Bare Burro 5K	3.10
	Oct: Doggie 5K	3.10
	TOTAL	11.20
32	Bill Austin	
	March: Deo 5K Trail	3.10
	June: LAFR 5K	3.10
	Oct: Doggie 5K	3.10
	TOTAL	9.30
	Marcelino Goncalves	
	June: LAFR 5K	3.10
	June: LAFR 10K	6.20
	TOTAL	9.30
	John McGuinness	
	June: LAFR 5K	3.10
	June: LAFR 10K	6.20
	TOTAL	9.30
	Mario Mota	
	June: LAFR 10K	6.20
	Oct: Doggie 5K	3.10
	TOTAL	9.30
	Stephanie Stone	
	June: LAFR 10K	6.20
	Oct: Doggie 5K	3.10
	TOTAL	9.30
	Eddie Flores	
	Oct: Doggie 5K	3.10
	Nov: Catalina 10K	6.20
	TOTAL	9.30
	Allyne Winderman	
	June: LAFR 5K	3.10
	June: LAFR 10K	6.20
	TOTAL	9.30
	John Kawaharada	
	March: Deo 5K Trail	3.10
	June: LAFR 5K	3.10
	Oct: Doggie 5K	3.10
	TOTAL	9.30

LAFR Challenge 2019 Most Miles TRAIL FINAL

only 1 race per distance per month counts

	Bob Berman	
	June: LAFR 5K	3.10
	June: LAFR 10K	6.20
	TOTAL	9.30
	Paul Morrell	
	June: LAFR 5K	3.10
	June: LAFR 10K	6.20
	TOTAL	9.30
42	Jeff Lin	
	Oct: Doggie 5K	3.10
	June: GP Relay Trail 5.3	5.30
	TOTAL	8.40
43	John Houser	
	Feb: Hwd Sign Trail 6K	3.75
	June: LAFR 5K	3.10
	TOTAL	6.85
44	Albert Giang	
	Nov: Catalina 10K	6.20
	TOTAL	6.20
	Richard West	
	Nov: Catalina 10K	6.20
	TOTAL	6.20
	Mike Smith	
	June: SRLA Summer 5K	3.10
	Oct: Doggie 5K	3.10
	TOTAL	6.20
	Jeremy Yoder	
	June: LAFR 10K	6.20
	TOTAL	6.20
	Rosie Jewell	
	June: LAFR 10K	6.20
	TOTAL	6.20
	Noah Abraham	
	June: LAFR 10K	6.20
	TOTAL	6.20
	Mark Abraham	
	June: LAFR 10K	6.20
	TOTAL	6.20
	Benji Abraham	
	June: LAFR 10K	6.20
	TOTAL	6.20
	Nicole Oeuvray	
	June: LAFR 5K	3.10
	Oct: Doggie 5K	3.10
	TOTAL	6.20
	Margie Gonzales	
	June: LAFR 5K	3.10
	Oct: Doggie 5K	3.10
	TOTAL	6.20
	Patrick Conner	
	March: Deo 10K Trail	6.20
	TOTAL	6.20
	Jeff Masino	
	March: Deo 10K Trail	6.20
	TOTAL	6.20

LAFR Challenge 2019 Most Miles TRAIL FINAL

only 1 race per distance per month counts

	Doug Jones	
	June: LAFR 10K	6.20
	TOTAL	6.20
	Richard Nelson	
	June: LAFR 5K	3.10
	Oct: Doggie 5K	3.10
	TOTAL	6.20
58	Carlos Fajardo	
	June: GP Relay Trail 5.3	5.30
	TOTAL	5.30
59	Bill Walsky	
	June: LAFR 5K	3.10
	TOTAL	3.10
	Jason Bautista	
	June: SRLA Summer 5K	3.10
	TOTAL	3.10
	Geoff Buck	
	June: SRLA Summer 5K	3.10
	TOTAL	3.10
	Johnny Mendez	
	June: LAFR 5K	3.10
	TOTAL	3.10
	Gillian Hoagland	
	June: LAFR 5K	3.10
	Oct: Doggie 5K	3.10
	TOTAL	3.10
	Elizabeth Navarrette	
	June: LAFR 5K	3.10
	TOTAL	3.10
	Cat White	
	June: LAFR 5K	3.10
	TOTAL	3.10
	Keeley Webster	
	June: LAFR 5K	3.10
	TOTAL	3.10
	Mark DeAngelis	
	June: LAFR 5K	3.10
	TOTAL	3.10
	Henry Jung	
	June: LAFR 5K	3.10
	TOTAL	3.10
	Daniel Formanek	
	June: LAFR 5K	3.10
	TOTAL	3.10
	Lui Sanchez	
	June: LAFR 5K	3.10
	TOTAL	3.10
	Don Norte	
	June: LAFR 5K	3.10
	TOTAL	3.10
	Kevin Norte	
	June: LAFR 5K	3.10
	TOTAL	3.10
	Jason Lee	
	June: LAFR 5K	3.10
	TOTAL	3.10

LAFR Challenge 2019 Most Miles TRAIL FINAL

only 1 race per distance per month counts

Anthony Chan		
	June: LAFR 5K	3.10
	TOTAL	3.10
Tim Chung		
	June: LAFR 5K	3.10
	TOTAL	3.10
Erin Brinton		
	Oct: Doggie 5K	3.10
	TOTAL	3.10
Juan Carlos Fernandez		
	Oct: Doggie 5K	3.10
	TOTAL	3.10
Brian Dunbar		
	June: LAFR 5K	3.10
	TOTAL	3.10
Patrice Salome		
	June: LAFR 5K	3.10
	TOTAL	3.10
Jane Dods		
	March: Elephant Run 5K	3.10
	TOTAL	3.10
Mike Heredia		
	April: Bare Burro 5K	3.10
	TOTAL	3.10
Bill Winkelmann		
	June: LAFR 5K	3.10
	TOTAL	3.10
Brian Eggert		
	June: LAFR 5K	3.10
	TOTAL	3.10
Amy Ross		
	June: LAFR 5K	3.10
	TOTAL	3.10
Chris Tapper		
	April: Bare Burro 5K	3.10
	TOTAL	3.10
Rick Hetzel		
	June: LAFR 5K	3.10
	TOTAL	3.10
Jason Coleman		
	June: LAFR 5K	3.10
	TOTAL	3.10
Yumi Afrento		
	March: Deo 5K Trail	3.10
	TOTAL	3.10
Lacey Howcroft		
	March: Deo 5K Trail	3.10
	TOTAL	3.10

LAFR Challenge 2019 Most Miles ROAD FINAL

only 1 race per distance per month counts

Rank	MOST MILES ROAD	
1	Deo Jaravata	
	Jan: Pasadena Half	13.10
	Jan: USATF RW 10K	6.20
	Feb: New Orleans Full	26.20
	Feb: Friendship 18 Mile	18.00
	Feb: Orange Curtain 50K	31.00
	March: LA Marathon	26.20
	May: USATF RW 15K	9.30
	May: OC Full	26.20
	June: SD RnR Full	26.20
	July: Milo Full	26.20
	Aug: Khmer Empire Full	26.20
	Sept: Dodger 5K	3.10
	Oct: LB Full	26.20
	Nov: RnR Vegas Full	26.20
	Dec: Holiday Half	13.10
	Dec: Op Jack Full	26.20
	TOTAL	329.60
2	David Grudzien	
	Jan: Polar Dash Half	13.10
	Feb: Vegas Morning Half	13.10
	March: OLOL Amazing Half	13.10
	March: Shamrock Mile	1.00
	March: Shamrock Shuffle 8K	4.97
	March: Run Through History 5K	3.10
	April: Milwaukee Half	13.10
	May: Indy 500 Half	13.10
	June: MM Alaska Day 3 Half	13.10
	June: MM Alaska Day 3 5K	3.10
	July: Peachtree Road Race 10K	6.20
	July: Burn Your Half Off Day 1	13.10
	July: Lake Park 5K	3.10
	Aug: BTN Big 5K	3.10
	Aug: Strider half	13.10
	Sept: Sioux Falls half	13.10
	Oct: Whiskeydaddle 5K	3.10
	Oct: Whiskeydaddle Half	13.10
	Nov: Tyranena Beer Run half	13.10
	Nov: Milwaukee Turkey Trot 5K	3.10
	Dec: Last Call half	13.10
	Dec: Resolution 5K	3.10
	TOTAL	191.07

LAFR Challenge 2019 Most Miles ROAD FINAL

only 1 race per distance per month counts

3	Carlos Vizcarra	
	Feb: SRLA 18 Mile	18.00
	March: SoCal River Half	13.10
	April: Boston Full	26.20
	May: LB Pride 5K	3.10
	May: M2B Half	13.10
	Aug: Buenos Aires 15K	9.30
	Sept: LaceUp Half	13.10
	Sept: Berlin Full	26.20
	Oct: SRLA Dock Beach 10Kish	5.95
	Nov: PS Pride 5K	3.10
	Dec: Holiday Half	13.10
	Dec: Venice Xmas 5K	3.10
	TOTAL	147.35
4	Mark Swenson	
	April: Happy Easter Half	13.10
	May: Martha's Vineyard Full	26.20
	Sept: Beach Blast Half	13.10
	Oct: Maine Full	26.20
	Nov: Indianapolis Full	26.20
	Dec: Honolulu Full	26.20
	TOTAL	131.00
5	Juan Carlos Fernandez	
	Jan: Pasadena Half	13.10
	Feb: Surf City Full	26.20
	March: LA Full	26.20
	April: Run 2 Remember Half	13.10
	May: OC Full	26.20
	May: Husky 5K	3.10
	TOTAL	107.90
6	Solomon Leung	
	July: La Palma 10K	6.20
	Sept: Miami 100	100.00
		106.20
7	Jason Coleman	
	Jan: Winter Fun 15K	9.30
	Feb: Rock the Marina half	13.10
	March: Sun sand and sea half	13.10
	March: LA Full	26.20
	April: London Full	26.20
	May: Universal 5K	3.10
	Sept: Best Buddies 5K	3.10
	TOTAL	94.10

LAFR Challenge 2019 Most Miles ROAD FINAL

only 1 race per distance per month counts

8	Bill Austin	
	Feb: Beach Fun 15K	9.30
	May: Cinco de Mayo 15K	9.30
	May: Mother's Day 5K	3.10
	June: Wrigley 5K	3.10
	July: Red white and blue 10K	6.20
	July:stars and stripes 15K	9.30
	July: La Palma 5K	3.10
	Sept: Summer Dash HB 10K	6.20
	Sept: Beach Blast 15K	9.30
	Oct: LB Half	13.10
	Nov: PS Pride 5K	3.10
	Dec: Holiday Fun 5K	3.10
	TOTAL	78.20
9	David Dassey	
	Jan: Carlsbad Half	13.10
	May: LB Pride 10K	6.20
	Oct: Dublin Full	26.20
	Nov: Drumstick 10K	6.20
	Dec: Op Jack Full	26.20
	TOTAL	77.90
10	Mike Smith	
	Feb: Friendship 18 Mile	18.00
	March: LA Full	26.20
	Sept: Dodgers 5K	3.10
	Oct: SRLA Beach 10Kish/5.95	5.95
	Nov: Drumstick 5K	3.10
	Dec: Holiday Half	13.10
	TOTAL	69.45
11	Bernie Tan	
	March: LA Full	26.20
	June: Mt. Hood Full	26.20
	Oct: Portland Half	13.10
	Nov: PS Pride 5K	3.10
	TOTAL	68.60
12	Bill Walsky	
	Feb: Surf City half	13.10
	March: Encinitas half	13.10
	May: Indy Mini 500 half	13.10
	May: LB Pride 5K	3.10
	June: Wrigley 5K	3.10
	July: stars and stripes 5K	3.10
	Oct: LB Half	13.10
	Dec: Holiday Fun 5K	3.10
	TOTAL	64.80
13	Margie Gonzales	
	Feb: Vday 5K	3.10
	March: Rockin Sham 5k	3.10
	May: Mother's Day 5K	3.10
	Oct: LB Half	13.10
	Oct: Monster Dash 10K	6.20
	Nov: Ocean Breeze 10K	6.20
	Nov: Big Bear Half	13.10
	Nov: Giving Thanks 5K	3.10
	Dec: Holiday Fun 5K	3.10
	TOTAL	54.10

LAFR Challenge 2019 Most Miles ROAD FINAL

only 1 race per distance per month counts

14	Rick Hetzel	
	Jan: Carlsbad Half	13.10
	July: La Palma 5K	3.10
	Oct: Milwaukee Full	26.20
	Nov: PS Pride 5K	6.20
	TOTAL	48.60
15	Mike Kerkman	
	March: Fukuoka Half	13.10
	May: LB Pride 5K	3.10
	July: Trails 4 Whales 5K	3.10
	July: Freedom 10K	6.20
	Aug: Menudo 5K	3.10
	Sept: Beach Blast 5K	3.10
	Oct: LB Half	13.10
	Nov: PS Pride 5K	3.10
	TOTAL	47.90
16	Scott Whiteleather	
	Feb: Surf City Half	13.10
	May: OC Half	13.10
	Oct: LB Half	13.10
	Nov: PS Pride 5K	3.10
	TOTAL	42.40
	Dan Graham	
	June: Mt Hood Half	13.10
	July: SF Half	13.10
	Oct: Portland Half	13.10
	Nov: PS Pride 5K	3.10
	TOTAL	42.40
18	Raul Borja	
	Feb: Firecracker 10K	6.20
	March: LA Marathon	26.20
	Sept: Dodgers 5K	3.10
	Nov: Lululemon 10K	6.20
	TOTAL	41.70
19	John Heilman	
	March: LA Charity Half	13.10
	April: Happy Easter Half	13.10
	Dec: Op Jack Half	13.10
	TOTAL	39.30
20	Martin Carlson	
	Feb: Firecracker 10K	6.20
	May: OC Full	26.20
	July: Will Rogers 10K	6.20
	TOTAL	38.60
21	Mario Mota	
	March: SD Half	13.10
	May: LB Pride 10K	6.20
	Oct: LB Half	13.10
	Nov: PS Pride 5K	3.10
	TOTAL	35.50
	Peachy Poso	
	Feb: Firecracker 10K	6.20
	Feb: Firecracker 5K	3.10
	March: LA Full	26.20
	TOTAL	35.50

LAFR Challenge 2019 Most Miles ROAD FINAL

only 1 race per distance per month counts

23	Jane Dods	
	Feb: Couples Classic 5K	3.10
	Feb: Truffle Shuffle 2 Mile	2.00
	March: Elephant Run 5K	3.10
	April: OR Womens 5K	3.10
	May: Eugene Peace 5K	3.10
	June: My Breast Friends 5K	3.10
	July: Butte to Butte 4 Mile	4.00
	July: Race for the Ace 5K	3.10
	Aug: Scandia Run 4 Mile	4.00
	Oct: Monster Mash 5K	3.10
	Nov: Run to Stay Warm 5K	3.10
	TOTAL	34.80
24	Lori Abosch	
	April: Victory 1 Mile	1.00
	May: Lake Balboa Half	13.10
	Sept: Happy Village 10K	6.20
	Nov: Santa Clarita Half	13.10
	TOTAL	33.40
25	John Houser	
	Jan: GP 5K	3.10
	Feb: Firecracker 5K	3.10
	March: LA Big 5K	3.10
	April: Derby Day 5K	3.10
	May: LB Pride 5K	3.10
	June: LAFR 5K	3.10
	July: Space Race 5K	3.10
	Aug: Run the City 5K	3.10
	Sept: SaMo Classic 5K	3.10
	Dec: Renegade Santa 5K	3.10
	TOTAL	31.00
26	Bill Winkelmann	
	May: LB Pride 5K	3.10
	May: Mother's Day 10K	6.20
	June: Wrigley 5K	3.10
	June: Fathers Day 10K	6.10
	June: NYFR 5 Mile	5.00
	July: Stars & Stripes 10K	3.10
	Nov: PS Pride 5K	3.10
	TOTAL	29.70
27	Paul Morrell	
	April: Artichoke Half	13.10
	April: Christie Clinic 5K	3.10
	Aug: Falmouth 7 Mile	7.00
	Oct: Palo Alto 10K	6.20
	TOTAL	29.40
28	Stephanie Stone	
	March: LA Marathon	26.20
	May: Veteran's 5K	3.10
	TOTAL	29.30
29	Craig Coburn	
	Sept: Fun in the Sun 15K	9.30
	Oct: Maine Half	13.10
	Dec: Honolulu 10K	6.20
	TOTAL	28.60

LAFR Challenge 2019 Most Miles ROAD FINAL

only 1 race per distance per month counts

30	Travis Rex	
	March: LA Marathon	26.20
	TOTAL	26.20
	Alex Grosko	
	Oct: LB Full	26.20
	TOTAL	26.20
	John McGuinness	
	May: M2B Full	26.20
	TOTAL	26.20
	Marcelino Goncalves	
	March: LA Full	26.20
	TOTAL	26.20
34	Jim Martinez	
	March: LA Charity Half	13.10
	April: Aut to Run 5K	3.10
	May: Mother's Day 5K	3.10
	Sept: LA Kings 5K	3.10
	TOTAL	22.40
	Patrice Salome	
	Jan: New Year's 5K	3.10
	Jan: New Year's 10K	6.20
	Nov: Big Bear Half	13.10
	TOTAL	22.40
	Angus Kennedy	
	May: LB Pride 5K	3.10
	Sept: Beach Blast 10K	6.20
	Oct: LB Half	13.10
	TOTAL	22.40
37	John Miles	
	Feb: Firecracker 10K	6.20
	March: Forks XV 15K	9.30
	May: LB Pride 10K	6.20
	TOTAL	21.70
38	Doug Jones	
	May: LB Pride 10K	6.20
	May: M2B Half	13.10
	TOTAL	19.30
	Trent Rodriguez	
	Nov: Drumstick 10K	6.20
	Nov: Monster Dash Half	13.10
	TOTAL	19.30
	David Gonzalez	
	Feb: Firecracker 10K	6.20
	May: Santa Barbara Half	13.10
	TOTAL	19.30
41	Richard Peng	
	Feb: Firecracker 10K	6.20
	April: Victory 10K	6.20
	May: LB Pride 10K	6.20
	TOTAL	18.60
	Erin Brinton	
	Nov: Ocean Breeze 5K	3.10
	Nov: Giving Thanks 10K	6.20
	Dec: Holiday Fun 15K	9.30
	TOTAL	18.60

LAFR Challenge 2019 Most Miles ROAD FINAL

only 1 race per distance per month counts

43	Bruce Bair	
	Jan: Houston Half	13.10
	TOTAL	13.10
	Jeremy Yoder	
	Nov: Ocean Breeze Half	13.10
	TOTAL	13.10
	Tommy Le	
	Oct: LB Half	13.10
	TOTAL	13.10
46	Noah Abraham	
	May: Universal 5K	3.10
	June: LAFR 10K	6.20
	Sept: Best Buddies 5K	3.10
	TOTAL	12.40
	Mark Abraham	
	May: Universal 5K	3.10
	June: LAFR 10K	6.20
	Sept: Best Buddies 5K	3.10
	TOTAL	12.40
	Brian Soria	
	Oct: Carrera de los Muertos 5K	3.10
	Nov: Turkey Trot LA 5K	3.10
	Dec: SaMo Xmas 10K	6.20
	TOTAL	12.40
	Arnab Mukherjee	
	Sept: Traiblazer 10K	6.20
	Oct: San Jose RnR 10K	6.20
	TOTAL	12.40
50	Benji Abraham	
	May: Universal 5K	3.10
	June: LAFR 10K	6.20
	TOTAL	9.30
	Eric Eisenbrey	
	May: LB Pride 10K	6.20
	July: Boy with Boot 5K	3.10
	TOTAL	9.30
	Alexander Bazley	
	April: Happy Easter 15K	9.30
	Oct: LB Half	13.10
	TOTAL	9.30
	Allyne Winderman	
	May: Cinco de Mayo 15K	9.30
	TOTAL	9.30
	Nicole Oouvray	
	May: Mother's Day 5K	3.10
	Nov: Ocean Breeze 5K	3.10
	Dec: Reindeer 5K	3.10
	TOTAL	9.30
	Mike Carbuto	
	May: LB Pride 5K	3.10
	Sept: Homeboy 5K	3.10
	Nov: PS Pride 5K	3.10
	TOTAL	9.30
56	Andrew Snyder	
	Feb: Firecracker 10K	6.20
	TOTAL	6.20

LAFR Challenge 2019 Most Miles ROAD FINAL

only 1 race per distance per month counts

	Joey Lan	
	Feb: Firecracker 10K	6.20
	TOTAL	6.20
	Chris Tapper	
	May: LB Pride 10K	6.20
	TOTAL	6.20
	Barry Hamaguchi	
	Feb: Firecracker 10K	6.20
	TOTAL	6.20
	Jeffrey Kalowes	
	May: LB Pride 10K	6.20
	TOTAL	6.20
	Rina Shiramizu	
	May: LB Pride 5K	3.10
	July: Trails 4 Whales 5K	3.10
	TOTAL	6.20
	Ken Lewis	
	May: LB Pride 10K	6.20
	TOTAL	6.20
	Richard Nelson	
	July: Ind Day 5K	3.10
	Nov: PS Pride 5K	3.10
	TOTAL	6.20
	Mark Johnson	
	May: LB Pride 10K	6.20
	TOTAL	6.20
	Kevin Shiramizu	
	May: LB Pride 5K	3.10
	July: Trails 4 Whales 5K	3.10
	TOTAL	6.20
66	Vanessa Wegman	
	Nov: Drumstick 5K	3.10
	TOTAL	3.10
	Lee Lightfoot	
	Nov: PS Pride 5K	3.10
	TOTAL	3.10
	Henry Jung	
	Nov: PS Pride 5K	3.10
	TOTAL	3.10
	Mark DeAngelis	
	Nov: PS Pride 5K	3.10
	TOTAL	3.10
	Yumi Afrento	
	Dec: Holiday Fun 5K	3.10
	TOTAL	3.10
	Elizabeth Navarrete	
	May: LB Pride 5K	3.10
	TOTAL	3.10
	Brian Eggert	
	May: LB Pride 5K	3.10
	TOTAL	3.10
	Dan Vu	
	Nov: PS Pride 5K	3.10
	TOTAL	3.10

2019 LAFR Challenge MOST RACES FINAL

only 1 race per distance per month counts

Rank	MOST RACES	
1	David Grudzien	
	Jan: Polar Dash Half	1
	Feb: Vegas Golden Morning Half	2
	March: OLOL Amazing Half	3
	March: Shamrock Shuffle Mile	4
	March: Shamrock Shuffle 8K	5
	March: Run Through History 5K	6
	April: Milwaukee Half	7
	April: Bare Burro 5K	8
	May: OneAmerica Indy 500 Half	9
	June: MM Alaska (Day 1) Half	10
	June: MM Alaska (Day 1) 10K	11
	June: MM Alaska (Day 3) 5K	12
	June: Summer Night Trail 6.55	13
	July: Peachtree Road Race 10K	14
	July: Burn Your Half Off	15
	July: Beer Garden 5K	16
	Aug: BTN Big 5K	17
	Aug: Backyard 8 Hr Trail 23 miles	18
	Aug: Strider half	19
	Sept: Sioux Falls half	20
	Oct: Whiskeydaddle 5K	21
	Oct: Whiskeydaddle half	22
	Nov: Tyranena Beer Run half	23
	Nov: Milwaukee Turkey Trot 5K	24
	Dec: Last Call half	25
	Dec: Resolution 5K	26
2	Deo Jaravata	
	Jan: Pasadena Half	1
	Jan: Avalon 50 Mile	2
	Jan: USATF RW 10K	3
	Feb: New Orleans Full	4
	Feb: Friendship 18 Mile	5
	Feb: Orange Curtain 50K	6
	March: Deo Full Trail	7
	April: Sisyphus Trail 47 Miles	8
	April: Leona Divide 50K	9
	May: USATF RW 15K	10
	May: OC Full	11
	June: SD RnR Full	12
	July: Milo Full	13
	Aug: Khmer Empire Full	14
	Sept: Bat Cave Full	15
	Sept: Dodger 5K	16
	Oct: LB Full	17
	Oct: Rocky Peak 50K	18
	Nov: Boundiful 52 Mile	19
	Nov: RnR Vegas Full	20
	Dec: Holiday Half	21
	Dec: Op Jack Full	22

2019 LAFR Challenge MOST RACES FINAL

only 1 race per distance per month counts

3	Peachy Poso	
	Jan: Avalon 50 Mile	1
	Feb: Firecracker 5K	2
	Feb: Firecracker 10K	3
	Feb: Mt Hwd 12K trail	4
	Feb: Calico 50K	5
	March: GP 50K	6
	March: Deo Full Trail	7
	April: Leona Divide 100K	8
	April: Badwater Salton Sea	9
	June: LAFR 5K	10
	June: LAFR 10K	11
	Aug: Kodiak 100	12
	Sept: Tunnel Light Full	13
	NYC Full	14
	Dec: Ray Miller 50K	15
4	Bill Austin	
	Feb: Beach Fun 15K	1
	March: Deo 5K Trail	2
	May: Mother's Day 5K	3
	May: Cinco de Mayo 15K	4
	June: Wrigley 5K	5
	July: La Palma 5K	6
	July: Red white and blue 10K	7
	July: stars and stripes 15K	8
	Sept: Summer Dash HB 10K	9
	Sept: Beach Blast 15K	10
	Oct: LB Half	11
	Oct: Doggie 5K	12
	Nov: PS Pride 5K	13
	Dec: Holiday Fun 5K	14
	Carlos Vizcarra	
	Feb: SRLA 18 Mile	1
	March: Deo Half Trail	2
	April: Boston Full	3
	May: LB Pride 5K	4
	May: M2B Half	5
	June: LAFR 10K	6
	June: GP Relay 5.3	7
	Aug: Buenos Aires 15K	8
	Sept: LaceUp Half	9
	Sept: Berlin Full	10
	Oct: SRLA Dock Beach 10Kish	11
	Nov: PS Pride 5K	12
	Dec: Holiday Half	13
	Dec: Venice Xmas 5K	14

2019 LAFR Challenge MOST RACES FINAL

only 1 race per distance per month counts

6	Mike Kerkman	
	March: Fukuoka Half	1
	April: Bare Burro 5K	2
	April: Arroyo Seco 3.4 Trail	3
	May: LB Pride 5K	4
	June: LAFR 5K	5
	June: GP Relay 5.3	6
	July: Trails 4 Whales 5K	7
	July: Freedom 10K	8
	Aug: Menudo 5K	9
	Sept: Beach Blast 5K	10
	Oct: LB Half	11
	Nov: Catalina Half	12
	Nov: PS Pride 5K	13
7	John Houser	
	Jan: GP 5K	1
	Feb: Hwd Sign 6K Trail	2
	Feb: Firecracker 5K	3
	March: LA 5K	4
	April: Derby Day 5K	5
	May: LB Pride 5K	6
	June: LAFR 5K	7
	July: Space Race 5K	8
	Aug: Run the City 5K	9
	Sept: SaMo Classic 5K	10
	Dec: Renegade Santa 5K	11
	Margie Gonzales	
	Feb: Vday 5K	1
	March: Rockin Sham 5k	2
	May: Mother's Day 5K	3
	June: LAFR 5K	4
	Oct: LB Half	5
	Oct: Doggie 5K	6
	Oct: Monster Dash 10K	7
	Nov: Ocean Breeze 10K	8
	Nov: Big Bear Half	9
	Nov: Giving Thanks 5K	10
	Dec: Holiday Fun 5K	11
	Jane Dods	
	Feb: Couples Classic 5K	1
	Feb: Truffle Shuffle 2 Mile	2
	March: Elephant Run 5K	3
	April: OR Womens 5K	4
	May: Eugene Peace 5K	5
	June: My Breast Friends 5K	6
	July: Butte to Butte 4 Mile	7
	July: Race for the Ace 5K	8
	Aug; Scandia Run 4 Mile	9
	Oct: Monster Mash 5K	10
	Nov: Run to Stay Warm 5K	11

2019 LAFR Challenge MOST RACES FINAL

only 1 race per distance per month counts

10	David Dassey	
	Jan: Carlsbad Half	1
	March: Deo 10K Trail	2
	Apr: Bare Burro 5K	3
	May: LB Pride 10K	4
	June: LAFR 5K	5
	June: LAFR 10K	6
	July: Jack and Jill Full	7
	Oct: Dublin Full	8
	Nov: Drumstick 10K	9
	Dec: Op Jack Full	10
11	Solomon Leung	
	June: LAFR 5K	1
	June: LAFR 10K	2
	July: La Palma 10K	3
	March: Antelope Canyon 100	4
	April: Hellbender 100	5
	May: Bryce Canyon 100	6
	Aug: Lean Horse 100	7
	Sept: Miami 100	8
	Nov: Catalina Half	9
	Jim Martinez	
	March: Deo 5K Trail	1
	March: LA Charity Half	2
	April: Pas Trail 5 Mile	3
	April: Aut to Run 5K	4
	May: LB Pride 5K	5
	June: LAFR 5K	6
	Sept: LA Kings 5K	7
	Oct: Doggie 5K	8
	Nov: Catalina 10K	9
	Ken Lewis	
	March: Deo 10K Trail	1
	April: Bare Burro 5K	2
	May: LB Pride 10K	3
	June: LAFR 5K	4
	June: LAFR 10K	5
	June: Western States 100 Mile	6
	Aug; AC 100	7
	Sept: Mt. Baldy Run to Top 7.1	8
	Sept: Javelina 50K	9
14	Richard Peng	
	Feb: Firecracker 10K	1
	March: Deo Half Trail	2
	April: Chesebro Half	3
	April: Victory 10K	4
	May: LB Pride 10K	5
	June: LAFR 5K	6
	June: LAFR 10K	7
	Nov: Catalina Half	8

2019 LAFR Challenge MOST RACES FINAL

only 1 race per distance per month counts

	Mike Smith	
	Feb: Friendship 18 Mile	1
	March: LA Marathon	2
	June: SRLA Summer 5K	3
	Sept: Dodgers 5K	4
	Oct: Doggie 5K	5
	Oct: SRLA Beach 10Kish/5.95	6
	Nov; Drumstick 5K	7
	Dec; Holiday Half	8
	Bill Walsky	
	Feb: Surf City half	1
	March: Encinitas half	2
	May: Indy Mini 500 half	3
	May: LB Pride 5K	4
	June: Wrigley 5K	5
	July: stars and stripes 5K	6
	Oct: LB Half	7
	Dec: Holiday Fun 5K	8
	Jason Coleman	
	Jan: Winter Fun 15K	1
	Feb: Rock the Marina half	2
	March: Sun sand and sea half	3
	March: LA Marathon	4
	April: London Full	5
	May: Universal 5K	6
	June: LAFR 5K	7
	Sept: Best Buddies 5K	8
	John Miles	
	Feb: Firecracker 10K	1
	March: Deo 10K Trail	2
	March: Forks XV 15K	3
	Apr: Bare Burro 5K	4
	May: LB Pride 10K	5
	June: LAFR 5K	6
	June: LAFR 10K	7
	Nov: Catalina Half	8
19	Juan Carlos Fernandez	
	Jan: Pasadena Half	1
	Feb: Surf City Full	2
	March: LA Full	3
	April: Run 2 Remember Half	4
	May: OC Full	5
	May: Husky 5K	6
	Oct: Doggie 5K	7
	Mike Carbuto	
	April: Bare Burro 5K	1
	May: LB Pride 5K	2
	May: Verdugo 10K	3
	June: LAFR 5K	4
	Sept: Homeboy 5K	5
	Oct: Doggie 5K	6
	Nov: PS Pride 5K	7

2019 LAFR Challenge MOST RACES FINAL

only 1 race per distance per month counts

	Bill Winkelmann	
	May: LB Pride 5K	1
	May: Mother's Day 10K	2
	June: Wrigley 5K	3
	June: Fathers Day 10K	4
	June: NYFR 5 Mile	5
	July: Stars & Stripes 10K	6
	Nov: PS Pride 5K	7
	Angus Kennedy	
	Apr: Pas Trail 10 Mile	1
	Apr: Bare Burro 5K	2
	May: LB Pride 5K	3
	June: GP Relay 5.3	4
	Sept: Beach Blast 10K	5
	Oct: LB Half	6
	Nov: Catalina Half	7
23	Martin Carlson	
	Feb: Firecracker 10K	1
	May: OC Full	2
	June: LAFR 5K	3
	June: LAFR 10K	4
	July: Will Rogers 10K	5
	Oct: Doggie 5K	6
	Paul Morrell	
	April: Artichoke Half	1
	April: Christie Clinic 5K	2
	June: LAFR 5K	3
	June: LAFR 10K	4
	Aug: Falmouth 7 Mile	5
	Oct: Palo Alto 10K	6
	Mark Swenson	
	April: Happy Easter Half	1
	May: Martha's Vineyard Full	2
	Sept: Beach Blast Half	3
	Oct: Maine Full	4
	Nov: Indianapolis Full	5
	Dec: Honolulu Full	6
	Mario Mota	
	March: SD Half	1
	May: LB Pride 10K	2
	June: LAFR 10K	3
	Oct: LB Half	4
	Oct: Doggie 5K	5
	Nov: PS Pride 5K	6
	Blake Owens	
	Apr: Pas Trail 10 Mile	1
	June: LAFR 5K	2
	June: GP Relay 5.3	3
	July: Pas Trail 12K	4
	Oct: Doggie 5K	5
	Nov: Catalina 10K	6

2019 LAFR Challenge MOST RACES FINAL

only 1 race per distance per month counts

28	Nicole Oeuvcay	
	May: Mother's Day 5K	1
	June: LAFR 5K	2
	Oct: Doggie 5K	3
	Nov: Ocean Breeze 5K	4
	Dec: Reindeer 5K	5
	Eric Eisenbrey	
	April: Pas Trail 5 Mile	1
	Apr: Bare Burro 5K	2
	May: LB Pride 10K	3
	July: Boy with Boot 5K	4
	Oct: Doggie 5K	5
	Rick Hetzel	
	Jan: Carlsbad Half	1
	June: LAFR 5K	2
	July: La Palma 5K	3
	Nov: PS Pride 5K	4
	Oct: Milwaukee Full	5
	Kevin Shiramizu	
	May: LB Pride 10K	1
	June: LAFR 10K	2
	July: Trails 4 Whales 5K	3
	Nov: Thanks XC Classic 5K	4
	Nov: Catalina 10K	5
	Bernie Tan	
	March: Deo Half Trail	1
	March: LA Marathon	2
	June: Mt. Hood Full	3
	Oct: Portland Half	4
	Nov: PS Pride 5K	5
33	Reg Willson	
	April: Bare Burro 5K	1
	April: Arroyo Seco 3.4 Trail	2
	June: GP Relay 5.3	3
	Oct: Doggie 5K	4
	Sarah Syed	
	Apr: Pas Trail 10 Mile	1
	June: LAFR 5K	2
	June: LAFR 10K	3
	June: GP Relay 5.3	4
	Richard Nelson	
	June: LAFR 5K	1
	July: Ind Day 5K	2
	Oct: Doggie 5K	3
	Nov: PS Pride 5K	4
	Patrice Salome	
	Jan: New Year's 5K	1
	Jan: New Year's 10K	2
	June: LAFR 5K	3
	Nov: Big Bear Half	4
	Jeffrey Kalowes	
	May: LB Pride 10K	1
	June: LAFR 5K	2
	June: LAFR 10K	3
	Oct: Doggie 5K	4

2019 LAFR Challenge MOST RACES FINAL

only 1 race per distance per month counts

	Scott Whiteleather	
	Feb: Surf City Half	1
	May: OC Half	2
	Oct: LB Half	3
	Nov: PS Pride 5K	4
	Stephanie Stone	
	March: LA Marathon	1
	May: Veteran's 5K	2
	June: LAFR 10K	3
	Oct: Doggie 5K	4
	Erin Brinton	
	Oct: Doggie 5K	1
	Nov: Ocean Breeze 5K	2
	Nov: Giving Thanks 10K	3
	Dec: Holiday Fun 15K	4
	Dan Graham	
	June: Mt Hood Half	1
	July: SF Half	2
	Oct: Portland Half	3
	Nov: PS Pride 5K	4
	Raul Borja	
	Feb: Firecracker 10K	1
	March: LA Marathon	2
	Sept: Dodgers 5K	3
	Nov: Lululemon 10K	4
	Lori Abosch	
	April: Victory 1 Mile	1
	May: Lake Balboa Half	2
	Sept: Happy Village 10K	3
	Nov: Santa Clarita Half	4
44	John Heilman	
	March: LA Charity Half	1
	April: Happy Easter Half	2
	Dec: Op Jack Half	3
	Allyne Winderman	
	May: Cinco de Mayo 15K	1
	June: LAFR 5K	2
	June: LAFR 10K	3
	John McGuinness	
	May: M2B Full	1
	June: LAFR 5K	2
	June: LAFR 10K	3
	Bruce Bair	
	Jan: Houston Half	1
	March: Deo 10K Trail	2
	Nov: Catalina Half	3
	Craig Coburn	
	Sept: Fun in the Sun 15K	1
	Oct: Maine Half	2
	Dec: Honolulu 10K	3
	Sean O'Brien	
	Feb: SOB 50K	1
	Oct: Doggie 5K	2
	Nov: Catalina Half	3

2019 LAFR Challenge MOST RACES FINAL

only 1 race per distance per month counts

	Marcelino Goncalves	
	March: LA Marathon	1
	June: LAFR 5K	2
	June: LAFR 10K	3
	Doug Jones	
	May: LB Pride 10K	1
	May: M2B Half	2
	June: LAFR 10K	3
	John Kawaharada	
	March: Deo 5K Trail	1
	June: LAFR 5K	2
	Oct: Doggie 5K	3
	Noah Abraham	
	May: Universal 5K	1
	June: LAFR 10K	2
	Sept: Best Buddies 5K	3
	Mark Abraham	
	May: Universal 5K	1
	June: LAFR 10K	2
	Sept: Best Buddies 5K	3
	Brian Soria	
	Oct: Carrera de los Muertos 5K	1
	Nov: Turkey Trot LA 5K	2
	Dec: SaMo Xmas 10K	3
	Dan Vu	
	June: LAFR 5K	1
	Nov: PS Pride 5K	2
	Nov: Catalina Half	3
57	Eddie Flores	
	Oct: Doggie 5K	1
	Nov: Catalina 10K	2
	Gillian Hoagland	
	June: LAFR 5K	1
	Oct: Doggie 5K	2
	Mark DeAngelis	
	June: LAFR 5K	1
	Nov: PS Pride 5K	2
	Henry Jung	
	June: LAFR 5K	1
	Nov: PS Pride 5K	2
	Elizabeth Navarrete	
	May: LB Pride 5K	1
	June: LAFR 5K	2
	Yumi Afrento	
	March: Deo 5K Trail	1
	Dec: Holiday Fun 5K	2
	Bob Berman	
	June: LAFR 5K	1
	June: LAFR 10K	2
	Kimberly Fairchild	
	Feb: SOB 25 Mile	1
	April: Ahmanson Trail 18K	2
	Chris Tapper	
	April: Bare Burro 5K	1
	May: LB Pride 10K	2

2019 LAFR Challenge MOST RACES FINAL

only 1 race per distance per month counts

	Brian Eggert	
	May: LB Pride 5K	1
	June: LAFR 5K	2
	Alex Grosko	
	March: Deo Half Trail	1
	Oct: LB Full	2
	Rina Shiramizu	
	May: LB Pride 5K	1
	July: Trails 4 Whales 5K	2
	Alexander Bazley	
	April: Happy Easter 15K	1
	Oct: LB Half	2
	David Gonzalez	
	Feb: Firecracker 10K	1
	May: Santa Barbara Half	2
	Benji Abraham	
	May: Universal 5K	1
	June: LAFR 10K	2
	Jeremy Yoder	
	June: LAFR 10K	1
	Nov: Ocean Breeze Half	2
	Jeffery Lin	
	Oct: Doggie 5K	1
	June: GP Relay 5.3	2
	Arnab Mukherjee	
	Sept: Traiblazer 10K	1
	Oct: San Jose RnR 10K	2
	Trent Rodriguez	
	Nov: Drumstick 10K	1
	Nov: Monster Dash Half	2
76	Brian Dunbar	
	June: LAFR 5K	1
	Mark Johnson	
	May: LB Pride 10K	1
	Lacey Howcroft	
	March: Deo 5K Trail	1
	Vanessa Wegman	
	Nov: Drumstick 5K	1
	Jason Bautista	
	June: SRLA Summer 5K	1
	Geoff Buck	
	June: SRLA Summer 5K	1
	Travis Rex	
	March: LA Marathon	1
	Mickey Caruso	
	Nov: Joshua Tree Half	1
	Albert Giang	
	Nov: Catalina 10K	1
	Kyle Stevenson	
	Nov: Catalina Half	1
	Andrew Snyder	
	Feb: Firecracker 10K	1
	Joey Lan	
	Feb: Firecracker 10K	1
	Lee Lightfoot	
	Nov: PS Pride 5K	1

2019 LAFR Challenge MOST RACES FINAL

only 1 race per distance per month counts

Tim Chung		
	June: LAFR 5K	1
Johnny Mendez		
	June: LAFR 5K	1
Don Norte		
	June: LAFR 5K	1
Kevin Norte		
	June: LAFR 5K	1
Lui Sanchez		
	June: LAFR 5K	1
Amy Ross		
	June: LAFR 5K	1
Cat White		
	June: LAFR 5K	1
Keeley Webster		
	June: LAFR 5K	1
Anthony Chan		
	June: LAFR 5K	1
Daniel Formanek		
	June: LAFR 5K	1
Rosie Jewell		
	June: LAFR 10K	1
Richard West		
	Nov: Catalina 10K	1
Mike Heredia		
	April: Bare Burro 5K	1
Carlos Fajardo		
	June: GP Relay 5.3	1
Jeff Masino		
	March: Deo 10K Trail	1
Ric Munoz		
	May: Nanny Goat 100 Mile	1
Piyush Prakash		
	April: Chesebro half	1
Jason Lee		
	June: LAFR 5K	1
Tommy Le		
	Oct: LB Half	1
Patrick Conner		
	March: Deo 10K Trail	1
Rudy Van Graan		
	April: Leona Divide 30K	1
Barry Hamaguchi		
	Feb: Firecracker 10K	1