

Pride Run 2017: THANK YOU

August 2017



One of the many awesome kids who ran their little hearts out



Piyush & Yumi helping to set up for Pride Run

The Pride Run is always such a special event for our club. It celebrates the core values of the 36 year history of LA Frontrunners...athleticism, volunteerism, community service, family, and LGBT pride. As I listened to Henri's words in honor of Carl at the start of the 5K, I thought of how well Carl embodied these values in his life.

All of these values were front and center on June 10. Over 200 athletes ran a collective total of more than 1,000 miles. Dozens of club members arrived by 6:00 am to lend a helping hand wherever needed. \$9000 was raised to support charitable efforts. Friends, partners, spouses, and children celebrated the day together. And of course the colors of the rainbow brightened banners, posters, balloon arches, and outfits.

Pride Run 2017 was such a fitting way to honor the life of Carl and the ongoing legacy of Los Angeles Frontrunners. Thank you to everyone who helped make the day such a wonderful success.

-Angus

Save the Date! LAFR Doggie Dash!

Saturday, October 28



LOS ANGELES FRONTRUNNERS

WELCOME NEW MEMBERS!



Matthew Barnes
 Patrice Salome
 Gabriel Cooper
 Jeanne Kuhler
 Mike Kane
 Clinton Trout
 Lacey Howcroft
 Armando Igari

LAFR BIRTHDAY BOYS AND GIRLS

John Anania	8/1	Mickey Caruso	9/3
Michael Carter	8/1	Brad Duerre	9/3
Nelson Lee	8/1	Eric Gober	9/4
Alex Morales	8/3	Moises Medina	9/4
Bridget Quinn	8/4	Phillip Giarratano	9/8
Rusty Millar	8/5	Mikey Kerkman	9/8
Clinton Trout	8/5	Allyne Winderman	9/9
Kevin Forshay	8/6	Amber Gianelli	9/10
Brian Hurley	8/7	Tom Carmichael	9/11
Stephanie Stone	8/9	Raul Borja	9/15
Vikram Thakor	8/9	Craig Kaner	9/19
Mark Brunetz	8/14	Bruce Bair	9/21
Kerry Quakenbush	8/16	Gabriel Cooper	9/21
Drew Brabb	8/17	Rick Allison	9/22
Duane Howard	8/20	Patrick Owen	9/23
Kevin Shiramizu	8/31	Marcelino Goncalves	9/24
Tanya Haney	9/1	Nicole Oeuvray	9/25
Philip Lelyveld	9/2	John Chau	9/26

Los Angeles Frontrunners
 2658 Griffith Park Blvd, #308
 Los Angeles, CA 90039
lafonrunners@gmail.com
www.lafonrunners.com

Angus Kennedy, *president*
 Jason Coleman, *vp*
 Erin Brinton, *treasurer*
 Bill Austin, *secretary*

Yumi Afrento, *dir-at-large*
 David Dassey, *dir-at-large*
 William Fang, *dir-at-large*
 Eddie Flores, *dir-at-large*
 Margie Gonzales, *dir-at-large*
 Mario Mota, *dir-at-large*
 Patrick Owen, *dir-at-large*



Pride Run Race Results

LAFR Pride Run (Grand Prix)

Griffith Park, CA 6/10

5K

Moises Medina.....	20:27	3 rd 45-49
Bill Austin.....	21:36	1 st 60-64
Bernie Tan	21:45	
Reg Willson.....	22:01	1 st 55-59
Marcelino Goncalves.	22:31	
Martin Carlson.....	22:57	2 nd 55-59
Barry Hamaguchi.....	23:02	1 st 35-39
Mickey Caruso.....	23:10	2 nd 50-54
David Dassey.....	23:21	1 st 65-69
Richard Nelson.....	23:25	1 st 70-74
David Jaquez.....	23:31	
David Gonzalez.....	23:54	2 nd 35-39
Alexander Bazley.....	25:03	
Richard Peng.....	25:15	
Maria Poso.....	25:41	1 st 45-49
Mike Carbuto.....	27:33	2 nd 60-64
Jim Martinez.....	28:31	
Allyne Winderman..	28:35	1 st 65-69
John Miles.....	29:25	
John Chau.....	30:07	3 rd 25-29
Henri Faucher.....	30:26	3 rd 55-59
Eric Fischer.....	30:32	
John Houser.....	30:35	
Stephanie Stone.....	31:18	1 st 55-59
Richard West.....	32:50	
Bill Winkelmann.....	33:47	
Doug Jones.....	41:01	
Margie Gonzales.....	43:56	1 st 60-64
Cat White.....	53:13	3 rd 45-49
Connie Hammen.....	53:14	1 st 70-74
Timothy Chung.....	53:15	
Keeley Webster.....	54:11	



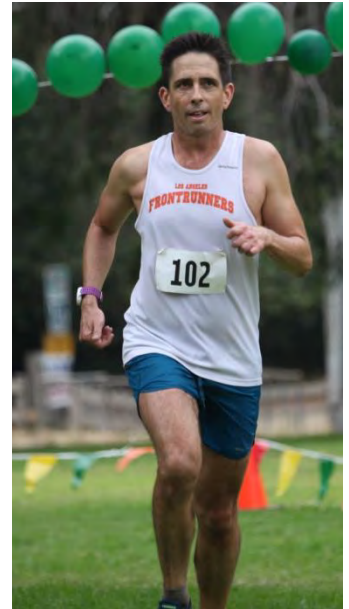
Eddie & his niece Victoria



Piyush, Erin & Deo setting up



Above: Mark & Patrick at the finish line
Below: Mick Caruso runs the 5K



Above: Bruce Bair was 3rd OA in the 10K



Right: Margie won her AG in the 5K
Left: Runners full of Pride!



Pride Run Race Results

LAFR Pride Run (Grand Prix)

Griffith Park, CA 6/10

10K

Carlos Vizcarra	36:42	1 st OA
		1 st 40-44
Bruce Bair.....	41:57	1 st 50-54
Moises Medina.....	43:58	2 nd 45-49
Bernie Tan	46:06	
Mark DeAngelis.....	47:07	3 rd 50-54
Barry Hamaguchi.....	47:15	1 st 35-39
Marcelino Goncalves	47:31	
David Gonzalez.....	48:15	2 nd 35-39
Rick Allison.....	48:17	
Bill Austin.....	48:31	1 st 60-64
Martin Carlson	48:57	1 st 55-59
Ben Beneski.....	49:17	3 rd 40-44
Adam Lindsey.....	49:29	
David Dassey.....	49:33	1 st 65-69
Richard Peng.....	53:02	
Maria Poso.....	54:15	1 st 45-49
Richard Nelson.....	54:29	1 st 70-74
Richard Hetzel	55:05	3 rd 55-59
Mong Noiboonsook...	56:02	
Seth Diamond.....	56:04	
Henry Jung.....	57:27	
John Miles.....	58:49	
John Chau.....	60:48	3 rd 25-29
Patrick Conner.....	63:36	
Stephanie Stone.....	64:03	2 nd 55-59
Andrew Sanchez.....	64:22	
Mike Carbuto.....	64:44	
Henri Faucher.....	65:51	

Ultra Pride 5K + 10K

Moises Medina.....	64:25	2 nd OA
		2 nd 40-49
Bernie Tan.....	67:51	3 rd 40-49
Marcelino Goncalves	70:02	
Bill Austin.....	70:07	1 st 60+
Barry Hamaguchi.....	70:17	2 nd 30-39
Martin Carlson.....	71:54	2 nd 50-59
David Gonzalez.....	72:09	3 rd 30-39
David Dassey.....	72:54	2 nd 60+
Richard Nelson.....	77:54	3 rd 60+
Richard Peng.....	78:17	
Maria Poso.....	79:56	2 nd OA F
		1 st 40-49
John Miles.....	88:14	3 rd 50-59
John Chau.....	90:55	3 rd 29-und
Mike Carbuto.....	92:17	
Stephanie Stone.....	95:16	2 nd 50-59
Henri Faucher.....	96:17	



Above: The water stop crew – Alex, Jeff, Andrew, Andy & Alex

Below: Bill Walsky selling shirts – we added the \$\$ to our donations



Below: Carlos Vizcarra winning the 10K



Los Angeles Frontrunners Chili Cook-Off XVII

Here we are and that faux turtle meat chili is going down! I've seen the faux chili meat on Amazon and on Ali Baba so you know where it has been. It is time to get your chili ready and knock the socks off your neighbors to take the hat away from Mario de Angola, who is now using a dog who climbs trees to pick grapefruit. The first time we started this Chili Cook-Off Mike Kerkman was in high school and Kevin was playing with a microscope in college, Angus was dancing on a boat in the Pacific and Reg and I were looking at a sky with no planes in the air after 9/11. Life has changed a lot, Mike has a new room for all his chili trophies and he has a trophy prop kid. Kat promises to make chili again and the veggies will come back in can. Jim Martinez will come back with the most over the top display for top chili display and Mario is out hunting for turtles in the South Pacific or on Amazon for dried turtle stuffing stuff. Will Ken Wilson make his Silver Lake Chili and will Albert of Pasadena come through with the Pride of Pasadena? Will David of Los Feliz make his guacamole with no chips (finger licking good the way he likes it)? Will Mike Smith come through with something only the west side will understand? Will some cook from the Broad come through that will surprise us all? Will Carlos come back with something out of Egypt with Chili written on the menu? Former Frontrunner Sanford told me that he is in for the hunt to take home the top trophy or the hottest guy or both.

Folks, it is time to get ready and get your cooking utensils ready and take on the best. Don't worry about those people in the valley with all there store bought canned chili we know like Rick Hetzel who still uses Denizens Chili for homemade taste for people up against purists. It is time to toss your hard thought things together and come together and jump into the winners circle and take home the prize, the hat and the prize of opening car washes etc in Silver Lake and to just winning the 2nd longest LGBTQ Chili Cook-Off in the USA.

Enter your meat, meat with beans, veggie and cornbread entries it will be fun and we look forward to seeing you on Sunday, October 1, 2017.

By Rusty Millar - 2015 Chili King



17th Annual LAFR Chili Cook-Off
Sunday, October 1 - 4:00 PM
at Rusty's: 850 Micheltorena Street
Los Angeles, 90026

Tuesday Night Fun Run
Back to Silver Lake on
Tuesday, October 3

Silver Lake Recreation Center
1850 W Silver Lake Dr,
Los Angeles, CA 90026



2018 Boston Qualifiers: 11 So Far!



Carlos Vizcarra
2:46:19
↓ Boston



Eric Alvarez
2:43:15
↓ M2B



David Dassey
4:06:48
↑ Operation Jack



Bernie Tan
3:22:24
↑ Revel



Martin Carlson
3:36:27
↑ Revel



Mark Johnson
3:03:24 & 3:04:51
M2B & Boston
↓

Boston Marathon 2018 Qualifying

For the 2018 Boston Marathon, qualifying times must be run between 9/17/16 and the close of registration for the 2018 race (early to mid-September 2017, exact date TBD).

The qualifying times below are based upon your age on the date of the 2018 Boston Marathon (4/16/18).

Patrice Salome
3:09:22
Revel
↓



Sean O'Brien
3:33:19
↑ Boston

Marcelino Goncalves
3:18:45
↑ Los Angeles



Moises Medina
3:15:32
Boston
←



Duane Howard
3:01:24 & 3:08:13
M2B & LA
→



AG	Men	Women
18-34	3:05	3:35
35-39	3:10	3:40
40-44	3:15	3:45
45-49	3:25	3:55
50-54	3:30	4:00
55-59	3:40	4:10
60-64	3:55	4:25
65-69	4:10	4:40
70-74	4:25	4:55
75-79	4:40	5:10
80+	4:55	5:25

Glitter Run!



Above left: Eddie Flores with his niece/nephew Victoria & FJ

Above right: The Kerkamizus – Mike, Kevin & Rina

Left: Wink winking

Right: Connie Hammen & Amy Ross



Left: Rina, FJ & Victoria running the Glitter Run



Hansen Dam Triathlon



Hansen Dam Triathlon

Hansen Dam, CA 8/20

Sprint Distance

Jim Martinez.....1:35:21

Richard Peng.....1:36:46 1st Tri!

Olympic Distance

Martin Carlson.....2:21:46 2nd 55-59

Jeff Masino.....3:09:26

Above left: Jeff Masino, Jim Martinez, Richard Peng & Martin Carlson

Left: Peng is a virgin no more. This was his first triathlon!

Below: Martin Carlson, Jim Martinez, Richard Peng



Left:
Jason
Coleman &
Rudy Van
Graan at start
line of San
Francisco
Marathon

Right:
Reg Willson
& Ted Wyder
at San
Francisco
Marathon
Expo



Race Results

Right: Erin Brinton, Margie Gonzales, Nicole Oeuvsray & Yumi Afrento after Stars & Stripes on July 4



New Year's

LA, CA 1/8

Stephanie Stone.....40:02 5K
Stephanie Stone.....1:12:22 10K

Pasadena Half

Pasadena, CA 1/22

Rick Hetzel..... 2:03:51

Great Chocolate 10 Mile

Long Beach, CA 1/29

Stephanie Stone.....1:59:18 PR

Firecracker 10K

LA, CA 2/11

Rick Hetzel..... 62:21

Stephanie Stone..... 77:43

Coyote Backbone Trail

SaMo Mntns., CA 3/11

Ben Beneski..... 18:34:58

Valencia Trail 10K

Valencia, CA 3/25

Stephanie Stone.....1:51:39

Hollywood

LA, CA 4/8

Rick Hetzel..... 59:14 10K

Stephanie Stone.....2:31:14 1/2

Derby Day 5K

LA, CA 4/8

Cat White..... 47:41

Keeley Webster.....47:43

Big Sur Full

Big Sur, CA 4/30

Rick Hetzel..... 4:43:22

Verdugo Trail 10K

Glendale, CA 5/7

Stephanie Stone.....1:46:33

Cottontail

Van Nuys, CA 3/26

5K

Nicole Oeuvsray.....45:41

10K

Margie Gonzales..... 1:27:00 2nd 60-64

Malibu Creek 22K Trail

Malibu Creek, CA 5/20

Jonathan Toker.....1:48:03 1st 40-44

USATF Masters 5K RaceWalk

Culver City, CA 5/20

Deo Jaravata.....34:43 1st OA
1st 50-54

USATF 15K National RaceWalk

Riverside, CA 5/21

Deo Jaravata.....1:45:52 3rd OA
1st 50-54

Bark in the Park 5K

Eugene, OR 5/21

Jane Dods..... 48:24 1st 80-84

Nanny Goat 12 Hour Trail

Riverside, CA 5/27

Deo Jaravata.....54 Miles 1st 50-54

Beach Dash (Grand Prix)

SaMo, CA 5/28

5K

Bill Winkelmann.....36:59

10K

Bill Austin..... 46:54 1st 60-64

Richard Nelson..... 49:53 1st 70-74

Miles on Memorial 5K

Eugene, OR 5/29

Jane Dods.....45:00 1st 80-84

Girls on the Run 5K

Corvallis, OR 6/3

Jane Dods.....45:14 1st 80-84

Kahakuloa Half Marathon

Maui, HI 6/3

Mike Kerkman..... 1:33:15 3rd 30-39

Spring Fun 15K (Grand Prix)

SaMo, CA 6/4

Richard Nelson..... 76:35 1st 70-74

Wrigley River Run 5K

Long Beach, CA 6/4

Bill Austin..... 20:59 1st 60-64

Henry Ong..... 33:27 PR

Bill Walsky..... 45:15 RW

Outrun the Stigma 5K

Eugene, OR 6/11

Jane Dods..... 43:46 1st 80-84

Junction City 5K

Junction City, OR 6/17

Jane Dods..... 48:50 1st 80-84

Father's Day 5K (Grand Prix)

Van Nuys, CA 6/18

Erin Brinton.....21:05 3rd OA/PR

1st OA F

1st 30-34

Bill Austin..... 22:05 2nd 60-64

Rusty Millar..... 41:18 2nd 65-69

Summer Time 5K (Grand Prix)

Santa Monica, CA 6/25

Bill Austin..... 21:03 3rd OA

1st 60-64

Richard Nelson..... 22:44 1st 70-74

Bill Winkelmann..... 32:30 2nd 60-64

Frederick RunFest Half

Frederick, MD 5/7

David Grudzien.....2:19:53

Yosemite Trail Half

Bass Lake, CA 5/13

Stephanie Stone.....2:37:00

Santa Barbara Half

Santa Ynez, CA 5/13

Barry Hamaguchi.....1:46:04

David Gonzalez.....1:50:43

Running w/ Cows Half

Bucyrus, KS 5/13

David Grudzien.....2:30:56

Mother's Day 10K

Snellville, GA 5/14

David Grudzien.....1:02:46

Finish the Ride 5K

Griffith Park, CA 5/21

Margie Gonzales..... 45:41 RW

San Diego RnR

San Diego, CA 6/4

Half

David Gonzalez.....1:47:57

Margie Gonzales..... 3:36:54 RW

Nicole Oeuvray.....3:36:54 RW

Full

Deo Jaravata..... 4:37:27

Rock the Park 10K

Loganville, GA 6/4

David Grudzien.....62:18

Braves Country 5K

Marietta, GA 6/10

David Grudzien.....29:48

Hotlanta Half

Atlanta, GA 6/11

David Grudzien.....2:42:12

Father's Day Half

Snellville, GA 6/18

David Grudzien.....2:21:32

NYFR Pride 5 mile

NYC, NY 6/24

David Grudzien.....50:18

AUGUST 2017

Race Results



Angus Kennedy races the Pasadena Trail Series 12K – an evening race on July 21

Firecracker 5K

Harrisburg, OR 7/1

Jane Dods.....45:59 1st 80-84

Mayor's Midnight Sun Half

Anchorage, AK 6/17

Bruce Bair.....1:37:33 1st 50-54

Red, White & Blue 10K

Long Beach, CA 7/2

Bill Austin.....48:27 1st 60-64

JP Blecksmith 5K

San Marino, CA 7/4

Duane Howard.....19:14 2nd 35-39

Butte to Butte 4K

Eugene, OR 7/4

Jane Dods.....60:49 1st 80-84

Summer Fun (Grand Prix)

Van Nuys, CA 7/9

5K

Margie Gonzales.....41:18 2nd 60-64

Yumi Afrento.....43:01 3rd 50-54

Nicole Oeuvray.....46:28 1st 55-59

10K

Bill Austin..... 51:04 1st 60-64

Cypress 5K

Cypress, CA 7/22

Bill Austin..... 21:03 2nd 60-64

Bill Walsky.....46:50 RW

Stars and Stripes (Grand Prix)

SaMo, CA 7/4

5K

Jim Martinez..... 26:49 2nd 60-64

Margie Gonzales.....40:07 1st 60-64

Yumi Afrento.....40:13

Nicole Oeuvray.....43:43

Rusty Millar.....45:33 3rd 65-69

Bill Walsky.....47:31 RW

Gary Todd.....47:31 RW

10K

Erin Brinton.....42:08 2nd OA F
1st 30-34/PR

Bill Austin..... 44:57 1st 60-64

Richard Nelson..... 47:56 1st 70-74

Richard Peng..... 47:56 2nd 45-49

Rick Hetzel.....53:55 3rd 55-59/PR

Bill Winkelmann..... 75:40 2nd 60-64

Half

Clint Trout..... 1:54:43 PR/1st Half

Pasadena Trail (Grand Prix)

Van Nuys, CA 7/21

6K

Bill Austin..... 29:14 1st 60-64

12K

Mark Johnson..... 52:27 1st 50-54

Erin Brinton.....56:16 1st OA F

1st 30-34

Angus Kennedy.....62:03 3rd 50-54

Summer Break 15K

Santa Monica, CA 7/23

Richard Nelson..... 75:59 1st 70-74/PR

RESULTS

LOS ANGELES FRONTRUNNERS

Results

San Francisco Marathon

San Francisco, CA 7/23

Half

Raul Borja.....2:25:20

Full

David Gonzalez.....4:11:55

Barry Hamaguchi.....4:11:56

Reg Willson.....4:25:45

John Kawaharada...4:26:18

Maria Poso.....4:30:46

Rudy Van Graan.....5:00:17

Jason Coleman.....5:39:45

NYRR Achilles Hope 4 Mi.

NYC, NY 6/25

David Grudzien.....41:46

Will Rogers

Pacific Palisades, CA 7/4

5K

Reg Willson.....22:51

Stephanie Stone.....34:40

10K

Martin Carlson.....48:04

Mike Carbuto.....61:36

Shoreline Half

Ventura, CA 7/9

David Grudzien.....2:40:27

YMCA 4 Mile

Decatur, GA 7/15

David Grudzien.....40:06

Run Into Summer Half

Snellville, GA 7/16

David Grudzien.....2:36:09

Race 13.1

Grand Rapids, MI 8/12

David Grudzien.....2:28:39

Rainbow Half

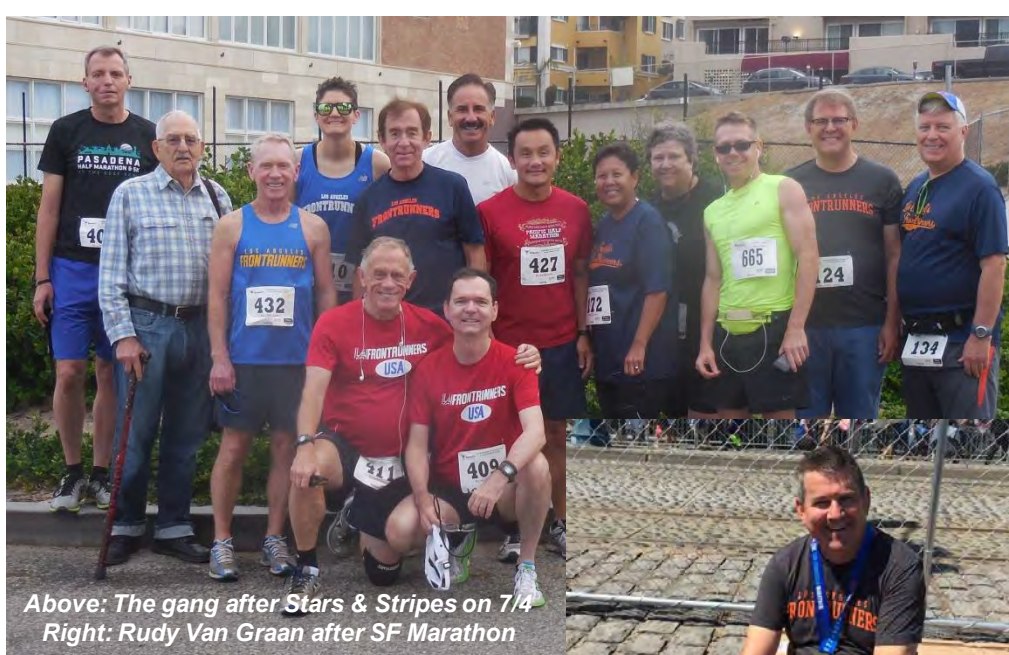
Chicago, IL 8/13

David Grudzien.....2:45:44

Bulldog 50K (Grand Prix)

Los Angeles, CA 8/26

Deo Jaravata.....8:28:49



Above: The gang after Stars & Stripes on 7/4
Right: Rudy Van Graan after SF Marathon



Run the Trails for Whales 5K

Provincetown, MA 7/30

Mike Kerkman..... 17:27 1st OA
1st 35-39

John Kawaharada....24:15

Devil's Dam 5K

Lowell, OR 7/30

Jane Dods.....49:54 1st 80-84

Luau 5K (Grand Prix)

Griffith Park, CA 8/12

Duane Howard..... 18:03 2nd OA/PR
1st 35-39

Summer Sizzle 5K (Grand Prix)

Long Beach, CA 8/12

Bill Austin..... 22:22 1st 60-64

Summer Breeze 5K

Huntington Beach, CA 8/19

Bill Austin..... 21:35 2nd OA
1st 60-64

Summer Showdown (Grand Prix)

Santa Monica, CA 8/20

5K

Richard Nelson..... 23:44 1st 70-74

Bill Austin..... 23:45 1st 60-64

Margie Gonzales.....41:22 1st 60-64

Nicole Oeuvray.....42:12 1st 55-59/PR

Summer Delight 5K (Grand Prix)

Long Beach, CA 8/26

Bill Austin..... 21:56 2nd OA
1st 60-64



Above: Mikey & Vincent after Whale 5K
Below: Peachy after SF Marathon



Grand Prix Series Standings as of 8/28

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. Eric Alvarez	2	86.90
2. Carlos Vizcarra	6	79.26
3. Mark Johnson	4	79.21
4. Richard Nelson	6	75.43
5. Sean O'Brien	1	73.29
6. Mike Kerkman	6	73.20
7. Duane Howard	4	72.85
8. Mark Penn	1	72.69
9. Bill Austin	5	72.45
10. Moises Medina	5	71.36

FEMALE

1. Allyne Winderman	1	69.04
2. Erin Brinton	5	66.99
3. Maria Poso	6	60.67
4. Jane Dods	2	59.61
5. Stephanie Stone	6	52.87
6. Tanya Haney	1	51.45
7. Margie Gonzales	4	46.41
8. Yumi Afrento	2	41.10
Nicole Oeuvray	3	41.10
10. Keeley Webster	1	36.81

RACEWALK

1. Jane Dods	1	79.94
2. Deo Jaravata	6	63.50
3. Margie Gonzales	2	57.34
4. Connie Hammen	1	54.58
5. Bill Walsky	4	52.80

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. Carlos Vizcarra	2	130.73
2. Bruce Bair	1	126.63
3. Erin Brinton	3	124.30
4. Mike Kerkman	2	122.29
5. Duane Howard	1	118.87
6. Mike Heredia	1	118.02
7. Moises Medina	4	111.87
8. Deo Jaravata	5	108.55
9. Tanya Haney	1	106.45
10. Bill Austin	4	105.25

AGE GROUP GUYS

Division	Races	Points
----------	-------	--------

Male 20-29

1. John Chau	3	395
--------------	---	-----

Male 30-34

1. John Houser	5	515
2. Alexander Bazley	3	375
3. Matthew Dernoga	1	140

Male 35-39

1. Mike Kerkman	6	865
2. Duane Howard	3	490
3. Barry Hamaguchi	3	385
4. David Gonzalez	3	355
5. Adam Lindsey	2	230

Male 40-44

1. Carlos Vizcarra	5	730
2. Richard Peng	6	660
3. John McGuinness	5	610
4. Jason Coleman	4	420
Eddie Flores	3	420

Male 45-49

1. Moises Medina	6	860
2. Mark Johnson	4	540
3. Bernie Tan	4	435
4. Marcelino Goncalves	4	390
5. Eric Alvarez	1	185

Male 50-54

1. Deo Jaravata	5	810
2. Angus Kennedy	4	490
3. Rick Allison	3	350
4. Brian Dunbar	3	330
5. John Miles	2	195

Male 55-59

1. Bill Austin	6	880
2. Doug Jones	6	685
3. Rudy Van Graan	5	625
4. Martin Carlson	3	315
5. Mong Noiboonsook	3	285

Male 60+

1. Richard Nelson	6	790
2. David Dassey	6	765
3. Mike Carbuto	6	695
4. Jim Martinez	6	665
5. Rusty Millar	6	625

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

AGE GROUP GALS

Division	Races	Points
----------	-------	--------

Female 30-39

1. Erin Brinton	5	835
-----------------	---	-----

Female 40-49

1. Maria Poso	6	780
2. Cat White	2	215
3. Keeley Webster	2	210
4. Tanya Haney	1	150

Female 50-59

1. Strephanie Stone	4	495
2. Yumi Afrento	4	465
3. Nicole Oeuvray	4	455

Female 60+

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

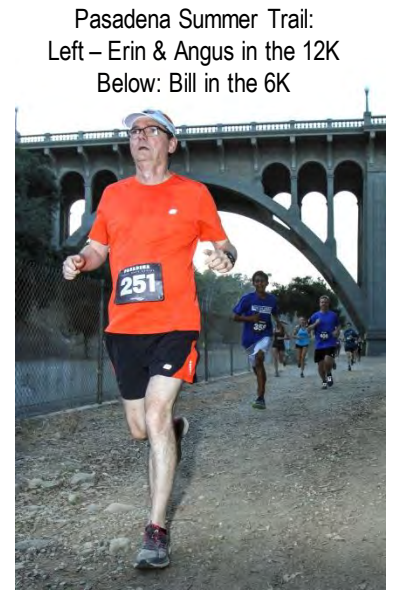


Stars & Stripes 5K: Bill Walsky & Gary Todd (above) & Bill Austin (below)



LAFR Challenge Standings as of 8/28

Rank	MOST		Rank	Highest Age Grade Male		Rank	Highest Age Grade Female	
1	Bill Austin	16	1	Eric Alvarez		1	Erin Brinton	
2	David Grudzien	11		M2B: 2:43:15	91.65		Stars/Stripes 10K: 42:08	71.99
3	Richard Nelson	8	2	Carlos Vizcarra		2	Allyne Winderman	
4	David Dassey	7		Boston: 2:46:19	85.54		LAFR 5K: 28:35	69.04
	Mike Carbuto	7	3	Mark Johnson		3	Maria Poso	
	Moises Medina	7		M2B: 3:03:24	82.29		LA: 3:56:18	67.65
7	Carlos Vizcarra	6	4	Richard Nelson		4	Stephanie Stone	
	Doug Jones	6		Summer Time 5K: 22:44	76.83	5	Jane Dods	
	Maria Poso	6	5	Mike Kerkman			OTC 5K #2: 43:36	57.42
	Bill Winkelmann	6	6	Bill Austin		6	Connie Hammen	
	Stephanie Stone	6		Wrigley 5K: 20:59	76.09		LAFR 5K: 53:14	54.58
12	John Houser	5	7	Moises Medina		7	Tanya Haney	
	Deo Jaravata	5		Boston: 3:15:32	75.23	8	Margie Gonzales	
	Mike Kerkman	5	8	Duane Howard			Showdown 5K: 41:22	46.54
	Richard Peng	5		M2B: 3:01:24	75.15	9	Nicole Oувray	
	Rudy Van Graan	5	9	Marcelino Goncalves			Showdown 5K: 42:12	43.40
17	Nine LAFRs	4		LA: 3:18:45	74.01	10	Cat White	
26	Eleven LAFRs	3	10	Sean O'Brien			LAFR 5K: 53:13	40.52
37	Twelve LAFRs	2		Boston: 3:33:19	73.29			
49	Thirty-seven LAFRs	1						
Challenge Distance by Month			Challenge Bonus Races			Rank PR Race		
JAN	Half Marathon		FEB	SOB		1	Stephanie Stone	
FEB	5K/10K		FEB	Action Jackson			LAFR 5K/10K	33.31
MAR	Trail		MAR	LA Marathon		2	Alexander Bazley	
APR	5K		APR	Boston Marathon			LB Pride 5K	23.45
MAY	10K/Full		MAY	LB Pride		3	Rick Hetzel	
JUN	5K/10K		MAY	M2B			LAFR/Pasadena/Stars	9.41
JUL	10K/Full		JUN	LAFR Pride		4	Duane Howard	
AUG	5K		OCT	LB Marathon			LA/M2B/Luau	8.01
SEP	Trail		OCT	LAFR Doggie Dash		5	Erin Brinton	
OCT	10K/Half		NOV	Catalina Eco			Father's Day/Stars	4.98
NOV	Half/Full		DEC	Reindeer Run		6	John Houser	
DEC	5K/Half						Action J 5K	4.93
						7	Tim Chung	
							LAFR 5K	3.77
						8	David Jaquez	
							LAFR 5K	2.22
						9	David Grudzien	
							Big Beach Half	1.33
						10	Nicole Oувray	
							Showdown 5K	0.67



Pasadena Summer Trail:
Left – Erin & Angus in the 12K
Below: Bill in the 6K



**PALM SPRINGS
FRONT RUNNERS & WALKERS PRESENT**

PALM SPRINGS

Pride 5K Run/Walk 11/4/2017
Front Runners & Walkers
20 Years in Palm Springs

SATURDAY, NOVEMBER 4
8:00 A.M.

5K (3.1 MILE) RUN AND WALK THROUGH THE STREETS OF
THE OLD LAS PALMAS NEIGHBORHOOD.



BENEFICIARY:

**THE LGBT COMMUNITY CENTER OF THE DESERT
(PALM SPRINGS)**

REGISTER AT:
WWW.PRIDERUNPALMSPRINGS.COM

Los Angeles Frontrunners
Treasury Report 2016

LAFR Balance Jan 1	\$15,792.12			
2016 Income	\$37,752.92			
2016 Expenses	\$36,785.95			
LAFR Balance 12/31	\$16,759.09			
Item	Income	Expenses		
Pride Run	\$14,587.75	\$4,953.91		
Doggie Dash	\$1,840.00	\$1,173.34		
Run Deo Run	\$5,795.00	\$1,540.49		
Griffith Park Use Deposit	\$500.00	\$500.00		
Party Store Refund	\$110.15			
Donations		\$10,875.00		
Membership	\$4,381.00			
Administrative		\$3,672.09		
Spelling Bee	\$1,560.00	\$345.18		
Awards Night	\$2,600.00	\$4,061.05		
Recital	\$561.00	\$50.00		
Trip Lodging	\$5,818.02	\$5,838.22		
Other Club Events		\$3,776.67		
	\$37,752.92	\$36,785.95		
Administrative Expenses		Donations		
Website	\$369.52	PS Arts	\$275.00	
E-Mail	\$537.60	St. Thomas	\$75.00	
Insurance	\$1,212.00	SRLA	\$1,600.00	
IFR membership	\$150.00	PAWS	\$600.00	
PO Box	\$276.00	LGBT Sr. Ctr.	\$300.00	
Annual Meeting	\$260.95	FOGP	\$2,750.00	
Picnic Supplies	\$452.02	Kadima	\$525.00	
Bank fees	\$414.00	GSA	\$3,000.00	
	\$3,672.09	Don T	\$1,000.00	
		TEEP	\$750.00	
Other Club Events			\$10,875.00	
Halloween	\$268.65			
LA Marathon pre & post	\$938.06			
Fall Feast	\$431.27	**\$1450 to PAWS (Doggie Dash)		
New Year's	\$26.06	that did not pass through LAFR		
LGBT Event	\$124.80			
Pool Party	\$845.14			
Catalina Food	\$177.11			
Revel Pasta	\$78.84			
Holiday	\$665.41			
Reindeer Breakfast	\$126.38			
Chili	\$94.95			
	\$3,776.67			

LAFR Treasury YTD 2017

August 16, 2017

Balance January 1, 2017	\$16,759.09		
Income thru August 16	\$34,525.17		
Expenses thru August 16	\$31,434.26		
Balance August 16	\$19,850.00		
INCOME			
Deo	\$4,745.00		
Action Jackson	\$3,065.00		
Returned Change	\$200.00		
Awards Lunch	\$2,010.00		
Membership	\$4,500.00		
Pride Run	\$16,148.37		
Recital	\$330.00		
Club Shirts	\$125.00		
Boston	\$3,401.80		
	\$34,525.17		
EXPENSES		Admin	
Action Jackson	\$874.76	PO Box	\$276.00
Admin	\$3,126.57	Sec State Filing	\$20.00
Awards	\$4,255.54	IFR Dues	\$75.00
Boston	\$3,388.19	Website	\$423.82
Carl Run	\$261.25	Email	\$653.65
Club Shirts	\$1,349.44	Insurance	\$1,212.00
Donations	\$9,330.00	Paypal Fees	\$466.10
GP Fees	\$1,510.00		\$3,126.57
LA Marathon	\$283.90	Donations	
New Years	\$136.09	Donation Don T	\$1,000.00
PNW	\$259.24	Donation Kadima	\$330.00
Pride Run	\$4,150.97	Donation Life Worth Saving	\$2,000.00
Run Deo Run	\$1,375.75	Donation SRLA	\$2,000.00
Supplies	\$210.77	Donation Carl Scholarship	\$3,000.00
Catalina Deposit	\$200.00	LAFR Scholarship	\$1,000.00
Pool Party	\$721.79		\$9,330.00
	\$31,434.26		

Pride Run Sponsors

USC
Fertility

www.uscfertility.org

santa monica
yoga

www.santamonicyoga.com



www.gosportsfuel.com



www.rxbar.com

66 AUDIO

www.66audio.com

Special Thanks to our Pride Run Sponsors

\$500

**Richard Nelson
George & Brad Takei
USC Fertility
Henri Faucher**

\$300

The Trotman Family

\$250

**66 Audio
Piyush & Richard
Angus & Mark
Santa Monica Yoga**

\$100

**Eric Fischer & Richard West ▪ Lee Lightfoot
Jim & Ted ▪ Allyne Winderman ▪ Stephanie Stone
SFVACC ▪ Neil E. Johnson, CPA ▪ Martin Wayland
Bernie & Dan ▪ Seth & Arturo ▪ John Miles
Eric Alvarez ▪ David Jaquez ▪ Bill Walsky ▪ The Bills
Go Sports Fuel ▪ David Gonzalez ▪ Rich Thigpen
Tom Rubalcava ▪ Christine Carlsten ▪ Bill Cahalane
William Fang ▪ Jeffery Masino ▪ Jerry Ray Weyer
Mark DeAngelis & Henry Jung ▪ Brian Eggert
Jeanne Cummings ▪ Rina's Favorite Uncle**

\$50

**Julie Hwang ▪ Erin Brinton ▪ David Dassey ▪ John Kawaharada
David Grudzien ▪ Paul Williams ▪ Amy Ross ▪ Philip Lelyveld ▪
Shirley Lau ▪ Cheryl Shaft ▪ Massimini Family ▪ Mickey Caruso ▪
Duane Howard ▪ Margie Gonzales ▪ Moises & Brett ▪
Mike Carbuto & Chris Tapper ▪ Raul Borja ▪ Yumi Afrento
Alexander Lamb ▪ Rina S ▪ Patrick & Norman ▪ Mark Grumet**