

FrontPage

LAFR Annual Fall Feast

LAFR Annual Fall Feast/Food Drive Raffles & Uniform Sales Sunday, November 14, 4:00 PM

Pull out those fantastic recipes as we crown Queens of the Thanksgiving table at our annual Fall Feast! We will be holding a food drive as well.

Details:

Sunday, November 14, 4:00 PM
at the home of Andrew Makay (below)
5802 Vesper Ave, Van Nuys, 91411

Entrance Fee:

Donation for Bienestar Food Drive

Bring to share:

T-day inspired side
and/or dessert

*Club will provide
turkey/drinks*

Contest:

best cranberry sauce
best side dish
best dessert



Bring Your Checkbook & \$5 Bills! Raffles & Uniform Sales

Our full uniform stock will be available to purchase. We will have some cash for change but please bring your checkbook if you can!



Raffles for LAFR High School LGBT Athletic Scholarships:

We will have a few fun raffle items. Tickets are \$5 and all funds raised will go toward the 2011 LAFR Scholarships. See Insert for 2010 recipients.

Food Drive for Bienestar

The Bienestar Food Bank is located in East LA. LGBT Youth, homeless, low-income, and HIV positive clients use this free service.



Bienestar provided this "wish-list" but stressed that food items in addition to these are welcome:

Cereal, Oatmeal, Juices, Ketchup, Mayo, Mustard, Soda, Chips, Popcorn, Nacho Cheese, Canned: Tuna, Fruit, Corn, Peas

Bienestar is a grass-roots, non-profit community service organization. Bienestar originated as a direct result of neglect & non-existent HIV/AIDS services for the Latino community. Since their establishment, Bienestar has evolved into a multi-service, multi-center agency, offering services in LA, San Bernardino, & San Diego.

Membership News

NOVEMBER BIRTHDAY BOYS AND GIRLS

1 Nathan Nguyen	16 Efren Matos
2 Eric Alvarez	18 Steven Frybarger
5 Robert Berman	19 Albert Brecht
7 Mary Church	20 Piyush Prakash
8 Timo Vallez	21 Bill Winkelmann
8 David Wilcox	23 Sid Jimenez
9 Sam Zoda	23 Henry Ong
10 John McGuinness	23 Gary Todd
12 Jeff Bennett	27 Tom Croyle
13 Michael Gifford	28 Kevin Gardner
13 Chau Nguyen	30 John Deamos
16 Timothy McLean	30 Dale Beldin

Bernie, David, Robb, Dan & Jim at the start of the R'n'R Half on 10/24



NOVEMBER POTLUCKS

- Silver Lake @ Rusty's 11/16
- No Westside potluck for November

Brad, Piyush & Richard after a rare rainy long run in October



Chili Queen Cat & Court – see page 6



OCTOBER BOARD MEETING HIGHLIGHTS

- The October board meeting was held at Angus Kennedy's homestead in Silver Lake on October 2nd, after the run
- The November board meeting will be hosted by Mark Jones on Tuesday, 11/2 after the fun run in Silver Lake
- Final prep for the October 9th Silver Lake Stair Run and October 10th Chili Cook-Off were finalized
- Final details for the 10/30 2nd Vegetarian Cook-off at Mark Jones and Brad Maury's house were finalized
- Election process for the open positions were discussed. All five board member positions are up for election. In addition, both the treasurer and the secretary positions are up for election. Patrick Owen is the election director
- Fall Feast is scheduled for for November 14th

NEW MEMBERS

We had two new members join us in October. Welcome Nicholas Nhem and Bibi Silvas to LA Frontrunners!

Los Angeles Frontrunners
2870 Los Feliz Place, #229
Los Angeles, CA 90039

www.lafrontrunners.com
lafrontrunners@gmail.com

Angus Kennedy, President
Patrick Owen, Vice President
William Fang, Treasurer
Piyush Prakash, Secretary
Christine Curtin, Mark Jones,
Carl Maravilla, John McGuinness and Bryan Prado,
Directors at Large

LAFR FrontPage
Events: Bryan Prado
Member News: Mark Jones
Results: Angus Kennedy
Treasury: William Fang

Other Contributors and Photographers include:
Christine Curtin, Carl Maravilla, John McGuinness, Piyush Prakash, Patrick Owen, Phil Amato

UPCOMING EVENTS



November Silver Lake Potluck

Tuesday, November 16
at the home of Rusty Millar
850 Micheltorena Street
Los Angeles, 90026

- Sunday, November 14
Annual Fall Feast
4:00 PM
at the home of Andrew Makay
5802 Vesper Ave
Van Nuys, CA 91411
Info on page 1



- Food Drive for
Bienestar
at Fall Feast
details and
food drive
wish list on page 1

- Monday, November 15
LAFR BOD 2011 Elections
voting survey will be e-mailed
on 11/15 and will close at
noon on 11/17
info on insert



- Saturday, November 13
Caltech-Occidental
Orchestra Concert
with Ted Wyder
at Occidental 7:30 pm
info on page 5



Grand Prix Races

- Sunday, November 7 – GRAND PRIX: NYC Marathon
- Sunday, November 7 – GRAND PRIX: Heroes for Hope 5K
- Sunday, November 14 – GRAND PRIX: weSpark 5K/10K
- Sunday, November 21 – GRAND PRIX: Santa Monica Mtns. Trail Races
- Thursday, November 25 – GRAND PRIX: Topanga Turkey Trot
- Saturday, November 27 – GRAND PRIX: San Dimas Turkey Trot

- Fri - Sun, December 3-5 – Death Valley Trip
- Saturday, December 11 – Annual Meeting/Pancake Breakfast
- Thursday, December 16 – Jim's Xmas Soiree

LAFR RACE RESULTS**Nautica Triathlon**

Malibu, CA 9/12

Margie Gonzales.....2:50:54 PR

Wounded Warrior Half Marathon

Pt. Mugu, CA 9/18

Margie Gonzales.....2:35:38

Marina Oceanfront Half Marathon

Long Beach, CA 8/21

Stephanie Stone.....2:17:25 3rd 50-54

Tahoe Triple Marathon

Lake Tahoe, CA 9/24-26

Deo Jaravata.....4:33:51 Day 1

Deo Jaravata.....4:33:58 Day 2

Deo Jaravata.....4:43:00 Day 3

Xterra Pt. Mugu Trail Run 18K

Pt. Mugu, CA 10/3

Jeff Lymburner1:36:40 1st 50-54

Camarillo Marathon

Camarillo, CA 10/3

Half

Angus Kennedy.....1:35:09 3rd 40-44

Richard Nelson.....1:36:06 1st 60-64

Stephanie Stone.....2:18:01

Doug Jones.....3:02:10

Full

John McGuinness3:12:02 2nd 35-39

Ric Munoz3:31:01

Patrick Owen.....3:31:21 PR

Sean O'Brien.....3:31:21 3rd 45-49

Ely Yaron.....3:54:35

Deo Jaravata.....4:06:38

David Dassey.....4:17:48

SRLA Say No To Drugs 5K

Playa del Rey, CA 10/9

Mike Smith53:12

Chicago Marathon

Chicago, IL 10/10

Ely Yaron4:11:06

Main Street Halloween 10K

La Puente, CA 10/24

Deo Jaravata.....48:33

Mike Smith53:12



Camarillo Marathon: The gang celebrating a fun morning which included Ric & Patrick qualifying for Boston. If you look closer, you'll notice that Walsky, Sean & Richard seem slightly horrified to be seen with the rest of us, John McGuinness is doing his best catholic schoolgirl pose, and Ric clearly needs a restroom asap. Good times.

Long Beach Marathon

Long Beach, CA 10/17

Half

David Dinielli1:41:09

Robert Chen.....1:42:04 1st Half/PR

Juan Moreno1:49:51

Dan Graham.....1:56:22

Paul Jacoy.....2:00:50

Stephanie Stone.....2:14:58

Margie Gonzales.....2:36:09

Regina Robinson.....2:55:08

Areana Tate.....3:22:27 1st Half/PR

Full

Mark Johnson.....3:11:12

Matthew Siegle.....3:44:44 1st Full/PR

Bernie Tan3:45:26

Deo Jaravata.....4:13:20

Ely Yaron4:59:20

San Francisco 24 Hour Run

San Francisco, CA 10/23-24

Ric Munoz23:47:46 84.88 miles

Rock 'n' Roll Half Marathon

Los Angeles, CA 10/24

Men

Richard Nelson.....1:34:47 2nd 60-64

Patrick Owen.....1:35:20

Bernie Tan1:38:21 PR

Robb Briggs1:43:04

Mark DeAngelis.....1:44:29 PR

Ryan Bailon.....1:48:59 PR

David Dassey1:49:22 PR

Dan Graham.....1:53:54

Paul Jacoy.....1:54:27

Jose Castillo.....1:55:09

Rex Boone1:57:22 PR

Eric Gober1:57:22

Jim Martinez.....2:02:59

Ely Yaron.....2:08:59

Henri Faucher.....2:27:43 PR

Doug Jones.....2:58:46

Women

Patricia Bates1:55:11 2nd 60-64

Kimberly Fairchild.....2:08:28 PR

Stephanie Stone.....2:19:43

Margie Gonzales.....2:30:26

Christine Curtin2:42:53

Regina Robinson.....2:48:21

Keeley Webster2:49:36

Cat White2:49:39 PR

Areana Tate.....2:56:29 PR



SAVE THE DATE
Jim's Xmas Spectacular
returns
Thursday, December 16

GRAND PRIX STANDINGS**CHAMPIONS RACE** *as of 10/27*

The Champions Race determines overall male and female Grand Prix champions. Points are calculated using the Masters Age-Graded tables from WAVA (see website for more info).

Division	Races	Points
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MALE

1. Richard Nelson	6	488.63
2. Carlos Vizcarra	6	475.10
3. Patrick Owen	6	434.06
4. Sean O'Brien	6	427.64
5. Reg Willson	6	424.94
6. David Dassey	6	418.00
7. Angus Kennedy	6	404.29
8. Mike Kerkman	6	403.67
9. Bernie Tan	6	393.36
10. Ely Yaron	6	388.17

FEMALE

1. Patricia Bates	6	478.20
2. Stephanie Stone	6	369.23
3. Margie Gonzales	6	320.89
4. Christine Curtin	6	299.55
5. Jane Dods	4	298.35
6. Regina Robinson	6	258.36
7. Amy Ross	2	121.63
8. Kimberly Fairchild	2	117.11
9. Areana Tate	3	115.37
10. Keeley Webster	2	84.77

RACEWALK

1. Deo Jaravata	6	367.31
2. Doug Jones	6	345.52
3. Areana Tate	4	191.77
4. Juan Moreno	2	123.31
5. Connie Hammen	1	60.44

TRAILMASTER RACE

The TrailMaster Race is a combination age-graded/points accrual competition that will determine the club Trail Running Champion.

Athlete	Races	Points
1. Sean O'Brien	5	552.77
2. Jonathan Toker	4	500.95
3. Jeff Lymburner	4	341.94
4. Robb Briggs	4	290.05
5. Mike Murphy	3	239.14
6. Wadley	2	223.25
7. Ryan Timmreck	3	210.80
8. Stephanie Stone	3	210.54
9. Deo Jaravata	2	197.30
10. Ely Yaron	3	196.66

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

AGE GROUP MEN

Division	Races	Points
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Male 20-29

1. Ryan Bailon	4	440
2. John Yong	3	325
3. Luis Aguilar	2	270
4. Thomas Ader	2	265
5. Piyush Prakash	2	245

Male 30-34

1. Mike Kerkman	6	730
2. Wadley	5	650
3. Dan Vu	4	390
3. Jose Castillo	4	340
4. William Korthof	3	325

Male 35-39

1. Ted Wyder	6	675
2. Ely Yaron	6	660
3. Mike Smith	6	590
4. Brad Maury	5	535
5. John McGuinness	4	520

Male 40-44

1. Angus Kennedy	6	745
2. Bernie Tan	6	710
3. Robb Briggs	6	695
4. David Dinielli	4	380
5. Frank Jacoy	4	345

Male 45-49

1. Deo Jaravata	6	715
2. Sean O'Brien	5	655
3. Juan Moreno	5	575
4. Mark Jones	5	565
5. Paul Jacoy	5	500

Male 50-54

1. Patrick Owen	6	725
2. Reg Willson	6	715
3. Doug Jones	6	590
4. Henri Faucher	3	360
5. Jeff Lymburner	3	350

Male 55-59

1. David Dassey	6	770
2. Bill Winkelmann	6	655
3. Jim Martinez	6	645
Dan Graham	6	645
5. Bill Walsky	6	620

Male 60+

1. Richard Nelson	6	790
2. Eric Fischer	2	240
3. Al Miller	2	230
4. Richard West	2	220

**Caltech-Occidental
Orchestra Concert**

with orchestra member LAFR Ted Wyder

Free admission, Sat, 11/13, 7:30 PM

Thorne Hall at Occidental College

Program

Overture to the opera "The Merry Wives of Windsor" by Otto Nicolai

Violin Concerto by Dmitiri Shostakovich

Italian Symphony (No. 4) by Felix

Mendelssohn

The violin soloist for the concerto is Lawrence Sonderling from the LA Phil.



Ted Wyder and his faithful cello....so serious!!!

AGE GROUP WOMEN

Division	Races	Points
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Female 20-29

1. Jacqueline Vogel	1	150
2. Laura Coffey	1	100

Female 30-39

1. Cat White	2	220
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Female 40-49

1. Regina Robinson	6	680
2. Christine Curtin	6	675
3. Areana Tate	6	630
4. Kimberly Fairchild	2	255
5. Keeley Webster	2	160

Female 50-59

1. Stephanie Stone	6	785
2. Margie Gonzales	6	715
3. Amy Ross	2	240
4. Diane Abato	1	135

Female 60+

1. Patricia Bates	6	750
2. Jane Dods	2	230
3. Connie Hammen	1	125

The LAFR Ladies Conquer the 10th Annual Chili Cook-Off

And a spectacular cat fight it was with our first two women entrants in the 10 year history of the LAFR Chili Cook Off. Cat White and Christine Curtin brushed aside the boys, dominating the event. Christine won the Vegetarian Chili division and Cat, in her daisy dukes and lariat, cleaned up, taking home the Meat Chili w/ Beans crown, the Hottest Cook prize, Best Presentation, and the Best in Show prize, making her the first female Chili Queen (anatomically speaking...) in Chili Cook Off history! Over 70 enthusiastic LAFRs and friends packed the annual event. While Cat won the chili side of the contest, John Yong and Jeff Masino both managed to place in the Hottest Cook category, even though neither actually made any chili.... hmmm. A special thank you to everyone who brought either chili, cornbread, dessert (could this be a new category for next year?) or just came to support those that did. An event like this is only successful because you all turned out. Also thanks to lovely Jim Martinez for making the banner for all 10 years (all those years of cheer practice paid off.)

Best in Show

- 1st: Cat White – Chili Queen!
2nd: Mark Jones
3rd: Patrick Owen

Vegetarian Chili

- 1st: Christine Curtin
2nd: Eddie Flores
3rd: Mike Kerkman

Cornbread

- 1st: Henri Faucher
2nd: Eddie Flores
3rd: Brad Maury

Hottest Chili

Mark Jones

Best Presentation

Cat White

Meat Chili w/ Beans

- 1st: Cat White
2nd: Mark Jones
3rd: Patrick Owen

Meat Chili no Beans

- 1st: Doug Jones
2nd: Carl Maravilla
3rd: Rusty Millar

Hottest Cook

- 1st: Cat White
2nd: John & Jeff
3rd: Eddie Flores

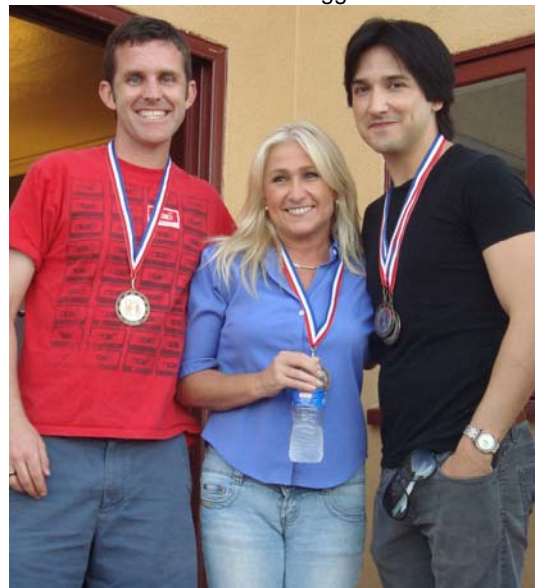
-Rusty Millar



Above: Cat is crowned - Middle: Hottest Cooks



Below: Christine & Veggie Winners



LAFR Boys Take Second Overall in Las Vegas Relay

The LAFR team placed second overall in the Las Vegas Ragnar Relay (damn that Pants Optional team, with their fast running and their...optional...pants...). 406 teams raced the 195 miles. Our boys ran the course in 22 hours, 39 minutes.



Above: Brad races thru the spectacular desert scenery
Below: Wadley, Richard, Sean & John on day 2



Left: Night falls as Brad helps Mike get ready to run



Right: Brandon takes a quick nap (?) on Angus' shoulder.



Wadley, Mick, Carl, Paul, Angus, John, Mike, Sean, Alex, Luis, Brad, Richard, William & Brandon



Above: Speedy LAFR Luis Aguilar

2011 LAFR Board of Directors Election

Here are the 2011 LA Frontrunners Board of Director candidates. The voting will be online beginning Monday, November 15 and will close on Wednesday, November 17. You will receive an email on Monday, November 15 with a link to the voting survey.

For more information, please contact Patrick Owen, 2011 Elections Officer.

SECRETARY (2-year term): Linwood Fullam
TREASURER (2-year term): Ted Wyder, Ely Yaron

MEMBERS-AT-LARGE (1-year terms)

Long Run Coordinator: John McGuinness
Fun Run Coordinator: Regina Robinson
Website: Robb Briggs
Apparel: Stephanie Stone
Newsletter/Pride Run: William Fang

October 2010 Treasurer's Report

Expenses include reimbursements for club activities and supplies for fall club events. Contact William Fang with questions.

LAFR Balance 9/30/10 **\$11,519.80**

Oct 10 Revenues

Membership **\$130.00**

Sunset Junction Salary **\$600.00**

Total Revenue **\$730.00**

Oct 10 Expenses

Newsletter **\$88.53**

Operational/Supplies **\$438.98**

Uniform **\$278.33**

Pride Run **\$30.00**

Reimbursements **\$180.00**

SL Stairs/Chili **\$110.77**

Ragnar **\$358.22**

Total Expenses **(\$1484.83)**

Net Profit/(Loss) **(\$4891.30)**

LAFR Balance 10/31/10 **\$10,764.97**



Catalina Weekend Lodging 2011 Date One Month Earlier

Join your fellow LAFRs for our annual trip to Catalina Island!!

The Buffalo Run weekend is **January 21-23, 2011.**

Race was last weekend in Feb in 2010.

The half marathon and 5K are Saturday, January 22.

We have reserved three houses with space for 24 people.
The cost is \$150 per person for two nights - Friday, January 21
and Saturday, January 22.

Space is available on a first-come, first-served basis.
Your payment is your reservation and is non-refundable.

Please visit the LAFR online store to pay for your lodging. The link is at the bottom of the membership page at www.lafronrunners.com

2010 LAFR Scholarship Winners



George Ramos

George Ramos is a senior at Bell High and is planning on attending ELAC in the fall. George is a standout athlete, running varsity cross country and track & field and was the top miler at Bell, running a 4:54 in league finals.

George is the Art & Promotions Mgr for the GSA at Bell and designed their current logo. He helped coordinate an event to support a middle school student who received public humiliation and verbal abuse for his views on LGBT issues. He is also part of Bell's Humanitas group and has participated in two school plays. And, like Lizeth, he has participated in Students Run LA and has run the LA Marathon twice.

Perhaps most impressive about George is that he has accomplished all of this and excelled at school and on the track while being a single father. In his essay, George said, "I greatly desire to pave a golden road for my son to follow, a road that will expose him to amazing and beautiful things all of his life. I plan on giving my son the same positive and outgoing attitude that I have. Today I balance all of my school responsibilities with the responsibilities that come with being a parent. And I am doing quite well."

The 2010 LA Frontrunners Athletic Scholarships were awarded at the 4th Annual GALAA Scholarship Awards Banquet on June 8. We awarded two \$1000 scholarships to one male and one female student-athlete who demonstrated excellence in athletics, academics, and community involvement.



Lizeth Martinez

Lizeth is graduating from Maywood Academy High School and is planning to attend UC Riverside in the fall of 2010. Besides being an excellent student, Lizeth has also been involved with on campus organizations, including Teenagers Helping Everyone and the Environmental Club. She is a tutor at Nueva Vista Elementary School and volunteers at the Southeast AACAA Animal Shelter and USC Univesity Hospital.

Along with her girlfriend, Jessica (pictured above at the awards gala with Lizeth), Lizeth is also an active member of the Lesbian, Gay, Bisexual, and Transgender Club at Maywood Academy.

As an athlete, Lizeth has excelled – playing varsity basketball her senior year as well as running varsity cross-country in 10th, 11th and 12th grade. Lizaeth has also participating in Students Run LA for the last three years, resulting in three finishes of the Los Angeles Marathon.



2870 Los Feliz Place
PMB # 229
Los Angeles, CA
90039

WEEKLY FUN RUNS

SATURDAY
Griffith Park
8:00 A.M.

Meet at the flag pole across from Ranger Station at 4730 Crystal Springs Dr.

Hosts: Amy/Patrick

SUNDAY
Long Run
8:00 A.M.

Various distance long runs on roads and/or trails at various So. Cal locations.

Hosts: Various

MONDAY
West Hollywood
6:30 P.M.

Meet by basketball courts in West Hollywood Park parking lot

Hosts: Todd

TUESDAY
Silver Lake
6:30 P.M.

Meet at Silver Lake Recreation Center at 1850 W. Silver Lake Drive.

Host: Rusty

WEDNESDAY
Santa Monica
6:30 P.M.

Palisades Park at Ocean & San Vicente at Millennium Plaque.

Hosts: Bruce/Brian

THURSDAY
Pasadena
6:30 P.M.

Brookside Park, south of the Rose Bowl, next to the rose garden.

Hosts:
Mike/John/William