

FrontPage

A New Baby, Fall Events, Pride Run Re-Cap & More

Welcome Rina!!

Proud papas Mike Kerkman and Kevin Shiramizu announce the arrival of the newest member of their family and ours:

**RINA LUCIA
SHIRAMIZU**

Born: August 22, 2012

6 pounds, 7 ounces of joy and love




A Baby Girl!

Mt. Washington/Highland Park Stair Run/Walk & Breakfast Potluck Sunday, September 18

Now that we've conquered the stairs of Silver Lake and Echo Park, join us on Sunday, Sept. 18, as we explore the stairs and hills of Mt. Washington and Highland Park. Just north of downtown LA, Mt. Washington and Highland Park were settled in the early 1900's and quickly developed into affluent suburbs of the city. Beautiful craftsman homes can be found throughout the hills as well as the old Mt. Washington Hotel at the top with incredible views of downtown, the Arroyo Seco and the San Gabriel Mountains. Like Silver Lake/Echo Park, numerous public staircases were built to provide access to the Red Car line that ran along Marmion Way.

When: Sunday,
September 18, 8:00 AM

Breakfast Potluck:
Please bring something yummy to share - club will provide water/gatorade/soft drinks.

Pups: Feel free to bring your pups (on leash).

Start/Finish: Sycamore Grove Park at Figueroa St. and Ave. 49. You can park along Figueroa St. or in the lot off Ave. 49 by tennis courts.

Water/Snack Stop & Volunteers: There will be a water/snack stop on the course. We need volunteers (who are not planning to run/walk) to man the snack stop and also to man the main area at Sycamore Grove Park while the group is on the course. We will send out an e-mail survey asking for volunteers.

Routes: Last Weds., Sean O'Brien & Wadley ran the course that Sean mapped out - there will be three options: 4 miles, 6 miles, and 11.5 miles.



Membership News



Nelson Lee & Carlos Vizcarra at the N. American Outgames in July

LAFR BIRTHDAY BOYS AND GIRLS

- | | |
|----------------------|-----------------------|
| 8/27 Gary Iem | 9/8 Alvin Magpantay |
| 8/27 Matthew Saam | 9/9 Allyne Winderman |
| 8/28 Jeffrey Wiggins | 9/9 Nicholas Nhem |
| 8/30 Don Formanek | 9/10 Mike Murphy |
| 8/31 Kevin Shiramizu | 9/11 Tom Carmichael |
| 9/1 David Woodbury | 9/14 Al Garcia |
| 9/1 John Yong | 9/16 Eric Otero |
| 9/1 Tanya Haney | 9/18 Wadley |
| 9/2 Phil Lelyveld | 9/19 Craig Kaner |
| 9/2 Julian Diaz | 9/20 Kurt Konrad Berg |
| 9/4 Eric Gober | 9/21 Bruce Bair |
| 9/6 Johnny Wong | 9/23 Patrick Owen |
| 9/8 Mike Kerkman | 9/23 Mike French |
| | 9/30 Richard West |

Los Angeles Frontrunner Anniversaries

5 Years in LAFR

*Albert Brecht
Chris Holly
William Fang*

20 Years in LAFR

*Carl Maravilla
Reg Willson*

15 Years in LAFR

Lee Lightfoot

30 Years in LAFR

*David Dassey
Neil Johnson
Jerry Weyer*

Carl Maravilla
(left) and David
Dassey (right)



Los Angeles Frontrunners
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Angus Kennedy, President
Patrick Owen, Vice President
Ted Wyder, Treasurer
Linwood Fullam, Secretary
Robb Briggs, William Fang,
John McGuinness, Regina
Robinson & Stephanie Stone,
Directors at Large

WELCOME NEW MEMBERS!

James Aldous
Vince Bertoni
Sara Croft
Mitch Fryling
Skyler Galindo
Phillip Giarratano
Stewart Gonshorek
Marilyn Jackson
John Kawaharada
Warren Kawakami
Kenneth Kottke
Steve La
Pavlin Lange
Alexander Lozano
Wes Lucchesini-Lutkovsky

Moises Medina
Rhett Monson
Giselle Nguyen
Francisco Otero
Daniel Rodgers
Mike Whitehead
Maggie Williams

Pride Run: new members Sara Croft (right) and Marilyn Jackson (left) with Margie Gonzales (center)



LAFRs Rock at Long Beach Pride Run



Mark Jones & Brad Maury in front – back from left: Luis Aguilar, Rusty Millar, Gary Lashley, Robb Briggs, Richard Nelson, Margie Gonzales, Bill Austin, Regina Robinson, Marilyn Jackson, Bill Winkelmann, Carl Maravilla, Areana Tate

Even with a large group of LAFRs on the Grand Canyon trip the same weekend, we still had a great turnout for the annual Shoreline Frontrunners Pride Run. It's a small race that is always very well run and has a great, friendly atmosphere. Our guys dominated, placing 1st and 2nd overall in both races: Luis Aguilar won the 5K, with Carlos Vizcarra right behind him and Mark Johnson won the 10K, just ahead of Carl Maravilla.

Bernie and 12 LAFRs Qualify for Boston 2012

Bernie Tan ran a 3:19:25 at the San Francisco Marathon in late July to become the 13th LAFR to qualify for the 2012 Boston Marathon. See page 4 for all qualifiers and information about the new registration process.



Bernie & Dan after the race

Save the Date: 11th Annual LAFR Chili Cook-Off Sunday, October 9, 4-7 PM



At last year's Chili Cook-Off, we crowned our very first female Chili Queen. Will Cat return to defend her crown? Or will another as yet unheralded chef take home the prize? Join us for the 11th annual LAFR Chili (and cornbread) Cook-Off hosted by Rusty Millar.

Categories:

- Cornbread
- Meat Chili with beans
- Meat Chili no beans
- Vegetarian Chili
- Best Chili Pot/Presentation

Location:

Rusty's - 850 Micheltorena St,
90026 (x-street Marathon)



Hamburger Mary's Bingo Fundraiser for LAFR Scholarships

Sunday, September 25, 7 PM

Please come out for a fun and fabulous night of Legendary Bingo at Hamburger Mary's in WeHo on Sunday, September 25, at 7:00 p.m. We chose the Sunday night slot this year in hopes that it will make it easier for more LAFRs to attend.

The money raised goes towards our scholarships. If you have a prize you would like to donate or if you would just like to volunteer to help with set-up, etc., please contact Regina Robinson at desilu1951@aol.com.



"HEY PUMPKIN,
JOIN US FOR BINGO.
IT'S FABULOUS"

Boston Marathon '12: New Registration Process

Beginning with the 2012 Boston Marathon, a new registration process will be employed. You must have run your qualifying race after Sept. 25, 2010. Registration will begin Mon., 9/12, using a "rolling admission" schedule, starting with the fastest qualifiers. Please see the website for detailed info. According to club records, the following runners have qualified:

Registration Calendar for 2012 Boston Marathon

Registration Date	for runners w/ times:
Sept 12, 10:00 AM (EST)	20 min or faster than qualifying time (QT)
Carlos Vizcarra	2:48:05 - OC (QT 3:15)
Mark Johnson	2:57:28 - LA (QT 3:20)
Richard Nelson	3:34:43 - LA (QT 4:00)
Sept 14, 10:00 AM (EST)	10 min or faster than QT
Moises Medina	3:09:35 - Boston (QT 3:20)
Sean O'Brien	3:12:54 - Death Valley (QT 3:30)
Ric Munoz	3:23:10 - Boston (QT 3:35)
Sept 16, 10:00 AM (EST)	5 min or faster than QT
William Korthof	3:02:32 - LA (QT 3:10)
John McGuinness	3:06:56 - LA (QT 3:15)
Sept 19, 10:00 AM (EST)	all qualified runners
Bernie Tan	3:19:25 - SF (QT 3:20)
Angus Kennedy	3:28:40 - LA (QT 3:30)
Bruce Bair	3:28:41 - Boston (QT 3:30)
Patrick Owen	3:31:21 - Camarillo (QT 3:35)
Andrew Wissmiller	3:40:15 - LA (QT 3:45)



BOSTON ATHLETIC ASSOCIATION

LAFR Treasurers Report for May thru August 2011

The majority of our income/expense revolves around the Pride Run. We still have reimbursements and expenses to pay for the race. If you have any questions, please contact Ted at lafonrunners@gmail.com.

Membership	890.00	
S Cruz Island		(74.23)
Grand Canyon	3,040.00	(849.61)
Storage Unit		(90.00)
Uniform	42.00	
Newsletter		(87.37)
Neighbor Run		(31.90)
PayPal		(174.85)
Misc.	4.00	(85.04)
Pride Run	16,060.00	(1,303.53)
Pride Run	840.00	
Constant Contact		(180.00)
Website		(103.39)
Totals	20,876.00	(2,979.92)
Balance on 5/1	9,640.39	
Balance on 8/9	27,536.47	

PALM SPRINGS FRONT RUNNERS & WALKERS



**11th ANNUAL 5K PRIDE RUN • WALK
SATURDAY, NOVEMBER 5th @ 8am**

Palm Springs Pride Run Returns!

Saturday, November 5th, 2011

- 8:00am (race day registration begins at 6:30am).
- Awards given for runners in various age groups.
- A benefit for The Boys & Girls Club of Palm Springs

Where: Palm Springs High School. Race starts/ends at the running track at Baristo and Farrell.

Fees: Registration is \$25.00 in advance and \$30.00 on race day. Participants will receive refreshments, a goodie bag and a race t-shirt.

Register – Online at www.psfr.org or www.active.com
For additional information contact: Michael Ambrose at 760-832-6814 or psfrunner@gmail.com

Why: Palm Springs Front Runners and Walkers is dedicated to Fitness, Fun, and Fund Raising. The 5K Pride Run and Walk is part of the Palm Springs Pride celebration (www.pspride.org) taking place November 5-6, 2011.

Jeffrey Weinstein Passes the Wednesday Night Baton

After 6+ years of hosting the Wednesday night fun run in Santa Monica, Jeffrey Weinstein has passed the baton to Brian Dunbar and Bruce Bair. A group of LAFRs met for a special Sunday evening fun run followed by an appreciation dinner for Jeffrey back in late June.

Thank you, Jeffrey, from all Los Angeles Frontrunners for your generosity and commitment to the club all these years!!



Above front from left: Mike Smith, Richard Peng, Richard Nelson - back from left: David Dassey, Dale Beldin, Jeffrey Weinstein, Nelson Lee, Bruce Bair, Piyush Prakash, Andre Guimond

Below: Jeffrey Weinstein



Join the LAFR Team for AIDS Walk

Come walk with us! Join your fellow LAFRs for our first (and hopefully) annual AIDS Walk team. AIDS Walk is a 10K walk fundraiser for APLA.

Date: Sunday, October 16
Location: West Hollywood

To register on our team: go to www.aidswalk.net - then select Los Angeles, Register, and Join a Team, then under the scroll down list select

LA Frontrunners First Annual AIDS Walk Team"-5439



Our team fundraising goal for the first year is quite modest. We'd like 30 participants each to raise \$100.00 per walker, totaling \$3,000, if that is not possible there is no penalty. Of course we'll beat this goal! Please register early to begin fundraising and assure your T-Shirt!.

For questions regarding the event please email team captain Linwood Fullam at onlylinwood@yahoo.com

LAFR Death Valley Trip in December

If you haven't run the Death Valley 30K or Marathon, here's your chance to run this exciting race with your fellow FRs. The marathon course begins w/ rolling hills through mile 8 before reaching the starting point of the 30K and continuing through spectacular Titus Canyon to the finish, dropping 5000 feet along the way. We'll head out to



↑ This could be you

Death Valley on Friday morning 12/2, race on Saturday 12/3, come back on Sunday 12/4.

Lodging:

Furnace Creek Ranch (same place as last year)
Two per room: each person gets their own queen bed
\$135 total per person for two nights (Friday & Saturday)
When we have the lodging in the online store to reserve, we'll send an e-mail including more details.

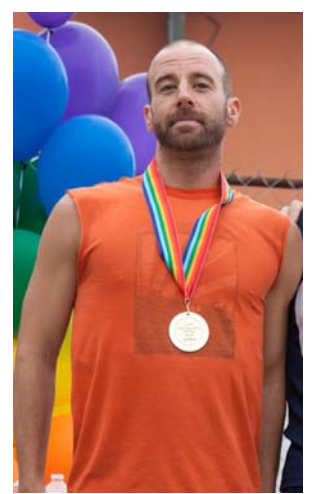
Reminder:

Tuesday, October 4
Tuesday Night Fun Run
Back to Silver Lake

Pride Run Re-Cap: Fast Running, Big Crowd

Thanks to all the volunteers who helped make the LAFR 30th Annual Pride Run a great success! Our numbers increased again, with over 500 registered runners. Juan Ramirez won the 10K and set a course record for the Ultra Pride Run (5K/10K combined). Jacqueline Juarez won both the 5K and 10K and shattered the course record for the Ultra Pride Run as well. The kids race was once again a highlight - you couldn't help but smile watching all those kids gleefully chasing Wadley down the street. We have received lots of comments from participants praising our level of organization, our comfy and sporty t-shirts, and our welcoming and friendly spirit. None of this would be possible without the amazing volunteers. Thank you!

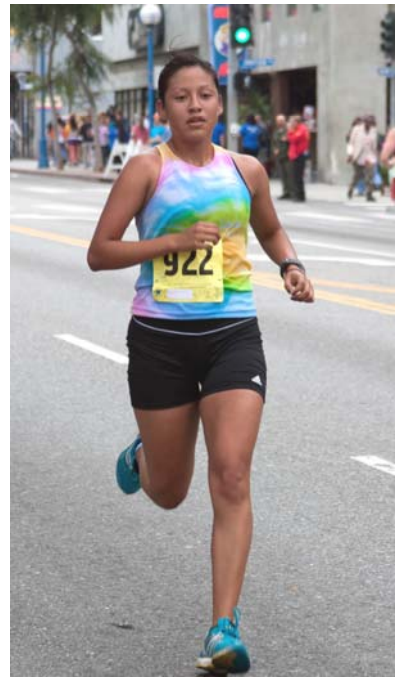
Overall 10K and Ultra Pride Run winner Juan Ramirez with new LAFR Moises Medina, who placed 2nd 40-49 in the Ultra Pride Run as well as 3rd 40-44 in the 5K. Moises was one of almost 20 new members to join LAFR after the Pride Run.



From left: 5K winner Nelson Lopez, LAFR Augie Robles won his first age group medal ever, Ric Munoz ran the 10K after walking the 5K with hubby Seth Eskigian, Wadley won his age group in the 5K & 10K and was 3rd overall in the Ultra Pride.



Left: Coach Mark Johnson took 2nd 40-44 in the 10K - Center: Girls just wanna have fun...Right: A very serious and adorable youngster prepares for the kids race.



Left top & bottom - LAFRs collect their age group medals: David Dassey and Eric Fischer in the 5K (top) and Andrew Wissmiller and Bill Winkelmann in the 10K (bottom) - Above center: LAFR Jorge Santana Corona in the 10K – Above right: Women’s 5K, 10K, and Ultra Pride overall winner Jacqueline Juarez.



From left: LAFR Eric Alvarez placed 2nd 40-44 in the 5K – Deo successfully defended his overall RaceWalk title – Richard Peng in the 10K – and Stephanie Stone models one of her three medals from the 5K, 10K, and Ultra Pride.



Left: Richard Nelson, Reg Willson & Mike Kerkman at the start – Right: Some of the volunteers on our LAFR timing team: Luis Aguilar, Piyush Prakash, Dawn Makay, Eddie Flores & Angus Kennedy.

Race Results

LAFR 30th Pride Run

West Hollywood, CA 6/12

LAFR 30th Pride Run

West Hollywood, CA 6/12

10K Men

Mark Johnson.....	38:55	2 nd 40-44
Wadley.....	39:18	1 st 30-34
William Korthof.....	41:23	2 nd 30-34
Moises Medina.....	41:32	
John McGuinness.....	42:34	3 rd 35-39
Bernie Tan.....	44:19	
Jorge Santana Corona.....	44:58	
Richard Nelson.....	45:07	1 st 60-64
Andrew Wissmiller.....	45:34	2 nd 55-59
Ric Munoz.....	45:47	
Reg Willson.....	45:57	
Kerry Quakenbush.....	45:58	
Tanner Stransky.....	47:02	
Patrick Owen.....	48:19	
Phillip Giarratano.....	48:22	
Jason Bautista.....	48:24	
Gardner Delano.....	49:32	
Richard Peng.....	50:19	
Deo Jaravata.....	51:24	
Bibi Silvas.....	51:54	
Stephen Germain.....	51:57	
Jose Castillo.....	53:05	
Bill Winkelmann.....	53:30	
Rich Crook.....	53:48	
Frank Jacoy.....	54:25	
Gary Braitman.....	54:30	
Jeff Cronin.....	57:50	
Michael Ferretti.....	58:44	
Geoff Buck.....	71:09	

10K Women

Stephanie Stone.....	60:42	2 nd 50-54
Sara Croft.....	67:30	

Ultra (5K/10K combined) Men

Wadley.....	57:40	3 rd OA
		1 st 30-34
William Korthof.....	1:00:30	2 nd 30-34
Moises Medina.....	1:01:21	2 nd 40-44
John McGuinness.....	1:02:09	2 nd 35-39
Bernie Tan.....	1:05:15	
Richard Nelson.....	1:05:51	1 st 60-64
Andrew Wissmiller.....	1:06:32	1 st 55-59
Reg Willson.....	1:06:55	3 rd 50-54
Patrick Owen.....	1:10:49	
Jose Castillo.....	1:18:07	
Bill Winkelmann.....	1:19:52	2 nd 55-59
Deo Jaravata.....	1:24:57	2 nd 45-49
Ric Munoz.....	1:39:36	

Ultra (5K/10K combined) Women

Stephanie Stone.....	1:29:36	1 st 50-54
Sara Croft.....	1:36:50	2 nd 45-49

5K Men

Carlos Vizcarra.....	17:03	
Eric Alvarez.....	18:17	
Wadley.....	18:22	
Carl Maravilla.....	18:35	
William Korthof.....	19:07	
Mike Kerkman.....	19:11	
John McGuinness.....	19:35	
Moises Medina.....	19:49	
Mike Reynolds.....	20:23	
Terry Finestein.....	20:39	
Richard Nelson.....	20:44	
Bernie Tan.....	20:56	
Andrew Wissmiller.....	20:58	
Reg Willson.....	20:58	
Ted Wyder.....	21:05	
Don Formanek.....	21:28	
Patrick Owen.....	22:30	
Augie Robles.....	22:35	2 nd 45-49
Mark DeAngelis.....	22:45	
David Dassey.....	23:44	2 nd 60-64
Steve Frybarger.....	24:07	
Paul Jacoy.....	24:29	
Eric Fischer.....	24:33	3 rd 60-64
Dan Vu.....	24:36	
Bill Austin.....	24:43	
Henry Jung.....	24:46	
Jose Castillo.....	25:02	
John Kawaharada.....	25:03	
Kevin Shiramizu.....	25:09	
Jim Martinez.....	25:14	
Bill Winkelmann.....	26:08	
Paul Williams.....	26:09	
Henri Faucher.....	27:42	
Richard West.....	28:25	
Stewart Gonshorek.....	29:43	
Phil Amato.....	29:45	
Dale Beldin.....	32:52	
Deo Jaravata.....	33:33	1 st OA RW
Juan Moreno.....	33:40	2 nd OA RW
Doug Jones.....	37:54	
Bill Walsky.....	38:18	
Neil Johnson.....	39:28	
Tim Chung.....	49:30	3 rd OA RW
Seth Eskigian.....	53:48	RW
Ric Munoz.....	53:49	RW

5K Women

Stephanie Stone.....	28:54	1 st 50-54
Sara Croft.....	29:20	
Marilyn Jackson.....	32:58	
Margie Gonzales.....	35:20	
Regina Robinson.....	35:54	
Maggie Williams.....	40:44	1 st 60-64
Connie Hammen RW.....	49:29	2 nd 65-69

Grand Prix Race Results

Verdugo Mountains 10K

Glendale, CA 5/1

Richard Korn.....	56:31	
Piyush Prakash.....	57:32	PR
Bernie Tan.....	58:45	
Seth Diamond.....	1:04:29	
Dan Graham.....	1:08:20	
Kristi Twilley.....	1:41:37	

Pasadena Marathon

Pasadena, CA 5/15

Half

Matthew Siegle.....	1:36:39	PR
Ted Wyder.....	1:37:29	PR
Paul Jacoy.....	2:06:50	
Margie Gonzales.....	3:03:06	

Full

Sergio Casillas.....	4:23:08	PR
Sara Croft.....	7:02:33	

Shoreline FR Pride Run

Long Beach, CA 5/21

5K

Luis Aguilar.....	16:53	1 st OA
		1 st 20-24
Carlos Vizcarra.....	17:11	2 nd OA
		1 st 35-39
Mark Jones.....	22:09	1 st 45-49
Henri Faucher.....	28:00	2 nd 50-54
Rusty Millar.....	29:10	3 rd 55-59
Juan Moreno.....	32:12	1 st OA RW
Marilyn Jackson.....	33:17	2 nd 40-44/PR
Margie Gonzales.....	34:07	1 st 55-59
Regina Robinson.....	36:00	3 rd 40-44
Bill Austin.....	51:54	

10K

Mark Johnson.....	38:09	1 st OA
		1 st 40-44
Carl Maravilla.....	38:22	2 nd OA
		1 st 50-54
Brad Maury.....	40:19	2 nd 40-44
Richard Nelson.....	43:19	1 st 60-64
Robb Briggs.....	46:24	
Phillip Giarratano.....	48:26	PR
Mike Smith.....	48:37	1 st 35-39/PR
Bill Winkelmann.....	51:08	2 nd 55-59
Gary Lashley.....	74:46	1 st 15-19

Mt. Wilson Trail Race 7.4 Miles

Mt. Wilson, CA 5/28

Sean O'Brien.....	1:16:26	2 nd 45-49
Robert Chen.....	1:31:37	
Robb Briggs.....	1:49:05	

Grand Prix Race Results

Fontana Days Half Marathon

Fontana, CA 6/4

Stephanie Stone..... 2:02:27

Will Rogers 5K/10K

Pacific Palisades, CA 7/4

5K

Carlos Vizcarra..... 16:26 1st 35-39/PR
Eric Alvarez..... 17:08 2nd 40-44/PR
Mark Johnson..... 17:47 3rd 40-44
Reg Willson..... 20:15 3rd 50-54
Richard Nelson..... 20:56 1st 60-64
Mark DeAngelis..... 23:04
Henry Jung..... 25:18
Bill Walsky..... 37:21

10K

Robb Briggs..... 49:34
Doug Jones..... 1:24:18

San Diego FR Pride Run 5K

San Diego, CA 7/23

Mike Kerkman..... 19:09 2nd 30-34
Angus Kennedy..... 20:30
Sara Croft..... 30:29
Mark Brunetz..... 33:26 PR
Margie Gonzales..... 33:29

Playa del Run 5K

Playa del Rey, CA 8/4

Margie Gonzales..... 35:04 2nd 55-59

Jet to Jetty 10K

Los Angeles, CA 8/20

Reg Willson..... 41:00 2nd 50-54
Sara Croft..... 62:43
Margie Gonzales..... 67:43
Marilyn Jackson..... 70:45 PR
Regina Robinson..... 81:57

SoCal Half Marathon

Irvine, CA 1/8

John Kawaharada..... 1:49:28 PR
Sara Croft..... 2:28:44

13.1 Half Marathon

Los Angeles, CA 1/16

Sara Croft..... 2:36:59

Los Angeles Marathon

LA, CA 3/20

John Kawaharada..... 5:24:22

Boston Marathon

Boston, MA 4/18

Moises Medina..... 3:09:35

Other Race Results

Super Bowl 10K

Redondo Beach, CA 2/6

Patricia Bates..... 52:09 1st 60-64

Merrell Mud Run 10K

Lake Castaic, CA 4/17

Stephanie Stone..... 1:31:27 3rd 50-54

Leona Divide 50 Mile

Lake Hughes, CA 4/30

Sean O'Brien..... 8:15:37 2nd 45-49
Mike Murphy..... 10:00:05
Ric Munoz..... 11:56:47

OC Marathon

Orange County, CA 5/1

Half

Stephanie Stone..... 2:20:20
Margie Gonzales..... 2:52:24

Full

Carlos Vizcarra..... 2:48:05 2nd 35-39

Oklahoma City Half Marathon

Oklahoma City, OK 5/1

Mike Smith..... 2:03:18

Malibu Creek Challenge 22K

Malibu, CA 5/7

Jonathan Toker..... 1:40:34 1st OA
1st 35-39
Bruce Bair..... 2:07:41 3rd 45-49
Sergio Casillas..... 2:47:11

Berlin Big 25 - 25K

Berlin, Germany 5/8

Jeff Lymburner..... 1:56:40

Born to Run 100K

Los Olivos, CA 5/14

Ric Munoz..... 15:19:45 3rd 50-54

Bay to Breakers 15K

San Francisco, CA 5/15

Stephanie Stone..... 1:15:04
Deo Jaravata..... 2:30:00 RW

Bishop High Sierra 100K

Bishop, CA 5/21

Ric Munoz..... 19:14:16

Dipsea Race (7.4 miles)

Marin County, CA 6/12

Robb Briggs..... 1:32:31

Wrigley River Run

Long Beach, CA 6/11

5K

Margie Gonzales..... 34:45
Sara Croft..... 36:53

10K

Sara Croft..... 60:34

Camp Pendleton Mud Run 10K

Camp Pendleton, CA 6/18

Robb Briggs..... 1:01:49

Irvine Lake Mud Run (3.8 miles)

Orange County, CA 7/17

Robb Briggs..... 40:14 3rd 40-44

North American Outgames

Vancouver, BC 7/28-30

Carlos Vizcarra

10K Road..... 36:09 1st OA
Gold 35-39
1500 Meters Track..... 4:31.7 1st OA
Gold 35-39

Around the Lake 24 Hour Run

Wakefield, MA 7/29

Ric Munoz..... 76.97 miles 2nd 50-54

Angeles Crest 100 Mile Run

Angeles Forest, CA 7/23-24

Mike Murphy..... 31:02:51

San Francisco Marathon

San Francisco, CA 7/31

Half

Mark Johnson..... 1:22:06
Brad Maury..... 1:32:39
Angus Kennedy..... 1:35:31
Robert Chen..... 1:40:31 PR
Dan Graham..... 1:53:46
Ara Mihanian..... 1:55:32
Eric Gober..... 2:04:49

Full

Bernie Tan..... 3:19:25 PR/Boston Q
Ely Yaron..... 4:15:20
John Kawaharada..... 4:50:57 PR

OC Fair 5K

Orange County, CA 8/7

Sara Croft..... 32:04
Margie Gonzales..... 33:59

Mt. Disappointment 50K

Mt. Wilson, CA 8/13

Sean O'Brien..... 5:23:15 1st 45-49

Race Results – Sara & Deo



Welcome to Sara Croft (above), one of our new members, who (like Deo), is very active on the racing scene. Sara still has a ways to go to catch Deo, but she has run 37 marathons in the last three years!!

Run in the Sun Marathon

Long Beach, CA 1/30

Sara Croft.....5:36:20

Rose Bowl Half Marathon

Pasadena, CA 2/6

Sara Croft.....2:49:43

Palm Springs Half Marathon

Palm Springs, CA 2/13

Sara Croft.....2:29:36

Red Rock Canyon Marathon

Las Vegas, NV 3/5

Sara Croft.....6:02:40

Diamond Valley Lake Marathon

San Jacinto, CA 4/9

Sara Croft.....6:08:02

Coto Trails Half Marathon

Coto de Caza, CA 4/23

Sara Croft.....3:10:45

Cinco de Mayo Half Marathon

Irvine, CA 5/1

Sara Croft.....2:45:22

Palos Verdes Marathon

Palos Verdes, CA 5/14

Sara Croft.....6:26:26

Laguna Hills Half Marathon

Laguna Hills, CA 5/31

Sara Croft.....2:39:07

Guns n Roses Half Marathon

Ontario, CA 6/5

Sara Croft.....2:33:23

Simi Valley Half Marathon

Simi Valley, CA 6/26

Sara Croft.....2:42:10

Nanny Goat 100 Mile

Riverside, CA 5/28

Deo Jaravata..... 23:31:33 1st 100 Miler!

May Day Marathon

Dove Canyon, CA 5/7

Deo Jaravata..... 5:22:11

Rockin the Beach Marathon

Long Beach, CA 5/8

Deo Jaravata..... 4:09:22

Newport Trails Marathon

Irvine, CA 5/22

Deo Jaravata..... 4:52:19

San Diego RnR Marathon

San Diego, CA 6/5

Deo Jaravata..... 5:59:38 RW

Runnin with Dad Marathon

Long Beach, CA 6/19

Deo Jaravata..... 4:20:05

Running into Coto Marathon

Coto de Caza, CA 6/25

Deo Jaravata..... 4:55:12

Dahilayan 57K

Cagayan de Oro City, Philippines 7/9

Deo Jaravata..... 8:20:22

Fort Magsaysay 60K

Nueva Ecija, Philippines 7/16

Deo Jaravata..... 7:41:59

Kawasan Falls Marathon

Badian, Cebu, Philippines 7/24

Deo Jaravata..... 4:31:34

Milo Marathon

Manila, Philippines 7/31

Deo Jaravata..... 4:30:49

Race Report: Bill Walsky

Where can you run a half marathon in August and be guaranteed cool weather? Funny you should ask. The ET Full Moon 51K, Marathon, Half Marathon & 10K are all run on Highway 51, 2.5 hours outside Las Vegas, starting at midnight.

I joined 800 other runners, many in costume, to cross the shadowy, spooky desert under a pale full moon. The sky was clear, stars shining brightly, occasionally a shooting star streaked overhead. The half marathon course was fairly simple, 6.5 miles up a grade, then a 6.5 mile descent, all in a straight line until the finish in a gravel parking lot at the Al-E-In Diner.

Outside of the water stations (GREAT enthusiastic volunteers) and the occasional car passing through, the course was eerily silent. It was magical.

At the finish I enjoyed an all you can eat breakfast on the diner patio while watching the marathoners and 51K'rs finish. Final clincher to a wonderful event; the spectacular sunrise over the desert as a bus transported a band of sleepy and satisfied runners back to Las Vegas.

The next ET Full Moon set of races is scheduled for the first weekend in August next year. See you there.



ET Full Moon Half Marathon

Area 51, NV 8/14

Bill Walsky.....3:13:54

3rd 60-64

GRAND PRIX STANDINGS as of 8/22

CHAMPIONS RACE

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

Division	Races	Average
MALE		
1. Richard Nelson	6	80.30
2. Carlos Vizcarra	6	80.16
3. Mark Johnson	6	79.88
4. Eric Alvarez	2	78.92
5. Carl Maravilla	3	78.40
6. Luis Aguilar	3	73.33
7. Moises Medina	3	71.07
8. Reg Willson	6	70.89
9. Wadley	4	69.45
10. Sean O'Brien	6	68.86

FEMALE

1. Patricia Bates	2	80.03
2. Allyne Winderman	1	77.69
3. Stephanie Stone	6	59.91
4. Margie Gonzales	6	53.48
5. Sara Croft	6	51.05
6. Maggie Williams	1	49.76
7. Marilyn Jackson	3	46.27
5. Tanya Haney	2	45.19
6. Christine Curtin	1	43.36
7. Stephanie Collins	1	41.37

RACEWALK

1. Connie Hammen	1	65.38
2. Juan Moreno	4	61.81
3. Deo Jaravata	6	60.41

TRAIL MASTER

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

Athlete	Races	Average
1. Wadley	1	129.38
2. Carlos Vizcarra	1	121.74
3. Jonathan Toker	2	114.20
4. Sean O'Brien	5	110.89
5. Deo Jaravata	3	107.02
6. Andrew Wissmiller	3	92.07
7. Angus Kennedy	1	91.33
8. Ric Munoz	2	90.67
9. Jeff Lymburner	1	90.27
10. Paul Williams	1	84.27

AGE GROUP WOMEN

Division	Races	Points
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Female 20-29

1. Stephanie Collins	1	120
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Female 30-39

1. Tanya Haney	2	230
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Female 40-49

1. Sara Croft	6	685
2. Regina Robinson	5	525
3. Marilyn Jackson	3	355
4. Christine Curtin	1	125
5. Keeley Webster	1	110

Female 50-59

1. Stephanie Stone	6	765
2. Margie Gonzales	6	740
3. Allyne Winderman	1	110

Female 60+

1. Patricia Bates	1	135
Maggie Williams	1	135
3. Connie Hammen	1	115

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



AGE GROUP MEN

Division	Races	Points
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Male 20-29

1. Luis Aguilar	3	445
2. Piyush Prakash	2	230
3. Riley Turcott	1	120
4. Gary Iem	1	110
Tanner Stransky	1	110

Male 30-34

1. Wadley	5	710
2. William Korthof	5	575
3. Mike Kerkman	3	340
4. Jose Castillo	3	250
5. Robert Chen	2	210

Male 35-39

1. John McGuinness	6	750
2. Carlos Vizcarra	5	665
3. Mike Smith	4	435
4. Richard Peng	3	320
5. Ted Wyder	2	210
Brad Maury	2	210

Male 40-44

1. Bernie Tan	6	660
2. Mark Johnson	5	645
3. Robb Briggs	6	625
4. Moises Medina	3	350
5. Ely Yaron	3	310

Male 45-49

1. Sean O'Brien	5	675
2. Deo Jaravata	6	620
3. Angus Kennedy	5	610
4. Sergio Casillas	5	605
5. Paul Jacoy	3	300

Male 50-54

1. Reg Willson	6	705
2. Patrick Owen	4	415
3. Carl Maravilla	3	400
4. Ric Munoz	4	390
5. Doug Jones	4	370

Male 55-59

1. Andrew Wissmiller	6	815
2. Bill Winkelmann	5	565
3. Paul Williams	4	450
4. Dan Graham	3	340
5. Geoff Buck	3	300

Male 60+

1. Richard Nelson	6	775
2. Bill Walksy	2	160
3. David Dassey	1	115
4. Eric Fischer	1	105
5. Richard West	1	80



Mark Brunetz & Margie Gonzales at the S. Diego FR Pride Run in July



UPCOMING EVENTS – September/October

Grand Prix Races

- **Sunday, September 25**

Alive & Running 5k

www.aliveandrunning.org

- **Sunday, October 2**

Santa Monica 5K/10K

www.santamonica5000.com

- **Sunday, October 9**

Long Beach Half/Full

www.runlongbeach.com

- **Sunday, October 30**

Rock'n'Roll Half Marathon

www.runrocknroll.competitor.com



Tuesday, 9/20,
Griffith Park
picnic tables at the
Ranger Station

Tuesday, 10/18,
Silver Lake
Location TBD

Westside
Sept/Oct
TBD

Wanna Bounce a Quarter Off Your A**??

Join us every other Tuesday night for hill repeats led by Coach Johnson. You'll get stronger and faster for your Fall races, and you'll be the most popular kid at school.

Griffith Park:
8/30, 9/13, 9/27
Silver Lake:
10/11, 10/23, 11/8



Before ↑



← After

MT. WASHINGTON / HIGHLAND PARK STAIR RUN / WALK

Sunday, September 18, 8:00 a.m.
Sycamore Grove Park
see page 1 for details



"HEY PUMPKIN,
JOIN US FOR BINGO.
IT'S FABULOUS"



HAMBURGER MARY'S BINGO

Sunday, September 25, 7:00 p.m. show

Join in the fun and raise money for our LGBT scholarship program!

To donate a prize, contact Regina Robinson at desilu1951@aol.com

chili, moonlight and walkers – Oh My!

CHILI COOK-OFF

Sunday, October 9

Rusty's house
see page 3 for details

get your chili on!



MOONLIGHT RUN I

Wednesday, October 12

Griffith Park-Mulholland Fountain
8:00 p.m.

howlin' baby, howlin'!



AIDS WALK

Sunday, October 16

LAFR Team Captain: Linwood
see page 5 for details

represent!





UPCOMING EVENTS – November/December

Grand Prix Races

• **Saturday, November 5**

Palm Springs Pride 5K

www.psfpr.org

• **Sunday, November 6**

Santa Clarita Half/Full Marathon

www.scmarathon.org

New York Marathon

www.nycmarathon.org

• **Sunday, November 13**

weSpark 5K/10K

www.wespark.org

• **Sunday, November 20**

Santa Monica Mountains Trail Run

9K / 18K / 30K / 50K

www.pctrailruns.com

• **Saturday, November 26**

San Dimas Turkey Trot 5K/10K

www.renegaderaceseries.com

• **Saturday, December 3**

Death Valley

30K / Marathon

www.envirosports.com

• **Date TBD**

Tiger Run 5K/10K

www.sptigerrun.com

• **Sunday, December 11**

LA County Holiday Half Marathon

www.runlacomounty.com

• **Sunday, December 18**

Winter Solstice Xmas Run – 5 miles

www.tryusevents.com



Tuesday, 11/15,

Silver Lake

Location TBD

Tuesday, 12/13,

Silver Lake

Location TBD

Westside

Nov/Dec

TBD

MOONLIGHT RUN II
Thursday, November 10

Studio City
@ John & Doug's

howlin' baby, howlin'!



FALL FEAST
Saturday, November 12

at the home of Andrew Makay
Van Nuys

*It's a feast of
bacchanalian proportions!*



JIM'S HOLIDAY PARTY

Date TBA

It's fabulous baby!



ANNUAL MEETING

Saturday, December 10

Glassell Park – Toy Drive/Breakfast/Run



DEATH VALLEY TRIP

December 3-5

Death Valley 30K / Marathon

see page 5 for details



2012

Los Angeles Frontrunners

Board of Directors

Nominations & Elections

November 2011

Details TBA



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
Griffith Park
6:30 P.M.

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

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:
Gary/John/William