

# FrontPage

## LAFR Moonlight Run & Sunset Junction

### LAFR Moonlight Run Tuesday, August 24, 8:30 PM

Join host Sean O'Brien for a lovely trail run under a fool moon in Griffith Park on Tuesday, August 24, at 8:30 PM. We'll meet and start at Mulholland Fountain right at the entrance of the park at the corner of Los Feliz Blvd & Riverside. The run is up to the top of Mt. Hollywood and back. It's about 8-9 miles and an out & back course so you can go the distance or turn around when you choose. It's the same course we did a few years ago (the last time we did a moonlight run). We'll stop at the Observatory along the way, which is beautiful at night (also a water stop). Afterwards, we'll grab a late dinner/snack. You may want to bring a headlamp/flashlight just in case, but last time there was plenty of light from the moon.



**I'M HERE.  
I'M QUEER.**  
*Now buy me a beer.*



### Volunteer at Sunset Junction Saturday/Sunday, August 21-22

Help our club make some big \$\$\$ on August 21/22 and continue the long Frontrunner tradition of community service through beer sales.....

L-gals and G-guys: We need more than 40 bodies!

Mark your calendar - tell your friends. It's gonna be fun, it always is! Saturday shifts are: 11am - 2pm, 2pm - 6pm, and 6pm - 10pm. Sunday shifts are: 11am - 2pm, 2pm - 6pm, and 6pm - 9pm. We need quite a few people for the late shifts - ESPECIALLY SATURDAY NIGHT. Contact Carl Maravilla (CrIMarvuh@aol.com) to sign up. Multiple sign-ups are encouraged. It's only 3 or 4 hours. And fun! And for our club! You get free admission (saves you \$20). Please if you do sign up, show up. Substitutes are your responsibility.

Thanks very much! LA Frontrunners looks forward to hearing from you/working with you.



# Membership News

## BIRTHDAY BOYS AND GIRLS

• Rex Boone	8/3	• Edward Stanley	8/19
• Rusty Millar	8/5	• Gordon Lenarth	8/19
• Manny Moreno	8/8	• Michael Feretti	8/20
• Paul Santello	8/9	• Nelson Lee	8/23
• Stephanie Stone	8/9	• Henri Faucher	8/24
• Andrew Wissmiller	8/10	• David Dinelli	8/27
• Mark Brunetz	8/14	• Don Formanek	8/30
• Riley Turcott	8/14	• Kevin Shiramizu	8/31
• Kerry Quakenbush	8/16	• Ann MacMurray	9/1
• Matthew Gonzalez	8/16	• Tanya Haney	9/1
• Drew Brabb	8/17	• John Yong	9/1

## LAFRs enjoying themselves at Richard Nelson's post-race BBQ on the 4<sup>th</sup> of July



## JULY BOARD MEETING HIGHLIGHTS

- Board meeting took place at John McGuinness's house with a splendid brunch catered by John and Doug
- Quickly we got down to business and Miss Mimi – that is Mimi's Café, located on Los Feliz – still hasn't come through with the donation to our group based on the group dinner that we did there many many months ago. We're working on getting the 'donation' to LAFR. In the meantime, scorn Miss Mimi – she doesn't deserve our business.
- Uniforms ordered (and since the meeting received) for those members attending the Gay Games in Cologne. In going with the USA theme, we changed our traditional colors to Red, White and Blue for the Games and added 'USA' to the apparel.
- Sunset Junction is coming up quickly and many, many volunteers are needed. We are seeking at least 40 volunteers for the weekend of August 20<sup>th</sup>. If you haven't volunteered yet, please do so – join the 'in' crowd, have fun and have free admission. Carl is trying to work it out so everyone gets a free beer at the end of their shift (like that will happen!)
- Book Club will re-emerge most likely in the fall, as summer is far too busy and the weather outside has been quite nice. Not that it's not nice in the fall, but anyway, look here for details later on this year.
- Summer Beach Day may happen this year. It didn't take place last year. Traditionally, it's a way to reward those who volunteer and run the LA Marathon. We're looking at September for holding it this year.
- Pride run beneficiaries received a bounty from LAFR this year. GALAA received \$2,000; GLEH received \$2,000; Project Chix Soup received \$500 and last – but certainly not least, NOGLSTP received \$500 as well. Thank you to everyone that made this year's Pride Run such a success.
- August meeting to be held at Piyush's place in SaMo

## AUGUST POTLUCKS

- 8/17 at the Ranger Station in Griffith Park diagonal across from where we meet
- 8/18 at the picnic tables in Ocean Park just north of where we meet
- 8/26 at picnic tables near where we meet at the Rose Bowl

## NEW MEMBERS

During July, we had a number of new members including: Jesse Alvarez, Donnie Broxson, Eric Alvarez, David Guo, Gordon Lenarth, Linwood Fullam and Samantha Leland.

## More LAFRs at Richard's on 7/4



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

[www.lafrontrunners.com](http://www.lafrontrunners.com)  
[lafrontrunners@gmail.com](mailto: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, Richard Nelson, Deo  
Jaravata, Ted Wyder

# UPCOMING EVENTS



- August 24, Tuesday  
LA Frontrunners Moonlight Run  
at Griffith Park  
Hosted by Sean O'Brien  
Meet at Mulholland Fountain at the  
corner of Los Feliz/Riverside  
8:30 PM  
Late dinner afterwards, info on page 1

- August 21-22, Sat/Sun  
Sunset Junction  
Street Festival  
LAFR Beer Booth  
Fundraiser  
Contact Carl Maravilla  
if you would like to  
volunteer  
Info on page 1



- August 21, Saturday – GRAND PRIX: Jet to Jetty 5K/10K

- August 17 – Griffith Park Potluck  
after fun run at picnic tables by ranger station
- August 18 – Westside Potluck  
after fun run at picnic tables in park just north of run site
- August 26 – Annual Pasadena Potluck  
after fun run in Brookside Park



- Sept. 4 – LAFR Beach Day after Westside Saturday fun run

**LAFR RACE RESULTS****Double Dipsea Race**

Stinson Beach, CA 6/25

Robb Briggs .....2:50:08

**Milo Marathon**

Manila, Phillipines 7/4

Deo Jaravata.....4:55:54

**Will Rogers 5K/10K**

Pacific Palisades, CA 7/4

**5K**

Reg Willson.....19:31 2nd 50-54

Richard Nelson.....20:33 1st 60-64

Jim Martinez.....24:02

Bill Winkelmann.....26:02

**10K**

Todd Sullivan.....40:39

Bruce Bair .....40:57

Ely Yaron.....43:13

David Dinielli .....45:52

Ted Wyder .....46:49

Nelson White.....47:26

Juan Moreno .....48:58

Patricia Bates.....52:30 1st 60-64

Mike Smith .....55:08

Bill Walsky .....79:25

**Keep LA Running 10K**

El Sugundo, CA 7/11

Ely Yaron.....50:49

**The Great RAPP Bridge Race**

London, England 7/15

Jeff Lymburner .....26:56 1st 50-54

**Playa del Run 5K**

Playa del Rey, CA 7/18

Stephanie Stone.....27:36 3rd 50-54

**Irvine Lake Mud Run**

Orange, CA 7/18

Juan Moreno .....29:29 1st 45-49

**One Run, One Family 16K**

Taguig City, Phillipines 7/18

Deo Jaravata.....1:28:31

**San Francisco Half Marathon**

San Francisco, CA 7/25

Ara Mihanian.....1:50:09

Eric Gober .....1:57:36

Bill Walsky .....3:00:56 PR



### LAFR Beach Day Saturday, September 4

Perhaps by September we will have some hot beach weather here in Los Angeles!! Join us for a day at the beach after the Westside fun run Saturday, September 4.

The club will provide pizza and drinks, bring your favorite snack to share.

### Treasurer's Report

Contact LAFR Treasurer William Fang at lafronrunners@gmail.com if you have questions.

LAFR Balance 6/2/10 \$9,586.76

#### Revenue

Hamburger Mary	\$1,700.00
Membership	\$355.00
Hearst Castle	\$1,495.00
Pride Run	\$6,599.30
Hollywood Bowl	\$616.00
Total	\$10,765.30

#### Expense

Grand Canyon	(\$2,683.17)
Newsletter	(\$209.21)
Storage/PayPal/PO Box	(\$1,102.00)
Uniform	(\$1,079.33)
GALAA Scholarship	(\$2,000.00)
Catalina 2011 Deposit	(\$600.00)
New York	(\$49.03)
Total	(\$7,722.74)

Net Profit/(Loss)	\$3,042.56
LAFR Balance 8/7/10	\$12,629.32



### One Man's Journey: A Conversation with (LAFR!) George Takei

A hero to science fiction fans and the Asian community alike, George Takei (pictured above and below with husband Brad) is an actor, writer, and activist who earned his place in pop culture history as Hikaru Sulu, helmsman of the Starship Enterprise. He was a spokesman for the Human Rights Campaign's Coming Out Project. On his nationwide speaking tour, "Equality Trek," he talked about his life as a gay Japanese American. A native Angeleno, his life has been a personal journey along the sweeping saga of California history. Free with museum admission.

Date / Time:  
Sunday, Sep 19, 2010,  
2:00 pm - 3:30 pm

Location:  
Wells Fargo Theater, Autry  
Museum, Griffith Park

Admission:  
Free with museum admission



**GRAND PRIX STANDINGS****CHAMPIONS RACE** *as of 8/1*

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	480.50
2. Patrick Owen	6	424.61
3. Mike Kerkman	6	392.57
4. Bernie Tan	6	388.66
5. Ely Yaron	6	382.65
6. Jim Martinez	6	372.17
7. Reg Willson	5	370.57
8. Deo Jaravata	6	352.35
9. John McGuinness	5	347.04
10. David Dassey	5	346.15

**FEMALE**

1. Patricia Bates	6	477.71
2. Stephanie Stone	6	369.18
3. Margie Gonzales	6	314.33
4. Christine Curtin	6	298.12
5. Regina Robinson	6	250.54
6. Amy Ross	2	121.63
7. Jane Dods	1	77.41
8. Allyne Winderman	1	75.04
9. Diane Abato	1	65.79
10. Jacqueline Vogel	1	65.10

**RACEWALK**

1. Deo Jaravata	6	367.31
2. Doug Jones	6	343.01
3. Areana Tate	3	143.05
4. Connie Hammen	1	60.44
5. Juan Moreno	1	60.37

**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	3	301.51
2. Jeff Lymburner	3	244.79
3. Jonathan Toker	2	235.05
4. Wadley	2	223.25
5. Robb Briggs	3	211.87
6. Ryan Timmreck	3	210.80
7. Stephanie Stone	3	210.54
8. Deo Jaravata	2	197.30
9. Andrew Wissmiller	2	164.63
10. Mike Murphy	2	157.13

FOR COMPLETE STANDINGS, VISIT  
[WWW.LAFRONTRUNNERS.COM](http://WWW.LAFRONTRUNNERS.COM)

**AGE GROUP MEN**

Division	Races	Points
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**Male 20-29**

1. John Yong	3	325
2. Ryan Bailon	3	320
3. Luis Aguilar	2	270
4. Thomas Ader	2	265
5. Piyush Prakash	2	245

**Male 30-34**

1. Mike Kerkman	6	695
2. Wadley	5	650
3. William Korthof	3	325
4. Jonathan Toker	2	300
5. Jose Castillo	3	220

**Male 35-39**

1. Ely Yaron	6	590
2. Ted Wyder	6	575
3. Brad Maury	5	535
4. Carlos Vizcarra	4	515
5. Ryan Timmreck	5	505

**Male 40-44**

1. Bernie Tan	6	680
2. Angus Kennedy	5	585
3. Robb Briggs	4	460
4. Frank Jacoy	4	345
5. Timo Vallez	3	325

**Male 45-49**

1. Deo Jaravata	6	635
2. Mark Jones	5	565
3. Sean O'Brien	3	360
4. Juan Moreno	3	345
5. Paul Jacoy	3	300

**Male 50-54**

1. Patrick Owen	6	675
2. Reg Willson	5	590
3. Doug Jones	5	480
4. Jeff Lymburner	3	350
5. Carl Maravilla	2	240

**Male 55-59**

1. Bill Walsky	6	620
2. Jim Martinez	6	615
3. David Dassey	5	575
4. Dan Graham	5	505
5. Andrew Wissmiller	4	480

**Male 60+**

1. Richard Nelson	6	745
2. Eric Fischer	2	240
3. Al Miller	2	230
4. Richard West	2	220



## Annual End of Summer Pasadena Potluck at Brookside Park

The yearly Pasadena potluck returns again Thursday, August 26. This popular event takes place at Brookside Park, right near the Rose Bowl, after the Thursday night Fun Run. The Fun Run starts at 6:30, and we'll start our eatin' somewhere around 7:45. Come for the Fun Run and Potluck, but if you can't make it there by 6:30, come for the Potluck anyway.

**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	1	100
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**Female 40-49**

1. Christine Curtin	6	665
2. Regina Robinson	6	610
3. Areana Tate	3	300
4. Kimberly Fairchild	1	125
5. Keeley Webster	1	80

**Female 50-59**

1. Stephanie Stone	6	785
2. Margie Gonzales	6	700
3. Amy Ross	2	240
4. Diane Abato	1	135

**Female 60+**

1. Patricia Bates	5	600
2. Connie Hammen	1	125

TO REPORT RACE RESULTS, PLEASE USE  
THE RACE REPORTING TOOL ON THE  
GRAND PRIX PAGE AT  
[WWW.LAFRONTRUNNERS.COM](http://WWW.LAFRONTRUNNERS.COM)

# GAY GAMES COLOGNE - Full Coverage next month



Above:  
Deo on his way to a Silver medal (40-44) in the 5000 meter RaceWalk.

Above:  
The Los Angeles Frontrunner gang at the Gay Games Road 10K on Day 2 - Monday, August 2.



Above:  
Carlos Vizcarra and Brian Dunbar after the Gay Games Triathlon on Day 1 (August 1st).



Left:  
Richard Nelson rises to the top of the podium to collect a Gold medal in the 10K (60-64).

## Hollywood Bowl September 25



**Sing-A-Long Sound of Music**  
**Saturday, Sept. 25, 2010**  
**6:00 PM Pre-show**  
**7:30 PM Film**

The Hollywood hills are alive with The Sound of Music! Everyone's favorite sing-a-long returns to the giant screen at the Bowl – the world's largest outdoor movie theater. Bring your costume (for the pre-show parade) and warm up your vocal cords for this beloved event.

**Ticket Price: \$44**  
**Our Seats: Super Seats,**  
**Section G1, Row 20**

Super Seats are individual seats behind garden boxes. Tickets are first come first served & non-refundable.

***You can purchase tickets through the LAFR online store - store link is on LAFR website at bottom of Membership page.***

## Save the Date! October 10



### Tenth Annual LAFR Chili Cook-Off

**LAFR Chili Cook-Off X**  
**October 10, 4:00 PM at Rusty's**  
**850 Micheltorena St., LA, 90026**

**If you are entering, you must arrive  
by 4:00 PM!!**

**Categories:**

**Cornbread**  
**Meat Chili with beans**  
**Meat Chili no beans**  
**Vegetarian Chili**  
**Best Chili Pot/Presentation**  
**and other special awards**



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

**WEEKLY FUN RUNS**

<p><b>SATURDAY</b>  <b>Griffith Park</b>  <b>8:00 A.M.</b>            Meet at the flag pole across from Ranger Station at 4730 Crystal Springs Dr.   <b>Hosts: Amy/Patrick</b></p>	<p><b>SATURDAY</b>  <b>Santa Monica</b>  <b>8:00 A.M.(1st Sat of month only)</b>            Meet in Palisades Park at Ocean &amp; San Vicente at Millennium Plaque.   <b>Host: Bruce</b></p>	<p><b>SUNDAY</b>  <b>Long Run</b>  <b>7:00 A.M.</b>            Various distance long runs on roads and/or trails at various SoCal locations.   <b>Hosts: Sean/Bruce</b></p>	<p><b>MONDAY</b>  <b>West Hollywood</b>  <b>6:30 P.M.</b>            Meet in parking lot by basketball courts in West Hollywood Park 647 N. San Vicente Blvd.   <b>Hosts: Todd/Wadley</b></p>	<p><b>TUESDAY</b>  <b>Griffith Park</b>  <b>6:30 P.M.</b>            Meet at the flag pole across from Ranger Station at 4730 Crystal Springs Dr.   <b>Host: Rusty</b></p>	<p><b>WEDNESDAY</b>  <b>Santa Monica</b>  <b>6:30 P.M.</b>            Meet in Palisades Park at Ocean &amp; San Vicente at Millennium Plaque.   <b>Hosts: Bruce/Brian</b></p>	<p><b>THURSDAY</b>  <b>Pasadena</b>  <b>6:30 P.M.</b>            Meet in Brookside Park, south of the Rose Bowl, next to the rose garden.   <b>Hosts:</b>  <b>Mike/John/William</b></p>
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