

LA FRONTRUNNERS

Newsletter

Happy 2015!

February 2015



Echo Park Stairs on 1/17
In the picture:

William, Mark, Mong, Henry, Ran, Wadley and friends (blocked), Robert, Richard, Tony, Brian, Mark, Jeff, Reg, Carl, Stewie, Patrick, Bruce, Doug, John, Karen, Norman, Patrick, Mark, Jim, Darwin, Sean, Carlos, Dan

Rusty and Angus were busy setting up the water station when we took the pic

Another year, 2015! Jason Coleman, Yumi Afrento, and Danny O'Hara officially join the board. Discount Diva Margie Gonzales has stepped down. Here is a photo-centric review of the holiday season of 2014 and the first month of 2015. We'll let the pictures do the talking.

Deo has a race to mark the Big 5-0 in March. All proceeds will be donated to SRLA.



DEO 50K

March 7, 2015 7:00am
Los Feliz Ave, Los Angeles CA

50K (10 x 5k LAP) (limited to 50 slots only)
Also available: **25K (5 x 5k LAP)**

Register Online now @
<http://ultrasignup.com>

Registration Fee: \$50.00
includes shirt & Finisher's Medal
Proceeds will go to Students Run LA (SRLA)

www.arunnerscircle.com



Happy runners at the Revel Canyon City Marathon.



The club had a successful Fall Feast, with 70 people attending. As usual, medals were handed out for the best cranberry sauce, among other categories. See more pictures inside.

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John Kawaharada, *dir-at-large*
William Fang, *dir-at-large*
Sean O'Brien, *dir-at-large*
Yumi Afrento, *dir-at-large*
Danny O'Hara, *dir-at-large*

The LAFR Newsletter is a free monthly newsletter published for its members. For questions or content contributions, please email lafronrunners@gmail.com

LAFR Board Meeting November 3, 2014

1. Pasta party at Bernie & Dan's, 11/14 (Bernie will do everything)
2. Fall Feast, 11/22 – At Rob Chen. Rentals, food?
3. Other upcoming events
 - White Elephant Gift Exchange Party
 - Santa Monica Potluck
 - Jim Martinez Christmas Party
 - New Year Day Run
 - Echo Park Stair Run
4. Newsletter history project – Angus and Patrick to take electronic and hard copies to get digitized.
5. Election – Need to send email and encourage those who are interested to run.
6. Website – Angus working on options. Bruce will check into SquareSpace.
7. Club Express – Stay with for next year's registration?

WELCOME NEW MEMBERS!

Konrad Gstrein, Al Daniels, Kevin Forsshay



LAFR Board Meeting December 8, 2014

1. Finance – William stated we would need to increase membership from \$25 to \$35 a year to cover regular expenses. No actions were taken
2. Membership – Bruce researched IMAthlete to replace ClubExpress, which is less expensive and we are not using the web site feature of ClubExpress. By unanimous vote, Bruce will switch our registration to IMAthlete from ClubExpress for 2015.
3. Fall Feast summary - 70 people attended, need:
 - 17 bottles wine (3/4 red)
 - 4 turkey
 - 3 ham
 - 5 lbs of ice
 - 3 stuffings
 - 3 mashed potatoes
 - 50 chairs, 2 eight-ft tables
4. Silver Lake Potluck and White Elephant 12/16
5. Jim Martinez Christmas Party 12/18
 - Margie will coordinate with Jim
 - Angus sending volunteer survey
 - Donations – school supplies
6. New Year Day Run
 - Paper supplies, drinks, coffee pot
 - Sean will lead run
 - John will do promo/emails
7. Echo Park Stairs moved to 1/17. Sean and William to coordinate
8. William email schedule for runs during holidays
9. Banquet – Castaways, Angus to coordinate
10. Annual meeting – Angus to coordinate
11. LA Marathon Water stop – Work with Carl
12. Election – Angus to send emails

LAFR Board Meeting February 2, 2015

1. Finance – 2014 gross receipts of \$28,000. Spent more money last year because we added chip timing, banquet subsidies, more donations, paid for more events. Financial Report will be published in the newsletter (William: In the issue after the Annual Meeting).
2. Banquet
 - Are we having it?
 - Registration is at 58, similar to last year
 - General consensus is we should not cancel
 - Angus will contact Castaway seeking a smaller room
 - FR of Year and Lifetime award – TBA at banquet
 - Centerpieces – Patrick and John will work on
 - Arrival for set-up – Angus will email us if time is 4:30 or 5:00 PM
3. Annual meeting, Rob Chen's 2/15 after long run. Main event will be William explaining Finance
4. Spelling Bee 3/7 at Mike and Kevin's
5. Bingo in April at Rob's as fundraiser for ALC

LAFR BIRTHDAY BOYS AND GIRLS

- | | |
|----------------------|---------------------|
| 1/1 Michael Carbuto | 2/1 Carl Maravilla |
| 1/1 Hajime Ueno | 2/3 Lui Sanchez |
| 1/1 Tommy Le | 2/6 Bradley Henkle |
| 1/9 Robb Briggs | 2/7 Patrick Conner |
| 1/11 Arturo Salgado | 2/9 Mike Keszely |
| 1/13 Lorraine Silver | 2/10 Mike Smith |
| 1/14 Sean O'Brien | 2/13 Mark Johnson |
| 1/15 Angus Kennedy | 2/13 Zack Whitley |
| 1/18 Chris Tapper | 2/15 Adam Comeau |
| 1/19 Ken Dunn | 2/15 William Fang |
| 1/22 Daniel Graham | 2/16 Eddie Flores |
| 1/27 Margie Gonzales | 2/17 Andrew Sanchez |
| 1/27 Bernie Tan | 2/25 Brad Takei |
| 1/28 Ross Lamkin | 2/26 Randy Murphy |
| 1/29 Ruthanne Salido | 2/27 Norman Dixon |
| 1/30 Augie Robles | 2/28 Ric Munoz |
| | 2/28 Maryland Bolds |



B-day! Jorge (12/20) who is now in NYC finally receiving his 2013 GP trophy (2nd in M 30-34), Mike (1/1), Dan (1/22), Angus (1/14), Arlington (1/5)



Two reports based on 2014-12-31 as a reference point.

Los Angeles Frontrunners Monthly Treasurer's Report for Dec 2014

Balance on 2014 Nov 9 \$ 21,833.43
 Balance on 2014 Dec 31 \$ 19,838.37
 Net change \$ (1,995.06)

Club Events	Expense	Revenue	Net
Halloween	(188.60)	-	(188.60)
Fall Feast	(273.77)	-	(273.77)
Revel Marathon	(160.00)	-	(160.00)
Christmas Party	(378.04)	-	(378.04)
New Year Day	(83.32)	-	(83.32)

Membership

Membership Dues	-	75.00	75.00
Gay Games Shirts	(297.11)	-	(297.11)

Operational

Storage	(434.00)	-	(434.00)
Communication	(111.70)	-	(111.70)
Club Express + PayPal	(143.52)	-	(143.52)

Totals \$ (2,070.06) \$ 75.00 \$ (1,995.06)

The expenses are in line with last year's range, although generally a bit higher. Club Express is about \$75 a month. The Gay Games Shirts are a delayed billing for shirts which club members bought back in August.

Los Angeles Frontrunners Monthly Treasurer's Report for Jan 2015

Balance on 2014 Dec 31 \$ 19,838.37
 Balance on 2015 Feb 2 \$ 18,763.74
 Net change \$ (1,074.63)

Club Events	Expense	Revenue	Net
New Year Day	-	11.80	11.80
Deo 50K	-	400.00	400.00

Membership

Chili Cookoff Donation	(1,125.00)	-	(1,125.00)
Membership	-	25.00	25.00

Operational

Food Supply	(6.68)	-	(6.68)
Communication	(215.09)	-	(215.09)
Club Express + PayPal	(164.66)	-	(164.66)

Totals \$ (1,511.43) \$ 436.80 \$ (1,074.63)

The Chili Cookoff Donation is a commitment from back in October 2014, where the winners in each category were given an amount they could donate to a list of charities.

Final 2014 financial numbers will be presented by the Treasurer at the Annual Meeting on February 15, after which the financial statement will be published in the next newsletter.



Awards Banquet and PAWS LA

LAFR Annual Banquet and Awards Ceremony



**Sunday, February 8
Castaway Restaurant
1250 Harvard Rd, Burbank, 91501**

It's award season, and who will run away with the 2014 Grand Prix trophies? Come honor the hard-earned achievements of our fellow members in 2014, and also see how many awards Angus can come up with this year. Also being honored are Frontrunner of the Year, Newcomer of the Year, the Randy Peck Award, and the Don Thompson Lifetime Achievement Award.

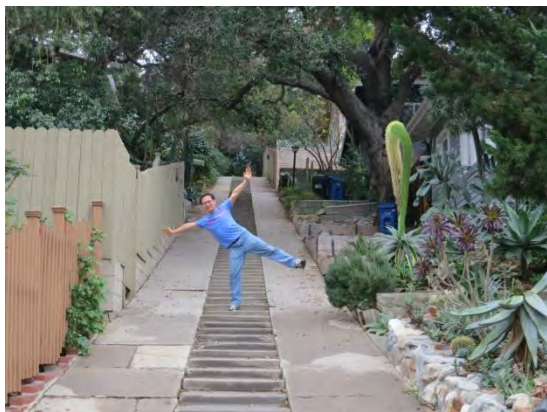
**Canned Dog Food Drive
at the Banquet**

We will conduct a canned dog food drive at the Banquet that will be donated to PAWS LA!



**LAFR Annual Meeting
(and WTF's birthday!)**

**Sunday, February 15
Silver Lake, Rob Chen's Pad**



**Silver Lake
Potluck!**

**Tuesday, February 17
Silver Lake, at Mark & Henry's**





Upcoming Events

Grand Prix Races

Full schedule @ www.lafronrunners.com



Saturday 2/7 at Malibu Creek State Park

Sean O'Brien Trail Race
Full/50K/50M/100K
<http://www.sob5050.com>

Sunday 2/8 at Hansen Dam
Students Run LA
18M Friendship Run
<http://www.srla.org>

Saturday 2/14 in Van Nuys
Valentine's Day Run
5K/10K/15K/Half/Full
www.abetterworldrunning.com

Sunday 3/1 in Chinatown
Chinatown Firecracker
5K/10K
www.firecracker10k.org

Saturday 3/7 in Los Feliz
Deo, The Big 5-0
25K/50K
ultrasignup.com/register.aspx?did=31550#

Sunday 3/15 in Los Angeles
LA Marathon
Full/5K
www.lamarathon.com



Sean O'Brien 25M/50K/50M/100K Trail Race



Saturday, February 7, 2015
Malibu Creek State Park

Yes, it's our Sean O'Brien's race, and it's a doozy. Come out and support the LAFR racers, and see some of the best trail runners in the country race in this highly competitive event. As part of the Montrail Ultra Cup series, the top 2 finishers in the 100K win an automatic entry into the Western States 100-Mile Endurance Run, the world's oldest and most prestigious 100-mile trail race.

Deo, The Big 5-0, 25K/50K



Sunday, March 7, 2015
Los Feliz

Celebrate Deo's 50th birthday with his 25K/50K run starting at A Runner's Circle, through LA River bike path and Griffith Park. It's a loop the loop course, 25K (5 x 5K loop) or 50K (10 x 5K loop). The registration fee of \$50 includes a shirt and finisher's medal. A Runner's Circle and LA Fronrunners are donating shirts/medals, and all proceeds will go to SRLA (Students Run Los Angeles).

Notes from the Back of the Pack

By Bill Walsky



Having sex with movie stars, being the fastest naked runner in southern California or running faster than you ever have before; LA Frontrunners have lots of hopes and dreams to keep themselves motivated in the new year. To find out who wants what continue reading below.

Jason C 1) Run my first marathon
2) Run at least one half marathon a month
3) PR in 5k, 10k and half marathon and continue to HAVE FUN!

Mark G Not get injured.

Mark D Take a minute off my 5k time, qualify for the Boston Marathon and finish a triathlon.

Henry J Beat Mark DeAngelis in a race.

Mike K Win the Bare Burro 5k

David D Try new races.

William F Stay in shape so I can run a marathon with a weeks notice.

Margie G I'm hoping 2015 finds my health issues healed so I can resume my love of running and racing. My goals are to continue to try and find the joy in life within myself and others, to contribute to others' quality of life and to recapture the Grand Prix Champions title.LOL!

Raul B Run a new marathon PR.

Carlos V Run a half marathon in under 1:17, run a marathon in 2:43 and run my first 50k.

Bernie T Maintain.

Amy R Since my back injury relegates me to walking, I rank my running goals up there with:
1) solving global warming
2) fixing LA traffic
3) having sex with Jane Fonda
Guess I am stuck with walking on all fronts.

Ric M Survive the 48 hour race I plan to do at the Three Days at the Fair race in New Jersey in May.

Bill A Win the Grand Prix 5k Challenge.

Best of luck in the new year in pursuing your own hopes and dreams.

Discount Diva and Frugal Fronrunner

Race	Date	Website	City	Code	Amount
Seaside Half	02/22/15	http://www.seasidehalf.com	Ventura	RACESHED 20	20%
San Diego Half	03/08/15	http://www.sdhalfmarathon.com	San Diego	GRADER10	10%
Hot Chocolate 15k	03/22/15	www.hotchocolate15.com	San Diego	LASFHAT	Free Hat
Hollywood Half Marathon	04/12/15	http://hollywoodhalfmarathon.com	Hollywood	HOLLYWOOD	15%
Revel Canyon City	11/07/15	www.runrevel.com	Azusa		Save \$5 with Facebook and \$5 with team registration

Race	Race Date	Website	City	Amount
The Awesome	02/08/15	http://www.abetterworldrunning.com/	Santa Monica	10K-\$24, 15K-\$29, Half-\$34
Valentine's Day	02/14/15	http://www.abetterworldrunning.com/	Van Nuys	5K-\$19, 10K-\$24, 15K-\$29 Half-\$34, Marathon-\$42
Love of Running	02/15/15	http://www.abetterworldrunning.com/	Huntington Beach	10K-\$24, Half-\$34, Marathon-\$42
The Fantastic	02/21/15	http://www.abetterworldrunning.com/	Long Beach	5K-\$19, 10K-\$22, 15K-\$29 Half-\$34, Marathon-\$42
Dolphin Dash	02/22/15	http://www.abetterworldrunning.com/	Santa Monica	5K-\$19, 10K-\$24, 15K-\$29 Half-\$32
Beach Dash	03/08/15	http://www.abetterworldrunning.com/	Long Beach	5K-\$19, 10K-\$24, 15K-\$29 Half-\$34
Rockin Shamrock	03/15/15	http://www.abetterworldrunning.com/	Van Nuys	5K-\$19, 10K-\$24, 15K-\$29 Half-\$33, Marathon-\$42
Spring Equinox	03/21/15	http://www.abetterworldrunning.com/	Huntington Beach	10K-\$24, Half-\$34, Marathon-\$42
Spring Celebration	03/29/15	http://www.abetterworldrunning.com/	Santa Monica	5k, 10k, 15k. Half
Bunny Dash	04/04/15	http://www.abetterworldrunning.com/	Long Beach	5K-\$19, 10K-\$24, 15K-\$29 Half-\$33
Easter Fun	04/05/15	http://www.abetterworldrunning.com/	Santa Monica	5K-\$19, 10K-\$24, 15K-\$29 Half-\$35

Race Results

Jazz Half

New Orleans, LA 11/1

Tanya Haney..... 2:06:47 PR
Ruthanne Salido..... 2:10:51 PR

Santa Clarita Half

Santa Clarita, CA 11/2

Bill Walsky..... 3:20:37 RW

Greenway 2020 10K

Los Angeles, CA 11/2

Albert Giang..... 50:13 PR

iRecycle Run Half

Spartanburg, NC 11/22

David Grudzien..... 2:32:46

Philadelphia Half

Philadelphia, PA 11/23

Randy Levinson..... 1:45:08

Santa Monica Xmas 10K

Santa Monica, CA 12/6

Raul Borja..... 47:06 PR

CIM Full

Sacramento, CA 12/7

Carlos Vizcarra..... 2:44:51

Winter Blast 10K

Long Beach, CA 12/7

Jason Coleman..... 1:19:13

Jeff Galloway 13.1

Atlanta, GA 12/14

David Grudzien..... 2:30:00

Ole Man River Half

New Orleans, LA 12/20

David Grudzien..... 2:31:41

Rockin with Santa Half

Lawrenceville, GA 12/21

David Grudzien..... 2:47:24

Jacksonville Bank Half

Jacksonville, FL 12/28

David Grudzien..... 2:19:23



Eric Alvarez on his way to winning the Music City Half Marathon last October

Turkey Trot-tacular (Grand Prix)

Burbank 10K – 11/27

Mike Kerkman..... 39:17
David Gonzalez..... 47:18
Albert Giang..... 49:58 PR

La Canada 5K – 11/27

William Fang..... 18:18 2nd 35-39

Downtown Turkey 10K – 11/27

Mark DeAngelis..... 41:51 PR
Henry Jung..... 53:07 PR
Jason Coleman..... 68:42

Topanga Turkey 15K – 11/27

Bruce Bair..... 1:20:15
Patrick Conner..... 1:47:54

Atlanta Half – 11/27

David Grudzien..... 2:57:38

Turkey Trot 15K – 11/27

Andrew Wissmiller..1:09:48 1st OA
1st 60-64

Turkey Dash 10K – 11/29

Jason Coleman.....1:35:25 1st 35-39

Turkey Dash 15K – 11/29

Andrew Wissmiller..1:22:52 1st OA
1st 60-64

Giving Thanks 10K – 11/30

Jason Coleman..... 1:16:21 1st 35-39

Rocket City Marathon

Huntsville, AL 12/13

Eric Alvarez..... 2:48:13 3rd OA
Masters
Moises Medina..... 3:04:31 2nd 45-49

HandsOn 10K

Santa Clarita, CA 12/20

Eric Alvarez..... 35:54 1st OA
1st 45-49

Tiger Run (Grand Prix)

South Pasadena, CA 12/6

5K

Dan Graham..... 24:12 3rd 55-59
Eric Fischer..... 31:33
Richard West..... 32:45
Yumi Afrento..... 36:27 PR

10K

William Fang..... 40:03 3rd 35-39
Bernie Tan..... 46:19 3rd 45-49
Mike Carbuto..... 56:01 2nd 60-64

Death Valley (Grand Prix)

Death Valley, CA 12/6

Half

Danny O'Hara..... 2:08:41 2nd 40-44

Full

Sean O'Brien..... 3:24:52 1st 50-54

Holiday Half (Grand Prix)

Pomona, CA 12/14

Carlos Vizcarra..... 1:38:50
Reg Willson..... 1:41:06 2nd 55-59
David Gonzalez..... 1:42:42
Deo Jaravata..... 1:48:20
Raul Borja..... 1:51:40
Mike Carbuto..... 1:59:31 PR
Brian Dunbar..... 2:06:02
Mike Smith..... 2:12:51
Jason Coleman..... 2:43:52

12/6 South Pasadena Tiger Run



William, Richard holding Maggie, Yumi, Dan, Bernie, Eric holding Cruiser, and Mike

The Tiger Run in South Pasadena is put on by the SPHS booster club as a fundraiser for the high school. It has had many years of history and has a competitive field. The 5K is flat and fast and the 10K has two fairly hard hills, with a combined climb of 300 feet. Runners finish on the track.

This year's race took place on December 6. LAFR had 7 runners and 2 dogs turn out. The race usually draws fast kids from the local high school cross-country teams. Supposedly Scott Speedman of Felicity and Underworld fame always runs. We did see his name in the results but couldn't find him (Bernie checked the restrooms).



Runners feeling a bit anxious before the race started.

The morning started unusually foggy, but the fog burned off as gun time approached. Four runners got medals for their divisions (Bernie, Dan, William & Mike). And Yumi PR'd for the third time in 2014. Go LAFR!

Yumi drove here from West LA and Mike drove here from Long Beach. To make the trip even more worthwhile, the group went for dimsum in Monterey Park. How much of the food from the picture below do you recognize: Fried rice, rice noodle, dumplings...? Days were that one could get great dimsum for \$8 a person. The bill came out to \$16 a person, but the variety and the quality of food were great. Even Mike, who doesn't eat meat except for seafood, was able to find dishes to his liking.

After the race the group went shopping at nearby Daiso. Almost everything is \$1.50 and of a pretty high quality. The perfect place to go for stocking stuffing.



A well-deserved post-race dimsum!



These 4 gents got division placements

1/17 Echo Park Stairs Run/Walk



William (center, in red) taking his job very seriously as he briefs the walkers and runners on the planned route, going over safety rules and what not.

Everyone else is probably humoring him and wondering why he's making such a big deal out of a fun, leisure activity.

The last time the club hosted an Echo Park Stairs Run/Walk about 5(?) years ago, we had a very large turnout. This year, the turn out was about as large, on a beautiful, unseasonably warm day (maybe seasonable given climate change?). Sean and William mapped out an 11 mile loop over 33 stairs, with a shorter 4.3 mile option for walkers.

The trek kicked off around 8:30, with Sean leading the front pack and William sweeping the rear. We did have one runner who fell and had to stop in a bodega to buy bandages. But fortunately, no other injuries occurred. Everyone completed the 4.3 mile portion, which stayed in lower Echo Park and had milder stairs. Most (about 20) continued further. About 6 decided to cut out the stairs on



Dan, Carl, Mark, Jeff, Brian, Richard, Henri on the Laveta stairs, with a trademark LA style palm-lined street in the background.

either side of N Alvarado St. But they did run east on Baxter to take on Baxter Stairs, the most challenging of all, with 271 steps of climbing.

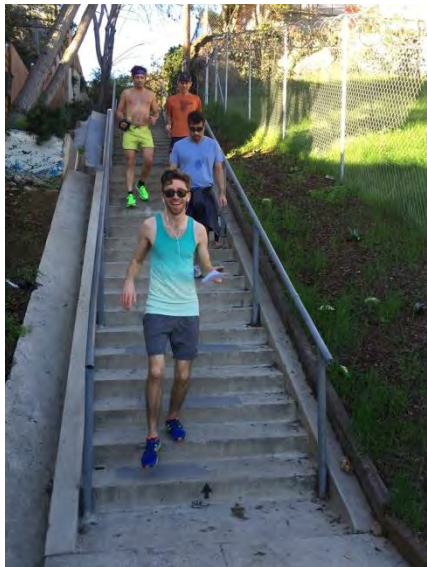
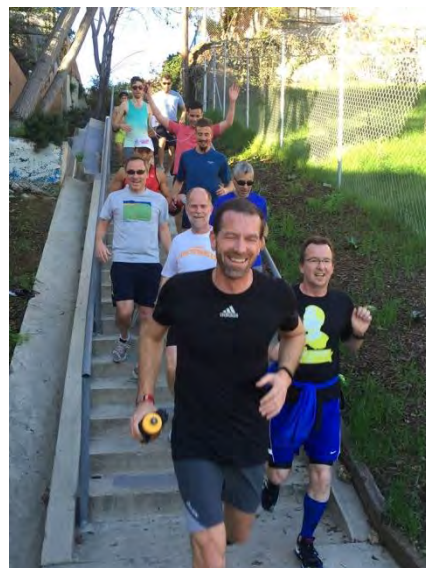
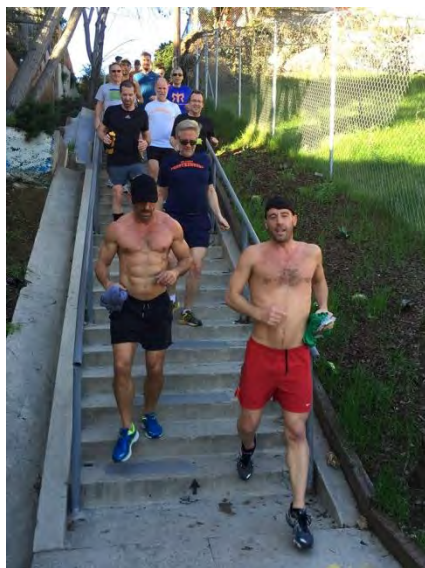
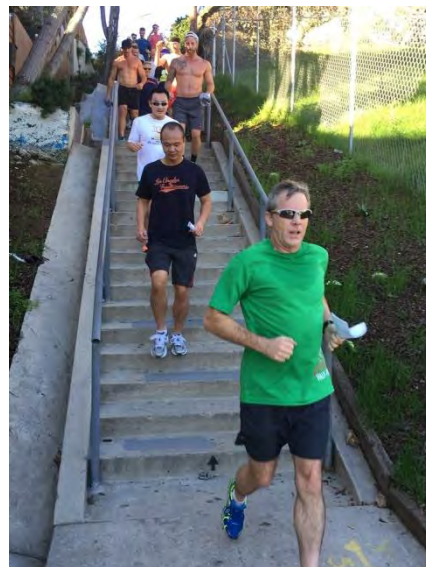
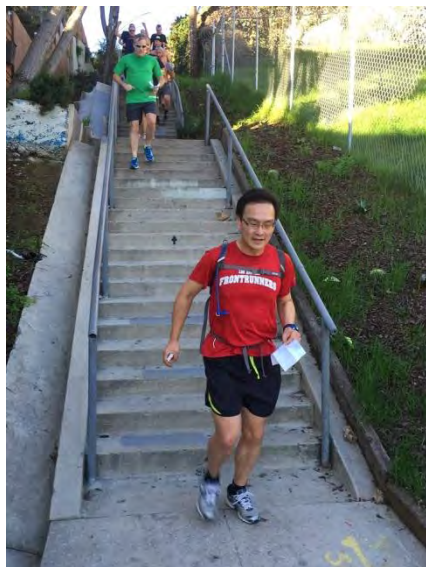
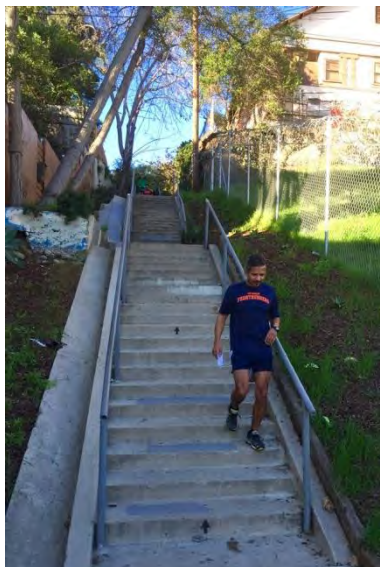
The remaining 14 followed the mapped out route and enjoyed a bit of respite at around mile 6, where Rusty set up a water stop at the top of the Cove Stairs. At one point, Sean and a few runners were so far ahead that everyone else had to wait for William sweeping by to know which way to continue. FYI, Sean and William had a little discussion afterwards and agreed to disagree.

Since everyone finished at different times, the club didn't organize a potluck afterwards. But given the abundance of eateries in Echo Park, folks had many eating options to choose from. If you have ideas for the next neighborhood run, let the board know!



At the water-stop above the Cove stairs. Manned by Rusty. Yes we know what many of you are gawking at. And sorry, two of them are not actually members of the club. But that doesn't stop people from looking.

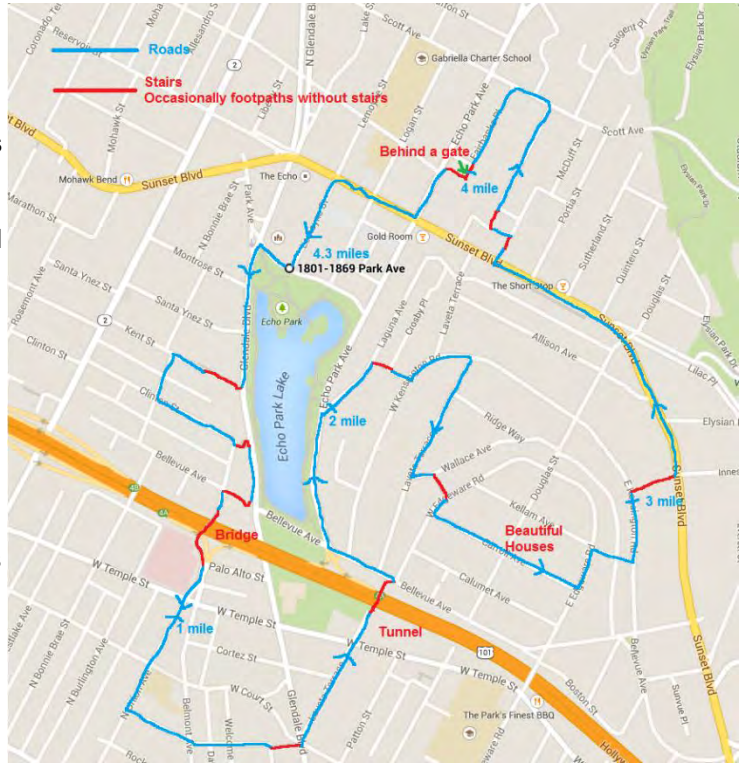
1/17 Time-Lapse of Innes Stairs and a View atop Baxter Stairs



Focus on Neighborhood Run: Echo Park Stairs

Echo Park is one of the oldest neighborhoods in Los Angeles. What makes up the Echo Park Lake used to be one of a series of reservoirs in the LA area. This particular one was turned into a neighborhood park many years before any of us was born. In the post war years, the neighborhood saw steep declines as suburbanization took hold. Like the rest of central LA, Echo Park reached nadir in the early to mid 90's as the LA Riots exploded. Echo Park itself was spared the damages, however.

In recent years, the neighborhood began reviving. Part of the reason, according to the LA Times, is that long-time gang members have been priced out of the neighborhood. Maybe. The enduring reasons are probably a few core strengths of Echo Park. The park itself is picturesque and has a beautiful view of downtown. Somehow lotus flowers sprouted and an annual Lotus Festival began. The flowers started dying, for unknown reasons. But the park was refurbished and as of 2014, the Lotus Festival returned in July of 2014.



New developments are creeping up Echo Park Ave, but in an elegant way. In fact, a large development sits just north of the café in the music video for Train's "Soul Sister" (picture above). In real life the café is known as Chango and is at the corner of Echo Park Ave and Delta.

The 4.3-mile loop is reproduced in the upper right hand corner. The 11-mile loop and detailed instructions have been emailed out earlier. You can see a zoomable map here: <http://www.usatf.org/routes/view.asp?rID=556334>

Hope you enjoyed the run. If anyone tells you that LA is a boring flat place again, you'll know they're coming from a place of ignorance.

The location is very near downtown, which is itself revitalizing. Lower Echo Park is more commercial, with fabled Sunset Blvd as the main commercial artery. But it also has Angelino Heights, with the Victorian-style Carroll Avenue, which has a cluster of LA's own beautifully restored Painted Ladies. One of them has been used as the Charmed House (picture below) in a WB TV series as well as the not Oscar worthy Animals with Rob Schneider.

Upper Echo Park is more residential and hillier. It nestles against Elysian Park and the 2/5 interchange. The freeways don't feel so intrusive because the hilly terrain both muffles the noise and keeps the traffic out of sight. Except perhaps on Dodger Days.



Trail Runners



Dogs are an important part of LAFR! On the left are 1/4 Arlington (foreground) with Deidra and Amos, frolicking in the small bit of snow above Monrovia Canyon. Above are 11/30 Sean and Jim at the summit of Mt Lowe. It was very cold for the humans, but comfortably chilly for the dogs.



1/24 Serendipitous medium run in the Cherry Canyon of Glendale. John, Sean, Jim, with Sassy Lady (aka Deidra).



12/21 Long Run to Parker Mesa Overlook – Bruce, Brian, William, Danny, John, Sean, Jim behind Richard, Dan



A smaller group went o the top of Eagle Rock. The Irish Three (Jim Sullivan, Sean O'Brien, Danny O'Hara) went even further.



Road and Trail Runners



Top left and right: 12/7 running along the LA River bike path.

Left: 12/29 Ric at the start of 100-mile at Camelback Ranch in Glendale.

Right: 11/21 Danny, Deo, Sean at the Catalina Eco 50 mile

Bottom: 11/15 A large turn-out day at Griffith Park



Left: 11/16 Mark on his way to winning the Surfers Point Marathon in Ventura

Right: 12/26 Deo, Eddie, David, and Jon at Operation Jacks Marathon near Dockweiler beach. This is the last Grand Prix race of the year.



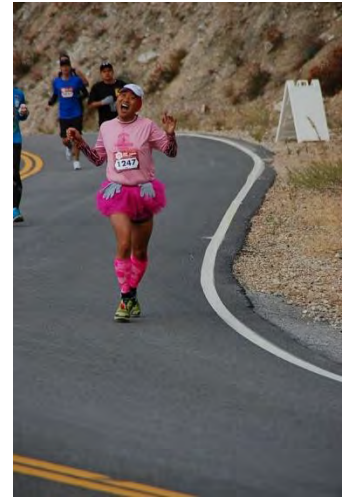
11/15 Revel Canyon City Marathon



Rudolph, Mark, Dennis, Bernie, Chris



Boston Qualifiers! Danny, Deo, David, Bernie



Deo fully equipped



Runners at Carbo load dinner at Bernie & Dan's

The Revel Canyon City Marathon debuted on November 15. Canyon City is the nickname for the city of Azusa, which is near the northern terminus of the 605 freeway. Both the marathon and the half start high up San Gabriel Canyon Road, also known as State Route 39. The half starts at West Fork and has a steep drop of nearly 1000 ft. The marathon starts at Crystal Lake Café and has an even steeper drop of, wait for it..., 5000 ft! For those with strong quads, this can be your fastest marathon. EVER!



Supporters at Carbo load dinner at Bernie & Dan's

The mathematically inclined probably figured out the altitude drop is uneven, with most of it during the first half. That is true. And in fact, the half (2nd half of the marathon) actually has a bit of climbing. One should train on downhill running.



Raul fully equipped

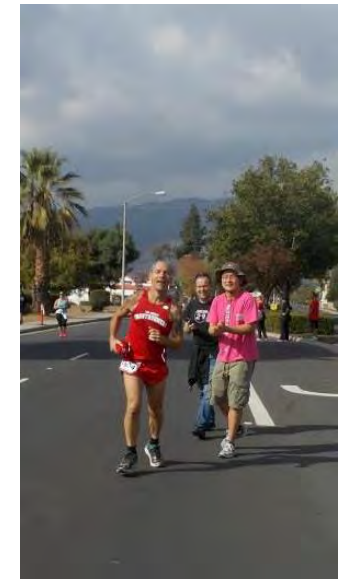
Margie, Cat, and Keeley ran the half. In the marathon, Danny, Deo, David, Bernie BQ-ed (qualified for Boston); Raul had a PR; Dan and Mike finished, but without PR's. Deo also achieved a life-time PR! Mark, Angus, and William went to cheer the runners. At the end, each runner was given a personalized certificate card summarizing the race.



Marathoners at the start

The night before, Bernie and Dan hosted a carbo load, with Yumi doing much of the cooking. As you can tell from the picture, more non-runners partook than runners.

The registration for the 2015 marathon has opened and is expected to sell out fast. So don't wait to register!



Mike being cheered at the end.

12/16 LAFR White Elephant Party at Rob Chen's



The food was actually quite good, and folks had a great time eating and socializing. But the fun started with the gifts. Norman is holding the very unpopular "pasta boat." Mark got a could've-been-worse voodoo doll.



John immediately put his gift to use. Some folks liked their gifts, some not so much. Rusty's gift was decidedly not suitable for trying out in public. It took him a while to realize what it even was.



Deo, whose gift was stolen, decided to pick something that his nephew might like. Reg is no doubt plotting how to rid himself of the enormous candy cane he got. And finally everyone just lounged around and enjoyed the company.

12/18 Jim's Fabulous LAFR Christmas Party



1/1 New Year Day Run at John's



Kevin, Rina, Rob, Yumi, Albert, Mike



Bill, Neil, David, Carl



Patrick and Bruce



Danny, John, Amy (John's mom)



Jason, John, Yumi, Reg, William, Anthony, Richard, Angus



Neil, Sarina, Bruce, Patrick, Brian, Dan



Phil, Dan, Gabor, Bernie, Reg



Dan, Henri, Neil



Danny, Amy, Sean, Allen, Henri



Mark and Paul



Amy, Sean, Allen, half of Kevin



Phil, Richard

11/22 LAFR Fall Feast at Rob Chen's



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Your Lifelong Vacation Consultants



www.arunnerscircle.com

Placing an Ad

The LAFR Marketplace returns to the newsletter. This section is for LAFR members to advertise services/products that might be of interest to fellow club members.

If you would like to place an ad, please go to the online store and choose Membership/Newsletter Ads to purchase your ad space.

Rates are per month: \$15 ¼ page, \$25 ½ page, \$50 full page.

Your ad must be ready for print when submitted (we are runners, not graphic designers!).

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Kevin, Mikey & Rina ▪ Jerry Weyer ▪ Richard Nelson
The Bills ▪ Pat Bates & Sue Roth ▪ Neil E. Johnson, CPA
Bryan Prado ▪ Norman Dixon & Patrick Owen
Rina's Favorite Uncle**

\$50

**Mark Grumet ▪ Mark DeAngelis & Henry Jung ▪ Alexandra Amore
David Dassey ▪ Amy Ross ▪ Carl Maravilla
Mike Carbutto & Chris Tapper ▪ Regina Robinson
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