Happy New Year, Frontrunners!

2016 is upon us! Per usual, we have lots of events coming up, including the earlier than usual Los Angeles Marathon. Do you have some running goals for the year ahead? See what your fellow LAFRs have in store for 2016 on page 3. A group of your fellow LAFRs already started racing at the Griffith Park Half Marathon on 1/24. From left: Jason Coleman, Bill Austin, Bill Winkelmann, Moises Medina, Angus Kennedy, Eric Alvarez, Erin Brinton, Mike Carbuto & Martin Carlson.

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Bernie & Dan hosted the annual New Year’s Day run & potluck
**LAFR Board Meeting Excerpts 1/3/16**

1. **Present:** Angus, Patrick, Jason, David, Bruce, Yumi, Danny, Erin, William, Doug, Mario, Bill.
2. **Finance – bank balance healthy** (please see full Treasurer’s Report at the end of the newsletter)
3. **Annual Meeting & Breakfast**
   - Saturday, 1/30, at John & Doug’s
   - Club will provide food, Jason will prepare report
4. **LA Marathon Events**
   - Carl organizing water stop, Angus will send e-mails
   - Pasta dinner Sat., 2/13, at Angus & Mark’s
   - Post-race gathering at Rob Chen’s after race
   - Angus to send surveys about events/car-pooling
5. Decided to give up storage unit due to continual price increases. All supplies will be stored at both Angus & Mark’s and Danny’s.
6. William/Jason/Angus to get all tax filings complete.
7. Jason to renew club insurance with RRCA and Angus to renew membership with Int’l Frontrunners.
8. **Annual Awards banquet at Castaway Restaurant on 2/21. Patrick handling contract.**
9. Angus and Jason to finalize 2016 Grand Prix schedule.
10. Angus to apply with Griffith Park to host Deo 25K/50K.
11. **Other:**
   - Sean O’Brien race on 2/7. John Kawaharada to organize LAFR volunteers.
   - Silver Lake potluck at Ken Wilson’s in January, at Rusty’s in February.
   - Angus & Jason to send out survey regarding possible New Zealand trip in November 2016.
   - Angus to check with Mike Kerkman about scheduling the Spelling Bee fundraiser.
12. **Next BOD meeting, Saturday, 1/30, at John & Doug’s, following Annual Meeting.**

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**Welcome New Members!**

Jim Ames
Robert Cipolloni
Nathaniel Buck
Allan-Michael Brown

**Los Angeles Frontrunners**

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Los Angeles, CA 90039
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**Los Angeles Frontrunners Birthday Boys and Girls**

1/1 Mike Carbuto 2/5 Adam Britten
1/1 Kent Hamilton 2/6 Bradley Henkle
1/9 Robb Briggs 2/7 Patrick Conner
1/11 Arturo Salgado 2/8 Mike Kezsely
1/13 Lorraine Silver 2/9 Bryan Prado
1/14 Sean O’Brien 2/10 Mike Smith
1/15 Angus Kennedy 2/11 Nathaniel Buck
1/17 Paul Jacoy 2/12 Mark Johnson
1/18 Christopher Tapper 2/13 Zack Whitley
1/19 Kenneth Dunn 2/15 Adam Comeau
1/22 Dan Graham 2/15 William Fang
1/24 Allan-Michael Brown 2/17 Andrew Sanchez
1/27 Margie Gonzales 2/24 Scott Lasker
1/27 Bernie Tan 2/25 Brad Takei
1/30 Augie Robles 2/25 Brent Kaspar
2/1 Brad Miyasato 2/27 Norman Dixon
2/1 Carl Maravilla 2/28 Ric Munoz

**Annual Meeting on Saturday, January 30, after the Saturday morning run at John & Doug’s. LAFR Treasurer Jason Coleman will present the annual Treasurer’s Report.**

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**LAFR Newsletter**

is a free monthly newsletter published for its members. For questions or content contributions, please email lafronrunners@gmail.com
Notes from the Back of the Pack

By Bill Walsky

2016 is upon us. A new year brings with it new opportunities and hopes and dreams and maybe fresh goals in our work and play. With that in mind I asked a cross section of fellow Frontrunners to share what they hoped to achieve in running in the new year.

Mike H: Run a sub 2:50 at the Boston Marathon.
Carlos: Run a sub 2:45 at the London Marathon, a sub 17 minute 5K & a 1:17 half in the first half of 2016.
Bill A: Run a marathon.
Margie: Run at least one 5 year PR, break 5 hours in the marathon.

Darwin: Sub 3:10 at San Diego Marathon, sub 1:28 at Orange County Half.
Dec: Run my 400th marathon & remain injury free.
David: Run my best Boston Marathon ever. Get back to trails & running for the fun of it.

Amy: My goal is to walk fast enough to make it to breakfast at Foxy’s on time.
Wink: Run a sub 2 hour half marathon again.
Rudy: Run 6 half marathons.
Mario: Qualify for Boston Marathon.

Dan: Run my first race in over a year: Boston Marathon 5K
Bernie: Get faster, get back to the glory days.
Angus: Beat Bernie in a race, any race, any distance, clothed or not. Also run a 50K, qualify for Boston and set a few 5 year PRs.

Doug: Run LA Marathon.
John: Run LA Marathon in 3:05.
Jason: 26 half marathons, move up to silver level in the Marathon Maniacs (6 marathons in 6 months) and focus on a new PR at the Boston Marathon.

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Finally, it has happened to me…In the words of Cece Peniston, Rusty Millar was finally crowned the Chili Queen at the 15th Annual Chili Cook-Off. Rusty bested the crowded field with a delicious recipe that also earned him an award at the Los Angeles County Fair Chili Cook-Off over the summer. Read about the day in the newly crowned Chili Queen’s own words on the next page!

$1225 Donated to Local Charities

Each winning chef was awarded a cash prize that was donated to a charity. The LAFR Board of Directors selected a list of charities for the winners to choose from. Here are the winners and the charities they cooked for. Thanks to all the entrants!

**Chili Queen**
- Rusty Millar (GLEH) $250
- Rich Crook (GLEH) $125
- John Kawaharada (InsideOut) $75

**Cornbread**
- John Kawaharada (InsideOut) $75
- Albert Giang (GLEH) $50
- John Kawaharada (InsideOut) $25

**Veggie Chili**
- Patrick Owen (PAWS LA) $75

**Meat Chili w/ beans**
- John Kawaharada (InsideOut) $75
- Jim Martinez (PAWS LA) $50
- Marcelino Goncalves (GLEH) $25
- Mike Smith (PAWS LA) $25

**Meat Chili no beans**
- Rusty Millar (PAWS LA) $75
- Rich Crook (GLEH) $50
- Jon VB (SRLA) $25
- Sanford Doi (PAWS LA) $25

**Hottest Chef**
- Danny O’Hara (PAWS LA) $75
- John Kawaharada (InsideOut) $50
- Carlos & Andy (Project 10) $25

**Hottest Chili**
- Marcelino Goncalves (SRLA) $50

**Presentation**
- Jim Martinez $50

The text reads:
On behalf of the City of Los Angeles, congratulations on your 15th Annual Chili Cook-Off. Over the past ten years, Los Angeles Frontrunners has raised and donated over $60,000 to local organizations including Students Run LA, Gay and Lesbian Elder Housing and Covenant House. Thank you for your outstanding commitment to excellence.
LA FR Chili Cook-Off 2015 from the Quinceanera Chili Queen

An October surprise it was with the LA FR 15th Annual Chili Cook-Off. Who knew that a demure innocent country boy from Michigan would upstage the Cordon Blue expertise of so many seasoned cooks from Los Angeles?

If you have been watching the cat scratching for the Speaker of the House in DC, you have no idea what goes on to be the Chili Champ. While the picture is all smiles it starts early with former champs Jim Martinez wanting to know who is entering and where do they live (I smell Joan Crawford), Sanford Doi alerting his car club muscle friends to neutralize the competition and sweet (vampire diaries) Dan Vu getting his gym buds to work over anyone that might be entering. And don’t think that just because “I have two nice wiener dogs” Patrick Owen isn’t plotting daggers. Of course there is last year’s surprise winner Rich Crook who almost was dueling it out with Patrick at a recent Saturday run like two pachyderms fighting over territory. Working their way into the mix was newcomer Marcelino, second timer Mike Smith and Jon Van Gassbeek’s bacon chili. Like hello, was that great or what? The things vegans miss.

The presentation award is just getting to be a battle between Jim Martinez and Patrick Owen. It is almost like a ping pong ball each year on this one. Both were great, one down home organic farmers market, one WeHo Halloween show.

And OMG did anyone say cornbread? Was it the best year ever for this yummy chili accoutrement? This writer was just transfixed with all the options to choose from. Chefs John and Albert are battling like an episode of Hell’s Kitchen out there. I overheard some conversation that John K is going to enter 12 recipe’s next year to sweep the event with Yumi shorting cornbread futures.

It was a great turnout on a great day for chili with 69 folks for a nice sunny Sunday afternoon. The big winners were our award charities. A special thank you to Jim Martinez who has made the Chili banner each year for 15 years. Also, all the guys from the board and helpers that set up and cleaned up the place. It was a lot of fun and we look forward to number XVI next year. Could it be a duel between Carlos Vizcarra and his hot chili con carne vs Marcelino’s new mixture of taste tingling delight? Who knows? Join us next year to find out.

-Rusty Millar
Catalina Eco-Marathon

Over 20 LAFRs headed to Catalina on the weekend of November 20th for the Catalina Eco Marathon, Half Marathon & 10K. Carlos Vizcarra led the LAFR marathoners, placing 3rd overall. John McGuinness led a strong contingent in the half marathon, with 5 LAFRs placing in their age groups. LAFRs also cleaned up in the 10K, with 4 placing in their age groups. Other than running, the gang relaxed and enjoyed the beautiful weather and scenery. The club (courtesy of Chef Patrick with help from Doug, Wink & Angus) provided Saturday dinner and Sunday breakfast.

Above: The gang before heading back to LA Sunday morning

Above: Deo, Mike & Carlos at the start of the marathon

Above left: Half marathon age group medalists from left – John McGuinness, Brian Dunbar, Richard Peng, Angus Kennedy & Patrick Owen

Above: Vubar really enjoying the pasta dinner the night before the race

Above: Norman, Patrick & Dr. D enjoying the pasta dinner the night before the race

Left: 10K age group medalists Juan Moreno & Rick Allison. It was Juan’s very first age group medal!
Secret Wednesday Workout

Okay, it isn't really a secret, but did you know there's a group of Frontrunners who do a rigorous and awesome track workout every Wednesday? A growing number of LA Frontrunners (up to about a dozen now) have also joined the Los Feliz Flyers, a running club that hosts a Wednesday night track workout at CalTech in Pasadena. Track workouts are a fantastic way to switch up your routine and reach new running goals. Flyers have a variety of pace groups to run with, and a great coach to guide you.

Why not give it a shot? Go to losfelizflyers.org and click "join us" to print out a free 3-week trial membership. Your fellow Frontrunners will see you there!

More Catalina Eco

Left: Post race from left: Rick Allison, Bill Winkelmann, Patrick Owen, Angus Kennedy, Juan Moreno, David Dassey, John McGuinness & Christopher Tapper

Left: 10K medalists Eric Fischer & David Dassey

Right: Rob Chen finishing the half marathon
16 LAFRs turned out for one of the last races of 2015 on 12/20. The Reindeer Run featured a distance for everyone, with a 5K, 10K, 15K, Half or Full to choose from. We also had our own sub-competition with the “Beat Bernie Challenge”. Runners predicted if they would beat or lose to Bernie and by how much. Most of the gang ran the 15K with Bernie but Prez Kennedy converted the times of the runners who ran other distances to 15K so everyone could play. When all was said and done, Richard Peng was crowned the champ as his prediction was only off by 7 seconds.

Left: Mike Carbuto won his age group in the 15K
Right: our beloved Bernie was 2nd in his age group in the 15K

Above: Part of the LAFR gang after the race
Left: Duane Howard was 3rd OA in the 15K
Right: Richard Peng won his age group in the 15K

A distance for everyone!
Margie ran the 5K, Mario ran the 10K & Patrick ran the 15K. All 3 won their age groups.
Autumn Racing!

Above: SRLA coaches Deo & Dunbar at the Holiday Half in Dec.

Above: David D & David G at the NYC Marathon

Left: David, Carl, Mike & Jason with Father Greg at the Homeboy 5K on 10/24

Left: A great LAFR turnout for the Burbank YMCA Turkey Trot Thanksgiving morning.

Right: Jason Coleman at the Long Beach Marathon
Marcelino & Martin (pictured left) opened their beautiful home to host the LAFR Annual Fall Feast. In addition to the delicious food prepared by the wonderful volunteers, club members brought their specialties as entries in the three food contests: cranberry sauce, side dish, and dessert. Prez Kennedy took the cranberry crown for the umpteenth time while VP Owen was victorious in both the side dish and dessert categories. Patrick had to leave early so Rob Chen was his stand-in for the awards, ‘cuz they look so much alike. We also did a food collection for the Senior Services Dept. of the LGBT Center. And we held a raffle and used the funds to purchase scarves/hats/totes for the Senior Services Center. It was a lovely evening. Many thanks to Marcelino & Martin for sharing their lovely home with the club!
Revel Canyon Half & Full

Nine LAFRs tackled the Revel Canyon Half & Full in Azusa on 11/7. In the half marathon, Erin Brinton was 2nd 30-34 and set a PR, as did Rudy Van Graan. The night before the race, Bernie & Yumi cooked up a feast of pasta for the gang. It’s a fast course and one of the best organized races in the region. This is a great race to consider if you’d like to do a half or full in the Autumn of 2016.

Above: Bernie & Yumi fed the crowd the night before the race

Left: Erin Brinton with her medal for taking 2nd in her age group in the half marathon

Above: most of the gang after the race – from left: Yumi Afrento, Bernie Tan, Dan Graham, John McGuinness, Doug Jones, David Dassey, Rick Allison & Mario Mota – in front: Erin Brinton, Rudy Van Graan, Margie Gonzales & Angus Kennedy

Left: Bernie getting some well deserved hugs from Dan after running the full marathon

Left: Doug Jones and Margie Gonzales after the half marathon

Right: Post-race John McGuinness, Dan Graham, Yumi Afrento & Rudy Van Graan
Griffith Park Pics Courtesy of Rick Allison – Thanks, Rick!

Above: Saturday run 10/31
Below: Saturday run 10/24

Above: Saturday run 11/14
Left: Breakfast after the Saturday run 11/28
Below: Sunday long run 10/11
10/24 Halloween Party

Geoff & Jason threw another great Halloween bash for the club, with Jason cooking up a delicious feast that everyone enjoyed. Take a look at how creative the LAFR’s are in scaring little children and/or capturing the zeitgeist.
Jim Martinez hosted another fabulous Holiday Party on Dec. 15. The theme this year was Candy Cane. The club did a collection drive for the LGBT Center’s Senior Services (formerly known as GLEH). We collected socks to donate along with the scarves and mittens we purchased using funds raised at the Fall Feast.
A Few January Birthdays & New Year’s Day

January 14 saw an excellent turnout at the Thursday Rose Bowl run. The main draw was that it was Sean’s birthday and Angus’s birthday eve. The group broke their usual routine of Tarantino’s and Souplantation and instead went to Pitfire Pizza. Much pizza was consumed and a great time was had by all.

Bernie and Dan hosted the club’s annual New Year’s run & potluck. The main group ran along the Ridge Motorway that parallels Camino San Rafael. The view was gorgeous and extended as far as Palos Verdes. That day was also Mike Carbuto’s birthday and he was treated to a group butt-slap (sorry, no pictures).
12/22 White Elephant Party

Angus and Mark hosted the always popular White Elephant Gift Exchange party after the Tuesday run on 12/22. About 15 people showed up for the run, with most running a 5 miler on the bike path. Sean and William ran the Spooky Hill run that is popular around Halloween. By the time the potluck started, the crowd grew to over 30, and under the Christmas Tree were mostly beautifully wrapped “presents.”

You had to be there to witness the faces of joy (rarely) and disappointment (mostly). Sean and Allen pulled off a couple-tag-team to make sure Allen secured a set of Frosty the Snowman glasses. Mike Heredia was stolen from the most that night, about 4 times. The Bills had the least coordinated performance, as Wink stole a gift (from Mike Heredia) that Austin had cleared from the garage. The pasta boat reappeared, as did the 1-lb candy cane (which expires in 2016, not than anyone was ever going to eat it), a 9-inch dildo, a remote control butt plug, and a gaydar gun. Combined with the “icicle” and a new dildo at another party, we can look forward to another year of exciting gift exchange in 2016.
### Race Results

**Carlsbad Half**  
Carlsbad, CA 1/18/15  
Mario Mota..........1:48:34

**La Jolla Half**  
La Jolla, CA 4/26/15  
Mario Mota..........1:50:09

**San Diego Pride 5K**  
San Diego, CA 7/18  
Doug Jones..........34:43  
**PR**

**ATC Rise Up & Run 5K**  
Atlanta, GA 9/12  
David Grudzien......40:33

**Best Buddies 5K**  
San Simeon, CA 9/12  
Jason Coleman......32:24  
**PR**

**NYRR Fifth Avenue Mile**  
NYC, NY 9/13  
David Grudzien......7:06

**Lung Run 5K**  
Chicago, IL 9/19  
Jason Coleman......31:20

**Make-a-Wish 5K**  
Chicago, IL 9/20  
Jason Coleman......33:57

**Ovarian Cancer Half**  
Evans, GA 9/19  
David Grudzien......2:17:27

**KP Corporate 5K**  
Atlanta, GA 9/24  
David Grudzien......26:35

**Brewer’s Mini Half**  
Milwaukee, WI 9/26  
David Grudzien......2:17:56

**Chicago Half**  
Chicago, IL 9/27  
David Grudzien......2:19:04

**Michelob Ultra Half**  
Atlanta, GA 9/27  
David Grudzien......2:23:38

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**Xterra Malibu Creek 6K**  
Malibu Creek State Park, CA 5/20  
Jonathan Toker.........26:10  
**2nd OA**  
**1st 40-44**

**Big Bear 5K**  
Big Bear, CA 5/24  
Linda Carmona.........31:39  
**1st 45-49**

**Gay 5K**  
Nashville, TN 6/20  
Eric Alvarez............17:09  
**3rd OA**  
**1st 45-49**

**Cypress 5K**  
Cypress, CA 7/25  
Bill Austin............21:45  
**2nd 55-59**

**Fun in The Sun 5K**  
Santa Monica, CA 9/27  
Margie Gonzales.....39:40  
**1st 60-64**

**SRLA 5K**  
Los Angeles, CA 9/26  
Carlos Vizcarra.......18:32  
**1st 40-44**

**Brewer’s Mini Half**  
Milwaukee, WI 9/26  
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Cypress, CA 7/25  
Bill Austin............21:45  
**2nd 55-59**

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Santa Monica, CA 9/27  
Margie Gonzales.....39:40  
**1st 60-64**

**SRLA 5K**  
Los Angeles, CA 9/26  
Carlos Vizcarra.......18:32  
**1st 40-44**  
**Reg Willson...........20:52  
**1st 55-59**  
**Brian Dunbar...........26:18**

**Mike Smith...........26:43**

**Deo Jaravata.........26:52**

**Jason Coleman........34:04**

**Alive & Running 5K (Grand Prix)**  
Los Angeles, CA 9/27  
Richard Nelson.......23:44  
**3rd 65-69**

**Jason Coleman........32:34**

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**Dolphin Dash 5K**  
Santa Monica, CA 10/4  
Jason Coleman.......32:59  
**2nd 35-39**

**RAD (Grand Prix)**  
Agoura Hills, CA 10/3  
**1K**  
Margie Gonzales.....1:22:20  
**3rd 60-64**

**10 Mile**  
Jason Coleman.......1:55:23  
**PR**

**Rose Run 5K**  
Griffith Park, CA 10/4  
Raul Borja............23:34  
**1st 35-39**

**Long Beach (Grand Prix)**  
Long Beach, CA 10/11  
**5K**  
Jason Coleman.......35:42

**Half**  
Carlos Vizcarra.......1:24:15  
**1st 40-44**  
**David Gonzalez.......1:48:28**

**Barry Hamaguchi.......1:50:32**

**Margie Gonzales.....3:21:38**

**Bill Walsky...............3:27:25**  
**RW**

**Full**  
Deo Jaravata............4:23:36

**Mike Carbuto............6:09:04**

**Rare Run 5K (Grand Prix)**  
Griffith Park, CA 10/17  
Angus Kennedy........21:14  
**3rd OA**  
**1st 45-49**

**Bill Austin...............21:53**

**1st 55-59**

**Linda Carmona..........34:45**

**1st 45-49**
Race Results

**RnR Brooklyn Half**
Brooklyn, NY 10/10
David Grudzien........2:13:25

**NYRR Staten Island Half**
Staten Island, NY 10/11
David Grudzien........2:29:34

**Chicago Marathon**
Chicago, IL 10/11
Raul Borja..............4:07:04

**Melbourne Half**
Melbourne, Australia 10/18
David Grudzien........2:18:23

**Race for the Rescues 5K**
Rose Bowl, CA 10/24
Margie Gonzales.....40:17

**Kooky Spooky Half**
Golden, CO 10/25
David Grudzien........2:30:59

**LA RnR Half**
Los Angeles, CA 10/25
Mario Mota.........1:44:06 PR
Margie Gonzales.....3:25:57

**Day of the Dead 5K**
Los Angeles, CA 10/31
Jason Coleman........35:27

**Dash to the Finish 5K**
NY, NY 10/31
David Grudzien........26:43

**New York Marathon**
NY, NY 11/1
David Dassey.........4:19:51

**RnR Savannah Half**
Savannah, GA 11/7
David Grudzien........2:29:44

**Ray Miller 50 Mile**
Pt. Mugu, CA 11/7
Raul Borja.............12:24:16

**Mickey’s Jingle Jungle 5K**
Orlando, FL 11/7
Jason Coleman.........42:02

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**Quench the Fire 5K**
Van Nuys, CA 10/18
Margie Gonzales.....38:53 1st 60-64

**Surf City 10 Mile (Grand Prix)**
Huntington Beach, CA 10/25
Jason Coleman........1:55:23 PR

**Homeboy 5K**
Los Angeles, CA 10/25
Carl Maravilla.........21:50 1st 55-64
David Dassey.........22:55 2nd 65-74
Mike Car butto.........26:33
Chris Tapper...........32:52
Jason Coleman.........34:26

**Revel Canyon (Grand Prix)**
Azusa, CA 11/7

**Half**
John McGuinness.....1:28:43
Angus Kennedy......1:35:39
Erin Brinton.........1:36:16 2nd 30-34/PR
Rudy Van Graan......1:53:49 PR
Margie Gonzales.....3:01:22
Doug Jones..........3:04:16

**Surfer’s Point 10K**
Ventura, CA 11/7
Margie Gonzales.....1:18:06 2nd 60-64

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**Catalina Eco Trail (Grand Prix)**
Avalon, CA 11/21

**10K**
Rick Allison..............49:04 1st 50-54
David Dassey..............49:52 1st 65-69
Juan Moreno............57:08 2nd 50-54
Eric Fischer.............59:43 2nd 65-69/PR
Bill Winkelmann........59:56
Richard West...........66:00 PR
Chris Tapper............71:01 PR

**Half**
John McGuinness....2:00:40 1st 40-44
Angus Kennedy......2:04:51 1st 45-49
Patrick Owen.........2:13:12 1st 55-59
Rob Chen.................2:14:03 PR
Richard Peng.........2:29:10 3rd 40-44
Dan Vu.................2:30:33
Brian Dunbar.........2:34:07 3rd 50-54
Doug Jones..........3:37:25

**Full**
Carlos Vizcarra.......3:37:39 3rd OA
Deo Jaravata........6:08:17

**Main Street 10K**
La Puente, CA 10/25
Carlos Vizcarra.......39:31 2nd 40-44
Deo Jaravata........53:44
Brian Dunbar.........56:12
Mike Smith............58:24

**BeachFest Half**
Orlando, FL 11/14
David Grudzien........2:16:40 1st 55-59

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**For Complete Standings and Details, Please Visit the Grand Prix Page at Los Angeles Frontrunners.**
Disney Wine & Dine 6.72  
Orlando, FL 11/7  
Jason Coleman...........1:33:37

13.1 Orlando Half  
Orlando, FL 11/8  
David Grudzien...........2:24:09

Santa Clarita Full  
Santa Clarita, CA 11/8  
Deo Jaravata............ 4:07:20

RnR Vegas 5K  
Las Vegas, NV 11/14  
David Grudzien...........27:57

RnR Vegas  
Las Vegas, NV 11/15

Half  
David Grudzien...........2:23:53

Full  
Deo Jaravata............ 4:07:20

Avengers Half  
Anaheim, CA 11/15  
Jason Coleman...........2:38:23

USA Invitational Half  
San Diego, CA 11/21  
Mario Mota.................1:48:11  
David Grudzien...........2:09:58

We Run the City 5K  
LA, CA 11/22  
Jason Coleman.........32:18  
Margie Gonzales.....37:21

Rockin Santa Half  
Knoxville, TN 12/5  
David Grudzien...........2:21:12

River Vista Half  
Dillard, GA 12/6  
David Grudzien...........2:29:18

Vahagn Setian 5K  
Beverly Hills, CA 12/6  
Jason Coleman.........36:10

Turkey Trots! (Grand Prix)

Burbank Turkey 5K – 11/26
Mike Kerkman...........18:35 2nd 35-39  
Mark Johnson..........19:14 1st 45-49  
John McGuinness.....20:32 3rd 40-44  
Erie Brinton.........21:15 2nd 30-34  
David Dassey.........22:31 1st 65-69  
Eddie Flores..........24:06 PR
Doug Jones.............36:17  
Bill Walsky.............37:04

Burbank Turkey 10K – 11/26
Angus Kennedy........44:49 2nd 45-49  
Patrick Owen.........47:03 1st 55-59  
Albert Giang.........52:34

Smitti Kickers 5K – 11/26
Bill Austin.............25:02
Bill Winkelmann......27:09

Turkey Trot 15K – 11/26
Richard Nelson.......84:49 1st 65-69

LA Downtown Turkey – 11/26
Jason Coleman........38:37 5K  
Jason Coleman........65:06 10K

Aztlan Classic 5K – 11/28
Jason Coleman........34:53

Turkey Dash 5K – 11/28
Jason Coleman........34:45 2nd 35-39

Giving Thanks 5K – 11/29
Margie Gonzales.....38:08 1st 60-64

Giving Thanks 15K – 11/29
Mike Kerkman........60:15 1st 35-39  
Duane Howard.........66:03 2nd 35-39  
Angus Kennedy.......68:20 1st 45-49  
Richard Nelson.......84:24 1st 65-69

Giving Thanks Full – 11/29
Deo Jaravata.........4:14:03 1st 50-54

Mount Juliet Half Marathon  
Mt. Juliet, TN 12/5  
Eric Alvarez...........1:20:07 1st OA  
1st 45-49

Tiger Run (Grand Prix)  
South Pasadena, CA 12/5

5K  
Mark Johnson..........18:52 1st 45-49  
Jason Coleman........21:13 1st 55-59

10K  
John McGuinness.....44:31 2nd 40-44  
Erie Brinton..........47:10 1st 30-34  
Mike Carbuto.........57:51 2nd 60-64
Eric Fischer.........58:30 3rd 65-69  
Doug Jones..........77:03

Jingle Bell 5K (Grand Prix)  
Santa Monica, CA 12/13  
Erin Brinton.........21:13 2nd OA  
1st 30-34
Margie Gonzales.....39:06 1st 60-64

Holiday Half (Grand Prix)  
Pomona, CA 12/13  
John McGuinness.....1:34:57  
David Gonzalez.....1:41:39  
Barry Hamaguchi.....1:42:34
Reg Willson.........1:45:33  
Deo Jaravata.........1:53:32  
Raul Borja.........1:56:42  
Brian Dunbar........1:58:19
Mike Smith..........2:12:40  
Mike Carbuto.......2:13:58
Carlos Vizcarrara..2:24:19  
Jason Coleman......2:42:57
Doug Jones..........2:53:08

JANUARY 2016 RESULTS LOS ANGELES FRONTRUNNERS
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### CHAMPIONS RACE
The Champions Race determines overall male and female Grand Prix champions. Points are calculated using the WAVA Age-Graded tables.

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### AGE GROUP MEN

#### Final 2015 standings will be posted after the Annual Awards Banquet on 2/21

#### AGE GROUP MEN

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<td></td>
<td>750</td>
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</tbody>
</table>

### TRAIL MASTER

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

<table>
<thead>
<tr>
<th>Athlete</th>
<th>Races</th>
<th>Average</th>
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</thead>
<tbody>
<tr>
<td>Male 20-29</td>
<td></td>
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</tr>
<tr>
<td>1. Sean O’Brien</td>
<td>5</td>
<td>99.75</td>
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<tr>
<td>2. Danny O’Hara</td>
<td>5</td>
<td>87.56</td>
</tr>
<tr>
<td>3. Deo Jaravata</td>
<td>5</td>
<td>84.57</td>
</tr>
<tr>
<td>4. Raul Borja</td>
<td>5</td>
<td>73.59</td>
</tr>
<tr>
<td>5. Jonathan Toker</td>
<td>4</td>
<td>101.55</td>
</tr>
<tr>
<td>Female 40-49</td>
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<td></td>
</tr>
<tr>
<td>1. Karen Carey</td>
<td>6</td>
<td>135</td>
</tr>
<tr>
<td>2. Hazel Garganera</td>
<td>1</td>
<td>125</td>
</tr>
<tr>
<td>3. Linda Carmona</td>
<td>1</td>
<td>125</td>
</tr>
<tr>
<td>4. Regina Robinson</td>
<td>1</td>
<td>100</td>
</tr>
<tr>
<td>5. Cat White</td>
<td>1</td>
<td>90</td>
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Below: Margie Gonzales & Jason Coleman after the RAD 10K/10 Mile in Agoura Hills
### 5K Challenge Standings

**as of 12/15**

**LOS ANGELES FRONTRUNNERS**

**January 2016**

- **5K Challenge leader**: Jason Coleman at the Reindeer Run
- **The Bills and Dr. D after Operation Jack on December 26**

### Complete Grand Prix Standings

For complete Grand Prix standings and details, please visit the Grand Prix page at www.lafrontrunners.com.

### 5K Most Name | # of 5Ks
--- | ---
1. Jason Coleman | 8
2. Bill Austin | 5
3. Bill Winkelmann | 3
4. David Grudzien | 3
5. Karen Carey | 2
6. Jim Martinez | 2
7. Mike Carbuto | 2
8. Christopher Tapper | 2
9. 5 LAFRs | 1
10. 2 LAFRs | 1
11. 8 LAFRs | 1
12. 16 LAFRs | 1
13. 38 LAFRs | 1

### Biggest PR

<table>
<thead>
<tr>
<th>Rank</th>
<th>Most Runners</th>
<th>Race</th>
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<tbody>
<tr>
<td>1</td>
<td>Ryan Timmreck</td>
<td>Glen Eden 5K 2:57</td>
</tr>
<tr>
<td>2</td>
<td>Doug Jones</td>
<td>SD Pride 1:55</td>
</tr>
<tr>
<td>3</td>
<td>Lui Sanchez</td>
<td>LA Marathon, LAFR 5K 1:37</td>
</tr>
<tr>
<td>4</td>
<td>Allyne Winderman</td>
<td>LA River 5K 1:28</td>
</tr>
<tr>
<td>5</td>
<td>Marcelino Goncalves</td>
<td>LAFR 5K :52</td>
</tr>
<tr>
<td>6</td>
<td>Danny O'Hara</td>
<td>LAFR 5K :38</td>
</tr>
<tr>
<td>7</td>
<td>Rob Chen</td>
<td>Euro Games 5K :38</td>
</tr>
<tr>
<td>8</td>
<td>Barry Hamaguchi</td>
<td>LAFR 5K :20</td>
</tr>
<tr>
<td>9</td>
<td>Rand Smith</td>
<td>LAFR 5K :18</td>
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<tr>
<td>10</td>
<td>Christopher Tapper</td>
<td>LAFR 5K :12</td>
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### Fastest Male

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Race</th>
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<tbody>
<tr>
<td>1</td>
<td>Eric Alvarez</td>
<td>LAFR 5K 16:50</td>
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<tr>
<td>2</td>
<td>Carlos Vizcarra</td>
<td>LB Pride 5K 17:41</td>
</tr>
<tr>
<td>3</td>
<td>Mike Kerkman</td>
<td>LAFR 5K 18:24</td>
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<tr>
<td>4</td>
<td>Moises Medina</td>
<td>LAFR 5K 18:37</td>
</tr>
<tr>
<td>5</td>
<td>Danny O'Hara</td>
<td>LAFR 5K 18:38</td>
</tr>
<tr>
<td>6</td>
<td>Mark Johnson</td>
<td>Tiger Run 5K 18:52</td>
</tr>
<tr>
<td>7</td>
<td>Bill Sadler</td>
<td>LAFR 5K 19:08</td>
</tr>
<tr>
<td>8</td>
<td>Duane Howard</td>
<td>LAFR 5K 20:03</td>
</tr>
<tr>
<td>9</td>
<td>Carl Maravilla</td>
<td>LAFR 5K 20:27</td>
</tr>
<tr>
<td>10</td>
<td>John McGuinness</td>
<td>LAFR 5K 20:30</td>
</tr>
</tbody>
</table>

### Fastest Female

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Race</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Erin Brinton</td>
<td>Jingle Bell 5K 21:13</td>
</tr>
<tr>
<td>2</td>
<td>Allyne Winderman</td>
<td>LA River 5K 26:43</td>
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<tr>
<td>3</td>
<td>Karen Carey</td>
<td>Mother's Day 5K 30:42</td>
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<tr>
<td>4</td>
<td>Linda Carmona</td>
<td>Big Bear 5K 31:39</td>
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<tr>
<td>5</td>
<td>Margie Gonzales</td>
<td>Freedom 5K 35:17</td>
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<tr>
<td>6</td>
<td>Patricia Bates</td>
<td>LAFR 5K 36:19</td>
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<tr>
<td>7</td>
<td>Jane Dods</td>
<td>OTC #1 5K 38:16</td>
</tr>
<tr>
<td>8</td>
<td>Amy Ross</td>
<td>LAFR 5K 49:13</td>
</tr>
<tr>
<td>9</td>
<td>Connie Hammen</td>
<td>LAFR 5K 49:29</td>
</tr>
<tr>
<td>10</td>
<td>Cat White</td>
<td>LAFR 5K 49:37</td>
</tr>
</tbody>
</table>

### Fastest PR

#### Big PR: Like our other grand prix categories, the PR you're trying to beat for the 5K Challenge is a 5-year PR (your fastest 5K from 2010-2014). This is cumulative for the entire year – so, for example, if you set a new PR in January by 2 minutes and then break the new PR by 3 minutes in May, your total is 5 minutes.
Races & Events

Grand Prix Races
Full schedule @ www.lafronrunners.com

Saturday 2/6 at Malibu Creek State Park
Sean O’Brien Trail Races
26M/50K/50M/100K
www.sob5050.com

Sunday 2/14 in Los Angeles
LA Marathon
5K & Full Marathon
www.lamarathon.com

Sunday 2/21 in Chinatown
Firecracker
5K & 10K
http://www.firecracker10k.org

Saturday 3/5 at Griffith Park
Griffith Park Trail
Half and Full Marathon
www.griffithparktrailmarathon.com

Sunday 3/6 at Knotts Berry Farm
Coaster Run
5K & 10K
www.renegaderaceseries.com

Sunday 3/19 in Agoura Hills
Great Race
5K, 10K, Road Half & Trail Half
www.greatrace.run

Sunday 3/27 in Santa Monica
Bunny Dash Run
5K, 10K & Half
www.abetterworldrunning.com

Silver Lake
February Potluck
Tuesday, Feb. 16
at Rusty’s
850 Micheltorena St
LA, CA 90026

LAFR Annual Meeting
Saturday, January 30,
after the morning run
at John & Doug’s
2131 Ettrick Street
LA, CA 90027

Sean O’Brien Volunteers
Saturday, February 7
Malibu Creek State Park
Contact John
Kawaharada if you
would like to volunteer

LA Marathon Events
Pasta at Angus & Mark’s
Saturday, 2/13

Water Stop Volunteering
Race Morning 2/14

Post-race at Rob Chen’s
after the race

Annual Awards Banquet
Sunday, February 21
Castaway Restaurant
Burbank
Who will take the
crown?
Details TBA

Save the Date!
Catalina Eco-Marathon Trip
November 20-22
Half Marathon Added!

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Who will take the
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Details TBA
Special Thanks to our Pride Run Sponsors

$500
Santa Monica Yoga
N2N Bodywear
USC Fertility
Angus Kennedy & Mark Johnson

$250
Patrick Owen & Norman Dixon
Seth Diamond & Arturo Salgado
Audio 66

$150
Jason Coleman, Inc.

$100
Eric Fischer & Richard West • Lee Lightfoot
Kevin, Mikey & Rina • Adam Comeau • Richard Nelson
The Bills • Pat Bates & Sue Roth • Neil E. Johnson, CPA
Bryan Prado • Margie Gonzales • David Dassey
Eric Alvarez • David Jaquez • Bill Walsky
Rina’s Favorite Uncle

$50
Mark Grumet • John McGuiness & Doug Jones • Amy Ross
David Grudzien • Allan Weiss • Allyne Winderman
Mike Carbuto & Chris Tapper • Michael Carter
Katrina Klaasmeyer • Jim Martinez • John Kawaharada
# Los Angeles Frontrunners

## Profit and Loss by Class

January through December 2015

<table>
<thead>
<tr>
<th>Category</th>
<th>Operations</th>
<th>Total Running Events</th>
<th>Total Social Events</th>
<th>TOTAL</th>
</tr>
</thead>
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<tr>
<td><strong>Ordinary Income/Expense</strong></td>
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<td></td>
<td></td>
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<tr>
<td><strong>Income</strong></td>
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<tr>
<td>Other Types of Income</td>
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<td>0.00</td>
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<tr>
<td>Program Income</td>
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<td></td>
<td></td>
<td></td>
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<tr>
<td>Travel Registrations &amp; Arrangem</td>
<td>0.00</td>
<td>7,857.08</td>
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<td>Social Event Admissions</td>
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<td>Pride Run Registrations</td>
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<td>24,005.45</td>
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<td><strong>Expense</strong></td>
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<tr>
<td><strong>Running Event Expenses</strong></td>
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<td></td>
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<tr>
<td>Awards &amp; Trophies</td>
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<td>969.01</td>
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<td>Travel and Meetings</td>
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<td>Equip Rental and Maintenance</td>
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<td><strong>Operations</strong></td>
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<td>Postage, Mailing Service</td>
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<td><strong>Net Ordinary Income</strong></td>
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<td>5,831.60</td>
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<td>-4,084.29</td>
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<tr>
<td><strong>Net Income</strong></td>
<td>-3,514.47</td>
<td>5,831.60</td>
<td>-6,401.42</td>
<td>-4,084.29</td>
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