



# A Running Experience Club

AREC Info: [info@arec-lb.com](mailto:info@arec-lb.com)

November 2016

Vol. 19, No. 3

AREC Website: [www.arec-lb.com](http://www.arec-lb.com)

**Wednesdays – 6:30pm at Malarkey’s Grill**  
**Walk, jog or run 3-5 miles – All abilities welcome!**  
**Saturdays –7:00am at Joe’s Crab Shack**  
**Trail Training**

President – Todd Rose – [toddrunsarec@aol.com](mailto:toddrunsarec@aol.com)  
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Marathon Coach – Todd Rose – [toddrunsarec@aol.com](mailto:toddrunsarec@aol.com)

## President’s Message

(T. Rose)

Hello, AREC Members. I hope you had a fun and safe Halloween! You’ve likely noticed that the sun is setting much earlier every day now. Welcome to November! But as of Sunday (11/6) at 2am, there will be no doubt. Daylight Saving Time ends and our Wednesday runs will start and end in complete darkness. Don’t be scared... we still run! Be sure to wear your bright clothing, flashing lights, and reflective gadgets. Spending a few dollars on some of that goofy-looking gear could save your life. Be safe out there!

November also marks the beginning of our annual membership push. Club dues are again \$25 for individual or \$40 per family (wow, seriously?) for a calendar year (January 1 – December 31), and includes half- and full- marathon training, trail runs, Wednesday night fun runs, a monthly newsletter, club gear, social events, race discounts, Road Runners Club of America (RRCA) which provides insurance protecting you and the club, and all of the camaraderie, motivation, support, and experience you might expect from a club. Even if you signed up in July during marathon training, we would love to have everyone renewed by January.

The easiest way, of course, to renew (or join for the first time) is online. You can access the link from our website or directly at: <http://tinyurl.com/arecjoin2017>. While there is a small processing fee to pay online, we **strongly encourage** you to use this method. Typed information is vastly more readable than a form and data is transmitted quickly and efficiently to our Information Officer to get your membership privileges instated immediately.

If you prefer not to pay via the internet, there are a couple of options: you can pay by check (payable to:

AREC) and mail it care of Emmett Rahl; 552 Bellflower Blvd. #105; Long Beach, CA 90814; or we will have in-person renewal available on November 30, December 7, and December 14, at the Wednesday evening run. You will also be able to pick up your membership premium (club gear) on these days and we think you are really going to like it!

Since the club dues have remained low and are an incredible bargain, this year we are asking you to consider voluntarily increasing your membership contribution to go towards an exciting new initiative spearheaded by our PR Coordinator Jeffrey McKinney called the **Cross Country 6K**, which will help support the next generation of local runners. (See Jeffrey’s article on Page 2 for all of the details.)

In case you forgot to donate an unwrapped toy to the Heartful Hands organization at the Membership Appreciation Party, well, you still have time! We will continue collecting toys at Wednesday night runs and will deliver them to their event on November 18.

**Heartful Hands** is a charity created by former AREC members Rico and Lisa Loveall which collects toys and donations for children and families of those receiving care at the Jonathan Jaques Children’s Cancer Center in Long Beach. The club is a proud sponsor of this event. If you would like to make a separate donation and attend the banquet on November 18, contact Lisa Loveall at [Lisa.Loveall@gmail.com](mailto:Lisa.Loveall@gmail.com).

Have you never run on trails, but have always been curious? Or run them all the time, but can’t wait to get back on them? Then get excited! The AREC Trail Running Program starts up again this Saturday, November 5<sup>th</sup> at El Moro Canyon (from the Ridge Park entrance of Crystal Cove State Park) with several distances available! Every Saturday, from November to April, Trailmaster Bob will take us to beautiful

and challenging locations all over SoCal. Meet other ARECers at Joe's Crab Shack to carpool at 7:00am (or coordinate with friends) and the runs start at 8:00am from the trailhead. Bring your own water (bottles or hydration pack), since the club does not provide water stations during these runs. Join the **AREC Trail Running** group on Facebook to receive the weekly updates of locations, distances, and maps. For more information, contact Bob directly at [bobf1965@gmail.com](mailto:bobf1965@gmail.com).

Finally, a smaller yet dedicated group is still meeting at 7:00am from Joe's Crab Shack to continue training for winter and spring half- and full- marathons, like Surf City on February 5<sup>th</sup>, Los Angeles on March 19<sup>th</sup> and Orange County on May 7<sup>th</sup>. Join the AREC Marathon and Half Marathon Training group (for Surf City, LA, and OC) on Facebook to receive the weekly updates of distances and routes.

Always so much fun stuff going on... I hope to see you soon!

### **Cross Country 6K**

(J. McKinney)

As part of our annual AREC membership drive, we are launching a bold new initiative called Cross Country 6K to help support the next generation of local runners.

This fundraising initiative is to specifically help support our local public high school cross country programs here in Long Beach. Our goal is to raise \$1,000 for each of the six programs that make up the LBUSD for a total of \$6,000: Cabrillo Jaguars, Jordan Panthers, Lakewood Lancers, Millikan Rams, Polytechnic Jackrabbits, and Wilson Bruins.

These programs largely operate as clubs and the strength of these programs are heavily dependent on fundraising and donations to pay for race entry fees, training equipment, uniforms, and transportation.

We are all intimately familiar with the benefits that come with running, and for many of us, our first introduction to the sport was through Cross Country.

So we are asking that during our 2017 membership drive that you "voluntarily" raise your annual dues from \$25 to \$50 to help support the next generation of local runners.

And if you were not already sufficiently motivated, all donations are tax-deductible, and if you make a donation with your AREC renewal before the end of 2016, you will be entered into a drawing to win either a \$50 Simmzy's gift card or a Trader Joe's gift basket.

So please "voluntarily" raise your annual dues this year and support AREC's long-standing tradition of giving back to the local running community!

### **Run Like Its Recess 5K**

(G. McKiernan)

What better way to spend a beautiful autumn day than wending your way through El Dorado Park, finishing with a Pancake Breakfast, while raising money for a Long Beach school?

Run Like It's Recess 5K (plus 1K and Toddler Run) on November 12<sup>th</sup> funds programs at Newcomb Academy (K-8) where several AREC members' children attend. This is our 7<sup>th</sup> year and isn't just for students – the event is professionally-timed and provides age-group awards.

AREC member Frank Coleman, Jr., founded the event and works with other parents (including myself) to put it on each year. Frank wanted to create an event which brings the school and outside communities together for a fun, healthy activity. More than 400 people participate each year, but we expect a record turnout this year.

Entry fee is \$30 for the 5K, \$15 for the 1K, and \$10 for the toddler run. (ARECDISCOUNT - \$5 off thru 11/3). All proceeds go to the school's Parent-Teacher-Student Association and cover any needs not met by district funds.

### **Award Winners from Member Appreciation Party**

(E. Rahl)

Thanks to everyone who made the October 7<sup>th</sup> M.A.P. a giant success and to everyone who attended. Here is a list of the "big" awards presented:

***Most Prolific Runner – Margaret Tollner***

***Best Age Group Finishers (tie) –***

***Anthony Fagundes & Dona McBride***

***Most Improved Male Runner – Daniel Albino***

***Most Improved Female Runners (tie) –***

***Jane Allison & Angela Wright***

***Male Rookie of the Year – Matthew Callon***

***Female Rookies of the Year (tie) –***

***Jane Allison & Patti Coulombe***

***Most Inspirational Runner – Tsehay Villeza***

***Male Runner of the Year – Todd Rose***

***Female Runner of the Year – Tsehay Villeza***

### **LB Marathon Stories**

(ed. by T. Premsrirath)

**Yadi Carrillo** – I felt very happy to cross the finish line this year. After two consistent years of cruel heat waves, I was scared it would be tough out there, but this year, the weather was favorable to us and I was able to be a pacer for the 2<sup>nd</sup> time around. I met a lot of people throughout the course and we were able to have good conversations here and there. A few people were running the race for their first time, while others wanted the support of a pacer. Looking back at the photos of those running with me, I think we looked strong!

My highlight was at the finish line when one of my runners decided to propose to his girlfriend. I almost missed the moment but managed to snap a picture

of the moment. I posted it on the LB Marathon FB page. Hours later, he posted, "Thanks for the encouraging words in the last 5 mi.! See you next year and thanks for this photo..."

Technology is awesome and helps to connect people and save/share memories. I am able to encourage runners because Todd and other runners do that for me. I felt strong because AREC training built that confidence in me and I projected it on the other runners out there. I was paid it forward. Thank you, AREC!

**Yvette Howard** – This was my first LB half marathon and only my second half. I can't say enough about how much I enjoyed running with my friends, Jessica Perez and Sidney Vong. Training and running with them made all the difference as we were constantly supporting and pushing one another to keep training and keep running!

Todd did a fantastic job providing tips and recommendations on how to train and how to deal with various issues that might arise. I really enjoyed his positive attitude as well.

The run itself felt a little tougher than I had thought, especially towards the end – but I made it and was proud of myself for doing so!

The route was interesting; I thought it was neat to run down street that the Grand Prix is run on and the idea of running onto the freeway was pretty neat, too.

I am definitely considering running again next year!

**Dave Kuntz** – I look forward to the LB Marathon event each year because I truly believe it is one of the greatest celebrations of running in our great country. That, coupled with our Annual Membership Party, just makes it fun to be a part of the club and a part of the greater Long Beach community.

As most who know me know, I have had a pain in the ass for the past few months... no, literally, a pain in the ass called "Piriformis Syndrome," that, when inflamed, causes the sciatic nerve to send *Defcon Level 4* pain alerts to the brain. So it came down to a choice – serious physical therapy with less training and run; or, sit it out, hope for the best and not run if it didn't improve. I chose the former, and I am happy to say I finished. And, (to paraphrase my wife Cindy's hashtag), while it wasn't my best, it wasn't my worst, and it was nonstop.

It was great to make so many new friends during this year's training program and to run alongside

many old ones. I sincerely hope those who joined AREC for the outstanding Marathon Training Program will stick with us as we get down and dirty on the trails, beginning in November.

Hope to see you all on the streets and trails!

**Ron Mgrublian** – The words of Todd Rose rang in my ears: "Don't do anything stupid the night before the race!"

So, the night before the race and my son, Noah, has a baseball game. As Assistant Coach, I chip in where I can. For some reason, it was catching pitches from kids warming up. No problem, I have a little bucket to sit on; nothing can go wrong, right?

By the 5<sup>th</sup> inning, Noah is getting a chance to pitch. He needs to warm up, but the catcher is still getting his gear on. I head out to get behind the plate, but forget my little bucket to sit on.

I crouch down in Catcher's position for his first pitch and I feel a jolt of pain as my right knee goes POP! No problem; I got this; I'll just take it easy and stretch in the morning.

Race morning, it was still sore. I stretched, but it was tender. This wasn't going to stop me, heeding the advice I have Patti Coulombe, I planned to walk if I couldn't run. I was going to enjoy this DAMN RACE no matter what!

Lining up to start, I honestly didn't know what to expect. I wasn't sure if I would take four strides and have to stop or feel nothing at all.

My wave started. My knee was definitely tender, especially at the start and on the uphill, but it ended up OK. After awhile, I forgot which knee was which, probably because I overcompensated.

Now that I threw away medical and coach Todd's advice, I'll probably be dismissed as the off-season half- and full-marathon training coordinator! But it was still a great weekend; I had a lot of fun and I'm already looking forward to next year.

**Kyle Reed** – Sunday's Long Beach Marathon was a success for myself and the entire Reed household. I trained with a finishing goal of 3:15. However, I suffered a hamstring injury just seven weeks before the race, so I was concerned that I would not even be able to compete. Fortunately, I worked through the injury and returned to top shape by race day. My time? 3:14:58, squeaking in ahead of my goal and finishing first in the 55-59 age group!

Better still my two sons competed on Sunday as well. I am proud to say they achieved their set goals for the races as well. My oldest son, Zack, 25, ran the half in a personal best of 2:03:25. My youngest son, Erik,

22, ran the marathon with the goal of qualifying for Boston (3:05). He ran a personal best of 3:00:44, both qualifying him for Boston and placing him second in his age group. I am so happy that I waited for him to qualify before going to Boston. We will both be running it for the first time together in 2018!

Still, the most memorable thing from this year's Long Beach Marathon was joining the amazing community of runners that is AREC. I sought out AREC in an effort to find a higher level of training than I could achieve on my own. I found that and so much more. When seeking out a club, I never realized how much inspiration, motivation, encouragement and information I would get from the AREC running community.

In the short time I have been a member, I have been inspired by those who leave early on long runs so they can finish with others. Inspired by those that have a true joy for running. Inspired by those who encourage others, not because it is a nice thing to do, but because they care. Inspired by a man who tirelessly shows up with his camera at different spots on all of our training runs, snapping photos, offering encouraging words, and making you feel special. Inspired by those that give up their time to take care of the well-being of others by coaching, running a hydration station or performing massages.

I have never been at a race before last Sunday where I felt so connected to so many people; it was a calming feeling that helped me perform my best. Thank you to AREC! I hope that I can give back to others some portion of what I have received, as I plan on being a member for a long time.

**Amy Reed** - Aquarium of the Pacific 5K – my first post-partum race and my first race as an AREC member.

My 14 month-old son started off in the jogger stroller. I had to stop a few times to give him water, food, or reassure him that it was indeed ME behind him. But in the last ¼ mile, there was no question that he was wanting me to hold him. So I popped on the Ergo and did a very light trot to the finish line.

Spectators cheered, "Go, Mom, Go!" One of the runners I passed on the homestretch said "You know you're going slow when you're passed by a woman pushing a stroller who's wearing a baby"

Soooo glad I decided to grab my Ergo; it allowed me to get to the finish line safely and with a happy baby.

All in all, it was a good race and it was nice to see

some familiar faces on the course.

**Tam Premsrirath** – The best part about running Long Beach is seeing so many ARECers before, during, and after the race! Long Beach Marathon weekend is my favorite race weekend. I ran the Aquarium of the Pacific 5K and Half this year, my 13<sup>th</sup> year running Long Beach.

I got to represent the race as an ambassador, which is very easy to do since I really love this race. I love the runners, the volunteers, the spectators, and the awesome vibe all weekend long! This year, I looked forward to donut holes just after the bike path from our friends at TRIBE! And my friend, Erica, was waiting for me just after that to run the last couple miles with me. It was so nice to run with her and I talked her into running the event with me next year!

Whether the race went as planned, we all pushed, dug deep, and enjoyed the journey to the finish line and that's what it's all about – that and being with runner friends to enjoy the experience! Congrats, everyone!

**Lisa de los Reyes** – Every year that I get older, I am reminded how tough it is to keep up with what I was able to do in the past. But dang..., still doing it – 2:00:26 Half Marathon finish. Not a PR, but a much better finish than in the past year of half marathon races.

I wanted to start walking at Mile 11. The heat and lack of running beyond 1 day per week began to show as I slowed my pace down considerably. My pride and desire to do my best got me to the finish line. Never ever give up (my motto in life).

The runners high I felt as I crossed the finish line with all of the energy and strength I had left is a moment I will never forget.



**Lisa de los Reyes and David Forbes at Long Beach Half.**

**Morgan Redd** – I just moved to CA from Atlanta five months ago, so I enjoyed AREC to meet people. Everyone was friendly, welcoming, and very encouraging toward each other's goals!

I decided after just a few runs with AREC that I wanted to train for the Long Beach Marathon. This would only be my second marathon and I never had a desire to run for a certain time – I just wanted to finish.

During the training runs, the group pushed me to be faster than I ever knew I could be. My goal was to finish the race in under 4 hours and I am happy to announce I completed the race in a personal best of 3:48:48!!

Not only did I gain some new friends, but I also finished the race almost an hour faster than my first marathon!! Thank you to all the members of AREC that helped challenge me during training and cheer me on!

**Vince Ewing** – Ran 1:49, felt hot. I did not have much of a training base, but used this as a gauge to see where I am, fitness-wise. I am motivated to stick to a solid training schedule so I can get back to my sub-1:30 half marathon times. It was just too hot today. Anyway, all in all, it was fun.

**Jeff Gogue** – New to the club. Second half marathon. Good time for me – 10:30/mile. Really proud of myself. Next adventure, sprint triathlon – next year on bucket list.

**Gina Otjen** – When I told people in AREC this was my first and most-likely last marathon, they said, "Oh, after you do your first, you'll want to do more." I said, "I REALLY don't think so."

Prior to LB, I had done two half marathons and wanted to try a full. Since I had turned 50 in December, I thought it would be a good year to do this. "Wouldn't that be cool," I thought, "to do my first AND ONLY marathon at age 50?" I could tell people this line for years, "I ran my first marathon at age 50." When I was younger, I was a sprinter. It NEVER occurred to me that I'd EVER run a MARATHON.

After I finished the marathon and was recovering near the finish line I heard the announcer say, "Here comes Bob so-and-so, he's age 78 years young, finishing the marathon!" I guess age 50 isn't such a big thing, but I'm still going to use my line at parties and social gatherings in the future.

Some random thoughts:

\*\* Miles 17-19 lasted F O R E V E R. I'm thinking, "Dang, are we ever going to see a mile marker starting with a '2?'"

\*\* I didn't need to listen to music during the race. We enjoyed listening to the bands, DJs, and the cheers from those along the route. It was great.

\*\* Talked to people during the race. (Miles 17-20 I really didn't want to talk to anybody.) Met some really nice people, including Sarah, who ran in a Bat Girl outfit, and Ken, running his first marathon, too.

\*\* It's really nice to run your first marathon with someone who has run one (and has run LB). I had the BEST running buddy anyone could ask for in the form of my sweet husband, Don. He had planned on doing the half, but said he'd run the full with me instead. It took him about 2 hours longer than usual, but he had the best attitude the entire way. If you are fortunate to have a running buddy, it's fantastic if that person is positive and encouraging.

\*\* On-course support was awesome! Wearing AREC shirts gave us instant cred and we got lots of encouragement from people calling out, "Go AREC!" They didn't know us, but with the shirt, they knew who we were. People came out from their homes to feed us, hose us down, give us a bottle of water. Donut holes from TRIBE. Mong, at Mile 9/10 aid station. Ameelia and friend handing out Skittles and ice on the way up and back from the college.

Then Emmett at Mile 20. I think he's kind of famous for Mile 20. I heard so many times that Emmett would be at Mile 20 with beer. I was happy seeing him on the other side of the road knowing that in a little while, we'd be coming back from CSULB and we'd get to stop and get a drink of beer. (What a long run around the college!) I don't even like beer! It was a nice respite, but Emmett didn't let us dither too long. I had only stopped briefly, and he sweetly gave me a gentle nudge to keep going (like the push you see during the Tour de France when a cyclist falls off his bike and the team gets him back up on two wheels and gets him going again with a push). It was like that. Oh, and the beer tasted good. It was cold.

And of course, Chuck, taking pictures. I was looking for him and there he was.

\*\* Prayer works. (Thank you, Lord, for getting me through the marathon.)

\*\* Before the race, I said to myself, "I cannot wait until I don't have to go out and train anymore." But two days after the marathon when driving along a street where I had trained quite a bit, I got a little bit nostalgic. I thought, "Remember when you ran here? You can go for a run here again. It's OK, you don't have to tell anyone you're doing it." Where did THAT come from?

\*\* We read about the Jet Blue promotion, "If you can't beat the flight, join it!" but we didn't want to be

slower than 6:20. Our goal was 5:45 for a while, but when my knee started hurting, we walked. As we got closer to the finish, we checked the time versus the miles. Sure, we wanted to finish sooner rather than later, but if we were going to be 6:18, we might as well be 6:20.

As we rounded the last corner, we heard the announcer say, "Bob Whassisname just got himself a Jet Blue ticket to anywhere they fly!" so we knew the time was 6:20. That meant we were each going to win a ticket, too! I'm not sure if my emotions were due to finally finishing OR was it the \$600 in airfare we just won!!

Overall, I'm am SO HAPPY I ran the marathon. I can tell people forever I ran a marathon. And when I cheer for Don at his future races, I'll be able to really know what he and the other runners are going through. When I look them in the eye around Mile 21 and tell them, "You can do it," I'll know they can, because if I can do it, they can do it.

And darn it, it's possible that I'll do another one. I don't know... it's probably 50/50. Maybe 60/40. We'll see. It really wasn't that bad. In fact, it was AWESOME!

### **Looking for Running Buddy Volunteers**

(A. Holder)

Do you remember your first Wednesday night AREC run? Hopefully, you showed up with a friend who was familiar with the course or you were outgoing enough to launch a conversation with a random stranger who luckily ran your same pace.

While our Wednesday night course is not confusing (for the most part, there are enough people to simply follow), a little bit of encouragement and a human connection helps bring people back week-after-week.

We are looking for AREC volunteers to serve as occasional running buddies on Wednesday nights. Ideally, we would like to pair people up by pace (9:00-10:00/mile; 10:00-12:00/mile, and 13:00+).

Since our program is in its beginning stages, we don't have a specific format on how it will be implemented (whether on a case-by-case basis or by announcement prior to the run), we are looking for people to volunteer once a month (as needed).

For more information, contact Angela Holder at [angelaruns1bc@gmail.com](mailto:angelaruns1bc@gmail.com).

### **The Boy Who Runs: A Book Review**

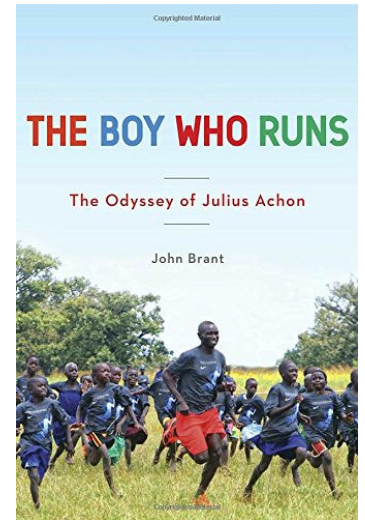
(E. Rahl)

I occasionally receive copies of running-related books to read and review and I got deeply engaged in John Brant's The Boy Who Runs: The Odyssey of Julius Achon.

Brant is a contributor to *Runners World* and I had also read his book about Salazar and Beardsley's Boston battle, Duel in the Sun. Even so, Boy's story seemed familiar to me.

Part of the familiarity stemmed from the picture on the cover, because any good running story beginning in Africa involves running in rural areas, simply to get from Point A to Point B.

As I delved deeper into the story, I realized I had read an article in *Runners World* about Julius Achon and his Foundation in Uganda.



If you are wondering whether this book is worth your time, it is, most especially because it is not your typical "African boy makes it big and wins US Marathon story." In fact, Julius Achon is not what you would call a household name, except maybe in his home region of Uganda.

As a young boy, Achon did not have dreams of being a world-class runner. However, after being kidnapped and conscripted into a military army at age 12, and escaping six months later, he spotted a plane and asked his father, "How can fly in one of those?" The only Ugandans who flew in planes, his father knew, were those who were great runners, so Julius took it upon himself to fashion himself into a great runner.

Since Achon's story is detailed in a book, it stands to reason that he achieved enough "greatness" to catch the eye of an American sportswriter, but Achon's story is not without struggle and heartbreak.

But anything worth doing takes time, effort, and the conviction to convince others to join you in your endeavor. The orphanage and local health center are testament to his drive to achieve something lasting.

You'll have to read The Boy Who Runs to find out how Julius Achon made his dreams a beautiful reality.

## Race Results – (October)

“PR!” denotes AREC club recorded PR (also bolded). Stats are Name, Age, Time, Overall, and Division. Any results missed in the Newsletter can be found at:

[www.arec-lb.com/resultgp.html](http://www.arec-lb.com/resultgp.html)

The online page also has details on the point system and the rules for results submission.

### **Maryland Ironman (100mB/26.2mR) – 10/1/16**

**John Hampton 50 9:07:07 225 22 PR!**

### **San Jose Rock’n’Roll 5K – 10/1/16**

**Amy Chambers 34 25:57 218 10 PR!**

### **Manhattan Beach 10K – 10/1/16**

Gretchen Sumortin 45 64:24 1944 97

Brian McKeever 41 66:06 1980 184

### **San Jose Rock’n’Roll Half Marathon – 10/2/16**

Amy Chambers 34 2:00:16 2017

Dulce Barton 60 2:44:44 5716

### **Mission Bay Duathlon (15kB/4.1mR) – 10/2/16**

**Mark Vishnevsky 36 51:36 2 1 PR!**

**Michelle Genin 34 65:23 24 4 PR!**

### **Heart of Cool Half Marathon – 10/2/16**

Kelly Rule 51 2:45:46

### **Aloha 5K – 10/2/16**

Steven Burkett 27 19:26 3 1

Margaret Tollner

### **Aloha 10K – 10/2/16**

Dona McBride 65 58:55 54 2

**Sidney Vong 40 66:21 102 6 PR!**

### **LA Dodgers Foundation 5K – 10/2/16**

**Michael Plantenga 45 40:09 1441 134 PR?**

### **LA Dodgers Foundation 10K – 10/2/16**

Jessica Perez 36 74:50 1015 197

Jessica Centeno 37 90:26 1501 280

### **Ironman World Champs (HI) – 10/8/16**

Alexander Chin 49 14:56:30 2066 63

### **Long Beach 5K – 10/8/16**

Liz Guerrini 47 20:44 5 1

Matt Simpson 55 22:30 10 1

Rickey Bobbitt 58 27:55 100 5

Leigh Anne Sandlin 55 28:20 108 3

Michael Kling 62 30:22 165 8

**Lori Simpson 46 30:26 170 8 PR!**

Tammy Roether 42 30:27 171 5

Geri Rosser 60 33:06 278 5

**Carrie Hull 42 38:25 821 29 PR!**

Tam Premsrirath 41 39:49 581 39

**Grace Jo 39 44:29 734 48 PR!**

**Amy Reed 33 45:09 751 75 PR!**

Margaret Tollner 54 1:19:31 1430 97

### **Long Beach 5K/20M Bike – 10/8,9/16**

**Laura Sardisco 30 2:17:41 59 4 PR!**

Karen Neuhaus 51 2:43:41 67 2

### **Long Beach 5K/Half/20M Bike – 10/8,9/16**

**L. Kane-Barnese 33 3:50:59 16 2 PR!**

**Amy Chambers 34 3:56:36 16 2 PR!**

**Daniel Albino 30 4:54:11 114 4 PR!**

**Dulce Barton 60 5:20:58 154 1 PR!**

### **Long Beach Half/20M Bike – 10/9/16**

**Osvaldo Ocampo 40 2:24:05 3 1 PR!**

**Cody Palosaari 38 2:36:29 9 2 PR!**

**Joe Bucher 42 2:48:21 18 4 PR!**

**Joshua Hickman 32 3:10:15 45 10 PR!**

**Bill Perkins 48 3:13:02 51 4 PR!**

Diana Mego 44 3:35:50 82 2

**John Siqueiros 53 4:48:30 167 11 PR!**

### **Long Beach Half Marathon – 10/9/16**

**Anthony Fagundes 26 1:11:34 7 2 PR!**

**Peter Yeh 43 1:28:28 65 9 PR!**

**John Taylor 44 1:30:10 86 12 PR!**

David Buczkowski 49 1:32:25 104 7

Jeffrey McKinney 49 1:35:19 151 11

Drew Sells 45 1:35:53 160 13

Liz Guerrini 49 1:42:10 316

**Simon Song 36 1:42:49 342 55 PR!**

Wendy Haase 46 1:43:37 378 4

Preston Reed 33 1:46:31 489 71

**JoAnn Kane 33 1:46:38 492 12 PR!**

John Hampton 50 1:46:31 481 35

**Candi Crowe 34 1:46:38 493 13 PR!**

Ken Walker 60 1:51:00 700 16

Kim Fatone 49 1:52:02

Christina Maldonado 34 1:53:57 895 34

Todd Fatone 50 1:55:35 998 80

**Adam Schmidt 37 1:56:22 1067 138 PR!**

Chaochi Huang 42 1:57:54 1155 54

Jimmy Honda 51 1:58:13 1192 92

Tom White 58 1:58:37 1211 82

Inger Nelson 51 1:58:57 1239 23

Karen Frankenberg 57 1:59:46 1313 11

**Jaime Hipsher 40 2:00:07 1332 68 PR!**

Lisa de los Reyes 55 2:00:26 1386 13

Jaimie Torromeo 42 2:01:16 1424 75

**Matthew Callon 44 2:01:34 1445 164 PR!**

Mark Rebennack 39 2:02:00 1477 171

David Forbes 60 2:02:17 1500 40

Brian McKeever 41 2:03:21 1587 174

**Tamara Noonchester 39 2:03:47 1626 92 PR!**

Martin McDuffie 44 2:06:17 1823 195

Jeff Riegle 51 2:06:20 1828 118

Darren Johnson 42 2:06:44 1864 201

Mike Jacoby 54 2:07:34 1935 127

**Maya Grasse 38 2:07:36 1958 114 PR!**

Barbara Flor 53 2:07:56 1965 48

Leigh Anne Sandlin 55 2:08:14 1989 28

Rich Terrell 62 2:09:08 2072 51

Moses Huerta 46 2:09:15 2084 172

Thurman Ashley 37 2:09:49 2137 221

Sheri Vivanco 42 2:09:58 2146 132

**Greta Todd 37 2:12:49 2143 164 PR!**

**Long Beach Half Marathon continued**

Russ Barkelew	59	2:12:56	2429	106
Lydia Munoz-Clark	49	2:12:57	2456	100
Caitlin Bartkus	25	2:14:24	2500	42
<b>Kevin Loper</b>	<b>52</b>	<b>2:16:39</b>	<b>2571</b>	<b>171 PR!</b>
Rene Campirano	39	2:18:06	2618	248
Nicole Thome	43	2:18:30	2654	173
Elizabeth Quiroz	33	2:18:32	2906	220
Keith Mason	56	2:19:06	2967	48
Joya Walach	42	2:19:50		214
David Ownby	61	2:19:51	3046	78
Kelly Colopy	51	2:20:29	3111	90
Kristen Womersley	44	2:20:44	3142	229
Jill Unze	49	2:20:45	3145	146
Uriel Garcia	37	2:20:49	3155	281
Dave Kuntz	64	2:22:35	3316	85
Kate Rupley	52	2:23:09	3358	100
Michael O'Keefe	59	2:24:42	3507	144
John Ellis	55	2:24:42	3508	145
Patti Coulombe	52	2:25:04	3642	115
<b>Jackie Loper</b>	<b>56</b>	<b>2:26:30</b>	<b>3659</b>	<b>64 PR!</b>
Tammy Roether	42	2:28:04	3799	283
<b>Alison Sells</b>	<b>45</b>	<b>2:28:38</b>	<b>3892</b>	<b>188 PR!</b>
Christina Kusumoto	51	2:29:59	3934	125
Jerry Nairn	57	2:31:17	4037	162
<b>Sylvia Valdez</b>	<b>32</b>	<b>2:31:59</b>	<b>4088</b>	<b>364 PR!</b>
Vanessa Collins	39	2:33:59	4278	349
Jessica Perez	36	2:36:31	4471	376
Tam Premsrirath	41	2:37:21	4540	366
Anna Baker	49	2:38:44	4639	262
<b>Matilde Gonzalez</b>	<b>35</b>	<b>2:38:59</b>	<b>4660</b>	<b>391 PR!</b>
Roger Fleck	59	2:39:15	4682	177
<b>Kim Onisko</b>	<b>60</b>	<b>2:40:08</b>	<b>4748</b>	<b>109 PR!</b>
Melissa Song	36	2:40:15	4763	406
Angie Leung	53	2:42:35	4975	175
Yvette Howard	48	2:43:32	5054	295
Sidney Vong	40	2:44:54	5165	452
Paula Kendrick	38	2:45:04	5185	462
Rosie Swenson	40	2:45:06	5188	453
Ron Mgrublian	49	2:48:02	5412	363
Randy Gaston	57	2:49:01	5496	199
William van Wyk	62	2:49:30	5535	119
Lisa Davies	46	2:50:31	5616	341
Jacqueline Davis	47	2:50:38	5629	342
Anne Fouquette	52	2:51:49	5712	213
Tina Gabel	50	2:53:05	5811	221
Maria Campbell	45	2:54:46	5908	361
Alvin Leung	35	2:54:57	5917	427
Ann Wellman	44	2:55:47	5992	523
Nicole Gross	37	2:56:34	6055	555
Joseph Gustaff	55	2:57:40	6122	217
<b>Peter Kilmarx</b>	<b>57</b>	<b>2:57:43</b>	<b>6124</b>	<b>218 PR!</b>
L. Battle Laridon	49	2:57:52	6106	889
Kathleen Masui	44	2:59:17	6226	555
Christine Suzuki	47	2:59:19	6228	391
Jean Uyehara	53	3:04:06	6515	264
Arin Kritzmire	41	3:05:58	6613	615
Vernon Rudd	70	3:06:44	6659	
Maren Separa	66	3:12:50	6972	15
Carol Fleck	58	3:13:39	7009	204
Robert Ward	38	3:14:52	7087	482
Kathy Evans	48	3:15:34	7138	471

**Long Beach Half Marathon continued**

Karla Jones	46	3:18:20	7247	477
<b>Deb Cardinale</b>	<b>63</b>	<b>3:20:32</b>	<b>7337</b>	<b>95 PR!</b>
Kayla Moxley	25	3:22:33	7404	570
Cindy Kuntz	62	3:24:03	7464	96
Deanna Bucher	41	3:24:03	7465	723
Shelly Stratton	48	3:29:16	7643	505
Clara Osborn	37	3:31:07	7699	728
<b>Ana Garcia</b>	<b>43</b>	<b>3:31:46</b>	<b>7726</b>	<b>741 PR!</b>
Sally Pereira	28	3:32:39	7756	604
Allison Migliaccio	53	3:36:41	7860	360
Shelly Moore	51	3:36:53	7866	361
Cheryl Bigelow	42	3:37:01	7869	753
Jeanine Gaston	46	3:52:45	8195	566
Victoria Watson	38	3:53:07	8203	783
<b>Frances Watson</b>	<b>37</b>	<b>3:53:08</b>	<b>8204</b>	<b>784 PR!</b>
Nancy Kane	68	3:57:18	8258	26
Margaret Tollner	54	4:44:57	8531	413
Barb Sims	56	5:01:01	8543	308

**Long Beach Marathon – 10/9/16**

<b>Timothy Krone</b>	<b>28</b>	<b>3:06:04</b>	<b>37</b>	<b>9</b>	<b>PR!</b>
<b>Kyle Reed</b>	<b>56</b>	<b>3:14:58</b>	<b>56</b>	<b>1</b>	<b>PR!</b>
<b>Eric Goff</b>	<b>45</b>	<b>3:15:46</b>	<b>60</b>	<b>3</b>	<b>PR!</b>
Alan Otani	45	3:21:56	85	8	
<b>Heidi Goedecke</b>	<b>30</b>	<b>3:27:16</b>	<b>125</b>	<b>3</b>	<b>PR!</b>
Sam Hackett	26	3:28:03	132	18	
Elke Schragl	45	3:29:32	142	2	
Emily Benson	27	3:35:10	183	7	
Ken Goedecke	41	3:37:10	195	29	
<b>Brian Acosta</b>	<b>44</b>	<b>3:39:51</b>	<b>217</b>	<b>30</b>	<b>PR!</b>
Chris Matuszak	32	3:41:01	223	26	
Regina McWhirter	36	3:43:20	239	6	
<b>Morgan Redd</b>	<b>24</b>	<b>3:48:48</b>	<b>289</b>	<b>10</b>	<b>PR!</b>
Tim Yi	39	3:49:10	293	40	
<b>Gretchen Sumortin</b>	<b>45</b>	<b>3:55:59</b>	<b>370</b>	<b>15</b>	<b>PR!</b>
<b>Alan Sheppard</b>	<b>33</b>	<b>3:56:16</b>	<b>373</b>	<b>47</b>	<b>PR!</b>
Walter Bortman	41	3:59:48	435	62	
Tiffany Forster	31	4:01:39	454	14	
Jennifer Connelly	48	4:04:49	487	21	
Gabrielle Baklayan	46	4:10:50	552	16	
Hiroko Barringer	48	4:13:08	577	27	
Steve Schatz	61	4:15:02	601	11	
<b>Lourdes Ramirez</b>	<b>34</b>	<b>4:17:50</b>	<b>635</b>	<b>34</b>	<b>PR!</b>
Kevin McKee	54	4:18:21	642	47	
<b>June Hofilena</b>	<b>48</b>	<b>4:20:52</b>	<b>670</b>	<b>31</b>	<b>PR!</b>
Gusti Lind	40	4:25:22	724	33	
<b>Xochitl Hernandez</b>	<b>33</b>	<b>4:27:25</b>	<b>743</b>	<b>30</b>	<b>PR!</b>
Lian Baker	39	4:28:28	759	39	
Ramiro Viramontes	64	4:28:53	766	16	
<b>Tiffany Gin</b>	<b>33</b>	<b>4:36:15</b>	<b>855</b>	<b>36</b>	<b>PR!</b>
<b>Sherwin Argentera</b>	<b>37</b>	<b>4:44:57</b>	<b>946</b>	<b>99</b>	<b>PR!</b>
Kimberley Palermo	45	4:47:11	979	41	
Yadira Carrillo	31	4:49:10	1016	42	
<b>Anthony Cesena</b>	<b>50</b>	<b>4:52:00</b>	<b>1053</b>	<b>84</b>	<b>PR!</b>
Ashley Boal	30	4:55:52	1092	45	
Jesus Rodriguez	49	4:56:12	1099	116	
Bob Beachler	54	4:59:25	1133	87	
<b>Jeannine Murphy</b>	<b>47</b>	<b>5:01:36</b>	<b>1163</b>	<b>60</b>	<b>PR!</b>
<b>Danielle Linden</b>	<b>44</b>	<b>5:03:10</b>	<b>1178</b>	<b>60</b>	<b>PR!</b>
<b>Chris Liebers</b>	<b>41</b>	<b>5:03:11</b>	<b>1179</b>	<b>144</b>	<b>PR!</b>
<b>Pam Goff</b>	<b>45</b>	<b>5:06:2</b>	<b>1208</b>	<b>52</b>	<b>PR!</b>
Millie Book	27	5:05:08	1210	56PR!	



**Long Beach Marathon continued**

Dona McBride	65	5:06:31	1212	3
Namil Shin	55	5:08:26	1223	70
Kristine Diehl	56	5:10:17	1241	54
Tsehay Villeza	52	5:14:16	1277	34
Rose Cabrera	53	5:16:36	1300	36
<b>Steve Canon</b>	<b>49</b>	<b>5:16:36</b>	<b>1301</b>	<b>126 PR!</b>
<b>Kristen McElderry</b>	<b>28</b>	<b>5:19:37</b>	<b>1330</b>	<b>65 PR!</b>
Laura Sohaskey	58	5:23:44	1390	73
Brad Zell	48	5:29:02	1435	142
<b>Amy Furuyama</b>	<b>30</b>	<b>5:35:49</b>	<b>1494</b>	<b>62 PR!</b>
Hugo Simojo	53	5:46:43	1559	120
<b>Lisa Ikari</b>	<b>44</b>	<b>6:06:30</b>	<b>1697</b>	<b>90 PR!</b>
<b>Gina Otjen</b>	<b>50</b>	<b>6:19:29</b>	<b>1751</b>	<b>55 PR!</b>
Don Otjen	51	6:19:29	1752	130
<b>Leslie Saito</b>	<b>45</b>	<b>6:44:10</b>	<b>1895</b>	<b>82 PR!</b>

**Portland Marathon – 10/9/16**

Dave Mueller	53	5:30:04	3404	180
Todd Byers	53	6:09:20	3929	198

**Boeing 5K – 10/10/16**

Emmett Rahl	45	24:00	5	1
Don Otjen	51	28:44	17	8

**Ragnar Hawaii – 10/14-15/16**

<b>Barton/Tollner team</b>	<b>36:4:22</b>	<b>193</b>	<b>PR!</b>
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**Denver Rock'n'Roll 5K – 10/15/16**

Amy Chambers	34	28:03	199	17
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**Matt's Run 5K – 10/15/16**

Mark Vishnevsky	36	18:38	4	1
Michelle Genin	34	23:43	41	1

**Twin Peaks 32.5M – 10/15/16**

<b>Jeffrey McKinney</b>	<b>49</b>	<b>8:41:12</b>	<b>12</b>	<b>2 PR!</b>
<b>Laura Sohaskey</b>	<b>58</b>	<b>9:37:06</b>	<b>25</b>	<b>2 PR!</b>
<b>Tsehay Villeza</b>	<b>52</b>	<b>10:09:05</b>	<b>29</b>	<b>1 PR!</b>
Emmett Rahl	45	10:34:09	35	3
Angela Holder	45	12:58:58	39	4

**Beach Derby 5K – 10/16/16**

Liz Guerrini	47	20:04	9	1
<b>Carrie Hull</b>	<b>42</b>	<b>35:30</b>	<b>401</b>	<b>44 PR!</b>

**Beach Derby 10K – 10/16/16**

Jeannine Murphy	47	61:20	357	42
Jacqueline Davis	47	65:24	494	69
Jesus Rodriguez	49	66:15	528	65
Sidney Vong	40	66:16	529	97
Cindy Kuntz	62	83:09	933	10
Clara Osborn	37	83:52	936	16

**Beach Derby 10M – 10/16/16**

<b>Gil Perez</b>	<b>39</b>	<b>1:02:36</b>	<b>5</b>	<b>1 PR!</b>
Wendy Haase	46	1:21:32	107	8
Amy Nissen	42	1:34:03	304	40
<b>Palle Weber</b>	<b>53</b>	<b>1:35:05</b>	<b>15</b>	<b>PR!</b>
Jennifer Connelly	49	1:37:42	380	
Gabrielle Baklayan	46	1:38:18		15
<b>June Hofilena</b>	<b>48</b>	<b>1:38:28</b>	<b>396</b>	<b>57 PR!</b>
<b>Joya Walach</b>	<b>42</b>	<b>1:38:54</b>	<b>405</b>	<b>61 PR!</b>
Dona McBride	65	1:40:57	441	8
<b>Amy Holzgang</b>	<b>45</b>	<b>1:43:15</b>	<b>493</b>	<b>74 PR!</b>
Sandy Draper	53	1:45:21	536	7
Kate Rupley	52	1:47:35		43

**Beach Derby 10M continued**

Dave Kuntz	64	1:53:28		10
Jean Uyehara	53	2:08:49	966	86
Ruben Castorena	38	2:20:06	1081	72
Bree Kerklín	38	2:32:52	1283	190

**St. Louis Rock'n'Roll Half Marathon – 10/16/16**

<b>Angela Wright</b>	<b>54</b>	<b>3:02:24</b>	<b>4231</b>	<b>174 PR!</b>
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**Foster Park Half Marathon – 10/16/16**

Jessica Centeno	37	3:42:24	52	5
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**Denver Rock'n'Roll Half Marathon – 10/16/16**

Amy Chambers	34	2:18:42	3460	335
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**Vancouver Rock'n'Roll 10K – 10/22/16**

Amy Chambers	34	54:59	532	36
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**Lace-Up Ventura 5K – 10/22/16**

Sheri Vivanco	42	31:06	57	4
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**Lace-Up Ventura Half Marathon – 10/22/16**

Jesus Rodriguez	49	1:50:46	58	6
Christina Kusumoto	51	2:29:46	180	7

**Vancouver Rock'n'Roll Half – 10/23/16**

Amy Chambers	34	2:00:35	1443	91
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**VA Flash Mob 5K – 10/28/16**

Tammy Roether		35:17		
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**Spooky Dash 5K – 10/29/16**

Mark Vishnevsky	36	18:22		
Emmett Rahl	45	25:50	7	1
Geri Rosser	60	32:47	22	1

**Spooktacular 5K – 10/29/16**

Matilde Gonzalez	35	31:05	341	23
Dulce Barton	60	36:50	581	4

**Carrera de los Muertos 5K – 10/29/16**

Heidi Goedecke	30	19:10	23	1
Tom McBride	50	22:57	90	4

**Kristen Womersley 44 26:30 195 11 PR!**

Jill Unze	49	26:31	197	8
Dona McBride	65	27:49	235	1
Carissa Hernandez	42	28:31	260	18
Danny Hernandez	13	29:12	285	5
Daniel Hernandez	47	37:59	498	23
Karen Neuhaus				

**LA Rock'n'Roll 5K – 10/29/16**

<b>John King</b>	<b>44</b>	<b>23:48</b>	<b>28</b>	<b>3 PR!</b>
<b>Frances Watson</b>	<b>37</b>	<b>57:59</b>	<b>645</b>	<b>PR!</b>

**Oktoberfest 5K – 10/29/16**

Tammy Roether	42	32:30	257	17
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**Whoos in El Moro 50K – 10/29/16**

Gisele Schaaf	29	4:55:26	12	Elite
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**Whoos in El Moro 25K – 10/29/16**

Anthony Fagundes	26	1:44:04	1	1
<b>Kimberley Palermo</b>	<b>45</b>	<b>3:11:31</b>	<b>50</b>	<b>5 PR!</b>
<b>Brian McLeod</b>	<b>57</b>	<b>3:13:26</b>	<b>51</b>	<b>11 PR!</b>
<b>Nancy Long</b>	<b>59</b>	<b>3:21:33</b>	<b>62</b>	<b>3 PR!</b>
<b>Kelly Rule</b>	<b>51</b>	<b>3:32:18</b>	<b>71</b>	<b>4 PR!</b>
<b>Tsehay Villeza</b>	<b>52</b>	<b>3:47:18</b>	<b>83</b>	<b>7 PR!</b>

**Javelina Jundred Miler – 10/29-30/16****Walter Bortman 41 26:21:26 130 PR!****School Ghou 5K – 10/30/16**

Drew Sells	45	19:31	22	1
Richard Graves	51	19:42	23	2
Liz Guerrini	48	20:02	25	2

**School Ghou 10K – 10/30/16**

Jean Uyehara	53	74:06	74	6
Karen Frankenberg	57	81:28	79	7
Maren Separa	66	81:29	80	2

**Temecula Half Marathon – 10/30/16**

Christina Maldonado	34	1:57:51	99	17
Ramiro Viramontes	64	1:57:56	101	5
Nicole Thome	43	2:22:09	232	33

**LA Cancer Challenge 5K – 10/30/16**

Emmett Rahl	45	170	13
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**LA Cancer Challenge 10K – 10/30/16**

Steve Schatz	61	49:18	41	1
Emmett Rahl	45	54:14	70	10
Dave Mueller	53	60:56	124	12
Dona McBride	65	61:03	125	1

**Yvette Howard 48 67:53 180 16 PR!**

Jessica Perez	36	69:19	190	10
Sidney Vong	40	71:00	198	5

**De Gelato 10M – 10/30/16**

Tammy Roether	42	1:49:23	276	13
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**LA Rock'n'Roll Half Marathon – 10/30/16**

Alan Otani	46	1:39:00	226
June Hofilena	48	2:05:14	1733
Amy Chambers	34	2:06:39	1852
Joya Walach	42	2:09:42	2135
Thurman Ashley	37	2:14:06	2572
Kathleen Masui	45	2:19:57	3140
Jeannine Murphy	47	2:20:07	3150

**Farah Seguin 42 2:23:36 3566 PR!**

Desiree Martinez	36	2:27:26	3883
Brian McLeod	57	2:31:02	4287
Danielle Linden	44	2:35:33	4650
Jacqueline Davis	47	2:38:46	4910
Tam Premsrirath	41	2:47:07	5872
Tina Gabel	50	2:58:45	6312
Rosie Swenson	40	2:58:45	6313
Sylvia Valdez	32	3:06:53	6703
Karla Jones	46	3:43:25	7791

**Marine Corps Marathon – 10/30/16**

Tiffany Moreno	38	5:00:21
<b>Bryan Klarstrom 46 5:04:56 PR!</b>		
Todd Byers	53	5:39:52
Alvin Leung	35	7:19:00

**2016 - 2017 Century Club (Top 30)**

<b>Laura Sohaskey 270.9 miles</b>	
<b>Walter Bortman NEW!! 129.2 miles</b>	
Amy Chambers	94.1 miles
Jesus Rodriguez	92.4 miles
June Hofilena	84.8 miles
Margaret Tollner	81.2 miles
Tsehay Villeza	74.2 miles
Dona McBride	69.4 miles
Tam Premsrirath	68.6 miles
Jean Uyehara	53.9 miles
Jessica Centeno	53.2 miles
Todd Byers	52.4 miles
Christina Kusumoto	52.4 miles
Nicole Thome	52.4 miles
Joya Walach	52.4 miles
Dulce Barton	52.0 miles
Jeannine Murphy	51.7 miles
Emmett Rahl	51.1 miles
Gisele Schaaf	49.4 miles
Sidney Vong	49.4 miles
Jeffrey McKinney	45.6 miles
Alexander Chin	45.5 miles
Tammy Roether	45.5 miles
Danielle Linden	44.6 miles
Alan Otani	44.6 miles
Angela Holder	44.0 miles
John Hampton	42.3 miles
Tiffany Forster	42.2 miles
Kimberley Palermo	41.7 miles
Anthony Fagundes	41.6 miles

**2016 – 2017 Grand Prix Standings (Top 20)**

1. Dona McBride	135
2. Jesus Rodriguez	103
3. Laura Sohaskey	100
4. Dulce Barton	97
5. Amy Chambers	92
6. Emmett Rahl	86
7. June Hofilena	75
8. Margaret Tollner	68
9. Liz Guerrini & Sidney Vong	67
10. Anthony Fagundes	64
11. Matthew Callon	62
12. S. Argentera, J. Hampton & A. Otani	57
13. Tsehay Villeza	56
14. J. Centeno, D. Ownby & J. Uyehara	55
15. Tiffany Forster	54
16. Wendy Haase	53
17. K. Frankenberg, K. Reed & M. Vishnevsky	52
18. Gisele Schaaf & Sheri Vivanco	51
19. Heidi Goedecke & Gil Perez	48
20. Josh Hickman	47

## Upcoming Events

11/05/16	7:00AM	Hollywood	Hard Rock Café 5K/10K	<a href="http://www.runhardrockcafe.com">www.runhardrockcafe.com</a>
11/06/16	7:00AM	S. Clarita	Santa Clarita Half/Full	<a href="http://www.scmarathon.org">www.scmarathon.org</a>
	7:00AM	Malibu	Malibu 5K/Half	<a href="http://www.malibumarathon.com">www.malibumarathon.com</a>
	8:00AM	Playa del Rey	Heroes for Hope 5K/10K	<a href="http://www.wizathon.com">www.wizathon.com</a>
11/12/16	5:30AM	Anaheim	Avengers 5K-Half*	<a href="http://www.rundisney.com">www.rundisney.com</a>
	8:00AM	Pico Rivera	LASAA 5K/10K	<a href="http://www.itsyourrace.com">www.itsyourrace.com</a>
11/13/16	9:00AM	LB	Run Like It's Recess 5K*	<a href="http://www.runlikeitsrecess.com">www.runlikeitsrecess.com</a>
	4:30PM	Las Vegas	Rock'n'Roll 5K/Half*	<a href="http://www.runrocknroll.competitor.com">www.runrocknroll.competitor.com</a>
11/19/16	7:00AM	PV	LaceUp 5K/10K*	<a href="http://www.laceuprunningseries.com">www.laceuprunningseries.com</a>
	8:00AM	Lawndale	LASAA 5K/10K	<a href="http://www.itsyourrace.com">www.itsyourrace.com</a>
11/24/16	Various	Various	Thanksgiving Run*	

\* AREC Bonus Race

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### November Birthdays

November 2 <sup>nd</sup>	Adrienne Hill Brian McKeever Chris Plante
November 3 <sup>rd</sup>	Erin Medina Alan Sheppard
November 4 <sup>th</sup>	Beatriz Manzano
November 5 <sup>th</sup>	Michael Plantenga
November 6 <sup>th</sup>	Drew Sells
November 7 <sup>th</sup>	Patrick Bucher Luis Montes Kasey Murray
November 8 <sup>th</sup>	Sabra Villa Ann Wellman
November 9 <sup>th</sup>	Janet Waugh
November 10 <sup>th</sup>	Lian Baker
November 11 <sup>th</sup>	Rich Parker
November 12 <sup>th</sup>	Joe Bucher Vince Ewing Diana Sedlak
November 13 <sup>th</sup>	Martin McDuffie Janet Sparks Kristen Wright
November 14 <sup>th</sup>	Servando Timbol
November 15 <sup>th</sup>	Candi Crowe
November 16 <sup>th</sup>	Gregory Gettleson Paula Kendrick
November 17 <sup>th</sup>	Andrea Eaton
November 19 <sup>th</sup>	Bet Ochoa Zelda Ramos
November 21 <sup>st</sup>	Christina Maldonado Don Otjen

### November 22<sup>nd</sup>

Matt Callon

Kenny Clifton

Joya Walach

### November 23<sup>rd</sup>

Stephanie Pogorelsky

### November 24<sup>th</sup>

Jimmie Aimerito

Kelly Motyka

### November 25<sup>th</sup>

Alex Francini

Debby Silva

### November 26<sup>th</sup>

Nicole Polmanteer

### November 27<sup>th</sup>

Maren Separa

### November 28<sup>th</sup>

Ruben Baerga

David Warren

### November 29<sup>th</sup>

Tamara Coleman

Sara Hickman

### November 30<sup>th</sup>

Stephen Schester

### New Members

*Here are the newest members of AREC. See if you can meet one of these people at an AREC run.*

Katie Balderas

Andrew Greene

James Hilton

Cesar Margarito

Amanda Molinary

Oscar Montalvo

Kara Rivas

Todd Rodgers

Fawn Zhang

Please submit any articles, cartoons, race results, or other information to Emmett Rahl after the run or e-mail him at [edrahl@yahoo.com](mailto:edrahl@yahoo.com)