City of Angels Half Marathon is Heavenly

Perfect weather, a beautiful course, great company, and good times… What more can we ask for?

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Board Message

And We’re Off!

Angus Kennedy

Happy New Year, Frontrunners! It seems like just yesterday when we were getting ready for the ’08 LA Marathon. 2008 was a great year for LAFR and 2009 will be even better!

First, a hearty thanks to the wonderful Carl Maravilla and Bernie Tan, our two (sniff, sniff) departing board members. Luckily for us, they will continue to help out the club. Carl has graciously agreed to continue helming the newsletter, which has never looked better, and our darling Bernie is going to assist us with e-mail communications and planning (basically, I’ll be e-mailing him every other day asking, “Bernie, how do I…..?”). In their stead, we welcome new board members William Fang and Mark Jones.

We started 2009 with a special fun run on New Year’s Day. It was a gorgeous morning and a great way to start the new year. Our new Westside Saturday morning fun run started on Jan. 3 – thanks to Bruce Bair for hosting the new Saturday run and for suggesting the New Year’s Day run!

As you know, the LA Marathon will not be in March so our annual Bowl to Breakers training run is cancelled. Instead, we will have a new “Run the Stairs” of Silver Lake event. Sean, Bruce, Mike K., and Mike M. ran the whole series last week. We will devise routes of varying length so everyone can participate. More info to come.

Hope to see you all at the Annual Banquet!!

Birthday

Girls and Boys

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<td>Mike Smith</td>
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LA FR Board Meeting Briefs

Wed, Dec 3, 2008

- Need to get members renew membership and sign up for banquet
- Santa Monica 1st Sat of Month Run effective Jan 2009
- Determine banquet honorees
- Xmas Party at Jim’s, cancel DWP Light run if raining
- Next meeting for 2009 Board on 1/3 at Amy’s

LA FR FrontPage

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Mike Kalvoda copy editor

Dan Graham, Bernie Tan, distributors
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lafronrunners@gmail.com

Angus Kennedy, president
Amy Ross, vice president
Doris Chung, treasurer
William Fang, secretary
Mike Kalvoda, Mark Jones, and Patrick Owen, directors at large
Jim M’s LAFR Holiday Party: Festive Spirit & Good Cheer

LOS ANGELES FRONTRUNNERS

Dan M., Ted, Dan V., Richard, and Bernie

Margie, Regina, and Tina plot their Catalina Adventure

On the 4th day of Christmas... Kedric, Deo, Brian, and Augie


Amy, Connie, & Margie

**LAFR Night at the Movies returns to Sunday evenings with screening of MILK**

On Sunday Dec 1st, 34 Frontrunners and friends gathered to watch Gus Van Sant's newest film, "Milk," starring Sean Penn and Josh Brolin. The movie was a stirring biography and tribute to San Francisco Supervisor Harvey Milk, the first openly gay elected official in the country. An excellent performance by Sean Penn took us through a sad chapter of gay history with Milk's assassination, along with SF Mayor George Mascone's, by Supervisor Dan White (strongly performed by Josh Brolin).

The Frontrunner's Night at the Movies is held monthly on Sunday evenings, not necessarily on the same Sunday every month. Dinner either before or after the movie is an option.
**LA FR RACE RESULTS**

**5K Turkey Trot**
Balboa Park, CA 11/27
Regina Robinson..........30:32

**Tiger Run 5K**
Pasadena, CA 12/6
Rusty Millar ..............24:57  3rd 55-59

**California Int’l Marathon**
Sacramento, CA 12/7
Ric Munoz .................3:20:52
Patrick Owen..............3:43:57

**Las Vegas Marathon**
Las Vegas, NV 12/7
William Fang .............3:08:05
Deo Jaravata..............4:05:50

**Santa Monica-Venice Xmas Run 5K**
Santa Monica, CA 12/13
Jane Dods................31:56  1st 70-74

**Rose Bowl Half Marathon**
Pasadena, CA 12/13
Juan Moreno..............2:22:13  RaceWalk

**Crystal Cove 15K**
Laguna, CA 12/14
Sean O’Brien.............1:16:02  5th OA
Mike Murphy..............1:21:54  3rd 30-34

**Big Cat Challenge Marathon**
Huntington Beach, CA 12/27
Deo Jaravata.............3:54:45

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**City of Angels Half Marathon**
Los Angeles, CA 12/7
Clayton Bullock..........1:17:44  2nd 40-44/PR
Mark Johnson.............1:20:06  3rd 40-44/PR
Carl Maravilla...........1:20:14  2nd 45-49/PR
Bruce Bair................1:25:40  PR
Reg Willson...............1:27:06  PR
Brad Maury...............1:27:12
Riley Turcott.............1:30:37
John McGuiness..........1:30:46  PR
Richard Nelson...........1:33:35  2nd 60-64
Mike Kerkman.............1:33:40  PR
John Yong................1:34:25  PR
Ely Yaron................1:37:19  PR
Angus Kennedy............1:37:45
Bernie Tan.................1:40:21  PR
Juan Moreno..............1:40:22
Augie Robles...............1:43:28  PR
Charles Holmes...........1:44:21
Jose Castillo...............1:46:56  PR
Mark Jones................1:48:02
David Dassey...............1:52:33  PR
Richard Peng...............1:54:00
Dan Graham...............1:54:51
David Scheid..............1:55:58  PR
Jim Martinez..............2:00:05
Rex Boone................2:05:23  PR
Neal Weisenberg...........2:08:26  PR
Kimberly Fairchild........2:11:37  PR
Mike Smith................2:12:03  PR
Amy Ross.................2:26:24  PR
Kristi Twilley.............2:31:09  PR
Regina Robinson........2:31:38  PR
Geoff Buck...............2:34:44
Margie Gonzales...........2:44:38
Doug Jones...............2:52:28
Lee Lightfoot.............3:16:46

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**Catalina Deadline January 11th**

Fill out the reservation form (located on the insert) and return with your payment. There are 22 available spaces: first-come, first-served!!

**Jan. Potlucks**

Silver Lake - Tuesday, January 20
at the home of Angus & Mark
2460 1/2 Silver Lake Blvd
Los Angeles, CA 90039

Westside - TBA

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**Pasadena Marathon Re-scheduled**

The organizers of the Pasadena Marathon have announced that the inaugural race has been rescheduled for March 22, 2009. The original race was canceled last month just hours before it was to have started because smoke from wildfires created hazardous health conditions for runners. Organizers report that they anticipate opening online registration sometime this week with a ‘significant discount’ for runners who entered the canceled race.

Note: This will be a 2009 LA FR Grand Prix race
35 Frontrunners Tackle City of Angels Half

Clayton Bullock (left), Mark Johnson (right), and Carl Maravilla (far right) led 35 LAFRs at the City of Angels Half Marathon 12/7. Out of 6,223 runners, Clayton placed 10th overall (1:17:44), while Mark placed 18th (1:20:06) with Carl just 8 seconds later in 21st (1:20:14). Our stars were 3rd, 4th, and 5th overall in the masters division. A large group of LAFRs met at Angus & Mark’s and were carted to the race start and home after by very generous volunteer drivers: Connie Hammen, Chris Holly, Robb Briggs, Ann MacMurray, & Ryan Timmreck. The three Bills (Walsky, Austin & Wink) came out to cheer us on and Rusty Millar was on the course taking pix.

dayton

do you mind? I’m a little busy here...

Augie and rex in their new LAFR t-shirts

many lafr pr’s, including john m (below), reg (right), and david s (far right)

miss santa monica enjoys charity work, knitting, and hopes for world peace

a job well done

a very happy john yong
MEMBER SPOTLIGHT:  In Their Shoes

An LAFR Stroll with Connie Hammam

Connie -- Straight-Up
* UCLA Professor of Psychology, Clinical Psychologist ("I study depression and stress."); 63
* Family: Amy Ross, partner of 18 years; 3 nieces, 1 nephew; brother, sister and their spouses; mother-in-law (Amy's Mom)
* Into golf, gardening, travel, mystery novels, fishing with the family
* LAFR for about 4 years

Connie -- Look Closer
* (As her friends put it:) "Short. Good Midwestern values. Reserved but likes to have fun."
* (The "if $$$'s not a question" question:) "Take more trips. Have a house in Laguna. Play great golf courses. Always fly business class. Buy houses for the nieces and nephew."
* (Her ideal next 10 years:) "Enjoy retirement but keep busy doing things I like and find meaningful... See America enjoy peace, prosperity and rights for all."

Connie -- Looking Back
* Accomplishments: "I don't run unless chased, but I have enjoyed "competing" in 5K walk events and love collecting medals."
* Best race/why: "The Firecracker Race in Chinatown: colorful, noisy, and challenging."
* Worst race/why: "Those that involve cold, heat, dark(ness), wet(ness), driving far or getting up really early."
* Most memorable running experience: "My first race: ... a hospital fundraiser in Seattle. It was eye-opening... so many women pounding the pavement (but not running). After several races, I learned that walkers run. So if you can't beat 'em, join 'em. And if there is a downhill, I actually can run, briefly. I want those medals!"

Connie -- Looking Ahead
* Personal training tips: "Listen to a good mystery novel on the iPod while walking because you have to go out again the next day to find out what happens."
* Lifetime running/walking goals: "Just to be able to walk for as fast and long as I want to, for as long as I live -- and if I see beautiful places... along the way, I will be happy."
* Suggestions for the club: "I love our Fronrunners 'family' -- fun to talk to, great social events, (our) support of good causes... very welcoming. Let's get LAFF race wear so we look like a team when we're competing."

More Photo Memories from 2008 see the following page for more...
2008 is History For Los Angeles Frontrunners

May: Long Beach Pride Run

June: Pride Run

July: Marriage for All!

September: Men of Summer

When 26.2 miles is just the warmup

Don Thompson would be proud.

There can never be too many queens in this running/walking club

Charity starts at home. Richard Nelson takes one spanking for all of us at Hamburger Mary’s.

November: No on H8!

What adventures are in store for LA FR members in 2009? Your participation writes the story!
2009 Los Angeles Frontrunner Membership Renewal and Banquet Registration

It’s time to renew your membership and to sign up for our annual Banquet on January 11, 2009. Please complete the forms on this page and mail in, or hand to any club officers. You can also sign up online by visiting our website at www.lafronrunners.com

### 2009 Membership Application

#### Step 1: Applicant Information

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#### Partner Information (if joint membership)

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#### Step 2: Please sign and date the following Agreement and Release of Liability:

Agreement and Release of Liability (Both partners should sign if applying as a couple)

I/We, ___________________________________________, have voluntarily participated, and will voluntarily participate, in activities and events offered, organized, endorsed and sponsored by Frontrunners Track Club of Greater Los Angeles ("Events"). I am aware that my participation in the Events and the sport of running, jogging and walking involves numerous risks of injury, including, but not limited to, falls, collisions with other people and natural and man-made objects, strain and injury and I freely assume those risks. I agree to release from any legal liability and agree not to sue Frontrunners Track Club of Greater Los Angeles, their officers, directors, members, agents and employees, for any and all injuries caused by or resulting from my participation in the Events or the sport of running, jogging or walking whether or not such injury or death was caused by negligence. I have read this release, am aware that this contract is legally binding and that I am releasing legal rights by signing it.

Signature(s): ____________________________ Date: ______________

#### Step 3: Please check a box for each

- Club members’ information will be printed in the Club Roster. Do you want your address, telephone number, and email address released to other LA Frontrunners?  
  - Yes [ ]  
  - No [ ]  

- Newsletters are mailed out monthly, would you prefer an electronic (.pdf) copy?  
  - Yes [ ]  
  - No [ ]  

- Do you want to be included in the E-group (LAFR_Community@googlegroup.com) where members post and receive messages from each other?  
  - Yes [ ]  
  - No [ ]  

#### Step 4: Dues are shown below. Circle the category of your membership, enter the amount of dues enclosed, indicate amount of any donation to LA Frontrunners, and total the amount. Please write a check payable to LA Frontrunners.

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Step 5: Once Completed, mail with your payment to:

Los Angeles Frontrunners  
2870 Los Feliz Pl, PMB # 229  
Los Angeles, CA 90039
Catalina Weekend!

Join your fellow LAFRs for our annual trip to Catalina Island!!

The Catalina Marathon weekend is March 13-15, 2009. The marathon, 10K, and 5K are on Saturday the 14th.

We have reserved three houses with space for 22 people. The cost is $150 per person for two nights - Friday, March 13 and Saturday, March 14.

Space is available on a first-come, first-served basis. Your payment is your reservation and is non-refundable.

Please fill in and return with your check payable to “Los Angeles Frontrunners” - $150 per person. Give to Angus or Doris or mail to: LA Frontrunners, 2870 Los Feliz Place, PMB #229, LA, CA 90039

Name_____________________________________ Details: Catalina Island weekend

Housing Preference: _____Single     _____Double Housing: 3 houses for 22 people

My roomie will be____________________________

Dec 2008 Treasurer's Report

There is not much activity this past month. The primary receipt is from donations for the Fall Feast. Upcoming expenses will include the Banquet, Club Insurance, and the GLASS donation. Questions? Please contact LAFR Treasurer Doris Chung at lafronrunners@gmail.com.

LAFR Balance 12/1  $10,040.30

December 08 Revenue
Fall Feast  $202.75
Total Revenue  $202.75

December 08 Expenses
Newsletter Printing  $90.98
Constant Contact  $27.50
Storage/PO Box  $102.00
Network Solutions (web)  $114.95
Annual Meeting  $179.67
Xmas Party  $390.33
Total Expenses  ($905.43)

Nov Net Profit/(Loss)  ($702.68)
LAFR Balance 1/1  $9,337.62

It’s very versatile
**SATURDAY**
Griffith Park
8:00 A.M.
Meet at the flag pole across from Ranger Station at 4730 Crystal Springs Dr.
Hosts: Doris/Amy

**SATURDAY**
Santa Monica
8:00 A.M.
1st Saturday of Month
Palisades Park at Ocean & San Vicente at Millennium Plaque.
Host: Bruce

**SUNDAY**
Long Run
7:00 A.M.
10 to 20 mile runs on roads and/or trails at various So Cal locations.
Hosts: Sean/Bruce

**TUESDAY**
Silver Lake
6:30 P.M.
Meet at Silver Lake Recreation Center at 1850 W. Silver Lake Drive.
Host: Rusty

**WEDNESDAY**
Santa Monica
6:30 P.M.
Palisades Park at Ocean & San Vicente at Millennium Plaque.
Hosts: Jeffrey/Mark

**THURSDAY**
Pasadena
6:30 P.M.
Brookside Park, south of the Rose Bowl, next to the rose garden.
Hosts: Mike/Bernie/William

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**WEEKLY FUN RUNS**

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