



# L.A. FRONTRUNNERS PRIDE RUN 2009

28th annual run/walk for LGBT pride

Sunday, June 14, 2009

7:45 AM (5K) / 8:15 AM (10K)

## Events:

5K Run - 10K Run - 5K Walk/RaceWalk

Ultra Pride Run (5 & 10K combined) - Kid's Race

Pride Run 2009 marks the 28th anniversary of the LA Frontrunners Run/Walk for LGBT Pride. Come join us in celebrating 28 years of running, fitness, friendship, and family!

**Registration:** Online at [active.com](http://active.com) or mail form to address below by 6/11. Also register at packet pick-up or race day. Download forms at [www.lafrontrunners.com](http://www.lafrontrunners.com)

|            | Course Records: Open (39 & under) |      | Masters (40+) |                | Super Masters (50+) |        |
|------------|-----------------------------------|------|---------------|----------------|---------------------|--------|
|            | * - overall course record         |      |               |                |                     |        |
| <b>5K</b>  |                                   |      |               |                |                     |        |
| O          | Sergio Lares                      | 2007 | 16:01*        | Tania Fischer  | 2004                | 17:59* |
| M          | Jorge Marquez                     | 2005 | 16:49         | Lauri Stock    | 2004                | 19:21  |
| SM         | M. Hernandez                      | 2007 | 18:12         | Lauri Stock    | 2008                | 21:13  |
| <b>10K</b> |                                   |      |               |                |                     |        |
| O          | Oscar Ogward                      | 2008 | 31:17*        | Anne Ruminski  | 2005                | 39:55* |
| M          | Ricardo Jose                      | 2005 | 34:50         | Jill Fischer   | 2008                | 47:33  |
| SM         | Mark Penn                         | 2008 | 38:24         | Patricia Bates | 2006                | 51:16  |

**Packet Pick-Up:** Sat., 6/13, 9-11 a.m. Griffith Park flag pole at Jimmy Stewart Memorial across from ranger station Griffith Park/Crystal Springs Drive. Also race morning starting at 6 a.m.

**Awards:** 5K/10K Run: Top 3 males & females and Top 3 Age Group: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+. 5K Race Walk and Ultra Pride Run Awards: Top 3 overall males and females.

**Kids' Race:** 9:30 a.m. (after 10K)  
Free. All kids gets race number, medal, and goodie bag.

**Course:** Loop - starts at West Hollywood City Hall, 8300 Santa Monica Blvd., WeHo, CA, 90069

2009 Pride Run Beneficiary  
Gay and Lesbian Elder Housing

[www.lafrontrunners.com](http://www.lafrontrunners.com)

co-sponsored by Christopher Street West ([lapride.org](http://lapride.org)) and the City of West Hollywood

|                             |                |       |            |  |  |
|-----------------------------|----------------|-------|------------|--|--|
| LAST NAME (PLEASE PRINT)    |                |       | FIRST NAME |  |  |
| BIRTH DATE (month/day/year) | AGE (race day) | M / F | PHONE      |  |  |
| STREET ADDRESS              |                |       |            |  |  |
| CITY                        |                | STATE | ZIP        |  |  |
| EMAIL                       |                |       |            |  |  |

### LAFR Pride Run 2009 Registration Form

**EVENT:**

- 5K Run  
 10K Run  
 5K Walk/RaceWalk  
 Ultra Pride Run (5 & 10K)

**Make check to:**

LA Frontrunners  
 2870 Los Feliz Pl  
 PMB #229  
 Los Angeles, CA  
 90039

Liability Waiver: In consideration of acceptance of my entry, I hereby, for myself, my heirs, executors and administrators, waive any and all claims for damages I may have against Los Angeles Frontrunners and all sponsors or any other individuals associated with the above for any and all injuries sustained in this event. I attest that I am physically fit and sufficiently trained for the completion of the race. I grant my permission for a doctor and/or medical professional to take remedial action in case of an emergency. I attest and verify that I have full knowledge of the risks involved in a race and certify that I have read this statement and understand it in full.

### Registration Fees

\$ \_\_\_ \$25 5K/10K Run & 5K Walk/RaceWalk

\$ \_\_\_ \$30 Ultra Pride Run (5K & 10K)

\$ \_\_\_ Additional Contribution

\$ \_\_\_ Total

T-SHIRT SIZE: \_\_\_ S \_\_\_ M \_\_\_ L

Signature (Parent/Guardian in under 18)

Date