

Front Page

Death Valley and Buffalo Half Marathon & 5K Recaps



Reg Willson, John Yong, Richard Korn, Piyush Prakash and Mike Kerkman



Jim Martinez and Christine Curtin after the 30K. Christine placed 3rd in her age group.

Death Valley 30K & Marathon February 6

The weather forecast was rain, rain, and more rain. For the second year in a row, the official course through scenic Titus Canyon was closed due to weather. The alternate course is a fairly flat off-road out and back fire road. Mother Nature smiled on us race morning with near perfect running weather. It sprinkled a bit but was mostly cool and overcast. Looking spectacular in our new uniforms, 16 Frontrunners ran the 30K or marathon. Sean O'Brien led the way in the marathon with a 4th place overall finish in 3:03:18. Other standouts were John Yong, who knocked 48 minutes off his PR, and Andrew Wissmiller, who completed his first marathon and placed 4th in his age group. For the LAFR ladies, Christine Curtin and Stephanie Stone both placed third in their age groups. Jeff Lymburner and Patrick Owen also represented by taking 1st and 2nd, respectively, in the 50-54 age group in the 30K.

Richard, Piyush, John, Angus, Mike and Patrick the next morning



Clockwise (from top left): Mike Kerkman; Angus, Jeff and Augie; David Dassey; John Yong triumphant!!!;



Article continues on Page 6...

Membership News

BIRTHDAY BOYS AND GIRLS

Richard Nelson	3/3	Areana Tate	3/19
Brian Kelly	3/3	Brian Dunbar	3/20
Ben Darrin	3/3	Jonathan Toker	3/20
Kate Mulligan	3/3	Clayton Bullock	3/24
Juan Moreno	3/3	Bernard Buchanan	3/24
Deo Jaravata	3/7	Brad Maury	3/26
Robert Gould	3/7	Ed Alberson	3/28
Ely Yaron	3/8	Henry Warren	3/29
Dennis Wong	3/8	Allen Posten	3/30
Stephen Blaker	3/13	Sue Roth	3/30
Diane Abato	3/13	Tom Haskins	3/31
Gardner Delan	3/13	Rick Hetzel	4/1
Nelson White	3/14	Connie Montgomery	4/3
Gary Braitman	3/14	Alfredo Guterrez	4/4
Felix Racelis	3/16	Marty Freedman	4/4
Marco Baltero	3/16	Jason Bautista	4/5
Danny Jauregui	3/16	Ken Sipera	4/5
Marc Castaneda	3/18		

LAFR FAN PAGE ON FACEBOOK

A Fan Page+ has been created for those members using Facebook, which is different than the Group+ page previously created. The new Fan Page will enable members to more easily connect with others that are also members. If you haven't joined already, search in Facebook for Los Angeles Frontrunners+ and click on the name that has our logo next to it.

MEMBER FIRSTS – AREANA TATE

My partner Regina Robinson and I joined LAFR to get in shape together. I immediately had knee issues and an extremely busy work schedule. I supported Regina to become the wonderful runner that she is. Last year I was losing feeling in my right arm and back and ended up having spinal cord fusion surgery. Now I am much better and getting ready to go back to work.

I recently started walking around my neighborhood just for some light exercise and to build up my endurance. Earlier this year I did a fun walk (1.8 miles) with my dog Jayden to raise money for Cancer for dogs. I decided to commit myself to do more and walked in the Natasha Watley Foundation 5K in February. It was my first attempt to do more for myself and my very first race!!



Ari, Natasha Watley & Regina

FEBRUARY LAFR BOARD MEETING HIGHLIGHTS

- ~ Banquet was success, many awards, strong team apparel sales, great turn-out
- ~ Team uniforms are selling quickly, board members will carry apparel to fun runs and events, including: Angus, Mark, Piyush, Christine (women's), William and Patrick
- ~ Member T-shirts are available for those who have paid 2010 dues
- ~ LA Marathon: water station pre-dinner at Christine's & post-event party at Sean & Allen's
- ~ Grand Canyon rim-to-rim trip almost sold out
- ~ Ragnar Relay on April 23/24 in SoCal under consideration
- ~ Hearst Castle group trip under consideration
- ~ Hollywood Bowl events including Sound of Music Singalong and John Williams Movie Night were selected for membership activities
- ~ Pride Run Race . evaluating ideas to drive more participants and make course safer
- ~ Website redevelopment under consideration
- ~ New fan page set-up on Facebook (Search for Los Angeles Frontrunners)

New Members

- ~ Helena Gaeta
- ~ Crystal Guerrero
- ~ Athena Guerrero
- ~ David Ingram
- ~ Rob Berardinelli
- ~ Manny Moreno
- ~ Pavlin Lange



Catalina Island Buffalo Half & 5K Peeps

Los Angeles Frontrunners
2870 Los Feliz Place
PMB #229
Los Angeles, CA 90039
www.lafrontrunners.com
lafrontrunners@gmail.com
Angus Kennedy, President
Patrick Owen, Vice President
William Fang, Treasurer
Piyush Prakash, Secretary
Christine Curtin, Mark Jones,
Carl Maravilla, John
McGuinness and Bryan Prado,
Directors at Large

LAFR FrontPage

Layout/Events: Bryan Prado
Member News: Mark Jones
Results: Angus Kennedy
Treasury: William Fang

Contributors and
Photographers include:
Ari Tate, Christine Curtin,
Carl Maravilla, John
McGuinness, Patrick Owen
and Piyush Prakash

UPCOMING EVENTS

- **March 14 – Amy’s Neighborhood Run | Time: 8 AM**

MY NEIGHBORHOOD RUN RETURNS!

Hosted by Phil Amato, Connie Hammen, and Amy Ross

Ever driven by a great house in the Hollywood Hills and thought, "I wonder who lives there?" Well, it's time to find out! Join Phil, Christian, Connie, and Amy for a jaunt through the Hollywood Hills that features the homes of Emmy, Oscar, and Grammy winners –and who knows what else!



We will meet at the Hills home of Phil & Violet at 8AM for coffee, juice, bagels & fruit then head out for one of two run/walks at 9 AM:

"Not the D List" run is a 5 miler through the back roads off Mulholland Dr. or **"Who Let the Dogs Out"**, a scenic walk through Runyon Canyon for four-legged Frontrunners & their humans.

At 10:30 AM we will gather at stellar UCLA Prof. Connie's house (2786 La Castana Dr., LA, 90046) for a potluck brunch. Please contact Amy at 310-487-1349 with any questions.

PLEASE NOTE: YOU MUST RSVP FOR THIS NEIGHBORHOOD RUN IN ORDER TO PARTICIPATE. WE WILL SEND OUT AN RSVP SURVEY ON WEDNESDAY MORNING, MARCH 10!

- **March 16 – Silver Lake Potluck @ Mike & Kevin’s, 2038 Redcliff Street, LA, 90039**
- **March 17 – Westside Potluck @ Dale Beldin’s, 1325 Washington Ave., #G, SM, 90403**



- **March 20 Pasta Feed at Christine’s Time: TBA**

Carbo load with your fellow LAFRs at the Christine Curtin compound: 4230 W. McFarlane Ave., Burbank 91505 More info will be sent out closer to race day!

LA MARATHON

- **March 21 – LA Marathon Water Station and Picnic @ Sean & Allen’s**

Join us at Sean & Allen’s: 2160 West 20th Street, LA 90018 after volunteering or running for refreshments & commiserating! We are still taking volunteers!

To sign up, go to tinyurl.com/LAFR262 choose existing group name “Los Angeles Frontrunners” with password “lafr”.

- **April 6 – Tuesday Runs back @ GP!**
- **April 18 – Santa Cruz Trip**
- **May 21-23 – Grand Canyon Trip**

North Rim spots are SOLD OUT! South Rim only 10 spots left!

Lots of options to come have fun with your LAFR Pals at the Grand Canyon: from easy to hard walks, hikes, runs as well as spa activities, Ranger Talks & lots of other fun things to do – truly something for everyone!

Email antonsingers@yahoo.com for more info!



LAFR RACE RESULTS**Boney Mountain 21K Trail**

Pt. Mugu, CA 1/9

Jonathan Toker.....1:35:04 2nd OA
1st 30-34
Sean O'Brien.....1:46:07 1st 45-49
Jeff Lymburner.....2:11:53

Southern CA Half Marathon

Irvine, CA 1/9

Deo Jaravata.....1:51:29

Disneyworld Half Marathon

Orlando, FL 1/9

Ely Yaron.....1:45:09

Disneyworld Marathon

Orlando, FL 1/10

Ely Yaron.....4:15:12

13.1 Half Marathon

Los Angeles, CA 1/10

Richard Nelson.....1:35:41 1st 60-64
Patrick Owen.....1:36:22
Angus Kennedy.....1:42:35
Richard Peng.....1:49:38
Seth Diamond.....1:56:01 PR
Stephanie Stone.....2:15:16
Margie Gonzales.....3:00:22

Rose Bowl 10 Miler

Pasadena, CA 1/17

Deo Jaravata.....1:48:20 RW 1st 30-49

Highland Half Marathon

Highland, CA 1/31

Margie Gonzales.....2:59:30 3rd 55-59

Natasha Watley 5K

Encino, CA 2/7

Regina Robinson.....43:20
Areana Tate.....43:20 PR/1st Race

Couples Classic 5K

Eugene, OR 2/13

Jane Dods & Bill McChesney
Combined Age & Time 1st 150+
Jane (74, 31:11), Bill (81, 35:22)

San Dieguito Half Marathon

Rancho Santa Fe, CA 2/14

Margie Gonzales.....2:49:32

Death Valley 30K/Marathon

Death Valley, CA 2/6

30K

Jeff Lymburner.....2:21:33 1st 50-54
Patrick Owen.....2:24:09 2nd 50-54
Angus Kennedy.....2:26:50
Jeff Masino.....2:44:25
Jim Martinez.....2:55:40
Augie Robles.....3:04:59
Stephanie Stone.....3:23:46 3rd 50-54
Christine Curtin.....3:42:50 3rd 45-49

Marathon

Sean O'Brien.....3:03:13 1st 45-49
Richard Korn.....3:27:15 2nd 40-44
Mike Kerkman.....3:27:34 1st 30-34
Reg Willson.....3:28:45 1st 50-54
Piyush Prakash.....3:30:31 3rd 25-29/PR
John Yong.....3:31:43 PR
Andrew Wissmiller.....4:03:24 1st Marathon
David Dassey.....4:05:29

Surf City Half/Full Marathon

Huntington Beach, CA 2/7

Half

Luis Aguilar.....1:21:19 PR
Ely Yaron.....1:35:15
Dan Graham.....1:50:30 PR
Al Miller.....2:12:30 PR
Bill Walsky.....3:05:00 PR

Marathon

Bernie Tan.....3:28:54 PR
Bryan Prado.....5:40:06 1st Marathon

LASAA Mug Run

Los Angeles, CA 2/13

5K

Margie Gonzales.....42:41 2nd 55-59

10K

Mike Reynolds.....47:40 PR
Frank Jacoy.....52:41 PR

Palm Springs Half Marathon

Palm Springs, CA 2/13

Richard Nelson.....1:36:05 1st 60-64
Patricia Bates.....1:53:19 1st 60-64

LA Kings 5K

Los Angeles, CA 2/13

Robb Briggs.....19:59
John Deamos.....21:27

**Report your race results on
the Grand Prix page at
www.lafrontrunners.com**

Pasadena Half/Marathon

Pasadena, CA 2/21

Half

Carlos Vizcarra.....1:19:44 3rd 35-39
Brad Maury.....1:30:11
Mike Kerkman.....1:31:00
Mark Jones.....1:39:55
Ryan Timmreck.....1:40:35 PR
Neal Weisenberg.....1:41:51 PR
Ted Wyder.....1:42:20 PR
Dan Graham.....1:55:28
Jim Martinez.....2:01:38
Regina Robinson.....2:49:17
Christine Curtin.....2:50:11
Margie Gonzales.....3:00:10

Full

William Korthof.....3:11:19
Ely Yaron.....3:39:41
Bernie Tan.....3:44:41

Buffalo Half Marathon/5K

Avalon, CA 2/27

5K

Angus Kennedy.....22:07 1st OA
1st 40-44
Eric Fischer.....22:54 1st 60-64
Richard West.....26:40 2nd 60-64
Rusty Millar.....27:00 1st 55-59

Half

Jonathan Toker.....1:29:33 2nd OA
1st 30-34
Wadley.....1:32:54 3rd OA
2nd 30-34
Brad Maury.....1:46:08 1st 35-39
Ryan Timmreck.....1:53:31 3rd 35-39
Mark Jones.....2:04:52
Neal Weisenberg.....2:05:19
Andrew Wissmiller.....2:05:19 2nd 55-59
Eric Gober.....2:20:05
Paul Jacoy.....2:26:21
Christine Curtin.....3:12:28

Firecracker 5K/10K

Los Angeles, CA 2/28

5K

Jose Castillo.....24:21
Areana Tate.....41:08 PR

10K

Timo Vallez.....45:51 PR
Ted Wyder.....46:13
Mike Reynolds.....46:40 PR
David Dassey.....48:06
Richard Peng.....52:00
Jim Martinez.....53:54
Regina Robinson.....77:38

GRAND PRIX STANDINGS

CHAMPIONS RACE

The Champions Race is an age-graded competition that will determine overall male and female Grand Prix Series champions. Points are calculated using the Masters Age-Graded tables from WAVA (see website for more info).

Division	Races	Points
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MALE

1. Ely Yaron	4	246.87
2. Angus Kennedy	3	194.18
3. Jim Martinez	3	181.93
4. Richard Nelson	2	163.36
5. Sean O'Brien	2	145.28
6. Patrick Owen	2	143.60
7. David Dasey	2	136.76
8. Jonathan Toker	2	135.05
9. Mike Kerkman	2	134.52
10. Bernie Tan	2	132.24

FEMALE

1. Margie Gonzales	3	143.07
2. Christine Curtin	3	134.72
3. Regina Robinson	3	120.26
4. Stephanie Stone	2	118.38
5. Patricia Bates	1	82.56
6. Jane Dods	1	77.41

RACEWALK

1. Areana Tate	2	97.40
2. Deo Jaravata	1	60.68

TRAILMASTER RACE

The TrailMaster Race is a combination age-graded/points accrual competition that will determine a club Trail Running Champion (see website for more info).

Athlete	Races	Points
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1. Jonathan Toker	2	235.05
2. Sean O'Brien	2	200.28
3. Andrew Wissmiller	2	164.63
4. Jeff Lymburner	2	160.00
5. Christine Curtin	2	124.71
6. Wadley	1	116.93
7. Reg Willson	1	103.49
8. Richard Korn	1	97.94
9. Mike Kerkman	1	96.20
10. Patrick Owen	1	95.65

AGE GROUP WOMEN

Division	Races	Points
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Female 40-49

1. Christine Curtin	3	345
2. Regina Robinson	3	300
3. Areana Tate	2	210

Female 50-59

1. Margie Gonzales	4	450
2. Stephanie Stone	2	235

AGE GROUP MEN

Division	Races	Points
----------	-------	--------

Male 20-29

1. Piyush Prakash	1	135
2. Luis Aguilar	1	120
3. John Yong	1	110
Bryan Prado	1	110

Male 30-34

1. Jonathan Toker	2	300
2. Mike Kerkman	2	235
3. Wadley	1	150
4. William Korthof	1	110
5. Jose Castillo	1	100

Male 35-39

1. Brad Maury	2	225
2. Mike Reynolds	2	210
3. Ryan Timmreck	2	205
4. Ely Yaron	2	200
5. Richard Peng	2	190
6. Ted Wyder	2	180
7. Carlos Vizcarra	1	125

Male 40-44

1. Angus Kennedy	3	350
2. Bernie Tan	2	220
Neal Weisenberg	2	220
3. Richard Korn	1	125
4. Frank Jacoy	1	110
Timo Vallez	1	110
5. Jeff Masino	1	90
6. Augie Robles	1	80

Male 45-49

1. Sean O'Brien	2	250
2. Mark Jones	2	220
3. Seth Diamond	1	120
4. Eric Gober	1	100
5. Paul Jacoy	1	90

Male 50-54

1. Jeff Lymburner	2	225
2. Patrick Owen	2	215
3. Reg Willson	1	125

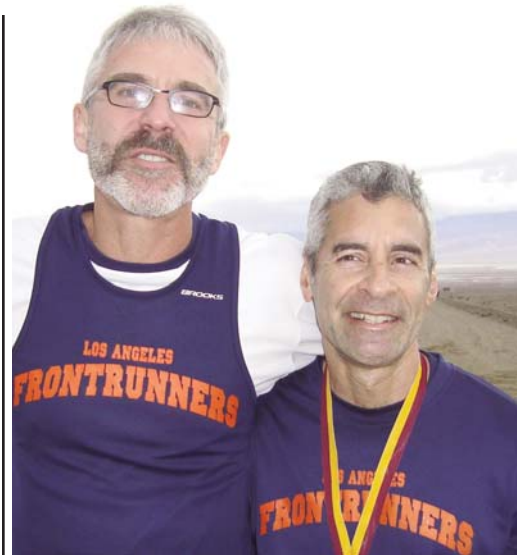
Male 55-59

1. Jim Martinez	3	280
2. Andrew Wissmiller	2	235
3. Dan Graham	2	230
4. David Dasey	2	210
5. Rusty Millar	1	115
6. Bill Walsky	1	110

Male 60+

1. Richard Nelson	1	125
2. Al Miller	1	120
3. Eric Fischer	1	115
Richard West	1	115

FOR FULL STANDINGS & TO REPORT RACE RESULTS, VISIT WWW.LAFRONTRUNNERS.COM



Frontrunning FRs: At Death Valley, Jeff Lymburner led all FRs in the 30K & Sean O'Brien led the marathoners.



Stephanie Stone on her way to a 3rd place age group finish in the 30K at Death Valley.



Determined Frontrunner: Rusty Millar's race morning boat was delayed, but he eventually made it to Avalon, ran the 5K, and won his age group!

Death Valley and Buffalo Half Marathon & 5K Recaps, cont.

Buffalo Half Marathon & 5K February 28

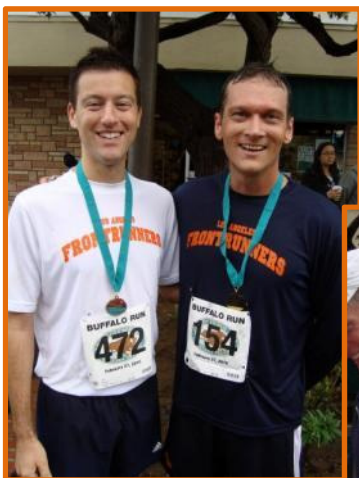
For the first time, LAFR held the annual Catalina trip on the weekend of the Buffalo Half Marathon. Trail bunnies Jonathan Toker and Wadley killed the hilly course, placing 2nd and 3rd overall. Unlike Death Valley, it did rain on the half marathon runners in Avalon, which made for some muddy trails and wet runners. The guys in the 5K lucked out with no rain and cool sunlight for their race. In both races, our runners collected 9 age group awards. In the 5K we were 4 for 4, with Eric & Richard 1st & 2nd in the 60-64 age group, and Rusty & Angus winning their age groups. Any lingering wetness and soreness was quickly forgotten by the time Christine served the delicious pasta dinner she prepared for the boys. We all devoured the best garlic bread we'd ever tasted and the flaming bananas foster for dessert. Then we watched the Olympics, got some much deserved rest, and ate a delicious breakfast prepared by Christine before heading back to the mainland.



Richard West, Eric Fischer & Angus Kennedy



Neal Weisenberg, Brad Maury, Mark Jones & Ryan Timmreck



Christine Curtin after the half marathon



Andrew Wissmiller collecting his first medal ever!



Brad Maury & Eric Gober after the half marathon

Jonathan Toker crosses the finish line 2nd Overall in the half marathon





MEMBER SPOTLIGHT: In Their Shoes

An LAFR Stroll with Mark Anton

Mark -- Straight - Up

- * Entertainer & Voice Teacher. Runs the ever fabulous and fun Mark Anton Singers' Studio, founded in 1981.
- * Partner with VP of LAFR Patrick Owen. Has a brother and other family members in Michigan (brrrr!)
- * Into sailing, sailing, and more sailing. Don't miss the get-togethers Mark and Patrick host on their boat.
- * Years as a Frontrunner: "Hhmmm...5?"

Mark -- Look Closer

- * (As friends put it:) "Outgoing, honest, hard-working."
- * ("If money were not a consideration, I'd love to...") "... Travel the world in first class luxury!"
- * ("In the next ten years I hope to ...") "Become healthy, wealthy and wise."

Mark -- Looking Back

- * Average Weekly Mileage: 10
- * Best race/why: "Taking 3rd place in my age group at my first 5K this year in Catalina."
- * Most memorable run: "The Honolulu Marathon."
- * Favorite distance and place to run: "The three-mile run I do through our neighborhood."

Mark -- Looking Forward

- * Personal training tips: "A dry martini."
- * Wildly optimistic running goal this year: "Have a private fitness date with Daniel Craig."
- * (I love runners or walkers who) "Challenge themselves to improve but aren't too obsessive about it."
- * Favorite quote: "It's not over 'til the fat lady sings."



February 2010 Treasurer's Report

Revenues appear high because they include several events for which the club already paid. Questions? Contact us at lafronrunners@gmail.com

LAFR Balance 1/27/2010 \$ 9,584.87

LAFR Balance 2/26/2010 \$ 10,701.38

Feb 2010 Revenues

Annual Banquet	\$ 1,910.00
Death Valley	\$ 665.00
Uniform	\$ 4,571.52
Catalina	\$ 1,409.00
Grand Canyon	\$ 4,207.84
Membership Dues + Donation	\$ 1,490.00
Total Revenues	\$ 14,253.36
Net Profit/(Loss)	\$ 1,116.51

Feb 2010 Expenses

Annual Banquet	\$ (4,490.54)
Death Valley	\$ (562.53)
Uniform	\$ (7,945.55)
Newsletter	\$ (93.23)
Constant Contact	\$ (45.00)
Total Expenses	\$ (13,136.85)

Santa Cruz Island Day Trip

Did you know that in addition to beautiful Santa Catalina Island, there are eight Channel Islands off the coast of California? Five of those islands make up Channel Island National Park – Anacapa, Santa Rosa, San Miguel, Santa Barbara, and Santa Cruz.

As the largest Channel Island, Santa Cruz has just about everything – towering mountains, lush valleys, sandy beaches, and more importantly, miles and miles of running trails to see it all! And there's



no better time to visit the island than spring when the hills are green and the wildflowers are in full bloom.

Join us Sunday, April 18, for the club's second trip to the island. We'll leave from Ventura at 9 AM and return that afternoon at 4 PM. That gives us about 6 hours to run, hike, swim, or just relax. Sean will map out trail runs/walks of varying distances and lunch will be provided by the club.

Date: Sunday, April 18
Depart: Leave from Ventura at 9:00 AM; arrive Santa Cruz Island at 10:00 AM
Return: Depart from the island at 4:00 PM; arrive back in Oxnard at 5:00 PM
Cost: \$48 (includes roundtrip boat ticket and lunch)



Sales are FIRST COME FIRST SERVED. We have purchased 20 tickets. There are no returns or refunds. Fill out form & mail with your check.

Santa Cruz Island Reservation Form

Name _____

Name of mate if applicable _____

Roundtrip Boat Ticket & Lunch - Sunday, April 18

of tix _____ x \$48 = _____

Make check to: Los Angeles Frontrunners
2870 Los Feliz Place, PMB #229
Los Angeles, CA 90039

Grand Total = _____



2010 Membership Application

LA Frontrunners is a running and walking club for lesbian, gay, bisexual, and transgender people (LGBT) and their friends and supporters. We welcome runners and walkers of all levels, ethnic backgrounds, and sexual identities.

The LA Frontrunners participate in competitive and non-competitive running events, weekly [Fun Runs](#), our annual [Pride Run](#), our [Grand Prix](#) racing series, social events, and more. We assist each other with our running goals and promote camaraderie among the LGBT community. We are also actively involved in charity fundraising for various causes.

We encourage you to come check us out. We meet for [Fun Runs](#) at 6:30 PM on Tuesday, Wednesday, and Thursday evenings in and around the LA area. On Saturday mornings, the group meets at 8:00 AM in Griffith Park.

LA Frontrunners are part of the more than 100 [Fronrunner](#) clubs across the U.S. and around the world. We have recently celebrated our 27th anniversary, and are proud of the long tradition of promoting a healthy community.

If you'd like more information, please visit our website at www.lafronrunners.com

Thanks for your interest and see you on the trails!

2010 Membership Application

Step 1: Applicant Information

T-Shirt Size: S M L XL

Name:

Date of Birth:

Email:

Primary Phone:

Secondary Phone:

Current address:

City:

State:

ZIP Code:

Partner Information (if joint membership)

T-Shirt Size: S M L XL

Name:

Date of Birth:

Email:

Primary Phone:

Secondary Phone:

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 member information (name, e-mail only) is printed in the Club Roster. Do you want your name and email address released to other LA Frontrunners?	Yes []	No []
Do you want to receive the newsletter online ONLY? (Yes: online only - No: online & paper mailed)	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.

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

Category of Membership (Annual Dues)		Payments	
Individual	\$25	Dues:	
Couples in Same Address	\$35	Donation:	
Student (College/HS)	\$15	Amount Enclosed:	

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



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

WEEKLY FUN RUNS

SATURDAY
Griffith Park
8:00 A.M.

Meet at the flag pole across from Ranger Station at 4730 Crystal Springs Dr.

Hosts: Amy/Patrick

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/John/William