

LOS ANGELES FRONT RUNNERS



LAFR Grand Prix Series Race Schedule 2024

*All races count for all divisions. Trail races are marked TM.
Scroll down for January-June.*

SEPTEMBER 2024			
Date	Event/Distance	Website	Location
9/2	Labor Day 5K/10K/15K/Half	www.abetterworldrunning.com	SaMo
9/15	Surf City 10 Mile	www.surfcity10.com	H. Bch
OCTOBER 2024			
Date	Event/Distance	Website	Location
10/5	Long Beach	www.runlongbeach.com	LB
10/20	Pas Trail 5K/10K/Half TM	www.pasadenarunningcompany.com	Pasadena
10/26	Doggie Dash 5K TM	www.lafrontrunners.com	LA

NOVEMBER 2024

Date	Event/Distance	Website	Location
11/2	PS Pride Run 5K	www.psfr.org	P Springs
11/9	Catalina Half Marathon/10K TM	www.runcatalina.com	Avalon
11/24	Run Deo Run Turkey Trot TM	www.lafronrunners.com	LA
11/28-12/1	Turkey Trot-tacular	see below	anywhere

DECEMBER 2024

Date	Event/Distance	Website	Location
12/15	Santa 5K/10K TM	www.rayenduranceevents.com	LA
12/29	M4L Los Angeles	www.lafronrunners.com	LA

TURKEY TROT-TACULAR

Do you want an excuse to gorge yourself silly on Thanksgiving? Then run a Turkey Trot Thanksgiving weekend! So run a Turkey Trot, any Turkey Trot, any location, any distance, from Thursday through Sunday. They will be treated as one race for the Grand Prix. All runners will be ranked by age grade score regardless of which race you run.

11/28-12/1	A Better World Running	Any Turkey Trot anywhere qualifies; locally, ABWR has a bunch over the holiday weekend www.abetterworldrunning.com	various
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*For races with more than distance, *runners/walkers may choose any distance for these events*. Runners/walkers will be ranked within their age groups by their age grade score.

JANUARY 2024

Date	Event/Distance	Website	Location
1/7	Avalon 50K/50M TM	www.runcatalina.com	Avalon
1/21	Rose Bowl Half	www.mccourtfoundation.org	LA
1/27	Doggie Dash 5K TM	www.lafrontrunners.com	GP
1/27	SOB Trail TM	www.khraces.com	LA

FEBRUARY 2024

Date	Event/Distance	Website	Location
2/18	SRLA Friendship Run	www.srla.org	Hansen Dam
2/29 *Thurs	Leap Day 5K/10K	www.runsignup.com/w/HighTideRuns	L Beach

MARCH 2024

Date	Event/Distance	Website	Location
3/3	Griffith Park 5K/Half TM	www.laparksfoundation.org	GP
3/16	Rockin' Shamrock 5K/10K/15K/Half	www.abetterworldrunning.com	L Beach
3/17	LA Marathon/5K	www.lamarathon.com	LA
3/24	Pas Trail 5mi/10mi TM	www.pasadenarunningcompany.com	Pasadena

APRIL 2024

Date	Event/Distance	Website	Location
4/6	Finish the Run	www.streetsareforeveryone.org	GP
4/13	Chesebro Races	www.greatrace.run	A Hills

4/15	Boston Marathon	www.baa.org	Boston
4/20	Leona Divide 50K TM	www.khraces.com	LA
4/21	Spring Dash 5K/10K/15K/Half	www.abetterworldrunning.com	LB
4/28	Mntns 2 Beach	www.mountains2beachmarathon.com	Ventura

MAY 2024

Date	Event/Distance	Website	Location
5/11	GP Relay Time Trial	*Time Trial for GP Trail Marathon Relay*	GP
5/19	LB Pride Run	www.sfrlb.com	LB
5/27	Fiesta Days	https://www.ymcafoothills.org/fiesta-days	La Canada

JUNE 2024

Date	Event/Distance	Website	Location
6/1	Wrigley River Run	www.wrigleyriverrun.com	LB
6/2	GP Trail Relay TM	www.griffithparkmarathonrelay.com	LA

JULY 2024

Date	Event/Distance	Website	Location
7/4	La Palma 5K/10K	www.cityoflapalma.org/339/Fitness-Run-for-Fun	La Palma
7/14	Manhattan Mile	www.villagerunner.com/manhattan-mile	M Bch
7/20	San Diego Pride Run	www.frwsd.org	San Diego
7/26	Pas Trail 6K/12K TM	www.pasadenarunningcompany.com	Pasadena

AUGUST 2024

Date	Event/Distance	Website	Location
8/4	Run LA 10 Miler TM	www.rayenduranceevents.com	LA
8/18	Summer Dash 5K/10K/15K/Half	www.abetterworldrunning.com	SaMo