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Jane Dods Shines at LAFR Banquet

It would be easier to tell you what our 2009 Lifetime Achievement Award winner hasn't accomplished. She has not been able to reconcile the Republicans and the Democrats on health care reform...yet. She has not been able to bring peace to the Middle East...yet.

But what she has done over the years is run enough miles to get to the moon, and probably back!

Reg, could you and the JPL geeks check on the return distance for me, please? And if you put all her award medals end-to-end, they would circle the globe. Of that I'm certain!

At age 74, there's not much in the running world she has not conquered. She has run over 40 marathons, with a lifetime best of 3:40. She ran her first race at age 3, bringing home the big stuffed bunny. And at age 50 she qualified for Boston. And 71 years after the bunny she won her division in the Community Expo 10K at The Rose Bowl this morning.

A Hollywood Native, she attended UCLA where she majored in music...when tuition was only \$50 a semester! She began running in earnest in 1978, and in 1980 was one of the founders of our club. Every Pride Run always found her standing proudly with the blue ribbon medal around her neck. She was synonymous with LA Frontrunners until she moved north to the running capital of the world, Eugene, Oregon in 1990. But, she has maintained her LA Frontrunners membership every single year since. So no excuses to you locals who haven't paid your 2010 dues yet.



When not running, she can be found singing in local choral groups, supporting local causes, or, her passion, traveling to the worlds most remote and interesting places. Her goal is to "get to the unknown" and to celebrate her 100th birthday with a run or walk. If you ever notice that races have to add a 100+ age division, she will be the reason.

Always smiling, always encouraging others, and always being Frontrunners best ambassador, no matter where her journeys take her. It is my extreme honor to present the 2009 Lifetime Achievement Award to our Founding Mother and my friend of almost 30 years, Jane Dods.

-presented by Amy Ross

Frontrunner of the Year Carl Maravilla



Our Champion of Champions Carl Maravilla took home the evening's highest honor, Frontrunner of the Year. Carl had an outstanding year racing and as always was one of our most involved volunteers. Judging by the standing ovation, the crowd agreed wholeheartedly!



The boys remind you to renew your LAFR Membership!!

Third Annual Don Thompson Movie Night

USC Lambda Alumni Association is proud to welcome the 3rd Annual Don Thompson Movie Night to USC's campus. Created by LAFR, the Movie Night is a fundraiser for USC Lambda's Don Thompson Scholarship in Cinematic Arts, awarded to USC students in the School of Cinematic Arts that demonstrate a commitment to the LGBT community.

Previously held at a Frontrunner member's home and featuring a vintage film, this year's movie night will be held at the new School of Cinematic Arts building and feature the short films of the School's students.

What: The 3rd Annual Don Thompson Movie Night

Date: Saturday, March 6, 2010

Time: 6:00PM - 9:00PM

Where: The Broccoli Theatre
USC School of Cinematic Arts
USC Campus
Los Angeles, CA 90089

Food: Hors d'oeuvres and an open bar with beer, wine and margaritas!

Attire: Casual chic

Cost: Free for full-time students. \$15 for all other guests. Tickets will be sold online until March 5, after which they may be purchased at the door for \$20. <http://alumni.usc.edu/>

Parking: Hosted in Parking Structure D (entrance 5 of campus)

Silent Auction: We will have an incredible silent auction, all proceeds benefiting the Don Thompson Scholarship! So bring your checkbooks and credit cards!

LAFR is producing the Silent Auction. If you have goods or services you would like to donate, please contact Christine Curtin at lafronrunners@gmail.com

LAFR Board Meeting Briefs 1/3/10

January 3 at Patrick's

A. Uniforms: Uniforms available for purchase/order at Banquet and runs

B. Upcoming Events: Death Valley (2/6), Catalina (2/27), Don Thompson Night (3/6), Deo's Marathon (3/7)

C. New Directors Tasks: General tasks/area of focus discussed and assigned as follows for directors: Fun Runs/Hosts: Carl, Running Events: John, Social & Charity: Christine, Membership: Mark
Pride Run: Bryan

D. LA Marathon: Carl organizing. We will be at Mile 7 near Sunset Junction.

E. LA Marathon Carbo Dinner and Raceday Picnic: Christine hosting a Carbo load pasta dinner at her home the night before race. Raceday after party/lunch will be at Sean & Allen's.

F. Grand Canyon & NYC Trips: Tons of interest in both. Patrick organizing.

G. Next Board Meeting: 2/2 at Christine's

Los Angeles Frontrunners
2870 Los Feliz Pl, PMB #229, LA, CA 90039
lafronrunners@gmail.com
www.lafronrunners.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*



**President's Award
Jim Martinez**

Whether it's the holiday party, the Pride Run, the Chili Cook-off, or the Banquet, no LAFR event is complete without Jim's magical flourish. More important than the magical exteriors he creates is the magical interior of this gracious and kind-hearted man. He is forever with a smile on his face and a warm greeting in his heart. A former board member, Jim now serves out of his own spirit of volunteerism. And he keeps getting better as an athlete. He is running his best times in years...despite his propensity to throw up after nearly every race! In addition to being family to us, he is a wonderful Dad to his kids. They are lucky to have him as are we.

Banquet Pics



Nathan Nguyen, Amy Ross, Dr. Dentist, Christine Curtin, Bernie Tan

**Randy Peck Award
Sean O'Brien**

Many of us never knew Randy Peck, for whom this award was named. After a moving tribute to Randy presented by Bill Austin that highlighted Randy's giving nature and spirit of volunteerism, this year's Randy Peck Award was presented to Sean O'Brien. Besides leading runs both short and long (ok-heavy on the long...), Sean was responsible for two of last year's most popular new events: the Echo Park Stairs Run and the Santa Cruz trip. And thanks to Sean (& Allen!), their home continues to be a warm and welcoming place where LAFR gathers.



Jeff Cronin, Augie Robles, John Yong

**WELCOME
NEW MEMBERS!!**

Alfredo Gutierrez

**BIRTHDAY
GIRLS AND BOYS**



- | | |
|----------------------------|-------------------------------|
| Carl Maravilla.....Feb 1 | Michael Rabinovici.....Feb 19 |
| Chris Kirby.....Feb 1 | Mike Reynolds.....Feb 19 |
| Michael Khum.....Feb 4 | Terry Finestein.....Feb 20 |
| Max Padilla.....Feb 4 | Robert Lindall.....Feb 20 |
| Bryan Prado.....Feb 9 | Thomas Johansen.....Feb 22 |
| Dirk Dickens.....Feb 9 | Sheila Moore.....Feb 22 |
| Marc Golden.....Feb 9 | Jim White.....Feb 24 |
| Jim Phillips.....Feb 9 | Brad Altman.....Feb 25 |
| Mike Smith.....Feb 10 | George Takei.....Feb 25 |
| Mark Johnson.....Feb 13 | Ric Munoz.....Feb 28 |
| Adam Comeau.....Feb 15 | Richard Nelson.....Mar 3 |
| William Fang.....Feb 15 | Brian Kelly.....Mar 3 |
| Rick Asensio.....Feb 16 | Ben Darrin.....Mar 3 |
| Eddie Flores.....Feb 16 | Kate Mulligan.....Mar 3 |
| Alejandro Soria.....Feb 18 | Juan Moreno.....Mar 4 |

**March
Silver
Lake
Potluck**

Tuesday,
March 16
after the fun run
at the home of
Mike Kerkman &
Kevin Shiramizu
2038 Redcliff St.
LA, CA 90039

Upcoming Events

- | | |
|----------------|---|
| February 26-28 | Catalina Trip Buffalo Half Marathon |
| March 4 | LAFR Live: Dreamgirls |
| March 6 | Don Thompson Night at USC |
| March 7 | Deo's 200th Marathon Run & picnic |
| March 14 | Amy's Neighborhood Run |
| March 16 | Silver Lake Potluck at Mike & Kevin's |
| March 20 | Pasta Feed at Christine's |
| March 21 | LA Marathon and picnic at Sean & Allen's |
| April 6 | Tuesday Run back to GP |
| April 18 | Santa Cruz Trip |
| May 21-23 | Grand Canyon Trip |



Most Improved Runner
John McGuinness
 John set new PRs at 5K, 8K, 10K, half-marathon and knocked a whopping 23 minutes off his marathon best – running a 3:13 in San Francisco and qualifying for Boston

Comeback of the Year
Bill Austin
 After running a 27:22 5K at Pride Run 2008, Bill came back just a year later and ran a 20:24 and won his age group. He placed top 3 in his age group in 6 of the 10 races he did in 2009 and won his age group for our Grand Prix.



Masters Team: Angus Kennedy, Reg Willson, Carl Maravilla, Bruce Bair, Mark Johnson, Patrick Owen, Sean O'Brien. Missing: Mick Caruso, Juan Ramirez, Radell Hutchens, David Dinielli, Paul Williams, Lui Sanchez

Performance of the Year

1st Place
LAFR Masters Team
Old Gay Guys Rule
 Ragnar Relay-S. Barbara to Dana Point
 16:41:42
 1st Overall & 1st Masters Men

2nd Place
Patricia Bates
Highest Female Age Grade
 Pat's 1:42:51 at the Fontana Half was the single highest age grade score of all the LAFR women in 2009. She won her age group by more than 22 minutes.

3rd Place (tie)
Richard Nelson
Senior Olympics Star
 Richard raced three events at the USA National Senior Games: the 1500 (5:48-16th), 5K (20:52-7th), and the 10K (44:25-6th). Richard showed that not only is he a top tier athlete in Southern California but in the entire USA as well.

Mark Johnson
Masters Marathon
 Mark's 2:53:17 at Surf City was the fastest LAFR masters marathon of 2009 and qualified him for Boston & NY. He hit the Boston qualifying standard in every age group and was one of two LAFRs (along with Patricia) to hit the NY qualifying times at both the half and full marathon distances.



Patricia



Richard and Mark

2009: Year in Review Fastest LA Frontrunners

In a year full of outstanding running, cheers to the best of the best! Rankings compiled from results reported to LAFR during 2009 (each runner's fastest result used).



From left: Top Dogs Kyle Jarrett (5K), Luis Aguilar (10K & Half), Carlos Vizcarra (Full), Right: Top Masters Marathoner Mark Johnson and William Korthof, who appears on all four lists.



| 5K | | 10K | | Half Marathon | | Marathon | |
|--------------------|-------|--------------------|-------|--------------------|---------|--------------------|---------|
| 1. Kyle Jarrett | 16:51 | 1. Luis Aguilar | 35:27 | 1. Luis Aguilar | 1:22:00 | 1. Carlos Vizcarra | 2:47:35 |
| LAFR Pride | 6/14 | LAFR Pride | 6/14 | Chesebro | 3/28 | Los Angeles | 5/24 |
| 2. Carlos Vizcarra | 17:21 | 2. Carlos Vizcarra | 35:41 | 2. Carlos Vizcarra | 1:24:03 | 2. Mark Johnson | 2:53:17 |
| LAFR Pride | 6/14 | Seal Beach | 4/4 | Camarillo | 4/19 | Surf City | 2/1 |
| 3. Carl Maravilla | 17:40 | 3. Mark Johnson | 36:25 | 3. Brad Maury | 1:25:04 | 3. William Korthof | 2:54:05 |
| Tiger Run | 12/5 | LB Pride | 5/17 | San Francisco | 7/26 | St. George | 10/4 |
| 4. Bruce Bair | 18:10 | 4. Carl Maravilla | 37:12 | William Korthof | 1:25:04 | 4. Todd Sullivan | 3:01:02 |
| SM Classic | 5/3 | WeSpark | 11/18 | San Francisco | 7/26 | RnR Arizona | 1/18 |
| 5. William Korthof | 18:36 | 5. Todd Sullivan | 38:00 | 5. Mark Johnson | 1:25:19 | 5. Brad Maury | 3:09:47 |
| LAFR Pride | 6/14 | Will Rogers | 7/4 | Chesebro | 3/28 | Philadelphia | 11/22 |
| 6. Wadley | 18:40 | 6. Wadley | 38:34 | 6. Jeff Lymburner | 1:25:36 | 6. Bruce Bair | 3:09:48 |
| LAFR Pride | 6/14 | LAFR Pride | 6/14 | Fontana | 6/6 | Fargo | 5/9 |
| 7. Brad Maury | 18:48 | 7. William Fang | 38:52 | 7. John McGuinness | 1:27:49 | 7. Sean O'Brien | 3:12:04 |
| LAFR Pride | 6/14 | Firecracker | 2/8 | LA County | 12/13 | Death Valley | 2/7 |
| 8. John Yong | 18:55 | 8. William Korthof | 38:59 | 8. Bruce Bair | 1:28:35 | 8. David Dinielli | 3:13:47 |
| Tiger Run | 12/5 | LAFR Pride | 6/14 | Two Oceans | 4/11 | Fargo | 5/9 |
| 9. John McGuinness | 19:06 | 9. Andrew Rohrlach | 40:01 | 9. Brian Kelly | 1:30:10 | 9. John McGuinness | 3:13:49 |
| Free To Breathe | 8/2 | LAFR Pride | 6/14 | San Francisco | 7/26 | San Francisco | 7/26 |
| 10. Sean O'Brien | 19:11 | 10. John Yong | 40:07 | 10. Sean O'Brien | 1:33:04 | 10. Ric Munoz | 3:17:54 |
| LAFR Pride | 6/14 | LB Turkey Trot | 11/26 | Chesebro | 3/28 | Boston | 4/20 |



Far left: Just like last year, Pat Bates tops three lists and is 2nd on the fourth. Jacqueline Vogel topped the 5K list. Right: Allyne Winderman qualified for Boston, Christine & Doris ran the Pasadena Hlaf together to make the list and Kristi Twilley made the 5K list.



| 5K | | 10K | | Half Marathon | | Marathon | |
|---------------------|-------|-----------------------|-------|---------------------|---------|---------------------|---------|
| 1. Jacqueline Vogel | 23:40 | 1. Patricia Bates | 51:05 | 1. Patricia Bates | 1:51:30 | 1. Patricia Bates | 4:01:24 |
| LAFR Pride | 6/14 | WeSpark | 11/18 | Fontana | 6/6 | Napa Valley | 3/6 |
| 2. Patricia Bates | 23:51 | 2. Kimberly Fairchild | 58:05 | 2. Stephanie Stone | 2:12:41 | 2. Allyne Winderman | 4:12:11 |
| Free to Breathe | 8/2 | Firecracker | 2/8 | Long Beach | 10/11 | Orange County | 5/3 |
| 3. Allyne Winderman | 24:43 | 3. Ruthanne Salido | 58:36 | 3. Margie Gonzales | 2:25:40 | 3. Christine Curtin | 5:35:46 |
| LAFR Pride | 6/14 | Firecracker | 2/8 | Fontana | 6/6 | RnR San Diego | 5/31 |
| 4. Kristi Twilley | 27:40 | 4. Christine Curtin | 62:37 | 4. Doris Chung | 2:28:35 | 4. Margie Gonzales | 5:56:22 |
| LB Pride | 5/17 | LB Pride | 5/17 | Pasadena | 3/22 | RnR San Diego | 5/31 |
| 5. Doris Chung | 30:02 | 5. Tanya Haney | 63:13 | 5. Christine Curtin | 2:28:36 | | |
| LAFR Pride | 6/14 | Brentwood | 6/7 | Pasadena | 3/22 | | |

Banquet Re-Cap: 2009 Grand Prix Series Awards

Grand
Champions
Carl
Maravilla,
Patricia
Bates, Juan
Moreno, &
Sean
O'Brien



Champions Race

| Men | Women | RaceWalk | TrailMaster |
|--------------------|---------------------|-----------------|-------------------|
| 1. Carl Maravilla | 1. Patricia Bates | 1. Juan Moreno | 1. Sean O'Brien |
| 2. Richard Nelson | 2. Margie Gonzales | 2. Deo Jaravata | 2. Jonathan Toker |
| 3. William Korthof | 3. Christine Curtin | 3. Doug Jones | 3. Bruce Bair |

Age Group

| Women 30-39 | Women 40-49 | Women 50-59 | Women 60+ | Men 20-29 | Men 30-34 |
|--------------|---------------------|--------------------|--------------------|----------------|--------------------|
| 1. Cat White | 1. Regina Robinson | 1. Margie Gonzales | 1. Patricia Bates | 1. Bryan Prado | 1. William Korthof |
| | 2. Christine Curtin | 2. Stephanie Stone | 2. Lorraine Silver | 2. Wadley | 2. Mike Murphy |
| | 3. Doris Chung | 3. Amy Ross | 3. Connie Hammen | 3. John Yong | 3. William Fang |



| Men 35-39 | Men 40-44 | Men 45-49 | Men 50-54 | Men 55-59 | Men 60+ |
|-----------------------------|------------------|-------------------|----------------|--------------------|-------------------|
| 1. J. McGuinness | 1. Juan Moreno | 1. Carl Maravilla | 1. Bill Austin | 1. Rusty Millar | 1. Richard Nelson |
| 2. Ely Yaron | 2. Angus Kennedy | 2. Sean O'Brien | 2. Doug Jones | 2. Jim Martinez | 2. Al Miller |
| 3. Mike Smith C Vizcarra | 3. Robb Briggs | 3. Patrick Owen | 3. Dan Graham | 3. Bill Winkelmann | 3. Richard West |

Team Challenge

- Team 2
Carl Maravilla, Patricia Bates, Bernie Tan
Team 5
David Dassey, Deo Jaravata, J McGuinness
- Team 8
Rusty Millar, Bill Walsky, Angus Kennedy
- Team 3
Jim Martinez, Brad Maury, Juan Moreno

Race Results and 2010 Grand Prix
Standings will return next month

Check website for full 2009 Final Standings

Newcomers of the Year



Regina Robinson



Bryan Prado

More Banquet Pics



Robb Briggs, Brian Dunbar



Mike Murphy, Sean O'Brien

On a beautiful starry night the LAFR Culture Club met at the Norton Simon Museum in Pasadena for an evening of classy culture. Who knew that Steve Frybarger and Rick Hetzel were such aficionados of Southeast Asian art? Frank Jacoy pointed out the finer points of Rembrandt's brush strokes with Jeff and Al giving very pointed observations of works by Picasso. The museum was very busy and there is a complete change over of attendants in some of the rooms, which is a must see by itself. The NSM is free the first Friday of each month. Stayed tuned for our next venture on the road to culture and you too can become a member of the Culture Club, some restrictions apply.

-Rusty Millar



Back row: Jeff Cronin, Al Garcia, Ryan Timmreck, Eric Fischer, Richard West, Steve Frybarger, Rick Hetzel, Professor Millar. Front: Craig Kaner, Simon, Don Bing, Frank Jacoy

Catalina Weekend!

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

The Buffalo Run weekend is February 26-27, 2010.

The half marathon and 5K are Saturday the 27th.

We have reserved three houses with space for 22 people. The cost is \$155 per person for two nights - Friday, February 26 and Saturday, February 27.

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" - \$155 per person. Give to Mark Jones or mail to: LA Frontrunners, 2870 Los Feliz Place, PMB #229, LA, CA 90039

Name _____

Details: Catalina Island weekend

February 26-27, 2010

Housing Preference: _____ Single _____ Double

Housing: 3 houses for 22 people

4 singles: 2 per room/twins

My roomie will be _____

6 queen/king: 2 per room

Treasurer's Report

Expenses include Holiday Party, Club Insurance, & Banquet. Questions? Contact us at lafronrunners@gmail.com

| | | | |
|-------------------------------|---------------------|--------------------------------|---------------------|
| LAFR Balance 1/01/10 | \$8,289.14 | LAFR Balance 1/27/10 | \$9,584.87 |
| <u>Jan 10 Revenues</u> | | <u>Jan 10 Expenses</u> | |
| <i>Catalina</i> | \$465.00 | <i>Newsletter/Con. Contact</i> | \$136.26 |
| <i>Banquet</i> | \$1,655.00 | <i>Website</i> | \$103.39 |
| <i>Death Valley</i> | \$1,250.00 | <i>Storage Unit (6 mos)</i> | \$540.00 |
| <i>Clothing Drive</i> | \$318.25 | <i>Xmas Party</i> | \$656.48 |
| <i>Membership/Donations</i> | <u>\$1,140.00</u> | <i>Club Insurance</i> | \$1,260.60 |
| Total Revenue | \$4,828.25 | <i>Ann Mtg/Fall Feast</i> | \$85.00 |
| Total Expenses | (\$3,532.52) | <i>Banquet</i> | \$625.00 |
| Net Profit/(Loss) | \$1,295.73 | <i>New Year's Day Run</i> | \$125.79 |
| | | Total Expenses | (\$3,532.52) |



Ed Gallardo at the Annual Banquet

RUN DEO RUN 45K & HALF MARATHON - DEO'S B-DAY BASH & 200TH MARATHON

Sunday March 7th, 2010

Name: _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Email Address: _____

Phone #(s) () ()

Date Of Birth: _____ **Age On Race Date Above:** _____ **Sex: (Circle) M F**

Emergency Contact Name: _____ **Phone #** ()

How did you hear about the Above Races: _____

Shirt Size Unisex(Circle): Small, Medium, Large, Extra Large.

Entry Fees – Please Choose event (Circle): **Marathon Race(\$50)** **Half Marathon (\$44)**

20% C.A.R approved running club discount ...LA FRONTRUNNERS...\$ _____

Total after 20% Discount\$ _____

Entry Fee (No refunds, No transfers):\$ _____

Extra Generic Shirt(s): \$12 each\$ _____

Total Amount enclosed:.....\$ _____

ACCIDENT WAIVER AND RELEASE OF LIABILITY:

In consideration of acceptance of my application in the above runs on , I hereby waive, release and discharge any and all claims on behalf of myself, my heirs, assignee, and/or estate for damages, death, personal injury or property damage as a result of my participation in, including traveling to this event. I understand that this release is to discharge in advance the Marathon organizers, , private property owners, race sponsors, medical personnel, local jurisdictions and their employees, and race volunteers (the "Releases") including any and all rights, claims and liability for damage or injuries to me or my property caused by negligence of any of them, arising out of my participation in this footrace, together with any costs, including attorney's fees, that may be incurred as a result of such claims, whether valid or not; and expressly waive any benefit I may otherwise have under section 1542 of the Civil Code of California. I hereby acknowledge that participation in this race carries with it potential hazard and risk which I voluntarily assume, and therefore release all Releasees of responsibility for my injury or death during this race. I hereby attest and verify that I am physically fit and have sufficiently trained for this arduous event. I hereby accept full responsibility and knowledge for following the correct course. I hereby state I will voluntarily withdraw from this race if requested to do so by race management or course volunteers. I hereby consent to receive medical treatment at my cost, which race officials may deem necessary in the event of injury, accident or illness during the footrace. I have also been advised that I may be exposed to physical injury from a number of natural factors, including, but not limited to lack of water, too much water, the hazards of vehicular traffic, and those other hazards attendant to running or walking along or across busy roadways during the day or night, including, among other things, the fact that I may become injured or incapacitated in a location where it is difficult or impossible for the event management to get required medical aid to me in time to avoid physical injury or even death. I understand that entry fees are necessary to meet the costs of preparations months in advance of the race, and if the race is cancelled because of fire, drought, floods, storms of any kind, known or known, I expressly waive any benefit I may otherwise have under section 1542 of the Civil Code of California.

Signature: _____ **Date:** _____

Parental Signature for Under 18 Yrs old.

Signature: _____ **Date:** _____

Please sign, date and return the application form/waiver, make checks payable to and mail to :
Charlie Alewine, 324 S. Diamond Bar Blvd., #136, Diamond Bar CA,91765 (909) 319-8492



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