

# 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.*

JULY 2024			
Date	Event/Distance	Website	Location
7/4	La Palma 5K/10K	<a href="http://www.cityoflapalma.org/339/Fitness-Run-for-Fun">www.cityoflapalma.org/339/Fitness-Run-for-Fun</a>	La Palma
7/14	Manhattan Mile	<a href="http://www.villagerunner.com/manhattan-mile">www.villagerunner.com/manhattan-mile</a>	M Bch
7/20	San Diego Pride Run	<a href="http://www.frwsd.org">www.frwsd.org</a>	San Diego
7/26	Pas Trail 6K/12K <b>TM</b>	<a href="http://www.pasadenarunningcompany.com">www.pasadenarunningcompany.com</a>	Pasadena
AUGUST 2024			
Date	Event/Distance	Website	Location
8/4	Run LA 10 Miler <b>TM</b>	<a href="http://www.rayenduranceevents.com">www.rayenduranceevents.com</a>	LA
8/18	Summer Dash 5K/10K/15K/Half	<a href="http://www.abetterworldrunning.com">www.abetterworldrunning.com</a>	SaMo
8/24	Run Deo Run <b>TM</b>	<a href="http://www.lafrontrunners.com">www.lafrontrunners.com</a>	LA

## SEPTEMBER 2024

Date	Event/Distance	Website	Location
9/2	Labor Day 5K/10K/15K/Half	<a href="http://www.abetterworldrunning.com">www.abetterworldrunning.com</a>	SaMo
9/15	Surf City 10 Mile	<a href="http://www.surfcity10.com">www.surfcity10.com</a>	H. Bch
TBA			

## OCTOBER 2024

Date	Event/Distance	Website	Location
10/5	Long Beach	<a href="http://www.runlongbeach.com">www.runlongbeach.com</a>	LB
10/13	M4L Luketoberfest 5K	<a href="http://www.teamtatsu.org">www.teamtatsu.org</a>	LB
10/20	Pas Trail 5K/10K/Half <b>TM</b>	<a href="http://www.pasadenarunningcompany.com">www.pasadenarunningcompany.com</a>	Pasadena
10/26	Doggie Dash 5K <b>TM</b>	<a href="http://www.lafronrunners.com">www.lafronrunners.com</a>	LA

## NOVEMBER 2024

Date	Event/Distance	Website	Location
11/2	PS Pride Run 5K	<a href="http://www.psfr.org">www.psfr.org</a>	P Springs
11/9	Catalina Half Marathon/10K <b>TM</b>	<a href="http://www.runcatalina.com">www.runcatalina.com</a>	Avalon
11/23	LA Turkey Trot <b>TM</b>	<a href="http://www.rayenduranceevents.com">www.rayenduranceevents.com</a>	LA
11/28-12/1	Turkey Trot-tacular	see below	anywhere

## DECEMBER 2024

Date	Event/Distance	Website	Location
12/15	Santa 5K/10K <b>TM</b>	<a href="http://www.rayenduranceevents.com">www.rayenduranceevents.com</a>	LA

12/29	M4L Los Angeles	<a href="http://www.lafronrunners.com">www.lafronrunners.com</a>	LA
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## 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  <a href="http://www.abetterworldrunning.com">www.abetterworldrunning.com</a>	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 <b>TM</b>	<a href="http://www.runcatalina.com">www.runcatalina.com</a>	Avalon
1/21	Rose Bowl Half	<a href="http://www.mccourtfoundation.org">www.mccourtfoundation.org</a>	LA
1/27	Doggie Dash 5K <b>TM</b>	<a href="http://www.lafronrunners.com">www.lafronrunners.com</a>	GP
1/27	SOB Trail <b>TM</b>	<a href="http://www.khraces.com">www.khraces.com</a>	LA

## FEBRUARY 2024

Date	Event/Distance	Website	Location
2/18	SRLA Friendship Run	<a href="http://www.srla.org">www.srla.org</a>	Hansen Dam
2/29 *Thurs	Leap Day 5K/10K	<a href="http://www.runsignup.com/w/HighTideRuns">www.runsignup.com/w/HighTideRuns</a>	L Beach

## MARCH 2024

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

## APRIL 2024

Date	Event/Distance	Website	Location
4/6	Finish the Run	<a href="http://www.streetsareforeveryone.org">www.streetsareforeveryone.org</a>	GP
4/13	Chesebro Races	<a href="http://www.greatrace.run">www.greatrace.run</a>	A Hills
4/15	Boston Marathon	<a href="http://www.baa.org">www.baa.org</a>	Boston
4/20	Leona Divide 50K <b>TM</b>	<a href="http://www.khraces.com">www.khraces.com</a>	LA
4/21	Spring Dash 5K/10K/15K/Half	<a href="http://www.abetterworldrunning.com">www.abetterworldrunning.com</a>	LB
4/28	Mntns 2 Beach	<a href="http://www.mountains2beachmarathon.com">www.mountains2beachmarathon.com</a>	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	<a href="http://www.sfrlb.com">www.sfrlb.com</a>	LB
5/27	Fiesta Days	<a href="https://www.ymcafoothills.org/fiesta-days">https://www.ymcafoothills.org/fiesta-days</a>	La Canada

# JUNE 2024

Date	Event/Distance	Website	Location
6/1	Wrigley River Run	<a href="http://www.wrigleyriverrun.com">www.wrigleyriverrun.com</a>	LB
6/2	GP Trail Relay <b>TM</b>	<a href="http://www.griffithparkmarathonrelay.com">www.griffithparkmarathonrelay.com</a>	LA
6/16	LAFR Pride Run <b>TM</b>	<a href="http://www.lafronrunners.com">www.lafronrunners.com</a>	LA