

# FrontPage

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

Since 1980

## A Frontrunner Night Before Christmas

By Amy Ross (*With Sincere Apologies to Clement Clarke Moore*)

**T**'was the night before Christmas and all through the park\*  
Not a Frontrunner was running, not even Sean in the dark.  
The Nikes were hung by the chimney with care

In the hope that Mikey's Sunday run would end with a flair.  
The lesbians were nestled all snug in their beds\*\*

While visions of more women members messed with their heads.  
And Ran in his kerchief and Kedric in his cap,  
Were hitting the bars for some bad homo rap.

When out on the track\*\*\* there arose such a clatter,  
I thought it was Coach J; No, not him, does it matter?

Away from my lab window I flew like a flash  
OMG it's Jim Martinez running in his Chili Queen sash!

The moon on the breast of the forest fire-driven haze,  
Gave a lustre to the runners in a testosterone daze  
When what to my wondering eyes should appear,  
A new Board of Directors, so cute and so dear!

With (again) President Angus, so lively and quick,  
I knew in a moment the election was fixed!  
More rapid than eagles his new Board they came,  
And he whistled, and shouted, and called them by name!

"Now Patrick, now Piyush, now William, now Bryan.  
No time for excuses, no whinin', no cryin'!

On Christine, On Carl, On John, and On Mark,  
Let's get this Board meeting done before it turns dark!"

As I spring to my sleigh to give the new team a salute,  
I thank you for the great run, it really was a hoot!  
From 1981 to the present, from director to VP to President,  
To director, to VP to Old-Lady-in-Residence.

So thank you Frontrunners, to one and to all,  
For the honor to serve you from springtime till fall.

But ditch me you can't as I'll see you next week,  
As your Saturday run host; I won't break that streak!

\*Griffith, of course

\*\* Well, it was past 10:00

\*\*\*Caltech Wednesday Work-outs



Well before 10 pm at the 2008 holiday party...



Don't miss the Run Thru The Lights on 12/17

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# Holiday Season Fun Run Schedule



Thursday, 12/17  
Run Thru Lights  
Griffith Park  
No Pasadena  
Fun Run

Tuesday, 12/22  
Silver Lake Fun  
Run as scheduled

Weds, 12/23  
Westside Fun Run  
as scheduled

Thursday, 12/24,  
Xmas Eve  
No Fun Run

Saturday, 12/26  
Griffith Park Fun Run as scheduled

Sunday, 12/27  
Long Run as scheduled

Tuesday, 12/29  
Silver Lake Fun Run as scheduled

Wednesday, 12/30  
Westside Fun Run as scheduled

Thursday, 12/31, New Year's Eve  
No Fun Run

Friday, 1/1,  
New Year's Day  
New Year's Day  
Fun Run &  
Potluck Brunch  
11:00 AM  
Mark & Brad's  
(see page 3 for  
details)



Saturday, 1/2  
Griffith Park Fun Run as scheduled  
Westside Saturday Fun Run as scheduled

Sunday, 1/3  
Long Run as scheduled

## LAFR Board Meeting Briefs 11/09

November 4 at Amy's

**A. Election** Online election to be held 11/16-18

**B. Xmas Party/Run Thru Lights:** Thursday, 12/17, Amy to host Run Thru Lights at 5:30. Xmas Party following at Patrick's.

**C. Catalina/Death Valley:** Club will do Catalina Buffalo Half Marathon in 2010 instead of Catalina Marathon to avoid conflict with LA Marathon. Mark reserved houses in Avalon. Patrick organizing hotel/travel for Death Valley Marathon weekend in Feb.

**D. Upcoming Events:** Fall Feast (11/15), Annual Meeting (11/22), New Year's Day Run/Potluck 1/1, Annual Banquet Jan. 31 at Castaway in Burbank.

**E. Charity Drives:** Canned Food Drive to benefit Bienestar at Fall Feast, Toy Drive at Annual Meeting, and Clothing Drive TBD in December.

**F. City of Angels Half Cancelled** Due to cancellation of City of Angels Half Marathon, Tiger Run (12/5) and LA County Half Marathon (12/13) were added to Grand Prix schedule.

**G. Mimi's** Mimi's fundraiser scheduled for Tuesday, Dec 1, after fun run. Club gets 15% of total check.

**H. Marathon Training:** Training program off to great start. High interest in the new LA Marathon course. Patrick scheduling all Sunday runs w/ Mike. Club providing water/gatorade at long runs.

**I. Next Board Meeting:** December 7 at Angus's

### WELCOME NEW MEMBERS!!

Manuel Munoz	Ed Alberson
Max Padilla	Peter Kaplan
Marc Castaneda	William Grant
Bernard Buchanan	Eric Otero
Marc Golden	Phil Scanlon
Mike Reynolds	Gary Braitman
Danny Jauregui	Robert Lindall
David Barnathan	Gardner Delano

Tony Madril

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

[lafontrunners@gmail.com](mailto:lafontrunners@gmail.com)  
[www.lafontrunners.com](http://www.lafontrunners.com)

Angus Kennedy, *president*  
Amy Ross, *vice president*  
William Fang, *treasurer*  
Piyush Prakash, *secretary*  
Mike Kalvoda, Mark Jones, and  
Patrick Owen, *directors at large*

LAFR FrontPage  
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Gonzales, Rusty Millar,  
Deo Jaravata, Bernie Tan,  
Lui Sanchez,  
*photographers*

# Annual Dash Thru the Lights & Holiday Party

It's time once again to forget our outrageous utility bills and pay homage to our own LA DWP at the Festival of Lights in Griffith Park. Amy Ross will lead us through the light parade on Thursday, December 17 at 5:30 PM. We will meet at the north end of the park in the Autry Museum Parking Lot. To access the lot, exit the 134 or 5 freeways at Zoo Dr. - Autry is right there!

Following the Holiday Run is the fabulous Holiday Party. This year, the party will be held at the home of Patrick Owen and Mark Anton, with Jim Martinez once again cooking up a feast with as assist from new board member Christine Curtin. The club will provide soft drinks and two buck chuck. If you want additional spirits, BYOB.

### Holiday Lights Run:

**Thursday, December 17 at 5:30 PM**  
*hosted by Amy*

### Annual Holiday Party:

**immediately following at 7:00 PM**  
**at the home of Patrick & Mark**  
**5041 Ledge Avenue**  
**North Hollywood, CA 91601**

### Holiday Clothing Drive Benefiting:

**Jeff Griffith Youth Center at the**  
**Gay & Lesbian Center**  
**& My Friend's Place**  
*see page 6*



# Holiday Silver Lake Potluck & White Elephant Gift Exchange

Tuesday, December 15  
at Angus & Mark's  
2480 1/2 Silver Lake Blvd  
Los Angeles, CA 90039

Remember last year when Mike Kerkman went home with a cake pan shaped like a certain body part?? Perhaps that stupendous item will be back again this year. Bring a wrapped gift that you feel will add to the excitement.

# New Year's Day Run & Potluck

Start the new year right with a run and some good food! We'll meet at Mark & Brad's in Glassell Park at 11 AM on New Year's Day for a run through their neighborhood. There will be several options for runs and then we will enjoy a potluck brunch at their home. Club will provide drinks.

### New Year's Day Run & Potluck:

**Friday, January 1 at 11:00 AM at Mark & Brad's**  
**4166 Verdugo View Drive**  
**LA, CA 90065**

**Bring a dish to share and change of clothes**

Ely Yaron and Mike Murphy after the San Dimas Turkey Trot 10K Trail Race in Bonelli Park on November 28. Ely was 5th overall (1st 35-39) and Mike was 2nd in the 30-34 age group.



Apparently, Deo ate a lot of turkey on Thanksgiving. To burn it off, he did the Thanksgiving Triple - 3 marathons in the three days following the holiday: appropriately named Feeling Stuffed (11/27), Thanksgiving Weekend (11/28) and Running Off the Turkey (11/29)

**LAFR RACE RESULTS****Orange County Half Marathon**

Costa Mesa, CA 5/3

Ryan Bailon.....1:56:21 PR

**Malibu Triathlon**

Zuma Beach, CA 9/12

Olympic Distance

Ryan Bailon.....3:32:38

**NBVC Half Marathon**

Pt. Mugu, CA 9/19

Regina Robinson.....2:31:47

**Alive & Running 5K**

Los Angeles, CA 9/27

Lorraine Silver.....38:13 2nd 65-69

**Chicago Urbanathlon**

Chicago, IL 10/17

Ryan Bailon.....1:38:38

**US Women's Triathlon Series**

Mission Bay, CA 10/18

Sprint Distance

Margie Gonzales.....1:10:02

**Oregon State Prison 5K**

Salem, OR 10/31

Jane Dods.....30:30

**NY Marathon**

NY, NY 11/1

Deo Jaravata.....3:55:19

**Santa Clarita Marathon**

Santa Clarita, CA 11/8

Deo Jaravata.....3:54:50

**Fresno 2 Cities Marathon**

Fresno, CA 11/8

Ely Yaron.....3:31:09

**Catalina Eco Marathon**

Avalon, CA 11/14

Mark Penn.....4:10:34 1st 50-54

Deo Jaravata.....5:32:47

**Malibu Marathon**

Malibu, CA 11/15

Ely Yaron.....3:29:47 3rd 35-39

Deo Jaravata.....4:33:20

**WeSpark 5K/10K**

Lake Balboa, CA 11/8

5KBrad Maury.....19:06 3rd OA  
1st 35-39

Robb Briggs.....21:11 1st 40-44

Mark Jones.....21:13 2nd 45-49

Juan Moreno.....22:11 2nd 40-44

Jim Martinez.....24:17 1st 55-59

Rusty Millar.....26:21 2nd 55-59

Regina Robinson.....33:49

10KCarl Maravilla.....37:12 3rd OA  
1st 45-49

John McGuinness.....41:12 2nd 35-39

Richard Nelson.....43:20 1st 60-64

Bernie Tan.....46:09

Dan Graham.....50:40 2nd 50-54

Patricia Bates.....51:05 1st 60-64

Al Miller.....57:21 1st 65-69

Juan Moreno.....65:01 RaceWalk

Doug Jones.....75:57 RaceWalk

Bill Walsky.....78:09

**Santa Monica Mountains Trail Series**

Malibu, CA 11/22

9K

Angus Kennedy.....46:35 2nd 40-44

Jim Martinez.....53:06 1st 55-59

Christine Curtin.....71:41

18KJonathan Toker.....1:16:07 1st OA  
1st 30-34Wadley.....1:27:39 3rd OA  
3rd 30-34

Ryan Timmreck.....1:38:39 2nd 35-39

Bernie Tan.....1:46:06 2nd 40-44

Mark Jones.....1:47:20 1st 45-49

Jeff Masino.....1:59:35

30K

Bruce Bair.....2:41:40 2nd 40-44

Jeff Lymburner.....3:13:17 2nd 50-54

Robb Briggs.....3:18:13

Juan Moreno.....3:18:14

50K

Sean O'Brien.....4:52:54 1st 45-49

Mike Murphy.....6:08:19 3rd 35-39

Deo Jaravata.....6:55:26

**Philadelphia Marathon**

Philadelphia, PA 11/22

William Korthof.....3:00:26

Brad Maury.....3:09:47 PR



Bernie Tan after the San Dimas Turkey Trot in Bonelli Park on November 28

**San Dimas Turkey Trot**

Bonelli Park, CA 11/28

5K

Rusty Millar.....27:22 2nd 55-59

10K

Ely Yaron.....42:45 1st 35-39

Angus Kennedy.....44:30 2nd 40-44

Mike Murphy.....46:20 2nd 30-34

Bernie Tan.....48:03

Dan Graham.....52:33

Al Miller.....58:13 1st 65-69

**Dana Point Turkey Trot 5K**

Dana Point, CA 11/26

Juan Moreno.....32:15 RaceWalk

**Lake Balboa Turkey Trot 5K**

Van Nuys, CA 11/26

Regina Robinson.....33:38

**Feeling Stuffed Marathon**

Huntington Beach, CA 11/27

Deo Jaravata.....4:04:00

**Thanksgiving Weekend Marathon**

Long Beach, CA 11/28

Deo Jaravata.....4:18:00

**Running Off the Turkey Marathon**

South El Monte, CA 11/29

Deo Jaravata.....4:38:00

**San Dimas Turkey Trot Triathlon**

Bonelli Park, CA 11/29

Ely Yaron.....2:06:40

**GRAND PRIX STANDINGS  
CHAMPIONS RACE TOP 10**

*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. Carl Maravilla	6	480.67
2. Richard Nelson	6	473.79
3. William Korthof	6	436.06
4. Sean O'Brien	6	434.30
5. Brad Maury	6	434.05
6. Patrick Owen	6	424.58
7. Bruce Bair	6	421.17
8. John McGuiness	6	415.92
9. Bill Austin	6	411.47
10. Ely Yaron	6	402.90

**FEMALE**

1. Patricia Bates	6	491.31
2. Margie Gonzales	6	320.70
3. Christine Curtin	6	302.14
4. Regina Robinson	6	289.28
5. Doris Chung	4	210.56
6. Kristi Twilley	4	201.24
7. Stephanie Stone	3	164.84
8. Allyne Winderman	2	151.65
9. Amy Ross	2	114.31
10. Keeley Webster	2	78.04

**RACEWALK**

1. Deo Jaravata	6	376.60
2. Doug Jones	6	342.77
3. Juan Moreno	5	313.49
4. Sue Roth	2	100.85
5. Connie Hammen	1	59.30

**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
1. Sean O'Brien	5	595.89
2. Jonathan Toker	4	461.18
3. Bruce Bair	5	452.99
4. Mike Murphy	5	434.05
5. Ely Yaron	5	377.63
6. Deo Jaravata	5	365.74
7. Jeff Lymburner	4	339.78
8. Robb Briggs	5	335.04
9. Ric Munoz	3	257.87
10. Carl Maravilla	2	238.02

**FOR FULL STANDINGS  
& TO REPORT RACE RESULTS  
PLEASE VISIT GP PAGE  
WWW.LAFRONTUNNERS.COM**

**AGE GROUP TOP 3**

Division	Races	Points
<b>Female 19-under</b>		
1. Nancy Alvarez	1	125
<b>Female 20-29</b>		
1. Jacqueline Vogel	1	125
<b>Female 30-39</b>		
1. Cat White	2	220
<b>Female 40-49</b>		
1. Regina Robinson	6	625
2. Christine Curtin	6	580
3. Doris Chung	4	400
<b>Female 50-59</b>		
1. Margie Gonzales	6	675
2. Stephanie Stone	3	305
3. Amy Ross	2	205
<b>Female 60+</b>		
1. Patricia Bates	6	700
2. Lorraine Silver	1	125
3. Connie Hammen	1	105
<b>Male 19-under</b>		
1. Gary Lashley	2	230
2. Andrew Rohrlch	1	115
<b>Male 20-29</b>		
1. Bryan Prado	6	645
2. Wadley	4	420
3. Luis Aguilar	2	275
<b>Male 30-34</b>		
1. Mike Murphy	6	535
2. William Korthof	4	470
3. Jose Castillo	4	290
<b>Male 35-39</b>		
1. John McGuiness	6	725
2. Ely Yaron	6	670
3. Carlos Vizcarra	4	490
<b>Male 40-44</b>		
1. Juan Moreno	6	635
2. Robb Briggs	6	630
3. Bernie Tan	6	615
<b>Male 45-49</b>		
1. Carl Maravilla	6	800
2. Sean O'Brien	6	715
3. Patrick Owen	6	670
<b>Male 50-54</b>		
1. Bill Austin	6	705
2. Doug Jones	6	620
3. Dan Graham	6	580
<b>Male 55-59</b>		
1. Rusty Millar	6	680
2. Jim Martinez	6	650
3. Bill Winkelmann	6	620
<b>Male 60+</b>		
1. Richard Nelson	6	690
2. Al Miller	4	470
3. Richard West	2	230

**LAFR GRAND PRIX TEAM  
CHALLENGE RESULTS**

Finish times are added for total time. Teams with all 3 members racing are ranked first.

**Race #9:**

**WeSpark 5K/10K**

1. Team 3 (3).....	65:34
2. Team 2 (3).....	67:12
3. Team 8 (2).....	65:25
4. Team 5 (1).....	20:36
5. Team 7 (1).....	21:11
6. Team 6 (1).....	21:13

**Race #10:**

**Santa Monica Trails (age grade scores used)**

1. Team 7 (2).....	111.29
2. Team 3 (2).....	103.17
3. Team 1 (1).....	59.37
4. Team 8 (1).....	55.82
5. Team 6 (1).....	51.98
6. Team 2 (1).....	49.70
7. Team 5 (1).....	44.38

**Race #11:**

**San Dimas Turkey Trot 5K/10K**

1. Team 8 (2).....	49:37
2. Team 4 (1).....	21:37
3. Team 2 (1).....	24:01

**Standings after 11 races (top 5 scores count)**

1. Team 2.....	490
Carl, Bernie, Patricia	
2. Team 5.....	460
Deo, John M, David Dassey	
Team 8.....	460
Rusty, Angus, Bill Walsky	
4. Team 3.....	430
Brad, Juan, Jim	
5. Team 7.....	420
Sean, Cat, Robb	
6. Team 9.....	360
Bill A, Eric G, Richard P	
7. Team 1.....	330
Bruce, Keeley, Patrick	
8. Team 6.....	310
Augie, Mark J1, Mark J2	
9. Team 4.....	200
William F, Ely, Seth	

*Remaining Team Races:  
Tiger Run 12/5  
LA County Half 12/13*

## LAFR Holiday Clothing Drive for LA Homeless Youth

This holiday season, LA Frontrunners is conducting a clothing drive to help clothe homeless youth in our city. Our collection will be donated to two agencies serving homeless youth here in Los Angeles:

### My Friend's Place

Each year, My Friend's Place welcomes over 1,800 homeless youth between the ages of 12 and 25, and their children, who are escaping abusive homes, emancipated from foster care with insufficient skills and resources, or raised on the street as victims of the cycle of homelessness. My Friend's Place has three programs for youth: the Health & Well Being Program, the Transformative Education Program, and the Safe Haven Program. The Safe Haven Program provides shelter during the day as well as emergency services such as food, showers, hygiene supplies, clothing, transportation, and communication tools. [www.myfriendsplace.org](http://www.myfriendsplace.org)



### Jeff Griffith Youth Center

The Jeff Griffith Youth Center is part of the Youth Services division of the Gay & Lesbian Ctr. For homeless lesbian, gay, bisexual, & transgender youth 24 or younger, the Center is a safe, welcoming place to get hot meals, fresh clothes, a shower, help getting a GED, employment training & job placement, help finding housing and more. The Center also has six beds for emergency overnight use. Twice a day, their Emergency Clothing Closet opens to provide clothing. [www.laglc.com](http://www.laglc.com)

## Two Ways To Donate

### 1. Bucks!

We have set up a donation site online where you can donate funds. The money we raise will be used to purchase **new clothing** (primarily t-shirts & sweatshirts). The company where we buy our Pride Run & Club T-shirts is running their year-end clearance so we can purchase new t-shirts for as little as \$1 and sweatshirts for around \$5. This is an instance when a small donation really does have a big impact. Just go to our website ([lafrontrunners.com](http://lafrontrunners.com)) and the link for the charity info is on the home page. This is also a great way for friends/family who are not local to help out.

### 2. Gently Used Clothes

Bring your gently used clothes (not that skanky thing you wore to Faultline last Sunday....) to the Holiday Party on December 17. We will sort them and distribute them along with the new clothes we purchase to the two agencies. If you are not attending the soiree (what????), just contact a board member to drop off your donation.

**Important:** Please visit our website and take a look at the wishlists for each agency (the online newsletter has the wishlist from My Friend's Place attached at the end). My Friend's Place has a great wishlist that is very specific. The Jeff Griffith Center is a little more open though they did have one request which is below. My Friend's Place also has need for non-clothing items (office supplies, toiletries) that many of us might have access to.

**Fabulous Clothes:** The counselor I spoke with from the Jeff Griffith Youth Center reminded me that they serve Transgender kids as well, so they are always looking for fabulous clothes for these kids. Deo??? Sean???

-Angus

## \$60 LAFR Discount for 2010 LA Marathon

Great news everyone! Margie has secured a \$60 discount for next year's LA Marathon. The cost will be only \$75, which is a savings of \$50 on the current registration fee plus the mail-in processing fee of \$10 (or the online registration processing fee).

The only way we can get this discount is if we submit paper registration forms, all at once, as a group.

This is a benefit for LA Frontrunner club members ONLY.

If you are like me (your Prez) and already registered at full price, sorry, we be out of luck :(

### Procedure:

1. Fill out paper registration form on next page. Leave "fees" section blank.
2. Mail your completed registration form with a check for \$75 made out to **LA Marathon LLC** and send to Margie at:

**Margie Gonzales**  
17547 Arminta Street  
Northridge, CA 91325

**Our limit for this discount is 25. This is first-come, first-served so get your forms/checks in asap!**

**THANK YOU, MARGIE!!**



# LOS ANGELES MARATHON XXV APPLICATION

Register online at [www.lamarathon.com](http://www.lamarathon.com) or complete the following application and mail to:

Los Angeles Marathon  
 9200 Sunset Blvd, Suite 520  
 Los Angeles, CA 90069

**MARCH 21ST, 2010**

Questions: 310-271-7200 or email: [info@lamarathon.com](mailto:info@lamarathon.com)

**Sub 3 and 4  
 Hour Corral**

• Runners who have finished a marathon in under 3 or 4 hours in the previous 12 months will be eligible for seeding in corral designed for our faster participants.

• To qualify for these corral, a copy of a finishers certificate or official results from a sanctioned and certified marathon must be mailed, emailed or faxed with your application within one week of registering to:

Mail:  
 9200 Sunset Blvd  
 Suite 520  
 Los Angeles, CA 90069

Email:  
[info@lamarathon.com](mailto:info@lamarathon.com)

Fax:  
 310-271-7202

• Runners who finished the 2009 Los Angeles Marathon in under 4 hours will automatically be placed in the proper corral and do not need to submit proof

• However the runner must meet the February 1, 2010 deadline.

• Your request for inclusion in these corral must be received in our office by February 1, 2010.

- Sub 4 Hour
- Sub 3 Hour
- LA Marathon 2008
- Other Marathon

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_ SEX  Male  Female MARITAL STATUS  Single  Married DATE OF BIRTH \_\_\_\_\_ AGE ON 3/21/10 \_\_\_\_\_  
Month Day Year

ADDRESS (INCLUDING APT#, SUITE, FLOOR) \_\_\_\_\_ BIB NAME (application must be received by 2/1/10)  
11 character maximum for bib name

CITY/PROVINCE \_\_\_\_\_ STATE (USA) \_\_\_\_\_ ZIP/POSTAL CODE \_\_\_\_\_ COUNTRY \_\_\_\_\_  
(Leave blank if USA)

EMAIL ADDRESS \_\_\_\_\_ CITIZENSHIP  USA  OTHER \_\_\_\_\_

IS THIS YOUR 1ST LA MARATHON? YES  NO  HOW MANY LA MARATHONS HAVE YOU FINISHED? \_\_\_\_\_  
 T-SHIRT SIZE S  M  L  XL  XXL  (On a first come basis, subject to availability)

DIVISION  
 RUNNER/  WHEELCHAIR  
 WALKER  OPEN  QUAD  CRANK CHAIR  RACE-WALKER EXPECTED FINISHING TIME \_\_\_\_\_ : \_\_\_\_\_  
HR MIN

EDUCATION (number of years attended) \_\_\_\_\_ OCCUPATION \_\_\_\_\_  
 High School/Other  College  Grad School \_\_\_\_\_

FEES - (includes a \$10.00 processing fee)

REGISTRATION FEE...US \$135  "WIN FOREVER" DINNER W/ PETE CARROLL  
 # attending \_\_\_\_\_ x \$35 = \$\_\_\_\_\_

ADD LA 5K (event day 3/20) TO MARATHON ENTRY...US \$25

Total \$ \_\_\_\_\_

Mail and make check payable to LA Marathon LLC • 9200 Sunset Blvd, Suite 520 • Los Angeles, CA 90069  
 Do not mail entries after March 1, 2010. Applicants after this date may only register at the Los Angeles Marathon Expo.  
 Online registration at [www.lamarathon.com](http://www.lamarathon.com)

In consideration of the foregoing, I, for myself, my heirs, my executors, my administrators, and my trustees, fully and forever waive and release any and all rights and claims for any injuries and damages, including, but not limited to demands or actions for negligence, premises liability, emotional injury, intentional contact, resulting in unintended injury or damage tort claims, and any other actions or demands of whatsoever in nature, to the fullest extent permitted by law, I have or may have against 1) LA Marathon LLC, its employees, principals, directors, shareholders, agents, members, managers, affiliates, and representatives, 2) the City of Los Angeles, its departments, employees, officials, agents, and representatives, 3) USA Track and Field, and 4) all sponsors of any Los Angeles Marathon events in which I may participate, including the Los Angeles Marathon and the 5K Run/Walk and each of these events, whether my participation is as a contestant or spectator of any of these events. I acknowledge that I am aware of the inherent risks involved in these events and I voluntarily assume these risks. I attest and verify that I am physically fit and I have sufficiently trained for the completion of the above-referenced event or events in which I participate and that my physical condition has been verified by a medical doctor.

Further, I hereby grant full permission to any and all of the foregoing to use my name, my voice, and/or my picture in any broadcast, telecast, advertising, promotion, or other account of this event for any purposes whatsoever.

LA Marathon LLC reserves the right to reject any entry, and further reserves the right to change the details of the above-referenced events without prior notice. I understand that my entry fee is nonrefundable and numbers are nontransferable. THIS IS AN IMPORTANT LEGAL DOCUMENT. READ CAREFULLY BEFORE SIGNING.

EMERGENCY CONTACT: NAME & PHONE # \_\_\_\_\_

I am at least 18 years of age and have read and understand the above.  I am under 18 years of age. My parent or legal guardian has read and understands all of the above and is Signing below. He/she consents to my participation in each of the events I have selected above.

Signature \_\_\_\_\_ Date \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

Election Results  
 Congratulations  
 to the newly elected  
 2010 Los Angeles Frontrunners  
 Board of Directors  
 and thanks for voting!!

President - *Angus Kennedy*

Vice-President - *Patrick Owen*

Treasurer - *William Fang*

Secretary - *Piyush Prakash*

Directors-at-Large

*Christine Curtin*

*Mark Jones*

*Carl Maravilla*

*John McGuinness*

*Bryan Prado*

**December Birthdays  
 Boys & Girls:**

12/2 Dan Vu  
 12/3 Lui Sanchez  
 12/11 Connie Hammen  
 12/13 Brian Eggert  
 12/13 Jeffery Nunes  
 12/13 Kedric Beasley  
 12/13 Richard Korn  
 12/14 Michael Achord  
 12/17 Andy Tanber  
 12/21 Jane Dods  
 12/21 Paul Morrell  
 12/23 Craig Swogger  
 12/26 Chad Myers  
 12/28 Jeffery Masino  
 12/29 Steve Addison  
 12/31 David Barnathan  
 12/31 Regina Robinson  
 12/31 Steven Kyle  
 12/31 William Grant

**November 2009  
 Treasurer's Report**

Expenses include Catalina deposits, uniforms, the Fall Feast, & Annual Meeting. Questions? Contact us at lafrontrunners@gmail.com.

**LAFR Balance 10/21/09 \$13,199.64**

Nov 09 Revenues

<i>Catalina</i>	<b>\$620.00</b>
<i>Santa Cruz</i>	<b>\$68.00</b>
<i>Banquet</i>	<b>\$320.00</b>
<i>Membership/Donations</i>	<b><u>\$1570.00</u></b>
<b>Total Revenue</b>	<b>\$2578.00</b>

Nov 09 Expenses

<i>Newsletter</i>	<b>\$145.22</b>
<i>Constant Contact</i>	<b>\$90.00</b>
<i>Annual Mtg/Events</i>	<b>\$159.47</b>
<i>Uniforms</i>	<b>\$688.69</b>
<i>Fall Feast</i>	<b>\$913.82</b>
<i>Catalina Deposit</i>	<b><u>\$600.00</u></b>
<b>Total Expenses</b>	<b>(\$2597.20)</b>
<b>Net Profit/(Loss)</b>	<b>(\$19.20)</b>
<b>LAFR Balance 12/5/09</b>	<b>\$13,180.44</b>

**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, twin beds  
 6 doubles: 2 per room, queen/king

My roomie will be \_\_\_\_\_



# 2010 Los Angeles Frontrunner Membership Renewal and Banquet Registration

*It's time to renew your membership and to sign up for our annual Banquet on January 31, 2010. Please complete the forms on this page and mail in, or hand to any club officer. You can also sign up online by visiting our website at [www.lafronrunners.com](http://www.lafronrunners.com)*

## LAFR Annual Banquet

Sunday, Jan 31, 2010, 6:30 PM  
The Castaway, Mountain Room  
1250 Harvard Rd.  
Burbank, CA 91501

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

Guest 1: \_\_\_\_\_

Guest 2: \_\_\_\_\_

Guest 3: \_\_\_\_\_

Guest 4: \_\_\_\_\_

\$40 per person

Total Amount Enclosed: \_\_\_\_\_

## 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 Los Angeles Frontrunners ("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 PI, PMB # 229  
Los Angeles, CA 90039**

**(LAFR note: use the clothing section here as a rough guide for the Jeff Griffith Center as well – they are open to more types of clothing, especially fabulous..., but definitely keep to the new or gently used criteria – no holes/stains)**

## **My Friend's Place 2009 Wish List**

Our in-kind needs are constantly changing, however here is a list of items we most frequently use on an ongoing basis.

### **Clothing Closet**

We accept the following **new or gently used** (no holes or stains):

- men and women's jeans and shorts  
Sizes- Women: 8-16; 18-20  
Sizes- Men: 32-40; 42-52; 26-30  
\*sizes for jeans are in order of most need
- plain white t-shirts
- men's boxers (new only)
- athletic shoes  
Sizes- Men's: 8 and up  
Sizes- Women's: 7.5-15)
- shoelaces
- belts
- men's and women's plus-size interview clothing (dress pants and shirts)

**Items we are no longer in need of: suits and socks.**

### **Education, Employment, and Creative Arts Workshops**

We accept the following **new**:

- ivory resume paper
- pocket calendars for 2010
- bus tokens
- fast food coupons and Target gift cards in \$5 amounts
- movie passes, music gift cards, bookstore gift cards (used to acknowledge youth progress)

**Items we are no longer in need of: spiral-bound notebooks, pencils, colored pencils, glue, and highlighters.**

### **Health and Well-Being and Parenting Program**

We accept the following **new**:

- toiletries (toothbrushes, toothpaste, soap, shampoo, deodorant, sunscreen, etc.)
- maternity underwear
- diapers (sizes 2-5, pull-ups a plus!)
- baby formula (powdered preferred)
- baby wipes

We accept the following **new or gently used**:

- baby clothing (including onesies, baby socks)
- shoes (up to child's size 10)
- potty chairs
- bottles
- baby blankets
- strollers
- maternity clothes

**Due to limited storage capacity, we CANNOT accept the following\*:**

- furniture
- appliances (including computers)
- household items or furnishings

\*Occasionally we have a young person move into housing, in which case we may be in need of household items. If you have fully functioning, new or gently used household items that you are interested in donating, *please call us first*. Thank you for your understanding. Please contact Stuart Brewster, Development Associate at (323) 908-0011 x116 or sbrewster@myfriendsplace.org to schedule a drop-off or for questions and our current most-needed items.



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: Doris/Amy**

**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**