

# FrontPage

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

Since 1980

## City of Angels Half Marathon is Heavenly



Perfect weather, a beautiful course, great company, and good times... What more can we ask for?



### *Inside This issue:*

Board Message	2
Holiday party	3
Race Results	4
Grand Prix Update	5
Member Spotlight	6
2008 in Pictures	7
Weekly Schedule	8

Board Message

## And We're Off!

Angus Kennedy

Happy New Year, Frontrunners! It seems like just yesterday when we were getting ready for the '08 LA Marathon. 2008 was a great year for LAFR and 2009 will be even better!



First, a hearty thanks to the wonderful Carl Maravilla and Bernie Tan, our two (sniff, sniff) departing board members. Luckily for us, they will continue to help out the club.

Carl has graciously agreed to continue helping the newsletter, which has never looked better, and our darling Bernie is going to assist us with e-mail communications and planning (basically, I'll be e-mailing him every other day asking, "Bernie, how do I...?"). In their stead, we welcome new board members William Fang and Mark Jones.

We started 2009 with a special fun run on New Year's Day. It was a gorgeous morning and a great way to start the new year. Our new Westside Saturday morning fun run started on Jan. 3 – thanks to Bruce Bair for hosting the new Saturday run and for suggesting the New Year's Day run!

As you know, the LA Marathon will not be in March so our annual Bowl to Breakers training run is cancelled. Instead, we will have a new "Run the Stairs" of Silver Lake event. Sean, Bruce, Mike K., and Mike M. ran the whole series last week. We will devise routes of varying length so everyone can participate. More info to come.

Hope to see you all at the Annual Banquet!!

<b>New Members</b>	Jonathan Toker Noelle Olson
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## BIRTHDAY GIRLS AND BOYS



Ron Del Rio	01/01	Daniel Graham	01/22
Martin Zimmerman	01/03	Alicia Soto	01/26
Nelson Miranda	01/03	Bernie Tan	01/27
Jim Williams	01/04	Margie Gonzales	01/27
Robert Hamm	01/09	Kristi Twilley	01/27
Steve Jimenez	01/09	Ross Lamkin	01/28
Robb Briggs	01/09	Mike Kalvoda	01/29
Dennis Schorr	01/10	Ruthanne Salido	01/29
Arturo Salgado	01/11	Augie Robles	01/30
Lorraine Silver	01/13	Carl Maravilla	02/01
Howard Hamburger	01/13	Chris Kirby	02/01
Sean O'Brien	01/14	David Scheid	02/09
Susan Parker	01/14	Bryan Prado	02/09
Angus Kennedy	01/15	Dirk Dickens	02/09
Ken Dunn	01/19	Jim Philips	02/09
Noelle Olson	01/21	Mike Smith	02/10

### LAFR Board Meeting Briefs Wed, Dec 3, 2008

- Need to get members renew membership and sign up for banquet
- Santa Monica 1st Sat of Month Run effective Jan 2009
- Determine banquet honorees
- Xmas Party at Jim's, cancel DWP Light run if raining
- Next meeting for 2009 Board on 1/3 at Amy's

### LAFR FrontPage

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Angus Kennedy, Carl Maravilla, Bernie Tan, <i>co-editors</i>	Henri Faucher, David Dasey, Connie Hammen, Anthony Chan, Robb Briggs, <i>photographers</i>
Mike Kalvoda <i>copy editor</i>	

<b>Los Angeles Frontrunners</b>	Angus Kennedy, <i>president</i>
<b>2870 Los Feliz Place</b>	Amy Ross, <i>vice president</i>
<b>P.O. box 229</b>	Doris Chung, <i>treasurer</i>
<b>Los Angeles, CA 90030</b>	William Fang, <i>secretary</i>
<a href="http://www.lafronrunners.com">www.lafronrunners.com</a>	Mike Kalvoda, Mark Jones, and Patrick Owen, <i>directors at large</i>
lafronrunners@gmail.com	

# Jim M's LAFR Holiday Party: Festive Spirit & Good Cheer



Margie, Regina, and Tina plot their Catalina Adventure



Dan M., Ted, Dan V., Richard, and Bernie



On the 4<sup>th</sup> day of Christmas... Kedric, Deo, Brian, and Augie



Kevin, John, and Ted: The Three Wise Men.



Amy, Connie, & Margie

## LAFR Night at the Movies returns to Sunday evenings with screening of *MILK*

On Sunday Dec 1st, 34 Frontrunners and friends gathered to watch Gus Van Sant's newest film, "Milk", starring Sean Penn and Josh Brolin. The movie was a stirring biography and tribute to San Francisco Supervisor Harvey Milk, the first openly gay elected official in the country. An excellent performance by Sean Penn took us through a sad chapter of gay history with Milk's assassination, along with SF Mayor George Mascone's, by Supervisor Dan White (strongly performed by Josh Brolin).

The Frontrunner's Night at the Movies is held monthly on Sunday evenings, not necessarily on the same Sunday every month. Dinner either before or after the movie is an option.

**LAFR RACE RESULTS**

**5K Turkey Trot**

Balboa Park, CA 11/27  
Regina Robinson.....30:32

**Tiger Run 5K**

Pasadena, CA 12/6  
Rusty Millar .....24:57 3rd 55-59

**California Int'l Marathon**

Sacramento, CA 12/7  
Ric Munoz .....3:20:52  
Patrick Owen.....3:43:57

**Las Vegas Marathon**

Las Vegas, NV 12/7  
William Fang .....3:08:05  
Deo Jaravata.....4:05:50

**Santa Monica-Venice Xmas Run 5K**

Santa Monica, CA 12/13  
Jane Dods .....31:56 1st 70-74

**Rose Bowl Half Marathon**

Pasadena, CA 12/13  
Juan Moreno..... 2:22:13 RaceWalk

**Crystal Cove 15K**

Laguna, CA 12/14  
Sean O'Brien.....1:16:02 5th OA  
1st 45-49  
Mike Murphy.....1:21:54 3rd 30-34

**Big Cat Challenge Marathon**

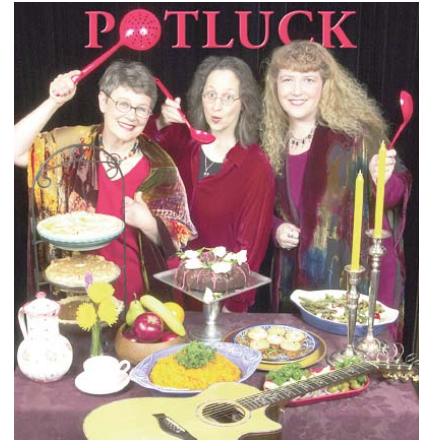
Huntington Beach, CA 12/27  
Deo Jaravata.....3:54:45

**City of Angels Half Marathon**

Los Angeles, CA 12/7  
Clayton Bullock.....1:17:44 2nd 40-44/PR  
Mark Johnson.....1:20:06 3rd 40-44/PR  
Carl Maravilla .....1:20:14 2nd 45-49/PR  
Bruce Bair .....1:25:40 PR  
Reg Willson.....1:27:06 PR  
Brad Maury.....1:27:12  
Riley Turcott .....1:30:37  
John McGuiness .....1:30:46 PR  
Richard Nelson.....1:33:35 2nd 60-64  
Mike Kerkman .....1:33:40 PR  
John Yong .....1:34:25 PR  
Ely Yaron.....1:37:19 PR  
Angus Kennedy.....1:37:45  
Bernie Tan .....1:40:21 PR  
Juan Moreno .....1:40:22  
Augie Robles.....1:43:28 PR  
Charles Holmes.....1:44:21  
Jose Castillo.....1:46:56 PR  
Mark Jones.....1:48:02  
David Dassey.....1:52:33 PR  
Richard Peng .....1:54:00  
Dan Graham.....1:54:51  
David Scheid .....1:55:58 PR  
Jim Martinez.....2:00:05  
Rex Boone .....2:05:23 PR  
Neal Weisenberg.....2:08:26 PR  
Kimberly Fairchild.....2:11:37 PR  
Mike Smith .....2:12:03 PR  
Amy Ross.....2:26:24 PR  
Kristi Twilley .....2:31:09 PR  
Regina Robinson.....2:31:38 PR  
Geoff Buck .....2:34:44  
Margie Gonzales.....2:44:38  
Doug Jones .....2:52:28  
Lee Lightfoot .....3:16:46

**Catalina Deadline  
January 11th**

*Fill out the reservation form (located on the insert) and return with your payment. There are 22 available spaces: first-come, first-served!!*



**Jan. Potlucks**

Silver Lake - Tuesday, January 20  
at the home of Angus & Mark  
2480 1/2 Silver Lake Blvd  
Los Angeles, CA 90039

Westside - TBA

**Pasadena  
Marathon  
Re-scheduled**

The organizers of the Pasadena Marathon have announced that the inaugural race has been rescheduled for March 22, 2009. The original race was canceled last month just hours before it was to have started because smoke from wildfires created hazardous health conditions for runners. Organizers report that they anticipate opening online registration sometime this week with a 'significant discount' for runners who entered the canceled race.

**Note: This will be a 2009 LAFR Grand Prix race**

*happy half marathoners*



# 35 Frontrunners Tackle City of Angels Half



clayton

Clayton Bullock (left), Mark Johnson (right), and Carl Maravilla (far right) led 35 LAFRs at the City of Angels Half Marathon 12/7. Out of 6,223 runners, Clayton placed 10th overall (1:17:44), while Mark placed 18th (1:20:06) with Carl just 8 seconds later in 21st (1:20:14). Our stars were 3rd, 4th, and 5th overall in the masters division. A large group of LAFRs met at Angus & Mark's and were carted to the race start and home after by very generous volunteer drivers: Connie Hammen, Chris Holly, Robb Briggs, Ann MacMurray, & Ryan Timmreck. The three Bills (Walsky, Austin & Wink) came out to cheer us on and Rusty Millar was on the course taking pix.



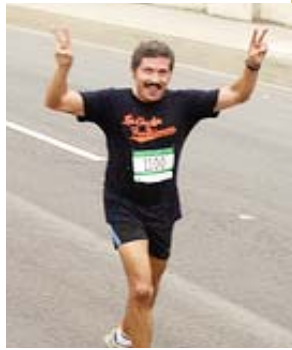
do you mind? i'm a little busy here...



a job well done



miss santa monica enjoys charity work, knitting, and hopes for world peace



augie and rex in their new LAFR t-shirts

many lafr pr's, including john m (below), reg (right), and david s (far right)



jose



a very happy john yong



**MEMBER SPOTLIGHT: In Their Shoes**

**An LAFR Stroll with Connie Hammen**

**Connie -- Straight-Up**

- \* UCLA Professor of Psychology, Clinical Psychologist ("I study depression and stress."); 63
- \* Family: Amy Ross, partner of 18 years; 3 nieces, 1 nephew; brother, sister and their spouses; mother-in-law (Amy's Mom)
- \* Into golf, gardening, travel, mystery novels, fishing with the family
- \* LAFR for about 4 years

**Connie -- Look Closer**

- \* (As her friends put it:) "Short. Good Midwestern values. Reserved but likes to have fun."
- \* (The "if \$\$\$'s not a question" question:) "Take more trips. Have a house in Laguna. Play great golf courses. Always fly business class. Buy houses for the nieces and nephew."
- \* (Her ideal next 10 years:) "Enjoy retirement but keep busy doing things I like and find meaningful... See America enjoy peace, prosperity and rights for all."

**Connie -- Looking Back**

- \* Accomplishments: "I don't run unless chased, but I have enjoyed "competing" in 5K walk events and love collecting medals."
- \* Best race/why: "The Firecracker Race in Chinatown: colorful, noisy, and challenging."

- \* Worst race/why: "Those that involve cold, heat, dark(ness), wet(ness), driving far or getting up really early."
- \* Most memorable running experience: "My first race: ... a hospital fundraiser in Seattle. It was eye-opening... so many women pounding the pavement (but not running). After several races, I learned that walkers run. So if you can't beat 'em, join 'em. And if there is a downhill, I actually can run, briefly. I want those medals!"
- \* Favorite place to run/walk: "Runyan Canyon near my house. Griffith Park. London."

**Connie -- Looking Ahead**

- \* Personal training tips: "Listen to a good mystery novel on the iPod while walking because you have to go out again the next day to find out what happens."
- \* Lifetime running/walking goals: "Just to be able to walk for as fast and long as I want to, for as long as I live -- and if I see beautiful places... along the way, I will be happy."
- \* Suggestions for the club: "I love our Frontrunners 'family' -- fun to talk to, great social events, (our) support of good causes... very welcoming. Let's get LAFR race wear so we look like a team when we're competing."



**More Photo Memories from 2008** see the following page for more...



*The start of another great Catalina Marathon weekend.*



*Frontrunners turn out in force to aid runners and walkers at Mile 12 Water Station. Did you see us on Channel 2 News?*

# 2008 is History For Los Angeles Frontrunners



*Huntington Library*



*The Relay*



*Slomosexuals?*



*May: Long Beach Pride Run*



*June: Pride Run*



*July: Marriage for All!*



*September: Men of Summer*



*When 26.2 miles is just the warmup*



*There can never be too many queens in this running/walking club*



*Charity starts at home. Richard Nelson takes one spanking for all of us at Hamburger Mary's.*



*Don Thompson would be proud.*

What adventures are in store for LAFR members in 2009? Your participation writes the story!



*November: No on H8!*

# 2009 Los Angeles Fronrunner Membership Renewal and Banquet Registration

*It's time to renew your membership and to sign up for our annual Banquet on January 11, 2009. Please complete the forms on this page and mail in, or hand to any club officers. You can also sign up online by visiting our website at [www.lafronrunners.com](http://www.lafronrunners.com)*

## 2009 LAFR Annual Banquet

Sunday, Jan 11, 2009, 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: \_\_\_\_\_

## 2009 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 Fronrunners 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 Fronrunners 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 members' information will be printed in the Club Roster. Do you want your address, telephone number, and email address released to other LA Fronrunners?

Yes [ ] No [ ]

Newsletters are mailed out monthly, would you prefer an electronic (.pdf) copy?

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 Fronrunners, and total the amount. Please write a check payable to LA Fronrunners.**

**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/Limited Income \$15	Amount Enclosed: _____

**Los Angeles Fronrunners  
2870 Los Feliz PI, PMB # 229  
Los Angeles, CA 90039**



## Renew Your Membership and Get Your LAFR T-Shirt!

If you have already renewed and were not at the annual meeting to get your t-shirt, contact Angus at lafronrunners@gmail.com or at a run!



choir boy



big daddy

It's very versatile

## Dec 2008

### Treasurer's Report

There is not much activity this past month. The primary receipt is from donations for the Fall Feast. Upcoming expenses will include the Banquet, Club Insurance, and the GLASS donation. Questions? Please contact LAFR Treasurer Doris Chung at lafronrunners@gmail.com.

**LAFR Balance 12/1      \$10,040.30**

#### December 08 Revenue

Fall Feast                      **\$202.75**  
**Total Revenue              \$202.75**

#### December 08 Expenses

Newsletter Printing        **\$90.98**  
 Constant Contact           **\$27.50**  
 Storage/PO Box            **\$102.00**  
 Network Solutions (web)   **\$114.95**  
 Annual Meeting              **\$179.67**  
 Xmas Party                   **\$390.33**  
**Total Expenses              (\$905.43)**

**Nov Net Profit/(Loss)      (\$702.68)**

**LAFR Balance 1/1            \$9,337.62**



## Catalina Weekend!

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

The Catalina Marathon weekend is March 13-15, 2009. The marathon, 10K, and 5K are on Saturday the 14th.

We have reserved three houses with space for 22 people. The cost is \$150 per person for two nights - Friday, March 13 and Saturday, March 14.

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" - \$150 per person. Give to Angus or Doris or mail to: LA Frontrunners, 2870 Los Feliz Place, PMB #229, LA, CA 90039

Name \_\_\_\_\_

Details:      Catalina Island weekend  
 March 13-15, 2009

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 \_\_\_\_\_



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/Bernie/William**