

Front Page

March Madness Revisited!



Amy Ross conversing with several of the student directors before the start of the night's screening.

Don Thompson Movie Night March 6

The 3rd Annual Don Thompson Night hosted by USC Lambda Alumni Association at the Broccoli Theatre was well attended by over 100 LAFRs and students. Organized by board members Christine Curtin & Patrick Owen assisted by Amy Ross and JP Karliak, the event showcased student films as well as a film by our own Allen Posten. The silent auction generated several thousand dollars for the Don Thompson Scholarship.

LAFRs, students and Don Thompson's family seated inside Broccoli Theatre.



Margie Gonzales peers back as she heads towards the end of the long line of generous LAFRs to claim their silent auction items.

Sean O'Brien, Reg Willson and Jeff Masino enjoying a conversation over drinks from the open bar.



My Neighborhood Run March 14

Kicking off the first My Neighborhood Run of the year were hosts Phil, Amy & Connie. With an early start at 8AM (post-Daylight Savings Time), many LAFRs arrived to bagels, schmears, fruits & juice (oh my!) at Phil's house. Several of the distance boys headed out early for what turned out to be nearly a 10 mile run, while the rest made a great run through the D-List with 5 or 6 miles; while our four legged members took their humans on a busy, scenic hike through Runyon Canyon. Reconvening later that morning at Connie's wonderful home, greeted by many a scrumptious, plethora of food dishes brought by your fellow LAFRs.



Amy & Connie are all smiles at our first My Neighborhood Run of 2010!

Feed the birds, tuppence a bag...Oh wait, it's actually Patrick selling our new LAFR uniforms and not the bird lady!



Article continues on Page 6...

Membership News

BIRTHDAY BOYS AND GIRLS

- | | | | |
|---------------------|------|------------------|------|
| • Rick Hetzel | 4/1 | • Jessica Seaton | 4/14 |
| • Connie Montgomery | 4/3 | • Joe Wills | 4/14 |
| • Alfred Guitierrez | 4/4 | • Ken Wilson | 4/15 |
| • Marty Freedman | 4/4 | • Ted Wyder | 4/16 |
| • Jason Bautista | 4/5 | • Fortino Lopez | 4/22 |
| • Ken Sipera | 4/5 | • Ryan Timmreck | 4/23 |
| • Steven Boland | 4/8 | • Bill Austin | 4/25 |
| • Seth Diamond | 4/10 | • Amy Ross | 4/28 |
| • Tina Davis | 4/11 | • Frank Jacoy | 5/3 |
| • Eric Gilfand | 4/13 | • Kevin McClay | 5/4 |

LAFR FAN PAGE ON FACEBOOK

LAFR has both a "Fan" page and a "Group" page on Facebook. Due to the versatility of the Fan page, the group will begin to more actively use it to communicate and share information with members.

If you have not yet joined the Fan page, search in Facebook for "Los Angeles Frontrunners" and click on the name that has our logo next to it. (The Group page doesn't have our logo appearing next to it). If you have questions on how to join, please contact Mark Jones at markgjones@yahoo.com – or send him a message via Facebook.

MARCH BOARD MEETING HIGHLIGHTS

- Members that have not paid their 2010 dues will be dropped from the membership list
- Post marathon party is at Sean and Allen's on March 21st
- Mark Jones will create a new membership brochure
- Carl Maravilla is coordinating the LA Marathon water stop
- Christine Curtin will be taking photographs of the women's team apparel to include on the new team apparel website
- With the Catalina Buffalo Half/5K Weekend being successful, the club will look into reserving the same houses for next year
- Grand Canyon trip still has a few spots remaining for the South Rim. Patrick Owen is the contact
- Santa Cruz weekend trip for April 18th will be limited to only 30 members due to boat capacity. Board anticipates this trip will sell out quickly.
- Hollywood Bowl event for the season will be the Sound of Music sing-a-long in September – only 20 tickets purchased.
- The Don Thompson night was very successful and a significant amount of money was raised
- Board was pleased with the results of Deo's Run – great participation by club and particularly Deo's family!
- Team apparel is available through the following board members: Mark Jones, William Fang, Angus Kennedy, Christine Curtin (women's apparel) and Patrick Owen
- Will begin more actively using social networking tools, including Twitter, Facebook and LinkedIn
- Easter Eggstravaganza will be hosted on 4/4 at Christine Curtin's house
- Book club to be relaunched

RUNNING RULES – WHAT YOU NEED TO KNOW

Now that the Tuesday evening fun run is moving to Griffith Park, along with the Saturday morning run – it's important to know a few rules of the road that our members should follow:

- Run Against Traffic: the law and common sense state that pedestrians – and this includes runners – must travel facing traffic. This is so that we can better see and be seen by oncoming vehicles (and cyclists). There are a few exceptions, such as blind spots, etc. Please remember this rule at GP!
- Use Caution When Running Abreast: be safe when running the streets and avoid running more than two abreast. When you're running more than two abreast, it can be difficult to quickly move to the side if there's oncoming traffic.

New Members

- Helena Gaeta
- Crystal Guerrero
- Athena Guerrero
- David Ingram
- Rob Berardinelli
- Manny Moreno
- Pavlin Lange

2010 LOS ANGELES MARATHON



LAFR Water Station Volunteers

Los Angeles Frontrunners
2870 Los Feliz Place, #229
Los Angeles, CA 90039
www.lafrontrunners.com
lafrontrunners@gmail.com

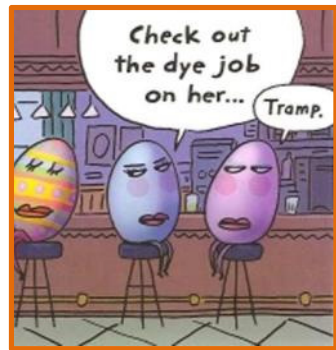
Angus Kennedy, President
Patrick Owen, Vice President
William Fang, Treasurer
Piyush Prakash, Secretary
Christine Curtin, Mark Jones,
Carl Maravilla, John
McGuinness and Bryan Prado,
Directors at Large

LAFR FrontPage
Events/Layout: Bryan Prado
Member News: Mark Jones
Results: Angus Kennedy
Treasury: William Fang

Other Contributors and
Photographers include:
Christine Curtin, Carl
Maravilla, John McGuinness,
Piyush Prakash, Patrick
Owen, Bruce Bair, Phil
Amato, Henry Ong and Lui
Sanchez

UPCOMING EVENTS

- April 4 – GRAND PRIX/TRAILMASTER: Sycamore Canyon 8K/18K/30K/50K at Malibu >> www.pctrailruns.com



- April 4 – Eggstravagant Easter Party (after the Sunday Long Run) hosted by Christine & Jim Princesses Christine Curtin & Jim Martinez (to be held at Christine’s – 4230 W. McFarlane Ave., Burbank, CA 91505) are throwing an Easter Egg Hunt, Egg Dying Contest with prizes, and a Fabulous Brunch!!

- April 6 – Tuesday Run back @ GP!

- April 10 – Company Of Angels Annual Short Play Festival
See Page 7 for more details!



- April 11 – GRAND PRIX: Victory for Victims 5K/10K at Balboa Park >> www.w2promotions.com



- April 18 – Santa Cruz Trip
See Page 7 for more details and sign ups!

- April 20 – GP Potluck @ Mark & Henry’s (1720 Deloz Ave., Los Angeles, CA 90027)
- April 21 – Westside Potluck @ Piyush’s (2200 Colorado Ave. #144, Santa Monica, CA 90404)
- April 22 – Pasadena Potluck @ TBD



- May 21-23 – Grand Canyon Trip
North Rim spots are **SOLD OUT!** South Rim only 10 spots left!
Lots of options to come have fun with your LAFR Pals at the Grand Canyon: from easy to hard walks, hikes, runs as well as spa activities, Ranger Talks & lots of other fun things to do – truly something for everyone!
Email antonsingers@yahoo.com for more info!



LAFR RACE RESULTS

13.1 Half Marathon

Los Angeles, CA 1/10

Ryan Bailon.....1:49:41 PR

Firecracker 10K

Los Angeles, CA 2/28

Ryan Bailon.....52:29

Napa Valley Marathon

Napa Valley, CA 3/7

Ely Yaron.....3:44:12

Run Deo Run 45K & Half Marathon

Legg Lake, CA 3/7

Half Marathon

Bernie Tan.....1:46:21 2nd OA

1st 40-44

Dan Graham.....1:58:55 1st 55-59

Margie Gonzales.....2:54:25 1st 55-59

45K

Mike Kerkman.....3:58:44 1st OA

1st 30-34

David Dassey.....4:37:05 2nd OA

1st 55-59

Deo Jaravata.....4:44:40 3rd OA

1st 45-49

LASAA Mug Run

Lakewood, CA 3/13

5K

Patrick Owen.....21:22 3rd 50-54

Margie Gonzales.....36:43 3rd 55-59

10K

Timo Vallez.....44:19 PR

Bandit Run 30K Trail Race

Simi Valley, CA 3/13

Stephanie Stone.....5:51:36 3rd 50-59

St. Patrick's Day 20K

Huntington Beach, CA 3/14

Deo Jaravata.....2:16:36 RaceWalk

Los Angeles Marathon

Los Angeles, CA 3/21

Carlos Vizcarra.....2:47:51 Boston Qual.

Sean O'Brien.....3:07:04 Boston Qual.

William Korthof.....3:07:35 Boston Qual.

Wadley.....3:26:05 PR

Reg Willson.....3:27:12 Boston Qual.

Ely Yaron.....3:34:54

Bernie Tan.....3:35:43

Mike Kerkman.....3:36:39

Richard Nelson.....3:39:26 Boston Qual.

Anston Bosman.....3:41:45 1st Marathon

Piyush Prakash.....3:45:01

Brad Maury.....3:49:07

Mark Jones.....3:49:07 PR

Mike Murphy.....3:49:37

Patrick Owen.....3:55:14

Andrew Wissmiller.....4:04:20

John Yong.....4:04:20

Tom Haskins.....4:05:30

David Dassey.....4:09:56

Robb Briggs.....4:14:18

Augie Robles.....4:42:34

Bob Berman.....4:50:09

Fortino Lopez.....4:50:18 PR

Ryan Bailon.....4:53:10 PR

Jeff Masino.....5:12:58 1st Marathon

Mike Smith.....5:14:28 PR

Al Miller.....5:33:37 PR

Deo Jaravata.....5:36:58

Doug Jones.....5:58:52

Steve Addison.....6:31:57

Geoff Buck.....6:52:11

Women

Patricia Bates.....4:20:13 Boston Qual.

Stephanie Stone.....5:16:50 PR

Christine Curtin.....6:06:17 PR

Margie Gonzales.....6:33:15

Regina Robinson.....6:33:17 1st Marathon

Below left: Robb, Mike, Wadley, Angus, Bernie

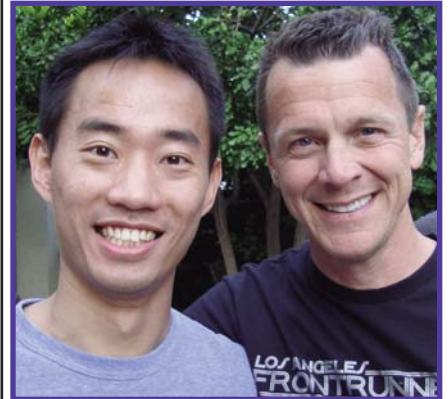
Right: Richard & Bernie

Left: Nelson, peeping Wadley, Deo

Carbo Load @ Christine's



Hostesses Doris & Christine



John & Mark



Richard & Brad



GRAND PRIX STANDINGS

CHAMPIONS RACE

The Champions Race determines overall male and female Grand Prix 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. Patrick Owen	4	277.84
2. David Dassey	4	271.23
3. Mike Kerkman	4	262.70
4. Bernie Tan	4	260.48
5. Ely Yaron	4	257.68
6. Richard Nelson	3	242.47
7. Sean O'Brien	3	225.15
8. Angus Kennedy	3	194.18
9. Andrew Wissmiller	3	191.61
10. Brad Maury	3	191.33

FEMALE

1. Margie Gonzales	5	242.76
2. Stephanie Stone	4	208.29
3. Christine Curtin	4	180.39
4. Patricia Bates	2	161.35
5. Regina Robinson	4	160.83
6. Jane Dods	1	77.41

RACEWALK

1. Deo Jaravata	3	185.39
2. Areana Tate	2	97.40
3. Doug Jones	1	60.14

TRAILMASTER RACE

The TrailMaster Race is a combination age-graded/points accrual competition that will determine the club Trail Running Champion.

Athlete	Races	Points
1. Jonathan Toker	2	235.05
2. Sean O'Brien	2	200.28
3. Andrew Wissmiller	2	164.63
4. Jeff Lymburner	2	160.00
5. Stephanie Stone	2	141.78
6. Christine Curtin	2	124.71
7. Wadley	1	116.93
8. Reg Willson	1	103.49
9. Richard Korn	1	97.94
10. Mike Kerkman	1	96.20

AGE GROUP MEN

Division	Races	Points
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Male 20-29

1. Ryan Bailon	3	320
2. Piyush Prakash	2	245
3. John Yong	2	210
4. Luis Aguilar	1	120
5. Bryan Prado	1	110

FOR FULL STANDINGS,VISIT
WWW.LAFRONTUNNERS.COM

AGE GROUP MEN *continued*

Division	Races	Points
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Male 30-34

1. Mike Kerkman	4	475
2. Jonathan Toker	2	300
3. Wadley	2	260
4. William Korthof	2	220
5. Jose Castillo	1	100

Male 35-39

1. Brad Maury	3	315
2. Ely Yaron	3	300
3. Carlos Vizcarra	2	235
4. Mike Reynolds	2	210
5. Ryan Timmreck	2	205

Male 40-44

1. Bernie Tan	4	480
2. Angus Kennedy	3	350
3. Neal Weisenberg	2	220
Timo Vallez	2	220
5. Jeff Masino	2	170
Augie Robles	2	170

Male 45-49

1. Sean O'Brien	3	360
2. Mark Jones	3	330
3. Deo Jaravata	2	240
4. Seth Diamond	1	110
5. Eric Gober	1	100

Male 50-54

1. Patrick Owen	4	430
2. Reg Willson	2	235
3. Jeff Lymburner	2	225
4. Bob Berman	1	90
5. Doug Jones	1	80

Male 55-59

1. David Dassey	4	450
2. Andrew Wissmiller	3	345
Dan Graham	3	345
4. Jim Martinez	3	280
5. Rusty Millar	1	115

Male 60+

1. Richard Nelson	2	245
2. Al Miller	2	230
3. Eric Fischer	1	115
Richard West	1	115

AGE GROUP WOMEN

Division	Races	Points
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Female 40-49

1. Christine Curtin	4	465
2. Regina Robinson	4	410
3. Areana Tate	2	210

Female 50-59

1. Margie Gonzales	6	690
2. Stephanie Stone	3	355

Female 60+

1. Patricia Bates	1	110
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More LA Marathon!!

Andrew, Patricia, Bernie, & Mike
all smiles at mile 23



March Madness Revisited!, cont.

My Neighborhood Run, cont.



Sean O'Brien getting caught inhaling a delicious donut; Likka (Tim Chung's dog) looks on quite jealous of the act.

Jeff Lymburner begs Mark Jones for a sip of his tasty mimosa: "Pretty please?!"



Ted Wyder helps himself to more of the scrumptious offerings while Amy, Jeff and Brad look on.



Our amazing volunteers at the mile 7 water station .

LA Marathon

March 21

This year's 25th Annual LA Marathon, entitled "Stadium to Sea," marked a change in the course this year from Dodger Stadium to the Santa Monica Pier. 35 LAFRs participated with several first timers (Regina Robinson and Jeff Masino, to name a few) accomplishing an always amazing feat! We also had over 20 volunteers assist at our water station in Silverlake handing out sports drinks to over 25,000 runners and walkers.



L to R: Augie Robles enjoys a drink; Patrick Owen grabbing cups from Frank Jacoy; Brad Maury prances by; David Dassey waves hi; Richard Nelson takes a sip; Doug Jones is all smiles!

THREE LOS ANGELES FRONTRUNNERS INVOLVED IN COMPANY OF ANGELS ANNUAL SHORT-PLAY FESTIVAL

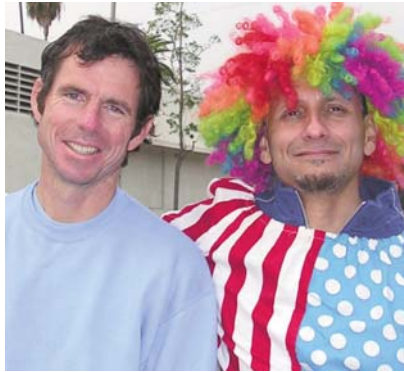
*Lui Sanchez is supervising director, Art McDermott stars in an AIDS play, and Henry Ong offers "Who's F***ing the Horse?"*



Three of our beloved Frontrunners (well, maybe with the exception of Henry Ong) are involved in "L.A. Views III," the third installment of Company of Angels' award-winning

annual short play festival. Hunger—both literal and figurative—is this year's theme; eight short plays explore the concept of hunger in Los Angeles—not only physical hunger, but also the core human desire for wanting more.

This year's plays, exploring diverse issues that stem from the idea of "hunger," range from topics like Proposition 8 to AIDS apathy, sibling rivalry to the balance between art and commerce. AIDS Research Alliance, a group that conducts medical research in LA, commissioned one of the plays to express the "hunger for a cure for AIDS." A special talkback involving AIDS Research



Alliance is scheduled for the 4/11 performance. Art McDermott (pictured below) stars in the play, "Table for Three."

Lui Sanchez, beside being supervising director, will direct two plays, including Henry's "Who's Fucking the Horse?" about a sex-crazed doctor with a penchant for Thai food and young boys. (Hmmm!) Both Lui and Henry are company members.

When: LAFR night is **Saturday, April 10**, which is designated LGBT Night.

Where: The Black Box at The Alexandria Hotel, 501 S. Spring Street, Downtown Los Angeles,



Tickets: \$15 (regular price is \$20). To get discounted rate, you must buy your tickets online at www.companyofangels.org - under ticket type, select "Promo Discount \$15", and the discount code is: Lui Sanchez

-Henry Ong

SANTA CRUZ TRIP

Join us Sunday, April 18, for the club's second trip to the island. We'll leave from Ventura at 9 AM and return at 4 PM. That gives us about 6 hours to run, hike, swim, or relax. Sean will map out trail runs/walks of varying distances and lunch will be provided by the club.

Date: Sunday, April 18, leave Ventura at 9 AM; arrive Santa Cruz Island at 10 AM
 Return: Depart from the island at 4:00 PM; arrive back in Ventura at 5:00 PM
 Cost: \$48 (includes roundtrip boat ticket and lunch)

Sales are FIRST COME FIRST SERVED. We have purchased 20 tickets. There are no returns or refunds. Fill out form & mail with your check.



Santa Cruz Island Reservation Form

Name _____

Name of mate if applicable _____

Roundtrip Boat Ticket & Lunch - Sunday, April 18 # of tix _____ x \$48 = _____

Make check to: Los Angeles Frontrunners Grand Total = _____
 2870 Los Feliz Place, PMB #229
 Los Angeles, CA 90039



MEMBER SPOTLIGHT: In Their Shoes An LAFR Stroll with (Daniel) Bryan (Usis) Prado

Bryan -- Straight - Up

- * Unemployed for the time being, 30.
- * Family: "I am an only child."
- * Into karaoke, singing at friends' weddings, hip-hop dancing, random Broadway musicals ("Zanna Don't, anyone?"), celebrity stalkerazzi
- * Years as a LAFR: "Nearly 2 years by May 2010!"

Bryan -- Look Closer

- * (As friends put it:) "Fun, honest, dependable, random, humorous – to start. And definitely a survivor (3 years strong FTW).."
- * (The "if money's not a question" question:) "...Travel! I have not been to Australia OR Japan... "
- * (His ideal next 10 years:) "Be working in a senior executive position or run my own business...kids...who knows!"

Bryan -- Looking Back

- * Average Weekly Mileage (last 12 months): "10 miles before Surf City, but topped at 28 miles 1.5 weeks before"
- * Favorite distance/PR: "5K and 26:20."
- * Most memorable running experience: "Finishing the Surf City marathon 5:40:00 later & dedicating the finish to a friend"
- * Favorite place to run/walk: "Culver City...Future My Neighborhood Run?!"

Bryan -- Looking Forward

- * Personal training tips: "Your only competition is you... Not to mention, finish what you started."
- * Lifetime running/walking goals: "Working towards competing in my first triathlon by the time I'm 35!"
- * Favorite quote: "Vulnerability is a strength."



March 2010 Treasurer's Report

Santa Cruz and Hollywood Bowl expenses are reservation costs that the club pays first. Questions? Contact us at lafronrunners@gmail.com

LAFR Balance 2/26/2010 **\$ 10,701.38**

LAFR Balance 3/18/2010 **\$ 9,407.22**

Mar 2010 Revenues

Death Valley	\$ 125.00
Grand Canyon	\$ 323.87
Uniform	\$ 181.00
Membership	\$ 395.00

Total Revenues \$ 1,024.87
Net Profit/(Loss) \$ (1,294.16)

Mar 2010 Expenses

Death Valley	\$ (1,587.91)
Catalina	\$ (239.18)
Santa Cruz	\$ (100.00)
Hollywood Bowl	\$ (207.00)
Newsletter	\$ (111.37)
Constant Contact	\$ (45.00)
Food Supplies	\$ (28.57)
Total Expenses	\$ (2,319.03)



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 [<input type="checkbox"/>]	No [<input type="checkbox"/>]
Do you want to receive the newsletter online ONLY? (Yes: online only - No: online & paper mailed)	Yes [<input type="checkbox"/>]	No [<input type="checkbox"/>]
Do you want to be included in the E-group (LAFR_Community@googlegroup.com) where members post and receive messages from each other?	Yes [<input type="checkbox"/>]	No [<input type="checkbox"/>]

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
Griffith Park
6:30 P.M.

Meet at the flag pole across from Ranger Station at 4730 Crystal Springs Dr.

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