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Jim's Holiday Party & Welcome Logan!

LAFR Holiday Party

Thursday, December 16, 6:00 PM

Jim's Holiday Spectacular returns on Thursday, December 16. Our traditional run thru the holiday lights at Griffith Park is canceled this year (due to the light show itself being canceled) so we will just have a party! The Fun Run in Pasadena is also canceled that night.

Details:

Thursday, December 16, 6:00 PM
at the home of Jim Martinez
11856 Moorpark St #C, Studio City,
91604

A buffet dinner will be served.

And Jim might decorate a little.



Fronrunners Hit New York
Ryan & Al cavorting thru Times Square
see page 7 for more pix

Welcome Logan!

Alicia & Rich are thrilled to announce the happy and healthy arrival of their beautiful Thanksgiving baby boy.

Logan Michael Lewis

Born November 25, 2010, at 2:20 AM
Weighing 5 lbs. 15.8 oz.
and measuring 19.49 inches long.




A Baby Boy!

Membership News

DECEMBER BIRTHDAY BOYS AND GIRLS

2 Dan Vu	21 Jane Dods
4 Athena Guerrero	21 Paul Morrell
7 Kimberly Fairchild	26 Chad Myers
11 Connie Hammen	28 Jeff Masino
13 Andre Guimond	31 Regina Robinson
13 Brian Eggert	31 David Barnathan
13 Jeffery Nunes	31 Donald Bing
13 Richard Korn	31 Steven Kyle
20 Pavlin Lange	31 William Grant

DECEMBER POTLUCKS

- Silver Lake: Tuesday, 12/14, after the fun run at Henry Ong's: 3431 Fernwood Ave, 90039
- Westside: Wednesday, 12/15, after the fun run at Dale Beldin's: 1325 Washington Ave #G, 90403

NOVEMBER BOARD MEETING HIGHLIGHTS

- The November board meeting was hosted by Mark Jones on Tuesday, November 2nd after the Tuesday night run in Silver Lake and Carl provided dinner for the board.
- Final election process for the open positions were discussed. All five director at large positions are up for election as well as treasurer and secretary. Patrick Owen is the election director.
- Fall Feast details finalized, which is scheduled for Andrew MaKay's home in Van Nuys for November 14th. We will again conduct a Food Drive for Bienestar and a raffle to raise money for the LAFR High School Scholarships.
- Death Valley plans finalized – 17 LAFRs making the trip.
- Annual Meeting to be held on Saturday, Dec 11.
- Jim's Holiday Party will be Thursday, Dec 16.
- Annual Banquet tentatively set for January 30
- Next board meeting on Tuesday, Dec 7, after Silver Lake Fun Run at the home of John McGuinness



Above: WeSpark 10K on 11/14: Dan, Angus, Mark, John & Diane all placed in their age groups

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



Left: Chilly boys Wadley, Bernie, Deo & Robb before the start of the Santa Monica Mountains Trail Races on 11/21

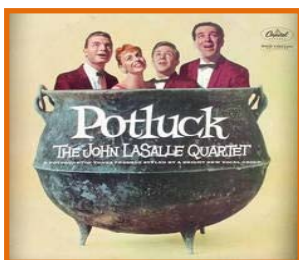
UPCOMING EVENTS

- December 13-January 2
Holiday Season
Fun Run Schedule
please see page 4 for
fun run schedule
for rest of the year



- Thursday, December 16
LAFR Holiday Party
at the home of Jim Martinez
6:00 PM
11856 Moorpark Street #C
Studio City, 91604
Info on page 1

- Tuesday, December 14
Silver Lake Potluck
after the fun run at
the home of Henry Ong
3431 Fernwood Ave, 90039



- Wednesday, December 15
Westside Potluck
after the fun run
at the home of Dale Beldin
1325 Washington Ave, #G
Santa Monica, 90403

- Saturday, January 1
New Year's Day Run &
Potluck – 11:00 AM
at Brad & Mark's
4166 Verdugo View Dr., 90065
info on page 5



Grand Prix Races

- Sunday, 12/12 – Los Angeles County Half Marathon
- Saturday, 1/8 – Southern California Half Marathon & 5K
- Sunday, 1/9 – Boney Mountain Trail Race 6K/21K
- Sunday, 1/16 – 13.1 Half Marathon
- Saturday, 1/22 – Buffalo Half Marathon & 5K

- Fri - Sun, January 21-23 – Catalina Trip
- Sunday, January 30 – Annual Banquet

Annual Meeting Fun Run, Toy Drive & Breakfast

The Annual Meeting will be held on Sat., 12/11, in Glassell Park. There will be **NO** run in Griffith Park that morning, we will run in Glassell Park. Back by popular demand are Bernie's breakfast burritos and a toy drive benefiting local families. You can renew your membership, pay for the Banquet and/or Catalina trip, and buy apparel.

Toy Drive: Please bring a new, unwrapped toy that will be donated to needy families in Dist. 13 (we are using their meeting space for free).

Where: Glassell Park Rec Ctr, 3650 Verdugo Rd., LA, 90065

We will meet at the park next to the Rec. Ctr. It is easy to find and has plenty of parking. Mark & Brad will lead our fun run thru the neighborhood.

Directions:

2 North: Exit Verdugo, go straight thru light at end of ramp veering to right. Park is on left.

2 South: Exit Verdugo, left on Verdugo (1/4 mile), right onto Eagle Rock (1/4 mile), left onto Verdugo, park is on left.

Breakfast/coffee provided by club.

LAFR RACE RESULTS**Long Beach Marathon**

Long Beach, CA 10/17

Half

John McGuinness.....1:27:59

Heroes of Hope

Los Angeles, CA 11/7

5K

William Korthof.....18:27 2nd 30-34

Robb Briggs20:54 3rd 40-44

Bryan Prado25:58

Regina Robinson.....33:34

10K

Richard Nelson.....43:05 1st 60-64

Robb Briggs46:43

Stephanie Stone.....58:18 2nd 50-54/PR

NYC Marathon

NY, NY 11/7

Patrick Owen.....3:31:33

Bernie Tan3:31:55

Juan Moreno3:55:48

Allyne Winderman.....4:22:12

Margie Gonzales.....5:55:47

Fresno 50K

Fresno, CA 11/7

Ely Yaron.....5:02:02

Santa Clarita Marathon

Santa Clarita, CA 11/7

Deo Jaravata.....4:07:41

Mother Road 100 Mile Run

Baxter Springs, KS to Catoosa, OK 11/13

Ric Munoz29:43:30

Catalina Eco Marathon

Avalon, CA 11/13

Sean O'Brien.....3:34:36 1st OA

1st 45-49

Wadley3:56:56 3rd OA

1st 30-34

Mike Murphy.....4:48:07

Deo Jaravata.....5:50:58

Stinson Beach Trail Runs

Stinson Beach, CA 11/13

25K

Robb Briggs3:22:12

WeSpark

Los Angeles, CA 11/14

5K

William Korthof.....19:08 1st 30-34

Richard Nelson.....21:18 1st 60-64

Bryan Prado25:45

Regina Robinson.....35:57

10K

Mark Johnson.....39:21 3rd OA

1st 40-44

John McGuinness41:16 1st 35-39

Angus Kennedy.....42:47 2nd 40-44

Patrick Owen.....44:00

Bernie Tan46:03

Dan Graham.....50:37 3rd 55-59

Bill Winkelmann.....51:39

Diane Abato.....61:12 2nd 55-59

15K

Mike Smith1:23:00

Malibu Marathon

Malibu, CA 11/14

David Dassey4:06:54 2nd 60-64

Deo Jaravata.....4:18:35

Ely Yaron4:36:50

Keeley Webster.....6:54:49

Cat White6:54:50 1st Marathon

Philadelphia Marathon

Philadelphia, PA 11/21

Juan Moreno3:42:30

Santa Monica Trail Runs

Pt. Mugu, CA 11/21

18K

Jonathan Toker.....1:18:38 1st OA

1st 30-34

Piyush Prakash.....1:38:18 3rd 25-29

Stephanie Stone.....2:38:38 1st 50-54

30K

Wadley2:36:20 1st OA

1st 30-34

Andrew Wissmiller.....3:03:52 1st 55-59

Bernie Tan3:19:44

Robb Briggs3:52:33

50K

Sean O'Brien.....5:03:58 1st 45-49

Mike Murphy.....6:18:24

Deo Jaravata.....6:47:40 3rd 45-49

**Holiday Season
Fun Run Schedule****Monday, 12/13**WeHo Fun Run
as scheduled**Tuesday, 12/14**Silver Lake
Fun Run
as scheduled
followed by potluck
at Henry Ong's**Weds, 12/22**Westside Fun Run
as scheduled**Thursday, 12/16**Holiday Party
at Jim's
6:00 PM
**No Pasadena
Fun Run****Sunday, 12/19**Long Run
as scheduled**Monday, 12/20**WeHo Fun Run
as scheduled**Tuesday, 12/21**Silver Lake
Fun Run
as scheduled**Weds, 12/22**Westside Fun Run
as scheduled**Thursday, 12/23****No Pasadena
Fun Run****Saturday, 12/25,****Christmas
No Griffith Park
Fun Run****Sunday, 12/26****No Long Run****Monday, 12/27****No WeHo
Fun Run****Tuesday, 12/28**Silver Lake
Fun Run
as scheduled**Wednesday, 12/29**Westside Fun Run
as scheduled**Thursday, 12/30**Pasadena Fun Run
as scheduled**Saturday, 1/1,**New Year's Day
Fun Run
& Potluck Brunch
11:00 AM
at Mark & Brad's**Sunday, 1/2**Long Run
as scheduled

GRAND PRIX STANDINGS**CHAMPIONS RACE** *as of 11/27*

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. Richard Nelson	6	488.63
2. Carlos Vizcarra	6	475.10
3. Patrick Owen	6	438.21
4. Sean O'Brien	6	427.64
5. Reg Willson	6	424.94
6. Jonathan Toker	6	423.80
7. John McGuinness	6	422.31
8. David Dassey	6	418.28
9. Angus Kennedy	6	408.07
10. Mike Kerkman	6	403.67

FEMALE

1. Patricia Bates	6	478.20
2. Stephanie Stone	6	373.42
3. Margie Gonzales	6	326.33
4. Christine Curtin	6	299.55
5. Jane Dods	4	298.35
6. Regina Robinson	6	262.90
7. Allyne Winderman	2	151.41
8. Diane Abato	2	126.43
9. Keeley Webster	3	123.41
10. Cat White	3	121.92

RACEWALK

1. Deo Jaravata	6	367.31
2. Doug Jones	6	345.52
3. Areana Tate	4	191.77
4. Juan Moreno	2	123.31
5. Connie Hammen	1	60.44

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	5	618.48
2. Sean O'Brien	5	604.65
3. Wadley	4	444.21
4. Deo Jaravata	5	432.94
5. Mike Murphy	5	367.91
6. Robb Briggs	5	350.64
7. Jeff Lymburner	4	341.94
8. Stephanie Stone	4	288.46
9. Andrew Wissmiller	3	249.19
10. Ryan Timmreck	3	210.80

**TO REPORT RACE RESULTS, PLEASE
USE THE RACE REPORTING TOOL ON
THE GRAND PRIX PAGE AT
WWW.LAFRONTRUNNERS.COM**

AGE GROUP MEN

Division	Races	Points
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Male 20-29

1. Bryan Prado	5	565
2. Ryan Bailon	4	440
3. Piyush Prakash	3	380
4. John Yong	3	325
5. Luis Aguilar	2	270

Male 30-34

1. Wadley	6	830
2. Mike Kerkman	6	730
3. William Korthof	5	565
4. Jonathan Toker	3	450
5. Dan Vu	4	390

Male 35-39

1. John McGuinness	6	755
2. Ted Wyder	6	675
3. Ely Yaron	6	650
4. Mike Smith	6	600
5. Brad Maury	5	535

Male 40-44

1. Angus Kennedy	6	750
Bernie Tan	6	750
3. Robb Briggs	6	710
4. David Dinielli	4	380
5. Frank Jacoy	4	345

Male 45-49

1. Sean O'Brien	6	840
2. Deo Jaravata	6	730
3. Juan Moreno	6	720
4. Mark Jones	5	565
5. Paul Jacoy	5	500

Male 50-54

1. Patrick Owen	6	730
2. Reg Willson	6	715
3. Doug Jones	6	590
4. Henri Faucher	3	360
5. Jeff Lymburner	3	350

Male 55-59

1. David Dassey	6	770
2. Dan Graham	6	680
3. Bill Winkelmann	6	655
4. Jim Martinez	6	645
5. Bill Walsky	6	620

Male 60+

1. Richard Nelson	6	790
2. Eric Fischer	2	240
3. Al Miller	2	230
4. Richard West	2	220

New Year's Day Run & Potluck

Ring in the new year with a run & 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'll enjoy a potluck brunch at their home. Club will provide drinks.

New Year's Day Run & Potluck:

**Sat., 1/1, 11:00 AM at Mark & Brad's
4166 Verdugo View Dr., LA, 90065**

**Bring a dish to share & towel if you
want to swim**

**AGE GROUP WOMEN**

Division	Races	Points
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Female 20-29

1. Jacqueline Vogel	1	150
2. Laura Coffey	1	100

Female 30-39

1. Cat White	2	220
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Female 40-49

1. Regina Robinson	6	680
2. Christine Curtin	6	675
3. Areana Tate	6	630
4. Kimberly Fairchild	2	255
5. Keeley Webster	2	160

Female 50-59

1. Stephanie Stone	6	800
2. Margie Gonzales	6	715
3. Diane Abato	2	250
4. Amy Ross	2	240

Female 60+

1. Patricia Bates	6	750
2. Jane Dods	2	230
3. Connie Hammen	1	125

5 Reasons We Loved Fall Feast

- We raised over \$500 for our Scholarships.
- We collected a large amount of food for the Bienestar Food Pantry.
- Wink & Bernie both had an extended fun night thanks to the sexy N2N clothes they won in the raffle.
- After a string of cook-off 2nd place finishes, Eddie Flores (who made the crowns) finally won only to have to wear the crown he had told his partner while making, "I feel sorry for whoever has to wear this."
- Jeff "Prudence" Lymburner in his Pilgrim bonnet.



Above: Deo, Mark & Brad
Below: Regina, Ruthanne & Tanya



Below from left: Amy, Mark, John and host Andrew at the Fall Feast



The Champs: Angus (Cranberry Sauce), Eddie (Dessert-Pumpkin Pudding), and Jeff (Side-Basil Mashed Potatoes)



LAFRs In NYC

The NYC Marathon trip in Nov. was a blast. Five FRs (Patrick, Bernie, Margie, Juan, & Allyne) ran the race with another 15 or so along to cheer. A group of us went to the NY Frontrunners fun run and pancake breakfast and in true LAFR fashion, we got lost and missed the run. But we went and ate anyway.



Above: Amy, Dan, Mark, Patrick, Bernie, Terry, Angus, Margie, Alex, Ryan & Al head in to see Billy Elliott Saturday afternoon.

Left: Bernie on the street with his medal after the marathon on Sunday.



Above: Terry, Frank & Alex at the post-race dinner.

Left: Margie back at the hotel after the race on Sunday.

Far left: Mark, Patrick, Angus, Al & Ryan scope out the finish line in Central Park before race day.



2011 LAFR Board of Directors Election Results

Congratulations to the newly elected 2011 LAFR Board of Directors and thanks for voting!

Returning President and Vice-President:
Angus Kennedy & Patrick Owen

Secretary: **Linwood Fullam**
Treasurer: **Ted Wyder**

Directors-at-Large (1-year terms)

Long Run Coordinator: **John McGuinness**

Fun Run Coordinator: **Regina Robinson**

Website: **Robb Briggs**

Apparel: **Stephanie Stone**

Newsletter/Pride Run: **William Fang**

11/2010 Treasurer's Report

Expenses include reimbursements for club activities and supplies for fall club events, Contact William Fang with questions.

LAFR Balance 10/31/10 **\$10,764.97**

<u>Nov 10</u>	<u>Revenue</u>	<u>Expense</u>
Hearst Castle	\$1273.00	
Death Valley	\$1064.00	
Hollywood Bowl	\$572.00	
NYC Trip	\$755.00	
Raffle	\$765.00	(\$200.00)
Uniform/Apparel	\$1273.00	(\$528.95)
Ragnar	\$1008.21	(\$1091.93)
Membership	\$50.00	(\$45.71)
Veggie Cook-Off		(\$80.33)
Operational		(\$885.32)
Pride Run		(\$1265.68)
Catalina 2011		(\$2680.20)
Fall Feast		(\$987.22)
Reimbursement		(\$451.20)
Total	\$6760.21	(\$8216.54)

LAFR Balance 11/30/10 **\$9,308.64**



Catalina Weekend Lodging 2011 Date One Month Earlier

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

The Buffalo Run weekend is **January 21-23, 2011**.

Race was last weekend in Feb in 2010.

The half marathon and 5K are Saturday, January 22.

We have reserved three houses with space for 24 people.
The cost is \$150 per person for two nights - Friday, January 21
and Saturday, January 22.

Space is available on a first-come, first-served basis.
Your payment is your reservation and is non-refundable.

Please visit the LAFR online store to pay for your lodging. The link is at the bottom of the membership page at www.lafronrunners.com



2011 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.lafrontrunners.com

Thanks for your interest and see you on the trails!

2011 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	Los Angeles Frontrunners 2870 Los Feliz Pl, PMB # 229 Los Angeles, CA 90039
Individual \$25	Dues:	
Couples at Same Address \$35	Donation:	
	Amount Enclosed:	



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

SUNDAY
Long Run
8:00 A.M.

Various distance long runs on roads and/or trails at various So. Cal locations.

Hosts: Various

MONDAY
West Hollywood
6:30 P.M.

Meet by basketball courts in West Hollywood Park parking lot

Host: Todd

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: Bruce/Brian

THURSDAY
Pasadena
6:30 P.M.

Brookside Park, south of the Rose Bowl, next to the rose garden.

Hosts:
Mike/John/William