

FrontPage

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Since 1980

Patrick Owen Has Record-Setting Run In London By Patrick Owen

Ah, synergy! Good fortune -- and work on a donor tour -- found me in London on Saturday, August 15... the same day of the London Frontrunners Gay Pride 10K Run. The kismet continued when one of my job's scheduled events conveniently rescheduled so as to not conflict with the race! And, on the race day, the wheel of fortune once again spun my way -- well, depending on how you look at it. But more on my record-setting run in a moment...

First, I wanted to share some highlights of London and Edinburgh from a runner's point of view. The weather. I got very lucky in the English capitol: mostly blue skies and lovely temperatures in the high 60's/low 70's -- perfect for running. And Edinburgh, notorious for cold and wet summers, was also optimum. The days on which I squeezed in runs were -- if not exactly bright and sunny -- at least dry and partly cloudy. The routes. Both cities are very crowded -- Edinburgh even more so during the Festival season, which is why I was there with donors to Center Theatre Group.

Running on the streets proved challenging. The solution: hoof it through an always-present nearby park or pedestrian path. My London hotel was in St. James. The run through St. James Park to Green Park to Hyde Park and Kensington Gardens turned out to be an interconnected dream, taking you by Buckingham Palace and many other famous landmarks.

On the Saturday of Pride Run, there was also an Olympic-qualifying triathlon taking place in Hyde Park and the Thames, so I got to see a bit of that. My favorite London run was my "long" run. I put long in quote because (read this in your best English/Scottish/Irish brogue) "in ye olde land of Sean O'Brien, 8 and many miles is a wee bit shortish to be considered long..." But it was all that I could squeeze in. I ran from my hotel down past Big Ben and Parliament, and east along the north bank of the Thames down to the Tower of London and the Tower

Bridge. I crossed to the south bank, passed by the sight of Shakespeare's Globe, and returned home. This was Monday morning during "rush" hour and lots of very handsome Englishmen in their dark tailored suits were commuting to their offices on foot -- which added greatly to my enjoyment of the scenery!

The run up and around these hills, at times, looked just like Griffith Park, but then the view of lovely old Edinburgh, it's magnificent castle, and the harbor beyond made me realize I wasn't in Kansas anymore.

Just outside Edinburgh -- looming above the city -- are the Salisbury Crags and Arthur's Seat (the high point). They are in Hollyrood Park, the grounds of Hollyrood Palace. The run up and around these hills, at times, looked just like Griffith Park, but then the view of lovely old Edinburgh, it's magnificent castle, and the harbor beyond made me realize I wasn't in Kansas anymore. The run up to Arthur's Seat, including kilometers to get to the base, was just over 2 miles-- not much compared to what we regularly run, but my donors think I am a god and superstud for having made it to the top!

See **London Pride Run** on p. 7



*Mark Jones & Brad Maury:
awesome party hosts.*

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Board Message

A VIEW FROM THE DUST By Mike Kalvoda

As running goes, I'm a weekend warrior. Ha! Now *THAT*'s a liberal use of the term. I know, I know. Wanting to experiment with a weeknight tune-up and actually doing one, strangely, are wholly different entities. Bless Barry Norcross and Richard Peng and their motivational pep talk; my mind *has* been flirting with getting back into half-marathons. That lone medal from the OC half'er has been coping with only child syndrome.



And yet my time with LA Frontrunners feels entirely balanced between "running" and "club". Race day, to me, brings up images of stopwatches and registration desks. Fun Runs readily become Fun Walks based on Which Friend is Doing What. And if the wind blows Over the Hill, chances are I'll be making my way back to the flagpole just as everyone reaches the midpoint of their stretches.

But as they say, the race is not to the swiftest, it's to... uh, whatever. (Don't trust your running quotes to a weekend warrior.) My adrenaline rush kicks in at the finish line and beyond: that body sense of sweaty purity that thanks you the rest of the day.

But stepping back, I enjoy the quiet time and quiet mind of running a course's last few minutes -- alone. Stepping back further, I savor conversation with fellow runners as the pack distances itself from us and we from them.

Getting to know someone over coffee is one thing; getting to know them over shared miles is entirely transporting. And stepping back further, discarding the whole win-lose sense, I love leading the initial charge of a 10K – always among the leaders, never with a prayer's shred of that lead lasting.

You know what? That's okay... because some of the best competition lays within ourselves. How easy is it to lay in bed and not make the Saturday morning drive to Griffith Park? About as easy to stop moving our feet when the brain starts receiving messages that the ankles are sore and the calf muscles are tight.

Running is motivation in motion. Finishing is passion realized. And when the dust settles, this is a competition that we all win – together.

LAFR Board Meeting Briefs August 8 @ Amy Ross

Pride Run - Peggy Hill course issue
Don Thompson endowed scholarship - no written commitment to USC, but will strive for it; \$50,000 in principal needed

Not changing PO Box anytime soon

Club uniforms - samples ordered

Upcoming events

- Veggie Cookoff - September 13 at home of Mark and Brad
- My Neighborhood Runs - Amy + Connie may host a "Not D-List Run"
- Hollywood Bowl - Tickets are on sale to LAFR members. Natalie Cole's event had to rescheduled
- Chili Cook off - mid October
- Don Thompson - TBD, probably at a designated LGBT high school in LAUSD.
- Mike & Carl to organize Sunset Junction

Next Board Meeting

- 7PM on September 3 at Mark and Brad's

LAFR FrontPage

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and Patrick Owen, *directors at large*

Save the date

LA Frontrunners Vegetarian Cook-off and Potluck

Start practicing those recipes!! It would not be a LAFR event without awards, tiaras, and sashes.....

Similar to the highly popular Chili Cook-off - this event gives all you healthy eaters and chefs a chance to show off your culinary skills!

Categories and Awards!!

Veggie 101:

Welcome to Vegetarianism! Any vegetarian dish (dairy products/eggs allowed, no meat or meat products) that does not include tofu or faux meat. You could enter mashed potatoes swimming in butter.....

Who Knew Tofu Could Taste So Good:

Especially if it tastes like bacon. Vegetarian (dairy products/eggs allowed, no meat or meat products) dish with tofu.

Faux Meat:

Remember a few years back when Ross Lamkin shocked the world winning the LAFR Chili Cook-off with a chili that had faux ground beef?? Here's your chance to wow 'em with some soysage...Vegetarian (dairy products/eggs allowed, no meat or meat products) dish of/with faux meat.

William Korthof Stage 5 Vegan:

Bring it on!! Vegan side or main dish (no animal products at all - no meat products, no dairy products, no milk, no cheese, no eggs, no honey or gelatin).

Mike Kerkman Vegan Dessert:

Prepare your best Vegan dessert (no animal products at all - no meat products, no dairy products, no milk, no cheese, no eggs, no honey or gelatin). Your mission is to make your dessert as sweet as Mike Kerkman!

And, of course,

Best in Show, chosen from all the above categories.

SUNDAY, SEPTEMBER 13,

4:00 pm

Mark and Brad's

4166 Verdugo View Drive

Los Angeles, CA 90065



BIRTHDAY GIRLS AND BOYS



John Anania	Aug 01	John Schooler	Sep 04
Rex Allen Boone	Aug 03	Mark Mazetti	Sep 04
Rusty Millar	Aug 05	Mike Kerkman	Sep 08
Robert Platt	Aug 08	Alvin Magpantay	Sep 08
Stephanie Stone	Aug 09	Allyne Winderman	Sep 09
Andrew Wissmiller	Aug 10	Michael Murphy	Sep 10
Mark Brunetz	Aug 14	Tom Warren	Sep 11
Nelson Lee	Aug 23	Tom Carmichael	Sep 11
Henri Faucher	Aug 24	Joe Franko	Sep 12
David Dinielli	Aug 27	Wadley Wadley	Sep 18
Don Formanek	Aug 30	Craig Kaner	Sep 19
Kevin Shiramizu	Aug 31	Nancy Alvarez	Sep 19
David Earl Woodbury	Sep 01	Kurt Konrad Berg	Sep 20
Ann Macmurray	Sep 01	Bruce Bair	Sep 21
John Yong	Sep 01	Mark Anton	Sep 23
Tanya Haney	Sep 01	Patrick Owen	Sep 23
Phil Lelyveld	Sep 02	Steve Quesada	Sep 29
Mick Caruso	Sep 03	Andrew Rohrllich	Sep 29
Eric Gober	Sep 04	Richard West	Sep 30

New Members

Sergio Casillas
 Monica Childress
 Joe Franko
 Joanna Hankamer
 John Heilman
 Fortino Lopez
 Mark Mazetti
 Kate Mulligan
 Chad Myers
 Matthew Price
 Andrew Rohrllich
 John Saveland
 Stephanie Stone
 Camille Winfrey

LAFR RACE RESULTS**Seattle Half Marathon**

Seattle, WA 6/18

Andy Tanber.....1:57:44

Will Rogers 5K/10K

Pacific Palisades, CA 7/4

5K

Richard Nelson.....20:04 1st 60-64

Steve Frybarger.....24:15 PR

Jim Martinez.....24:24

Patricia Bates.....24:28 1st 60-64

Christine Curtin.....30:14 PR

Regina Robinson.....31:25

10K

Todd Sullivan.....38:00 3rd 35-39

John McGuinness.....42:14 PR

Jose Castillo.....49:17 PR

Ara Mihanian.....51:20 PR

Doug Jones.....1:24:09 RaceWalk

Girlfriend & the Dudes Triathlon

Vancouver, WA 7/19

Jane Dods.....1:55:56 1st 70+

Gold Coast Marathon

Queensland, Australia 7/5

Deo Jaravata.....4:28:59

San Diego FR Pride 5K

San Diego, CA 7/18

Carl Maravilla.....18:19 1st 45-49

Bruce Bair.....19:11 1st 40-44

John McGuinness.....19:31 2nd 35-39

Reg Willson.....19:39 1st 50-54

Timo Vallez.....20:11 2nd 40-44

Brian Kelly.....20:16 2nd 50-54

Patrick Owen.....20:57 3rd 45-49

Jose Castillo.....22:41

Rusty Millar.....25:55 3rd 55-59

Henri Faucher.....29:19

Regina Robinson.....31:44

Juan Moreno.....32:01 RaceWalk

Gary Lashley.....35:31 1st 1-17

Dan Vu.....35:33

Brian Dunbar.....35:35

Margie Gonzales.....36:35 2nd 55-59

Doug Jones.....38:11 RaceWalk

Napa to Sonoma Half Marathon

Napa, CA 7/19

Ely Yaron.....1:35:59

Lake Balboa Summer XC 3 Miler

Lake Balboa, CA 8/12

Juan Moreno.....20:46

San Francisco Marathon

San Francisco, CA 7/26

Half Marathon

Brad Maury.....1:25:04 PR

William Korthof.....1:25:04

Brian Kelly.....1:30:10 PR

Patrick Owen.....1:35:15 PR

Angus Kennedy.....1:35:48

Ryan Timmreck.....1:50:12 PR

Ara Mihanian.....1:50:34 PR

Eric Gober.....1:58:05

Paul Jacoy.....2:03:51 PR

Regina Robinson.....2:45:45

Full Marathon

John McGuinness.....3:13:49 PR

Ely Yaron.....3:46:09

Matt Young.....4:47:39 1st Marathon

Doug Jones.....6:23:20 RaceWalk

Outgames II

Copenhagen, Denmark 7/26-7/30

Marathon

Deo Jaravata.....4:25:00

5000m RaceWalk

Deo Jaravata.....32:12 4th OA

5000m Run Track

Deo Jaravata.....25:09

10,000m Run Track

Deo Jaravata.....51:54

Free to Breathe 5K

LA, CA 8/2

John McGuinness.....19:06 3rd 35-39

Patrick Owen.....20:08 1st 45-49

Bill Austin.....20:13 PR

Patricia Bates.....23:51 1st 60-64

Bill Winkelmann.....24:53

Regina Robinson.....31:08

Margie Gonzales.....34:11

Bill Walsky.....36:41

Doug Jones.....34:42 RaceWalk

Senior National Olympics

Palo Alto, CA 8/8-8/9

1500m Run Track

Richard Nelson.....5:48 16th 60-64

5K Run Road

Richard Nelson.....20:52 7th 60-64

10K Run Road

Richard Nelson.....44:25 6th 60-64

ET Full Moon Midnight Marathon

Rachel, NV 8/9

Deo Jaravata.....4:28:58

Mt. Disappointment 50 Mile Trail

Angeles Nat'l Forest, CA 8/8

Sean O'Brien.....8:12:49 3rd OA
1st 45-49

Mike Murphy.....10:31:58



Deo Jaravata at Outgames in Denmark

LAFR GRAND PRIX TEAM CHALLENGE RESULTS**Race #5: Will Rogers 5K**

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

1. Team 5 (1).....19:09
2. Team 3 (1).....24:24
3. Team 2 (1).....24:28

Race #6: Free to Breathe 5K

1. Team 5 (1).....19:06
2. Team 1 (1).....20:08
3. Team 9 (1).....20:13
4. Team 2 (1).....23:51
5. Team 8 (1).....36:41

Standings after 6 races:

1. Team 2.....460
Carl, Bernie, Patricia
2. Team 5.....410
Deo, John M, David Dassey
3. Team 9.....360
Bill A, Eric G, Richard P
4. Team 8.....270
Rusty, Angus, Bill Walsky
5. Team 3.....250
Brad, Juan, Jim
6. Team 7.....220
Sean, Cat, Robb
7. Team 6.....200
Augie, Mark J1, Mark J2
8. Team 1.....190
Bruce, Keeley, Patrick
9. Team 4.....110
William F, Ely, Seth

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. Richard Nelson	6	469.63
2. Carl Maravilla	5	457.82
3. Sean O'Brien	6	434.30
4. Patrick Owen	6	423.50
5. Bruce Bair	6	420.33
6. John McGuiness	6	412.90
7. Ely Yaron	6	397.45
8. Carlos Vizcarra	5	379.60
9. Bernie Tan	6	372.65
10. Brad Maury	5	359.94

FEMALE

1. Patricia Bates	6	488.80
2. Margie Gonzales	6	320.70
3. Regina Robinson	6	286.29
4. Christine Curtin	5	255.26
5. Doris Chung	4	210.56
6. Kristi Twilley	4	201.24
7. Allyne Winderman	2	151.65
8. Amy Ross	2	114.31
9. Stephanie Stone	2	103.39
10. Keeley Webster	2	78.04

RACEWALK

1. Deo Jaravata	6	372.20
2. Doug Jones	6	334.02
3. Juan Moreno	3	191.20
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. Mike Murphy	5	422.69
3. Deo Jaravata	5	365.74
4. Bruce Bair	4	363.62
5. Jonathan Toker	3	345.02
6. Robb Briggs	5	328.00
7. Ric Munoz	3	257.87
8. Jeff Lymburner	3	257.09
9. Carl Maravilla	2	238.02
10. Ely Yaron	3	229.81

FOR FULL STANDINGS,VISIT
WWW.LAFRONTRUNNERS.COM
SEND RACE RESULTS TO:
LAFRONTRUNNERS@GMAIL.COM

AGE GROUP TOP 3

Division	Races	Points
Female 19-under		
1. Nancy Alvarez	1	125
Female 20-29		
1. Jacqueline Vogel	1	125
Female 30-39		
1. Cat White	2	220
Female 40-49		
1. Regina Robinson	6	605
2. Christine Curtin	5	480
3. Doris Chung	4	400
Female 50-59		
1. Margie Gonzales	6	675
2. Amy Ross	2	205
3. Stephanie Stone	2	185
Female 60+		
1. Patricia Bates	6	700
2. Connie Hammen	1	105
3. Sue Roth	1	95
Male 19-under		
1. Gary Lashley	2	230
2. Andrew Rohrlch	1	115
Male 20-29		
1. Luis Aguilar	2	275
2. Ryan Bailon	3	270
3. John Yong	2	195
Male 30-34		
1. William Korthof	4	470
2. Mike Murphy	4	315
3. Jose Castillo	4	290
Male 35-39		
1. John McGuiness	6	685
2. Ely Yaron	6	620
3. Carlos Vizcarra	4	190
Male 40-44		
1. Bernie Tan	6	590
2. Deo Jaravata	6	520
3. Juan Moreno	5	510
Male 45-49		
1. Patrick Owen	6	645
2. Carl Maravilla	5	635
3. Sean O'Brien	5	590
Male 50-54		
1. Bill Austin	6	685
2. Doug Jones	6	550
3. Dan Graham	5	445
Male 55-59		
1. Jim Martinez	6	585
2. Rusty Millar	5	495
3. David Dassey	4	460
Male 60+		
1. Richard Nelson	5	565
2. Richard West	2	230
3. Al Miller	1	120



Sept Potluck

Griffith Park
Tuesday, Sept 15
at Griffith Park
after fun run

Tuesday Night Fun Run Back to Silver Lake Tuesday October 6

July/Aug 2009 Treasurer's Report

Revenues consist of membership dues and H'wd Bowl tix. Expenses include club events and standard operational costs.

Questions? Contact LAFR Treasurer Doris Chung at lafronrunners@gmail.com.

LAFR Balance 7/1/09 \$17,612.98

July/Aug 09 Revenues

Membership Dues	\$215.00
H'wd Bowl reimburse	\$28.00
Total Revenue	\$243.00

July/Aug 09 Expenses

Newsletter	\$241.84
Constant Contact	\$45.00
PO Box	\$36.00
Pride Run T-Shirts	\$179.55
H'wd Bowl Tix	\$1115.00
Sec of State Fee	\$20.00
Potluck Supplies	\$78.92
Postage	\$116.75
Flowers	\$101.62
Total Expenses	(\$1,934.68)

Net Profit/(Loss) (\$1,691.68)

LAFR Balance 8/28/09 \$15,921.30



MEMBER SPOTLIGHT: In Their Shoes

An LAFR Stroll with Richard Nelson

Richard -- Straight-Up

* Retired (after 30 years in the telecom/wireless industry); 62

* Into travel, music, film and theatre. "I try to go somewhere new each year. This past January, I went to Vietnam for two weeks... Love going to Coachella Music Festival in Indio (which Rick Hetzel introduced me to four years ago)...saw Paul McCartney. Also, I enjoy going to Outfest and the Hollywood Bowl.

* Member of one or more Frontrunners clubs (LA & LB Shoreline – serving both as an officer – and SF) since 1985.

Richard -- Look Closer

* (As his friends put it:) "Determined, creative, outspoken, demanding, adventurous, generous and affectionate."

* ("If money were not a consideration, I would love to...") "Create a foundation to help gay and lesbian kids and young adults obtain an education and/or job training to assist them in becoming self-sufficient and responsible, involved members of their communities."

Richard – Looking Back

* Accomplishments: "Winning the 2008 LAFR Grand Prix... 18 marathons (including three Bostons)...back-to-back marathons in London and Paris...earning one or more medals at each Gay Games since 1986."

* Most memorable race/running experience: "A 'runner's high' along Heartbreak Hill during the 1986 Boston Marathon."

* Best race/why: "Third Boston Marathon (in the late 80's). Felt strong at mile 22 and ran last 4.2 miles in 25 minutes. Strongest finish of any of my

marathons...although not a PR."

* Worst race/why: "Virginia Beach Marathon in 1987 -- passed out between mile 20-21 and got a ride to the emergency room. Warm, windy day and not enough water stations."

* Favorite place to run/walk: "The Wednesday night fun run along Palisades Park, and the bike path along the beach in Santa Monica."

Richard – On Frontrunners

* Quote from Richard: "I've made lifelong friendships over the years through Frontrunners."



Frontrunners at the Free to Breathe 5K on 8/2: Areana Tate, Patrick Owen, Bill Walsky, Bill Austin, Regina Robinson, John McGuinness, Patricia Bates, Doug Jones, Margie Gonzales, and Bill Winkelmann

London Pride Run from cover

But on to the Pride Run. Except for the fact that we were in Victoria Park in London's East End, the race felt very much like our Pride Run: a campy Frontrunner on a megaphone blaring race day instructions; rainbow balloon columns at the start (nowhere near as grand or expertly executed as our own Jim Martinez creations); lots of men and women out celebrating our community through fitness! The London Frontrunners have red and white singlet uniforms (wait until our line of uniforms come out! hey won't hold a candle to us). One thing I had not seen before were the timing chips imbedded in the race number – very efficient. There were tons of participants, and the start line was very crowded. Just before the race began, I managed to find Adrian Butler (who many of you have met when he runs with us on Tuesday nights when he's in L.A. on business). We wished one another "good racing."

The course was three loops in one section of the park, so no roads had to be closed along a pedestrian path the width of a regular road. The organizers promoted it as fast and flat, but truth be told, the run up one side of the loop was slightly uphill, and there was a very strong headwind -- so I did not find it particularly fast. But that may have had as much to do with the copious amounts of wine and rich food I imbibed the night before. It was the welcome dinner for my donors... I was working... what else could I do?!?!

And what record did I break you might wonder? I had already learned from emailing in advance the Race "Secretary" (as they call

See Jane Try a Tri by Jane Dods

I was recently a volunteer for the Eugene (Oregon) Marathon. One of the perks was a pass to the Nike Employees Store in Beaverton. I had been there once before and found the prices to be half of retail -- what a deal! Not wanting to make the trip north just for a shopping spree, however, I looked for a race in the Portland area to make the drive worthwhile. I couldn't find a 5K or 10K, but did notice *The Girlfriends and Dudes Triathlon* in Vancouver, WA, on July 19. It consisted of a 1/2 mile swim, a 12.5 mile bike, and a three mile run. The real lure: the swim was in the Columbia River, downstream with the current. How could I resist that legal advantage?

I was a bit concerned about the water temperature. Wet suits were allowed but not mandatory. Not owning one, I went to a local sporting goods store and tried on a wet suit. No way! It was like being in a body-encircling girdle! I decided to take my chances.

The event was divided by gender, with the women going out first. We walked 1/2 mile along the shoreline to the start of the swim and then swam back to the transition area. As we

approached the starting line, I noticed that about half of the competitors had on wet suits. Not to worry, though: the water turned out to be quite pleasant. There were floats in the river to keep us on course and enough space to allow for a minimum of body bumping.

The bike segment was along flat, local roads. At times, my mind flashed to the riders in the Tour de France who were competing at the same time. Ah, well... to each his (or her) own! I managed a respectable 13 MPH pace.

Once again in the transitional area, I flung off my helmet and took off on foot. After biking for almost an hour, it was really difficult to get into an efficient running gait. After about a 1/2 mile, I kind of got into a groove. With running being my strongest event, I was able to pass a few of the younger and faster swimmers and bikers and managed to finish 160th out of 175 (first and only in 70+ age group).

My times: swim(19:31); bike (58:50); run (33:00); total: 1:55:56 (with transitions).

The trophies were gorgeous! I plan to "tri" it again next year.

the Race Director) that I would not likely place in my age group. His reply: "We offer prizes for the first two spots in ten year age brackets, and in your age group we are expecting those times to be around 35 minutes." As my PR is 40:47, a 35-minute 2nd place age category finish was out of the question. But I thought a PR might be possible and give me bragging rights. Did I mention that I had only been on British soil for three days and that experts agree it takes days and days to get over jet lag? Let me also remind you about the total over-promotion of the course as flat, of the extreme gale-force headwinds, and of the aforementioned copious amounts of things that you should not put in your mouth at 9 p.m. the night before a race. With that context, I am happy to announce that I had the most number of dry heaves ever after a race... six. Count 'em. Six gut-wrenching, bent-over-double dry heaves. I made us proud!

All self-deprecating humor aside, I had the "time" of my life!

Editor's Note: Last April, Eclectic Edge Events (eclecticedgeracing2.com) awarded longtime LA Frontrunner Jane Dods their Monster Runner Award. Congrats, Jane!!

The Monster Runner Award

The Monster Runner Award is designed to celebrate the runners in our community who excel in race finishes, overcome personal challenges, run personal bests, contribute to a better life for those around them, and go far beyond their comfort zone to find something special within. Let us know about the Monster Runners that you see out running in the Eugene/Springfield area.



April 2009 Monster Runner – Jane Dods

Jane Dods is one of those unmistakable figures on the running scene – at 73, she's still as competitive as ever, winning her age group in nearly every race she participates in. Recently, Jane took on the challenge of a muddy, hilly (1,000 ft elevation gain), grueling Shotgun Trail Blast 10K, winning her division, just as she had a week earlier in the Lucky Clover 5K, averaging 10:50 per mile pace. To date, Jane's run hundreds of races, including 40-plus marathons (an average of 2 per year over the span of her running career). Jane's running journey began in earnest in 1978 (when running wasn't fashionable for women), and within a year she had finished her first marathon – the Western Hemisphere Marathon. She boasts a lifetime marathon best of 3:40:52, and is particularly proud of qualifying for Boston at age 50.

Those of you who see Jane out running on the paths and streets of Eugene or Springfield, would never know she's a girl from Hollywood. She was born and raised in the big city, where she majored in music at UCLA, but Jane was always looking for new adventures and new challenges. Her travels have taken her global – living in Paris for a year and in Australia for another. She notes that travel has always been a significant part of her lifetime of happiness – and it was a journey up the interstate in 1990 that led her to the Eugene area. Finally being tired of the L.A. freeways, she relocated for work and the green of the Emerald Valley, never regretting the move.

After all the running and miles of travel, Jane's still not finished. When asked what inspires her, she comments, "To get to the unknown." She wants to keep running as long as she can - hopefully a walk or run on her 100th birthday. What has she learned through all her experiences? "The more you do it, the better you get, and ultimately it's worth the work because the accomplishment feels so good," she says. Jane's obviously been working at reaching her goals for some time – she even remembers her first race, a kids run at age 3, where she won a big bunny. Seventy years later, the awards keep piling up. Thanks to Jane for being a great example of how we can all make a choice to actively seek the experience that leads to our personal unknown.



**Editor's Note:
LAFR Steve Addison is running
the AIDS Marathon.

STEVE ADDISON EVENTS
Invites You To

EDDIE SARFATY

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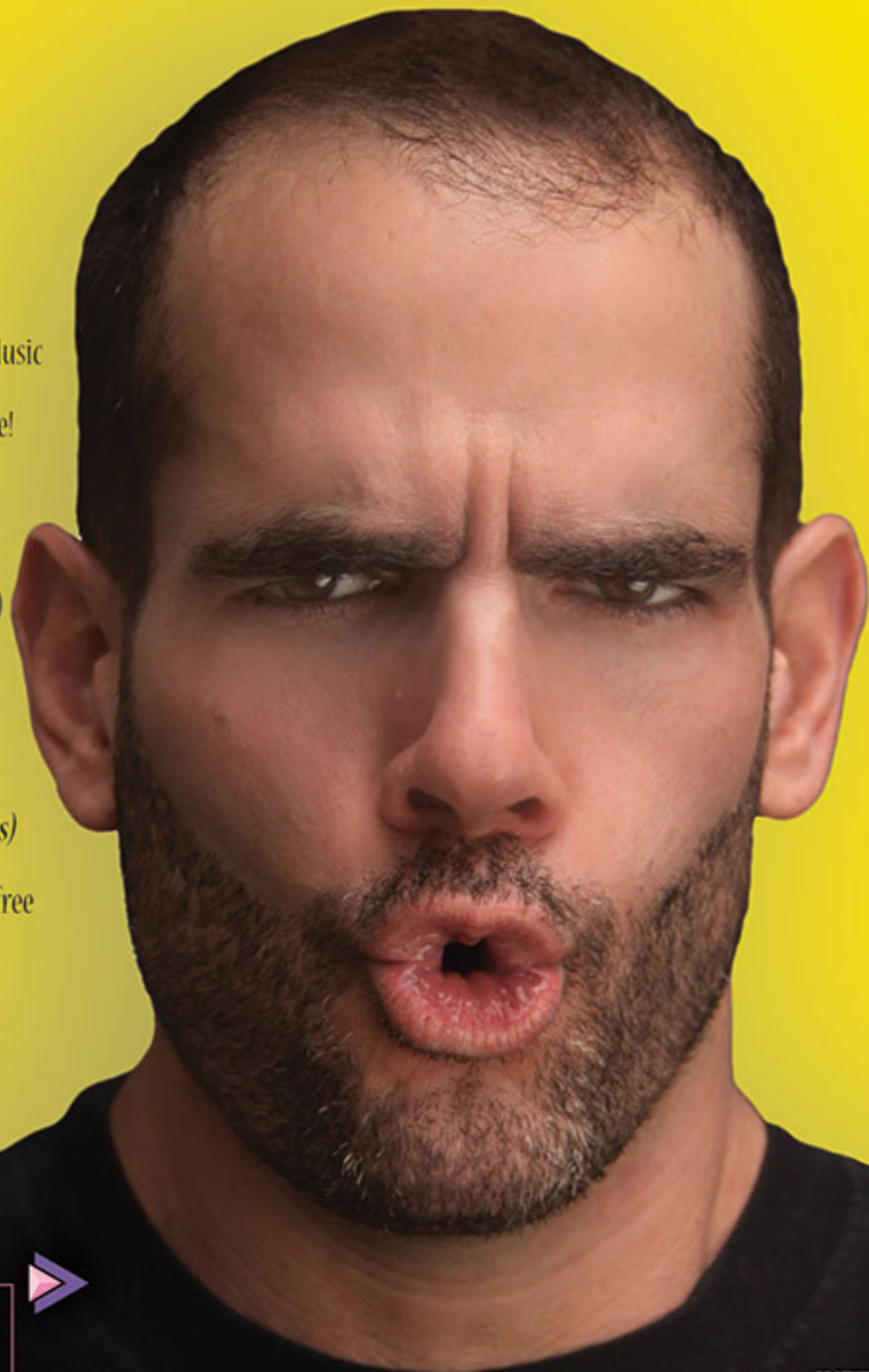
"Comedic Genius" — *The Huffington Post*

MENTAL

An Evening of Homo-Neurotic Comedy

benefiting the

AIDS Marathon Training Program/AIDS Project Los Angeles
National Gay and Lesbian Task Force • Congregation Kol Ami



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Monday & Tuesday
September 14 & 15, 2009

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7:00 PM Reception, Silent Auction & Music
8:00 PM Show/Raffle/Surprises
9:30 PM Book & DVD Signing and more!

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(Near Overland Avenue & Fox Studios)
Ample free street parking

ADMISSION

Cash or Checks only
\$20 GENERAL
\$30 VIP (includes 2 drinks & 2 snacks)

Buy FIVE tickets and get the SIXTH free

RESERVATIONS

steveaddisonevents@gmail.com
(310) 999-2212

SPECIAL GUEST
POPPY CHAMPLIN

LOGO • COMEDY CENTRAL • ATLANTIS CRUISES
DINAH SHORE WEEKEND
OPENING ACT FOR CYNDI LAUPER



"If scientists could capture and bottle
the energy of Poppy Champlin,
we could end our dependency
on foreign fossil fuels."
— *Provincetown Magazine*

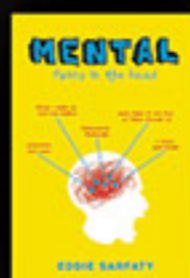
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For more about
Eddie's new book
Mental: Funny in the Head
visit
keepaughing.com





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
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/Bruce

THURSDAY
Pasadena
6:30 P.M.

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

Hosts:
Mike/Bernie/William