

FrontPage

www.lafronrunners.com

Since 1980

Before the "Victory"



Several club members before racing. See p.10 for more

A DIFFERENT KIND OF B-12 SHOT: HAMBURGER MARY'S LEGENDARY BINGO

by Mike Kalvoda

The tradition returns. Did it ever.

Club members showed up to kick back on Wednesday, May 20, for our fun-raiser of fundraisers: Legendary "Drag Queen" Bingo at Hamburger Mary's. Beer, burgers, and bingo blotters abounded, totaling a sterling \$1,773 in proceeds for LA Frontrunner designated beneficiaries, GALAA and GLEH. See Bingo on page **11**

LAFR Masters Win Relay; Still Complain

By Bruce Bair

The inaugural Ragnar Relay Los Angeles (Santa Barbara to Dana Point) was recently held April 24-25. And though they complained the entire way about creaky knees and the many medications they must now take every day just to maintain, the LAFR Masters handily won the race in 16 hours, 41 minutes.

What is a master? In this case, any runner at least 40 years old. The team consisted of Angus Kennedy (43), Mark Johnson (41), David Dinielli (40), Bruce Bair (42), Sean O'Brien (46), Mick Caruso (46), Radell Hutchens, (46), Juan Ramirez (40), Patrick Owen (49), Reg Willson (49), and Carl Maravilla (49).

The team also complained (rightly so...) about the race "organizers" actual lack of organization, as last-minute permit issues prevented runners from competing on 6 of the race's 36 legs that ran through Malibu.

LAFR teams in various configurations have now competed in at least a half dozen relays. The races are usually about 200 miles total, run continuously through the night, with each runner (of a team of 10-12 runners) completing 3 legs for a mileage of about 15-20 miles each. Some relays require a strict rotation – runners compete in exactly the same order, three times. But, with all the course changes, the Ragnar Relay LA became

See Ragnar on page 11

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Los Angeles Frontrunners Sweep Long Beach Pride



Mark (10K) & Carlos (5K) won LB

Board Message

Venturing Beyond Our Comfort Zones... By William Fang

May was a busy, busy month for LAFR. In addition to our regular events, we featured "My Neighborhood Run", Hamburger Mary's Legendary Bingo, and the Santa Cruz Island Run. I noticed at the two runs that members showed up from all over town. In one sense, we are all similar (gay runners and friends), but in others, we are quite diverse. Amongst us are teachers, civil employees, students and corporate and creative types. For fun, some sing operas, some run even more, some drink and some cook.

In LA, it is often too easy to stick to our own little circles. So I encourage you all to make an effort in meeting -- and reaching out to -other members. Once in a short while, Eastsiders should head west and Westsiders go east. And definitely take advantage of club-wide events to enjoy, strengthen existing friendships... and perhaps even make new ones.



Memorial Day witnessed the celebrated tradition of the LA Marathon. On the Tuesday following, the court upheld Prop 8. For me, the two events falling side-by-side had marked significance. You see, my first marathon was LA 2007. I trained with the fast kids and was on track to run in the low 3's.

At first, all was well. Then I started tiring after mile 20. At mile 23, I was climbing a bridge towards Downtown. I knew then that I could not possibly finish in 3:10:59 -- my qualifying time for Boston. I wanted to cry. It was not fair. I worked so hard. Why was it so hot? Why were these other runners not tired? Sure enough, I finished just under 3:29:00... and wanted to give up running forever.

Gradually the physical and mental pain subsided, and I started training again. This time, the ending at Long Beach 2007 was much happier. I do not know how the Prop 8 race will end. Fortunately, it is in human nature to hope and to heal. And fortunately, life is not a sprint; it is not even a marathon. Rather it is more like a series of many races anywhere from a 100M to a 200 mile relay, each requiring its own training technique.

The training we need now requires lots of reaching out and venturing beyond our comfort zones. As I have learned, training is always more fun with friends. So you can practice by first meeting fellow members you normally might not. At over 200 members, we are a large club and have much to offer. Whatever race you are running, let LAFR be a partner in achieving your goal.



BIRTHDAY GIRLS AND BOYS

Ryan Bailon	June 01	Jim Martinez	June 27
Sanford Doi	June 04	Larry Sheffield	June 29
Gerry Orcholski	June 06	Jeff Cronin	June 29
Rich Crook	June 07	Jeff Cronin	June 29
Gabor Frank	June 07	Alex Grosko	July 03
Todd Marshall	June 09	Bill Walsky	July 03
Neil Johnson	June 09	Seth Eskigian	July 06
Art McDermott	June 12	Jeffrey Weinstein	July 09
Mark DeAngelis	June 13	Andrew Makay	July 14
Jeff Lymburner	June 13	Barry Norcross	July 14
Eric Fischer	June 14	Cat White	July 14
Jason Cooper	June 15	Anne Vasquez	July 17
Mark Jones	June 15	Henry Jung	July 17
Luis Aguilar	June 21	Jaason Engle	July 22
Doris Chung	June 21	Jose Castillo	July 23
Jim Gross	June 22	Lee Lightfoot	July 25
Tim Chung	June 24	Carlos Vizcarra	July 27
		Doug Jones	July 28

LAFR Board Meeting Briefs

May 6 @ Amy Ross' house

- Santa Barbara to OC Relay – LAFR Masters placed First overall
- Club Uniform - Mark is spearheading the effort
- Taxes will be done by Angus
- Upcoming events
 - Don Thompson Night - Need to set date with Sean and Allen.
 - My Neighborhood Runs - Mark & Brad to host in Glassell Park and Ara Mihanian may host in San Pedro
 - Pride Run – Set for June 14. Staging location is moved further east to allow for easier logistics.
- Next Board Meeting
 - June 6 at Mark & Brad

LAFR FrontPage

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Inaugural LAFR Scholarships Awarded at GALAA Ceremony



Nancy Alvarez

Nancy came to the US when she was 15 years old to pursue her dreams, and to escape a difficult family and social environment that criticized her for who she was. With sheer guts and determination she enrolled in the 10th grade at LA High. As a way to assimilate, Nancy joined the swim team and the school's gay/straight alliance (GSA). Both activities allowed Nancy to grow and excel. On the swim team she went from a beginner swimmer to the varisty squad in two short years. She also became team co-captain and excelled in the freestyle and butterfly.

Nancy's achievements are not limited to the pool. In addition to the GSA, she has focused on school programs that emphasize justice in the schools, and mentoring younger students towards healthy lifestyle choices.

Upon graduation, Nancy will attend the Culinary Arts program at LA Trade Tech. She also plans to further her education with a masters's degree in business.

Nancy stated in her application that her greatest accomplishment will be to prove to her family that she can succeed without her parent's support, by being true to herself, and defending the rights of all people. Nancy is an exceptional young woman with the rare combination of intelligence, compassion, and ambition.

-presented by Amy Ross

The inaugural LA Frontrunners Athletic Scholarships were awarded at the 3rd Annual GALAA Scholarship Awards Banquet on June 9. In conjunction with GALAA, we awarded two \$1000 scholarships to one male and one female student-athlete who demonstrated excellence in athletics, academics, and community involvement. The Awards Ceremony honored many LGBT students for their excellence. It was an inspirational evening and special thanks goes out to LAFR Steve Jimenez (a GALAA Board Member) who came to us with this idea.



Luis Aguilar

Luis is a LAFR who graduated from Birmingham HS and is a junior at UCLA. Luis is a Geography major with a minor in Geographic Information Systems and plans to pursue a Ph D in Biogeography. If you're like me and have no clue what that means, my interpretation is he likes rocks & lakes & global warming, etc., and is really, really smart.

As an athlete, Luis is outstanding. He started running in middle school through the Run 4 Fun program. At Birmingham, Luis developed into an elite athlete. He established himself as a standout early on, winning the frosh/soph LA City Title in the mile during his sophomore track season. Luis qualified for the state meet in cross country his junior and senior years and qualified for the state track and field championship meet in the mile as a senior. Qualifying for the state meet in CA is a big deal. The LA basin not only produces the best athletes in CA but also the best athletes in the country. The qualifying meets in this region are often more competitive than the actual state meet so qualifying out of this region is something only the very top athletes are able to do. At UCLA, Luis added swimming and cycling to his outstanding running and became a member of the UCLA Triathlon team. He joined LA Frontrunners a few years ago and regularly wins 5K/10K races in the LA area (as he did this past weekend by winning the 10K at the LAFR Pride Run). I first met Luis in '07 at the Shoreline FR Pride Run. Luis had on his UCLA Triathlon uniform and destroyed everyone in the 10K. I had no idea he was family until a few weeks later when he joined LAFR and I thought, "Yay!!! He's one of us!!!"

It is rare to see a LGBT athlete of Luis' age and ability competing as an out athlete. He is a sterling example of an outstanding student-athlete who is out, confident, and proud. *-presented by Angus Kennedy*

LAFR RACE RESULTS**Seal Beach 10K**

Seal Beach, CA 4/4

Carlos Vizcarra.....35:24	3rd OA
	2nd 35-39

Camarillo Half Marathon

Camarillo, CA 4/19

Carlos Vizcarra.....1:24:03	2nd 35-39
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Skyline to the Sea 50K

Santa Cruz Mountains, CA 4/26

Ric Munoz.....5:27:59	3rd 50-54/PR
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Big Sur Int'l Marathon

Big Sur, CA 4/26

Ely Yaron.....3:49:25	
Bob Berman.....4:22:22	

Orange County Marathon

Newport Beach, CA 5/3

Half Marathon

Al Miller.....2:26:24	
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Marathon

Ric Munoz.....3:53:04	
Allyne Winderman.....4:12:11	1st 55-59

Santa Monica Classic

Santa Monica, CA 5/3

5K

Bruce Bair.....18:10	2nd 40-44/PR
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10K

Carlos Vizcarra.....35:41	2nd 35-39
Bryan Prado.....59:32	

Fargo Marathon

Fargo, ND 5/9

Bruce Bair.....3:09:08	PR
David Dinielli.....3:13:47	

Ayala Park Distance Run

Chino, CA 5/9

6-Hour Run

Deo Jaravata.....32.5 Miles	2nd OA
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12-Hour Run

Ric Munoz.....61.4 Miles	1st OA
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Malibu Creek Trail Race

Malibu Creek, CA 5/9

6K

Bryan Prado.....39:54	
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22K

Jonathan Toker.....1:41:51	2nd OA
	1st 30-34

John McGuinness.....2:18:20	
Doug Jones.....4:06:03	RaceWalk

Santa Barbara Half Marathon

Santa Barbara, CA 5/10

Ely Yaron.....1:36:12	
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Shoreline Frontrunners Pride Run

Long Beach, CA 5/17

5K

Carlos Vizcarra.....17:25	1st OA
	1st 35-39

William Korthof.....18:44	1st 30-34
Stephen Baldonado.....19:38	2nd 30-34

Richard Nelson.....20:15	1st 60-64
Robb Briggs.....20:24	1st 40-44

Bill Austin.....20:30	1st 50-54/PR
Patrick Owen.....21:20	1st 45-49

Patricia Bates.....24:34	1st 60-64
Jim Martinez.....24:39	2nd 55-59

Bill Winkelmann.....25:25	3rd 55-59
Rusty Millar.....25:56	

Kristi Twilley.....27:40	1st 40-44
Bill Walsky.....36:42	

5K RaceWalk

Deo Jaravata.....31:48	1st OA
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10K

Mark Johnson.....36:25	1st OA
	1st 40-44/PR

Angus Kennedy.....43:04	3rd 40-44
Ely Yaron.....43:19	2nd 35-39/PR

Bernie Tan.....45:06	PR
Ted Wyder.....45:16	3rd 35-39/PR

David Dassey.....47:28	1st 55-59
Dan Graham.....51:59	3rd 50-54

Richard Peng.....52:47	
Andrew Wissmiller.....52:57	

Christine Curtin.....62:37	PR
Regina Robinson.....65:19	2nd 40-44/PR

Bay to Breakers 12K

San Francisco, CA 5/17

Bryan Prado.....1:17:03	
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Mt. Wilson 8.6 Mile Trail Race

Mt. Wilson, CA 5/23

Sean O'Brien.....1:15:12	3rd 45-49
Robb Briggs.....1:33:58	

Los Angeles Marathon

Los Angeles, CA 5/24

Marathon

Carlos Vizcarra.....2:47:35	
Ely Yaron.....3:35:56	
Mike Smith.....5:34:34	PR

Marathon RaceWalk

Juan Moreno.....5:06:33	2nd OA
Deo Jaravata.....5:23:36	4th OA

July PotlucksGriffith Park - Tuesday, July 21

at the home of Mark DeAngelis

5112 Caspar Ave.

Los Angeles, CA 90041

Westside - TBA**San Diego R'n'R Marathon**

San Diego, CA 5/31

John McGuinness.....3:14:26	PR
Ely Yaron.....3:29:16	PR

Deo Jaravata.....4:26:06	
Christine Curtin.....5:35:46	

Margie Gonzales.....5:56:22	
Doug Jones.....5:56:35	RaceWalk

Wildflower Half Ironman Triathlon

Paso Robles, CA 5/2

Jonathan Toker.....4:35:14	
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Challenge France Half Ironman

Niederbronn-les-Bains, France 6/7

Jonathan Toker.....4:27:26	2nd 30-34
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San Diego 100 Mile Endurance Run

Cuyamaca Mtns., CA 6/6-7

Ric Munoz.....30:28:00	
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Fontana Half Marathon

Fontana, CA 6/6

Jeff Lymburner.....1:25:36	PR
Patricia Bates.....1:42:51	1st 60-64

Margie Gonzales.....2:25:40	
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Brentwood 10K

Brentwood, CA 6/7

Bryan Prado.....55:04	
Ruthanne Salido.....62:04	
Tanya Haney.....63:13	

Dipsea Trail Race 7.4 Miles

Mill Valley, CA 6/14

Jaason Engle.....1:06:04	
Robb Briggs.....1:18:59	

NY Frontrunners 5 Mile Pride Run

Central Park, NY 6/27

Jeff Lymburner.....31:52	
Jaason Engle.....34:30	

Paa-tibayan 50K

Quezon City, Philippines 6/28

Deo Jaravata.....6:05:14	8th OA
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GRAND PRIX

as of 7/1

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. Sean O'Brien	6	429.22
2. John McGuiness	6	399.12
3. Ely Yaron	6	397.29
4. Patrick Owen	6	393.37
5. Richard Nelson	5	390.27
6. Carlos Vizcarra	5	379.60
7. Carl Maravilla	5	377.94
8. Bernie Tan	6	372.65
9. Mike Murphy	6	353.08
10. Jeff Lymburner	5	350.06

FEMALE

1. Patricia Bates	6	482.83
2. Margie Gonzales	6	294.11
3. Regina Robinson	5	228.27
4. Doris Chung	4	210.56
5. Christine Curtin	4	201.88
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	371.18
2. Doug Jones	6	314.44
3. Juan Moreno	2	130.24
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).

Name	Races	Points
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1. Sean O'Brien	5	560.62
2. Mike Murphy	5	419.65
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. Jeff Lymburner	3	257.09
8. Ric Munoz	3	255.83
9. Carl Maravilla	2	238.02
10. Ely Yaron	3	229.81

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

AGE GROUP TOP 3

Division	Races	Points
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Female 19-under

1. Nancy Alvarez	1	125
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Female 20-29

1. Jacqueline Vogel	1	125
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Female 30-39

1. Cat White	2	220
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Female 40-49

1. Doris Chung	4	400
2. Regina Robinson	4	375
3. Christine Curtin	4	370

Female 50-59

1. Margie Gonzales	5	560
2. Amy Ross	2	205
3. Stephanie Stone	2	185

Female 60+

1. Patricia Bates	4	470
2. Connie Hammen	1	105
3. Sue Roth	1	95

Male 19-under

1. Andrew Rohrlich	1	125
2. Gary Lashley	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. William Fang	2	195

Male 35-39

1. Ely Yaron	6	620
2. Carlos Vizcarra	4	490
3. John McGuiness	5	445

Male 40-44

1. Bernie Tan	6	590
2. Deo Jaravata	6	520
3. Robb Briggs	5	495

Male 45-49

1. Sean O'Brien	5	590
2. Patrick Owen	6	575
3. Carl Maravilla	4	520

Male 50-54

1. Bill Austin	5	575
2. Doug Jones	5	450
3. Dan Graham	5	445

Male 55-59

1. Jim Martinez	5	485
2. David Dassey	4	460
3. Rusty Millar	4	380

Male 60+

1. Richard Nelson	4	450
2. Richard West	2	230
3. Al Miller	1	120

Kristi Twilley won her age group at the Shoreline FR Pride Run in Long Beach

**May/June 2009****Treasurer's Report**

Revenues consist primarily of Pride Run fees. Expenses consist of H'wd Bowl, Santa Cruz, Pride Run, standard operational costs.

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

LAFR Balance 5/1/09 \$10,373.56

May/June 09 Revenues

Membership Dues	\$295.00
Donations/H. Mary's	\$638.00
H'wd Bowl reimburse	\$685.00
Santa Cruz reimburse	\$192.00
Pride Run Fees	\$9405.00
Total Revenue	\$11,215.00

May/June 09 Expenses

Newsletter/Stamps	\$88.04
Constant Contact	\$105.00
Storage/PO Box	\$834.44
Pride Run	\$1044.80
H'wd Bowl Tix	\$380.00
Santa Cruz Tix/Food	\$1214.56
Website	\$103.39
Scholarship	\$40.00
Bank Fees	\$31.00
IFR Dues	\$75.00
H Mary's/Book Club	\$59.35
Total Expenses	(\$3,975.58)
Net Profit/(Loss)	\$7,239.42
LAFR Balance 7/1/09	\$17,612.98

Pride Run '09: Our Biggest Ever!

Wow! LAFRs really does fantastic work. No one doubts our abilities, but we really come together for the annual Pride Run -- which is truly a highlight of GLBT Pride weekend in Los Angeles. Plus, our club keeps improving the event.

The past few years have expanded to include a Kids Run and the Ultra Pride Race. This year featured a brand new course, the participation of our inaugural scholarship recipients, and

the most entrants to date. Gay and Lesbian Elder Housing, our race's beneficiary, benefited enormously.

As prefaced, Pride Run '09 spotlighted an exciting new course. Our 5K, 10K, and Ultra participants seemed to quite like how it raised our visibility in the community -- and how the route ending on a nice downhill slant.

Our kid racers, though, were quick to offer a suggestion: "Make our course longer. We want to RUN!"



Kirk A. was too exhausted after the Ultra to keep up with his daughter in kids' run.

You spoke, little ones, and LAFRs listened. Patrick Owen made some quick adjustments, pulled a few strings, and -- voila! -- an improved route was born. How adorable was the Kids Run? You could have added a box of puppies and it couldn't have gotten any cuter. Ted Wyder presented all runners their first place medals while Patrick Owen doled out well-earned stuffed animal prizes.

Tremendous thanks go out to amazing race directors Bernie, Bryan and Angus for logging serious, serious hours in orchestrating another successful event. We all appreciate it, guys. Thanks also to our LAFR Board and all of our fabulous race sponsors. And of course, lots of gratitude to each one of us who made Pride Run 2009 a huge success through running/walking volunteering.....or even both! Great job, Frontrunners!

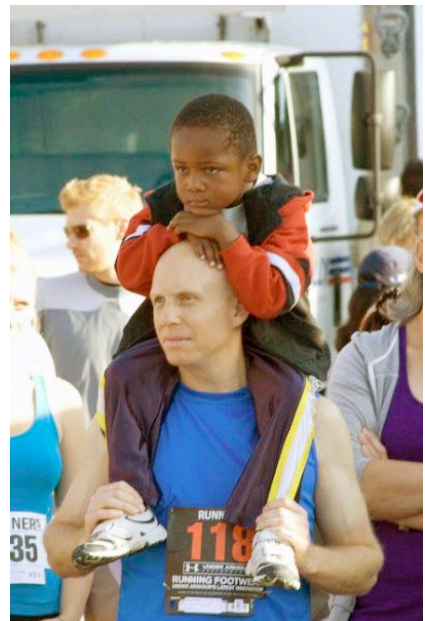
-Mike Kerkman



5K Pride Runners dash off moments after the sunny start



Girls just wanna have fun: Christine Curtin with daughters Megan (#84) & Shane (#85) and BFF Sammi



Father and son enjoy the races

More Pictures From Our Fabulous Pride Run Event



Ran: Lifecyclist & Race Pacer



10K OA winner Luis Aguilar



Jane Dawson and Pat Bates (2nd and 1st 60-64 10K)



Future Golden Bear (cub?)
Andrew Rohrlich (1st 15-19 10K)



Richard West (3rd), Eric Fischer (2nd), and Richard Nelson (1st)
swept the 60-64 AG in the 5K



Ken Dunn (2nd 50-54)
in the 5K



Carlos Vizcarra (1st 35-39)
in the 5K



The best looking runners and walkers on the parade route



Kyle Jarrett finished
2nd OA in the 5K

LAFR PRIDE RUN RACE RESULTS

West Hollywood, CA 6/14

5K Men

Kyle Jarrett.....16:51	2nd OA
	1st 20-24
Carlos Vizcarra.....17:21	1st 35-39
Carl Maravilla.....18:33	1st 45-49
William Korthof.....18:36	2nd 30-34
Wadley.....18:40	2nd 25-29
Brad Maury.....18:48	3rd 35-39
Sean O'Brien.....19:11	2nd 45-49
William Fang.....19:13	3rd 30-34
John McGuiness.....19:51	
Bill Austin.....20:24	1st 50-54
Richard Nelson.....20:46	1st 60-64
Mike Murphy.....21:22	
Ted Wyder.....21:27	
Bernie Tan.....21:51	3rd 40-44
Jose Castillo.....22:01	
Augie Robles.....22:24	
Mark Jones.....22:26	
Don Formanek.....22:59	
Ryan Bailon.....23:46	
Eric Fischer.....23:49	2nd 60-64
Kevin Shiramizu.....24:05	
Andrew Tanber.....24:06	
Marco Baltero.....25:16	
Jim Martinez.....25:23	1st 55-59
Gary Lashley.....26:31	1st 15-19
Drew Brabb.....26:40	
Richard West.....26:42	3rd 60-64
Ken Dunn.....26:49	2nd 55-59
Brian Dunbar.....27:11	
Andrew Makay.....27:46	
Tom Carmichael.....32:03	
Mike Smith.....32:42	
Neil Johnson.....35:14	
Bill Walsky.....37:05	

5K Women

Jacqueline Vogel.....23:40	2nd 25-29
Allyne Winderman.....24:43	1st 55-59
Kristi Twilley.....27:48	
Doris Chung.....30:02	
Stephanie Stone.....30:39	3rd 50-54
Amy Ross.....30:39	2nd 55-59
Sheila Moore.....30:42	
Nancy Alvarez.....34:40	1st 15-19

5K RaceWalk

Deo Jaravata.....32:58	1st OA Men
Doug Jones.....36:55	2nd OA Men
Connie Hammen.....43:45	3rd OA Women
	1st 60-64
Sue Roth.....54:41	1st 65-69

10K Men

Luis Aguilar.....35:27	1st OA
	1st 20-24
Todd Sullivan.....38:03	3rd OA
	1st 35-39
Wadley.....38:34	1st 25-29
William Korthof.....38:59	2nd 30-34
Andrew Rohrlich.....40:01	1st 15-19
Mike Kerkman.....41:07	3rd 30-34
Reg Willson.....41:29	1st 50-54
John Yong.....41:58	3rd 25-29
Ely Yaron.....42:10	3rd 35-39
Sean O'Brien.....43:16	3rd 45-49
Patrick Owen.....43:18	
Richard Nelson.....44:30	1st 60-64
John McGuinness.....46:04	
Nelson Miranda.....46:45	
David Dassey.....46:47	2nd 55-59
Mike Murphy.....48:19	
Dan Vu.....48:25	
Neal Weisenberg.....48:32	
Jason Bautista.....48:48	
Richard Peng.....49:45	
Mark DeAngelis.....49:53	
Jose Castillo.....50:07	
Howard Hamburger.....50:56	
Dan Graham.....50:59	
Bill Winkelmann.....52:06	
Andrew Wissmiller.....52:26	
Henry Jung.....56:23	
Paul Houson.....56:37	
Deo Jaravata.....57:52	
Robert Hamm.....62:18	
Phil Amato.....63:28	
Geoff Buck.....66:18	

10K Women

Patricia Bates.....52:33	1st 60-64
Regina Robinson.....66:11	
Kristi Twilley.....66:43	
Christine Curtin.....66:53	
Stephanie Stone.....71:58	

Ultra Pride Run (5K & 10K) Men

Wadley.....57:14	2nd OA
William Korthof.....57:35	3rd OA
Sean O'Brien.....62:27	
Richard Nelson.....65:16	
John McGuinness.....65:55	
Mike Murphy.....69:41	
Jose Castillo.....72:08	
Deo Jaravata.....90:50	

Ultra Pride Run (5K & 10K) Women

Kristi Twilley.....94:31
Stephanie Stone.....102:37



BFFs Andy & Andrew at the Pride Run

GRAND PRIX TEAM RESULTS

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

Race #3: Shoreline FR Pride Run

1. Team 8 (3).....	1:24:33
2. Team 9 (2).....	46:53
3. Team 2 (2).....	47:07
4. Team 5 (2).....	55:32
5. Team 6 (1).....	18:12
6. Team 7 (1).....	20:24
7. Team 1 (1).....	21:20
8. Team 4 (1).....	21:38
9. Team 3 (1).....	24:39

Race #4: LAFR Pride Run

1. Team 2 (3).....	66:40
2. Team 5 (3).....	75:21
3. Team 4 (2).....	40:18
4. Team 3 (2).....	44:11
5. Team 6 (2).....	44:50
6. Team 9 (2).....	45:16
7. Team 7 (1).....	19:11
8. Team 1 (1).....	21:39
9. Team 8 (1).....	37:05

Standings after 4 races:

1. Team 2.....	380
Carl, Bernie, Patricia	
2. Team 9.....	280
Bill A, Eric G, Richard P	
3. Team 7.....	220
Sean, Cat, Robb	
4. Team 8.....	210
Rusty, Angus, Bill Walsky	
Team 5.....	210
Deo, John M, David Dassey	
6. Team 6.....	200
Augie, Mark J1, Mark J2	
7. Team 3.....	160
Brad, Juan, Jim	
9. Team 4.....	110
William F, Ely, Seth	
9. Team 1.....	100
Bruce, Keeley, Patrick	

Sex, Infidelity, Mayhem

Frontrunners' own Art McDermott will once again take center stage in a world premiere play, "BIG BRO / Lil Bro," by Jonathan Ceniceroy, a drama/comedy, that focuses on a triad of multi-generational gay men who struggle to find intimacy and independence in suburban Los Angeles.

Come see the play with your fellow Frontrunners on July 18 at The Alexandria.

The play is produced by Company of Angels, Los Angeles' oldest non-profit repertory theater. [Some of you attended Gay Night in April, where you saw LA Views II, featuring several short plays with gay and lesbian themes. This is definitely a gay-friendly organization, and therefore deserves our support.]

Art McDermott plays the "elder Caucasian lover" (gasp! No type casting here). Others in the case include Jorge Castenda as the aging pretty boy/lover and Xavi Moreno as the younger man.

When: July 18 at 8 p.m..

Tickets: \$20 adult/\$15 senior/student purchase tix through:

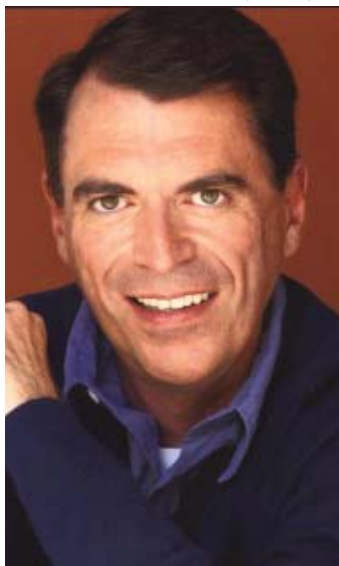
Jim White-james.w.white@kp.org or 323-644-2902

Brown Paper Tickets

www.brownpapertickets.com or

Company of Angels

www.companyofangels.org.



A dinner will be coordinated before the show for all interested parties.

Come and support your local arts and, of course, Art!

My Neighborhood Run with Brad & Mark



Join Brad and Mark for a challenging My Neighborhood Run on Sunday, July 12th at 8:00 am. Brad and Mark will offer two choice runs in their Glassell Park neighborhood, both ending back at their house, where we'll all have a brunch/lunch potluck and relax by (and in) the pool. The two runs being offered include:

1) Triple Hill Run: This loop run is about 4.75 miles, traversing the Glassell Park Highlands and Mt Washington. Part of the run also goes through Elyria Canyon Park.

2) Ernest Debs Regional Park Run: This out and back (with a loop at Debs Park) is approximately 9-10 miles and offers challenging hills and views throughout the run through various highland neighborhoods from Glassell Park to Debs.

Don't forget to bring your lunch/brunch potluck dish and towel (if you'll be dipping in the pool!).

When: Sunday, July 12 at 8 am

Where: Brad and Mark's
4166 Verdugo View Drive
Los Angeles, 90065

Bring: something delish for potluck brunch towel/sexxy swimwear for swim/lounge

Pride Run by the Numbers

461

registered runners-our biggest WeHo turnout ever!

60

or so seconds that passed before Richard Nelson realized the 10K had started...without him...he still won his age group

55:43

average 10K finishing time (it's true-Bernie figured it out)

36

runners who finished the ultra pride run (5K & 10K)

1

little old lady who drove around a barricade onto the course and side swiped a 5K runner with her side view mirror (also true)

0

seconds it took Wadley to take off his shirt





MEMBER SPOTLIGHT: In Their Shoes

An LAFR Stroll with Albert Brecht

Albert -- Straight-Up

* Professor of Law, Associate Dean of Law : USC School of Law; 62

* Family: 1 sister, 1 niece, 1 nephew (“Dad nicknamed me ‘Rabbit’ because I could run really fast. Seeing me now, you’d never know!”)

* Into “some” gardening, watching dance (ballet & modern)

* Years as LAFR: 6 years, off (two in Silverlake) and on (four in Los Feliz)

Albert -- Look Closer

* (As his friends put it:) "A bit of a perfectionist. Friendly, very loyal."

* (The “if-\$\$-were-no-object-I’d-like-to” question:) “Be very much more philanthropic. And I’d love to have a driver!”

* (His ideal next 10 years:) "Retire. Assuming we’re out of this economy."

* It’s-totally-true: “I was on the parade route in Dallas when Kennedy was shot.”



Albert -- Looking Back

* Favorite place to run/walk: “In the hills of Los Feliz.”

* Worst race/why: "The time I fell a couple of years ago. That was in the park."

* Average weekly mileage/last 12 months: “There are so many people in Frontrunners who run more miles per week than I drive.”

* Most memorable running experience: “Winning one of the ribbons at Pride. I was just trying to finish.”

Albert -- Looking Ahead

* Personal training tips: "From what I learned in yoga, breathing and stretching are very important in running."

* ("I love runners/walkers who...") "Share good conversation. I met Amy when Lambda Alumni was first created in the ‘90s. She got me back in the club – she’s always full of good stories."

* Suggestions for the Club: none “I think the Club is incredibly impressive. I’ve never seen such an active group that’s so positive about what they do.”

* Favorite quote: "I still hope to someday prove that I’m related to Bertolt Brecht."

So How Do We Get Women To Show Up To Our Runs? by Amy Ross

This has been the age-old question for Frontrunners since our inception. We have held special brunches, we even had a special women’s only weekly run/walk in the early 90’s (which disbanded when the participants refused to join Frontrunners and attend events with the guys...don’t get me started).

Well, this month’s Runner’s World may have solved our problem. The "I’m a Runner" profile on page 116 features Jennifer Beals (Bette from "The L Word") who says she runs the trails in Griffith Park! She even did a triathlon with Mia Kirshner (Jenny) and didn’t drown her! You can check out the full interview at: www.runnersworld.com/imarunner. See you on the trails, ladies!



More pics from Victory for Victims Race



Could LA Frontrunners ask for better weather or better friends?

<p>New Members</p>	<p>Vicent Mejia Kevin McClay Matt Young Jason Cooper Phil Amato Paul Jacoy Matthew Cate</p>
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Ragnar from Cover page

whatever our team captain and most clever strategist, Angus Kennedy, wanted it to be. Angus was able to place our strongest runners on the longest and hardest legs, helping to ensure our victory!

Our secret weapon was the initially shy (but not actually at all shy!) Juan Ramirez. Juan turned in impressive performances for his totally of nearly 20 miles, averaging around 5:30/mile throughout. Mark Johnson ran the longest single leg of 10.5 miles, made even a bit longer by poorly placed signage (yes, another chance to complain!). Mark ran well despite wrong turns, and the fact that he was on his third leg. (How long is your third leg? This is my favorite relay joke. Perhaps only funny when sleep-deprived.)



Old Gays Rule. L-R: Mick, Sean, Angus, Carl, Patrick, Paul, David, Radell, Reg, Bruce, and Mark

It has been a LAFR relay tradition to invite one heterosexual runner to participate. (We like diversity.) This time around, that challenge was accepted by Radell (a Los Feliz Flyer who joins us on Tuesday nights), who was a wonderful addition to the team, and is a fantastic runner, too.

Why do this crazy thing? The bonding with your teammates is profound. You get to see the sun set and then rise again in beautiful places. And somewhere along the way, you might have a peak running experience you didn't expect. At about 2:00 am on Saturday morning, Sean took off from Manhattan Beach on a leg that routed around Palos Verdes through Torrance. Sounds kind of brutal, right? Turns out the course was perfect for

Sean – rolling hills, cool night air. He finished fast and exhilarated. Every one of the team members will have great moments like that – maybe a great run, or a great conversation; in my case I think it would be the peanut-butter-chocolate Bugles we snacked on.

Special thanks must go out to our drivers, Lui Sanchez and Paul Williams. These guys have the hardest job. They have to put up with us, and get no rest at all!

At the end of the race we gathered for an official photo. After smiling nicely (snap, snap) the photographer said, “now go crazy!” We all just looked at her blankly. “We don't really do that,” Angus explained. I guess we only came to win... or maybe we already are crazy.

Bingo from cover page

As the raucous crowd chomped on onion rings, Bingo Boy Jeffery Bowman deliciously snarked on the prizes. Singling out a donated printer, he waxed, "If you need office supplies, this is your night!" And come now: who wouldn't want to win the Sponge Bob Square Pants Home Video Plugs-Into-Your-TV Game? Meanwhile, super co-hostess Bridgette of Madison County rejoiced in inviting up -- and foisting goo-goo eyes on -- everybody's favorite Jose Castillo as Celebrity Ball-Caller.

Chau Nguyen scored a drawing for a pair of DIRTY DANCING admissions. Angus Kennedy successfully outbid the crowd for tickets to see Donna Summer at the Hollywood Bowl. Everyone else, when not shouting "It's on!" (one square away from victory), got lots of spirited target practice throwing crumpled-up non-winning sheets at the winners.

Thanks, all, for supporting your club -- all it took was having a blast! Your attendance, donations and volunteerism meant so much to the LA Frontrunner designated beneficiaries: GALAA and GLEH.

We'll do it again in '10. That's not B-10, so hold your cards!



LA Frontrunners clean up at Shoreline FR Pride

LAFR Summer at the Hollywood Bowl - 2009



An Evening with Liza Minnelli Saturday, August 29, 2009, 8:30 PM

The fabulous Liza Minnelli, an icon of stage and screen, winner of virtually every major award including an Oscar, three Tonys, two Golden Globes, a Grammy, and an Emmy makes her triumphant return after her sold-out Broadway show. An unstoppable force, she commands the stage with irrepressible musical style and showbiz star power.

Ticket Price: \$28 / Our Seats: Section M3



The Big Picture: Rodgers and Hammerstein at the Movies Sunday, September 6, 2009, 7:30 PM

From Oklahoma!, The King and I, South Pacific & The Sound of Music, our Movie Night celebrates the glorious Rodgers & Hammerstein movie musicals. Hear the classic scores — and unforgettable songs like “Shall We Dance,” “If I Loved You” — live with film clips.

Ticket Price: \$34 / Our Seats: Section G2

PLEASE NOTE NEW DATE FOR NATALIE COLE



Natalie Cole

Wednesday, September 9, 2009, 8:00 PM

Vocalist Natalie Cole brings her warm, supple tones to the treasures of the American songbook from her new album Still Unforgettable, and delights with her intimate renditions of classic melody and lyrics.

Ticket Price: \$16 / Our Seats: Section L1

Ticket Sales are FIRST COME FIRST SERVED. We have purchased 20 tickets per event. Don't wait or else the tix will be gone!!

There are no returns or refunds. Fill out form & mail with your check.

2009 Hollywood Bowl Ticket Order Form

Name _____ E-Mail _____ Phone _____

Address _____

Liza Minnelli Saturday, August 29, 8:30 PM # of tix _____ x \$28 = _____

The Big Picture Sunday, September 6, 7:30 PM # of tix _____ x \$34 = _____

Natalie Cole Weds, September 9, 8:00 PM # of tix _____ x \$16 = _____

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



presents

RUN AND STRIDE WITH PRIDE!

A BENEFIT FOR THE LGBT CENTER'S YOUTH HOUSING PROGRAM



SAT. JULY 18, 2009 / 10AM

**USATF Sanctioned 5k Run / Fun Walk
(#CA07032RS)**

STAGING AREA - UNIVERSITY AVE. AT CENTRE ST.

MORE INFO / ONLINE REGISTRATION: WWW.FRWSD.ORG

**\$25 Registration through July 11 - \$30 After / \$35 Registration Day of Race
PREMIERE REGISTRATION \$50**

Awards 1st through 3rd in each age category (F/M)

Free Shuttle Service available from VA Hospital (Balboa Park) to Staging Area

EVENT

5K RUN WALK

Please make checks payable to **FRONT RUNNERS AND WALKERS SAN DIEGO**

Mail to: **FR&WSD PO Box 3633 San Diego, CA 92163**

Registration Fees: Before July 11th, \$25 - \$30 After / \$35 Day of Race / PREMIERE REG. \$50

LAST NAME: _____

FIRST NAME: _____

Address: _____ **City:** _____

State: _____ **ZIP:** _____ **Phone:** _____ **Email:** _____

Gender Male Female **Age:** _____ **T-Shirt Size** SM M L XL **Registration:** _____

How did you hear about the event? Flyer Word of Mouth Online Other

TOTAL: _____

WAIVER: In consideration of my entry Front Runners & Walkers San Diego (FR7WSD) "Run & Stride With Pride", I for myself, my heirs, executors, administrators and assigns, waive and release any and all rights and claims I may have or may accrue against FR&WSD, San Diego LGBT Pride 2009, City of San Diego, event sponsors, or their representatives, agents, successors and assigns, for any and all damages or injuries which may be suffered by me as a result of my participation in the 5k run or walk. I attest and verify that I am physically fit and have sufficiently trained for this event.

Participant's Signature: _____

Date: _____

(All participants must sign the waiver. Parents signature if under 18 years old.)



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