

# LOS ANGELES FRONTRUNNERS



## LAFR Grand Prix Series Race Schedule 2025

*All races count for all divisions. Trail races are marked TM.  
June-December races will be added as dates are announced.*

JANUARY			
Date	Event/Distance	Website	Location
1/5	Resolution Run <b>TM</b>	<a href="http://www.rayenduranceevents.com">www.rayenduranceevents.com</a>	LA
1/11	Avalon 50K/50M <b>TM</b>	<a href="http://www.runcatalina.com">www.runcatalina.com</a>	Avalon
FEBRUARY			
Date	Event/Distance	Website	Location
2/9	Ocean Breeze 5K/10K/15K/Half	<a href="http://www.abetterworldrunning.com">www.abetterworldrunning.com</a>	SaMo
2/16	SRLA Friendship Run	<a href="http://www.srla.org/events">www.srla.org/events</a>	Hansen Dam
2/22	SOB Trail <b>TM</b>	<a href="http://www.khraces.com">www.khraces.com</a>	LA
2/23	WeSpark 5K/10K	<a href="http://www.wespark.org">www.wespark.org</a>	Van Nuys

# MARCH

Date	Event/Distance	Website	Location
3/8	Catalina 5K/10K/Full <b>TM</b>	<a href="http://www.runcatalina.com">www.runcatalina.com</a>	Avalon
3/9	Firecracker 5K/10K	<a href="http://www.firecracker10k.org">www.firecracker10k.org</a>	LA
3/16	LA Marathon/5K	<a href="http://www.lamarathon.com">www.lamarathon.com</a>	LA
3/23	Spring Equinox 5K/10K/15K/Half	<a href="http://www.abetterworldrunning.com">www.abetterworldrunning.com</a>	SaMo
3/30	Run Through LB 5K/10K/Half	<a href="http://www.runthroughusa.com/la">www.runthroughusa.com/la</a>	LB

# APRIL

Date	Event/Distance	Website	Location
4/5	Chesebro Races	<a href="http://www.greatrace.run">www.greatrace.run</a>	A Hills
4/13	Mntns 2 Beach	<a href="http://www.mountains2beachmarathon.com">www.mountains2beachmarathon.com</a>	Ventura
4/21	Boston Marathon	<a href="http://www.baa.org">www.baa.org</a>	Boston
4/26	Las Virgenes Trail <b>TM</b>	<a href="http://www.ultrasignup.com/register.aspx?did=111210">www.ultrasignup.com/register.aspx?did=111210</a>	West Hills
4/27	Rose Bowl Half	<a href="http://www.mccourtfoundation.org">www.mccourtfoundation.org</a>	LA

# MAY

Date	Event/Distance	Website	Location
5/4	SRLA Spring 5K	<a href="http://www.srla.org/events">www.srla.org/events</a>	LA
TBD	LB Pride Run	<a href="http://www.sfrlb.com">www.sfrlb.com</a>	LB
5/31	Finish the Run <b>TM</b>	<a href="http://www.streetsareforeveryone.org">www.streetsareforeveryone.org</a>	GP

## JUNE

Date	Event/Distance	Website	Location
TBD	LAFR Pride Run <b>TM</b>	<a href="http://www.lafronrunners.com">www.lafronrunners.com</a>	GP
6/22	Old Zoo 12K/Half <b>TM</b>	<a href="http://www.rayenduranceevents.com">www.rayenduranceevents.com</a>	LA

## JULY

Date	Event/Distance	Website	Location
TBD	San Diego Pride Run	<a href="http://www.frwsd.org">www.frwsd.org</a>	San Diego

## AUGUST

Date	Event/Distance	Website	Location
8/3	Run LA 10 Miler <b>TM</b>	<a href="http://www.rayenduranceevents.com">www.rayenduranceevents.com</a>	LA

## SEPTEMBER

Date	Event/Distance	Website	Location
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## OCTOBER

Date	Event/Distance	Website	Location
10/5	Long Beach	<a href="http://www.runlongbeach.com">www.runlongbeach.com</a>	LB
TBD	Doggie Dash 5K <b>TM</b>	<a href="http://www.lafronrunners.com">www.lafronrunners.com</a>	LA

## NOVEMBER

Date	Event/Distance	Website	Location
TBD	PS Pride Run 5K	<a href="http://www.psfr.org">www.psfr.org</a>	P Springs
11/8	Catalina Half Marathon/10K <b>TM</b>	<a href="http://www.runcatalina.com">www.runcatalina.com</a>	Avalon
TBD	Run Deo Run Turkey Trot <b>TM</b>	<a href="http://www.lafronrunners.com">www.lafronrunners.com</a>	LA

11/26-11/30	Turkey Trot-tacular	see below	anywhere
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## DECEMBER

Date	Event/Distance	Website	Location
12/7	Santa 5K/10K <b>TM</b>	<a href="http://www.rayenduranceevents.com">www.rayenduranceevents.com</a>	LA

## TURKEY TROT-TACULAR

Do you want an excuse to gorge yourself silly on Thanksgiving? Then run a Turkey Trot Thanksgiving weekend! So run a Turkey Trot, any Turkey Trot, any location, any distance, from Thursday through Sunday. They will be treated as one race for the Grand Prix. All runners will be ranked by age grade score regardless of which race you run.

11/26-11/30	A Better World Running	Any Turkey Trot anywhere qualifies; locally, ABWR has a bunch over the holiday weekend  <a href="http://www.abetterworldrunning.com">www.abetterworldrunning.com</a>	various
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\*For races with more than distance, *runners/walkers may choose any distance for these events*. Runners/walkers will be ranked within their age groups by their age grade score.