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Annual Awards Banquet & Catalina Trip

LAFR Annual Awards Banquet Sunday, January 30, 6:00 PM

Come on out to the LAFR Annual Awards Banquet as we celebrate another great year of LAFR and hand out a bunch of nifty awards to our brethren. Besides the standard frivolity, we will have LAFR apparel available for purchase and you can renew your membership and/or sign up for the Grand Canyon trip.



Details:

Sunday, January 30, 6:00 PM
The Castaways Restaurant
1250 Harvard Road, Burbank, 91501

Price:

\$45 in advance, \$50 at door

Register online by 1/9 to be in a drawing for a dinner/entertainment prize at event.

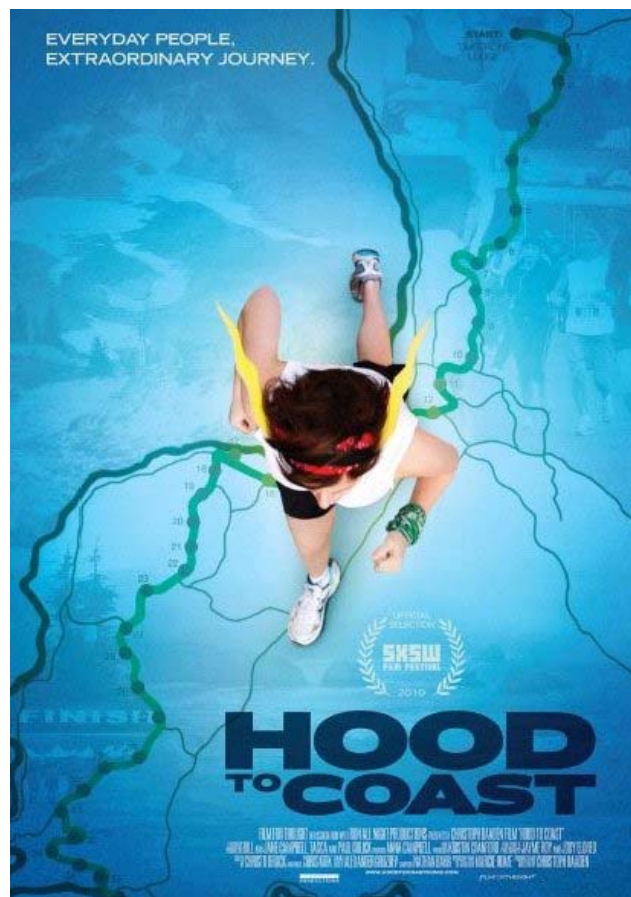
To register @ LAFR Online Store:

Go to lafronrunners.com and store link is at bottom of membership page.

Hood to Coast the movie Tuesday, January 11, 8:30 PM

Many of us have run it, now see it on the big screen - *Hood to Coast* the movie is a documentary about running this amazing relay from Mt Hood to the Oregon Coast. This is a **ONE NIGHT ONLY** event on Tuesday, January 11 at 8:30 p.m. The LAFR event will take place at LA Live's Regal Cinemas and **you must buy your own tickets in advance**. This will sell out. Please RSVP once you buy your tickets so we can organize a pre-show dinner option.

1. Buy your tix at hoodtocoastmovie.com
2. RSVP to Patrick if you want to be included in dinner plans: patrickdeanowen@gmail.com



Membership News

JANUARY BIRTHDAY BOYS AND GIRLS

1	Albert Giang	19	Ken Dunn
3	Marty Zimmerman	22	Dan Graham
4	Jim Williams	26	Alicia Soto
9	Robb Briggs	27	Margie Gonzales
9	Matthew Siegle	27	Bernie Tan
10	Dennis Schorr	28	Neil Weisenberg
11	Arturo Salgado	28	Ross Lamkin
13	Lorraine Silver	29	Ruthanne Salido
13	Andrew Gonzalez	30	Augie Robles
13	Howard Hamburger	31	Bahman
14	Sean O'Brien		Ghahremani
15	Angus Kennedy	2/1	Carl Maravilla
17	Paul Jacoy	2/4	Max Padilla

BOARD MEETING HIGHLIGHTS

- o Annual Awards Banquet scheduled for January 30 at Castaways. \$45 in advance, \$50 at door. We will have a drawing at the event for a prize for all who register by 1/9.
- o Catalina trip scheduled for Jan 21-23. Angus dealing with housing. Christine and Patrick dealing with club dinner on Saturday night.
- o New Grand Prix schedule is out, some races are not scheduled yet, will be updated as dates become available.
- o Angus updating rules to be more consistent across divisions.
- o Death Valley trip in December was a great success, will do again in 2011.
- o Club app for membership in GLISA submitted by Angus and accepted so club members can get reg. discount for summer North American Outgames.
- o Next board meeting on Saturday, Feb 5, after Griffith Park Fun Run at the home of Patrick Owen.



Above: Death Valley Trip 12/4: Richard Peng, Ted Wyder, Sean O'Brien, John McGuinness, Patrick Owen

Los Angeles Frontrunners
2870 Los Feliz Place, #229
Los Angeles, CA 90039

www.lafronrunners.com
lafronrunners@gmail.com

Angus Kennedy, President
Patrick Owen, Vice President
Ted Wyder, Treasurer
Linwood Fullam, Secretary
Robb Briggs, William Fang,
John McGuinness, Regina
Robinson & Stephanie Stone,
Directors at Large



Left: Tiger Run
5K/10K on 12/4 in
South Pasadena:
Richard Nelson,
Jim Williams, Dan
Graham, Margie
Gonzales, Bryan
Prado, and
Bernie Tan

UPCOMING EVENTS

- Sunday, January 30
LAFR Annual Awards Banquet
The Castaways Restaurant
1250 Harvard Road
Burbank, CA 91501
6:00 PM – info on page 1



- Tuesday, January 11
Hood to Coast Documentary
at Regal Cinemas at LA Live
Downtown Los Angeles
1000 West Olympic Blvd., 90015
8:30 PM – info on page 1



- Tuesday, January 18
Silver Lake Potluck
after the fun run at
the home of Angus & Mark
2480 1/2 Silver Lake Blvd,
Los Angeles, 90039



- Friday-Sunday,
January 21-23
LA Frontrunners
Annual Catalina Trip
Buffalo Half Marathon & 5K
see insert for info



Grand Prix Races

- Saturday, January 8 – Southern California Half Marathon & 5K
- Sunday, January 9 – Boney Mountain Trail Race 6K/21K
 - Sunday, January 16 – 13.1 Half Marathon
- Saturday, January 22 – Buffalo Half Marathon & 5K
- Sunday, February 6 – Rose Bowl Half Marathon/5K/10K
 - Sunday, February 13 – Firecracker 5K/10K

Save the Date!!

- 2011 Grand Canyon Trip – May 20-23

LAFR RACE RESULTS**Thanksgiving Triple Marathon**

Los Angeles, CA 11/26-28

Deo Jaravata

Feeling Stuffed4:20:43 Day 1
 Weekend Trail5:04:41 Day 2
 Running Off Turkey4:33:50 Day 3

San Dimas Turkey Trot

San Dimas, CA 11/27

5K

Bryan Prado25:58 3rd 30-34

10K

Juan Moreno47:50 1st 45-49

Santa Monica Gobble Wobble 5K

Santa Monica, CA 11/27

Margie Gonzales33:00 2nd 55-59

Death Valley 30K & Marathon

Death Valley, CA 12/4

30K

Angus Kennedy1:56:49 2nd 40-44
 Ted Wyder2:18:14 3rd 35-39
 Richard Peng2:24:45
 Robb Briggs2:25:56
 Jeff Masino2:26:42
 Stephanie Stone2:42:42 2nd 50-54
 Rex Boone2:47:14
 Christine Curtin3:18:21
 Doug Jones3:53:32

Marathon

Sean O'Brien3:12:54 1st 45-49
 John McGuinness3:18:58 2nd 35-39
 Mike Kerkman3:42:42 2nd 30-34
 Mike Murphy3:51:23
 Patrick Owen3:55:14
 David Dassey4:28:12 3rd 60-64

Tiger Run

South Pasadena, CA 12/4

5K

Richard Nelson20:29 2nd 60-64
 Bernie Tan20:55 PR
 Dan Graham23:47
 Paul Jacoy24:41
 Bryan Prado25:55
 Margie Gonzales32:41

10K

Mark Johnson40:40 2nd 40-44

Long Beach Half Marathon

Long Beach, CA 10/17

Stephanie Stone2:14:58

Malibu Half Marathon

Malibu, CA 11/14

Jonathan Toker1:22:05 3rd 35-39
 Stephanie Stone2:22:16

Las Vegas Marathon

Las Vegas, NV 12/5

Ely Yaron3:53:45
 Deo Jaravata4:13:24

LA County Half Marathon

Pomona, CA 12/12

John McGuinness1:31:04 3rd 35-39
 Bernie Tan1:38:37
 Deo Jaravata1:46:34
 Mike Kezsely1:47:23
 Juan Moreno1:53:45
 Dan Graham1:56:29
 Mike Smith1:59:12
 Paul Jacoy1:59:36
 Patricia Bates2:05:27 2nd 60-64
 Stephanie Stone2:17:05
 Margie Gonzales2:34:30
 Doug Jones3:06:39

Desert Solstice 24-Hour Run

Buckeye, AZ 12/18

Ric Munoz93.206 miles PR
 1st 50-59

Xmas Eve Marathon

Playa del Rey, CA 12/24

Deo Jaravata4:20:50

Operation Jack Marathon

Huntington Beach, CA 12/26

Deo Jaravata4:07:14

**Race Results: Please report
 results using the reporting
 tool on the Grand Prix page
 at lafrontrunners.com**

**Final 2010 Grand Prix
 standings will be published
 in February**

**Death Valley:
 Sleepy LAFRs on the bus
 ride back to the ranch after
 racing the 30K or Marathon.**



From top: Christine & Stephanie,
 Dassey & Murphy, Mike & Ted

Jim's Holiday Party

Special thanks to Jim Martinez for throwing another wonderful holiday party. Also special thanks to all LAFR members who brought school supplies for our club donation to Schools on Wheels.



Top right: Doris, Connie & Amy
Top left: Jim, Regina & Margie
Right: Ari & Regina



Above: Doug & John

Right: Momma Alicia & Logan

LAFR Annual Meeting & Last Race of 2011!



Above: Bernie Tan races the final Grand Prix race of 2011 – the LA County Half Marathon



Above: Augie, Brian, and Bahman at the Annual Meeting



Above: Nelson White digs in to the delicious breakfast Bernie, Regina, Ari & Stephanie prepared for the Annual Meeting

Toy Drive
Thanks to all the club members who donated toys for our toy drive. We made a lot of kids happy Xmas morning!



Above: Mark Jones and Brad Maury led a great 5-miler before the meeting started through Glassell Park and into Occidental College. Everyone agreed the best sight was the baseball team doing warm-up calisthenics on the field.



Right: Gary and Anthony finishing their breakfast at the Annual Meeting

Death Valley

Finally, after several years of the actual course being rained out, LAFRRs got to race the Death Valley 30K & Marathon on the stunning course that drops a total of 5000 ft. through Titus Canyon. Seven FRs placed in their age groups and most of the gang did some sight-seeing in spectacular Death Valley National Park before returning to Los Angeles.



Above: FRs at 30K start

Left: Angus (4th OA 30K) & Sean (4th OA Marathon) led all LAFRRs

Right: Bus ride post-race back to the ranch



Left: LAFRRs at Marathon start

Above: Richard Peng finishes the 30K

Space Still Available for Catalina Trip

There is still space available for the annual LAFR trip to Catalina Island for the Buffalo Half Marathon and 5K. All the lodging details are below.



Don't forget to book your boat travel through Catalina Express at www.catalinaexpress.com. And don't forget to register for the race! Both the 5K & half marathon are Grand Prix races and the half marathon is also a TrailMaster race (5K is on the road in Avalon). Info and race registration at www.pacificsportsllc.com. The club will provide a post-race dinner Saturday night prepared by our Grand Chef-ess, Christine Curtin.

December 2010 Treasurer's Report

Expenses include uniform/apparel screen printing, banquet deposit, and food/supplies for Dec. club events (Xmas Party & Annual Meeting), Contact William Fang with questions.

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

<u>Dec 10</u>	<u>Revenue</u>	<u>Expense</u>
<i>Awards Banquet</i>	\$540.00	(\$500.00)
<i>Uniform/Apparel</i>	\$247.00	(\$180.00)
<i>Membership</i>	\$1310.00	(\$411.00)
<i>Food @ Events</i>		(\$452.83)
<i>Paper Supplies</i>		(\$13.57)
<i>Annual Meeting</i>		(\$39.00)
<i>Pride Run 2011</i>		(\$100.00)
<i>Death Valley</i>		(\$149.66)
<i>Constant Contact</i>		(\$45.00)
<i>Stamps</i>		(\$10.00)
<i>Newsletter</i>		(\$74.38)
Total	\$2097.00	(\$1975.44)

LAFR Balance 11/30/10 **\$9,430.20**



Catalina Weekend Lodging 2011 Race Weekend January 21-23

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 Monday thru Thursday evenings in and around the LA area. On Saturday mornings, the group meets at 8:00 AM in Griffith Park.

LA Frontrunners is part of the more than 100 Frontrunner clubs across the U.S. and around the world. The club was founded in 1981, 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:	
<u>Emergency Contact</u> Name:				Phone:		
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 Los Angeles Frontrunners, 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) will be printed in the Club Roster. Do you want your name and e-mail 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@googlegroups.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 at Same Address	\$35	Donation:	
		Amount Enclosed:	

**Los Angeles Frontrunners
2870 Los Feliz PI, PMB # 229
Los Angeles, CA 90039**



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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