

# FrontPage

[www.lafronrunners.com](http://www.lafronrunners.com)

Since 1980

## **Popped My Cherry: I Survived Death Valley** by John Yong

**A** brief moment of delirium and confusion (best exemplified by my inability to recognize our team van while trying to find my dry clothes)... Two days of funny penguin walking... An aching ankle... A black toe... And a subject to brag about - all summarize what I've brought back from my first marathon in Death Valley.

Thanks to the support of many of you, my sister and I left the desert amused by all the responses... and appreciative of the **\$1400+ of pledged donations** to Greenpeace. (If you wonder what the fundraising was about, feel free to visit <http://dv4greenpeace.blogspot.com/> -- donations are still welcome!)

**Before I came to L.A., the farthest I've ever run was a half- marathon...**

So yes, finally I've done it. While I'd contemplated running a marathon for more than ten years, actually doing it – from making the decision, to signing up, then training for, and running it – happened inside only half a year's time. Before I came to L.A., the farthest I've ever run was a half- marathon, for which I was totally under-trained. I felt so drained near the end that I swore I'd never do it again.

That was a mere two years ago. Suddenly, I'm already back from Death Valley thinking *maybe* at the end of this year I would run another...

**...joining Frontrunners was the major catalyst...**



*Recent new member John Yong conquers his first "real" marathon and live to tell the story...*

I have to say that joining Frontrunners was the major catalyst. First, I started running the Thursday Fun Runs, then Saturday's. Slowly, I got to know more of you "fanatics."

Before I realized, the little marathon bug was once again out of the closet. After all, how can I still think I can't do it, knowing so many of you have done it, some even 10+ times per year, or four times in a row? By the way, I still think that's kind of crazy, albeit not so much now...

**And it turned out that the training was more fun than daunting. It was like a game.**

So there I was, signed up and training with the gang. And it turned out that the training was more fun than daunting. It was like a game. I was just doing what I had been doing – only now, a little more often, *see trying, p. 3*

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**Board Message**

**Living Proof** By Amy Ross

As I look around our group at Griffith Park on Saturday morning Fun Run, I am always pleased by the number of faces I do not know. Yes, yes, I'm sure some of it is my aging brain, but – truth is -- we are attracting increasing numbers of new participants. AND most of them return to become active Frontrunners. Naturally, I am always warmed by the faces I have seen for so many Saturdays over so many years. And, scientist that I am, I can now offer hard facts as to why that is so.

A recent study by James Fries, MD at Stanford University School of Medicine (Archives of Internal Medicine, August 2008) tracked 500 older runners for over 20 years. The so-called “elderly” runners had fewer disabilities, a longer span of good health, a more active life, and were half as likely as their non-running counterparts to die an early death.



Not surprisingly when Fries started his study in 1984, the prevailing thought was that vigorous, pavement pounding exercise would do seniors more harm than good. However, Fries postulated that “keeping the body moving” would actually shorten the period at the end of life that immobilizes sedentary people – the “compression of morbidity theory.” Having seen that in action -- with people in their sixties and seventies passing me on the last hill at the Firecracker 10K -- I am a firm believer. In fact, runners’ initial physical disabilities had an average onset of 16 years later than the non-runners. Further, this gap widened with time. The runners had fewer instances of cardiovascular, neurological, and infectious diseases, and fewer early cancer-related deaths than the non-runners. And what about the mantra of the sedentary, “You’re ruining your knees?” In a second study published in the American Journal of Preventative Medicine, Fries and his colleagues showed that running is not associated with higher rates of osteoarthritis or knee replacements.

And my personal observation of older runners: we seem to be more impervious to rain than our younger counterparts. So the next time you turn over and hit the snooze button one more time on a Saturday morning, remember these facts, lace ‘em up, and join your fellow Frontrunners for the best years of your life. No matter what your age.

*A special thanks to the young and vivacious Bernie Tan for bringing this study to my attention.*

<b>New Members</b>	Thomas Johansen John Schooler Allyne Winderman
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**LAFR Board Meeting Briefs**

**February 8 at Mark Jones’**

- Membership Renewal – Approximately 120 renewed. March 1 will be cut-off.
- Banquet Payment - All members except one has paid.
- Neighborhood Run - Coordinated by Patrick
- USC Dash for Cash - Mar 8. Everything is set up and no Active.com registration fee required
- Catalina Island – Mar 15 weekend. 16 have paid and 4 more are expected to do so. A total of 22 spaces are available
- Hamburger Mary - May 20
- Pride Run – Set for June 14. Possible change in staging location and other logistics.

**BIRTHDAY GIRLS AND BOYS**



Craig Brown	Mar 2	Felix Racelis	Mar 16
Richard Nelson	Mar 3	Areana Tate	Mar 19
Brian Kelly	Mar 3	Jonathan Toker	Mar 20
Juan Moreno	Mar 4	Lillie Werner	Mar 21
Deo Jaravata	Mar 7	Brian Dunbar	Mar 24
Robert Gould	Mar 7	Clayton Bullock	Mar 24
Ely Yaron	Mar 8	Brad Maury	Mar 26
Stephen Blaker	Mar 13	Henry Warren	Mar 29
Diane Abato	Mar 13	Allen Posten	Mar 30
Samantha Warner	Mar 14	Sue Roth	Mar 30

**LAFR FrontPage**

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Angus Kennedy, Carl Maravilla,  
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Angus Kennedy, John Yong, and  
Henri Faucher, *photographers*

**Los Angeles Frontrunners**

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Doris Chung, *treasurer*  
William Fang, *secretary*  
Mark Jones, Mike Kalvoda, and  
Patrick Owen, *directors at large*

*trying, from cover page*

trying to score a little more mileage every week. Being new to all the routes and distances also turned what could be monotonous into fun-fueled with a sense of achievement. After many of the Sunday Long Runs, I would return home thinking, "Man, that view was fantastic!" and/or "Wow, I just did my longest run ever!" Not to mention the Frontrunners' company, which made most of the distances feel shorter.

You would think all the excitement would culminate into a final blast on race day. Well, put it this way: we were really lucky to have witnessed what we could least possibly imagine of Death Valley – cold, gloom and rain. A lot of that. But as many of the dozen or so Frontrunners running the race said, from there it can only get better. And there'll surely be room for me to improve my PR. Each training and race will unfold new thrills and challenges. The question now: *what's* and *when's* next?



*John Yong and Mike Kerkman surprisingly happy at the race.*



*Kerkman and Yong showing off well deserved medals.*

## A GLASS Christmas

By Terry DeCrescenzo, GLASS Executive Director

Still struggling with the “holiday blues” or just recovering as the credit card bills arrive? If you are like most of us, you had a great time with family, friends and all the special memories holidays tend to produce. If you were, however, a foster kid living in a Group Home, winter vacation could have been a season of depression.

Thanks to the generosity of *Los Angeles Frontrunners*, for forty residents of GLASS, from six group homes scattered across the Southland, this possibility was averted. The Christmas Miracle of a day at Disneyland, complete with gift cards and spending money, helped to obliterate the loneliness of a season of scarcity -- a season left alone, with no family.

**“It was my first time ever at Disneyland.”**

“Disneyland was beautiful. They had this amazing water show where they, like, showed all the good and evil characters of the Disney movies on actual water fountains! And they even had fake snow--just like a real Christmas!” says Kessia, 18, her face breaking into a huge grin. “It was my first time ever at Disneyland.”

“It was a great trip — even if I did throw up after the Tea Cup Ride,” smiles Iris, 15, adding, “the weather stopped the fireworks, but they showered us with snow or, like, fake snow, made out of this foam... and it was beautiful.”

Fourteen year-old Anthony’s favorite ride was Space Mountain, but the “big old Christmas tree and the castles lit up beautifully” came in second. All the kids agreed that “It’s A Small World” -- done up in the best holiday decorations -- was a crowd pleaser, even if it didn’t hold the thrills of “Indiana Jones”.

Elizabeth, 15, explained, “We left at ten in the morning and didn’t come home until ten at night. It was tiring and freezing at night, but it was so worth it!”

We give thanks for the support and generosity received from Los Angeles Frontrunners this past holiday, without which we would not have been able to go to Disneyland. Frontrunners worked one Christmas Miracle. Maybe there’s another one possible to ensure that GLASS survives these treacherous financial times.

**LAFR RACE RESULTS**

**Carlsbad Marathon**

Carlsbad, CA 1/25

**Half Marathon**

Brian Kelly .....1:30:12

**Full Marathon**

Ely Yaron .....3:35:36 PR

**Surf City Marathon**

Huntington Beach, CA 2/1

**Half Marathon**

John McGuiness .....1:33:56

Ely Yaron .....1:35:02 PR

Margie Gonzales .....2:52:19

**Full Marathon**

Mark Johnson .....2:53:17 3rd 40-44

Ric Munoz .....3:29:37

Deo Jaravata .....3:51:55

**Death Valley Trail Marathon**

Death Valley, CA 2/7

**30K**

Carl Maravilla .....2:07:47 2nd OA  
1st 45-49

Jeff Lymburner .....2:25:50 3rd 45-49

Juan Moreno .....2:32:42 3rd 40-44

**Full Marathon**

Sean O'Brien .....3:12:04 1st 45-49

Bruce Bair .....3:35:11

Mike Murphy .....3:37:48 2nd 30-34

John McGuiness .....3:38:56 3rd 35-39

Mike Kerkman .....3:55:43

Jaason Engle .....3:56:51

Deo Jaravata .....4:09:55

John Yong .....4:19:14

Robb Briggs .....4:25:10

David Dassej .....4:47:47

**San Dieguito Half Marathon**

Rancho Santa Fe, CA 2/8

Margie Gonzales .....2:48:25

**Palm Springs Half Marathon**

Palm Springs, CA 2/15

Richard Nelson .....1:37:07 2nd 60-64

Margie Gonzales .....2:41:48

**Orange Curtain 50K/100K**

Cerritos, CA 2/21

**50K**

Deo Jaravata .....4:59:29

**100K**

Ric Munoz .....10:37:41 9th OA

**Firecracker 5K/10K**

Chinatown, CA 2/8

**5K**

Timo Valles .....22:02

**10K Women**

Kimberly Fairchild .....58:05

Amy Ross .....67:41

Christine Curtin .....71:18

Doris Chung .....71:22

Kristi Twilley .....72:07

Keeley Webster .....81:33

Cat White .....81:34

**10K Men**

Carlos Vizcarra .....38:24 1st 35-39

William Fang .....38:52

Richard Nelson .....45:02 1st 60-64

Patrick Owen .....46:23

Bernie Tan .....49:15

Ted Wyder .....49:40

Kurt Berg .....49:52

Ryan Bailon .....50:07

Eric Gilfand .....50:16

Bill Austin .....50:53

Dan Graham .....51:58

David Scheid .....53:09

Richard Peng .....53:09

Augie Robles .....53:35

Bill Winkelmann .....55:37

Doug Jones .....83:17



**San Dieguito Half**

**Margie Gonzales, 2/8**

This was a beautiful race. Situated just east of Solana Beach, north of San Diego, the San Dieguito Half Marathon is one of the oldest in the U.S. It's totally enclosed in the San Dieguito County Park in Rancho Santa Fe. LOTS of gentle rolling hills but the best part? At mile one, Queen Elizabeth was there to cheer on the runners! A lady of appropriate age was a dead ringer for Her Majesty. She was decked out in a typical grey suit with gloves, later donning a faux (I hope) fur coat to block the wind. She never broke character, waving and clapping and encouraging the runners. She was still there for us slowpokes on the way back! That's dedication. Triathlon gods Heather Fuhr (1:19) and Michellie Jones (1:25) also competed. My knees held up and that was all I could ask for!



**March Potlucks**

Silver Lake - Tuesday, March 17

at the home of Henry Ong

3431 Fernwood Ave.

Los Angeles, CA 90039

Westside - TBA

**TUESDAY  
NIGHT FUN  
RUN BACK TO  
GRIFFITH PARK  
ON  
TUESDAY,  
APRIL 7**

## LAFR GRAND PRIX SERIES STANDINGS as of 2/27

### 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
----------	-------	--------

#### MALE

1. Sean O'Brien	3	209.51
2. Deo Jaravata	3	184.96
3. Richard Nelson	2	154.68
4. Ric Munoz	2	148.65
5. Ely Yaron	2	131.43
6. John McGuiness	2	129.47
7. Bruce Bair	2	127.75
8. Jeff Lymburner	2	123.91
9. Mike Murphy	2	120.21
10. Mark Johnson	1	81.93

#### FEMALE

1. Margie Gonzales	4	194.09
2. Kimberly Fairchild	1	54.89
3. Amy Ross	1	54.64
4. Doris Chung	1	47.99
5. Christine Curtin	1	45.91
6. Kristi Twilley	1	43.57
7. Keeley Webster	1	38.53
8. Cat White	1	38.07

#### RACEWALK

1. Deo Jaravata	1	60.27
2. Doug Jones	1	51.05

### 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).

Division	Races	Points
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1. Sean O'Brien	3	299.51
2. Jeff Lymburner	2	178.91
3. Mike Murphy	2	170.21
4. Bruce Bair	2	167.75
5. Deo Jaravata	2	144.96
6. Carl Maravilla	1	134.01
7. Jonathan Toker	1	113.91
8. Juan Moreno	1	92.84
9. John McGuiness	1	92.77
10. Reg Willson	1	83.43

FOR FULL STANDINGS, VISIT  
[WWW.LAFRONTRUNNERS.COM](http://WWW.LAFRONTRUNNERS.COM)

SEND RACE RESULTS TO:  
[LAFRONTRUNNERS@GMAIL.COM](mailto:LAFRONTRUNNERS@GMAIL.COM)

## Griffith Park Fun Run, Saturday, Feb 28



### AGE GROUP TOP 3

Division	Races	Points
----------	-------	--------

#### Female 30-39

1. Cat White	1	100
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#### Female 40-49

1. Kimberly Fairchild	1	100
2. Christine Curtin	1	90
3. Doris Chung	1	80

#### Female 50-59

1. Margie Gonzales	1	115
2. Amy Ross	1	100

Division	Races	Points
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#### Male 20-29

1. Ryan Bailon	1	100
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#### Male 30-34

1. Jonathan Toker	1	150
2. William Fang	1	100
3. David Scheid	1	90

#### Male 35-39

1. Carlos Vizcarra	1	115
2. Ted Wyder	1	90
3. Richard Peng	1	80

#### Male 40-44

1. Bruce Bair	1	125
2. Bernie Tan	1	100
3. Kurt Berg	1	90

#### Male 45-49

1. Sean O'Brien	1	125
2. Jeff Lymburner	1	115
3. Patrick Owen	1	100

#### Male 50-54

1. Bill Austin	1	100
2. Dan Graham	1	90
3. Doug Jones	1	80

#### Male 55-59

1. Bill Winkelmann	1	100
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#### Male 60+

1. Richard Nelson	1	115
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**MEMBER SPOTLIGHT: In Their Shoes**

**An LAFR Stroll with Peng**

**Richard -- Straight-Up**

- \* Registered Clinical Exercise Physiologist; 36
- \* Into graphic art/design ("... things that need to be developed and planned.")
- \* Years as LAFR: 8

**Richard -- Look Closer**



\* (As his friends put it): "Friendly... gets along with everyone. Too attached to my family (part of my culture -- it's not that bad)."

\* (His ideal next 10 years:) "Own a home. Run a business in the healthcare industry. Get my CDE (aiming for next year). And be happy."

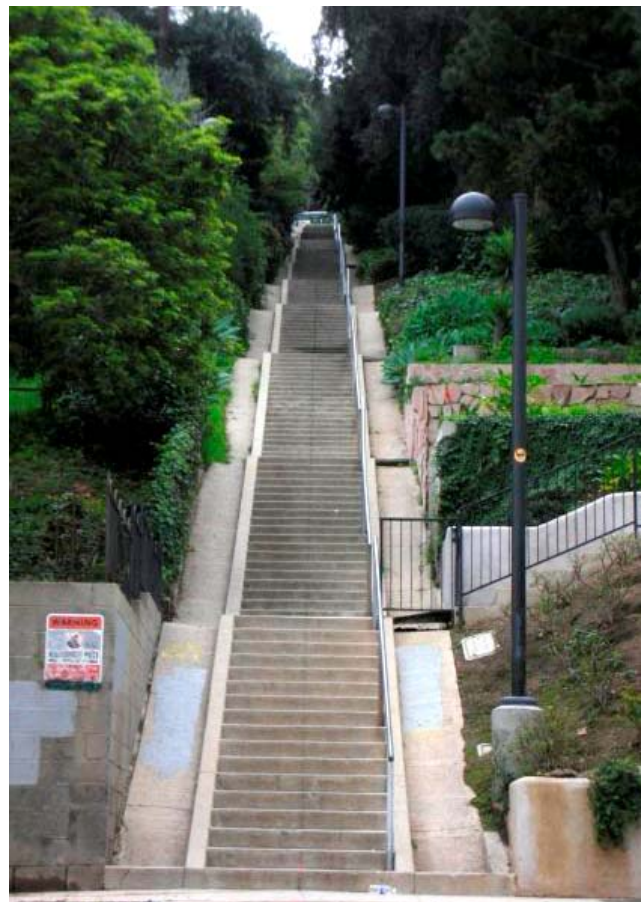
**Richard -- Looking Back**

- \* Accomplishments: "My MBA."
- \* Best race/why: "San Diego Rock 'n' Roll Marathon. There was an overcast up to mile twenty, music at every mile... and I got my PR."
- \* Worst race/why: "The marathon at the Gay Games in Australia. It was hot as hell, and I had to complete four loops - - I only did three. ... I stopped at the top of the third hour."

**Richard -- Looking Ahead:**

- \* Wildly optimistic running goal: "Running up Mt. Baldy next to Sean O'Brien."
- \* Personal training tips: "Run, weight train... and stretch."
- \* ("I love runners/walkers who...") "Don't hog the road -- unless they are a nice view to look at."
- \* Favorite quote: "Whatever."

**Santa Cruz Island Trip  
Sunday, May 24, 2009  
See insert for details!**



*LA Fronrunner Stairway to Heaven? The April issue of FrontPage will recount of our fabulous new event: running of all the stairs in Echo Park and Silver Lake*

Robb,  
John, and  
Mike  
after  
running  
the Death  
Valley  
Trail  
Marathon  
more pix  
on pg 7



**Highlights of Running at the Lowest Point in the Western Hemisphere**

LOS ANGELES FRONTRUNNERS



*Death Valley Trail Marathon and 30K. Death Valley gets 1.5" rain/year - apparently all on Race weekend.*



*My Muddy Valentine, Part One.*



*Fast guys: John, Bruce, Sean and Mike*



*Jaason Engle shows off his medal*

**Death Valley  
Trail  
Marathon &  
30K**

**Saturday,  
February 7**



*Robb's expression at the finish of his 30K race speaks for all of the runners.*



*We are everywhere: our gang with overall female marathon winner--a London Frontrunner! In this photo: David Dassey, Deo Jaravata, Michio, John Yong, Michael Murphy, Mike Kerkman, Allen Posten, Jaason Engle, Bruce Bair, Robb Briggs, Juan Moreno, John Mc Guinness, and Sean O'Brien.*

FrontPage MARCH, 2009

# Santa Cruz Island Day Trip

Did you know that in addition to beautiful Santa Catalina Island, there are eight Channel Islands off the coast of California? Five of those islands make up Channel Island National Park – Anacapa, Santa Rosa, San Miguel, Santa Barbara, and Santa Cruz.

As the largest Channel Island, Santa Cruz has just about everything – towering mountains, lush valleys, sandy beaches, and more importantly, miles and miles of running trails to see it all! And there's



no better time to visit the island than spring when the hills are green and the wildflowers are in full bloom.

Join us Sunday, May 24, for the club's inaugural trip to the island. We'll leave from Oxnard at 9 AM and return that afternoon at 3 PM. That gives us about 4 hours to run, hike, swim, or just relax. Sean will map out trail runs/walks of varying distances and lunch will be provided by the club.

**Date:** Sunday, May 24  
**Depart:** Leave from Oxnard at 9:00 AM; arrive Santa Cruz Island at 10:00 AM  
**Return:** Depart from the island at 3:00 PM; arrive back in Oxnard at 4:00 PM  
**Cost:** \$48 (includes roundtrip boat ticket and lunch)



**Sales are FIRST COME FIRST SERVED. We have purchased 19 tickets. There are no returns or refunds. Fill out form & mail with your check.**

## Santa Cruz Island Reservation Form

Name \_\_\_\_\_ E-Mail \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

**Roundtrip Boat Ticket & Lunch - Sunday, May 24**

# of tix \_\_\_\_\_ x \$48 = \_\_\_\_\_

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

Grand Total = \_\_\_\_\_



# LAFR Summer at the Hollywood Bowl - 2009

**Adele with the H'wd Bowl Orchestra-KCRW World Festival,  
Sunday, June 28, 2009, 7:00 PM**

2009 Best New Artist Grammy Award-winner and BRIT Award-winner Adele is often compared to Ella Fitzgerald and Etta James, but the 20-year-old British superstar's astonishingly powerful and beguiling voice is, in fact, incomparable, and has earned her immense critical acclaim and a place on top of the charts.

**Ticket Price: \$27 / Our Seats: Section F2**



**Natalie Cole**

**Wednesday, July 15, 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.

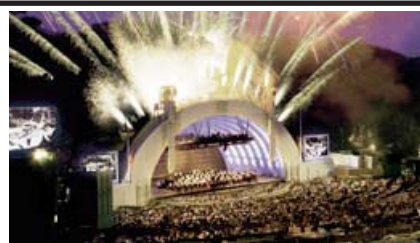
**Ticket Price: \$16 / Our Seats: Section L1**

**Tchaikovsky Spectacular With Fireworks**

**Saturday, August 15, 2009, 8:30 PM**

Tchaikovsky and fireworks – the perfect Hollywood Bowl match. Our annual spectacular features the great Russian composer's beloved Piano Concerto No. 1, plus the 1812 Overture, complete with cannons and pyrotechnics to light up the sky.

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



**The Big Picture**

**Sunday, September 6, 2009, 7:30 PM**

The thrilling tradition of extraordinary movie music played live-to-picture on the Bowl's big screen continues at our annual concert celebrating the very best in film.

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

**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 \_\_\_\_\_

**Adele - KCRW** Sunday, June 28, 7:00 PM # of tix \_\_\_\_\_ x \$27 = \_\_\_\_\_

**Natalie Cole** Wednesday, July 15, 8:00 PM # of tix \_\_\_\_\_ x \$16 = \_\_\_\_\_

**Tchaikovsky Fireworks** Saturday, August 15, 8:30 PM # of tix \_\_\_\_\_ x \$28 = \_\_\_\_\_

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

Make check to: Los Angeles Frontrunners Grand Total = \_\_\_\_\_

2870 Los Feliz Place, PMB #229

Los Angeles, CA 90039

# Treasurer's Report

## February 2009

This month's primary revenues include membership dues and banquet fees; expenses consist of club Insurance, an official club camera, and operational costs

Questions? Please contact Doris Chung at [lafronrunners@gmail.com](mailto:lafronrunners@gmail.com)

LAFR Balance: February 1, 2009 \$4026.77

### February 2009 Revenues

Membership Dues	\$2190.00
Donations	\$195.00
Banquet Fees	\$2640.00
Catalina Fees	\$1350.00
GLASS donations from LAFRs	\$772.22
Annual Meeting Refund	\$100.00
<b>Total Revenues</b>	<b>\$7247.22</b>

### February 2009 Expenses

Constant Contact	\$27.50
Newsletter	\$144.68
Storage	\$90.00
Snacks/Drinks-Book Club/Stairs	\$115.45
Club Insurance	\$1187.00
B of A acct. fee	\$13.00
PO Box	\$24.00
Stamps	\$42.00
Club camera	\$221.89
<b>Total Expenses</b>	<b>(\$1865.52)</b>
<b>February 2009 Net Profit/(Loss)</b>	<b>\$5381.70</b>

LAFR Balance: March 1, 2009 \$9408.47

## 2009 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 Frontrunners Track Club of Greater Los Angeles ("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 members' information will be printed in the Club Roster. Do you want your address, telephone number, and email address released to other LA Frontrunners?	Yes [ ]	No [ ]
Newsletters are mailed out monthly, would you prefer an electronic (.pdf) copy?	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 PI, PMB # 229 Los Angeles, CA 90039
Individual \$25	Dues:	
Couples in Same Address \$35	Donation:	
Student/Limited Income \$15	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: 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**  
**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: Jeffrey/Mark**

**THURSDAY**  
**Pasadena**  
**6:30 P.M.**

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

**Hosts:**  
**Mike/Bernie/William**