

FrontPage

Fall Events, Gay Games & More

Girrrll, that was one long race.....



see page 7

Jane Wins 4 Golds at Gay Games



see pages 6 & 7

LAFR Moonlight Run #2 Thursday, September 23, 8:00 PM

Join us for a second full moon trail run in Griffith Park on Thurs., Sept. 23, at 8:00 PM. Start time is a half hour earlier this time!



We'll start at Mulholland Fountain at the corner of Los Feliz & Riverside. Run is 9.5 miles out and back to the top of Mt. H'wd so you turn around when you choose.

Best place to park is on Los Feliz Blvd near the fountain (no restrictions). Both Riverside Dr and the small lot by the tennis courts have restrictions and/or close early.

We'll stop at the Observatory (a water stop and beautiful at night). Afterwards, we'll grab a late dinner/snack. **IMPORTANT:** You may want to bring a headlamp/flashlight if you struggle with night vision!

LAFR Silver Lake Stairs Run/Walk Saturday, October 9, 8:00 AM

Join us on Saturday, October 9th for our 2nd Annual "LAFR Stair Run", only this time we'll be running all the #@&*! stairs of Silver Lake! There are 40 public staircases in Silver Lake (sadly, two are now closed off) ranging from the easy, 5-step Rotary staircase to the thigh-busting, 154-step Landa staircase. Along the way we'll pass a variety of L.A. landmarks such as the 132-step "Music Box" stairs used in a 1932 Laurel and Hardy movie (yes, we'll be running up those too), the 22,000 sq. ft. Canfield/Moreno estate at the top of Micheltorena St, John Lautner's Silvertop House, not to mention the stunning Kerkman/Shiramizu manse, as well as great views of the lake, downtown, and the surrounding mountains.

continued-see Silver Lake Stairs on page 4

Membership News

BIRTHDAY BOYS AND GIRLS

• Ann MacMurray	9/1	• Tom Carmichael	9/11
• Tanya Haney	9/1	• Al Garcia	9/14
• John Yong	9/1	• Eric Otero	9/16
• Phil Lelyveld	9/2	• Craig Kaner	9/19
• Julian Diaz	9/2	• Kurt Berg	9/20
• Enrique Rosa	9/3	• Bruce Bair	9/21
• Mick Caruso	9/3	• Crystal Guerrero	9/22
• Eric Gober	9/4	• Mark Anton	9/23
• Johnny Wong	9/6	• Patrick Owen	9/23
• David Guo	9/7	• Helena Gaeta	9/24
• Alvin Magpantay	9/8	• Richard West	9/30
• Mike Kerkman	9/8	• Geoff Buck	10/1
• Allyne Winderman	9/9	• William Korthof	10/1
• Michael Murphy	9/10	• Donnie Broxson	10/2

San Luis Obispo trip: Sean on his way to a 2nd place overall finish in the Montana de Oro 50K



AUGUST BOARD MEETING HIGHLIGHTS

- Board meeting took place at Piyush's pad in Santa Monica on Saturday, August 7th
- Book club will be pushed until later this fall, due to a full calendar of events, activities and programs over the summer and early fall
- Final preparations for the trip to Madonna Inn were addressed
- Final preparations for LAFR hosting one of the beer stations at Sunset Junction were addressed
- Moonlight run for August 24th scheduled at Griffith Park and Sean Kennedy is the organizer. If the event is a success will schedule similar runs, since the timing is later in the evening, more members can join the fun
- Chili Cook-off scheduled for Sunday, October 10th at Rusty Millar's house
- Vegetarian Cook-off scheduled for Saturday, October 30th at Mark Jones and Brad Maury's house
- Beach Day scheduled for the Labor Day weekend on Saturday, September 4th and Piyush will be organizing the event. Will include food and drinks for members that plan to attend after the Saturday run at the beach
- George Takei will be speaking at the Autry Museum on Sunday, September 19th
- The September board meeting will be held at Patrick's house on Saturday, the 11th
- Considered raising membership dues, since they haven't been raised in a number of years. However, due to the economy it was decided to defer raising membership dues until the 2012 membership year
- Since membership dues are so low, there will not be a low-income membership dues option for this coming year
- Additional hoodies and team apparel were ordered to fill in gaps and will be available shortly through the online store

SEPTEMBER POTLUCKS

- Westside - Wednesday, 9/15, at the picnic tables in Ocean Park just north of where we meet in Santa Monica
- Griffith Park - Tuesday, 9/21, at the Ranger Station diagonally across from where we meet in Griffith Park

NEW MEMBERS

During August, we had a number of new members including: Julian Diaz, David Wilcox, Stuart Falk, Verity Grover, Aurora Flores and Eddie Kohler. Welcome!

Ari, Regina, Juan & Robb at the Pride of the Valley 5K in August



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
William Fang, Treasurer
Piyush Prakash, Secretary
Christine Curtin, Mark Jones,
Carl Maravilla, John
McGuinness and Bryan Prado,
Directors at Large

LAFR FrontPage
Layout: Bryan Prado
Member News: Mark Jones
Results: Angus Kennedy
Treasury: William Fang

Other Contributors and
Photographers include:
Mike Murphy, Henri Faucher,
Carl Maravilla, Richard
Nelson, Nelson Lee, Ted
Wyder, Robb Briggs, Allen
Posten, Margie Gonzales,
David Dassey, Deo Jaravata,
Mike Kerkman, Sean O'Brien

UPCOMING EVENTS



September Potlucks

- Wednesday, September 15 – Westside Potluck after fun run at picnic tables in park just north of run site
- Tuesday, September 21 – Griffith Park Potluck after fun run at picnic tables by ranger station

- Sunday, September 19
LAFR Live!
2:00 PM George Takei at
The Autry Museum
6:30 PM Leap of Faith at
The Ahmanson
Info on pages 4 & 5



- Thursday, September 23
LA Frontrunners Moonlight Run #2
at Griffith Park
Hosted by Sean O'Brien
Meet at Mulholland Fountain at the
corner of Los Feliz/Riverside
8:00 PM
Late dinner afterwards, info on page 1



Grand Prix Races

- Sunday, September 12 – GRAND PRIX: Santa Monica 5K/10K
- Sunday, September 19 – GRAND PRIX: Playa del Run 5K
- Saturday, September 25 – Sing-a-long Sound of Music, H'wd Bowl
- Tuesday, October 5 – Tuesday Night Fun Run BACK to Silver Lake
 - Saturday, October 9 – Silver Lake Stairs
 - Sunday, October 10 – Annual Chili Cook-off at Rusty's

LAFR RACE RESULTS**Xterra Lake Las Vegas Half**

Las Vegas, NV 4/24

Jonathan Toker.....1:21:03 2nd OA
1st 35-39**Xterra Malibu Creek 22K**

Los Angeles, CA 5/8

Jonathan Toker.....1:40:15 3rd OA
1st 35-39**Palos Verde Half Marathon**

Palos Verde, CA 5/15

Margie Gonzales.....2:38:21

Run for Rosanna 5K

Lake Balboa, CA 7/24

Margie Gonzales.....33:37 2nd 55-59

Run the Beach Marathon

Huntington Beach, CA 7/31

HalfStephanie Stone.....2:17:20 3rd OA
1st 50-54**Full**Ric Munoz3:49:08 2nd OA
1st 50-54**Pride of the Valley 5K**

Baldwin Park, CA 8/7

Robb Briggs21:04
Juan Moreno21:40
Regina Robinson.....37:17
Areana Tate.....42:31 RW**Helsinki Marathon**

Helsinki, Finland 8/14

Deo Jaravata.....4:35:12

Hansen Dam Sprint Triathlon

Lakeview Terrace, CA 8/15

Margie Gonzales.....1:55:00 3rd 55-59

America's Finest City Half Marathon

San Diego, CA 8/15

Bill Walsky.....2:58:07 PR

Dos Amigos Half Marathon

Huntington Beach, CA 8/15

Stephanie Stone.....2:08:35 2nd 50-54

Montana de Oro Trail Races

San Luis Obispo, CA 8/15

8KMick Caruso39:48 2nd 45-49
Patrick Owen.....41:20 1st 50-54
Henry Jung.....65:30**12K**Angus Kennedy.....1:10:37 1st 40-44
Robb Briggs1:24:01 3rd 40-44
Mark DeAngelis.....1:27:13 2nd 45-49**25K**Reg Willson2:35:55 2nd 50-54
Richard Peng2:56:31**50K**Sean O'Brien.....4:46:28 2nd OA
1st 45-49**Bulldog Trail Races**

Los Angeles, CA 8/21

25KEly Yaron.....3:02:51
Margie Gonzales3:56:15**50K**

Sean O'Brien.....4:29:27 1st 45-49

Jet to Jetty 10K

Los Angeles, CA 8/21

Richard Nelson42:18 1st 60-64
Patricia Bates.....52:10 1st 60-64
Regina Robinson1:18:44**Angeles Crest 100 Mile**

Los Angeles, CA 8/27-28

Mike Murphy29:27:55

USATF Road Mile Championships

Irvine, CA 8/29

RaceWalk MileJuan Moreno.....9:41.1 10th OA
3rd Masters**Longford Marathon**

Longford, Ireland 8/29

Half

Doug Jones2:55:48 RaceWalk

Full

John McGuinness3:20:29



One Man's Journey: A Conversation with (LAFR!) George Takei

A hero to science fiction fans and the Asian community alike, George Takei is an actor, writer, and activist who earned his place in pop culture history as Hikaru Sulu, helmsman of the Starship Enterprise. He was a spokesman for the HRC's Coming Out Project. On his nationwide speaking tour, "Equality Trek," he talked about his life as a gay Japanese American. A native Angeleno, his life has been a personal journey along the sweeping saga of CA history.

Sunday, Sep 19, 2010

2:00 pm - 3:30 pm

Wells Fargo Theater, Autry
Museum, Griffith Park

Free with museum admission

Silver Lake Stairs from Page 1

The run/walk will be divided into two loops, starting and finishing at the Silver Lake Rec. Center. The first loop is 6 miles and takes in 18 staircases on the east side of the lake. The second loop is 9 miles and takes in the other 20 staircases on the west side of the lake. You can choose to do one or both loops, but we recommend you do both so you say "I ran all the #@&*! stairs of Silver Lake!"

Maps and directions will be provided, so hopefully no one will get lost (Christine, Doris). And what LAFR event would be complete with food! Join us after the run for a potluck breakfast on the lawn at the Rec Center.

GRAND PRIX STANDINGS**CHAMPIONS RACE** *as of 9/1*

The Champions Race determines overall male and female Grand Prix 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	483.43
2. Carlos Vizcarra	6	475.10
3. Sean O'Brien	6	427.64
4. Reg Willson	6	424.94
5. Patrick Owen	6	424.61
6. Mike Kerkman	6	403.67
7. Bernie Tan	6	388.66
8. Angus Kennedy	6	386.56
9. Ely Yaron	6	382.65
10. Ted Wyder	6	380.93

FEMALE

1. Patricia Bates	6	478.20
2. Stephanie Stone	6	369.23
3. Margie Gonzales	6	315.45
4. Jane Dods	4	298.35
5. Christine Curtin	6	298.12
6. Regina Robinson	6	256.37
7. Amy Ross	2	121.63
8. Allyne Winderman	1	75.04
9. Diane Abato	1	65.79
10. Jacqueline Vogel	1	65.10

RACEWALK

1. Deo Jaravata	6	367.31
2. Doug Jones	6	345.52
3. Areana Tate	4	191.77
4. Juan Moreno	2	123.31
5. Connie Hammen	1	60.44

TRAILMASTER RACE

The TrailMaster Race is a combination age-graded/points accrual competition that will determine the club Trail Running Champion.

Athlete	Races	Points
1. Sean O'Brien	5	552.77
2. Jonathan Toker	4	477.66
3. Robb Briggs	4	290.05
4. Jeff Lyburner	3	244.79
5. Mike Murphy	3	239.14
6. Wadley	2	223.25
7. Ryan Timmreck	3	210.80
8. Stephanie Stone	3	210.54
9. Deo Jaravata	2	197.30
10. Andrew Wissmiller	2	164.63

**TO REPORT RACE RESULTS, PLEASE
USE THE RACE REPORTING TOOL ON
THE GRAND PRIX PAGE AT
WWW.LAFRONTNUNERS.COM**

AGE GROUP MEN

Division	Races	Points
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Male 20-29

1. John Yong	3	325
2. Ryan Bailon	3	320
3. Luis Aguilar	2	270
4. Thomas Ader	2	265
5. Piyush Prakash	2	245

Male 30-34

1. Mike Kerkman	6	730
2. Wadley	5	650
3. Dan Vu	4	390
3. William Korthof	3	325
4. Jonathan Toker	2	300

Male 35-39

1. Ted Wyder	6	675
2. Ely Yaron	6	590
3. Brad Maury	5	535
4. Mike Smith	6	520
5. Carlos Vizcarra	4	515

Male 40-44

1. Angus Kennedy	6	710
2. Robb Briggs	6	685
3. Bernie Tan	6	680
4. Frank Jacoy	4	345
5. Timo Vallez	3	325

Male 45-49

1. Deo Jaravata	6	715
2. Mark Jones	5	565
3. Sean O'Brien	4	520
4. Juan Moreno	4	455
5. Paul Jacoy	3	300

Male 50-54

1. Reg Willson	6	715
2. Patrick Owen	6	700
3. Doug Jones	5	480
4. Jeff Lyburner	3	350
5. Carl Maravilla	2	240
Henri Faucher	2	240

Male 55-59

1. David Dassey	6	730
2. Bill Winkelmann	6	665
3. Bill Walsky	6	620
4. Jim Martinez	6	615
5. Dan Graham	5	505

Male 60+

1. Richard Nelson	6	750
2. Eric Fischer	2	240
3. Al Miller	2	230
4. Richard West	2	220

**World Premiere of
LEAP OF FAITH**

Join LAFR for the spectacular new Broadway bound musical, Leap of Faith, based on the Steve Martin movie, starring Brooke Shields and Raul Esparza.

Sunday, September 19 at 6:30 p.m.

\$35 rear balcony

\$49 discounted rear orchestra

\$90 orchestra

You must buy your own tickets through the Center Theatre Group website at centertheatregroup.org or by calling 213-972-4400. For the \$49 discounted tickets use the promo code "miracle" or mention that if you are calling to buy your tickets.

AGE GROUP WOMEN

Division	Races	Points
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Female 20-29

1. Jacqueline Vogel	1	150
2. Laura Coffey	1	100

Female 30-39

1. Cat White	1	100
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Female 40-49

1. Christine Curtin	6	665
2. Regina Robinson	6	650
3. Areana Tate	4	400
4. Kimberly Fairchild	1	125
5. Keeley Webster	1	80

Female 50-59

1. Stephanie Stone	6	785
2. Margie Gonzales	6	700
3. Amy Ross	2	240
4. Diane Abato	1	135

Female 60+

1. Patricia Bates	6	735
2. Jane Dods	2	230
3. Connie Hammen	1	125

GAY GAMES COLOGNE

GAY GAMES RESULTS

Road Races & Triathlon

5K

Mike Kerkman	18:33	PR
Ted Wyder	20:11	PR
Dan Vu	22:54	PR
Kevin Shiramizu	22:54	PR
Mike Smith	23:12	
Bill Winkelmann.....	24:17	PR
Albert Giang	24:38	PR
Paul Williams.....	25:06	
Henri Faucher	26:18	PR
David Guo	27:03	PR
Guillermo Jaimes	27:29	
Jane Dods	31:49	Gold 75-79

10K

Mike Kerkman	39:35	
Richard Nelson.....	43:41	Gold 60-64
Ted Wyder	45:03	
David Dassey	47:35	
Kevin Shiramizu	47:49	PR
Dan Vu	48:53	
Mike Smith	49:23	PR
Bill Winkelmann.....	49:39	
Deo Jaravata.....	50:03	
Albert Giang	55:34	PR
Henri Faucher	56:15	PR
Guillermo Jaimes	61:45	
Jane Dods	65:35	Gold 75-79

Half Marathon

Ted Wyder	1:38:39	PR
Freddie Diaz.....	1:49:34	
Bill Winkelmann.....	1:50:31	PR
Dan Vu	1:53:31	
Mike Smith	1:59:22	

Full Marathon

David Dassey	4:01:35	Gold 55-59
Deo Jaravata.....	4:09:58	

Triathlon

Sprint Distance Triathlon

Brian Dunbar	1:43:43	
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Olympic Distance Triathlon

Carlos Vizcarra.....	2:23:25	Bronze 35-39
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Andrew collected two track medals



Freddie & Mike after the half marathon



Carl & Henri at Opening Ceremonies

GAY GAMES RESULTS

Track & Other Sports

4 x 400 Relay Final

Team Los Angeles.....	3:44.99	Bronze 30-34
Carlos Vizcarra		
Andrew Gonzalez		
Dorian Dixon		
John Garratt		

**division determined by age of youngest relay member*

200 Meters Final

Jane Dods	47.03	Gold 75-79
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400 Meters Final

Jane Dods	1:47.89	Gold 75-79
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400 Meters Qualifying Heats

Richard Nelson.....	76.96	2nd 60-64
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**qualified for final but did not run*

800 Meters Qualifying Heats

Carlos Vizcarra.....	2:13.27	2nd 35-39
Andrew Gonzalez.....	2:20:19	2nd 40-44

800 Meters Finals

Carlos Vizcarra.....	2:09.58	Bronze 35-39
Andrew Gonzalez.....	2:11.21	Silver 40-44

1500 Meters Finals

Andrew Gonzalez.....	4:43.49	4th 40-44
Carl Maravilla	5:02.59	4th 50-54

5000 Meters RaceWalk Final

Deo Jaravata.....	32:48.09	Silver 45-49
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5000 Meters Finals

Carlos Vizcarra.....	17:09.56	5th 35-39
Deo Jaravata.....	23:58.74	13th 45-49
Richard Nelson.....	21:05.62	Bronze 60-64

Softball

Andrew Gonzalez	4th
(LA Spartans)	

Beach Volleyball

Nelson Lee	Bronze
(Team Lee)	

Recreational Table Tennis

David Guo	Men's Singles	Silver
David Guo	Mixed Doubles	Bronze
David Guo	Team	Bronze



Murph Conquers AC 100

Mike Murphy added a second 100 Mile Race to his resume by completing the Angeles Crest 100 Mile Endurance Run in late August. The AC 100 is one of the toughest trail runs around. There is 21,610 feet total elevation gain, 26,700 feet total loss, resulting in 48,310 feet total elevation change....and oh yeah, it's 100 miles. Sean paced Mike the last 25 miles and a group of LAFRs came out to cheer him thru the finish. He was tired, but still smiling after a fantastic race. Way to go, Mike!



More Gay Games

Left: David Guo & Nelson Lee enjoy their medals

Below left: LAFRs at Opening Ceremonies

Below right: BFF's Kevin & Dan battle to the bitter end in the 5K. The race was chipped and they both finished in EXACTLY the same time, to the tenth!!!





MEMBER SPOTLIGHT: In Their Shoes

An LAFR Stroll with Ted Wyder

Ted -- Straight - Up

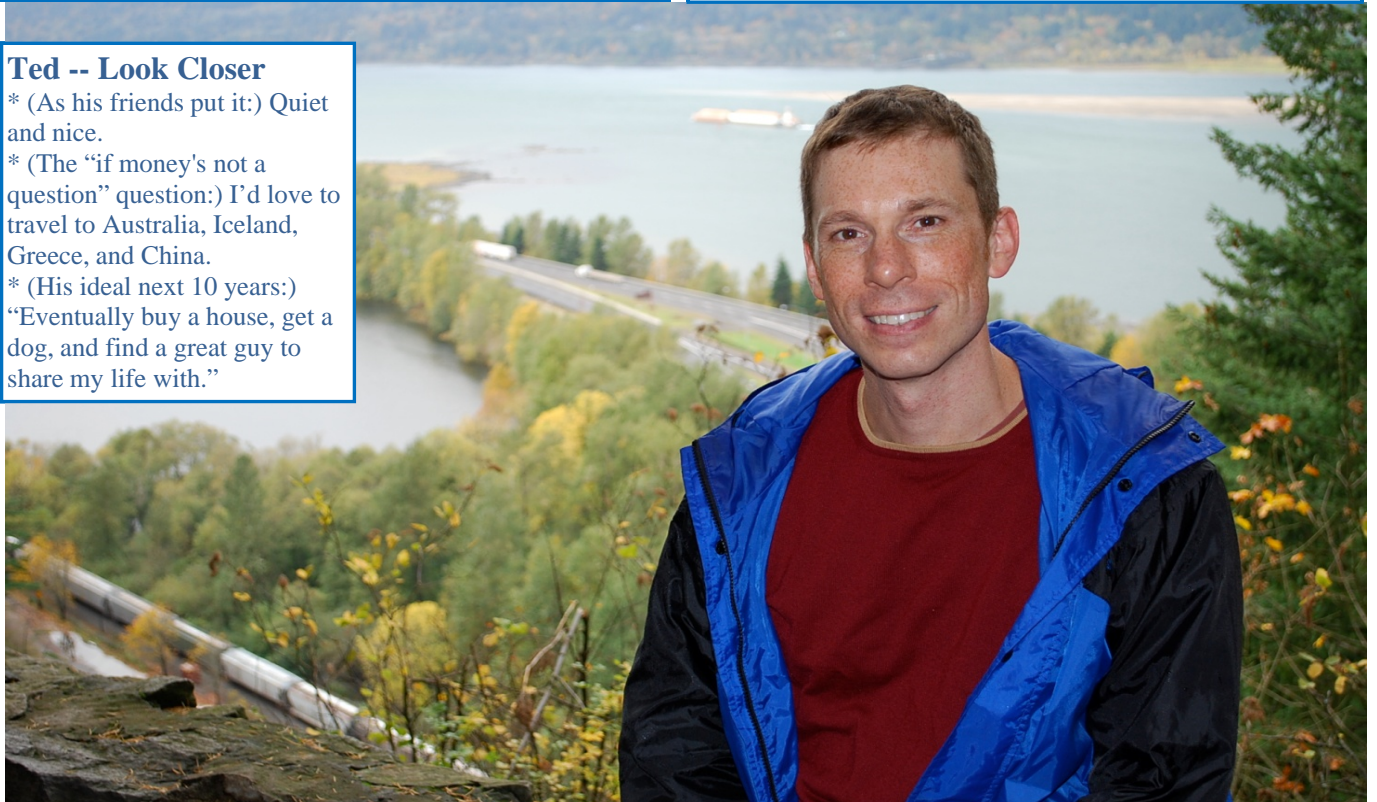
- * Astronomer, 37 years old
- * Family: My parents, Greg and Gelaney, and my younger sister Melanie.
- * Hobby: Playing the cello in the Caltech/Oxy Orchestra, hiking, going out to dinner with friends, going out to movies, museums
- * Years as a LAFR: About two years

Ted -- Looking Backward

- * Average Weekly Mileage (last 12 months): 25 miles
- * Favorite distance/PR: 10K, PR 43:56 at Long Beach Pride 2010
- * Most memorable running experience: Finishing my first half marathon this past February in Pasadena
- * Favorite place to run/walk: Griffith Park with Frontrunners, especially the Sean O'Brien special runs.

Ted -- Look Closer

- * (As his friends put it:) Quiet and nice.
- * (The "if money's not a question" question:) I'd love to travel to Australia, Iceland, Greece, and China.
- * (His ideal next 10 years:) "Eventually buy a house, get a dog, and find a great guy to share my life with."



Ted -- Looking Forward

- * Personal training tips: Be sure to stretch and remember to have fun!
 - * Lifetime running/walking goals: Run more half marathons and otherwise just continue to enjoy running.
 - * Favorite quote: "Extraordinary claims require extraordinary evidence." – Carl Sagan
- Advice for the club: I really like how the club is very active and constantly has both running and social activities going on. All I can say is keep doing what you're doing!

2010 Treasurer's Report for July and August

LAFR Balance 7/1/2010	\$ 12,964.89 (corrected)	LAFR Balance 8/31/2010	\$ 13,117.43
<u>July-August 2010 Revenues</u>		<u>July-August 2010 Expenses</u>	
Pride Run	\$ 3,011.00	Pride Run	\$ (2,557.00)
New York Marathon Trip	\$ 1,201.60	New York Marathon Trip	\$ (199.92)
Grand Canyon	\$ 749.00	Hearst Castle	\$ (329.00)
Uniform	\$ 879.00	Uniform	\$ (1,914.83)
Newsletter, Operational	\$ -	Newsletter, Operational	\$ (353.84)
Grand Canyon	\$ 109.54	Grand Canyon	\$ (560.33)
Fundraising (Sunset Junction)	\$ 633.00	Fundraising (Hamburger M)	\$ (65.68)
Hollywood Bowl	\$ 44.00	Hollywood Bowl	\$ (221.00)
<u>Membership</u>	<u>\$ 450.00</u>	<u>Death Valley, Catalina 2011</u>	<u>\$ (723.00)</u>
Total Revenues	\$ 7,077.14	Total Expenses	\$ (6,924.60)
Net Profit/(Loss)	\$ 152.54		



LAFR Annual Chili Cook-Off X
Sunday, October 10, 4:00 PM at Rusty's
850 Micheltorena St., LA, 90026

Entrants must arrive by 4:00 PM!!

Categories:

Cornbread

Meat Chili with beans

Meat Chili no beans

Vegetarian Chili

Best Chili Pot/Presentation
and other special awards

LAFR Vegetarian Cook-Off II

Saturday, Oct. 30, 4:00 PM at Brad & Mark's
4166 Verdugo View Drive, LA, 90065

Entrants must arrive by 4:00 PM!!

Categories:

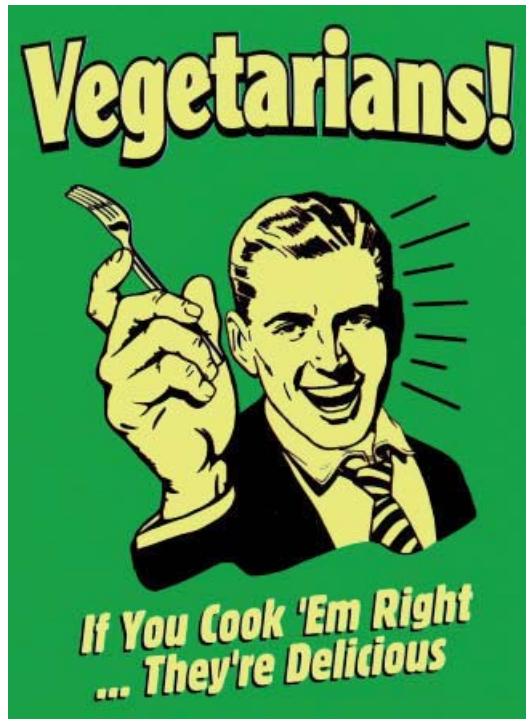
Veggie 101: Welcome to Vegetarianism! Any vegetarian dish that does not include tofu but CAN include faux meat (dairy products/eggs allowed, no meat or meat products).

Who Knew Tofu Could Taste So Good:

Vegetarian dish with tofu (dairy products/eggs allowed, no meat or meat products).

William Korthof Stage 5 Vegan: Vegen side or main dish (no animal products at all - no dairy products, no eggs/cheese, no meat/meat products, no honey/gelatin).

Mike Kerkman Vegan Dessert: Our 2009 Best in Show came from this category. Same rules as above (no animal products at all - no dairy products, no eggs/cheese, no meat/meat products, no honey/gelatin).



Don't Forget!
Tuesday Night
Fun Run back to
Silver Lake on
October 5



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

WEEKLY FUN RUNS

<p>SATURDAY Griffith Park 8:00 A.M. Meet at the flag pole across from Ranger Station at 4730 Crystal Springs Dr. Hosts: Amy/Patrick</p>	<p>SATURDAY Santa Monica 8:00 A.M.(1st Sat of month only) Meet in Palisades Park at Ocean & San Vicente at Millennium Plaque. Host: Bruce</p>	<p>SUNDAY Long Run 7:00 A.M. Various distance long runs on roads and/or trails at various SoCal locations. Hosts: Sean/Bruce</p>	<p>MONDAY West Hollywood 6:30 P.M. Meet in parking lot by basketball courts in West Hollywood Park 647 N. San Vicente Blvd. Hosts: Todd/Wadley</p>	<p>TUESDAY Griffith Park 6:30 P.M. Meet at the flag pole across from Ranger Station at 4730 Crystal Springs Dr. Host: Rusty</p>	<p>WEDNESDAY Santa Monica 6:30 P.M. Meet in Palisades Park at Ocean & San Vicente at Millennium Plaque. Hosts: Bruce/Brian</p>	<p>THURSDAY Pasadena 6:30 P.M. Meet in Brookside Park, south of the Rose Bowl, next to the rose garden. Hosts: Mike/John/William</p>
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