

# FrontPage

## April Showered Us With Great Events!



LA Frontrunners pose for a group shot before heading out all on their separate activities including a trail run, hike, and relaxing in the sun.

(Clockwise From Top): Paul Williams looks on while Cat White & Ran Mullins converse; Drew Babb, Luis Aguilar & Carl Maravilla portside enjoying the ride over to Santa Cruz; Keeley Webster, Luis, Carl & Cat smile for the camera; Mark Jones leading the pack on the trail run.

Bernie Tan forays into the world of plowing!

### Santa Cruz Trip

April 18

The 2nd Annual Santa Cruz day trip was highlighted by stunning weather and beautiful scenery. Over 30 Frontrunners joined in the fun. Special thanks to Patrick for organizing, Sean for leading the runs, and Nelson for putting together a scrumptious picnic lunch.

### WeHo Run Returns

Monday, May 17

Join hosts Todd Sullivan and Wadley as the West Hollywood fun run returns on Monday, May 17. Details on page 3 and on the fun run page on our website.



The boys of LAFR take a minute to pose on the beach with a scenic view of the ocean around them.



# Membership News

## BIRTHDAY BOYS AND GIRLS

• Frank Jacoy	5/3	• Sungju Lee	5/20
• Kevin McClay	5/4	• Volker Schmidt	5/23
• Ran Mullins	5/9	• Chris Holly	5/25
• Jerry Weyer	5/11	• Phil Scanlon	5/27
• Jesse Cabrera	5/11	• Christine Curtin	5/30
• Matthew Price	5/14	• Reg Willson	5/31
• Ben Brown	5/16	• Sam Wolling	5/31
• Feng Zheng	5/17	• Ryan Bailon	6/1
• Jon Van Gasbeek	5/17	• Anthony Chan	6/2
• Tony Madril	5/18	• Mike Milley	6/2
• Richard Peng	5/19	• Sandord Doi	6/4

## APRIL BOARD MEETING HIGHLIGHTS

- Board meeting was hosted by Mark Jones
- Final details covered for Santa Cruz Island trip, Nelson White attended meeting with responsibility for food (yummy)
- Pride Run covered in detail, lots of activity and prep work in getting ready for the Pride Run scheduled for Sunday, June 13. Bryan Prado is race director is seeking volunteers to get involved and help make the event a success
- Another Bingo Night will be set up potentially for Wednesday, June 16<sup>th</sup>
- Monday night run in WeHo is a likely possibility for the near future and Todd Sullivan has volunteered to be the host
- Grand Canyon trip is almost completely filled. North Rim is sold out and South Rim (easier) only has a few remaining spots. If interested, please contact Sean O'Brien or Patrick Owen
- Silver Lake Stair Run scheduled for Sunday, June 6<sup>th</sup>
- All Grand Prix races will now have a 10 point bonus for wearing a LAFR team apparel shirt at the race
- Book Club will be launched again, more details to follow once logistics are determined
- Catalina Island trip will be scheduled again for 2011, most likely the Buffalo Half Marathon and 5K weekend
- Members who did not renew for 2010 are dropped from membership rolls
- Membership cotton t shirts, which are typically provided to all members have a screening issue, which has delayed their distribution

## LAFR TEAM APPAREL

The LAFR online store is up and running. There is a link on our website at the bottom of the Membership page. There are still plenty of options available – and now with the warmer months ahead, now's the time to consider the short sleeve shirts, tanks and split shorts. Board members including Piyush, Angus, Mark Jones, Bryan Prado, Patrick Owen, Christine Curtin (women's wear) also carry apparel to the club runs.

## MAY POTLUCKS

With the weather warming up in the evenings, our potlucks are moving back to the parks from member homes for Griffith Park and Santa Monica. Also, we have launched a monthly potluck for Pasadena, following the success of last month's potluck at John Deamos' home.

- Tuesday, 5/18 at the Ranger Station in Griffith Park diagonal across from where we meet
- Wednesday, 5/19 at the picnic tables in Ocean Park just north of where we meet
- Thursday, 5/27 at Bernie and Dan's place following the Rose Bowl run

## New Members

- Sid Jimenez
- Jon Van Gasbeek
- Pavlin Lange
- Manny Moreno
- Eric Kratsa
- Timothy Blackburn

## 2010 Victory for Victims Race



Robb Briggs, Christine Curtin, Doug Jones

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

[www.lafronrunners.com](http://www.lafronrunners.com)  
[lafronrunners@gmail.com](mailto: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  
Events: Bryan Prado  
Member News: Mark Jones  
Results: Angus Kennedy  
Treasury: William Fang

Other Contributors and  
Photographers include:  
Christine Curtin, Carl  
Maravilla, John McGuinness,  
Piyush Prakash, Patrick  
Owen, Henry Faucher,  
Margie Gonzales

# UPCOMING EVENTS



• May 15

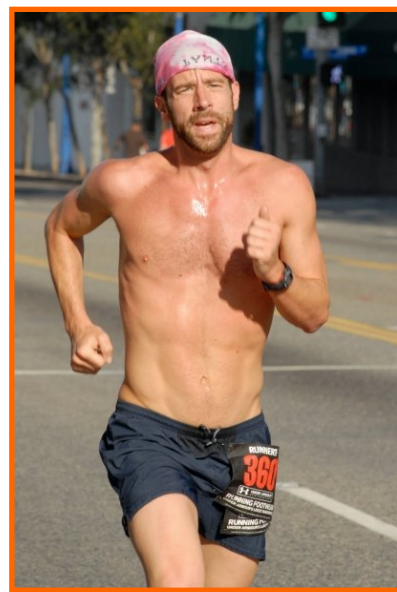
GRAND PRIX: Shoreline Frontrunners 5K/10K  
[www.shorelinefrontrunners.org](http://www.shorelinefrontrunners.org)

• May 16, noon – Grand Canyon Participant BBQ at Sean & Allen's – 2160 W 20<sup>th</sup> St., 90018

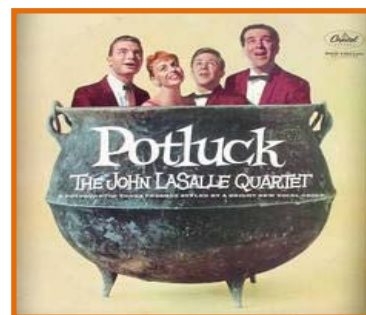


• May 17, Monday, 6:30 PM  
West Hollywood  
Fun Run Returns  
Join hosts Todd Sullivan (left with Piyush) & Wadley (right) as the WeHo fun run returns on Monday nights.

Location:  
West Hollywood Park  
647 N. San Vicente Blvd  
Meet in the parking lot by the basketball courts.



- May 18 – Griffith Park Potluck  
after fun run at picnic tables by ranger station
- May 19 – Westside Potluck  
after fun run at picnic tables in park just north of run site
- May 27– Pasadena Potluck @ Bernie & Dan's  
1412 Belleau Rd., Glendale, 91206



• May 21-23 – Grand Canyon Trip  
North Rim spots are **SOLD OUT!** South Rim only 10 spots left!  
Lots of options to come have fun with your LAFR Pals at the Grand Canyon: from easy to hard walks, hikes, runs as well as spa activities, Ranger Talks & lots of other fun things to do – truly something for everyone!  
Email [patrickdeanowen@gmail.com](mailto:patrickdeanowen@gmail.com) for more info!



• June 13 – Los Angeles Frontrunners Pride Run

**LAFR RACE RESULTS**

**Ontario Mills 10K**

Ontario Mills, CA 1/22

Carlos Vizcarra.....36:55 3rd 35-39

**Redondo Beach 10K**

Los Angeles, CA 2/7

Carlos Vizcarra.....35:53 2nd 35-39

**Palm Springs Half Marathon**

Palm Springs, CA 2/14

Mike Smith .....1:53:42 PR

**SRLA Friendship Run 18 Miler**

Los Angeles, CA 2/21

Mike Smith .....3:15:02 PR

**Firecracker 10K**

Los Angeles, CA 2/28

Mike Smith.....56:25

**LA Marathon 5K**

Los Angeles, CA 3/20

Terry Finestein.....22:32 PR

**Chesebro Half Marathon**

Agoura Hills, CA 3/27

Ryan Timmreck .....1:42:57

Ely Yaron.....1:52:39

**Sycamore Canyon Trail Series**

Malibu, CA 4/4

**8K**

Mike Reynolds.....39:34 2nd 35-39

Mark Jones.....41:21 1st 45-49

Max Padilla.....43:09 3rd 35-39

Frank Jacoy.....46:32 2nd 40-44

Rusty Millar.....50:11 2nd 55-59

David Dinielli.....52:09

Mike Kerkman .....52:09

**18K**

Wadley.....1:33:17 2nd OA  
2nd 30-34

Jeff Lyburner.....1:45:11 2nd 50-54

Ted Wyder .....1:46:43

Richard Peng.....1:59:32

**30K**

Ryan Timmreck .....3:13:19

Robb Briggs.....3:23:34 2nd 40-44

**50K**

Mike Murphy.....5:52:41 2nd 35-39

Ely Yaron.....6:20:30

Deo Jaravata.....6:57:56 2nd 45-49

Save the Date!  
Wednesday, June 16  
Hamburger Mary's Drag  
Queen Bingo to raise funds for  
the LAFR Student-Athlete  
Scholarships

**Victory for Victims**

Encino, CA 4/11

**5K**

Jim Martinez.....23:57

Christine Curtin .....29:22 PR

Bill Walsky .....35:10

Regina Robinson.....35:54

Areana Tate.....45:23 RW

**8K**

Carl Maravilla .....29:34 1st 50-54

Robb Briggs .....33:21 PR

Patricia Bates .....41:21 1st 60-64

Doug Jones.....61:42 RW/PR

**Mt. Sac Relays RaceWalk Meet**

Walnut, CA 4/11

**5K**

Deo Jaravata.....32:34 1st 40-49

**10K**

Deo Jaravata.....1:06:59 1st 40-49

**Leona Divide 50 Miler**

Lake Hughes, CA 4/17

Sean O'Brien.....8:47:55 3rd 45-49

Mike Murphy.....10:09:18

**Dow Live Earth Run for Water 6K**

Los Angeles, CA 4/18

Stephanie Stone.....35:03 1st 50-54

Margie Gonzales .....45:28 1st 55-59

**Boston Marathon**

Boston, MA 4/19

John McGuinness .....3:22:33

Ric Munoz .....3:51:39

**Big Sur Marathon**

Big Sur, CA 4/25

Ely Yaron.....3:49:24

Ric Munoz .....4:06:36

**Napa Valley Vintage Half Ironman**

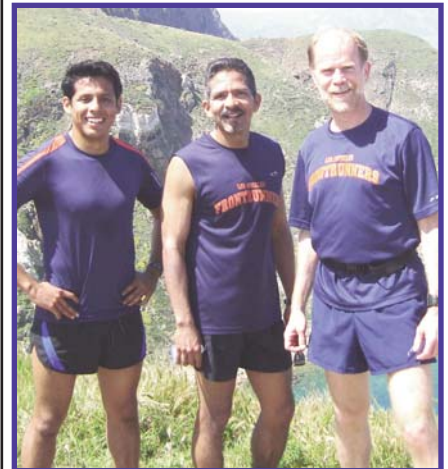
Napa Valley, CA 5/1

Ely Yaron.....7:50:21 1st Half Ironman

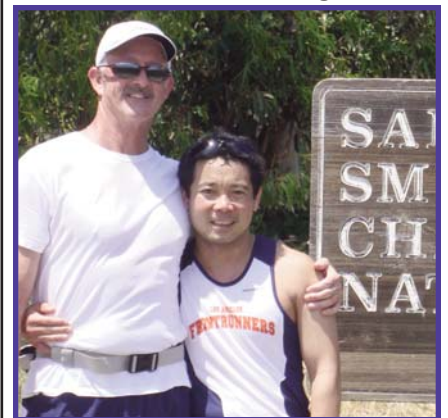
**More Santa Cruz**



**Drew working hard**



**Luis, Carl & Reg**



**Big Dan & Bernie**



**Brian, Patrick & Mark**

**GRAND PRIX STANDINGS****CHAMPIONS RACE** *as of 4/23*

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
----------	-------	--------

**MALE**

1. Ely Yaron	5	304.54
2. Mike Kerkman	5	303.55
3. Sean O'Brien	4	291.38
4. Patrick Owen	4	277.84
5. David Dassey	4	271.23
6. Bernie Tan	4	260.48
7. Mark Jones	4	247.99
8. Jim Martinez	4	246.94
9. Richard Nelson	3	242.47
10. Mike Smith	4	195.36

**FEMALE**

1. Margie Gonzales	6	291.36
2. Stephanie Stone	5	267.36
3. Patricia Bates	3	238.51
4. Christine Curtin	5	235.34
5. Regina Robinson	5	204.16
6. Jane Dods	1	77.41

**RACEWALK**

1. Deo Jaravata	5	306.24
2. Areana Tate	3	143.05
3. Doug Jones	2	115.30

**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	3	301.51
2. Jeff Lymburner	3	244.79
3. Jonathan Toker	2	235.05
4. Wadley	2	223.25
5. Ryan Timmreck	3	210.80
6. Andrew Wissmiller	2	164.63
7. Mike Murphy	2	157.13
8. Mark Jones	2	143.04
9. Mike Kerkman	2	142.05
10. Stephanie Stone	2	141.78

**AGE GROUP MEN**

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

**Male 20-29**

1. Ryan Bailon	3	320
2. Piyush Prakash	2	245
3. John Yong	2	210
4. Luis Aguilar	1	120
5. Bryan Prado	1	110

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

**AGE GROUP MEN** *continued*

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

**Male 30-34**

1. Mike Kerkman	5	565
2. Wadley	3	410
3. Jonathan Toker	2	300
4. William Korthof	2	220
5. Jose Castillo	1	100

**Male 35-39**

1. Ely Yaron	5	460
2. Ryan Timmreck	4	385
3. Mike Reynolds	3	325
4. Brad Maury	3	315
5. Ted Wyder	3	270

**Male 40-44**

1. Bernie Tan	4	480
2. Angus Kennedy	3	350
3. Robb Briggs	3	325
4. Frank Jacoy	2	225
5. Neal Weisenberg	2	220
Timo Vallez	2	220

**Male 45-49**

1. Mark Jones	4	445
2. Sean O'Brien	3	360
3. Deo Jaravata	3	355
4. Seth Diamond	1	110
5. Eric Gober	1	100

**Male 50-54**

1. Patrick Owen	4	430
2. Jeff Lymburner	3	350
3. Reg Willson	2	235
4. Doug Jones	2	190
5. Carl Maravilla	1	115

**Male 55-59**

1. David Dassey	4	450
2. Jim Martinez	4	380
3. Dan Graham	3	345
Andrew Wissmiller	3	345
5. Rusty Millar	1	115

**Male 60+**

1. Richard Nelson	2	245
2. Al Miller	2	230
3. Eric Fischer	1	115
Richard West	1	115

**AGE GROUP WOMEN**

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

**Female 40-49**

1. Christine Curtin	5	565
2. Regina Robinson	5	490
3. Areana Tate	3	300

**Female 50-59**

1. Margie Gonzales	6	690
2. Stephanie Stone	3	355

**Female 60+**

1. Patricia Bates	2	225
-------------------	---	-----

**Run for Water 6K**

**D**id you know ... Women and girls in developing countries walk an average of 6 kilometers (about 3.5 miles) a day, carrying 40 pounds of water?

That is the tag line for the Live Earth Run for Water 6K series of races run around the world on April 18th. Over a 24 hour period, races were held all over the world, including Atlanta, NY, Chicago, London, Washington DC, Melbourne, Buenos Aires & Singapore.

The LA race was held at Exposition Park. The expo featured "green" sponsors and companies selling recycled or recyclable wares.

330 runners finished the chip timed race which consisted of two loops going up and down Figueroa next to the USC campus.

The musical entertainment began at 9am with Andy Hackbarth and Tawny Ellis. The starring act, Melissa Etheridge, got the crowd dancing and rocking for over an hour. In addition to some old favorites, she introduced three new songs from her new CD which inspired the crowd to sing along.

As the only two FRs in attendance, Margie Gonzales and Stephanie Stone represented by winning their respective age groups.



# LAFR Pride Run

June 13

5K starts at 7:30 am  
10K starts at 8:15 am

Ultra Pride Run  
(both 5 & 10K)

Kids Race

Santa Monica & Sweetzer  
(same as last year)



## Registration & Going Green(-ish)

In an effort to cut down on the paper waste that we generate ordinarily with the Pride Run, there are two changes this year that will eliminate a substantial amount of paper waste:

Online Pre-Registration only:

There are no paper registration apps being mailed or distributed this year. All pre-reg will be through active.com saving on paper waste and postage.

### No Goodie Bags:

There will be no goodie bags (except for the kids) saving on tons of paper waste and other garbage.

For all other registration and race information, visit our website at lafronrunners.com and choose the Pride Run tab.

Any questions? Contact us at lafronrunners@gmail.com or speak to any board member.

## Beneficiary Update

Thanks to all of you who voted for our beneficiaries. We decided to take a page from our Long Beach brethren's playbook and award all four beneficiaries a donation. The total donation will be split among the four charities in a 40-40-10-10 split (this is how the voting split as well).

Gay and Lesbian Elder Housing (GLEH) and Gay and Lesbian Administrators and Allies (GALAA) will receive 40% each while Project Chicken Soup and Out to Innovate will receive 10% each.

If you would like to write a check and have 100% of your donation go to one specific group, please contact any board member and we will help you out. Each charity has 501c3 status so any donations made to them are tax deductible.



## We Need Your Help!

We need all kinds of help with the Pride Run. There are many tasks that need to be completed leading up to race day as well as the myriad of tasks race morning and during the race. If you would like to help out, please contact everyone's favorite genius from India via Zambia, Piyush. You can e-mail Piyush thru the club e-mail at lafronrunners@gmail.com or speak to him at a run.



## Product Donations

We are always in need of product donations as well, specifically food and water and/or sports drinks for during and after the race. If you (or your company) have any product you can donate, please contact us at lafronrunners@gmail.com

# LAFR Summer at the Hollywood Bowl - 2010



**Sing-A-Long Grease**  
**Friday, June 25, 2010**  
**7:00 PM Pre-show**  
**8:30 PM Film**

Bring your best poodle skirt & saddle shoes, biker jacket & shades for the pre-show parade, and your heartiest vocals for a frolicking '50s sing-along to Grease, for the first time on the Bowl's giant screen. Grease is the word!

**Ticket Price: \$44**  
**Our Seats: Super Seats,**  
**Section H, Row 20**

*You can buy tix thru our online store (store link is on LAFR website at bottom of Membership page) or mail form below with check.*

**Sing-A-Long Sound of Music**  
**Saturday, Sept. 25, 2010**  
**6:00 PM Pre-show**  
**7:30 PM Film**

The Hollywood hills are alive with The Sound of Music! Everyone's favorite sing-a-long returns to the giant screen at the Bowl – the world's largest outdoor movie theater. Bring your costume (for the pre-show parade) and warm up your vocal cords for this beloved event.

**Ticket Price: \$44**  
**Our Seats: Super Seats,**  
**Section G1, Row 20**

Super Seats are individual seats behind boxes. Tix are 1st come 1st served & non-refundable.

## Hollywood Bowl Sing-A-Long Ticket Order Form

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

Address \_\_\_\_\_

**Sing-A-Long GREASE**    Friday, June 25, 7:00 PM    # of tix \_\_\_\_\_ x \$44 = \_\_\_\_\_

**Sing-A-Long S of MUSIC**    Saturday, Sept. 25, 6:00 PM    # of tix \_\_\_\_\_ x \$44 = \_\_\_\_\_

Make check to:    Los Angeles Frontrunners    Grand Total = \_\_\_\_\_  
 2870 Los Feliz Place, PMB #229, LA, 90039



## MEMBER SPOTLIGHT: In Their Shoes

### An LAFR Stroll with Keeley Webster

#### Keeley -- Straight - Up

- \* Employment: Business journalist, California Real Estate Journal, 41.
- \* Family: spunky wife (Cat White), two cats, three dogs
- \* Into cycling, skiing, camping, hiking, shopping for books, the Baltimore Ravens, the LA Dodgers, and a never-ending attempt to transform the backyard into a suburban oasis
- \* Years as a LAFR: 5

#### Keeley -- Looking Backward

- \* Favorite place to run/walk: "Westridge and my WeHo-to-WeHo loop through Westwood that I use to train for marathons."
- \* Favorite distance: "I like halves and marathons because I enjoy the training leading up to them as much as the race. It's just great to be outside after being in an office all week."
- \* Best race/why: "LA Marathon 2007. Felt connected to this city for the first time."
- \* Worst race/why: "Santa Clarita Marathon. My hamstring cramped up at mile 23... had to walk the last three miles. David Dasse and Angus have promised not to repeat the choice words I used to describe the race when they asked how it went."

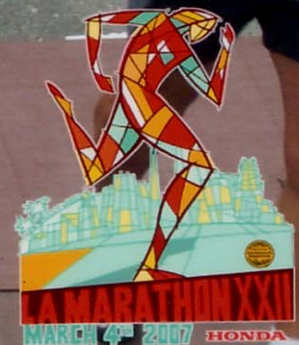
devine  
the power to finish

#### Keeley -- Look Closer

- \* (As friends put it:) "A free spirit"
- \* (The "if money's not a question" question:) Buy a globe, close my eyes, spin it, and travel to wherever my finger touched."
- \* (Her ideal next 10 years:) "Go to France and see the Tour de France with Cat (she's an avid cyclist)."

#### Keeley -- Looking Forward

- \* Life running/walking goals: "To run this really hilly marathon in Idaho – steep grade in a car... And, crossing my fingahs, qualify for Boston."
- \* Suggestions for the Club: "This is the friendliest, most welcoming group of people I've ever spent time with... I love that speed demons like Sean and Carl are always interested to hear how slower runners, like myself, did in a race. This club celebrates the real meaning of personal best."
- \* Favorite quote: "It was a fun run. When it wasn't fun anymore, I quit running." – Bobby Hill, KING OF THE HILL



### April 2010 Treasurer's Report

Questions? Contact us at lafronrunners@gmail.com

**LAFR Balance 3/18/2010**      \$ 9,407.22

**LAFR Balance 4/28/2010**      \$ 10,235.94

#### Apr 2010 Revenues

Death Valley	\$ 125.00
Santa Cruz	\$ 1,488.00
Grand Canyon	\$ 1,050.00
Hollywood Bowl	\$ -
Membership	\$ 435.00
Newsletter, Constant Contact	\$ -
Uniform	\$ 654.00
<u>Food &amp; Supplies</u>	\$ -
<b>Total Revenues</b>	<b>\$ 3,752.00</b>
<b>Net Profit/(Loss)</b>	<b>\$ 828.72</b>

#### Apr 2010 Expenses

Death Valley	\$ -
Santa Cruz	\$ (1,647.34)
Grand Canyon	\$ -
Hollywood Bowl	\$ (249.00)
Membership	\$ -
Newsletter, Constant Contact	\$ (146.01)
Uniform	\$ -
<u>Food &amp; Supplies</u>	<u>\$ (880.93)</u>
<b>Total Expenses</b>	<b>\$ (2,923.28)</b>



# LAFR In The Big Apple - November 5-8, 2010

## New York Marathon & Broadway Adventure

Join us for a trip to the Big Apple to run, or volunteer at this year's marathon with NY Frontrunners. In addition to the marathon festivities (including an optional pasta feed Sat. night & water stop volunteering at the race) we will also see a Saturday matinee of Billy Elliott and enjoy an exclusive, behind-the-scenes Broadway experience. The cost for this trip will range from \$285-\$685 per person depending on your hotel and theatre preferences. These costs do not include airfare to/from NY. You are responsible for your travel arrangements and food, fun and incidentals.



### LODGING

Dates: Friday 11/5-Sunday 11/8  
3 nights, check-out Monday

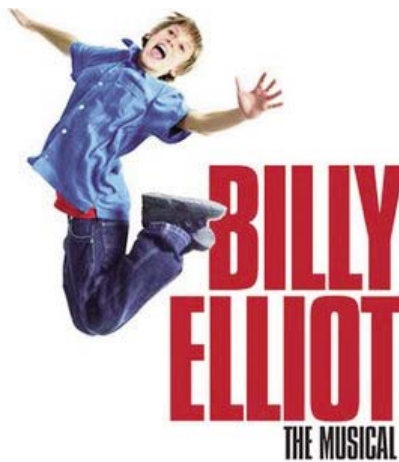
Hotel: Chelsea Savoy

The Chelsea Savoy is a recently remodeled boutique hotel in the heart of Chelsea. It is right next to a subway stop for ease of getting around New York, as well as getting to the marathon buses should any participants decide to use that option to get to the marathon start line. See below for rates/options.

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

### BILLY ELLIOTT

Saturday Matinee - 11/6  
Orchestra or Mezzanine



### BILLY ELLIOTT

#### BACKSTAGE EXPERIENCE

Guests will enjoy one or more of the following after the Saturday matinee:  
--A private meeting with one of the Tony Award Winning "Billy Elliots," Best Actor in a Musical, 2009.  
--A Q/A session hosted by select members of the cast after the performance at the Imperial Theatre.  
--A walking exploration of the Times Square Theatre District, and one of New York's most beautifully restored theatres will be opened especially for your private visit.

## LAFR in the Big Apple Registration Form

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

Roomie(s) if applicable \_\_\_\_\_

**Lodging:** all rates are per person. Rates are only good until 5/29 and for the first 15 rooms reserved. After 5/29, rates/availability are subject to change.

Option A: King Bed (Max 2 guests)	\$135/night per person = <b>\$405</b> per person
Option B: 2 Double Beds (2 guests)	\$150/night per person = <b>\$450</b> per person
Option C: 2 Double Beds (3 guests)	\$110/night per person = <b>\$330</b> per person
Option D: 2 Double Beds (4 guests)	\$95/night per person = <b>\$285</b> per person

#### Billy Elliott The Musical

Orchestra	\$190
Mezzanine	\$90

#### Backstage Experience

Ticket	\$45
--------	------

**Lodging** Option \_\_\_\_\_ Total Price Per Person \_\_\_\_\_ x # of People \_\_\_\_\_ = Lodging Total \_\_\_\_\_

**Billy Elliott** Please circle: Orch \$190 Mezz \$90 # of tix \_\_\_\_\_ x price \_\_\_\_\_ = Show Total \_\_\_\_\_

**Billy Elliott Backstage Experience** after Saturday matinee # of tix \_\_\_\_\_ x \$45 = BE Total \_\_\_\_\_

Make check to: Los Angeles Frontrunners  
2870 Los Feliz Place, PMB #229, LA, 90039  
**Grand Total** = \_\_\_\_\_

**Please note: You may also pay all fees w/ cc thru our online store (link is at bottom of Membership page on our site). Deadline for registration and full payment is Monday, MAY 29, 2010. This payment is non-refundable unless the trip is cancelled due to low registration.**



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

### WEEKLY FUN RUNS

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