

FrontPage

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since 1980



Above: Host Eddie Flores prepares a delicious dish. Below: David Dassey chats with Patricia Nell Warren.



An Open Letter to Patricia Nell Warren

Dear Ms. Warren:

Thank you so much for the gracious gift of your time during the LAFR Book Club Meeting. Not only did you share your thoughts on "The Fronrunner" but, as well, on gay history in politics and sports. Your advocacy is one of the reasons why today we enjoy a more open and tolerant world.

As an Asian Catholic child of the 60's & 70's, I was brought up in a strict, patriarchal world. I knew enough not to mention my feelings for other girls and actually dismissed them as pubescent crushes.

Still, feeling confused and stifled, I joined the military where I met my first girlfriend. She was stationed in Texas while I was in a high security job in Washington D.C. After two years of lying, in 1976 I told my roommates of my relationship. The next day I was transferred to a paper-pushing stint at another Army base.

I felt angry, betrayed, ashamed and utterly alone. "Why did I have to be a freak?" I thought. So began the most miserable chapter of my life... that is, until I found "The Fronrunner". There was a serious book about a queer relationship? Well-rounded characters who were surviving in a straight world?

I had found a book about homosexuality that wasn't in the Adults Only section but displayed in a rack right in the front of the store. I snapped it up and devoured the book in just a few days.

There wasn't the happy ending I had hoped for but it was real. It gave me hope. There must be a world of people out there who are like me. They don't have to live in the shadows, miserable and isolated. They are accepted for who they are. They can love and be loved. "The Fronrunner" didn't make my life easier; it made it better.

Thank you,
Margie Gonzales



Above: Smarty-pants David Dinielli scored highest on the Fronrunner quiz. Below: Bernie Tan and Cat White chow down.



Left: Moderator Mark Johnson & UCLA student Luis Aguilar.

Right: Margie chats with Patricia Nell Warren.



Board Message

SmorgasBoard....

By Patrick Owen

When I first became a member of Los Angeles Frontrunners, someone said to me “we are an eating club with a running habit”. And, as an unapologetic “foodie,” I have come to LOVE that aspect of the club – breakfast at Foxy’s, monthly potlucks, the annual Fall Feast, Chili Cook-Off....need I say more?



But now that I am on the Board of Directors, I have discovered a hidden perk – the food at the Board Meetings! Each month, one of us hosts the meeting which involves providing food, and let me just say we ain’t talkin’ TV dinners. It would take the entire newsletter for me to describe each of the delectable meals I have enjoyed during the Board meetings (editor’s note: LOVED Patrick’s grits casserole, Mark’s baked salmon with capers, Amy’s baby greens salad...). But suffice it to say, lots of extra running miles are required before and after!

It is worth it – as is serving on the Board. In my two years as a Director-at-Large, I have enjoyed getting to know my fellow Board members better, as well as feeling like I have contributed in a small way to keeping the Club vibrant and fun. No, I am not beginning my political campaign for re-election, but I am letting everyone know that Board elections are just around the corner and it would be great to get some new chefs – er, members – to step up, spray some Pam into a saucepan, and join the Board. So, give it some thought – it really is fun and not too much work at all. Talk to any Board member even if you are just dipping one of your little piggies into the water....preferably the little piggy that had roast beef.

New Members	Jackie Legg Sheila Moore Myron Curlee
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BIRTHDAY GIRLS AND BOYS



Kjell Ostensen	May 04	Christine Curtin	May 30
Ran Mullins	May 09	Reg Willson	May 31
Jerry Weyer	May 11	Ryan Bailon	June 01
Ben Brown	May 16	Sanford Doi	June 04
Feng Zheng	May 17	Gerry Orcholski	June 06
Richard Peng	May 19	Rich Crook	June 07
Sungju Lee	May 20	Gabor Frank	June 07
Volker Schmidt	May 23	Todd Marshall	June 09
Chris Holly	May 25	Neil Johnson	June 09

LAFR Board Meeting Briefs
April 4 @ Patrick’s

USC Dash: Raised nearly \$5000, Angus to meet w/ Vince Wong about holding a timed 5K on campus. Amy and Doris wore super cute outfits.

Catalina Re-cap: Great weekend, lots of medals for the gang. FRs break new ground by actually consuming alcohol at Saturday night dinner.

LAFR Scholarships: In conjunction with GALAA, LAFR to award two \$1000 scholarships to LGBT student-athletes.

Upcoming events:

- Hamburger Mary’s Fundraiser May 20: Kalvoda organizing. Funds to be used for GALAA scholarship and Pride Run beneficiary.
- Santa Cruz Trip May 24: 25 members signed up, Patrick to handle lunch, Sean to handle runs.
- Weds Night Fun Run – Bruce Bair to join Jeffrey as co-host
- Pride Run: New start location at WeHo City Hall due to possible construction in park. Registrations received ahead of last year.
- Summer Hollywood Bowl tix ordered.

Next Board Meeting

- May 6. Weds 7 pm at Amy’s.

LAFR FrontPage

lafonrunners@gmail.com	Margie Gonzales, <i>guest contributor</i>
Carl Maravilla, Angus Kennedy, William Fang <i>co-editors</i>	Bruce Bair, Angus Kennedy, Mick Caruso, Henri Ong, <i>photographers</i>
Mike Kalvoda <i>copy editor</i>	

Los Angeles Frontrunners 2870 Los Feliz Place P.O. Box 229 Los Angeles, CA 90039 www.lafonrunners.com lafonrunners@gmail.com	Angus Kennedy, <i>president</i> Amy Ross, <i>vice president</i> Doris Chung, <i>treasurer</i> William Fang, <i>secretary</i> Mark Jones, Mike Kalvoda, and Patrick Owen, <i>directors at large</i>
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EAT, DRINK, AND B-12:**LAFRs Return To HAMBURGER MARY'S "LEGENDARY BINGO" Night**

by Mike Kalvoda

Ditch the four-digit check blanks. Put your Armani on mothballs. No more stomach-growling an iddy-bitty French carrot while some White House wannabe orates. Fund-raisin', officially, becomes fun-raisin'! It's the proud second annual installment of a new annual tradition that, last year, racked up \$2,190 for the Don Thompson Scholarship Fund and GLEH -- thanks to YOU. This year, the first \$1000 will go to GALAA to sponsor our LAFR scholarships and the remaining funds to Gay & Lesbian Elder Housing (GLEH) -- our 2009 Pride Run beneficiary.

Grab your friends, friends, friends -- by the WRIST -- and come support LA Frontrunners in your club's most crucial benefit of 2009. All you have to do? Have a faaaabulous time! You might just win fantastic gift cards, awesome show tickets, yummy dinner out, cool yada-yada... even an expensive mystery prize-ola. But remember -- *to ensure for parking and good seating, please arrange to get there early.* This year, we're the second show and the line will start in advance.



Now, the know:

LEGENDARY BINGO

Starring Bingo-boy & a fabulous Bingo Hostess

HAMBURGER MARY'S

8288 Santa Monica Blvd- at Sweetzer in West Hollywood

Valet parking in restaurant lot

Full menu and bar

Wednesday, May 20, 9:00 PM\$20.00 SUGGESTED DONATION AT DOOR
INCLUDES 10 REGULAR BINGO GAME
CARDS

(for nine regular games)

AND TWO GRAND PRIZE BINGO GAME

Frontrunners Theater Luminaries Ong and Sanchez Shine in "LA Views II: Tales of Present Past" *by Amy Ross*

If you weren't one of the LA Frontrunners in attendance (pictured above) at the performance of The Company of Angels current production of "LA Views II," RUN-don't-walk to this unique theater experience. Staged in an upper balcony room at the historic Alexandria Hotel in downtown LA, the performance muses on the lives, loves, hopes, and mishaps of the legendary residents, guests, and events the hotel has hosted over the years. The stories reflect the unique nature of LA inhabitants, particularly the gay and lesbian stars of Hollywood past and present.

Our own luminaries, Lui Sanchez and Henry Ong, wrote and directed several of the performances. Weaving the mysterious life of Sessue Hayakawa and modern day lesbian love and devotion (you really must see it!), Henry (playwright) and Lui (director) presented a very thought-provoking performance with "Seppuku!" Our talented duo also had pieces performed in the second half. The packed audience was rapt and appreciative throughout.

Following the performance, the Company hosted a wine and cheese reception (topped off with Matthew Black's homemade cookies... YUM!) for audience members to meet the cast, playwrights, and directors. The run of "LA Views II" is limited (through May 10, with the possibility of extension) so don't miss this one. More info may be obtained at www.companyofangels.org or myspace.com/company_of_angels.

LAFR RACE RESULTS**Napa Valley Marathon**

Napa, CA 3/1

Patricia Bates.....4:01:24 2nd 60-64

Stand for Hope 10K

Los Angeles, CA 3/21

Deo Jaravata.....1:03:43 RaceWalk

Derby Day 5K

Santa Anita, CA 4/4

Bill Austin.....22:52 PR

Kristi Twilley.....35:19

Bill Walsky.....40:33

3 Mile Trail Challenge

San Dimas, CA 4/5

Carl Maravilla.....23:23 3rd OA
1st 45-49

Robb Briggs.....29:07 2nd 40-44

Eric Gilfand.....29:26 3rd 40-44

Bernie Tan.....29:54

Bill Austin.....32:08 3rd 50-54

Margie Gonzales.....45:48 1st 55-59

Mt. SAC Relays

Walnut, CA 4/5

5K RaceWalk

Deo Jaravata.....32:02 1st 40-49

10K RaceWalk

Deo Jaravata.....1:02:14 1st 40-49

Two Oceans Half Marathon

South Africa 4/11

Bruce Bair.....1:28:35 3rd OA USA

Mike Kerkman.....1:35:32

Anston Bosman.....1:40:17

Boston Marathon

Boston, MA 4/20

Ric Munoz.....3:17:54

Deo Jaravata.....3:51:23

SRLA 18 Mile Friendship Run

Los Angeles, CA 4/19

Margie Gonzales.....3:59:14

Mike Smith.....4:38:33

Big Sur Int'l Marathon

Big Sur, CA 4/26

Deo Jaravata.....3:58:43

La Jolla Half Marathon

La Jolla, CA 4/26

Brian Kelly.....1:31:34 3rd 50-54

Orange County Marathon

Big Sur, CA 5/3

4 Deo Jaravata.....5:41:16 RaceWalk**Victory for Victims**

Encino, CA 4/19

5K

Sue Roth.....53:54 PR

8KMark Johnson.....28:55 2nd OA/PR
1st 40-44

Carl Maravilla.....29:28 1st 45-49/PR

William Korthof.....30:40 2nd 30-34/PR

Brad Maury.....31:00 2nd 35-39/PR

John McGuinness.....33:35 3rd 35-39/PR

Robb Briggs.....34:20 PR

Angus Kennedy.....35:23

Patrick Owen.....35:43 PR

Bernie Tan.....36:35 PR

Bill Austin.....38:24 PR

Augie Robles.....39:52 PR

Eric Gober.....40:45 PR

Patricia Bates.....41:18 1st 60-64

Dan Graham.....41:42

Jim Martinez.....43:32

Rusty Millar.....45:22

Ron Del Rio.....46:00 PR

Bryan Prado.....48:48 PR

Doris Chung.....50:54 PR

Regina Robinson.....55:56 PR

Doug Jones.....1:05:08 PR

Bill Walsky.....1:05:44 PR

Palos Verdes Marathon

San Pedro, CA 5/2

Half Marathon

John McGuinness.....1:32:00

Angus Kennedy.....1:38:03

Patrick Owen.....1:39:22

Juan Moreno.....1:40:37

Timo Vallez.....1:51:03 PR

Ara Mhuranian.....1:52:30 PR

Eric Gober.....1:52:32

Patricia Bates.....1:56:14 1st 60-64

Mike Smith.....2:21:11

Margie Gonzales.....2:36:42

Doug Jones.....3:02:28 RaceWalk

Marathon

Ric Munoz.....3:33:27 2nd 50-54

Deo Jaravata.....4:35:27

David Dassey.....4:51:19

Santa Monica Classic

Santa Monica, CA 5/3

5K

Bruce Bair.....18:10 2nd 40-44/PR

10K

Carlos Vizcarra.....35:41 2nd 35-39

**May Potlucks**Griffith Park - Tuesday, May 19

at the home of David Dinielli

4217 Cromwell Ave.

Los Angeles, CA 90027

Westside - TBA**LAFR GRAND PRIX TEAM CHALLENGE RESULTS****Race #1: 3-Mile Trail Challenge**

Finish times are added for total time. Teams with all 3 members racing are ranked first.

1. Team 2 (2).....53:19
2. Team 7 (1).....29:07
3. Team 9 (1).....32:08

Race #2: Victory for Victims 8K

1. Team 2 (3).....1:47:21
2. Team 8 (3).....2:26:29
3. Team 6 (2).....1:09:47
4. Team 3 (2).....1:14:32
5. Team 9 (2).....1:19:09
6. Team 5 (1).....33:35
4. Team 7 (1).....34:20
5. Team 1 (1).....35:43

Standings after 2 races:

1. Team 2.....200
Carl, Bernie, Patricia
2. Team 9.....140
Bill A, Eric G, Richard P
3. Team 7.....130
Sean, Cat, Robb
4. Team 8.....90
Rusty, Angus, Bill Walsky
5. Team 6.....80
Augie, Mark J1, Mark J2
6. Team 3.....70
Brad, Juan, Jim
7. Team 5.....50
Deo, John M, David Dassey
8. Team 1.....30
Bruce, Keeley, Patrick

LAFR GRAND PRIX SERIES STANDINGS as of 5/4

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
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MALE

1. Sean O'Brien	6	414.30
2. Bruce Bair	5	332.91
3. John McGuiness	5	310.53
4. Carl Maravilla	4	299.07
5. Deo Jaravata	5	291.12
6. Mike Murphy	5	289.65
7. Bernie Tan	5	289.62
8. Ric Munoz	4	280.08
9. Robb Briggs	5	268.12
10. Ely Yaron	4	257.35

FEMALE

1. Margie Gonzales	5	285.76
2. Patricia Bates	3	239.12
3. Doris Chung	3	154.92
4. Regina Robinson	3	132.02
5. Christine Curtin	2	96.85
6. Keeley Webster	2	78.04
7. Cat White	2	77.03
8. Ruthanne Salido	1	58.45
9. Kimberly Fairchild	1	54.89
10. Amy Ross	1	54.64

RACEWALK

1. Deo Jaravata	5	308.35
2. Doug Jones	4	198.35
3. Juan Moreno	1	63.91
4. Henri Faucher	1	51.65
5. Sue Roth	1	50.79

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	5	570.15
2. Mike Murphy	5	427.85
3. Bruce Bair	4	363.62
4. Deo Jaravata	5	354.12
5. Robb Briggs	4	275.10
6. Jeff Lymburner	3	257.09
7. Carl Maravilla	2	238.02
8. Jonathan Toker	2	230.95
9. Ely Yaron	3	229.81
10. Margie Gonzales	3	176.70

AGE GROUP TOP 3

Division	Races	Points
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Female 30-39

1. Cat White	2	220
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Female 40-49

1. Doris Chung	3	290
2. Regina Robinson	2	210
3. Chrstine Curtin	2	200

Female 50-59

1. Margie Gonzales	5	560
2. Amy Ross	1	100

Female 60+

1. Patricia Bates	2	240
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Division	Races	Points
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Male 20-29

1. Ryan Bailon	2	220
2. Luis Aguilar	1	135
3. John Yong	1	110
Bryan Prado	1	110

Male 30-34

1. Mike Murphy	2	225
2. Jonathan Toker	1	150
3. William Korthof	1	125

Male 35-39

1. John McGuiness	3	335
2. Ely Yaron	3	310
3. Brad Maury	2	240

Male 40-44

1. Bernie Tan	5	475
2. Deo Jaravata	5	410
3. Robb Briggs	4	400

Male 45-49

1. Carl Maravilla	3	405
2. Sean O'Brien	3	400
3. Patrick Owen	4	380

Male 50-54

1. Doug Jones	4	370
2. Ric Munoz	3	360
3. Bill Austin	3	335

Male 55-59

1. Rusty Millar	3	310
2. Jim Martinez	3	305
3. David Dasse	2	220

Male 60+

1. Richard West	1	125
2. Al Miller	1	120
3. Richard Nelson	1	115

FOR FULL STANDINGS, VISIT
WWW.LAFRONTRUNNERS.COM

SEND RACE RESULTS TO:
LAFRONTRUNNERS@GMAIL.COM

Don Thompson Scholarship Award Winner Announced

At the 15th annual USC Lavender Graduation Celebration on Sunday, May 3, Christophe Nassif was announced as the 2009 recipient of the Don Thompson Scholarship in Cinematic Arts. Current LAFR Vice-President Amy Ross was the keynote speaker at the event and delivered a beautiful address to the more than 50 LGBT graduates in attendance.



Above: Amy with Christophe. Below: Mark Johnson, Albert Brecht and Connie Hammen enjoy the ceremony and Amy before delivering her address.





MEMBER SPOTLIGHT: In Their Shoes

An LAFR Stroll with Eric Gober

Eric -- Straight-Up

- * Research Director for a trial consulting firm; 44
- * Into writing fiction and scripts, wine tasting, working to overturn Prop. 8
- * Years as LAFR: Since summer '08

Eric -- Look Closer

* (As his friends put it:) "Someone who knows how to crack them up when they least expect it."

* (The "if-money-were-no-object-I'd-like-to" question:) "Own a writer's retreat in Sedona or Half Moon Bay, produce one of my screenplays, go running and wine tasting with friends across Europe, and donate more to worthy LGBT causes."

* (His ideal next 10 years:) "Publish a few novels. See marriage equality restored in California and expanded to all fifty states. Continue to run regularly with LAFR buddies."



Eric -- Looking Back

* Accomplishments: "That I've learned to love running. Three years ago, you couldn't have forced me into a pair of running shoes."

* Favorite place to run/walk: "In the mountains and by the shores of El Capitan Beach in Santa Barbara County."

* Most memorable running experience: "My first half marathon – this year's Arizona Rock-n-Roll... a homecoming. The race meandered along streets where I grew up... Cheerleaders from my high school cheered me on... The race ended at ASU, my alma mater... and I finished just in time to cheer my best friend from college days toward the finish line."

* Realistic running/walking goals for this year: "Run seven half marathons."

Eric -- Looking Ahead

* Personal training tips: "Choose good running shoes designed for the way you run. Replace them after 300 miles of wear."

* What I love about Frontrunners: "LAFRs hooked me my first fun run in Griffith Park with friendly runners and the opportunity to see Diana Ross at the Hollywood Bowl. Since then, I've made some great friends in the club, enjoyed more club outings at the Bowl and the Ahmanson, spent a terrific weekend with members in Catalina and -- through our book club -- met one of my favorite authors: Patricia Nell Warren. Hearing her speak about her experiences and her writing was an

inspiration. I'd like to give a special thanks to our officers, board members, and everyone who contributes to making LAFRs a great club."

* Favorite quote: "Whenever you find yourself on the side of the majority, it is time to pause and reflect." -- *Mark Twain*

Treasurer's Report

The revenues for this month are club membership fees, reimbursements, and Pride Run registrations. Expenses consist of normal operational costs, Pride Run expenses, and Catalina expenses. Wuth the Pride Run upon us, there will be upcoming expenses for the race. If you have any questions, please contact LAFR Treasurer Doris Chung at lafronrunners@gmail.com.

LAFR Balance April 1, 2009	\$9,836.11	April 2009 Expenses:	
April 2009 Revenues:		Constant Contact	\$30.00
Membership Dues	\$700.00	Newsletter Printing/Stamps	\$92.28
Donations	\$115.00	Storage Unit/PO Box	\$102.00
Banquet Fee	\$40.00	Catalina	\$166.87
Santa Cruz Reimburse	\$144.00	Pride Run	\$110.00
Pride Run registration	\$200.00	Slide Scanning	\$58.00
<i>Total Revenue</i>	<i>\$1,199.00</i>	T-Shirts	\$102.40
		<i>Total Expenses</i>	<i>\$661.55</i>

April 2009 Net Profit/(Loss) \$537.45
LAFR Balance May 1, 2009 **\$10,373.56**

Mark Johnson Leads Strong LAFR Contingent at Victory for Victims

Mark Johnson led 22 LA Frontrunners who competed in the Victory for Victims 8K at Balboa Park in Encino on April 19. Mark ran a 28:55, finishing 2nd overall (1st 40-44). Including Mark, six FRs placed in the top 25 overall: Carl Maravilla (29:28, 6th OA, 1st 45-49), William Korthof (30:40, 9th OA, 2nd 30-34), Brad Maury (31:00, 12th OA, 2nd 35-39), John McGuiness (33:35, 18th OA, 3rd 35-39), and Robb Briggs (34:20, 22nd OA). Patricia Bates recently graduated into a new age group and is continuing to dominate her competition, running 41:28 and winning the 60-64 AG by 6 minutes. She was 18th OA in the women's race.



LAFR Masters Win Ragnar Relay, Bruce & Mike Globe-Trot, Ric Slays Boston

The LAFR Masters Team placed 1st overall in the inaugural Los Angeles Ragnar Relay April 24-25, finishing the 150+ mile course in 16:41:42.

Bruce Bair and Mike Kerkman (along with former FR Anston Bosman) ran the Two Oceans Half Marathon in South Africa on April 11. Bruce was the 3rd overall American finisher and received a snazzy silver medal for his efforts.

Ric Munoz ran his umpteenth Boston Marathon and ran a sizzling 3:17:54 on April 20. He then ran a 3:33 at hilly Palos Verdes on May 2, taking 2nd in the 50-54 AG.



Frontrunners at Victory for Victims. Top Middle: Regina Robinson on the course and Eric Gober after finishing. Above left: Dan Graham, Bernie Tan, Doris Chung, Carl Maravilla, Augie Robles before the race. Above right: Doug Jones and John McGuiness before the race. Below left: Jim Matrzinez and Bryan Prado on the course. Below right: Pat Bates, Bernie Tan, Carl Maravilla, Sue Roth after the race.



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

An Evening with Liza Minnelli

Saturday, August 29, 2009, 8:30 PM

The fabulous Liza Minnelli, an icon of stage and screen, winner of virtually every major award including an Oscar, three Tonys, two Golden Globes, a Grammy, and an Emmy makes her triumphant return after her sold-out Broadway show. An unstoppable force, she commands the stage with irrepressible musical style and showbiz star power.

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



The Big Picture: Rodgers and Hammerstein at the Movies

Sunday, September 6, 2009, 7:30 PM

From Oklahoma!, The King and I, South Pacific & The Sound of Music, our Movie Night celebrates the glorious Rodgers & Hammerstein movie musicals. Hear the classic scores — and unforgettable songs like “Shall We Dance,” “If I Loved You” — live with film clips.

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 = _____

Liza Minnelli Saturday, August 29, 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



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
Griffith Park
6:30 P.M.

Meet at the flag pole across from Ranger Station at 4730 Crystal Springs Dr.

Host: Rusty

WEDNESDAY
Santa Monica
6:30 P.M.

Palisades Park at Ocean & San Vicente at Millennium Plaque.

Hosts: Jeffrey/Bruce

THURSDAY
Pasadena
6:30 P.M.

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

Hosts:
Mike/Bernie/William