

# FrontPage

## LA Marathon, Santa Cruz & Grand Canyon

### LA Marathon Pancake Breakfast Saturday, March 19

**THERE WILL BE NO RUN IN  
GRIFFITH PARK ON MARCH 19**

Instead we will be cheering on our LA Marathon participants and carbing them up with PANCAKES!

#### Saturday, March 19

8:30 am fun run \***Note Later Start**

9:30 am PANCAKES!

Glassell Park Recreation Center\*

3650 Verdugo Rd., LA, 90065

\*Annual Meeting location past 2 years

We will meet at the park next to the Rec. Ctr. (easy to find and plenty of parking).

If you are running the LA Marathon 5K that day - we are starting breakfast at 9:30 just so you have time to finish the race and then come join us!

#### Food & Toiletries Drive

Please bring canned goods or other non-perishable food items/toiletries like soap, toothpaste, deodorant, etc. Our donations will be distributed by the offices of District 13 City Council President Eric Garcetti (rec. ctr. is their space that we use for free).

#### Directions:

2 North: Exit Verdugo, go straight thru light at end of ramp veering to right. Park is immediately on left.

2 South: Exit Verdugo, left onto Verdugo (1/4 mile), right onto Eagle Rock (1/4 mile), left onto Verdugo, park is immediately on left.

### LA Marathon H2O Stop & Post-race Picnic

#### LAFR Mile 7 Water Station

Mile 7 - Sunset Blvd near Silver Lake Blvd

Sunday, March 20: 6-11 am approximate

Details: Our tasks include set up, providing water to the runners and walkers, and clean up, which starts around 10 am. The club provides snacks, coffee, and baked goods. Many of us are able to leave by 11 am to head to the post-race picnic.

We always have lots of fun & your participation is a great way to support your fellow athletes, while providing visibility to the community for LAFR.

***see insert for registration instructions***

#### Post-race Picnic

Join your fellow LAFRs after volunteering or running for refreshments & commiserating!  
Sean & Allen's  
2160 West 20<sup>th</sup> St.  
LA, 90018  
Arrive after 11:00 am



# Membership News

## MARCH BIRTHDAY BOYS AND GIRLS

3	Richard Nelson	20	Brian Dunbar
3	Brian Kelly	20	Jonathan Toker
3	Kate Mulligan	24	Bernard Buchanan
4	Juan Moreno	26	Brad Maury
7	Deo Jaravata	28	Ed Alberson
7	Robert Gould	29	Henry Warren
8	Ely Yaron	30	Allen Posten
8	Dennis Wong	30	Sue Roth
13	Gardner Delano	31	Tom Haskins
13	Diane Abato	4/1	Rick Hetzel
14	Nelson White	4/3	Conni Montgomery
14	Gary Braitman	4/4	Alfredo Gutierrez
16	Danny Jauregui	4/4	Marty Freedman
18	Marc Castaneda	4/5	Jason Bautista
19	Areana Tate	4/5	Ken Sipera

## NOTES FROM OREGON

Not being at the annual banquet, I was unaware of the two awards I received until they arrived by UPS. Thank you so very much for the recognition. I am hoping to do the Eugene Half-Marathon on 5/1 if a lingering hamstring problem allows. My latest race was the Couples Classic 5K in Feb. where ages are combined. My partner (82) and I (75) "swept" the 150+ category (being the sole survivors in that category!). In Sept/Oct, I'll be walking 475 miles across northern Spain on the Camino de Santiago. I'm looking for a partner or two. Anyone down there interested?

*-Jane Dods*



## LA Frontrunner March Anniversaries

### 30 Years in LAFR

*Jeffrey Weinstein*

### 10 Years in LAFR

*Ran Mullins*

### 5 Years in LAFR

*Dale Beldin*



Ran & Paul Williams at '10 Chili Cook-Off

## WELCOME NEW MEMBERS!

Matthew Saam  
 Scott Flanary  
 Jason Forbis  
 Stephanie Collins  
 Mike French  
 Jorge Santana Corona  
 Denise Alvarez  
 Jim Fischer  
 Tanner Stransky  
 Jeffrey Wiggins  
 Alan Gan  
 John Wasser

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

[www.lafrontrunners.com](http://www.lafrontrunners.com)  
[lafrontrunners@gmail.com](mailto:lafrontrunners@gmail.com)

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



Left: Mike Murphy,  
 Sean O'Brien &  
 random cutie after  
 Avalon 50 Mile Trail  
 Run in January

Don't forget to  
 renew your  
 membership to  
 our fabulous  
 club!



# UPCOMING EVENTS



## Saturday, March 19 PANCAKES & PRIDE RUN!

*Come cheer on our Los Angeles Marathon participants and carb them up with PANCAKES!*

8:30 a.m. fun run

9:30 a.m. - PANCAKES!


10:30 a.m.ish – Pride Run Volunteer meeting


Glassell Park Recreation Center  
3650 Verdugo Road  
LA, 90065

RSVP when you receive the emails!



## Sunday, March 20

 Marathon & LA FR water stop

 Post-race party at Sean and Allen's

## Tuesday, March 15

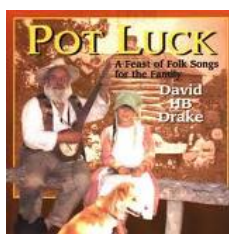
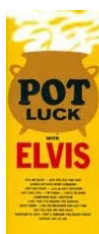
### Silverlake Potluck

Join us after the fun run for the last winter potluck

Angus & Mark's

2480 1/2 Silver Lake Blvd.

LA, 90039



## Grand Prix Races

- Sunday, March 6  
Malibu Creek Trail 10K/25K/50K
- Saturday, March 19  
Los Angeles Marathon 5K
- Sunday, March 20  
Los Angeles Marathon
- Saturday, March 26  
Chesebro Half Marathon



## *GRAND CANYON PART II – save the date - May 20 – 23, 2011*

We will be returning for another great trail experience. Choose to run down the north rim and back up, or you can join Sean for a rim-to-rim-to-rim... We are staying in amazing cabins on that overlook the Grand Canyon on the rugged and peaceful (not so many tourists) North Rim.

*See page 6 for lodging details.*



### Beat the Clock!

We switch back to Griffith Park for the Tuesday night fun run on April 5



### Santa Cruz Island Run!

Saturday, April 2  
see page 7 for more info

# Race Results

## Kickin Off New Year Marathon

Long Beach, CA 1/2

Deo Jaravata..... 4:03:05

## SoCal Half Marathon

Irvine, CA 1/8

Mike Smith..... 1:58:57

Stephanie Stone..... 2:11:31

Deo Jaravata..... 2:30:50

RaceWalk

## Boney Mountain Trail

Pt. Mugu, CA 1/9

### 6K

Margie Gonzales..... 55:27

2<sup>nd</sup> 55-59

### 21K

Sean O'Brien..... 1:50:39

2<sup>nd</sup> 45-49

Jeff Lymburner..... 2:07:39

2<sup>nd</sup> 50-54

William Korthof..... 2:07:54

Andrew Wissmiller..... 2:14:23

2<sup>nd</sup> 55-59

## Rock the Canal Marathon

Riverside, CA 1/9

Deo Jaravata..... 4:41:37

## Cali Gold Rush Marathon

La Habra, CA 1/15

Deo Jaravata..... 4:53:20

2<sup>nd</sup> OA

## Avalon 50 Miler

Avalon, CA 1/15

Sean O'Brien..... 7:36:01

3<sup>rd</sup> 45-49

Mike Murphy..... 9:53:02

## 13.1 Half Marathon

LA, CA 1/16

Mark Johnson..... 1:22:51

3<sup>rd</sup> 40-44

John McGuinness..... 1:31:10

Angus Kennedy..... 1:32:28

PR

Richard Nelson..... 1:34:30

2<sup>nd</sup> 60-64

Mike Kezsely..... 1:46:10

PR

Richard Peng..... 1:51:58

Sergio Casillas..... 1:54:59

PR

Patricia Bates..... 1:56:11

2<sup>nd</sup> 60-64

Margie Gonzales..... 2:39:13

Regina Robinson..... 2:52:59

Stephanie Stone..... 2:54:24

Doug Jones..... 2:57:09

## RnR Arizona Marathon

Phoenix, AZ 1/16

Ely Yaron..... 4:09:59

## Calico 50K

Barstow, CA 1/16

Deo Jaravata..... 6:19:38

## Buffalo 5K/Half

Avalon, CA 1/22

### 5K

Luis Aguilar..... 19:21

1<sup>st</sup> OA

Angus Kennedy..... 22:58

1<sup>st</sup> 20-24

Patrick Owen..... 24:02

1<sup>st</sup> 45-49

Ryan Timmreck..... 25:46

1<sup>st</sup> 50-54

Christine Curtin..... 37:21

1<sup>st</sup> 35-39

2<sup>nd</sup> 45-49

### Half

Carlos Vizcarra..... 1:28:16

2<sup>nd</sup> OA

Wadley..... 1:29:37

1<sup>st</sup> 35-39

Robert Chen..... 1:52:53

3<sup>rd</sup> OA

Andrew Wissmiller..... 1:55:04

2<sup>nd</sup> 30-34

1<sup>st</sup> 55-59

## Lake Forest Bike Path Marathon

Lake Forest, CA 1/22

Deo Jaravata..... 3:59:09

## 20K West Region RaceWalk Champs

Tustin, CA 1/23

Deo Jaravata..... 2:20:20

## Carlsbad Marathon

Carlsbad, CA 1/23

Ely Yaron..... 4:10:59

## Run in the Sun Marathon

Long Beach, CA 1/30

Deo Jaravata..... 3:59:59

## Rose Bowl 5K/10K/Half

Pasadena, CA 2/6

### 5K

Paul Williams..... 28:20

1<sup>st</sup> 55-59

### 10K

Robb Briggs..... 48:04

### Half

Ely Yaron..... 1:46:34

## Surf City Half Marathon

Huntington Beach, CA 2/6

Scott Flanary..... 1:54:08

PR

Bill Walsky..... 3:13:13

## Super Bowl 10K

Redondo Beach, CA 2/6

Carlos Vizcarra..... 35:15

Stephanie Stone..... 73:43

## SRLA Friendship Run – 18 Miles

Hansen Dam, CA 2/6

Reg Willson..... 2:17:58

1<sup>st</sup> 50-54

Mike Kezsely..... 2:34:49

Mike Smith..... 2:51:12

Geoff Buck..... 4:09:23

## OC Chill Winter Trail 5 Miler

Trabuco Canyon, CA 2/12

Stephanie Stone..... 54:37

2<sup>nd</sup> 50-54

## Palm Springs Half Marathon

Palm Springs, CA 2/13

Patricia Bates..... 1:53:34

2<sup>nd</sup> 60-64

## Ventura Half Marathon

Ventura, CA 2/13

Carlos Vizcarra..... 1:17:43

1<sup>st</sup> 35-39

## Firecracker

LA, CA 2/13

### 5K

Paul Jacoy..... 26:47

Paul Williams..... 29:16

### 10K

Mike Kerkman..... 41:17

Gardner Delano..... 52:11

Richard Peng..... 52:28

Frank Jacoy..... 54:58

Stephanie Stone..... 60:06

Tanya Haney..... 69:42

## LASAA 10K

Downtown LA, CA 2/19

Richard Nelson..... 45:01

1<sup>st</sup> 60-64

Margie Gonzales..... 69:46

3<sup>rd</sup> 55-59

## Bandit Trail Races

Simi Valley, CA 2/20

### 30K

Stephanie Stone..... 5:17:12

3<sup>rd</sup> 50-54

### 50K

Sean O'Brien..... 5:10:50

1<sup>st</sup> 45-49

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

# GRAND PRIX STANDINGS as of 2/21

## CHAMPIONS RACE

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). Runners are ranked by *average score only* until September when runners with most races will be ranked first.

Division	Races	Average
<b>MALE</b>		
1. Mark Johnson	1	80.07
2. Richard Nelson	2	79.91
3. Carlos Vizcarra	2	76.61
4. Reg Willson	1	71.77
5. John McGuinness	1	69.45
6. Wadley	1	69.38
7. Angus Kennedy	2	67.32
8. Sean O'Brien	3	66.80
9. Luis Aguilar	1	66.69
10. Mike Kerkman	1	65.55

<b>FEMALE</b>		
1. Patricia Bates	2	80.03
2. Stephanie Stone	5	50.91
3. Margie Gonzales	3	48.83
4. Tanya Haney	1	44.71
5. Christine Curtin	1	43.36
6. Regina Robinson	1	42.16

### FEMALE

<b>RACEWALK</b>		
1. Deo Jaravata	1	61.77
2. Doug Jones	1	55.64

### RACEWALK

<b>TRAIL MASTER</b>		
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## TRAIL MASTER

The TrailMaster Race is a combination age-graded/points accrual competition that will determine the club Trail Running Champion. Runners are ranked by *average score only* until September when runners with most races will be ranked first.

Athlete	Races	Average
1. Wadley	1	129.38
2. Carlos Vizcarra	1	121.74
3. Sean O'Brien	3	106.80
4. Andrew Wissmiller	2	95.72
5. Jeff Lymburner	1	90.27
6. Deo Jaravata	2	84.53
7. Ely Yaron	1	80.78
8. Stephanie Stone	2	76.93
9. Mike Murphy	1	74.29
10. Margie Gonzales	1	69.46

## AGE GROUP

Division	Races	Points
<b>Female 30-39</b>		
1. Tanya Haney	1	110
<b>Female 40-49</b>		
1. Christine Curtin	1	125
2. Regina Robinson	1	120
<b>Female 50-59</b>		
1. Stephanie Stone	4	475
2. Margie Gonzales	3	370
<b>Female 60+</b>		
1. Patricia Bates	1	135
<b>Male 20-29</b>		
1. Luis Aguilar	1	150
<b>Male 30-34</b>		
1. Wadley	1	170
2. Mike Kerkman	1	110
William Korthof	1	110
4. Robert Chen	1	100
<b>Male 35-39</b>		
1. Mike Smith	2	220
Richard Peng	2	220
3. Carlos Vizcarra	1	150
4. Ryan Timmreck	1	125
5. John McGuinness	1	120
<b>Male 40-44</b>		
1. Mark Johnson	1	135
2. Ely Yaron	1	120
3. Robb Briggs	1	100
Gardner Delano	1	100
5. Frank Jacoy	1	90
<b>Male 45-49</b>		
1. Sean O'Brien	2	270
2. Angus Kennedy	2	255
3. Deo Jaravata	1	130
4. Sergio Casillas	1	120
5. Paul Jacoy	1	110
<b>Male 50-54</b>		
1. Mike Kezsely	2	220
2. Reg Willson	1	135
3. Jeff Lymburner	1	135
4. Patrick Owen	1	125
5. Doug Jones	1	110
<b>Male 55-59</b>		
1. Andrew Wissmiller	2	280
2. Paul Williams	2	235
3. Geoff Buck	1	110
<b>Male 60+</b>		
1. Richard Nelson	2	260

## FINAL STANDINGS 2010

### CHAMPIONS RACE

Division	Races	Points
<b>MALE</b>		
1. Richard Nelson	6	488.89
2. Carlos Vizcarra	6	475.10
3. Sean O'Brien	6	442.37
4. Patrick Owen	6	438.21
5. Angus Kennedy	6	427.29
6. Reg Willson	6	424.94
7. Jonathan Toker	6	423.80
8. John McGuinness	6	422.31
9. David Dassey	6	418.28
10. Mike Kerkman	6	403.67
<b>FEMALE</b>		
1. Patricia Bates	6	478.20
2. Stephanie Stone	6	388.22
3. Margie Gonzales	6	327.68
4. Christine Curtin	6	310.04
5. Jane Dods	4	298.35
6. Regina Robinson	6	262.90
7. Allyne Winderman	2	151.41
8. Diane Abato	2	126.43
9. Keeley Webster	3	123.41
10. Cat White	3	121.92
<b>RACEWALK</b>		
1. Deo Jaravata	6	367.31
2. Doug Jones	6	351.93
3. Areana Tate	4	191.77
4. Juan Moreno	2	123.31
5. Connie Hammen	1	60.44

### FEMALE

### RACEWALK

### TRAIL MASTER RACE

Athlete	Races	Points
<b>MALE</b>		
1. Jonathan Toker	5	618.48
2. Sean O'Brien	5	616.79
3. Wadley	4	444.21
4. Deo Jaravata	5	432.94
5. Stephanie Stone	5	396.37
6. Mike Murphy	5	393.94
7. Robb Briggs	5	374.74
8. Jeff Lymburner	4	341.94
9. Angus Kennedy	3	281.29
10. Patrick Owen	3	275.09

FOR COMPLETE STANDINGS AND DETAILS, PLEASE VISIT THE GRAND PRIX PAGE AT [WWW.LAFRONTRUNNERS.COM](http://WWW.LAFRONTRUNNERS.COM)



## Grand Canyon Trip - Lodging Friday, May 20 – Monday, May 23

Our inaugural Grand Canyon trip was a great success last year, so we are going back again!

### Details:

Trip Duration: 4 days:

Friday, 5/20: travel to GC

Saturday, 5/21: run/hike/walk GC

Sunday, 5/22: recover and sight-see

Monday, 5/23: travel back to LA

**Run Options:** We will stay at the North Rim the entire trip so your run options are: **North Rim** to bottom and back (or any out and back distance)

**Rim-to-Rim-to-Rim:** North Rim to South Rim and back to North Rim: Sean will be leading this and it's HUGE so there will be requirements, etc., more info to come.



2010 Trip



## Lodging Options

Please note: There will be transportation costs charged after the trip for the van rental/gas – we won't know what these charges will be until we have a participant number.

Lodging is at the Grand Canyon Lodge on the North Rim. For those of you who went last year, this is the lodge with all the cabins that we visited last year that is literally right on the North Rim. There are several options so *please read carefully*: Deadline to pay for lodging is Friday, April 15. There are no refunds. The only method of payment is by credit card thru our online store at lafrontrunners.com.

**Rates/Rooms:** Rates are total for three (3) nights.

### **Western Cabins**

These cabins are spacious, w/ two queen beds, full bath and a front porch. All are nestled in the pines.

### **Motel Rooms**

These rooms feature one queen bed & private bath.

### **Frontier Cabins**

These cabins have one double & one single bed.

### Single - Private Room

Motel room      queen bed      \$375 per person

Frontier Cabin    double & twin    \$390 per person

### Couple - Private Room

Motel room      queen bed      \$375 per couple

Frontier Cabin    double & twin    \$390 per couple

### Two Singles - separate beds

Frontier Cabin    double & twin    \$195 per person

*You must have a roommate to purchase this option.*

### Singles - Shared Cabin

Western Cabin    shared queen    \$160 per person

Western Cabin    own queen      \$320 per person

You can submit your bedmate/roommate, otherwise you will be paired.

### Couples - Shared Cabin

Western Cabin    queen bed      \$320 per couple

Will be placed with another couple or single.

Also please note: We have a set amount per room type reserved – once our allotment of a room type fills up, that's it. The lodge is sold out so we cannot get additional space.

## Santa Cruz Island Day Trip Saturday, April 2

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 Saturday, April 2, for the club's third trip to the island. We'll leave from Ventura at 8 AM and return that afternoon at 4 PM. That gives us about 7 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: Saturday, April 2
- Depart: Leave from Ventura at 8:00 AM; arrive Santa Cruz Island at 9:00 AM
- Return: Depart from the island at 4:00 PM; arrive back in Ventura at 5:00 PM
- Cost: \$55 (includes roundtrip boat ticket and lunch)

**Purchase Tickets thru  
LAFR Online Store:  
[www.lafronrunners.com](http://www.lafronrunners.com)  
store link is on home page  
click on events  
deadline to purchase tix is  
Monday, March 14**





## Instructions to Register for LAFR Water Stop @ LA Marathon:

Go to lamarathon.com, click on <EVENT> on the menu bar that appears on the top. Select <volunteer> on the drop menu that appears.

It is important that you only select <click here to join AN EXISTING VOLUNTEER GROUP> (otherwise, you will not be directed to our group or to our volunteer positions at mile 7 water station, nor will Carl Maravilla be able to see whether you are properly registered).

Select "Los Angeles Frontrunners" group from the drop down menu and use the password **lafr**. Enter the requested information then click on the agreement/waiver. Details about the assignment (date, time, location) are provided when your registration is complete. Confirmed volunteers will receive a T-shirt and goodie bag.

The more volunteers we provide, the more control we will have over our station. Our goal is 45+! Call Carl at 310.780-7494 to let him know that you have registered, if you would like to help him coordinate this event for the club, or if you have any questions or problems. Forward this to your friends so they can help out too!



## January and February 2011 Treasurer's Report

This is a two month report. Final cost for the Annual Banquet is about \$1000. The club also incurred a large annual cost of \$1156.20 for insurance renewal, website, and International Frontrunners, as well as a 6-month renewal of Storage. Contact Ted Wyder with questions.

**LAFR Balance 1/01/11** **\$9,430.20**

<u>January and February</u>	<u>Revenue</u>	<u>Expense</u>
Membership Dues	\$ 1,875.00	\$ -
Catalina	\$ 1,050.00	\$ (142.98)
Death Valley	\$ 706.40	\$ -
Uniform	\$ 524.00	\$ -
Donation	\$ 412.00	\$ -
Don Thompson Night	\$ 220.00	\$ -
Miscellaneous	\$ 395.50	\$ (184.77)
Ragnar Las Vegas	\$ 186.07	\$ -
Constant Contact	\$ -	\$ (90.00)
Mail Box	\$ -	\$ (96.00)
International Frontrunners	\$ -	\$ (100.00)
Web Site	\$ -	\$ (103.39)
Newsletter	\$ -	\$ (155.64)
PayPal	\$ -	\$ (169.84)
Storage	\$ -	\$ (540.00)
Annual Banquet	\$ 3,286.00	\$ (4,405.77)
Insurance	\$ -	\$ (1,156.20)
<b>Total</b>	<b>\$ 8,654.97</b>	<b>\$ (7,144.59)</b>

**LAFR Balance 2/24/11** **\$8,383.88**

## Prep for Pride Run 2011!



**Reminder: submissions for the  
Pride Run beneficiary close on  
Wednesday, March 16**

## Meeting Saturday, March 19

Los Angeles Pride 2011 will be here in just over 3 months! The 30th Annual Pride Run takes place on Sunday, June 12, 2011, in West Hollywood.

While many of you show up on the day-of to help, a tremendous amount of planning is needed long before the race.

So please consider contributing your volunteer time sooner! We will have an informational meeting for volunteers after the Pancake Breakfast for LA Marathon on March 19.

Saturday, March 19  
after pancake breakfast  
Glassell Park Rec. Ctr.  
3650 Verdugo Rd., LA, 90065





## 2011 Membership Application

LA Frontrunners is a running and walking club for lesbian, gay, bisexual, and transgender people (LGBT) and their friends and supporters. We welcome runners and walkers of all levels, ethnic backgrounds, and sexual identities.

The LA Frontrunners participate in competitive and non-competitive running events, weekly fun runs, our annual Pride Run, our Grand Prix racing series, social events, and more. We assist each other with our running goals and promote camaraderie among the LGBT community. We are also actively involved in charity fundraising for various causes.

We encourage you to come check us out. We meet for fun runs at 6:30 PM Monday thru Thursday evenings in and around the LA area. On Saturday mornings, the group meets at 8:00 AM in Griffith Park.

LA Frontrunners is part of the more than 100 Frontrunner clubs across the U.S. and around the world. The club was founded in 1981, and are proud of the long tradition of promoting a healthy community.

If you'd like more information, please visit our website at [www.lafrontrunners.com](http://www.lafrontrunners.com)

Thanks for your interest and see you on the trails!

### 2011 Membership Application

<b>Step 1: Applicant Information</b>		T-Shirt Size:	S	M	L	XL
Name:				Date of Birth:		
Email:		Primary Phone:		Secondary Phone:		
Current address:						
City:		State:			ZIP Code:	
<u>Emergency Contact</u> Name:				Phone:		
<b>Partner Information (if joint membership)</b>		T-Shirt Size:	S	M	L	XL
Name:				Date of Birth:		
Email:		Primary Phone:		Secondary Phone:		

### STEP 2: Please sign and date the following Agreement and Release of Liability: Agreement and Release of Liability (both partners should sign if applying as a couple)

I/We, \_\_\_\_\_, have voluntarily participated, and will voluntarily participate, in activities and events offered, organized, endorsed and sponsored by Los Angeles Frontrunners ("Events"). I am aware that my participation in the Events and the sport of running, jogging and walking involves numerous risks of injury, including, but not limited to, falls, collisions with other people and natural and man-made objects, strain and injury and I freely assume those risks. I agree to release from any legal liability and agree not to sue Los Angeles Frontrunners, their officers, directors, members, agents and employees, for any and all injuries caused by or resulting from my participation in the Events or the sport of running, jogging or walking whether or not such injury or death was caused by negligence. I have read this release, am aware that this contract is legally binding and that I am releasing legal rights by signing it.

Signature(s): \_\_\_\_\_ Date: \_\_\_\_\_

### Step 3: Please check a box for each

Club member information (name, e-mail only) will be printed in the Club Roster. Do you want your name and e-mail address released to other LA Frontrunners?	Yes [ <input type="checkbox"/> ]	No [ <input type="checkbox"/> ]
Do you want to receive the newsletter online ONLY? (Yes: online only - No: online & paper mailed)?	Yes [ <input type="checkbox"/> ]	No [ <input type="checkbox"/> ]
Do you want to be included in the E-group (LAFR_Community@googlegroups.com) where members post and receive messages from each other?	Yes [ <input type="checkbox"/> ]	No [ <input type="checkbox"/> ]

**Step 4: Dues are shown below. Circle the category of your membership, enter the amount of dues enclosed, indicate amount of any donation to LA Frontrunners, and total the amount. Please write a check payable to LA Frontrunners.**

**Step 5: Once Completed, mail with your payment to:**

Category of Membership (Annual Dues)		Payments	
Individual	\$25	Dues:	
Couples at Same Address	\$35	Donation:	
		Amount Enclosed:	

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



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: Amy/Patrick**

**SUNDAY**  
**Long Run**  
**8:00 A.M.**

Various distance long runs on roads and/or trails at various So. Cal locations.

**Hosts: Various**

**MONDAY**  
**West Hollywood**  
**6:30 P.M.**

Meet by basketball courts in West Hollywood Park parking lot

**Host: Todd/Wadley**

**TUESDAY**  
**Silver Lake**  
**6:30 P.M.**

Meet at Silver Lake Recreation Center at 1850 W. Silver Lake Drive.

**Host: Rusty**

**WEDNESDAY**  
**Santa Monica**  
**6:30 P.M.**

Palisades Park at Ocean & San Vicente at Millennium Plaque.

**Hosts: Bruce/Brian**

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

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

**Hosts:**  
**Mike/John/William**