

FrontPage

RUN DEO RUN 45K & HALF MARATHON Deo's Birthday Bash & 200th Marathon Celebration

Join your fellow LAFRs and the one and only Deo Jaravata as he completes his 200th marathon and clicks off another year on the calendar. Charlie Alewine Racing is putting on this event to celebrate our Deo's latest marathon milestone - on his birthday no less!!



Volunteers are needed as well, please contact Piyush at lafronrunners@gmail.com if you would like to help out.

Please note; There is no race day registration. See page 7 for the application. We have an approved 20% discount.

START : 7:00AM - Sunday March 7th, 2010

WHERE : Legg Lake Park, 750 S. Santa Anita Ave. S. El Monte, CA 91733. Fast, flat course on sidewalks, dirt around beautiful lake in scenic family park. Plenty of Gatorade, water and snacks. (12) 2.2 mile loops

INCLUDED : Great Event T-Shirt and Finishers Medals. Trophies to Top 3 Runners in each race & Special bobble head trophies. **Limited to 50 Runners. No Race day Registration.**

LAFR Annual Banquet Sunday, January 31

Come on out to the LAFR Annual Banquet as we celebrate another great year of LA Frontrunners and hand out a bunch of nifty awards to our brethren. Besides the standard frivolity, we plan to have our brand new LAFR uniforms available for purchase.

When:
Sunday, January 31, 2010
6:30 PM

Where:
The Castaway Restaurant
1250 Harvard Rd.
Burbank, CA 91501-1096
Phone: (818) 848-6691



Carl Maravilla with last year's Female Newcomer of the Year, mother-in-law Anne Vasquez



Price: \$40 per person

Register: Mail form on insert or register online at active.com

Last year's Male Newcomers of the Year
Brad Maury and Mark Jones



The boys remind you to renew your LAFR Membership!!

**LAFR Board Meeting Briefs
12/09**

December 7 at Angus's

A. Annual Banquet Sunday, January 31, at Castaway in Burbank. Mark and Christine will go to brunch and finalize menu. Angus and board working on plans for event. LAFR Performance of the Year to be voted on by membership through an online vote. Angus & Carl will determine nominees.

B. Uniforms: Mark placed initial order. When they arrive, Angus will get them to screen printers. Goal is to have uniforms available for purchase at Annual Banquet.

C. Catalina/Death Valley: Plans moving along well. Members are signing up for both.

D. Upcoming Events: Xmas Party (12/17) New Year's Day Run & Potluck (1/1), Annual Banquet (1/31)

E. Clothing Drive: Clothing Drive at Xmas Party to benefit Jeff Griffith Youth Center at Gay & Lesbian Cneter and My Friend's Place. Angus set up an online donation form to donate funds which will be used to purchase new clothes to donate as well.

F. Annual Meeting Annual Meeting and Run went well at Glassell Park. William gave a very thorough Treasury Report and the space for the meeting was a good fit for us. The Toy Drive was a big success as well.

G. Mimi's Mimi's fundraiser on Tuesday, Dec 1, went great - close to 30 members showed up. kalvoda to follow up regarding check.

H. Marathon Training: Training program going great. Lots of people running halves/fulls early 2010. Club providing water/gatorade at long runs.

I. Next Board Meeting: January 3 at Patrick's

**BIRTHDAY
GIRLS AND BOYS**



Ron Del Rio.....	Jan 1	Kate Hutton.....	Jan 20
Martin Zimmerman.....	Jan 3	Noelle Olson.....	Jan 21
Nelson Miranda.....	Jan 3	Dan Graham.....	Jan 22
Jim Williams.....	Jan 4	Alicia Soto.....	Jan 26
Robert Hamm.....	Jan 9	Hakha Mortezaie.....	Jan 26
Robb Briggs.....	Jan 9	Bernie Tan.....	Jan 27
Dennis Schorr.....	Jan 10	Margie Gonzales.....	Jan 27
Arturo Salgado.....	Jan 11	Kristi Twilley.....	Jan 27
Andrew Gonzalez.....	Jan 13	Ross Lamkin.....	Jan 28
Howard Hamburger.....	Jan 13	Neil Weisenberg.....	Jan 28
Lorraine Silver.....	Jan 13	Mike Kalvoda.....	Jan 29
Susan Parker.....	Jan 14	Ruthanne Salido.....	Jan 29
Sean O'Brien.....	Jan 14	Joanna Hankamer.....	Jan 29
Angus Kennedy.....	Jan 15	Augie Robles.....	Jan 30
Ken Dunn.....	Jan 19	Bahman Ghahremani..	Jan 31

WELCOME NEW MEMBERS!!

John Deamos
Don Bing

Al Garcia
Bahman Ghahremani

Los Angeles Frontrunners
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PMB #229
Los Angeles, CA 90039
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Patrick Owen, *vice president*
William Fang, *treasurer*
Piyush Prakash, *secretary*
Christine Curtin, Mark Jones, Carl Maravilla, John McGuinness and Bryan Prado, *directors at large*

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William Fang, *board info*
Mike Kalvoda, *copy editor*

Phil Amato, Henri Faucher, Wadley, Margie Gonzales, Deo Jaravata, Bernie Tan, *photographers*



from left: Keeley Webster, Cat White, Deena Kastor, Margie Gonzales, Regina Robinson, Areana Tate

LAFRs Meet an Olympic Hero

On December 20th, the LA Frontrunners were well represented by five members at the annual Deena Kastor Fun Run in Agoura Hills. Sponsored by Future Track and Asics (who also supplied free technical long sleeved shirts), the three to five mile run was followed by a free pancake breakfast and autograph signing by the 2004 Olympic Marathon Bronze medalist and London and Chicago Marathon winner.

Deena started her career here in Southern CA, winning three state cross country titles while attending Agoura High. Currently, Deena lives in Mammoth with her husband Andrew. When she's not training, she is looking for a publisher for her cookbook, *Making Strides in the Kitchen*, with recipes inspired by her huge appetite, her world travels and entertaining family and friends.

"It doesn't matter how fast you're moving, as long as you're moving forward." -Deena Kastor

-by Margie Gonzales

Last Grand Prix Race of 2009



Margie Gonzales coordinated and manned our LAFR table at the inaugural LA County Half Marathon on 12/13 at the Fairplex in Pomona. It was the last Grand Prix race of 2009. Reports were that the new race was well organized with a beautiful course that was roughly half on the road and half through the trails of Bonelli Park. Thanks, Margie!!



above from left: Areana Tate, Stephanie Stone, John McGuinness, Regina Robinson, Doug Jones, and Margie Gonzales at the inaugural LA County Half Marathon in December.

right: John McGuinness with LAFR newcomer Chad Myers at the LA County Half Marathon. This was Chad's first half marathon. Congratulations, Chad!



LAFR RACE RESULTS**Tahoe Rim 50 Mile Trail**

Lake Tahoe, CA 7/18

Sean O'Brien.....9:51:18 2nd 40-49
 Mike Murphy.....11:29:40

Topanga Turkey Trot 15K

Los Angeles, CA 11/26

Sean O'Brien.....1:18:36 3rd 45-49

Long Beach Turkey Trot

Long Beach, CA 11/26

John Yong.....40:07 PR

Running Off the Turkey Half Marathon

South El Monte, CA 11/29

Juan Moreno2:21:50 RaceWalk/PR

Tiger Run

Pasadena, CA 12/5

5K

Carl Maravilla17:40 2nd 45-49
 John Yong18:55 3rd 25-29
 John Deamos20:55 PR
 Bill Austin.....22:02 3rd 50-54
 Jim Martinez.....23:00 PR
 Rusty Millar.....25:12

10K

William Fang.....40:45 1st 30-34
 John McGuinness.....41:50 2nd 35-39
 Angus Kennedy.....44:55 3rd 40-44
 Robb Briggs.....45:43
 Ted Wyder46:29
 Eric Fischer50:37 2nd 60-64/PR
 Bill Winkelmann.....55:50
 Doug Jones.....75:30 RaceWalk/PR
 Bill Walsky.....67:18

Troy's CA Trail Runs - 9 Miles

San Jose, CA 12/5

Juan Moreno1:23:16 2nd OA

Las Vegas R'n'R Half Marathon

Las Vegas, NV 12/6

Margie Gonzales.....2:59:56

Xterra Trail Run 21K

Kaa'awa, HI 12/6

David Dinielli1:52:07 3rd 40-44
 Jeff Lymburner.....2:02:48

Santa Barbara Marathon

Santa Barbara, CA 12/6

Bob Berman4:26:57

Ridgecrest 50K

Ridgecrest, CA 12/6

Sean O'Brien.....4:24:42 2nd 45-49
 Mike Murphy.....5:13:19

LA County Half Marathon

Pomona, CA 12/13

William Korthof1:26:11 2nd 30-34
 John McGuinness1:27:49 2nd 35-39/PR
 Juan Moreno1:41:39
 Deo Jaravata.....1:42:45 PR
 Chad Myers.....1:48:02 PR
 Mike Smith.....2:01:23
 Stephanie Stone.....2:20:57
 Regina Robinson.....2:45:45
 Doug Jones2:47:38 RaceWalk/PR
 Bill Walsky3:04:39 PR

Say No to Drugs

Los Angeles, CA 12/13

5K

Jim Martinez.....23:57 2nd 55-59

10K

Patrick Owen.....43:19 2nd 50-54

LAFR GRAND PRIX TEAM CHALLENGE RESULTS

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

Race #12:**Tiger Run 5K/10K**

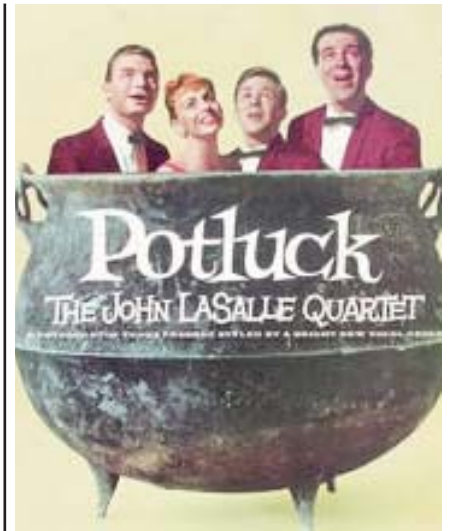
1. Team 8 (3).....81:19
 2. Team 2 (1)17:40
 3. Team 4 (1)20:23
 4. Team 5 (1)20:55
 5. Team 9 (1).....22:02
 6. Team 7 (1)22:51
 7. Team 3 (1)23:00

Race #13:**LA County Half Marathon**

1. Team 5 (2).....3:10:24
 2. Team 3 (1)1:41:39
 3. Team 8 (1)3:04:39

race results

please visit the grand prix page on our website and click the link to report race results



Winter Silver Lake Tuesday Night Potlucks

January

Tuesday, January 19
 at the home of Ken Wilson
 2171 Kenilworth Avenue
 LA, CA 90039

February

Tuesday, February 16
 at the home of Henry Ong
 3431 Fernwood Ave
 LA, CA 90039

March

Tuesday, March 16
 at the home of
 Mike Kerkman & Kevin Shiramizu
 2038 Redcliff St.
 LA, CA 90039

GRAND PRIX STANDINGS

**2009 LAFR Grand Prix
Series Final Standings
will be posted online
after the banquet and
published in the
February newsletter**

In Their Shoes: An LAFR Stroll with Piyush Prakash



* Worst race/why: "Carlsbad Marathon '06. Started out way too fast, partially tore a tendon at (mile) 20, and made the unwise decision to walk to the finish line anyway."

* Most memorable running experience: "Ragnar Las Vegas Relay. It was an amazing experience all around. I'll never forget running at 2 a.m. near Lake Mead with just the stars, my head light, and coyotes howling. The great camaraderie of my fellow Frontrunners on this race is a memory I'll cherish forever!"

Piyush -- Straight-Up

* Software Engineer; 26

* Into gadgets, cooking, watching soccer

* Years as a Frontrunner: 4, current LAFR Board Member

Piyush -- Look Closer

* (As his friends put it:) "Perfectionist – but usually with a smile. Friendly, loyal."

* ("In the next ten years I hope to . . .") "Own a home, have adopted kids, and start a family: the American Dream."

Piyush -- Looking Back

* Average Weekly Mileage: 35

* Favorite place to run/walk: Ray Miller Trail at Point Magu Park

Piyush -- Looking Ahead:

* Life running/walking goals: "Qualify for Boston."

* Realistic running/walking goals for next year: "Run a marathon without injury."

* Personal training tips: "Always stretch after a good run!"

* ("I love runners or walkers who . . .") "Run with a smile and cheer on others, regardless of any differences in their speeds."

New Year's Day Run/Brunch

Close to 70 FRs showed up to Mark & Brad's for the New Year's Day Run/Brunch. Below-John Deamos and Reg Willson enjoy the perfect weather



Only in Southern CA can you sit in the hot tub outside on New Year's Day. Bruce looks really happy in this picture and Wadley looks a little guilty. Hmmm..... more pix next page



Start Spreading The News... LAFR Trip to NYC

We had great response to our plans for a trip to NYC the first week of November for the Marathon and some Broadway/New York experiences. More details will follow, but here is some information on running the marathon.

HOW DO I REGISTER FOR THE NYC MARATHON?

You can apply for the lottery at their website or...

CAN I QUALIFY?

Yes, see qualifying times. Qualifying races must have been between **January 1, 2009 and January 31, 2010** - so there's still time! There is a SoCal half on 1/31 (Highland Half - check Grand Prix schedule on our website).

Open (Age 18-39)**			Masters (Age 40+)**		
	Marathon	Half Mar		Marathon	Half Mar
M	2:55:00	1:23:00	M	3:10:00	1:30:00
F	3:23:00	1:37:00	F	3:38:00	1:44:00
Veterans (Age 50+)**			Veterans (Age 60+)**		
	Marathon	Half-Mar		Marathon	Half-Mar
M	3:30:00	1:40:00	M	3:45:00	1:48:00
F	3:52:00	1:50:00	F	4:13:00	2:00:30
Veterans (Age 70+)**			** Your age on the day of the qualifying race		
	Marathon	Half-Mar			
M	4:00:00	1:55:00			
F	4:35:00	2:11:00			

WHAT IF I DON'T QUALIFY OR GET IN THROUGH THE LOTTERY, BUT STILL WANT TO JOIN THE TRIP?

Come on and join us. You can run/walk with NYFR at their regular Saturday run in Central Park, volunteer at their water station or just come cheer the LAFRs running.

For more information or any questions, please contact Patrick Owen at antonsingers@yahoo.com.

The NYC Marathon website is www.ingnycmarathon.org

LAFRs Who Have Qualified for NYC

According to results reported to LAFR:

Open (Qual times: Full-2:55, Half-1:23)

Luis Aguilar	1:22:00	Chesebro Half
Carlos Vizcarra	2:47:35	LA Full
William Korthof	2:54:05	St. George Full

Masters 40+ (Full-3:10, Half-1:30)

Mark Johnson	1:25:19	Chesebro Half
	2:53:17	Surf City Full
Bruce Bair	3:09:08	Fargo Full

Veterans 50+ (Full-3:30, Half-1:40)

Ric Munoz	3:29:37	Surf City Full
	3:17:54	Boston Full
Brian Kelly	1:31:34	La Jolla Half
	1:30:10	SF Half
Patrick Owen	1:36:22	13.1 Half
Jeff Lymburner	1:25:36	Fontana Half

Veterans 60+

(Full-4:13F, Half-1:48M, 2:00F)

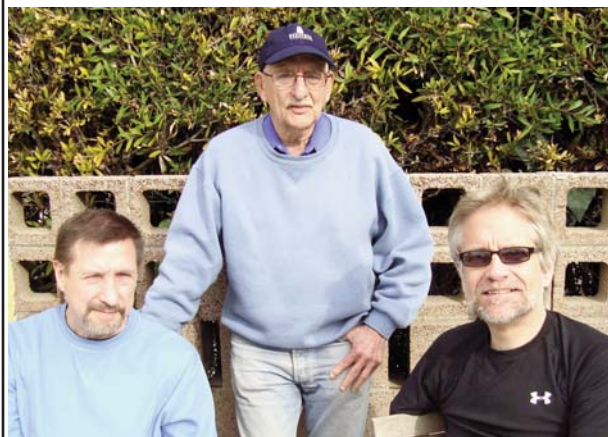
Patricia Bates	1:56:14	PV Half
	4:01:24	Napa Valley Full
	1:42:51	Fontana Half
Richard Nelson	1:37:07	PS Half
	1:35:41	13.1 Half



More New Year's Day Pix



Carl Maravilla and Ben Brown



Allen Posten, Ken Wilson, and Patrick Owen

RUN DEO RUN 45k & HALF MARATHON

DEO'S BIRTHDAY BASH & 200TH MARATHON CELEBRATION

Sunday March 7th, 2010

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email Address: _____

Phone #(s) (____) (____) _____

Date Of Birth: _____ Age On Race Date Above: _____ Sex: (Circle) M F

Emergency Contact Name: _____ Phone # (____) _____

How did you hear about the Above Races: _____

Shirt Size *Unisex*(Circle): **Small, Medium, Large, Extra Large.**

Entry Fees – Please Choose event (Circle): **Marathon Race(\$50) Half Marathon (\$44)**

20% C.A.R approved running club discount ...LA FRONTRUNNERS...\$ _____

Total after 20% Discount\$ _____

Entry Fee (No refunds, No transfers):\$ _____

Extra Generic Shirt(s): \$12 each\$ _____

Total Amount enclosed:.....\$ _____

ACCIDENT WAIVER AND RELEASE OF LIABILITY:

In consideration of acceptance of my application in the above runs on , I hereby waive, release and discharge any and all claims on behalf of myself, my heirs, assignee, and/or estate for damages, death, personal injury or property damage as a result of my participation in, including traveling to this event. I understand that this release is to discharge in advance the Marathon organizers, , private property owners, race sponsors, medical personnel, local jurisdictions and their employees, and race volunteers (the "Releases") including any and all rights, claims and liability for damage or injuries to me or my property caused by negligence of any of them, arising out of my participation in this footrace, together with any costs, including attorney's fees, that may be incurred as a result of such claims, whether valid or not; and expressly waive any benefit I may otherwise have under section 1542 of the Civil Code of California. I hereby acknowledge that participation in this race carries with it potential hazard and risk which I voluntarily assume, and therefore release all Releasees of responsibility for my injury or death during this race. I hereby attest and verify that I am physically fit and have sufficiently trained for this arduous event. I hereby accept full responsibility and knowledge for following the correct course. I hereby state I will voluntarily withdraw from this race if requested to do so by race management or course volunteers. I hereby consent to receive medical treatment at my cost, which race officials may deem necessary in the event of injury, accident or illness during the footrace. I have also been advised that I may be exposed to physical injury from a number of natural factors, including, but not limited to lack of water, too much water, the hazards of vehicular traffic, and those other hazards attendant to running or walking along or across busy roadways during the day or night, including, among other things, the fact that I may become injured or incapacitated in a location where it is difficult or impossible for the event management to get required medical aid to me in time to avoid physical injury or even death. I understand that entry fees are necessary to meet the costs of preparations months in advance of the race, and if the race is cancelled because of fire, drought, floods, storms of any kind, known or known, I expressly waive any benefit I may otherwise have under section 1542 of the Civil Code of California.

Signature: _____ Date: _____

Parental Signature for Under 18 Yrs old.

Signature: _____ Date: _____

Please sign, date and return the application form/waiver, make checks payable to and mail to :

Charlie Alewine

324 S. Diamond Bar Blvd., #136

Diamond Bar CA,91765

(909) 319-8492

Space Still Available for Catalina Trip

There is still space available for the annual Los Angeles Frontrunners trip to Catalina Island. This year, we will be running the Buffalo Half Marathon instead of the Catalina Marathon.



All the details are below on the housing registration form. If you have already sent in your housing registration form, don't forget to book your boat travel through Catalina Express at www.catalinaexpress.com. And don't forget to register for the race! There is also a 5K in addition to the Buffalo Half Marathon. Both races are Grand Prix races and the half marathon is also a TrailMaster race. Info and registration at www.pacificsportsllc.com. If you have any questions, please contact us at lafronrunners@gmail.com

December 2009 Treasurer's Report

Expenses include Catalina Housing, Grand Canyon Trip deposit, & Xmas Party. Questions? Contact us at lafronrunners@gmail.com.

LAFR Balance 12/05/09 \$13,180.44

Dec 09 Revenues

<i>Catalina</i>	\$465.00
<i>Banquet</i>	\$160.00
<i>Membership/Donations</i>	\$250.00
Total Revenue	\$875.00

Dec 09 Expenses

<i>Newsletter</i>	\$111.10
<i>Xmas Party</i>	\$292.97
<i>Grand Canyon Deposit</i>	\$2382.36
<i>Reimbursements</i>	\$271.67
<i>Fall Feast</i>	\$913.82
<i>Catalina Housing</i>	\$2708.20
Total Expenses	(\$5766.30)
Net Profit/(Loss)	(\$4891.30)

LAFR Balance 1/1/10 \$8,289.14

Catalina Weekend!

Join your fellow LAFRs for our annual trip to Catalina Island!!

The Buffalo Run weekend is February 26-27, 2010.

The half marathon and 5K are Saturday the 27th.

We have reserved three houses with space for 22 people. The cost is \$155 per person for two nights - Friday, February 26 and Saturday, February 27.

Space is available on a first-come, first-served basis. Your payment is your reservation and is non-refundable.



Please fill in and return with your check payable to "Los Angeles Frontrunners" - \$155 per person. Give to Mark Jones or mail to: LA Frontrunners, 2870 Los Feliz Place, PMB #229, LA, CA 90039

Name _____

Details: Catalina Island weekend
February 26-27, 2010

Housing Preference: _____ Single _____ Double

Housing: 3 houses for 22 people
4 singles: 2 per room, twin beds
6 doubles: 2 per room, queen/king

My roomie will be _____

2010 Los Angeles Frontrunner Membership Renewal and Banquet Registration

It's time to renew your membership and to sign up for our annual Banquet on January 31, 2010. Please complete the forms on this page and mail in, or hand to any club officer. You can also sign up online by visiting our website at www.lafronrunners.com

LAFR Annual Banquet

Sunday, Jan 31, 2010, 6:30 PM
The Castaway, Mountain Room
1250 Harvard Rd.
Burbank, CA 91501

www.castawayrestaurant.com

Guest 1: _____

Guest 2: _____

Guest 3: _____

Guest 4: _____

\$40 per person

Total Amount Enclosed: _____

2010 Membership Application

Step 1: Applicant Information

T-Shirt Size: S M L XL

Name: _____

Date of Birth: _____

Email: _____

Primary Phone: _____

Secondary Phone: _____

Current address: _____

City: _____

State: _____

ZIP Code: _____

Partner Information (if joint membership)

T-Shirt Size: S M L XL

Name: _____

Date of Birth: _____

Email: _____

Primary Phone: _____

Secondary Phone: _____

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

I/We, _____, have voluntarily participated, and will voluntarily participate, in activities and events offered, organized, endorsed and sponsored by 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 Frontrunners Track Club of Greater Los Angeles, their officers, directors, members, agents and employees, for any and all injuries caused by or resulting from my participation in the Events or the sport of running, jogging or walking whether or not such injury or death was caused by negligence. I have read this release, am aware that this contract is legally binding and that I am releasing legal rights by signing it.

Signature(s): _____ Date: _____

Step 3: Please check a box for each

Club member information (name, e-mail only) is printed in the Club Roster. Do you want your name and email address released to other LA Frontrunners?

Yes [] No []

Do you want to receive the newsletter online ONLY? (Yes: online only - No: online & paper mailed)

Yes [] No []

Do you want to be included in the E-group (LAFR_Community@googlegroup.com) where members post and receive messages from each other?

Yes [] No []

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

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

Category of Membership (Annual Dues)	Payments	Los Angeles Frontrunners 2870 Los Feliz PI, PMB # 229 Los Angeles, CA 90039
Individual \$25	Dues: _____	
Couples in Same Address \$35	Donation: _____	
Student (College/HS) \$15	Amount Enclosed: _____	



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

WEEKLY FUN RUNS

SATURDAY
Griffith Park
8:00 A.M.

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

Hosts: Amy/Patrick

SATURDAY
Santa Monica
8:00 A.M.

1st Saturday of Month
Palisades Park at Ocean & San Vicente at Millennium Plaque.

Host: Bruce

SUNDAY
Long Run
7:00 A.M.

10 to 20 mile runs on roads and/or trails at various So Cal locations.

Hosts: Sean/Bruce

TUESDAY
Silver Lake
6:30 P.M.

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

Host: Rusty

WEDNESDAY
Santa Monica
6:30 P.M.

Palisades Park at Ocean & San Vicente at Millennium Plaque.

Hosts: Jeffrey/Mark

THURSDAY
Pasadena
6:30 P.M.

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

Hosts:
Mike/John/William