

# FrontPage

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

Since 1980

## Awards Cap a Grand Frontrunner Evening at Castaway's

### The Randy Peck Award

#### Mike Kerkman

The *Randy Peck Award* is named after the late Randy Peck, one of the founding members of LAFR. He could always be counted on to contribute his time and talents to the club. Randy was a dedicated Frontrunner who never called attention to himself. Sadly, he was the first member of our club to die of AIDS. We honor his memory through this award, which recognizes a member who displays the same humility and dedication to service that was so evident in Randy's life.



The 2008 recipient of the Randy Peck Award can often be found at the center of our numerous volunteer activities. For many years he has organized the FR beer booth at LA Pride. This year he did double duty on the bartending front and served as coordinator of the Sunset Junction beer booth as well. These efforts raised **See Randy Peck, p3**

### Frontrunner of the Year – Bruce Bair

The Frontrunner of the Year displays overall athleticism, a competitive spirit, and good sportsmanship in reflection of the values of our club. This person also shines through volunteerism and participation in club events.

In the timeless words of RuPaul, "It's raining men...Alleluia!" I have no doubt that Ms. RuPaul would extend an Alleluia to the site of our shirtless 2008 Frontrunner of the Year. **See Frontrunner, p3**

### President's Award



The *President's Award* is given annually by the President to a member who merits special recognition and appreciation. As a volunteer organization, we depend entirely on the generosity and good will of our members to continue the extraordinary 27-year record of family, athleticism, and community service of the Los Angeles Frontrunners. Therefore, all of our members who have contributed to our ongoing mission, in big ways and small, merit a heartfelt expression of gratitude. On behalf of my fellow board members, thank you. I have selected two members of our club for the special recognition of the President's award. **See President's Award, p6**

### *Inside This FrontPage:*

Board Message	2
Run Safe in 2009	3
Grand Prix Winners	4
2008 Top Runners	5
Book Club	6
More Awards	7
Weekly Schedule	8



*l-r: Tina Davis, Jim Philips, Jim Martinez, Bill Austin, Brad Maury, and Doris Chung. More photos from the banquet appear throughout this issue.*

Board Message

# The Family That Facebooks Together...

By Mark Jones

After my overwhelming election win in December to the LAFR Board (having no competition did help), I spent some time to contemplate how and where I could add value to the Frontrunners family. I use the term "family" as that is what it has become for my partner (Brad Maury) and me since we moved to LA just a little more than a year ago. As members, we have met so many friends and have become enveloped in all the activities this group has to offer -- from the weekday Fun Runs and Sunday Trail Runs to the charitable and social activities that are planned almost every other week.



We have a vibrant and active community and I'm looking to do my part in helping to sustain and grow our LAFR family. My goals are to help recruit new members, focusing on women and the next

generation. In addition, while we have an extremely vibrant social community, I'd like to do my part to help extend it and encourage more members to take an active part. Connecting with each other socially -- outside of our runs -- is a great way to build and strengthen friendships. And many of you are already experiencing the results of these efforts.

For example, LAFR now has a presence on Facebook.com and at the time of this writing, we have approximately 100 members who have joined the LAFR page. For those not familiar, this site provides an opportunity to socially connect with friends and family. Yes, it can be addictive, but you can make it what you want -- and at the end of the day, it's just a new way and another opportunity to connect and keep current on what's happening in the lives of those you care about most.

If you haven't yet joined, please visit [www.facebook.com](http://www.facebook.com) to register and if you have any questions on how to join the LAFR group on Facebook, please contact me at [markgjones@yahoo.com](mailto:markgjones@yahoo.com). I look forward to my term as a Director at Large and look forward to serving the needs of our membership.

<b>New Members</b>	Eric Gilfand Alejandro Soria Noelle Olson Tina Davis Jonathan Toker Robert Gould
--------------------	---

## BIRTHDAY GIRLS AND BOYS



02/01	Carl Maravilla		
02/01	Chris Kirby	02/15	William Fang
02/09	Bryan Prado	02/16	Eddie Flores
02/09	David Scheid	02/16	Rick Asensio
02/09	Dirk Dickens	02/18	Alejandro Soria
02/09	Jim Philips	02/19	Michael Rabinovici
02/10	Mike Smith	02/24	Jim White
02/13	Mark Johnson	02/25	Brad Altman
02/15	Adam Comeau	02/28	Ric Muñoz

### LAFR Board Meeting Briefs January 3 @ Amy's

**Recap**

1. First Saturday of Month Run in Santa Monica -- Turnout was very promising and will be repeated each month.
2. Membership Renewal -- Ongoing and on pace with last year.

**Current Event**

1. Death Valley Races -- February 7 weekend. Registration already full and reservations made.
2. Catalina Island -- March 15 weekend. Registration is essentially full and Angus will make reservations.

**Future Event**

1. Grand Prix -- First Race is Chinatown Firecracker run on February 7. Full schedule TBD.
2. Book Club -- The Front Runner by Patricia Nell Warren to be held in early March. Location TBD.
3. Echo Park Stair Tour -- In February or March spearheaded by Sean O'Brien and Mike Kerkman
4. Pride Run -- Set for June 14. Discuss possible change in staging location and other logistics.

Next board meeting: the evening of February 8 at Mark's

### LAFR FrontPage

[Losangeles@frontrunners.org](mailto:Losangeles@frontrunners.org)

Angus Kennedy, Carl Maravilla, Bernie Tan, *co-editors*

Mike Kalvoda *copy editor*

Dan Graham, Bernie Tan, *distributors*

Henri Faucher, Lui Sanchez *photographers*

**Los Angeles Frontrunners**

**2870 Los Feliz Place  
P.O. box 229  
Los Angeles, CA 90030**

[www.lafrontrunners.com](http://www.lafrontrunners.com)  
[losangeles@frontrunners.org](mailto:losangeles@frontrunners.org)

Angus Kennedy, *president*  
Amy Ross, *vice president*  
Doris Chung, *treasurer*  
William Fang, *secretary*  
Mike Kalvoda, Mark Johnson, & Patrick Owen, *directors at large*

## Frontrunner, from cover

For the last several years he has been one of our hosts with the most...hosting enough runs and events to challenge Sean and Allen for the coveted Hostess Queen crown. He hosts the Sunday long runs in exotic locations near and far...he hosts the financially successful and riotously enjoyable fundraiser Barefoot Bingo whenever called upon...and last week he hosted the inaugural Westside Saturday run.

The Frontrunner of the Year extends his generosity beyond hosting by making donations to the Pride Run and Don Thompson Movie Night every year. President Kennedy reports that our Frontrunner of the Year says "Yes" no matter what he asks of him and is especially grateful for his willingness to set up the course for our annual Pride Run – an arduous task he has done the last 3 years. The Frontrunner of the Year enjoyed a spectacular season on the roads and trails throughout 2008. He finished on the year end top ten list for all four road racing distances and achieved PRs in the marathon, half marathon, and 5K distances. His marathon time earned him the coveted milestone of being a Boston Marathon qualifier. Last month he broke the tape...finishing in first place at the Santa Monica 30K Trail Race. He was also a member of the LAFR team at the 200-mile Calistoga to Santa Cruz relay.

## Run Safe in 2009

Is running safer on your New Year's Resolution list? If not, it should be. In addition to the usual pointers of running facing traffic, wearing a reflective vest in dim light, etc., it is important that you carry identity and emergency contact information. We are helping you along with a \$2.00 discount with "Road ID." Check out their website for the variety of ID's and reflective visibility wear. Go to: [www.RoadID.com](http://www.RoadID.com) and the discount code is ARR8751. You may also call them at 800-345-6336. Run fast and run safe!

The Relay finished in Santa Cruz...a familiar place for our Frontrunner of the Year, as it is the home of UC Santa Cruz...where one of his two sons enjoys the life of a typical college student and studies occasionally.

I speak for many in our club in praise of the steadfast courage, commitment, and love you have shown in the raising of your sons. You are an extraordinary father. I have no doubt that their other Dad is very proud of you...as are we.

*Presented by Patrick Owen*



*2008 Frontrunner of the Year: Bruce Bair*

## Randy Peck, from cover

over \$1,500 in tip money to support our club's operations and donations to GLEH. Whenever our award recipient removed his shirt in the beer booth, the tip jars overflowed.

In addition to hosting a potluck, volunteering at club events, and continuing his service as the host of the Thursday night run and marathon training coach, our Randy Peck Award winner organized several special events in 2008. Several months ago he donned his Indiana Jones hat and safari shorts and led a private Frontrunner tour of Huntington Gardens. This generosity deserves recognition as it is always risky to invite a group of gay men anywhere where you can find hiding places among the bushes and shrubbery. Somehow he held on to his job.

Speaking of generosity, our Randy Peck Award winner represented our club in spectacular fashion in the important battle to eliminate "cancers below the belt" at the 2008 Underwear Run. Wearing only his shoes and a skimpy and sleek N2N bathing suit he raised tons of money and bounced his way to a PR in the 10K. Let's hope he adopts this same outfit for all of his races in pursuit of PRs in 2009!

Our Randy Peck Award winner's favorite phrase seems to be, "What can I do to help?" Our President reports that our Randy Peck Award winner always takes the extra step, offering to volunteer for the "less popular" volunteer jobs before being asked.

You have been listening to the musical musings of his alter ego, DJ Shapes, this evening...

The 2008 Randy Peck Award winner is Mikey Kerkman.

*presented by Mark Johnson*

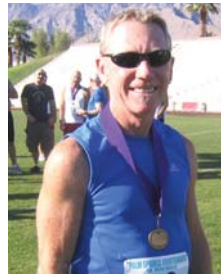


*l-r Paul Jody, Jeff Cronin, Jim Phillips, & Eric Gober mingle before the banquet*



# Banquet Re-cap: 2008 Grand Prix Series Awards

Grand  
Champions  
Richard  
Nelson,  
Patricia  
Bates, and  
Deo  
Jaravata



## Champions Race

### Men

1. Richard Nelson
2. Carl Maravilla
3. Mark Johnson

### Women

1. Patricia Bates
2. Margie Gonzales
3. Amy Ross

### RaceWalk

1. Deo Jaravata
2. Doug Jones
3. Juan Moreno

## Age Group

### Men under 20

1. Gary Lashley
2. Jeremy Lashley

### Men 25-29

1. Mike Kerkman
2. Jose Castillo
3. Bryan Prado

### Men 30-34

1. J. McGuiness
2. C. Vizcarra
3. David Scheid

### Men 35-39

1. Brad Maury
2. Robb Briggs
3. Bernie Tan

### Women 30-39

1. Cat White
2. K. Webster
3. Kristi Twilley

### Men 40-44

1. Mark Johnson
2. A. Kennedy
3. Bruce Bair

### Men 45-49

1. Carl Maravilla
2. Patrick Owen  
Sean O'Brien
3. Mark Jones



### Women 40-49

1. Doris Chung
2. K. Fairchild
3. R. Robinson

### Men 50-54

1. Jim Martinez
2. Mark Penn
3. Doug Jones

### Men 55-59

1. Rusty Millar
2. David Dassey
3. Paul Williams

### Women 50-59

1. Patricia Bates
2. M. Gonzales
3. Amy Ross

### Men 60+

1. R. Nelson
2. Lee Lightfoot
3. Albert Brecht

### Women 60+

1. C. Hammen
2. Anne Vasquez
3. Sue Roth

## Team Challenge

1. Team 2  
*Carl Maravilla, Juan Moreno, Deo Jaravata*
2. Team 8  
*Patricia Bates, Patrick Owen, Richard Peng*  
Team 6  
*Drew Brabb, Richard Nelson, Jim Martinez*
3. Team 3  
*Augie Robles, Kristi Twilley, Angus Kennedy*

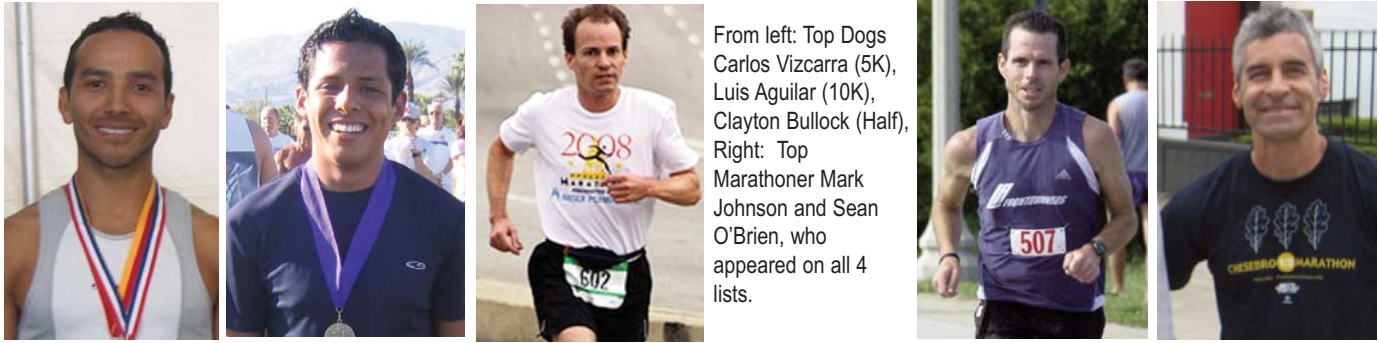


## 2008 Most Improved Runner Juan Moreno

Juan set PR's at 5K, 10K, Half, and Full Marathon. He also set PR's at 5K, Half and Full Marathon in the RaceWalk.

## 2008: Year in Review Fastest LA Frontrunners

In a year full of outstanding running, cheers to the best of the best! Rankings compiled from results reported to LAFR during 2008 (each runner's fastest result used).



From left: Top Dogs Carlos Vizcarra (5K), Luis Aguilar (10K), Clayton Bullock (Half), Right: Top Marathoner Mark Johnson and Sean O'Brien, who appeared on all 4 lists.

5K		10K		Half Marathon		Marathon	
1. Carlos Vizcarra	17:10	1. Luis Aguilar	35:41	1. Clayton Bullock	1:17:44	1. Mark Johnson	2:52:34
LAFR Pride	6/8	Long Beach Pride	5/17	City of Angels	12/7	Long Beach	10/12
2. Carl Maravilla	17:39	2. Brad Maury	37:24	2. Mark Johnson	1:20:06	2. David Dinielli	3:00:23
Will Rogers	7/4	Cancer Challenge	10/26	City of Angels	12/7	San Francisco	8/3
3. Mark Johnson	17:48	3. Carl Maravilla	37:33	3. Carl Maravilla	1:20:14	3. William Fang	3:08:05
Achievable	9/14	Reggae Run	3/22	City of Angels	12/7	Las Vegas	12/7
4. William Fang	17:50	4. Mark Johnson	37:58	4. Bruce Bair	1:25:40	4. William Korthof	3:09:31
LAFR Pride	6/8	Brentwood	5/25	City of Angels	12/7	St. Georges	10/4
5. Mark Penn	18:02	5. Mark Penn	38:24	5. Brad Maury	1:26:46	5. Bruce Bair	3:14:12
Long Beach Pride	5/17	LAFR Pride	6/8	Long Beach	10/12	San Francisco	8/3
6. Bruce Bair	18:28	6. Sean O'Brien	38:55	6. Reg Willson	1:27:06	6. Sean O'Brien	3:16:14
LAFR Pride	6/8	Reggae Run	3/22	City of Angels	12/7	Death Valley	2/2
7. Brad Maury	18:36	7. Mike Kerkman	39:25	7. Sean O'Brien	1:28:24	7. Ric Munoz	3:20:52
Kickin Cancer	9/21	Cancer Below Belt	8/2	Chesebro	4/5	CIM	12/7
8. Sean O'Brien	18:40	8. Bruce Bair	39:33	8. William Fang	1:28:56	8. Seth Huerta	3:25:17
Shark Run	1/20	San Diego AIDS	9/28	Chesebro	4/5	Los Angeles	3/2
9. William Korthof	18:51	9. Todd Sullivan	39:38	9. William Korthof	1:29:35	9. Robb Briggs	3:30:00
Long Beach Pride	5/17	Will Rogers	7/4	Kaiser	2/3	Ave of Giants	5/4
10. Seth Huerta	18:55	10. David Dinielli	40:04	10. Riley Turcott	1:30:37	10. Mike Murphy	3:34:55
San Diego Pride	7/19	Will Rogers	7/4	City of Angels	12/7	Los Angeles	3/2



Far left: Pat Bates tops three year-end lists and is 2nd on the fourth. Kristi Twilley (left) and Kimberly Fairchild (right) appear on three lists each. Next, former board member Tanya Haney makes the 5K list and Ruthanne Salido ran to a placing on the 10K list.

5K		10K		Half Marathon		Marathon	
1. Jacqueline Vogel	24:35	1. Patricia Bates	50:24	1. Patricia Bates	1:51:30	1. Patricia Bates	4:10:01
LAFR Pride	6/8	Cancer Challenge	10/26	Pt. Mugu	9/20	Los Angeles	3/2
2. Patricia Bates	24:48	2. Lillie Werner	52:53	2. Kimberly Fairchild	2:11:37	2. Margie Gonzales	5:50:47
Free to Breathe	8/3	LAFR Pride	6/8	City of Angels	12/7	Los Angeles	3/2
3. Tanya Haney	26:47	3. Kimberly Fairchild	58:59	3. Margie Gonzales	2:26:06		
Run for Rosanna	7/26	Firecracker	2/10	Pt. Mugu	9/20		
4. Kimberly Fairchild	26:55	4. Ruthanne Salido	61:14	4. Amy Ross	2:26:24		
Shark Run	1/20	Firecracker	2/10	City of Angels	12/7		
5. Kristi Twilley	27:32	5. Kristi Twilley	62:14	5. Kristi Twilley	2:31:09		
Long Beach Pride	5/17	LAFR Pride	6/8	City of Angels	12/7		



## SAVE THE DATE!

**Sunday, March 8: Dash for Scholarship Cash**

It's time to get those vintage cardinal and gold Nikes out of the closet and put them on for the second annual USC Lambda Alumni Association/Los Angeles Front-runners Dash for Scholarship Cash. This 5K fun run/walk benefits the LGBT scholarship programs at USC. Breakfast will be served immediately following. Stay tuned for more details, but put it on your calendar now. And, yes, all Bruins are warmly welcomed! For additional information, please contact Amy Ross at [aross80111@aol.com](mailto:aross80111@aol.com).



*Hien Hoang, Ara Mhrianian, Doug Jones, and John McGuinness enjoy a good meal & good company.*

**President's Award, from cover**

**"I've always felt that homophobic attitudes and policies are unjust and unworthy of a free society and must be opposed by all Americans who believe in democracy."**

During her lifetime, Coretta Scott King spoke courageously and eloquently in support of the civil rights of gays and lesbians. In 1996, she said, "I've always felt that homophobic attitudes and policies are unjust and unworthy of a free society and must be opposed by all Americans who believe in democracy." She went on to make it clear that she believed that had he lived, her husband would have joined in our struggle. She reminded her audience of Dr. King's wisdom. Speaking of the family of man, he said, "We are all tied together in a single garment of destiny...I can never be what I ought to be until you are allowed to be what you ought to be."

In recent months we have been reminded that the support, decency, and love of straight friends and allies have always been critical to each of us in our individual lives and in our community's ongoing struggle for full equality. One of our President's Award recipients elegantly embodies the noble ideal of unconditional love and support we receive from our straight allies. She is a regular at our Tuesday runs and dinners and volunteers enthusiastically at numerous events. Her bubbly personality and signature giggle add warmth to any space she occupies. Most importantly, she gives life to the reality that we really are all in this together. We really are wearing one single garment of destiny. In the days after the passage of Proposition 8, our community marched in the streets to make it clear that we would not accept the seats at the back of the bus. I was so proud to see so many Frontrunners adding their voices to the chorus. Over the last several months, I have received inspirational e-mails and heard moving testimonies from club members who have taken purposeful steps to further our struggle. We clearly understand the urgency of this moment. We clearly understand our responsibility to join the fight.

**Book Club Headlines Acclaimed  
Author Patricia Nell Warren**

We are thrilled to announce our second Book Club selection: the groundbreaking *The Front Runner*. Incomparable author Patricia Nell Warren will attend – yes, yes, you read correctly! -- and lead a discussion of her historic novel upon which we drew our club name. Join us for this historic event on Sunday, March 3 from 3:00 to 5:00 PM. (Location TBA in late February.)

First published in 1974, *The Front Runner* raced to international acclaim -- the first novel about gay love to earn mainstream popularity. The plot concerns Coach Harlan Brown, fired from Penn State University on suspicion of being gay, hiding from his past at an obscure New York college. Showing up on his doorstep is Billy Sive, a brilliant young runner. Billy and comrades Vince Matti and Jacques LaFont were just thrown off a major team for admitting they are gay. Harlan knows that, with proper training, Billy could compete in the '76 Montreal Olympics. But when Harlan finds himself falling in love with his most gifted athlete, he must combat his true feelings for Billy or risk their only chance at Olympic gold – and the outrage of the entire sports world.

Patricia Nell Warren is the landmark author of some of the most popular gay novels of all time. Each of her books has been a milestone in America's understanding and acceptance of LGBT themes. Her most beloved work, *The Front Runner*, has sold an estimated ten million copies in ten languages. The first modern story about gay love to become an international bestseller, Warren's celebrated saga has engaged and inspired both gay and mainstream readers for over a quarter century. Warren's numerous novels have also sold heavily to libraries and are used in many college courses.

You can order a special autographed copy of the Twentieth Anniversary Edition *The Front Runner* through Patricia's publishing website: [www.wildcatintl.com](http://www.wildcatintl.com). Stay tuned for more details about the event.

On the day after Proposition 8 passed, one of our club members was in Sacramento with a handful of other lawyers to deliver the first set of legal challenges to the justices of the California Supreme Court. As he ascended those stairs, he stepped up for all of us. In his hands he carried more than legal documents. He carried the hopes and dreams of our community, the current and future marriages of many Los Angeles Frontrunners, some of them here in this room tonight.

In the poem *Ulysses*, Alfred Lord Tennyson writes admiringly of the hero. After a long, epic 20 year journey, Ulysses returns home but quickly tires of the idle life of a king. He gathers his sailors and implores them to join him on one last adventure:

**Come my friends,  
'Tis not too late to seek a newer world...  
...for my purpose holds  
To sail beyond the sunset...  
Tho' much is taken, much abides, and though  
We are not now that strength which in old days  
Moved earth and heaven; that which we are, we are;  
One equal temper of heroic hearts,  
Made weak by time and fate, but strong in will  
To strive, to seek, to find, and not to yield.**

Our second President's Award recipient is at the forefront of the legal fight against Proposition 8. Like Tennyson's Ulysses, he reminds us--his friends--that it is not too late to seek a newer world as long as we remain strong in will and committed "to strive, to seek, to find, and not to yield."

The bottom line for me is this, if everyone in the world were like Alicia Soto, the world would be a better place. And if everyone steps up and does their part, like David Dinielli, the world will be a better place.

**The 2008 Los Angeles Frontrunner President Award recipients are Alicia Soto and David Dinielli.**

*presented by Angus Kennedy*

## Female Frontrunner of the Year – Margie Gonzales

Perhaps the reason this year's Female Frontrunner of the Year is not wearing four-inch spike heels tonight is that her feet must be sore. Either that or she is hiding the cloven hooves she has developed from turning into such a serious trail runner. Or maybe she has sand blisters from climbing out of so many bunkers on Friday afternoons.

This year, our recipient ran 14 races overall (more total races than any other woman) as well as eight Grand Prix races (second most of any female Frontrunner). And she raced at all distances: 5K, 8K, 10K, (six) half-marathons and (two) marathons. And as I mentioned, she took on the big boys with the hardest trail races on the schedule: The Bulldog -- I mean Bulldog -- 25K, the Malibu Creek Challenge (14 miles), and the Santa Monica Mountains Trail Series 9K, where she placed second in her age group.

She also made special treats for the fun runs she hosted on Monday nights, and going up against co-host Jim Martinez in the culinary skills category takes probably more guts than running a trail race. She has become a mentor and coach to new runners. She is also known as our Discount Diva, who can drive such hard discount negotiations with race directors that she, rather than Hillary, should be named Secretary of State.

It is with great pleasure that I present this year's Female Frontrunner of the Year to my buddy,  
*Margie Gonzales, presented by Amy Ross*



## Loooooove That Banquet!

Tradition's a sacred word. To LAFR, "tradition" evokes images from Standing Room Only status at Rusty Millar's heated Chili Cook-offs to wild speculation as to just where Jim Martinez stores his mounting population of Christmas doodads. But for all of our beloved traditions, club members decidedly flipped the glitz and glam switch to full blast for the Annual LA Frontrunners Banquet, celebrated 96 members strong on Sunday, January 11<sup>th</sup> at The Castaway Restaurant.

DJ *Shapes* (aka Randy Peck honoree Mike Kerkman) graciously spun LPs and CDs as revelers marveled over Jim Martinez's table centerpieces: a rose wrapped in "veil torn from (his) ex-wife's wedding dress." Displays championing the athletic milestones of club achievers invited the impossible task of voting a singular standout as Performance of the Year (we voted Sean's grueling 100-mile Angeles Crest performance as the winner).

Healthy running/walk habits assured a momentary splurge on a buffet featuring grilled salmon, sirloin medallions with mushrooms, and some cool chicken thing wrapped in a pastry-like "C". Oooh, and dessert...

President Angus Kennedy, VP Amy Ross and Board Member Patrick Owen briskly co-MC'ed a program recognizing athletic and selfless service honorees, our proudly-married members, and – in an incredibly moving moment marked by frequent emotion-heavy pauses from President Kennedy (and so many in attendance) – two club members who exemplify the courage, wisdom, and kindness essential to our fight against Prop 8.

A warm embrace to all of you for doing your part in making the 2009 Annual LA Frontrunner Banquet, as several have already voiced & written, our grandest, greatest banquet to yet.  
*By Mike Kalvoda*

## Newcomers of the Year



Female Newcomer of the Year  
 Anne Vasquez

Male Newcomers of the Year  
 Brad Maury and Mark Jones



## Don Thompson Lifetime Achievement Award Jane Dods

Jane was unable to attend the banquet so we will present this award at a future LAFR event.

# Step Up Into the Past: LAFR Echo Park Stairs Run

Join us on Feb. 22 for a spectacular run/walk through the historic stairs of Echo Park.

More than two-dozen public stairways cross the hillsides of Echo Park, concrete reminders of a neighborhood designed before the automobile became the dominant form of transportation. Many are small and practical in scale, rising only a few steps to provide a quick short cut to the next street or a secluded corner reachable only by stairs. But some, including the Laveta Terrace, Baxter and Clinton Stairs, are impressive and stylish landmarks that reward those who climb them with stunning views. In fact, at more than 230 steps, the Baxter Steps are perhaps the tallest in the city. While some stairs are rarely used, many provide the only access to the homes located along the steps and are of critical importance to numerous residents. But the historic details of the stairways—why some are grand and others utilitarian—and who determined their location, remains a mystery for the most part. (excerpt “Historic Echo Park” website).

## Reviews:

“Echo Park has to be one of L.A.’s quirkiest neighborhoods.” – Mike Murphy

“You will definitely get barked at by a few dogs and will wonder how you keep ending up on Lake Shore Avenue.” – Mike Kerkman

“You know there are hills, lots of hills!”-S. O’Brien

“Running all the mother-f\*\*\*ing stairs in Echo Park is like an urban treasure hunt, wild goose chase and historical exploration all rolled into one. Plus it’s damn fun.” – Bruce Bair

**What:** LAFR Echo Park Stairs Run/Walk

**Course:** 3 options: 4, 8, and 12 miles. The 4-mile option will incorporate 10 staircases; the 8-mile version: 23; and the 12-mile version all 33. The course will be marked and maps will be provided.

**Where:** Sunday, Feb. 22, 7:30 AM - meet at NW corner of Echo Park Lake - intersection of Glendale Blvd/Park Ave.

**Parking:** Plenty of parking around lake.

**Afterwards:** Eating, of course! Join us at Brite Spot within walking distance from the lake.

## LAFR GRAND PRIX SERIES STANDINGS as of 1/22

### 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
<b>MALE</b>		
1. Sean O'Brien	2	132.40
2. Deo Jaravata	2	118.88
3. Todd Sullivan	1	76.21
4. Brad Maury	1	72.77
5. Jonathan Toker	1	63.91
6. Reg Willson	1	63.43
7. Deo Jaravata	1	61.68
8. Bruce Bair	1	61.22
9. Eric Gober	1	58.35
10. Mike Murphy	1	57.12

### FEMALE

1. Margie Gonzales	2	89.94
--------------------	---	-------

### RACEWALK

1. Deo Jaravata	1	60.27
-----------------	---	-------

### 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
1. Sean O'Brien	2	192.40
2. Jonathan Toker	1	113.91
3. Bruce Bair	1	86.22
4. Reg Willson	1	83.43
5. Jeff Lymburner	1	79.68
6. Mike Murphy	1	77.12
7. Deo Jaravata	1	72.20
8. Mark Jones	1	68.07
9. Margie Gonzales	1	57.94

### AGE GROUP

Division	Races	Points
<b>Female 50-59</b>		
1. Margie Gonzales	1	115
<b>Male 30-34</b>		
1. Jonathan Toker	1	150
<b>Male 40-44</b>		
1. Bruce Bair	1	125
<b>Male 45-49</b>		
1. Sean O'Brien	1	125
2. Jeff Lymburner	1	115
3. Mark Jones	1	95

## LAFR RACE RESULTS

### Running From An Angel Marathon

Boulder City, NV, Jan. 3

Deo Jaravata.....4:20:23

### Southern CA Half Marathon

Irvine, CA, Jan. 10

Deo Jaravata.....2:31:04 RaceWalk

### Boney Mountain Trail Series

Pt. Mugu State Park, CA, Jan. 10

### 21K

Jonathan Toker.....1:37:12 2nd OA  
2nd 30-34

Sean O'Brien.....1:46:14 1st 45-49

Bruce Bair .....1:46:59 1st 40-44

Jeff Lymburner .....2:06:51 3rd 45-49

### 6K

Mark Jones.....36:23 2nd 45-49

Margie Gonzales.....56:43 2nd 50-54

### Avalon 50 Mile Trail Race

Avalon, CA, Jan. 17

Sean O'Brien..... 8:03:20 4th OA  
1st 45-49

Reg Willson .....8:57:37

Mike Murphy.....8:59:34

### Rock n Roll Arizona

Phoenix, AZ, Jan. 18

### Half Marathon

Brad Maury.....1:27:01

Eric Gober .....1:54:37 PR

Mike Smith.....2:14:11

### Marathon

Todd Sullivan.....3:01:02 PR

Deo Jaravata.....3:54:03

Margie Gonzales.....5:56:37

### Diamond Valley Lake Marathon

Hemet, CA, Jan. 24

Deo Jaravata.....4:12:23

### Carlsbad Marathon

Carlsbad, CA, Jan. 25

Deo Jaravata.....4:33:33

for full standings, visit  
[www.lafronrunners.com](http://www.lafronrunners.com)

send race results to:  
[lafronrunners@gmail.com](mailto:lafronrunners@gmail.com)



# Treasurer's Report

## January 2009

The beginning of the year includes expenses for the annual banquet and GLASS donations. Revenues consist primarily of membership dues and banquet fees.

Questions? Please contact Doris Chung at [lafronrunners@gmail.com](mailto:lafronrunners@gmail.com)

LAFR Balance: January 1, 2009 \$9337.62

### January 2009 Revenues

Membership Dues	\$1272.50
Donations	\$185.00
Banquet Fees	\$1200.00
Catalina Fees	\$600.00
GLASS donations from LAFRs	\$50.00
<b>Total Revenues</b>	<b>\$3307.50</b>

### January 2009 Expenses

Constant Contact	\$27.50
Newsletter	\$152.38
Storage	\$90.00
Banquet	\$47.68
Awards	\$665.00
Catalina	\$2663.40
Castaway	\$3109.00
Pair Networks	\$103.39
GLASS donation	\$1760.00
<b>Total Expenses</b>	<b>(\$5310.85)</b>

January 2009 Net Profit/(Loss) (\$5310.85)

LAFR Balance: February 1, 2009 \$4026.77

## 2009 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 Fronrunners Track Club of Greater Los Angeles ("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 Fronrunners 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 members' information will be printed in the Club Roster. Do you want your address, telephone number, and email address released to other LA Fronrunners?	Yes [ ]	No [ ]
Newsletters are mailed out monthly, would you prefer an electronic (.pdf) copy?	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 Fronrunners, and total the amount. Please write a check payable to LA Fronrunners.

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

Category of Membership (Annual Dues)	Payments	Los Angeles Fronrunners 2870 Los Feliz PI, PMB # 229 Los Angeles, CA 90039
Individual \$25	Dues:	
Couples in Same Address \$35	Donation:	
Student/Limited Income \$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: 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**  
**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/Bernie/William**