

# FrontPage

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

Since 1980

## Catalina Marathon: 22 Miles Across the Sea, 26 Over Land by Henri Faucher

In January I decided I would run one more marathon and it would be Catalina. Call me crazy, but I was tired of getting up early, standing out in the cold wilds at mile 20, photographing the runners. This time I wanted to be on the other side of the lens.

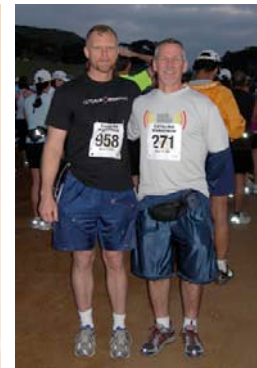
Then Rex Allen Boone said he was going to do Catalina too, but he was going to walk. We decided to do it together, walking up hill and running the downhill parts. There wasn't much time to train so we had to condense the schedule--a lot.



We ran up to Mount Hollywood six or seven times in those seven weeks. The last time twice for our 20 mile long run! When I got home I was so nauseous I threw up. And Rex hurt his foot.

He probably shouldn't have run the Echo Park Stair Run the next day.

Most of my training was agony-but looking back I would do it again! I would start training earlier; I don't want to feel sick again.



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Race morning at 6:30 a.m. is very dark and looking for Rex wasn't easy. I had to lie on the floor during the boat ride to Two Harbors because it was crowded and too cold to sit outside. By the time we found each other, got out of the potty lines, and started running, it was 7 a.m.



We had fun for the first 10 miles and up to mile 21 it was good.

Remember this, I told Rex, because later on we would feel like hell. He stopped occasionally to loosen his shoes. Neither one of us realized his feet were swelling.

I have to mention the (frat?) boys at Little Harbor. Rex imagined they might beat us up but they cheered us on. The rest of the scenery was beautiful too.

See Chasing Women, p 6.

Board Message

# Stretching ----- the Truth By Mike Kalvoda

Several weeks ago – on the evening of my birthday, no less – I was playing league doubles when I attempted to poach a volley angling into the alley.

Ohhhhhhhh! Ow! Ohhhh @#%\$!!!

The resulting hyperextension seemed to painfully exodus my back muscles from my spine. (Somehow, we won the next set, 6-0. But I digress...) Even with alternating Tiger Balm and Icy Hot, I ended up sleeping a single hour that night, waking up to 5% mobility. Everything hurt decades ahead of schedule.

I'm an active guy. How could this be?

Thank goodness I had successfully bid on fellow LAFR Dr. Jessica Seaton's chiropractic session from the Don Thompson Movie Night. Dr. Jessica was thoroughly enlightening and perceptively empowering. Bally's, the Over-The-Hill 10K, tennis three times a week, shock-resistant gel insoles -- all wonderful for good health, said she, but they're not to be construed as automatic tickets to un-tightening one's hamstrings. And tight hamstrings lead to backs falling out of alignment.

We must accept as we grow older that being active and healthy doesn't always equate to being rip-rarin'-to-go on cue. *Warm up, wind down.* When we gather to stretch against the fence at the end of our Saturday Fun Runs, there's a reason. (A hardy thank-you to Richard Peng and, in his absence, Carl Maravilla, for dutifully leading the club in this regard.)

Don't have a fence? That's no reason. Yoga straps are a reasonable \$15 purchase at any sporting goods store. Extending and aligning your limbs – then holding the positions – are important routines to keep your joints, ligaments and tendons fit. Don't have straps? Use a wall – hey, you're running out of excuses!!!

Injury doesn't love company. That would be misery. So keep reaching for your toes, reaching for the sky. It does a body good.

<b>New Members</b>	Marco Baltero Robert Berman Steven Boland Rich Crook Tom Haskins Kyle Jarrett Thomas Johansen Al Miller John Schooler Allyne Winderman Andrew Wissmiller
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### LAFR Board Meeting Briefs

**March 3 at Angus'**

Book Club – Successfully held at the home of Eddie Flores. Flowers sent to Patricia.

Echo Park - Very successful 50+ people & weblink from Advocate.

USC Dash for Cash - healthy turnout with about 30 people and 3 new members joining LAFR.

LA Marathon - No hosting of water station this year.

GALAA scholarship - Part of the proceeds from Hamburger Mary's to go to GALAA

Hollywood Bowl - Dates preliminarily set at 6/28, 7/1, 8/15, and 9/6

Upcoming events

- Hamburger Mary Bingo Night - May 20.
- My Neighborhood Run - Set for May 17 in South Pasadena & San Marino followed by optional foot massage
- Santa Cruz trip - Set for May 24. First round of reservation already sold out.
- Pride Run – Set for June 14.

## BIRTHDAY GIRLS AND BOYS



Rick Hetzel	Apr 1	Eric Gilfand	Apr 13
Conni Montgomery	Apr 3	Jessica Seaton	Apr 14
Marty Freedman	Apr 4	Joseph Willson	Apr 14
Jason Bautista	Apr 5	Ken Wilson	Apr 15
Ken Sipera	Apr 5	Ted Wyder	Apr 16
Steven Boland	Apr 8	Ryan Timmreck	Apr 23
Seth Diamond	Apr 10	Amy Ross	Apr 28
Tina Davis	Apr 11	Kjell Ostensen	May 04

## LAFR FrontPage

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Mark Jones, Mike Kalvoda, and  
Patrick Owen, *directors at large*

# Echo Park Stair (-way to Heaven) Run By Christine Curtin

*Notice:* Run the historical staircases of Echo Park with Sean O'Brien(???!!!)

Now *THAT'S* for me, I thought, and contacted Doris Chung. *C'mon! We can do that!*

It started out on a beautiful Sunday, February 22nd kind of morning. About 50 of us -- a great turnout -- showed up to run-up the historic backways of Los Angeles. We were all provided EXCELLENT maps and directions to the 4, 8 and 12-mile courses. After an encouraging pep talk from Sean, we all split up to heel-tour Echo Park. Via 3,000 stairs.

I cannot say too much for the Frontrunner elite hoofers (that would be everyone, except me), but for my little running duo (Curtin-Chung), the experience played like raw footage from "The Amazing Race." Choose your season. I call our episode...



*We're a step ahead of the Los Angeles Times, Sean points out.*

"The Blonde Leading the Blind":

- > Doris and I started out missing the first staircase,
- > Bernie Tan caught us and led us in the right direction,
- > Curtin-Chung missed the second staircase -- three times!,
- > Curtin-Chung freely navigated streets not listed on the map (and for a good reason).



*Road warriors Bruce, Augie, and Virgilio*



*Only 2000 stairs to go!*

When Curtin-Chung arrived at the first snack station, Angus told us we should have come up from the opposite direction! So we had to run down the stairs... then pretend to come up them. Ugh!

Doris and I ran the rest of the stairs (we think). At the very end of our 8-mile journey, we got turned around and pretty much threw in the towel! David Dassey directed us to get where we were supposed to finish. What a great workout! Doris and I agreed we'd do it again (as long as we're lead by a seeing-eye dog with a leash... and a tour guide in a blue blazer).

What a great workout! So beautiful, too. Lunch at the Brite Spot was well deserved -- and enjoyed by everyone. The best part? Doris and I were awarded teddy bears for the team most likely to get lost!!!



*Frontrunners pause to reflect (literally) on the wonderful day, the ups and downs, and the company of friends at the Brite Spot. Will this become an annual event?*



*We took over the northwest corner of Echo Park*

**LAFR RACE RESULTS****Surf City Half Marathon**

Huntington Beach, CA 2/1

Regina Robinson.....2:36:36

**Running the Waves 10K**

Malibu, CA 3/7

Carlos Vizcarra.....36:56 2nd OA  
1st 35-39**Malibu Creek Trail Series**

Malibu Creek, CA 3/8

**10K**Seth Diamond .....57:00  
Eric Gilfand.....1:01:06  
Rusty Millar .....1:05:55 2nd 55-59  
Jim Martinez.....1:07:00 3rd 55-59  
Ron Del Rio.....1:16:07 2nd 35-39**25K**Robb Briggs .....2:47:16 2nd 40-44  
Doug Jones.....4:33:57**50K**Sean O'Brien.....4:55:23 2nd OA  
1st 45-49  
Mike Murphy.....5:18:07 2nd 30-34  
John McGuinness .....5:58:59  
Ric Munoz .....6:08:25 2nd 50-54  
Deo Jaravata.....6:33:40**Catalina Marathon - Avalon, CA 3/14****5K**Mark Jones.....21:59 2nd 45-49  
Eric Fischer .....22:25 2nd 55-59/PR  
Rusty Millar .....23:57 3rd 55-59  
Jim Phillips .....24:33 2nd Buff/PR  
Richard West.....26:53 1st 60-64/PR  
Patrick Owen.....28:30  
Mark Anton .....34:14 3rd 50-54/PR**10K - \*short course 5.46 miles**Carl Maravilla .....33:26 2nd OA  
1st 45-49  
Brad Maury.....34:57 1st 35-39  
Brian Kelly .....36:48 1st 50-54  
Bernie Tan .....40:35 2nd 40-44  
Ryan Timmreck .....41:47 3rd 35-39  
Dan Graham.....45:19  
Eric Gober .....45:27  
Richard Peng .....46:30  
Paul Morrell .....46:41  
Kevin Gardner.....48:27 3rd 55-59**Marathon**Mark Penn.....3:39:19  
Ely Yaron.....4:16:10  
Deo Jaravata.....4:38:52  
Juan Moreno .....5:18:10 1st OA RW  
Henri Faucher.....6:48:26 PR  
Rex Boone .....6:49:49 PR**Pasadena Marathon**

Pasadena, CA 3/22

**Half Marathon**John Yong .....1:37:31  
Juan Moreno .....1:43:16  
Eric Gilfand.....1:53:48 PR  
Ryan Bailon.....1:57:10 PR  
Al Miller .....2:22:16 PR  
Doris Chung .....2:28:35  
Christine Curtin .....2:28:36 PR  
Margie Gonzales .....2:45:04**Marathon**Ric Munoz .....3:34:30  
Bernie Tan .....3:38:23  
Ely Yaron .....3:48:07  
Deo Jaravata.....3:56:03  
David Dassey .....4:33:34**Chesebro Trail Half Marathon**

Agoura, CA 3/28

Luis Aguilar .....1:22:00 4th OA/PR  
1st 20-24  
Mark Johnson.....1:25:19 5th OA  
1st 40-44  
Sean O'Brien.....1:33:04 3rd 45-49  
Bruce Bair .....1:33:31  
Ely Yaron .....1:39:20  
Jeff Lymburner .....1:42:15  
Jaason Engle .....1:42:49 PR  
Mike Murphy.....1:43:28  
Robb Briggs .....1:49:21  
Deo Jaravata.....1:55:09  
Ryan Timmreck .....1:59:42 PR  
Augie Robles.....2:00:31  
Seth Diamond.....2:09:11  
Margie Gonzales .....2:47:57  
Regina Robinson.....2:58:29  
Keeley Webster.....3:02:26  
Cat White .....3:02:27 PR**Sycamore Canyon Trail Series**

Sycamore Canyon, CA 3/29

**30K**Jonathan Toker.....2:26:09 1st OA  
1st 30-34  
Bruce Bair.....2:37:20 2nd OA  
1st 40-44  
David Dinielli .....2:54:43 3rd 40-44**50K**Sean O'Brien.....4:34:52 3rd OA  
1st 45-49  
Mike Murphy.....5:19:57 3rd 30-34R  
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P**Chesebro Half**

Luis Aguilar (pictured above at the start) led 17 FRs at the Chesebro Half Marathon on 3/28. Luis clocked a strong 1:22 over the hilly 13.1 mile trail race, finishing in 4th place overall. This was his first half marathon and the longest race he has run. Masters ace Mark Johnson (almost twice the age of UCLA junior Luis...) was 5th overall, just edging another masters runner by 2 seconds at the line. Besides Luis, it was also the first half marathon for Cat White (below with wife Keeley), Jaason Engle (below with BF Robb), and Ryan Timmreck (below solo).



## LAFR GRAND PRIX SERIES STANDINGS as of 4/1

### 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
----------	-------	--------

#### MALE

1. Sean O'Brien	6	414.30
2. Deo Jaravata	5	289.88
3. Mike Murphy	5	289.65
4. Bruce Bair	4	258.62
5. Ely Yaron	4	250.65
6. Ric Munoz	3	201.86
7. Jeff Lymburner	3	192.09
8. John McGuiness	3	177.95
9. Eric Gilfand	3	162.40
10. Mark Johnson	2	159.06

#### FEMALE

1. Margie Gonzales	4	195.13
2. Doris Chung	2	101.49
3. Chrstine Curtin	2	96.85
4. Regina Robinson	2	87.11
5. Keeley Webster	2	78.04
6. Cat White	2	77.03
7. Ruthanne Salido	1	58.45
7. Kimberly Fairchild	1	54.89
8. Amy Ross	1	54.64
9. Kristi Twilley	1	43.57

#### RACEWALK

1. Doug Jones	2	93.50
2. Juan Moreno	1	63.91
3. Deo Jaravata	1	60.27
4. Henri Faucher	1	51.65
5. Rex Boone	1	49.01

### 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	5	570.15
2. Mike Murphy	5	427.85
3. Bruce Bair	4	363.62
4. Deo Jaravata	5	354.12
5. Jeff Lymburner	3	257.09
6. Jonathan Toker	2	230.95
7. Ely Yaron	3	229.81
8. Robb Briggs	3	210.89
9. Juan Moreno	2	171.75
10. John McGuiness	2	168.53

### AGE GROUP TOP 3

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

#### Female 30-39

1. Cat White	2	220
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#### Female 40-49

1. Christine Curtin	2	200
2. Doris Chung	2	180
3. Keeley Webster	2	150

#### Female 50-59

1. Margie Gonzales	3	335
2. Amy Ross	1	100

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

#### Male 20-29

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

#### Male 30-34

1. Mike Murphy	2	225
2. Jonathan Toker	1	150
3. Jaason Engle	1	120

#### Male 35-39

1. Ely Yaron	3	310
2. Ryan Timmreck	2	215
3. Richard Peng	2	150

#### Male 40-44

1. Deo Jaravata	4	340
2. Bernie Tan	3	315
3. Eric Gilfand	3	270

#### Male 45-49

1. Sean O'Brien	3	400
2. Jeff Lymburner	2	215
3. Mark Jones	2	200

#### Male 50-54

1. Ric Munoz	2	235
2. Doug Jones	2	180
3. Dan Graham	2	170

#### Male 55-59

1. Rusty Millar	2	220
2. Eric Fischer	1	125
3. David Dasse	1	110

#### 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**

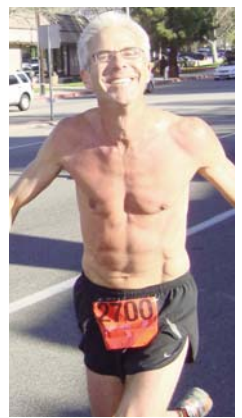
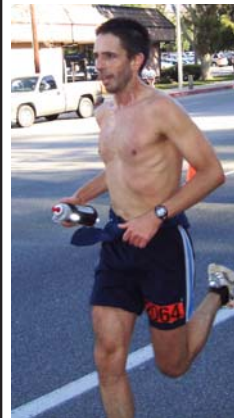
## Chesebro Half, 3/28

"I had a wonderful time. It was great to see Angus on the route snapping photos and giving out big smiles. He was just the pick-me-up I needed headed in AND coming out of the trail. WOW!!!"

- Regina Robinson (right)



Sean O'Brien (left) placed 3rd in the 45-49 AG. Below: Pic 1: Mark Johnson, Deo Jaravata, Ely Yaron. Middle row: Bruce Bair & Jeff Lymburner. Bottom: Mike Murphy, Augie Robles, Mark Johnson





**MEMBER SPOTLIGHT: In Their Shoes**

**An LAFR Stroll with Mike Murphy**

**Mike -- Straight-Up**

\* Training and Development Manager for Black and Decker; 34

\* Into hospice volunteering, writing screenplays, hiking and coaching marathon training programs

\* "I am blessed with a great family. I have a cool Mom and Dad, a hilarious brother and sister and a fun brother and sister-in-law. I'm a middle child (without the middle child syndrome)."

\* "I am single (... and currently accepting applications. The deadline was extended from a month ago)."

**Mike -- Look Closer**

\* (As his friends put it:) "Funny, quirky and loyal."

\* (His ideal next 10 years:) "Settle down with a good man, adopt two children, run a 100-mile ultra-marathon and start my own organization."

\* ("If money were not a consideration...") "Start my own production company and produce films that tell inspiring stories of people who have overcome adversity to achieve the extraordinary."

**Mike -- Looking Back**

\* Accomplishments: "Eighteen marathons, three 50K ultra-marathons and one 50-mile ultra-marathon."



Crest Forest and the Santa Monica Mountains."

\* Best race/why: "The Boston Marathon in 2007: it was the first time my family saw me run a marathon... I was fortunate enough to see them at the 26-mile mark... they wore 'Team Mike' shirts and were so excited to be there. It was really cool to share a race experience with them."

\* Favorite place to run/walk: "The Laguna Beach Coast Wilderness Reserve (...right outside my door), the Angeles

**Mike -- Looking Ahead:**

\* Personal training tips: "When you are near the finish line, give it your all and go out on top!"

\* What I Love About Frontrunners: "My good friendships within the club, the O'Brien/Posten 'Bed & Breakfast,' eating with the club after a long run, the Camp Pendleton Mud Run with Team Pink Lightning and the San Diego Wild Miles Relay with Team Sappho."

\* Favorite quote: "Oh, my God! Where's Mike Murphy?!" (the sudden exclamation made in the middle of a post-race breakfast after the boys realized they left me behind at the race)



*Don Thompon Lifetime Achievement Award Winner Jane Dods*

Dear Los Angeles Frontrunners:

I can't begin to tell you how honored I felt when I read in the February edition of *FrontPage* that I had been awarded the *Don Thompon Lifetime Achievement Award*. Since moving to Oregon nearly 19 years ago, my activity level with the club has naturally dropped way down, but whenever I do visit L.A. it is so great to run with you guys! I'll always maintain my membership in L.A.F.R. as I love reading about what you are all doing. With luck, I'll join you when I reach triple digits and go for a slow walk (editors note: it will be our good fortune to host Jane).

In the meantime, I'm still my competitive old self. On Valentine's Day I ran the Couples Classic here in Eugene. It's a 5K where they combine the two runner's ages to determine the age-group. I'm 73, and my partner, Bill, was 80, so we qualified for the 150+ years division. We finished in a little over 1:00 (combined times). Not bad for a couple of old farts. See ya later.

*Jane Dods*

Chasing Women, from Cover Story

Several women kept passing us when we walked, but running downhill we'd catch them walking. Did they realize I was joking when I said, "You guys run really slowly!"? Ultimately they beat us by several minutes. We *did* beat the 80 year old captain, though.

Passing mile 25 I looked down at my camera, tripped, and fell-on soft wood chips, flat on my back. I managed to yell up to the shocked bystanders looking down from the Wrigley Memorial. "I'm OK-really. I'm ok."



Mile 25: just after I fell.



Yes We Could! The end.

We ran the rest of the way to the finish, where Carl, Deo, Bernie, and Dan were waiting. 6:48:25. We beat our goal of seven hours!

Rex and I are thinking about running Catalina next year!

LA Frontrunners + USC Trojans + Lambda Alumni = \$Scholarship Cash

By Amy Ross

Math was never my strong suit in school, but I sure understand numbers-in-the-black when I see them! Thanks to the strong participation of LA Frontrunners, the Second Annual Dash for Scholarship Cash was a huge success. Along with Lambda Alums, and a few students who made it out early on a Sunday morning, we raised nearly \$5000 for LGBT Scholarships through Lambda. A young, fast Trojan (new member Kyle Jarrett) even gave Carl Maravilla a run for his money. Special thanks to all who participated and donated--and especially to Frontrunner and Lambda Board of Directors member, Michael Rabinovici--for coordinating a second successful event.



USC Dash For Cash

More Catalina Weekend Pics



Bernie prays the 5 and 10k courses won't be short, to no avail.



Breakfast of Champions.

# 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**

**Tchaikovsky Spectacular With Fireworks  
Saturday, August 15, 2009, 8:30 PM**

Tchaikovsky and fireworks – the perfect Hollywood Bowl match. Our annual spectacular features the great Russian composer's beloved Piano Concerto No. 1, plus the 1812 Overture, complete with cannons and pyrotechnics to light up the sky.

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



**The Big Picture**

**Sunday, September 6, 2009, 7:30 PM**

The thrilling tradition of extraordinary movie music played live-to-picture on the Bowl's big screen continues at our annual concert celebrating the very best in film.

**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 \_\_\_\_\_

<b>Adele - KCRW</b>	Sunday, June 28, 7:00 PM	# of tix _____ x \$27 = _____
<b>Natalie Cole</b>	Wednesday, July 15, 8:00 PM	# of tix _____ x \$16 = _____
<b>Tchaikovsky Fireworks</b>	Saturday, August 15, 8:30 PM	# of tix _____ x \$28 = _____
<b>The Big Picture</b>	Sunday, September 6, 7:30 PM	# of tix _____ x \$34 = _____

Make check to: Los Angeles Frontrunners  
2870 Los Feliz Place, PMB #229  
Los Angeles, CA 90039

Grand Total = \_\_\_\_\_



# Treasurer's Report

## March 2009

This month's primary revenues include reimbursements to the club; membership fees and banquet fees. Expenses consist of deposits for Hollywood Bowl and Santa Cruz tickets, operational costs, and event expenses.

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

LAFR Balance: March 1, 2009      \$9408.47

### March 2009 Revenues

Membership Dues	\$615.00
Donations	\$25.00
Banquet Fees	\$120.00
Catalina Reimbursement	\$225.00
Santa Cruz Reimbursement	\$926.00
<b>Total Revenues</b>	<b>\$1911.00</b>

### March 2009 Expenses

Constant Contact	\$27.50
Newsletter	\$47.50
Storage	\$180.00
Book Club Expenses	\$233.90
Hollywood Bowl Tix deposit	\$641.00
Santa Cruz Tix deposit	\$100.00
PO Box	\$12.00
Catalina Expenses	\$241.46
<b>Total Expenses</b>	<b>(\$1483.36)</b>
 March 2009 Net Profit/(Loss)	 \$427.64
 LAFR Balance: April 1, 2009	 \$9836.11

## 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 Frontrunners 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 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 members' information will be printed in the Club Roster. Do you want your address, telephone number, and email address released to other LA Frontrunners?	Yes [ <input type="checkbox"/> ]	No [ <input type="checkbox"/> ]
Newsletters are mailed out monthly, would you prefer an electronic (.pdf) copy?	Yes [ <input type="checkbox"/> ]	No [ <input type="checkbox"/> ]
Do you want to be included in the E-group (LAFR_Community@googlegroup.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	<b>Los Angeles Frontrunners 2870 Los Feliz PI, PMB # 229 Los Angeles, CA 90039</b>
Individual    \$25	Dues:	
Couples in Same Address    \$35	Donation:	
Student/Limited Income    \$15	Amount Enclosed:	

# Santa Cruz Island Day Trip

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 Sunday, May 24, for the club's inaugural trip to the island. We'll leave from Oxnard at 9 AM and return that afternoon at 3 PM. That gives us about 4 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:** Sunday, May 24  
**Depart:** Leave from Oxnard at 9:00 AM; arrive Santa Cruz Island at 10:00 AM  
**Return:** Depart from the island at 3:00 PM; arrive back in Oxnard at 4:00 PM  
**Cost:** \$48 (includes roundtrip boat ticket and lunch)



**Sales are FIRST COME FIRST SERVED. We have purchased 19 tickets. There are no returns or refunds. Fill out form & mail with your check.**

## Santa Cruz Island Reservation Form

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

Address \_\_\_\_\_

**Roundtrip Boat Ticket & Lunch - Sunday, May 24**

# of tix \_\_\_\_\_ x \$48 = \_\_\_\_\_

Make check to: Los Angeles Frontrunners  
2870 Los Feliz Place, PMB #229  
Los Angeles, CA 90039

Grand Total = \_\_\_\_\_



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**

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

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

**Hosts:**  
**Mike/Bernie/William**