



L.A. FRONTRUNNERS PRIDE RUN 2009

28th annual run/walk for LGBT pride

Sunday, June 14, 2009

7:45 AM (5K) / 8:15 AM (10K)

Events:

5K Run - 10K Run - 5K Walk/RaceWalk

Ultra Pride Run (5 & 10K combined) - Kid's Race

Pride Run 2009 marks the 28th anniversary of the LA Frontrunners Run/Walk for LGBT Pride. Come join us in celebrating 28 years of running, fitness, friendship, and family!

Registration: Online at active.com or mail form to address below by 6/11. Also register at packet pick-up or race day. Download forms at www.lafrontrunners.com

	Course Records: Open (39 & under)		Masters (40+)		Super Masters (50+)	
	* - overall course record					
5K						
O	Sergio Lares	2007	16:01*	Tania Fischer	2004	17:59*
M	Jorge Marquez	2005	16:49	Lauri Stock	2004	19:21
SM	M. Hernandez	2007	18:12	Lauri Stock	2008	21:13
10K						
O	Oscar Ogward	2008	31:17*	Anne Ruminski	2005	39:55*
M	Ricardo Jose	2005	34:50	Jill Fischer	2008	47:33
SM	Mark Penn	2008	38:24	Patricia Bates	2006	51:16

Packet Pick-Up: Sat., 6/13, 9-11 a.m. Griffith Park flag pole at Jimmy Stewart Memorial across from ranger station Griffith Park/Crystal Springs Drive. Also race morning starting at 6 a.m.

Awards: 5K/10K Run: Top 3 males & females and Top 3 Age Group: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+.
5K Race Walk and Ultra Pride Run Awards: Top 3 overall males and females.

Kids' Race: 9:30 a.m. (after 10K)
Free. All kids gets race number, medal, and goodie bag.

Course: Loop - starts at West Hollywood City Hall, 8300 Santa Monica Blvd., WeHo, CA, 90069

2009 Pride Run Beneficiary
Gay and Lesbian Elder Housing

www.lafrontrunners.com

co-sponsored by Christopher Street West (lapride.org) and the City of West Hollywood

LAST NAME (PLEASE PRINT)			FIRST NAME		
BIRTH DATE (month/day/year)	AGE (race day)	M / F	PHONE		
STREET ADDRESS					
CITY		STATE	ZIP		
EMAIL					

LAFR Pride Run 2009 Registration Form

EVENT:

5K Run
 10K Run
 5K Walk/RaceWalk
 Ultra Pride Run (5 & 10K)

Make check to:

LA Frontrunners
 2870 Los Feliz Pl
 PMB #229
 Los Angeles, CA
 90039

Liability Waiver: In consideration of acceptance of my entry, I hereby, for myself, my heirs, executors and administrators, waive any and all claims for damages I may have against Los Angeles Frontrunners and all sponsors or any other individuals associated with the above for any and all injuries sustained in this event. I attest that I am physically fit and sufficiently trained for the completion of the race. I grant my permission for a doctor and/or medical professional to take remedial action in case of an emergency. I attest and verify that I have full knowledge of the risks involved in a race and certify that I have read this statement and understand it in full.

Registration Fees

\$ ___ \$25 5K/10K Run & 5K Walk/RaceWalk
 \$ ___ \$30 Ultra Pride Run (5K & 10K)
 \$ ___ Additional Contribution
 \$ ___ Total

T-SHIRT SIZE: ___ S ___ M ___ L

Signature (Parent/Guardian in under 18)

Date