

DEDICATED TO HEALTH AND FITNESS FROM DAILY EXERCISE

November 2014/Volume 17 No. 8

Runners and walkers - mark your calendars for these upcoming local events. As a club with a focus on fitness, it would be great to see many of our members participate and support these worthy events!

TURKEY TROT 5K ON THANKSGIVING DAY

Turkey Trots will be held this year on Thanksgiving Day, November 27th, in both Palm Springs and Palm Desert. The races/ walks will benefit Martha's Village & Kitchen. You can register online at active.com or www.MarthasVillage.org or register in person the morning of the event. The locations are 101 South Palm Canyon Drive in Palm Springs and corner of El Paseo and Larkspur Lane in Palm Desert. For more information call 760-347-4741 or go online at www.MarthasVillage.org. Sign up now and then treat yourself to an extra helping on Thanksgiving Day after participating!



THIRD ANNUAL SANTA PAWS WALK/RUN -DECEMBER 20th



The third annual Santa Paws 5K (3.1mi) is a dog-loving fun run and walk benefiting Guide Dogs of the Desert. Each event participant receives a 5-piece Santa

suit (jacket, pants, belt hat and beard) that must be worn during the event. Bring your dog, if you have one, and join in this fun event on Saturday, December 20th at 400 Belardo Rd. in Palm Springs. There will be a souvenir photo, goodie bag and milk and cookies for all paid participants at the finish line. Guide Dogs of the Desert is a charity that provides guide dogs for free to help the blind and sight-impaired as well as assistance dogs for those with seizures, autism or PTSD.

More information is available at

www.palmspringssport.com/

event/santa-paws-palm-springs

Registration is limited to 1,000 so register now!

RED CARPET RUN AND WALK - JANUARY 3RD

This is a glitzy fun event open to runners, walkers, strollers and doggies! It will be held on Saturday, January 3rd at 400 N. Belardo (American Legion Post) in Palm Springs. Choose either the 5K or 10K course that will take you by some of the many homes of Hollywood icons that owned in Palm Springs. Fancy dress for this event is your favorite tuxedo, prom dress or just the bow tie and silk boxers! Entry fee includes a tutu and tiara for the females and tuxedo t-shirt for the guys. There will be entertainment on the route as well as paparazzi and autograph hounds. This event benefits the P.S. Marathon Runners - Partnering so more CAN run. This group encourages children and adults with physical, mental or emotional challenges to gain social and physical activity in a safe, nurturing and encouraging environment. Register and find more information at www.palmspringssport.com/event/red-carpet-run.





Palm Springs Front Runners and Walkers is primarily a fitness club dedicated to good health through exercise! PSFRW also promotes good mental health through social activities.

OUR PURPOSE

To provide healthy activities for gay men, lesbians, and others, to include but not be limited to, scheduled walks, runs and other activities for the benefit and enjoyment of the members.

To support local and/or national charitable activities through financial contributions and/or volunteer efforts.

To promote a positive image of the club and its membership to the public.

We are all in this together, so let's stay heathly and enjoy each other!

PRESIDENT Jay Juiliano

BOARD OF DIRECTORS





Jay.PSFRW@gmail.com

SECRETARY John Burton

760-757-1077 burt412@gmail.com



MEMBERSHIP Kathi Garcin 425-351-1429

kathigarcin@gmail.com



VICE PRESIDENT Mike Spencer

678-296-3125 mjspencer90@gmail.com



EVENTS/SOCIAL ACTIVITIE DeLon Gobeli





760-992-6565 andre@mypcbytes.com



TREASURER Keith Culver

760-831-1402 califklc@aol.com



TRAVEL DIRECTOR Allan Lamb

760-323-0773 allanrlamb@aol.com



NEWSLETTER Skip Vogt

760-278-1115 skipvogt@dc.rr.com



NOVEMER 8th 2014

Everyone is welcomed to our Annual Fun Run Reception at 11:00am hosted by Allan and Henery Lamb 1275 Calle de Maria Palm Springs, CA 92264

NOVEMER 9th 2014

We are in the Pride Parade! Come join us marching in the Pride Parade. We meet at Vista Chino and Palm Canyon at 9:30am. The parade starts at 10:00am and **parking is limited.**



Check your calendar of events for details

NOVEMER

November 5th- Mixer at LuluNovember 8th- Pride GatheringNovember 9th- Pride ParadeNovember 12th- Mixer at Twin PalmsNovember 19th- Kinky Boots

DECEMBER

December 3rd - Mixer at 360 North December 14th - Holiday Party December 29th - Mixer at Saquaro

JANUARY

January 21st - Mixer at Hunters

FEBRUARY

February 4th - Mixer Pasta Diner with Tony February 18th - Mixer at Copa

MARCH

March 8th - Anniversary Dinner *Details coming soon March 11th - Mixer at Oscars March 22nd - Potluch at Hunters

APRIL

April 5th - Easter Celebration *Details coming soon

MAY

May 3rd - Cinco de Mayo Potluck Party *Details coming soon



TRAVEL

When we post trips you *please* register as soon as possible. Deadlines need to be met. These are all pre-paid trips by PSFRW, which means the club pays for trips up front. **Seats are limited.** Trips could be cancled due to lack of interest by the deadline date. This is for your enjoyment and we need your support!





NOVEMBER BIRTHDAYS & NEWCOMERS

BIRTHDAYS

| November 1st - Bob Henry |
|-----------------------------------|
| Frederick Neumann |
| November 3rd - Barrie W Martin |
| November 4th - Abe Schemmer |
| November 5th - Tom Snyder |
| November 11th - Lindsay Ouellette |
| November 12th - Bruce Kimerer |
| - Scott Patrick |
| November 13th - Robert A Heeman |

| November 16th - Ed Hiser |
|----------------------------------|
| - Richard Larock |
| November 18th - Michael H Hayes |
| November 19th - Bond Shands |
| November 20th - Skip Vogt |
| - Jorday Brooks |
| November 28th - Michael D Webb |
| November 29th - Ronald J Schnell |

NEW MEMBERS

| Mae Bolda | John Peterson |
|---------------|---------------|
| Gregory Ewald | Joanne Post |
| Shari Farrell | Jim Sheremeta |
| Susan Farrell | Rick Steadman |
| Jim Glass | Tom Wirsz |
| Joan Heeter | Don Wolff |
| Roy Leitner | |
| Worth Miller | |

AD INFORMATION

| Business Card | \$180/year |
|---------------|------------|
| Quarter Page | \$300/year |
| Half Page | \$500/year |
| Full Page | \$750/year |

You might be interested to know that in a recent survey of our members, 63% indicated that they have contacted and/or used an advertiser listed in the newsletter. You can inform us of your intention to run and ad and send a copy of the ad as an attachment in a JPG format to allanrlamb@hotmail.com If you prefer, you can mail it to: PSFR&W PO Box 2184 Palm Springs, CA 92262-2184



PLEASE LET THEM KNOW WE APPRECIATE THEM!

We would like to thank our long time newsletter advertisers: Help U Hear Center with locations in Palm Springs and Rancho Mirage, Tom Gleason - State Farm Insurance, and Jack Ellison - Independent Financial Group.





From whom would you rather buy your Hearing Aid...



A Salesperson ----or a Doctor of Audiology?



Hearing Aid salespersons are not required to have a college degree in the state of California.

At Help U Hear we employ ONLY Audiologists with a Masters or Doctorate Degree.

Our Audiologists are educated in determining your hearing loss, not just selling hearing equipment...

MAKES YOU THINK ABOUT YOUR OPTIONS -- DOESN'T IT?

Call us today! 760.322.9533 or 760.568.6028



PSFR&W P.O. Box 2184 Palm Springs, CA 92263-2184



