

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**





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## 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!**

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