

DEDICATED TO HEALTH AND FITNESS FROM DAILY EXERCISE

May 2017



stimulating conversation!

Then it was time for the many Easter bonnet participants to do their parade around the pool and show off their lavish, beautiful, and stunning bonnets!

drinks wonderfully provided by PSFR&W. All were being served while meeting and greeting and enjoying

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2017 Board of Directors



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The Board of Directors Meeting - Tuesday, April 10, 2017

The meeting was called to order at 5:30 pm. Present: Mike Spencer (President), Brian Eggert (Vice-President), Keith Culver (Treasurer), Craig Wortendyke (Secretary), Patrick Richardson (Membership/Running Coordinator), DeLon Gobeli (Social Events Coordinator), Robb Bohart (Travel Coordinator), Andre LaPierre (Webmaster), and Tom Snyder (Newsletter Editor).

Keith made a motion to approve the minutes of the March, 2017 Board meeting. DeLon seconded the motion, and it passed unanimously. In addition, Keith presented the current financial statement, noting that the required tax return documents have been filed on behalf of the Club.

Brian gave an update on planning for the 2017 Pride Run/Walk. He said that he is concentrating on selecting artwork for the event, and working on the necessary city permits. The Pride Run/Walk Committee as of now consists of Board Members Mike, Keith, and Brian. Brian made a motion to make the LGBT Center of the Desert the beneficiary of this year's Run proceeds, and it passed unanimously.

Brian also reported that the International FrontRunners Club has established a special award for those who participate in three or more Pride Runs in the western United States, and the winners will be recognized at our event, as we are the last Pride Run scheduled for the west coast.

Keith agreed at the last meeting to investigate whether any perks can be awarded to Board Members, such as complimentary Club memberships or an annual dinner, and his research showed no prohibitions against a non-profit doing so. Patrick suggested that an annual dinner could be a "working" dinner/team-building workshop for the Board. Robb made a motion to offer free Club memberships to Directors starting in 2018. Craig seconded the motion. The motion passed, with Mike, Brian and DeLon voting against the proposal.

Keith also researched the issue of raffles, and learned that California allows non-profits to hold raffles, but that 90% of the proceeds must go to a third-party beneficiary. Also, a permit from the state must be obtained, requiring an application and fee.

Keith has also started work on a handbook for Board Members, which would include by-laws, a list of Members, financial workings, job descriptions, a history of social events for past years, and procedures for transitioning in new Board Members. Brian noted that he has three file boxes of past Club documents that might be helpful in preparing the handbook. Keith suggested that the Secretary could be the administrator of the handbook contents and responsible for keeping it updated.

Robb noted that the Petersen Auto Museum bus trip was a success and showed a small profit. No bus trip will be planned for April, but there will be one in May. In a related discussion, Keith suggested contracting for a bus to take Members to the San Diego Pride Run and Festival in July. The fee would have to be worked out.



TRAVEL NEWS with Robb Bohart

Cruise to famed Catalina Island



Start your summer with a cruise to famed Catalina Island on Saturday, May 20, 2017. Enjoy two hours on the Pacific, much cooler weather, and great sight seeing. Once on the Island, during the 5 hour visit, many activities are available including: bicycle rentals, hiking trails, visiting quaint shops and restaurants, and a tour of the art deco casino.

The chartered bus will depart the Smoketree Ralph's parking lot for Long Beach at 6:30am. Estimated return to Palm Springs at 6:30pm. Please book your reservation by May 9th to insure this trip will happen. Members: \$104, Non-members: \$114.

Any questions, please call Robb, 760 202 4348.









Photos Courtesy of Robb B. and Wikipedia Encyclopedia

RUNNERS' RAP with Keith Culver



On Saturday, April 1st, many of our Frontrunners participated in the 7th Annual Run for Ike. This community run is in memory of K-9 Officer Ike killed in the line of duty in 2011. All proceeds from the 5K run and walk go to the Palm Springs Police Department K-9 Fund. The course, which is flat and fast, started and finished at the Police Department headquarters and was open to runners, walkers, strollers and dogs. Fifteen of our runners took part, and nine of them finished in the top three places of their respective age/gender groups. Special recognition goes to Kathi, Alex and Tim for placing first in their groups. Thanks to everyone who participated and congratulations for a job well done!



K-9 PSPD



Front row: Keith, Tim, Ken, Kathi, Silvio. Back row: Paul, Reese, Randy, Alex, Patrick, Jack, Michael, Jason, Robert

Photos & Art Courtesy of Keith C. and Palm Springs Police Dept.

International Front Runners Western Region Pride Race Circuit

To promote participation across Front Runners in the Western Region, International Front Runners is hosting a Pride Race Circuit.

Logistics:

- Participants must be a member of a Front Runners Western Region club.
- Participants who are Front Runners must belong to a club that is an active member of International Front Runners.
- A minimum of 3 points is needed to earn a Pride Race Circuit medal.

Rules:

 Participation in a Pride Run from any of the eligible clubs below in each state will be counted as 1 point.

Eligible Races:

Northern California (1 point)
San Francisco FrontRunners
San Francisco Track & Field
East Bay Front Runners and Walkers

Arizona (1 point) Phoenix Frontrunners

Colorado (1 point) Colorado Frontrunners

Southern California (1 point)

Los Angeles Frontrunners Front Runners & Walkers of San Diego Shoreline Frontrunners of Long Beach Palm Springs Front Runners & Walkers

British Columbia (1 point) Vancouver Frontrunners

Washington (1 point)
Seattle Frontrunners

Alaska (1 point) Anchorage Front Runners

Please visit the calendar page at www.frontrunners.org for race dates

Pride Race Circuit medals will be given in Palm Springs in November 2017 Please email your race results or questions to rep-us-w@frontrunners.org

(medals can also be mailed to you if you are unable to attend)

The Chill Bar Mixer, March 29th







A GOOD TIME AT THE CHILL BAR

A warm and fabulous twenty first century modern venue located on Arenas, suited with multi faceted rooms for any celebration, but especially the Scorpion Room. It is an ideal location for our mixers. This mixer, like all of the rest, was well attended. Many thanks to everyone for attending the mixer at The Chill Bar on the 29th of March. And, as always, your support and attendance to these mixers are greatly appreciated. Again, thank you! – *DeLon Gobeli*











All Photos Courtesy of the Editor

The Chill Bar Mixer, March 29th























Well, you get the point. You could tell everyone was in pure heavenly bliss! An event to remember it was. As the parade of bonnets took place, it was quite a job for the judges (Jim O., Robb B., and Andre L.) to make the final selection of six from the many that were before them. The crowd cheered them on. Thank you guys! Gift certificates were given to the final six as well as an Easter basket filled with eggs and candy! The gift certificates were complimentary of the various supportive business establishments in the area. We thank them very much for their support and helping our events to be successful!

Here are the six who won prizes:

1st Place:

Dana Wood received a \$50.00 certificate to 360 North! (Dana was so thrilled and excited that he gave a little acceptance speech)! How Fun!

2nd Place:

Barry Smith and Silas Hathaway received a \$25.00 certificate to The Broken Yolk!

3rd Place:

Bill Cook received a \$25.00 certificate to Hunters!

4th Place:

Jimmy Anunson received a \$15.00 certificate to Aspen Mills Bakery!

5th Place:

Dr. Gary Seiden received a \$10.00 certificate to Starbucks!

6th Place:

Bob Stark received an Easter Basket donated by Barry Smith!











Bill Cook

Easter Potluck, April 16th









Following the parade and contest, there were additional complimentary drawings as follows:

- Two \$25.00 certificates to Moxies!
- \$15.00 certificate to 360 North!
- \$10.00 certificate to Aspen Mills Bakery!
- \$10.00 certificate to Starbucks!
- Two Easter baskets with eggs and candy from Barry Smith!

After the prizes and drawings, it was time to enjoy the enormous amount of food and there was a lot of it to enjoy! I do want to personally thank all of you for your contributions to the potluck! Many helped set the food out onto the tables and that help was appreciated indeed! After the main dishes were consumed, the tables were covered with a great variety of many desserts and "boy were they delicious!" We do have some great cooks. It was all very wonderful!

Even though the potluck was winding down, there were still people socializing and having much more conversation and sharing time with one another!

As the day ended, many took part in cleaning up and taking down tables, etc. where necessary! And we can't forget those who helped haul and set up on Saturday and again others that helped prepare and setup prior to 3 p.m. on Sunday! A big thanks to all of you who took part in preparing for the party and for tearing down and cleaning up afterwards!

The bartenders, Phillip and John, were most appreciated! Thank you! Also, thanks to the photographers, Tom Snyder and Andre Lapierre! Everyone of you who made this Event such a great success by helping, taking part in any way prior to, during, and after, wearing bonnets, judging, bartending, welcoming, hosting, photography, or whatever it may have been - THANK YOU ALL SO MUCH!! And a great thank you goes out to our host, Alan Lamb, for Inviting PSFR&W to share such a wonderful event at his beautiful residence!

- DeLon R. Gobeli, Social and Events Director

Easter Potluck Photos Courtesy of Andre L. and the editor

Easter Potluck, April 16th



Easter Potluck, April 16th























The New York Company, April 19th



The Palm Springs Front Runners and Walkers held their Mixer at The New York Company on Wednesday, April 19, 2017 from 5 p.m. to 7 p.m..

Approximately 75 Members were in attendance along with their guests. Everyone enjoyed the fellowship and the conversations among all who were present. Wally and Neil served many appetizers and offered great bar prices for our enjoyment. We had the whole run of the place which allowed everyone to be more comfortable while enjoying time with fellow Members. Some did remain for dinner to enjoy the 15% discount allowed!

Thank you all for your support and those of you who attended. It was greatly appreciated!













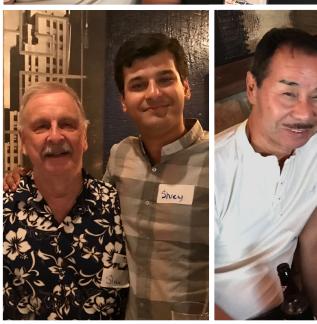




The New York Company, April 19th







Photos Courtesy of Ron W.

NAME TAG PROGRAM ON A SUMMER HIATUS:

As more of our members start to leave town for late spring and summer hiatus, we have decided to take the member name tags on a temporary hold. If you did not receive a name tag when you renewed your 2017 membership through our distribution process at social gatherings or at morning run/walks, you can contact Curtis Channell at motorcitycurt@gmail.com. To reduce any additional costs to the name tag program, we are not able to mail the name tags. We will resume distribution of name tags in September.

NEW SPRING AND SUMMER GATHERING TIMES:

Starting Monday, May 1st, Palm Springs Front Runners and Walkers will go to an earlier start time due to the increased temperatures.

Walkers: Meet Monday through Saturday at 7:30 a.m. at Sunrise Park (at Mizell Senior Center).

Runners: Meet Saturdays at 6:30 a.m. at Sunrise Park (Mizell Senior Center) and Sundays at 6:30 a.m. at the parking lot in front of Running Wild in the Sun Center at 611 S. Palm Canyon.

These times will remain in effect until September 30.

PALM SPRINGS FRONT RUNNERS AND WALKERS PRIDE RUN AND WALK 2017:

Mark your calendar:
Saturday, Nov. 4, 2017 at 8 am –
5K Run and Walk through the Old Las
Palmas neighborhood. 2017 Beneficiary will be
The LGBT Center of the Desert.
Get Involved. Plan to volunteer. Plan to donate.
Plan to participate as a Runner or Walker.
For more information: contact Mike Spencer,
Keith Culver and Brian Eggert

OTHER COMING EVENTS:

- Saturday, May 13, 2017: Breakfast at 360 North with Social at 8:30 a.m. and Breakfast served between 9:15 a.m. and 9:30 a.m.
- Wednesday, May 17, 5 7 p.m.: Mixer at Moxies which is upstairs, above The Broken Yolk!
- Saturday, May 20, 2017 Bus Trip to Catalina Island with Robb Bohart (760-202-4348)!
- Wednesday, May 31, 2017 a Mixer at Trunks 5 7 p.m. (Formerly known as Diggs Bar)!

Thank you all, hope to see you at many of these events.

DeLon R. Gobeli, *Social and Events Director*319-239-4006