palm springs
Front Runners & WALKERS
Road Runner News

DEDICATED TO HEALTH AND FITNESS FROM DAILY EXERCISE

Official Mailing Address: **P.O. BOX 2184, PALM SPRINGS, CA 92263-2184** November 2018

A Big Thank You Goes Out...

TO OUR CONTRIBUTORS FOR THEIR SUPPORT OF THE LGBT COMMUNITY CENTER AND THEIR SERVICE TO THE COMMUNITY AT LARGE.

Oktoberfest in beautiful BigBearLake

See page 12

Running/Walking News on pages 3, 5, 6 & 7

Social & Travel News on pages 9 thru 13

2018 Board of Directors

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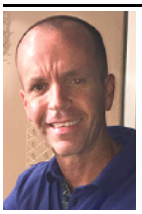

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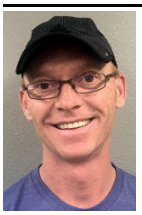

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MINUTES OF THE BOARD OF DIRECTORS MEETING, PALM SPRINGS FRONT RUNNERS & WALKERS, OCTOBER 11, 2018

The meeting was called to order at 6:00 pm. Present and constituting a quorom were Brian Eggert, Michael Ambrose, Craig Wortendyke, Reese Nottingham, DeLon Gobeli, Tom Snyder and Curtis Channell. Reese Nottingham was introduced as the new Treasurer. His term will run until March, 2020. Andre LaPierre has tendered his resignation as Webmaster, which leaves the Board with seven Members. Brian will send Andre an email thanking him for his service to the Club. As part of the upcoming election of Board Members, nominees will be solicited for the Webmaster position.

Michael reported that 192 people have registered for the Pride Run/Walk. The Treasurer's report was accepted by the Board unanimously. DeLon discussed the upcoming social events, which include: a mixer at the Roost on November 7; a Thanksgiving pasta dinner at 360 North; a Holiday Celebration at the Broken Yolk Cafe on December 11; and a bus trip with the Primetimers to the Riverside Mission Inn on December 13.

Michael suggested having a pasta dinner the night before the Pride Run next year. Tom announced October 26 as the deadline for the November newsletter. Brian reported that 17 Front Runners have signed up for the Desert AIDS Walk on October 20, and have raised over $2,000. The Club will have a booth at the event promoting the Pride Run.

The International Front Runners Association has asked our Club to present an honorary lifetime member award to Patricia Nell Warren, author of "The Front Runner". It will be up to our Club to pay for expenses related to transportation and lodging for the author and her two traveling companions. Michael made a motion to have the funds come from the general fund. The motion passed unanimously.

At the Pride Parade, t-shirts with the revised Club logo will be given to participants. The Board approved a motion to purchase 120 shirts at $4.86 each, for a total expenditure of $583.20. T-shirts not distributed at the parade will be available later for purchase.

DeLon reported that 89 people had signed up for the Big Bear Lake OktoberFest, 40 Front Runners and 49 Primetimers. Fifteen have signed up for the Riverside Mission Inn bus trip on December 15. The mixer at Hotel Zoso attracted 80 people. It was reported that there is $4,853 remaining in the Social budget. We will ask for food donations at the holiday party.

Respectfully Submitted by Craig Wortendyke

PSFR&W Members make a good showing

We had over 20 PSFR&W Members joining us to walk at the recent Desert AIDS Walk on Saturday, October 20. We have raised $2,210. Festivities started around 8:30 am and the walk started at 9:30 am at Ruth Hardy Park. We had a booth at the festival where we passed out information on our upcoming Pride Run and Walk. Our group gathered at our booth around 9:15 am and we headed out in mass. The course went from the Park over to the hospital and then down Palm Canyon to Tahquitz and then back to the park. A great course and great weather. We might have lost a few Members along the way. A good time was had by all. Pictured above are some of the participants.

2018 Palm Springs Pride Run/Walk

Supportive Business Sponsors

We are happy to announce our 2018 Palm Springs Pride Run and Walk 5k Business Sponsors. Please take the opportunity to visit these businesses and thank them for their support of our Club, our pride run and walk and our beneficiary -- The LGBT Community Center of the Desert.

- Platinum Sponsors ($2500) - The City of Palm Springs providing police and street maintenance services.
- Gold Sponsors ($1000) - True Value Palm Springs in SmokeTree
- Silver Sponsors ($500) - Randy Wiemer at Zapala Meyers, Club Pilates Palm Springs, Intervalley Health Plans, Aspen Mills Bakery
- Bronze Sponsors ($250) - Hunters, Streetbar, Tropicale, The Broken Yolk Café, Beach Cities Dermatology
- Media Sponsors - GED Magazine, Gay Desert Guide, CV Independent
- In Kind Sponsors - LuLuLemon, RX Bars, Running Wild, Desert Water, Koffi, Walgreens, American Medical Response (AMR), C2O CocoWater, Larabar.

We thank all of our sponsors for being so supportive each year. Even more special is the support we receive from our Club Members. Ten Members have stepped up to be member sponsors. It is with their yearly support of this event that helps us raise our fundraising bar each year and allows us to increase our beneficiary donation. Please make sure you thank these Members for their support of your Club's Pride Run and Walk.

- Platinum Sponsor – Ken Remitz, Robert Heeman and Dennis Ramberg
- Gold Sponsor – Mark Loeffler, Bob and Frank English, Bill Ehrlich and Ken Higham
- Silver Sponsor – Randy Wiemer, Keith Culver, Paul Travis, Michael Hayes, Don Ricart
- Bronze Sponsor – Mike Spencer

Thank you to all our Members who support our Pride Run and Walk by being a business sponsor, Member sponsor, donating, registering to participate or volunteering on race day.

Club Pilates sponsors upcoming Palm Springs Pride Run and Walk

Palm Springs Front Runners and Walkers is happy to welcome Club Pilates as a Silver Sponsor of our upcoming Palm Springs Pride Run and Walk. They will also be leading stretches before the race starts on Saturday, Nov. 3rd.

Pilates and Running: A Great Match

Club Pilates opened its doors in Palm Springs on September 27th at 425 S. Sunrise Way. Frontrunners Members who join now will receive 20% off membership for the first three months, and the enrollment fee will be waived. Pilates is a great exercise for runners. Below is an excerpt from a Club Pilates blog on Pilates and running.

Here's a quick list of Pilates cross-training benefits for runners:

Pilates can emphasize range of motion. Runners often have some muscles that become very strong from overuse — such as quads — and other muscles become very weak or no longer fire properly — such as the hamstrings or glutes — and they become reliant on other muscles to overcompensate. This set-up can spell quick injury for runners. Supplementing mileage with a Pilates practice will ensure that runners get a full range of motion out of their muscles, even the ones they aren't using regularly when logging miles.

Pilates can help to correct muscular imbalances between the quads and hamstrings, for instance. Pilates often moves more slowly than running, which can allow for runners to really get in and work all their supporting muscles effectively. This will teach the muscles how they should be working when they're running.

Pilates has an emphasis on core strength and that's an enormous component to running. It's also an area where many runners aren't as strong as they could or should be. Many people mistakenly think that core strength means focusing on planks or getting a six-pack, but it's really about building core strength in their backs, hips, trunk, and deep ab muscles. Increased core strength can help runners stay stronger, longer. Read the full article as follows:

https://www.clubpilates.com/pilates-and-running/

Club Pilates is a sponsor of our Pride Run and is offering membership discounts to FrontRunners.
To take advantage of this offer call 760.537.0457 or visit Club Pilates' site
to book a free intro class: http://clubpilates.com/palmsprings

CLUB PILATES
PALM SPRINGS

RUNNERS'RAP

The **PATRIOT 5K** presented by the P.S. Marathon Runners. On-line registration closes Wednesday, November 8th at 11AM! Registration will also be available on packet pick-up day, Friday, November 9th 11AM - 5PM at Running Wild or race morning, on site, beginning at 6:30AM.

Veterans and Active Duty Discount - Veterans and Active Duty personnel are eligible for a 50% discount (registration will be $20). Please bring proof of service to receive this discount.

5K COURSE (3.1 mile) route starts and finishes at Ruth Hardy Park. The race course will be marked with bright yellow signs. BONUS MEDALS: Complete this race and our other November event - Running Wild's WILD TURKEY TROT 5K and receive a BONUS medal. This medal will be available for pick-up at the Turkey Trot on November 22nd. Awards Ceremony: All finishers will be awarded a beautiful finisher medal as they cross the finish line. Age group awards will be announced approximately 45 minutes after the first competitor has crossed the finish line; presenting trophies to the top 3 male and female finishers, challenged athletes, strollers, teams and doggies as well as acknowledging all age group winners, 3 deep in 5 year age groups through 85+.

Check your Calendar for the 2018-2019 Race Schedule

Thank you, PSFR&W Members, who donated to our recent match pledge at our September and October Social Mixers.

You all really rock. We raised $1000, which was graciously matched by our Members Bob and Frank English. All funds will be donated to our Pride Run and Walk Beneficiary, the LGBT Center.

Special THANKS to Peter Intravartola, Stephen Farmer, Chris Butler, Richard Nauman, John Mayes and Richard Larock, DeLon Gobeli, Bob Ford, Bill Zerial.

You can still donate to our Pride Run and Walk beneficiary, either by cash, check or on-line at 2018 Pride Run and Walk Beneficiary Donations. PSFR&W is a non-profit 501(c)3 tax-exempt, all volunteer organization.

The CENTER

The City of Palm Springs proudly presents the 22nd annual Palm Springs Veterans Day Parade on Sunday, November 11 at 3:30 p.m. in downtown Palm Springs. We at Palm Springs Front Runners and Walkers "SALUTE" all our Military Veterans. We also thank each Member for his or her service. All Front Runners and Walkers are encouraged to walk with us in the Veteran's Day parade whether you have been in the military or not. A large turn out will be impressive for our organization.

To all our Veteran members, please let me know:
1. The military branch of service you served in.
2. If you are willing to walk in the Veteran's Day parade.

NOTICE TO EVERYONE

Please let me know if you are walking in the parade.
Curtis Channell at motorcitycurt@gmail.com.

palm springs Front Runners & WALKERS

President's Corner
with Brian Eggert

I would like to thank our many volunteers for their hard work insuring a fun and successful race day event! Thank you one and all for your volunteer service. Please give them a cheer and thank you as you pass them on the race course or see them in the registration area.

There will be plenty of volunteers in addition to making our race course safe for our participants. You'll see them at registration, handing out t-shirts, handing out some of our treats and handing out medals at the finish line. We will have bananas, RXBars, Larabars, c2o Coconut Water and bottled water donated by Walgreens.

Thank you to our volunteers: Aaron Ashcraft, Arthur Rodriguez, Bill Cook, Bill Zwick, Bob Carvalo, Brian Bowles, Darwin Goetz, Don Ricart, Gene Otto, Jack Keith, Jack O'Toole, John Avila, Larry Houts, Mike Fitak, Paul Hatley, Peter Intraverde, Rich Fluechtling, Robb Bohart, Ted Clark, Ted Knapp, Tim Bruner, Thomas Bestul, Tom Harm, Tom Snyder, Jon Dillingham, John Burton, Robert MacCormack, Luke Shwarz, Barry Smith, DeLon Gobeli, Mark Loefler, Jason Boone, Edward Monie, Dick Bretto, Tom O'Connor, Dutch Blue, Bill Erhlich, Ken Higham, Chuck Howard, Kim Simon, Reese Nottingham, Robert Bryant, Trey Burnette, Patrick Richardson and Jim O'Neill. Thank you to John Rueben and Jack Faust for the usage of their tables for the race.

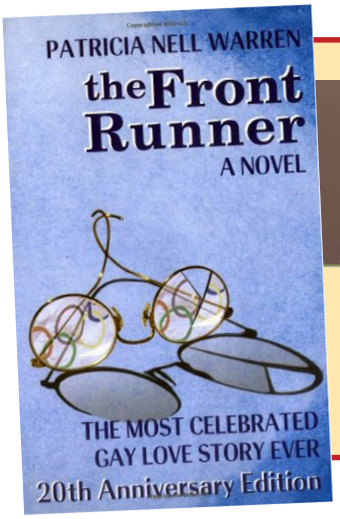
It has been a great pleasure this past 9 months working with the new Race Director, Michael Ambrose, and Keith Culver. That's right! For most of those 9 months, it has only been the three of us handling all that goes on with producing a successful run and walk. Hopefully, next year, others will want to join us so we can spread the work amongst others. Remember this is your event produced by Palm Springs Front Runners and Walkers.

On Saturday, November 3rd, our regularly scheduled run and walk at Sunrise Park will be moved for this weekend only to the start of our Race (Chino Drive and Belardo Rd). Members are welcome to walk the course even if you did not register. We will have some great fun after the run and walk. Our announcer for the race will be NBC Palm Springs Weatherman Bryan Gallo. Come on out and enjoy a delightful morning.

– Brian

The Author of "THE FRONT RUNNER" tells her story about the Front Runners phenomina

Palm Springs Front Runners and Walkers is happy to announce Patricia Nell Warren, who wrote the novel, "The Front Runner", will be in attendance at our 2018 Palm Springs Pride Run and Walk 5k on Saturday, Nov. 3rd. We are honored to have her in attendance at our event and will honor her with the International Frontrunner Lifetime Achievement Award on behalf of the International Organization.



The novel, which was published in 1974 and a few years later in 1978, was about the first known running club for Gays and Lesbians in San Francisco, known as the Lavender U Joggers. They changed their name to Frontrunners, starting a craze which swept across the United States in the early 1980s. The name selected by the group was Frontrunners which was the first work of contemporary gay fiction to make the New York Times Best Seller list. The novel centered on college running coach Harlan Brown and runner Billy Sive. Along with friends, the two navigate the homophobic waters of track & field in the 1970s with their hearts set on the Olympic Games. Warren wrote two sequels to 'The Front Runner'. They were 'Harlan's Race' (1994) and 'Billy's Boy' (1997).

Many would be surprised to know that the best-selling gay novel of all time is a story about a gay coach and his Olympic runner as told in Patricia Nell Warren's 1974 best seller, 'The Front Runner.'

The novel exploded onto the scene when it was published. It was the first piece of contemporary gay fiction to reach the New York Times Best Seller list, and the Times called it "the most moving, monumental love story ever written about gay life." Over 10 million copies have been printed in various languages.

Before the Internet, "The Front Runner" for many was that secret look inside gay life. With their bedroom door closed, countless young men locked themselves away as they read this incredible story of gay love. For many, it was the first time they felt someone was telling a story about their personal feelings and emotions. For gay sports fans and athletes, it was the first piece of gay culture that reflected them and their passion for sports.

Warren wasn't afraid to turn stereotypes on their heads with the book. Not only was she tackling the world of sports, she also created a main character in Harlan Brown, the likes of which would ruffle the feathers of people across the political spectrum. Warren pulled from her own experiences growing up around conservative military men to create Brown.

Nobody had created a character like him in gay literature before. "We had lots and lots of liberals and people from the world of the arts and the academic world. But a hard-edged coach with a military background who would vote Republican and piss all the liberals off, and especially someone who had never been able to admit that he was not only sexually attracted to men but could love another man. This was all part of the conflict I wanted to create. Billy's the one putting daisies up the gun barrels of the National Guard, and Harlan's the National Guard holding the rifle".

Warren has often been asked about the graphic sex scenes in the book as people have wondered how a woman could so accurately and passionately describe sex between two men. Warren points to her imagination as inspiration.

She also visited a gay-porn theater in Manhattan. She would head out on her lunch breaks at Readers Digest dressed in a suit, pay her five dollars, and sit in a theater of gay men watching porn and doing God-knows-what. On her first visit to the theater, she was approached by the manager who wondered if she was part of the "vice squad." When she told the manager she was doing research for a novel, he gave her his card and free access to the theater any time she wanted. She visited a couple more times.

The legacy of the novel lives on for many in their local gay running group, many of which are called the Frontrunners. In New York, Los Angeles, Seattle, London and many other cities, LGBT runners meet up regularly under the "Frontrunner" banner.

Article and Photo Courtesy of Brian E. & the Editor

-Frontrunners and Primetimers!-

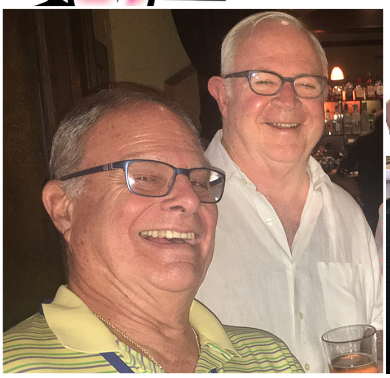
The Riverside Mission Inn Festival of Lights

Thursday, December 13, 2018 ~ $65

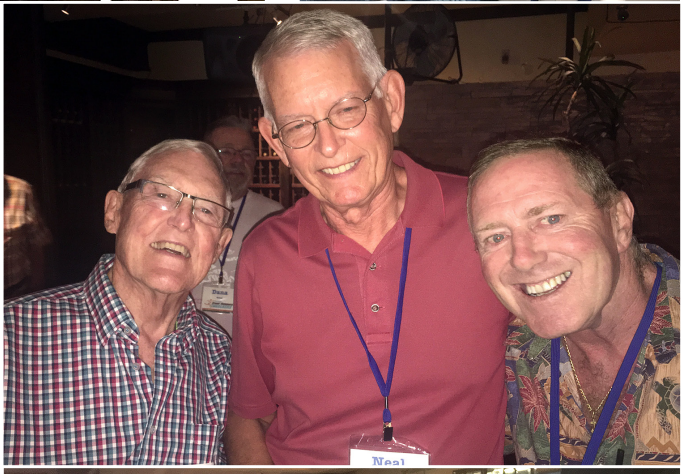
Get into the spirit of the season, and enjoy more than 4 million dazzling holiday lights, plus the world's largest manmade mistletoe, horse-drawn carriage rides, freshly fallen snow, an elaborately decorated Christmas tree in the hotel lobby, an outdoor skating rink, holiday vendors and entertainment on this afternoon tour to Riverside's historic Mission Inn. A docent-led tour of the Mission is optional ($20), revealing the stories behind the walls of this fascinating building. Travel from the desert via deluxe motorcoach-Driver gratuities included. Enjoy dinner (no-host) at one of the many restaurants in the vicinity.

For questions or more information, call DeLon Gobeli at (442)-235-6292. For Reservations, call (760) 320-3009. Departure from Smoketree True Value in Palm Springs at 2 p.m., Return approximately 9 p.m.

SOCIAL SCENE *with DeLon Gobeli*



THE GOOD TIMES... just keep rollin' along



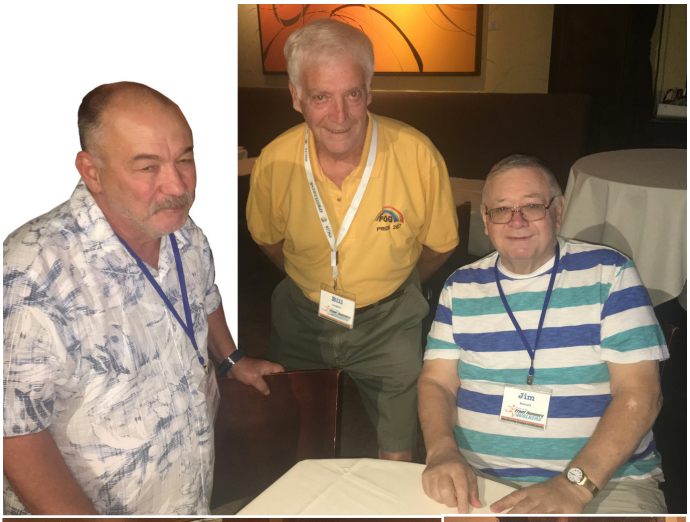
A Palm Springs Front Runners and Walkers mixer was held at Hotel ZOSO on Wednesday, October 3, 2018 and was attended by 80 PSFR&W Members and guests. Hotel Zoso is ideally located in the epicenter of Palm Springs. The lobby and lobby bar was an ideal venue for our mixer, a good place to sip a cocktail while mingling with all who atended. The staff were very gracious and delighted to have our presence. We thank them for their hospitality!

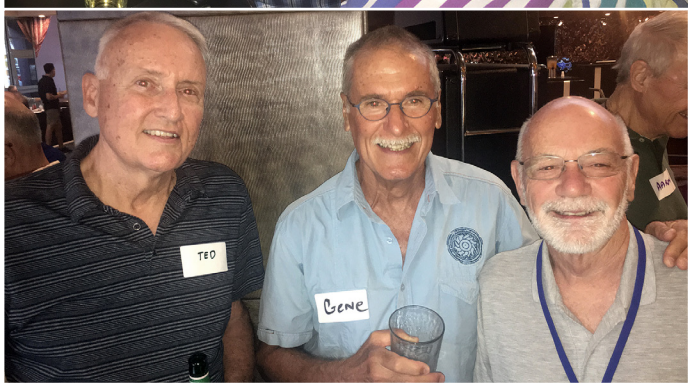
Seventy-Three Palm Springs Front Runners and guests attended a mixer at Bonta Restaurant on Tuesday, October 16, 2018. They were welcomed by Hector and Petra after a long period of not being able to attend our mixers due to their restaurant business obligations on conflicting nights.

360 North was the location of the PSFR&W mixer on Tuesday, October 23, 2018 and was attended by Seventy-Nine members and guests. Tony and staff welcomed the PSFR&W with gratefulness and passed around several appetizers! The opportunity to be at 360 North once again was enjoyed by All.

The PSFR&W will be having a Thanksgiving Pasta Night on Tuesday, November 20, 2018 at 360 North from 5 p.m to 8 p.m.. Tony and Staff will be preparing the pasta as you order along with salad, cranberries, and dessert. Mark your calendars and join us for a festive time. Prize drawings will be included.

Article and Photos Courtesy of DeLon G, Jason B.. & the Editor





Desert Winds Freedom Band

PRESENTS

The PSFR&W Board is happy to announce that they will be selling tickets for The Desert Winds Freedom Band at a 10% discount. Ticketsmay be purchased for the MYTHS & LEGENDS Concert directed by Dean McDowell and being presented at 7:00 p.m. on Saturday, November 17, 2018. Performance to be held at the Richards Center for the Performing Arts at The Palm Springs High School. Please contact DeLon R. Gobeli, PSFR&W Social/Travel Director to purchase your tickets as they are currently available for $27.00 with cash or check written to: 'Desert Winds Freedom Band'.

Thank you in supporting The Desert Winds Freedom Band through The PSFR&W promotion!

TRAVEL NEWS *with DeLon Gobeli*

For the first time, on Sunday, October 21st, the Prime Timers Of The Desert and the Palm Springs Front Runners and Walkers joined together with Kathy of "Let's Go Travel! to take a bus trip (two buses) to "Oktoberfest" in Big Bear Lake, California. As the day began, the eighty seven attendees (out of ninety-two registrants) gathered in front of True Value Hardware in the Smoke Tree Shopping Center for a 9:00a.m. departure to Big Bear Lake. The ride took two hours and upon arriving at the Convention Center, a guide boarded each bus and provided a short narrative of the area as we toured around Big Bear Lake. After completion of the hour tour, we were escorted into the Convention Center where there were many visitors. There were food stations and bars for everyone to enjoy. The music was enjoyable and there were various interesting contests provided for men, women and children inside and outside the Convention Center. Also outside the Convention Center, there were vendors selling items and various kinds of food such as pizza, hamburgers, fries and the like. The German music, food and entertainment made the day pass quickly and soon we were back on the buses at 3:30 p.m. to head back to Palm Springs. More conversation and nap time ensued on the bus with memories of a fun filled day of enjoyment and comradity of both PTOD and PSFR&W.

While traveling back from "Oktoberfest", prize drawings were given away to Members and guests on each bus. There were many winners on each bus with prizes ranging from $10.00 to $25.00 in gift certificates to various eating establishments in the Palm Springs area and to the travel company, "Let's Go Travel!" that provided us the trip to Big Bear Lake.

Congratulations are in order to all the recipients on bus one and bus two! Thanks again to all who participated in this joint adventure as well as to the bus drivers Tobias and Cory.

Once again, with Kathy's help from 'Let's Go Travel!', our next joint adventure is scheduled for Thursday, December 13, 2018 to The Festival of Lights at the Mission Inn in Riverside, California. 2:00 p.m. is departure time and arrival back should be around 9:00 p.m.

Article & Photos Courtesy of DeLon G., Jason B., the Editor & Lake Arrowhead Resort

Event Calendar for November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 8:00am The PS Pride Run & Walk 5K
4 10:00am The PS Pride PARADE	5	6	7 5-7pm Mixer at THE ROOST	8 6 pm BOARD MEETING	9	10 Patriot 5K Run
11 2:30pm Veterans Day PARADE	12	13	14	15	16	17
18	19	20 5-7pm Thanksgiving Pasta Dinner at 360 NORTH	21	22 THANKSGIVING Running Wild Turkey Trot	23	24
25	26	27	28	29	30	

Event Calendar for **December 2018**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11 4:30 -7pm Christmas Celebration at BROKEN YOLK CAFE	12	13 2-9pm FESTIVAL OF LIGHTS Riverside Mission Inn 6 pm Board Meeting	14	15
16	17	18	19	20	21	22 Santa Paws 5K Run
23	24	25 CHRISTMAS	26	27	28	29
30	31					