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** January 2019

2019 2019 2019 2019 2019 2019 2019 2019

# 2019 Red Carpet

## 5K and 10K Run/Walk

*See page 4*

**MARCH ELECTION INFORMATION AND NOMINATING BALLOT FOR BOARD POSITIONS**

*See page 11 & 12*

# SUPER GIFT!

***... And well deserved***

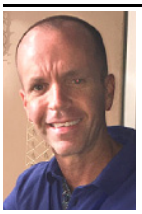
*More on page 3*

**178 MEMBERS ATTEND THE CHRISTMAS FESTIVITIES AT MOXIE AND BROKEN YOLK**

*Social Mixers pages 6 thru 9*

# 2019 Board of Directors

**PRESIDENT**
**Brian Eggert**
(562) 756-2584
eggert.brian@gmail.com



**VICE PRESIDENT**
**Michael Ambrose**
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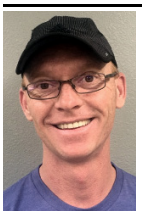
**SECRETARY**
**Craig Wortendyke**
(971) 235-9328
craigwortendyke@gmail.com
Position Open after March



**TREASURER**
**Reese Nottingham**
(760) 219-8685
yogireese@me.com

**SOCIAL & TRAVEL DIRECTOR**
**DeLon R. Gobeli**
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**MEMBERSHIP**
**Curtis Channell**
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motorcitycurt@gmail.com

**NEWSLETTER**
**Tom Snyder**
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natman1257@aol.com
Position Open after March

# MINUTES OF THE BOARD OF DIRECTORS MEETING PALM SPRINGS FRONT RUNNERS & WALKERS DECEMBER 12, 2018

The meeting was called to order at 6:04 pm. Present and constituting a quorom were Brian Eggert, Michael Ambrose, Reese Nottingham, Craig Wortendyke, DeLon Gobeli and Curtis Channell. The Board minutes from November, 2018, were approved unanimously.

Michael reported that the final numbers for the Pride Race are not totally complete, but he will have them in time to make the check presentation to the LGBT Center at the Front Runners circle on Saturday, December 15. The Board voted unanimously to donate the entire race proceeds to the Center. The amount donated will be more than last year. Brian noted the check presented to Mike Thompson of the Center will have to be signed by two signatories on the bank account, due to the amount.

Reese presented the current finanacial statement, which was approved unanimously by the Board. Reese will try to break down the line items under the "Miscellaneous" account in future reports.

DeLon said that 175 people have signed up for the holiday dinner at Broken Yolk Cafe, with a capacity of 192. The general consensus of the Board was that table cloths will not be used at the dinner. 35 people have become paid Members in order to attend the dinner. DeLon said this will be the second largest crowd at a Front Runners social event.

The December 13 bus trip to the Mission Inn in Riverside had attracted 53 participants, 25 Prime Timers and 28 Front Runners, filling up one bus. A check for $256 would go to the Front Runners and a check for $232 would go to the Prime Timers from the trip proceeds. DeLon feels that the mixed social events with the two clubs is working well.

Curtis reported that there are currently 412 Front Runner Members. He also reported that he now has the remaining Pride t-shirts, and will be selling them at the Christmas dinner for $10.00. In regards to the Veteran's Day parade, Brian noted that the response was low for our participation, so he decided to cancel our contingent. He and Curtis will try to organize a group again next year.

Brian, DeLon and Reese will comprise the nominating committee for next year's Board elections in March. Brian stated that if no one volunteers to take over as newsletter editor, the newsletter will no longer be published. Tom needs to be given a copy of the new Club logo for the newsletter, according to Michael.

The Board approved unanimously the following: another year of Membership and Liability Insurance through the Road Runners Club of America (RRCA) in the amount of approximately $1896 (actual amount will be based on the total number of Members when the fees are paid); renewal of membership in the International Front Runners; and another year membership in the Desert Business Association. The Board also approved unanimously to keep the annual Membership fee at $30 for 2019. Brian asked for suggestions for questions that can be added to the Membership application (military background, volunteer support, types of emails received, etc.). The Board approved unanimously to make year-end donations to the following organizations: $1,000 to Mizell Senior Center; $500 to AAP-Food Samaritans; and $500 to Desert AIDS Project. The Board also decided to participate in the following 2019 events: the Health and Fitness Expo in January; Info-A-Go-Go Community Expo at the Hyatt Hotel in January, and the Cathedral City Diversity Days bed race in March.

The meeting was adjourned at 7:15 pm. The next meeting will be held on Thursday, January 10, at 6:00 pm.

*Respectfully Submitted by Craig Wortendyke*

# LGBT Community Center Receives Proceeds from Pride Run.

## This check is awarded in appreciation of the good services The Center provides to our community.

On Saturday, December 15th, PSFR&W presented Mike Thompson, CEO at The LGBT Community Center of the Desert (aka "The Center") with a check for $21,407.36 from our annual Pride Run and Walk 5K. This was only possible due to the generosity of our loyal sponsors and dedicated members. Thank you to everyone who volunteered, donated, ran, walked, etc., for making our Pride Run and Walk 5K fun and safe for our participants, and successful for our beneficiary. This was a great team effort, and something all PSFR&W members can be proud of!

*Article and Photos Courtesy of Brian E. & the Editor*

**SATURDAY, JANUARY 12, 2019**

## Come for the Run. Stay for the Fun.

***Palm Springs Marathon Runners*** invites you to participate in the Palm Springs International Film Festival RED CARPET RUN offers both a 5K and 10K run/walk beginning and ending on the red carpet and taking an incredible route past some of the celebrity homes of the iconic past. Wear your old prom dress, wedding gown, that old tux or just your bow tie and boxers as you dodge the paparazzi, listen to music and sign autographs as your fans applaud you as you cross the finish line! WHEN: Saturday, January 12, 2019 - start your New Year off right by getting your exercise on at the 2019 RED CARPET RUN! Race begins at 8AM. WHERE: Start and finish at the American Legion 400 N. Belardo in Palm Springs (one block west of Palm Canyon between Amado and Alejo). EARLY REGISTRATION: Register on-line or by mail for $40/$50 through January 10th. Registration also available at packet pick-up ($45/$55) on Friday, January 11th from 11AM - 5PM at Running Wild 611 S. Palm Canyon, Palm Springs or race morning at 6:30AM on site $45 for 5K/$55 for 10K. REGISTRATION INCLUDES: Your registration fee includes a tutu and tiara for the females and tuxedo t-shirt for the men. Also included is your finisher OSCAR TROPHY, finish line and posed free photo downloads, goodie bags, bubbly served as you cross the finish in your own fluted champagne glass, finish line snacks, theater popcorn and karaoke. AWARDS: Oscar trophies presented to ALL finishers!

new balance. PALM DESERT Half Marathon

**Sunday, February 10, 2019**
**Palm Desert, CA**

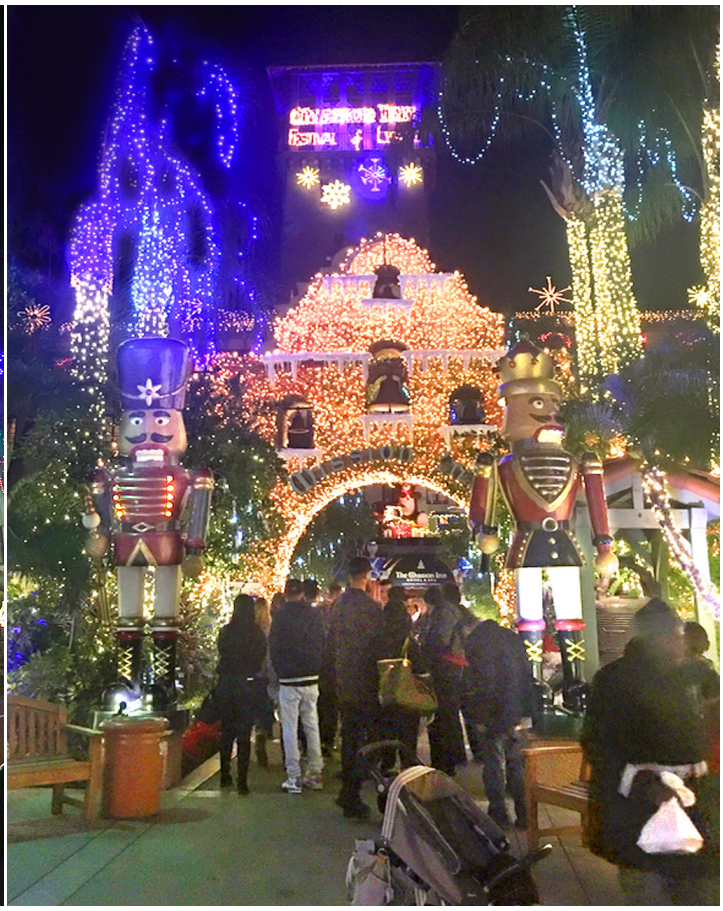
## NEW BALANCE

# Palm Desert Half Marathon Relay 5K Run/Walk

http://www.palmdeserthalfmarathon.com/registration/

The New Balance Palm Desert ½ Marathon & 5k is the oldest ½ marathon in the Coachella Valley. The race starts and ends in beautiful Civic Center Park. ½ Marathon: Run as an individual, or as part of a two person or three-person relay team. 5k: The 5k run takes place on a completely closed course, and is incredibly flat and fast. This popular running event, previously the Palm Springs Half-Marathon and 5K, has relocated to Palm Desert. Sponsored by New Balance as before, this is not only a fun competition, but it also supports the Jody Klein Breast Cancer Fund and the City of Hope.

# Club Members are awe-struck by the profusion of lights at the Mission



Palm Springs Front Runners and Walkers, along with Prime Timers of the Desert, took a bus trip to the Mission Inn in Riverside, California on Thursday, December 13, 2018. It was hosted by "Let's Go Travel!" Travel Agency. 53 passengers representing both organizations took this trip. The group left True Value Parking Lot in Smoketree at 2:00 p.m. and arrived at 3:10 p.m. for a wonderful time of enjoying the Annual Light Festival.

While traveling to the destination, brownies were distributed as well as some crackers and water. There were several drawings held for certificates that had either been purchased or were complimentary from various businesses. Complimentary ones were from Let's Go Travel!, Broken Yolk and Yardhouse. Purchased ones were from Moxie, Trunks Bar, Trader Joe's, El Pollo Loco and McDonalds. Congratulations went out to the winning recipients.

When arriving at our destination, several took the hour and quarter tour of the Mission Inn while others strolled the streets and shops taking in all the beautiful decorations, et. All lights were lit up by 5 p.m. providing a wonderful glowing display for the Holiday Season. Dining at various Restaurants was enjoyed by everyone.

At 8:00 p.m. the bus was loaded to make the return trip to Palm Springs arriving around 9:00 p.m. The trip was enjoyed and very memorable to all those attending. Thanks to all the participants of PSFR&W and PTOD, Let's Go Travel!, and Cory the driver of Cardiff Bus Company. The Trip was Fun!

# The Christmas Spirit was in full regalia at Holiday Celebration.

## Hosted by

Oh what fun it was to attend the Palm Springs Front Runners and Walkers (Members only) Holiday gathering on Tuesday, December 11, 2018. It was held at Moxie and The Broken Yolk Cafe. This event, along with the Pride Run were the highlights of 2018 and both were very memorable. Pride Run raised over $21,000.00 that was donated to the LGBT Center and a whopping 178 reservations were turned in for the Holiday event!

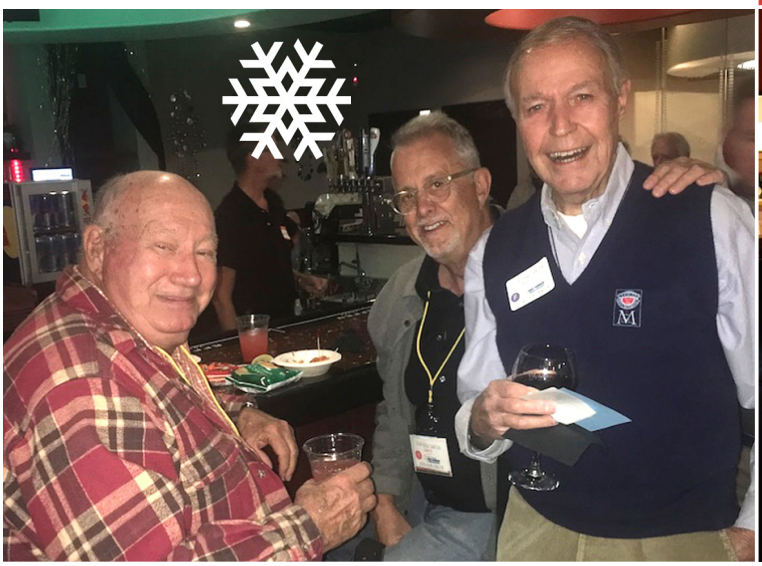
Oscar Babb, owner of Moxie and The Broken Yolk, and their combined staffs welcomed us all with open arms! When the clock hit four-thirty, the team of PSFR&W were ready to welcome the many Members to the social time upstairs at Moxie. The Moxie staff passed around appetizers of their selection and others provided by PSFR&W. The Happy Hour prices were appreciated by all as well as the complimentary soft drinks. Much conversation and many Holiday stories were shared with one another during the social time while dinner was being prepared down below.

At 6:00 p.m., the doors opened downstairs at the Broken Yolk Cafe and the attendees were organized in groups upstairs to move downstairs in an orderly fashion to occupy designated tables where dinner was served at 6:30 p.m. by the Broken Yolk Cafe Staff.

While everyone was enjoying the delicious meal, Santa Claus arrived and made his rounds greeting many and distributing candy canes to those who claimed to have been very good. Santa was generous to all, including those of questionable behavior! Santa helped distribute several gifts that were complimentary from The PSFR&W and some establishments that the organization supports! A Big Thank You to Santa Claus and each of the supportive establishments! They include the Broken Yolk Cafe, Moxie, Sunshine Cafe, Trunks Bar, Let's Go Travel!, Peppers Thai, Aspen Mills, Yard House, Regal Theater, Palm Springs Podiatry, McDonalds, El Pollo Loco, Koffi and The PSFR&W!!

Brian Eggert, President, had also made a few comments prior to the gift giving and spoke about the nonperishable food items that were received along with $175.00 cash donations for The LGBT Food Bank. Thanks to you all for your donations!

DeLon Gobeli, Social and Travel Director closed the evening by Thanking Brian and all of those that helped make the gathering a great success. Thanks also went to Moxie and The Broken Yolk Cafe and The entire attendees and Membership of The Palm Springs Front Runners and Walkers!



*All Articles and Photos on the Social Scene Pages Courtesy of DeLon G. & the Editor*

TRUNKS
CATHEDRAL CITY

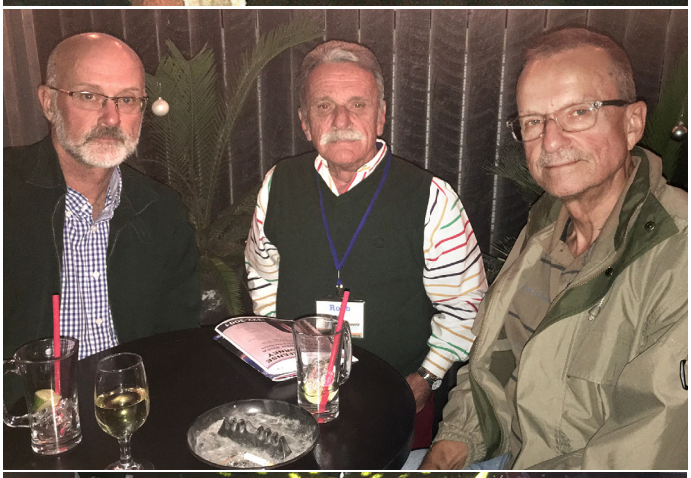
# Low Lights, Good Drinks and a Friendly Place.

On Wednesday, December 26, 62 Palm Springs Front Runners & Walkers and their friends gathered together at Trunks Bar to bring to a close the year 2018. That year left memories of many memorable news stories and activities that will never be forgotten in years to come.

Omar and the Trunks Staff were very happy to host the PSFR&W mixers several times in the past year and also furnish complimentary pizza as a token of their appreciation!.

The PSFR&W Members and their guests wish to thank Omar and the Trunks staff for their loyal support and their willingness to assist when asked.

Thanks to all PSFR&W Members and guests for your support throughout 2018. We know that without your support, this Organization would not have the impact in the community that it has today!



# President's Corner

## with Brian Eggert

As we usher in the new year, I wish all our Members good health and happy times—running and walking. Both are such good healthy activities to participate in on a regular basis. The new year is a great motivating factor to get out to run or walk with others who share in those pursuits.

The Club starts the new year with a few pressing issues. Elections are coming in April and we have 3 Board positions open – Secretary, Newsletter Editor and Webmaster. It is your Club. It is what you make it. As of 12/30, we have no one who has been nominated for the above positions. There is still time to step up and get involved.

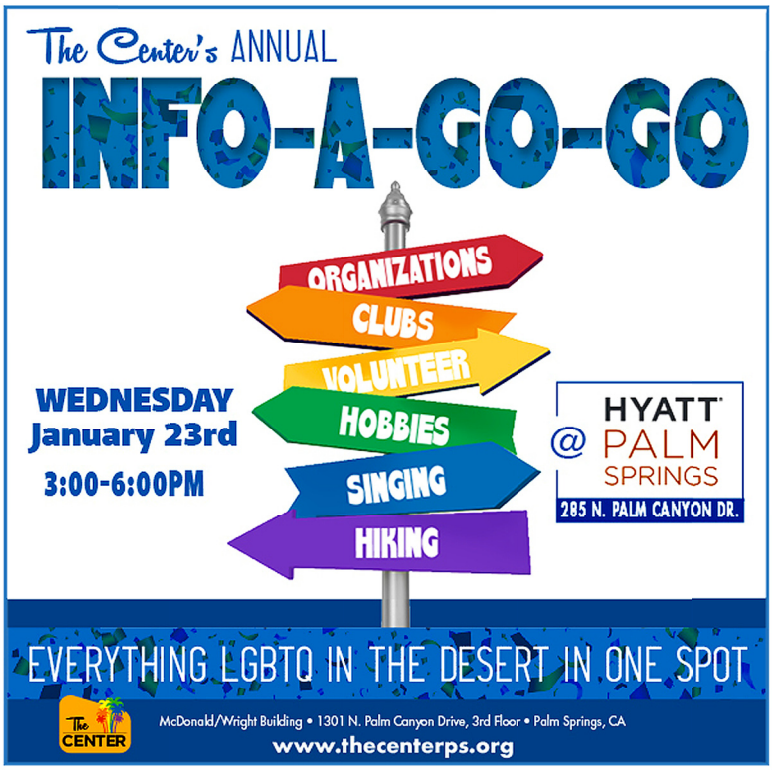
The Club will be volunteering at the Palm Springs Health and Fitness Expo Run on Saturday, Janurary 26. We have been assigned two water stations along the course. So we are looking for a coordinator and 12 member volunteers. You will receive a t-shirt, goody bag and breakfast for participating. The club will have an information booth at the event. Who will step up and volunteer?

On January 23, you will have a chance to find out what LGBT clubs and organizations exist in Palm Springs at The Center's sponsored Info Go Go is being held at the Palm Springs Hyatt Hotel. Come find out about those other groups in town. We will be there to provide information and encourage visitors to join us at a run or walk. Who will step up and volunteer? The club is looking for a volunteer to create some new promotional materials to distribute.

In addition, it is my hope to encourage Members to get involved in various aspects of the Club's operations – communications/publicity, finance, social/travel activities, advertising/sponsorships and newsletter/graphic design. If you have some knowledge in any of these areas perhaps you can help to make it a bit easier for the Club officers. Sometimes it is better to have a village of help instead of having one or two members shouldering all the projects required to keep this Club moving forward and sustaining.

During the on-line membership renewal process, you will be asked to respond to some questions about volunteering, email preferences and military service.

# Let's Get Together




## It is time again for **INFO-A-GO-GO!**

How many times have you heard "Oh, I had no idea there was a club/organization like this in Palm Springs?" Well, here is your chance to find out what LGBT clubs and organizations exist in Palm Springs. So join other members of our Club and community at the Info-A-Go-Go event at the Hyatt Palm Springs Hotel at 285 N. Palm Canyon on January 23, between 3 pm to 6 pm. This was a great event last year and featured a lot of the great groups (including PS Front Runners and Walkers. Yes, Palm Springs Front Runners will be there again this year.

# Annual Board Elections

March 17, 2019

*Submitted by Brian Eggert*

The new term for the Palm Springs Front Runners and Walkers Board of Directors will begin in March, 2019. The nomination and election process starts in December with a nomination committee that will be seeking candidates to fill Board Member positions. I am very sorry to see some of our Board Members deciding to step down this year leaving, 3 open positions. Several of them have served two terms on the Board and feel its time for change. Craig Wortendyke (Secretary) and Tom Snyder (Newsletter Editor) will both be stepping down at the end of their terms, while Andre LaPierre (Webmaster) resigned earlier this year. That position has yet to be filled.

Expressions of interest would be greatly appreciated in the following positions that are available to any Member that feels he/she has the experience and time to be involved with the running of this organization. Please feel free to talk to me about serving on the Board.

- Vice President - responsible for fundraiser events and ability to fill the position of President if and when needed. **Michael Ambrose has agreed to remain in this position**.
- Secretary - responsible for taking minutes at all Board of Director meetings, maintaining Club records and Club correspondence. **Open Position**.
- Web Master - actively involved with running the Club's website, a good technical understanding/experience in IT would be a plus. **Open Position**.
- Newsletter Director - a good understanding of graphic/computer layout and able to meet a monthly deadline. **Open Position**.
- Membership Director - Co-ordinate Membership applications and general day to day liaison with Membership inquiries. **Curtis Channell has agreed to remain in this position**.

For the Club to continue operating as it has been, the positions for Secretary, Newsletter and Web Master are especially critical, so we really urge you to volunteer for those positions or to nominate someone you feel is qualified and could be persuaded to take on the role. Without someone willing to take on these positions, the newsletter will cease to exist and the website will continue but add an extra amount of work for the current Board to continue maintaining.

The above positions will need to be filled in March 2019, so if you would like to come on board and get involved, please contact me as soon as possible.

*Ballot on next page*

In accordance with our club By-Laws, the current Board of Directors has appointed a Nominating Committee to seek out nominees and will compile the ballot by February 2019. Below is a nomination form for all positions available in the upcoming election to be held on Saturday, March 17, 2019. The current positions with terms expiring this year are: Vice President, Secretary, Website Director, Newsletter Editor and Director of Membership. Both Michael Ambrose (Vice President) and Curtis Channell (Membership) are completing partially completed terms, so they are seeking full two year terms (2019-2020). If there is someone that you think is qualified for any of the positions available, please complete the form attached and give it to Brian Eggert or DeLon Gobeli.

## NOMINATION FORM FOR AVAILABLE PSFR&W BOARD POSITIONS

Board of Director Positions Currently Expiring March 2019

**• Vice President • Secretary • Membership Director • Newsletter Editor • Website Director**

**Board Position**: _____

**Name of Nominee**: _____

**Nominated by**: _____

**Nominator Signature**: _____

Declaration by Nominee: *I accept the nomination as proposed.*

**Signature of Candidate**: _____

**Submit this completed nomination form to Brian Eggert or DeLon Gobeli**

# Event Calendar for **January 2019**

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| | | 1<br>NEW YEARS DAY | 2 | 3 | 4 | 5 |
| 6 | 7 | 8<br>5-7pm<br>Mixer at<br>Runway<br>@CCBC | 9 | 10<br>6 pm<br>BOARD<br>MEETING | 11 | 12<br>Red Carpet<br>5K & 10K |
| 13 | 14 | 15 | 16<br>5-7pm<br>Mixer at<br>THE ROOST | 17 | 18 | 19 |
| 20 | 21 | 22<br>5-7pm<br>Mixer at<br>Studio One 11 | 23<br>3- 6pm<br>Info-A-Go-Go | 24 | 25 | 26<br>Palm Springs<br>Health Run at<br>Ruth Hardy<br>Park |
| 27 | 28 | 29 | 30 | 31 | | |