

#### DEDICATED TO HEALTH AND FITNESS FROM DAILY EXERCISE

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

February 2019







## 2019 Board of Directors



PRESIDENT
Brian Eggert
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eggert.brian@gmail.com



VICE PRESIDENT
Michael Ambrose
(415) 748-8198
psfrontrunner@gmail.com



SECRETARY
Craig Wortendyke
(971) 235-9328
craigwortendyke@gmail.com
Position Open after March



**TREASURER Reese Nottingham**(760) 219-8685
psfrw.treasurer@gmail.com



SOCIAL & TRAVEL DIRECTOR DeLon R. Gobeli (442) 235-6292 drgobeliPSCA@gmail.com



MEMBERSHIP Curtis Channell (313) 506-3331 motorcitycurt@gmail.com



NEWSLETTER
Tom Snyder
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Position Open after March

# MINUTES OF THE BOARD OF DIRECTORS MEETING PALM SPRINGS FRONT RUNNERS & WALKERS JANUARY 10, 2019

The meeting was called to order at 6:15 pm. Present and constituting a quorom were Brian Eggert, Michael Ambrose, Craig Wortendyke, Curtis Channell and Tom Snyder. Absent were DeLon Gobeli and Reese Nottingham. Due to a mix-up at The Center, this meeting took place at Denny's on N. Palm Canyon Drive.

Brian Eggert reported that The Center has offered the Club a booth at their Info-A-Go-Go event at The Hyatt Palm Springs on Wednesday, January 23, from 3-6pm. Brian will man the booth and is having new brochures created for the event. He would also like to have some promotional giveaway items created for this event and asked the Board to approve an expense for purchasing these promotional giveaway items. The Board unanimously approved this expense.

Brian is also working with DeLon on the early planning stages for the Anniversary Dinner occurring March 17th. We have a proposal from the Desert Princess Resort to host this event, which looks promising. As far as the operating budget is concerned, Brian is coordinating a special meeting of the Board to determine what the operating budget will be for 2019.

Michael Ambrose reported that for the foreseeable future, the position of Running Coordinator will not be a Member of the Board, but will be filled by Keith Culver. Also, Michael is working on obtaining an event permit from the city for the 2019 Pride Run/Walk and will start organizing a committee to help plan this year's event. Patrick Richardson has volunteers to coordinate the monthly runner's breakfast on the first Saturday of each month.

In DeLon's absence, Brian informed the Board that 178 people attended the Holiday dinner in December and that there were 14 no-shows. 27 people joined the Club as Members in order to attend the Holiday dinner, and of those 27, 12 have renewed their membership for 2019.

The Newsletter Editor has set January 26th as the deadline for content to be included in the February issue. Any article and/or photo contributions are welcome from the Members if they so desire. Just be aware of the deadline.

In regards to Membership status, so far, 164 members have renewed for 2019, which is pacing ahead of last year. Among the questions asked as part of the renewal process, there has been a lot of positive responses for volunteers for social activities and community events. Curtis is redoing the Member name tags for the new year, with designation for military service. Curtis asked the Board to approve \$173 in expenses for printing supplies for the name tags. The Board unanimously approved this expense.

Old business was discussed and Brian investigated the possibility of getting a storage locker for the Club's equipment, and found a place for \$55 per month. However, he also determined that most of this equipment is unused throughout the year, so it is hard to justify this expense. He suggested that we purge most or all this equipment rather than continue to keep possession of it. The Board will consider this at our next meeting.

In the new business department, Brian raised the idea of having a Membership meeting in one of the meeting rooms in the Parks & Recreation facility at Sunrise Park following the Saturday run/walk. All Members would be invited to attend and provide input on the Club. It could also be used as a voting forum to elect new officers and board members. This idea was received positively, and will be considered at our next meeting.

The meeting was adjourned at approximately 7:15pm.

Respectfully Submitted by Michael Ambrose





#### Palm Springs Front Runners and Walkers Members and Guests Are Invited To Attend

#### 22nd Anniversary and Awards Dinner

Sunday, March 17, 2019 5:00 P.M. to 9:00P.M.

#### Mountain View Grille at



#### DESERT PRINCESS PALM SPRINGS

28-555 Landau Boulevard Cathedral City, CA 92234

MEMBERS only **\$35.00** GUESTS **\$42.00** 

5:00 P.M. to 6:00 P.M Cocktails & Social Hour

6:00 P.M. to 7:30 P.M.

Buffet Dinner
Includes Beef Tri-Tip and
Atlantic Salmon, Salads,
Potatoes, Vegetables, Rice
Pilaf and Desserts

7:30 P.M. to 9:00 P.M.
Awards Presentation
and Entertainment

## Reservations Required by Friday, March 15, 2019

Please register On-Line at <a href="www.psfr.org">www.psfr.org</a> with credit card. You may also send checks for the cost of the dinner to: PSFR&W, P.O. Box 2184, Palm Springs, CA 92263. (please include names of attendees) Contact: Brian Eggert at eggert.brian@gmail.com

#### TRUNNERS'RAP

# Palm Springs Health Run & Fitness Expo

Many thanks to the Palm Springs Front Runners who volunteered to help hand out water at our two PSFR&W sponsored water stops during the Palm Springs Health Fitness Run on Saturday, March 26. The volunteers included Michael Ambrose, Eric Akin, Wally Crowley, David Ritland, Sharon Gerl, Craig Wortendyke, Paul Wemyss, Patrick Richardson, Ken Vergonet, John Siegel, Drew Stotesbury, Keith Culver and Tom Sweeney. We also had an information table at the Expo during the run and post-race festivities. Thanks to Brian Eggert and Larry Elliott who staffed the information table distributing printed literature about our Club. We also had several Members who ran in the race. Congratulations to everyone who got involved, either as a volunteer or a participant.







Article and Photos Courtesy of Brian E. & Michael A.



#### **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.



Be a Super Hero and support our 4-legged friends by participating in Animal Samaritans' SUPERHEROES 5K, 1K Stroll in the Park and Hero in Training Dash for kids 10 and under. Start and finish at beautiful Rancho Mirage Community Park, 71560 San Jacinto Drive in Rancho Mirage and follow a 3.1 mile track and trail route in perfect racing weather. All 5K and 1K participants receive a short sleeved shirt, super hero cape, mask, awesome finisher medal, free finisher photo download and goody bag! Kids 10 and under in the Hero in Training dash receive a super hero cape and finisher button! Complete the Santa Paws 5K, Superheroes 5K and the RUN FOR IKE 5K on March 31st and earn yourself a special DOGGIE TRIO medal!!! WELL BEHAVED DOGS ON LEASHES ARE WELCOME! NO RETRACTABLE LEASHES. PLEASE. Adorable doggie bandanas will be available for purchase at packet pick-up and on race day for \$5 each.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!

### RUNNERS'RAP continued



Register at:

#### www.palmspringsmarathonrunners.org

The Shamrock 5K is a 3.1 mile lively run/walk sponsored by the Palm Springs Lions Club and celebrating the fun and frolic of St. Patrick's Day. Awards all finishers will receive a terrific St. Patrick's Day finisher medal. Age group awards presented 3 deep in 5 year age groups through 85+. Course run or walk this beautiful course right in the heart of Downtown Palm Springs. View beautiful scenery as you walk past gorgeous homes and the majestic desert landscape. In addition to a tech t-shirt, finisher medal, Pancake Breakfast and Green Shades, all 5k participants over 21 years old also receive a St. Patty's Beer (proof of age required). T-shirts a festive event t-shirt is included with your entry fee. Packet pick-up will be held at Running Wild 611 S. Palm Canyon, Palm Springs on Friday, March 16th from 11AM - 5PM. Post race party. A special St. Patty's Day Breakfast will be served to all race participants post-race featuring those famous Palm Springs Lions Club pancakes with a special St. Patty's Day twist. Public parking is conveniently located near-by on Palm Canyon and surrounding parking lots and neighborhoods.



Sponsored by Palm Springs Marathon Runners Register at:

#### www.palmspringsmarathonrunners.org

ABOUT THIS RACE Be a Super Hero and support our 4-legged friends by participating in Animal Samaritans' SUPERHEROES 5K, 1K Stroll in the Park and Hero in Training Dash for kids 10 and under. Start and finish at beautiful Rancho Mirage Community Park, 71560 San Jacinto Drive in Rancho Mirage and follow a 3.1 mile track and trail route in perfect racing weather. All 5K and 1K participants receive a short sleeved shirt, super hero cape, mask, awesome finisher medal, free finisher photo download and goody bag! Kids 10 and under in the Hero in Training dash receive a super hero cape and finisher button! Complete the Santa Paws 5K, Superheroes 5K AND the RUN FOR IKE 5K on March 31st and earn yourself a special DOGGIE TRIO medal!!! WELL BEHAVED DOGS ON LEASHES ARE WELCOME! NO RETRACTABLE LEASHES, PLEASE.



I want to take this opportunity to thank our Club Members, both runners and walkers, for their continued support of our community. I am often called upon at various events to talk about the Club. I never run out of things to say about the Club and its support of our local LGBT community. This has been an extra ordinary year for our Club with our level of participation in community events and our ability to raise needed funds for our community. Do you realize our club and its members donated over \$29,000 to various community organizations serving all areas of the LGBT Community? Here's a list:

- Pride Run and Walk beneficiary The LGBT Center received \$21,407.36 which helps serve so many areas and members of our community.
- Greater Palm Springs Pride Organization received \$3264 which helps the Pride Festival remain a free event for our community.
- Members donated \$2400 to Desert AIDS Walk on behalf of the Palm Springs Front Runner and Walker Team
- We donated \$200 on behalf of the Palm Springs Gay Mens Chorus to Desert AIDS Walk for use of their equipment during the Pride Run and Walk.
- End of Year Club Donations to Mizell Senior Center Meals on Wheel Program \$1000
- End of Year Club Donations to AIDS Assistance Program Food Samaritan Program \$500
- End of Year Club Donations to Desert AIDS Project Food Assistance Program \$500

This is quite an achievement. Thank you to all members for their continued support of the Club and our Community. Another reason you can be proud to be a member of the Palm Springs Front Runners and Walkers.

When you renewed your membership this year, we asked a few survey questions of our members. One of them was to gage your support for doing community events. I am quite happy that we received over 50 members volunteering to help at such community events. This type of response shows me we do want

our club involved in the community. Thanks to those who signed up to volunteer. We will be contacting you in the near future to get you involved in helping at upcoming events.

On Wednesday, January 23 we were at the Info GoGo sponsored by The Center and held at the Hyatt Hotel Palm Springs. We had a table where we distributed Club information and met over 60 community members and talked about the club. Most of the community know us as the guys that are seen along Sunrise Way early in the morning. On Saturday, January 26, we had 12 runners who volunteered to work the Water Stop for th Health and Fitness Run and Expo. We also had a table at the Expo where we distributed club information to the many participants of the event. Thank you to the volunteers at the water stop and those that worked our information table. Coming up soon will be Cathedral City Diversity Days where we will have a Bed Race team. Yes, we will give you updated information so you can make sure to show up and cheer on the Front Runner team.







## SOCIAL SCENE with DeLon Gobeli

## 122 PSFR&W Members enjoy RUNWAY



On Tuesday, January 8, 2019, Palm Springs Front Runners and Walkers Members and guests gathered for a mixer at the newly established restaurant and bar called The Runway located on the property of CCBC. A great evening with discounted drink prices and appetizers were enjoyed by 122 persons. Richard, the owner, offered four one day passes to CCBC and the winners were very appreciative. Some stayed and ordered dinner from the menu and enjoyed the deliciously prepared food. We want to thank Richard and the bar staff for making the evening a very enjoyable event.

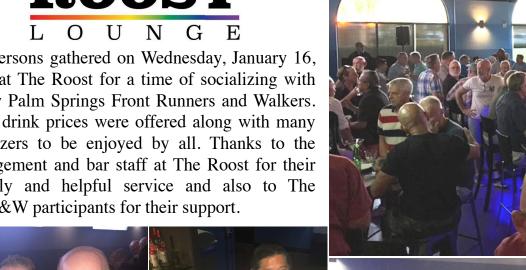






#### 125 Attend Mixer at the ROOST

125 persons gathered on Wednesday, January 16, 2019 at The Roost for a time of socializing with fellow Palm Springs Front Runners and Walkers. Great drink prices were offered along with many appetizers to be enjoyed by all. Thanks to the management and bar staff at The Roost for their friendly and helpful service and also to The PSFR&W participants for their support.









## Studio Hosts 120 PSFR&W Members & Guests



The PSR&W returned to Studio One 11 for a mixer on Tuesday, January 22, 2019 where they met David Fusco, the new owner of Studio One 11. Happy Hour prices and popcorn were offered to the approximately 120 guests and an evening of comradery was shared. Thanks to David and the bar staff for their kind hospitality to PSFR&W. They were overwhelmed with the attendance but were very appreciative and will be better prepared on our next visit, now that David has become familiar with The PSFR&W. Thanks to each of you for your patience and hopefully understanding.

Article and Photos Courtesy of DeLon G. & the Editor



## Board of Director Positions Open! Time to Get Involved with Your Club!

The new term for the Palm Springs Front Runners and Walkers Board of Directors will begin in March, 2019. 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.

- 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.

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 it will add a lot of extra work for the current board to continue maintaining. The positions of both the Web Master and Newsletter Directors can be non-board positions if an interested person would commit to performing these tasks but prefers not to be part of the Board of Directors.

Palm Springs Front Runners and Walkers Board of Directors Election will be held at the Saturday Morning Circle on Saturday, March 16, 2019.



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 16, 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 February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12 6 pm BOARD MEETING	13 5-7pm Mixer at QUADS	14 VALENTINES DAY	15	16
17	18	19	20 5-7pm Mixer at OSCARS	21	22	23
24	25	26	27	28		