palm springs
Front Runners & WALKERS
Road Runner News

DEDICATED TO HEALTH AND FITNESS FROM DAILY EXERCISE

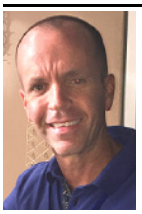
Official Mailing Address: **P.O. BOX 2184, PALM SPRINGS, CA 92263-2184** March 2019

St. Paddy would love this!

Details on page 3

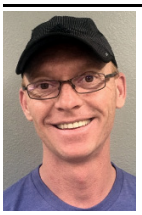
2019 Board of Directors

PRESIDENT
Brian Eggert
(562) 756-2584
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
(760) 992-6673
natman1257@aol.com
Position Ends after March

MINUTES OF THE BOARD OF DIRECTORS MEETING PALM SPRINGS FRONT RUNNERS & WALKERS FEBRUARY 12, 2019

The meeting was called to order at 6:05 pm. Present, and constituting a quorum were: Brian Eggert, Michael Ambrose, Craig Wortendyke, Tom Snyder and Curtis Channell. Absent: Reese Nottingham and DeLon Gobeli. Board secretary candidate, Don Ricart, was also present.

Brian recommended that the board work on implementing an annual "Strategic Plan" as outlined in the Road Runners Club of America (RRCA) newsletter. Michael proposed that future budgets be determined by the board in December so that membership dues can be set in time for the January renewal period, based on budgetary requirements. In Reese's absence, Brian presented the January financial statement which did not reflect new 2019 budget item additions. Brian noted that Reese will need to meet with former treasurer, Keith Culver, to help with preparation of the 2018 tax returns, and if Keith is not available, Don Ricart, being a former CPA, may be asked to assist.

Brian noted that each meal at this year's anniversary dinner costs the club $42, but members will be charged only $35. The board voted unanimously to subisdize the dinner in the amount of seven dollars per member.

There will be a St. Patrick's theme to the dinner, according to Brian. Entertainment will be provided by Desert Winds Freedom Band and Keisha D. A brief discussion was held on the procedure being used to determine the winner of the Founders Award, which will be given at the Anniversary dinner. As of the board meeting date, 23 have signed up for the event.

In the Social/Travel Director's absence, Brian shared an email from DeLon regarding upcoming social events, including a mixer at Moxie on March 26, a mixer at The Roost on April 3, and a breakfast at the Runway on April 6. Brian reminded Tom that board candidates will need to be listed in the March issue of the newsletter. Tom said the deadline for the March issue is February 25.

Curtis reported that current club membership stands at 333. He has produced 75 name tags so far and will have badges ready for the anniversary dinner attendees. Brian, in response to a question from Michael, stated that members stay on "active" status for 30 days after their membership expires. Brian presented a list of members who have not renewed. Brian gave the nominating committee report for the upcoming board elections. Candidates for open positions are:

- Vice-President, Michael Ambrose • Secretary, Don Ricart
- Membership Director, Curtis Channell • Newsletter Editor, no candidates
- Webmaster--Eric Akin

The Board unanimously approved the appointment of Eric Akin as webmaster to serve the remaining portion of the current term. Eric will then run for a two-year term in the March 16 election.

An inventory of items in storage was provided to the board, in which DeLon had indicated some items he would like to retain.

The Board voted unanimously to proceed with a Pride Run & Walk in 2019. Michael made a motion that the proceeds of the 2019 Pride Run & Walk be split equally between the LGBT Center and Safe Schools of the Desert, and that member sponsors will be able to select which of the two organizations their donation goes to. After discussion, the motion passed unanimously.

Michael would like to see a PSFR&W t-shirt that could be worn at various events to present a unified and identifiable club presence. The club would have to find a vendor that can make shirts in small batches as needed.

The meeting adjourned at 7:17 pm.

Respectfully Submitted by Craig Wortendyke

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 10, 2019

Please register On-Line at www.psfr.org 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

For the benefit of our four legged friends

March 9th

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!

Palm Springs Lions Club Shamrock 5K

Saturday
March 16, 8AM
Sponsored by
Palm Springs Marathon Runners

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.

RUNNERS' RAP *continued*

9th Annual Run for Ike

Saturday
March 30
8AM

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.**

Phoenix

Experience Uptown, Midtown, Downtown Pride Run

Half Marathon 10K-5K

Melrose District and Central Avenue Corridor

Saturday, March 23, 2019

Phoenix Frontrunners will have their 2019 Pride Run and Walk on Saturday, March 23rd, in downtown Phoenix. There will be a 5K run and walk, a 10K and a half marathon. We are encouraging as many of our local runners and walkers as possible to participate, both to increase our visibility and to encourage the members of the Phoenix club to join us for our Pride Run and Walk in November. Please note that the Phoenix Pride Festival is not on the same weekend as the Pride Run.

Course description: Run, walk or wheel through Central Phoenix using 7th Avenue, the Grand Canal, and Central Avenue. The Half Marathon, 10K and 5K are street courses with minimal elevation changes and turns that also use paths on the Grand Canal. Like the 10K and 5K, the Half Marathon is a fast, flat course perfect for a PR (Personal Record or Personal Best), making it an ideal training run for the Boston Marathon. This event is light rail accessible within approximately a half mile of start, finish, and expo located in the heart of the Melrose district. As a participant, 21 years of age or older, your first beer is on us. Make sure you plan to stick around and enjoy the Melrose Block Party with a fun atmosphere, entertainment, exhibitors, and unique local Melrose district businesses.

Mark your calendar for these 2019 Pride Runs:

- **Long Beach Frontrunners**
  Pride Run 5k (prior to Pride Parade)
- **Los Angeles Frontrunners**
  Pride Run 5k, 10k Ultra
- **San Francisco Frontrunners**
  Pride Run 5k, 10k (SF Pride Weekend)
- **San Diego Frontrunner**
  Pride Run 5k (prior to Pride Parade)

President's Corner

with Brian Eggert

This coming month, we will elect four Members to represent the Membership on the Board of Directors for the 2019-2020 term. Three of the nominees (Michael Ambrose, Curtis Channell, and Eric Akin) are current Board Members seeking new 2-year terms. New to the Board of Directors will be Don Ricart, nominated for the secretary position. Unfortunately, the Newsletter Director position will remain open due to the lack of a nominee. They will join Brian Eggert, President; Reese Nottingham, Treasurer and DeLon Gobeli, Social and Travel Director on the Board of Directors.

A big thank you goes to Craig Wortendyke, Board Secretary, for his commitment, dedication and years of service to the Club. We will miss his positive influence on the Board and his detailed minutes from our Board meetings. A big thanks also goes to Tom Snyder, Newsletter Director, for his outstanding work on delivering an information packed newsletter each month, filled with lots of pictures from many of our social and community events. The next time you see Craig or Tom, make sure you thank them for their service to the Club.

I hope in the coming months, I can motivate some of our Members to get involved. It takes a village to accomplish some of our goals for the coming year. I would love to see other Members volunteer to step up and assume some non-board leadership roles. Finding Members willing to help would allow us more time to work on additional ideas for the Club. Remember the Wednesday night walks? Remember the Saturday post run/walk breakfasts at the Rock Garden? We can start them again, but we need people interested in making them happen. Unfortunately, it can not fall on the shoulders of the Board of Directors.

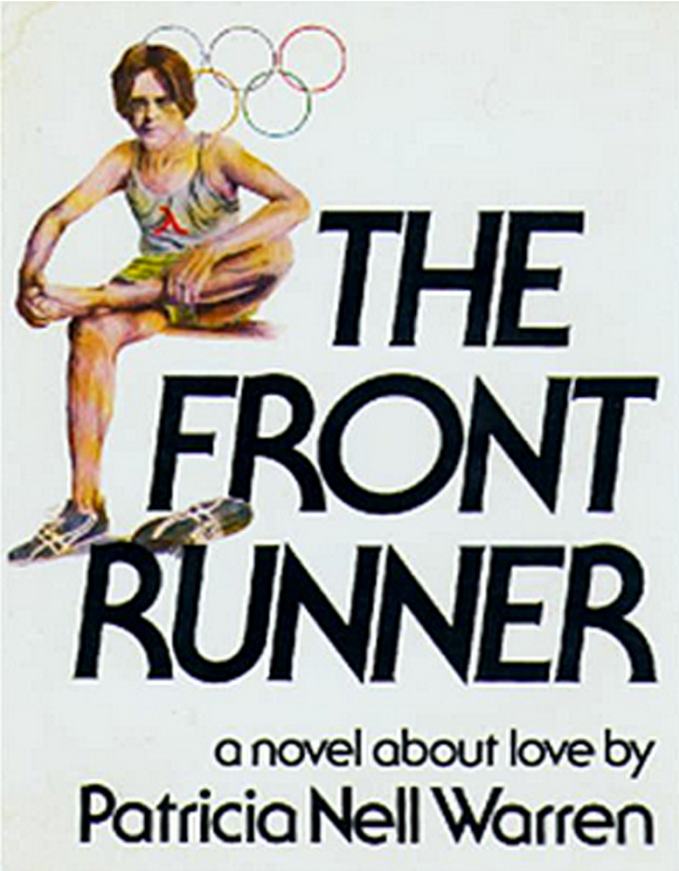
Have a great month. Enjoy the last newsletter until someone steps up to manage it.

Have You Renewed Your Membership?

If you have not renewed your membership yet, you will no longer receive emails alerting you to upcoming Club activities. Memberships were due on Feb. 1st. We set a grace period of 30 days which ends on March 1st. Membership is ONLY $30. We currently have 256 renewed Members and 25 new Members. We still have 86 Members that have not renewed. Most of the time we are sure that it might just be a busy time and you might have overlooked the renewal notice. If you have decided not to renew your membership for 2019 on purpose, we are sorry to see you leave us.

As most of you probably already know, our Front Runner Organization is a non-profit organization under Section 501(c) (3) of the Internal Revenue Code. The bulk of the Club's revenues come from our membership dues. Roughly half of the annual expenses are for administrative expenses such as RRCA dues, RRCA Liability Insurance, Officers Insurance, credit card processing fees and Club Express monthly maintenance fees. We also allocate funds for promotional activities such as fees for information booths at local events (such as Info Go Go, Health Run Expo and AIDS Walk) giving us more visibility in the community. A portion of your dues go for social activities and anniversary dinners at reduced prices. This year, Members will receive $7.00 off the cost of this year's anniversary dinner. We usually allocate a portion of the dues revenue at the end of the year for donations to other local non-profits, such as Mizell Senior Center.

In Memoriam



Patricia Nell Warren

June 15, 1936 to Feb. 9, 2019

Author, Activist and Frontrunner icon, Patricia Nell Warren, passed away on Saturday morning. The International Frontrunner family exists because of her courage in writing and publishing the groundbreaking novel, “The Front Runner in 1974”. We are grateful for her involvement in the Frontrunner community over the years. The Palm Springs Club was very proud to host Ms. Warren at our 2018 Pride Run and Walk and privileged to be able to present her the International Frontrunner Honorary Life Membership Award on behalf of the International Frontrunner organization.

SOCIAL SCENE *with DeLon Gobeli*

The Palm Springs Front Runners and Walkers attended another successful mixer at Oscars on Wednesday, February 20th. There was a good showing of Members and guests in spite of the rather cool temperatures. The courtyard was equipped with heaters to make the gathering outside very comfortable. Oscars has been a favorite gathering place, especially on weekends, for many of our Members. They have always been great hosts with their friendly staff and great accommodations.

A GREAT PLACE TO MIX IT UP!

A great turnout was very much appreciated at this etablishment on February 13th. It is an energetic gay bar, with VJs showcasing obscure music videos throughout the day and night. This popular gay bar offers theme nights, karaoke, and show tunes with singalongs. Welcoming diverse crowds, QUADZ is a great place to mingle. The bar has a very inviting atmosphere and an extensive cocktail list. The friendly staff was very accommodating to our PSFR&W Members. A return visit soon is definitely in the works.

Also...

Happy Hour Social Mixer

Tuesday, March 12th, 5 to 7pm

THE RUNWAY AT CCBC

68-300 Gay Resort Drive
Cathedral City, CA92234
happy hour prices with appetizers
and plenty of parking available

Articles and Photos Courtesy of the Editor

On Saturday, March 16th at the morning circle, we will hold our annual election for officers to serve on the Palm Springs Front Runners and Walkers Board of Directors for the coming term (2019-2020). We currently have nominees for four of the five open positions.

Vice President: Michael Ambrose
Secretary: Don Ricart
Membership: Curtis Channell
Website: Eric Akin
Newsletter: No nominations submitted.

We thank these four candidates for expressing an interest in these positions and being willing to assume the responsibility of their nominated positions. Any Member who feels he or she has the experience and the time to be involved with the running of this organization can nominate themselves for any position. The Palm Springs Front Runners and Walkers by-laws state: All Elections choosing the Directors of the Palm Springs Front Runners & Walkers will be conducted as follows:

> E. If a secret written ballot is necessitated by virtue of having more than one candidate for a given position, a secret ballot will be sent to the membership via the March newsletter. Only members in good standing at the time of the election may vote. Ballots will be counted on the third Saturday of March by the Secretary and Treasurer who will then certify the election of new Board members.
>
> F. If only one person is nominated for each open position, a vote of acclamation will then be conducted on the third Saturday of March. A prior two-week notice to this effect must be given.

At this time, the nominating committee only has one candidate for each position so a secret written ballot will not be generated.

We are very sorry to see two of our current Board of Directors deciding to step down this year leaving, 2 open positions. Both members have served two terms on the Board. Craig Wortendyke (Secretary) and Tom Snyder (Newsletter Editor) will both be stepping down at the end of their terms.

Event Calendar for **March 2019**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9 8 -10 am Animal Samaritan's Superheros 5K
10	11	12 5 -7 pm Mixer at RUNWAY at the CCBC	13	14 6 pm BOARD MEETING	15	16 8 -10 am Shamrock 5K and Lil' Leprechaun Dash **BOARD ELECTIONS**
17 5 - 9 pm Anniversary Dinner at Mtn. View Grille at Desert Princess Palm Springs	18	19	20	21	22	23
24	25	26 5-7pm Mixer at MOXIE	27	28	29	30 9th Annual Run for Ike 5K Cathedral City LGBT Days – BED RACE
31						