



INTERNATIONAL FRONT RUNNERS

Jul 2023 Newsletter

President's Letter

Chris Rauchle

International Front Runners traces its origin back 50 years to 1973 with the formation of the LGBTQIA+ running club that became San Francisco FrontRunners. Since the start of the running craze in the 1970s it's been a wonderful way for LGBTQIA+ runners to join in fellowship with like-minded people in their neighbourhood and around the world. In the early days, this newsletter would have been typed up, copied, and mailed out to people on a list with stamps and envelopes but now we PDF a much large email to thousands of readers around the globe through our social media channels. The Annual General Meeting used to be a two-day conference with delegates travelling to a location, usually in the US, for a race meet, to make their reports and to mix and mingle with other Front Runner reps from around the world. This year we are still having it in the virtual space on Zoom but with travel costs coming down and restrictions gone that will probably change in the future.

This year we are again spoiled for choice when it comes to premier international running events. Congratulations to Bern for hosting the EuroGames and we have the Gay Games in Guadalajara AND Hong Kong to look forward to in November. Clubs continue to join our Front Runner family, with Kuala Lumpur extending our Asia Pacific family and new clubs in Nottingham and Bristol in Europe and Helena, Connecticut and Halifax in the North America.

Sadly this year we have been reminded that we cannot take any of our hard won freedoms for granted and with the increasing Anti-Trans sentiment being propagated in many parts of the world we have seen members of our community marginalised or excluded by mainstream sport. We issued a statement showing our unequivocal support for transwomen following World Athletics recent ban on transwomen running and know that we cannot shy away from fighting for our rights in future.

It's wonderful to be able to run with friends again, locally and internationally. I hope you all continue to enjoy the benefits of being part of our Front Runner family and look forward to a bright future of new PBs in 2024.



International Front Runners Disagrees With World Athletics Decision Banning Transwomen

Monday 3 April, 2023

Statement from IFR President

Re: World Athletics decision to ban Transwomen from competition

International Front Runners disagrees with World Athletics decision banning transwomen from the sports of Athletics in the classification that is consistent with their gender identity when they admitted that there are currently no transgender athletes competing internationally in athletics and consequently no athletics-specific evidence of the impact these athletes would have on the fairness of female competition in athletics.

While the decision is meant for World Athletics' World Rankings Competitions, it also influences policies of many mass participation running events which are regularly attended by members of our clubs. The decision negatively affects some of the most vulnerable members of our community for whom running is their lifeline.

Consultation with cisgender and transgender women representatives of our clubs reached an unequivocal conclusion that cisgender women of IFR supports inclusion of transgender women in women's running events and that they can have meaningful competition in the sports of athletics.

Transgender or non-binary people are welcome in International Front Runners and our clubs. International Front Runners will continue to advocate for inclusion through our platform in the Federation of Gay Games, and by sharing resources and best practices among our member clubs. The decision also underscores the importance of having Gay Games as international sports events that allow participation in chosen gender categories to set an example for other running events.

Chris Rauchle
International Front Runners President



Case Study: We Prefer to Slay!

By Richie Yates, Perth Frontrunners, Western Australia

As many clubs will be experiencing, the World Athletics effective ban on trans participation in competitive events is starting to filter down to national, regional and community levels. One of our city's community road racing event organisers jumped the gun, bringing in a requirement that runners compete in their 'birth sex'. We responded. This is what we did, why, and how it's panning out for us.

Firstly, to set the scene. A prominent local race organising body that arranges a large percentage of our city's community road running events, last year spontaneously and without consultation, decided to introduce new "birth sex" race categories of "male", "female" and "prefer not to say" in all their races. How these categories would ever be policed, especially in amateur sports, is anyone's guess. But the race registration forms were crystal clear: those "birth sex" options were your only choices. And if you registered as "prefer not to say", your time would be recorded but you wouldn't be eligible for any prizes nor would you place. And, regrettably, this race director happens to organise most of the road running events in our city, and certainly the better ones.

As a club, our choice was really between boycotting all the events, or work something else out. We came to the conclusion we couldn't change the world but we can always change OUR world. Our club decided that whatever we did, we needed to consult and bring our gender diverse members with us, and we would never leave them behind. "Nothing about us without us" became our cardinal rule. So the first thing we did was ask our gender diverse members "what do you want us to do?"

With the full support of our gender diverse members, we've encouraged ALL our members to register themselves for these races with "prefer not to say" as their "birth sex". But we call that category "*Prefer to Slay*", because, you know.



And just because the race organiser won't place our members doesn't mean we can't. So, at one of the city's biggest races earlier this year, our club arranged our own prizes for "*Fastest Runner - We Prefer to Slay*" and "*Most Sickening Queer Look - We Prefer to Slay*".

The best bit? The race director's own timing software made our job a breeze: we just filtered the race results by "Prefer not to say" and hey presto, there's the REAL race results ready for our awards!

We're finding that our gender diverse members appreciate not being asked to mis-gender themselves when they register for races, nor are they worried someone will be second-guessing their registration category.

We're all in this "*Prefer to Slay*" category together, as one club. No one is left behind. And competition for our own

awards is heating up: "*Most Sickening Queer Look - We Prefer to Slay*" is one that our members are turning it out for, race after race. Cos that's how us Fronties do it, we prefer to slay!



Treasurer's Reports

Alden Clark, IFR Treasurer

YTD Period 01/01/2023 – 22/07/2023

IFR Treasurers Report YTD 2023

Starting IFR Balance YTD 2023: \$18,385.46

INCOME:

Membership Fees	\$3,150.00
Net Inventory Sales	\$0.00
Donations	\$25.00
Interest	\$35.78

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TOTAL INCOME: \$3,210.78

EXPENSES:

Overhead Expenses:

Bank fees	\$187.72
Website	\$0.00
FGG Fees	\$100.00
Delegate Reimbursement	\$0.00
Club Promotion	\$0.00
Postage/Supplies	\$16.95

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Expenses subtotal: \$304.67

Events:

AGM	\$0.00
IFR Social	\$0.00
Other	\$0.00

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Events subtotal: \$0.00

Donations:

\$0.00

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TOTAL EXPENSES: \$304.67

INCOME minus EXPENSES: \$2,906.11

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IFR Balance on December 31, 2023: \$21,291.57

Brooks Account on January 1, 2023: \$750.00

Brooks Grants received: \$25,000.00

Brooks Grants made: \$25,000.00

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Brooks Account Balance YTD 2023: \$750.00

Bank Balance on YTD 2023: \$22,041.57



Brooks / IFR 2023 Grant Program

Ari Worthman, IFR Representative to Brooks

Congratulations to the 16 clubs that received an IFR/Brooks Grant! The proposals from clubs worldwide were creative and inspiring. The selection committee's big regret is that the \$20,000 donation from Brooks couldn't support all the great initiatives being explored.

In choosing recipients, the selection committee prioritized proposals that detailed specific initiative(s) and their goals. Some of the recipients and their proposals were:

- Blackpool is working to increase membership, largely to create a healthier LGBTQIIA+ culture in a city where the social life is pub-centered and where there are high rates of alcoholism and poverty. As a club that doesn't yet collect member dues because of the financial limitations of many residents, they want to purchase basic marketing materials (banners, a web domain, etc.) to bring more folks into the fold.
- Honolulu wants to become more inclusive of non-binary runners and walkers. They have identified a local consultant who, at a discounted rate, will work with them to identify steps and strategies to increase inclusion of non-binary people.
- Fort Lauderdale has never hosted a pride run and will do so this year. They have already partnered with another organization to coordinate the event. The grant will enable them to frontload the many costs of a local road race.
- Paris and the other French chapters want to bring together their members from across the country. They have identified a race to which the chapters will send runners. The grant will support runners who need financial assistance with traveling.
- Singapore wants to send a female runner and trans runner to the Gay Games Hong Kong in November to ensure their female and trans runners are celebrated, especially the latter, whose rights are often restricted by their government.

This year's other recipients are Aberdeen, Adelaide, Amsterdam, Bengaluru, Geneva, Long Beach (Shoreline FR), Ottawa, Outrunners Columbus, Perth, San Francisco, and Suriname.

A huge thank you to the Seattle-based selection committee, which pored over applications for hours: Tucker Cholvin, Jake Fedorowski, Nellie Waddell, and Ari Worthman. Thank you as well to IFR Treasurer Alden Clark who worked with the recipients to disperse funds across the globe.

Update on Brooks Partnership

In 2022, Brooks provided support beyond grants for numerous clubs, including swag, as part of its Parade Around the World campaign. The online discount for members of U.S. clubs was part of this initiative. While the campaign has ended, including the online discount, Brooks remains eager to support Front Runners through the Brooks/IFR grant program.

While individual members of U.S. clubs no longer have automated online discounts, Brooks is working with IFR to create an IFR account where U.S. clubs can receive a discounted rate for bulk orders. Stay tuned for more information.



IFR Secretary Vacancy

International Front Runners is a not-for profit LGBTQIA+ organisation run by volunteers in over 120 regional clubs world wide. Are you a runner? Do you identify as Lesbian, Gay, Bisexual, Transgender or Gender Diverse, Intersex, Queer or Asexual, a member of our member clubs, and want to support other runners in the LGBTQIA+ community? Maybe you would like to help organise our club affiliation?

The person we are looking for:

1. You have worked for a volunteer organisation before
2. Have reasonable ability with word processing
3. meeting scheduling using internet-based tools for people in multiple time zones
4. are able to organise and attend meetings at sometimes unsociable hours to take meeting minutes
5. Follow up actions from meetings with attendees

If you would like to apply please submit an application detailing your experience with LGBTQIA+ running and the above criteria to president@frontrunners.org.

Women and gender diverse members of the Community are strongly encouraged to apply.



EuroGames Bern 2023

René Böhlen, President of Bern Frontrunners

An invitation from Bern Frontrunners



Warm-up with us 

An invitation from BernFrontrunners - Thursday, 27 July 2023

18:00 meet at the main entrance of Marzili Flussbad for a run through the city of Bern as a warm-up for the PrideRun 5K/10K (changing facilities available at Marzili)

19:00 optional swim in the river Aare, for experienced swimmers only

19:45 Swiss Apéro sponsored by BernFrontrunners

PrideRun 5k/10k Friday 28 July 2023, 18:30

The LGBTIQ running event of the year at EuroGames 2023 in Bern, Switzerland.

Registration and more info:
www.eurogames2023.ch/pride-run
<https://eurogames2023.ch/>

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PrideRun 5K/10K 

#eurogames2023  

Friday, 28 July 2023, 18:30

The LGBTIQ running event of the year at EuroGames 2023 in Bern, Switzerland! More information and registration here:

www.eurogames2023.ch/pride-run 



IFR Federation Delegates Report 2023 AGM IFR

There are now well over 120 FR clubs around the globe and our newest club in Kuala Lumpur, Malaysia is growing quickly. Make sure you visit one of our many clubs on your next vacation.

The focus of our attention has been on the postponed Gay Games 2022 originally awarded to Hong Kong, China. As you are aware that event has now been moved to 3-11 November 2023 and will be co-hosted with Guadalajara, Mexico.

There have been significant impacts on this event – participant numbers are a fraction of what they normally would be and our sport of Athletics is being held in both cities which means even less chance for us to meet and participate together in the Games. We can confirm that the following events will be happening:-

<u>Hong Kong</u>	<u>Guadalajara</u>
5k and 10k road races	5k and 10k road races
Half marathon	Half marathon
Marathon	Marathon
Trail running	Track and Field

There is time to register and join us at the games – both Brad and Wayne will be in Guadalajara. There is no current FR club in the city so we hope to establish a club there soon. Attendance is creeping up...it should be a whole new experience for all us as there has never been a Games in either Asia or Central/Latin America. We hope to stage an IFR social event during the week of the Games in Guadalajara – stay tuned if we can sort out another event in Hong Kong.

We must point out that at no time did we receive any opportunity to have any input to the decisions made by the board of FGG. Both delegates are members of the Sports Committee and also other committees within the FGG.

International Rainbow Memorial Run 2023

Each host city will stage their component of the IRMR on Saturday 4 November – you need to register (free entry) for these events. Only prior host cities present their component of the IRMR which culminates in November. So far San Francisco (82 and 86), Sydney (02), New York (94) have held successful runs and Cleveland/Akron (14) are staging their event in August. We are yet to hear from clubs in Vancouver (90), Amsterdam (98), Chicago (06), Cologne (10) and Paris (18). When we receive details, we shall let you know so you can join in the IRMR if you live nearby.

All IFR club members are invited to join the IRM run on November 4. See you there!

We are keen to answer your questions...contact us by email or Facebook

Wayne Morgan

Sydney representative

Federation Delegate (1)

E: internationalfronrunners.delegate1@gaygames.net

Brad Fletcher

Minneapolis representative

Federation Delegate (2)

E: internationalfronrunners.delegate2@gaygames.net



Gay Games 11 Hong Kong 2023



Gay Games 11 Hong Kong 2023 will be taking place 3-11 November 2023. Registration is open, with sports events that include Trail Running, Road Races 10km, 5km, half marathon, and full marathon.



More information: www.gghk2023.com
www.instagram.com/GayGamesHK2023
www.facebook.com/GayGamesHK2023
www.twitter.com/GayGamesHK2023
www.youtube.com/@GayGames11HongKong2023



Gay Games Guadalajara 2023



Gay Games Guadalajara 2023 will be taking place 3-11 November 2023.

Registration is open, with sports events that include Track & Field, Road Races 10km, 5km, half marathon, and full marathon.

More information: <https://gggd12023.org/>

www.facebook.com/GayGamesGuadalajara2023

www.instagram.com/gggd12023/

www.twitter.com/gggd12023



Obituary: Jon Borset



If you look up “A Life Well Lived”, there should be a photo of Jon Borset. Sadly, Jon left us on July 8th. He was 94 years old. He led an amazing life and not just witnessed, but participated in, a large slice of LGBTQIA+ history, about which most of us have only read.

A career as a window designer at prestigious department stores led him from New York City to San Francisco. An early activist, Jon was arrested at San Francisco’s 1965 California Hall police raid and charged with, and found guilty of, lewd and lascivious behavior for dancing with another man.

When Jon turned 50, he decided to start taking care of himself, and started running and race walking, becoming an early member of San Francisco FrontRunners, and participated in the first eight Gay Games. Already in his 80’s, Jon capped off his race-walking career at the 2010 Gay Games in Cologne.

Throughout his life, Jon dedicated himself to public service and, until recently, despite being in his 90’s, he worked many days a week at Project Open Hand providing meals to those in need in the Bay Area. Jon served with Open Hand for an amazing 38 years!

Jon leaves behind a worldwide family of friends. His Little Black Dress outfit, including his famous gold painted running shoes, jacket and purse have been preserved in the GLBT Historical Society archives.

Jon, we will miss you!



Club Updates

Australia & Asia Pacific

Representative: Budiaman Tang <rep-aus-ap@frontrunners.org>

Adelaide Frontrunners

The Adelaide Frontrunners cannot believe we are almost halfway through 2023! It has been an exciting start to the year and we are currently maintaining our regular weekly running schedule (Wednesdays and Saturdays) and a monthly social event.

Over the past six months we celebrated several key events, including World Pride in February where we had 84 wonderful Adelaide Frontrunners (and 10 puppies!) joining the Lochiel Parkrun dressed in Pride colours (see image).



Many travelled to Sydney for Mardi Gras, and four of us marched in the parade which was an utterly unforgettable experience! In addition to already having a fantastic start to the year, at the start of Pride Month, one of our runners gave a speech to the local West Beach Parkrun community on the importance of embracing Pride. We also participated in Global Running Day with Lululemon to celebrate running and all its benefits.

Now, some exciting events coming up. We're planning our second Birthday in August which will be a wonderful night of celebrations and dancing at Mary's Poppin, one of Adelaide's favourite queer venues.

The annual City to Bay is back in September! Travelling from the city down Anzac Highway to the beach, this is a fun run aimed at all capabilities and ages. Adelaide Frontrunners is registering a team for any Frontrunners who would like to come to Adelaide and join us.

Continuing the pride theme through to November we are very excited for Adelaide's very own Feast Festival which celebrates our LGBTQIA+ community. We are planning to hold a Pride Run during the festival and for a stall at the opening weekend's Picnic in the Park. The Feast Festival's events program runs over two and a half weeks and is a wonderful celebration of queer artists. Despite the focus not being running, we're excited to participate and, in our opinion, the Feast Festival is worth checking out!



Bengaluru Frontrunners



The Bengaluru Frontrunners have been growing from strength to strength and now have 80 members.

In January 2023, we held our first elections for the club's working committee, resulting in the election of a President, Secretary, Communications Officer, and Treasurer to manage the club's activities.

One of our recent highlights has been the highly successful Pride Run/Walk that we organized at Cubbon Park, Bengaluru on Sunday, 18th

June. The event had over 300 participants in attendance and received coverage in the local media as well.

Brisbane Frontrunners

The first half of 2023 saw a dramatic increase in new members with the group now at 141 runners and walkers. We get between 50 and 60 people attend our sessions each week.

The appointment of a coach to assist members improve their fitness and running ability has proven very popular with several of our runners participating in various half and full Marathons over the past month.

World Pride 2023 and Mardi Gras was in Sydney in February with several of our members running in various events and marching with Sydney Frontrunners in the parade.



Our group celebrates 25 years next year (2024) and we are in the process of planning a year of activities and events to celebrate this milestone.

We look forward to seeing lots of visitors from other clubs joining us to help celebrate with us.



Canberra Frontrunners

Canberra Frontrunners has seen incredible growth this year with around 50 of us attending our weekly runs. We are increasingly attracting a diverse range of ages, genders & sexualities which is fantastic. To ensure accessibility we've been having fortnightly events around scenic Lake Burley Griffin, alternating with other great locations around town to add to the variety. We recently have expanded our range of gear to include stylish caps, hoodies & beanies, perfect for a Canberra winter.



In April, we were happy to host a number of interstate visitors for the Canberra Marathon including a wonderful night out at a local food market. We have been successful in obtaining an ACT Equality Grant which we will be utilising for our Pride Run later in November. Canberra Frontrunners is proud to be an inclusive, diverse and fun group to run, walk & ride every Saturday.

KL Frontrunners

Founded by Anderson Tong, KLFR is the newest club to join the IFR family.

It aims to provide a safe and healthy environment for the queer community in Kuala Lumpur, Malaysia, to engage in physical activity and forge new friendships.

The club meets every Saturday at 8:15 am in the beautiful KLCC Park, with the iconic twin towers as a backdrop.

For more information, you can visit their social media accounts (Instagram/Facebook: @klfrontrunners) or reach out to the team at klfrontrunners@gmail.com.



Melbourne Frontrunners

Our 2023 highlight started with Midsumma Festival, Melbourne's LGBTQIA+ 3 week of festivities, opened with the Carnival, where we had a stall to recruit new members and invite them to join our Pride Run, and we won tug-of-war contest against other queer sports clubs. We stole the spotlight by marching the Pride Parade with our pom-poms and Olivia Newton-John themed choreography, an Aussie icon.



Melbourne Pride Run was a sold out success, with Lululemon as our sponsor. We also referred Lululemon to sponsor Sydney Frontrunner's event at World Pride, shared our Pride Run shirt design, visited Sydney, and got invited to march with them at Mardi Gras. With almost 300 members, we always have some travelling and visiting other Front Runners clubs. We hosted another run at ChillOut Festival, an LGBTQIA+ festival in regional Victoria. We volunteered for ParkRun, participated at local running races, and organised cheer squads. We do trainings, time trials, BBQs, and more. A very busy 6-month for our community.



The hard work was recognised. Our president, Lynda Madams, received 2 nominations for Victorian Pride Awards, as volunteer of the year, and for outstanding contributions in sports by GLOBE Victoria. In a surprise, she won the Community Inspiration Awards.

We also held our own Awards evening to celebrate and recognise achievements of our members; our time trials' fastest runners, most improved, outstanding volunteers, and other categories. Come visit Melbourne and run/walk with us!



Perth Frontrunners

With nearly 200 members in a city of 2.5 million, Perth Frontrunners is going from strength to strength. In May, we had 65 members participate in the city's biggest fun run, HBF Run for a Reason, which in total attracted 33,000 participants - you can see our contingent in the photo.



Next up, preparations are already underway for Perth City 2 Surf run in August. Elsewhere, we're gearing up for our inaugural trivia night in August, our club's AGM in September, yet another regional trip — spreading our rainbows across a state 3.5 times the size of Texas — and the fabulous Perth Pride Festival in November.

And in super proud news, our co-president Laurie Butterly was recently appointed the CEO of PrideWA, our state's premier LGBTQIA+ organisation. See you in Perth!

Singapore Frontrunners

In April this year, we rebranded from Mates Gone Running to Singapore Frontrunners (SGFR), three years after joining the network. We're proud to adopt the Frontrunner name and the values of camaraderie and community that are associated with it around the world.

Otherwise, our run formats remain largely the same, with Thursday evening runs in Singapore's downtown area, and Saturday mornings all over the city.





This June, we'll have our annual Pink Fest run where we hope to welcome LGBT+ folks and allies to join us in a run along the Singapore River. Pink Fest is a local community listing for Global Pride Month. We also hope to welcome more Frontrunners from around the world. Drop us a note on our social media if you're ever visiting!

Sydney Frontrunners

The first half of 2023 has been an exciting time for Sydney Frontrunners. We kicked off our year with a Women's Couch to 5km Program in January which helped to boost female participation and increase diversity in our club.

In February and March Sydney hosted World Pride, providing us with the opportunity to celebrate the theme of Gather, Dream and Amplify with Frontrunners from interstate and overseas. The festivities began at Fair Day on February 19 where other LGBTQI+ sporting and community groups come together to promote their organisations. Our Stride with Pride 5km and 10km Run and Walk event on February 25 was highly successful with over 300 participants from Australia and beyond joining us to add colour and athleticism to Sydney's Centennial Park!



After our Stride with Pride Run/Walk it was time to get ready to march in the Sydney Gay and Lesbian Mardi Gras Parade. This year the Parade returned to its original home for the 45th anniversary of the first Sydney Mardi Gras, and we marched and danced up Oxford Street cheered on by the thousands of people in the crowd. Forty Frontrunners from Sydney and interstate (most disguised as Gods and Goddesses of Running!) represented our fabulous Frontrunner community. The atmosphere was awesome. Thanks to all our Frontrunner family for making this event an amazing experience.



In amongst all of this, we did manage to participate several running events, including the Manly Dam Trail Series, the Six-Foot Track Marathon, the Hoka Runaway Half Marathon and 10 km, monthly Parkruns, the Great Nosh Trail Run and the UTA 50km trail run.

There'll be no slowing down for Sydney Frontrunners in the second half of 2023. In July we will be holding our annual Pride 5km Run and Walk. We will also be holding our AGM and welcoming in a new Committee in July. One of the most exciting events for us will be the celebration of our 40th anniversary in August. This makes us one of the oldest LGBTQI+ sporting groups in Australia. We are very proud of our history and longevity!

The second half of this year will see our members participating in a number of events including the iconic City to Surf in August, the Coastal Classic, the Sydney Marathon and the Carcoar Running Festival in November. Let us know if you're visiting Sydney – we'd love to see you at one of our runs.

Wellington Frontrunners

We continue to run from outside the Freyberg Pool at 9am most Sundays and in the last year six months we have seen several former members visit New Zealand with the reopening of our borders post COVID. Most recently, former Wellington Frontrunner, and now co-president of Liverpool Frontrunners, Ed Abrahamson, visited in January along with husband, Dave.



Club convenor Antony Paltridge, Brendan Haile, Paul Rigby, and Matt Murray competed in either the 10km or half-marathon in the Wellington Round the Bays fun run in February. Brendan then travelled to Europe in April to do half-marathons in Madrid and Berlin, stopping off to catch up with Singapore Frontrunners enroute. Matt and Brendan most recently competed in the half-marathon in the Wellington Marathon in June. At the end of the year, Antony and Brendan are intending to attend the Gay Games in Mexico.



Northern Europe

Representative: Martin Hocevar <rep-eur-n@frontrunners.org>

Aberdeen Frontrunners

At Aberdeen Frontrunners we began the year with the launch of our 3rd Couch to 5K program which was then followed by 5K to 10K to help our current members progress their running journey and get prepared for this year's races. We were lucky to receive funding from IFR's Brooks funding to train up 3 more jog leads as our members kept growing which is fantastic. It has allowed us to offer a greater variety of routes and options for training. Thank you to IFR for giving us the opportunity to do so.

AFR has participated in a few running events thus far. We joined Manchester Frontrunners in April for their 'It's a Piece of Cake 10K' race. It was fantastic to be down there again this year. Meeting friends from previous years and being introduced to the other Frontrunner clubs down south. Then we also had a group participate in the Run Garioch 10K and ½ marathon in May which was enjoyed by all. We were kindly asked to go and represent the club at one of the Kendal Mountain Tour festival stops. The tour is a showcase of stories from travellers, athletes, activists and creatives around the globe.



The last few weeks of May were the beginning of Aberdeen's Pride celebrations. AFR had a week-long celebration from Wednesday to Wednesday where we had a variety of events – rainbow run, pubs quiz, coffee meet up – and joined the Grampian Pride march and village. Celebrating Pride and promoting the club, it was fantastic to have an LGBTQIA+ buzz around the city.

Ending the first half of the year with our Rainbow Relay for LEAP Sports Scotland's Festival Fortnight, who we thank for allowing us to be part of such a great event, we can't wait to see where we will be at the end of the next six months!



Brighton & Hove Frontrunners



Our club is growing in strength with our club been featured heavily in local news and radio. All in a good way whilst doing 3 training session every Wednesday and 1 every Sunday.

Over the past month we have launched out couch to 5k for the first time and incorporate our Brighton and Hove rainbow into it. We are now on week 5 of the training programme and they are doing amazingly.

Last week we competed in the weakest link reply race which is all the local and sussex clubs competing with each other. Was a fantastic event even though we didnt win.

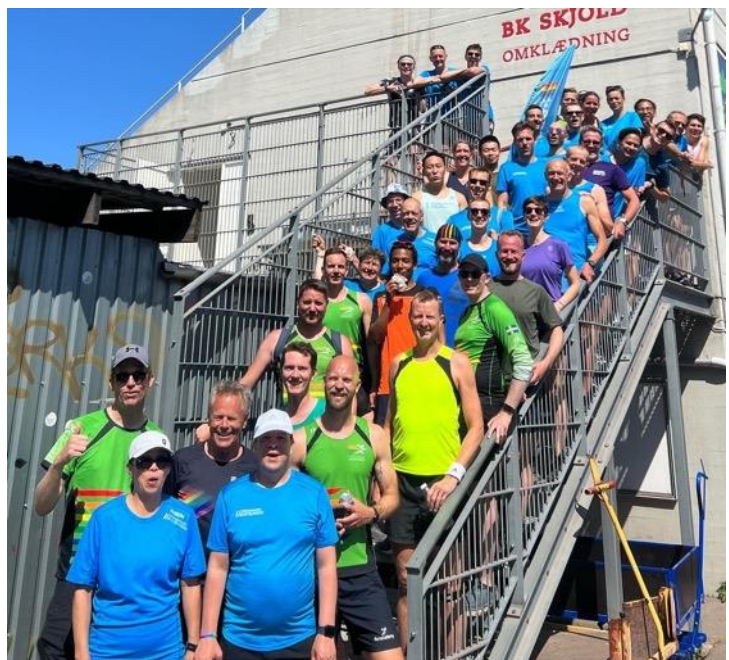
We are also heavily promoting our Brighton and Hove Rainbow Run 🏳️ which kicks off the Brighton Pride weekend in less than 5 week. 500 runners will be taking part in a fun filled 5k run. We have drag

queens hosting it, live dj by Gaydio Radio in the park with live interview, festival flags, fancy dress and lots more. This is second year of hosting it after a sell out first year and amazing feedback. This year we are supporting the Rainbow Fund which distributes to all the LGBTQ+ charities across Brighton and Hove. Tickets are still on sale as we advertise Uk wide via radio next week. Our website is www.brightonrainbowrun.co.uk.

Copenhagen Frontrunners

In Copenhagen Frontrunners we have just had our last training before our summer break - at least a break from our normal training.

During the summer there is always a bunch of other fun events have been arranged such as: Social runs (finished with a swim in the harbour), trail running in the forests north of Copenhagen, and this year one of our members has arranged a special "Rainbow Run" where the participants over 5 events will run a full marathon. Each event will be at a different location, so it is a great way to see Copenhagen and the surrounding areas.





Looking back to June we had the great joy of hosting a training weekend for our own members, but also members from Stockholm Frontrunners who joined us. Friday evening was a social event at a café. Saturday started with breakfast followed by a social group training with fun, games, and running. In the afternoon we split up in different workshops: running technique, sprint and relay training, and a social run. The afternoon ended with a swim in the harbour. In the evening we met for drinks and dinner. And the weekend ended with a sightseeing run and brunch Sunday. It was a great way to meet other Frontrunners and we

are already talking about doing something again next year.

Over the summer we will plan our Pride Run that takes place in August along with Copenhagen Pride as well as looking forward to the beginning of the new season.

Dublin Front Runners

Dublin Front Runners A.C. reached a new milestone in Q2 2023 with the largest number of members registered at 322. This June, Dublin Front Runners hosted our 11th Pride Run which attracted upwards of 1,600 participants and was a great success. We had new members join the club through our Couch to 5km programme and they subsequently graduated at the Dublin Pride Run.



We had an incredible turnout for the Pride March in June and kicked off the celebrations with breakfast before hitting the streets. We have also launched our marathon training schedule, which will help members on their journey towards Autumn marathons including Munich and Dublin. We are also very proud of our members' involvement in assisting Dublin Marathon with the introduction of a non-binary option to the race. This year also saw the introduction of a Walking Group on our Saturday morning runs, along with a Slow and Gentle 5km option. We have also had visitors from New York and Brighton Front Runners join us on separate occasions over the past few months. Our renewed focus this year has been to ensure that everyone is welcome in the club regardless of running ability, race, sex and gender identity. As part of this, we have launched an Ambassador programme which encourages existing members to buddy up with new members and help them integrate into the club quickly.

Glasgow FrontRunners

Hello from Glasgow! The last 6 months have seen Glasgow FrontRunners continue our active race calendar with multiple club trips and events. In April we took 75+ members over to Belfast for the Mash Marathon and Marathon Relay. There were some amazing runs, first time marathons and PB's, we also managed to have a great social with Belfast and Dublin Frontrunners into the small hours 🏃

A few weeks later we had our yearly island trip, this year to Stornaway for the half-marathon and 10k. Over 20 members embraced the weather, the hills and the very friendly welcome from the Islanders! The ceilidh was the highlight to finish on, some fantastic results all round!

In July we had three teams participate in Endure 24, breaking body and willpower to run for 24 hours around the beautiful Bramham Park in Leeds. To say this was a mental challenge as much as physical is an understatement, however this was an amazing feat and not to be put off by blisters and lack of sleep, they have already signed up for next year.



As we close our membership year at the end of July, we finish on a new record membership number and one with a female and non-binary split over 29%, this is something we have actively worked on and something we can be proud of as a club.

Our favourite club event OUTRun takes place on the 19th August around Kelvingrove Park, a timed 5 mile race through one of the city's best parks. Any FR and IFR clubs wishing to come along, please get in touch. Thanks and we look forward to another amazing 6 mths!!



Liverpool Frontrunners

If you listen carefully, you can still hear “*cha, cha, cha, cha, cha, cha, cha, ei*” reverberate through the streets of Liverpool, the catchy lyrics of the Finnish Eurovision entry from Käärijä. Pipped at the post by Loreen it remains a Liverpool Frontrunners favourite and sums up the party atmosphere that enveloped The City of Liverpool while we hosted Eurovision this year on behalf of Ukraine.



With Frontrunners from across the UK and the globe drawn to the city over a ten-day period it gave us the opportunity to showcase some of the landmarks and the culture of our city. To do this we put on two Eurovision runs, setting off from the heart of the Eurovillage, through the historic docks & Baltic Quarter and onto two of the biggest landmarks in Liverpool, it's cathedrals. Then we looped back past the historic St Georges Hall, host to many of the outdoor screening events and opening party and ended in Liverpool's Gay Quarter. With Frontrunners from as far afield as Washington and San Francisco joining us it was a great example of the common bonds that join Frontrunners from around the world together, and while not every day is Eurovision we welcome new runners and visitors to our club and our city year-round.

With new runners in mind, we've again commenced our First Steps programme, bringing new and less experienced runners to the club and giving them structured support to enable them to run with our main group. Our Wednesday evening runs are well attended and as we've moved through Spring into Summer our calendar of social events is well underway, with walks, barbeques and Pride all on the horizon.



London Frontrunners

The Club Year starts for London Frontrunners every 1st of April and it has been a super busy period ever since. Launched the Pride Activation for the London Landmarks Half and the London Marathon, with 22 and 65 volunteers respectively, 9 pacers and 35 volunteers for the Hackney Half and one of the most exciting stalls at the 2023 LGBTQ+ Sports Fair. Cultural outings: Queer Museum visit, A Hard Man is Good to Find exhibition and curator's talk, LGBTQ+ tour of the Victoria & Albert Museum, the Donatello Exhibition. LFR socials: 2023 AGM, Club Championships Award Party, London Marathon party, London Pride March party. The 2023 LFR Club championships started successfully two weeks ago with the Eltham Park 5 Miles race; LFR won 2nd male and 2nd female place overall and the Team Award. Club trips: Green Belt Relay, a race of 220 miles for a team of 11 over a weekend, with LFR sending four teams, and the North Devon Marathon & Half Marathon, the most scenic and most challenging race in the UK with 40 participants.



Future adventures: the Isle of Wight Weekend of (three!) Fell Races in September and the trip to Greece with a night half marathon in Thessaloniki in October. The Triathlon section of LFR had a busy start to the season with 33 members decamping to a training camp in Mallorca for a week of cycling up hills, swimming in the sea and training/tortures devised by our qualified triathlon coaches. There are 39 races scheduled in the triathlon calendar interspersed over the next four months including the Eastbourne, Grafham Middle, Eton Dorney and Weston Park Triathlons, the Immortal in Stourhead and a strong attendance for the London to Essex Ride. We are aiming a very large LFR presence at the Windrush Triathlon in July and the London Triathlon in August, as well as the much anticipated weekly Duathlon 'Splash and Dash' events at the Royal Docks. For the rest, seven runs and two coaching sessions per week, with a structured social after each of the above.



Manchester Frontrunners

At Manchester Frontrunners, we've had a busy start to the year. The first few months of 2023 saw a number of us training for marathons. We had members tackle the Barcelona Marathon in March, as well as the London and Manchester Marathons in April. At the Manchester Marathon, we also had our own dedicated cheering squad, and met up with runners from other Frontrunners clubs (including Brighton and Hove, London, and Birmingham) afterwards.



Volunteers and runners from Manchester Frontrunners, as well as a member of Newcastle Frontrunners, at the "It's a Piece of Cake 10K" in April 2023

The first few months of the year also saw us planning our annual 10K race, the "It's a Piece of Cake 10K", which we held on April 29th to great success. In addition to some Manchester Frontrunners running the race, we also had a number of runners from other local clubs, as well as Frontrunners from across the UK and Ireland. Directly following the 10 km race was our charity cake sale, where we raised £829 for George House Trust, a Manchester-based HIV charity. We'll be announcing a date for our 2024 race later in the year, so watch for that on social media and our website.

Highlights over the summer include a small group of Manchester Frontrunners going to the EuroGames in Bern in July, as well as many members of the club taking part in the Manchester Pride parade in August. We also have our club trip around the weekend of September 30th/October 1st for the Brussels Marathon weekend. We'll have members doing the full and half marathon, as well as the 10K, and we're sure to make up for any calories burnt while running by consuming mountains of Belgian chocolate, beer, and fries! If anybody from the global Frontrunners family is in Brussels that weekend and wants to meet up with us, feel free to get in contact with us.



Newcastle Fronrunners

At Newcastle Fronrunners, we've had a busy 2023 so far and we've welcomed lots of new members. Our Grand Prix competition has kept our members motivated during the cold Winter and Spring season - targeting lots of different running events, supporting other run clubs, and enjoying lots of parkrun tourism, and importantly doing all this together.



We had our first annual fundraiser since before the pandemic, and it was our biggest and most successful yet. We raised over £2200 to support the charitable aims of our club.

A further highlight of 2023 so far has been to support our sister club, Manchester Fronrunners, It's A Piece of Cake 10K. It's always an amazing event. It's important for us as a club to support our sister Fronrunner clubs events, and look forward to our next visit to the Glasgow Fronrunners OUTRun in August.

Before then, we will be hosting the 12th edition of our LGBT5K Festival of Running on Fri 21st July, as we kickstart Northern Pride weekend. This includes a 5K race and 1 mile children race on the beautiful Town Moor here in Newcastle. We hope you can join us!

We look forward to the rest of 2023 as members start training for the famous Great North Run, and if you happen to be in Copenhagen in September you may see a sea of teal and rainbow vests as we have an international club trip for the Copenhagen Half Marathon. We can't wait!



Stockholm Frontrunners



Stockholm Frontrunners is celebrating its 10th anniversary this year. As part of the year-long festivities, we asked one of our members to design some new special clubwear. As an acknowledgement of its anniversary, the club received a flag from the Stockholm County Governor. Our Chairman Markus and two other members attended the ceremony and received the flag on behalf of the club. What an honour! We'll be using the new flag during the Pride parade this year.

In June we visited our sister club Copenhagen Frontrunners, who offered a perfect mix of physical workouts and social hangouts. Our wonderful hosts guided runners through warm-ups and exercises, parks and restaurants in a sunny, hot Copenhagen. It was also wonderful to strengthen ties with a fellow Scandinavian club.



At the end of July, some members will be participating at EuroGames in Bern, Switzerland. They can't wait to represent Stockholm and meet other frontrunners clubs, athletes and the rest of the community. Of course we are all looking forward to Pride, which is held in August in Stockholm. We always take great pride in joining the parade through the streets and showing off our running drills to entertain the crowd. Later in the autumn we will have a big anniversary party for the whole club. We are also planning a trip to Cologne in Germany to take part in the marathon and half marathon, and hopefully meet up with the local club there.



Southern Europe, Middle East & Africa

Representative: Gali Ofer <rep-eur-s@frontrunners.org>

Berlin Frontrunners



Well Berlin Frontrunners doing well, a small and stable group, who always happy if visitors in Berlin join us for the saturday afternoon run in Grunewald.

The last group activity has been a Half marathon in Nice / France where we met the Nice Frontrunners.

Cape Town Frontrunners

We are currently just a small group running once a week but finding it difficult to attract a core group to make a regular run and a drink after attractive. Capetonians are a fickle bunch, especially in winter! However do look us up if visiting, we'll be here and it's often a beautiful sunset run!

Frontrunners de Nice

The first half of 2023 has been one of continued growth for the Front Runners of Nice. We have participated in a number of running events, as well as several events in the LGBTQIA+ community in our city, whilst also maintaining and developing our ties to several other Front Runner organizations in France and in Western Europe.

In January, many of our members participated in the 'Prom Classic,' a 10km race along the seafront in Nice, being one of the largest in France in terms of participants. As well as the race, and as is now custom, this was an occasion to welcome the Front Runner organizations of Paris and Marseille to Nice at a pre-race pasta party, and to share a traditional New-year cake with them after the race at the House of diversity.



In February, we participated in the 'Queernaval', an LGBTQIA+ carnival, organized as part of the main Nice carnival. The 'Queernaval' featured in local media and was a great success enjoyed by all who took part. We hope this will be a regular feature and intend to join in in future years.

In March we travelled to Milan, Italy in order to participate in the 'Stramilano,' the annual half marathon. We were also able to meet up with the Milan Front Runners, as in previous years, who welcomed us to a training session on the Saturday morning as well as to a friendly get-together.

In April, we took part in the TIGALY, an LGBTQIA+ sports tournament in Lyon, France, with several hundred participants and attended a wonderful evening party at the end of the weekend. At the end of April, we also participated in the Nice semi-marathon, which gave us the opportunity to catch up with and get to know the Berlin Front Runners, who also took part in this event.



In June several of our members were volunteers at a refreshment stand at the Nice Iron-man championship.

This summer, we have many events planned: as well as the regular picnics on the beach, we will take part in the Pride in Nice and in two major LGBTQIA+ sports tournaments, one in Montpellier and another one in Milan. In October, we will join the other Front Runners in France for the 'Run in Lyon' event.



Front Runners de Paris

The association Paris Frontrunners celebrated its 30th anniversary last October! From January, we kept on organizing fabulous events which were great opportunities to bring members together, so that they get to know each other better and establish links.

The Valentine's Day Race is one of the major events of the year for the Paris Frontrunners! It was held at Parc des Buttes-Chaumont for its 24th edition on Saturday February 11th, 2023. Like the previous editions, our race allows runners to participate alone or with a partner (Cupidon can help finding them for the runners ♥). This year was particularly successful as it gathered 1200 runners for the first time. Moreover, the event became even more inclusive with the possibility for participants to register as non-binary competitors.



The second great event our club organized was the "Olympiades" during the Paris International Tournament (TIP)! The TIP is a multi-sport tournament created in 2004 to encourage a respectful practice of sport without discriminations, to discover sports, to encourage vocations. This event organized by the Sport Federation LGBT+ brings together more than 2000 athletes from all over the world around nearly 30 disciplines. This year, our event was somehow different from previous editions, and consisted in various track and field events, fun games and quiz to raise awareness of LGBTQI+ topics, in which teams of 4 disguised participants were constituted to compete. This event was greatly appreciated and everybody had so much fun!

Frontrunners Lyon

Lyon frontrunner's club continues its new dynamics. Lots of races have been run during the last 6 months and more to come. For instance, all front-runners from France and nearby are invited to join us for the "Run in Lyon" event (from 5k to marathon - www.runinlyon.com/en/). In parallel to this event, we are organizing a frontrunners meeting the previous day to meet, share and have a great time. More than 100 frontrunners from other clubs are already registered for the race. If you decide to join us, send us an email, few weeks before the event to have all the details (frontrunners@c-a-r-g-o.org).





Lyon is currently preparing for the Eurogames in 2025. After Bern at the end of July 2023 and Wien in 2024, then, time has come for Lyon to shine and propose an inclusive and fun event. This event is the perfect time to discover our city, meet people from across Europe, and participate in some sport competitions (lyon2025.com).

You are all welcome to Lyon to visit our lovely city, run with us and participate in one of our coming events (or even to participate in our regular training - 3 times per week 😊).

GMadrid Sports – Madrid Frontrunners

We have had a steadily growth of members and diversity over the last past 6 months.



Thanks to our 2 coached training sessions per week with our 2 trainers we have also increased our performance in the different popular runs we have participated where some of our frontrunners have achieved important milestones breaking their pr's.

We had a very significant group of us participating at the Pride run as part of the Pride Games arranged by our friend club from Valencia (Spain) @samarucslgtbrunning, and at the Tigaly pride games at Lyon (France) getting on the podium by several members at both events.

We also have settled our monthly Solidary Run & Brunch sessions by collecting more than 700kg of food for the food bank of @acciontriangulo.

The Pink Panthers Tel Aviv Frontrunners

In the last few months, The Pink Panthers initiated a 0-5km program for new runners. The program ended with 100% success - all the runners ran 5km race together, one amazing woman ran it in 24:45min and was in the top 10 of the runners in her category.



In May the Panthers ran the M2V - Mountain to Valley relay. 9 runners, 18 hours, 180 km in the North of Israel. Veterans runners with and supported new runners. M2V was the trigger to open The Pink Panthers and we are so glad to run it again on the 10th birthday of the club. Mazal tov to us!



Zurich Frontrunners

During Zurich Pride Week, we successfully launched the first edition of the special "Run with us!" event! The event was open to all and consisted of a session on discovering the joy of running through different modules organized by our coach, followed by a social part with food and drinks.



After this success, and in order not to lose momentum, we additionally organized other activities such as hikes, visits to the water park and cinema festivals from August onwards. We are also very happy that this year frontrunners from the USA, UK and other countries have been able to join our regular training sessions during their stay in Zurich.

As we have doubled the number of members since the beginning of 2022, this has given us the confidence to expand our training program with 3 coaches. Each of them has already presented their training plan, which will support us in achieving our running goals in 2023. The milestones are set for the Sola Relay, Euro Games 2023 in Bern and Greifenseelauf.

We hope to welcome you with our Frontrunners colleagues in Switzerland for the Euro Games 2023 in Bern.



Canada

Representative: Vincent Lemay <rep-ca@frontrunners.org>

Calgary Frontrunners

As we run (& walk) year-round including many months in the snow (Saturdays long flat scenic river runs & 3-season Wednesdays hill runs with beautiful city views, both starting from the iconic Santiago Calatrava-designed Peace Bridge) we love to visit other clubs around the world.

In the last year we've dropped in to run or participate in Pride Parades with beautiful cities including Palm Springs, Honolulu, San Diego & Vancouver and are lucky enough to occasionally host Frontrunners too, including recently from Vancouver & Perth.

We love to run as a Team including at events like The Ekiden Relay Marathon just outside of Calgary as well as fielding runners in every length of the recent Calgary Marathon.

Outside of running & walking we also enjoy social time in addition to coffee post-run so we also attend together various community events like regular Pride in Business networking, the annual Western Cup sports tournament and various other socials.



Our club has been running continuously since at least the beginning of the '90's with 2 runners from back near the beginning (friends Craig & Gene) still active with the club today & we're looking forward to more running, hosting & visiting so we hope to see you soon!



Frontrunners Toronto

This year has been exceptional for Toronto Frontrunners. We hit milestone of over 200 members - the most our club has ever had - and our membership continues to climb.



We have a lot of highlights this year, with Pride month being at the top. Following last year's success, we ran another 0-5k program in partnership with Pride Run Toronto. We had over 120 members participate in the Pride and Remembrance Run and raised over \$25,000 for the cause. We marched in the Toronto Pride Parade, singing, dancing and running our way down the route. We also see more members push themselves doing half and full marathons with our training. Our community is always motivating, inspiring and growing together.

Ottawa Frontrunners

Ottawa Frontrunners partnered with the Arboretum Hill Club (AHC) for their 2023 Sunset 6K Series event. The AHC is an inclusive group whose motto "Free Friday Fitness For Everyone Forever" inspires and attracts a dedicated crew who meet every Friday morning to run the hill of the Dominion Arboretum. Their event brings together running clubs throughout the Ottawa and Gatineau regions every Monday of the long weekend holidays from April to October.



The Tamarack Ottawa Race Weekend is an annual tradition for our members. We had members participating in 2, 5, 10 km, half-marathon, and marathon races, as well as one member who did the 17 km (2, 5, and 10 km) challenge and another member who did the 59.2 km (2, 5, 10 km, and marathon) challenge. Following the races, we held our annual BBQ to celebrate everyone's accomplishments during the weekend. See you next year!



Vancouver Frontrunners

Vancouver Frontrunners is celebrating our 40th year! And, on Sunday, July 23rd, we're hosting our 19th annual Pride Run & Walk (<https://vancouverpriderun.ca/>), and it's going to be our biggest ever, with participation looking to easily be 25% above our pre-pandemic event in 2019.

We're just as proud of our Learn To Run/Return To Running clinic, which drew an amazing 66 applications from a diverse field of people! Guess what? Most of them showed up!



Kicking off our spring session, we won \$5,000 in grant monies from a long-running Canadian program, ParticipACTION, directed to equity-deserving groups to build capacity in organizations or deliver quality sports programs. The funds were used to: provide a bursary for shoes and gear for those in need; pay for entry fees to Pride Run (and a Brooks technical tee!); bring in pro trainers for stretching and running mindfulness sessions; deliver basic first-aid training to member coaches; advertise, print a guide and more. Our beyond-amazing local shop Forerunners on Main, leaders in local training themselves, provided two evenings of training for our coaches. Retention and participant feedback has been terrific! We've also discovered that Facebook advertising *really* works!

Winnipeg Frontrunners

Winnipeg Frontrunners organized the Winnipeg Pride Run, which took place in early June during the Winnipeg Pride festival. We were so excited to have over 500 participants, volunteers, and spectators, and one marriage proposal at the finish line!



We are grateful for our community's support as we were able to offer free registration for youth and discounted registration for adults, thanks to sponsor partnerships with local businesses and community groups, and a Participation grant from the Government of Canada.

Winnipeg Frontrunners meets weekly on

Saturday mornings at the Forks market to run and then have coffee. Everyone is welcome!!



Eastern US

Representative: Nick Velez <rep-us-e@frontrunners.org>

Baltimore Frontrunners

The Baltimore Frontrunners have been busy in recent months, especially during our Pride weekend! A solid contingency from the Frontrunners walked in the Baltimore Pride Parade where we marched on, despite being soaked by a tropical downpour, and had an absolute blast. The highlight was, of course, our inaugural Baltimore Pride 5K race in Druid Hill Park where close to 300 runners and walkers participated. Through partnership with a local racing company and individual support from our Frontrunners, we pulled off an amazing event which we hope to bring back next year. And, we rounded out the month by cheering on our beloved baseball team at the LGBTQ+ Pride Night Orioles game.



In past months, we organized several happy hours and a picnic. Coming up, we are planning to cook out at the beach, tube down a lazy river, and volunteer at local charities. We have found that these monthly social events in addition to our core weekly scheduled runs create safe space for our members, both old and new, to develop friendships that go beyond the asphalt. With increased visibility at the pride events and engagement on social media, we hope to welcome new members of all backgrounds and abilities to our amazing club. Check us out @BaltimoreFrontrunners and join us for a run when you're in town!.

Buffalo Front Runners - Front Walkers

Buffalo Front Runners - Front Walkers once again sponsored a Pride Fun Run on May 30th (see photo). We had 56 attendees and participants covered a 1.8 mile loop within Delaware Park. Since the entire race was within the park, traffic control was not needed. New this year was a water station courtesy of a local church and official times were provided for the runners. We had free refreshments, laurel leaf crowns for the fastest male and female runners. and an openly gay Buffalo councilman gave the opening remarks.



What started in 1990 as a running club has now become a running/walking club. In addition to hosting the Pride Fun Run which is our gift to the community, we seek to expand and diversify our membership through marching in Buffalo's Pride Parade, ushering for the Buffalo Gay Men's Chorus, and partnering with G2H2. We have also paid for four trees that were planted in Delaware Park in memory of deceased runners. Above all, we encourage members to be physically active and have fun regardless of age or ability.

DC Front Runners

DC Front Runners continues to celebrate 42 years of running and walking in the Nation's Capital, Virginia, and Maryland with our almost 600 members and countless visitors, including some from as far away as Paris, Germany, and Australia. Our members have participated in over 50 different races so far this year, with a large contingency at the Cherry Blossom Ten Miler, the Rock 'n' Roll DC Half Marathon and 5K, the GW Parkway Classic Ten Miler, the Capitol Hill Classic 10K, and our own DC Front Runners Pride Run 5K.



Despite threats of smoke from the Canadian wildfires, the 11th DC Front Runners Pride Run 5K saw nearly 1000 runners cross the finish line on June 9. This year's overall race winner was a member of the non-binary division. Congratulations to all our participants and a big thank you to the DC Front Runners Pride Run Foundation, our community partners, and our sponsors for raising tens of thousands of dollars for local LGBTQIA+ and disenfranchised youth organizations.

We continue to work to improve the club experience for our members. We recently updated our bylaws and board positions to foster diversity and inclusiveness in our group. Working with Team DC, our local LGBTQ Sports Teams Organization, we are starting to plan special running events for World Pride in Washington DC in 2025 and are excited to share more on that later this year. Please join us anytime for a run or walk. Visit our website, social media, and reach out to us at info@dfrontrunners.org to learn more about our group.



Front Runners New York

Front Runners New York just keeps getting bigger and better! 2022 saw our membership swell to the largest on record, in late July crossing the 1000-member threshold for the first time and finishing the year with 1,145 dues paying members. This year we're on track to grow even larger, having crossed the 1000-member mark before the month of June began!

FRNY has had much to celebrate since the last newsletter, beginning with recognition by the Road Runners Club of America (RRCA) in receiving the 2022 Award for Communications Excellence. The honor acknowledged the work of our Communications Committee and 2022 Board for our website, social media, and weekly newsletter—the Gram. The celebration continued with a banner year at the New York Road Runners (NYRR) Club Awards Night, at which a record twelve Front Runners were nominated for Runner of the Year. The three individual award winners added to titles for our Women's Team taking first place in the B Division, and our inaugural Non-binary Team winning overall. Of course, our award season would not be complete without a return to the Hard Rock Café in Times Square for hundreds of members to celebrate FRNY Awards Night.



We aren't just celebrating last year's accomplishments; FRNY has been living out our purpose encouraging LGBTQ+ participation in running. We hosted our FRNY Track Meet featuring the second annual Drag Dash. This year also saw the return of our Drag Royale, a benefit event for the FRNY team members traveling to Guadalajara for Gay Games 2023. Under the guidance of our coaches, members have pushed beyond their performance goals—whether the 55 participants in this year's Beginner's Clinic or the Front Runners breaking club records for the Fastest Known Time at several distances. The FRNY membership also voted to pass an amendment to our bylaws, changing the structure for the Board of Directors to reflect broader inclusion and representation for our members.

All this activity led to a jam-packed June. To launch the month, we hosted our annual Meet the Membership Picnic on June 3rd, with an incredible turnout participating in the New York City leg of the IFR Rainbow Memorial Run. We immersed ourselves in community—from marching at Queens Pride and racing the Brooklyn Pride Run to collaboration workouts with other NYC running clubs. Our Pride Week events kicked off with a Happy Hour featuring



drink specials and raffles to benefit this year's Pride Run beneficiary: the Hetrick Martin Institute. The Wednesday fun run was preceded by a panel co-hosted with New York Road Runners on the Non-binary running experience. By Friday, Front Runners were back where it began for our annual Pride Toast at Stonewall. On Saturday, we had 443 members fly by the Cher Zone at the 42nd Front Runners New York LGBT Pride Run. Somehow Front Runners still had the energy to sprint and distribute our trademark "Nice Legs!" stickers at Sunday's Pride March.

If your travels ever bring you to NYC, we would love for you to join us at one of our fun runs in Brooklyn or in Central Park, where we have consistently had more than 100 runners attend. Reach out to hello@frny.org at any time!

Frontrunners Boston

In the past six months, we've started a new weekly queer run on Wednesdays in Boston's Jamaica Plain. This second beautiful run has the benefits of running through parts of our famous Emerald Necklace as well as the Arnold Arboretum!

Frontrunners Rhode Island



Frontrunners Rhode Island continued its weekly Monday and Thursday runs despite the notoriously long New England winters.

During late winter, the group held its very own created 15 mile relay race around the scenic Roger Williams Park in Cranston, Rhode Island with teams of runners, "wunners" and walkers. This was followed by a tasty brunch held at Ike's house where members got to enjoy his beautiful sunroom and even donate all their old race medals to a 501-c

Massachusetts organization that recycles unwanted medals.

Frontrunners celebrated Pride this month with a free pride run/walk in Providence for all members of the Rhode Island LGBTQ community. Despite the heavy rain, poncho wearing fronties were able to participate in Rhode Island Pridefest also held this month to help recruit new runners and walkers. July 1, 2023 will be the first time that FRRRI will be having a weekly 3-5 mile Saturday run!



Lez Run Philadelphia

It's been an incredible year of growth, achievements, and community building for our running club! We're thrilled to share some exciting updates and accomplishments from the past year.

First and foremost, Lez Run has made significant strides in promoting inclusivity and advocating for the non-binary community within our sport. We're proud to announce that our efforts were successful in advocating for prize money for the non-binary division at the Broad Street Run 10-mile race. This milestone represents another significant step forward in recognizing and supporting non-binary athletes in competitive running. Additionally, we've been instrumental in encouraging other races to embrace inclusivity by adding non-binary divisions to their events. Our advocacy efforts paid off, as the Love Run Half Marathon and the Buffalo Marathon have now included non-binary divisions. This progress is a testament to the power of our collective voice and demonstrates our commitment to fostering a more inclusive running community.



Our group runs remain the heart and soul of Lez Run, and we're thrilled to continue our weekly gatherings. Every Saturday at 8am, we meet at Lloyd Hall for a 3 miles run followed by coffee and breakfast plus social time. Lez Run continues to offer free track sessions on Thursdays at Springside Chestnut Hill track. These workouts provide an excellent platform for improving speed, endurance, and technique.

As the racing season kicked into high gear, our members have been out there, conquering various challenges and embracing their love for running. Here are some of the notable races that Lez Runners participated in: Boston Marathon, Broad Street Run, NYC Half, Buffalo Marathon, Half, and 5k, Finger Lakes 50's Ultra Marathon 50K, Philly Pride Run 5K, Brooklyn Half, Dirty German Trail Half, Wissahickon Trail Marathon and Half, Brew to Brew 10K, Disney Marathon. Huge shoutout to every member who took part in these races and pushed their boundaries, showing dedication and perseverance!

Looking ahead, we're excited about the upcoming months filled with more training, racing, advocacy, and community building. We'll continue to support and uplift one another as we strive for personal and collective growth. Thank you for being part of Lez Run and for making it the vibrant and inclusive community that it is.



Pittsburgh Frontrunners and Walkers

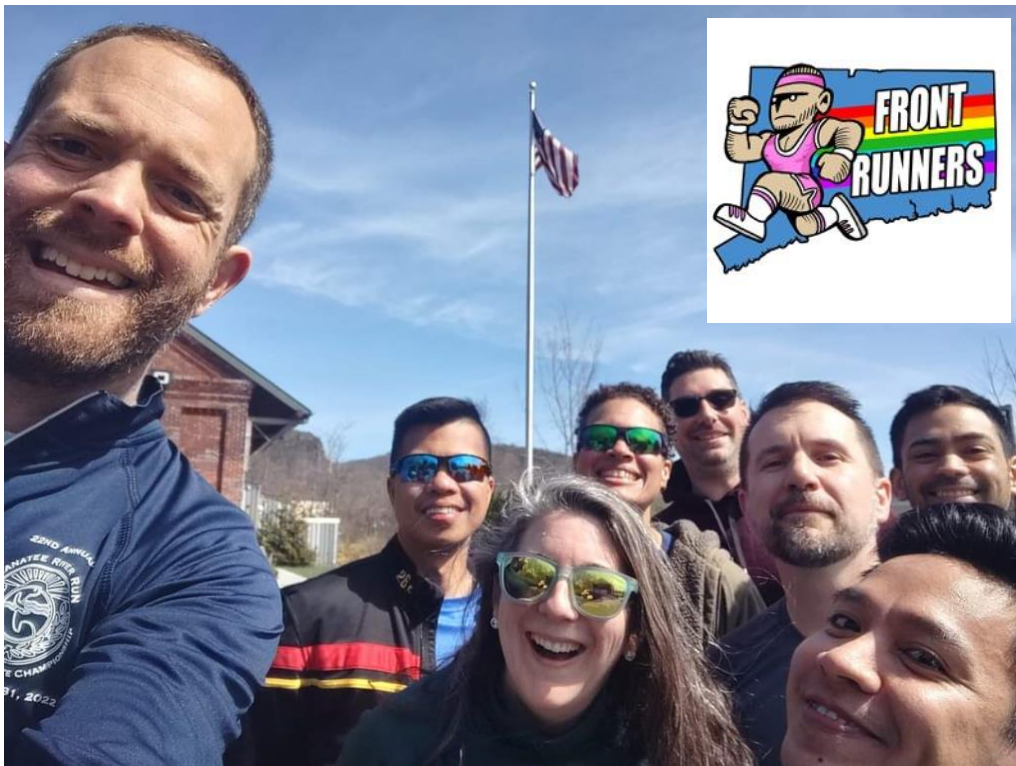
We have been slowly rebuilding the Pittsburgh Frontrunners and Walkers club. At the beginning of May, we got some publicity and were included in the local directory for Pittsburgh Marathon Guide. We hosted a shakeout run and a brunch the day before the marathon. We hosted other Frontrunners from Maryland.

Pittsburgh Frontrunners will also be a sponsor for the largest run in the city Parks, Run Around the Square. This takes place in Regent Square and runs through Frick Park on Saturday, August, 26. Picture from Pre-Marathon brunch attached



Front Runners Connecticut

The Front Runners Connecticut is a newly-formed chapter to give our community members who are into running and walking the space to connect. We are currently using Facebook as the method to communicate and organize runs and Instagram as additional social media presence to get the word out to our community. We are close to having 50 members!



Southern US

Representative: Michael Flores <rep-us-s@frontrunners.org>

Front Runners Atlanta



Atlanta Front Runners has a lot going on! We've continued to grow, retaining over 200 paying members, and regularly have 30-40 people at each run.

Front Runners is actually gearing up for the Peachtree Road Race on July 4th, which is the world's largest road race. Our club continues to give people the courage to be their authentic selves through our runs, social events, and encouragement as a group.

We have become a philanthropic force in Atlanta with the Pride Run which this year once again hit new records. There were 2000 runners in attendance and we've raised over \$100,000.



FrontRunners Houston

Winter and Spring '23 continues to be a period of increasing activity for FrontRunners Houston. We ended 2022 with a very well attended Holiday Party hosted by one of our members, where we had an opportunity to thank our group administrators for a fantastic year of growth and engagement.



We kicked January off with the Houston Marathon and Half-Marathon that saw participation from several members, preceded by a pasta-ular carb-loading special. Among other monthly social events, we held a board game social in March during which three members rotated out of and three others rotated into the group administration. Our inter-city event in the Spring entailed a 5-mile hike in Texas Hill Country, which was attended by nearly 25 members. We also held a combined run with another

Houston running group, ZFT Run Club, where our members showed up in huge numbers.

In the coming weeks, we will be participating in a local pride kick-off run, after which around 20 members will travel together to Mexico City as a group to attend Mexico City pride, one of the largest pride events in latin america, where we will definitely run! Other social activities planned for the coming months include more regular socials and another lake retreat.

At the core of our programming, the weekly runs (followed by post-run breakfasts/dinners) continue with introspective ice-breaker questions before our run, and allow us to continue to get to know each other better and keep our member engagement high.



Night Runners West Palm Beach

The Night Runners WPB is a free evening running & walking group in West Palm Beach, Florida with a mission to enthusiastically promote health, diversity, and camaraderie through physical activity (running) and friendship for everyone.



Recently, the group hosted its 3rd annual Pride 5K Run/Walk, raising over \$10,000 for local charities. Furthermore, this year the group has introduced a Youth Sponsorship Grant that is utilized throughout the year by recipients to cover the financial cost of participating in community running events.



Central US

Representative: Randy Hite <rep-us-c@frontrunners.org>

Colorado Frontrunners

Colorado Front Runners participated in Boulder Pride - June 11th - and Denver PrideFest - June 25th and 26th - with a table for sharing information about our club activities and recruiting new participants.

For Denver PrideFest, we teamed up with REI and The Center on Colfax (LGBTQIA+ resource center) to support a Couch to 5k for people training for the Pride 5k on June 24th. This involved being present at two (the first of which was rained out) training runs and leading the participants through the course. There were over 100 runners and walkers in attendance and it provided a good opportunity for us to get out the word to many potential new participants.



One of our projects from last year came to fruition this spring. Using a Brooks grant along with funds raised through special events, we dedicated a bench in Cheesman Park in memory of members who have died of AIDS over the years. (Image attached.)

At our annual members meeting in January, we kicked off a survey to ask participants for their input on the future of our club. Our next board meeting in July will set some objectives for analyzing the results and determining how to move forward with any suggestions that are deemed worthy of further consideration.



Frontrunners Lexington

2023 has already been an exciting year for Frontrunners Lexington! We are in our second year as an official nonprofit and our fourth year of activity since our "rebirth" in 2019. Our weekly runs/walks on Wednesdays and Saturdays are continuing to grow, especially as the weather has warmed up! We've made a push this year to incorporate more social events into our calendar, including happy hours, watching sporting events (soccer, baseball, and tennis), and our first-ever biking events. Our Pride Run 5K is scheduled for Saturday, September 23, and signups are already doubling last year's pace! The 5K raises thousands of dollars for LGBTQ+ youth in and around Lexington every year: <http://frontrunnerslex.com/grants/>



Frontrunners Lexington has also expanded our reach into the community with the second running of our coached track program. This program is open to anyone from the community and includes 10 weeks of weekly coaching sessions from two of our members. We've also continued our tradition of community holiday runs, and this year's Memorial Day Run was our largest yet with 56 individuals (and four dogs!) present! The holiday runs are open to anyone in the community, and we often invite other local running groups.

Our club has continued to expand its role in local activism. This spring, several of our members were heavily involved in the Lex Have Pride initiative, which included a 15-point petition for elected officials at all levels of government with demands to the rights of LGBTQ+ Kentuckians. The petition was signed by over 5,000 individuals and had the support of over 100 local businesses. We continued selling our Support Trans Athletes shirts to raise funds for the Kentucky Youth Law Project, which advocates for LGBTQ+ youth in the legal system. As part of our activism, we hosted a voter registration drive and began selling Gay Out The Vote shirts. Proceeds from these shirts go to Pride festivals in Central Kentucky that feature a voter registration component. Both of these shirts were sold at the Lexington Pride Festival in June. Learn more here: <http://frontrunnerslex.com/action/>



Frontrunners/Frontwalkers Chicago

Chicago Frontrunners and Frontwalkers (FRFW) want to thank everyone who continued to support the club throughout the first half of 2023. During the spring and summer months we have enjoyed the splendor of the lakefront trail, welcomed new members and visitors on a weekly basis, and remained on the lookout for the City's best brunch and dinner locations.



We continued our distance / marathon training group for the second consecutive season in 2023, in tandem with our two weekly fun runs / walks. This proved to be a valuable addition to the club. It allowed members who want to run a fall half or full marathon to get advice from marathon veterans while training with the merriment and company of other Frontrunners! The distance group enticed new members interested in both a competitive and social running dynamic.

As the club grows, we have focused on social media and run tracking apps which foster a sense of community among members in-between group runs. We continue to participate in local races throughout the year and are always looking for ways to volunteer. During Pride month, club social activities included exploring new urban running paths, Chicago Cubs Pride night, honoring International Frontrunners Day, and our own Pride run, brunch, and fundraiser. We are already planning celebrations for several of our members who are participating in the 2023 Mexico Gay Games and the 2023 Chicago Marathon. Chicago Frontrunners welcomes everyone visiting from out of town to run or walk with us anytime!

Indianapolis Frontrunners

Indianapolis Frontunners is still around after over 30 years. The group meets Sundays at 12 noon in the Broad Ripple Village neighborhood (meet at Rise and Roll Bakery) for a walk up the Monon Trail. Currently there are only walkers but runners are always welcome. The group recently volunteered at the IndyPride Rainbow Run where a record 800 walkers and runners participated in the fun event. Many in the group also participated in the Mini Marathon in May.





Many of our Frontrunners also visit other clubs when travelling. My personal favorite are the DC Front Runners (for their walks up Rock Creek Park to the zoo) and Ft. Lauderdale Frontrunners which run and walk from Holiday Park to downtown and also along the ocean. Both have a plethora of social and volunteer activities.

Visit the Indy Frontrunners website (or find us on Facebook) for more information. Also, if you are in town for a visit, check us out.

Kansas City Frontrunners

2023 has been exciting for the Kansas City Frontrunners! This spring our members raised a record-breaking \$4,000 for AIDS Walk of Kansas City. We also hosted monthly Friday happy hour meetups after work, which is getting strong response. Our most recent happy hour was in a member's home. Pride month was huge, where we participated in Kansas City's Pride Parade, passing info about our group to spectators, and candy for the kids.



We also hosted our annual Run, Walk, & Pride picnic event which had large member turnout with perfect weather in one of Kansas City's premier parks. Speaking of food, several members have been hosting brunches on Sunday mornings in addition to the restaurants we usually visit after a run/walk. For the rest of the year, we'll continue engage members through running, walking, and social events to bring members out and welcome new ones as we continue our growth.



Minneapolis-St Paul Frontrunners

The arrival of warmer weather brought many new faces to our Saturday and Sunday group runs! We now regularly see at least 10 people for each of these events. Many of our members enjoyed the Rainbow Run 5k which took place in downtown Minneapolis along the Twin Cities Pride parade route just before the parade began. We have also experimented with a few midweek hill-repeat clinics to aid those who are training for upcoming races -- these events have been well-received!



Omaha Front Runners and Walkers

The Omaha Front Runners and Walkers are still alive and doing alright. Our club is hanging in there, with about 40-50 people who are considered members; only about 20-25 contribute any dues to the group. A smaller number than that come to the walks. We have ceased having any regular running in the group- the aging of our membership has turned us into just a walking group.

Financially, we're stable. We're trying to reach a younger demographic, with little success. We also don't have anyone that is particularly savvy with social media and keeping on top of posting new material. Having said that, the people that do come to our walks are pretty loyal.

On the bright side of things, our club is officially 35 years old this year! We are planning on making a much bigger presence at Omaha's Pride which is July 15th, 2023. We have an entry in the parade (my car), something the club hasn't been part of in many years! Because we are a long standing LGBT group, we also have "Legacy" status, meaning we are in the parade, have a booth at Pride, and there is no cost to our club. Additionally, there is a small



percentage of the profits from Pride that are split among the "Legacy" groups, which we will receive later in the year. That has been a huge help in sustaining the club. Additionally, we have members of the Kansas City Front Runners who are coming up to our Pride in July to assist and cheer us on, hopefully showing the Pride community how far reaching the Front Runners organization is in the world.

The other event that we hope will turn into a major awareness event for the club is our Annual Fun Run/Walk, which will be held in late August. In the past, the event was destined to become a big deal; having 41 entrees in 2018; 141 entrees in 2019, which got us very excited; and well, we all know what happened the next summer- nothing. No Fun Run in 2021 either. In 2022, we started back up- and unfortunately had a bad weather day, plus having a later start than before in mid September, caused the event to have 13 runners/walkers. It was very disappointing. We are currently going into meeting to set up this year's walk/run, with hopes of turning this event into a successful annual city wide event that will put our name out to the public and bring people into the group. This is where our focus on the future of the group lies, at this point.

Other than our hope that the city wide Fun Run turns into a big success, we will continue into the future in pretty much the same manner we've been doing in the past. Our hope is to get some younger members that can carry the torch for our group into the future. I have hope.

OutRunners Columbus



The OutRunners Columbus (ORC) celebrated 5 years in April and continues to thrive as central Ohio's LGBTQIA running club affiliated with the International Front Runners.

The month of June was especially exciting for the ORC as they celebrated Pride with donations, discounts, and support from local running stores, businesses, and many friendly folks in central Ohio.

The ORC encourages and welcomes all to attend their group runs or meet up with other LGBTQIA runners while in central Ohio.



Western US

Representative: Ari Worthman <rep-us-w@frontrunners.org>

BayLands FrontRunners

BayLands FrontRunners has participated in many successful rainbow events the first six months of 2023. On March 8, the Silicon Valley Rainbow Chamber of Commerce sponsored a "Connect 2023" event, a networking opportunity attended by 24 LGBTQIA+ clubs, organizations, and businesses; we also had a table at the San Jose Earthquakes PRIDE soccer game, at Pride in the Park in San Carlos, at Ladera Pride in Portola Valley, at Pride on the Corner in San Jose, and we plan to participate in Silicon Valley PRIDE on August 27.

Our club has 224 members, it's not unusual for BayLands to have 70+ members at circle-up on Saturday mornings, 15 runners and 3 volunteers participated in the recent SF PRIDE run, more than 90 members attended the first of our 4 summer brunches, and our 30th Anniversary celebration shown in the photo(s) below had a sold out crowd.



We will continue to attend as many rainbow functions as possible to let everyone know what an active LGBTQIA+ club BayLands is and how proud we are to be part of International Frontrunners.

East Bay Front Runners & Walkers

East Bay Front Runners & Walkers send Pride Month greetings to our fellow Front Runners around the world!

We were treated to a Pride Month visit by George Rehmet, president of Road Runners Club of America (RRCA), at our June 10 run/walk in Oakland (see photo).





George (far left) emphasized RRCA's commitment to ensuring that all marginalized communities have a place in the sport of running. EBFRW is proud to have been affiliated with RRCA for over 15 years and counting.

In terms of club management, EBFRW is exploring an improved membership management system. We are eager to provide a better experience for both our members and the board by moving away from our

current system of spreadsheets and manually maintained lists. We are also finalizing plans to launch a new committee to promote community outreach, improve member engagement and inspire new runners and walkers to return.

Looking forward, EBFRW is excited to announce our 19th annual Pride Run & Walk at Lake Merritt in Oakland on October 14. Before then we will host informational tables at local Pride celebrations, including Castro Valley on July 15 and Oakland on September 10.

Sacramento Frontrunners

Sacramento Frontrunners has been steadily busy during the past 6 months. We had successful turnouts at our monthly Saturday brunches. We had new tshirts made bringing back the original club logo from 1992. We also brought back Wednesday night runs at McKinley Park, and we continued an annual tradition of hosting an aid station at the American River 50 mile race.



From May to August, we host monthly potluck picnics at McKinley Park. We invited members of Corremos Sacramento (a Latino-led run/walk group) to our picnic in May.

On the first weekend of June, we held our third annual Unofficial Sacramento Pride Run where our members and allies run around the Sacramento Capitol while carrying Pride flags. We

also hosted a booth at the Sacramento Pride Festival to attract new members.



Honolulu FrontRunners/FrontWalkers

Aloha,



We continue with our regular Saturday morning run/walk in Waikiki and our mid-week Wednesday runs/walks/hikes in east Honolulu (Makapu'u Lighthouse Trail) and at Magic Island/Ala Moana Beach Park in Honolulu.

We also get together once a month for dinner at a local restaurant. Attached is a photo from May's dinner.

As we've done in the past, we supported this year's Honolulu AIDS Walk on June 17. We raised donations and had a small group in the Walk (see attached photo).



We will soon start working on this year's Pride Run/Walk 5K which is set for Saturday, October 14, 2023. This takes place one week before the Honolulu Pride Parade and Festival. We've already had some early registrations. Anyone planning on being in Honolulu at that time, please join us. Or, you can plan a trip to Hawaii around our Pride Run/Walk. You can register at: [https://runsignup.com/Race/HI/Honolulu/PrideRunWalk5KHonolulu.](https://runsignup.com/Race/HI/Honolulu/PrideRunWalk5KHonolulu)"

Mahalo,



Portland Frontrunners



Greetings from the Portland Frontrunners! It has been an exciting first half of the year and we still have plenty of great events planned through the rest of summer. Membership has been on steady rise and we are outpacing previous years.

Back in April we traveled to Eugene, OR where the Eugene Frontrunners hosted us and the Seattle Frontrunners for the Eugene Marathon. It was great connecting with the other clubs and supporting each other for the race.

June has been very busy for us with Pride Month. We started a new Affinity Run/Walk for women, femme, trans, and non-binary folks that was a big success and has now become a reoccurring event. This year was also our biggest Pride Run yet with over 300 participants.



The next few months will still be busy even with Pride behind us. We have our summer camping trip in late July up in the Cascade Mountains. In August we have a team running the Hood to Coast Relay which the Portland Frontrunners first started running in the 80s. Rounding out September, we have our fifth annual Bridge to Bridge to fun run.

If any Frontrunners happen to be traveling through Portland this summer, we hope you can join us for one of our weekly runs or fun summer events.

Seattle Frontrunners

Seattle Frontrunners (SFR) celebrated Pride Month in style! On June 24, the club hosted its largest pride run ever with 700+ registrants, due largely to the efforts of member and Race Director Nellie Waddell.



The following day, 50 members of SFR marched alongside Brooks (see photo) in the Seattle Pride Parade. 300,000+ spectators attended the parade - the largest in the city's history - and the SFR/Brooks contingent was arguably the star. Every few minutes, decked out in Brooks t-shirts and SFR gear (as well as balloons, rainbow tattoos and more), the 200 SFR and Brooks marchers did 50 meter sprints, eliciting cheering from the crowd.



This summer, we anticipate the club will continue to grow - we're just shy of 600 members. We're also working on significant structural changes to the club, including changing our U.S. tax status from a 501(c)7 to a 501(c)3.



Mexico, Central & South America

Representative: Juan Pigot <rep-mx-csa@frontrunners.org>

Suriname Frontrunners

The last 6 months Suriname Frontrunners continued with its weekly run. We did change to date and the location to make the schedule more accommodating to our members. We run now every Tuesday at 5:30pm in the northern part of Paramaribo.



For IDAHOT (May 17th) we organized a special run on the Sunday before. Around 35 people participated in this event.

The planning for the coming 6 months is a Pride run, during our Pride Month in October, participation in the Gay Games in Guadelajara and organize one more special run around an important date for the LGBT community



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Happy running and walking!

International Front Runners

