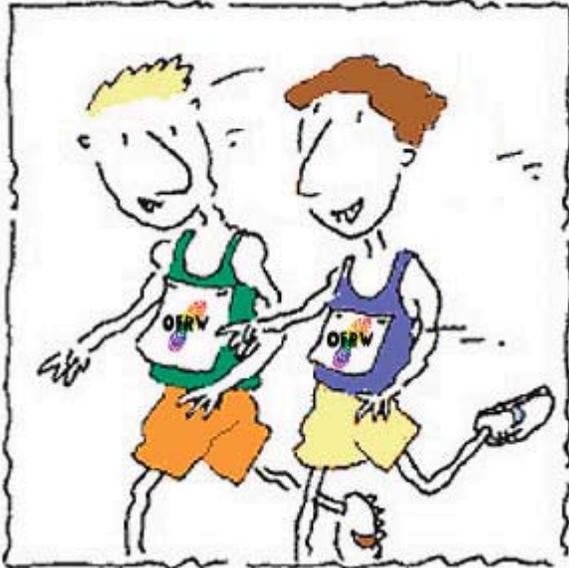


# Moving Forward...



Also...

Orlando Front Runners & Walkers sponsors other activities throughout the year. Some of these are sports & fitness oriented such as bike rides, canoe trips, bowling, and volleyball. Others are purely social such as quarterly pot-luck dinners, holiday parties, and movie nights.

We publish a monthly newsletter, Out Front, to keep our members abreast of the club's activities. In addition to calendar listings of upcoming OFRW events, we also alert members about races in the area. We also include personal stories about running experiences, health and fitness articles, inspiring quotes, and much more.

### Did you know?

Orlando Front Runners & Walkers is a member of International Front Runners, a world-wide organization with the same vision of promoting healthy activities for the Gay, Lesbian, and Bisexual community. OFRW has received three Spectrum Awards for Outstanding Recreational Organization in Central Florida. We're proud to be an active force in the our community. We have participated in Orlando's Pride Parades, the Adopt-A-Highway program, and we've sponsored our own races/walks to benefit

Orlando's AIDS Service Organizations.

We encourage you to join us! No matter what activity you choose to participate in, you set your own pace. Come make some new friends and give your fitness level a boost while you're at it. If you have any questions, please do not hesitate to contact us. We hope to see you at our next run/walk!

## OFRW Board of Directors

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## What is OFRW?

Orlando Front Runners & Walkers is an organization dedicated to promoting healthy activities for the Gay, Lesbian, and Bisexual community.

## What do we do?

We meet three times a week to exercise and socialize. Activities vary: some people run, others walk, some roller blade, some bicycle. People even bring their pets along. We're not just for runners anymore!

## How do we do it?

We circle up, make announcements, and ask by a show of hands who will be participating in which activity. Different groups of runners will run 3, 4, 5, and 6 miles at their own speed. Some walkers move slowly while others prefer a brisker pace. We break up into our respective groups, and meet back about an hour later to talk and interact. We often go out for food afterwards.

## When do we do it?

We meet at the Red Pagoda at the northeast corner of Lake Eola at the following times:

Mondays at 6:30pm

Wednesdays at 7:30pm

Saturdays at 8:30am (thru Sept. 1)

Saturdays at 9:00am (start Sept. 8)

## How to reach us:

### Mail:

P.O. Box 11135  
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### Phone:

(407) 895-6368

### Fax:

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# Orlando Front Runners & Walkers

