

NEWS LETTER OF THE
ORLANDO FRONTRUNNERS
& WALKERS

- FALL IS IN THE AIR
- A BUSY SEASON OF RUNS, WALKS AND LAKE EOLA EVENTS AHEAD
-

INSIDE
THIS ISSUE:

Calendar 2

Birthdays 2

Upcoming
Runs, Walks,
Events 2

OFRW Gal-
lery—August
Meet & Greet 3

Our Town 4



Come Out With Pride Oct 10

Join the Orlando Frontrunners and Walkers and walk in Orlando's Come Out With Pride Parade on Sunday, October 10 Parade Marshalling Area is Robinson St. Between Summerlin and Rosalind. All The Parade Groups must be Checked in by 1pm, and ready to go by 1:30pm Official Start Time is 2pm. The Route is West on Robinson to Rosalind, South on Rosalind to Central, East on Central to Summerlin and North on Summerlin to Robinson.



OFRW at 2007 Pride Parade

October 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	4 8am & 9am OFRW
3	4 6:30p OFRW	5	6 7:30p OFRW	7	8	9 8am & 9am OFRW
10 Pride Parade 1:30pm	11 6:30p OFRW	12	13 7:30p OFRW	14	15	16 8am & 9am OFRW
17	18 6:30p OFRW	19	20 7:30p OFRW	21	22	23 8am & 9am OFRW
24/31	25 6:30p OFRW	26	27 7:30p OFRW	28	29	30

October Events

- Oct 1—Disney Wine & Dine Half Marathon
- Oct 9—Heart of Compassion 5K
- Oct 9—Walk-n-roll-a-thon.
- Oct 9—Dr. Phillips 5K
- Oct 9—Walk for Lakewood
- Oct 10-U Can Finish 5k
- Oct 10- Pride Parade
- Oct 16—Kickin’ Cowboy 5K
- Oct 23—Harvest Hustle 5K
- Oct 24-Universal Pursuit 5K
- Oct 31-Halloween Fun 5k
- Birthdays**
- Oct 2-Matt O.
- Oct 7-Michael S.
- Oct 24-Dan W.
- Oct 28-Manny A

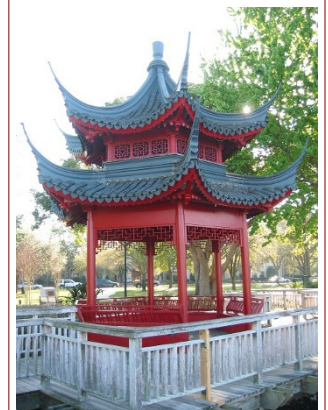


Liam (and friend) at Watermelon 5K

Future Runs, Walks & Events

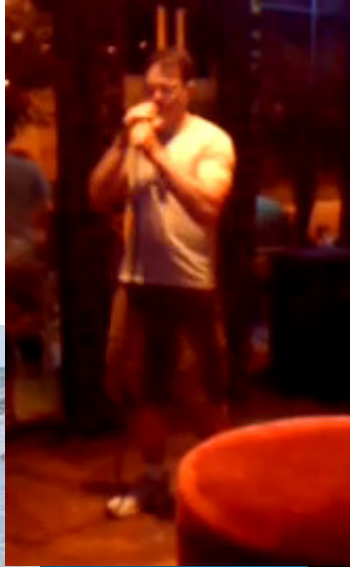
- Oct 1—Disney Wine & Dine Half Marathon
- Oct 9—Heart of Compassion 5K East Orlando
- Oct 9—Walk-n-roll-a-thon. Altamonte Springs
- Oct 9—Dr. Phillips 5K, Dr. Phillips YMCA
- Oct 9—Walk for Lakewood, Maitland
- Oct 10—U Can Finish 5K—UCF
- Oct 10—Come Out With Pride Parade and Expo 1:30pm
- Oct 16—Kickin’ Cowboy 5K, Kissimmee
- Oct 23—Harvest Hustle 5K, Orlando
- Oct 24-Universal Pursuit 5K, Universal
- Oct 31-Halloween Fun Run 5k

Winter Park

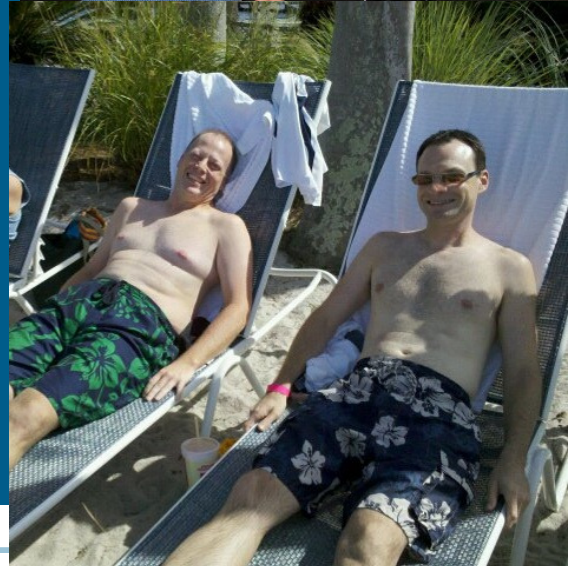


OFRW Gallery - Summer Fun

In may be hot in Central Florida in the Summer, but that never stopped OFRW folks from having some local fun



Clockwise from Upper Left: Jeff on Expedition Everest Roller coaster, Liam Butchering Patsy Cline, Harris & Jimmy Celebrating Mark M's 50th Birthday, Diego with his "long lens", Todd and Jeffrey Lounging Poolside, Michael S Celebrating National Yellow Day, Felipe & Sal Celebrating their Engagement , Michael M at the Beach





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

We meet three times a week to exercise and socialize.

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

Summer Saturdays: 8:00am Run, 9:00am Circle, Run/Walk after the circle

Orlando Frontrunners & Walkers

PO Box 11135
Orlando, FL 32803



Our Town



Orlando, The City Beautiful