

# Houston FrontRunners

Issue No. 5

## Contents

From the Editor	p. 1
FrontRunners Challenge Update	p. 1
Race Results	p. 1
More Info ...	p. 2
Tri-Corner	p. 3

## From the Editor ...

I have opened up a yahoo group to help promote the Frontrunners group on the internet, via yahoo groups. I am getting assistance from Team Houston to tweak the group settings so it's members will not get spam. As a matter of fact, new members will have to be approved by a moderator, me (any volunteers?).

You will be able to write to the Houston-Frontrunners yahoo group if you want to propose a race or make an announcement to all the members. However, I am setting the "reply" setting option so that a reply will go directly to the individual and not the entire group. Again, I hope this helps athletes find training times with other Frontrunner athletes.

When I feel ready with the settings, I'll send all of you an invite to join the group. Raúl

## Upcoming Road Races ...

More information can be found in the RTN website <http://www.runnertriathletenews.com/index.html>

Heights Run (5k)	6/4
<b>PRIDE Run</b>	6/18
Frontrunners Challenge	6/18 Runners Wanted!!
Rainbow Run 2005	Sept. - TBD – Dallas Frontrunners

Facts about the PRIDE Run: Believe it or not, the Pride Run is on its 8<sup>th</sup> Year since it was established. If you are a runner or a walker, the Pride Run has the distance for you. You can participate in either the 5k Run or 1-Mile Walk. The Pride Run's beneficiary is AssistHers. You can pick up an entry form at your favorite running stores, SignMeUp.com and Memorial Tennis Center.

Any suggestions for races we ought to consider? E-mail me, [HoustonFrontRunners@yahoo.com](mailto:HoustonFrontRunners@yahoo.com)

## Race Results ...

### Sprint for Life 5k

Al Salinas 23:22

Remember to send your race results to Raul at [houstonfrontrunners@yahoo.com](mailto:houstonfrontrunners@yahoo.com)

## FrontRunners Challenge

We have a Challenge. I hear Dallas Frontrunners is excited to hear about the Frontrunners Challenge addition to the Pride Run. And, Austin FastTrack is working on putting a team together.

The FrontRunners Challenge is definitely on. The Pride Committee has endorsed it and you can sign up for the Pride Run and FrontRunners challenge. You can sign up via [signmeupsports.com](http://signmeupsports.com) or via the traditional paper application. The paper applications are available at your favorite running store and race information locations in the Montrose/Memorial or from the Pride Run website

<http://www.geocities.com/houstonpride5k/index.html>

When you sign up for the Pride Run you will be competing in two events at the same time. You will be able to qualify for 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> place trophies in your age group, 5 year age groups. The timing from the first four runners from each city will be used to tally which city had the fastest team. The awards for the FrontRunners Challenge will take place at a host-house, potluck style.

How do you participate in the FrontRunners Challenge? It's Simple. I need a confirmation from you that you want to be in the FrontRunners Challenge and check the check-box for the FrontRunners Challenge when you register for the Pride Run.

Hope to hear from you!

## Come Run with the Frontrunners ...

The Houston Frontrunners meet two times a week. We welcome walkers and runners to join us. The club meeting schedule is:

Thursday - 6:30 PM @ Memorial Park

Sunday - 8:00 AM @ Memorial Park

The group meets in front of the Memorial Park Tennis Center, at milepost 0, zero that is. All levels of runners and walkers are all welcome to join. The group runs/walks the 3 mile loop with each individual running/walking his/her pace.

Thursdays Special ... On Thursday, after the run, you are welcome to join us at Rick's Jacuzzi/hot-tub followed by a group diner.

You are always welcome to join other Frontrunners and challenge yourself to run and/or walk with the group.

NOTE: Raul is currently running on Wednesday evenings at 6:00 PM to do 6 miles, 2 loops, if anyone cares to join. The exception is June 8 where Raul needs to attend the Pride Run meeting.

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## Run like the Olympians ...

Like the original Olympic runners, that is. The Southwestern Sunbathing Association has published the 2005 SWSA Nude Racing Series Schedule. Get more info at ...

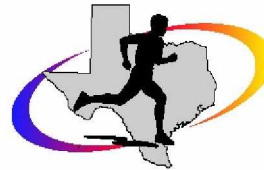
<http://swsanuderacingseries.com/>

I am still trying to fit one of these into my busy calendar ... somewhere between the 3 or 4 triathlons, the Heights Run and the Pride Run.

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## Team Singlets/Jerseys

Carlo and I continue to work on a Team singlet for FrontRunners/Triathlete. This logo gave us problems because we are limited to 5 colors, black counts for one color.



Houston Frontrunners

So instead, we are going with the "Houston Frontrunners" by itself. Here is the singlet and shorts we would like to buy from eastbay.com



singlet/shorts in red

If have some suggestions please contact me or Carlo. Carlo's e-mail [silentranner@rocketmail.com](mailto:silentranner@rocketmail.com)  
Raul's e-mail [marcelo.tri@gmail.com](mailto:marcelo.tri@gmail.com)

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**Reminder!!** Don't forget to send in your results to [HoustonFrontRunners@yahoo.com](mailto:HoustonFrontRunners@yahoo.com) as I am really focused on my cycling for the next 5 or 6 months and I tend to loose sight of road races for runners. I know my next race is the Houston Pride Run and maybe some nude run between the bike rides and triathlons.

## TriCorner

### Editor's Triathlon Favorites ...

Tejas Triathlon	6/12 – Sprint
Buffalo Springs Lake Tri	6/26 – Sprint/Half
Boerne Tri's	see RTN for dates
(Sprint, Olympic, and Half)	
Shreveport Tri	8/7 fills up really fast
Cinco Ranch Tri	8/28 – Sprint ... wanna be Olympic

For more information, visit RTNs website ...  
<http://www.runnertriathletenews.com/index.html>

I finally put all that swim, bike and run training to use for this year. I went out to do the BTU Sprint Triathlon. The triathlon was held Bryan Lake and the temperature was about 73°F. Since the swim was 500 meters, I chose to swim without a wetsuit and had no problems once I got warmed up, by swimming. My swim was pretty slow, in part because I was trying to breath and see from my right sight, which doesn't come very natural to me.

The race promoter has definitely improved over last year. I did the "Road" Sprint Tri but you also had the option of doing the off-road Tri. The swim course was the only segment these two events had in common. Obviously the bike course was different but even the run legs were different. The Road Tri run was 1 mile on asphalt and 2.1 miles on a "fire-road", pretty level. The Off-Road Tri run was through little trails in Bryan Lake/park.

### Reminder to Triathletes!!

If you know of any new triathletes or runners in the Houston Area, please share with them this newsletter and/or ask them to send me and e-mail so that I can add them to the distribution. I can be reached via [HoustonFronrunners@yahoo.com](mailto:HoustonFronrunners@yahoo.com) or at [marcelo.tri@gmail.com](mailto:marcelo.tri@gmail.com)

## Links to Organizations of Interest

Team Houston

[www.GayGamesTeamHouston.org](http://www.GayGamesTeamHouston.org)

International Fronrunners

[www.fronrunners.org/](http://www.fronrunners.org/)

USAT (USA Triathlon Federation)

[www.usatriathlon.org/](http://www.usatriathlon.org/)

Houston Fronrunners

<http://home.swbell.net/larathon/houfr.htm>

(Thanks to Larry for maintaining the website!!)

Team HRC

[www.hrc.org/teamhrc](http://www.hrc.org/teamhrc)

### Team HRC - Athletes Supporting Equality

We're excited to announce "Team HRC", a new opportunity to advance HRC's mission of equality in the GLBT community by competing in athletic events around the country. The inaugural Triathlon event will be the Los Angeles in September, 2005. The Triathlon is an Olympic distance, 0.9 mile swim, 24 mile bike/cycle, and 10k run. You can get more information from [www.hrc.org/teamhrc](http://www.hrc.org/teamhrc) HRC has plans to do other events/sports ... so bookmark the page.

This is one way to race and support our GLBT cause, through advocacy!!