

## Pride Relay

June was Pride month in Dublin - and a fantastic Pride it was despite the weather! Dublin Front Runners marked the Pride calendar with a Relay race on 14th June, which had 20 club members and friends taking part, running a 4km track.

The race was won by Marius and Oisin, while the prize for the most creative and original 'baton' was won by Declan and Adeline. Their baton consisted of a miniature pair of high heel shoes (that just happened to be lying around the house!).





# Pride Parade

The following weekend, brought the Pride Parade and despite the wind and the rain, the Frontrunners managed to add a touch of colour and sophisticated glamour to the parade once again - donned in Top Hats and Bow Ties for the 'Always the bridesmaid, never the bride' theme.



## On The Box Ireland's Olympians

"Ireland's Olympians", the RTE TV Series, runs for 4 more weeks every Monday at 7.30pm on RTE2. Here's some sneak previews, on YouTube...

[www.youtube.com/IrelandsOlympians](http://www.youtube.com/IrelandsOlympians)

## Out Games



On the 16th June, the Director of the Copenhagen Outgames, which takes place next year, met with representatives from all the gay sporting clubs in Dublin including the Frontrunners, to tell us of plans for the games. By all accounts it promises to be fantastic event.

In running, they will have a 5km, 10km, half marathon and full marathon race for both competitive and non competitive runners. There are also some track events, that you might be interested in taking part in.

Registration is now open, so have a look at their website and see what you think. The games will be held from the 25th July – 2nd August 2009.

<http://www.copenhagen2009.org/>

## Volunteers Needed Marriage Equality

Marriage Equality are looking for volunteers who can contribute between 3-4 hours per week in the evenings, for between 4-6 months. If you have a good telephone manner and computer skills, are a fluent English speaker and if you believe that same-sex couples should have access to marriage, please contact Dawn Quinn, Administrator on: Tel: (01) 6599459 or E-mail: [dawn@marriageequality.ie](mailto:dawn@marriageequality.ie).

## Achill Island

Closer to home, on the 5th July 2008, we have a big contingent of Dublin Frontrunners taking part in the Achill Half Marathon. Our runners were in the top ten last year, so we have high hopes this year for a repeat of last year's success. Good luck to everyone taking part.

### 5 miler July 12th

On Saturday 12th July, the Adidas Dublin Marathon Race series kicks off with a 5 mile race in the Phoenix Park. This will be followed on the 16th August and 20th September, with the 10mile and half marathon races. Further details are on the Dublin Marathon website [www.adidasdublinmarathon.ie](http://www.adidasdublinmarathon.ie)

### 13.1 miles Longford

Sunday 24th August, brings the Longford Marathon, half marathon and for the first time a Marathon Relay - [www.longfordmarathon.com](http://www.longfordmarathon.com)

# An Ironman with a Heart of Gold!



If you find the 10 km route around the park a struggle the odd day, spare a thought for a fellow Fronrunner, Hugh who completed an Ironman challenge in Nice last weekend.

Following a 3.8 km swim, Hugh faced into a 180km cycle (yes 180km!) BEFORE starting and completing a full marathon of 42.2 km!

In completing this challenge, Hugh hopes to raise money for the **Ocean Road Cancer Institute**, in Dar Es Salam, Tanzania where a friend of Hugh now works. Below is a letter from Hugh and how you can contribute if you wish. Further information on the charity is attached separately.

Hi there,

I write and send this email with a little trepidation. Many of you have already been so generous in the past when I have come knocking for a few euro sponsorship. And now I am at it again.

This cause is exceptionally worthwhile and close to home. A great friend of mine, Dr. Trish Scanlan (a paediatric oncologist) upped and left for Dar Es Salam, Tanzania in July 2007 to work with the International Network for Cancer Treatment and Research (INCTR). Since that date, Trish has been working tirelessly to help the plight of Tanzanian children with cancer. The INCTR has very limited resources and Trish is in desperate need of support to help these very sick children.

I am therefore attempting an Ironman challenge (3.8km swim, 180 km cycle and a marathon) in Nice on 22 June 2008 to raise funds. These monies will be used to buy drugs for children who are dying in Trish's arms simply due in many cases to the lack of basic chemo and related drugs/treatment. Every euro will make a difference. Every euro donated goes directly to buying drugs which will be sent to Trish to help save children under her care. Both Dr. Fin Breatnach (Consultant Paediatric Oncologist) and Dr. Marie Walsh (Chief II Oncology Pharmacist, Our Lady's Children's Hospital, Crumlin) will be in charge of using all monies collected by me to buy these vital and life saving drugs and get them out to Trish.

Trish is out there making a difference and at huge personal sacrifice. She has the admiration of all who know of her and her amazing work. Attached is a short summary of the charity, statements from Trish and Dr. Breatnach and some examples of how Trish has already helped some of these children.

All donations – no matter how small – will be hugely appreciated by this remarkable woman and for this incredibly worthwhile cause. I would also greatly appreciate if you would forward this email on to at least one other person who may consider making a donation.

Many thanks.

Hugh-M.

PS Cheques to be made payable to Dr. Marie Walsh