

COLORADO FRONT RUNNERS ***Come Walk & Run With Us!***



We are a running, walking and social club for LGBTQIA+ and allies in the greater Denver area. Participation is open to all people regardless of age, gender, race, sexual orientation, pace, experience or athletic ability.

Founded in 1985, we often have over 50 participants in our various weekly activities. Colorado Front Runners belongs to a network of Front Runner clubs around the world. There are more than 100 chapters, representing 36 states and 10 countries.

Front Runners gets its name from the 1974 novel, *The Front Runner*, by Patricia Nell Warren, a love story about a college running coach and his star athlete.



Club Runs and Walks

Our walks and runs are informal: you choose your pace, and if you're unfamiliar with the route, we'll pair you up with someone to help you navigate to the finish line.

We gather for socializing at a local establishment after each run/walk. In this sense, we like to think of ourselves as a social club with a running/walking problem. :)

Your Goals -The Sky's the Limit

Our club has a wide range of ages/ paces/athletic abilities. We understand that many times, it's difficult to just get started with a fitness program or maybe you'd like to train for a marathon.

Our members can help you with motivation, running partners, and coaching.

From "Couch to 5k" or developing your marathon training plan, Our many levels of running experience offer any level of assistance you might need to reach your fitness goals.

RACES

Dashes to Ultra-Marathons

Many of our runners compete in road races (5k to marathon and ultra-marathon) locally, nationally or internationally. In the past, several of our members have competed in The Gay Games and some plan to participate in the future. If you would like to travel for competition (or even just more socializing) this is your chance to meet people who plan on participating one way or another.

Building More Than Mileage

You'll make new friends when you join us. After each club run/walk event, we gather for a bite to eat or beverage, and conversation. Our club has a Social Coordinator who helps plan other events, such as a monthly "First Friday Happy Hour," picnics, "date nights" with other LGBTQ organizations and group outings to the movies.

Visit us at
coloradofrontrunners.org



For More Information visit us at:

Facebook -Colorado Frontrunners

Instagram –Colorado Frontrunners

Meetup - Colorado Frontrunners: an LGBTQ running/walking group

Web site: www.coloradofrontrunners.org

Membership

Membership is not a requirement for participation in our weekly runs/walks, but it is encouraged. Your \$20/year membership pays for our club's insurance and gets you a Front Runners t-shirt. Membership also allows you to participate in certain members-only activities.

Day	Time	Location
Saturdays Year Round	9:15 AM	SW Corner 9th & Downing, Denver in front of Dora Moore School
Sundays Year Round	9:15 AM	Boulder Public Library (Boulder) 1001 Arapahoe Ave (East end of parking lot)
Wednesdays (Apr-Oct)	6:30 PM	Trail Run/Hike - Location announced each week
Thursdays Year Round	6:30 PM	Sloans Lake - North Lot (3rd entrance east of Sheridan on Byron Street)
Weekday Walks (May-Oct)	Evenings	Denver City Parks - Location, date and time announced each week

Sign up for our newsletter:

www.coloradofrontrunners.org

and click on the Sign Up for Email Newsletters button.

