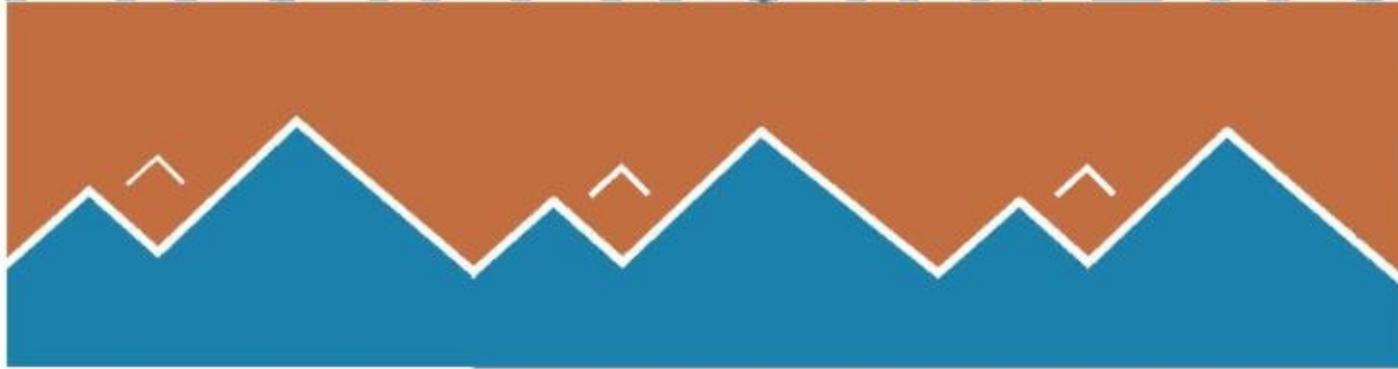


Colorado Frontrunners Weekly Bulletin
October 13th, 2014

Colorado FRONT RUNNERS



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October 13, 2014

Your Club Needs You!

Volunteering is Beautiful

Fronrunners and Frontwalkers, we are still in need of a club President and Vice President, as well as volunteers for several committees and working groups. Read on for more details!

President

The Club President acts as the chief administrator of the club, presides at the general membership meetings, and represents the club to International Fronrunners and to the world, and gets *lots and lots* of help and support from the rest of the executive board and from committees.

Vice President

The Vice President generally helps out the President. Also the VP assumes the duties of the President when the President is no longer willing or able to serve.

Committees



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2015 Race Series

Next Bulletin

Stay tuned for more information about Colorado Fronrunners Race Series.

Stay Connected



Furthermore, if high office doesn't appeal to you, please consider chairing or contributing to the following committees:

- Website & Social Media Coordinator
- Membership & Fundraising Coordinator
- Outreach Coordinator

To find more details about each of the offices and committees [click here.](#)

If you're interested in volunteering, or tantalized but need more information, please contact Warren or Brian

Weekly Saturday & Sunday Run & Walk

Denver Saturday Run & Walk

Every Saturday morning Colorado Frontrunners meets in Denver - year round no matter the weather - for a fun urban run or walk of about an hour. The group gathers between 9:10am and 9:15am in front of Dora Moore School at 9th and Corona in the Capitol Hill neighborhood.

Generally, walkers stride briskly to Cheesman Park and back; runners head through leafy streets to Washington Park. Everyone walks or runs the distance and pace that makes them happy. Afterwards, we gather for breakfast at Einstein's bagel shop to nosh, rehydrate and/or caffeinate, and socialize.

Boulder Sunday Run & Walk

Colorado Frontrunners meets on Sundays - come hell or high water - in Boulder. The Boulder drill is patterned on the Saturday gathering in Denver: meet between 9:10am and 9:15am in front of the Whole Foods at the Basemar Shopping Center on the SE corner of S. Broadway and Baseline. Even when it's cold and snowy you will find us there.

One group heads west on trails towards the Flatirons (900+ ft elevation gain, around 5 miles), another group heads east around the CU campus on flat and paved trails (around 6 miles), and a third group, the walkers, take a mini-hike in the gorgeous Boulder Green Space. Afterwards, breakfast is enjoyed in the dining area of Whole Foods. It's always a great way to start your Sunday!

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