

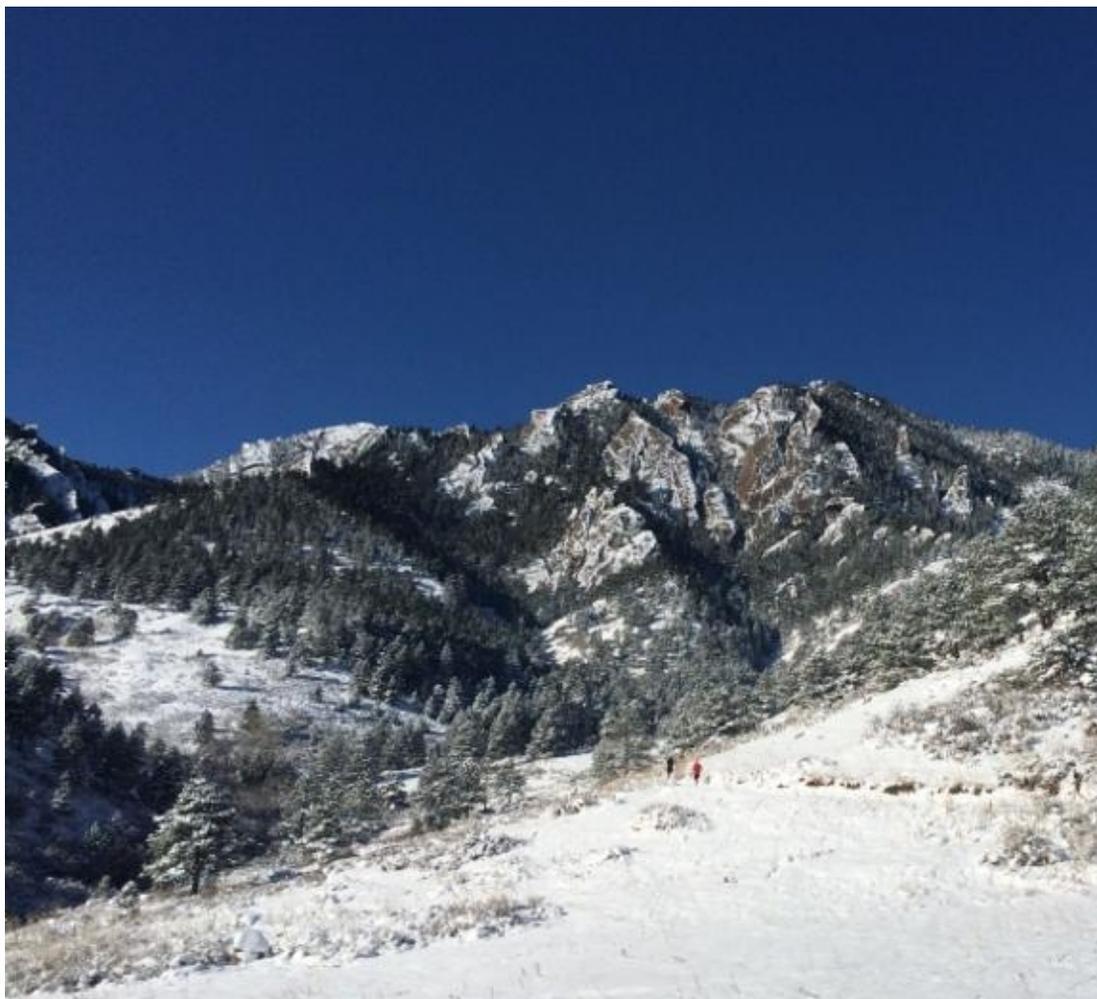


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November 19, 2014

## Winter Arrives in Colorado

Can you spot the Frontrunners enjoying a snowy Sunday trail run in Boulder?



Boulder Sunday Trail Run, 11/16/2014

## Yes, Uncle Sam STILL Needs YOU to Volunteer

**Colorado Frontrunners are stepping up to volunteer**, but your club is still in need of a President, Vice-President, Membership Coordinator and Outreach Coordinator.

For more details, [click here](#). If you're interested in volunteering, or tantalized but need more information, please contact Warren or Brian



## It Began in San Francisco

### San Francisco Frontrunners 40th Anniversary Gala, December 6th

SFFR is holding a 40th Anniversary Gala the evening of December 6th at the General's Residence at Fort Mason. This is not just the 40th anniversary of San Francisco Frontrunners, but actually the 40th anniversary of what is now one of the largest LGBT sports organizations in the world with chapters on five continents.

An exciting and action-packed evening is planned which includes one of San Francisco's top deejays, other entertainment, dinner and, most importantly, a gathering of friends and Frontrunners family which will include founder Gardner Pond and first president Bud Budlong, as well as early member State Senator Mark Leno.

Here is a link to the event: <http://www.sffr.org/gala>. Tickets are going fast and the event is expected to be a sold out.

## Thanksgiving Day Fun Run in Denver

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### RACE RESULTS

[Click here](#) to report your race results using the ingenious tool devised by CFR Website Coordinator, Andrew S.

### Bulletin Suggestions

**Please send bulletin suggestions & corrections to:**

[Douglas](#)

### Please Note

You are receiving this email bulletin because you provided Colorado Frontrunners with your email address, perhaps at a weekly walk/run, or at a Denver/Boulder PrideFest, for example.

## Prepare for Extra Gravy with a Run

David S invites you to join him for some feast-anticipatory exercise next Thursday, Turkey Day. Meet David at Dora Moore School at 9:15.

## LGBTQ Self Defense Class

### LGBTQ All-Gender Self Defense Class by IMPACT | Out Boulder, 12/06/2014

LGBTQ-identified people are targeted at higher rates of violence; this class provides a safe space to explore the history of trauma in these communities while honoring the strength and individuality of attendees.

The 4-hour introduction is a great warm-up and overview of personal safety skills including physical skills, verbal strategies, boundary setting skills, awareness and avoidance skills, in stranger and familiar relationships.

[Get the details here.](#)

## 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.

If you no longer wish to receive these emails, please click the [SafeUnsubscribe](#) link at the bottom of this email. If you need assistance, please contact us at [atcoloradofrontrunners@gmail.com](mailto:atcoloradofrontrunners@gmail.com)

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### Stay Connected



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## 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. Everyone runs at their own pace. 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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