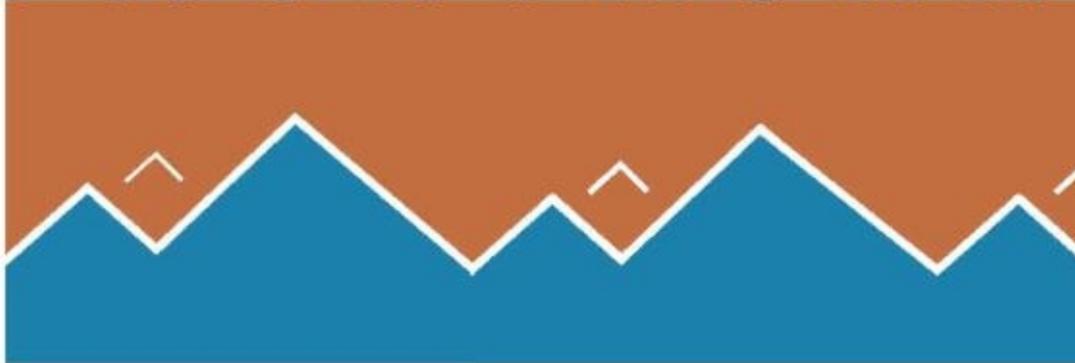


# Colorado FRONT RUNN



Website Weekly

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November 25, 2014

*Your Time to Bowl Has Come*

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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

Have an item to contribute to the weekly COFR bulletin? A photo, suggestion or



*Colorado Frontrunners*, be honest. You love bowling shoes, bowling shirts, bowling alley cafes, bowlers, and everything about America's favorite pastime: BOWLING! So, c'mon down to AMF Monaco Lanes on December 13th for a few hours of bowling heaven!

**COFR Bowling Night Logistics:**

**Where:** [AMF Monaco Lanes](#) - 6767 Leetsdale, Denver, CO 80224

**When:** December 13, 6 pm-8:30 pm

**Cost:** COFR Members \$10, Nonmember \$15. [Please prepay here!](#)  
(These prices include shoe rental)

**Food & Beverage:** Monaco has [excellent fare](#)

**Bowlers per lane:** 6

**RSVP:** by December 10th  
to [rsvp.coloradofrontrunners@gmail.com](mailto:rsvp.coloradofrontrunners@gmail.com)

*Please be sure to prepay the fee and RSVP ~ Thank you!*

**Yes, YOU can do it!**

Your club is still in need of a President, Vice-President, Membership Coordinator and Outreach Coordinator.

correction?

Please send them to:  
Thank you!

**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.

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

more information, please contact Warren C or Brian E.

## 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. 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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