

Local Resources for Denver Racewalkers

note: Dave McGovern's website, <http://www.racewalking.org> has lots of information and links, If you haven't already been there check it out!

Organizations

USATF Colorado

<http://www.usatf-co.org/>

Race walk Chair Jan Hallez cohallez@comcast.net

note: racewalk specific information on website is a couple of years out of date contact Jan for information

Racewalk division holds quarterly meetings for those interested in judging and future events.

Colorado Masters Running/Racewalking Association

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

Monthly races with an un-judged racewalk division

The Colorado Masters Running / Racewalking Association (CMRA) is a non-profit group organized to promote running and walking for health and exercise. The club conducts regular running activities including training sessions, fun runs, races, and social events. Membership in CMRA is open to all, regardless of skill or experience. *note: racewalkers are limited to 5K for most races and some events are trail races, the trail races include walkers but due to the terrain it is not possible to maintain legal racewalk form*

Rocky Mountain Road Runners

<http://rmrr.org/>

Monthly un-judged races with a racewalk division

Weekly group walk on Saturday morning, contact Yvonne yallmaras@hotmail.com

The Rocky Mountain Road Runners is a non-profit, volunteer organization for runners and walkers in the Denver Metro area.

HART High Altitude Racewalk Team

Hosts several judged races throughout the year. Weekly track workouts.

Coach: Dan Pierce dptrack@aceweb.com

Front Range Walkers

Monthly newsletter includes information on upcoming race, recent race results, technique, injury prevention, nutrition and miscellaneous topics of interest to racewalkers

Contact: Bob Carlson 303-377-0576, BobCarlsonFrontRangeWalkers@att.net

Online Groups

Darla's blog Metro Denver Racewalk <http://racewalkdenver.blogspot.com/>

This page provides occasional updates on racewalking happenings in the metro Denver area. Good source of information on judged races and running races that also give walk awards.

Colorado racewalkers e-mail list. To join, send a blank e-mail to

ColoradoRacewalkers-subscribe@yahogroups.com

Coaching/Lessons

Sally Richards, Evergreen area <http://www.nordicwalkingco.com>, 303-674-2144 info@nordicwalkingco.com

Dan Pierce, dptrack@aceweb.com

Bob Carlson, central Denver area, 303-377-0576, BobCarlsonFrontRangeWalkers@att.net

Victoria Herazo, northern Colorado area, limited availability, bigbadbret@hotmail.com

Places to buy racewalk shoes

Runner's Roost

www.Runnersroost.com

DENVER

(303) 759-8455

AURORA

(303) 766-3411

LAKESWOOD

(303) 991-1851

1685 S. Colorado Blvd, Suite J
Denver, CO 80222

S. Parker Rd. & Arapahoe
Aurora, CO 80016

7978 West Alameda Ave,
Lakewood, CO 80226

Boulder Running Company

www.boulderrunningcompany.com

Boulder W Corner of 28th & Pearl

Denver SE Corner of Bowles & Wadsworth