



■ Cold Feet

'Tis the season to turkey-trot and jingle-bell jaunt. Not a runner? Not a problem. These Front Range events are among the most welcoming in the state, encouraging newbies, families and even walkers.

By Jayme Otto

Panicking Poultry 5K

NOVEMBER 14 BOULDER

If you have to ask why the poultry are panicking, you're clearly a vegetarian, but don't worry, this out-and-back course at the Boulder Reservoir doesn't discriminate against Tofurkey consumers. Or children. The race added a kid's 1-miler this year. The mostly dirt trail along the water is flat, except for a short rise at the beginning, which is just one more reason to be thankful come Thanksgiving morn. panickingpoultry5k.com

Gobble Wobble

NOVEMBER 20 DENVER

Wobble your way around the back nine for 5K at the Green Valley Ranch Golf Club, and bring the kids. Strollers are welcome (but dogs are not). And costumes are preferred, with a prize for the most creative. Apres race activities for the kiddos include a bounce house, face painting, child safety ID kits and a visit from the local fire department. Bring along a non-perishable food item to donate to the Food Bank of the Rockies. hallucinationsports.com

Fitness 5K Turkey Trot

NOVEMBER 25 ARVADA

Join the personal trainers at Arvada Fitness as they race through old town Arvada, and raise money for the Juvenile Rheumatoid Arthritis

Foundation. Only in it's second year, the race saw less than 100 participants last Thanksgiving, which means it's still small enough to relax and have fun. Or show up like a superfreak and crush the first place times from last year (17:27 for men, 20:03 for women). arvada-fitness.com

Anthem Turkey Day 5K/10K

NOVEMBER 25 BROOMFIELD

The race that starts at the Parkside Community Center has literally taken off, with 500 participants its first year and 850 it's second. For year three, Redline Races has added a 10K. Unique prize categories, a family division and a separate kid's race have made the run so popular, as well as a blazing fast 5K course, that some swear can't possibly be 3.1 miles.

Turkey Rock Trot

NOVEMBER 25 CASTLE ROCK

Beginning at the Douglas Country Event Center, most of this 5K course follows the Seller's Gulch Trail. Ideal for runners, walkers, trotters and even toddlers, the race features a staggered start, sending the runners off first, then families and walkers. Proceeds benefit the Douglas Elbert Task Force and donations of non-perishable food items are encouraged. Children under 12 race for free. rocktrot.com

Briargate YMCA/Kaiser Permanente Turkey Trot 5K

NOVEMBER 25 COLORADO SPRINGS

For 13 years, this turkey trot run/walk has helped raised money to support the YMCA of the Pikes Peak Region's Annual Partner's Campaign, with all funds going toward providing opportunities for lower income families to participate in programs and activities that help build strong communities. Nearly 1,000 trotters participated in the 5K last year, and the free kids' 1k that takes place 45 minutes before. ppymca.org

Jingle Bell Run/Walk for Arthritis

DECEMBER 12 DENVER

Whether you walk or run, it's critical that you jingle—or as the Arthritis Foundation likes to say, "be there with bells on." At press date, Denver-area teams and individuals have already pledged \$5,400 toward this 5K event, wherein thousands nationwide hit the pavement, pathways and parks to fight arthritis, America's most common form of disability. jinglebellrundenver.kintera.org

Resolution 5K

DECEMBER 31 DENVER

It's one thing to make a resolution, quite another to run it at 6:00 p.m. on New Year's Eve. But that's exactly what Denver's most admirable have been doing for the past 26 years. Participants at this year's Wash Park event are treated to an after party sponsored by Wahoo's Fish Taco's, a prize raffle and a long-sleeve t-shirt. No dogs, because duh, it's dark, and no one wants to bring in the new year tripping... at least not over a leash.

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