

## **Kotinos Runners Introduction**

Kotinos Runners is a new running club that hosts free group runs for all levels of runners in the Boulder/Denver area. Kotinos Runners was formed in December 2024.

Membership to Kotinos Runners is free. Send us an email with your name and email address to get started with our group runs. [kotinosrunners@gmail.com](mailto:kotinosrunners@gmail.com)

Feel free to reach out by email if you want to host group a run, be a run pace leader, help us with social media or have any other questions or ideas.

## **Kotinos Runners Detailed Overview**

All groups and entities evolve, and this overview is just a starting point. Kotinos Runners is unique because it doesn't require and doesn't expect a commitment or allegiance to our club. We encourage runners to also be part of other running groups. Kotinos strives to be a running club where all runners feel comfortable dropping in for a run any time or being a more regular member of our group.

In the Denver/Boulder area there are many running groups built around paid coaching, a brand, elite groups and many pub runs. These groups are all great for the running community but it's hard to find groups that host multiple weekly runs which are open to everyone. The goal for Kotinos Runners is to be a free running group which attracts runners of all levels and is not based on any commercial interests.

Kotinos will accomplish this by hosting fun runs with pace leaders and more specific structured runs like track work outs, tempo runs, long runs. All runs will be on easy-to-follow road routes, bike paths, smoother trails, and tracks. Each run will have at least one pace leader. Having simple to follow routes, pace leaders and consistently scheduled runs will hopefully make the group welcoming and attractive to a diverse range of runners.

Kotinos Runners also isn't a paid coaching service and doesn't desire to be any type of commercial entity. We encourage our runners to utilize their current coaches or seek out future coaching services.

Feel free to reach out by email if you wanted to host a run, get involved or have any questions or ideas for the club. [kotinosrunners@gmail.com](mailto:kotinosrunners@gmail.com)

You can get more information and keep updated with Kotinos Runners at the websites and social media links below.

<https://kotinosrunners.com>

<https://www.facebook.com/groups/kotinosrunners>

<https://www.instagram.com/kotinosrunners>