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	Name	GR	Community	Room	Phone	Email
Gov. D	Hickenlooper	A	statewide	1st	303-866-2471	
FEDERAL						
Pres R	Trump, Donald	F	nationwide		202-456-1414	Alternate: 202-456-1111
Sen. D	Bennet, Michael	A	statewide		202-224-5852	Local: 303-455-7600
Sen. R	Gardner, Cory	F	statewide		202-224-5941	Local: 970-352-5546
1 D	DeGette, Diana	A	Denver		202-225-4431	Local: 303-844-4988
2 D	Polis, Jared	B	Boulder		202-225-2161	Local: 303-484-9596
3 R	Tipton, Scott	F	Pueblo/S. & W.CO		202-225-4761	Local: 970-241-2499
4 R	Buck, Ken	F	NE Colorado		202-225-4676	Local: 720-639-9165
5 R	Lamborn, Doug	F	Colorado Springs		202-225-4422	Local: 719-520-0055
6 R	Coffman, Mike	F	metro Denver		202-225-7882	Local: 720-748-7514
7 D	Perlmutter, Ed	A	metro Denver		202-225-2645	Local: 303-274-7944
COLORADO SENATE						
32 D	Aguilar, Irene	A	Denver	337	303-866-4852	irene.aguilar.senate@state.co.us
8 R	Baumgardner, Randy	F	Hot Sulphur	341	303-866-5292	randy.baumgardner.senate@state.co.us
13 R	Cooke, John	F	Greeley	268	303-866-4451	john.cooke.senate@state.co.us
6 R	Coram, Don	F	Montrose	Sh619	303-866-4884	don.coram.senate@state.co.us
31 D	Court, Lois	A+	Denver	274C	303-866-4861	lois.court.senate@state.co.us
35 R	Crowder, Larry	F	Alamosa	342	303-866-4875	larry.crowder.senate@state.co.us
5 D	Donovan, Kerry	C-	Wolcott	338A	303-866-4871	kerry.donovan.senate@state.co.us
18 D	Fenberg, Stephen	A	Boulder	Sh647	303-866-4872	stephen.fenberg.senate@state.co.us
29 D	Fields, Rhonda	A+	Aurora	Sh652	303-866-4879	rhonda.fields.senate@state.co.us
3 D	Garcia, Leroy	C-	Pueblo	272	303-866-4878	leroy.garcia.senate@state.co.us
12 R	Gardner, Bob	F	Colorado Spgs	Sh618	303-866-4880	bob.gardner.senate@state.co.us
2 R	Grantham, Kevin	F	Canon City	258	303-866-4877	kevin.grantham.senate@state.co.us
34 D	Guzman, Lucia	A	Denver	273	303-866-4862	lucia.guzman.senate@state.co.us
10 R	Hill, Owen	F	Colorado Spgs	Sh614	303-866-2737	owen.hill.senate@state.co.us
30 R	Holbert, Chris	F	Highlands Rnch	250	303-866-4881	chris.holbert.senate@state.co.us
20 I	Jahn, Cheri	C	Wheat Ridge	338B	303-866-4856	cheri.jahn.senate@state.co.us
17 D	Jones, Matt	A	Louisville	274B	303-866-5291	senatormattjones@gmail.com
26 D	Kagan, Daniel	A	South Metro	Sh649	303-866-4846	senatordanielkagan@gmail.com
14 D	Kefalas, John	A	Fort Collins	Sh650	303-866-4841	john.kefalas.senate@state.co.us
22 D	Kerr, Andy	B	Lakewood	Sh651	303-866-4859	SenatorAndyKerr@gmail.com
9 R	Lambert, Kent	F	Colorado Spgs	JBC323	303-866-4835	senatorlambert@comcast.net
15 R	Lundberg, Kevin	F	Berthoud	JBC322	303-866-4853	kevin@kevinlundberg.com
23 R	Marble, Vicki	F	Broomfield	269	303-866-4876	vicki.marble.senate@state.co.us
24 R	MartinezHumenik, Beth	F	Thornton	356	303-866-4863	beth.martinezhumenik.senate@state.co.us
11 D	Merrifield, Michael	A	Colorado Spgs	274A	303-866-6364	michael.merrifield.senate@state.co.us
21 D	Moreno, Dominick	A	Commerce City	JBC321	303-866-4857	dominick.moreno.senate@state.co.us
16 R	Neville, Tim	F	Littleton	Sh615	303-866-4873	tim.neville.senate@state.co.us
25 R	Priola, Kevin	F	Henderson	357	303-866-4855	kpriola@gmail.com
7 R	Scott, Ray	F	Grand Jcnctn.	249	303.866-3077	ray.scott.senate@state.co.us
4 R	Smallwood, James	F	Parker	Sh617	303-866-4869	senatorsmallwood@gmail.com
1 R	Sonnenberg, Jerry	F	Sterling	263	303-866-6360	senatorsonnenberg@gmail.com
27 R	Tate, Jack	F	Centennial	Sh616	303-866-4883	jack.tate.senate@state.co.us
28 D	Todd, Nancy	A	Aurora	Sh648	303-866-3432	nancy.todd.senate@state.co.us
33 D	Williams, Angela	A	Denver	Sh646	303-866-4864	angela.williams.senate@state.co.us
19 D	Zenzinger, Rachel	A	Arvada	339	303-866-4840	rachel.zenzinger.senate@state.co.us
COLORADO HOUSE						
53 D	Arndt, Jeni	A	Fort Collins	223	303-866-2917	jeni.arndt.house@state.co.us
65 R	Becker, Jon	F	Fort Morgan	317	303-866-3706	jon.becker.house@state.co.us
13 D	Becker, KC	A	Boulder	246	303-866-2578	kcbecker.house@state.co.us
38 R	Beckman, Susan	F	Littleton	Sh641	303-866-2953	susan.beckman.house@state.co.us
32 D	Benavidez, Adrienne	A	Adams County	Sh625	303-866-2964	adrienne.benavidez.house@state.co.us
3 D	Bridges, Jeff	A	South Metro	Sh624	303-866-2921	jeff.bridges.house@state.co.us
49 R	Buck, Perry	F	Berthoud	206	303-866-2907	perrybuck49@gmail.com
40 D	Buckner, Janet	A	Aurora	300	303-866-2944	janet.buckner.house@state.co.us

Sh = 1525 Sherman St

JBC and Lsb = Legislative Services Bldg.
3rd corner of Sherman St & 14th Ave

		Last Name	GR	Community		Phone	Email
20	R	Carver, Terri	F	Colorado Spgs	318	303-866-2191	terri.carver.house@state.co.us
58	R	Catlin, Marc		Montose	Sh640	303-866-2955	marc.catlin.house@state.co.us
7	D	Coleman, James		Denver	Sh631	303-866-2909	james.coleman.house@state.co.us
56	R	Covarrubias, Phil	(F)	Brighton	Sh637	303-866-2912	phil.covarrubias.house@state.co.us
24	D	Danielson, Jessie	A	Wheat Ridge	305	303-866-5522	jessie.danielson.house@state.co.us
5	D	Duran, Crisanta	A	Denver	246	303-866-2348	crisanta.duran.house@state.co.us
46	D	Esgar, Daneya		Pueblo	223	303-866-2968	daneya.esgar.house@state.co.us
22	R	Everett, Justin	F	Littleton	Sh639	303-866-2927	justin.everett.house@state.co.us
17	D	Exum, Tony	A	Colorado Spgs	Sh627	303-866-3069	tony.exum.house@state.co.us
12	D	Foote, Mike	A	Lafayette	314	303-866-2920	mike.foote.house@state.co.us
2	D	Garnett, Alec	A	Denver	227	303-866-2911	alec.garnett.house@state.co.us
52	D	Ginal, Joann	A	Fort Collins	Sh626	303-866-4569	joann.ginal.house@state.co.us
33	D	Gray, Matt	A	Broomfield	Sh623	303-866-4667	matt@matthewgray.us
61	D	Hamner, Millie	A	Dillon	JBC318	303-866-2952	millie.hamner.house@state.co.us
6	D	Hansen, Chris	A	Denver	Sh630	303-866-2967	chris.hansen.house@state.co.us
8	D	Herod, Leslie	A	Denver	301	303-866-2959	leslie.herod.house@state.co.us
10	D	Hooton, Edie	A	Boulder	Sh622	303-866-2915	edie.hooton.house@state.co.us
48	R	Humphrey, Stephen	F	Severence	Lsb4th	303-866-2943	rephumphrey48@yahoo.com
42	D	Jackson, Dominique	A	Aurora	331	303-866-3911	dominique.jackson.house@state.co.us
23	D	Kennedy, Chris	A	Lakewood	Sh629	303-866-2951	chris.kennedy.house@state.co.us
29	D	Kraft-Tharp, Tracy	A	Arvada	333	303-866-2950	reptracy29@gmail.com
21	R	Landgraf, Lois	F	Fountain	Sh634	303-866-2946	lois.landgraf.house@state.co.us
39	R	Lawrence, Polly	F	Roxborough Pk	317	303-866-2935	polly.lawrence.house@state.co.us
34		Lebsock, Steve	C	Thornton	Sh628	303-866-2931	steve.lebsock.house@state.co.us
18	D	Lee, Pete	A	Colorado Spgs	322	303-866-2932	pete.lee.house@state.co.us
25	R	Leonard, Tim	F	Evergreen	Lsb4th	303-866-2582	tim.leonard.house@state.co.us
64	R	Lewis, Kimmi	F	Kim	Sh363	303-866-2398	kimmi.lewis.house@state.co.us
16	R	Liston, Larry	F	Colorado Spgs	Sh635	303-866-2937	larry.liston.house@state.co.us
1	D	Lontine, Susan	A	Denver	329	303-866-2966	susan.lontine.house@state.co.us
19	R	Lundeen, Paul	F	Colorado Spgs	317	303-866-2924	paul.lundeen.house@state.co.us
51	R	McKean, Hugh		Loveland	Sh645	303-866-2947	hugh.mckena.house@state.co.us
59	D	McLachlan, Barbara	A	Durango	Sh620	303-866-2914	barbara.mclachlan.house@state.co.us
41	D	Melton, Jovan	A	Aurora	323	303-866-2919	jovan.melton.house@state.co.us
30	D	Michaelson Jenet, Dafna		Commerce City	Sh621	303-866-2945	dafna.michaelson.jenet.house@state.co.us
45	R	Neville, Patrick	F	Franktown	200	303-866-2948	patrick.neville.house@state.co.us
14	R	Sandridge, Shane	F	Colorado Spgs	316	303-866-2965	shane.sandridge.house@state.co.us
4	D	Pabon, Daniel	A	Denver	320	303-866-2954	dan.pabon.house@state.co.us
28	D	Pettersen, Brittany	A	Lakewood	333	303-866-2939	brittany.pettersen.house@state.co.us
57	R	Rankin, Bob	F	Carbondale	JBC319	303-866-2949	bob.rankin.house@state.co.us
44	R	Ransom, Kim	F	Littleton	Sh638	303-866-2933	kim.ransom.house@state.co.us
47	R	Reyher, Judy		Swink	317	303-866-2905	judy.reyher.house@state.co.us
26	D	Roberts, Dylan		Eagle	330	303-866-2923	dylan.roberts.house@state.co.us
9	D	Rosenthal, Paul	A	Denver	300	303-866-2910	paulrosenthal5280@gmail.com
63	R	Saine, Lori	F	Dacono	212	303-866-2906	lori.saine.house@state.co.us
31	D	Salazar, Joseph	A	Thornton	323	303-866-2918	joseph.salazar.house@state.co.us
27	R	Sias, Lang	F	Arvada	Sh643	303-866-2962	lang.sias.house@state.co.us
11	D	Singer, Jonathan	B	Longmont	302	303-866-2780	jonathan.singer.house@state.co.us
55	R	Thurlow, Dan	C-	Grand Jctn.	Sh644	303-866-3068	danthurlow55@gmail.com
62	D	Valdez, Donald	A	La Jara	Sh632	303-866-2916	donald.valdez.house@state.co.us
43	R	Van Winkle, Kevin	F	Highlnds Rnch	Lsb4th	303-866-2936	kevin.vanwinkle.house@state.co.us
36	D	Weissman, Mike	A	Aurora	Sh633	303-866-2942	mike.weissman.house@state.co.us
54	R	Willett, Yeulin	F	Grand Jctn.	Sh642	303-866-2583	yeulin.willett.house@state.co.us
15	R	Williams, Dave	F	Colorado Spgs	Lsb4th	303-866-5525	dave.williams.house@state.co.us
60	R	Wilson, James	F	Salida	205	303-866-2747	james.wilson.house@state.co.us
35	D	Winter, Faith		Westminster	332	303-866-2843	faith.winter.house@state.co.us
37	R	Wist, Cole	F	Centennial	217	303-866-5510	cole.wist.house@state.co.us
50	D	Young, Dave	B	Greeley	JBC320	303-866-2929	dave.young.house@state.co.us

GRade A-F based on votes, sponsorships and candidate questionnaires. If in (), score based on other information.

Write State Legislators: Colorado State Capitol, 200 East Colfax, Denver, Colorado 80203

Sh = 1525 Sherman St. JBC and Lsb = Legislative Services Bldg.
SE corner of Sherman St & 14th Ave.