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		Name	GR	Community	Room	Phone	Email
Gov.	D	Polis, Jared	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	Neguse, Joe	A	Boulder		202-225-2161	Local: 303-335-1045
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	D	Crow, Jason	A	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							
26	D	Bridges, Jeff	A	South Metro	Sh617	303-866-4846	jeff.bridges.senate@state.co.us
13	R	Cooke, John	F	Greeley	272	303-866-4451	john.cooke.senate@state.co.us
6	R	Coram, Don	F	Montrose	Sh648	303-866-4884	don.coram.senate@state.co.us
31	D	Court, Lois	A	Denver	266	303-866-4861	lois.court.senate@state.co.us
35	R	Crowder, Larry	F	Alamosa	Sh650	303-866-4875	larry.crowder.senate@state.co.us
20	D	Danielson, Jessie	A	Wheat Ridge	342	303-866-4856	jessie.danielson.senate@state.co.us
5	D	Donovan, Kerry	B-	Wolcott	266	303-866-4871	kerry.donovan.senate@state.co.us
18	D	Fenberg, Stephen	A	Boulder	250	303-866-4872	stephen.fenberg.senate@state.co.us
29	D	Fields, Rhonda	A	Aurora	249	303-866-4879	rhonda.fields.senate@state.co.us
17	D	Foote, Mike	A	Lafayette	Sh619	303-866-5291	mike.foote.senate@state.co.us
3	D	Garcia, Leroy	F	Pueblo	257	303-866-4878	leroy.garcia.senate@state.co.us
12	R	Gardner, Bob	F	Colorado Spgs	Sh615	303-866-4880	bob.gardner.senate@state.co.us
14	D	Ginal, Joann	A	Fort Collins	Sh618	303-866-4841	joannginal@yahoo.com
34	D	Gonzales, Julie	A	Denver	339	303-866-4862	julie.gonzales.senate@state.co.us
10	R	Hill, Owen	F	Colorado Spgs	Sh614	303-866-2737	owen.hill.senate@state.co.us
2	R	Hisey, Dennis	F	Canon City	Sh651	303-866-4877	dennis.hisey.senate@state.co.us
30	R	Holbert, Chris	F	Highlnds Rnch	273	303-866-4881	chris.holbert.senate@state.co.us
11	D	Lee, Pete	A	Colorado Spgs	338B	303-866-6364	pete.lee.senate@state.co.us
9	R	Lundeen, Paul	F	Colorado Spgs	Sh646	303-866-4835	paul.lundeen.senate@state.co.us
23	R	Marble, Vicki	F	Fort Collins	274B	303-866-4876	vicki.marble.senate@state.co.us
21	D	Moreno, Dominick	A	Commerce City	JBC	303-866-4857	dominick.moreno.senate@state.co.us
22	D	Pettersen, Brittany	A	Lakewood	338A	303-866-4859	brittany.pettersen.senate@state.co.us
25	R	Priola, Kevin	F	Henderson	274A	303-866-4855	kpriola@gmail.com
8	R	Rankin, Bob	F	Carbondale	JBC	303-866-5292	bob.rankin.senate@state.co.us
32	D	Rodriguez, Robert	A	Denver	356	303-866-4852	robert.rodriguez.senate@state.co.us
7	R	Scott, Ray	F	Grand Jcnctn.	274C	303-866-3077	ray.scott.senate@state.co.us
4	R	Smallwood, James	F	Parker	Sh649	303-866-4869	senatorsmallwood@gmail.com
1	R	Sonnenberg, Jerry	F	Sterling	Sh652	303-866-6360	senatorsonnenberg@gmail.com
16	D	Story, Tammy	A	Conifer	341	303-866-4873	tammy.story.senate@state.co.us
27	R	Tate, Jack	F	Centennial	Sh616	303-866-4883	jack.tate.senate@state.co.us
28	D	Todd, Nancy	A	Aurora	356	303-866-3432	nancy.todd.senate@state.co.us
33	D	Williams, Angela	A	Denver	336	303-866-4864	angela.williams.senate@state.co.us
24	D	Winter, Faith	A	Westminster	266	303-866-4863	faith.winter.senate@state.co.us
15	R	Woodward, Rob	F	Loveland	Sh647	303-866-4853	rob.woodward.senate@state.co.us
19	D	Zenzinger, Rachel	A	Arvada	JBC	303-866-4840	senatorrachelz@gmail.com
COLORADO HOUSE							
53	D	Arndt, Jeni	A	Fort Collins	329	303-866-2917	jeni.arndt.house@state.co.us
39	R	Baisley, Mark	F	Roxborough Pk	Sh639	303-866-2935	mark.baisley.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	330	303-866-2964	adrienne.benavidez.house@state.co.us
35	D	Bird, Shannon	A	Westminster	Sh636	303-866-2843	shannon.bird.house@state.co.us
56	R	Bockenfeld, Rod	F	Watkins	316	303-866-2912	rod.bockenfeld.house@state.co.us
49	R	Buck, Perry	F	Berthoud	206	303-866-2907	perrybuck49@gmail.com

40	D	Buckner, Janet	A	Aurora	320	303-866-2944	janet.buckner.house@state.co.us
47	D	Buentello, Bri	F	Pueblo	331	303-866-2905	bri.buentello.house@state.co.us
31	D	Caraveo, Yadira	A	Thornton	Sh634	303-866-2918	yadira.caraveo.house@state.co.us
20	R	Carver, Terri	F	Colorado Spgs	318	303-866-2191	terri.carver.house@state.co.us
58	R	Catlin, Marc	F	Montose	Sh638	303-866-2955	marc.catlin.house@state.co.us
7	D	Coleman, James	A	Denver	323	303-866-2909	james.coleman.house@state.co.us
25	D	Cutter, Lisa	A	Littleton	Sh622	303-866-2582	lisa.cutter.house@state.co.us
24	D	Duran, Monica	A	Wheat Ridge	Sh631	303-866-5522	monica.duran.house@state.co.us
46	D	Esgar, Daneya	A	Pueblo	JBC	303-866-2968	daneya.esgar.house@state.co.us
17	D	Exum, Tony	A	Colorado Spgs	Sh627	303-866-3069	tony.exum.house@state.co.us
3	D	Froelich, Meg	A	South Metro	Sh637	303-866-2921	meg.froelich.house@state.co.us
2	D	Garnett, Alec	A	Denver	246	303-866-2911	alec.garnett.house@state.co.us
19	R	Geitner, Tim	F	Colorado Spgs	Lsb022	303-866-2924	tim.geitner.house@state.co.us
33	D	Gray, Matt	A	Broomfield	332	303-866-4667	matt@matthewgray.us
4	D	Gonzales-Gutierrez, Serena	A	Denver	Sh623	303-866-2954	serena.gonzales-gutierrez.house@state.co.us
6	D	Hansen, Chris	A	Denver	JBC	303-866-2967	chris.hansen.house@state.co.us
8	D	Herod, Leslie	A	Denver	322	303-866-2959	leslie.herod.house@state.co.us
10	D	Hooton, Edie	A	Boulder	223	303-866-2915	edie.hooton.house@state.co.us
48	R	Humphrey, Stephen	F	Severence	Lsb022	303-866-2943	rephumphrey48@yahoo.com
42	D	Jackson, Dominique	A	Aurora	305	303-866-3911	dominique.jackson.house@state.co.us
12	D	Jaquez Lewis, Sonya	A	Lafayette	Sh629	303-866-2920	sonya.jaquez.lewis.house@state.co.us
23	D	Kennedy, Chris	A	Lakewood	227	303-866-2951	chris.kennedy.house@state.co.us
52	D	Kipp, Cathy	A	Fort Collins	Sh635	303-866-4569	cathy.kipp.house@state.co.us
29	D	Kraft-Tharp, Tracy	A	Arvada	333	303-866-2950	reprtracy29@gmail.com
21	R	Landgraf, Lois	F	Fountain	317	303-866-2946	lois.landgraf.house@state.co.us
22	R	Larson, Colin	F	Littleton	Sh640	303-866-2927	colin.larson.house@state.co.us
64	R	Lewis, Kimmi	F	Kim	317	303-866-2398	kimmi.lewis.house@state.co.us
16	R	Liston, Larry	F	Colorado Spgs	Sh643	303-866-2937	larry.liston.house@state.co.us
1	D	Lontine, Susan	A	Denver	332	303-866-2966	susan.lontine.house@state.co.us
61	D	McCluskie, Julie	A	Dillon	300	303-866-2952	julie.mccluskie.house@state.co.us
51	R	McKean, Hugh	F	Loveland	Sh645	303-866-2947	hugh.mckean.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	A	Commerce City	223	303-866-2945	dafna.michaelson.jenet.house@state.co.us
34	D	Mullica, Kyle	A	Northglenn	Sh626	303-866-2931	kyle.mullica.house@state.co.us
45	R	Neville, Patrick	F	Franktown	200	303-866-5523	patrick.neville.house@state.co.us
65	R	Pelton, Rod	F	Cheyenne	Sh644	303-866-3706	rod.pelton.house@state.co.us
44	R	Ransom, Kim	F	Douglas County	317	303-866-2933	kim.ransom.house@state.co.us
55	R	Rich, Janice	F	Grand Jcnctn.	Sh642	303-866-3068	janice@janicerichforcolorado.com
26	D	Roberts, Dylan	A	Eagle	300	303-866-2923	dylan.roberts.house@state.co.us
63	R	Saine, Lori	F	Dacono	212	303-866-2906	lori.saine.house@state.co.us
14	R	Sandridge, Shane	F	Colorado Spgs	317	303-866-2965	shane.sandridge.house@state.co.us
11	D	Singer, Jonathan	A	Longmont	302	303-866-2780	jonathan.singer.house@state.co.us
9	D	Sirota, Emily	A	Denver	Sh628	303-866-2910	emily.sirota.house@state.co.us
18	D	Snyder, Marc	A	Manitou Spgs	Sh630	303-866-2932	marc.snyder.house@state.co.us
54	R	Soper, Matt	F	Delta	Lsb022	303-866-2583	matthew.soper.house@state.co.us
37	D	Sullivan, Tom	A	Centennial	Sh621	303-866-5510	tom.sullivan.house@state.co.us
28	D	Tipper, Kerry	A	Lakewood	Sh633	303-866-2939	kerry.tipper.house@state.co.us
27	D	Titone, Brianna		Arvada	301	303-866-2962	brianna.titone.house@state.co.us
5	D	Valdez, Alex	A	Denver	Sh625	303-866-2925	alex.valdez.house@state.co.us
62	D	Valdez, Donald	F	La Jara	Sh632	303-866-2916	donald.valdez.house@state.co.us
43	R	Van Winkle, Kevin	F	Highlnds Rnch	217	303-866-2936	kevin.vanwinkle.house@state.co.us
36	D	Weissman, Mike	A	Aurora	314	303-866-2942	mike.weissman.house@state.co.us
57	R	Will, Perry		NW Colorado	317	303-866-2949	perry.will.house@state.co.us
15	R	Williams, Dave	F	Colorado Spgs	Lsb022	303-866-5525	dave.williams.house@state.co.us
60	R	Wilson, James	F	Salida	205	303-866-2747	representativewilson@gmail.com
50	D	Young, Mary		Greeley	Sh624	303-866-2929	(mary.young.house@state.co.us)

Sh = 1525 Sherman St. JBC and Lsb = Legislative Service Building SE corner 14th and Sherman, JBC on 3rd floor

Ceasefire GRade A-F based on votes, sponsorships and candidate questionnaires.

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