



FRCC Monthly Newsletter

FRCC Newsletter

April 2022 Volume 1, Number 2

We want to not only share activities and events but also accomplishments of our members. If you have an event you are training for, please share the information with us and follow-up how you did. You can send information to: pjklein1@comcast.net

Linda Stieduhar – Renewal
Kati Petry – Renewal
Ken Fleishhacker – Renewal
Juilia and Rod Larsen - Renewal

Note: We are currently tracking membership in Memberplanet. Please consider joining through Memberplanet and paying dues. We are only asking \$25 per individual and \$35 for a family annually.

www.memberplanet.com/foothillsrunningandcyclingclub

President's Message



April showers bring May flowers and very miserable Boston Marathon memories.

As the weather in Colorado improves for outside activities, we look forward to more of you coming out for our events. Biking, trail running, track workouts, swim competition and buddy runs and even a

membership party. I look forward to seeing you all out on the road or trail.

Welcome our New Members

We want to welcome our newest and renewed members to FRCC.

Jordana Fyne – New Member
Alan Simpson – Family Renewal
Diane Witters – Renewal

Treasurer's Note

Need some springtime spruce-up for your ride? Need more cycling swag? FRCC member benefits include a discount at Peak Cycles. Members receive discounts at the store, conveniently located in central Golden, or online at <https://www.bikeparts.com> Join FRCC today, join the fun, support our local bike shop and enjoy the savings! [Link here to Memberplanet](#)

Membership Gathering

We will gather to celebrate March Madness, Jamin' in January and Our Members. The gathering will be at Barrels and Bottles, 1055 Orchard St (S. Golden Rd), Golden on April 22, 6:00 pm. Please let us know if you

will be attending so we can let B&B know how many to expect. ktscat@yahoo.com

cabocovich@gmail.com

Track Workouts Begin April 12th

Running Coordinator Kati Petry and Coach Sara Werner Heard met and have a schedule set. Track workouts will start Tuesday April 12 @ 6:00 pm and they will be every Tuesday until May 3rd. Starting May 11, they will move to Wednesday for the remainder of the season. The workouts will be at the Golden High School Track, 710 24th St, Golden, CO.

Group Bike Rides

Cycling Coordinator Jeff Barnes has started the group rides with the first being a 'shake off the dust' ride around Arvada Reservoir. The rides will continue to be on Sunday mornings with other options to be worked out. Typically the rides will meet up at the Golden History Park at 11th and Arapahoe, Golden, CO. The routes will vary in distance and will be moderate in tempo. For last minute updates check the [FRCC Facebook page](#). The Sunday rides will start at 9:00 am.

Saturday Morning Run

Every Saturday at 8:00 am we gather at the Golden History Park on 11th St, Golden to run/walk with friends and family. The typical distance is 4 miles, however, there are individuals that may head up a longer trail. We also grab a drink or breakfast afterwards and swap stories.

Tuesday Night Trail Runs

Amanda Simpson

amandajanesimpson@gmail.com

Tuesday Night Trail Runs: Yeah - it's like recess for adults

Trail runs will be on Tuesday at 6:00 pm. As we are diligent stewards of the trails, we will not run in muddy, or otherwise irresponsible conditions. Runs will switch to roads. And with that in mind, we are entering the hardest two months of the year to schedule where the runs will be ahead of time. So please do check the posts on Monday, and if we have to make a change due to an inclement weather event, we will put out an update by 4:00 p.m. on Tuesday.

[FRCC Trail Facebook Page](#)

Member Scheduled Events

Jenny Carlin, 5K, [La Jolla ½ Marathon and 5K](#), Apr 16, La Jolla, CA

Elise McConnell – [Boston Marathon](#), Apr 18

Kati Petry- [Duathlon Nationals](#), April 28-May1, Dallas, TX

Pat and Marnie Klein- [Elephant Rock Bike Ride](#), Jun 5, Castle Rock, CO

Amanda Simpson, Kate Rose, Dave Shavlik
[Crazy Mountain Ultra](#), July 29th-30th, Wilsall, MT

If anyone wants to add an event or results, send info to:
frccmembers@gmail.com

Member Results – Ultra Rachael

Over eight years in the making and I am finally an ultra runner. It all started one fateful Tuesday night. FRCC used to do road runs on Tuesdays. On one particular Tuesday, Kemp suggested that we run up Chimney Gulch instead of our usual loop around Golden. That night, Tuesday night trail runs were born and I became a trail runner.

The idea of becoming an ultra runner wasn't immediate, but with all the inspiration surrounding me with Bob, Kemp, the Amandas, Jeff, and many other ultra runners, it was inevitable. I had so much support from FRCC friends but injuries, and pregnancy, kept putting it off.



This year, I finally made it to the start line for the first time with the Behind the Rocks 50k in Moab. I learned so much over the years, and actually listened this time.

Training was solid. COVID took me out for a week but luckily my training partner had talked me into choosing a race with enough cushion that it didn't set things back too far. Unfortunately, the snow on one of our training runs took her out. I pushed on.

Training through the snowy winter paid off on race day. It was in the 40s at the start but the temps would climb their way up to 80. The course was deceptively challenging; it was advertised as 3500ft of climbing but it was 16 miles down into the canyon and back out again, putting the most brutal climbing in the heat of the second half of the day. And the terrain was mostly

loose sand, coupled with slick rock. But the snow prepared me for the unstable footing, the people were fantastic, the aid stations had every candy imaginable (and I sampled nearly every one), and the basic cheese quesadilla at the halfway point was the best culinary masterpiece I've ever eaten.

8 hours and 10 minutes and it was over. And it was more than my wildest dreams. I am sure that there are more 50ks in my future, and I have FRCC and every training partner from the last 8 years to thank for allowing me to stream this dream and for making it a reality.

Member Profile – Left Turns on Oval Bubbles

By Julie Simon

WARMUP... Soccer was the first sport pick, with all its moments of glory...yet something stirred inside, perhaps there were ALSO times WITHOUT the ball were the best?!? This was the kid that enjoyed when the team got 'punished' with extra laps? It was always a race...except



once, just long enough, to slow down at the ripe age of nine years and follow older brother to track practice (*how to get there >>faster?). Not quite old enough to be on the team but getting permission to tag along anyway was motivation. Quickly hooked, running ever since and an innate

understanding at this time that there's always going to be someone out there a bit faster. She also discovered that she could shrink those margins by not being *outworked*. Who is this (now grown up) running fiend you ask? Why fortunately for us, none other than FRCC's track 'Coach' ...Sara Heard!

PLYOMETRICS>100Mx4 That intuitive nine-year-old trusted her instincts, and kept shrinking margins and continued competing her way through high school to finally earn her racing oval at Charleston Southern University, S.C. At this small D1 school she competed mostly in middle- and long-distance races. She held a brief college school record in 3000m. She was also a javelin thrower and pole vaulter. This was the first season that both steeple chase and pole vault became NCAA women's track and field events. <There's no guessing going on while establishing FRCC track workouts.> Besides racing for University she also earned undergraduate and graduate degrees in Psychology and

Kinesiology at Charleston Southern University, S.C. She shares that her work ethic and dedication led her into leadership roles on every team she was a part. She takes pride in the wide range of races and events competed in and successes along the way, being a leader in her sport is perhaps the greatest honor she's been able to hold through it all. Her college coach influenced her most by not only challenging her to push her towards personal goals, but this woman inspired, shaped, and even saved her life.

200M-1200M Track coaches can be 'just like us (um, ok, me)'. That is...she is mere mortal (sometimes 😊...)



Before her collegiate career, all of 16 standing at the starting line of her very first-time triathlon, of course the youngest competitor in the race, she was given the honor/(?)curse (- her word choice!) of starting first. She stood at the edge of the dock, "overflowing with nerves" but trying her best to display a

confidence and "swagger" that showed she belonged there. Then just as the starter was about to signal the start of the race and send her off, he paused and then very audibly spoke through his bullhorn, asking if she wanted to put the goggles on that were accidentally still positioned up on her forehead. The seasoned racers around her had a chuckle as her outward confidence instantly vanished. Despite this minor hiccup and all her running accomplishments Sara holds hope of a gold medal yet and is waiting for cornhole to make its debut appearance in the Olympics. 😊

1600M Eighth-grader, Hanna (13) and fifth-grader, Ethan (10) are who report duty to 'Mom'. As time and seasons allow, 'Dad' and she seem to keep this family unit active by getting outside together to bike, hike, play frisbee, baseball, soccer, and ski. Still a runner, she cross-trains for her own workouts too. Having kinesiology and personal training in her background, she lives and offers that:

"Balance is essential. It is a key component of training for any race. Apply a balanced approach to your training from every angle. Balance intense workouts with recovery



workouts and rest days. Apply complimentary cross training workouts to relieve your joints from running impact and provide balance to your weekly regimen. Strength training can be used to literally balance out the muscular strength of the body and help avoid injuries. We need balance for our overall health and wellness in life, and we need it in our exercise program as well.”

If you’ve had the opportunity to make outdoor FRCC track workouts, you may already know how much Sara is available to lead and encourage you through the workout; work one-on-one with you and she weekly customizes workouts for specific cardio and strengthening goals. Come as you are. These workouts are approachable because they’re designed to meet all levels and training/racing goals or even non racing goals

Katie B’s Recipe Corner

Here’s my fav veggie pizza recipe

Veggie Pizza

Ingredients:

- Pizza dough
- Pesto
- 1 Zucchini
- 1 can of quartered artichoke hearts
- 1 small container of sun dried tomatoes
- 1 box/bag of spinach
- 1 small package of Pine Nuts
- 1 small bag of shredded Mozzarella

Instructions:

1. Roll out the dough.
2. Put a THIN layer of pesto on the dough leaving about 1/2 inch clear from the edge
3. Top with ingredients. For the ingredients it really comes down to how much of each thing you would like on the pizza.
 - zucchini - thinly slice
 - Sun dried tomatoes - chopped
 - Artichoke hearts - chopped
4. Top with mozzarella cheese.

Bake for 12-15min or until edges are lightly browned at 425 degrees.

of every runner. When Sara’s not volunteering to coach track, she promotes [Training and Reporting to Prevent Abuse | U.S. Center for SafeSport \(uscenterforsafesport.org\)](https://uscenterforsafesport.org/). <https://uscenterforsafesport.org/>. She is passionate for this group that creates a safe sport culture for kids. Did I mention she’s an artist? Yep. Inspiration she finds while on runs she *transforms into magical paintings*. Find landscapes, you may even recognize, did somebody say Lair O’ the Bear Park?! [ScenicHuesbySara | Etsy](#) *COOLDOWN Talking to Strangers* by Malcom Gladwell is currently her favorite read. Aside from her Timex she just retired to join the Apple Watch ‘world’, the only other nostalgic item that she lays claim is pins she started saving used to fasten race bib numbers to her jerseys when she was young. After every race she attached these pins along the strap of a duffel bag. Over the years every square inch of space got filled on that strap. She stopped saving pins years ago, cut from the duffel bag it was originally a part of and is saved forever along with the memories of where it all began.



If you haven’t meant Sara yet, please come find a FRCC track workout. Starting this week of April 12, Tuesday. It is like most FRCC events: comradery, encouragement and often

food afterwards! Personally, speaking, also a feeling of accomplishment!

P.S. It is always a left turn while you’re in the oval. Cheers!

Orienteering Meets

Simon Maybury has provided some information and a recommended Orienteering Event on Saturday April 16th at Cherry Creek State Park. Details are provided at the link below. Please consider joining in on one of these fun events.

[View Additional information](#)

There are a number of these Orienteering events during the next six months. Plenty of opportunities for individuals or families.

Hood To Coast Relay

A friend has put together a team for the [Hood to Coast Relay](#) but he needs more runners. His team is Super Masters Coed which means all team members need to be 50+. It is scheduled for Aug 26-27. They currently need 3 women and one male. If you are interested,

please email me and I will put you in contact with the team captain.

Pjklein1@comcast.net

Area Running and Biking Events

| Date | Event | Distance | Location |
|--------------------|---------------------------------------------|----------------------|------------------------------|
| April 16 2022 | Orienteering Meet | Depends on Skill | Cherry Creek State Park |
| April 16, 2022 | La Jolla ½ Marathon and 5K | ½ Marathon, 5K | La Jolla, CA |
| April 18, 2022 | Boston Marathon | Marathon | Boston, MA |
| May 6, 2022 | Fruita Fat Tire Festival | Multiple | Fruita |
| May 7, 2022 | Greenland Trail Races | Multiple | Greenland, Larkspur |
| May 14, 2022 | Wild Horse Gravel | 30 or 65 Mile | De Beque, CO |
| May 15, 2022 | Denver Colfax Marathon | Marathon & Relay | Denver |
| May 30, 2022 | Bolder Boulder | 10K | Boulder |
| June 4, 2022 | Sunrise to Sunset MTB | 6.5 mi Course 12 hr | Castle Rock, CO |
| June 5, 2022 | Flamingo Day 5K | 5K | Sloans Lake, Denver |
| June 5, 2022 | Elephant Rock | 100, 62, 45 mile | Castle Rock, CO |
| June 23, 2022 | Mt Evans Ascent | Marathon Like - 14mi | Mt Evans |
| June 25, 2022 | Slacker Half | Multiple | Georgetown |
| July 9, 2022 | Cookie Chase | 5K | Sloans Lake, Denver |
| Jul 23, 2022 | Crooked Gravel | 30 & 67 Miles | Winter Park |
| July 29-30, 2022 | Crazy Mountain 100 | 100 mile | Wilsall, MT |
| July 31, 2022 | Chatfield Lake Classic Swim | 1 mile, 2 mile | Chatfield Res, Littleton, CO |
| Aug 6, 2022 | Copper Triangle | 79 Miles | Copper Mountain, CO |
| August 13, 2022 | Georgetown to Idaho Springs | ½ Marathon | Georgetown |
| August 20, 2022 | Triple ByPass | Multiple | Evergreen |
| August 21, 2022 | Denver Open Water Swim | Multiple | Chatfield Res, Littleton, CO |
| August 26-27, 2022 | Hood to Coast Relay | 200 mile | Portland, OR |
| Sept 5, 2022 | Labor Day Half Marathon | Multiple | Salisbury Park, Parker |
| Sept 10, 2022 | Tour of the Moon (Bike) | 41 & 64 Mil | Grand Junction, CO |
| Sept 18, 2022 | Golden Gallop | 5K, 10K | Golden |
| Sept 24, 2022 | Cycle the City | 100 mile | Denver |
| Oct 23, 2022 | Day of the Dead 5K/10K | Multiple | City Park, Denver |
| Nov 19, 2022 | Pumpkin Pie 5K/10K | Multiple | City Park, Denver |
| Dec 18, 2022 | Ugly Sweater 5K | 5K | Wash Park, Denver |

FRCC Board & Coordinators

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Club Events

Tuesday 6:00pm Track Workout, Golden High School
(Tuesday until May 3, then moves to Wednesday)

Tuesday 6:00pm Trail Run, Various Locations

Saturday 8:00am, Group Run/Walk, Golden History Park

Sunday 9:00am, Group Bike Ride, Golden History Park
(Times and location may vary so check FRCC Facebook for updates)