



# FRCC Monthly Newsletter

FRCC Newsletter

January 2023 Volume 2, Number 1

We share activities and events and 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](mailto:pjklein1@comcast.net)

## President's Message

The weather has consistently changed to snow, thaw, snow, thaw. Still a great time to get out and enjoy the Foothills either running or biking and maybe a ski adventure. Or maybe an indoor venue like the Golden Recreation Center. I should know, I have spun around that indoor track a few hundred times. Maybe a bit more skiing in my leisure years but the legs are still getting a workout. Jammin' in January will have more 'Other' than the normal running.



February is member renewal month so I hope to see you all recommitting to FRCC. We also hope to increase

our membership and possibly bring in some youth to put more speed into our ranks. This is a great club with some history, let's keep it going.

## Welcome our New Members

Members that join/paid in December:

Amanda Jane  
Kate Rose

We know there are more out there that want to become members but have not signed up in our Member Planet listing. If you have friends that would like to join us have them join us through Member Planet.

[memberplanet.com/foothillsrunningandcyclingclub](http://memberplanet.com/foothillsrunningandcyclingclub)

We are only asking \$25 per individual and \$35 for a family annually.

## 2023 Dues

It is time to renew your membership in Foothills Running and Cycling Club (FRCC). No increase in dues again this year. If you are currently in the Memberplanet database you should receive a notice

and link to pay the dues. If you prefer to send a check, contact:

Katie Scattergood, Membership Coordinator

## Member Profile – Kati Petry, Running Coordinator

I first ran on an organized team (track) in the spring of 2000, my freshman year of high school. I ran track all four years of high school and ran cross-country my sophomore, junior and senior years. Prior to running I was involved in cheerleading, gymnastics and ballet. I also dabbled in golf and a travelling, competitive jump rope team.



When I was in high school during the winter of my freshman year, I was conditioning (e.g., strength exercises, running laps) with the gymnastics team on the second floor of our school gymnasium. One of the [cute] basketball players who also happened to be a part of the same church youth group as me,

told me I should join track because he noticed how I was always running so much faster than the other gymnasts. I decided to join the track team since I had other friends on the team. The rest is history! I absolutely loved track and cross-country. We had a great coach who understood the importance of helping us find the joy in running vs burning us out on mileage. I believe this is the main reason I still run to this day.

I did not run at the collegiate level other than on a club team. The club team is what really launched my long distance running career. At practice I would be having so much fun chatting with friends and exploring new routes that I didn't think about the distance. The miles just flew by. Eventually it just became pretty normal to run 7-8 miles a day without even thinking about it.

However, after many years of focused solely on running, I started to expand into duathlon and triathlon

around 2016. I wanted to challenge myself in a different way – how to swim freestyle and how to competitively ride a bike. With du/triathlon, I've learned how important it is to add in cross-training with running. With COVID I've gravitated mostly towards running races again but still enjoy the random du/triathlon.

I've completed 28 or 29 open marathons (I've lost count), a couple of ultra marathons, three full Ironman's and dozens upon dozens of other races of all distances.

**What have been your greatest accomplishments in the sport?** I don't know if there's one single accomplishment that I'm most proud of but standing on the podium for the Boulder 70.3 half Ironman in 2019 was pretty special. Long story short, racing triathlon in Boulder (triathlon capital of the US) can be intimidating and there can be really tough competition, especially for women in the 30-34 or 35-39 age groups. I raced my own race that day and my bike and run were strong enough to snag the last spot on the podium for my age group. (Ironman does not do amateur overall gender podiums, only age group gender podiums.) I went from 61st out of the water to 5th after the run. I beat 6th place by 4 seconds and 7th place 6 seconds which is proof that every second counts during a race. I was very proud of my results given how challenging it can be to race in Boulder in the dead of summer with some of the toughest competition around.



Another proud accomplishment is that I've qualified for the Boston marathon 15 years in a row (2010-2024). I even qualified for the 2022 race after tearing my ACL skiing in 2021 and requiring surgery and several months off from running!

**What was your most embarrassing moment?** During my first marathon, Chicago 2008, I overhydrated. At the

time, I didn't know there was risk to being overhydrated, only that being dehydrated wasn't good. Since it was a relatively warm day, I made sure to drink water at every aid station which was roughly every mile or mile and a half. I was on track to qualify for Boston until mile 24. By mile 25 I was on my hands and knees violently vomiting in the bushes in the median of the road. A volunteer tried to make me call it quits but I refused. For some reason, they let me continue and managed to I cross the finish line (15+ minutes slower than the BQ time) but continued to get sick. I could see my apartment building only a few blocks away but had to take a cab to get home. I later learned that I was likely suffering from hyponatremia and how serious the condition could be.

**What other sport do you feel you would have won a gold medal at had you tried?** I'm not very coordinated so I don't think I would've been very good at any other sports. (If you need a good laugh, just invite me to play volleyball or basketball.) Despite doing many other sports as a kid, I was never a stand-out star at them. I just enjoyed doing them. Running is definitely the sport I was meant to do. I have a strong mental ability to block out physical discomfort and to dig deep. The longer the distance, the more I excel.

**What wisdom would you impart of a newby to the sport?** Don't compare yourself (e.g., pace, training schedules, outward physical appearance, gear) to others nor find your identity in your pace or place in a race or workout. Winning awards and standing on podiums is definitely fun but it shouldn't be your sole focus. You should focus on find the joy in what you're doing such as discovering new routes, learning to push a little harder when things get tough, or making new friends!

**Who was your greatest influencer towards your sport?** My dad was one of my biggest influencer growing up... He unfortunately suffered a stroke when I was in the 5th grade and had lifelong physical challenges after that. Because of this I developed a mindset that I should not waste my physical abilities. He loved to come to my track and cross country meets to cheer me on. You could tell how proud he was by the smile on his face.

**What is the oldest piece of equipment, technology, or race garb do you own?** I still have race bibs and team shirts from high school track and cross country!

**In your time outside of running, what else do you enjoy being, doing.** Besides the obvious of spending time with family and friends, I really love to cook and bake! I almost quit business school my sophomore year of college to go to culinary school. I also enjoy skiing – but I hate being cold. It's a balancing act! 😊 Oh, and I love traveling internationally.



My husband, Rob, and I try to go abroad once a year. (I've done a few international marathons (London, Berlin, Amsterdam, Venice, and Paris) and one shorter race in Sydney, Australia.)

### **Bike and Running Discounts**

**Peak Cycles** Members receive 10% discounts at the store, conveniently located in central Golden, or 12% online at <https://www.bikeparts.com>

**Runners Roost** (Formerly Runners High) offers Club members a 10% at their Golden store.

Join FRCC today, join the fun, support our local bike and running shops and enjoy the savings! [Link here to Memberplanet](#)

### **Track Workout Wednesdays**

Track workouts are paused for the Winter months and will start again in April 2023. The workouts will be at



6:00 pm at the Golden High School Track, 710 24<sup>th</sup> St, Golden, CO.



## Group Bike Rides



Cycling Coordinator Jeff Barnes organizes the group rides. Weather dependent, the rides will meet up at the Golden History Park at 11<sup>th</sup> 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 start at 9:00 am, when the weather is a bit warmer.

## Saturday Morning Run

Every Saturday at 8:00 am we gather at the Golden History Park on 11<sup>th</sup> 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](mailto:amandajanesimpson@gmail.com)

Bob Weber  
<mailto:bweberhome@gmail.com>

Trail runs will be on Tuesday at 6:00 pm. Runs will switch to roads if conditions dictate. So please do check the Facebook posts on Monday, if we must 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 Events

If anyone wants to add an event or results, send info to: [frccmembers@gmail.com](mailto:frccmembers@gmail.com)

Jammin' in January is ongoing so keep the participation going. Remember this is for YOU and helping you to meet your 2023 goals.

March Madness will challenge you to work out and track your minutes.

## Member Results – How did I do that?

It was July 24<sup>th</sup>, 2005. Lake Placid, NY. Ironman USA. Transition and drop bags in place, bike in transition, wetsuit on, I headed to the water to start my first ironman. I positioned myself in the water near the front of 2000 racers, to get every advantage. This was the culmination of a year of planning and training with a few obstacles along the way.

**Seven months before** - I learned I had iron overload and subsequently gave 8+ pints of blood over the course of about 10 weeks. During this time, I was training for Boston as well as the Ironman. It was a struggle to keep up with my training buddies as they were merciless!

**Three months before** - Boston marathon. Besides the running part, it was a great experience. I qualified running on a stress fracture (not recommended) so I deferred a year to let my foot heal. I mention that because on my first ironman training run after this race, I felt a similar pain in my other foot and thought I had a new stress fracture.

**One week before** – Still not running but decided to race and walk the last leg. That took the pressure off because who the hell can be expected to run a marathon after swimming 2.4 miles and biking 112 miles anyway?!!

**One day before** - I set up my bike and realized I had a mild cold. I went to a church service where ironman participants were invited to the pulpit to be blessed by the priest and cheered by the congregation. It was very special and a nice community gesture, we felt like superstars. On the way home I picked up some Alka Seltzer cold medicine which turned out to be just Alka Seltzer.

**Race Start** - The gun went off and within seconds it seemed like all 2000 swimmers were on top of me. At that time swimming was my favorite event, but this was too much. I had to get out. I looked up and all I could see were arms flailing in every direction. There was no exiting. I stuck my head back in the water, spotted the famous underwater cable, and swam.

**1 hr 4 min later** - I was out of the water and headed for the bike. I wanted to put all my effort into the bike, but struggled a bit with breathing. I went for it on the downhills, where I would normally brake, and tried pushing the hills.



**6 hrs 30 min later** - I was off my bike and headed to the run course thinking my race was over. I was walking out of transition when I decided

to try running. There was no pain. I don't particularly enjoy running, but I was so happy to be running instead of walking! Suddenly Lake Placid was beautiful with the backdrop of Olympic ski jumps. The spectators were amazing. The weather was perfect and I saw unicorns and butterflies.

**12 hrs 20 min and 54 sec** – I crossed the finish line exceeding my expectations. I felt amazingly good and energized! I couldn't talk about it because I had lost my voice, but after all these years it's fun to reminisce.

Kemp recommended I read a book called the Obstacle is the Way. In my case 1. training without blood was like



high altitude training, 2. not running gave me more time to swim and bike, 3. the head cold kept me from leaving everything on the bike so I

had something left for the run, and 4. I've heard Alka Seltzer can be good for endurance events. I like to think these obstacles made the way for a great race.

Lysette

### Bike/Walk Golden

Beth Bidwell and a group of Golden friends have formed an action group to try to improve walking and biking activities around Golden. Their website has lots of information regarding paths in Golden and the group's objectives. Please visit their website and help them out where you can.

[bikewalkgolden](http://bikewalkgolden.com)

**FRCC Board & Coordinators**

President ..... Pat Klein  
 pjklein1@comcast.net  
 Vice President ..... Bob Weber  
 bweberhome@gmail.com  
 Treasurer ..... Deb Anderson  
 deborah3.anderson@gmail.com  
 Secretary ..... Jenny Carlin  
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 Membership ..... Katie Scattergood  
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 Running Coordinator ..... Kati Petry  
 Cycling Coordinator ..... Jeff Barnes  
 Communication Coordinator ..... Vacant

Activities Coordinator ..... Katie Boyce  
 k.boy29@gmail.com  
 Member Contacts ..... Simon Maybury  
 FRCC Board ..... [frccmembers@gmail.com](mailto:frccmembers@gmail.com)

**Club Events**

Jammin in January, month of January Workout Tracking  
 Wednesday 6:00pm Track Workout, ***Closed for the Season***, Golden High School  
 Tuesday 6:00pm Trail Run, Various Locations  
 Saturday 8:00am, Group Run/Walk, Golden History Park

**Area Running and Biking Events**

Date	Event	Distance	Location
<b>March 19, 2023</b>	<a href="#">All Out Spring Fever</a>	5K, 10K 1//2 Mara	NAAC Stadium, 64 <sup>th</sup> & Hiway 93
<b>April 1, 2023</b>	<a href="#">Three Creeks Half Marathon</a>	½ Marathon	Cherry Creek St Park
<b>April 2, 2023</b>	<a href="#">Donut Dash</a>	5K	Wash Park, Denver
<b>April 2, 2023</b>	<a href="#">Platte River Half Marathon</a>	½ Marathon	Englewood, CO
<b>No schedule yet</b>	Orienteering Meet	Depends on Skill	Various
<b>May 20, 2023</b>	<a href="#">La Jolla ½ Marathon and 5K</a>	½ Marathon, 5K	La Jolla, CA
<b>Registration Closed</b>	<a href="#">Boston Marathon</a>	Marathon	Boston, MA
<b>May 12-14, 2023</b>	<a href="#">Fruita Fat Tire Festival</a>	Multiple	Fruita
<b>May 6, 2023</b>	<a href="#">Greenland Trail Races</a>	Multiple	Greenland, Larkspur
<b>May 20, 2023</b>	<a href="#">Wild Horse Grave!</a>	30 or 65 Mile	De Beque, CO
<b>May 20-21, 2023</b>	<a href="#">Denver Colfax Marathon</a>	Marathon & Relay	Denver
<b>May 29, 2023</b>	<a href="#">Bolder Boulder</a>	10K	Boulder
<b>June 25, 2023</b>	<a href="#">Mt Evans Ascent</a>	Marathon Like - 14mi	Mt Evans
<b>June 24, 2023</b>	<a href="#">Slacker Half</a>	Multiple	Georgetown
<b>July 8, 2023</b>	<a href="#">Cookie Chase</a>	5K	Sloans Lake, Denver

<b>Jul 22, 2023</b>	<a href="#">Crooked Gravel</a>	30 & 67 Miles	Winter Park
<b>July 23, 2023</b>	<a href="#">Steamboat Lake Triathlon</a>	Sprint	Steamboat, CO
<b>July 28-29, 2023</b>	<a href="#">Crazy Mountain 100</a>	100 mile	Wilsall, MT
No Info	<a href="#">Chatfield Lake Classic Swim</a>	1 mile, 2 mile	Chatfield Res, Littleton, CO
No Info	<a href="#">Copper Triangle</a>	79 Miles	Copper Mountain, CO
<b>August 6, 2023</b>	<a href="#">Evergreen Town Race</a>	5K and 10k	Evergreen, CO
<b>August 12, 2023</b>	<a href="#">Georgetown to Idaho Springs</a>	½ Marathon	Georgetown
<b>July 22, 2023</b>	<a href="#">Triple ByPass</a>	Multiple	Evergreen
<b>August 20, 2023</b>	<a href="#">Denver Open Water Swim</a>	Multiple	Chatfield Res, Littleton, CO
<b>Sold Out</b>	<a href="#">Hood to Coast Relay</a>	200 mile	Portland, OR
<b>August 26, 2023</b>	<a href="#">Boulder Sunset Triathlon</a>	Sprint/Olympic	Boulder Reservoir
<b>Sept 4, 2023</b>	<a href="#">Labor Day Half Marathon</a>	Multiple	Salisbury Park, Parker
No info	<a href="#">Tour of the Moon (Bike)</a>	41 & 64 Mil	Grand Junction, CO
<b>?Sept 24, 2023</b>	<a href="#">Golden Gallop</a>	5K, 10K	Golden
No info	<a href="#">Cycle the City</a>	100 mile	Denver
<b>Oct 22, 2023</b>	<a href="#">Ghosts and Goblins 5K</a>	5K	City Park, Denver
<b>Nov 18, 2023</b>	<a href="#">Pumpkin Pie</a>	5K	City Park, Denver
<b>Dec 17, 2023</b>	<a href="#">Ugly Sweater 5K</a>	5K	Wash Park, Denver