



# FRCC Monthly Newsletter

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March 2022 Volume 1, Number 1

This is the first of what we plan to be a monthly Club Newsletter. 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](mailto:pjklein1@comcast.net)

## President's Message



Here we are in March 2022 and FRCC is continuing to gain activity and membership. Hope everyone is tracking your exercise on the March Madness spreadsheet. I

look forward to celebrating both Jam'n in January and March Madness accomplishments. We are planning an event in April along with a membership event. As April rolls in, you will start seeing information about Track Workouts. This should bring in group biking events as well. Our goal is to continue some of the favorite activities as well as introduce additional ways to participate. Anyone with an idea and would like to share those or even take on planning and organizing a club event please let us know.

## Welcome our New Members

We want to welcome our newest member to FRCC.

Alison Gorman

Note: We are currently tracking membership in Memberplanet. We have over 150 names in Memberplanet but not all those people have taken the steps to sign in as members or pay the annual dues. 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](http://www.memberplanet.com/foothillsrunningandcyclingclub)

## Treasurer's Note

Life is more fun when you have skin in the game. Pay your dues today and play with FRCC this year. Go to [www.memberplanet.com/foothillsrunningandcyclingclub](http://www.memberplanet.com/foothillsrunningandcyclingclub) and JOIN. See you out there!

## Track Workouts Begin Soon

Running Coordinator Kati Petry and Coach Sara Werner Heard met and are working on the Track Workout program. The plan is to start workouts the week of April 11 and they will be either Tuesdays or Wednesday, depending on Sara's schedule. The workouts will be at

6:00 pm at the Golden High School Track. More information will follow when the details are all worked out.

### Group Bike Ride Planning

Cycling Coordinator Jeff Barnes is putting together some group rides starting in April. Stay tuned for more information.

### Saturday Morning Run

Every Saturday 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)

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

Think back to your first-grade self, stuffed in a tiny plastic chair at a little Formica desk. Staring out the classroom window at the perfect 75-degree day. All you wanted was for that recess bell to ring so you could bust out the door, run straight into the sun and have a few chuckles with your best friends. Well, that's kinda what the Tuesday Night Trail Runs are like.

Every Tuesday night at 6:00 p.m. that inner bell rings and the FRCC convenes at one of the many trailheads in the Golden/Lakewood/Morrison area. For the next 1.5 - 2 hours, this exuberant crew bounces off rocks, skips through puddles, charges up hills and bombs some of the sweetest single track on the front range. The runs are social - meaning no wo/man left behind. They're typically 4-6 miles in the winter and 6-8 in the summer. But the best part? The vibe. This is a caring, encouraging crew generally interested in one another and generally vested in the Colorado outdoors. Sound good? Well, here are a few more tasty details to whet your appetite.

**Who will enjoy this run:** Anyone who can comfortably transport themselves over six miles of trail, and is looking for a fun, social group who likes to talk gear, clothing, trails, and all things outdoors. This is not a competitive group; if you are looking for a race-the-

fastest-human-and-run-til-you-puke kind of group, this is probably not for you.

**The pace:** We encourage all paces to come, and do have all paces. We would like the fastest people to get a proper workout and the slowest people to feel included, so we do wait at junctions. It is a social run after all!

**Post-run imbibery:** Enjoy a beer, kombucha or food truck delight with the crew after the run.

**How to join in this fun?** Check out the FRCC Trail Running group on Facebook and look for updates every Monday night.

As we are diligent of 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.

Give yourself the gift of adult recess and celebrate Daylight Savings Time by joining us this Tuesday for the best night of the workweek - the Tuesday Night Trail Run! See ya there!

### Member Scheduled Events

Rachel Kenney – [Behind the Rocks Ultra](#), Mar 26, Moab

Katie Boyce, Swimming [2022 COMSA Short Course State Championships](#) March 25-27, Thornton, CO

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

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

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

### Member Profile – 'Interval with Ken'

By Julie Simon

With the encouragement from his parents, Kenneth Fleishhacker always participated and enjoyed athletics. He felt fortunate to learn and be proficient in most

events except for that “darn tennis sport”. Ken attended college, worked, and did all of what is ‘normal’ for an adult, as he continued to pursue an active sports passion. Eventually he decided to seriously focus on just a few sports, mostly running, cycling, Nordic, and cross-country skiing. He pursued without specific goals, except to be as “good as his body would take him”.

He concentrated on his sports and started to ‘rub elbows’ with better athletes in his age group. He realized he didn’t have their natural abilities, so he committed to just train harder and smarter. He consistently trained at least three hours a day. [He’s recently *downsized* to two hours a day.] He has always self-coached. {What are his other ‘secrets’?} He keeps one of his bikes as a commuter bike. Before his work retirement he got his cycling miles in by riding to work every day. Post retirement he cycles for grocery errands and some other daily needs. Interval training is key to his training. He never schedules rest days, it might accidentally happen, if a doctor appointment gets scheduled (in the way), but don’t plan on it! This is how he has accomplished the following awards:

**Veteran Colorado Cycling Time Trial Champion 1981**  
**Veteran Colorado Road Champion 1991**  
**Qualified and completed the Hawaiian Ironman World Championship in 1991**  
**USAT National Duathlon Champion 2015,16,17,18,19 and 21(2)**  
**USAT National Triathlon Champion 2021**  
**ITU World Duathlon Champion 2017**



In addition to the above first place finishes, he’s been on the podium numerous times for both National and International races, as well as awards in the USAT (USA Triathlons) age group, all American recognition, over numerous years. To qualify for age group Nationals, you must finish a USAT Sanctioned age group triathlon

of any distance. Distances can be as short as super-sprint or long as ultra-distance (full IRONMAN). These events can include on-road and off-road races. His proudest moment was still in Pontevedra Spain, in 1991, at the International Triathlon Union where he was presented their “Heroes” Lifetime Achievement Award. [https://www.triathlon.org/athletes/results/64533/kenneth\\_fleischhacker](https://www.triathlon.org/athletes/results/64533/kenneth_fleischhacker)

However, he claims his most embarrassing moment occurred sometime in the 1980s while triathlon and hard-shell bike helmets were relatively new, he owned a helmet that looked like a round ‘pot’. At the swim-bike transition, he placed the ‘pot’ on his head backwards and cycled the entire bike leg that way!

His claims his wife, Christine, is not athletic but always supportive to his endeavors. They travel together, and after races, sightsee and reunite with old friends. {It was at the finish of a cold 4-mile run when I phoned their home, and I was finally able to talk with Ken to finish this interview. He, still in his sweaty running clothes (that he didn’t want to call me back so he could take the time to change or shower from) I could hear Christine commenting to him as to how cold it was out there and asking if he wanted some tea “Umm, sure.” he replied...} Christine has re sewn several times over the oldest athletic item he still uses, a woolen cycling jersey. He swears that it saved him from “freezing to death, too many times to count”.

Ken never alpine ski raced but did well with cross country ski racing. While serving in the military for two years, he was rated expert in shooting. and was always fascinated by Olympic biathlons, and with his background, always considered doing biathlons. He held back from participating primarily because of the cost of specialized rifles.



Ken admires athlete Scott Tinley, a two-time winner of the Ironman World Championships in the mid-'80s. Mary Fleischhacker his mom, is a great influence in Ken's life too. His parents raised him during the depression. Mrs. Fleischhacker was a high school graduate but found work and was self-motivated to additionally

earn her college degree by attending night school.

Pardon 'overpacking' the stories on this 'interview trip', but (figuratively and literally) there are so many details to collect ...Icarpe diem! Ken is so fun as he seizes each day and seems to live to his fullest! He has a great laugh and spirit that inspire. There's no doubting Ken's

**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  
jennyc33@comcast.net
- Membership..... Katie Scattergood  
ktscat@yahoo.com
- Running Coordinator ..... Kati Petry
- Cycling Coordinator ..... Jeff Barnes
- Communication Coordinator..... Katie Boyce  
k.boy29@gmail.com
- Activities Coordinator ..... Carlyne Bocovich  
cabocovich@gmail.com
- Member Contacts..... Simon Maybury
- FRCC Board ..... [frccmembers@gmail.com](mailto:frccmembers@gmail.com)

athleticism, self-motivation, and work ethic. Hidden beneath is family love and support that keeps carrying him. His keen observation and competition of his athletic peers keeps his strategy in beating them. This occurs as he keeps that huge grin on his face. He's one of those (speaking personally) that you're so much better for knowing, and lucky to try to 'rub elbows' with!

Finally, some 'souvenirs' from Ken: "Purchase good running shoes... Run as much as possible on soft surfaces, running is a high-impact sport, as injuries can catch up with you." He knows, as his running career includes 'footnotes' 😊 of joint replacements / surgeries: right knee, left hip replacement, and most recently a spinal procedure. He also offers advice for newbies: "Any individuals who are interested in any event or project, just follow Nike's tag line, "Just do it", and then "march to your own drummer"...In his eighty-fifth year now, and each year, when he arrives to either the Nationals or Worlds, he says he always ask himself, "How did I get to this level?". And responds: "you know, I will never have a complete answer"...

**Orienteering Event**

Simon Maybury is a long time and avid Orienteering participant. He has provided several club events based on his Orienteering experience. He has also provided some information and a recommended Orienteering Event on Saturday April 16<sup>th</sup> at Cherry Creek State Park. Details are provided below. Please consider joining in on one of this fun event.

[View Additional information](#)

## Running and Biking Events

Date	Event	Distance	Location
April 2, 2022	Three Creeks Half Marathon	½ Marathon	Cherry Creek St Park
April 3, 2022	Donut Dash	5K	Wash Park, Denver
April 10, 2022	<a href="#">Platte River Half Marathon</a>	½ Marathon	Englewood, CO
April 16 2022	Orienteering Meet	Depends on Skill	Cherry Creek State Park
April 16, 2022	<a href="#">La Jolla ½ Marathon and 5K</a>	½ Marathon, 5K	La Jolla, CA
April 18, 2022	<a href="#">Boston Marathon</a>	Marathon	Boston, MA
May 6, 2022	<a href="#">Fruita Fat Tire Festival</a>	Multiple	Fruita
May 7, 2022	<a href="#">Greenland Trail Races</a>	Multiple	Greenland, Larkspur
May 14, 2022	<a href="#">Wild Horse Gravel</a>	30 or 65 Mile	De Beque, CO
May 15, 2022	<a href="#">Denver Colfax Marathon</a>	Marathon & Relay	Denver
May 30, 2022	<a href="#">Bolder Boulder</a>	10K	Boulder
June 5, 2022	Flamingo Day 5K	5K	Sloans Lake, Denver
June 5, 2022	<a href="#">Elephant Rock</a>	100, 62, 45 mile	Castle Rock
June 22, 2022	Mt Evans Ascent	Marathon Like	Mt Evans
June 25, 2022	<a href="#">Slacker Half</a>	Multiple	Georgetown
July 9, 2022	Cookie Chase	5K	Sloans Lake, Denver
July 29-30, 2022	<a href="#">Crazy Mountain 100</a>	100 mile	Wilsall, MT
July 31, 2022	<a href="#">Chatfield Lake Classic Swim</a>	1 mile, 2 mile	Chatfield Res, Littleton, CO
August 13, 2022	Georgetown to Idaho Springs	½ Marathon	Georgetown
August 20, 2022	Triple ByPass	Multiple	Evergreen
August 21, 2022	<a href="#">Denver Open Water Swim</a>	Multiple	Chatfield Res, Littleton, CO
Sept 5, 2022	Labor Day Half Marathon	Multiple	Salisbury Park, Parker
Sept 18, 2022	<a href="#">Golden Gallop</a>	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