



FRCC Monthly Newsletter

FRCC Newsletter

May 2022 Volume 1, Number 3

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

President's Message

Biking, trail running, track workouts, swim competition, buddy runs and even a membership party all happened last month. We had an active April and we should have a great summer. The track workouts led by Sara have been a great addition to our training. Hopefully now that they are moved back to Wednesdays, everyone can fit these into your weekly schedule.

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.

No new members this year. We know you are out there but did not find new members in our Member Planet listing. If you are participating in our events, please join us through Member Planet.

www.memberplanet.com/foothillsrunningandcyclingclub

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

Treasurer's Note: Bike and Running Discounts

Peak Cycles Members receive discounts at the store, conveniently located in central Golden, or 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](#)

Membership Gathering

We gathered on April 19th to celebrate Spring and the results of Jam'n in January and March Madness. 20 people showed up at Barrels and Bottles on South Golden Road to share some stories and hear the results. There were 14 participants in the two events with \$25 gift cards going out to high scores in Running, Biking, Overall Points, Other and minutes in each event. Winners were: Marnie, Kati Petry, Rachael, Michelle and Charlotte

Track Workouts Change to Wednesday

Track workouts starting May 11, will move to Wednesday for the remainder of the season. The workouts will be at 6:00 pm at the Golden High School Track, 710 24th St, Golden, CO.



Group Bike Rides

Cycling Coordinator Jeff Barnes has started the group rides. 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

Bob Weber

<mailto:bweberhome@gmail.com>

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 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 Scheduled Events

Jenny, Roger and Wiley Carlin– [Bolder Boulder](#) May 30, Boulder, CO

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

Michelle Howard and Jeff Barnes- [Elephant Rock Bike Ride](#), Jun 5, Castle Rock, CO

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

Jenny, Roger and Wiley Carlin- [Evergreen Town Race](#) August 7, Evergreen, CO

Katie Scattergood and Kati Petry [Boulder Sunset Triathlon](#), Aug 27, Boulder Reservoir

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

Member Results

Elise McConnell had a successful Boston Marathon, finishing in 3:45.

Jenny Carlin finished 3rd in her age group at the La Jolla 5K.

Ken Fleischhacker Update on his Team USA event in Irving, TX

“I had a decent Super Sprint Triathlon at the USAT Nationals in Irving Texas, and I won my non-contested Age Group race.”

“A few days later, I did a Sprint Duathlon, and after completing two runs and the bike, I just could not believe my great finishing time!”

“I just then realized that I had a Senior Moment, and I did only one lap of a two-lap bike course. So of course, I was properly disqualified.”

“Chuck that up to my many lifetime blunders.”

Amanda Simpson, Kate Rose and Dave Shavlik

All did Quad Rock 25M. Amanda took first in the 50+ age category! Congratulations!

Dave Cunningham ran Miwok 100k out in California. That's a race famous for its tight cutoff - and he made it! "That race was an effing fight to the finish and this time I won"

Member Profile – Lieutenant Colonel Klein! Here for duty, Sir!

By Julie Simon

Running two miles in high school is where it began. Working out (& more running) when a friend asked me to join him in 1977. Both of us had gained a lot of weight and could barely run to the mailbox! The YMCA had an indoor track that took 32 times around to make a mile. After six months of indoor running and signing up for a 10km, that changed everything! Running outside made me smile. My friend and I made a bet who could lose 20 pounds first and away went the fat. 1979 and 50 pounds less I was a committed runner and marathon finisher...



10th ANNUAL TRAIL'S END MARATHON
Seaside, Oregon
February 24, 1979 KENT'S

Many running accomplishment experiences, but the greatest was running my 45th marathon last autumn in Berlin, Germany. It wasn't about my time, except it had been 42 years since my first (marathon). Before then other 'greatest' moments in preparation: I won a 10km in Everett, WA; ran my PR marathon at 2:38 in Seaside, OR

and competed with the National Guard Team in the USMC Marathon. In recent years, I have won my age group at the Horse Tooth Half Marathon and the Mountain to Beach Marathon. On our honeymoon I also ran a marathon with my best friend and wife in Padova, Italy.



Most embarrassing moment? "This is a tough one." Probably the most embarrassing moments have been my lack of ability to 'prepare' for race day starts. Many times, I've had to jump out of the start area to hit a porta-pot, just as the gun went off! Another time was when I was supposed to meet my wife at the finish of the 2014 Boston Marathon. After waiting about 45 minutes, I thought I'd missed her and jumped on the bus to the hotel. 90 minutes later, she came knocking at the hotel door. She missed the bus and walked 3 miles alone to the hotel. I felt terrible.

I could have won a gold medal in the biathlon. I'm a very good shot with a rifle and with my running, I figured I could XC ski well enough to compete.

Wisdom? Make sure you have good shoes and check your weight. With running in high school, I should have known how to run, but 7 years later I had problems getting back into it. After running a few times on that 32 lap per mile indoor track I got shin splints. I sat on the edge of the track and rubbed my shins when a guy I'd seen running many times stopped to ask how I was doing. I told him I had shin splints that were so bad that I'd probably not be able to continue to run. He sat down next to me and asked what I'd been doing and then offered me some advice on my shoes, which were Keds or similar. He said, "you should get some real shoes", something like his, New Balance Comp 320. (Funny, I still remember that.) He stood up and started to walk away, then turned, looked back and said, "You might want to lose some weight."

My friend Bob who got me into working out was my biggest influencer, then my older brother. He and I had a friendly competition for the first 10 years to see who could set the family PR. First him, then me, then

him, then me...until we both broke below 2:40, then we figured we could just run for fun.

The oldest piece of technology I have is a handmade wristband with my predicted mile times covered in Scotch tape. I don't wear it anymore but each time I strapped on my Timex, or iWatch, I think of the band and how I used it to pace for my marathons.

Many races and marathons make this runner's resume. Marathons: Boston(8),Lincolns(10),Trails End(4), Marine Corps(3),Seattle(2),Chicago(2), Honolulu(2)and others totaling 45. Twin qualifier for the National Team for Marine Corps, while running 12 years on the Washington National Guard Marathon team, (also as team coordinator) is just a part of their storied 29 career years for the National Guard.

Besides a varietal and well-traveled running resume, this member has other talents including woodworking skills and photography.

As author in great company (to fortunes favor) running nearby our subject, I took liberty (in making this article too long (Again. Sorry Boss, but not 😊))in asking some club members to share what comes to mind when they think of this member. Here's their responses:

"dedicated, devoted, 'crazy nuts', tough, curious, invested, trailblazer, accomplished, understated, elegant,



supportive, thoughtful, consistent, leader, quiet, inspiring, stoic, devoted to their huge family, (keeping up with) premier athlete for a spouse and the FRCC!"

Have you guessed WHO? Lucky for us it is none other than our club President! Patrick Klein!.....[Hail to the FRC(C)hief]

Orienteering Meets – Simon Maybury

This is your last opportunity to have a go at Orienteering nearby; later meets will be further away.

http://www.rmoc.org/index.php?option=com_content&view=article&id=73&PassedEventID=2022-BCLP

Please preregister: this tells us how many maps to print and makes registration easier for you and for us. If you have not orienteered before I recommend the Yellow course. If you finish this too quickly, you can do an Orange later.

[View Additional information](#)

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

Summer and Fall Club Events

It is time to start planning Summer and Fall Club events. In years past we have had a variety of fun events to include:

Poker Run
Prediction Run
Orienteering in Golden
Wild West Relay Team
Park Run (Boulder)
Julie's 'Egg' Run

If anyone is interested in helping to organize these or help the organizer please let us know. Also, if you have other events you think we should try, those are welcome also.

Trail Runner Volunteers

Looking for a great way to make friends, talk running and hiking and give back to the community? [Check out the Trail Runner Volunteers \(TRV\) Facebook group!](#) TRV connects trail users to trail work opportunities in the Front Range - primarily in Jefferson County. The group offers two-to-four hour trail work options, so it's easy to volunteer for a half day on the weekends, or for a few hours after the traditional business day. About 8-10 people volunteer for each shift, and we've actually picked up a few new FRCC members that way! It's a great way to get exercise, make friends and preserve the trails we use every day. Not a trail runner? Not everyone is. We have a lot of hikers and general outdoor enthusiasts that come. So join the fun and save the trails!

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

FRCC Board & Coordinators

PresidentPat 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 Carolyne Bocovich
cabocovich@gmail.com
Member Contacts..... Simon Maybury
FRCC Board frccmembers@gmail.com

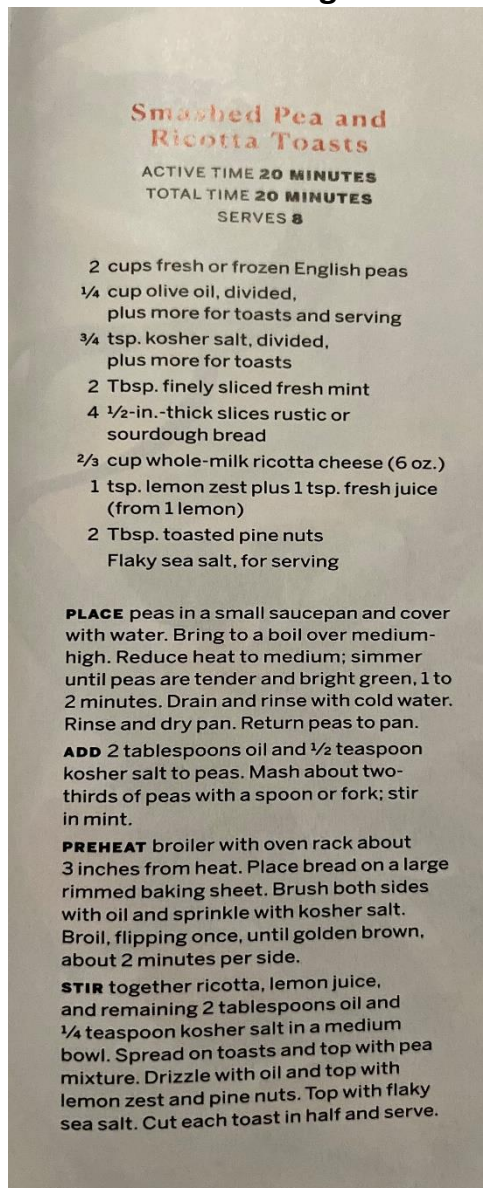
Club Events

Wednesday 6:00pm Track Workout, Golden High School
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)

Katie B's Recipe Corner

Here's my fav toast recipe

Smashed Pea and Ricotta Toasts



Area Running and Biking Events

Date	Event	Distance	Location
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 18, 2022	Estes Park Marathon and Half	½ Marathon & Full	Estes Park, 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 7, 2022	Evergreen Town Race	5K and 10k	Evergreen, 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
August 27, 2022	Boulder Sunset Triathlon	Sprint/Olympic	Boulder Reservoir
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