



FRCC Monthly Newsletter

FRCC Newsletter

November 2022 Volume 1, Number 6

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

President's Message

Winter is upon us and warm clothes will be the wardrobe for the next few months. Still a great time to get out and enjoy the Foothills either running or biking and maybe a ski adventure. We will have some traditional events this Winter but it would be great to get some new ideas. If anyone had an event you would like to lead or encourage others to join you please let us know. Now that football season is completed for me, I should have more time to join the fun.



Welcome our New Members

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

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

Board Member Elections

It is time to Elect the following Board Members. We do elections for these position every two years. We will do the in-person voting at the Jingle Bell Night Event Dec 15th.

Running Coordinator
Cycling, Coordinator
Membership Coordinator
Sponsor/Liaison Coordinator
Website/Social Media Coordinator
Events Coordinator

If you are interested in one of these positions, please send a note to: foothillsrcc@gmail.com

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 24th 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 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 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. 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

Jammin' in January is coming so make plans to participate by planning individual or group training. More information to follow.

Simon and Charlotte's Orienteering and Breakfast.

October 22, 0800 was the time and Golden History Museum was the place for the Annual Orienteering Event. Simon and Charlotte again did an amazing job mapping out the course and the breakfast after was awesome. What a fun event that is meant for family and friends and is a team sport. Thanks to Simon and Charlotte for a fun morning.



the USAT Duathlon and Triathlon Rankings and will be All-American in both.

Last Call Triathlon, Sep 25; Katie S and Ken F



Boulder Sunset Triathlon Aug 27



London Marathon October 2, Kati Petry

And she earned her 5th of 6 Stars of the Majors



Member Results

Monster Dash, Oct 29; Ruth, Deb, Ali, Katie B, Kati P,



Demon Dash 5k, Nov 5; Wiley, Jenny, Pam, Julie, Trinity



Ken Fleischhacker! Congratulations!

The following are my most recent race results, which you asked me for. June 25 World Sprint Triathlon Championships in Montreal. 1st and World A/G Champion. August 27 Boulder Sunset Duathlon 1st in A/G. September 25 Last Call Duathlon 1st in A/G. Currently, I'm Ranked 1st in

Look at who else was in London, Jenny Carlin with Roger and Wiley



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
ktsat@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

Club Events

Jingle Bell Run/Walk Event, Dec 15, downtown Golden starting and ending at the Barrels and Bottles at 600 o12th St #160, Golden, CO

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