



FRCC Monthly Newsletter

FRCC Newsletter

September 2022 Volume 1, Number 5

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

Summer has brought many activities to all the individuals of FRCC. It is great to see all the finishing and participation stories on Facebook. Marnie and I had a great trip to and around Mont Blanc and had the special company of Elsa and Joe. August 13th we had our annual Membership Party at Lions Park. We gained many new members this summer and hope to see all of you at our activities. Keep running and biking while the weather is good.



Welcome our New Members

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

Emily Crawford
Stephanie Bruggink
Molly Brown
Geneva Mueller
Marrissa K
Zachery Alves
Peter Brody-Moore
Hilary Pawsey
Lisa & Michael Kornick

We know there are more out there that want to become members but have not signed up 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.

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 will be Wednesdays 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 organizes 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 start at 9:00 am.

There is also a Lookout Mountain "Goat Ride" every other Thursday with the last one being Sep 15th.

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 Scheduled Events

If anyone wants to add an event or results, send info to:

frccmembers@gmail.com

Member Results

Kate Rose, Dave Shavlik Amanda Simpson ran the [Crazy Mountain Ultra](#), July 29th-30th, Wilsall, MT. Amanda dropped at 70 miles with a tendon injury and Dave dropped also due to medical issues. Congratulations to Kate Rose for finishing her first 100 mile ultra!

Ken Fleischhacker Won 1st Place in the Senior Nationals and will be going the Worlds! Congratulations!

Dave Cunningham ran the Breck Crest Marathon and then the Devil on the Divide. Amazing!

Katie Scattergood, Kati Petry, Katie Boyce, Rachael Kenney, Debbie Anderson, Jenny Carlin, Ken Fleischhacker, Holly Sprunger (Team), [Boulder Sunset Triathlon](#), Aug 27, Boulder Reservoir



Deb Anderson did a modified [Steamboat Lake Triathlon](#), July 24th, Steamboat, CO, taking 2nd in her age group. Congratulations.

Summer FRCC Picnic – Aug 13

It was time to celebrate our accomplishments and meet old friends. Our Summer FRCC Picnic was held August 13 at Lions Park



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!



More Volunteer Opportunities

Jenny Carlin: “I always want to volunteer to help a local running event, but I almost never want to volunteer by myself. All-Out Multicourse Productions has a lot of races in Arvada. I know we volunteer at the Golden Gallop - but either I'm running that one, or the Wheat Ridge Farmer 5k as it is the same day. “

FRCC Board & Coordinators

- PresidentPat Klein
pjklein1@comcast.net
- Vice President Bob Weber
bweberhome@gmail.com
- TreasurerDeb 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

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)
- Thursday at 6:00 pm, Goat Ride up Lookout, check the Facebook page for specific dates.

Area Running and Biking Events

Date	Event	Distance	Location
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