



# FRCC Monthly Newsletter

FRCC Newsletter

June 2022 Volume 1, Number 4

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

Summer is here and the outdoor activities have been happening in earnest. Track workouts have been well attended and the times keep dropping. Good to see all activities happening and the results of your efforts. Keep it up and enjoy the warm weather.

## Welcome our New Members

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

David Wolfson

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](http://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](#)

## It was the best of times; it was the worst of time. You decide

I find that we usually remember the races where everything went wrong, or everything went 'right!' Jenny Carlin

## Pueblo River Trail Marathon October 12, 1997

**Marnie Klein:** I ran this race with 2 of my long-time running buddies. We woke up at 5:30am and checked outside the motel to feel the temperature as we dressed for the race. It was in the 50s, no breeze, nice.

We all put on shorts. We boarded the bus and as we were driving out to the start, we saw a temperature sign on a bank: 31 degrees! (There was no weather information on cell phones in 1997 and we had relied on the TV weather forecasters the night before).

Quickly we began pulling on tights, shirts, gloves, and jackets from our duffle bags which we had brought along for after the race.

The race started and the wind, snow, and sleet began. I remember a woman driving by in a truck peeling off black trash bags and handing them to runners.

Soon I was alone. I don't recall many runners ahead or behind. It was a race of attrition. I plowed on.

At mile 17 I recall running off course to a bathroom. I shook like crazy, and it seemed it took several minutes to pull my wet clothes down and back up.

What am I doing here? At mile 23 the weather changed - sunshine and warmth and I began peeling off clothes to finish the race.

It was one of my slowest marathons. Boston 2018 was worse overall, but most people know about *THAT* "worst of times".

### 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 24<sup>th</sup> 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 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.

### 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. 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

Deb Anderson, Lysette Hunt & Kep Nussbaum  
[Steamboat Lake Triathlon](#), July 24<sup>th</sup>, Steamboat, CO

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

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

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

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

### Member Results

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

**Jeff Barnes, Michelle Howard, Marnie and Pat Klein** rode the last Elephant Rock Ride in Castlerock. This event began in 1987 and this was the final year. Great weather and great time.

**Jenny, Roger and Wiley Carlin** ran the Bolder Boulder as did **Molly Brown and Marissa Kraft**.

**Dave Cunningham** took 3rd AG at the Steamboat Half Marathon this weekend.

**Bob Weber** busted out his first ultra in a few years - at the Dirty 30!!! Eliot El Lee also conquered the course in another aggressive summer schedule of running!

**Katie Scattergood, Deb Anderson, Ruth Hund and Kati Petri** did the Without Limits Strokes and Strides open water swim + run race ("aquathlon") on Thursday evening at Boulder RezOption to swim 1 lap (750m) or 2 laps (1500m) + 5K run or just swim. We had fun! Races are hosted Thursday evenings through early August. Can sign up online or in-person. More details are on website.

<https://www.withoutlimits.co/stroke-stride-series>



Kati Petry decided earlier this week to race the "bacon burner 6K" in Frisco. There's bacon at the aid station and bacon at the finish line! Looks Like 2<sup>nd</sup> Place finish. Congrats!



## Member Profile – Amanda Jane

By Julie Simon

*How and when did you get started in your sport?*

I started trail running when I was 40. I was lifting at Anytime Fitness when a hailstorm struck. I made the comment of "Oh... I was about to go for a run." A woman there said she was too, and asked if I wanted to join her when the hail stopped. She took me to Apex and kept saying "I don't understand why you would run on a road? Why you do something like that?" She was from Canada and the idea of road running was absurd to her. Needless to say, I almost died at Apex. But decided she was right. And it's been trails ever since!

*What have been your greatest accomplishments in the sport?*

I don't have any real accomplishments in the sport. I am phenomenally non-competitive and don't really push myself or care about time or ranking. I'm in it for the pictures, the friendships and the adventures. If you have to go with stats, I did just take first place in the Grand Masters division of Quad Rock. And I was the only female 50-year-old finisher at Silverton 100M. I also took 8th overall woman at Ute 100. But only 13 women finished - so that doesn't even put me in the top 50%. Ha!

*What was your most embarrassing moment?*

"I shouldn't even tell this story, but you asked. I was running the Run Rabbit Run 100M. Somewhere in the middle of the night I came across a giant bowl of grapes and decided it would be a great idea to eat them by the fistful. And it was! Until about 1.5 hours later. I had picked up Kate Rose as my pacer and we were running through the only stretch of the race that was right in the middle of downtown Steamboat Springs. Suddenly, the grapes attacked, and I needed to take care of the situation. Emergently. Kate kept saying "we're only about .25 from the trees." But that was way too far. I had to drop trou in the grass right next to the city sidewalk. But to make matters worse, I was recharging my Garmin at the time, so my wrist was tethered to a battery pack which was inside my running pack and I couldn't reach my toilet paper, nor could I get my pack off without disrupting the charging connection. So I had to crab crawl away from my stomach explosion and ask Kate to ignore my bare bottom and fish me some toilet paper out of my pack. That took our friendship to a

whole new level. I would do anything for her now. 😞

*What other sport do you feel you would have won a gold medal at had you tried?*

I am more into running for the adventure, and the things you learn about yourself. Ultra running teaches you how much you can handle, teaches you to work through problems that keep coming your way, teaches you to persevere, to try, to adjust on the fly. I'm not in it for the sport of running. I'm in it for all that other stuff. So with that said, I don't think I could win a gold medal in anything. But I sure would like to try in cross country skiing!



*What wisdom would you impart of a newby to the sport?*

First, trail running, and definitely ultra running, is not at all like road running. It's a totally different skill set. You have to be willing to hike. You have to think about things like changes in the weather, changes in altitude. Entirely different nutrition. I see a lot of road-runner converts get frustrated when they have to walk a hill, or horrified when they see people scarfing burritos and pizza on the trail. I'd say if you are getting into trail running, think of it as a whole new activity. Second, never over schedule yourself so running becomes a

burden. Too many ultra plans out there call for excessive amounts of mileage that isn't necessary, and is almost impossible to achieve if you have to work and/or have a family. **Be smart with your training but keep running fun. Running is recess. It's a gift to yourself. It's not a chore.**

*Who (or what) influenced you most?*

I think my Canadian friend Mel - the one who dragged me to Apex for the first time - was my biggest influencer. She chronically put me in situations I didn't think I could handle, but had no choice but to get out of them! Our own Kemp N. also a big influencer. He was training for Big Horn when I first joined FRCC and I saw what that ultra world was all about. And finally, a random man I met, while running with Kemp at Collegiate Peaks. Random man was doing the 50 mile version of the race while I was doing the 25. He introduced to me to Justin's Nut Butters and some of the key rules of ultra running: "Never stop eating. If you can't see the top of a hill, walk. And get there however you can. It doesn't matter if you're crawling. Just keep moving."



*What is the oldest piece of equipment, technology, or race garb do you own? Why?*

A Pearl Izumi running cap. I have a freakishly small pinhead and it's really hard to find hats that fit. Pearl Izumi doesn't make their running line anymore, but I've hung onto that hat. It's faded, it's ripped, it's snagged. And it still makes frequent appearances.

*In your time outside of running, what else do you enjoy being, doing or reading?...hobbies?*

I have an embarrassing penchant for crime novels - particularly Nordic, British or Japanese crime. I love hiking, alpine and nordic skiing, and my kitten Clyde. I do not love work. But that's where I spend a lot of time.

*Also, are there a cause(s)/charity(ies)/issue(s) that resonate with you- that you'd like to mention/ publicize here?*

I do volunteer with the Trail Runner Volunteer group in JeffCo. They offer trail work volunteer opportunities almost weekly through the summer. The commitment is usually about 4 hours at a time, and they do have opportunities that after traditional business hours, so you don't have to give up your weekend! I highly recommend everyone check them out on Facebook!

Photos:

Caribou Pass - Really fun social run outside of Boulder  
Silverton Ultra - Really painful creek crossing in a storm!

### Summer FRCC Picnic – Aug 13

It is time to celebrate our accomplishments and meet old friends. Our Summer FRCC Picnic will be August 13

#### FRCC Board & Coordinators

President ..... Pat Klein  
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Vice President..... Bob Weber  
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Treasurer ..... Deb Anderson  
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Secretary..... Jenny Carlin  
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Membership .....Katie Scattergood  
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Running Coordinator .....Kati Petry  
Cycling Coordinator .....Jeff Barnes  
Communication Coordinator .....Katie Boyce  
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Activities Coordinator .....Carolyn Bocovich  
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Member Contacts ..... Simon Maybury  
FRCC Board ..... [frccmembers@gmail.com](mailto:frccmembers@gmail.com)

at Lions Park. More details to follow but put it on your calendar.

### 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. "

[Summer Breeze \(enmotive.com\)](http://enmotive.com)

<https://alloutmulticourseproductions.enmotive.com/events/volunteer/all-out-summer-breeze-5k-10k-and-half-marathon-2022>

#### 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, Starting June 23 @ 6:00 pm

## Area Running and Biking Events

Date	Event	Distance	Location
June 23, 2022	<a href="#">Mt Evans Ascent</a>	Marathon Like - 14mi	Mt Evans
June 25, 2022	<a href="#">Slacker Half</a>	Multiple	Georgetown
July 9, 2022	Cookie Chase	5K	Sloans Lake, Denver
Jul 23, 2022	<a href="#">Crooked Gravel</a>	30 & 67 Miles	Winter Park
July 24, 2022	<a href="#">Steamboat Lake Triathlon</a>	Sprint	Steamboat, CO
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
Aug 6, 2022	<a href="#">Copper Triangle</a>	79 Miles	Copper Mountain, CO
August 7, 2022	<a href="#">Evergreen Town Race</a>	5K and 10k	Evergreen, CO
August 13, 2022	<a href="#">Georgetown to Idaho Springs</a>	½ Marathon	Georgetown
August 20, 2022	<a href="#">Triple ByPass</a>	Multiple	Evergreen
August 21, 2022	<a href="#">Denver Open Water Swim</a>	Multiple	Chatfield Res, Littleton, CO
August 26-27, 2022	<a href="#">Hood to Coast Relay</a>	200 mile	Portland, OR
August 27, 2022	<a href="#">Boulder Sunset Triathlon</a>	Sprint/Olympic	Boulder Reservoir
Sept 5, 2022	<a href="#">Labor Day Half Marathon</a>	Multiple	Salisbury Park, Parker
Sept 10, 2022	<a href="#">Tour of the Moon (Bike)</a>	41 & 64 Mil	Grand Junction, CO
Sept 18, 2022	<a href="#">Golden Gallop</a>	5K, 10K	Golden
Sept 24, 2022	<a href="#">Cycle the City</a>	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