



FRCC Monthly Newsletter

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March 2023 Volume 2, Number 2

President's Message



Here we are in March 2023 Spring is only a few days away. As I scrolled through my hundreds of pictures on my phone to find a picture of just me, I realized that

most of my best memories are with my friends. The FRCC Board is busy planning our group activities with new opportunity and challenges alike. We are planning an event in April to celebrate our club members and to transition to warmer times. Track will begin in April as well as group rides. We will not have the pleasure of having Sara as Track Coach since she has taken on a full time job in addition to experiencing the teenage activities of her kids. We also plan to restructure our group bike rides a bit and hope to have more consistent participation. We may be reaching out to our members to assist in Track and Biking events.

Welcome our New Members

Please consider renewing your membership if you have not done so. We are currently only asking \$25 per individual and \$35 for a family annually.

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 and JOIN. See you out there!

Member Liability Waiver

Each member of FRCC is required to sign a Liability Waiver in order to participate in club events. This is required with the RRCA Membership. If you have not signed the waiver in 2023, please do so by clicking on this link: [FRCC Liability Waiver](#)

Bike Walk Golden

One of our members, Beth Bidwell, along with some of her friends have formed a group called Bike Walk Golden. The group has been working with the City of Golden on several related projects. There will be a "meet and greet" on Wednesday April 5th. You are encouraged to attend at the Golden City Brewery from 5:30 - 6:30 pm. Come out and meet them and learn how BWG will be partnering with the City in 2023.

Also...

The City is in process of renewing/updating their status with the League of American Bicyclists as a Bicycle Friendly Community. As part of the application review

process, the league has asked for participation in [a survey](#) that will help them better understand local bicyclist experience in our community. The survey asks for your thoughts on which level you think Golden should be. The levels are Diamond, Platinum, Gold, Silver and Bronze. For reference, **Boulder is Platinum, Golden, Denver and Arvada are silver and Lakewood is Bronze.**

[Golden's report card](#) is linked that shows how the Silver level was achieved. It also describes what is needed for the next level (Gold). Do you think Golden is Gold? At the time silver status was achieved, Golden did not have an advocacy group and the bike/ped master plan was incomplete. A revamp of the Bicycle Pedestrian Master Plan is underway, and the advocacy group Bike Walk Golden has been formed.

You can find more information at:
<https://bikewalkgolden.org/>

Track Workouts Begin Soon

Running Coordinator Kati Petry is working on the Track Workout program. The plan is to start workouts April 12 Wednesday. 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.

Anyone doing the workouts with FRCC must sign the Liability Waiver. This is a requirement of the RRCA membership. If you have not already renewed your FRCC membership, you may do that at the below link. Once you have completed your membership dues, the link to the liability form should be sent to you.

www.memberplanet.com/foothillsrunningandcyclingclub

Group Bike Ride Planning

Cycling Coordinator Jeff Barnes is putting together some group rides starting in April. The plan is to do group rides on the 1st and 3rd Sunday of the month with varying routes. We will also have some off-road routes that would allow for Mountain or Gravel Bikes. The first ride will be April 16th. Weather dependent, i.e. rain, too cold, too hot, etc. we may cancel the ride. Be sure to check the FRCC Facebook page the night before to ensure we will be riding.

We will be looking for volunteers to lead a Sunday ride. If you are interested, please let Jeff know by sending an

email to: frccmembers@gmail.com

Saturday Morning Run

Every Saturday 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 coffee or breakfast afterwards and swap stories.

Tuesday Night Trail Runs

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

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

Watch the [FRCC Facebook pages](#) for specifics on the Tuesday night runs.

Come join the June 05 fun at the first ever **FRCC Trail Work Night!** If you run, ride, hike, or even look at our trails, help keep them in great shape with some light trail work at North Table Mountain. Meet at Tony Grampas Sports Complex at 5 p.m. for some safety and instruction, and then get ready to fix what eroded, washed away or just looks sad after the winter.

Don't know how to do trail work? No problem. You'll have a trained trail work guide who will provide the tools and instructions of what you need to do.

Check out this link to sign up and learn more! Spots are limited so register fast! Hope to see you there! <https://offero.jeffco.us/.../0971fff9-ea99-4dba-918e...>

Road Runners Club of America (RRCA)

We are now back in good standing with RRCA and each paid membership to FRCC includes the opportunity to sign up for RRCA. In addition to membership, we have access to the list of other clubs in the area, insurance for club activities and articles and advice on putting on events. If you would like to extend your FRCC membership by joining RRCA (no additional fee) you can go to this link: [RRCA Individual Membership](#)

When you start to complete the online form, it should ask you to pick your club, pick **Foothills Running and Cycling Club**. At that point it should continue without charging you the \$25 membership fee.

Member Scheduled Events

We would like to highlight your upcoming events so that we can add support and possible training partners.

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

Member Profile – 'XC Biker - Linda'

Linda Stieduhar, Biker Xtraordinaire

How and when did you get started in your sport? Although I had ridden bikes as I child, I didn't get back onto a bike until I was around 47 years old. Someone gave me a used bike, so I began to ride just to get out and explore. Quickly I learned how to use clipless pedals without falling over! Not long after, I entered and finished some sprint triathlons but never felt comfortable swimming. When I moved to Golden in 2010, I joined FRCC to hopefully continue and improve my running and met and gained some wonderful friendships, but after tearing my meniscus, cycling became my love. In 2012, at the age of 52, I joined my first cycling racing team and learned to race. I watched my first cyclocross

race, thought it looked "fun" so went home and got my mountain bike and came back to enter my very first cyclocross race. Although I was probably the oldest women racing, and I nearly finished last, I knew I wanted to race more, I was hooked.



If you are wondering what cyclocross is, think of it as a steeplechase with a bike, riding as much of the course as you can which can be grass, dirt, mud and sand until you reach spots that require carrying your bike up/over/barriers, or up a flight of stairs. You ride in laps, attempting as many laps as you can in 50 minutes. The cyclocross season is in the fall, only four months starting September and ending in December. In 2015 I competed in 28 races, 18 of which were cyclocross. In 2017 I completed 20 cyclocross races in 4 months, and then went to Nationals in Reno Nevada.

I'm currently a member of the racing team, Old School Industries. I'm looking forward to racing with the team in 2023.

What have been your greatest accomplishments in the sport? CX racing.

What was your most embarrassing moment? Really don't have one. I have fallen in front of people while racing CX, but it's part of the experience.



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

What wisdom would you impart to a newby to the sport? Show up, do it for fun, try your best, and finish. Stick around and get to know fellow riders and at a race, cheer and jeer fellow riders.

Who (or what) influenced you most? Fellow teammates. I enjoy the comradery.

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

There is a story to this. Back in 2007 I entered a drawing at a bike shop with the hope of winning a bike. Well, I won that Cannondale bike and within weeks I rode that new bike in the very first Venus de Miles all women's bike ride. After the ride, they had a raffle, and I was hoping to win the helmet, but instead I won another bike! It was a custom made Blue. A week later, I went to the Veloswap and put my name in a box to win a cruiser. Well, that night I got a call that I had won the cruiser!! I knew it was a sign, that I was meant to ride! I did sell the Cannondale, and the cruiser, but I still have the Blue bike I won at the Venus de Miles.



In your time outside of running/biking, what else do you enjoy doing? I enjoy gardening and walking or hiking with my dog.

encourage them and after the ride, recommend what category ride they should sign up for in the future, i.e.. A, B, or C.

Are there a cause/charity/issue that resonate with you- that you'd like to mention/publicize here?



Venus de Miles – I have not missed riding the Venus de Miles so this will be my 16th year, and 12th year as an ambassador. Not only is it the first, and only all women’s bike ride in the state of Colorado, it also supports Greenhouse Scholars, a non-profit organization that

empower promising young students with the personal, professional, and financial resources they need to create lasting change in their own lives and the lives of others, regardless circumstances.

WeRide4 – a non-profit cycling club that gives. This year they are raising money to support “Lucky to Ride” I am a ride ambassador for WR4. I ride with new people who are interested in riding with the club. I stay with them, and



FRCC Board & Coordinators

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Area Running and Biking Events

Date	Event	Distance	Location
April 1, 2023	Three Creeks Half Marathon	½ Marathon	Cherry Creek St Park
April 2, 2023	Platte River Half Marathon	½ Marathon	Englewood, CO
No schedule yet	Orienteering Meet	Depends on Skill	Various
May 20, 2023	La Jolla ½ Marathon and 5K	½ Marathon, 5K	La Jolla, CA
Registration Closed	Boston Marathon	Marathon	Boston, MA
May 12-14, 2023	Fruita Fat Tire Festival	Multiple	Fruita

May 6, 2023	Greenland Trail Races	Multiple	Greenland, Larkspur
May 20, 2023	Wild Horse Gravel	30 or 65 Mile	De Beque, CO
May 20-21, 2023	Denver Colfax Marathon	Marathon & Relay	Denver
May 29, 2023	Bolder Boulder	10K	Boulder
June 25, 2023	Mt Evans Ascent	Marathon Like - 14mi	Mt Evans
June 24, 2023	Slacker Half	Multiple	Georgetown
June 25, 2023	Boulder Sunrise Triathlon	Sprint/Olympic	Boulder Reservoir
July 8, 2023	Cookie Chase	5K	Sloans Lake, Denver
Jul 22, 2023	Crooked Gravel	30 & 67 Miles	Winter Park
July 23, 2023	Steamboat Lake Triathlon	Sprint	Steamboat, CO
August 5, 2023	Copper Triangle	79 Miles	Copper Mountain, CO
August 6, 2023	Evergreen Town Race	5K and 10k	Evergreen, CO
August 12, 2023	Georgetown to Idaho Springs	½ Marathon	Georgetown
July 22, 2023	Triple ByPass	Multiple	Evergreen
August 20, 2023	Denver Open Water Swim	Multiple	Chatfield Res, Littleton, CO
August 20, 2023	Chatfield Lake Classic Swim	0.5, 1 mile, 2 mile	Chatfield Res, Littleton, CO
August 26, 2023	Boulder Sunset Triathlon	Sprint/Olympic	Boulder Reservoir
Sept 4, 2023	Labor Day Half Marathon	Multiple	Salisbury Park, Parker
Sept 9, 2023	Tour of the Moon (Bike)	41 & 64 Mil	Grand Junction, CO
Sept 17, 2023	Golden Gallop	5K, 10K	Golden
Sept 23, 2023	Denver Century Ride	100 mile	Northfield Denver
Nov 18, 2023	Pumpkin Pie	5K	City Park, Denver