



# FRCC Monthly Newsletter

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December 2023 Volume 2, Number 8

## President's Message



With December and the Winter season comes a time of reflection. Two years ago, I decided to give back to the club by offering to run for and take over as Club President. I have enjoyed my two year tour of duty and look forward to the club's continued success under the new

management. In the past two years we have reimplemented most of the fun events that became dormant during and after COVID. We have gained many new members and shared dozens of events, both in person and through Facebook postings.

That is all in the past and I expect the club will continue to flourish and bring many fun and encouraging events to our members.

One of the decisions the board made this fall was to change the organization format to more of a social club. This will eliminate the expense of the RRCA Membership (\$250) and the Club insurance (\$375). With that financial burden eliminated, we also decided to extend everyone's membership through 2024 so you will not need to pay the \$25 dues this January.

I look forward to sharing the road with all of you in the year ahead. Stay active and continue to participate.  
Pat Klein



## Membership

Do you know of someone who might be interested in joining the club? Please invite them to an event to check out the vibe and/or encourage them to sign up at the website below.

[www.memberplanet.com/foothillsrunningandcyclingclub](http://www.memberplanet.com/foothillsrunningandcyclingclub)

## Your Events

We would like to highlight your upcoming events and recent accomplishments so that we can offer congrats, support, and possible training partners.

Please send info to: [wittershicks@gmail.com](mailto:wittershicks@gmail.com)

## Club Events

We hope to see you all at our annual FRCC Christmas party! This is a great time to catch up and share potluck.

**Friday, December 15th from 6-9 pm at the American Legion (500 9th St, Golden).** We'll need a final head count so please RSVP by Thursday 12/14 to Pat Klein at [pjklein1@comcast.net](mailto:pjklein1@comcast.net) (even if you've already RSVP'd via Facebook). Below is a link to bring food.

<https://www.signupgenius.com/go/20F0D4FA9AC23A57-46509946->

[frcc/2025387?fbclid=IwAR3jf8swNgk3OwX4Wld0stKt5rr0SqAHQMYCIRJ-bER3nGsaWZDehTYxgRY#/#/](https://www.signupgenius.com/go/20F0D4FA9AC23A57-46509946-frcc/2025387?fbclid=IwAR3jf8swNgk3OwX4Wld0stKt5rr0SqAHQMYCIRJ-bER3nGsaWZDehTYxgRY#/)

**Do you have ideas for other potential club events?** A cross-country ski outing? A fun winter meetup in town? A friendly competition? Get creative! Let us know your thoughts by contacting anyone on the board (see the list at the end of this newsletter) or by fielding your idea at our Saturday morning run.

## Saturday Morning Run/Walk



Every Saturday (snow or shine), we gather at the Golden History Park on 11th St. in Golden to run/walk with friends

and family. The typical distance is 4 miles. Sometimes, a few go-getters head up a longer trail. This is as much an excuse to meet/see friends as it is a way to get in some exercise and fun on the trail. Feel free to drop in for any part of our course along the creek (it's fine to quickly run-and-go) or stick around to swap stories and grab coffee/breakfast in town afterwards.



A few flakes never stop our intrepid and playful runners/walkers.

Friends on trails keep your spirits up and your feet moving during the winter season.



## On Track and In the Hills

Yes, *Tuesday trail runs* are still happening when conditions are right! Keep an eye on the FRCC weekly newsletter or the Facebook page (FRCC Trail Running Golden) to get the deets on when and where. Interested in some occasional *headlamp track workouts*? The FRCC Facebook page will list sporadic opportunities. We hold some "offseason" (aka unofficial) meetups, which are generally at the Golden High School track around 5 or 5:30pm on Wednesdays.

## Looking forward to more in 2024: Tuesday Night Trail Runs, Group Bike Rides, Goat Ride Challenge, Track Wednesdays

The full array of groups (and a higher participation rate) will return when the weather warms and we have longer days. Watch the FRCC Facebook pages for specifics. If you're not on social media, let us know your particular interests by emailing me at the address below, and we'll be in touch. [wittershicks@gmail.com](mailto:wittershicks@gmail.com)

## Local Running and Bike Stores that give members discounts:

**Runners Roost, 2120 Ford St, Golden, CO**  
<http://runnersroost.com/golden>

**Peak Cycles, 1224 Washington Ave, Unit 145, Golden, CO**  
[BikeParts.com](http://BikeParts.com)



## Kudos

Our own Super Trail Lady, Christine Tokarz, finished the Canyonland Ultra 100M on Oct 28, 2023 with a winning time of 23:53:58 to place as 1st female and 7th overall. She finished approximately 5 hours before the 2nd place female. Go Christine!



We had six members brave the Colder Boulder 5K in December: Katie Scattergood, Lysette Hunt, Jeff Barnes, Michelle Howard, Deb Cunningham and Dave Lewis.



[Simon has a detailed summary with photos of each of his 10 runs. Catch him at an FRCC Saturday run along the creek, and you can ask him to email the full account; below is a sampling.]

The old city (Cittadella district) of Verona is in a loop of the Adige river. We unwittingly arrived for the weekend of the annual Julietta festival. Yes, *that* Juliet. I reckon there were 250000 tourists in the tightly-bound Cittadella (600 m x 1200 m) during the day. Fortunately, tourists sleep until 09:00, and the riverfront trail is almost empty. Across one of five bridges, around the outer riverfront, across bridge #5 to the Cittadella and back along the inner riverfront provided 5.2 km of flat running.

Two hours by bus took us to Malcesine, near the north end of Lake Garda. I chose this place because it has a 1700 m cablecar to the top of the Monte Baldo ridge. On the first I walked rapidly (I count this as running with the average gradient 15%) up to the intermediate cablecar station and ran back down. 7.1 km total; 471 m up.



This was a warmup for the next day, when I took the cablecar to the top (1700 m above the lake) and ran back down.



## Member Adventure

From Simon Maybury  
Ten Runs in Europe



Charlotte and I spent the month of September on a Viking Danube cruise extended by three weeks in the Italian Lake District. I took this opportunity to do ten runs in moderately diverse locations, interrupted for a couple of weeks by our first COVID infections.

I did an 8 km out and return with 430 m of ascent, to Bellano, the next town along the lake to the north, and a 2.7 km, 165 m loop above Varenna to the Castell. Above this lower, populated zone there are many longer recreational trails.

## Getting to know our members

Do you have an adventure you'd like to share with us? Send me (diane witters) a short summary of the experience or a brief description of memorable moments along with a few photos, and we can include this in a future newsletter. [wittershicks@gmail.com](mailto:wittershicks@gmail.com)

We have such a great group of fun-loving, fascinating, friendly members, and we'd like to get better acquainted. Occasionally we spotlight a member in a club newsletter to give us a taste of her/his life, perspectives, and experiences on and off the trail.

Whether you are a long-time member or a newbie, someone who likes races and podiums or low-key leisure on the trail, please let us know (using the email address above) if we can introduce you to the group.

We make it easy – we'll ask you some fun questions (we can meet up for a beverage, chat on the phone, or collect answers by email), and then we'll create a brief bio that you can approve before we share it. It's natural to get inspired by the wonderful individuals in this group. We can't wait to get to know you better.

## Join our Team

We're always looking for fresh inspiration to support and lead the group. Please consider joining us. Let us know (using any of the email addresses below) if you have questions about or are interested in a particular board or coordinator position, now or in the future. Thanks in advance for your contributions and ideas!

### 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  
Jeffbarnes3@gmail.com  
Communication Coordinator..... Vacant  
Activities Coordinators..... Katie Boyce  
[k.boyce29@gmail.com](mailto:k.boyce29@gmail.com)  
..... Julie Simon,  
Member Contacts ..... Simon Maybury  
FRCC Board ..... [frcmembers@gmail.com](mailto:frcmembers@gmail.com)