



FRCC Bi-Monthly Newsletter

Foothills Running and Cycling Club Newsletter

February 2024 Volume 3, Number 1

President's Message



When I retired, a friend recommended that I respond in this vague way, if I got requests to manage organizations: "Hmmm, this sounds interesting. Let me think about it and I'll get back to you." What the friend didn't mention was that

sometimes after using this delay tactic, we actually start thinking about the opportunity and instead of finding excuses to say No, we decide to jump in and say Yes!

I'm happy to be involved with this group as the new FRCC president and continue the great momentum generated by Pat and the Board these last couple years. Since joining FRCC eight years ago, I have really enjoyed the company of everyone I've met and the friendships made. While my running is more walking or hiking nowadays, I bike extensively, both mountain and road and you can usually find me with the group on Saturday mornings or biking around the area. I look forward to keeping FRCC an active place to have great experiences and connections! Happy 2024!

Bill Rice

Membership and Insurance

As we mentioned in an earlier newsletter, for 2024 membership dues are not required, but they are of course welcome. Dues will commence again in 2025.

Our Board and activities are managed by dedicated volunteers. Membership dues go towards insurance and offering a few awards and refreshments at a couple of club events during the year. We have decided in 2024 to have insurance coverage, as has been the case in past years. If you'd like more information about the decision, feel free to reach out to a board member for more background. The short summary is that after investigating similar social groups and clubs in the area, there was enough gray area regarding liability questions that it seemed wise to the board, after *LOTS* of research and discussion, to be an officially sanctioned club with insurance and a required annual waiver for participants. **If you haven't yet signed the waiver online, please click on this link:**

<https://www.memberplanet.com/s/foothillsrunningandcyclingclub/frccliabilitywaiver> Otherwise, we'll ask you to sign a hard-copy waiver, which organizers will have on hand before all FRCC-sanctioned activities; your signature will cover your club participation for the year.

Dogs and FRCC

Our furry friends are a huge part of many of our lives and we know they like to be on the trail as much as (maybe more than!) we do. Our insurance recommends adopting a "no pets allowed" policy for club events, but does allow the club to develop a specific waiver that pet owners can sign. The board will be discussing the possibility of a waiver over the next couple of meetings.

For now, if you and your dog plan to run or walk with members of FRCC, we need to let you know that officially you're a citizen with a pet along the trail rather than an FRCC participant, and you'll need to be responsible for any incidents involving your dog.

Club Events and Other Activities

Stay tuned for an **early April party and awards presentation** following the *Jammin' in January* and *March Minutes* competitions. We'll let you know more details about the party via future weekly emails.

Also in the weekly updates for March, you'll find a spreadsheet to start tracking your **March Minutes**. Let the club motivate you toward some fun winter activity and fitness goals – and maybe you'll even win a prize :-)

Do you have ideas for potential activities that interested people from the group might join? A ski outing? A fun winter/spring meetup in town? A friendly competition? Get creative! While these aren't official club events, we encourage getting social out there.

A **memorial gathering for Pam Gemery**, an FRCC member, will be held at New Terrain on *Saturday, March 9 from noon-4*. (16401 Table Mtn Pkwy, Golden) *A remembrance session will be from 1-2*. If you plan to come, please help the family get an accurate headcount by going to the link below. If you'd like to know more about how Pam touched many of our lives, please see the *FRCC Tribute* to her that will be sent to members via email.

<https://www.surveymonkey.com/r/C2DLSNK>

Saturday Morning Run/Walk



Every Saturday (snow or shine), we gather at 8am 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 or catch up with 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.



We switch it up at local cafes after our Saturday run/walk.



Friends keep your spirits up and your feet moving during the seasons.

On Track and In the Hills

Yes, **Tuesday trail runs** are still happening when conditions are right. Keep an eye on the FRCC weekly update by email or the Facebook page dedicated to this group (**FRCC Trail Running Golden**) to get info on the when and where.



Track Time will officially start up in early April. If you're interested in some occasional unofficial headlamp track workouts, the general **FRCC Facebook page (Foothills Running and Cycling Club)** will list sporadic opportunities at the Golden High School track.

**Looking forward to more in spring and summer:
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 this address, and we'll be in touch. wittershicks@gmail.com

Membership

Discounts:

Runners Roost, 2120 Ford St, Golden

Do you know of someone who might like to join the club? You're welcome to invite them to an event to check out the vibe. Or forward them this newsletter to give them a feel for the community and activities.

Kudos



Deb and Dave Cunningham took a beach break from the snow and ran a February half marathon in Huntington Beach, CA. Deb was the third woman overall and Dave won his age group! From Dave: "I tried to catch her, but as usual, that wasn't happening. Flat course, lovely weather."

We'd like to highlight your upcoming events and recent accomplishments so that we can offer congrats, support, and possible training partners. Please send your info to the newsletter coordinator.



We'll be back with more social tidbits in the next newsletter, highlighting a club member and sharing an adventure or two.

A special FRCC tribute to Pam Gemery-Hill will be in your inbox in early March.



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