



goodbye winter / hello spring



FRCC Bi-Monthly Newsletter

Foothills Running and Cycling Club Newsletter

April 2024 Volume 3, Number 2

Club Event

Bagel Run, Socializing, and Awards! Come join us on **Saturday, April 13th at 8am at Big Daddy's Bagels** for all kinds of fun, whether you're new to the club or a veteran, whether you want to run/walk or just enjoy a bite of breakfast and feel the friendly FRCC vibe. After a 3-4 mile course that starts and ends at Big Daddy's, we'll hang out, chat, and hand out awards for the winners of Jammin' in January and March Minutes. Feel free to bring along friends who want to check out the club. **3218, 106 N Rubey Dr # D, Golden** If you'd like to arrive a little early to get in your bagel order before you run, you can beat the breakfast rush.

On Track and In the Hills

Track sessions are starting up at the **Golden High School track** on April 10 and will continue **every Wednesday at 6pm** through mid-October. Don't worry if you haven't been running much or doing speedwork this winter. The workouts will start shorter/easier and will gradually increase in distance and intensity as the season progresses. You can always modify any of our workouts to meet wherever you're at in your fitness journey or to accommodate your race schedule. We'll use the link below to share/organize coaching duties from participants; the workouts are pre-written and easy to follow. If you plan to partake of the track sessions, **please sign up** for at least one available date **to volunteer coach**. Bring your own water and join us! [SignupGenius - FRCC Track 2024](#)



FRCC Tuesday trail runs start at 6pm at various locations in the Golden area, typically followed by

food at a brewery. This non-competitive group is all about getting outside, having fun, helping each other meet training goals, or simply unwinding with friends. Keep an eye on the FRCC weekly update by email or the **Facebook page** dedicated to this group (**FRCC Trail Running Golden**) to get specifics on trail conditions and meetup locations.



Goat Ride Challenge

If you're interested in joining other local cyclists for unofficial "Goat Rides" up **Lookout Mtn**, watch the club Facebook page for details or contact Jeff, our cycling coordinator. **Occasional 6pm rides may start up in April on Thursday evenings.**

Saturday Morning Social Run/Walk



We gather each Saturday 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. Check out the general FRCC Facebook page (Foothills Running and Cycling Club) for fun club photos, group notices, spontaneous opportunities, and friendly banter.



Other Activities



The need for a courtesy and etiquette campaign on Golden's shared-use paved paths was identified in the 2023 Bike/Ped Master Plan. Bike Walk Golden received a Thriving Communities grant to implement such a campaign, which focuses on 6 themes with 22 tips to help ensure that everyone has a safe and pleasant experience on the path. **Would you like to volunteer or learn more?**

Sign up for the Golden Weekly Digest [here](#), (to see the BWG tips of the week); check out the pathside BWG "tent talks" where bike bells and reflective bands are offered (starting May 18th and continuing through the summer); click this [link](#) to see all events and sign up to volunteer; or [email](#) the group with your questions and comments.



Membership

No membership dues this year; they will commence in 2025. **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.

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

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Member Adventure



We occasionally feature a trip or adventure by an FRCC member. If you have one you'd like to share, please let us know. **This one is by Bill Rice.**

In October, 2023 my wife Heather and I took a vacation to Japan. One of the highlights was a 3-day bike trip along the Shimanami Kaido, a 280 km bike route along the Seto Sea southeast of Hiroshima. We did the popular 70 km portion that goes over six bridges connecting a series of islands. The traffic is light and 20 to 30 miles a day can be easily accomplished on the various island roads and still gives time to enjoy the culture, sites and restaurants. The trip was self-guided with a bike tour company making arrangements for accommodations and luggage transport.

Day 1 we started out of the town of Onomichi, where we jumped on the shortest ferry ride in Japan for 15 minutes to the first island. The roads are painted with a large blue line for the trail, very hard to lose the way! Oranges and lemons were in season, and as we rode through small villages friendly locals would give us oranges to eat. We crossed the first bridges that connect the islands; each bridge has a completely separated bike path across it so no worries about vehicles. Our meal was seafood right from the ocean in front of us and we fell asleep to sounds of ships chugging along the channel.



Day 2 we crossed our next bridge to another island, with views of blue sea, forested mountain islands, villages, ships and fishing boats. We sampled local treats and ended in Kosanji, which is known for its temple area, including a walk-through cave with thousands of Buddhist statues, and The Heights of Eternal Hope for the Future: 3,000 tons of Italian marble sculpted by an internationally known Japanese sculptor.

On Day 3, after finding some amazing coffee and buying Heather's now favorite anime biking jersey, we had a leisurely bike ride, visiting some interesting promontories for views, small village life and finding amazing orange ice cream! We also crossed the last and longest bridge, which had an elevator in the middle to access a small island to bike or hike. We took the elevator and explored, ending by climbing the stairs to a small temple, its cedar smell saturating the air and quiet flags rippling in the wind while the sea sounded like a rapids below with the tide change. A very peaceful place! We finished the ride in Imabari and gave the company our rental bikes, jumping on a bus to Hiroshima for the night. A great way to start our Japan vacation. Should you want to check out the bike trail here is a link: [The Shimanami Kaido: Japan's Greatest Cycling Adventure! \(2023 Guide\) | tsunagu Japan](#)



See you on the trails!

