



FRCC Monthly Newsletter

FRCC Newsletter

June 2023 Volume 2, Number 5

President's Message



The summer is flying by but not without many fun activities for all. Marnie and I went to Italy with Elsa Kay to do the Alta Via 1 Hike in the Dolomites. What an adventure, lots of ups and downs over 8 days. We met some fun women from New Zealand and a few others. We have also managed to do four short camping trips with grandkids and a 14er, Mount Sherman.



In the meantime, FRCC has not stood still. Lots of members participated in some of the most challenging physical events. I am proud to be associated with such adventurous people. I so much enjoy hearing about their struggles and successes.

Welcome our New Members

Welcome to our newest members and renewed members:

Jillian Danscher
Jolanta Chernikov
Chad Masching

Please consider renewing your membership if you have not done so.

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](#)

Track Workouts to Build Strong Bodies and faster times.

Kati Petri has been keeping the tempo going with weekly track workouts at the Golden High School Track. The turnouts have been strong and the efforts have been amazing. They have run through rain, heat and wind but they keep showing up. So many smiling but accomplished faces.



Anyone doing the workouts with FRCC must sign the Liability Waiver.

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Group Bike Rides

Group rides are on the 1st and 3rd Sunday of the month. The turnouts have been light so be sure to check with Jeff or the Facebook site to make sure we will be riding. The rides are weather dependent, i.e. rain,



too cold, too hot, etc. we may cancel the ride.

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

Goat Ride Challenge

The Goat Ride Challenge continues with small groups but it is growing. The Challenge gives riders an opportunity to build strength on a mountain climb up Lookout Mountain. It is not competitive unless you want to challenge yourself to do better each time up. The rides are on Thursday nights at the Gate to Lookout Mountain. The remainder of the dates are: August 10th and 24th and September 7th.

We start at the Lookout Road Gate near Beverly Heights Park in Golden, lift off at 6:00 pm. See you there.

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.

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 Events Participated in

Amanda Simpson and Kate Rose - San Juan Solstice Ultra June 24.

Debbie, Ruth and Katie Scattergood - Boulder Sunrise Triathlon June 25

Jeff Barnes, Dave Lewis – Frisco Triathlon July 14

Amanda Simpson and Kate Rose - the High Lonesome 100 mi July 21 – I followed the split times of Amanda and Kate throughout the 37 hours of the race. This had to be one of the most grueling races in the world. So many mountains to climb and then come down.



Amanda finished in a time of 35 hours and 45 minutes. I may have missed something but as I scanned through the names of the finishers, I could not find anyone in

Amanda's age group ahead of her. I think that makes her 1st ! Great job Amanda.

Kate did not quite make the cutoff but 94 miles in the heat over this tough course is also amazing. Congratulations Kate for sticking it out until they forced you off the course.



Charlotte Maybury – 1st Place in the State Games Orienteering Course, Jul 22



Ken Fleischhacker – World Championship Sprint Tri

Due to a last-minute close call, I almost had to cancel my participation in this year's World Championships in Hamburg, Germany.

During a pre-race swim practice, I got my left leg caught between a floating dock and the shore. I fell down to my groin, and some fellow swimmers were able to pull me out, and helped me sit down, so I could assess my injury, and mentally recompose myself. After 15 minutes, I decided to try a practice swim. The swim went somewhat well, however, I found walking back to my hotel very painful.

Throughout the evening and night, I applied ice and took Advil.

On race morning, I applied more ice along with Advil, before proceeding to race venue. Squeezing into my tight wet-suit was difficult, but the swim went reasonably well. At transition one, my wet-suit removal was painful, however, I was relieved to see that I could cycle, without too much pain. My bike race went well, and loosened my injured thigh muscles enough, where I was able to run with only a minor hitch in my stride. As I came close to the finish line, I was surprised to hear the announcer announce that I became the 2023 Age

Group World Champion.



I would like to thank Advil, ice packs, and the guys who yanked me out of the floating dock's "jaws of death", which allowed me to compete.

Finally, I would like to congratulate my fellow USA Team Members, Jack Welber and Jim Farr, for we collectively came in 1st, 3rd and 4th.

Dave Cunningham

Neversummer 100k! A tough, tough course with tons of heavy climbing. Fortunately there's fantastic beauty to



balance it out. No speed record set, but happy to have a good finish. Lots of good friends out there, too: Andrea Risi who conquered serious altitude issues to finish; Tom Gray,

who got past even more age than me; Koltin Hammer, coming in 9th!!; US visitor Guillermo from Spain; and just all of the neat people I met on the course. This level of struggle would never happen for me without the people running and volunteering. And one final fun note: see that shirt I'm wearing in the first photo? It's a custom job with our dog Beckham that Deb has made for me years ago. So many people on course commented and smiled! Made me smile all along the route, thinking of Deb and our pup. Thanks for the support love!

Katie Scattergood - Stoke and Stride, Boulder, Aug 3

Member Scheduled Events

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

Atsuko – Sheep Mountain 50k Aug 5

Deb and Dave Cunningham – Reykjavik ½ Marathon Aug 19

David Wolfson – Red Feather 50K September 22

Kati Petry – USMC Marathon October 29th

If anyone wants to add an event or results, send info to:

frccmembers@gmail.com

Membership Picnic

Our annual picnic will be at the Lions Park West Pavilion (by playground) on Aug. 19th. Our time for the pavilion is 11 am-3:00 pm.



Member Profile – Ben Shay

1. How and when did you get started in your sport?

I started running in high school as cross training for ski racing and started racing bikes when I was 15. I really fell into trail running in college and expanded biking to include bikepacking, gravel riding and now cyclocross over the last few years.

2. What have been your greatest accomplishments in the sport?

I'm much less of a race focused athlete and far more of a "getting out there and seeing wild places" kind of person. In recent years I'm most proud of my wife and I tackling a pretty big bikepacking route in northern Colorado, it was three 40-60 mile days with about 5,000 feet of climbing each day. With all the gear we needed to camp and ride strapped to our bikes and miles of gravel roads it was equal parts challenging and rewarding.



3. What was your most embarrassing moment?

Ooh this one is tough. I've been pretty lucky or I'm pretty ignorant to my own embarrassment, but I'm sure I've shown up to the trail without my shoes or finished a race thinking I had done really well only to find out later I missed like three gates on the hill. Mistakes are part of life I guess.

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

I used to compete for the national team in whitewater sports and I wish I had been a bit more focused and mature about the opportunity. It opened so many doors and took me to so many unique places. I have a number of friends who still compete and it's amazing to see the sport grow in recognition. Right now, I'm very drawn to ski mountaineering racing, or skimo for short. I have always loved getting to the top of the mountain and skiing down under my own power. It's a sport that's gaining a ton of momentum and I'm very excited to be



racing my first event this coming season. I don't think I see a gold medal in my future, but a finish line beer seems just as good!

5. What wisdom would you impart of a newbie to the sport?

I love working with new people in sports. I coach a high school mountain bike team in the fall followed by a ski team in the winter and I think regardless of what sport you are interested in, getting started is always the most intimidating part - your first race more so. I tell all my athletes to not be afraid to fail forward, essentially that growth and learning comes from putting yourself in positions that push your comfort zones. For some this might be running their first 5k or even buying their first pair of shoes. Once we step out of our little safety bubble and start attempting to do something, we start learning and the momentum will carry us further than we think.

6. Who (or what) influenced you most?

I didn't grow up in a family of runners or cyclists so I was connected to the sports all through friends. I've been super lucky over the years to have a ton of mentors that have taken me under their wing and shown me the ropes. The biggest one is my wife Ali. She's a total badass and inspires me everyday to not just be a better athlete, but a better person. She continues to push me to chase bigger and bigger goals and is a huge driver for me to see just how far I can push myself in the sports I love to do.

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

I have a pair of Sidi Dominator bike shoes that I use for road, gravel, and CX. I pulled them off the shelf to see if I could find a tag with a manufacture date on them, but every tag is too worn to be able to make out any lettering. The funny thing is when I bought those I remember my boss at the bike shop I was working at told me that they would be next to impossible to break. That was probably 10-12 years ago and they are still my go to shoe for most days riding and are in such good shape. I'll be really sad when their final ride comes, I'm anticipating a Viking funeral will be in order for them at that point.

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

I'm an avid learner and really enjoy picking up new things. I've always said I'd rather be average at a bunch of things over being a master of one. I'd say that right now training and hunting with our two bird dogs, Basil and Juniper, eats up most of our extra time. From September to the end of January, Ali and I are typically spending our weekends out with the dogs looking for birds. Beyond that I love to read, play guitar, tie flies for fishing, this last year I helped a friend build a wooden drift boat and tons of ski touring. I run an outdoor

leadership program for kids that has me teaching in the classroom and outside of the traditional school setting.



Connecting kids to the outdoors is so important and I feel pretty lucky that I get to make that happen in the community I grew up in as a kid in Clear Creek County.

9. Are there a cause(s)/charity(ies)/issue(s) that resonate with you- that you'd like to mention/ publicize here?

I'm the board chair for an organization called Resilience1220 which offers free mental health services to youth ages 12-20 and their support network (parents, teachers, etc.). I'm passionate about the mental health space. I think most of us can recognize that one of the reasons we put our running shoes on or grab our bike for a ride is because it makes us feel so much better. It's rare to finish a Tuesday trail run, Wednesday track, or Thursday GOAT ride and not see people smiling and happy to be there. Our mental health is just as important as our physical wellbeing.

FRCC Orienteering Options

Although not purely a running or cycling event, Orienteering provides outdoor activity with a bit of mental skills. Simon Maybury, an FRCC member and avid orienteer has provided some options for trying your skills at a local Orienteering event. Here is a schedule of events:

<http://www.rmoc.org/index.php/event-schedule>

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

FRCC Board & Coordinators	
President.....	Pat Klein pjklein1@comcast.net
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Communication Coordinator.....	Vacant
Activities Coordinator	Katie Boyce k.boy29@gmail.com
Member Contacts	Simon Maybury
FRCC Board	frccmembers@gmail.com

Area Running and Biking Events

Date	Event	Distance	Location
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 19, 2023	Reykjavik Half Marathon	½ Marathon	Reykjavik, Iceland
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 17, 2023	Wheatridge Farmer 5K	5K	Wheatridge High School
Sep 22, 2023	Red Feather 50k	50k, 50mi, Half Mar	Red Feather Lakes, CO
Sept 23, 2023	Denver Century Ride	100 mile	Northfield Denver
Nov 18, 2023	Pumpkin Pie	5K	City Park, Denver