



FRCC Monthly Newsletter

FRCC Newsletter

June 2023 Volume 2, Number 4

President's Message



We have May flowers and June's! Marnie and I were gone for three weeks to do some traveling. There were lots of things happening in

the club while we were gone. Nice to see so many track and trail runners as well as the Saturday morning group. We still need more riders to join the Sunday rides as well as the just started Thursday night Goat Rides up Lookout Mountain.

Welcome our New Members

Welcome to our newest members and renewed members:

Kelly Hoose
Deb Cunningham
David Wolfson
Rosalie Davis

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](#)

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.

Track Workouts Make Great Strides

Running Coordinator Kati Petry has been working with Sara Heard on the Track Workout program. The workouts start at 6:00 pm Wednesdays at the Golden

High School Track.



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 Rides

Group rides were kicked off in April. The group rides are on the 1st and 3rd Sunday of the month except July they will be the 2nd and 4th Sunday. We will also have some off-road routes that would allow for Mountain or Gravel Bikes.

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

Goat Ride Challenge

The traditional Goat Ride Challenge began with a small group on Thursday June 15th. The Challenge will continue through the summer. The schedule for the rides are as follows:

June 29th, July 13th and 27th, August 10th and 24th. 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.



Photo Credit: Rich Price

Come join **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.

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 Events Participated in

Jenny, Roger and Wiley Carlin – Bolder Boulder

Ruth Hund, Lysette Hunt, Kemp Nesbaum, Debbie Anderson and Julie Simon - Into The Wild Run at the Keenesburg Wild Animal Sanctuary

Jeff Barnes and Dave Lewis - Revel Rockies Half Marathon

Member Scheduled Events

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

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

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

Michelle Howard and Jeff Barnes – Frisco Triathlon July 14

Amanda Simpson and Kate Rose - the High Lonesome 100 mi July 21

Katie Scattergood – Beaver Creek XTerra on August 25.

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 10 am-4:00 pm. Stay tuned for updates.



Member Profile – Kate Rose

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

I first started running when I was 16 just to get in shape, since I never did youth sports and was not a natural athlete. I ended up loving it and competing



in track and cross country at my high school and college afterwards. I thought I would just keep competing in 5ks and half marathons after I graduated, but in 2017 some folks I met at the Runners High store in Golden (including our own Amanda Simpson) inspired me to make the move up to ultra distances.

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

I took second place at the Golden Gallop once and won actual prize money, so that's

up there! More recently I was really happy to complete a 100 mile without any major hitches.

3. What was your most embarrassing moment?

Well, I ran a 10k once where I thought I would start up with the elites for some reason. Probably within 30 seconds of the start I got swallowed up by the runners who were all way faster than me, someone stepped on my heel, and I went straight into the pavement. Had to finish the race covered in blood and with my watch broken, but I haven't made that mistake twice.



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

There's really nothing else I'm good at, to be honest. But somehow, I feel like in another life I could have been a good rower. It's nothing like running but I have the strength and I think it would suit my extremely competitive nature!

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

Comparison is the thief of joy. Running stops being fun if you always feel like you should be doing more just because others around you are, so stay attuned to what makes YOU happy about the sport. And you don't have to enter races to be a "real" runner!

6. Who (or what) influenced you most?

My college cross country coach was and is a big influence on my running life - I started off not all that good at running but he still stuck with me, and actually would write me and the other women little individualized notes every week to inspire us and reflect on our strengths. I still have most of those

notes today so I can read them when I need a boost. He's also the first person to suggest that I had potential at ultras, although it was 8 more years before I actually tried it!

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

To be honest I still own my track spikes that I bought for college racing 13 years ago. For a while I was still entertaining the thought that I could run a short race again, but I guess now they are more mementos! The oldest race shirt I still own and wear is my 2014 Bear Chase Race shirt - I ran the half marathon there three times and really loved it as my intro to Colorado running, plus a few years later I would do my first 50k there.



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

I do a crossword or two every day, my favorite being the New York Times Sunday crossword but I'll do any difficulty as long as it's pencil and paper. My spring through fall hobby is gardening - I start all my plants from seed and have four raised beds with



more yet to be built. There's nothing like making pickles out of home-grown cucumbers and dill. And in the winter, I cross country ski (classic and skate) most every weekend at Snow Mountain Ranch!

9. Also, are there a cause(s)/charity(ies)/issue(s) that resonate with you- that you'd like to mention/ publicize here? Not a cause so much as general stewardship of the land - I really recommend that anyone who hikes, bikes, rides or runs on trails devote some time to doing trail work and contribute to maintaining the places we all love. You can even sign up for short after-work sessions with Jefferson County. I've learned a lot about how the trails are sustainably designed and maintained and just how much work goes into keeping the open space nice for all users.

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:

[Orienteer Options Listing](#)

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
Vice President	Bob Weber bweberhome@gmail.com
Treasurer	Deb Anderson deborah3.anderson@gmail.com
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Membership	Katie Scattergood ktsat@yahoo.com
Running Coordinator	Kati Petry
Cycling Coordinator	Jeff Barnes Jeffbarnes3@gmail.com
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
June 24, 2023	Slacker Half	Multiple	Georgetown
June 24, 2023	Summer Solstice Ultra	100 mi	Lake City, CO
June 25, 2023	Boulder Sunrise Triathlon	Sprint/Olympic	Boulder Reservoir
July 8, 2023	Cookie Chase	5K	Sloans Lake, Denver
Jul 14, 2023	Frisco Triathlon	Paddle, Peddle, Run	Frisco, CO
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
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