



FRCC Monthly Newsletter

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May 2023 Volume 2, Number 3

President's Message



Bring on the May flowers! Marnie and I will be taking leave for three weeks to do some traveling. Hope that the club activities keep everyone engaged and

working towards your goals.

Welcome our New Members

Welcome to our newest members and renewed members:

Lesley Stephenson
Carly Forte
Ann Norton
Chelsea Leonard
Dave Lewis

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.

The City is in process of renewing/updating their status with the League of American Bicyclists as a Bicycle Friendly Community. As part of the application review process, the league has asked for participation in [a survey](#) that will help them better understand local bicyclist experience in our community. The survey asks for your thoughts on which level you think Golden should be. The levels are Diamond, Platinum, Gold, Silver and Bronze. For reference, **Boulder is Platinum, Golden, Denver and Arvada are silver and Lakewood is Bronze.**

[Golden's report card](#) is linked that shows how the Silver level was achieved. It also describes what is needed for

the next level (Gold). Do you think Golden is Gold? At the time silver status was achieved, Golden did not have an advocacy group and the bike/ped master plan was incomplete. A revamp of the Bicycle Pedestrian Master Plan is underway, and the advocacy group Bike Walk Golden has been formed.

You can find more information at:

<https://bikewalkgolden.org/>

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



Track Workouts Have Begun

Running Coordinator Kati Petry is working on the Track Workout program. The plan is to start workouts April 12 Wednesday. The workouts will be at 6:00 pm at the Golden High School Track. More information will follow when the details are all worked out.



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 plan is to do group rides on the 1st and 3rd Sunday of the month with varying routes. We will also have some off-road routes that would allow for Mountain or Gravel Bikes. May rides will be May 7th and May 21. 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.

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.



Come join the June 05 fun at the first ever **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. Meet at Tony Grampsas Sports Complex at 5 p.m. for some safety and instruction, and then get ready to fix what eroded, washed away or just looks sad after the winter.

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://offer. 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 Scheduled Events

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

Jeff Barnes and Dave Lewis – Revel Half Marathon
Michelle Howard – Frisco Triathlon
David Wolfson – Red Feather 50K
Carly Forte – Eugene Marathon
Kati Petry – USMC Marathon

If anyone wants to add an event or results, send info to: frccmembers@gmail.com

Member Profile – Dave Cunningham

How and when did you get started in your sport?

I started running a bit more seriously after college, and ran my first Boulder in 1984. I've been running regularly ever since.

What have been your greatest accomplishments in the sport?

For me, three things stand out:

Finishing my first Pikes Peak Ascent sometime in the 90s. That seemed so huge and difficult back then, and getting to the top was an emotional experience.

Becoming an ultra runner. After turning 50 I heard from a friend about running long trail races, and tackling something longer than a marathon seemed like a scary challenge. I ran my first 50k in 2010 and was just amazed I could do it.

Finishing my first 100 mile race in 2015 was a big



milestone. I finished something that in the past had seemed impossible for an older, not-so-fast runner with asthma like me. Now a race like that is still daunting, but I start knowing that I can do it. That is an amazing thing for me to think about.

What was your most embarrassing moment?

Honestly I've never had a seriously embarrassing running moment, or perhaps my poor memory doesn't let me remember it! I don't embarrass easily, which helps.

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

This guy ain't no sports gold medalist. I love to bike and run, and I played soccer when younger. I was never a threat to medal, but I try hard.

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

I'll focus on running. I'd tell them:

Start out easy. Run a mile or two at first. Walk some if you need to. Remember that going slow is a-ok, and if you're not having fun, try slowing down. Walking is ok!



Spend a little money and time to get good shoes from a local running store...don't buy them online! Good running stores make a big difference in getting you started with the gear that's right for you. My favorite is Runners Roost in

Lakewood/Belmar. Best running store and running staff in town, and it's worth that bit of an extra drive to get there.

Find some people to run with. That is one of my favorite things about running, the people that I get to do it with.

Don't think you have to be the fastest or work the hardest. If you want to race hard, great, do it, but don't do it because someone says that's what real runners do. Real runners have fun running!

Talk to experienced people to help you avoid injury and starting out too fast. More and more studies confirm that you can run for a lifetime if you do it right.

Who (or what) influenced you most?

Three sets of people:



My wife Deb. She is a strong lifelong runner who I've chased for more than 35 years! Deb got me involved with local running clubs and road racing, and she's helped me learn how to run better and faster. Running is just a part of our marriage now, and that's great!

My work friends at Hewlett-Packard. They got me interested in trail running and longer runs, and I still love running trails today.

My trail running friend Andrea Risi. Andrea encouraged me to challenge myself and try races that I never thought possible. She's a great example of how running friends can be so special.

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

Funny, but I really don't have much that is terribly old. Race shirts went to Goodwill, shoes tossed, shorts worn out...and new stuff often simply works better. I do wish I had that first Bolder Boulder shirt, tho.

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

I also love flyfishing, another passion that takes me away from home for days or weeks. Hard to weave that and running together, but I try. And I love road biking. It's sure a good thing I'm retired and work doesn't interfere!

Local Running and Bike Stores that give members discounts:

- Runners Roost**
- Peak Cycles**

FRCC Board & Coordinators	
President	Pat Klein pjklein1@comcast.net
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Treasurer	Deb Anderson deborah3.anderson@gmail.com
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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
May 12-14, 2023	Fruita Fat Tire Festival	Multiple	Fruita
May 6, 2023	Greenland Trail Races	Multiple	Greenland, Larkspur
May 20, 2023	Wild Horse Gravel	30 or 65 Mile	De Beque, CO
May 20-21, 2023	Denver Colfax Marathon	Marathon & Relay	Denver
May 29, 2023	Bolder Boulder	10K	Boulder
June 25, 2023	Mt Evans Ascent	Marathon Like - 14mi	Mt Evans
June 24, 2023	Slacker Half	Multiple	Georgetown
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