



FRCC Monthly Newsletter

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October 2023 Volume 2, Number 7

President's Message



club. Such an energetic group of beautiful people. After a two year layoff, I finally signed up at the last



Looking forward to the Fall and Winter season and seeing all of you out there turning in the miles.

This year marks the end of my two year tour of duty as the club president. Although I have truly enjoyed this role, I will not be running again. We need some new blood to lead this fun group so I am happy to encourage all of you to consider giving back to the club by running

Here we are Falling into a new season. For me, lots of short sprints, up and down the football field. I love to see all the activities of the

minute for the Golden Gallop. They had a record number of participants this year and several of our group were out there.

for an office. Besides President, the Vice President and Treasurer positions are also up for election. Deb Anderson has said that she will not be running again after four years as Treasurer so this position is wide open.

Please consider running for one of these offices. This is a fun club and there is not a lot of work to serving but serving your club is very rewarding.

Welcome our New Members

Welcome to our newest members and renewed members:

Mary Ronat

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

www.memberplanet.com/foothillsrunningandcyclingclub

Member Scheduled Events

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

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

frcmembers@gmail.com

FRCC Orienteering Options

October 21 will be our Annual Golden Orienteering Challenge, sponsored and organized by Charlotte and Simon Maybury. It will start at the Golden History Park at 8:00 am. Bring your family and have a fun time exploring Golden. Breakfast at the Maybury Home after.

Prediction Run

Runners and Walkers - The FRCC PREDICTION RUN is back! Join us on Saturday, November 11th at 8 am. We will start and end at Big Daddy Bagels in Golden. Here is how the fun goes down:

- 1) Show up at Big Daddy Bagels by 8:00 am
- 2) The course will be revealed at that time - expect a distance of 3 to 4 miles.
- 3) Provide your prediction of your finish time - Hours/Minutes/Seconds
- 4) Turn in all timing devices (phones and watches).
- 5) Ready, Set, Go - run or walk the course!

The winner is the person who finishes closest to their predicted time. PRIZES will be awarded for 1st, 2nd and 3rd place.

Big Daddy Bagels has graciously offered to let us use their space and we can place food orders before we head out on the course.

Track Workouts Provided Many Successes to our members.

Kati Petri has been keeping the tempo going with weekly track workouts at the Golden High School Track. The



workouts have been well attended and the strength and inspiration is amazing. With the last workout on Oct 11, we now look forward to the start of the 2024 season. Remember, you can still find partners to train with

during the off season by reaching out on our Facebook Page.

Group Bike Rides

Group rides have been lightly attended but the results have been impressive. There are a few more rides this fall and there will be periodic rides on the weekends.

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 has completed its season. There was a small group of hearty bikers, but we all enjoyed the challenge and the cardio exercise.



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.

Join the Group for the Halloween Brewery Run on October 31 starting at Golden City Brewery at 6:00 pm.

Road Runners Club of America (RRCA)

We have been a member of RRCA for the past year but we have not had many FRCC members take advantage of the RRCA membership. We also have not had any club sponsored races in 2023 and do not have any planned for 2024 or 2025.

With those facts, the FRCC Board does not feel that continued participation in RRCA makes sense. The dues and insurance are \$525+. Therefore, we do not plan to renew our membership in the RRCA. If anyone has an issue, please reach out to one of the Board members to let your concerns be known. Otherwise, we will not be renewing for 2024.

Member Events Participated in

Katie Scattergood – Beaver Creek Xterra US



Championships, Aug 26.
achieved a 2nd Age Group.

Ruth Hund ran the Boulder
Sunset Aug 26, 1st in Age
Group



Ken F won the Triathlon National Championship



Dave Shavlik and Kolton ran the Never Summer

A couple did the Devil on the Divide



Marnie Klein ran Idaho to Georgetown Half Marathon and won her Age Group.

Wiley Carlin won his age group in the Wheatridge 5k with a 20:35. GREAT Job!

Kate Rose ran the High Lonesome



Ali Senz - In February, I went under the knife to deal with FAI (Femoroacetabular impingement). I was in a lot of pain and couldn't walk normally and had not run in months. They shaved down the deformity on my femur causing the pain and replaced my labrum with cadaver tissue because it was too thin and torn to be salvaged.

Almost 6 months to the day after the operation, after much PT and careful training, I raced the Steamboat Gravel Triathlon. I didn't have many expectations, I just wanted to finish feeling strong and have fun. Well, I blew that out of the water by finishing over a half hour faster than I expected, grabbing first in my age group and 5th female overall! I had a ton of fun too ;)

Thanks for the support and for all of my friends at track practice!

Marnie Klein and Pat Klein Ran the Golden Gallop 5K, Marnie getting 1st AG and Pat was 3rd AG finishers. **Sara Heard** also ran it with her family in tow.

Member Race and Iceland Chronicle

Iceland Running Adventure

Deb and Dave Cunningham

As long-time runners, Deb and I are always looking for ways to combine visiting new places with some fun running. This year Iceland made our list, and we built a trip that included the Reykjavic Half-Marathon and a loop around the country. We worked with a tour company to arrange our overall schedule and lodging, then did the driving and touring ourselves. It all worked well, and we had an amazing trip with beautiful things around every corner.



We spent the first few days touring Reykjavik, enjoying the history of the town and all the neat things to see. We had perfect weather for the half-marathon, and the race is held on Iceland's Culture Day, so music and food were all around after the finish! We didn't win, but ran well and had a great time.



Our around-Iceland tour began the next day, and we had one day after another of amazing sights and beauty. There's truly too much to cover briefly, but a few of our favorites:

- waterfall after waterfall, both huge and small.
- beautiful beaches, often with massive basalt formations nearby. Iceland is a volcanic island, and the aftereffect of lava flows and eruptions were everywhere.
- hot springs and baths all over
- geysers and hot pots where geothermal activity reaches the surface.
- glaciers and fabulous mountains to see and explore.
- lovely port towns with boat trips to see whales, puffins, seals, all sorts of wildlife.
- historic sites from Iceland's past. The Nordic tribes that first settled in Iceland formed one of the first democratic governing councils, the



Althing, that met to determine Iceland's laws for their people beginning in 930AD. Everyone was seen as free, and these laws were agreements between free people to live better together. Interesting concept, huh?



- sheep all over. Not many big herds, but small groups and singles literally everywhere. We saw sheep in pastures, roaming free high on mountains, around towns, you name it. Apparently, the week after our trip began roundup time, where much of Iceland's rural population turns out to get those sheep back down into safer and more comfortable lodging for the winter!
- Lots of trails for hiking and running and sightseeing. We went on a few but wished for more time to get off the main roads and see more.

There is so much more we missed - there's just too



much for a single week of driving the country. Icelandair makes it easy to fly over, the country is friendly and appreciates the tourists that visit, and it's just a

stunning place. Lovely place for us runners and hikers to visit!

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

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