

**REDDING ROAD RACE NEWSLETTER**

**23 Volume 1**

**3/22/2023**

## 1. RACE STATS

**Average runner age:** 46.4

**Female/Male breakdown:** 56.7% female

**States represented:** 16: CT, DC, FL, GA, MA, MD, ME, MI, NH, NJ, NY, PA, TN, UT, VA, VT

**Extra donations,** above registration fees: \$1,947, thank you so much – this is going straight to out beneficiaries!!

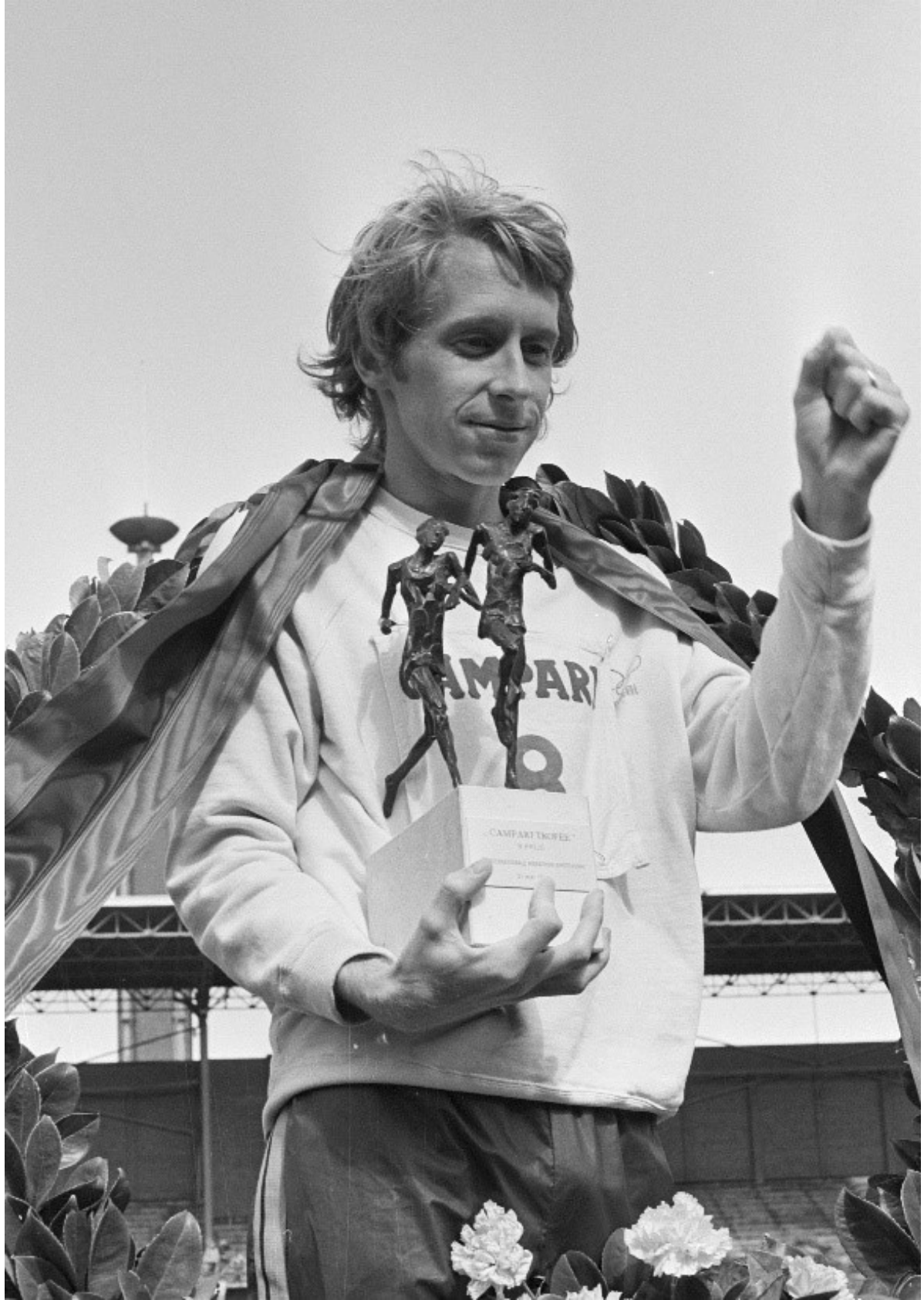


## 2. SPECIAL GUESTS AT THE RACE

We are pleased to announce that **Bill Rodgers** will be at the race once again this year along with **Frank Shorter**.

### **BILL RODGERS**

Boston Billy is best known for his four victories in both the Boston Marathon, including three straight from 1978 to 1980, and 4 straight wins in the New York City Marathon, between 1976 and 1979.



## **FRANK SHORTER**

In 1972, Shorter won the Olympic Marathon in Munich by making a move after 11 miles and running out of sight of the pack on the course's winding roads. He was the first American Olympic marathon gold medalist since 1908. He won the 1976 Montreal Olympic silver medal behind a runner from East Germany, who was later implicated in the country's state-sponsored doping scandal.

He won the U.S. cross-country championships four times (1970-1973), was the 10,000-meter national champion in 1970, 1971, 1974, 1975, and 1977, and won the 1971 Pan American Games 10,000 meters.

His Olympic success, along with the *achievements* of other American *runners*, is credited with igniting the *running* boom in the United States during the 1970s



### 3. REDDING RUNNING CLUB

For local runners who want to occasionally (or more than occasionally) run with other people, the Redding Running Club was formed after the 2012 race and has grown very quickly. We run twice every weekend and it has gotten a bunch of us in the best shape of our lives (can't sleep in on weekends when runners are waiting for you!!). Our typical runs are around 6 or 7 miles but we go longer when in marathon training mode. The routes can also be shortened for those who don't want to run the full distance. The club is free and very low key –show up whenever you want. We travel together for races, etc.... Email me if you want to be put on the distribution list. As we get closer to the race, we'll have a 7 mile preview run and a half marathon preview run for runners who would like to preview the course.



#### **4. SPONSORS/VOLUNTEERS WANTED**

If anybody has a business that would like to be a Mile Marker Sponsor, contact me. Our sponsors are awesome and help us raise a lot of money for our charities. Families can also be Mile Marker Sponsors. Information is located here:

Likewise, we're always looking for volunteers. Please email me if you or any friends or family would like to volunteer.

#### **5. POINT OF INTEREST – UMPAWAUG SCHOOL – MILE 5 OF THE COURSE.**

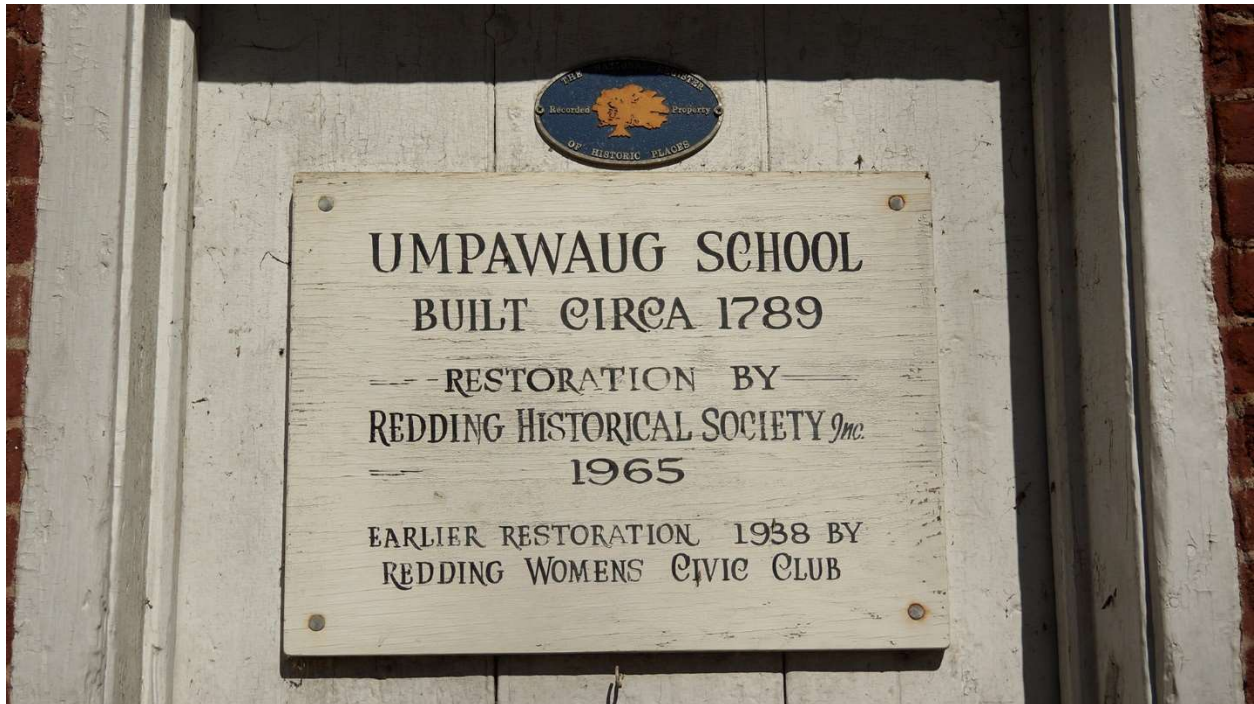
The Town of Redding was incorporated in the year 1767. Knowing the characteristic of our town fathers, (home, church, and school), it is safe to say the "Little Red School House" is well over two hundred years old. The second oldest deed in the town files is that of Aaron Barlow to Burr Meeker, dated 1789 and mentioning the schoolhouse as a boundary.

The records of its building were destroyed when the British marched through Fairfield, from which town Redding separated from in 1767. Umpawaug, the name of the district in which the schoolhouse is located, had the distinctive honor of being the only school in town made of brick. When people use brick, look for the reason. There was a brick kiln in Topstone and the sagacious promoters-Burrs, Sanfords, Starrs, Barlows, Meekers, Coleys, used the handy and enduring bricks.

The little schoolhouse was built mostly on the highway. The playground was the street; the neighbor's orchards and fields were the undisputed temporary property of the children. The games then, as now, were seasonal. The public road made an excellent base for ball and the whole hill furnished top and bottom goals. There was no teacher supervision and excursions under child guidance were marvelous.

Teachers who taught at the school included: David Carter; Catherine Carter; Charlotte Ryder; Mary Fields; Mary Tucker; Gertrude Carter; Mary Esther Carter; Ebenezer Hill; Gershom Hill; Charles Rowland; Minnie Lou Carson; William Hazen; Mary Flood; Maggie Flood; Pauline Sanford; Evelyn Pope Odell; Esther Knapp; Helen Carson; J.W. Dodson; Bessie Hazen Taylor.

Until 1880 the finances of the school were raised by district assessments. The district meetings, using the grand list as a basis, set the amount of assessments. The district collector naturally did the collecting. Often the committeeman and collector were the same person. In 1909 school districts were abolished. In 1929 consolidation of Redding Schools was affected. In an era of a vogue for private residences being made from discarded school houses, we are fortunate to have preserved the "Little Red Brick School House."









## 6. RUNNER STORY – CATHY TROISI (2018)

From John: One of the benefits, probably the biggest one, of race directing this race is I get to know a lot of runners very well. Most of my current friends I wouldn't have met without this race. I got to know Cathy very well and even raced a few races with her. Cathy was even "assigned" as Deena Kastor's personal driver at last year's race. Cathy passed away suddenly a couple of months ago and I need to share her story again.

My Daughter passed away August, 2007. Colon cancer; but she was initially told she was too young to have colon cancer. She'd been sick for five years; finally accurately diagnosed when she was 35, died when she was 37. Left a five year old daughter and three year old son, which is why I moved to Albany area (from Seneca Falls; birthplace of women's rights--in case you are ever on Jeopardy!) to help with them.

She had a good 2006, three clean scans from December 2005-June 2006; her December 2006 scan showed she had a liver full of tumors. Six more of the same chemo treatments proved ineffective and two surgeries (one to each lobe of the liver) weren't any more successful. She told me she thought it was her mission in life to save someone else's life through her story/death, so if you know anyone who could/would benefit, pass it on. It's my mission to keep her story going and hopefully save someone's life.

She's was a model in the 2007 'Colondar 'Calendar, fundraiser for The Colon Club. You have to be diagnosed with colon cancer under the age of 50 in order to be a model for the 'colondar.' [www.colonclub.com](http://www.colonclub.com) click: Colondar, 2007 Calendar, April models. She's the dark-haired one on the left in the 'be strong/be serious' pose requested by the photographer. The accompanying story is hers in her own words.

Kim's Story as told by Kim:

I'm always over-analyzing everything because I'm a lawyer, and over-analysis is what I do for a living. That said, I think my story began in 1990; I was 20 years old and I was going off to my senior year of college. I really wanted to

figure out why I suddenly kept having diarrhea, so I went to my family doctor. He just told me to not drink so much fruit juice. I was completely mortified and sorry that I brought up something that was so easy to deal with – so I quit drinking orange juice in the morning.

I went off to college, thinking that I had embarrassed myself and marred my family name in our small town. I didn't talk about any of my bathroom issues for nearly 15 years because I was so horrified by the thought that I was such a hypochondriac over something that was so simple.

In 2001, I was pregnant with my daughter, Ashley. We were away on vacation and I had an unbelievable headache for about a day and half. I sat down to eat dinner and I really couldn't eat. I had to go to bed at 9:30 or 10, which was very early for me in those days. In the middle of the night, I had to run to the bathroom and the result was a toilet full of blood. I tried to tell my OB/GYN about it, but I didn't describe it as a toilet full of blood, and he didn't pursue a detailed description.

I didn't have many more problems during the pregnancy, although I do remember that at one point I had such a horrible pain in my left side that I dropped to my knees at work. I mentioned it to my doctor, and I said that it was very severe – so painful that I fell to my knees. The doctor said “Well, you're pregnant. Your ligaments are stretching.” Once again, I felt embarrassed over raising something so silly and trivial with a doctor.

When Ashley was about eighteen months old, we decided that we would try to have another child. I wasn't feeling that great – I was quite tired all the time – but we didn't want to have too much of an age gap between our children. When I got pregnant with our son, Zachary, I complained of horrible – I mean truly unbelievable – bloating throughout the pregnancy. I was told to take my prenatal vitamins at night instead of in the morning to minimize bloating. I remember toward the end of the pregnancy, I was crying at the doctor's office and saying “This is not fun anymore.” At my postpartum checkup, I said that I was very fatigued and having trouble recovering. The doctor and I left it at that.

A year later, at my annual exam, I was sobbing at my OB/GYN's office. I said, “The fatigue is just so overwhelming.” My OB/GYN said, “If you aren't

feeling better in three months when the sun comes out, we'll put you on anti-depressants." I had also recently gone to my primary care doctor, who said I was slightly anemic, but he wanted to wait a month before doing any more testing. I didn't want to wait a month, and I didn't want to go on anti-depressants without further medical investigation. I wanted to know what was going on.

After the appointment with my OB/GYN, I went home and started researching, trying to diagnose myself. From 1998 to 2000, I had clerked for a judge on New York State's highest court. The judge's father had passed away from colon cancer and I think his grandfather also had it, so the judge was screened regularly to remove polyps. He was very open with his clerks about his colonoscopies, and his honesty may have saved my life.

I really hadn't heard much about colonoscopies before I worked for the judge, even though my grandfather had colon cancer 25 years ago, when I was 10. I vaguely remember going to see my grandfather in the hospital for something related to his stomach, but I didn't truly grasp that he had colon cancer because he never had chemotherapy. While I was researching my symptoms, I remembered the judge's colonoscopies, and that's part of what inspired me to request one for myself. I went back to my primary doctor's office to demand a colonoscopy.

I had never actually met my primary doctor. I had only seen a Physician's Assistant at the office, and I definitely scared him because I so assertively demanded a colonoscopy. I was having horrible symptoms by then, which I described in detail, including blood in my stool. Yet, on the referral to the GI doctor, the PA simply wrote "loose stools." I was annoyed and brought the referral into the GI's office that afternoon, hoping it would somehow expedite the process. The office scheduler, who had no medical training whatsoever, looked at the referral slip. I told her that "loose stools" was a euphemism for what was going on. I described my symptoms, and when I discussed the blood in my stool, it raised a red flag. She had me make a regularly-scheduled appointment for two months later, but told me she was going to speak to the doctor and the doctor might want me to do something sooner. By the time I got home, there was a message from the scheduler that said "The doctor does want to see you soon. Can you come in two weeks rather than two months?"

I saw the GI doctor on a Thursday evening. He is my age and cute, and the thought of him doing a colonoscopy on me was mortifying, but by that point I just needed help, so I didn't care. I described all my symptoms, and told him that I couldn't get out of the bathroom and had two kids climbing all over me in there. He said, "I have three kids, and I know what you mean. I am going to walk you out to the scheduler and we are going to schedule you for next week." He scheduled me for a colonoscopy the next Monday morning.

When I woke up from the colonoscopy, he said, "We found a mass and I'm assuming that it's cancer. We're calling the surgeon and we'll get you in right away." I had the colonoscopy on May 16, and I call that my day of diagnosis because the doctor said that he was assuming it was cancer. This guy was really good, and when he told me that he thought it was cancer, I figured he knew what he was talking about and was probably right. As my doctor left my husband and me to contemplate my prognosis, he said, "This is not a death sentence." All the same, I turned to my husband and said, "I'm sorry I ruined our life."

I saw the surgeon that Thursday. He is very direct, and he said that we needed to address the tumor immediately, regardless of whether it was malignant. He already had the result from a CT scan done the day after my colonoscopy. The pathology report from the biopsy taken during the colonoscopy came in to the surgeon's office as my husband and I were meeting with him. Thus, my surgeon was the first one to officially declare that I had colon cancer – a large mass in the sigmoid colon, on my left side. The surgeon had a cancellation for Monday morning the 23rd and we all wanted to do the surgery right away. This years-long saga of pain and embarrassment culminated within just one week of my colonoscopy.

The day I was discharged from the hospital, the doctors told me that I was Stage III and I would need chemo. There was never any question that I was going to take the chemo. My daughter was 3 ½, my son was 14 months, and I was married to the love of my life. I decided to fight for every minute. My chemo was called "FOLFOX," and I also received Avastin, a biologic drug. Every other week for 24 weeks, I went to the hospital for my chemo. My day there would end up being about eight hours. Before I left, I got hooked up to a 5FU fanny pack for 46 hours. It was grotesque. I hadn't been able to do a chest port because I knew

Zachary would head butt it, so I had a port inserted in my left arm instead. I would snake the tube from the fanny pack up through the inside of my shirt. When I changed Zachary's diaper or snuggled with Ashley, the tube would snag and it was disgusting because I would feel the needle moving in the port in my arm. It was just foul; there is no other way to describe chemo. About the only good thing I have to say about it is that I finished it, and so far it has worked.

After one of my treatments, I had severe rectal bleeding; it was a toilet full of blood. I called everyone on earth in a panic, demanding immediate attention. My surgeon was in surgery, so I went to see his partner. He asked me what it was like and whether it was more than a couple of drops. Of course it was, and I realized right then that if my OB/GYN had asked me to describe the prior bleeding episode that I had in detail, I would have gotten diagnosed nearly five years earlier. I have mixed feelings about that; perhaps I should have described it in more detail without being asked, or perhaps a doctor should know to ask a young woman who might have difficulty being totally forthright to describe something like rectal bleeding in more detail.

After my experience, I have decided to take my cues from the judge who was willing to share personal medical information with people in order to help raise awareness. I think both patients and doctors need to be more educated about colon cancer. Women – particularly pregnant women – need to be very descriptive about complaints and very assertive about follow-up. Doctors need to realize that 50 is not the magic number – a young, apparently healthy person CAN have colorectal cancer. Cancer doesn't pay attention to demographics and statistics and neither do I. I intend to beat the odds and hopefully help some other people along the way. I would like to thank the producers and sponsors of the Colondar and my GI doctor, surgeon, oncologist, chemo nurses and my incredibly supportive family and friends for giving me that opportunity.

KATHY: To get me through my miles, I convert each (marathon) mile into two hours of chemo = 52 hours and the last two-tenths = her last two hours of chemo (per treatment). I'll have to double that for your half. FYI: her first six months of

chemo = 648 hours of chemo or one full day less than the entire month of February. Mind-boggling.

Boston will be my 25th year as a charity runner for Dana-Farber Cancer Institute (ironically, my daughter's chemo treatments were prescribed by oncologists from DFCI). I wear ribbons 'in honor of' or 'in memory of' and if you send me your mother-in-law's name, I'll wear a ribbon for her.

## 400 AND COUNTING: Seneca Falls woman honored for marathon fundraising

By SUSAN CLARK PORTER [scporter@flltimes.com](mailto:scporter@flltimes.com) 2 hrs ago



Katie MacIntyre (right) presents her friend Cathy Troisi with flowers at a Saturday event at the National Women's Hall of Fame in Seneca Falls. Troisi was honored for completing 400 marathons and raising thousands of dollars for cancer research.

Susan Clark Porter /Finger Lakes Times

SENECA FALLS — When Cathy Troisi lined up for her first Boston Marathon in 1995, little did she know she'd still be at it more than two decades later at the age of 71.



This year's marathon on April 16 will mark Troisi's 401st marathon overall and her 24th consecutive one as a member of the Dana-Farber Marathon Challenge, which raises money for cancer research. Troisi estimates she's raised \$185,000 to date.

For those accomplishments, Troisi was honored yesterday at the National Women's Hall of Fame as part of Women's History Month. In welcoming those on hand, Betty Bayer, co-president of the Hall's board of directors, noted the Hall celebrates women's history "every month and every day."



And with March being the official month to celebrate women and their accomplishments, "we can't think of a better way to kick it off than to honor Cathy Troisi," she said.

State Sen. Pam Helming, R-54 of Canandaigua, was among those in attendance and read a state proclamation recognizing Troisi's milestone and charitable work.

Troisi ran the Pre-School Community in Seneca Falls for years but closed it when her daughter, Kim, was diagnosed with colon cancer in 2005. Troisi spent much of the next two and a half years shuttling between Seneca Falls and Cohoes near Albany to help her daughter, who was a runner herself and had two young children at the time.

"Kimi," as her mother called her, died in August 2007 and Troisi moved to the Albany area to be near her grandchildren.

Many in the room Saturday were aware of this backstory to Troisi's accomplishments.

In introducing her, friend and event organizer Katie MacIntyre noted how becoming involved in the marathon community and raising money for cancer research helped saved Troisi's sanity. Helming highlighted Troisi's strength and determination and how she took her tragedy and transformed it into something to help others.

"The proclamation in no way truly captures all of the amazing things you've done," Helming said.

When Troisi went up to the podium to speak, she joked that she is more comfortable talking to pre-schoolers than adults. But she told those gathered that she was humbled by the honor.

"I've said repeatedly I'm just doing my own thing in my own way," she said. "I wasn't chasing numbers — they just added up over the years."



Troisi went on to thank those whose support she treasures – her husband, Jim; sister, Lisa; her friend Carol Skordy, who has “crewed” on several ultramarathon courses for Troisi over the years; and marathoner and author Kathrine Switzer. (It's thanks to Troisi's continued nominations that Switzer is in the National Women's Hall of Fame. She was the first woman to run the Boston Marathon as a bandit).

Troisi also gave a shoutout to the two other local members of her Dana-Farber team – Jim Kerr of Skaneateles, a physical therapist who owns Orthopedics Plus in Seneca Falls (and who along with his wife, Linda Kennedy, have helped keep Trois healthy all these years); and Dr. Jerry Oleksa of Seneca Falls, who is running his third Boston Marathon next month (see related story).

“Both of them have been very supportive of my fundraising efforts and are now going the extra mile to do their own Dana-Farber fundraising,” Troisi said.

Also at Saturday's event was Michael Pagano of Seneca Falls, a former student of Troisi's who survived childhood cancer. The two rekindled their connection at last year's Right to Run 19K, and Troisi convinced Pagano to do the Boston Marathon Fund Jimmy Walk with her last fall. Pagano now has the running bug thanks to his former teacher, having completed a half marathon late last year. He's currently training for the Buffalo Marathon this spring.

Troisi joked that she's priming Pagano to take over for her when she takes off her sneakers for good. But she won't do that until she has to, she said, adding that she revels in the camaraderie of her running community.

“It's like going to a family reunion,” she said.

“I'm moving forward however I can,” Troisi continued. “I call it slogging — slow jogging — but I get to the finish line. I'll keep on doing it as long as I can.”

## CATHLEEN TROISI OBITUARY

SENECA FALLS - Cathleen "Cathy" Eve Troisi, 76, of Seneca Falls, passed away unexpectedly on January 17, 2023, in Cohoes, N.Y.

Calling Hours will be Monday (January 23) from 4 p.m. to 7 p.m. at Doran Funeral Home, 4 East Bayard St., Seneca Falls.

A Mass of Christian Burial will be held on Tuesday (January 24) at 11 a.m. at St. Patrick's Church, 97 West Bayard St., Seneca Falls. The mass will also be livestreamed, a link to the livestream will be available at Cathy's online memorial at [DoranFuneralHome.com](http://DoranFuneralHome.com)

In lieu of flowers, donations may be made to the Jimmy Fund at [https://danafarber.jimmyfund.org/site/TR?team\\_id=20209&fr\\_id=1200&pg=team](https://danafarber.jimmyfund.org/site/TR?team_id=20209&fr_id=1200&pg=team).

Cathy graduated from Mt. Carmel High School and then went on to receive a bachelor's degree from the State University of New York at Fredonia and a Master's degree from Springfield College in Massachusetts. Cathy also earned a degree in Early Education from Cayuga Community College. In 1971, Cathy opened the Pre-School Community for children on Fall Street, Seneca Falls, and later also in Waterloo, N.Y. Until its closing in 2007, Cathy cared for more than 1600 children, some of which she remained in contact with years later.

Cathy married James L. Troisi on February 18, 1969, after meeting at Eisenhower College. They were blessed with the birth of their daughter, Kimberly Ann (Kimi). Cathy was a devoted mother to Kimi and cherished every minute they spent together. Kimi predeceased Cathy in 2007 after a courageous fight against cancer. Cathy stayed committed to sharing Kimi's story and keeping her memory alive. Cathy did so in many ways but her primary route was through running and connecting with people from all over the country and world.

Cathy started her running career in the late 1980s with her daughter. It took her all over the world and to all 50 states and D.C., finishing each state (but one!) four times. Throughout her running career, she completed over 400 marathons, including ultra marathons. Cathy completed her final race, a 5k in Maui with her granddaughter Ashley, just 48 hours prior to her passing. Cathy was known for pushing herself in honor of her daughter and also acknowledging that nothing is harder than the fight against cancer and enduring chemo treatments.

Cathy was known by many as the "Ladybug" lady as she would hand out ladybug stickers to fellow runners to wear in honor of her daughter. She was known for being kind, compassionate, gentle, fierce, loving, and incredibly generous. She raised more than \$230,000 for cancer research, specifically supporting the Dana Farber Cancer Institute, the Jimmy Fund, Making Strides Against Cancer, and Building on Love. In 2018, Cathy was honored at the National Women's Hall of Fame as part of Women's History Month for her fundraising accomplishments.

Cathy's joys of her life were her two grandchildren, Ashley and Zachary Paton, and was affectionately called "Gramme T" and "TT." Cathy spent endless hours with

Ashley and Zachary, making wonderful memories. She was proud of all the little and big events in their lives, and most importantly loved to see how many wonderful traits of Kimi were living in each of them - their kindness, their beauty, and their wisdom.

Cathy was predeceased by her parents, Frank and Catherine Sigona of Auburn, N.Y.; and her daughter, Kimberly Ann Troisi-Paton of Cohoes, NY.

Cathy is survived by her husband, James Troisi of Seneca Falls, N.Y.; her sister, Lisa Sigona of Auburn, N.Y.; and her two grandchildren, Ashley and Zachary Paton of Cohoes, N.Y. Cathy leaves behind countless friends and fellow runners from all over the country.

To leave online condolences, messages for the family, or find additional information, please visit [DoranFuneralHome.com](http://DoranFuneralHome.com)

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