



**REDDING ROAD RACE NEWSLETTER**

**23 Volume 2**

**04/20/2023**

## 1. 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 initial 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.



## 2. 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.

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

## 3. EARLY START – WHOM IS IT FOR

The 7:15am early start for **half marathoners** is intended for runners who anticipate finishing in 2 ½ hours or more. If you think you'll be faster please don't utilize the early start. It's a way to allow for all runners to enjoy as much of the after-race party as possible.

## 4. HISTORY OF REDDING

All apologies to veteran RRR runners who have probably read the following multiple times. This is for the newbies and we have a ton of them.

In Redding, you once would have come across Samuel Clemens (Mark Twain), who lived here in the final years of his life, dying in Redding in 1910. Charlie Morton (current MLB pitcher) grew up here, Daryl Hall and Leonard Bernstein lived here, as did Marvin Lee Aday. Who is Marvin Lee Aday, you ask? Well he of course, was the famous softball coach at the local high school. He coached his girls' team when he had time away from his side job, as Meat Loaf. Benedict Arnold also passed by, a town over from here, and was one of the heroes in the Battle of Ridgefield - a hero for the Colonists, believe it or not.



If interested in the town you're running in, here is a more in depth history of Redding from local historian, Charles A. Couch:

In the early 1700s, Redding, Connecticut, was home to an Indian village whose leader was named Chickens Warrups. In 1714, John Read, the first white man to settle in Redding (which was then part of Fairfield), claimed 500 acres to set up a homestead for his wife and children. Lonetown Manor, as Read's home was called, soon became the center of a busy and populous farm settlement, and a number of mills and other enterprises associated with farmer's needs soon took root.

### **Col. John Read**

Although the elder John Read moved to Boston in 1722, his son, Col. John Read, took over administration of Lonetown Manor. In 1767, the Connecticut General Assembly incorporated the Town as Redding, which had less than 1,000 inhabitants.

## **Revolutionary War and Continental Army encampment**

In the years preceding the Declaration of Independence, tensions escalated in Redding between Tory loyalists and larger numbers of those supporting the resolutions of the Continental Congress, with some Tories fleeing to escape retribution. Some 100 Redding men volunteered to serve under Captain Zalmon Read in a company of the new 5th Connecticut Regiment, which participated in the siege of Quebec's Fort Saint-Jean during the autumn of 1775 before the volunteers' terms of service expired in late November.

In 1777, the Continental Congress created a new Continental Army with enlistments lasting three years. The 5th Connecticut Regiment was reformed, enlisting some men from Redding, and assigned to guard military stores in Danbury, Connecticut. Getting word of the depot, the British dispatched a force of some 2,000 soldiers to destroy the stores, landing April 26 at present-day Westport and undertaking a 23-mile march north. The column halted on Redding Ridge for a two-hour respite, with many residents having fled to a wooded, rocky area dubbed the Devil's Den. The British column resumed its march to Danbury where soldiers destroyed the supplies, then skirmished Continental Army and militia forces in Ridgefield while on the return march south

For the winter of 1778-79, General George Washington decided to split the Continental Army into three divisions encircling New York City, where British General Sir Henry Clinton had taken up winter quarters. Major General Israel Putnam chose Redding as the winter encampment quarters for some 3,000 regulars and militia under his command, at the site of the present-day Putnam Memorial State Park and nearby areas. The Redding encampment allowed Putnam's soldiers to guard the replenished supply depot in Danbury, Connecticut and support any operations along Long Island Sound and the Hudson River Valley. Some of the men were veterans of the winter encampment at Valley Forge, Pennsylvania the previous winter. Soldiers at the Redding camp endured supply shortages, cold temperatures and significant snow, with some historians dubbing the encampment "Connecticut's Valley Forge."



### **Redding's Business and the Railroad**

In 1852, the Danbury and Norwalk Railroad line was completed through the west side of Town with depots at Georgetown, Topstone, and West Redding. By this time, farmland was left unplanted as floods increased and lower-priced western product came to eastern markets. New steam-powered factories were sprouting up along main rail lines. Redding's small water-powered industries could no longer compete and gradually ceased operations. Only Georgetown's Gilbert & Bennett, with access to the new railroad for coal and raw materials and for shipment of its finished wire goods, was able to survive. Despite a disastrous fire in 1874, Gilbert

& Bennett rebuilt immediately with modern buildings and machinery. The company continued to prosper and expand, employing nearly 600 workers by the early 1900s. Consequently, Georgetown grew, adding new homes and streets, while the rest of Redding remained rural and pastoral. The Town's population began to decline.

### **Housing History**

Home building in Redding slowed, but did not cease during the Great Depression years of the 1930s. About two dozen farms were still operating, although the land was now about 70% forest and woodland. With the close of World War II and the beginning of the great post-war housing boom, new house construction in Redding began at a vigorous pace. Now within easy commuting distance of job centers in Danbury, Bridgeport, and lower Fairfield County, Redding began to attract speculative developers. Its citizens realized a potential avalanche of development threatened the character of its Town. Following a public referendum ([link](#)), the Town's first zoning regulations became effective in June 1950.

### **History of Redding Schools**

In 1737, the people of the parish of Redding voted to have a public school with three districts, "the Ridge, the west side, and Lonetown." One schoolmaster went from one to the other, teaching reading, writing, and arithmetic. By 1742, the parish voted for "three separate schools, each to be kept by a master."

In 1878, a citizen of Redding funded the establishment of a public high school, the Hill Academy, in Redding Center. Ten one-room schoolhouses in strategic areas of Town served younger students in Redding, and the Town shared an 11th with Ridgefield. One of them, the Umpawaug School, built in 1789, still stands on Umpawaug Road near Route 53 (**you pass this school less than a mile into the race**). Every November, the Redding Historical Society holds an open house at the Umpawaug School, which closed in 1931. One of its teachers, Luemm Ryder, approaching a century of living, lives just up the road from the school.

Early in the 1900s Gilbert & Bennett opened a public school for the Georgetown Recreation.

By 1931, the Town had closed all of its one-room schoolhouses and enlarged the Hill Academy to four classrooms to serve the eight elementary grades. The Hill Academy closed in 1948 when Redding Elementary School opened. Redding paid tuition to Danbury for its high school students to go to Danbury High School.

In 1959, the Town converted the Hill Academy to Town Hall.

### **Redding Elementary School**

Redding Elementary School (tel. 938-2519), with eight classrooms, was completed in 1948. In 1957, a new wing doubled its capacity. The School serves grades K-4.

### **John Read Middle School**

In the mid-1960s, the Town began planning for another school. John Read Middle School (tel. 938-2533) opened in 1966, housing students in grades 5 through 8. In 1980, the fifth grade moved to the Elementary School. As an echo baby boom caused the school population to grow, a new wing was added to the Middle School in 1999, and the fifth grade moved back.

### **Joel Barlow High School**

In 1957, Redding and Easton referenda approved the formation of a regional school district, and a 35-acre site was purchased from a farm on Black Rock Turnpike for a high school designed to serve 650 students. Joel Barlow High School, originally serving grades 7 through 12, opened for classes in the fall of 1959. The school now serves grades 9 through 12.

In 1971, a major addition doubled the size of the building and increased its capacity to 1,000 students. In 1974, the Town purchased 78 more acres to build athletic fields. An addition and two portable classrooms were built in 1984, and the school was renovated in 1994. The Town is now engaged in a construction project to add more instructional space and athletic fields.

### **Two-Acre Zoning**

The rush of new development became a reality. Several large tracts were subdivided into one-acre lots, new subdivision roads were built, and school population began to spiral upward. Responding to Town-wide demand, in 1953 the Zoning Commission enacted two-acre zoning for the entire Town outside Georgetown, which had, and still has, multiple-family, ½-acre, and one-acre zoning. Concern about the Town's future persisted, and in 1956 a Town Meeting authorized the establishment of a Planning Commission. The Commission



prepared regulations to control the layout of subdivisions, and these regulations were adopted in 1957.

### **Newcomers and Automobiles**

During the 1890s, Redding was discovered by prominent summer visitors from New York City. Writers (including Mark Twain), artists, and business and professional people, who were enchanted by the Town's tranquil beauty, established country estates. By 1910, Redding's more adventurous and affluent residents were driving automobiles on the Town's dirt roads.

### **Telephones**

A few years after Mark Twain came to Town, Redding's first telephone exchange began operation. It was located in a private dwelling on Cross Highway and had a small group of subscribers.

### **Highways**

In 1916, the State of Connecticut began to construct a network of highways to link population centers and provide farm-to-market access for the rural towns. By 1921, Routes 7 and 58 had become two-lane paved highways. Other roads followed in the 1920s and 1930s. By the mid-1930s, hard-surfaced roads reached every section of Town along with telephone and electric lines. The Town's rural isolation passed into history.

### **Saugatuck Reservoir**

A major controversy raged during the 1930s over Bridgeport Hydraulic's plan to flood the Saugatuck valley for a large new reservoir. A reservoir would inundate the historic village of Valley Forge and much of Redding Glen. Opponents lost their appeals, and the Saugatuck Reservoir was completed in 1942.



### **Putnam Memorial Park**

The high terrain of Redding, with views south to Long Island Sound and northward toward Danbury, assumed strategic importance during the Revolutionary War. In April 1777, the road over Redding Ridge and Sunset Hill was the invasion route used by British forces in their assault on Continental army provisions stored in Danbury. A year later, in 1778 and 1779, Putnam's division of Washington's army was in winter encampment at three key locations in Redding to protect the left flank of American forces then holding the Hudson Valley. Remains of the largest of these campsites are preserved on 35 acres of land donated by a Redding citizen in the 1880s. Putnam Memorial State Park contains a monument to the American troops and a colonial museum.



## Geography

According to the [United States Census Bureau](#), Redding has a total area of 32.1 square miles (83 km<sup>2</sup>), of which 31.5 square miles (82 km<sup>2</sup>) is land and 0.6 square miles (1.6 km<sup>2</sup>), or 1.75%, is water. Redding borders [Bethel](#), [Danbury](#), [Easton](#), [Newtown](#), [Ridgefield](#), [Wilton](#) and [Weston](#).

Redding has four primary sections: [Redding Center](#), Redding Ridge, West Redding (including Lonetown, Sanfordtown, and Topstone), and [Georgetown](#), which is situated at the junction of Redding, Ridgefield, Weston and Wilton.

## Topography

Redding's topography is dominated by three ridges, running north to south, with intervening valleys featuring steep slopes and rocky ledges in some sections. The highest elevation is about 830 feet above sea level, on Sunset Hill in the northeast part of the town (**contrary to public opinion, the race does not go up this high!!**); and the low elevation is about 290 feet above sea level at the [Saugatuck Reservoir](#) along the southern border.



Four streams flow south through Redding toward Long Island Sound: the Aspetuck River, the Little River, the Norwalk River and the Saugatuck River.

The Saugatuck River flows through the Saugatuck Reservoir, Redding's largest body of water which stretches south into Weston. The reservoir was created in 1938 through the flooding of a portion of the Saugatuck River Valley.

<http://townofreddingct.org/> - a Cool video on the town can be found here

## 5. The Perfect Plan for Saturday, May 6th (Packet pickup)

- Expo is open noon-5pm at Hoyt Camp (3 Marchant Rd), drive right into the camp on the corner of Marchant and Simpaug. Note: if you can't make it to Redding the day before, you can still pick up all your swag on race morning – just give yourself extra time

### **Timeline:**

- Arrive around 1:30 to 2:00pm, pick up your stuff and chat with **Patti Dillon, Bill Rodgers, Joan Benoit Samuelson and/or Amby Burfoot**. They'll be arriving around 2pm and can autograph your bib, or whatever, and they may also be bringing posters/books to buy/autograph
- 3:00pm – **5k Legends Run**. Run the 5K course with our legends. This is a casual shakeout run and no one will get left behind. Where else do you get to participate with legends on their playing field? And best yet, it's free
- 5:00pm-6:30pm – **Boy Scouts Pasta Dinner**. Stroll down Marchant Road, 1.3 miles from the campgorund, buy a really good pasta dinner for \$15 (carb-load) and eat outside (weather permitting) while being entertained by Barry Blumenfield, lead singer/guitarist of **Bone Dry**. Make sure to bring a blanket or chairs to sit on and the beverage of your choice.

## 6. Runner story – John McCleary

I never had much of an interest in telling my story as (1) I always wanted this race to be about the runners and the farm (for the first 8 years), and (2) I never felt I had much of a story to tell. I now have a bit of a story to tell, but we'll get to that later. Now onto some magical moments over the last 12 years:

**August. 2011:** Terri, my Wife, and I were walking the grounds of New Pond Farm (we're members) and Terri said, "Wouldn't this be a great place to hold a race?" Now Terri wasn't even a runner then (more on that in a second) but it got me thinking that Redding didn't really have any road races and certainly not any of distance. A few weeks later I reached out to Ann at the farm and proposed the race idea – how I wanted to hold "the greatest race in the world." I didn't hear back from her for a month or so and had forgotten about the idea. Then she got back to me and said I should present it to the board. I did and it was approved. Terri said, "Now that we're doing this, what happens if we only get 25 runners to sign up?" I had no answer to that but you did!! Year after year of sellouts, one year within a couple of hours. Maybe it didn't turn out to be the greatest race in the world, but damn if we didn't try!! Thank you Terri – this was all your fault!!!

**February. 2013:** Terri, my #1 volunteer and #1 therapist (around race time) has become a runner. After the first race in May of 2012 she starts running with our Running Redding Club and naturally I sign her up for all 5 of Don Capone's Norwalk Summer series races (A fond farewell Don, as Don is retiring from race directing these wonderful races). Anyway, Terri thinks I'm crazy but I tell her that most of Don's races are double loops so she can quit after a loop. We would learn that Terri would collapse before quitting. It's February 2013 and we're running the Litchfield Sweetheart 5 miler. We finish and are eating the wonderful buffet of baked goods afterwards when they start announcing awards. They announce Terri's women's age group:

"In 1<sup>st</sup> place from Redding, CT...."

So I look around the room to see whom I missed from Redding and can't spot anyone???

"In 1<sup>st</sup> place from Redding, CT, Terri McCleary."

So.....my jaw drops, as Terri has barely started running and wins a 1<sup>st</sup> place age group. 10 years and dozens and dozens awards later – it wasn't a fluke. And she has the Redding race and Redding Running Club to thank for this!!!

**May 2015:** RRR Hall of Fame member, **Liz Campbell** wins her 3<sup>rd</sup> of 5 Redding Road Race half marathons. She ended up running in five, and 5 for 5 is a pretty good batting average. What made this one extra special is she beat all the boys too, winning the race outright!! We checked records on all decent sized half's around the country and couldn't find another outright women winner anywhere, ever!!

**Somewhere around 2016:** A runner emails me and thanks me for having the race. He tells me he ran it with two other friends and had a great time running it. He goes on to say that one of his friends ended up having back pain a few months later that ended up being cancer and he passed away. He didn't want it to be a sad email, just wanted to thank me for giving him this day with his friend. I can't find the email unfortunately, but this is a great example of how runners have opened up their lives to me. I'm eternally grateful....

**2021:** A young man by the name **Calvin** win's one of my other races (The Turkey Escape 5K). 8 years previously he won the Great Turkey Escape Kid's ¾ miler. I remember it clearly 'cuz I was pacing the kids and Calvin was forcing to run a 6 pace to lead him. He looked over to me as we were approaching the finishing line and said, "Mr., you're not going to beat me are you?" Nope, I didn't beat him. Full circle moment!!

**May, 2023:** Edith D. will be completing her 50 States Half Marathon Club at our race. She grew up in Redding and thought this race had to be the 50<sup>th</sup> one. Thank you Edith- you made my day!! Edith will be wearing Bib # 50 at the race.

The Celebrities at the race through the years: Boston Billy, Deena, Joanie, Kara & Adam, Joanie, Mike Richter, Amby, Patti (this year), Joe Bastianich, probably more than I don't know about; and I have stories about all of them and will share a few!!

**Boston Billy Rodgers:** I think he's been to about half the races. In my view, the greatest American marathoner of all times (and his 4 Boston and 4 NYC wins will confirm this). What a gentleman and one of the most interesting people I've ever met. So are Karen, his girlfriend, and Charlie his brother. The Rodgers have a direct connection to Mark Twain – ask him about it when you see him this year.

I've got a lot of stories about Billy. The first one that comes to mind is the first year he came to the race. I grabbed him and Charlie in my car and drove the half marathon course with them – I wanted their opinion. Billy turns to Charlie and says, “what a beautiful half marathon, but with these hills, Thank God we're running the 7 miler!!”

Story 2: once competitive, always competitive. A few years ago. Billy turned 70 (new age group) and he texts me, “Do I have the 7 mile course record for the 70-74 year age group?” I have no clue but look it up. Of course he has the course record and 2nd place is behind him by over 5 minutes!!

Story 3: Billy invites me to join him at the Shelter Island 10K in June or July of some year (great race when it's not 90 degrees). Before the race, he's stretching in the gym, sees me and yells, “John!!” We talk a few minutes and I'm about to leave (I don't want to monopolize his time) and he says, “No don't go, I don't think anybody else here knows me.” Crazy and if Bill asks you to stay, you stay!! Start of the race is downhill and I start off fast (I'm a stupid runner). A mile in Billy catches up to me and says, “Thanks for being my rabbit for the 1<sup>st</sup> mile, you set a perfect pace. Now we're warmed up so let speed up!!” I say, ughhh...Billy this is my speed up this is all I got!” Billy wins his age group and sneaks out a victory over my be about 8 minutes. Love you Billy!!!

**Mike Richter:** I grew up in Buffalo as a hockey goalie so Mike was a hockey player I knew well. One day, I'm in the office and I get a call. It's from Mike and he says, “I see your race is sold out, is there any way I can run it with one of my son's teachers?” Ughh... yes I say. Fast forward to race day and my friend, Anne Milot wants to meet Mike. She has idolized him for about 20 years, is standing 10 feet from him and can't move or speak (not kidding). I grab her and drag her over to Mike and say, “Mike, I'd like you to meet my friend Anne.” Anne

just nods her head, not being able to speak. But she does now have that picture with him the rest of her life? Mike runs the 7 miler in just over an 8 pace,

**Joannie Benoit Samuelson:** Through Billy, Terri and I meet Joannie at the Shelter Island 10K and she hits it off great with us (full disclosure, she hits it off with Terri and I'm along for the ride but quite okay with that!!). After the race she invites us to a party at some friends house – Joannie invites you to a party, you go to that party!! Great night.

The following year she's running my race and says, "John, I'm not sure if I'm going to run the 7 miler or the half, I'll let you know right before the half." 2 Minutes before the half at 7:58am she declares herself ready for the half, saying, "I'm cold, so I might as well run the half," Elite runner yes!!

Later that summer, Joannie invites me to her incredible Beach to Beacon race in Maine. It's 90 degrees and 100% humidity. I suck in heat and think I'm going to die. I cross the finish and see Joannie greeting all the finishing runners. She has gloves on so she can shake hands without getting germs/sweat/etc. Half delirious, I hug her. Shocked she jumps back, but then says, "oh it's you John," I say, "Joannie your race almost killed me." She responds, "payback's a bitch for all those Redding Hills!" Touche – love you Joannie!

**Kara, Colt and Adam Goucher:** Wow, what a family and as great as they are at running, they're even greater people. Adam has a bold-legged running style and thus has worn off all the cartilage in his knees, so only runs occasionally. He is sitting at the expo on Saturday and one of his ex-Colorado ("running with the Buffalo's") teammates comes up to him. Neither of them knew the other one would be there. Needless to say the teammate talks Adam into running the 7 miler and, of course, Adam finished first age group. He seemed genuinely honored to be winning the awards. Now onto Kara. She was using the race as her last long training run before her first ultra in Leadville Colorado a couple of weeks later. She told me before the race she wasn't trying to win the race was just planning to run a nice tempo run. Needless to say, she found herself at mile 4 with the two women leaders, upped the pace and took the lead. "Well, I pushed the pace and nobody matched it, so I figured I'd just win the race." Must be nice!!! It's a really



cool thing having Kara Goucher as your race's overall women's winner!!! The internet will always show that/

This race could never have happened and succeeded if it wasn't for all of the great volunteers over the years. My wife, Terri obviously has been the #1 volunteer extraordinaire. My two sons, John and Kevin have volunteered from ages 11 and 9 until they went off to college. Not having them around to volunteer the last couple of years is one of the reasons this is the last race. I miss them! Thanks to all my other core volunteers (please forgive me if I leave anyone out): Evan, JP (Hamster), Thea, Lisa M. (and Mom, Kathy), Barry, Jodi, Hydro Ed, Lucy, Kim, Peter Rabbit, Joyce, Anne, Dave, Alice, Christina, Donna, Sue, Jeanne, Jennine, Josephine, Lisa S., Emoji Ed, Claire, Oliver, Jason, Sean, Sarah, Teren and Tracy.

Money Raised over the years – this race has raised close to \$500,000 and a lot of you have spent a lot of money on it!! Thank you!! It's been the perfect opportunity for me to buy things (your Schwag), as I love buying things, while still raising a ton of money

In the end, it's just time for the end. It's truly been a labor of love and when the labor becomes a little more than the love, I know it's time. To give this race less than 100% wouldn't be right and I can't fake it. You can always join us on weekends and run these Redding roads with the Redding Running Club.

From your great feedback over the years, I know this race has meant a lot to you but, I can't emphasize more, the change it's made in Terri's and my life. Literally 90% of the people I call my closest friends I wouldn't have met without this race.

Thank you for 10 years of memories, magic, friends and hills!

Now onto my story as a "strange" thing happened 2 ½ months ago.

**Sunday February 5<sup>th</sup>, 2023:** I hadn't run in a while – I was coming off a knee injury and had replaced running with Pickleball, for the most part. I'm much better in Pickelball than I ever was in running anyway - lol!!! ¼ mile into the run on Simpaug Turnpike (the last stretch of the Redding Road Race course), I was running up a small hill with a bunch of the regular Redding runners and something didn't feel right. I had a weird feeling in my chest and up both arms. It wasn't

painful and I wasn't out of breath, it just felt like that indigestion feeling one can get. So me being a runner who has never had a problem quitting during a run, quit and walked back with my friend Peter (Rabbit). Peter forced me to call my PCP as we waited for the others to return, he wasn't keen on the potential of giving me mouth to mouth, apparently.

Fast forward an hour later. I'm home with my wife, Terri, awaiting for my PCP to call back (he never did) and Terri says, "you have no choice, we're going to an outpatient clinic, this isn't something to mess around with." I, oddly, didn't fight it. An EKG was taken, blood pressure, they listened to my breathing and all seemed normal. Still, with what happened, they said a trip to the ER was warranted. They recommended taking an ambulance to the ER because there would be no waiting in the ER if you went via ambulance. If you drive there yourself, there could be a significant wait. Via ambulance, they take you right into a room.

#### Tests:

- EKG is fine.
- Echo X-ray (or something like that) – okay
- Blood pressure – okay
- All vitals -okay
- Cholesterol = not bad
- Results of blood test – NOT OKAY. They found the protein troponin in the blood which is a protein the heart distributes to the blood after a heart attack. The normal level of troponin in the blood is 0 to .04 ng/ml. I had around .60 which indicated a mild heart attack.
- An angiogram was performed next day and a 70% blockage in a minor artery had a stent put in, while the major artery had a 60% blockage that is being treated with drugs.

#### Takeaways:

- GET A PHYSICAL EVERY YEAR – I had gone a long time without one. It may not show anything, but, it may. It could save your life,

- Heart attacks can happen to anyone, even a 54 year old runner. Take the warning signs seriously. Some of my warning signs in the preceding months: sleep apnea along with choking a bit during the night, indigestion and a lack of energy that I probably misdiagnosed as being caused by lack of running.
- If you feel anything strange while running, stop and get it checked out. Who knows what could have happened if I had continued on the run that day?
- Genetics is a bitch. Both of my parents had stents put in and my dad also had open heart surgery. My head cardiologist said that if I was his patient, and he knew my family background, he would have had me on meds 15 years ago. So, now I take 5 pills a day (cholesterol, blood thinner for a year or so, blood pressure) when before I hadn't taken a single prescription pill in my life.
- I'm back running and playing more pickleball than ever. Terri, my wife and apparently now personal chef, has me eating healthy. Diets don't work, but I think healthy changes can. Oatmeal, salads, a lot of seafood, vegetable (who knew I wouldn't hate asparagus??) Healthy, non-processed, food can be satisfying. Basically, for the most part, I've eliminated stupid eating – no late night chips and salsa followed by popcorn, followed by cereal.
- So are in 2 ½ months I've lost over 30 pounds of stupid weight without much effort and without feeling like I'm sacrificing anything. I Have a little more to go to get to my high school weight, but will get there.

As emphasized above, PLEASE, be proactive. Get anything “strange” checked out. Feel free to email me too if you want to talk about this.

John

7. GIFT REVEAL – Find me a race with better gifts...I'll want to run it!!

**COMPLIMENTARY GIFTS WITH REGISTRATION**



**COOLMAX SHIRT**



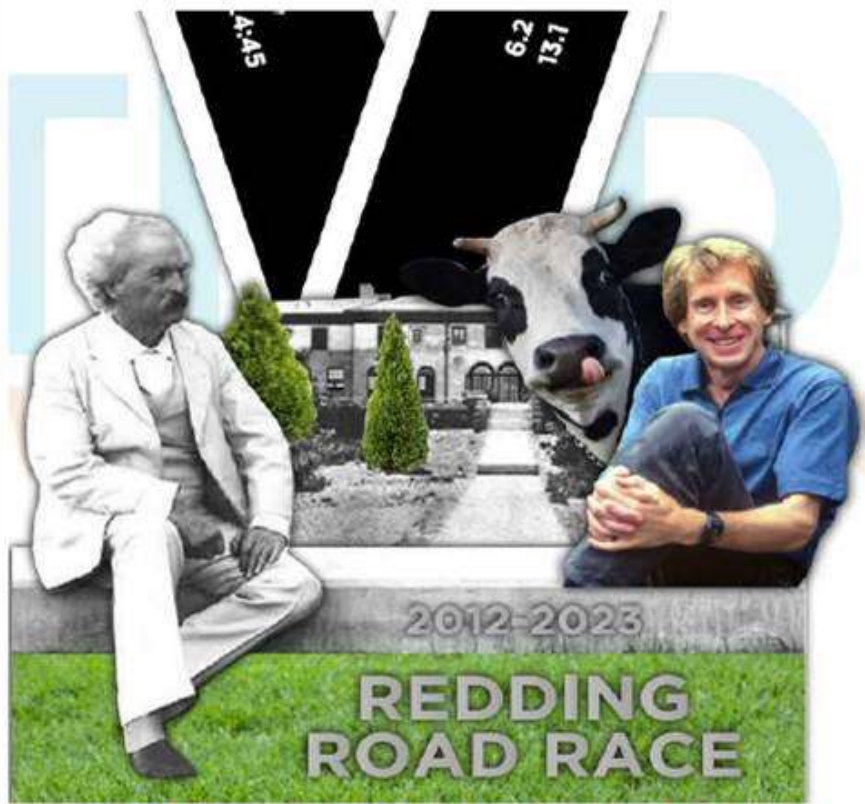
**KEY CHAIN BOTTLE OPENER**



**BUMPER STICKER**



**INSULATED BAG**



**FINISHERS MEDAL - MARK, BILLY & KEVIN THE COW**



**Personalized Bib**

**Aluminum Water Bottle**



## AGE GROUP AWARDS



**CRYSTAL CUP TROPHY**



**CUTTING BOARD**



**GLASS PAPERWEIGHT**

In the next newsletter, I'll send all race logistics including where to park and course highlights.

John