



## **REDDING ROAD RACE NEWSLETTER**

**17 Volume 2**

**1/26/17**



**1. Gift #1 revealed: So what exactly is this??**

This may be the most practical gift I've ever done. You get four of these and they replace the safety pins for attaching your bib to your shirt. They have a back and front and are re-usable forever. SO.....no more ruining shirts with safety pins!!



## 2. REDDING, CT POINTS OF INTEREST



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 waterpowered 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

### 3. BILL RODGERS CAREER MARATHON VICTORIES



1. 1973 Bay State Marathon (2:28:12) 1st Course Record (CR)
2. 1974 Philadelphia Marathon (2:21:57) 1st CR
3. 1975 Boston (2:09:55) 1st American Record (AR)
4. 1976 NYC (2:10:10) 1st CR
5. 1976 Sedo Island, Japan (2:08:23) 1st CR (200 meters short)
6. 1976 Maryland (2:14:28) 1st CR
7. 1977 Kyoto, Japan (2:14:25) 1st
8. 1977 Amsterdam, Netherlands (2:12:46) 1st CR
9. 1977 Waynesboro (2:25:12) 1st
10. 1977 NYC (2:11:28) 1st
11. 1977 Fukuoka (2:10:55) 1st
12. 1978 Boston (2:10:13) 1st
13. 1978 NYC (2:12:12) 1st
14. 1979 Boston (2:09:27) 1st AR
15. 1979 NYC (2:11:42) 1st
16. 1980 Boston (2:12:11) 1st
17. 1980 Toronto (2:14:47) 1st
18. 1981 Houston-Tennaco (2:12:10) 1st CR
19. 1981 Atlantica-Boavista, Rio de Janeiro, Brazil (2:14:13) 1st CR
20. 1981 Stockholm, Sweden (2:13:28) 1st
21. 1982 Melbourne, Australia (2:11:08) 1st
22. 1983 Orange Bowl, FL (2:15:08) 1st

#### 4. NEW POND FARM ARTICLE FROM THE REDDING PILOT



Tim Laughlin is the new program director at New Pond Farm. — Christopher Burns photo

## **‘There’s magic’ at New Pond Farm**

Tim Laughlin has only been the program director at New Pond Farm for a month, but he already lights up when he talks about his new job.

“There’s some magic here,” he said smiling.

New Pond Farm is an environmental education center with a farm component.

Approximately 6,000 children annually come to the grounds to tour the functioning dairy farm and participate in hands-on programs that range from beekeeping to making bracelets from sheep’s wool.

Laughlin was a middle school science teacher in Brookfield for 39 years before coming to New Pond Farm.

“This is my classroom now,” he said while waving his hand across the landscape not unlike a conductor to his orchestra.

Laughlin’s passion for teaching is clear, and his love for the programs that the farm offers is palpable.

The main program that New Pond Farm offers is simply known as “The Farm Program.” Laughlin says that kids, predominantly K-4 students, are shown the dairy barn where the cows live. They get to simulate milking a cow using water bottles on a wooden cow.

“The kids get the idea that it’s real work,” he said.

Laughlin then takes the children to an area where they get to brush and touch a full-grown cow.

“It’s very child friendly,” he said, adding that many of the kids who come for the farm program are from inner cities and have never gotten to touch these animals. “It’s a blend of having fun and learning.”

Laughlin also mentions the bee program. They put each of the children in a full beekeeping suit and let them near a beehive that houses up to 60,000 bees, who then proceed to crawl all over the children.

“They love to tell their mom about that,” he said.

Laughlin is spearheading a project that documents natural plant growth in an area of the farm that was leveled by a tornado that touched down two years ago.

He plans to incorporate counting the number of certain flower types into a program in the future, so he can help get children involved with the scientific process.

“Children think science is just between four walls,” he said “but it’s overflowing.”

For “the first time in a long time,” Laughlin has conducted a few fishing classes for members of New Pond Farm and guests.

They included instructions on how to cast a fly fishing line and a small fishing session in the pond, where a few young children managed to hook some of the fish stocked in the pond.

“You know how kids are,” he said recalling the joy of the kids who caught the fish during his program. “They could catch a minnow with a net and be happy.”

Laughlin is clearly as dedicated to the other operations of the farm as he is to the programs that he helps create. He proudly pointed out the solar panels that line the barn roofs and how they help provide the electricity needed to pasteurize the milk that the cows produce.

Given his background as a middle school teacher, part of Laughlin’s goal as program director is to more actively engage older students. He has a “three-year goal” of introducing more programs that appeal to middle and high school students.

New Pond Farm Executive Director Ann Taylor is looking forward to Laughlin’s goals coming to fruition and anticipates a “lovely collaboration between staff members, board members and volunteers” to help guide the way.

“That’s the beauty of this place,” Laughlin said. “Everyone is excited. It’s a vibrant classroom.”

## 5. [LA QUINTA, OUR HOST HOTEL](#)

La Quinta Inn & Suites in Danbury, CT (approx. 5 miles away from New Pond Farm) has been chosen as our **HOST HOTEL** for this event. They are ranked **#1 on Trip Advisor** and are offering a discounted rate when you mention “Redding Road Race.” They will also be extending this special rate a day prior and after the event. Enjoy their **FREE Continental Brightside** Breakfast each morning and grab a bite at **Outback Steakhouse** located in the hotel. For those staying for the race, they are offering a **FREE PASTA meal** to help you carb up the day before the event! This includes: salad, pasta, rolls, and unlimited water. (1 meal ticket per room) For reservations, call 203-798-1200 and ask for the “Redding Road Race rate.” Be sure to request a late checkout if necessary!

## 6. 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. If you are running the Mighty Cow race at 7:20, you won't be able to start early.

## 7. RUNNER STORY – BARBARA B.

### LET DETERMINATION BE YOUR PATHWAY

This will be my 3rd time running for the cows! In 2014 I shared my story and in 2016 I shared my experience of coming in last place and feeling like a first place winner. I have had 3 spinal cord surgeries in attempts to remove the tumors. I couldn't move my left leg after waking up from the second surgery and I now have degenerative disc disease and scoliosis. I shouldn't still be able to run but I can. My neurosurgeon tells me I will just get slower and slower until I can no longer run. What use to be a 12 min mile for me is now 15 and above depending on the type of day I am having.

I started running 7 years ago at age 53. I am now an Achilles athlete for almost 3 years. I run with guides. My tumors have taken many things away from my life, but the one thing it can't take from me is my determination. Determination Trumps Tumor every time. It will never take away from me crossing a finish line, be it on my feet, crawling on my hands or in the future on a hand cycle. Whatever it takes.... I am crossing that finish line. If you are not familiar with Achilles, please check them out... <http://www.achillesinternational.org> I hold Achilles near and dear to my heart for without them I would not be running. I am an Achilles Athlete with the NYC Chapter.

This year, I will share with you some of my thoughts. Last year I ran this race with a torn meniscus. It was a tough one. First time it took me over 4 hours to run a half. With the help of my guide, encouragement by other runners, and of course all those wonderful signs by John, I crossed the finish line. As a disabled runner, you cannot imagine what it feels like to hear shout outs from other runners

along the way. It's like a shot of adrenaline coming along at the right time especially when you are struggling. Sometimes, it brings a tear to my eye. And those signs, I love them. One in particular..... one day you may not be able to do this... today is not that day. Thank you John a million times over for that sign!

With the help of my 3 guides, I ran my 3rd NYC Marathon this past November, with the promise to my orthopedic surgeon I would make time to have surgery to repair my torn meniscus. Hey runners..... you understand....it's hard to fit in surgery with our race schedules. I had to plan carefully as to be recovered in time to run for the cows. But sometimes life gets in the way. In December an emergency trip to the doctor. On January 6th I had surgery to rule out uterine cancer and my knee surgery for January 11th was canceled and rescheduled to February. In my mind I was thinking, I was either going to be running this year's race puking from chemotherapy and/or taking 6 hours to complete the half from being undertrained. That's my determination shining through. Good news on the 9th pathology report came back benign and the orthopedic surgeon squeezed me back into the schedule because he was going to have surgery himself and would not be available until June. He told me he knew how much I wanted to return to running! Don't you just love him!

2017 is off to a great start! Not only will I be running healthy, A Race for the Cows will be my birthday race this year! I turn 60 in April... a new age group.... yayyyyyyyyy. So when you pass me, my favorite words to hear will be Go Achilles! Go Barbara! Happy Birthday Barbara! You got this!..... well..... you got the idea :).

Running puts me in my happy place. It's something I can be a part of no matter how slowly I go. It's always nice to feel like you belong and that is one of the many things I love about this race. A Race for the Cows is certainly a feel good race.

So these are my thoughts for this newsletter. I hope you can take something from it. I encourage you all to do what you are able to. Don't give up. Stay positive. Let determination be your pathway.

Barbara is honored that her guide this year is going to be Colleen Alexander. Colleen was run over by a box truck and is now a motivational speaker at races. Barbara first met her after her accident at a superhero half marathon. It was her first race back, using a walker. She walked with her for a while and always wondered how she did. Fast forward to 2 years ago at Wineglass Marathon and Colleen was the guest speaker. During her speech at the dinner Colleen made Barbara stand up and spoke about how they met, how Barbara stopped running her race to walk with her. Colleen said, “there are no other people like runners..... we look out for each other. There is no other sport like running.” Colleen is a Connecticut Hero and we’re proud to have her running in 2017. You should google her story: <https://youtu.be/e6PzTtdrtHQ>



## 8. NEWBIE CHRONICAL – BOB A.

Hello! I'm incredibly excited to be writing my first newbie column for the Redding Road Race newsletter! First off, I'd like to thank John McCleary for giving me the opportunity to document this journey; this is an exciting time in my life and keeping a journal is another fun part of the process. I'd also like to thank Janine Russo for suggesting I participate in the half-marathon (my first ever). Janine and I have known each other since our days at Greenwich High School and will be seeing each other for the first time in 20 years at the race this May!

On top of writing this regular column I am also documenting this journey on Instagram. If you use this social media platform please follow me, @bobazud, for regular updates on my training, dietary habits, etc.

While I plan to dedicate future columns to my current training progress, I'd like to bring you up to speed on how I arrived to this point. Why a first half-marathon? Why now?

I began running about 5 years ago and have always had some high aspirations: running fast, running far, running in exotic places, running in legendary races, you get the picture. The main issue holding me back from accomplishing these goals has always been my weight. I've been fluctuating between a 30% and 38% BMI for many years now and ultimately hit the highest weight of my life at the start of 2016: 261 pounds. At 5'10", this is obviously a very dangerous weight, and by no means a physical state to be entering into long distance racing. My doctor broke some sobering news to me as well, including high cholesterol, high blood pressure, a borderline morbidly obese BMI, and pre-diabetes. I was in trouble and it was time to make a change.

It's just over one year later, and I'm happy to report that I've dropped 82 pounds. In doing so, I've returned to normal levels with both my cholesterol and blood pressure, my BMI is in a much healthier range, and my pre-diabetes condition is gone. For exercise, I decided to start with a walk/run program in early 2016 and see how far I could "run" with it (see what I did there?). My starting point was jogging at 5.2mph on the treadmill for four minutes, then walking one minute, and repeating until I hit a grand total of 30 minutes. I still remember the overwhelming feeling of exhaustion during those first few weeks but I knew that

consistency (4-5 days of exercise per week) would lead me to where I wanted to be. And it did! Just this week I ran my longest non-stop run ever for a total of 9 miles at 6mph, something I never thought would be possible.

After seeing the pounds melt away and racking up more and more miles I decided at the tail end of 2016 that it was time to start taking this “running thing” seriously and moving on to something significant, something challenging, something I could be very proud of! I registered for two half-marathons: Redding Road Race in May and Iron Horse Half Marathon in June. Since then, I’ve been training 5 times per week (mostly indoors on the treadmill) utilizing a training plan on the Nike+ Run Club app. I’m well aware of the challenging hills ahead of me come May, so I’m looking forward to eventually transferring my training outside in late March once the weather warms up.

I’m excited to continue writing as the weeks go by and update you on my progress with mileage, speed (hopefully), cross-training, and diet. In the meantime, I’ll be increasing my mileage over these upcoming two weeks (around 10% per week), working on getting my cadence up to 180 steps per minute (something I’ve just recently learned about), and participating in the Arena Attack Indoor Race Series 5k at the XL Center in Hartford. If any of you have any words of encouragement, advice for a newbie distance runner, or just general info such as clothing recommendations, favorite mid-race fueling options, etc., feel free to reach out to me via email at [bobazud@yahoo.com](mailto:bobazud@yahoo.com).

Cheers!



**Now and then Photo's**

## **9. FAVORITE RACE**

**Please send me write ups of your favorite races for inclusion in future newsletters.**

**Here is one of my favorite area halves (from John McCleary) and I will definitely be running it this year.**

### **COLCHESTER HALF MARATHON**

**COLCHESTER, CT**

**FEBRUARY 25, 2016**

Race Director Rick Konon is awesome, crazy awesome, and for \$14, you can't beat the price.

Part of the Hartford Track Club's Winter Race Series, the Colchester Half Marathon marks its 25th annual running in 2017, for a race that typically draws a few hundred runners or more and when temperatures are often in the 30s, as wintry weather including ice, snow and sleet have frequently fallen on the day of the race.

Known for its challenging hills along the rolling New England countryside surrounding the town, the Colchester Half follows an out-and-back USA Track & Field-certified loop course that starts and finishes at Bacon Academy on Norwich Avenue. Scheduled starting time for the race is 10:00 AM ET.

From there, runners follow a clockwise route along sections of Norwich, Windham Avenue, Goshen Hill Road and McCall Road. Though most of the race unfolds along paved country roads, a roughly three mile stretch of the race takes runners along dirt roads, where they'll need to be careful of ice and/or snow if inclement weather is in the forecast.

The last few miles of the race take runners along Roger Foot Road and back onto Norwich Avenue, where they run the final stretch back in to the finish line at the high school. After the finish, the race organizers host a post-race "carbo re-loading" party at Colchester's Bacon Academy High School, right at the race start/finish line.

## Race Weather & Climate

Located in the central part of the state, about 25 miles southeast of Hartford and roughly 25 miles from Connecticut's Atlantic coastline, the town of Colchester typically experiences very cold conditions in the late winter, and usually sees its lowest rainfall (but some of its heaviest snowfall) in February.

On race day (Feb. 27), the average low is 19°F and the average high is 41°F.

**Registration:** <https://www.mysportsfee.com/races/RaceInfo.aspx?RID=353>



**Cheers,**

**John**