

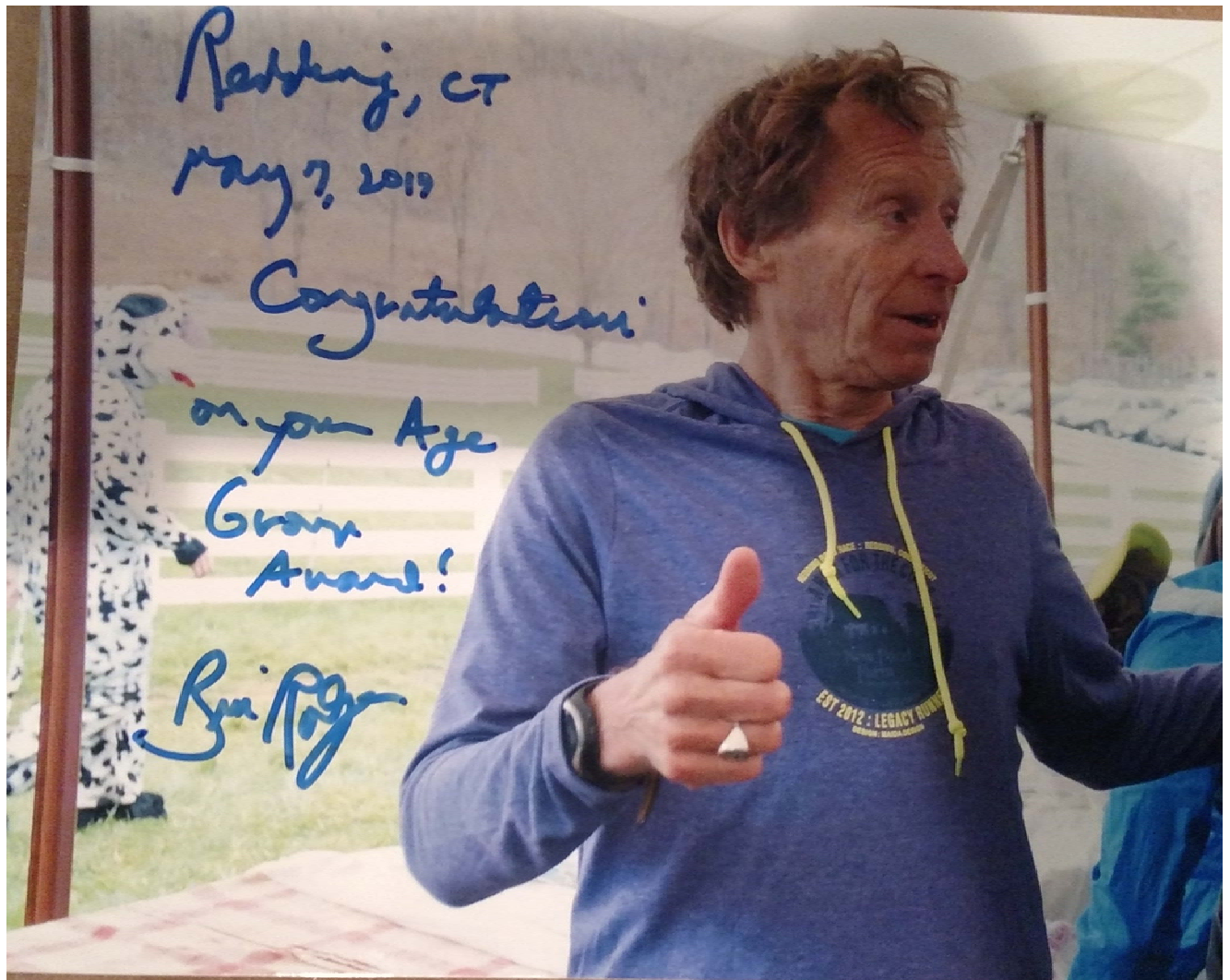


REDDING ROAD RACE NEWSLETTER

17 Volume 3

2/9/17

1. AGE GROUP WINNER GIFT #1 REVEALED



A Bill Rodgers Signed 8X10 from last year's race (See Kevin the Cow in the background??)



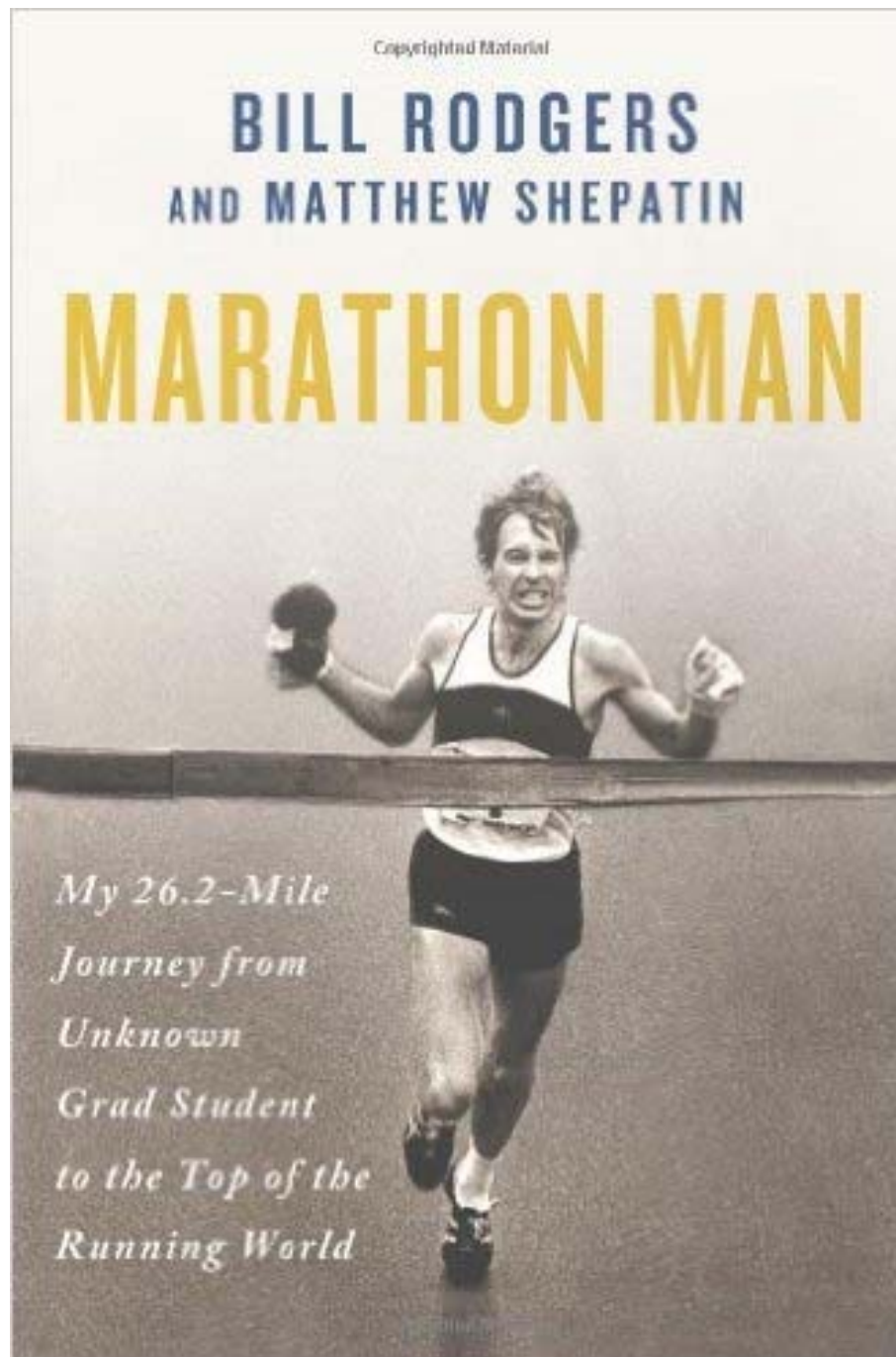
2. SAVE THE DATE – RRR17 PREVIEW RUN

Sunday, April 9th, 8am

Every year, a few weeks before race day, we have a preview run where we invite all runners out to run the course. You can run any distance from 3 miles to the full half and meet up with the Redding Running Club. Of course, you also get to preview what you're in store for, course wise.

3. BILL RODGERS: MARATHON MAN

Bill is offering his Signed Book for \$28 and his signed “relentless” poster for \$20. Email me if you’re interested in either/both and I’ll tell you how to pay and reserve your BR memorabilia.





4. [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!

5. PIGLET PRANCERS – OUR FUTURE RRR CHAMPIONS

The race is before the start of the half and any distance, from 100 feet to $\frac{3}{4}$ of a mile, can be run by the prancers. For \$15, it's a bargain as they get most of the cool gifts the older runners get. Registration levels are off the charts and we may have to close registration for this. So, you may want to register your piglets sooner than later.

<https://www.raceit.com/Register/?event=39244>



6. RUNNER STORY – LORI F.



Lori Falcone is a Semper Fi Fund Community Athlete who will be running in the 2016 Marine Corps Marathon—her first marathon ever—on October 30. And while she never served in the military (her father served in the Army and her uncle served in the Marines), she shares something very significant with many of the service members assisted by the Semper Fi Fund every day: She’s grateful to be alive.

“I was in a car accident in 2011,” says the Yonkers, New York, native who currently lives with her husband in Connecticut, “so my greatest accomplishment is that I am here to tell my story.”

That story begins on a Monday in August 2011 when Lori met a friend for lunch. They were sitting outside a cafe enjoying the weather and conversation

when a 92-year-old driver, pulling into the empty parking space directly facing where Lori was sitting, mistook the gas pedal for the brake pedal.

The driver “hit me head-on and barreled me through the restaurant until I and two others were pinned to the counter with the car still running,” she recalls. “Sometimes people are in the right place at the right time, and the manager of the shopping center was fortunately there for me. He had to make the difficult decision to either pull me out from the car and risk paralyzing me or watch me bleed.”

“Luckily he pulled me out and saved my life,” Lori continues. “I think of him often, especially when I’m faced with a tough decision.”

Lori says she doesn’t remember the incident itself, but she does recall being in the ambulance.

“I knew from the paramedics’ faces and dialogue that it was bad. I was determined to get in touch with my husband and let him know that I loved him, and that if something happened to me, I wanted him to be happy and know it was okay for him to move on. Those first few hours are blurry at best, but one thing was clear: I was determined to fight and not give up.”

Fight she did. After two days in intensive care, a month-long stay in the hospital and many months of recovery, Lori progressed from hospital bed to wheelchair to walker to crutches to a cane—and eventually to walking on her own.

“I will always remember the day I took a first step on my own,” she says. “It was a long road, but one I was lucky to be on.” Now the road she’s on stretches 26.2 miles into the distance and she couldn’t be happier.

“One of the commitments I made was if I was able to walk again, I wanted to do a marathon. The Marine Corps Marathon is the largest marathon in the world that doesn’t offer prize money. Instead, they celebrate the honor, courage and commitment of all finishers. I am proudly raising money for the Semper Fi Fund to help our military personnel and their families.”

Lori worked her way up to marathon distance by running one 5K race, two 10K races and seven half marathons. For her first marathon she has already exceeded her goal of raising \$3,500 for the Fund (as of the date this story was

published her fundraising page shows she's at \$3,600) and says that her choice of the Fund as beneficiary was a clear one.

"I did not know much about the Fund," she told us. "At first, I thought it was just for the Marines. The more research I did, though, I was so inspired to help raise money for our wounded, critically ill and injured service members, and their families, of every branch. I was so fortunate to have the resources I needed during my recovery, I wanted to pay it forward. Every day our service personnel sacrifice so much—it's the least I can do."

Looking back over the past five years, Lori says she's learned and embraced some important life lessons.

"Live your life," she says. "Don't put off things, do them today. You don't know what tomorrow will bring. Spend more time with family and friends, they are what really matters—and remember to tell them that. Don't sweat the small stuff, because when the big, important things come, you will need your energy."

"Believe in yourself," she continues. "You are stronger than you know and are capable of anything you put your mind to; be your positive force. Ask for help when you need it: it's not a sign of weakness, but a sign of strength, confidence and courage. Pay that forward and be a stabilizing hand to lift others up."

"And last, but certainly not least: Don't sit outdoors facing a parking spot."

7. NEWBIE CHRONICAL – BOB A.

Hi everyone! I hope you're all doing well and you've been taking advantage of these decent winter temperatures to get outside and run. Just as a reminder, you can follow my progress on Instagram, my handle is @bobazud. I've also been using the hashtag #reddingroadrace for all of my posts, in case you'd like to search for my content in that manner. Lastly, feel free to email me with any feedback, training tips, etc. at bobazud@yahoo.com. I've been lucky to hear from a few of you and would like to thank those of you for taking time out of your day to write me!

My training is going well and I completed my longest run of 9.25 miles this past Tuesday. Unfortunately, this was indoors on a treadmill due to the snow, but I am happy to have completed the mileage. Quite a few people have nudged me gently to begin getting outdoors whenever the weather allows in order to get used to the pavement and the hills that await me in May. I took this step this past week and completed two 3.75 mile runs in my neighborhood, with each resulting in 400ft of elevation gained from uphill running, all while maintaining my usual recovery pace of around 10:29/mile. I plan on getting outside as much as possible and following the mantra of my favorite drummer Neil Peart when the temperatures seem a bit too cold for my taste: "There's no such thing as bad weather, just the wrong clothes."

My January mileage came to a grand total of 75.28 miles, something I'm pleased with but also looking forward to building on. Part of this mileage included the Arena Attack Indoor Race Series 5k at the XL Center in Hartford. I completed the race with a 28:47 time, which was my first ever sub-30 minute result and now my current 5k PR. However, I realized (late in the race) that I'm really unsure of what my race pace is at this point of my running career. I finished 15 of the 16 laps of the XL Center concourse feeling extremely relaxed, then realized a bit too late that I needed to turn it up. I'll be working on determining my race pace during training, but also by running a 5k race each month going forward until the half in May. My next one will be The Big Chili Run in Danbury, CT on February 19 (I hope to see some of you there). As you can see below, we were on the road bright and early to arrive at the XL Center by 7:30am on a Saturday; my 13 year old son just couldn't keep up with his excited dad!



After pondering my race pace, I decided to look a bit deeper overall at my training regimen on the Nike+ Run Club app and comparing that to some of the routines I've read about on the Runner's World website, Instagram, etc., I decided to make the move off of this app and on to MapMyRun. This app has a much wider variety of workouts which will help me with speed, endurance, and mental toughness, including: strides, long intervals, tempo intervals, and half-marathon pace training. The new plan looks great and will be my guide over the next 15 weeks to race day. I've not used the app on a run yet, but I'll be sure to provide my review during my next newbie chronicle.

This past Monday I woke up bright and early to complete the second of my two outdoor 3.75 mile recovery runs. To my surprise, I came home to all of my post-run breakfast ingredients ready for me (fruits and veggies for a green juice, low-sugar oatmeal with peanut butter and berries) and a heartfelt note from my wife, Liz, and my 5 year old son, Brandon, wishing me a good run and good day. Sometimes we ask ourselves why we get out of bed so early and abuse our bodies like we do, and for me it's moments like these that tell me I'm doing it for all the right reasons. The support and faith that my family has bestowed upon me has led to so much progress and accomplishment over the last year that I can honestly say I would not be where I am with my training and weight loss without them.



Music has always played an important part in my life, as a fan of it, as a musician, and now as a runner. I truly enjoy popping in headphones and listening to some of my favorite tunes while sweating it out for miles and miles. Out of curiosity, if you are interested in emailing me about this, what are your favorite songs/artists to run to? Is there anything that truly gets you pumped up and running as fast as you can? Something inspirational for the longer runs? A special song on those rough days when you feel like you don't have it in you? Personally, I tend to prefer rock music; the louder the better! Metallica, Rush, Muse, the list goes on. Can you really beat listening to a song like My Hero by Foo Fighters when you're struggling and need motivation? I sure can't!

I hope you've enjoyed reading this as much as I've enjoyed writing it. Stay focused and train hard! The races and the training are tough, but they're not tougher than we are. Cheers!

8. MY TOP 10 CONNECTICUT RACES

In alphabetical order, and not including my 3 races, as I'm too biased!!

Boston Build Up 20K – Early February

The third race in Jim Gerweck's winter series and my favorite of the 5.

<http://www.clubct.org/Buildup/BosBuild.html>

Colchester Half Marathon – Late February

Rick's crazy hilly half. Probably my favorite half in the state, tougher than my race, economically priced, great support and great food at the end.

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

Hogsback Half Marathon – Late September

Fast half (until the brutal hill at mile 12.5), with great food at the end and who doesn't like pigs??

<http://hogsbackhalfmarathon.com/>

Colony Grill Hot Oil 5K – Mid November

Spend 20+ minutes running the 5K and hours eating great pizza and drinking free beer after – enough said!! Fast enough course, great atmosphere, but be forewarned – this Marty S. race sells out quickly, almost as quickly as the RRR.

<http://hitekracing.com/colonygrill/>

Kent Pumpkin Run 5 miler – Late October

Tough first half of the race, easy 2nd half. Great food afterwards, great town (visit the chocolate shop) and make sure you wear a costume!!

<http://www.kentpumpkinrun.com/>

Litchfield Hills Road Race – 7+ miler

Party on the town green. Another race located in a great town – it's one giant party from the morning on. Beware of the heat and the hill at the end. This race sells out, but not all that quickly. Beware of the traffic getting into town before the race.

<http://www.lhrr.com/>

Norfolk Pub 10 miler – Mid December

IMHO, the toughest race in CT. Beautiful setting and a beautiful free beer in the pub after, which you earn!! No-frills race (winners get Pez dispensers). Beware of the weather. Uphills at mile 1.5 and 7 are brutal, downhill at mile is wonderful.

<https://runsignup.com/Race/Events/CT/Norfolk/NorfolkPub10MileRoadRace#event-134895>

Ridgefield Half Marathon – Early October

It made the list mainly because it's everyone's PR course. Still has hills, but, for Connecticut, it's pretty runnable. Relatively scenic with a nice downhill last mile.

<http://www.ridgefieldhalf.com/>

Sam Elpern Memorial Half Marathon – Mid September

A great half marathon directed by Don Capone. Heat can be a factor, but usually isn't. Not an easy course, but a fair one. The fastest last mile of any half that I've run. Don also directs the awesome Norwalk Summer Series along with the very fast Mother's Day 10K (From Calf Pasture Beach0

<http://www.lightfootrunners.com/>

Bob & Peg Andrulis Memorial "Sweetheart Run/Walk" – Mid February, Litchfield, 5 miles

Fast course, fun atmosphere and TREMENDOUS food afterwards!!

<http://thecommunitycenter.org/event.php?id=4474>



Cheers,

John