



REDDING ROAD RACE NEWSLETTER

17 Volume 4

2/23/17

1. COW AWARD – To All Age Group Winners



2. RACE STATS FROM THE 1ST SIX YEARS

% Female: 61.8%

% Male: 38.2%

Redding Participants: 11.3%

Total Piglet Prancers (our race's future): 378, with more to register

Total Added Donations (above registration fees): \$17,797.20 (Thank you!!)

Total Countries Represented: 8: United States, Canada, Columbia, Germany, France, Great Britain, Norway and Ireland

Total States Represented: 29: CA, CO, CT, DC, DE, FL, GA, IA, ID, IL, IN, MA, MD, ME, MI, MN, NC, NH, NJ, NY, OH, PA, RI, SC, TN, TX, VA, VT, WI

Total Ct Towns represented: 162 (out of 169)

Female Half Course Record: 2015 Liz Campbell; 1:24:26; 6:27 Pace

Male Half Course Record: 2013 Ken Merrick; 1:20:17; 6:07 Pace

Female 7 Mile Course Record: 2015 Susi Manheimer; 51:05; 7:17 Pace

Male 7 Mile Course Record: 2015 David Hambleton; 44:49; 6:24 Pace

Youngest 7 Miler: 9 years old

Youngest Half Marathoner: 12 years old

Most Experienced 7 Miler: 72 years old

Most Experienced Half Marathoner: 77 years old

Average Age of Runner: 41.9 years old

Very Humbled Race Director: 1

3. [ROCK'N ROOTS 9K REGISTRATION NOW OPEN](#)

WHEN: Saturday, July 1, 2017, 8AM

WHERE: Redding Historical Society, Redding, CT

WHY: The third of my Redding races and maybe the most fun (especially for me since I get to run in it). We run through both sides of Putnam Park, where some of George Washington's troops were stationed in 1778-1779 during the American Revolutionary War. So, you're literally running through history in Putnam Park as you run down Company Street where 116 soldier huts were once located. We put the race together in a month last year and it had as many runners as any other area 4th of July race. It's also the only race I know that gives runners a choice of a singlet or short sleeve shirt. Admission to the all-day Rock'n Roots Festival (including fireworks) is included with registration (\$15 value). Oh, did I mention the re-enactors along the course!!

REGISTRATION: <https://www.raceit.com/Register/?event=39986>





It's Redding Sestercentennial this year!!



Start and finish of the 9K race



Re-enactors at the start

4. PUTMAN PARK

One trip out-of-towners might want to make on race weekend is to Putnam Park, the “Valley Forge of Connecticut.”

PUTNAM MEMORIAL STATE PARK



‘Connecticut’s Valley Forge’

State of Connecticut
Department of Energy and Environmental
Protection
Bureau of Outdoor Recreation
State Parks Division
Hartford, Connecticut 06106

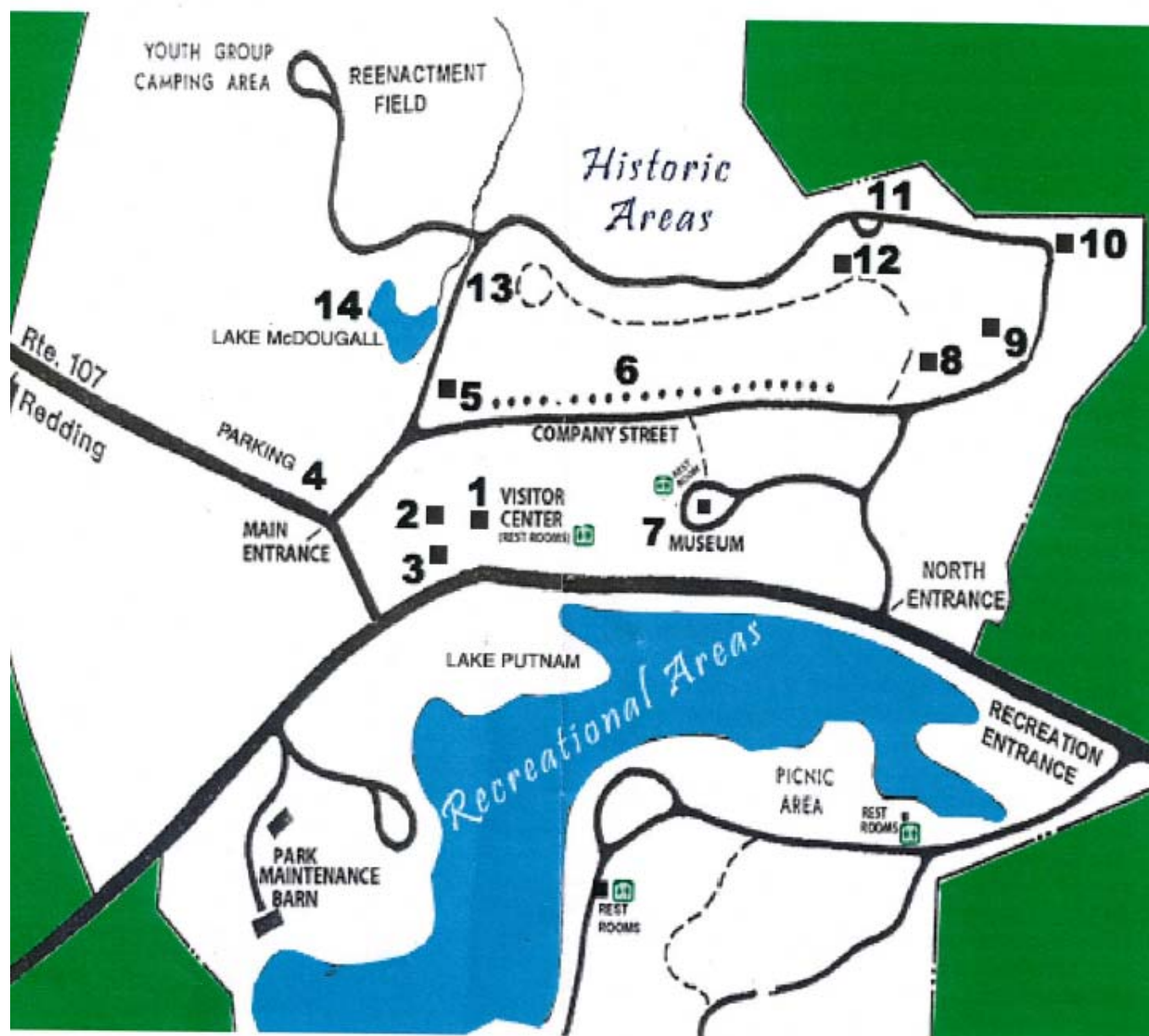
BE A FAN OF PUTNAM PARK

OUR MISSION: To help promote and preserve the historical, educational, and recreational values of Putnam Memorial State Park.

WHO ARE FANS MEMBERS, WHAT DOES FANS DO? The FANS of Putnam Park is comprised of members of the community whose appreciation for the Park keeps them active in its stewardship, as well as organizing events for the community to enjoy. Many other “Friends” appreciate the goals of FANS and support it with a yearly membership contribution. Here are some of the FANS activities that are currently supported by membership contributions: **Re-enactments including the 235th Anniversary Celebration - Living History School Days in May - The December Winter Walk - Summer Colonial Craftsmen Demonstrations - Support Park Historical Interpretation/ Preservation - Visitor Center Interpretive Displays - Purchase Historical Items - Needed Park Supplies - and more.**

HOW YOU CAN GET INVOLVED: Members are always welcome to get involved. Come to our monthly FANS meetings held at 7:00 PM on the first Monday of each month in the Visitor’s Center, except August and December. Or if you have a question, email us at:

Friendsofputnampark@yahoo.com



Putnam Memorial State Park is open year round from sunrise to dusk.
 The Visitor's Center and the Museum are open from Memorial Day (May) to Veteran's Day (November) from 10:00 AM to 5:00 PM, Monday through Sunday. Our Interpretive Guides will greet you and answer any questions you may have. We are located at:
The Visitor's Center at 499 Black Rock Turnpike, Redding, CT at the junction of Routes 58 and 107 and the Museum at 501 Black Rock Turnpike, Redding, CT along Route 58,

HOW CAN YOU CONTRIBUTE TO BECOME A FRIEND OF PUTNAM PARK?

Check the Yearly Membership Level You Wish to Participate at:

- ☐ Scout \$10 (for students)
☐ Individual \$20
☐ Family \$35
☐ Patriot \$50
☐ Loyalist \$75
☐ Captain \$100
☐ Colonel \$250
☐ General \$1000 (Life Membership)
☐ Contribution \$ _____
Check enclosed for \$ _____

Payable to: FANS of Putnam Park

Name: _____

Address: _____

City, State, Zip _____

Telephone: _____

E-Mail: _____

We will not distribute your e-mail address for any purpose other than newsletters when available.

Employer charitable gift match programs will effectively double your support of Putnam Park. Gifts are fully deductible for tax purposes under Section 501(c)3 of the Federal Tax Code.

Mail to: Friends & Neighbors of Putnam Park
PO Box 736
Redding, CT 06896-0736

Visit www.putnampark.org for more information on the Park and the FANS Group.

A Self Guided Tour

1. **Visitor's Center***-This building was built in 1893 as the pavilion. It was used as a shelter during inclement weather, for dances, picnics and town events. The upstairs was used as the original park museum. The building was dismantled board by board in 2005, and reconstructed into a 4-season climate controlled visitor's center where visitors can get a park orientation prior to entering the historic encampment.
2. **"Camp Guardhouse"**-A log hut which was reconstructed about 1890 on the remains of a hut from 1778. The actual purpose of the original structure is in question, although local lore said it was the Guard House. The construction and size of the hut gives the visitor an approximation of one of the 116 enlisted men's. Each hut contained twelve soldiers.
3. **"Putnam's Escape At Horseneck"-Bronze Statue**-is on the front lawn of the Visitor's Center. It was sculpted by renowned local artist Anna Hyatt Huntington at age 94 at her estate just a few miles from the park. The sculpture depicts General Israel Putnam's legendary ride down the stone steps in Greenwich, then called "Horseneck", where he narrowly escaped from the British Dragoons.
4. **Main Entrance Area**-Civil War cannons and blockhouses flank the road. Blockhouses were used in frontier areas during the French and Indian War where Israel Putnam achieved fame for his courageous exploits. There are several other Civil War cannons inside the park. These weapons were surplus arms from the Civil War which ended only a few years prior to the park's commissioning. The gateway view focuses on the Monument.
5. **Memorial Monument**-Constructed in 1888, one year after the commissioning of the memorial park, this monument honors the men of the three different camps in Redding during that winter of 1778-79. The monument was the very first structure erected at the park. The visitor can read the names of the different brigade generals who commanded the camps under Major General Israel Putnam's command.
6. **Collapsed Chimney Remains (Firebacks)**-The enlisted men's encampment consisted of 116 log huts set in a double row for almost a quarter mile down the company street. The only above ground remains of those huts today are the piles of collapsed stone chimneys. Each stone pile, or fireback, marks the location of a 1778 hut. The men camped in this location belonged to Brig. Gen. Enoch Poor's New Hampshire Brigade and the 2nd Canadian Regiment under Col..

Moses Hazen. The fire places and chimneys were made of local fieldstone. The huts had dimensions of 16 X 12 feet. Each hut held the 12 soldiers who built their own hut. The troops lived in tents until their huts were completed in late December. On going archaeological field work has told us much about the huts and their occupants.

7. **Museum**-This building contains exhibits and historical materials including artifacts unearthed at the campsite during archaeological excavations. The museum was built in 1921 by long time Redding Town Historian Margaret Wixted's father. This building replaced the original museum housed on the second floor of the old 1893 Pavilion. Park Guides are present to tell visitors about the park and answer questions. Hours are posted at the park gates or at the Visitor's Center.
8. **Officer's Quarters**-The chimney remains mark the site of a company officer's hut. The hut was an 1890 replica built on the original site. The hut was destroyed by fire years ago. The company-level officer's huts were located behind the enlisted hut line. There are several other firebacks of junior officer hut remains in the woods behind the enlisted hut line.
9. **Philips Cave**-Local legend says a shallow cave in this rock outcrop was used by one Mr. Philips. Philips was a soldier who returned after the war to live in this cave. He led the life of a hermit, including liberating an occasional chicken or produce from local farmers. He was evicted by the community. Another version said he was "permanently removed".
10. **Officer's Quarters/Magazine**-This structure was reconstructed on the original foundations that are cut into the hillside. Long thought to be an officer's barracks, recent information is now leading archaeologists to believe it was actually the camp magazine which held the kegs of gunpowder. The location far away from troop quarters and being semi-enclosed in the earthen bank support this theory. More research will be done on this site.
11. **Barlow Circle**-A resident of Redding, Joel Barlow graduated from Yale in 1778. An accomplished poet and writer, Barlow was thought to have visited the Redding army camps during the winter of 78/79 encampments. He was a chaplain for three years in the Continental Army. He was one of the writers group called the Connecticut (or Hartford) Wits. He was sent to Algiers to secure U.S. prisoners and negotiate treaties with Tripoli.

He became a French citizen and was involved in Napoleon's retreat from Russia. He died in Poland in 1812.

12. **Bake Oven and Structures on the Camps Upper Level**-The identity and location of buildings on the upper level is not certain at this time. We know that the Bake Oven was located in the ravine. It needed the water in the stream flowing next to it. Other buildings were known to exist on this upper level: The Soap Boiler, the Commissary, the Quartermaster, Carpenters, Tailors, Quarter Guards, and Sutlers, in addition to the Field, Staff and Commissioned Officers.
13. **Cemetery/Command Officer's Quarters**-Another bit of hand-me-down lore at the time the park was created in the 1880's was that the two mounds of stones, inside the square formed by the granite posts, were thought to be the camp cemetery. Accordingly, a memorial monument was erected to mark the site in 1888. Archaeology work from 1998-2004 seasons has proven the site actually to be a double-ended (two chimneys) Field Officers quarters. Further research has pointed to the distinct probability that the hut belonged to Lt. Col. Henry Dearborn who was the ranking officer living at the camp (Some senior officers were quartered at area homes).
14. **Lake McDougall**-The stone dam which creates this pond was installed at the time of the park's creation. But the stream was very much in existence during the 1778-79 army encampment. It is one of two main streams, one at each end of the camp, which provided water for the troops. Gen. Alexander McDougall's name is listed on the memorial monument as one of the commanders at the Reading** camps. Actually, McDougall had been the commander of Putnam's Division prior to going into winter quarters. Gen. Washington placed the division under Israel Putnam and kept Gen. McDougall in command of the Hudson Highlands which included the all important fortress West Point.

* After the reopening of the Park in 1997, the FANS hired a restoration consultant to study the saving of the 1893 Pavilion. The results you see today with the 4 Season Visitor's Center.

**In 1844 with urging of the State of Connecticut, the Town of Reading held a Referendum to determine and settle the correct way they wanted the town spelled: Reading or Redding.

5. REDDING 250TH ANNIVERSARY SHIRTS AVAILABLE

PRICE: \$20.

STYLE: Coolmax white in unisex, womens' fit and youth.

HOW TO ORDER: Email me, and it's also a buy option on the 9k Registration.

BENEFICIARY: ALL profits got to the Redding Easton Boys & Girls Club.



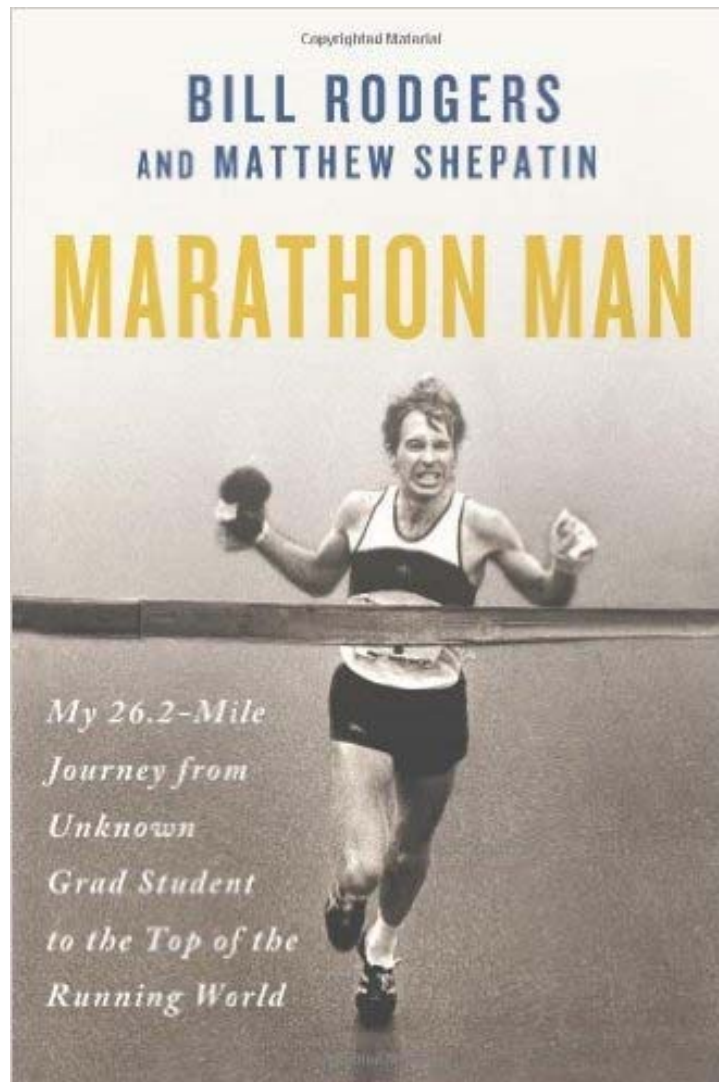
6. [SAVE THE DATE – RRR17 PREVIEW RUN](#)

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.

7. [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.





8. [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!

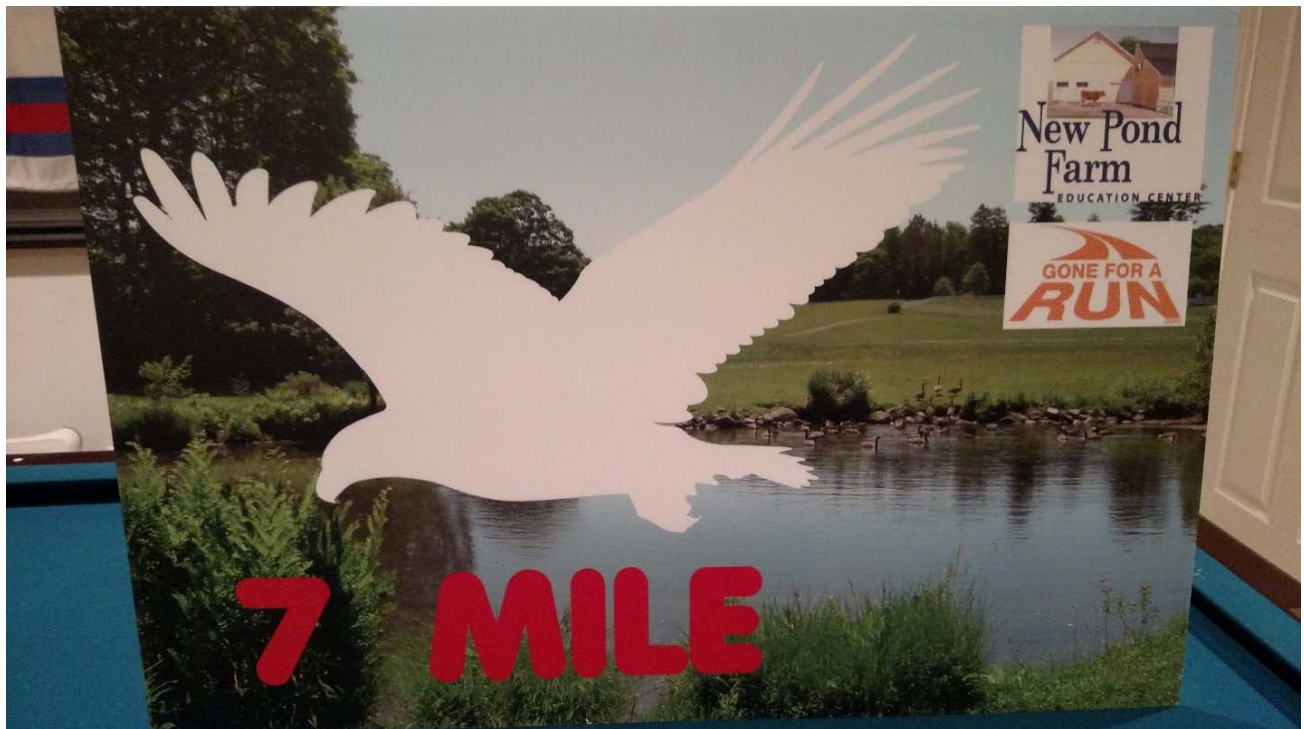
9. MILE MARKER SPONSORS WANTED

If anybody has a business or a family that would like to be a Mile Marker Sponsor, contact me. Our sponsors are awesome and help us raise a lot of money for the farm. A sample mile marker is below, the sponsor logo would go on the bottom right of the sign (the mile number will be on the bird).

Benefits to Sponsorship:

- **Opportunity for your business to have a vendor table at baggage pickup and race day.**
- **Opportunity to have a coupon or other item placed in the runner's bags**
- **Logo displayed on the www.reddingroadrace.com website with website redirect.**
- **Logo displayed on a race mile marker (see sign below).**
- **Complimentary 1/4 page advertisement in our finishers magazine.**

Payment of \$200



10. 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>



11. NEWBIE CHRONICAL – BOB A.

Hello! It's been so warm the last few days that I have to imagine everyone has been outside running! 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 continues to go well. My long run is now up to 11 miles and my overall mileage continues to increase as I'm up to 28 miles per week. The program on MapMyRun has my total mileage jumping up to around 40 miles a week by early April, so I still have a ways to go. I competed in another race this past weekend, The Big Chili 5k in Danbury, and set a new PR of 26:53. I'm very pleased with this time and am hoping to lower it even further when I compete in my next 5k in early April. Most of my runs have consisted of an easy pace, with one long run a week and some shorter ones mixed in, however this week my program is adding one to two runs a week with some tempo intervals. I attempted one of these runs yesterday but quickly realized I was running way too fast and was out of gas sooner than later. A bit discouraged, I decided to regroup and look at a bunch of online pace calculators to get a different perspective. Most of these calculators had me input my recent race time and then provided me with training and race paces for various types of workouts and distances. I decided to take an average of all the numbers I received back, most of which were all relatively close to each other, and come up with new training paces. All of my paces dropped by about 35-40 seconds per mile, which is pretty significant from a training standpoint. I plan to use these numbers until my next 5k race in April when I can re-evaluate and potentially speed up a bit for my final 5 weeks of training.

So how about some new runner gear? As I dive further into this sport I've noticed the need for a runners watch. The apps on my phone have always been helpful, but it's certainly a lot easier during a run to be looking at a watch with all of the information I need rather than taking my phone out of my pocket. After some internet research I decided on the Garmin Fenix3 and could not be happier. This watch has an abundance of various metrics, including heart rate, along with

the built-in GPS for directing me during my long runs. My favorite feature? Garmin Connect! I love being able to sign in to this portal once a week, open up the Courses app, and pick what route I'd like to follow for my weekly long run. This week's took me all over Danbury, including the Stadley Rough/Great Plain neighborhood, Germantown, and Hayestown. My next long run is going to contain the long, steep hill on Nabby Road which is across the street from Stew's and right next to Bob's Stores. Another piece of gear that I've ordered but have not received yet are a pair of CEP +Ortho Achilles Support Socks. My Achilles tend to be tight, and sometimes achy, even with some recently increased foam rolling and stretching both before and after my workouts. So in addition to adding in some leg strength training, I've decided to add these socks in hopes that they will quell this tightness a bit; I'll be sure to give you my review in the next newsletter!

One thing I've noticed is that my long runs leave me completely drained! These distances are all brand new to me, and I'm certainly going to benefit going forward from the slower paces I've recently identified, but I am just exhausted and sore for a day or two afterwards. Does anyone have any advice on recovery? I've been foam rolling and taking a mineral salt bath after the run, but I've often felt as if my normal 7-8 hours per night of sleep are not enough in the days following the long run and I find myself craving a nap. Is this normal?

Lastly, I'll leave you two pictures from my Instagram feed. The first is from my race this past Sunday, detailing my results, and the second is from my long run this past week. Instagram has been an incredibly important piece to my training puzzle. Not only am I able to have a documentation of my training, but I'm also able to follow various athletes and learn from their training success, and even setbacks. My feed is packed with daily stories from runners all over the world discussing their training, goals, dreams, etc. There's nothing better than looking at these posts on a day when I just don't want to get out of bed and need an inspirational kick in the backside. I strongly encourage you to check this out if you haven't yet. 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!



12. RUNNER STORY – CLAY R.

I've decided to dedicate my run this year to our friends Todd B. and his wife Nancy. In December of 2015, Todd was diagnosed with a Glioblastoma brain tumor and his fight against it has been incredibly humbling to myself and our friends and families, but moreover how Todd and Nancy have dealt with their lives since then has been nothing short of epically heroic and incredibly composed.

Todd was 53 years old at the time and super fit. A runner, snowboarder, cyclist, traveler and overall lover of life. He's also a very accomplished nurse anesthetist at New York's Mt. Sinai Hospital and makes the best gumbo I've ever tasted. Todd and Nancy have exemplified and continue to embody true grace and composure through all of the ups and downs that Todd's battle with brain cancer has put them through. I have been telling Todd since the day he was diagnosed that if there is anyone out in this world that can beat this devastating illness, that he can do it! His undaunted attitude, his dedication to health and always looking on the bright side has been inspirational and amazing to witness. All the while, Nancy has been his rock and constant companion at his side, through all the ups and downs. I'm truly humbled by these people and I do thoroughly believe that Todd and Nancy will beat this.

Last month, my brother in law David B., who is a pilot for Falcon Dassault, invited Todd and I to CAE in NJ. CAE is where Falcon pilots go to fly the multimillion dollar flight simulators in order to improve their skills, keep their licensing updated and generally just hone their craft when they aren't actually up in the air. So Todd and I got to pilot these incredible jets via the simulators which was an experience of a lifetime affair. I was blown away personally, but watching Todd get to have this experience was something I will cherish and never forget, and I'm quite sure he won't either. I observed as Todd very skillfully took us off from JFK airport and flew us out over Montauk, L.I. and then back for a landing that David said was performed better than some of the pilots. Once we rolled to a stop, Todd got out of the pilots seat with a grin stretched ear to ear and I could tell that, at least for those few hours, he was able to transcend his situation and just...well...I guess...fly around without a care or a worry in the world! It was truly a priceless moment for everyone!

So this year on May 7th, when I run the half marathon, I am running for Todd and Nancy and for anyone else who finds that they can't run it this year. It's an honor and a privilege to run it for them!

We are grateful for your organizing these races John! They mean a lot to many of us in many different ways!

Sincerely, Clay



Todd and Nancy



Clay and Rebecca

13. [2017 MEDAL REVEALED](#) – Our best looking one yet and yours to earn



14. AGE GROUP AWARDS

We love giving our awards, so each race and gender awards are in 5 year increments, 3 deep with no double dipping (1-2-3 overall doesn't win their age group)

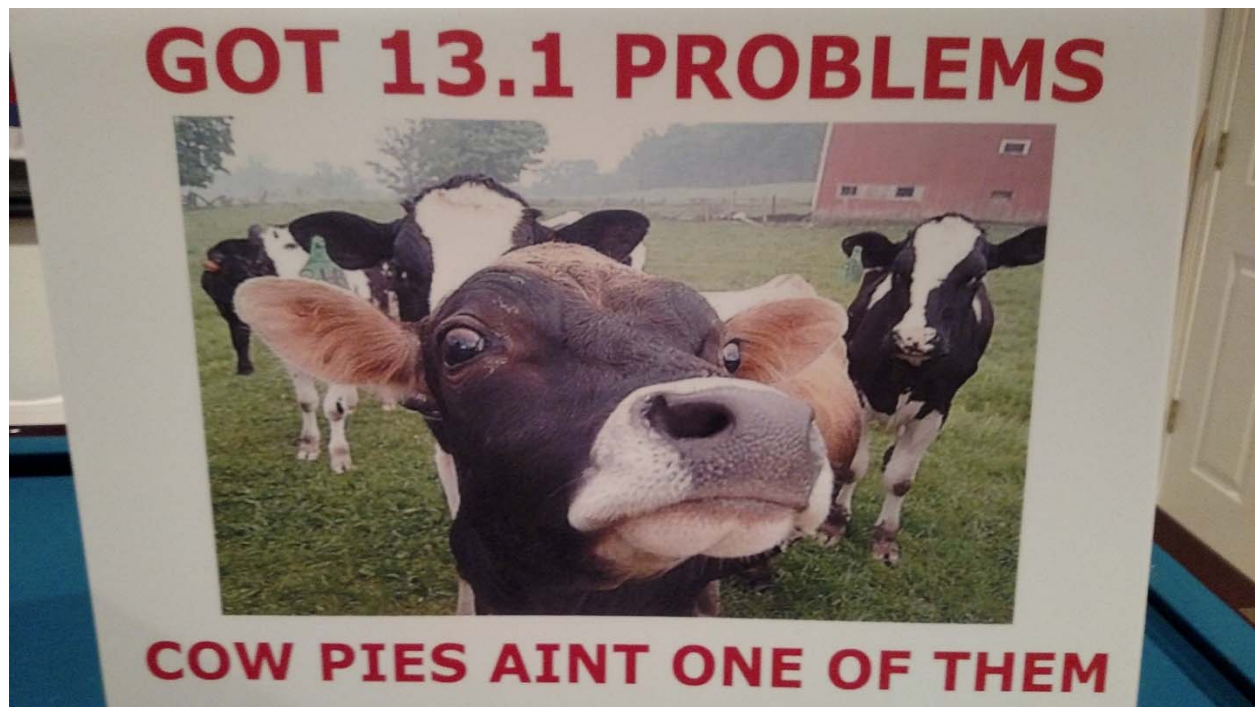
Age groups

Half Marathon

Male/Female - under 20
Male/Female - under 20-24
Male/Female - 25-29
Male/Female Masters - 30 to 34
Male/Female Masters - 35-39
Male/Female Seniors – 40-44
Male/Female Veterans – 45-49
Male/Female Masters - 50-54
Male/Female Masters - 55-59
Male/Female Seniors – 60-64
Male/Female Veterans – 65+

7 Miler

Male/Female - under 20
Male/Female - under 20-24
Male/Female - 25-29
Male/Female Masters - 30 to 34
Male/Female Masters - 35-39
Male/Female Seniors – 40-44
Male/Female Veterans – 45-49
Male/Female Masters - 50-54
Male/Female Masters - 55-59
Male/Female Seniors – 60-64
Male/Female Veterans – 65+



One of many signs on the course, over 100 actually



Cheers,

John