



REDDING ROAD RACE NEWSLETTER

17 Volume 6

3/23/17

1. **INSULATED LUNCH BAG** – An annual tradition. It's red this year, because Teren wanted red!!





The Mehners & Friends at their Aid Station

2. 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!!



Rainbow over the Historical Society house the day before the race



Re-enactors in the park directing the runners

3. 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.



4. SAVE THE DATE – RRR17 PREVIEW RUN

Sunday, April 9th, 8am

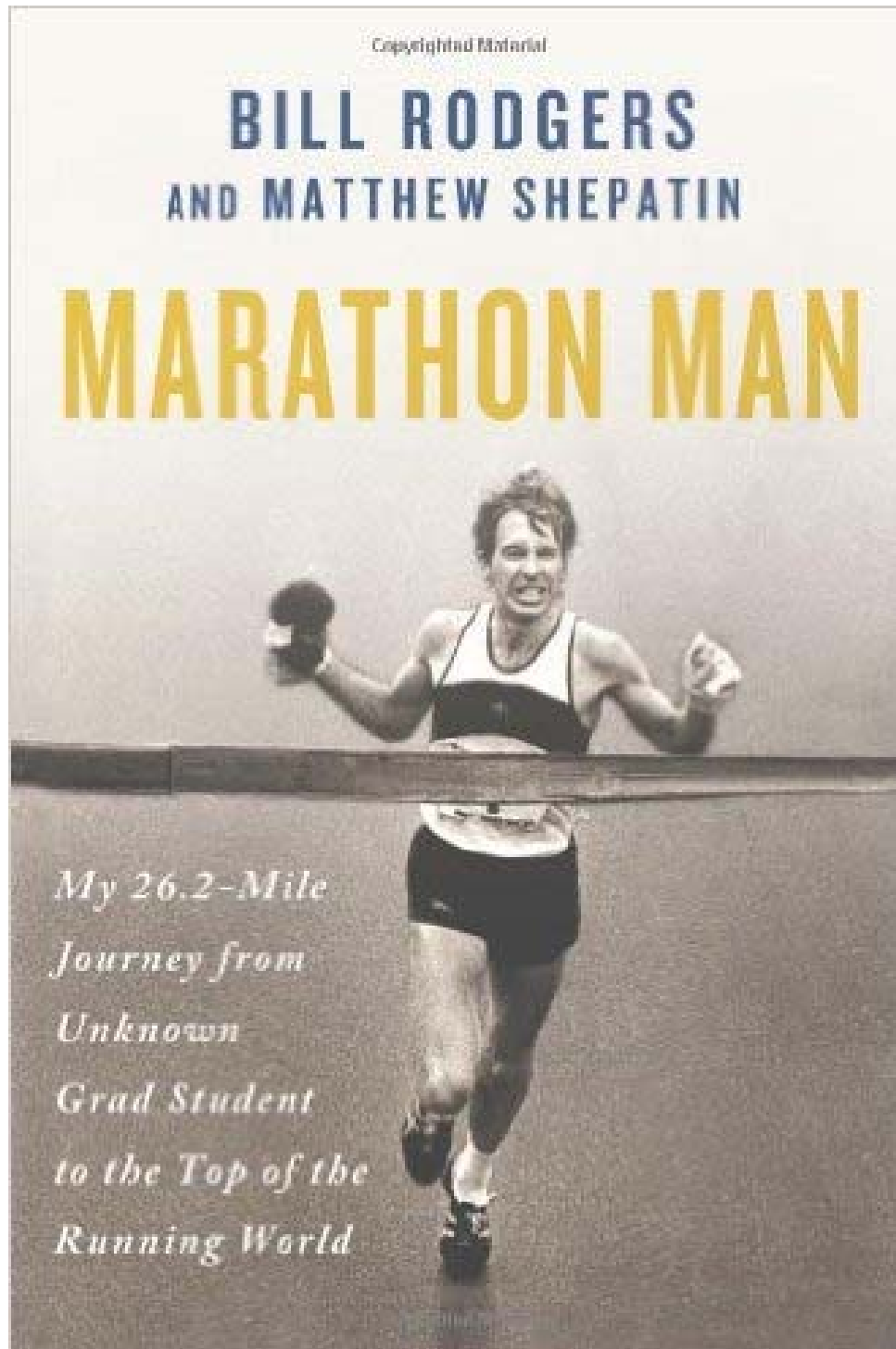
Only 2 weeks away and of course it's free. I'll mark the course and have coffee, water, Gatorade, donuts and bagels. Runners running all 13.1 miles, show up at 8am, runners running the 7 mile course (or less) show up at 9am. Here's the map of where we start and where to park.

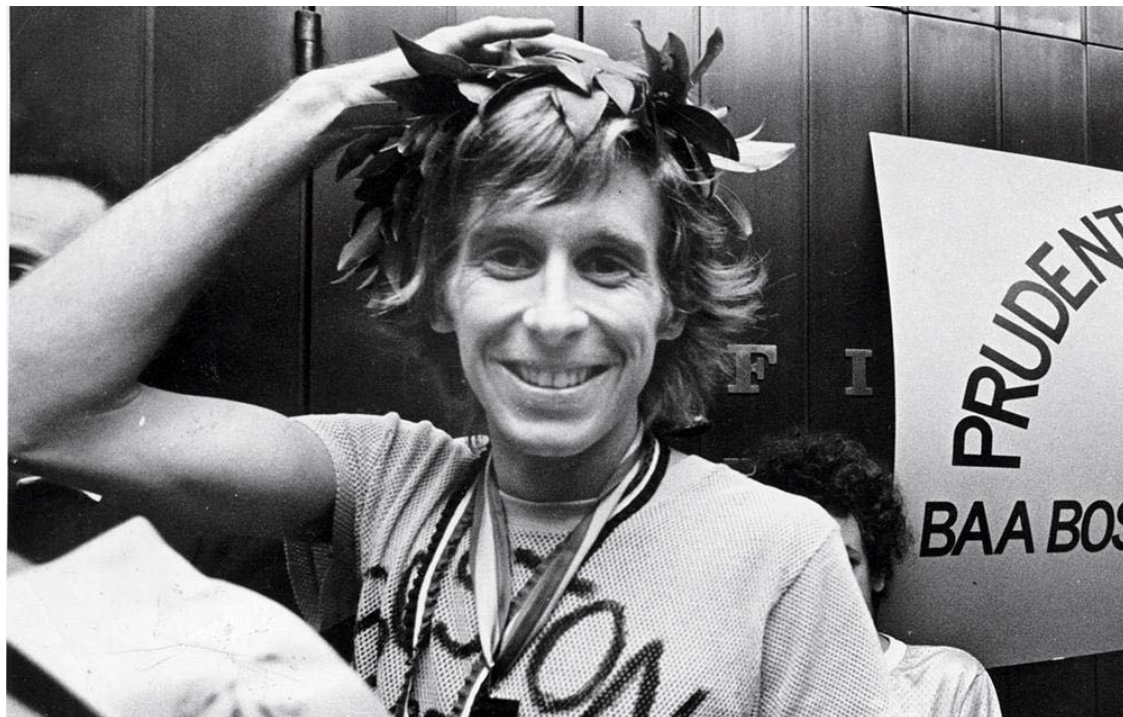


- For your GPS, we meet at the corners of Long Ridge Rd, Simpaug Turnpike and Sidecut Road. This is where the 7 milers and half marathon courses separate.
- Park where the **X** is, overflow parking should park where you see cars parked on the above map.

5. 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.





6. PRE-RACE FESTIVITIES AND PASTA DINNER

Not a ton happens in Redding throughout the year (it's kind of the way we like it). In saying that, a lot does seem to be happening on race weekend. More details to follow when everything is finalized, but, a good Saturday plan could include a short run with the Redding Running Club, picking up your race bag at the expo, going to Putnam Park to check out its history and carbing up at the Boy Scout Pasta Dinner (only \$10 and 2/10ths of a mile from New Pond Farm).



7. 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!

8. 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



9. 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>



10. RACE PREVIEW – 7 Miler

In this issue, we preview the 7 Mile race. In an upcoming issue we'll preview the Half.

link: <http://www.reddingroadrace.com/assets/2015sevenMap.pdf>



START: We start on the farm again this year, about a 20 seconds walk from the pre-race festivities!! After picking up your race bag with all the race schwag in the big tent (if you haven't already at the expo the previous day), utilize one of the 25 port-o-lets, have some Redding Roaster coffee, bagels and donuts from Uncle Leo's, bananas etc. then proceed to the start on the main trail of New Pond Farm. **THE RACE WILL START ON TIME, 8:35** for the 7 miler. 7 milers do a Counter-clockwise "victory lap" around the farm.



The farm trail

MILE 1: The first 6/10th of a mile is on the farm, with amazing views. There are a couple of bumps, but, if you're noticing the hills now, uh oh!!! When you exit the farm, and make a left onto Marchant Rd, be sure to view the circa 1789 school house just before mile 1. Overall, it's a pretty easy first mile as there's a significant downhill after you exit the farm.



The historical school

MILE 2: This downhill leading to flat mile takes you on the beautiful Station Road then through the “heart” of Redding (lol). You'll see the post office and our pizza sponsor- Lombardi's. The 7 mile course diverges from the half at the tracks as 7 milers go straight (avoiding the tracks) and the halfers go right to do a 6 mile loop. NOTE TO 7 MILERS – IF YOU GO RIGHT HERE, YOU WILL BE DOING A LITTLE EXTRA MILEAGE!! THIS IS THE ONLY DIFFERENT TURN IN THE RACE FOR THE TWO RACES BUT EVERY YEAR, A FEW RUNNER WILL INEVITABLY IGNORE THE SENTRY, THE SIGNS, THE POLICEMAN AND THE ARROWS IN THE ROAD, SO PLEASE PAY ATTENTION HERE.



One of many creeks along the course

MILE 3/4: These relatively flat miles take you on the really cool Simpaug Turnpike and over the Simpaug Bridge. The entire 2 miles run parallel to the train tracks. Make sure to take in the views – streams, a lake, a lot of woods, maybe a train?? Aid Station #2 is at mile 3.



MILE 5: This mile takes you on the challenging Topstone Road into Topstone Park. The road and park are extremely pretty but there are three decent uphill you'll have to circumvent. All the hills are short, but, on the back half of a race, nothing is easy. You're rewarded here with Aid Station #3 – the famous candy/soda and cold sponge zone. The out and back starting and ending at Chestnut Woods Rd and going into Topstone Park is 1.1 miles. It's the high five zone where you can congratulate runners going in the other direction, but body checks are NOT ALLOWED – this is a non-contact race!!

MILE 6: This mile takes you on a loop by Steichens pond where you'll actually run to a beach (but luckily not on it). After doing the short loop you re-trace your steps out of Topstone Park (with Aid Station #4 – candy zone revisited) and onto the beautiful Chestnut Woods Road. This mile is an easy downhill one so revitalize and re-energize for the hiccup hills. Remember to say "hi" to runners in the out and back.



MILE 7: The final mile takes you to what I call the hiccup hills – a series of 3 quick uphill which would be easy if they weren't near the end of the race. Just keep in mind that once you get over the three, you're presented with a mostly flat to downhill last 8/10ths of a mile. Aid Station # 5 is located at mile 6.2. Right after this aid station look to the right and you may see some horses.





FINISH: Take a sharp left at mile 6.95, go through the barn and the finish line is steps away. After the finish, collect your medal, get a massage and go to the big tent (steps away from the finish) for the party, food and awards.



Barn you run through at the end– where else do you do this??



Trestle you run through to the finish after the barn

11. NEWBIE CHRONICAL – BOB A.

Hi everyone! I'm composing this on the first day of Spring, and while we still have plenty of snow on the ground it's sure nice to know that the temperatures seem to be warming, the days are longer, and sooner than later this white stuff will be gone and the streets will be ours! 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 enough to hear from even a few more fellow RRR runners since my last story and I'm very grateful for the advice and encouragement that I've been given.

Slowing down my training paces has had a dramatic effect on my running! Just two weeks ago, I ran 30 miles with my heart rate in the low intensity zones 25% of the time and in the high intensity zones 75% of the time. This past week, I ran 37 miles with my heart rate in the low intensity zones 55% of the time and the high intensity zones 45% of the time. And ironically, I'm finding myself picking up my pace a tiny bit! While I initially slowed down to 10:45/mi range for my long run a few weeks ago, I'm now in the 10:15/mi range for my most recent long run (and we'll get to that one shortly!) It truly is all about logging the miles at a comfortable pace, and picking up the pace when appropriate. My lethargy has subsided and my body does not feel worn out like it did a few weeks ago. And most importantly, it has made my runs much more fun and enjoyable. Re-evaluating my training paces was the best decision I've made throughout my training for the Redding Road Race!

5 Words: All Hail The Brookfield YMCA! This facility has been crucial over the last few weeks for my training due to the recent weather we've experienced. I've been using their indoor track almost exclusively rather than the treadmill. It's obviously not ideal due to it being much smaller than a traditional outdoor track, but I much prefer this over the treadmill. I'm most excited about my longest run yet, which occurred this past Saturday. I managed to complete 14 miles in 2:23:28 with negative splits the entire way. This run was most certainly long, but not exhausting until the end, which was more mental than physical in my opinion. My half-marathon time was 2:14:02, albeit on a flat, indoor surface. My hopes are to

get this pace down to 2 hours flat prior to the race, but with the result still being a “training” pace, allowing my race pace to be much faster than that, of say 1:45:00. While I do know this will most likely not be my pace on a course with 900 feet of elevation, I’m hoping to have a sub-2 hour outing my first time, so maybe that extra 15 minutes will make it possible!

I do have some pretty tough training runs coming up in the next few weeks, including a handful at goal half marathon pace, an 8 mile run with 20 mins at my tempo pace, fast intervals, and my longest training run in mid-April which will be 18 miles. I also have one more 5K race in early April, the Sandy Hook 5K in Newtown on Saturday 4/1. I’ll also be doing the training run of the R.R.R. course on April 9 and look forward to seeing some of you there!

As always, 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 – JASON & SCOTT

From Jason

About Camp Rising Sun

Camp Rising Sun (<http://www.camprisingsun.com/>) is a summer camp program for children who have faced a diagnosis of cancer. Every year, for a week in August, 120-ish campers aged 5-17 join up with 80-ish staff members in an effort to cram as much fun into one week as humanly possible. We have traditional summer camp fare -- campfires, horseback riding, kayaking, etc. -- along with some less traditional activities, like a dozen inflatable bouncy castles or perhaps a fireworks show (with live music, of course!).

Our staff is completely volunteer, up to and including a pediatric oncologist and full nursing staff who spend the week at camp to make sure campers can receive their medication and treatments in between activities. Additionally, over a third of our cabin staff are former campers themselves who enjoy passing on their love of Camp Rising Sun to the next generation of campers. We all take a week away from our jobs, families, and lives to try to give our campers an unforgettable week -- sometimes I think the staff are having more fun than the kids!

About Me

I've been volunteering with Camp Rising Sun for over 10 years, but have been running for only a year and a half or so. For the last several years, Camp Rising Sun has been one of the official charities at the Hartford Marathon. In the fall of 2014, I ran out of excuses and signed up to run the 5K as part of Team Camp Rising Sun. I trained a bit and did significantly better than I was expecting (one of our campers did beat, me, though) -- I figured I might as well keep running and see how fast I can get. After a smattering of 5Ks last year, I'm targeting the half marathon at Hartford in the fall -- with Team Camp Rising Sun, of course!

Thanks again for the opportunity, looking forward to the race!

- Jason

From Scott

Jason, good call on highlighting Camp Rising Sun for the Redding Road Race. As you pointed out, one of the many amazing things about Camp is that about 1/3 of the counselors are former campers...in fact, the last several years that I've been there, some of my co-counselors were my former campers!

John, one of the things that Jason left out is that, for several years, it was HE that was in charge of all the programming at Camp. He planned the activities, coordinated with outside vendors to come in, and essentially made sure the entire week ran smoothly. We as the counselors would seamlessly move our campers from one activity to the next, all because of the many hours that Jason and his team put in before we even got to Camp.

I am a cancer survivor but was never a camper (I was diagnosed when I was 22 with Stage II testicular cancer; ironically, it was running that got me through my treatments, and when I qualified for the Boston Marathon less than a year after finishing chemo, it was proof to me that I had actually beaten cancer). Yes, this will be my second year running Redding and my son's 3rd year running the Piglet Prance, the highlight of the spring for him (Jason, you gotta sign Maggie and Henry up -- they'd love it!). So Jason and I will both be out there on the 7 mile course this year, proudly wearing our Team Camp Rising Sun shirts. Because until there's a cure, there's Camp...

Thanks John for organizing this awesome race!

Scott



Jason with three campers



Scott with a camper and another counselor



REDDING ROAD RACE

"A RUN FOR THE COWS"

HALF MARATHON

MAY 7, 2017

999

FIRST NAME

MARATHON PRINTING, INC. • 800-255-4120 • www.marathononline.com

Half Marathon bib for 2017 - Thank you Barbara B, for sending me this great sunrise picture at the farm



Here's the aforementioned Barbara B on the course last year. She is one of 3 Achilles athletes in the race this year



Rohit N., our 2016 Half Champion at the finish



Liz C., our 2013-2016 Half Champion nearing the finish.



Tony and our other Massage Therapists at the start/finish are. They have their own big tent now.

Cheers,

John