



REDDING ROAD RACE NEWSLETTER

17 Volume 7

4/5/17

1. WRIST BAND – Should be a useful item for storing keys, Gu, etc.



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!! Race closes at 750 runners – we're well on the way!!

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





Huge 4" medal this year, my favorite ever.

Race capacity this year is 750, so register before it's too late!!





A course Mile Marker

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

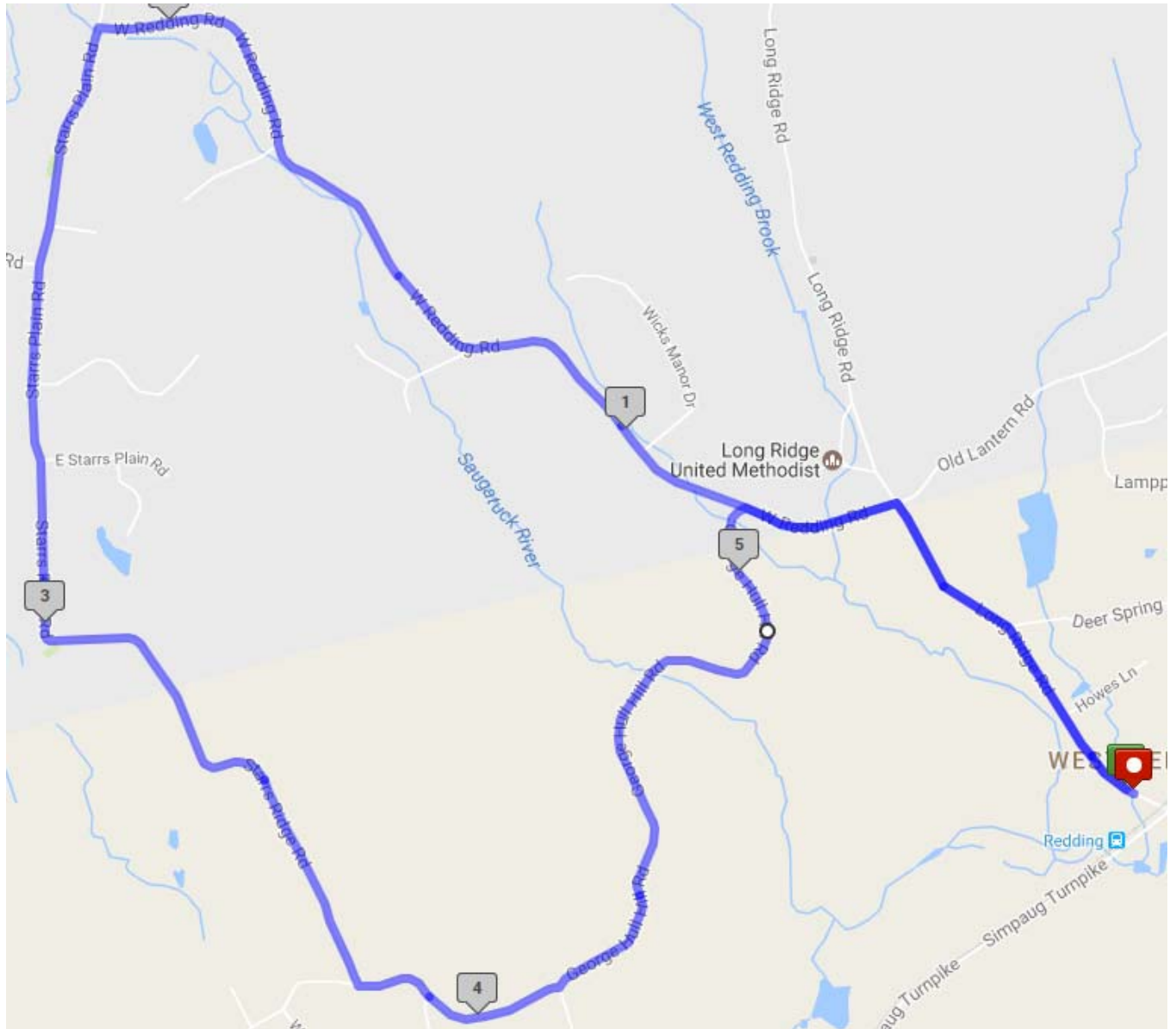
It's this weekend, the weather looks great and, of course, it's free. I'll mark the course, so you don't get lost, and have coffee, water, Gatorade, donuts and bagels.

Runners running all 13.1 miles, show up at 8am, runners running the 7 mile course (or less) show up at 9am. Below is the map of where we to park (which is also the start to both races) Due to construction, park in the Metro North train station parking lot.

- For your GPS, we meet on Long Ridge Rd near the Simpaug Turnpike and Sidecut Road.
- Park in the lot shown below with the blue train logo. 99% sure, Redding doesn't charge for parking on a Sunday, during the week it's \$5
- You may want to print out the course maps and directions on the following pages too!!

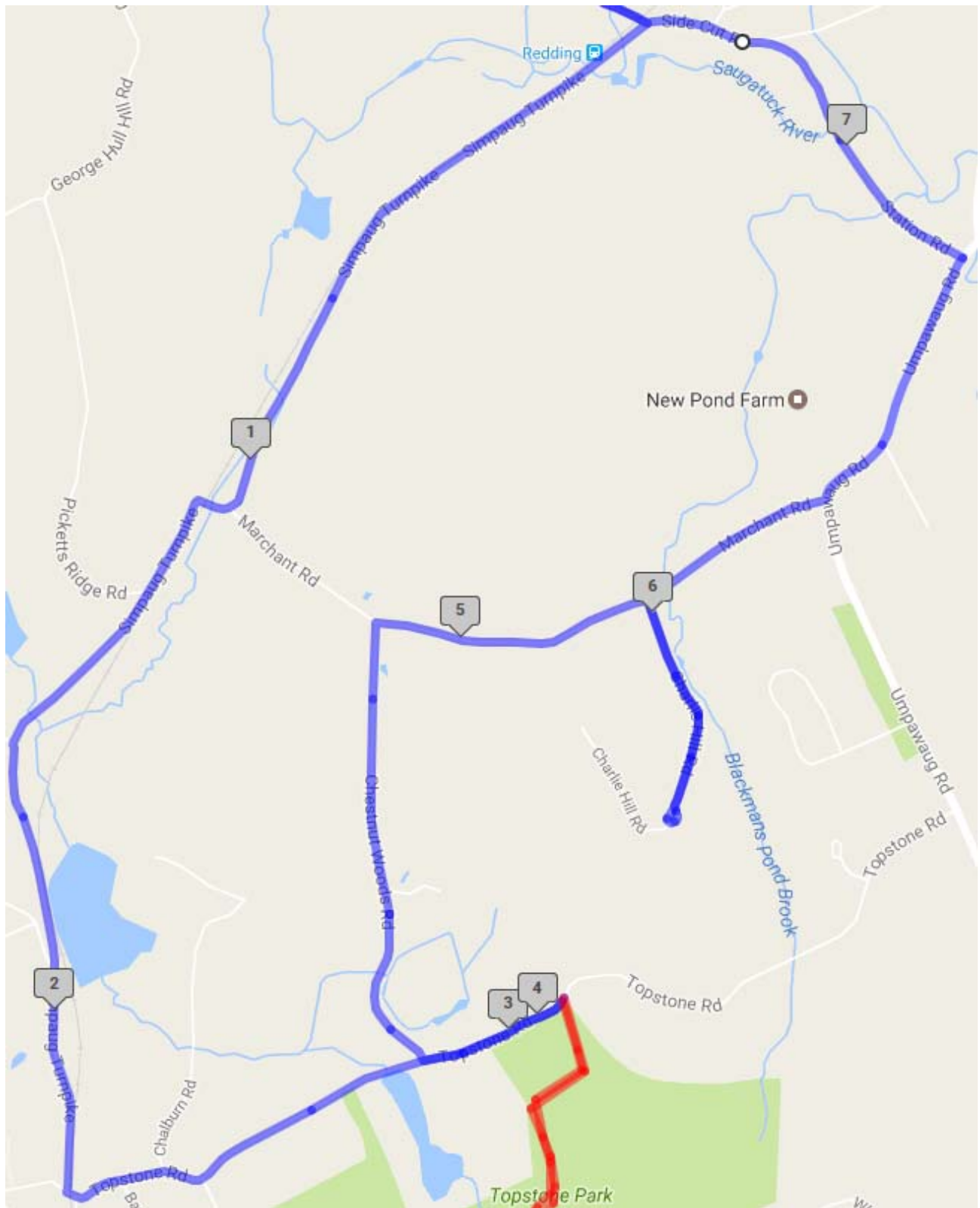


Park in the lot above the blue train logo. Entrance is off Long Ridge Rd



This is the 8am run – the first 5.9 miles of the course. Direction:

- Left out of the Metro North Parking Lot onto Long Ridge Rd
- Left on West Redding Road about ½ mile in
- Past the waterfall and a left on to Starrs Plain Rd, just past mile 2
- Continue straight on Starrs Ridge Rd, just past mile 3
- Left on Picketts Ridge Rd just before mile 4
- Straight onto George Hull Road, just before mile 4.5
- Right onto West Redding Rd just after mile 5 (did you like the downhill??)
- Right onto West Redding Rd at mile 5.3, heading back to Metro North lot.

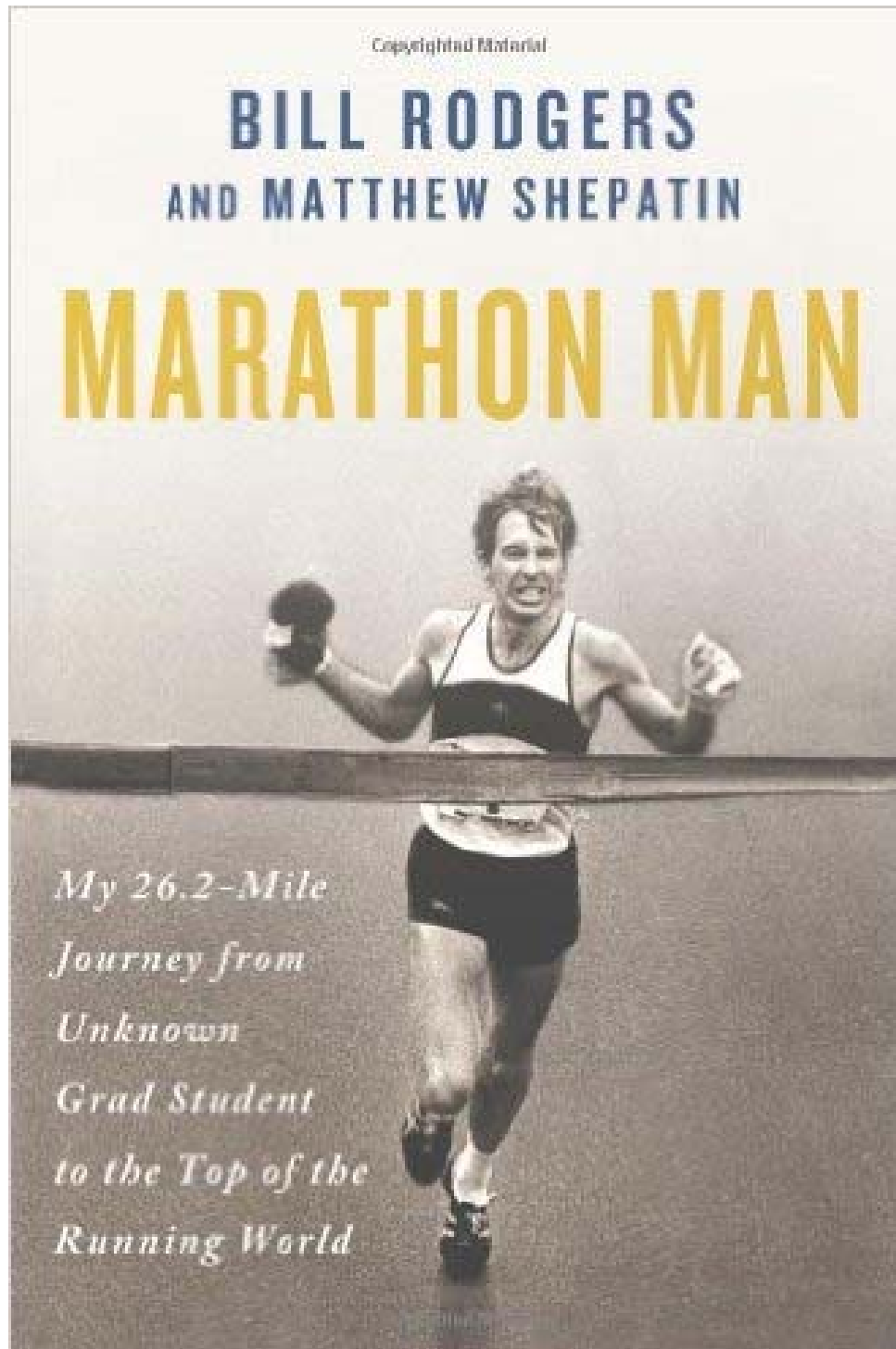


This is the 9am course: 7.2 miles. Direction:

- Turn right onto Long Ridge Ridge Rd
- Turn Right at mile 0.1 onto Simpaug Turnpike
- Just past mile 1, go right over the bridge, staying on Simpaug Turnpike
- At mile 2.3ish, turn left onto Topstone Park
- Just past mile 3, do a half mile out and back into Topstone park (1/2 mile each way). Turnaround is the parking lot (where the park road ends)
- After getting back on Topstone Rd., turn right onto Chestnut Woods Rd, just past Mile 4
- Just before mile 5, turn right on to Marchant Rd
- Just before mile 5.5, do a 0.7 mile out and back on Charlie Hill Rd.
Turnaround is the roundabout at the end of the road. This replaces the race's farm road part of the run (we have to keep something a surprise for race day!!)
- At mile 6, turn right back onto Marchant Rd. You'll shortly pass the farm (on the left) and probably smell it
- Just past mile 6.5 turn left on to Station Rd.
- Just past mile 7, turn left onto Side Cut Rd
- At Mile 7.2 turn right onto Long Ridge Rd and head back to the parking lot

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.





Bill, holding a walking cane given to his Great Grandfather by Mark Twain. Bill and Charlie's Great Grandfather was a Hartford police officer and Mark Twain's gardener. In the picture with Bill, is Bill and Charlie's Mother.

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. PACE TEAM FOR THE HALF MARATHON

www.beastpacing.com



We're always trying to make this race a better experience, so, we're excited to announce that, once again, we have Beast Pacing leading our runners to goal times. I like to say that if you set a PR (personal record) on this course then congratulations on finishing your first half marathon, BUT, if you have a time in mind (from 1:40 to 3:00 in 10-15 minute increments) hook up with a pace runner and let him or her lead the way.

Here are our 2017 pacers:

Pacers

1:40 [David Poppel](#)
1:50 [John Peck](#)
2:00 [Adam Osmond](#)
2:15 [Kelly Pabilonia](#)
2:30 [Dave Walker](#)
2:30 [Jo Blackmore](#) (early start)
2:45 [Danielle Borgo](#)
3:00 [Kim Scharoff](#)

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.**

10. Running Safety Workshop



- Techniques to keep you safe
- Situational awareness
- Develop new skills
- Educate others

Tues, April 18

7:00-8:00 pm

**Ridgefield Parks & Recreation Center
195 Danbury Road | Ridgefield, CT**

A portion of the event will be hands on, please wear comfortable clothing.

Registration Strongly Suggested

203.431.2755 | recinfo@ridgefieldct.org

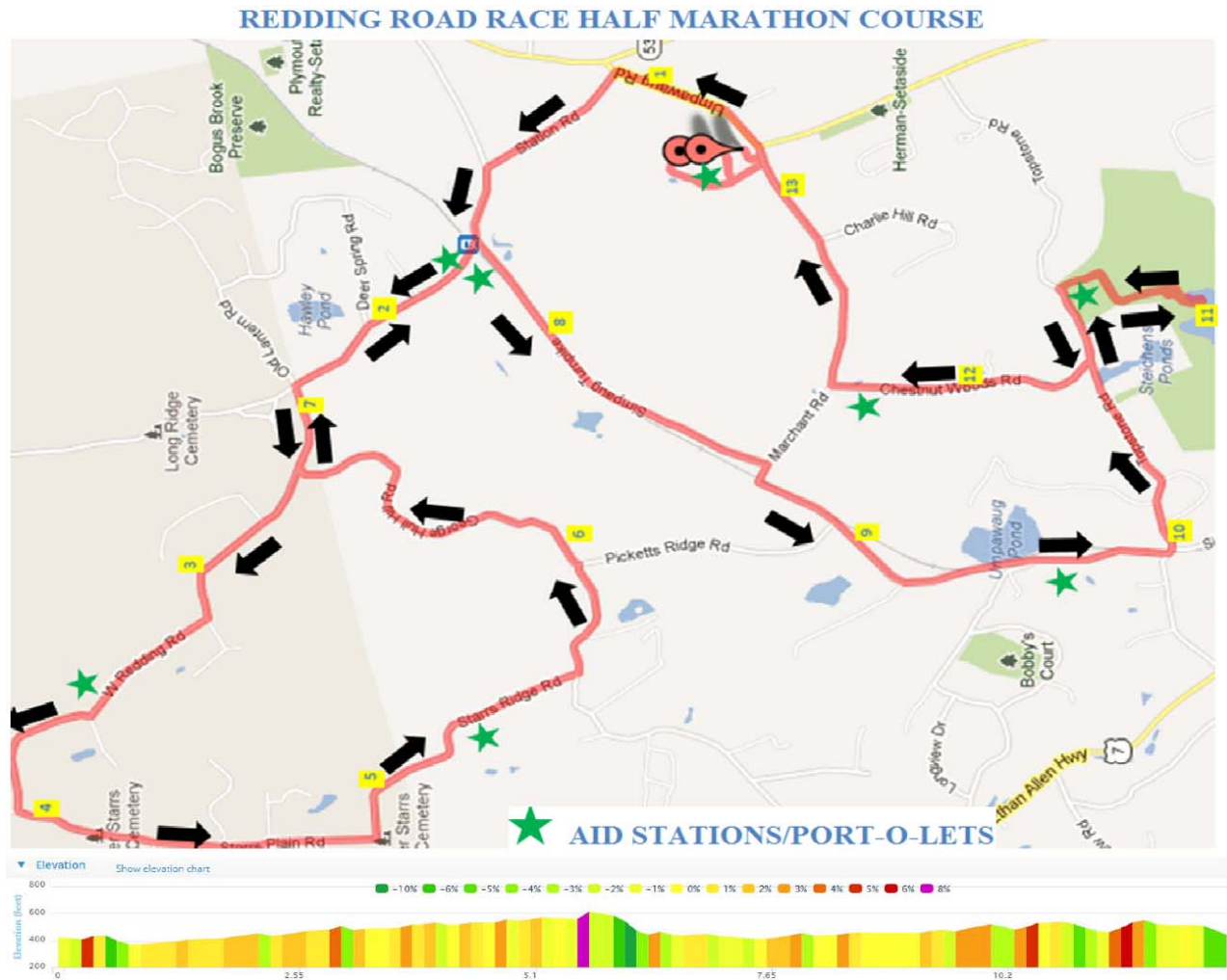


Please remember that for safety reasons, we do not allow children under 12 to be unaccompanied in the building. This means that they can't sit in the hallway unaccompanied or in the corner of the class.

11. RACE PREVIEW – Half Marathon

In this issue, we preview the Half Marathon. The map below is a bit small to read, but you can access it using this link:

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



The 2017 course remains the same as 2013-2016

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 road of New Pond Farm.

THE RACE WILL START ON TIME, 8:00 for the half, and you start out doing a clockwise “victory lap”.



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 schoolhouse just before mile 1. Overall, it's a pretty easy first mile as there's a significant downhill after you exit the farm.



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 a couple of other businesses. **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.** Aid Station #1 (our most enthusiastic station) is located at the end of Long Ridge Rd, at about mile 2.4.



MILE 3: This relatively flat and non-descript mile takes you into Danbury – be careful of the sloped footing in your initial trek into Danbury on West Redding Road. Aid Station #2 is located at mile 3.5 on your right.



MILE 4: Mile 4 starts with a short double climb followed by a nice downhill. Otherwise, a relatively flat mile is highlighted by a cool waterfall on the left, water permitting.



MILES 5/6: The race, in all seriousness, starts here as these miles are bumpy - no long hills nor very steep hills - just numerous ones. Run smart and don't lose your race here. At mile 5.2 look left and you might see some exotic animals. Late in mile 5 you'll be re-entering Redding and the 3rd Aid Station located at Camp Playland at mile 5.3. Approaching mile 6 you'll encounter the race's steepest hill on Picketts Ridge Rd. You'll get no sympathy from me here, as I live near here and all my training runs start by going up Picketts Hill Rd!! But, don't let this hill scare you, as the easiest part of the course is next.



MILE 7: Recover from the previous 2 miles of hills on the nicest downhill part of the course on George Hull Rd. Enjoy the beauty of this one mile long, mostly downhill, undeveloped road.



MILE 8: This slightly downhill portion, in which you complete the 6 mile loop retraces mile 3. Aid Station #4 (the same as Aid Station #1) greets you right after Mile 7.

MILE 9/10: Watch for merging runners as you welcome back the 7 milers!! 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 #5 just before the bridge on Simpaug.



MILE 11: 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.



MILE 12: Mile 12 takes you on a loop by Steichens pond where you'll actually run to a beach (but luckily not on it). You're rewarded here with Aid Station #6 – 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!!

After doing the short loop you re-trace your steps out of Topstone Park (with Aid Station #7 – candy zone revisited) and onto the beautiful Chestnut Woods Road. This part is an easy, mostly downhill one, so revitalize and re-energize for the hiccup hills. Remember to say “hi” to runners in the out and back.



MILE 13: The final mile takes you to what I call the hiccup hills – a series of 3 quick uphill which would be easier 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 (non-withstanding, on short steep uphill). Aid Station # 8 is located at mile 12.3- right after this aid station look to the right and you may see some horses.



FINISH: Take a sharp left at mile 13.05, go through the barn and the finish line is steps away. After the finish, collect your medal, grab a carnation (if you are of the female gender), get a massage and go to the big tent (steps away from the finish) for the party, food and awards.



12. NEWBIE CHRONICAL – BOB A.

Bob is on a well-deserved vacation and will be back next newsletter

13. RUNNER STORY -

From the Redding Road Race: Terri and I have been absolutely privileged to get to know a lot of great people, a lot of great runners over the first 6 years of this race. Some of the greatest people we've met, and most of our best friends, we have met through this race. We never take this for granted. If you would have told me 6 years ago that the race would sell out in hours and Bill and Charlie Rodgers would be annual participants, I would have called you crazy.

Through this race, I have also had the privilege of learning what some amazing people have had to overcome in the pursuit of running this race. Running is so great because it means something different to everyone, but always means something. This next story was a really tough one to read, but her strength and perseverance is beyond belief. This amazing women has not asked me to leave her name out of the story, but I have chosen to do so. If you would like to email her, or talk to her, etc. I'm sure she would be more than willing.

Running the Redding ½ marathon means more to me than most runners and this is why. I started running two years ago after a life-changing event. On a warm August night I found out that my husband, and best friend of 35 years, was having an affair with a friend of mine. When I confronted him he chased me and when he caught me he beat me - not once but twice. I managed to escape and run away. I was bruised from the top of my head to the top of my legs not to mention the hurt of my aching heart. After hours at the police station I spent the night in the emergency room. I did not expect any of this but I did know that I had to move on.

After being released from the hospital I met with my lawyer and filed for divorce. I moved forward with preparing my friends and family with the news.

My children were very supportive of me and still are. They have no contact with their father. My family rallied together to support me. I moved in with my brother and his wife for 6 weeks. My sister-in-law and I are teachers and school had not yet started. Every morning we woke up and walked around the lake by their house. It is approximately 2 miles. I was not going to let the bruises and pain hold me back. It actually helped my recovery and the doctors were pleased with how quickly my body healed. My niece was the first person to suggest I change my lifestyle and start running. She planted the seed that I should run the Thanksgiving "Turkey Trot" in town. I enjoyed walking, but never felt like I could run. It was not something I could ever imagine. I was not an athlete growing up. I never participated on a team. Sports were not encouraged in my family as a child. I barely watched sports. The next thing I knew I was training for the 5K Trot. I was training by myself and had no idea what I was doing except trying to run further every time I ran.

The day of the race arrived. I was hosting Thanksgiving dinner as well as running my first "race". My niece was running with me even though she had just found out that she was pregnant. It had snowed the night before and the roads were slushy and slippery. I was so impressed with all the people running. There were men, women and children of all ages. I could not help but be amazed at how well the younger children were doing. I kept talking to people as we ran trying to find out if they had a story to tell or if it was their first time running a race. It was exhilarating. We finished the run in approximately 35 minutes. I did it! I ran my first race. Now I am hooked.

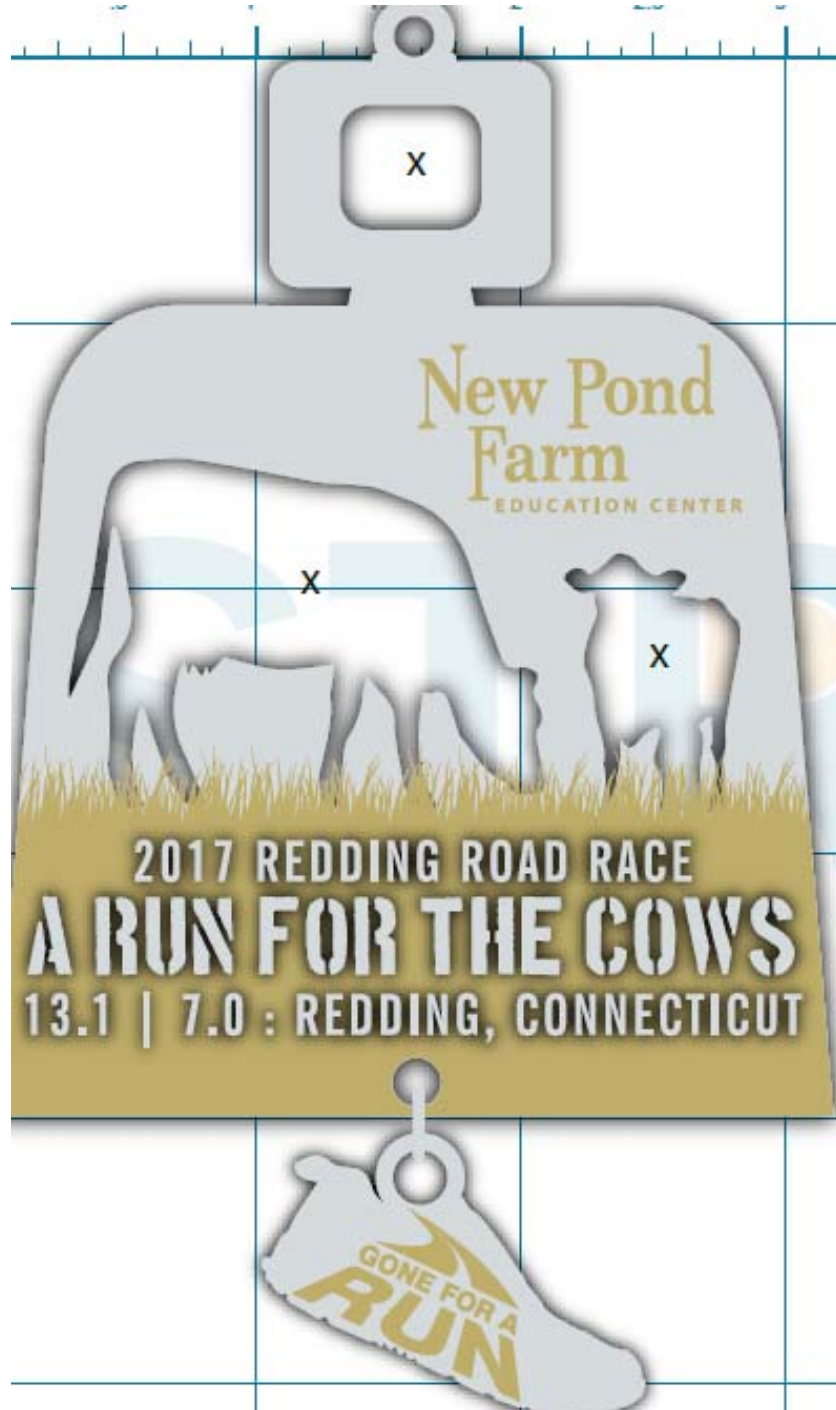
I told my coworkers about my new love of running and we started running together. This is where the story gets even better. My co-teachers have been my rocks during my life change. These women did and still do everything they can to support me in so many ways. They helped me recover emotionally as well as physically. They encourage me each and every day. On the last day of school in 2015 I gave them both a pin with 3 ladies to represent the three of us our bond of friendship. We each wear it to school every day. Since then they encouraged me to sign up for the Run for the Cows 7 mile race, which was last May. At the time I could not imagine running 7 miles! And then I remind myself that I didn't think I could run 3 miles, yet I have. We trained in all kinds of weather, one day we even had ice on our eyelashes it was so cold. We run where it is very hilly with one

section of the run having 3 tough hills. We now refer to them as the three ladies. When we are having an especially tough time getting over them we have another name for them. We push each other every time we run. The day of the 2016 race it was rainy, and we all made it. Sue even finished her first ½ marathon.

They decided to run the Ridgefield ½ Marathon in September. I trained with them even though I knew I could not run the race as I was part of the Women's Center of Danbury Domestic Violence Survivors walk the same day. We trained all summer. We signed up for a 9K race in Redding in July and a 10K race in Norwalk in August. We increased our distance daily. I was running 10 miles! I missed the race in Norwalk. One of my friends had her phone with her and called me as she was crossing the finish line. I will never forget that. That is how much we support each other as we run. We are a team in an individual sport.

The Ridgefield half was an accomplishment for both of my friends. They both finished and were happy with their times. I made it to cheer them both over the finish line and even though I did not run with them I felt like it was my accomplishment, too. It was then that we decided to sign up for the New York City half marathon lottery. It was a lottery after all... what were the chances that we would all get in? We realized that we would not run unless all three of us got in, so we were taking our chances. "All for one!" I never expected that one of us would get in let alone all three of us! The day before my 54th birthday we found out that we all got in. When we saw other runners and told them that we were running the ½ they usually shared that they tried and did not get in or that they had run it and it is one of the most amazing half marathons to be a part of. We ran last weekend and we all finished. We ran the entire time and both Sue and Shauna had personal best times.

At this point I have run the Run Like a Mother race in town, the Run for the Cows in Redding and numerous other races. This fall I even came in first place for my age group in two 5K races. The New York City half is something I never imagined I would be able to do. Now I know I can! Now I am looking forward to the Redding half in May. When I run instead of feeling as if I am being chased by someone, I look toward my future and the wonderful things that lie ahead. I am reminded that good things do come to those who wait.



Yours to earn!!

Cheers,

John