



REDDING ROAD RACE NEWSLETTER

16 Volume 1

1/12/16

Thanks again for selling the race out in record setting time. We sold out in 35 hours, which is 3 days quicker than ever before. Some key registration stats:

Average runner age: 43.0

Female/Male breakdown: 65.3% female

States represented: 16 (so far)

CT Towns represented: 100 (out of 169 towns in CT)

% of 2016 new runners (runners who've never experienced the Redding hills):
43% - pretty amazing, as we get a bunch of new people introduced to New Pond Farm

Extra donations, above registration fees: \$2,644, thank you so much!



1. SPECIAL GUEST AT THE RACE

We are pleased to announce that **Bill Rodgers** will be at the race this year. “Boston Billy,” former American record holder in the marathon, won the Boston Marathon and New York City Marathon a combined eight times and was inducted into the USA Track and Field Hall of Fame in 2000. Mr. Rodgers will be at the expo (April 30th) and race (May 1st) to greet runners and plans to partake in the 7 mile race. I can’t explain how excited I am, as Bill is not only a hero of mine and obviously a running legend, but is an even better person!!



2. DOCUMENTARY

Filming of the race documentary has begun. It started taping with the beginning of registration on January 1st at noon and also plans to include:

- Ann of New Pond Farm
- Volunteers
- Past champions
- Runners
- Leading up to the race
- Race weekend

It should be a pretty cool piece.

3. WHAT IS NEW POND FARM EDUCATION CENTER

(<http://www.newpondfarm.org/>)

Exactly what is this not-for-profit that you are running for on May 4th? I will let their website tell the story in detail, but, it truly is a wonderful, multifaceted organization. It has over 5,000 school kid visits each year; astronomy classes, summer camps, Shakespeare plays, and caroling in the barn with the cows to name just a few of its activities. Oh yeah, they also have the best chocolate milk in the world!! Your registration fees and the monies we raise from our loyal sponsors help fund all these wonderful programs. I recommend checking out their website and if you are local, membership is very reasonable.

New Pond Farm is celebrating its 29th year as an environmental education center with a small working farm! Our mission is to *connect people with the land that enriches and sustains us all.*

Our beautiful 102-acre property is located in West Redding, CT. It was once the home of our founder, actress Carmen Mathews, and it is an outstanding outdoor classroom. We have a variety of habitats for our environmental programs including woodlands, wetlands, and pastures.

- Our Native American programs are enhanced by an authentically-recreated encampment.
- Our astronomy buildings are home to monthly astronomy programs as well as being the field station for Joel Barlow High School.
- Our vegetable and herb gardens are featured in our programs.
- Our farm programs take place in our barns, which house milking cows, sheep, chickens and roosters.
- Our barn-like Learning Center with its classroom and spacious meeting areas has been the site of art shows, adult lectures, barn dances, and more.

In 2007 New Pond Farm was designated a Connecticut Dairy Farm of Distinction, people visiting our Dairy Annex may purchase freshly pasteurized milk and yogurt.

In the summer we host a small and personal residential camp. During three ten-day sessions, we bring together children from the inner cities of Connecticut with children from the surrounding area. Together these youngsters, aged 8-12, from diverse socioeconomic backgrounds form friendships, develop an understanding and appreciation of one another as individuals, and have a marvelous time discovering the many wonders of the farm.

We look forward to seeing you in our programs and we would welcome your support of this wonderful environmental center. Please contact us if you have any questions!



Connecting people with the land that enriches and sustains us all.

This mission statement is accomplished in a variety of ways.

Each year, using our outstanding outdoor classrooms, we bring students of all ages outside and offer hands-on environmental programs that focus on our habitats with their diverse flora and fauna. When people appreciate and understand the world around them, they become better stewards of their environment.

Our Shared Harvest and gardening programs directly connect participants with the land, its cycles and its bounty. Garden program participants learn how to establish, tend and harvest vegetable and herb gardens in their own backyard.

Shared Harvest members are invited to work in our gardens and then share in the bounty throughout the growing season.

Our educational farm programs provide an important introduction to the key role farms play in our lives. Depending on their level, students meet and often work with our cows, sheep and chickens- learning their importance on the farm. Products from our farm animals such as milk and yogurt may be purchased in our Dairy Annex provide a direct connection of where certain types of food come from.



Our Native American programs, which take place on our woodland trails and our authentically recreated encampment, focus on the lifeways of the Eastern Woodland Indians that once inhabited these lands. Students learn how these native people survived using their knowledge of their environment and skills they developed and passed down through the generations.

Our Astronomy programs give participants a personal view of the Universe. As a wonderful complement to programs focusing on environmental awareness and appreciation of life here on Earth, astronomy program participants observe the wonders of the cosmos first hand through optical telescopes. Participants also get to hear about the latest developments in the science of astronomy which provide clues to the mysteries of our own origins and those of our home planet.

4. **WRITERS WANTED**- I've received a couple of runner interest stories and promises for many more – so keep them coming in!! I thought it might also be cool to chronicle one (or more) newbies stories. Meaning, if your first 7 miler or half marathon is on May 1st with us and would like to write a journal from now through race day to share with us all, please contact me.
5. **WAITING LIST** - I keep a small amount of registrations for New Pond Farm members and Reddingites who “forgot” to register by the sell-out date. If I don't use these, I give them to waiting list runners, so tell friends/family members to email me to get on the waiting list if they'd like. It's getting big although I just let in a handful from it recently.

6. MIGHTY COW CHALLENGE – WHAT IS IT?

The Mighty Cow Challenge is a 5k race (at 7:20am) followed by a short rest then the Half Marathon at 8:00am. The 5k race can be used as a warm up or you can race it, depending on your mood. The 5k race will again be timed this year and each participant will receive a really cool embroidered cow hat. If you are interested in “supersizing” your race, contact me and I can get you signed up for an additional \$5, if currently registered for the half, \$20 if currently registered for the 7 Miler.



MIGHTY COW HAT

7. HOTELS/B&B (<http://www.reddingroadrace.com/general-info/lodging.htm>)

La Quinta Inn & Suites in Danbury (5 miles away or so from New Pond Farm) is our host hotel and is offering a late checkout, a complimentary breakfast and a special race rate of \$89. It's rated the #1 hotel in Danbury by Trip Advisor. I've also listed some other nearby hotels in the link above. I would recommend making the reservation by calling them and saying you're with the Redding Road Race Group, to make sure you get the \$89 rate. This is the info I received from them:

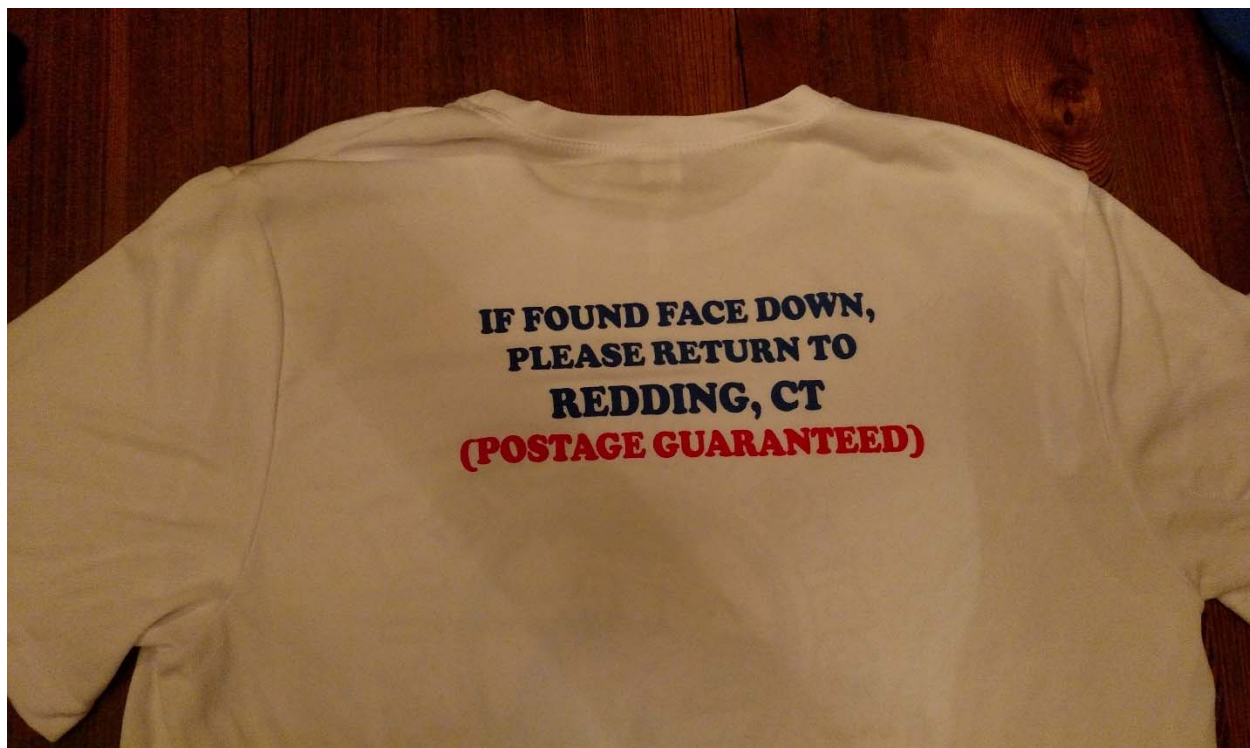
La Quinta Inn & Suites in Danbury, CT (approx. 5 miles away from New Pond Farm) has been chosen as our **HOST HOTEL** for this event. They are **top ranked on Trip Advisor** and are offering a discounted rate of **\$89.00** plus tax per night when you mention "Redding Road Race." They will also be extending 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. REDDING RUNNING CLUB

For local runners who want to occasionally (or more than occasionally) run with other people, the Redding Running Club was formed after the 2012 race and has grown very quickly (over 125). We run twice every weekend (typically starting by Metro North – see the **X**) and it has gotten a bunch of us in the best shape of our lives (can't sleep in on weekends when runners are waiting for you!!). Our typical runs are around 6 or 7 but we go longer when in marathon training mode. The routes can also be shortened for those who don't want to run the full distance. The club is free and very low key –show up whenever you want. We travel together for races, etc.... Email me if you want to be put on the distribution list. As we get closer to the race, we'll have a 7 mile preview run and a half marathon preview run for runners who would like to preview the course.

Typical RRC (Redding Running Club) Meeting Location (near mile 2 of the races)





9. OUR RUNNER SPOTLIGHT – ADAM F.



Most people would not know by watching me run that I am a disabled athlete. Where ever I go people always ask me “who is your athlete?” When I tell them I am the athlete (and that Achilles Guides have shirts that say guide) people do not believe me. The standard follow up question is, “if you don’t mind, what is wrong with you?” When I tell them my story the normal reaction is one of shock and disbelief.

To make a very long story short, at age 13 I was experiencing knee issues. By the time I was 44 I had 8 knee operations including both knees being replaced at the same time (bilateral patella-femoral replacement) and years later having each

knee revised. I was never able to run prior to all of these operations. Somehow running makes my legs stronger. I am taking advantage of being able to run while I can.

In June 2014 I took part in my first sanctioned event, the FireCracker 5K. My son and I walked at least 2.8 miles. At this event I became an athlete with Achilles International CT Chapter. Through Achilles I joined the Glastonbury River Runners. And through the Glastonbury River Runners I became a member of Run 169 Towns Society.

In July 2014 I ran in my first 5K. That is all it took and I was addicted. Since then I have taken part in 50 other events. I have run in different events ranging from 5K to a full marathon. My favorite races are half marathons. In 2015 I ran in 14 half marathons (including Redding). In November 2015 I ran my first marathon in New York. I am proud to say I was part of team Achilles International.

How am I able to do this? I use a modified Galloway method. I run and walk using a 5:1 interval (run for 5 minutes and walk for 1 minute). This built in rest has made it possible to take part in so many events.

This year my goals are to run in at least 24 half marathons, while raising money for Achilles International CT Chapter and showing others what a disabled athlete can achieve. So when you see me in my yellow Achilles International CT Chapter shirt encourage me to keep moving and high-five me. I might be walking but that does not mean I am giving up. I never know how my knees will respond to the weather and the terrain.

You can follow me on twitter at @ctachillesrun1

You can see my story at:

<https://www.youcaring.com/achilles-international-ct-chapter-482021#goto-fundraiser-details>

You can find out more about Achilles International CT Chapter at
<http://www.achillesct.org/>




10. RACE SPOTLIGHT – SWEETHEART RUN

I'll start it off with one of my favorite runs - The Bob & Peg Andrulis Memorial "Sweetheart" 5 mile run.

<http://thecommunitycenter.org/event.php?id=2454>

This 5 mile run in charming Litchfield, CT is worth the hour+ drive from Redding CT. The course is relatively flat, given Litchfield standards, the after race food spread is spectacular and the “homey” feel to the race is not something that is easy to find.

Litchfield
Community
Center



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14th Sweetheart Memorial
Run/Walk

Saturday, Feb 13, 2016
11:00 am - 2:00 pm

Location:

Cost: \$25 adults/\$10 (10 &
under)/80+ free



 Like  Share

5 mile run/3 mile walk starts and finishes at The Litchfield Community Center over varied terrain course. All ages welcome!
After 2/11/16 and day of race: \$30.00.

Proceeds benefit The Litchfield Community Center. T-shirts to first 200 registrants, goodie bags for all.

11. SPONSOR FOCUS – GONEFORARUN.COM – OUR LEAD SPONSOR



<http://www.goneforarun.com/Default.asp>

ChalkTalkSPORTS.com/ GoneForaRun

It all began in a garage in Redding, CT with a few t-shirt designs and a lot of determination to get her fledging company ChalkTalkSPORTS.com off the ground. Fast forward a few years and now Julie Lynn along with her husband Tom and sons Ryan & Chris employ over 30 people in South Norwalk where they design, manufacture and market the apparel and gift products for their 3 e-commerce websites, ChalkTalkSPORTS.com, GoneForaRun.com and LuLaLax.com.

ChalkTalkSPORTS.com features apparel and gifts for over 20 team sports. Whether its one of ChalkTalk's Lacrosse tees, a personalized hockey puck or custom soccer room sign, it is a unique gift that celebrates the sport the entire family embraces.

GoneForaRun.com offers a large assortment of unique apparel and gifts for runners. For Julie, being an avid runner herself, inspiration for new running gift

products comes fairly easy. The running gifts designed by GoneForaRun have been featured in Runners World, Self Magazine, Family Circle & Competitor Magazine to name a few.

Both, ChalkTalkSPORTS.com and GoneForaRun.com's commitment to sports extends by sharing the gift of playing a sport through their 'Lets Play Sports' and 'Run With Us' community outreach programs. These programs donate to organizations that foster the development of sport programs for the less fortunate.

12. SPONSORS/VOLUNTEERS WANTED

If anybody has a business 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. Families can also be Mile Marker Sponsors. Information is located here:

<http://www.reddingroadrace.com/sponsorship-opportunities.htm>

Likewise, we're always looking for volunteers. Please email me if you or any friends or family would like to volunteer.

13. LEGACY RUNNERS

Legacy runners, runners who have registered for all 5 years of races, are being rewarded with a free hoodie shown below. Legacy runners certainly have spent enough money on us so we can spend some on them. My "manual" list is below – if you believe you should be on this list and aren't, by all means contact me. I'm also making these available for purchase to all runners, let me know if you'd be interested in one. Notes:

- Only Legacy runners would get ones that say "Legacy Runner," all others would have the same logo, without that wording.
- This hoodie is ultra-thin, like a cotton t-shirt. I love it, it's my favorite piece of clothing, but it won't keep you warm in the winter.
- Available in four colors, though actual color may differ slightly than shown.

- There is womens' fit and unisex sizing; S-M-L-XL in womens fit and S-M-L-XL-2X-3X in unisex. I'd advise ordering one size up.
- Depending on demand (volume lowers price) it would probably price at \$15-\$20, probably closer to the lower.
- Email me if interested in purchasing one asap.

LEGACY LIST

Christopher	Ahlberg
Joyce	Allen
Joe	Amuso
Alice	Avery
Keith	Baldwin
James	Barickman
Evan	Bassett
Krista	Benson
Teren	Block
Barry	Blumenfield
Jodi	Blumenfield
Thea	Boyle
Jonathan	Burke
Liz	Campbell
Don	Capone
Marie Elena	Cordisco
Donna	Cramond
Anda	cumings
Susan	David
Day	De Rosa
Susan	DeWitt
Kelley	Douglass
Todd	Doyle
Eowyn	Driscoll
Karl	Eilers
Julie Anne	Fossi
Ed	Fung

Sharon	Gawe
Eric	Goldstein
Lisa	Goldstein
Bruce	Goulart
Jeanne	Halloran
Diane	Hayes
Kim	Hillyer
Larry	Ikard
Maureen	Jansen
Cathy	Laydon
Vivian	Lee-Shiue
Jennine	Lesica
Janet	Levy
Ross	Levy
stacy	levy
Nancy	Lovas
Marge	Maida
Ed	Marquez
Lisa	Mazinski
Bill	McBrayer
Stephen	McDonnell
Mike	McEvoy
Sean	Mehner
Ellen	Meyst
Anne	Milot
JP	Milot
Craig	Morrison
Kathy	Muro
Oliver	North
Kathy	Otzel
Bruna	Paca
Susan	Pagan
Anna	Pizzo
Mary	Principe

heather	roles
Julia	Rosenblum
Janine	Russo
Elli	Scarfi
Frank	Scarfi
Peter	Shiue
Josephine	Simko
salvatore	spadaccino
Katherine	Stallfort
Cameron	Sterling
Rebecca	Sterling
Kate	Stoker
Amy	Taylor
Beth	Thompson
Hillary	Tonken
Gean	Tremaine
Jeanette	Trujillo
Tony	Trujillo
Erich	Wenis
rita	wilker
George	Yurchishin
Floris	Zinghini



HEATHER BLUE



HEATHER GREEN



HEATHER PURPLE



HEATHER RED

HAPPY TRAINING AND PLEASE SEND ME YOUR RUNNER STORIES
AND FAVORITE RACES FOR INCLUSION IN FUTURE NEWSLETTERS

Cheers,

John

