



REDDING ROAD RACE NEWSLETTER

16 Volume 2

1/22/16

If you haven't had the chance to look at the 2013 race video, definitely check it out. Adam Pemberton did a great job with it and it gives you a great feel for the races and the farm. Adam is also producing the 2016 documentary.

<https://vimeo.com/66393870>



Inaugural year start, on the street



Start of the half

1. [REDDING, CT POINTS OF INTEREST](#)



Designed by TownMapsUSA.com

All apologies to veteran RRR runners who have probably read the following multiple times. This is for the newbies and we have a ton of them.

In Redding, you once would have come across Samuel Clemens (Mark Twain), who lived here in the final years of his life, dying in Redding in 1910. Charlie Morton (current MLB pitcher) grew up here, Daryl Hall and Leonard Bernstein lived here, as did Marvin Lee Aday. Who is Marvin Lee Aday, you ask? Well he of course, was the famous softball coach at the local high school. He coached his girls' team when he had time away from his side job, as Meat Loaf. Benedict Arnold also passed by, a town over from here, and was one of the heroes in the Battle of Ridgefield - a hero for the Colonists, believe it or not.



If interested in the town you're running in, here is a more in depth history of Redding from local historian, Charles A. Couch:

In the early 1700s, Redding, Connecticut, was home to an Indian village whose leader was named Chickens Warrups. In 1714, John Read, the first white man to settle in Redding (which was then part of Fairfield), claimed 500 acres to set up a homestead for his wife and children. Lonetown Manor, as Read's home was called, soon became the center of a busy and populous farm settlement, and a number of mills and other enterprises associated with farmer's needs soon took root.

Col. John Read

Although the elder John Read moved to Boston in 1722, his son, Col. John Read, took over administration of Lonetown Manor. In 1767, the Connecticut General Assembly incorporated the Town as Redding, which had less than 1,000 inhabitants.

Revolutionary War and Continental Army encampment

In the years preceding the Declaration of Independence, tensions escalated in Redding between Tory loyalists and larger numbers of those supporting the resolutions of the Continental Congress, with some Tories fleeing to escape retribution. Some 100 Redding men volunteered to serve under Captain Zalmon Read in a company of the new 5th Connecticut Regiment, which participated in the siege of Quebec's Fort Saint-Jean during the autumn of 1775 before the volunteers' terms of service expired in late November.

In 1777, the Continental Congress created a new Continental Army with enlistments lasting three years. The 5th Connecticut Regiment was reformed, enlisting some men from Redding, and assigned to guard military stores in Danbury, Connecticut. Getting word of the depot, the British dispatched a force of some 2,000 soldiers to destroy the stores, landing April 26 at present-day Westport and undertaking a 23-mile march north. The column halted on Redding Ridge for a two-hour respite, with many residents having fled to a wooded, rocky area dubbed the Devil's Den. The British column resumed its march to Danbury where soldiers destroyed the supplies, then skirmished Continental Army and militia forces in Ridgefield while on the return march south.

For the winter of 1778-79, General George Washington decided to split the Continental Army into three divisions encircling New York City, where British General Sir Henry Clinton had taken up winter quarters. Major General Israel

Putnam chose Redding as the winter encampment quarters for some 3,000 regulars and militia under his command, at the site of the present-day Putnam Memorial State Park and nearby areas. The Redding encampment allowed Putnam's soldiers to guard the replenished supply depot in Danbury, Connecticut and support any operations along Long Island Sound and the Hudson River Valley. Some of the men were veterans of the winter encampment at Valley Forge, Pennsylvania the previous winter. Soldiers at the Redding camp endured supply shortages, cold temperatures and significant snow, with some historians dubbing the encampment "Connecticut's Valley Forge."



Redding's Business and the Railroad

In 1852, the Danbury and Norwalk Railroad line was completed through the west side of Town with depots at Georgetown, Topstone, and West Redding. By this time, farmland was left unplanted as floods increased and lower-priced western product came to eastern markets. New steam-powered factories were sprouting up along main rail lines. Redding's small waterpowered industries could no longer compete and gradually ceased operations. Only Georgetown's Gilbert & Bennett, with access to the new railroad for coal and raw materials and for shipment of its finished wire goods, was able to survive. Despite a disastrous fire in 1874, Gilbert & Bennett rebuilt immediately with modern buildings and machinery. The company continued to prosper and expand, employing nearly 600 workers by the early 1900s. Consequently, Georgetown grew, adding new homes and streets, while the rest of Redding remained rural and pastoral. The Town's population began to decline.

Housing History

Home building in Redding slowed, but did not cease during the Great Depression years of the 1930s. About two dozen farms were still operating, although the land was now about 70% forest and woodland. With the close of World War II and the beginning of the great post-war housing boom, new house construction in Redding began at a vigorous pace. Now within easy commuting distance of job centers in Danbury, Bridgeport, and lower Fairfield County, Redding began to attract speculative developers. Its citizens realized a potential avalanche of development threatened the character of its Town. Following a public referendum (link), the Town's first zoning regulations became effective in June 1950.

History of Redding Schools

In 1737, the people of the parish of Redding voted to have a public school with three districts, "the Ridge, the west side, and Lonetown." One schoolmaster went from one to the other, teaching reading, writing, and arithmetic. By 1742, the parish voted for "three separate schools, each to be kept by a master."

In 1878, a citizen of Redding funded the establishment of a public high school, the Hill Academy, in Redding Center. Ten one-room schoolhouses in strategic areas of Town served younger students in Redding, and the Town shared an 11th with Ridgefield. One of them, the Umpawaug School, built in 1789, still stands on Umpawaug Road near Route 53 (**you pass this school less than a mile into the race**). Every November, the Redding Historical Society holds an open house at the

Umpawaug School, which closed in 1931. One of its teachers, Luemm Ryder, approaching a century of living, lives just up the road from the school.

Early in the 1900s Gilbert & Bennett opened a public school for the Georgetown Recreation.

By 1931, the Town had closed all of its one-room schoolhouses and enlarged the Hill Academy to four classrooms to serve the eight elementary grades. The Hill Academy closed in 1948 when Redding Elementary School opened. Redding paid tuition to Danbury for its high school students to go to Danbury High School.

In 1959, the Town converted the Hill Academy to Town Hall.

Redding Elementary School

Redding Elementary School (tel. 938-2519), with eight classrooms, was completed in 1948. In 1957, a new wing doubled its capacity. The School serves grades K-4.

John Read Middle School

In the mid-1960s, the Town began planning for another school. John Read Middle School (tel. 938-2533) opened in 1966, housing students in grades 5 through 8. In 1980, the fifth grade moved to the Elementary School. As an echo baby boom caused the school population to grow, a new wing was added to the Middle School in 1999, and the fifth grade moved back.

Joel Barlow High School

In 1957, Redding and Easton referenda approved the formation of a regional school district, and a 35-acre site was purchased from a farm on Black Rock Turnpike for a high school designed to serve 650 students. Joel Barlow High School, originally serving grades 7 through 12, opened for classes in the fall of 1959. The school now serves grades 9 through 12.

In 1971, a major addition doubled the size of the building and increased its capacity to 1,000 students. In 1974, the Town purchased 78 more acres to build athletic fields. An addition and two portable classrooms were built in 1984, and the school was renovated in 1994. The Town is now engaged in a construction project to add more instructional space and athletic fields.

Two-Acre Zoning

The rush of new development became a reality. Several large tracts were subdivided into one-acre lots, new subdivision roads were built, and school population began to spiral upward. Responding to Town-wide demand, in 1953 the Zoning Commission enacted two-acre zoning for the entire Town outside Georgetown, which had, and still has, multiple-family, ½-acre, and one-acre zoning. Concern about the Town's future persisted, and in 1956 a Town Meeting authorized the establishment of a Planning Commission. The Commission prepared regulations to control the layout of subdivisions, and these regulations were adopted in 1957.

Newcomers and Automobiles

During the 1890s, Redding was discovered by prominent summer visitors from New York City. Writers (including Mark Twain), artists, and business and professional people, who were enchanted by the Town's tranquil beauty, established country estates. By 1910, Redding's more adventurous and affluent residents were driving automobiles on the Town's dirt roads.

Telephones

A few years after Mark Twain came to Town, Redding's first telephone exchange began operation. It was located in a private dwelling on Cross Highway and had a small group of subscribers.

Highways

In 1916, the State of Connecticut began to construct a network of highways to link population centers and provide farm-to-market access for the rural towns. By 1921, Routes 7 and 58 had become two-lane paved highways. Other roads followed in the 1920s and 1930s. By the mid-1930s, hard-surfaced roads reached every section of Town along with telephone and electric lines. The Town's rural isolation passed into history.

Saugatuck Reservoir

A major controversy raged during the 1930s over Bridgeport Hydraulic's plan to flood the Saugatuck valley for a large new reservoir. A reservoir would inundate

the historic village of Valley Forge and much of Redding Glen. Opponents lost their appeals, and the Saugatuck Reservoir was completed in 1942.



Putnam Memorial Park

The high terrain of Redding, with views south to Long Island Sound and northward toward Danbury, assumed strategic importance during the Revolutionary War. In April 1777, the road over Redding Ridge and Sunset Hill was the invasion route used by British forces in their assault on Continental army provisions stored in Danbury. A year later, in 1778 and 1779, Putnam's division of Washington's army was in winter encampment at three key locations in Redding to protect the left flank of American forces then holding the Hudson Valley. Remains of the largest of these campsites are preserved on 35 acres of land donated by a Redding citizen in the 1880s. Putnam Memorial State Park contains a monument to the American troops and a colonial museum.



Geography

According to the United States Census Bureau, Redding has a total area of 32.1 square miles (83 km²), of which 31.5 square miles (82 km²) is land and 0.6 square miles (1.6 km²), or 1.75%, is water. Redding borders Bethel, Danbury, Easton, Newtown, Ridgefield, Wilton and Weston.

Redding has four primary sections: Redding Center, Redding Ridge, West Redding (including Lonetown, Sanfordtown, and Topstone), and Georgetown, which is situated at the junction of Redding, Ridgefield, Weston and Wilton.

Topography

Redding's topography is dominated by three ridges, running north to south, with intervening valleys featuring steep slopes and rocky ledges in some sections. The highest elevation is about 830 feet above sea level, on Sunset Hill in the northeast part of the town (**contrary to public opinion, the race does not go up this high!!**); and the low elevation is about 290 feet above sea level at the Saugatuck Reservoir along the southern border.

Four streams flow south through Redding toward Long Island Sound: the Aspetuck River, the Little River, the Norwalk River and the Saugatuck River.

The Saugatuck River flows through the Saugatuck Reservoir, Redding's largest body of water which stretches south into Weston. The reservoir was created in 1938 through the flooding of a portion of the Saugatuck River Valley.

<http://townofreddingct.org/> - a Cool video on the town can be found here

2. BILL RODGERS CAREER MARATHONS



Marathons

1. 1973 Boston Marathon (Did not Finish)
- 2. 1973 Bay State Marathon (2:28:12) 1st Course Record (CR)**
3. 1974 Boston (2:19:34) 14th
4. 1974 New York City Marathon (NYC) (2:36:00) 5th
- 5. 1974 Philadelphia Marathon (2:21:57) 1st CR**
- 6. 1975 Boston (2:09:55) 1st American Record (AR)**
7. 1975 Enschede Marathon, Netherlands (DNF)
8. 1975 Fukuoka Marathon (2:11:26) 3rd
9. 1976 Olympic Trials (2:11:58) 2nd
10. 1976 Montreal Olympics (2:25:14) 40th
- 11. 1976 NYC (2:10:10) 1st CR**

12.1976 Sedo Island, Japan (2:08:23) 1st CR (200 meters short)
13.1976 Maryland (2:14:28) 1st CR
14.1977 Kyoto, Japan (2:14:25) 1st
15.1977 Boston (DNF)
16.1977 Amsterdam, Netherlands (2:12:46) 1st CR
17.1977 Waynesboro (2:25:12) 1st
18.1977 NYC (2:11:28) 1st
19.1977 Fukuoka (2:10:55) 1st
20.1978 Boston (2:10:13) 1st
21.1978 NYC (2:12:12) 1st
22.1978 Fukuoka (2:12:53) 6th
23.1979 Boston (2:09:27) 1st AR
24.1979 Montreal (2:22:12) 15th
25.1979 NYC (2:11:42) 1st
26.1980 Boston (2:12:11) 1st
27.1980 Toronto (2:14:47) 1st
28.1980 NYC (2:13:20) 5th
29.1981 Houston-Tennaco (2:12:10) 1st CR
30.1981 Boston (2:10:34) 3rd
31.1981 Atlantica-Boavista, Rio de Janeiro, Brazil (2:14:13) 1st CR
32.1981 Stockholm, Sweden (2:13:28) 1st
33.1981 Bank One, Columbus, OH (2:17:34) 7th
34.1982 Houston (2:14:51) 5th
35.1982 Tokyo (2:24) 301st
36.1982 Boston (2:12:38) 4th
37.1982 Atlantica-Boavista, Rio de Janeiro, Brazil (DNF)
38.1982 Melbourne, Australia (2:11:08) 1st
39.1983 Orange Bowl, FL (2:15:08) 1st
40.1983 Boston (2:11:58) 10th
41.1983 Beijing, China (DNF)
42.1983 Chicago (2:21:40)
43.1984 U.S. Olympic Trials (2:13:31) 8th
44.1985 New Jersey Waterfront (2:14:46) 2nd
45.1985 NYC (2:15:31) 7th
46.1986 Boston (2:13:35) 4th
47.1986 Chicago (2:15:31) 11th
48.1987 Phoenix (DNF)
49.1987 Boston (2:18:18) 15th
50.1987 NYC (2:25:01) 54th
51.1988 Phoenix (DNF)

- 52.1988 Los Angeles (2:20:27) 2nd masters
- 53.1988 Boston (2:18:17) 2nd masters
- 54.1988 NYC (DNF)
- 55.1989 Los Angeles (2:22:24)
- 56.1990 Boston (2:20:46) 5th masters
- 57.1992 Vietnam International 19th
- 58.1996 Boston (2:53)
- 59.1999 Boston (DNF)
- 60. 2009 Boston (4:06:49)

Video from 1979 Boston Marathon:

<https://www.youtube.com/watch?v=8yTVylg2xCM>

Interview:

<https://www.youtube.com/watch?v=U1hPCAoIAcE>



3. NEW POND FARM ARTICLE FROM THE REDDING PILOT



Tim Laughlin is the new program director at New Pond Farm. — Christopher Burns photo

‘There’s magic’ at New Pond Farm

Tim Laughlin has only been the program director at New Pond Farm for a month, but he already lights up when he talks about his new job.

“There’s some magic here,” he said smiling.

New Pond Farm is an environmental education center with a farm component.

Approximately 6,000 children annually come to the grounds to tour the functioning dairy farm and participate in hands-on programs that range from beekeeping to making bracelets from sheep’s wool.

Laughlin was a middle school science teacher in Brookfield for 39 years before coming to New Pond Farm.

“This is my classroom now,” he said while waving his hand across the landscape not unlike a conductor to his orchestra.

Laughlin’s passion for teaching is clear, and his love for the programs that the farm offers is palpable.

The main program that New Pond Farm offers is simply known as “The Farm Program.” Laughlin says that kids, predominantly K-4 students, are shown the dairy barn where the cows live. They get to simulate milking a cow using water bottles on a wooden cow.

“The kids get the idea that it’s real work,” he said.

Laughlin then takes the children to an area where they get to brush and touch a full-grown cow.

“It’s very child friendly,” he said, adding that many of the kids who come for the farm program are from inner cities and have never gotten to touch these animals. “It’s a blend of having fun and learning.”

Laughlin also mentions the bee program. They put each of the children in a full beekeeping suit and let them near a beehive that houses up to 60,000 bees, who then proceed to crawl all over the children.

“They love to tell their mom about that,” he said.

Laughlin is spearheading a project that documents natural plant growth in an area of the farm that was leveled by a tornado that touched down two years ago.

He plans to incorporate counting the number of certain flower types into a program in the future, so he can help get children involved with the scientific process.

“Children think science is just between four walls,” he said “but it’s overflowing.”

For “the first time in a long time,” Laughlin has conducted a few fishing classes for members of New Pond Farm and guests.

They included instructions on how to cast a fly fishing line and a small fishing session in the pond, where a few young children managed to hook some of the fish stocked in the pond.

“You know how kids are,” he said recalling the joy of the kids who caught the fish during his program. “They could catch a minnow with a net and be happy.”

Laughlin is clearly as dedicated to the other operations of the farm as he is to the programs that he helps create. He proudly pointed out the solar panels that line the barn roofs and how they help provide the electricity needed to pasteurize the milk that the cows produce.

Given his background as a middle school teacher, part of Laughlin’s goal as program director is to more actively engage older students. He has a “three-year goal” of introducing more programs that appeal to middle and high school students.

New Pond Farm Executive Director Ann Taylor is looking forward to Laughlin’s goals coming to fruition and anticipates a “lovely collaboration between staff members, board members and volunteers” to help guide the way.

“That’s the beauty of this place,” Laughlin said. “Everyone is excited. It’s a vibrant classroom.”

4. REDDING ROAD RACE ARTICLE FROM THE REDDING PILOT



Finish line – thanks Werner Ladders!!

The 2016 Redding Road Race, “A Run for the Cows,” presented by Gone for a Run and hosted by the New Pond Farm Education Center, sold out in a record 35 hours. Local runners, joined by runners from more than 20 states and 100 Connecticut towns, will be traveling to New Pond Farm on May 1 to partake in a half marathon, a seven-mile race, the Mighty Cow Challenge (a 3.1-mile race followed by the half marathon), and a quarter-mile and three-quarter-mile Piglet Prance.

The race is known for its course, eight aid stations (along with a candy station), runner awards and gifts, spectators and volunteers, and an after-race party on the grounds of New Pond Farm. Information about mile marker sponsorships for local businesses and families may be found at <http://www.reddingroadrace.com/sponsorship-opportunities.htm>, and volunteers are welcome.

All race proceeds go to the New Pond Farm Education Center. Funds will be used to support the hands-on environmental programs that reach more than 5,000 area students a year, bringing their in-school curriculum to life.

Race director John McCleary announced that Bill Rodgers is going to 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. Rodgers will be at the expo (April 30) and race to greet runners and plans to partake in the seven-mile race. More information may be found at www.reddingroadrace.com.

5. 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 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!

6. EARLY START – WHOM IS IT FOR

The 7:15am early start for half marathoners is intended for runners who anticipate finishing in 2 ½ hours or more. If you think you’ll be faster please don’t utilize the early start. It’s a way to allow for all runners to enjoy as much of the after-race party as possible. If you are running the Mighty Cow race at 7:20, you won’t be able to start early.

7. RUNNER STORY – DIANE AND BLAKE B.

My husband, Blake, and I are running the race this year. I am doing the 7 miler and he is doing the madcow. Blake is an accomplished ultra runner (top ten at Badwater Ultra 135, at top 13 at Spartathlon) who was featured last year in Outside magazine's August edition as one of their "fitness real athletes," (i.e. – he has a desk job, commutes to NYC and we have two young boys). He excels at the longer distances, but we love the trails and have heard great things about your event. Excited to be a part of it and be there on May 1st!

Case Study: Endurance Runner Blake Benke, 37

Bona Fides

In 2009, Benke, who lives in Connecticut and works in financial services on Wall Street, finished tenth place at the notorious Badwater Ultramarathon, a 135-mile race through California's Death Valley. Last September, he completed the 153-mile Spartathlon in Greece in 28 hours and 29 minutes, earning him 13th place—the top American finish.

How He Does It

Benke has a 90-minute commute and two small children. Finding the time to train takes discipline, which he developed at the U.S. Naval Academy and later as a Marine in the Iraq war. It also demands creativity. "I think part of the fun is making it all fit," Benke says. He uses the seams in his schedule to train. He works from 8 a.m. to 6 p.m., "with no breaks," but will often run eight miles from his lower Manhattan office to Harlem to catch a commuter train home. Usually, he does his longer runs on weekends. "Then, as soon as I get home, I'm taking my kids to birthday parties, giving them baths, and doing everything I can to pull my weight," says Benke, who is currently training for November's JFK 50 Mile race. "It helps that I really only need about six hours of sleep."

Follow His Lead

“If something is important to you, you’ll find time to do it,” says David Allen, author of *Making It All Work: Winning at the Game of Work and the Business of Life*. “And often it will benefit the other things in your life.” Pack your day, as Benke does, and you can’t afford to waste a single moment, which helps you focus. “If you’re with your kids all the time but looking at your phone constantly, that’s no different than not being there at all,” says Allen. It’s all about balance. “If one part of your life starts to suffer, it’s important to reevaluate and figure out what needs to **change**.”

The Ultramarathoner Blake Benke's Ultra Finish

Last Friday, I wrote about Blake Benke, a 37-year-old ultramarathoner from Westport, Conn., who trains by running 31-mile loops of the entire island of Manhattan. On Sept. 27, Benke competed in his longest race ever: the 153-mile (153 miles!) Spartathlon in Greece, which traces the epic journey of Pheidippides from Athens to Sparta. A father of two who works full time on Wall Street, Benke had a remarkable performance, crossing the line in 28 hours, 29 minutes, 34 seconds, good for 13th place as the top U.S. finisher. I spoke to him again Thursday, and he was back home, getting ready for work on Monday, and hopefully taking it easy and not making us all feel bad about blowing off the gym.

OK, so how you feeling for a man who ran 153 miles in basically one day?

Good. For the most part, I feel pretty recovered. My legs...they're relatively good. The only real issue is a little fatigue from jet lag, which usually takes a couple of days.

You've done a lot of endurance events in the U.S. How was Spartathlon different?

The international feel was a really amazing feeling, being one of a few Americans. And then this one's considered kind of like the Mount Everest of road ultramarathons. My strength is the road ultramarathons, not so much high-altitude, trail 100-milers, just because I don't train up there. But roads can be very unforgiving, too. It takes usually someone that can take the pounding.

But the landscape of this one was amazing. You start in the city, but then you're going along the coastline. You're going through olive groves, goat farms—you really got to see the country. Even my crew, they were amazed at what they saw along the way and the people they met. It was amazing how many people had spent time in New York.



Ultramarathoner Blake Benke

8. FAVORITE RACE

Please send me write ups of your favorite races for inclusion in future newsletters.

Here is one of my favorite area halves (from John McCleary)

COLCHESTER HALF MARATHON

COLCHESTER, CT

FEBRUARY 27, 2016

Race Director Rick Konon is awesome, crazy awesome, and for \$14, you can't beat the price.

Part of the Hartford Track Club's Winter Race Series, the Colchester Half Marathon marks its 24th annual running in 2016, for a race that typically draws a few hundred runners or more and when temperatures are often in the 30s, as wintry weather including ice, snow and sleet have frequently fallen on the day of the race.

Known for its challenging hills along the rolling New England countryside surrounding the town, the Colchester Half follows an out-and-back USA Track & Field-certified loop course that starts and finishes at Bacon Academy on Norwich Avenue. Scheduled starting time for the race is 10:00 AM ET.

From there, runners follow a clockwise route along sections of Norwich, Windham Avenue, Goshen Hill Road and McCall Road. Though most of the race unfolds along paved country roads, a roughly three mile stretch of the race takes runners along dirt roads, where they'll need to be careful of ice and/or snow if inclement weather is in the forecast.

The last few miles of the race take runners along Roger Foot Road and back onto Norwich Avenue, where they run the final stretch back in to the finish line at the high school. After the finish, the race organizers host a post-race "carbo re-loading" party at Colchester's Bacon Academy High School, right at the race start/finish line.

Race Weather & Climate

Located in the central part of the state, about 25 miles southeast of Hartford and roughly 25 miles from Connecticut's Atlantic coastline, the town of Colchester typically experiences very cold conditions in the late winter, and usually sees its lowest rainfall (but some of its heaviest snowfall) in February.

On race day (Feb. 27), the average low is 19°F and the average high is 41°F.



4 time runner up (or close to runner up), Larry I. getting his 2nd place award



Early on race day from above





Happy Training - John