



REDDING ROAD RACE NEWSLETTER

16 Volume 4

2/17/16



Astronomy program – one of many great New Pond Farm programs

1. SAVE THE DATE – RRR16 PREVIEW RUN – **DATE CHANGE**

SUNDAY, April 10TH, 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 meetus. Of course, you also get to preview what you're in store for, course wise.

2. EARLY START – WHOM IS IT FOR?

(Hint not for 7 milers, Mighty Cowers or fast half marathoners)

The early start (7:15am) is for half marathoners only who plan on running around an 11:30 minute/mile pace or slower (2:30 half marathon total time or more). It's a race courtesy to allow all runners to partake in as much of the after race festivities as possible. It's not available for 7 milers or Mighty Cowers (the Mighty Cow pre-race starts at 7:25am). Email me if you want to be added to or deleted from the early start



3. 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.

Typical RRC (Redding Running Club) Meeting Location (Mile 1.5 of the races)



4. 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.





Yes – parents encouraged to run along the smaller Prancers

5. 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 left 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.

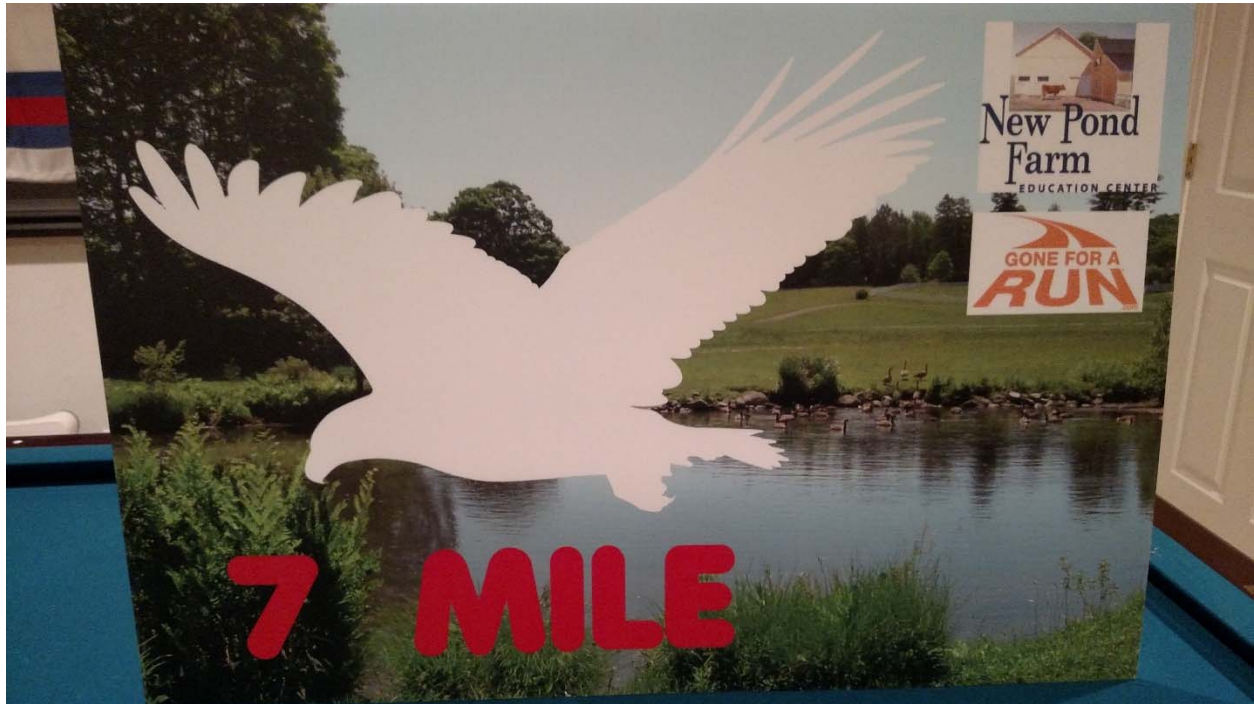
Opportunity to have a coupon or other item placed in the runner's bags

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



6. 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!

7. 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+

8. 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 the Frog Frolic (an annual carnival in town) and carbing up at the Boy Scout Pasta Dinner (only \$10 and 2/10ths of a mile from New Pond Farm).



9. MEDALS THROUGH THE YEARS (I THINK WE'VE GOTTEN BETTER??)

2012



2013



2014



2015



2016



10. 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

11. RUNNER STORY – DANA

My name is Dana Haddox-Wright and I live in Wilton. Up until about a week ago, I had not run more than a mile in over 18 years. A friend of mine, who's children go to the same preschool as my youngest, asked me to join her in training for the Redding Road Race. She thought it would be fun since we were both novices.

Another reason my friend asked me to join her is because the race starts and ends at New Pond Farm. The location is very special to me, as it is where my oldest daughter (Ella) was able to participate in her first class field trip. She even rode a school bus for the very first time. Ella seldom gets to do things that “typical” children do, because she is inhibited by a rare and catastrophic form of epilepsy called Dravet Syndrome. Since she was 10 months old, Ella has suffered from countless seizures that are typically triggered by heat and/or over stimulation. Many of her seizures have lasted between 20 and 30 minutes, but she has also endured at least 6 that lasted over an hour (requiring intubation).

To give some perspective, an Emergency Room doctor once told me that a seizure lasting between 5 to 10 minutes can have the same effect on the body as running a marathon, in terms of wear and tear. Also, children with Dravet Syndrome have a higher probability of passing away from seizures lasting more than 10 minutes.

This brings me back to why running this half marathon is so meaningful. Not only will I get to meet some amazing people, I will get to train with a phenomenal woman and together we will experience just a portion of what Ella goes through each time she has a seizure. My goals are to finish the race, and also to help raise awareness for Dravet Syndrome.

I am sharing a link to our fundraiser page. My friend, Vivian Lee-Shiue and I asked Ella to name our team. Ella decided to name us (with the help of her sister, Clara), “Ella’s Stinky Socks.” Click on the link to read more about the Dravet Syndrome Foundation. The primary purpose is to spread awareness. Any donations are appreciated.

<http://www.kintera.org/faf/home/default.asp?ievent=1154748&supId=0&extSiteType=1>

Dana



Entrance to Topstone park at mile 10ish (half) and 5ish (7 miler)



You run through this in an out and back about 2 miles from the end of the race, but no, you don't run up to the top!!



2012 HALF MARATHON CHAMPIONS, KATI & PETER



Yay – no more hills!!



To all the women finishers.....