



REDDING ROAD RACE NEWSLETTER

16 Volume 5

2/27/16



**What did the
mama cow
say to the
baby cow?**

**“It’s pasture
bedtime.”**



Redding runners

1. SAVE THE DATE – RRR16 PREVIEW RUN - 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 we get the chance to meet you before the race day craziness. Of course, you also get to preview what you're in store for, so buyer beware!!

2. BILL RODGERS MEMORABILIA



Okay – I admit it, my name is John McCleary and I have a problem. I’m a huge, huge Bill Rodgers fan and I’ve purchased a few things. Once it was confirmed that Bill was going to be at the race, I went on a bit of an Ebay BR spending spree, including the unique piece of merchandise below. This sign is from his 1976 Maryland Marathon victory – I will have a big Sharpie Bill!!! Bill will be at the Expo on Saturday, the race on Sunday and will be running the 7 miler. We’ll set up a table and tent for him near the finish line so he can sign your bibs, etc. By the way, I just finished his book, “Marathon Man” and it honestly was fantastic. I think he may be selling some at the race, but, if you can’t wait, grab a copy now, read it, and bring it to the race for Bill to sign.



3. RRR – WHAT GOES INTO A RACE

This race is a labor of love that involves having great volunteers and attempting to be organized (or it will all fall apart). I get a lot of emails from runners asking how they can organize their own races, and here's a basic chronological list of what goes into this race each year. It looks like a lot, but gets easier each year, especially when you remember what needs to be done and have a great group of volunteers that come back year after year.

Timeline:

1. Long Term Timetable

- 8/xx Zoning Approval
- 8/xx Fill out Sponsor Applications
- 11/15/xx Contact Race Timer
- 11/15/xx New Pond Farm Meeting
- 11/26/xx Redding Pilot Race notification 1

12/1/xx	Put race in running calendars
12/15/xx	Early-registration e-mail
12/24/xx	Early Registration
All year	Happy Birthday Emails
12/15/xx	Advertise with Hi-Tek
12/24/xx	Registration e-mail
1/1/xx	Regular Registration
1/1/xx	Complete Danbury Event Application
1/1/xx	Contact Hotels
1/1/xx	Contact Sponsors
1/1/xx	Obtain Health Department Approval
1/15/xx	Newsletter #1
1/31/xx	Newsletter #2
2/1/xx	Contact Fire Department about EMT service
2/1/xx	Obtain USATF insurance
2/15/xx	Newsletter #3
2/21/xx	Organizational meeting #1
2/15/xx	Finalize Medal
2/22/xx	Order Medals
2/28/xx	Newsletter #4
3/1/xx	Contact Pizza place (Lombardi's)
3/1/xx	Contact residents about Aid Stations
3/15/xx	Newsletter #5

3/31/xx	Newsletter #6
4/1/xx	Create New Signs
4/1/xx	Finalize shirt design
4/4/xx	Order runner gifts
4/4/xx	Finalize Bib Designs
4/5/xx	Order Bibs and Bib Chips
4/11/xx	New Pond Farm Meeting
4/15/xx	Order Tent
4/15/xx	Order Tables
4/15/xx	Order Port-a-lets
4/15/xx	Fun Run notification to Redding Elementary School
4/15/xx	Newsletter #6
4/20/xx	Order Food & Other Supplies
4/20/xx	Fill out/email Redding Police Request Form
4/23/xx	Police Meeting
4/25/xx	Organizational Meeting #2
4/27/xx	7 Mile Preview
4/27/xx	Email Alice's Flowers to see if they will be dropping off flowers
4/29/xx	Order Kid's Medals
4/29/xx	Sent out Volunteer job descriptions
4/29/xx	Redding Pilot Race notification 2
4/29/xx	Neighborhood Race Mailing
4/29/xx	Stuff Piglet Bags

4/29/xx	Email Volunteers – times, duties, drop off points
4/30/xx	Final pre-race Newsletter
5/1/xx	Contact Channel 12 News
5/1/xx	Print out Course Maps
5/1/xx	Poster with Bib #s
5/1/xx	Poster with race day time schedule
5/1/xx	Runner roster to timer
5/1/xx	Print out final runner roster (10 copies or so)
5/1/xx	Print out Sponsor List for DJ
5/1/xx	Print out Merchandise Table identifiers

2. Race Weekend Timetable

SAT 8:00am - Positioning of Port-a-lets

SAT before Expo - Walk New Pond Farm

SAT 12:00pm–5:00pm Expo

SAT after Expo - Put up signs

SAT after Expo - Put up cones

SAT after Expo - Drop off Aid Station supplies

SUN 5:30am - Arrive at New Pond Farm

SUN 6:00am – Race Day pickup

SUN 6:00am – pick up food from Uncle Leo's and Caraluzzi's

SUN 7:00am – Drop off candy and ice and candy Zone

SUN 7:00am – Drop off oranges at aid station

SUN 7:15am – Early start

SUN 7:20am – Mighty Cow Start

SUN 7:30am - Piglet Prance Race

SUN 7:45am – Race instruction

SUN 7:55am – National Anthem

SUN 7:56am – Confirm Train has passed

SUN 8:00am – Half Marathon Start

SUN 8:35am – 7 Miler Start

SUN 9:30am – Pickup pizza from Lombardi's

SUN 10:30am- Award Ceremony Starts

SUN 1:00pm – Times posted

3. Post-Race Timetable

5/6/XX Post Race Redding Pilot Race notification

5/6/XX Port-a-let pickup

5/6/XX Post-race report to USTAF

5/16/XX After Event Organizational Meeting

6/5/XX Finisher Magazine Made Available

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4. 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



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. 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).

TWO
DINING AREAS!
EASY ACCESS TO OUR
FIRE TRUCK
TRATTORIA

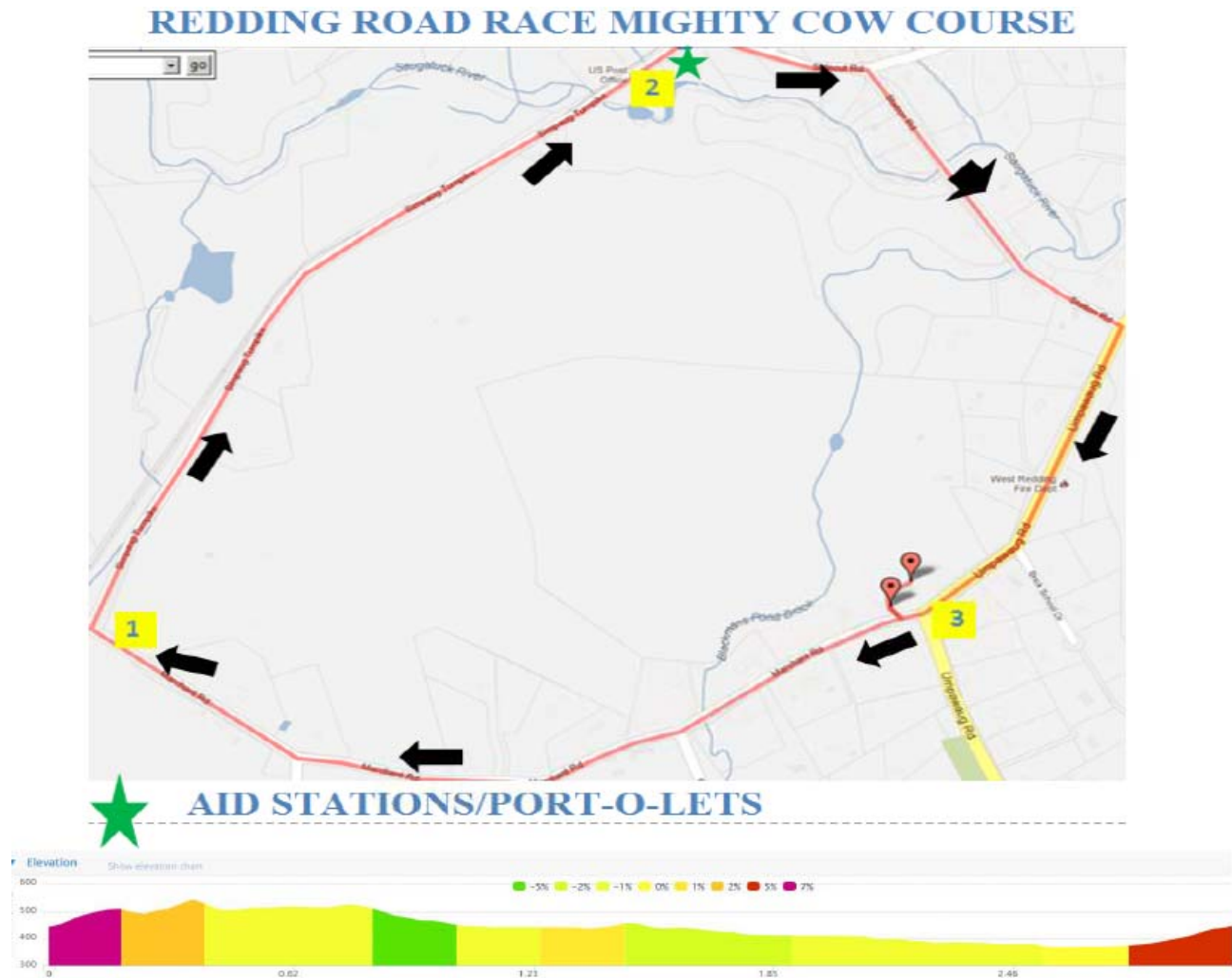


SUPPORT OUR
BOY SCOUTS AND GET
A GREAT MEAL!

7. RACE PREVIEW – MIGHTY COW (3.1 MILE PART)

In this issue, we preview the Mighty Cow 5k race. In upcoming issues we'll preview the 7 Miler then the Half.

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



This 7:20am 5k race (pre half marathon race) for Mighty Cowers is a very interesting race because:

- (a) Do you run it hard and give yourself some time before the half marathon, or
- (b) Do you run it at a more relaxed pace and save more for the half marathon?

The race:

- It starts by the yellow barn near Marchant Street (near where you enter the farm in your vehicles).
- To avoid confusion with race signs, it's run in the opposite direction of the main races: Clockwise.
- Starting on Marchant Road, you make a right and run a mile on Marchant. The first half mile you're presented with some tough up hills but the end of Marchant gives you a very nice downhill.
- After a right turn on Simpaug Turnpike, you run slightly downhill for the next mile, before going straight on Side Cut Road followed by a quick right turn on Station Road.
- You're on the very flat Station Road for a little less than a half mile before making a right on to Umpawaug Road.
- Umpawaug Road starts out flat and ends with a very tough uphill finish. After going slight right, runner re-enter Marchant Road, make a quick right through the barn and finish at the race finish line.
- Grab something to drink and/or eat, hit a port-a-let and get ready for the half!!

8. RUNNER STORY – KATHY

Why do I run? Well, the t-shirt that I have worn for the first three half-marathons I have run explains it all. The front says: "You think running a half-marathon is hard?" The back says: "Try living with a mental illness. #WhyIRun @ConnConnection Follow me on Twitter!"

However, since I run so slowly, I'm usually in the back of the pack, so I'm not quite sure how many people EVER have the opportunity to read the shirt. When I ran the half-marathon in Disney this past January, more than a few people said "way to go" as they passed me. I would like to think it's because they had time to read the shirt – or maybe they were just like most everyone else in this awesome community of runners who encourage each other and cheer them on.

I plan on running the 7-mile race in Redding – I wish I were faster, because I would LOOOOOVE to get a Mighty Cow Hat, but I accept reality. I get equal credit for the town in my goal to run a race in all 169 Towns in Connecticut – yes, I am a member of Run 169 Towns Society – no matter the length of the race. So, seven miles it is.

I run for my mental health. [I have another t-shirt with that saying on it.] Running has provided me the space to empty out my mind and focus on ... nothing. It has introduced me to the most amazing group of friends who are incredibly supportive of each other and always find a way to have fun. Until I joined the Run 169 Towns Society, I would never have considered myself a runner. Yeah, I went to races, started them and finished them in an upright position, but I never thought of what I did as "running" – mostly because I'm so darn slow. But my friends have convinced me that speed truly doesn't matter, and I believe that I'm the one getting the most value for my race entry fees because I'm out on the course longer. I can't even fathom being done with a 5K race in less than twenty minutes. (To be honest, I'm working on consistently breaking 40.)

The other reason I run is because I love to raise money, and running provides me the opportunity to do that. Whether it's making sure that I turn on my @CharityMiles app every time I go for a walk or a run, or setting up my own crowd-sourcing websites to raise money for the nonprofit organization I serve as Executive Director, knowing that someone is benefiting from my time on the treadmill or out on the roads is a win-win.

Currently, my fundraising is focused on Connecticut Legal Rights Project, since – let's face it – maintaining funding is a huge part of my job. CLRP is a nonprofit legal services agency that represents low income adults in Connecticut who have, or are perceived to have, a psychiatric disability. We deal with matters related to

treatment, recovery, and civil rights. CLRP give voice to our clients' choices in administrative, judicial, and legislative venues to enforce their legal rights and assure that their personal choices are respected and individual self-determination is protected. CLRP develops and supports initiatives to promote full community integration which maximizes opportunities for independence and self-sufficiency.

Since I am a person living with a diagnosis of bipolar disorder, this work is very meaningful to me. As you can imagine, it's also a wee bit stressful. Being able to put on my sneakers and run is one thing that has made it possible to do this work – it's been a key to maintaining my own recovery, and given me the strength to support others in theirs.

[If you would like to support CLRP's work, you can go to our website www.clrp.org and click on the "Donate Now" button. If you live on your smartphone as much as I live on mine, text CLRP to 50155 and you will receive a reply that asks for the amount of your gift and bring you to a secure website.]



9. RUNNER STORY – BARBARA

YOU CAN STILL WIN AND COME IN LAST

Two years ago, I ran this race. My story was in the first newsletter. I run despite my issues with having 3 spinal cord surgeries for tumors, scoliosis and degenerative disc disease. Then I was just a regular runner, a back of the packer. My neurosurgeon tells me I will just get slower and slower until I will no longer be able to run. I use to run a 12 min mile and now I run 14-and up. Now I am an Achilles Runner. Best decision ever to join Achilles International. Achilles gives me the confidence to get out there and the support of having a guide by my side. I run with the NYC Chapter and am very thankful that the CT Chapter will be providing me with a guide for this race.

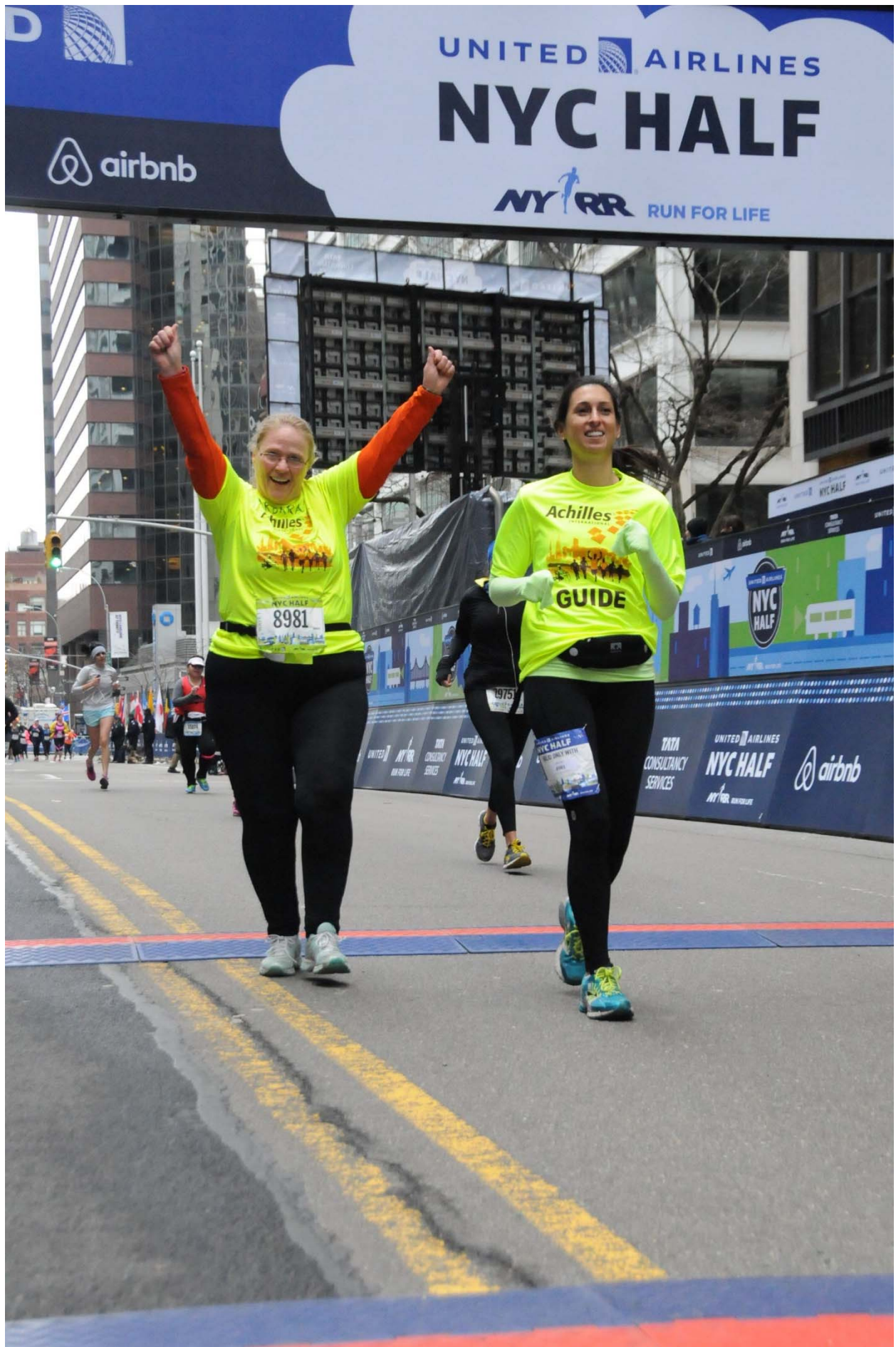
I may be slow and getting slower, but I was always able to say "I've never been last" until September 26, 2015. On this day, coming in last, I experienced what it must feel like coming in first place and winning the race. It was a moment that I will never forget. This race, last place, one of the greatest moments of my 6 year running history. I wrote about my experience on Facebook. My story was shared many times and I was reached out to for permission to include it in an online news article. This is the story. I hope you enjoy reading it. This is the link:

<http://gsruns.org/index.cfm/gsr-picks/oktoberfest-10k-results/>

I won't be the only Achilles Athlete at the race this year. Look for us in our bright yellow shirts. Stop and say hi. One of the best things that running has brought into my life are the people that have I have met. Runners are special.

Happy Running!

Barbara



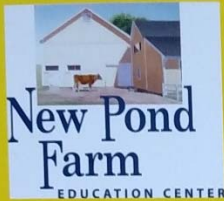
GOT 13.1 PROBLEMS



COW PIES AINT ONE OF THEM



REDDING ROAD RACE "A RUN FOR THE COWS" ESTABLISHED 2012 REDDING, CONNECTICUT



First runner gift is in the house, this 12"X17" poster. Safe training,

John