



## REDDING ROAD RACE NEWSLETTER

16 Volume 7

3/24/16

## 1. SAVE THE DATE – RRR16 PREVIEW RUN

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!!

WHEN: Sunday April 10<sup>th</sup>

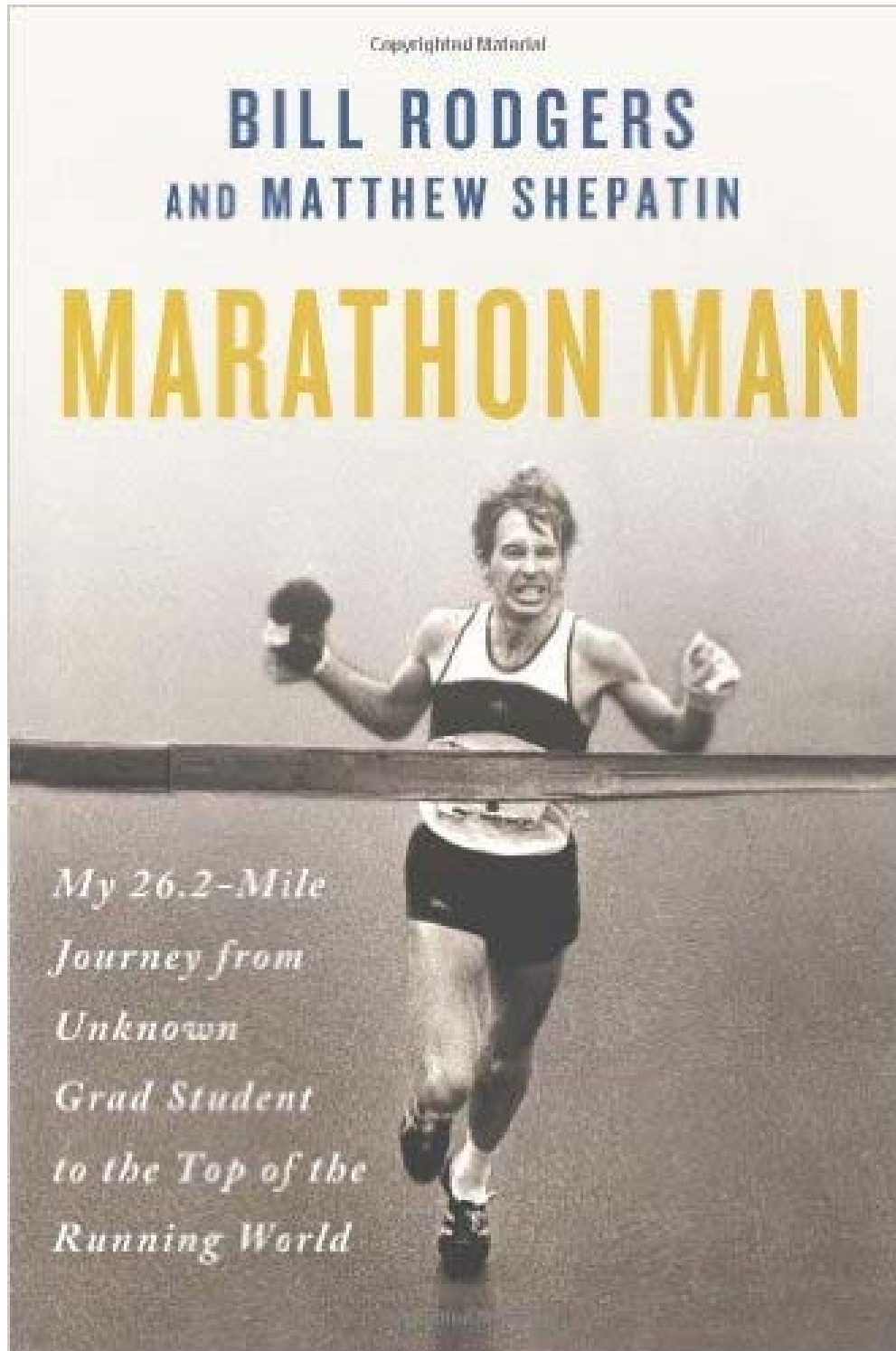
TIME: 8am

WHERE: At the corners of Side Cut Rd, Simpaug Turnpike and Long Ridge Rd. See the map below, **X** marks the spot to park. This is almost 2 miles into the regular race and is near the Post Office, Metro North and Lombardi's.

WHAT WILL BE THERE: Typically runners, coffee, water, Gatorade, donuts and I will arrow the course so nobody gets lost (hopefully).



## 2. BILL RODGERS: MARATHON MAN



[http://www.amazon.com/gp/product/1250016983?keywords=rodgers%20marathon%20man&qid=1457553378&ref=sr\\_1\\_sc\\_1&sr=8-1-spell](http://www.amazon.com/gp/product/1250016983?keywords=rodgers%20marathon%20man&qid=1457553378&ref=sr_1_sc_1&sr=8-1-spell)

### 3. FROG FROLIC – ALWAYS THE DAY BEFORE THE RACE



**FREE  
ADMISSION**

**FREE  
PARKING**

# FROG FROLIC

21st Annual Children's Country Fair

**10 AM - 4 PM**  
**SATURDAY**  
**APR. 30<sup>TH</sup>**

**REDDING COMMUNITY CENTER**  
**37 LONETOWN ROAD . REDDING**

**Inflatables • Entertainment • Food • Games**  
**Silent Auction • Cake Walk • Bubble Garden**  
**Crafts for Kids • Touch-a-Truck • Book Sale**



 **MARK TWAIN  
Library**  
• Books Are Just the Beginning...

Proceeds benefit the  
Mark Twain Library.

[WWW.MARKTWAINLIBRARY.ORG](http://WWW.MARKTWAINLIBRARY.ORG)

#### **4. VOLUNTEERS ALWAYS WANTED**

If anybody has friends or family that would like to volunteers race day, by all means – email me. All volunteers get the same race gifts as the runners and help make this event one of the best you'll run.

#### **5. 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!**

## 6. DANBURY ANIMAL WELFARE SOCIETY 5K RACE

The RRR always have a soft spot in our hearts for animals!!

<http://www.daws.org/events/4th-annual-run-your-tail-5k>

### 4th Annual Run Your Tail Off 5k



**4th Annual**  
**RUN YOUR TAIL OFF**  
**5K**

**Sunday, April 24<sup>th</sup>**  
**8:00 am**  
**The War Memorial**  
One Memorial Drive | Danbury

#### Event Details



**4th Annual**  
**RUN YOUR TAIL OFF**  
**5K**

**Sunday, April 24<sup>th</sup>**  
**8:00 am**  
**The War Memorial**  
One Memorial Drive | Danbury

**Apr 24 2016**  
**8:00am**  
**The War Memorial**  
**One Memorial Drive**  
**Danbury, CT 06810**

#### *We have a certified course*

- \$30 runner registration fee
- \$5 per dog
- Kids' Fun Run - \$15 per child

We'll also have...

- 
- |            |            |
|------------|------------|
| • T-Shirts | • Prizes   |
| • Medals   | • Post-Run |
| • Bandanas | Snacks     |

## 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 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. NEW RACE SPONSOR



EverWonder Children's Museum in Newtown is proud to serve as a sponsor of the 2016 Redding Road Race! EverWonder is a 501(c)(3) nonprofit organization serving children and families with science and art workshops, activities and hands-on exhibits. Incorporated in January 2011, EverWonder's mission is to cultivate a lifelong love-of-learning in children by encouraging them to think, inquire and wonder about the world around them through the use of

hands-on exhibits and demonstrations. The museum strives to be a place where children leave feeling enlightened, inspired and empowered.

EverWonder's founders perceived a gap in the market as there are no other STEM focused children's museums serving Northern Fairfield County. They recognized that a children's museum enhances the community by providing children the opportunity to explore, learn and develop a fundamental love for learning during the most formative years of life. What began as a grass-roots effort has grown into an organization that is well known and respected by children, families, educators, other civic organizations, town officials and community leaders.

The museum serves children 12 and younger and their families at its 6,500 square foot facility at 31 Pecks Lane in Newtown. The museum space is open to the public 6 days a week. Additionally, the museum participates in community events, offers on-the-road services to local schools, hosts field trips and birthday parties, and accommodates special-needs groups and visitors. Additionally, as a way to engage community members, promote upcoming programs and a means to conduct general outreach, EverWonder routinely participates in local events and festivals.

EverWonder Children's Museum inspires children, builds a foundation in STEM education for future innovators and leaders, provides resources for educators to carry those same inspiring and engaging techniques into their classrooms, acts as an anchor for the community, helps the local economy and provides a place for families to spend quality time. In these ways the museum benefits local communities and visitors from the Northern Fairfield county region and beyond.

Please stop by the museum's sponsor table on race day to enter a raffle to win a free one-year family membership. This is a special raffle solely for Redding Road Race attendees, so someone will leave a winner! To learn more about the museum or plan your trip, please visit [www.everwondermuseum.org](http://www.everwondermuseum.org).

## **9. RUNNER STORY – CEREN**

I've read several runners story's and have to admit I am quite intimidated by the experience and accomplishments of everyone. I wanted to add my two cents about my meager running history and hope it gives some a little encouragement and maybe a chuckle.

My name is Ceren, I am a 48 year old woman who has smoked for 30+ years. I own and operate a small cleaning company and always thought I was physically active until the following conversation basically happened with my sister Cathy (who is a Redding Road Race Legacy Runner).

“Mommy said you quit smoking?”

“Trying to, my last cigarette was Halloween night”

“ What are you doing Thanksgiving morning? “

“ Nothing, I was thinking of going to cheer you on in Redding”

“ No, you're running it”

That my friends is the beginning of my story and the challenges.

You see, I have a painful and life challenging disease called Crohns, so along with the regular challenges of running I get to deal with a few extras that “healthy” people don't even think about. First Challenge – how to run with an intestinal disease.

I now had only three weeks between my last cigarette and my debut 5K so once my walk/run route was mapped out in my head so I could pass as many public restrooms as possible “just in case”. I mustered enough courage to stray out of my comfort zone while trying convince myself to stop worrying about “what ifs.” I grabbed my phone, loaded with music and the Couch to 5K app, strapped it to my arm and off I went.

Let me just say that while I am ever so pleased that we've had such a warm winter for motivation, my route takes me by the fire station. This was by my sick humorous design. See, I figured if I was going to die from trying to be healthy, what a better place to do it? It's also the last restroom for a few blocks and who am

going to lie to, it was warm weather and they wear short sleeves, I needed all the motivation I could get!

Of course it never failed that either I would run out of energy or the darn beep and the digital voice would tell me to “begin walking” right in front of the station. By the third day of my suffering my “motivation” offered me oxygen. I figured at this point, I had better pay attention to why I looked like such a hot mess. On the fourth day by the station, this nicotine deficient middle aged woman was going to show THEM who needed oxygen. I took a nice deep breath in, stood up tall, paced with the music and stared straight ahead. I made it past the motivational arms, even pushing myself around the corner, where I realized I had been running almost doubled over from the intestinal pain by the time I got to the fire house. Next Challenge - to work with the pain.

“Carbing up” ? I am lactose and gluten intolerant (as are many with Crohns) so dietary needs and tolerances are different every day. I have to be careful of what I eat. I also can't eat or drink anything the day of a run because let's face it, there may be a water stop at mile two, but the restroom is at mile three or in this race mile seven. Challenge – how to maintain energy.

“If you're going to run, you're going to run right” Cathy informed me “You need proper foot wear” and off to the running store we went where we met Tim. Tim explained that he will measure my feet (which turn out to be two way different sizes) get some history about injuries, surgeries and any physical problems and watch me walk. “Shoes off and roll up your pant legs” “Walk up and down the aisle” “run up and down the aisle” “squat” “stand and pivot” I could only imagine boot camp being less rigorous but, I have a good gait, straight feet and a nice stance, (explain that to the “arms”). As Tim walked me to the “wall of fame” and pointed out some shoes that would be good for me I explained I would prefer something simple and less flashy. Then with every pair of running shoes I try on comes more running and walking thru the store. After about an hour in the store, I think Cathy started to regret bringing me but she proved endurance isn't just for running! We walked out with a pair of bright pink and gray platform looking but running on air feeling sneakers! So, as I embrace my new flare for footwear I know there is no turning back now.

Breathing is something everyone just does. I mean most people don't even think about it. I do often because I use breathing techniques to get me thru the crippling Crohns pain, but what I was experiencing was strange. Usually around halfway into my walk/run my lungs stop working (or maybe they over work) I don't really know, yet my body kept moving so I kept moving. I decided a doctor might know, I mean, I like my “arms” but only from afar. After a battery of tests: have no emphysema, my lungs are clear and my heart is sound. I have concluded that after all the years of smoking my lungs were in shock at fresh air.

Timing is another challenge, I am like most everyone else, I need to find the time to go out and train, but there is medication timing. I already have the restroom and food issues to deal with, I also don't want to take the medications that make me nauseous before a run, then there are some medications that need to be taken with food, all of this means I need to weigh out how I feel vs. being far from the finish line during a run, and my favorite, never nick a muscle in the thigh when injecting another medicine before running!

Once I figured out the logistics of running, I enjoy it, just don't ask me when I am tired and out there because I will deny it but, I have entered (and finished) a few other 5Ks. I found that for me as with others out there, it isn't the speed or length of the road race, it's the great feeling of accomplishment, of knowing there are others out there who have issues too, and yes, running is mostly an individual sport but one where I feel like a part of a team. There is nothing better to me than the feeling that I crossed the finish line on my own two feet under my own steam with a family of perfect strangers cheering me on!

So when you see my sister Cathy (Bib no. 230) as she crosses the finish line from the mighty cow please give her an extra cheer, because without her I wouldn't be crossing the finish line (probably way after her) from my seven miles.



I am on the left, Cathy is on the right!



## **10. RUNNER STORY – DAWNE**

2009 was the year it all started. My journey to be better than I had ever been before. Sure, I exercised prior to that year but this was the year I pushed myself. Why? Because a lot happened and I had to deal with it.

My husband lost his job that year. I was in the doctor's office with one child who had strep when my cell phone rang and Matt broke the news. He was clearing out his desk and coming home. My gut sank because I did not know what was going to happen. I had been a stay at home mom for 13 years at that point. You can imagine the questions and concerns going on in my head as I had to pretend to my son at the moment everything was going to be ok.

My husband went on to be self-employed and start his own business as a graphic and web designer. At the time our children were 12, 9 and 5. As much as I was scared inside of how we were going to survive, I had to be sure to let my kids know things were going to be ok.

Fast forward to fall of that year. Another life changing event. We had to give up our dog. He became aggressive and was a threat. It was the hardest decision I ever had to make and even harder on my family. I felt like I gave up my child, but it was the right thing to do.

So I had a lot going on as I said. Matt was dealing with anxiety, work was getting off to a start but slow. Bills were piling up and I was working with creditors to help us out.

I decided to take a walk down to the farm near our house to clear my head. It was a warm September morning. I had never ventured outside our yard prior to that. There are a lot of hills in the area to conquer. I walked the first few days but one day I thought to myself, " I am going to run." I had never run before because I was afraid I would be too slow. I was afraid I would never be able to do it. I decided to challenge myself because what the heck I faced quite a bit of challenges that year and this was no different.

I started with running from one mailbox to the next. Then I would walk the rest of the way. The next day I increased to the next mailbox and each day I added a mailbox or a landmark to the point I could run the whole route. I had never done

that before. Ever. The feeling I had after a run was immense! I felt like all stress left my body and my head was clear. It made me feel like I could face and conquer any challenge that came in my life. I was proud of myself for challenging myself to do something I was afraid of. Seven years later I am up to 8 miles and working toward my first half marathon this spring.

What does this have to do with all of you? I am telling you all that you have to start somewhere. It takes discipline, motivation and accountability. You want to get healthy and fit but are then afraid to start or don't know where or how? Start slow and go from there. I have the tools and ability to show you how. During all that time I also became a certified personal trainer and group instructor. I am also a Beachbody coach where I help coach you on your journey to be healthy. Let's do this!

Cheers,

John

**WARNING: RACE GIFTS ARE ON THE FOLLOWING PAGES**

Turquoise



COOL MAX SHIRT



FINISHER'S MEDAL



COOLMAX VISOR



TRAVEL BAG



STADIUM CUP



COW BELL



BUMPER STICKER



New Pond  
Farm  
EDUCATION CENTER



REDDING ROAD RACE  
"A RUN FOR THE COWS"  
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"A RUN FOR THE COWS"  
HALF MARATHON  
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HALF MARATHON BIB



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PIGLET PRANCE BIB



PIGLET PRANCE STUFFED PIG



MIGHTY COW HAT



## HOODIES

Suggested



ITEM SHOWN At 50%

## AGE GROUP WINNERS CUTTING BOARDS



AGE GROUP WINNERS MUGS



1ST PLACE TROPHIES



AGE GROUP MARBLE COASTERS