



## REDDING ROAD RACE NEWSLETTER

16 Volume 8

4/6/16

## 1. SAVE THE DATE – RRR16 PREVIEW RUN

Preview weekend is here!! Weather looks chilly but at least sunny.

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

TIME: 8am if you plan on running 10-13.1 miles, 8:45am if you plan on running 7 or less

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. 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)



### **3. 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.

### **4. 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!**

## 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. FREE MASSAGE FOR AGE GROUP WINNERS!!

We have several great massage therapists associated with the race including Tony of Tony’s kneaded Touch and 7 miler back-to-back champion Susi Manheimer of Susi Laura massage. A new sponsor, Gina Rittschof has generously offered a free one hour sports massage to all age group winners. Gina is a recent transplant to Redding from California where she had a 16 year old sports massage practice working with Olympic, professional and nationally ranked top age group Ironman triathletes, cyclists, runners, snowboarders, skateboarders, tennis players and golfers. She has a home office and also does outcalls. She will be doing a free clinic at the expo on April 30th at 3pm talking about stretching, self-massage and body maintenance tips.

## **7. FAIRFIELD THEATRE COMPANY LOOKING FOR RUNNERS**

Greg Young, owner of Ola! Granola (former Title sponsor of the Redding Road Race) is looking for runners to run on the theatre's team at the Fairfield Half Marathon.

Please see below link:

<https://www.facebook.com/events/456395124566437/>

Team FTC is group of volunteers who are raising money for the Fairfield Theatre Company by participating in the Fairfield Road Races on June 25th and 26th. This is one of the biggest road racing events in New England attracting thousands of runners and fans over two days. Team FTC members commit to run in either the 5K on Saturday the 25th or the Half Marathon on June 26th. As they train for the big race, they raise money and solicit donations for FTC. The Fairfield Road Races organization also donates the proceeds from the races to local non-profits. This year FTC will receive a \$5000 grant that will be matched by donations from Team FTC. Team FTC currently has over 100 participants and the team hopes to raise at least \$15,000. Proceeds from this year's fundraiser will go toward renovations and upgrades to FTC's iconic StageOne Theatre. This theatre hosts over 140 shows a year and is regularly voted the Best Live Music Venue in Fairfield County.

Greg young

203-969-5783



## **8. RUNNER STORY – LOUISE**

So here's my story.... Not too inspirational and not too well written, but it's my story.

For almost 16 years I was a SAHM (Stay at home mom) raising my four children. My life was all about them. I knew the day would come when there would be time for me. They were only going to be young once. When the youngest started middle school I returned to work full time at the University of Hartford. After two years of adjusting to working full time I began some changes not only for my physical improvement but also to challenge myself intellectually.

A co-worker encouraged me and in January 2001 I took my first college class. I had never taken any college classes. One class led to the next, which led to the next. In May 2005 I completed an Associate's Degree (in running, a half marathon). I then continued taking classes one at a time until I eventually completed my bachelor's degree in 2013 (the full marathon). Summa cum laude I might add! Obtaining my degree opened doors for better opportunities for me at the University. As Assistant Secretary of the University I now sit in on Board meetings and Executive Committee meetings of the University. Fun stuff!

In those 12 ½ years while taking classes so much happened in my life. Four children began and completed their bachelor's degrees, two received their master's degrees, two children got married, three grandchildren were born (we currently have six), my father in law passed away, my father moved in with us, my father went to a nursing home, my father passed away, and my husband Robert was diagnosed with colon cancer. Life was passing by in the fast lane while I was chugging along in the slow lane.

Around the time I started taking classes, I decided to improve my physical fitness too. I was 41. My husband had always been an avid cyclist, so I thought I would try that. My first ride out was on September 4, 2001. We rode six miles. I remember the date since it was exactly one week before 9/11. That first fall I put about 400 miles on my bike and I was hooked. Subsequent years I clocked over 1500 miles on my bike each year, including two centuries, one of which was a charity ride from Boston to Hyannisport.

I continued cycling and at age 48 I bike rode the coast of Maine. Three hundred miles in five days. My favorite story occurred in Portland. I was stopped trying to figure out how to cross a river without having to go on the highway. Another cyclist stopped to assist. When I told him what I was doing, I think he was impressed as he asked “Wow, that’s cool.... Cause how OLD are you?” I took that as a compliment. I’ve also completed New Hampshire, ½ of Massachusetts and 2/3 of Connecticut. Mostly all on Rte 1.

In the fall of 2011 I decided I needed a new challenge. My daughter Julie was the runner in our family, having completed numerous marathons and even more half marathons. So I started running at age 51. My first run on the treadmill was .25. That’s right, a quarter of a mile. I did that three times the first week and then increased it to .3 for a week. Then .4 for a week. When I got to one mile, the weekly increases were .2, until I got to three miles. I completed my first 5K at the O’Hartford race in 2012. I went to the race with my husband’s encouragement but not his presence. He had just been released from the hospital from his colon cancer surgery and encouraged me to go. My daughter Julie did the race with me, coaching me along the way. At the end of the race she stated “I’ll meet you at the car....I’m going to go running now”. OUCH, I guess I was too slow for her.

I continued running, completing a few more races including the Manchester Road Race. In spring of 2013 I increased my running and checked out a training schedule for a half marathon. I was now 52 year’s old. Just looking at the schedule one week at a time wasn’t too intimidating and so I continued my training. The 10 weeks brought me to the first weekend in June when the Ironhorse Half Marathon is held in Simsbury. That was the perfect race for me. So close to my house that I even did some training on the course. My first half marathon was going to happen. I completed it on June 2, 2013 under extreme heat conditions. The RDs had us walking at the end since they had run out of ambulances. I had listened to my body and felt great. But I did say ONE and DONE. I did one more 5K in July 2013 and then running tapered off for me. I returned to mostly cycling.

In 2014 we bought a pool so that we could enjoy some time with the grandchildren. Every afternoon I enjoyed floating around and would do a few laps around the perimeter before calling it a day. When we closed the pool at the end of



the summer, I moved to an indoor pool and would do the doggy paddle for a few laps then walk a few laps. After purchasing goggles, I actually started swimming like a real person, doing a pretty decent freestyle stroke. Around March 2015, I swam a full mile. I was happy to share that with my daughter's cross country coach, Kathy Manizza, who is also a tri-athlete. She encouraged me to do an indoor TRI. Which I did in April 2015.

It was time for another challenge. I felt good enough to do a sprint triathlon. Since I hadn't run a 5K race in almost two years at this point, I found a local race and did my "training triathlon". I bike rode to the gym, swam a half mile, bike rode to the race, ran the 5K, then bike rode home. At this 5K in West Hartford, I met Richard, a member of the Run 169 Towns Society. He talked about the group and I listened. I went to their website and even registered as a member. Summer of 2015 was spent training for my sprint triathlon.

I completed my first triathlon, a Women's Sprint Tri, in August 2015 at age 55. It was a great feeling. I didn't consider myself a runner, but the running portion of the tri was my best event. If you don't know, when you do a tri, they write your age on the back of your calf. I'm not sure why, but they do. That was my motivator. The run was a trail run which I had NEVER done before. My confidence rose so much as I kept passing ladies who were younger than me. I actually got quite the attitude as I passed these women. My running time placed me in the middle of the runners!

After that was over I was now in the best shape I had even been. I had lost 17 pounds and felt great. Now what could I do to keep the momentum going? Ah... that Run 169 group, maybe I'll do that. So on September 7, 2015 I began the journey of running a race in every town in CT. I would be so much further ahead on the trek if I had done some official 5Ks while training for the tri last summer. Oh well, the towns aren't going anywhere. As of this writing I have 51 towns complete and Redding will be town # 60. Once in a while I'm lucky and get to place in my age group. I have also started to run races when I visit other states. Four down, 46 to go! I'm a RUNNER!!! I'm keeping track of my races with a pictures and notes.

So now I'm going to be running my second half marathon at the Redding Road Race. The friends I have met through the Run 169 Towns Society are just awesome. They are the reason I'm registered for this race. Stacey Fulton and Lori Riley, thanks for the push. Contrary to all the whining I have done, this has brought me to the next level and I thank you. My neighborhood runs have gone from four miles to six miles to eight, to ten. Last week's training run was 14.5 miles with eight of those miles with Kelly Pabilonia, who will be one of the pacers at the Redding Road Race.

My daughter has given me my next challenge..... a marathon. YIKES. I think I can, I think I can, I think I can. So here's to 26.2 at age 56 next fall.



## **9. RUNNER STORY – JESSICA**

### **From the Back of the Pack**

I never expect anyone else to share my dreams or even understand why I run. I do it for myself. For 26 years, I rode and showed horses competitively. I was even the Connecticut and New England Champion of my division one year. Then one day because of health concerns of my doctor, I had to give it all up. After all the horses were gone, I tried a lot of different sports like triathlons, ski racing, and even golfing. However, I kept getting drawn back to running. I find running to be very fulfilling, and it has nothing to do with how I finish in the race. I am usually at the back half of the race kind of runner. It's cliché to say but it's not about the destination but about the journey. I love the training process and keep going to races for the challenge and the adventure. I choose races like Redding Road Race because they aren't easy or flat. It seems the harder the race or the worse the conditions the better I run.

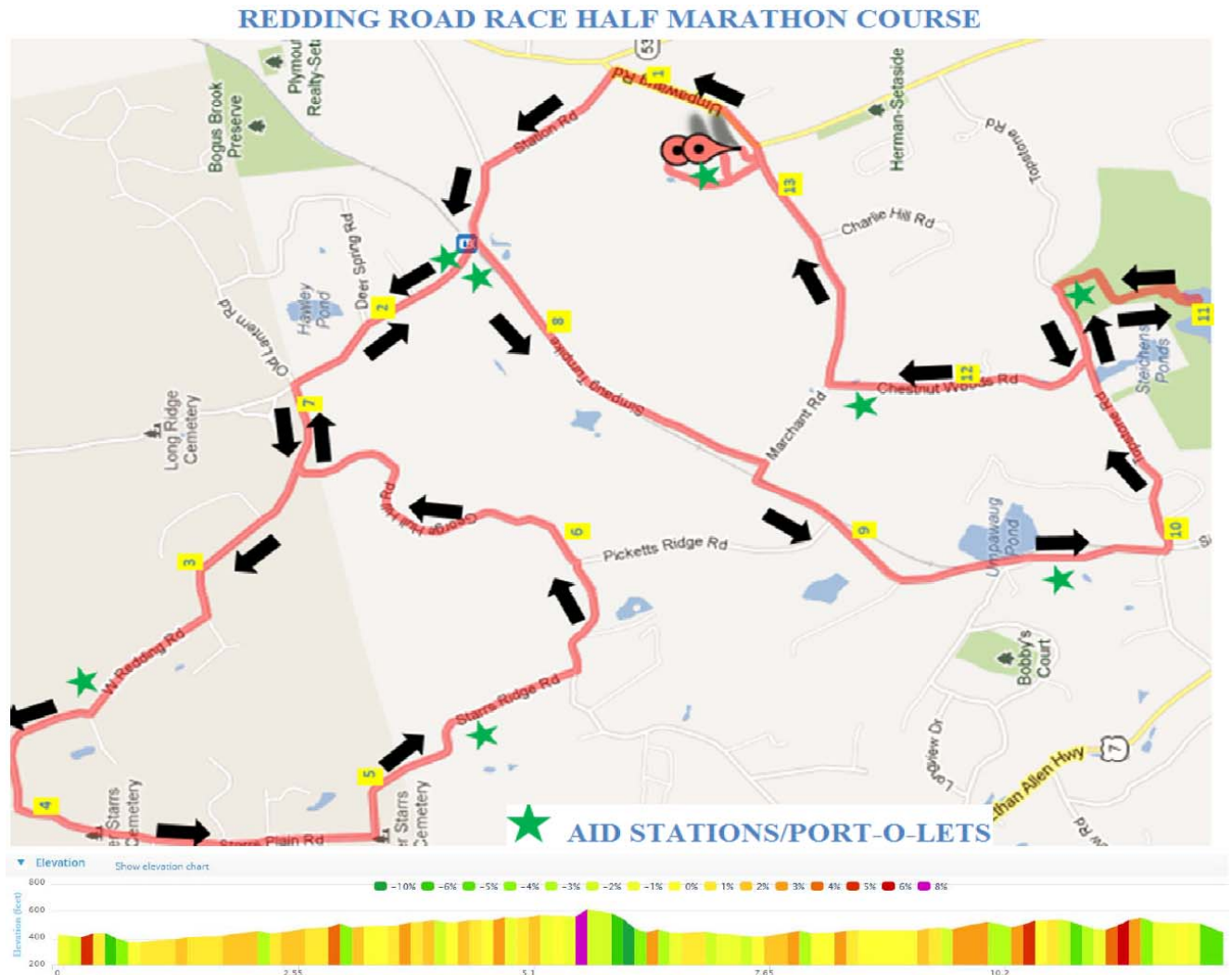
The community of runners is like no other. Most times even though we are racing against each other, runners will support you, make sure you are ok, and even give you anything they are carrying to help you finish your race. The friends I have made, the people I have met, and the places I have been are irreplaceable. I never let time dictate anything I do, because ultimately all we can do is give it our best!

My message is anyone can run, we were all beginners once. Never give up and always chase your dreams. If I can do it, then you can do it too! I look forward to taking on the Mighty Cow Challenge at Redding Road Race this year!

## 10. HALF MARATHON

In this issue, we preview the Half Marathon. The map below is a bit small to read, but you can access it using this link:

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



The 2016 course remains the same since 2013.

**START:** We start on the farm again this year, about a 20 seconds walk from the pre-race festivities!! After picking up your race bag with all the race schwag in the big tent (if you haven't already at the expo the previous day), utilize one of the 25 port-o-lets have some Redding Roaster coffee, bagels and donuts from Uncle Leo's, bananas etc. then proceed to the start on the main trail of New Pond Farm.



**THE RACE WILL START ON TIME, 8:00 for the half, and you start out doing a clockwise victory lap**



**MILE 1:** The first 6/10<sup>th</sup> of a mile is on the farm, with amazing views. There are a couple of bumps, but, if you're noticing the hills now, uh oh!!! When you exit the farm, and make a left onto Marchant Rd, be sure to view the circa 1789 school house just before mile 1. Overall, it's a pretty easy first mile as there's a significant downhill after you exit the farm.





**MILE 2:** This downhill leading to flat mile takes you on the beautiful Station Road then through the “heart” of Redding (lol). **The 7 mile course diverges from the half at the tracks as 7 milers go straight (avoiding the tracks) and the halfers go right to do a 6 mile loop.** Aid Station #1 is located at the end of Long Ridge Rd, at about mile 2.4.



**MILE 3:** This relatively flat and non-descript mile takes you into Danbury – be careful of the sloped footing in your initial trek into Danbury on West Redding Road. Aid Station #2 is located at mile 3.5 on your right.



**MILE 4:** Mile 4 starts with a short double climb followed by a nice downhill. Otherwise, a relatively flat mile is highlighted by a cool waterfall on the left, water permitting.





**MILES 5/6:** The race, in all seriousness, starts here as these miles are bumpy - no long hills nor very steep hills - just numerous ones. Run smart and don't lose your race here. At mile 5.2 look left and you might see some exotic animals. Late in mile 5 you'll be re-entering Redding and the 3<sup>rd</sup> Aid Station located at Camp Playland at mile 5.3. Approaching mile 6 you'll encounter the race's steepest hill on Picketts Ridge Rd. Don't let it scare you, as the easiest part of the course is next.



**MILE 7:** Recover from the previous 2 miles of hills on the nicest downhill part of the course on George Hull Rd. Enjoy the beauty of this one mile long, mostly downhill, undeveloped road.



**MILE 8:** This slightly downhill portion, in which you complete the 6 mile loop retraces mile 3. Aid Station #4 (the same as Aid Station #1) greets you right after Mile 7.

**MILE 9/10:** Watch for merging runners as you welcome back the 7 milers!! These relatively flat miles take you on the really cool Simpaug Turnpike and over the Simpaug Bridge. The entire 2 miles run parallel to the train tracks. Make sure to take in the views – streams, a lake, a lot of woods, maybe a train?? Aid Station #5 is at mile 9.1.





**MILE 11:** This mile takes you on the challenging Topstone Road into Topstone Park. The road and park are extremely pretty but there are three decent uphill you'll have to circumvent. All the hills are short, but, on the back half of a race, nothing is easy. You're rewarded here with Aid Station #6 – the famous candy/soda and cold sponge zone. The out and back starting and ending at Chestnut Woods Rd and going into Topstone Park is 1.1 miles. It's the high five zone where you can congratulate runners going in the other direction, but body checks are NOT ALLOWED – this is a non-contact race!!







**MILE 12:** Mile 12 takes you on a loop by Steichens pond where you'll actually run to a beach (but luckily not on it). After doing the short loop you re-trace your steps out of Topstone Park (with Aid Station #7 – candy zone revisited) and onto the beautiful Chestnut Woods Road. This mile is an easy downhill one so revitalize and re-energize for the hiccup hills. Remember to say “hi” to runners in the out and back.



**MILE 13:** The final mile takes you to what I call the hiccup hills – a series of 3 quick uphill which would be easy if they weren't near the end of the race. Just keep in mind that once you get over the three, you're presented with a mostly flat to downhill last 8/10ths of a mile. Aid Station # 8 is located at mile 12.3- right after this aid station look to the right and you may see some horses.





**FINISH:** Take a sharp left at mile 13.05, go through the barn and the finish line is steps away. After the finish, collect your medal, get a massage and go to the big tent (steps away from the finish) for the party, food and awards.





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

**[www.newpondfarm.org](http://www.newpondfarm.org)**

Cheers,

John