



## REDDING ROAD RACE NEWSLETTER

16 Volume 9

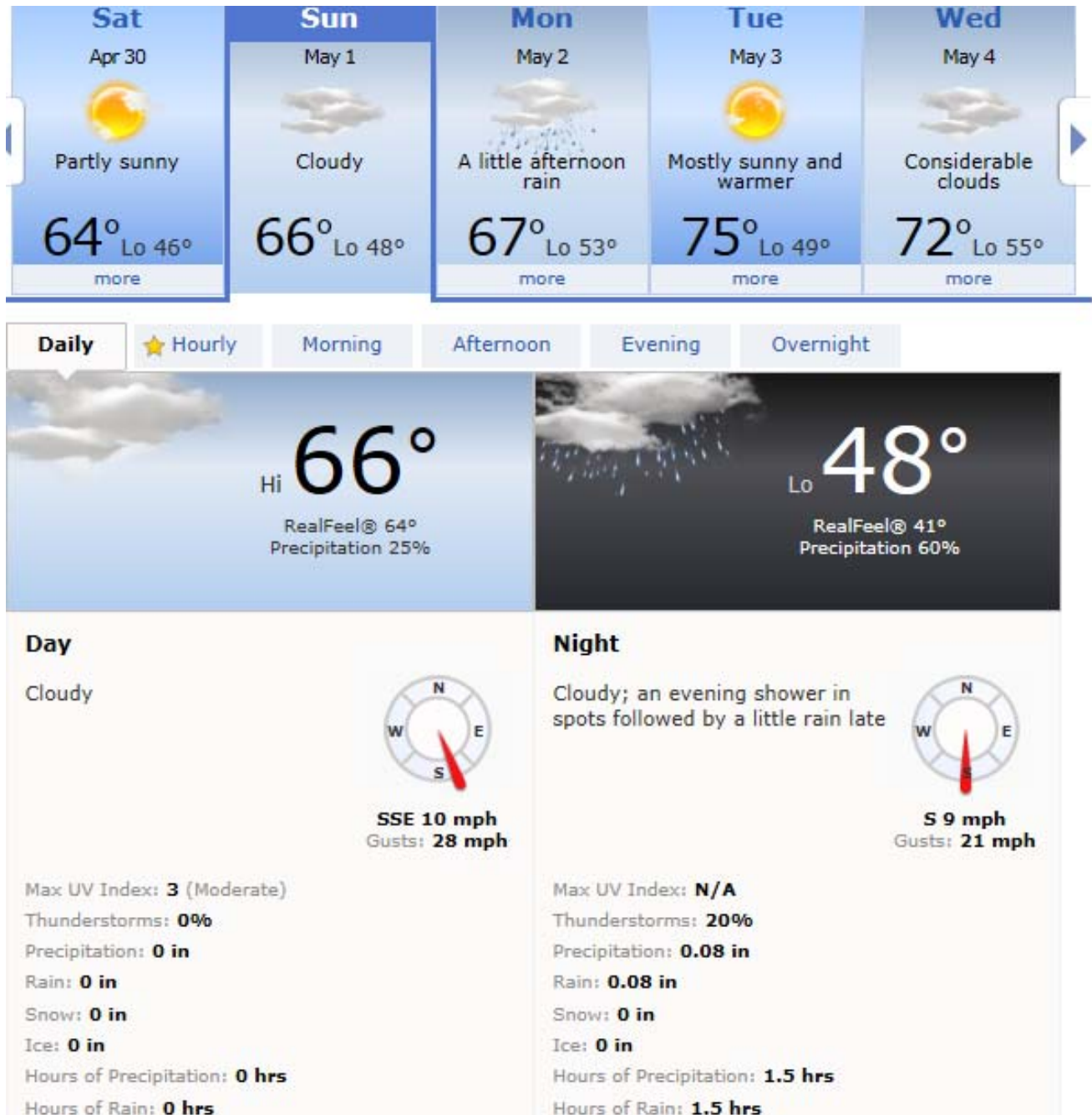
4/20/16

## 1. AID STATION VOLUNTEERS

We're looking for one team of 4-5 volunteers to man an aid station. Email me if you have a team of volunteers, or single volunteers we can group together.

## 2. WEATHER FORECAST

I know it's early, but.....let's hope the forecast holds



### 3. BEAST PACING

I don't really recommend going for your half PR on this course (unless it's your first half) BUT if you have a time in mind and would like some pacing help, run along with the Beast Pacing team:



#### 5/1/16 Redding Road Race Half Marathon

#### [Redding Road Race Half Marathon](#)

#### Pacers

1:40 [Jason Ebbeling](#)

1:50

2:00 [Adam Osmond](#)

2:15 [Jo Blackmore](#)

2:30 [Kelly Pabilonia](#)

2:45 [Chuck Taylor](#)

3:00 [Kim Scharoff](#)

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#### **4. PAST RACE MERCHANDISE TABLE**

I'm emptying out my basement and I've got merchandise from past races, available for free. All the stuff will be located on a merchandise table at the farm, by the big tent and by the bib number tables. It will be put out at the expo on Saturday and will be gone probably that day. Some items available:

- About 15 2015 RRR Race tech Shirts
- About 65 2015 Great Turkey Escape Long sleeve tech shirts, most of which are Womens Medium (perhaps I ordered too many Womens Medium??)
- About 30 Redding Running Club Tech Singlet and tech short sleeve shirts
- 8 2015 lunch bags
- 2 RRR water bottles
- About 25 RR glass mugs

#### **5. QUICK RACE Q'S ANSWERED**

- **When can I pick up my race bag and stuff?** All race logistics will be covered in the next, and last, pre-race newsletter; the runners instructions. It will include everything you'll need to know about the race and probably more than you want to know. SO.....if I get an email from you the day before the race asking "what time is the race," I may not answer. If you're going to read anything, read the next newsletter. It'll be sent out early next week. As for bag pick-up, noon to 5pm at the farm on Saturday and pre-race Sunday.
- **How many portalets are there?** We'll have 26 on the farm and one at each aid station, except for the Camp Playland aid station. There have been no irritating portalets line for the last few years.
- **Why is the race closed after 1,200 runners is reached?** We only have so much room for parking, and with the narrow Redding roads (especially the farm road), we don't want it too cramped. Plus, selling out in 35 hours is nice for the ego!!
- **What type of food/beverages will be available?** Pre-race, on the farm there will be bagels and donuts from Uncle Leo's, cookies and muffins from Sharon (former New Pond Farm Board President), Bananas, apples and

oranges from Trader Joes, coffee and hot chocolate from Redding Roasters, and Gatorade and water. During the race you'll find Gatorade and water at every aid station, sliced oranges at one aid station and candy and soda at the Topstone aid station (that you pass twice on the out and pack into the park). Post-race, there will be Pizza from Lombardi's (some of which is Gluten free), Some Vegan food, chocolate milk from New Pond Farm, Sno-cone from the Scouts and the aforementioned items.

- **What is the Sponge Zone?** This is at the top of Topstone Park where ice cold sponges are handed out, if you want to cool off your face.
- **How many aid stations will I pass?** For Halfers, you will pass 9 aid stations; for 7 milers, 5.
- **Are the hills bad?** Singularly no, collectively yes. If you're not in good shape you will be reminded of it during this race. None of the hills are all that long, but, they take a toll. Remember no whining as you paid for this (I have proof!!)
- **What is the victory lap on the farm?** The start of the race is a half mile, or so, loop of the farm road where you can get cheered on by the farm spectators. Halfers go clockwise, 7 milers counterclockwise. Most of it is on farm roads of small stones – not ideal, but not bad. Part of it is on grass and your feet will get damp – again, no whining, see above.
- **How many police are on the course?** There will be 8 Redding and 5 Danbury Policemen. Every corner you turn on will be manned by an officer. You'll likely see more police cars on the course than civilian cars.
- **Are headphones allowed? Dogs? Baby strollers?** Yes on the headphones (just keep the volume at a low enough level to hear cars). No to dogs, yes to strollers (just be courteous)
- **How does Bag check/bag drop work?** In case you just can't make it back to your car (which is probably 50 feet away), we have a baggage drop under the big tent. We'll give you a clear drawstring bag and a label to leave your stuff (and hopefully pick it up after the race). In case you want to strip off some clothing as the race starts you'll have two options: Drop the clothes in or near the bin near the starting line or drop the clothes in the bin at the first aid station. All clothes not retrieved after the race will be donated to a



shelter, unless it's a particularly nice piece of men's large clothing, which will be donated to my closet.

- **Is there a time limit to the race?** Nope – if you're still out there, we will wait for you. We do recommend for any halfers who are going to finish in 2:30+ to take advantage of the 7:15 early start, so you can't partake in the post race festivities to the fullest.

## **6. MIGHTY COW RACE EXPLAINED**

- The 5K, pre half marathon race starts promptly at 7:20 in front of the barn right by Marchant Rd and is timed.
- The course heads in the opposite direction of the races and is a 3.1 mile loop. Barry will be leading the race on his bike.
- There will be arrow directional signs marking the turns.
- The race finished through the barn where the other races finish. Don't take a medal at the finish, as you earn that after the half.
- I recommend taking it easy on the 5k, arriving back at the farm around 7:50am, and allowing yourself 10 minutes to grab something to eat or drink while utilizing the portalets. Of course, runner don't typically listen, they hammer the course, compromise their half race (remember hills??) and give themselves too much time between the pre-race run and the half.



A mountain of Mighty Hats

## **7. THE NEW POND FARM COWS OUT ON A JOG**

Check it out on Facebook (also see the newborn fluffy Chicks)

<https://www.facebook.com/search/top/?q=NEW%20POND%20FARM>

## **8. INTERVIEW WITH BOBBY, BILL AND AMBY**

Check it out from the Boston Marathon this week.

<https://www.youtube.com/watch?v=YGjk7OV0-pc&feature=share>

## **9. ANOTHER FARM RACE THIS WEEKEND**

# **1st Annual "Run for the Farm"**

**April 23, 2016**

**10AM**



The 5k (3.1 miles) race will start and finish on Happy Acres Farm (2 Taber Road) in Sherman, CT.  
Run/walk the race for fun then stay to picnic or shop the farm stand!

We ask that you please leave the pooches at home.

Parking is available at the farm but we do ask you to carpool. Or meet a friend at Volunteer Meadows Park, just 1 mile south of the farm and carpool from there. Or use it as your warm-up!

Bring a picnic and enjoy the farm after the race. Happy Acres Farmers will be grilling up some premium hamburgers for sale! Trust me, they are delicious!

**Register online: <https://friendsofhappyacres.wordpress.com/>**

**Chip timing is provided by Greystone Racing.**

**Registration is \$25.**

**Extended on-line registration: April 21**

**Same Day Registration 8:30-9:30**

10. 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)



## **11. PASTA DINNER**

A good Saturday plan for race weekend could include a short run in Redding, getting used to the terrain, picking up your race bag at the expo, going to the Frog Frolic and carbing up at the Boy Scout Pasta Dinner (only \$10 and 2/10ths of a mile from New Pond Farm). The scouts will be selling tickets at the expo or you can pay at the door.

**TWO  
DINING AREAS!  
EASY ACCESS TO OUR  
FIRE TRUCK  
TRATTORIA**



**SUPPORT OUR  
BOY SCOUTS AND GET  
A GREAT MEAL!**



A weekend in Redding; the Frolic, the Pasta Dinner and the Race

## **12. RUNNER STORY – CAROLE**

I look forward to the day the words Mighty Cow will be associated with me. Yes that does sound very unflattering, and even less so if you are an English female, but I have never done this before, in fact I have never heard of any other races doing this. What am I talking about? A Mighty Cow means you get to run a 5k and then line up to run a Half. Fun, with extra pain.

And yet I'm pretty psyched to run Redding. I have done marathons, 10ks, one 15k, 20ks, but there are not a lot of 16.2ks out there. However, there is one in Redding. I never ran Redding before, and that is important since I am in the 169 club (run all towns in CT) and I know some of the members will be there. But also when I was 18, (I am 51 now but don't act it) I worked in Redding in the summer, so it will be great to come back.

I am honored to run this race. Trust me, it is not because of my speed or logging a PR (highly improbable), but for a couple reasons. Back on 10/9/10 I ran my very first Half in Hartford. I was so excited, so thrilled that I could run so far, yes there was much pain and I could barely move for several hours, but it was a great achievement. The next day was 10/10/10, it was probably warm, so I put on my race shirt and a leather jacket and took my 1987 Honda 450 Rebel out for one last ride of the season. At least I am pretty sure that is what happened, since I don't remember anything of the day... or for about a month after. I had a bike accident, the cops reported me as a fatality. Broken wrist and jaw, a titanium facial repair, and severe brain damage were my injuries. I was not supposed to recover from this unusually dire state. The doctor who was brought in to evaluate me mentioned to me six years later that he will never forget my remarkable recovery.

How did I make the awesome come back? Along with plenty of other recovery methods, I truly believe running helped me to be me again. I had such severe brain damage, they were not sure how much I would be able to function. I recovered enough to walk and talk and make sense. Then the next hurdle was my vision. I was legally blind. When I started to run, I could see where I put my feet, but I could not see much more, not anything on my right side, and as a bonus I had double vision. A pretty screwed up situation for a runner. During my first post-accident race, I wore an eye patch to compensate for the double vision. I used the sound of runners nearby to keep me from running into someone, because that would be a bad run. It was one week after my broken jaw was unwired (FYI it is very hard to run with a wired jaw) that I ran a 5k. No PR. But I believe running helped "fix" my vision and me.

There were times when I was out on my run and I would take off the eye patch for a few seconds to try to focus. The more I did it, the better it got, and I "fixed" the double vision. Next up was vision loss. I lost half of my vision, so I did vision therapy twice daily. I believe the cardio exercise of running, combined with the vision therapy, helped restore my vision back up to a 90% vision field range.

So basically my story is that no matter what your test is or what the issues are, if you get out and run and exercise, it can help you to make the changes in



your life you desire. I will not win Redding, I will not PR in Redding, but I will be one really cool Mighty Cow runner.

### **ARTICLES WRITTEN ABOUT CAROLE:**

**Running is important, running is therapeutic, running is life!**

#### **Patient Spotlight- Carole Urban**



Here are some surprising statistics: approximately 1.7 million Americans experience some type of traumatic brain injury each year. In addition to this



number, 795,000 people suffer a stroke each year, with approximately 8 million stroke survivors currently living in the United States. Of this massive group in the midst of recovery, approximately 30% may have suffered a visual disorder as a result of their stroke or brain injury.

Traditionally, the view has been that your brain is hardwired during early childhood so it isn't possible to significantly recover the function in an adult's injured brain. However, more recent findings show that in fact your brain has remarkable plasticity that is retained throughout an adult's lifetime, so specific therapies for both motor and visual impairments have since been developed leading to significant recovery.

NovaVision's Vision Restoration Therapy is supported by 15 years of research with clinical studies published in more than 20 leading journals. Although the scientific studies and statistics supporting VRT are impressive, the people stories behind them are even more moving. We'd like to introduce you to Carole Urban – here is her story directly from her:

“On October 10th, 2010 I was Involved in a motorcycle accident; the police reported me as a fatality, but I fooled them.

Unfortunately I suffered from vision loss attributed to homonymous hemianopsia. After being seen at a prestigious local hospital by the Clinical Professor of Ophthalmology & Visual Science and Neurology, he told me I would never improve and should become accustomed to my vision loss.

My Family researched therapy options and we insisted on trying NovaVision. The therapy was easy to start. I meticulously followed the instructions. Vision is so important; I believe I had to give it my all to get as much of it back as I possibly could. I continued the therapy for several months and only stopped once my therapy advisor and I believed I had achieved the maximum vision improvement, which in my case was 92%. I am actually surprised this is not the generally accepted treatment like other physical rehabilitation are. Before NovaVision everything was difficult such as, reading, cooking, walking stairs, all the simple like things. Now I have a new job, I ran my first marathon and finally published a book.

Life is a challenge, but I do believe I accomplished all these wonderful achievements because I found NovaVision and did the daily exercises and monthly tests I needed to do. The wonderful encouraging support I received made the hard work easier.”

Since her amazing recovery, Carole has been a huge advocate not only for TBI recovery but specifically the ability to recover your vision through VRT. You can listen to Carole’s amazing story first hand in an interview she did on the Lucy Ann Lance Show or you can download Carole Urban’s testimonial here to share with your loved ones

## **Near-Death Accident Doesn't Deter Carole Urban**

The Milford musician is performing again after a 2010 motorcycle accident.



Under a sign that read “Home Grown Tomatoes,” home-grown musician Carole Urban performed Wednesday at the Woodmont Farmer’s Market held at Robert Treat Farm in Milford.

This was one of her first live, solo performances since a devastating motorcycle accident in October of 2010 nearly took her life -- and might have destroyed the musical career of someone less determined than Urban.

“I was told I took my motorcycle out for a ride and drove on River Road in Stratford ... a car made an illegal U-turn and I could not stop. Brakes locked up the tires, I flew over the handle bars at about 40 mph, and landed on my head. The cops [on the scene] reported me as a fatality. Docs told my family I was not likely to live. I was in a coma, titanium face, wired jaw, broken wrist, brain damage, optic nerve damage and some Latin words were used for the other stuff wrong,” Urban said.

She went on to explain, “I literally had to learn to play the guitar again. Certain songs and certain chords seemed impossible. I still will act like I am moving in rhythm, but it's to hide that I have to move the guitar to play certain chords.”

### **The Show Must Go On**

In spite of these obstacles, Urban has made it back as a performer. Her fans, whom she calls “the Urbanettes,” showed up on Wednesday to hear her play. They showed up in spite of the rain, which ranged from a drizzle to downpour – but remained constant -- during her three-hour performance.

While the weather kept both market and music fans away this time, Urban’s performance at the Farmer’s Market last month drew a sizable crowd.

“Last time, it was packed, but it was a beautiful day,” said Urban’s mother and fan, Joan Urban.

“Children were dancing,” added longtime fan Tony Griego.

“They [Woodmont Farmer’s Market] contacted me before I was actually ready to play yet, so I said to book me, and they did. It kinda put the fire in me to

get going,” Urban said, expressing gratitude to Robert Treat Farm and the Woodmont Farmer’s Market for getting her motivated in her recovery.

### **Guitar in Hand Since 7**

Urban, who grew up in the Black Rock section of Bridgeport, CT, and now lives in Milford, began playing guitar at age 7. Her first solo gig was at Trumbull Mall when she was 13, and since then she has played in bands and solo nearly non-stop. She's been playing gigs every weekend either solo, or with her band, The Urban Legends.

At the Farmer’s Market on Wednesday, Urban played solo, but really, she was like a one-woman band, filling out the sounds of her voice and trademark pink paisley guitar with effects pedals, a drum machine, and other background sound machines. She played covers of mostly old school rock and pop tunes with a deftness and level of professionalism and talent that made it hard to believe she’d endured brain damage and other injuries so recently.

About her music and her influences, Urban said she “enjoys playing classic rock, blues, jazz, 70's disco, or top 40.

As for her influences, she said, "Pretty much everything.”

In addition to playing cover songs, Urban is an accomplished songwriter, with two CDs to her credit: "Scraps," recorded in 2000, and "Heaven the Hard Way," released in 2008. These can be purchased at Urban’s gigs or at <http://www.cdbaby.com/>.

### **Motorcycle fatalities recall other serious accidents on Route 110**

Carole Urban thinks it must have been a really nice day -- that Sunday afternoon last October -- when she took her 1986 Honda 450 Rebel motorcycle out for a quick ride.

She planned to go from her Cowles Street home in Milford over to Route 110, which she usually followed from Stratford into Shelton and then over to Route 34 in Derby.



But Urban can only speculate that the day was nice because she doesn't remember any of it -- or most of the rest of the month for that matter.

A driver attempting to make an illegal U-turn a few cars in front of her stopped short in an area just before the intersection of Route 110, also known as Main Street, and Main Street Putney in Stratford.

There was no way Urban, traveling about 40 miles an hour, was able to stop, she said. Witnesses said her bike skidded, and then she lost control and flew over the top of the handlebars, landing head-first on the roadway.

"The police interviewed people and they say that's what happened," said Urban, 46. "I have no memory of it."

Urban, who wasn't wearing a helmet, sustained brain trauma -- which put her into a coma for a week and caused memory loss -- and severe facial injuries that required reconstructive surgery. She also shattered her left wrist and fractured her jaw, which needed to be wired shut.

Urban was so badly injured, she said, that her family was told to go immediately to Bridgeport Hospital, where she was taken, because they didn't think she was going to live. "That was the worst thing," she said. "My mother had a hard time dealing with that -- that I might not make it."

For Urban, recovery from her accident took patience and hard work.

After a week in the hospital, she was released and sent home. An avid runner, she began training again for 5K races.

Sunday, she plans to run a 10K race in Westport. "I went from not being able to even move to running again," she said. "Running has been my way back."

She is also performing as a musician again but her wrist still gives her some trouble.

Sitting in her kitchen last week, Urban contemplated how lucky she has been and said she realizes her accident happened for a reason.

"I'm just still trying to figure that one out," she said.

As for getting back on the Honda motorcycle she's ridden since 1987, Urban said those days are over.

"I won't chance that ever happening to me again," she said.

### **13. RUNNER STORY – LIZ**

**One of the more rewarding things about hosting a race is seeing family members, sometimes whole families, running together. Here's a few words from Liz:**

I don't know if this could really qualify as a human interest story, but I'll throw it out there.....

My dad and I have been running together since I was 11 and now I'm 42 and he's almost 70.

Our first race around Lake Morey in VT was caught by the newspaper photographer (which is kinda cool and I still have a copy). We've run marathons, half marathons and all kinds of random mileage everywhere from Canada to Cape Cod. Our running has kept us close throughout my college years, first job, marriage and kids, and it's always been that topic we could easily talk about.

My dad would like to run at least one more marathon and I'm sure I'll be talked into it one way or another with him.

Like I said, not sure if this would qualify, but it'd be the story of a father daughter who have put in a lot of miles together...We're now working on the grandkids.

### **14. RUNNERS STORY – CAROLYN**

I have ordered an extra shirt for Jake, my friend who can't run. We support him through a group called "I run for Michael", and it's basically runners and mostly kids who can't run. Jake lives in Indiana, he has cerebral palsy so he's challenged physically, but he's a swimmer and also somehow plays volley ball. He

participates in Special Olympics events as well. My friend Joe and I try to get him bling (extra shirts, medals, etc.) when we can. If it's at all possible that there is an extra medal, I would send it to him - but no matter what, he'll appreciate whatever we send him, as I appreciate the opportunity this race has given me.

I'm about to go check out the course and the # of participants, and figure out if I'm going to be last or what :-). Hills don't scare me, I can run just as slowly on hills as I can on a flat course, in fact, having lived in Orange County NY for many years, I am OK with them. Not so great on rocky trails, but after all, you need those of us at the back of the pack as well as the fast runners. It's all good.

Thanks again & I am looking forward to the race and hopefully get to meet you there (I know a race director is pretty busy on race day, though).



Dusty the RD's dog begging for same bagel at the preview run





Dusty, not interested in stretching

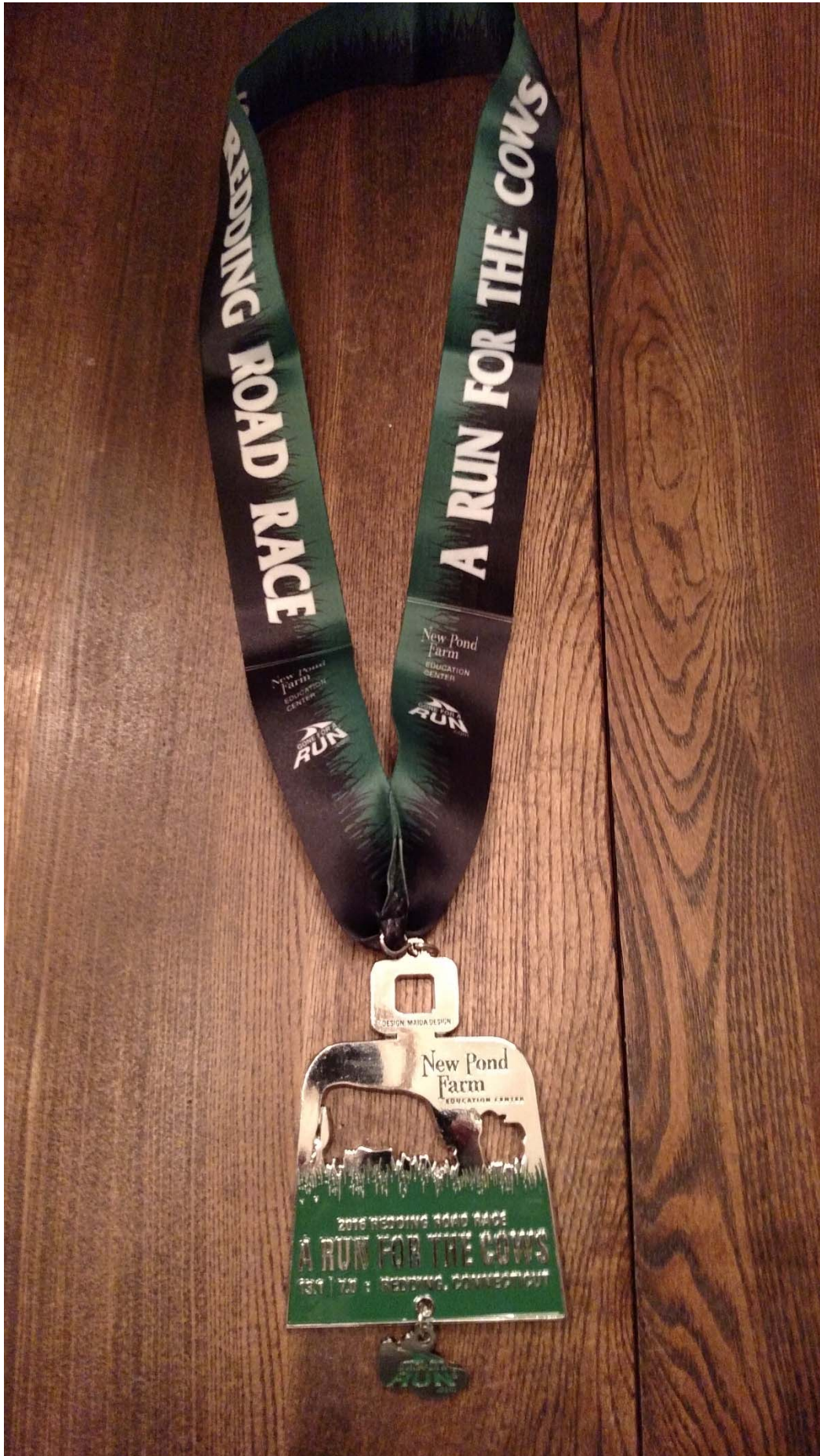




Race Shirt Logo









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

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

Cheers,

John