



REDDING ROAD RACE NEWSLETTER

15 Volume 1

1/13/15

Thanks again for selling the race out in record setting time. We sold out in 4 days which is 3 days quicker than ever before. Some key registration stats:

Average runner age: 42.7

Female/Male breakdown: 65.1% female

States represented: 16 (so far)

Countries represented: 3; United States, Germany, Great Britain

CT Towns represented: 100 (out of 169s towns in CT)

% of 2015 new runners (different than 2014 field): 57.3% - pretty amazing, as we get a bunch of new people introduced to New Pond Farm

Extra donations, above registration fees: \$2,502, thank you so much!



The start of the half last year

1. WHAT IS NEW POND FARM EDUCATION CENTER (<http://www.newpondfarm.org/>)

Exactly what is this not-for-profit that you are running for on May 4th? I will let their website tell the story in detail, but, it truly is a wonderful, multifaceted organization. It has over 5,000 school kid visits each year; astronomy classes, summer camps, Shakespeare plays, and caroling in the barn with the cows to name just a few of its activities. Oh yeah, they also have the best chocolate milk in the world!! Your registration fees and the monies we raise from our loyal sponsors help fund all these wonderful programs. I recommend checking out their website and if you are local, membership is very reasonable.

New Pond Farm is celebrating its 29th year as an environmental education center with a small working farm! Our mission is to *connect people with the land that enriches and sustains us all.*

Our beautiful 102-acre property is located in West Redding, CT. It was once the home of our founder, actress Carmen Mathews, and it is an outstanding outdoor classroom. We have a variety of habitats for our environmental programs including woodlands, wetlands, and pastures.

- Our Native American programs are enhanced by an authentically-recreated encampment.
- Our astronomy buildings are home to monthly astronomy programs as well as being the field station for Joel Barlow High School.
- Our vegetable and herb gardens are featured in our programs.
- Our farm programs take place in our barns, which house milking cows, sheep, chickens and roosters.
- Our barn-like Learning Center with its classroom and spacious meeting areas has been the site of art shows, adult lectures, barn dances, and more.

In 2007 New Pond Farm was designated a Connecticut Dairy Farm of Distinction, people visiting our Dairy Annex may purchase freshly pasteurized milk and yogurt.

In the summer we host a small and personal residential camp. During three ten-day sessions, we bring together children from the inner cities of Connecticut with children from the surrounding area. Together these youngsters, aged 8-12, from diverse socioeconomic backgrounds form friendships, develop an understanding and appreciation of one another as

individuals, and have a marvelous time discovering the many wonders of the farm.

We look forward to seeing you in our programs and we would welcome your support of this wonderful environmental center. Please contact us if you have any questions!



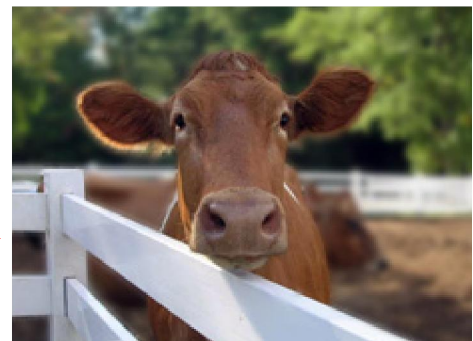
Connecting people with the land that enriches and sustains us all.

This mission statement is accomplished in a variety of ways.

Each year, using our outstanding outdoor classrooms, we bring students of all ages outside and offer hands-on environmental programs that focus on our habitats with their diverse flora and fauna. When people appreciate and understand the world around them, they become better stewards of their environment.

Our Shared Harvest and gardening programs directly connect participants with the land, its cycles and its bounty. Garden program participants learn how to establish, tend and harvest vegetable and herb gardens in their own backyard. Shared Harvest members are invited to work in our gardens and then share in the bounty throughout the growing season.

Our educational farm programs provide an important introduction to the key role farms play in our lives. Depending on their level, students meet and often work with our cows, sheep and chickens- learning their importance on the farm. Products from our farm animals such as milk and yogurt may be purchased in our Dairy Annex provide a direct connection of where certain types of food come from.



Our Native American programs, which take place on our woodland trails and our authentically recreated encampment, focus on the lifeways of the Eastern Woodland Indians that once inhabited these lands. Students learn how these native people survived using their knowledge of their environment and skills they developed and passed down through the generations.

Our Astronomy programs give participants a personal view of the Universe. As a wonderful complement to programs focusing on environmental awareness and

appreciation of life here on Earth, astronomy program participants observe the wonders of the cosmos first hand through optical telescopes. Participants also get to hear about the latest developments in the science of astronomy which provide clues to the mysteries of our own origins and those of our home planet.

2. WRITERS WANTED- I've received a couple of runner interest stories and promises for many more – so keep them coming in!! I thought it might also be cool to chronological one (or more) newbies stories. Meaning, if your first 7 miler or half marathon is on May 3rd with us and would like to write a journal from now through race day to share with us all, please contact me.

3. WAITING LIST - I keep a small amount of registrations for New Pond Farm members and Reddingites who “forgot” to register by the sell-out date. If I don't use these, I give them to waiting list runners, so tell friends/family members to email me to get on the waiting list if they'd like. It's not too big right now and I just let in a handful from it recently.

4. MIGHTY COW CHALLENGE – WHAT IS IT?

The Mighty Cow Challenge is a 5k race (at 7:20am) followed by a short rest then the Half Marathon at 8:00am. The 5k race can be used as a warm up or you can race it, depending on your mood. The 5k race will again be timed this year and each participant will receive a really cool additional race gift. If you are interested in “supersizing” your race, contact me and I can get you signed up for an additional \$5.

5. HOTELS/B&B (<http://www.reddingroadrace.com/general-info/lodging.htm>)

La Quinta Inn & Suites in Danbury (5 miles away or so from New Pond Farm) is our host hotel and is offering a late checkout, a complimentary breakfast and a special race rate of \$84. It's rated the #1 hotel in Danbury by Trip Advisor. I've also listed some other nearby hotels in the link above. I would recommend making the reservation by calling them and saying you're with the Redding Road Race Group, to make sure you get the \$84 rate.

6. 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. As we get closer to the race, we'll have a 7 mile preview run and a half marathon preview run for runners who would like to preview the course.

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



7. OUR RUNNER SPOTLIGHT – JANET FROM RUN169TOWNS

Throughout the years, several runners kept seeing the same/other runners at road races. Of course we became "fast friends" as we share a passion for running and some of the runners were "fast" while others were not so "fast." Nonetheless, we persevered and kept supporting each other over the years. Finally in 2010, we realized that we had run several races in many of the 169 towns in Connecticut. Why not try to run a race in EACH of the 169 towns? It seemed like a grand idea, so off we started in our pursuit. We discussed this as a possibility and organized ourselves. There were 8 of us who started in 2010.

We decided to give credit to those towns that we had previously run even though we had no formal organization or recording. We put ourselves on the "honor system" and trusted that process would be one of honesty and integrity. It remains so to this day (2015). Along the way we discovered that 7 of the 169 towns did not have a road race of any distance. We also found that several towns had multiple races in any given year so that range of 0 to 10 races was quite a challenge. Also along the way, word of the Run 169 towns group was gathering momentum. In 2011 we had 50 members in our ranks, In 2012 the number of runners grew to 200 and today, January 2015 we have close to 600 members. There are no dues, no timeframe in which to complete the task at hand and only friendships, fun, laughs and memories to share.

I became interested in the Redding Race as it appeared to be well managed, paid attention to detail and had a informative website. I read the reviews of the previous year and the race director's notes. I am a race director for two 5ks, one held on Christmas Day (only race on Dec 25th in New England) and the other on Easter morning so I was impressed with the Race director's attention to detail!!

To date I have run in 158 towns in Connecticut with 11 races remaining. Redding became available on January 1 2015 at noon and I was registered by 12:30pm and thrilled to "be in." If you are interested in joining the 169 group you can get to the website by going to: www.run169towns or <http://www.debtinconn.com/> (Do Every Blasted Town in Connecticut). Come join in the fun. Janit R.

8. OUR RUNNER SPOTLIGHT – SUSAN P.

Susan Bawlick Pagan/Mrs. CT USA Universal 2015



I used to run about 3 or 4 miles a day back in the early 1990's, but then one day, I just stopped.... I'm not really sure why, I just did.

During my running years I never had the desire to enter into any kind of road race, because I thought: "if I can't win, I don't want to play". That's not really a good attitude, but as you may have guessed I'm pretty competitive because I like to, and want to, win.

The Inaugural Redding Road Race ½ Marathon—Run for the Cows in 2012 was my first big road race, and I have run each one since....but I'm getting ahead of myself.

Flash back a bit to early 2011: I lost my job, and I was unemployed for a solid year before I was able to get employment again. It was a rough time in the economy, unemployment was very high, and the struggle was constant. I became anxious and fearful that I would never get another job. This put me into a very dark place in my mind, and in a state of depression. During this time I was encouraged to start running again by physicians & my family. My brother-in-law (Joe Amuso—in the picture with me at 2012 RRR) asked me to enter and run in the 2011 Thanksgiving Day Manchester Road Race with him. I hesitated, but then agreed. Joe was having some struggles at his job during that time as well. To get relief from his stressful situation, he began running again himself --he had stopped some years back too. Since we were both re-entering the running world, it made sense to run races together—though Joe is much faster than me and ends up waiting for me at the finish.

I find that running clears my head, helps me to gain a better attitude, and gets the endorphins flowing so that I can gain my "vision" or perspective back. Running is when my creativity is at its best, and I've dreamed up many ideas on my long runs !!!

After the Thanksgiving Day race, we were hooked and started entering other races. **You know how it is—you are at mile 15 of a Marathon and you tell yourself "I'm an idiot, I'm not a runner, I'm NEVER doing this**

again”, and then two days later you are on-line looking for the next race to enter. WHAT ! The Race for the Cows seemed like the ideal first ½ Marathon for us, so we entered. I’m not a very fast runner, and I am mostly disappointed with the number on the clock when I cross the finish line; however, I DO finish and that is what I have to focus on. Crossing the finish line and getting that medal is the best. I do the races for the medal, and to eat whatever I want when I’m done. Truth !

Since 2011, I have run 4 Marathons, 5 ½ Marathons , a hand full of varied distance races, and many 5k s. Though I am “retired” from Marathons—because they are very time consuming to train for, and I’m just not good at them—I plan to continue to run ½ Marathons (and races of 18 miles and under I would consider). I plan to run until I can’t anymore. Most recently, running is the biggest part in my training to reach my Swimsuit-Body for June 2015, and I hope to improve my running times as well.

A bit about the Pageant, and why I do this: Again—the competitor in me.... unsure I can win the Big Title (which is Mrs. USA- ultimately Mrs. Universe), but I’m sure going to go in being the best Me I can be, and try to win it ! I entered to help me open doors for the ultimate work I want to accomplish. The old cliché is: I want to change the world—well; it’s not that far off. I want my life to make a difference in this generation, and I will do what I can to make that happen.

My upbringing was in what I consider an extreme poverty situation. Most of my 5 siblings may disagree, but it’s a reality. Without going into the very long story, we had very low income, our house was literally falling apart around us, and some days my mother wondered where the next meal would come from. I believe if and when we come out of a situation as an over- comer or victor, then we have not only a responsibility, but a privilege to help others who are still stuck in those circumstances. I have become involved in a couple local outreach organizations that help the homeless, displaced, or those in compromised living conditions. I am also working with an organization out of Brooklyn, NY, and we are finding ways to reach displaced people (refugees) globally. I am confident and fully aware that the pageant world opens doors that may otherwise be shut to me. I have seen it happen already, and during the rest of this year, I hope to see more doors open to me.

You can visit & “like” my Face Book page at: Mrs. Connecticut USA Universal 2015/Susan Pagan , to read my complete Bio (or see below), and to gain more information about the pageant. There is a people’s choice award where you can go and vote for me for \$1 (Connecticut—donate button under photo—not all states are represented & some photos are not on website yet)

Webpage link to vote is: <http://www.usuniversalpageants.com/2015-contestants.html>

You can also attend the pageant if you happen to be in Reno, NV on June 18,2015



Here with Joe Amuso (RRR 2013) I am excited to be a part of the The Run for The Cows 2015 once again. I find it to be a top quality race, with fun newsletters !, AND it has the best after race food of all the races I have run in ! Thank you: New Pond Farm, All Sponsors, and especially John McCleary.

9. RACE SPOTLIGHT – SWEETHEART RUN

I'll start it off with one of my favorite runs - The Bob & Peg Andrulis Memorial "Sweetheart" 5 mile run.

www.thecommunitycenter.org

[active.com: https://endurancecui.active.com/event-reg/select-race?e=11542752](https://endurancecui.active.com/event-reg/select-race?e=11542752)

This 5 mile run in charming Litchfield, CT is worth the hour+ drive from Redding CT. The course is relatively flat, given Litchfield standards, the after race food spread is spectacular and the “homey” feel to the race is not something that is easy to find. This year it's extra special, as it's run on February 14th!!

10. SPONSOR FOCUS – GONEFORARUN.COM – OUR NEW LEAD SPONSOR



<http://www.goneforarun.com/Default.asp>

ChalkTalkSPORTS.com/ GoneForaRun

It all began in a garage in Redding, CT with a few t-shirt designs and a lot of determination to get her fledgling company ChalkTalkSPORTS.com off the ground. Fast forward a few years and now Julie Lynn along with her husband Tom and sons Ryan & Chris employ over 30 people in South Norwalk where they design, manufacture and market the apparel and gift products for their 3 e-commerce websites, ChalkTalkSPORTS.com, GoneForaRun.com and LuLaLax.com.

ChalkTalkSPORTS.com features apparel and gifts for over 20 team sports. Whether its one of ChalkTalk's Lacrosse tees, a personalized hockey puck or custom soccer room sign, it is a unique gift that celebrates the sport the entire family embraces.

GoneForaRun.com offers a large assortment of unique apparel and gifts for runners. For Julie, being an avid runner herself, inspiration for new running gift products comes fairly easy. The running gifts designed by GoneForaRun have been featured in Runners World, Self Magazine, Family Circle & Competitor Magazine to name a few.

Both, ChalkTalkSPORTS.com and GoneForaRun.com's commitment to sports extends by sharing the gift of playing a sport through their 'Lets Play Sports' and 'Run With Us' community outreach programs. These programs donate to organizations that foster the development of sport programs for the less fortunate.

11. PHOTOGRAPHER NEEDED

If there are any friends or family members out there who are amateur photographers and would like to take pictures by the start and finish (and around the farm during the race), please email me. We like to offer our runners pictures for free, but our two photographers won't be around race day this year.

12. SPONSORS/VOLUNTEERS WANTED

If anybody has a business 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. Families can also be Mile Marker Sponsors. Information is located here:

<http://www.reddingroadrace.com/sponsorship-opportunities.htm>

Likewise, we're always looking for volunteers. Please email me if you or any friends or family would like to volunteer.

13. PASTA DINNER

More details to follow, but, we're going to team up with the Boy Scouts for a Pasta Dinner on Saturday, May 2rd. The venue will be the West Redding Fire Department, 1/5th of a mile from New Pond Farm, and the cost will be only around \$10. Don't let the price fool you, last years' event showcased homemade sauce, two choices of pastas, salad, soda and water, desert

AGAIN, PLEASE SEND ME YOUR RUNNER STORIES AND FAVORITE RACES FOR INCLUSION IN FUTURE NEWSLETTERS!!! By the way, has anybody had a navicular fracture in their foot? If so, please email on what it entails – thanks.

Cheers,

John

