



REDDING ROAD RACE NEWSLETTER

15 Volume 2

1/27/15

If you haven't had the chance to look at the 2013 Race video, definitely check it out. Vidifly did a great job and it gives you a great feel for the races.

<https://vimeo.com/66393870>



Jonathan K. wearing a 2013 race shirt in San Francisco



Picture at mile 12.5 from Maria V.

SIGNS – ANYBODY HAVE A GOOD IDEA FOR A SIGN – I’LL GIVE YOU FREE REGISTRATION NEXT YEAR

1. **REDDING, CT POINTS OF INTEREST**

In Redding, you once would have come across Samuel Clemens (Mark Twain), who lived here in the final years of his life, dying in Redding in 1910. Charlie Morton (current MLB pitcher) grew up here, Daryl Hall and Leonard Bernstein lived here, as did Marvin Lee Aday. Who is Marvin Lee Aday, you ask? Well he of course, was the famous softball coach at the local high school. He coached his girls’ team when he had time away from his side job, as Meat Loaf. Benedict Arnold also passed by, a town over from here, and was one of the heroes in the Battle of Ridgefield - a hero for the Colonists, believe it or not.

If interested in the town you're running in, here is a more in depth history of Redding from local historian, Charles A. Couch:

In the early 1700s, Redding, Connecticut, was home to an Indian village whose leader was named Chickens Warrups. In 1714, John Read, the first white man to settle in Redding (which was then part of Fairfield), claimed 500 acres to set up a homestead for his wife and children. Lonetown Manor, as Read's home was called, soon became the center of a busy and populous farm settlement, and a number of mills and other enterprises associated with farmer's needs soon took root.

Col. John Read

Although the elder John Read moved to Boston in 1722, his son, Col. John Read, took over administration of Lonetown Manor. In 1767, the Connecticut General Assembly incorporated the Town as Redding, which had less than 1,000 inhabitants.

Revolutionary War and Continental Army encampment

In the years preceding the Declaration of Independence, tensions escalated in Redding between Tory loyalists and larger numbers of those supporting the resolutions of the Continental Congress, with some Tories fleeing to escape retribution. Some 100 Redding men volunteered to serve under Captain Zalmon Read in a company of the new 5th Connecticut Regiment, which participated in the siege of Quebec's Fort Saint-Jean during the autumn of 1775 before the volunteers' terms of service expired in late November.

In 1777, the Continental Congress created a new Continental Army with enlistments lasting three years. The 5th Connecticut Regiment was reformed, enlisting some men from Redding, and assigned to guard military stores in Danbury, Connecticut. Getting word of the depot, the British dispatched a force of some 2,000 soldiers to destroy the stores, landing April 26 at present-day Westport and undertaking a 23-mile march north. The column halted on Redding Ridge for a two-hour respite, with many residents having fled to a wooded, rocky area dubbed the Devil's Den. The British column resumed its march to Danbury where soldiers destroyed the supplies, then skirmished Continental Army and militia forces in Ridgefield while on the return march south.

For the winter of 1778-79, General George Washington decided to split the Continental Army into three divisions encircling New York City, where British General Sir Henry Clinton had taken up winter quarters. Major General Israel

Putnam chose Redding as the winter encampment quarters for some 3,000 regulars and militia under his command, at the site of the present-day Putnam Memorial State Park and nearby areas. The Redding encampment allowed Putnam's soldiers to guard the replenished supply depot in Danbury, Connecticut and support any operations along Long Island Sound and the Hudson River Valley. Some of the men were veterans of the winter encampment at Valley Forge, Pennsylvania the previous winter. Soldiers at the Redding camp endured supply shortages, cold temperatures and significant snow, with some historians dubbing the encampment "Connecticut's Valley Forge."

Redding's Business and the Railroad

In 1852, the Danbury and Norwalk Railroad line was completed through the west side of Town with depots at Georgetown, Topstone, and West Redding. By this time, farmland was left unplanted as floods increased and lower-priced western product came to eastern markets. New steam-powered factories were sprouting up along main rail lines. Redding's small waterpowered industries could no longer compete and gradually ceased operations. Only Georgetown's Gilbert & Bennett, with access to the new railroad for coal and raw materials and for shipment of its finished wire goods, was able to survive. Despite a disastrous fire in 1874, Gilbert & Bennett rebuilt immediately with modern buildings and machinery. The company continued to prosper and expand, employing nearly 600 workers by the early 1900s. Consequently, Georgetown grew, adding new homes and streets, while the rest of Redding remained rural and pastoral. The Town's population began to decline.

Housing History

Home building in Redding slowed, but did not cease during the Great Depression years of the 1930s. About two dozen farms were still operating, although the land was now about 70% forest and woodland. With the close of World War II and the beginning of the great post-war housing boom, new house construction in Redding began at a vigorous pace. Now within easy commuting distance of job centers in Danbury, Bridgeport, and lower Fairfield County, Redding began to attract speculative developers. Its citizens realized a potential avalanche of development threatened the character of its Town. Following a public referendum ([link](#)), the Town's first zoning regulations became effective in June 1950.

History of Redding Schools

In 1737, the people of the parish of Redding voted to have a public school with three districts, "the Ridge, the west side, and Lonetown." One schoolmaster went from one to the other, teaching reading, writing, and arithmetic. By 1742, the parish voted for "three separate schools, each to be kept by a master."

In 1878, a citizen of Redding funded the establishment of a public high school, the Hill Academy, in Redding Center. Ten one-room schoolhouses in strategic areas of Town served younger students in Redding, and the Town shared an 11th with Ridgefield. One of them, the Umpawaug School, built in 1789, still stands on Umpawaug Road near Route 53 (**you pass this school less than a mile into the race**). Every November, the Redding Historical Society holds an open house at the Umpawaug School, which closed in 1931. One of its teachers, Luemm Ryder, approaching a century of living, lives just up the road from the school.

Early in the 1900s Gilbert & Bennett opened a public school for the Georgetown Recreation.

By 1931, the Town had closed all of its one-room schoolhouses and enlarged the Hill Academy to four classrooms to serve the eight elementary grades. The Hill Academy closed in 1948 when Redding Elementary School opened. Redding paid tuition to Danbury for its high school students to go to Danbury High School.

In 1959, the Town converted the Hill Academy to Town Hall.

Redding Elementary School

Redding Elementary School (tel. 938-2519), with eight classrooms, was completed in 1948. In 1957, a new wing doubled its capacity. The School serves grades K-4.

John Read Middle School

In the mid-1960s, the Town began planning for another school. John Read Middle School (tel. 938-2533) opened in 1966, housing students in grades 5 through 8. In 1980, the fifth grade moved to the Elementary School. As an echo baby boom caused the school population to grow, a new wing was added to the Middle School in 1999, and the fifth grade moved back.

Joel Barlow High School

In 1957, Redding and Easton referenda approved the formation of a regional school district, and a 35-acre site was purchased from a farm on Black Rock Turnpike for a high school designed to serve 650 students. Joel Barlow High School, originally serving grades 7 through 12, opened for classes in the fall of 1959. The school now serves grades 9 through 12.

In 1971, a major addition doubled the size of the building and increased its capacity to 1,000 students. In 1974, the Town purchased 78 more acres to build athletic fields. An addition and two portable classrooms were built in 1984, and the school was renovated in 1994. The Town is now engaged in a construction project to add more instructional space and athletic fields.

Two-Acre Zoning

The rush of new development became a reality. Several large tracts were subdivided into one-acre lots, new subdivision roads were built, and school population began to spiral upward. Responding to Town-wide demand, in 1953 the Zoning Commission enacted two-acre zoning for the entire Town outside Georgetown, which had, and still has, multiple-family, ½-acre, and one-acre zoning. Concern about the Town's future persisted, and in 1956 a Town Meeting authorized the establishment of a Planning Commission. The Commission prepared regulations to control the layout of subdivisions, and these regulations were adopted in 1957.

Newcomers and Automobiles

During the 1890s, Redding was discovered by prominent summer visitors from New York City. Writers (including Mark Twain), artists, and business and professional people, who were enchanted by the Town's tranquil beauty, established country estates. By 1910, Redding's more adventurous and affluent residents were driving automobiles on the Town's dirt roads.

Telephones

A few years after Mark Twain came to Town, Redding's first telephone exchange began operation. It was located in a private dwelling on Cross Highway and had a small group of subscribers.

Highways

In 1916, the State of Connecticut began to construct a network of highways to link population centers and provide farm-to-market access for the rural towns. By 1921, Routes 7 and 58 had become two-lane paved highways. Other roads followed in the 1920s and 1930s. By the mid-1930s, hard-surfaced roads reached every section of Town along with telephone and electric lines. The Town's rural isolation passed into history.

Saugatuck Reservoir

A major controversy raged during the 1930s over Bridgeport Hydraulic's plan to flood the Saugatuck valley for a large new reservoir. A reservoir would inundate the historic village of Valley Forge and much of Redding Glen. Opponents lost their appeals, and the Saugatuck Reservoir was completed in 1942.

Putnam Memorial Park

The high terrain of Redding, with views south to Long Island Sound and northward toward Danbury, assumed strategic importance during the Revolutionary War. In April 1777, the road over Redding Ridge and Sunset Hill was the invasion route used by British forces in their assault on Continental army provisions stored in Danbury. A year later, in 1778 and 1779, Putnam's division of Washington's army was in winter encampment at three key locations in Redding to protect the left flank of American forces then holding the Hudson Valley. Remains of the largest of these campsites are preserved on 35 acres of land donated by a Redding citizen in the 1880s. Putnam Memorial State Park contains a monument to the American troops and a colonial museum.

Geography

According to the United States Census Bureau, Redding has a total area of 32.1 square miles (83 km²), of which 31.5 square miles (82 km²) is land and 0.6 square

miles (1.6 km²), or 1.75%, is water. Redding borders Bethel, Danbury, Easton, Newtown, Ridgefield, Wilton and Weston.

Redding has four primary sections: Redding Center, Redding Ridge, West Redding (including Lonetown, Sanfordtown, and Topstone), and Georgetown, which is situated at the junction of Redding, Ridgefield, Weston and Wilton.

Topography

Redding's topography is dominated by three ridges, running north to south, with intervening valleys featuring steep slopes and rocky ledges in some sections. The highest elevation is about 830 feet above sea level, on Sunset Hill in the northeast part of the town (**contrary to public opinion, the race does not go up this high!!**); and the low elevation is about 290 feet above sea level at the Saugatuck Reservoir along the southern border.

Four streams flow south through Redding toward Long Island Sound: the Aspetuck River, the Little River, the Norwalk River and the Saugatuck River.

The Saugatuck River flows through the Saugatuck Reservoir, Redding's largest body of water which stretches south into Weston. The reservoir was created in 1938 through the flooding of a portion of the Saugatuck River Valley.



Topstone Rd and Simpaug Turnpike – mile 10ish of the half, 4ish of the 7 miler. This is where the race becomes tough, hopefully the snow melts by May 3rd!!

2. 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 **\$84.00** 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!

3. EARLY START – WHOM IS IT FOR

The 7:15am early start for half marathoners is intended for runners who anticipate finishing in 2 ½ hours or more. If you think you’ll be faster please don’t utilize the early start. It’s a way to allow for all runners to enjoy as much of the after-race party as possible. If you are running the Mighty Cow race at 7:20, you won’t be able to start early.

4. BIB #'s

Here is a list of runners, in alphabetical order, whom have received their bib # request. If you still want to choose one, available #'s, by race, are shown below the runner list.

FIRST	LAST	BIB #	RACE
Lily	Acheychk	860	7 Miler
Jill	Adrian	611	Half or Mighty
Christopher	Ahlberg	229	Half or Mighty
Teresa	Alasio	247	Half or Mighty
Ken	Alferez	642	Half or Mighty
Rebecca	Anderson-Furlong	76	Half or Mighty
Walter	Andersons	325	Half or Mighty

Berta	Andrulis Mette	523	Half or Mighty
Stephen	Apy	123	Half or Mighty
Tristan	Argueta	1134	Piglet Prance
Esther	Aronson	316	Half or Mighty
Thomas	Auray	255	Half or Mighty
Keith	Baldwin	92	Half or Mighty
Maryanne	Barra	760	7 Miler
Ralph	Barra	767	7 Miler
Dave	Beem	420	Half or Mighty
Kieran	Bent	1034	7 Miler
Erin	Bernard	505	Half or Mighty
Roger	Billings	59	Half or Mighty
Mallory	Billings-Litke	33	Half or Mighty
Adam	Blank	203	Half or Mighty
Emma	Blank	1111	Piglet Prance
Kari	Bley	774	7 Miler
Amanda	Bolbotowski	1065	7 Miler
brian	bomberger	82	Half or Mighty
Sarah	Bourdeau	778	7 Miler
Jessica	Bower	240	Half or Mighty
Thea	Boyle	15	Half or Mighty
Sam	Brindley	1001	7 Miler
Matthew	Brinkley	1097	7 Miler
Kevin	Briody	4	Half or Mighty
Laurence	Briody	6	Half or Mighty
Lucy	Briody	933	7 Miler
Lynne	Briody	217	Half or Mighty
Jennifer	Broadbin	698	Half or Mighty
Lisa	Bruno	141	Half or Mighty
Anthony	Buonicore	780	7 Miler
Jonathan	Burke	90	Half or Mighty
Philip	Burke	699	Half or Mighty
Kelly	Burns Gallagher	179	Half or Mighty
Angela	Caes	900	7 Miler

Manrico	Caglioni	109	Half or Mighty
Elizabeth	Campbell	306	Half or Mighty
Meghan	Carcich	430	Half or Mighty
claudia	carney	40	Half or Mighty
Jennifer	Caron	259	Half or Mighty
Paul	Carpenter	79	Half or Mighty
Tyler	Carr	140	Half or Mighty
Trish	Carroll	159	Half or Mighty
Terri	Carta	1027	7 Miler
Mary-Kate	Casey	105	Half or Mighty
roman	cebulski	7	Half or Mighty
Rebecca	Chirevas	508	Half or Mighty
Kathleen	Christ	528	Half or Mighty
Richard	Christ	175	Half or Mighty
Michael	Ciardullo	24	Half or Mighty
Sarah	Clark	52	Half or Mighty
Maggie	Converse	1023	7 Miler
Miriam	Cope	36	Half or Mighty
Elena	Cordisco	51	Half or Mighty
teresa	costello	850	7 Miler
Steven	Crossot	414	Half or Mighty
Meghan	Crystal	945	7 Miler
Colleen	Cugine	461	Half or Mighty
Christina	Cumberton	299	Half or Mighty
Anda	Cumings	620	Half or Mighty
Michelle	Currier	716	Half or Mighty
Isaac	Cymrot	1019	7 Miler
Liane	Dahlke	828	7 Miler
Melissa	Daiello	666	Half or Mighty
Danica	Daly	601	Half or Mighty
nicole	daly	1008	7 Miler
Robin	Damato	829	7 Miler
Day	De Rosa	100	Half or Mighty
Kimberly	Dees	305	Half or Mighty

Mark	DeLieto	38	Half or Mighty
Matthew	DeMaio	614	Half or Mighty
Lorenzo	DeNino	128	Half or Mighty
Elizabeth	DeRose	135	Half or Mighty
velvet	desroches	801	7 Miler
Jacqueline	Dimeglio	327	Half or Mighty
Shannon	Dionis	617	Half or Mighty
Eve	Donovan	23	Half or Mighty
Trisha	Doyle	1043	7 Miler
Cathy Ann	Drury	46	Half or Mighty
Erin	Durkin	243	Half or Mighty
Tina	duryea	312	Half or Mighty
Brett	Edmond	69	Half or Mighty
Amanda	Edwards	636	Half or Mighty
Jennifer	Eiseman	119	Half or Mighty
Kristin	Elwell	115	Half or Mighty
Lauren	Elwell	151	Half or Mighty
Kristen	Essex	1098	7 Miler
Jon	Fagan	637	Half or Mighty
Lori	Falcone	808	7 Miler
Calista	Fay	889	7 Miler
Mike	Feinberg	169	Half or Mighty
Dan	Ferrante	855	7 Miler
Doreen	Ferrante	756	7 Miler
Ashley	Ficaro	137	Half or Mighty
Faith	Ficarra	42	Half or Mighty
Troy	Ficarra	302	Half or Mighty
David	Fisher	32	Half or Mighty
Serene	Forte	816	7 Miler
Julie Anne	Fossi	218	Half or Mighty
Michelle	Foye	1009	7 Miler
Cathy	Frierson	908	7 Miler
Ed	Fung	288	Half or Mighty
Delaney	Furlong	1200	Piglet Prance

anne	gannon	1011	7 Miler
Meghan	Garland	275	Half or Mighty
Maeve	Gavagan	711	Half or Mighty
Sharon	Gawe	412	Half or Mighty
Joe	Gelb	803	7 Miler
Lindsay	George	1004	7 Miler
Nicole	Gilbert	849	7 Miler
Pamela	Greenblatt	569	Half or Mighty
Nicole	griswold	525	Half or Mighty
Rachel	Haber	936	7 Miler
Elizabeth	Hackley	313	Half or Mighty
lisa	haden	124	Half or Mighty
Crystal	Hancock	12	Half or Mighty
Andrew	Heller	421	Half or Mighty
Samantha	Heller	613	Half or Mighty
Leslie	Henderson	512	Half or Mighty
Alexis	Herron	3	Half or Mighty
Rick	Heyman	18	Half or Mighty
Betsy	Higgins	888	7 Miler
Andrew	Hillis	232	Half or Mighty
Jonathan	Hirst	190	Half or Mighty
Kristen	Hoban	106	Half or Mighty
Victoria	Hodge	9	Half or Mighty
Natalie	Hodges	1030	7 Miler
Stephanie	Hohenstein	407	Half or Mighty
Megan	Holbert	825	7 Miler
Erin	Horbach	219	Half or Mighty
George	Huffman	131	Half or Mighty
Lauren	Jacobi	503	Half or Mighty
Ruth	Jones	309	Half or Mighty
Lauren	Jordan	1012	7 Miler
Michael	Jordan	1005	7 Miler
owen	jordon	22	Half or Mighty
Samuel	Junno	700	Half or Mighty

Greg	Kalt	999	7 Miler
Jessica	Katuska	630	Half or Mighty
brian	Kelly	70	Half or Mighty
Paul	Kelly	811	7 Miler
Shannon	Kievman	474	Half or Mighty
Jason	Kim	154	Half or Mighty
Jennifer	Kirsch	1099	7 Miler
Marjorie	Klar	319	Half or Mighty
Phyllis	Kozlowski	125	Half or Mighty
Katherine	Krasney	864	7 Miler
Asha	Krista	856	7 Miler
Morten	Kristiansen	111	Half or Mighty
Rosanne	Kropp	120	Half or Mighty
Mary Ellen	Kunz	1010	7 Miler
Lisa	Lapointe	712	Half or Mighty
Cathryn	Laydon	428	Half or Mighty
Vivian	Lee-Shiue	73	Half or Mighty
Melissa	Lemieux	27	Half or Mighty
Brian	Leonard	919	7 Miler
Sandra	Leonard	917	7 Miler
Jennine	Lesica	11	Half or Mighty
Alana	Levy	515	Half or Mighty
Ross	Levy	126	Half or Mighty
Judy	Litt	214	Half or Mighty
Johnny	Lo	821	7 Miler
Michael	Lo Presti	192	Half or Mighty
Vinicius	Lopes	315	Half or Mighty
Nancy	Lovas	1029	7 Miler
Kristin	Lowman	323	Half or Mighty
Edward	Lucas	510	Half or Mighty
Katharine	Macdonald	882	7 Miler
Liz	MacDonald	250	Half or Mighty
Dominic	Maciocia	129	Half or Mighty
Amy	MacQueen	377	Half or Mighty

barbara	maisonpierre	965	7 Miler
Debra	Majeske	72	Half or Mighty
Jennifer	Maksymiw	222	Half or Mighty
Danny	Mallozzi	57	Half or Mighty
Dianna	Manger	102	Half or Mighty
Amy	Mannion	16	Half or Mighty
Heidi	Marcus	769	7 Miler
Edward	Marquez	50	Half or Mighty
Kim	Marshall	314	Half or Mighty
Jennifer	Marsilius	107	Half or Mighty
Hilary	Martwinski-Nardozzi	8	Half or Mighty
Courtney	Maxfield	823	7 Miler
Sean	Mayer	177	Half or Mighty
Sue	Mayer	68	Half or Mighty
Deirdre	McCaffrey	1028	7 Miler
Darcy	McCourt	612	Half or Mighty
Sean	McHale	942	7 Miler
Monica	McMullan	824	7 Miler
David	McNamara	77	Half or Mighty
kristen	mellitt	43	Half or Mighty
Robert	Menegay	1024	7 Miler
Rebecca	Merz	311	Half or Mighty
Ellen	Meyst	790	7 Miler
Pat	Miller	20	Half or Mighty
Andrea	Mindell	777	7 Miler
Erin	Mitchell	623	Half or Mighty
Sue	Mollica	848	7 Miler
Daniel	Mond	17	Half or Mighty
Steve	Mortinger	101	Half or Mighty
diane	morton	804	7 Miler
dianne	moylan	799	7 Miler
Rohit	Naimpally	281	Half or Mighty
Henry	Namiot	789	7 Miler
Beth	Natt	132	Half or Mighty

daniel	navarresse	274	Half or Mighty
Greg	Nilan	63	Half or Mighty
Alicia	Novi	215	Half or Mighty
Nicole	O'Hara	227	Half or Mighty
Steve	O'Hara	1066	7 Miler
Jenifer	O'Keefe	225	Half or Mighty
Carolie	Olkoski	1017	7 Miler
Kristin	Overton	1025	7 Miler
Georgia	Panagopoulos	550	Half or Mighty
Megan	Parker	827	7 Miler
Matt	Parnell	388	Half or Mighty
Charles	Petrucelli	345	Half or Mighty
Robert	Pezzulo	419	Half or Mighty
al	phillips	31	Half or Mighty
Christy	Piepmeier	300	Half or Mighty
Emalee	Pierce	86	Half or Mighty
Corinne	Pitt	44	Half or Mighty
miguel	pizarro	166	Half or Mighty
Cristian	Pojano	545	Half or Mighty
Jessica	Polcer	172	Half or Mighty
Jennifer	Pope	261	Half or Mighty
Jeanine	Portman	301	Half or Mighty
Jim	Pratt	776	7 Miler
Sue	Pratt	851	7 Miler
Mary	Principe	324	Half or Mighty
April	Prior	521	Half or Mighty
Cecilia	Probst	99	Half or Mighty
Don	Quaintance	25	Half or Mighty
Jean	Quattrocchi	376	Half or Mighty
Anne	Quesnell	880	7 Miler
Michael	Rail	529	Half or Mighty
Sean	Rayball	317	Half or Mighty
Carolyn	Reed	1000	7 Miler
John	Reed	26	Half or Mighty

Christine	Reisel	1022	7 Miler
Jennifer	Ricaurte	939	7 Miler
Steve	Riley	47	Half or Mighty
Suzanne	Rinaldi	147	Half or Mighty
Tony	Rivadeneyra	224	Half or Mighty
Alexandra	Roberts	1101	Piglet Prance
Eugene	Roche	625	Half or Mighty
Hannah	Rogell	1108	Piglet Prance
Hudson	Rogell	1122	Piglet Prance
Laena	Romond	10	Half or Mighty
David	Rovere	868	7 Miler
Jocelyn	Rubino	223	Half or Mighty
Margot	Ruggieri	1118	Piglet Prance
Jennifer	Rumsey	150	Half or Mighty
Brianna	Ruocco	29	Half or Mighty
Janine	Russo	221	Half or Mighty
Jaime	Ryskowski	800	7 Miler
Heather	Sabino	21	Half or Mighty
Elizabeth	Sager	950	7 Miler
Elli	Scarfi	173	Half or Mighty
joseph	schafer	39	Half or Mighty
Erin	Schechter	1117	Piglet Prance
Laura	Schechter	817	7 Miler
Sabine	Schultz	13	Half or Mighty
Lynn	Schuster	389	Half or Mighty
Sue	Scibilia	213	Half or Mighty
Jodie	Scozzafava	575	Half or Mighty
sara	scribner	514	Half or Mighty
Tiffanie	Sgritta	5	Half or Mighty
Peter	Shiue	88	Half or Mighty
Charles	Sichel-Outcalt	693	Half or Mighty
Robert	Sickinger	81	Half or Mighty
Patrick	Sikes	35	Half or Mighty
Sara	Sikes	422	Half or Mighty

Aidan	Slovinski	1113	Piglet Prance
Keegan	Slovinski	1112	Piglet Prance
Lorraine	Smith	337	Half or Mighty
Allison	St. Germain	14	Half or Mighty
Emily	St. Germain	1103	Piglet Prance
Ian	St. Germain	1107	Piglet Prance
Gwen	Stark	359	Half or Mighty
Lisa	Steele	909	7 Miler
Ron	Steele	49	Half or Mighty
Bill	Stewart	1042	7 Miler
Suzen	Stewart	1026	7 Miler
Richard	Strahota	127	Half or Mighty
Mattt	Talucci	415	Half or Mighty
Michael	Taricani	691	Half or Mighty
Albert	Tarrab	328	Half or Mighty
Tish	Terry	957	7 Miler
Melissa	Tobias	1013	7 Miler
Gean	Tremaine	555	Half or Mighty
Jessica	Trichilo	607	Half or Mighty
Kieran	Troy	1105	Piglet Prance
Meghan	Troy	118	Half or Mighty
David	Tsang	188	Half or Mighty
Bryan	Urban	631	Half or Mighty
Tim	Urbanz	45	Half or Mighty
robert	valinsky	444	Half or Mighty
Kimberly	van den Heuvel	321	Half or Mighty
HRISTO	VARROS	399	Half or Mighty
Jennifer	Vigneault	350	Half or Mighty
Jennifer	Vincitore	710	Half or Mighty
Caryn	Vita	117	Half or Mighty
patricia	ward	802	7 Miler
Erich	Wenis	527	Half or Mighty
Craig	White	200	Half or Mighty
Kristen	White	37	Half or Mighty

Courtney	Williams	822	7 Miler
Michelle	Wisniewski	1033	7 Miler
Deanna	Wolff	2	Half or Mighty
Cathleen	Wyse	524	Half or Mighty
kelly	yontef	1	Half or Mighty
George	Yurchishin	500	Half or Mighty
Florisa	Zinghini	718	Half or Mighty
Amy	Zvovushe-Ramos	333	Half or Mighty
Jason	Zweig	751	7 Miler
Nina	Zweig	750	7 Miler

AVAILABLE BIBS

PIGLET PRANCE

1100		1102		1104		1106			1109	1110				1114
1115	1116			1119	1120	1121		1123	1124	1125	1126	1127	1128	1129
1130	1131	1132	1133		1135	1136	1137	1138	1139	1140	1141	1142	1143	1144
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7 MILER

[illegible]

HALF MARATHON/MIGHT COW

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5. 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 one of our two photographers won't be around race day this year.

6. RUNNER STORY – STACEY, HILLARY & OLIVE.



I am a runner who runs with my service dog, Olive Bean, and I live with a severe panic disorder that includes periods of agoraphobia.

My wife and I started running about 2 ½ years ago as a way to challenge our fitness goals. I hated everything about the first few months of running and a close friend of ours (who is a seasoned distance runner) told me I would get bit by the “runner’s bug.” I argued that there was no such “bug” and if there was, I would never get bit by it.

After a few months of running, I found I experienced less panic attacks during the day when I ran in the morning. This drastically changed my outlook on running and my daily life. Running became a necessity for me and I thought I found a cure for all those suffering from panic disorders...just go out and run! About six months ago my panic attacks increased and I began experiencing them on my runs (clearly letting me know I did not find a cure for panic attacks), making running even more challenging for me. I became fearful to run, especially new routes as I always worry about having attacks in public and I started to decrease my mileage as I did not want to be far from home. The inconsistency in my running makes it hard to train for road races, but I try to get out on the pavement as much as possible and do the best I can with each run.

Olive supports me inside and outside of the home. Her main tasks are to create space in crowds, apply deep pressure therapy, act as a distraction for me by nudging or licking me, take me out of situations where my panic is escalating, and if need be-she will bring me medication. When running, Olive positions herself in different places around me. When I am most relaxed---she is at my side. When I am unsettled, she will be in front of me, behind me, or circling me, as a means to keep people at a distance from me.

Like I said earlier, I am always fearful of having an attack in public and that includes road races. I look for races to push me out of my comfort zone so I can know that the panic disorder is not winning. I am excited and fearful to run the Redding Road Race “A Race for the Cows.” To offset my fears and try to increase my chances of not having a panic attack on the course, I have already driven the course twice and videotaped it. For me (maybe not to others), this race has narrow roads (maybe close contact with people on narrow roads) that I am fearful of as a

trigger to have an attack. To further prepare myself for this race, I will study the course over and over in my head and know all the points of the race that can be a trigger for my attacks.

Being fearful of having attacks in public has decreased my socialization and limits my time outside of the house. I have only had one negative experience at a road race when someone voiced their disagreement with Olive being allowed to run with me...they did this right behind me at the starting line (took me a few miles to shake that off). I have had such great interactions with other runners and running has become my main socialization. At one 10k, we had a runner ask if he could run with us (the last 2 miles) as he was watching us run and he found Olive calming and a distraction to his own struggles during the race...we all crossed the finish line together. Olive's harness says "Do Not Pet-Service Dog/Working Dog." If anyone at the race would like to say hi to her—please just ask, if she is not performing a task for me, I (and Olive) love when people pet her. To me, that is her reward/downtime for all the hard work she does for me. She loves people and her and I have both been bitten by the "runner's bug."

On November 4, 2014, my wife and I woke to head out for a 4 AM run. Immediately, I knew something was wrong with Hilary. I called 911, and she went to Waterbury Hospital (we live in Watertown) and then was flown by Life Star to Hartford Hospital as she was actively having a stroke with left side of the body paralysis. You can imagine how hard this was to absorb. We run, try to eat healthy, and focus on taking good care of ourselves. She spent 6 days in Neuro-ICU where they monitored a clot on her brain and the paralysis disappeared before she was moved to a regular Neuro unit. Repeatedly we heard the doctor's say, "she will run before she returns to work, get her running as soon as she is home, running will be the best therapy for her body." We also heard them say, her body is fighting the stroke every step of the way and her running plays a large role in the fight as her heart rate and blood pressure were solid.

Hilary is a private person so her story to share will be shorter than mine. Hilary is still recovering and the day of this race is one day before the 6 month anniversary of her stroke. We try to get out and run every day (even in the cold) and our training regimen consists of "do what we can on each run." There are days we push each other and I wonder what the neighbors think when they hear her say, "I

had a stroke and I can go one more mile, so you can go one more mile.” Or when they hear me say, “beating a stroke was harder than running up this hill so you can surely run up this hill.”

The doctors say a full recovery is expected and can take between two and three years. For now, Hilary focuses on running, resting and the possibility of running a full marathon (we have never run a full) close to the year anniversary of her stroke.

We usually set personal time goals for our road races. This race goal: cross the start line and the finish line and no stopping in between. Time does not matter on this race....until we are at the start line and the race against ourselves is on!!!!!!

If you would like to follow the daily life of a service dog, Olive posts frequently on Instagram @olivebeanie. If you have questions regarding service dogs or panic disorder, you can email me at bkspots@sbcglobal.net. See you all at the start line.

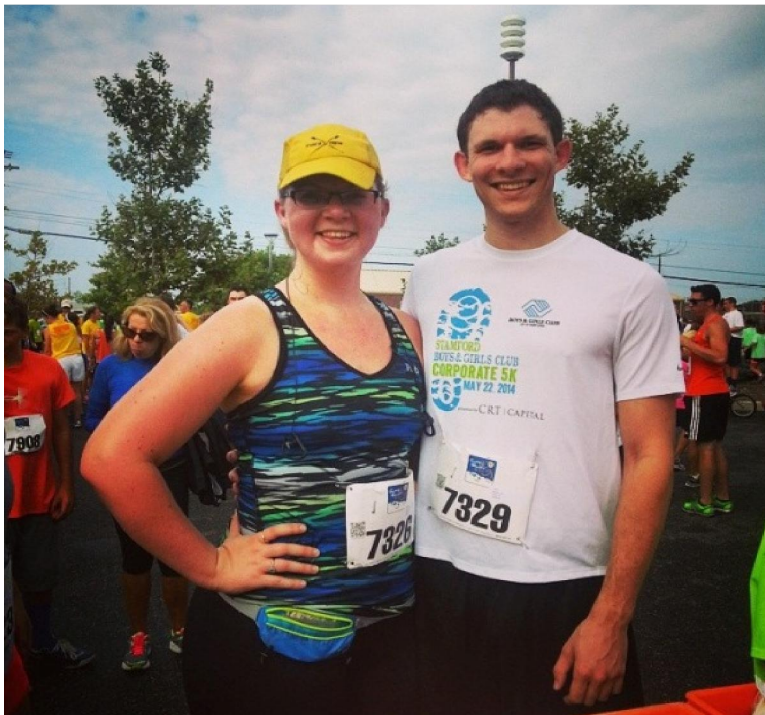
Thank you for reading our story and enjoy your training. See you all in May.

Stacey, Hilary and Olive





7. NEWBIE CHRONICLE



My name is Kristen, and I am running the 7-mile race for the first time. I am still in shock from signing up but I am really looking forward to it! I love Redding, and I love New Pond Farm. Some of my fondest memories growing up are from field trips in school and Girl Scout outings to New Pond Farm. It is such a great place for hands-on learning, and I feel so fortunate to grow up so close to the farm. I am excited to share my story with you all and how I am training for the race over the next few months. For me to go through my training and where I am now, I think it is best to start with how I started running in the first place.

Here we go!

I'm a new runner, and it took a while to get me to a point where I could ever imagine running 7 miles. I played soccer and basketball growing up, and in college I was on my school's rowing team. I loved being active, but I always disliked running. There were very few things that I disliked more than running, and even though I was required to run for practice I would hate it the entire time. I think it was a self-conscious thing since I was never "the fast kid" and being younger I couldn't really get past the "everybody is watching you" mentality.

...That all changed about a year ago.

My boyfriend Ian and I decided it was time to adopt a dog. We had been looking for a number of months, but finally one day we went to the shelter and fell in love with a young shepherd mix named Cooper. Cooper, although only 45 pounds, has a larger-than-life personality and has two speeds: full speed or asleep on the couch. We needed a way to get Cooper outside and active so one day on a whim I decided to take him for a run around the street – yup, me who DESPISED running said "I think I'll go for a run." I still can't believe I said it, but I figured why not give it a go. We huffed and puffed our way through the 1 ¾ mile loop, but we got through it and realized it wasn't ALL that bad. Dare I say I kind of enjoyed it?

I quickly got over thinking that everyone was watching me, but realized I was really running for myself. One of my favorite quotes about running has become "it doesn't matter how fast you run, you are still lapping everyone on the couch." I

think of this quote often as I am struggling to finish a tough hill, but it carries me through (plus, having Cooper pull me up the hill helps a little too).



The shelter we adopted Cooper from does a 5k in late May that you can run with your dog, so I decided to sign up. I figured, if I can do $1\frac{3}{4}$, why not work up to 3.1. As the weather warmed up, Coops and I would find ourselves running 4/5 days a week for at least 2 miles, but most days 2.5 to 3 miles. Some days were definitely a struggle, but there was nothing better than coming home from work and running with the pupster. The morning of the 5k came, and it was horribly humid, but Cooper and I pushed on through, and while we ran slowly – I felt so accomplished finishing my first race. (Cooper was thrilled too, as you can see from the picture.) He gets so excited when he realizes I have my workout gear on because that means it is running time!

I even decided to give myself a personal goal of running at least five 5k races in 2014. I had one in the books, so I thought it was a good way to stay active and keep pushing myself. I did one more in May down in Stamford, one in Ridgefield in August, another one in August while I was on vacation at the Jersey Shore (where the picture is from up top – I still don't think Ian has forgiven me for

registering for a 5k on vacation), and then the Great Turkey Escape on a frigid Thanksgiving morning. For the most part, I found it easier to run each race as I progressed through them, and even on those Redding hills in November I found it easier than running the flat roads when I first started to train. Plus, there is nothing better than running a race on Thanksgiving morning and knowing you don't have to feel as guilty filling your plate up!

My ultimate goal is to run half marathons (perhaps the RRR in 2016?), and I thought the 7-miler was a great way to step up my game for 2015 to get me to that goal. Cooper and I can't wait for the roads to be a little less icy to get back out on the road. If any experienced runners have any tips to share with me about increasing distance from 5k to 7 miles over the next few months, by all means feel free to reach out to me (kessex1@gmail.com).

I'm looking forward to sharing my journey with you all and even more excited to be running with you all in May! Happy training! ☺

8. FAVORITE RACE

Please send me write ups of your favorite races for inclusion in future newsletters.

Here is my favorite marathon (from John McCleary)

CLARENCE DEMAR MARATHON

KEANE, NH

<http://clarencedemar.com/>

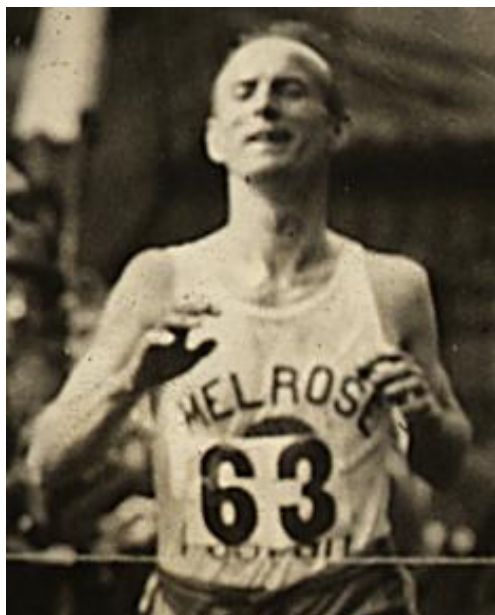
Last Sunday in September

For marathon runners that need big crowds and big running fields, this is absolutely not the marathon for you. For those who like a net downhill course, run in usually ideal conditions, directed by a town that really cares about their race, you should definitely consider this small town marathon. AND, the price is very reasonable especially compared to your New York's of the world.

I first ran this race back in 2002 or 2003 and despite being in terrible shape, was amazed how I felt the whole race. The course has changed since then, but the current course contains:

- A nice downhill for the first half of the race. There's a bit of an uphill in the 3rd mile, but, typically you feel like you haven't even run at all at the half way point of the race (a great feeling to have) due to all the downhill running.
- An out and back at around mile 12 where you're actually running on a dam – really scenic!
- An uphill at mile 14 or so, but it actually feels good after the nice downhill over the first half
- Race gets a bit too technical in the last 5 miles (a few too many turns), and a couple of short, tough hills at mile 24 (in a cemetery of all places!!), but compared to other marathons I've run, it's a pretty "easy" course.
- Overall, it's a very scenic, enjoyable course with the downhills no quad killers and only a couple, manageable uphills.

The town of Keane really embraces the race, the race director is very responsive and definitely go to the pasta dinner the night before – very small town homey feel. The race namesake is an all-time great Boston Marathon runner. Clarence Demar won 7 Boston Marathons, a bronze medal in the 1924 Paris Olympics and did this all after his Doctor ordered him to stop running for fear of a heart issue.



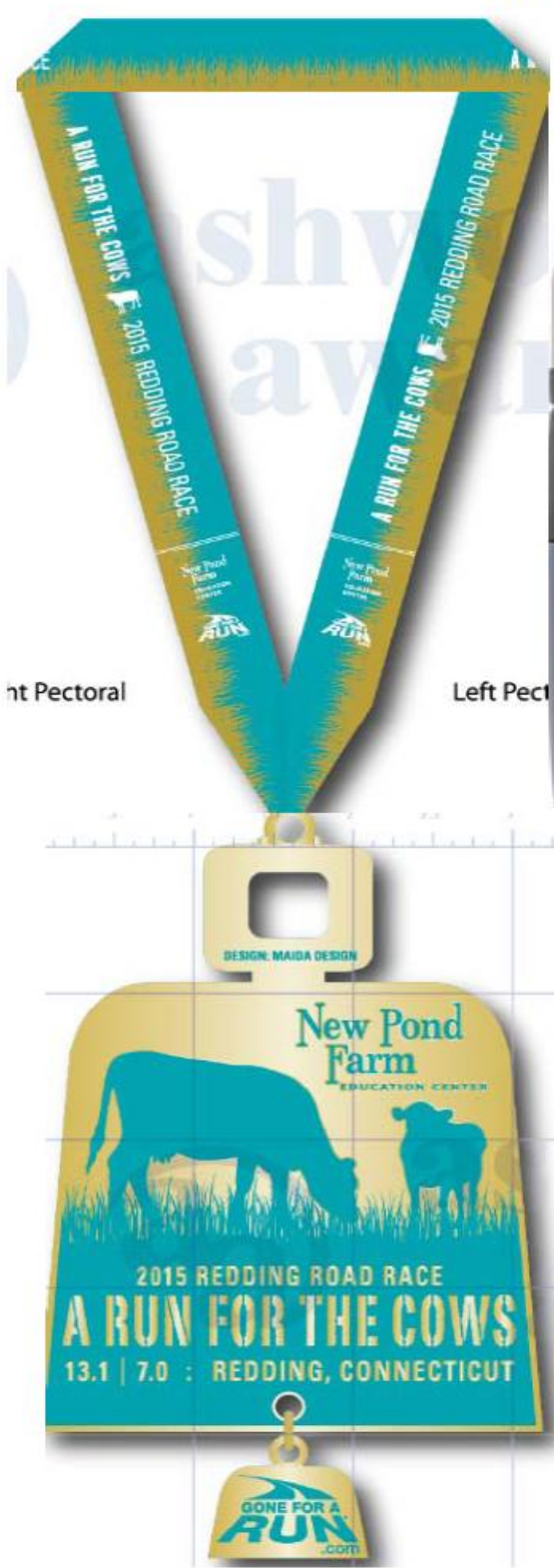


Out and back on the dam

9. RACE GIFTS

Spoiler alert – if you want to wait until race weekend to see the 2015 runner gifts, don't proceed.

RUNNER GIFTS



nt Pectoral

Left Pect



TRAVEL MUG

RUNNER GIFTS



RUNNERS BAG



WATER BOTTLE



5" MAGNET



COWBELL

SPECIALTY GIFTS



HAND GRIP RUNNER BOTTLES FOR MIGHTY COWERS



PIG SQUIRT TOY FOR PIGLET PRANCERS

WINNER GIFTS



GLASS AND PITCHER SET FOR 1ST PLACE AGE GROUP



20OZ PUB MUGS & MEDAL HANGER FOR AGE GROUPS 1, 2 ,3

WINNER GIFTS



COW, CHICKEN, SHEEP ACRYLIC FOR 1ST, 2ND, 3RD OVERALL

10.SOME RACE SIGNS

I'm always looking for some good, funny sign ideas. Send me your quotes, ideas, etc. and if I use it, I'll give you a free registration for the 2016 race.

Here are two current signs:





LAST UPHILL ON THE COURSE,
UGH...I'VE BEEN KNOWN TO LIE.

Ola! Foods
Redding Road Race
"A Run for the Cows"



Happy training,

John