



REDDING ROAD RACE NEWSLETTER

14 Volume 3

2/9/15



She's waiting for you!!



Winter picture from New Pond Farm – January, 2014



Hopefully on May 4th, 2014??

1. 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!

2. SIGN SUBMISSION WINNERS:

The following runner's race sign submission will be used this year and they will get free entry into the 2016 race:

Tiffanie S. of Stamford, Ct

Lindsay G. of Vernon Rockville, CT

Anthony C. of Fairfield, CT

Sarah B of Milford, CT

3. YOGA AND HEALTH COACHING FOR ATHLETES BY MAGGIE CONVERSE:

If you could utilize a little help in your training, nutrition, stress management, etc. why not take advantage of Maggie's free 30 minute consultation, exclusive to RRR15 runners? If you like her program, it could benefit you while benefitting the race, as Maggie has pledged to donate 15% of program fees to the race. More from Maggie (who is also running the race):

Yoga and Health Coaching for Athletes

Preparing for an athletic event involves long hours pounding the pavement, trail, or treadmill. It also involves taking care of ourselves by ensuring we are nourishing our bodies, our minds, and our souls. It involves mindfulness of how we are managing stress. How are we tending to our career? Our relationships? Believe it or not, our health is not just based on food and exercise, though these factors do play a large role. When adding the extra component of an endurance event, it is important not to neglect these areas of our lives. Why else sign up for a race if not to thoroughly enjoy the process of training and racing while challenging the body and mind?

Sign up for a free health coaching consultation and when you sign up for a 1 to 6 month program with Health Coach Maggie Converse, 15% of the proceeds go directly to Redding Road Race. You can learn more about Maggie at <https://maggieconverse.wordpress.com/>. Contact her directly for questions and rates at maggie.converse@gmail.com.

Here is a link to Maggie's piece detailing how endurance events helped her deal with body image issues:

<https://maggieconverse.wordpress.com/2014/03/25/ironman-vs-the-bulge-spoiler-alert-ironman-wins/>

Redding Road Race runners receive a FREE 30 minute health coach phone consultation. Following their consult they will have the option to select a 1, 3, or 6 Month Program which includes:

- Weekly check-ins to re-evaluate short term goals
- Determine 2-3 long term goals to work toward
- Daily email check-ins Monday-Friday
- Weekly 30 min. phone call

Each program is personalized based on the individual's needs. We cover areas such as:

- Diet and nutrition guidance
- Training and race day nutrition guidance
- Career
- Relationships
- Managing stress

With athletes we also address the following:

- Mantras for training
- Mantras for race day
- How to cope with feelings of isolation (yes we laugh about this as athletes but it's a real thing!)
- Cultivating mindfulness for optimal nutrition when training and racing
- Using your breath as a tool to power you through your race day

4. 2015 SHIRTS – V NECKS IN THE WOMENS FIT

Due to overwhelming requests, the Women's Fit tech shirt will be in a V Neck style this style.

5. PRE-RACE FESTIVITIES AND PASTA DINNER

Not a ton happens in Redding throughout the year (it's kind of the way we like it). In saying that, a lot does seem to be happening on race weekend. More details to follow when everything is finalized, but, a good Saturday plan could

include a short run with the Redding Running Club, picking up your race bag at the expo, going to the Frog Frolic (an annual carnival in town) and carbing up at the Boy Scout Pasta Dinner (only \$10 and 2/10ths of a mile from New Pond Farm).

6. LITCHFIELD SWEETHEART RUN THIS SATURDAY

One of my favorite races is coming up this weekend, Saturday February 14th. Great 5 mile course & great food spread afterwards – truly a CT gem!! The Andrulis's do a wonderful job with this race, it definitely has that great hometown feel to it. Make it if you can.

<http://www.thecommunitycenter.org/>



Picturetrail Get Your Own



Sweetheart Run & Walk Just a Week Away!

Come run, Come walk, Come and share the love!

The 13th Annual Bob & Peg Andrulis Memorial Sweetheart Run & Walk will be held on Valentine's Day this year at the Litchfield Community Center.

The five mile run and three mile walk will begin at 11:00 a.m. and Sweethearts of all ages are welcome to join in the fun. The course follows a route of varied terrain including the scenic roads and trails of the White Memorial Foundation.

7. HALF MARATHON TRAINING SCHEDULE

From Redding Running Club member, Jeanne H.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 1	5M easy	5M, a little faster than Mon	5M, inc 15 mins of 30 secs fast, 60 secs jogging	5M easy, off-road	Rest	5M easy, inc some strides	7-8M easy
WEEK 2	4M easy	6M steady, on a hilly course	5M, inc 16 mins of 1 min fast, 1 min jogging	5M easy	Rest	Warm up, then 3M fast (timed). Warm down	7-8M easy
WEEK 3	4M easy	6M steady, finishing faster	4M easy	Warm up, then 8 x 90 secs fast, 90 secs slow	Rest	Warm up, then 4 x 800m (or 4 x 3 mins), with 3-min recovery jogs	7-8M slow
WEEK 4	4M easy	6M, fairly fast	Repetitions: 4 x 3 mins fast, with 2-min recoveries	5M easy	Rest	1M jog, then 5M fairly fast, then 1M jog	10M slow
WEEK 5	5M easy, off-road	6M, starting slow, finishing faster	3 x 5 mins fast, with 5-min jog recoveries	5M easy, inc 6 x 150m fast strides	Rest or 3M jog	2M slow, then 1M fast, then 2M slow	Warm up, then 10K race or 5M pace run (timed)
WEEK 6	5M easy	5M, inc 16 x 1 min fast, 1 min slow	2 x 2M (approx), timed, at threshold pace	5-6M easy	Rest or 3M jog	1M easy, then 4-5M fairly fast, then 1M jog	10M steady
WEEK 7	5M easy, off-road if possible	Rest	8M, fairly fast	4M easy	Rest or 3M jog	4M on grass, inc 6 x 200m strides	Warm up, then 10K race. Warm down
WEEK 8	5M easy, off-road	6M steady, inc bursts up hills	3 x 1M (or 3 x 5 mins), with 5-min recoveries	5M easy	5M easy	6-7M, inc 10 x 30 secs fast, 30 secs slow	10-12M steady
WEEK 9	5M easy	5M, inc 16 x 1 min fast, 1 min slow	Warm up, then 2 x 2M (approx), timed, at threshold pace	5-6M easy	Rest or 3M jog	1M easy, then 4-5M fairly fast, then 1M jog	10M steady
WEEK 10	5M easy	6-7M at a comfortable pace	Warm up, then 2M at race pace, then 2M jog	5M easy, inc 6 x 30 secs fast	Rest	3M, in race kit	Race day

8. FAVORITE RACE SUBMISSION – HOGSBACK HALF MARATHON

<http://www.hogsbackhalfmarathon.com/>

This half marathon, located in Colebrook, Ct, along with Don Capone's Sam Elpern Half Marathon (Norwalk) in September, are BY FAR my two favorite half marathons in the area. The course is scenic and not hilly (until a tough one at the end – but who am I to talk about hills!!) and has an amazing food spread at the finish. It gives out a great long sleeve tech shirt and a really cool medal. It's easy to tell when a race director puts her heart and soul into a race and Kelly Burns Gallagher definitely does. Register early as this one sells out. Kelly is running in the Redding Road Race and has been kind enough to offer 3 complimentary registrations to runners interested in running the Hogsback Half. Email me if you're interested in being in the lottery.



Overview

Saturday, September 26, 2015 - 9am

Start Time:

General Start begins promptly at 9 a.m. on September 26, 2015 for runners. If you anticipate needing more than 2 hours and 45 minutes to complete the course, we will be offering an Early Start at 8:15 a.m.

If you register for Early Start and complete the course in less than 2 hours and 20 minutes, you will be disqualified.

Amenities:

- Technical t-shirts, provided by SweatVac, for all pre-registered runners
- 6 water stations stocked with water and Gatorade Endurance; PowerBar PowerGels will be available on course at miles 6 and 10
- Great post-race food including baked chicken, ziti, salad and desserts
- Custom "piggie" finisher medals from Ashworth Awards
- Electronic bib tag timing by Bay State Race Services.
- Great post-race raffle prizes

9. RUNNER STORY – CARRIE WHEELER



Carrie, grew up in Bethel, Ct and her Beachbody Coach page can be found at www.facebook.com/Suburbanmomonthrun

Hi, here is a brief summary of my journey :)

In May 2011, I found out I had a brain tumor called Acoustic Neuroma, thankfully benign, but a slow growing tumor that could have been there for 10+ years already. Typically these tumors are found in people over the age of 50 - I was 34 years old! These tumors effect your balance, hearing, and mine was wrapped around my facial nerves on the left side! I had severe headaches on the top of my head and went to my doctor for 6 weeks, while taking extra strength Tylenol every 2-3 hours, the pain was so bad. Finally I demanded an MRI - and

there it was! A tumor the size of a ping pong ball sitting on my brain stem. I was not shocked w/the news - more ready to research and take action to get this tumor removed!

We are lucky to live just north of Boston and able to seek out the best surgeons. At this time my children were 3 years old & 5 years old, not easy to juggle meeting with surgeons and taking care of your children when your focus is to get healthy. It was a long summer needless to say! Through this time I was still running (runner of 20 years), it was my only outlet. On August 1, 2011 I went in for my surgery early that morning w/my husband and parents by my side. The plan was a 14 hour surgery! I made it out in 7! I came out of surgery very sick and threw up for 3 days! My face was paralyzed on the left side - I couldn't blink my eye, smile or move my face at all! Very tough thinking I would never look the same again! I got my nausea under control and was able to walk slowly, w/out help, I was able to go home. 2 days of being home, I realized I had spinal fluid leakage coming out of my nose - rare side effect - and probably from the jarring of throwing up for 3 days. I was rushed back into the ER, the surgeon had to patch a tiny hole where the leak was coming from. 2 surgeries in a week! It was starting the healing process all over again!

Within that week of being home I was up moving around, willing myself to get healed fast! My daughter was starting Kindergarten 2 weeks after my surgery and I couldn't miss it!!! I went to Kindergarten orientation and looking back, I should have been in bed! The world was spinning, I lost all the hearing on my left side and couldn't see well out of my left eye. Everything that was normal wasn't any more! The only thing I knew that would make me feel me again was run! Within 3 weeks of surgery I was out running a few miles again! It got easier over time. I made so much progress in my face (there's not physical therapy for that), part of my smile came back and I could blink my eye here and there. I know it is from running! I kept moving, kept running, trained for my 10th marathon and PR'd (3:55) 13 months after my surgery! Going through this experience has made me a better runner and stronger person! In 2014 I ran my first 50k & first 50 miler! I am officially an ultra-marathoner! You only get one chance to live life and it better be full of awesomeness! :)

Carrie's next MRI is in 2016 – so far everything is clear!!

10. RUNNER STORY - BETH THOMPSON

Beth is a writer, a teacher's aide and a Mother of four, ranging in age from 6 to 13. She epitomizes the spirit of the RRR runner as she has Redding and New Pond Farm roots and participates in the race despite hip dysplasia. From Beth:

I've always walked for exercise, but in 2010 I began a running program and enjoyed the sense of improvement. I liked getting a little faster, building endurance and challenging myself. I'd run while pushing my youngest child in the jogging stroller, while she chanted, "Go, Mommy, go!"

After a year and running in three 5ks, I couldn't ignore a blinding pain in my hip that would strike out of nowhere. I went to an orthopedist and had x-rays which showed I had hip dysplasia, a condition I was born with, but hadn't been bothered by before. The doctor recommended physical therapy, continued strengthening exercises and absolutely no running. I was very disappointed, but when I went to a physical therapist, she gave me some positive encouragement and suggested I try distance walking instead.

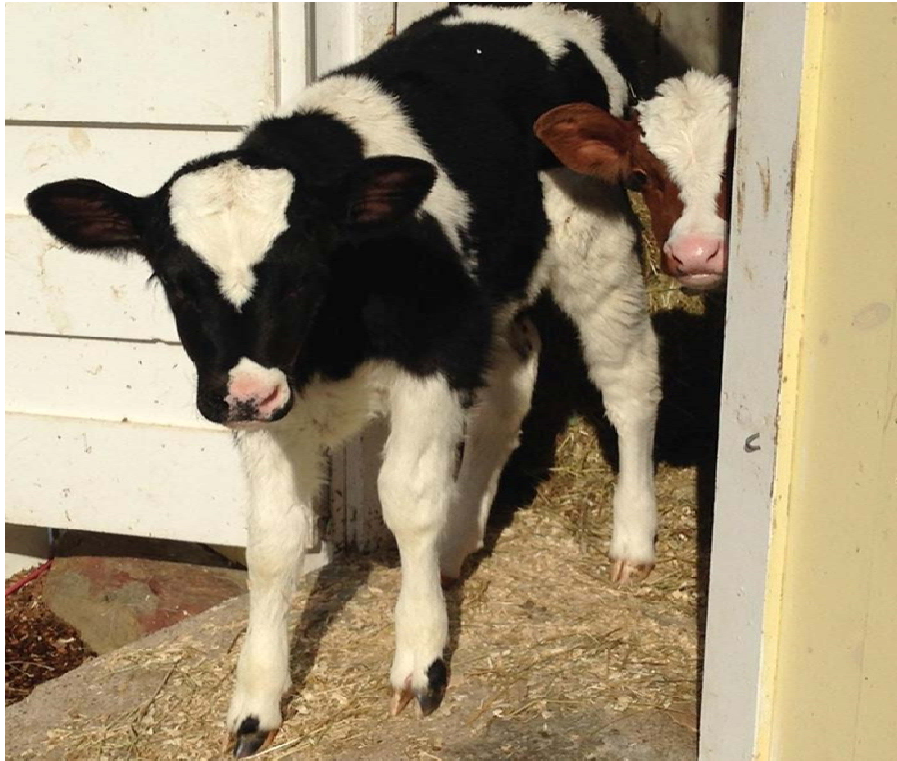
I walked a 10k in Stratford, CT not long after that and then I began to think about trying a longer race. I was apprehensive. What if I was the only one walking? Then I saw the first annual Redding Road Race mentioned online. It seemed like a perfect fit. Redding had not only been my hometown where I'd grown up and lived for 22 years, but New Pond Farm was a place that had been dear to my mother. She had volunteered there for years during the 1980s and 90s and I had also helped out and attended events there with her. The last time we had been there was in 2003, when we took my two small sons to a wonderful country fair.

My mother had many passions and loved to learn, and during her time at Redding Elementary school (she was a reading teacher) she became very interested in Native American culture. She then took what she learned, much from Wanda Foster – a local Blackfoot Indian – and shared her knowledge with others. I remember watching her work in the Native American building at the farm, showing artifacts and answering any questions that adults and children had. She also learned and taught traditional Native American dances there.

I lost my mom in 2009, after her fight with colon cancer. She was first diagnosed in 2005, but after a year of treatment, she went on to enjoy two years of good health and we were blessed by her amazing strength and attitude. She was able to enjoy her grandchildren, my four kids who were the loves of her life.

No amount of time with my mom would ever be enough. She was a loving, compassionate mother to me, a patient and loyal wife, and a friend to everyone she met. My friends thought of her as a second mother to them. People that knew and loved her could see her genuine concern for everyone.

So it is with my mom in mind that I have done the race each year. Last year, I walked the 7 miler instead, because my two oldest children (10 and 12 at the time) walked with me. This year I am training to do the half marathon again and plan to walk with a friend that I made at the first Redding Road Race. As I head back to my hometown and to the farm that holds memories, I am certain my mother would be happy that I am continuing our connection with such a special place.



A newborn



Barn at New Pond Farm – for all you newbies, you'll be running through the barn (see the opening?) at the very end of the race (mile 13.08 or mile 6.98!!).



Topstone Park entrance & view from the top (you won't be running to the top!)

Happy training

John