



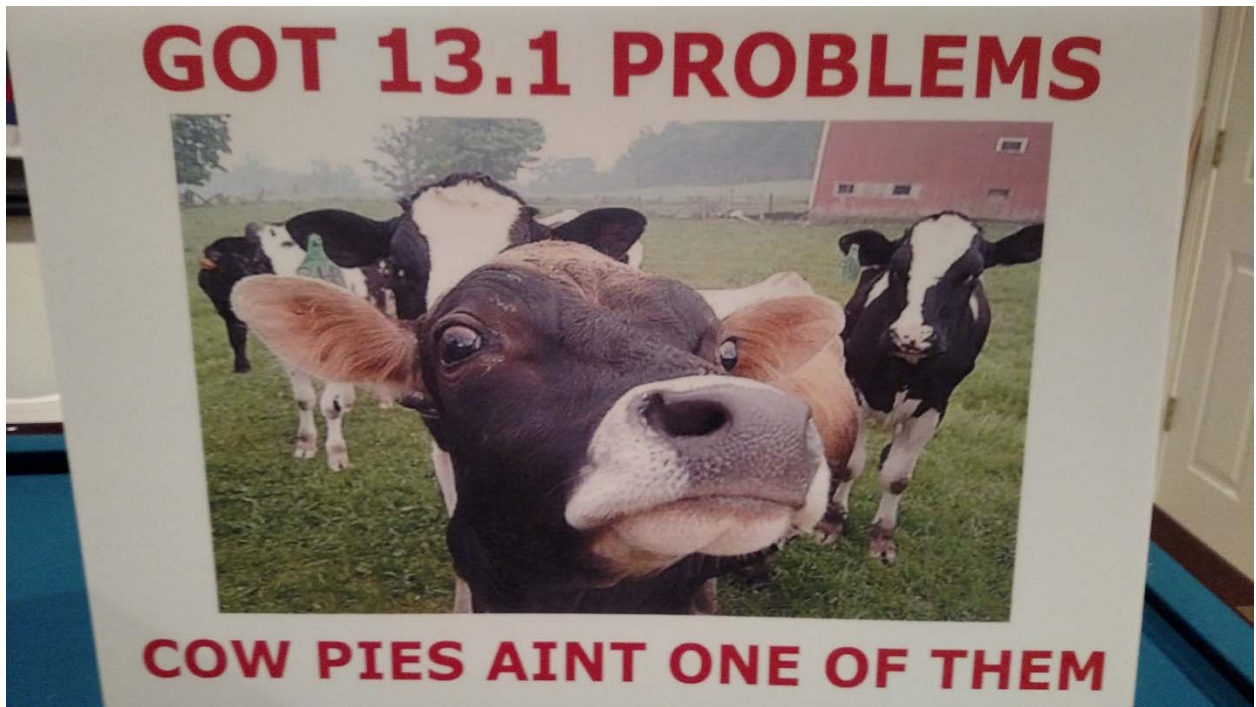
REDDING ROAD RACE NEWSLETTER

14 Volume 4

2/23/15



Astrology program at New Pond Farm



One runner's winning submissions for a new race sign this year

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. EARLY START – WHOM IS IT FOR?

(Hint not for 7 milers, Mighty Cowers or fast half marathoners)

The early start (7:15am) is for half marathoners only who plan on running around an 11:30 minute/mile pace or slower (2:30 half marathon total time or more). It's a race courtesy to allow all runners to partake in as much of the after race festivities as possible. It's not available for 7 milers or Mighty Cowers (the Mighty Cow pre-race starts at 7:25am). Email me if you want to be added to or deleted from the early start

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. MILE MARKER SPONSORS WANTED

If anybody has a business or a family 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. A sample mile marker is below, the sponsor logo would go on the bottom left of the sign (the mile number will be on the bird).

Benefits to Sponsorship:

Opportunity for your business to have a vendor table at baggage pickup and race day.

Opportunity to have a coupon or other item placed in the runner's bags
Logo displayed on the www.reddingroadrace.com website with website redirect.
Logo displayed on a race mile marker (see sign below).
Complimentary 1/4 page advertisement in our finishers magazine.

Payment of \$200



5. VOLUNTEERS NEEDED

The races require over 100 energetic volunteers each year. A bunch of you indicated on your registration forms that you may have volunteers available and we will be reaching out to you shortly. If anyone has a volunteer (mostly they are needed at the farm, before, during and after the race), email me. Thanks.

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.

See the Typical RRC (Redding Running Club) Meeting Location (Mile 1.5 of the races) on the following page.



7. AGE GROUP AWARDS

We love giving our awards, so each race and gender awards are in 5 year increments, 3 deep with no double dipping (1-2-3 overall doesn't win their age group)

Age groups

Half Marathon

Male/Female - under 20
Male/Female - under 20-24
Male/Female - 25-29
Male/Female Masters - 30 to 34
Male/Female Masters - 35-39
Male/Female Seniors – 40-44
Male/Female Veterans – 45-49
Male/Female Masters - 50-54
Male/Female Masters - 55-59
Male/Female Seniors – 60-64
Male/Female Veterans – 65+

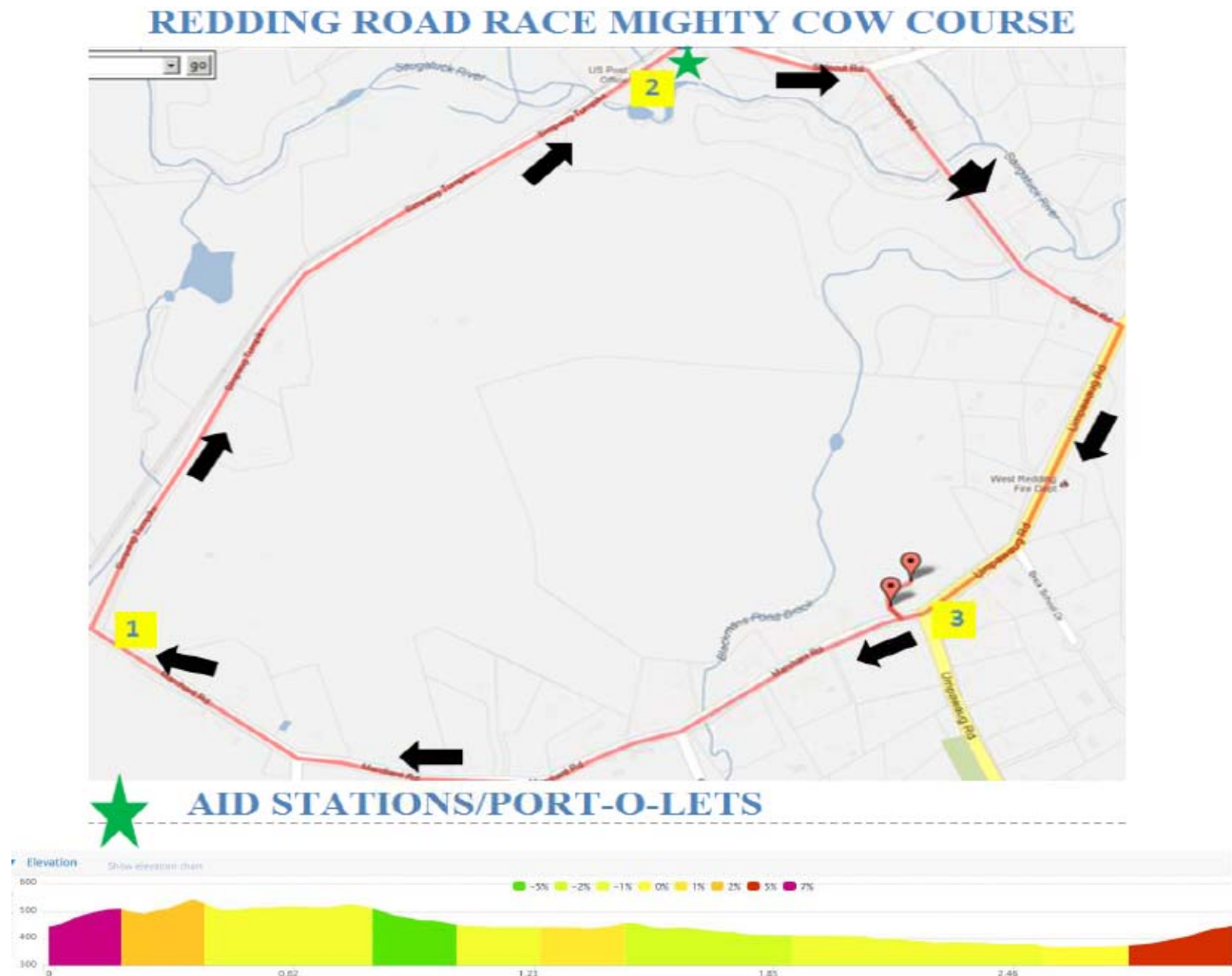
7 Miler

Male/Female - under 20
Male/Female - under 20-24
Male/Female - 25-29
Male/Female Masters - 30 to 34
Male/Female Masters - 35-39
Male/Female Seniors – 40-44
Male/Female Veterans – 45-49
Male/Female Masters - 50-54
Male/Female Masters - 55-59
Male/Female Seniors – 60-64
Male/Female Veterans – 65+

8. RACE PREVIEW – MIGHTY COW (3.1 MILE PART)

In this issue, we preview the Mighty Cow 5k race. In upcoming issues we'll preview the 7 Miler then the Half.

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



This 7:35am 5k race (pre half marathon race) for Mighty Cowers is a very interesting race because:

- (a) Do you run it hard and give yourself some time before the half marathon, or
- (b) Do you run it at a more relaxed pace and save more for the half marathon?

The race:

- It starts by the yellow barn near Marchant Street (near where you enter the farm in your vehicles).
- To avoid confusion with race signs, it's run in the opposite direction of the main races: Clockwise.
- Starting on Marchant Road, you make a right and run a mile on Marchant. The first half mile you're presented with some tough up hills but the end of Marchant gives you a very nice downhill.
- After a right turn on Simpaug Turnpike, you run slightly downhill for the next mile, before going straight on Side Cut Road followed by a quick right turn on Station Road.
- You're on the very flat Station Road for a little less than a half mile before making a right on to Umpawaug Road.
- Umpawaug Road starts out flat and ends with a very tough uphill finish. After going slight right, runner re-enter Marchant Road, make a quick right through the barn and finish at the race finish line.
- Grab something to drink and/or eat, hit a port-a-let and get ready for the half!!

9. FAVORITE RACE SUBMISSION - VERMONT 100ON100 RELAY

<http://100on100.org/>

August 15, 2015

Running is a very individualistic sport for the most part. Relay races, pretty new to the sport, offer a really cool, unique, "teamwork" part to running. They're to running what the Ryder cup is to golf. Instead of just running for yourself, or a cause, you're running for your teammates too. This, of course, can add some self-imposed pressure to your run!! Ragnar has a series of 200 mile relays throughout the country that involve 12 member teams and 2 days of running. Our Redding group chose a 100 mile race in hilly Vermont, with 6 member teams – a nice, shorter race and not as long of a wait between your legs. Each runner runs 3 legs, (averaging 5-6 miles per leg) with each leg separated by a few hours. There are

different team start times – based on each team’s anticipated pace per mile. We were “too honest” with our pace estimate and ended up finishing around 140th out of 160 teams in actual finish but around 20th overall in net time (which is how results are calculated).

From their website:

WHAT IS A RELAY?

This long distance relay encompasses runners “handing off” to one another multiple times throughout the day. In the 100 on 100 Relay, each team member runs and then “Hands-off” to a teammate. The team member who just finished running then waits until all team members have run before eventually they “hand-off” back to the first runner. Each runner runs (3) times throughout the day completing roughly 16.5 miles in total.

WHAT IS THE 100on100 RELAY?

The 100 on 100 Relay is a team based distance running experience. The event starts early in the morning and most participants finish between 8:30 PM-10:30 PM. The total distance is 100 miles and the course follows scenic route 100 the entire way. Our course displays all the angles Vermont has to offer from small towns and farms, to mountains and lakes. This event serves as a charity fundraiser for Vermont based youth charities that promote active and healthy lifestyles in support of self-esteem development.

WHY SHOULD I DO AN EVENT LIKE THIS?

Relays are a tremendous team building experience. How often do you get to spend all day with 5 of your closest running friends? Relays are very supportive environments where you’ll meet lots of people with similar interests, and these people will cheer you on the entire day. The distance is a lot more approachable than you might initially think.

WHY CHOOSE THE 100on100 RELAY?

- We supply volunteers at no charge to you.
- Organizing 6 friends is easier than 12 friends as in longer races.
- You’ll get plenty of running in and we’ll let you sleep all night
- EMT’s at every Transition Area
- A killer party at the end-you won’t go away hungry
- Finish line lodging that accommodates your whole team
- High performance running shirts including women specific cuts

The race starts at the Trapp Family Lodge in Stowe Vermont and Ends at the Okemo Mountain Resort in Ludlow, VT. Overall, it's a very interesting dynamic from the teammate perspective and the run/rest/run/rest/run/drink beer perspective. The overall effort is about equivalent to a half marathon effort and I recommend runners of all talent levels to try one.



From the left, Ed, Teren, John, Larry, JP and Eric

10. NEWBIE CHRONICLE – KRISTEN E.

Newbie Chronicles #2: Baby it's cold outside!

I don't know about you guys, but I am so over this bitter cold. If it were up to me, I'd much rather that it be 65 and sunny every day – PERFECT running weather. My only hope is that we are just days away from March, and March usually has some warmer days, right?! (That's what I keep telling myself at least, just to get through the next few days).

During the past few weeks since running outdoors has not been an option, I've been stuck indoors and I'm getting a little bit of cabin fever. We have a mini-gym set up in our house, complete with a spinning bike, rowing machine and weights. Personally, I get pretty sick of running on treadmills pretty quickly, so I try to find different things to spice up my indoor workout. I have taken the last few weeks to instead focus on strength training and mix it in with cardio. While I'm "at the gym," I call my dog "Coach Cooper" since he is always right there making sure I am okay during my workout. (Okay, so he might just be chewing on some toys by me – but I like to think he's there to cheer me on.)

Some of my co-workers told me about this great website called Fitness Blender – it's a completely free fitness site with awesome videos. They cover everything from strength training to cardio. If you are looking for some different indoor workouts, I highly recommend trying them out. Some of the videos don't require any equipment, and the strength videos just require free weights. These videos are a great (and free!) indoor workout alternative. I have a lot of fun with them; the videos are under an hour and move pretty quickly. I'm one of those people that loves to have a strength workout planned for me, so this is a great way to get that without shelling out the big bucks at the gym.

I'm also a total Zumba addict, and really thank goodness for Zumba classes during these brutal days! I go to at least once a week after work, and try to go once on the weekend if I am available. I love all of the music (I'll admit that most of my running mix is Pitbull) and it is definitely my favorite way to get cardio indoors/keep moving for an hour straight. When I do cardio, I am working my way up to make sure that I can keep strong for over an hour. I can't wait to get

back outside for a run, and I think once it gets back to the double digits I will get back out there! Below is a picture from a recent weekend Zumba class, I dragged my boyfriend Ian and my friend Jared along with me – they actually had a good time (despite all of the groans during the class – and I'm sure I can get them back again)!



So how are you all doing with your training?! I'd love to continue this discussion on the Redding Road Race Facebook page and hear how my fellow runners are keeping the momentum going throughout this chilly winter. Being a member of the crew team in college, I love knowing I'm not in this alone – and especially with so many experienced runners, I'd love to know how you guys are staying on track this time of the year. I think with over 1000 runners, we can all learn a lot of amazing things from each other.

Looking to talking with you all! Stay warm! ☺

11. RUNNER STORY – ALEXIS



I started running after moving to NYC in 2005 and working in and around kitchens. Running was not only to combat the caloric intake of working in a kitchen but was the great equalizer – it got me outside & moving and running along the beautiful waterways of NYC was a great way to clear my head. I ran my first race, a half marathon in January 2011. It was 2 loops of central park, in 16 degrees, and I was hooked. I joined NY Road Runners and ran enough races in 2012 to qualify for the 2013 NYC marathon. I decided that the best motivation to train was to join a team so I joined Fred's Team, the Memorial Sloan Kettering Cancer Research Hospital's team. I was a month into training and found out I was pregnant with my daughter Maddy, so I postponed the marathon for a year. Maddy was born February 1st 2014. Again, I started training for the marathon, this time in July 2014 and had one of the most incredible experiences of my life doing so. My original motivation to join a team was selfish, I thought the group dynamic would encourage my training commitment. Joining Fred's Team was the BEST decision. Not only did I have coaches and running buddies to cheer me on day in

and day out while training but I was given the opportunity to raise money for a cause that touches everyone's lives.

We lost my beloved father in law, my aunt, my best friend's dad, the list went on and on, to cancer. Every few days I would update my Fred's Team page and Facebook page with my mileage for the week and dedicate my runs to someone who a friend or family donated on behalf of – the list grew exponentially. By the marathon I had raised more than \$12000. I was astounded, thankful, grateful and overwhelmed by the far reaching grips of the disease and the generosity of friends and family. I proudly wore the names of all the cancer fighters on my race day shirt. Nothing prepares you for the feeling you get when you run by the hospital itself on race day – there are doctors, nurses, associates, family members and patients outside cheering you on. Running in NYC made me very proud to now be a New Yorker. It's an incredible day of spirit, camaraderie and sport. I will proudly wear my Fred's Team jersey for my Redding Race as well and look forward to the hometown spirit that made me into the runner I proudly am now!

12. RUNNER STORY – KIM L.



4 years ago, I was diagnosed with MS. That diagnosis didn't come quick. I became very ill (people thought it was food poisoning), and went to the ER. After taking an MRI, they had found lesions, but spent 4 months trying to rule out everything from a brain tumor to Lyme's disease to food poisoning. I was officially diagnosed in February 2011. That year was particularly tough. I was in and out of the hospital, and had many doctor's visits to get the MS under control. In 2012, at the advice of my neurologist, my symptoms would be better managed if I kept a healthy, active lifestyle. I started attending a Zumba class twice a week. I met with a nutritionist at the hospital to talk about the things I eat. That's also when I started running.

I lived on a quiet street in Wilbraham, MA. First, I would walk a mile, a few days a week. I used the old "telephone pole" technique. You know, "just run until the next telephone pole, then you can walk." In the summer of 2012, I ran the first 5k. I ran/walked, and finished in 43 minutes, 22 seconds.

At the end of summer 2012, I started graduate school and ended a near four year relationship. I stopped caring. I stopped going to Zumba. I saw my neurologist in October of that year, and he lectured me. "get your act in gear, or you will be wheelchair bound by age 30!" I was only 29. Talk about the putting the fear of God into someone!

Then, I met my now-husband. He put the smile back on the face. I wanted to look good, but feel good for him. I started running again. In Spring 2013, I ran another 5k, and finished in 41 minutes. Not bad. Then, the running bug started to set in. I was able to run an entire mile! I joined a gym, and ran about 3 or 4 days a week. By October 2013, I was able to finish a 5 mile race in 55 minutes. Not bad for this girl!

In April 2014, I joined M.E.L.T. Fitness in Simsbury. Seeing how good it felt to be active, gave me the running bug. I started signing up for 5k's (about every 2 weeks I was running one). I saw my neurologist, and he said I was doing great! I got my 5k down to about 35 minutes. I even convinced my sister in-law (fellow Run 169er Kristin Lowman) to start running again. So speaking of the Run 169 town society, Kristin had joined and told me about it. I joined the club in November 2014, and never looked back! In those 2 short months, I ran 13 races. I

even ran two in one day (Thanksgiving Day)! I am feeling better than ever. I'm running my first half marathon in February 2015 in Disney World. I am practicing the run/walk method, and I am ok with that. I just want to finish! This club has given me the support I need when I'm feeling down, and reminds us all that it's not about your time at the end of the race; it's about setting a goal and getting across the finish line. I can't wait to Run With The Cows. I may have only signed up for the 7 miler, but my goal is to run all 7 miles, something I haven't done yet. Every person on my Run 169 Team has reminded me that it's about empowering others and ourselves to finish the day with your head held high. Be proud of your accomplishments, no matter how big or small. Lastly, it feels really good to not hear "you'll be in a wheelchair by 30." I'm 31, and in the best shape of my life!!



Start of 2012 race when it started on the road (Marchant Road)



Finish Line



Finish Line banner this year (bigger than it looks here)



First 3rd of the banner



Second 3rd



Final 3rd

Happy training

John