



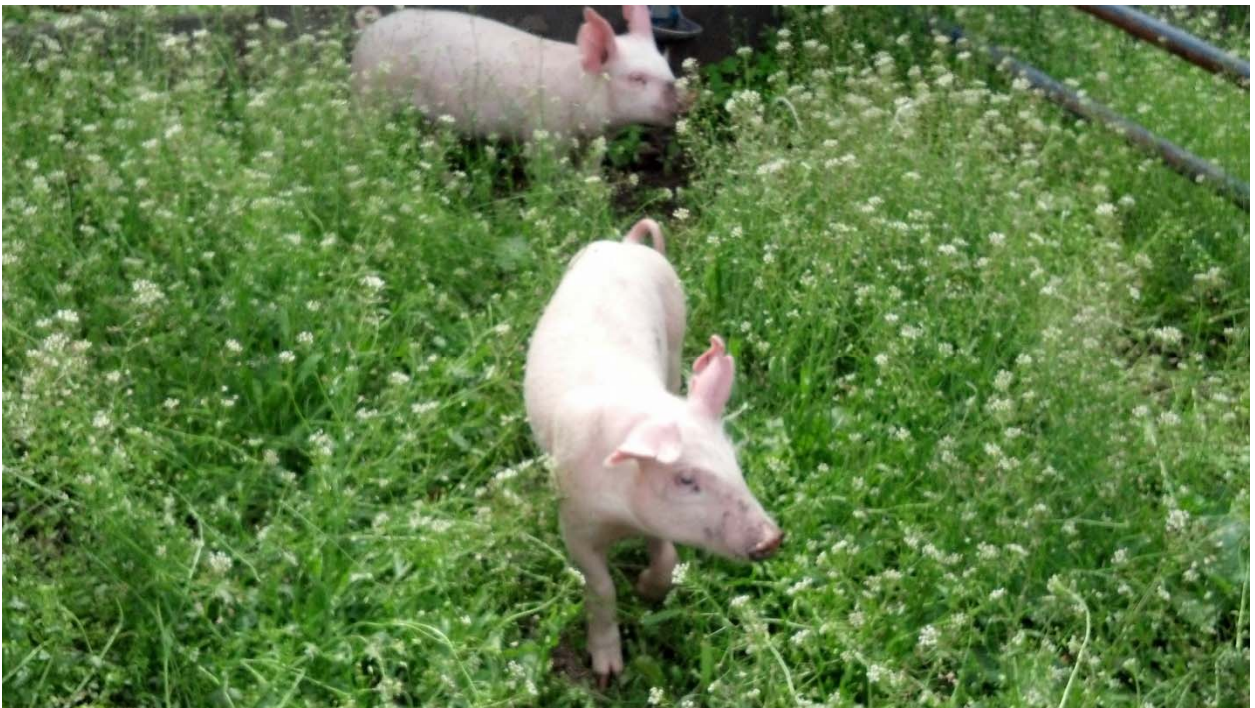
REDDING ROAD RACE NEWSLETTER

14 Volume 5

3/8/15



Start of the inaugural 2012 race (when it started on Marchant Street)



Two piglets watching the Piglet Prance race (well maybe not actually watching)



1st part of the race – the “victory loop”

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. 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

3. 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

4. RACE PREVIEW – 7 Miler

In this issue, we preview the 7 Miler. In an upcoming issue we'll preview the half marathon. The map below is a bit small to read, but you can access it using this link:

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



The 2015 courses remain the same as 2013 and 2014

START: We start on the farm again this year, about a 20 seconds walk from the pre-race festivities!! After picking up your race bag with all the race schwag in the big tent (if you haven't already at the expo the previous day), utilize one of the 25 port-o-lets have some Redding Raoster coffee, bagels and donuts from Uncle Leo's, bananas etc. then proceed to the start on the main trail of New Pond Farm. **THE RACE WILL START ON TIME, 8:35** for the 7 miler. 7 milers do a counterclockwise victory lap. New Pond Farm is repaving the farm loop this year with more "runnable" flat pebbles.



The farm trail

MILE 1: The first 6/10th of a mile is on the farm, with amazing views. There are a couple of bumps, but, if you're noticing the hills now, uh oh!!! When you exit the farm, and make a left onto Marchant Rd, be sure to view the circa 1789 school house just before mile 1. Overall, it's a pretty easy first mile as there's a significant downhill after you exit the farm.



The historical school

MILE 2: This downhill leading to flat mile takes you on the beautiful Station Road then through the “heart” of Redding (lol). You’ll see the post office and our pizza sponsor- Lombardi’s. **The 7 mile course diverges from the half at the tracks as 7 milers go straight (avoiding the tracks) and the halfers go right to do a 6 mile loop. NOTE TO 7 MILERS – IF YOU GO RIGHT HERE, YOU WILL BE DOING A LITTLE EXTRA MILEAGE!! THIS IS THE ONLY DIFFERENT TURN IN THE RACE FOR THE TWO RACES BUT EVERY YEAR, A FEW RUNNER WILL INEVITABLY IGNORE THE SENTRY, THE SIGNS AND THE ARROWS IN THE ROAD, SO PLEASE PAY ATTENTION HERE.** Aid Station #1 is located where the two races diverge.



One of many creeks along the course

MILE 3/4: These relatively flat miles take you on the really cool Simpaug Turnpike and over the Simpaug Bridge. The entire 2 miles run parallel to the train tracks. Make sure to take in the views – streams, a lake, a lot of woods, maybe a train?? Aid Station #2 is at mile 3.



MILE 5: This mile takes you on the challenging Topstone Road into Topstone Park. The road and park are extremely pretty but there are three decent uphill you'll have to circumvent. All the hills are short, but, on the back half of a race, nothing is easy. You're rewarded here with Aid Station #3 – the famous candy/soda and cold sponge zone. The out and back starting and ending at Chestnut Woods Rd and going into Topstone Park is 1.1 miles. It's the high five zone where you can congratulate runners going in the other direction, but body checks are NOT ALLOWED – this is a non-contact race!!

MILE 6: Mile 6 takes you on a loop by Steichens pond where you'll actually run to a beach (but luckily not on it). After doing the short loop you re-trace your steps out of Topstone Park (with Aid Station #4 – candy zone revisited) and onto the beautiful Chestnut Woods Road. This mile is an easy downhill one so revitalize and re-energize for the hiccup hills. Remember to say "hi" to runners in the out and back.



MILE 7: The final mile takes you to what I call the hiccup hills – a series of 3 quick uphill which would be easy if they weren't near the end of the race. Just keep in mind that once you get over the three, you're presented with a mostly flat to downhill last 8/10ths of a mile. Aid Station # 5 is located at mile 6.2- right after this aid station look to the right and you may see some horses.





FINISH: Take a sharp left at mile 6.95, go through the barn and the finish line is steps away. After the finish, collect your medal, get a massage and go to the big tent (steps away from the finish) for the party, food and awards.



Trestle you run through to the finish



Barn you run through – where else do you do this??

5. FAVORITE RACE SUBMISSION – MOHAWK -HUDSON RIVER MARATHON

<http://www.mohawkhudsonmarathon.com>

October 11, 2015

The Redding Road race gets numerous runners from the Albany, NY area and I've got to talk about this race from the great reviews I've heard about it.

Video of the race:

<http://www.mohawkhudsonmarathon.com/courseinfo.html>

Race along the historic Mohawk and Hudson Rivers utilizing 18 miles of paved bikeways. The USATF certified course starts in Central Park in Schenectady and finishes on the bike path in downtown Albany. The course generally follows the Mohawk River, on paved bicycle trails, then proceeds to the Hudson River, via the historic city of Watervliet. The course passes immediately in front of the Watervliet Arsenal, the nation's only large bore cannon manufacturer. The historic

munitions plant opened in 1813, and is still a major producer of munitions. Shortly after passing the Watervliet Arsenal it is back to the bike path for the final 5 miles along the historic Hudson River.

The point-to-point course is primarily flat and fast. The Hannaford Supermarkets Half Marathon travels on the second half of the marathon course. The bike path is not closed to public use and city roads are not closed to vehicular traffic. Runners should use caution.

This years' race will see over 10 Redding Running Club members running the marathon. So, if you're inclined to run a fall marathon, come join us!! Note – the half marathon has already sold out and the marathon will sell out in a couple of weeks, so don't hesitate.



6. RUNNER STORY – The Irish Clan

Rocky Hill— As many do during the holiday season, the Fitzgerald Family overindulged. The feast, however, included more than just food and drink. . . This year, the Fitzgerald Family celebrated with a pact to spend next year's holiday together— in Ireland and they didn't stop there!

In 2004, the Fitzgerald family of 13 traveled together to Ireland to spend Christmas and New Year's, together, in their home country. This Christmas, ten years later, they decided it had been too long! After some discussion, and a few mugs of warm cider, it was decided—they would do it all over again in 2015! The family has now grown to 15. "If we wait any longer, the youngest cousins will be out of college and the oldest, now married, will be having children! It's next year or never!" Eileen Fitzgerald-McCormick, middle-child and ring-leader knew this had to be decided! In order to ensure everyone was fully committed, a contract was drawn up, on what better than a paper plate; and so as the pie and more cider were passed, around the table went an additional, promissory paper plate! John Fitzgerald was last to sign among cheers from all and the vacation planning was officially in the works!

The party rolled on, as all holiday parties may, and as the cider was doled out once again, the conversation turned to the New Year and resolutions. A family of avid runners naturally began discussing upcoming races and soon another paper plate was being passed. . . This one a pact to run a half marathon together! The Redding Road Race was chosen not just for its timing, in early May, but also for its location, and for the benefit of the charity being sponsored. Most importantly, 12 of the 15 family members signed! Our family participants range in age from 16 to 59. One of the runners has been recently diagnosed as a type I diabetic. The mix also includes, two family members adopted from China, 2 carpenters, 2 high school students, 3 college students, a legal assistant, 2 middle school teachers, an administrative assistant and a nurse. We all have our own challenges and we are all willing to train hard and accomplish this one goal of running a half marathon together.

It was left up to family "leader of morale" and cheerleader, Mary Fitzgerald to sign everyone up for the Redding Road Race. She was saddened to read, five

months before the actual race, that the race was sold out. As she was organizing training schedules for the family and researching the race details, she came across the website lines which read “CAPACITY REACHED!! WE SOLD OUT IN A RECORD 4 DAYS!!” Oh no!!! Our paper plate pact was falling apart.

Immediately, she sent an inquiry to John McCleary. John stated that parking is one of the main concerns and prevents access to further entrants. She also read on the advertisement for the Redding Road Race that, “It is our goal to have the Redding Road Race be the friendliest and best supported race of its kind in this area, or any area, for that matter, while benefitting New Pond Farm and it's wonderful programs.” Mary has been in communications with John and has expressed to the rest of us how she has never experienced such kindness and personal assistance when communicating with marathon staff in any of her other 12 half and full marathon experiences.

If the Redding Road Race can squeeze us in to the event we plan to rent a small bus and bring our own cheering squad. The entire family has begun training and will look back on this Christmas next year from across the pond. As they recall their successes during the past year and recall the holiday of the “Paper Plate Pacts” fondly and wondering “how much did we drink last year to commit to all of these crazy ideas?” 21 year old cousin, Brendan, will inform them, “I spiked the cider!” Well, that explains a lot!

1. Rich Christ
2. Kathleen Fitzgerald Christ
3. Maureen Christ Jarry
4. Graham Jarry
5. Elizabeth Christ Clemens
6. Pat Clemens
7. Dave McCormick
8. Grace McCormick
9. Josie McCormick
10. Mary Fitzgerald
11. Derrianna Fitzgerald
12. Rebecca Fitzgerald



Cheers,

John