



REDDING ROAD RACE NEWSLETTER

14 Volume 7

3/31/15



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. REDDING ROAD RACE 2015 PREVIEW RUN

ADDRESS OF WEST REDDING POST OFFICE FOR NAVIGATION:

268 SIMPAUG TURNPIKE, REDDING, CT 06896

For anyone who wants to run the half course or the 7 mile course ahead of time (except for the farm part, as we have to keep some things sacred), we do a preview race every year.

WHEN: Sunday April 12th

TIME: 9am for the half, 10am for the 7 miler

WHERE: At the corners of Side Cut Rd, Simpaug Turnpike and Long Ridge Rd. See the map below, **X** marks the spot to park. This is almost 2 miles into the regular race and is near the Post Office, Metro North and Lombardi's. If this lot fills up, there are plenty of spaces nearby (as you can see by the map). Due to the fact we're starting 2 miles into the "official" courses, we'll be doing the first two miles of each course last.

WHAT WILL BE THERE: Typically runners, coffee, water, Gatorade, donuts and I will arrow the course so nobody gets lost (hopefully).



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. MORE RACE STATS

- The 2015 race has 20 states represented and 4 countries.
- We have 86 Legacy runners in the field; meaning 86 people who are crazy/dedicated enough to have signed up for all 4 years of races. They will be getting a really cool appreciation gift at RRR16.
- We have 656 new victims, ughhh..... I mean runners in the field this year (runners who haven't run the race in the first 3 years). This represents 58.3% of the field, which is great because it means more people getting introduced to our wonderful town and farm along with a bunch of past runners.

5. PRE-RACE STRETCH

Chiropractor Jacqueline DeMayo has volunteered to lead a pre-race stretching session to help runners get limbered up for the Redding hills. She will also be available post-race to put your bodies back together!! More details will follow.

6. **RRR15 SHIRT UNVEILING – YOU OVERWELMINGLY WANTED BLUE, SO!!**

Logo won't be quite as big as it appears below. 7".



7. RRR15 BIB UNVEILING



Half Marathon Bibs



7 Miler Bibs



Piglet Prance Bibs

8. PASTA DINNER THE NIGHT BEFORE THE RACE – CAN'T BEAT THIS PRICE!! (1/4 MILE FROM NEW POND FARM)

NEW POND FARM RACER SPECIAL

Come Carb up with the Redding Boy Scouts at the
Annual Spaghetti Dinner

REDDING TROOP 15 FAMOUS ANNUAL

TWO
DINING AREAS!
EASY ACCESS TO OUR
FIRE TRUCK
TRATTORIA



SUPPORT OUR
BOY SCOUTS AND GET
A GREAT MEAL!

SATURDAY, MAY 2RD, 2015

4:45 – 8:00PM

WEST REDDING FIREHOUSE

306 Umpawaug Road, West Redding, CT

INCLUDES OUR FAMOUS
SAUCES, SALAD, ROLLS,
BEVERAGES AND
HOMEMADE DESSERTS.

ADULTS \$9 AT DOOR \$10

CHILD/SENIORS \$7, AT DOOR \$8
(12 and under/over 65)

9. WHAT TO EXPECT RACE WEEKEND

Saturday May 2nd

- If possible, pick up your race bag at New Pond Farm between 12-5 at our Race Expo. This alleviates race day angst (although there really isn't any of this, as we've become pretty efficient). A Saturday pick up also allows us to spend more time with you as Sunday is hectic.
- If you're from out of town, and staying in a hotel, maybe you check in at our host hotel – La Quinta?
- After Bag pick up, you may want to drive over to the annual Frog Frolic (see the flyer on the next page), have dinner at one of our sponsor restaurants or at the Boy Scout Spaghetti Dinner (see flyer on previous page). Not much happens in our quiet town, BUT, everything that does, seems to happen on race weekend!!

**FREE
ADMISSION**

**FREE
PARKING**

FROG FEROLIC

20th Annual Children's Country Fair

10 AM - 4 PM
SATURDAY
MAY 2ND

REDDING COMMUNITY CENTER
37 LONETOWN ROAD . REDDING



**MARK
TWAIN
LIBRARY**

**Silent Auction • Cake Walk • Bubble Garden
Crafts for Kids • Touch-a-Truck • Book Sale
Inflatables • Entertainment • Food • Games**

JOIN THE FUN RAIN OR SHINE!
HELD INDOORS IF IT RAINS

WWW.MARKTWAINLIBRARY.ORG

Sunday May 3rd

PRE-RACE

- Carpool and arrive early. All parking is on the farm this year (in previous years you could park at the Fire Station, do not this year). Say hello to our volunteer parking attendants



- When getting out of your car and walking towards the big white tents (where everything happens) avoid randomly placed cow pies.



- If you have been naughty and haven't picked up your race packet on Saturday:
 - Go to the bib # table, find your name (alphabetical order by last name as we felt randomly placing 1,200 names would be fun but not practical) and go to your specified bib table. There are over 10 bib tables for speedy pickup. Thank your volunteers – remember they are getting up earlier than you and don't get to run.
 - Mighty Cow runners – you have your own bib table – make sure to get your extra gift.
 - Piglet Prancers also have their own bib table.



- After picking up your bag, your options are limitless (as long as you didn't show up at 7:50 for the 8:00 race!!)
 - Check out the race courses and farm logistics (starting lines, etc) on the big boards.



- Get coffee/hot chocolate or water (no chocolate milk to after the race as I can attest, running with a stomach full of chocolate milk is not ideal - Philly Marathon somewhere around 2002, what was I thinking??)
- Grab some food – Uncle Leo’s donuts and bagels, bananas, probably other stuff that I’m forgetting??



- Get a pre-race massage at the massage tent (by the finish line) led by our favorite masseuse, Tony.



- Stretch out with chiropractor Jacqueline DeMayo in a pre-race stretching session
- Utilize one of the 25 port-o-lets (because utilizing more than one would sort of be impossible, or at least awkward). Last year we had no lines and anticipate no lines again this year (try to find that at other races!!)
- Visit our animals who will be prevalent throughout the grounds – pigs, cows, chickens, sheep, no dogs (**DO NOT BRING YOUR DOGS PLEASE**). Big photo ops here – remember to send me your pictures after the race please.





- Listen to our great announcers, Joe and Nancy, as they'll keep you up to date on where to go and when.
- Utilize the bag drop if you want, although your car will probably be like 8 feet from the starting line!!
- Cheer on our 7:15 early starters – about 15% of the half marathon field takes advantage of the early start. Note: if you think you'll be running faster than

a 2:30, PLEASE, for the love of God, don't start early. We had a gentlemen do the early start in 2012, ran a 1:40 half marathon and "set a world record" in the half marathon (until we "corrected his time")



- Cheer on our Mighty Cowers as they start their 5K pre-half marathon run at 7:20; although you probably won't see them as they start out in front of the barn.



- Cheer on our Piglet Prancers at 7:30 as they start at the front barn (where the Mighty's start) run past you at the white tents (please don't block them) and run up and back on the farm road. Their finish is where the half marathoners and 7 milers start).



- At 7:50 the wonderful Eowyn Driscoll will be singing the national anthem. She has an opera performance also on May 3rd, but, is still singing for us for the 4th straight year!! We'll also be welcoming back the Mighty Cowers about this time.



- Cheer our half marathoners at 8:00 (and we will start at 8:00) as they run their victory loop clockwise around the farm road then exit the farm. Note runners – no need to crowd the start as your official time does not start until you cross the timing mats at the starting line.



- Cheer our 7 milers at 8:35 (and we will start at 8:35) as they run their victory loop counterclockwise around the farm road before exiting the farm. Miraculously, the 7 mile and half marathon races both have the same starting and finishing mats and get to the required distances – thank you course certifier, Jim Gerweck!!



OUT ON THE COURSE

- Half Marathoners will find 8 aid stations on the course (Yep, that's one every 1.625 miles) and 7 milers will find 5. Each aid station will have Gatorade (one of 3 or 4 flavors – yeah, I know, maybe no necessary!!), water, basic medical supplies, a port-o-let and wonderful volunteers.

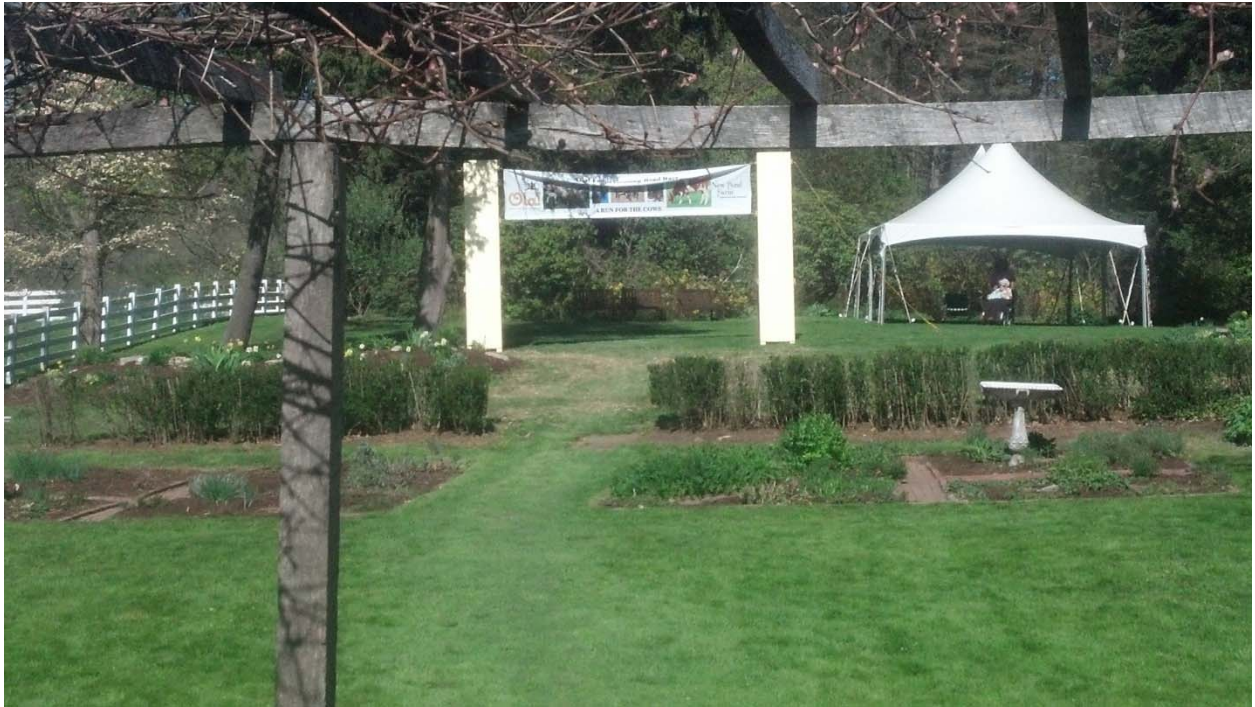


- Aid station #5 for the halfers and #2 for the 7 Milers will also have orange slices
- Aid Station #6 and # for the halfer and #3 and #4 for the 7 milers will have candy, soda and ice cold sponges.
- You can strip off clothes at Aid Station #1 (please do keep some clothes on though) and we'll bring it back for you to the bag drop area on the farm.
- Course turns will be marked in chalk and with directional signs.
- For your safety you will find 11 police officers on the course, one on each major intersection.

- EMTS are stationed on the course if needed.
- You will find over 100 course signs:
 - Mile markers and Kilometer markers.
 - Caution: road race signs.
 - Directional arrows.
 - Fun signs.
 - Aid Station signs.



AT THE FINISH



- As you run through the barn, under the trestle and through the finish line, grab your finishers' medal, Mother's Day carnation (for women and men we mistake as women) and water.



- Clear out of the finish line area so finishers are unimpeded and get a massage at the massage tent, get medical attention at the medical tent if needed, or go up to the tents to check your finishing time on the computers and grab some food and beverages: Pizza, Muffins, cookies, chocolate milk, sno cones, vegan foods, etc.....



- Cheer on your fellow runners, and grab your award (if your luck enough to win one) during the award ceremony that starts at 10:30am.



- Please thank the 100+ volunteers and send me your pictures!!
- Get some rest – you’ve earned it!!



RACE INVENTORY

- 100+ volunteers, including Sharon baking cookies/muffins for 3+ months
- You and 1,199 of your runner friends
- 50+ sponsors
- 3 large tents
- Dozens of tables
- 15 gallons of Gatorade mix
- M&M's Jelly Beans, Gummy Bears, Mini pretzels
- 10,000 water cups, hundreds of paper products, sponges
- 20+ 10 gallon Gatorade jugs
- 100+ signs
- 500 bagels
- 500 donuts
- 500 bananas and oranges
- 175 Pizzas
- Gallons of chocolate milk, numerous cases of soda, about 2,000 water bottles
- 32 port-o-lets and no lines!!

10. **RUNNER STORY – LISA**

I grew up in northwestern PA on 75 acres. My dad was first generation Italian immigrant. He grew up in Pittsburgh PA, knowing nothing about country life. With a special loan from the U.S. Government supporting agriculture, my parents bought an abandoned farm for \$6,000 in 1966. He was a public school teacher, and although we never had a commercial farm, we did have a sort of family subsistence farm. We raised cattle for beef. As kids we named them Hamburger, T-bone and Ground Round. Kind of cruel. It's not surprising that I'm a vegetarian now. We also raised pigs for the family consumption. We had horses, and for a time boarded Thoroughbreds that an uncle trained. Our family garden plot consisted of many vegetables and I remember many summers spent canning tomatoes, and making bread and butter pickles. It was terrific way to grow

up. Hard work getting up at 6 am to clean the horse stalls, but gratifying. The town that I grew up outside of Edinboro PA has changed a lot. It was a three stop light town with mom and pop restaurants. It was big news when the Dunkin Donuts , or was it Mr. Donut...came to town. We rode the horses the five miles in to town to get donuts from the drive through! It was special and I am grateful that I had this experience. Now, living in Brooklyn I look back at that experience and wish I could bring a little bit of that farm life into my day to day urban existence. On May 3rd I can!!



11. FAVORITE RACE – ALLISON

Here is my experience at the Eastern States 20 Mile this past weekend.

I finished my first marathon last October and needed my next goal. Originally from Massachusetts, I went to college in Maine and have summered with my family in New Hampshire since I was a kid. I found the Eastern States 20 Mile race which was to be held March 29, 2015 and knew it was perfect. In its 20th year, the race starts in Kittery, Maine and travels down the New Hampshire seacoast to end just over the border in Massachusetts. I figured 20 miles in this setting would be perfect. Runners typically use this race as a Boston build up since it falls about a month or less from the start line at Hopkinton. I was lucky enough to meet Team Hoyt - the legendary Dick and Rick Hoyt from the Boston Marathon. Another teammate was pushing Rick during the race and I was amazed at the dedication to finish such a distance and the encouragement they gave other runners. Dick Hoyt drove along the race route and stopped every five miles or so to cheer the team on and in the process cheered along all of the other runners.

After lining up in Kittery, you do a quick downhill to the redone Memorial Bridge right into the heart of Portsmouth. The first five miles are really quick. I didn't realize how fast I went out and after about 6 miles I told myself to slow down! There is a half marathon held the same day which starts at the 7 mile mark on the 20 mile race. Most of the route is along the scenic Route 1A from Rye down to North Hampton and into Hampton Beach. We lucked out with weather - it was a perfect 38 degrees and sunny. There was a bit of a wind along the coast but the beautiful views were worth it. There was a slight hill about the 13 mile mark and then the wind picked up and the last five miles were very windy. But – it's a flat route - the volunteers are friendly - and the race director very experienced. And the other runners were very friendly. I had quite a few conversations and loved that so many people were talkative.

I didn't experience the buses- the end festivities are held at the Ashworth Casino in Hampton Beach, NH. You park there in the morning and they bus you to Traip Academy in Kittery, ME for the 11 AM start time. After the finish in Salisbury - literally steps from the boarder of Seabrook, NH - they bus you back to the casino for the after party. Luckily - we have family that live about a block from

the finish so my whole family and then some were at the finish cheering me on. We went across the street right after for one of the best lobster rolls ever. This was definitely was a memorable race and I would recommend it to anyone preparing for a later spring marathon as a trial run. I brought my own hydration pack and was glad for it - water and bathroom breaks were far between - so plan accordingly. But - as far as a training run goes you can get much better than three states in one day with about 1000 other runners!







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

www.newpondfarm.org

Cheers,

John