



## REDDING ROAD RACE NEWSLETTER

14 Volume 2

2/2/14

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>



The start of the 2013 7 Miler

### 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**

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.

## **3. SINGLET/RACE SHIRTS FOR SALE**

Additional Cool-max race shirts are available for \$10 (you get one complimentary from registering) and newly designed, premier quality, navy and white performance singlets are available for \$18.50. The singlet will have the race logo on it - shown on 2<sup>nd</sup> set of shirt pictures. To purchase, email me your intentions, go to the link below, type in your last name and donate money (it’s easier than it sounds). The singlets run a bit snug, so order one size bigger than you normally would. Please note that shirts will not be available for purchase on race weekend.

**<https://www.raceit.com/fundraising/?event=24494>**



**Race shirts – Unisex/black and Women's fit/Navy (darker than shown)**

**The white lines won't be there either and I'm still deciding on the youth color**

#### 4. BIB #'s

If you still want to pick your bib number, you may do so. Half Marathoners/Mighty Cowers between 11 and 700, 7 milers: 750-1050, Piglet Prancers: 1100-1300. Numbers in gray are taken.

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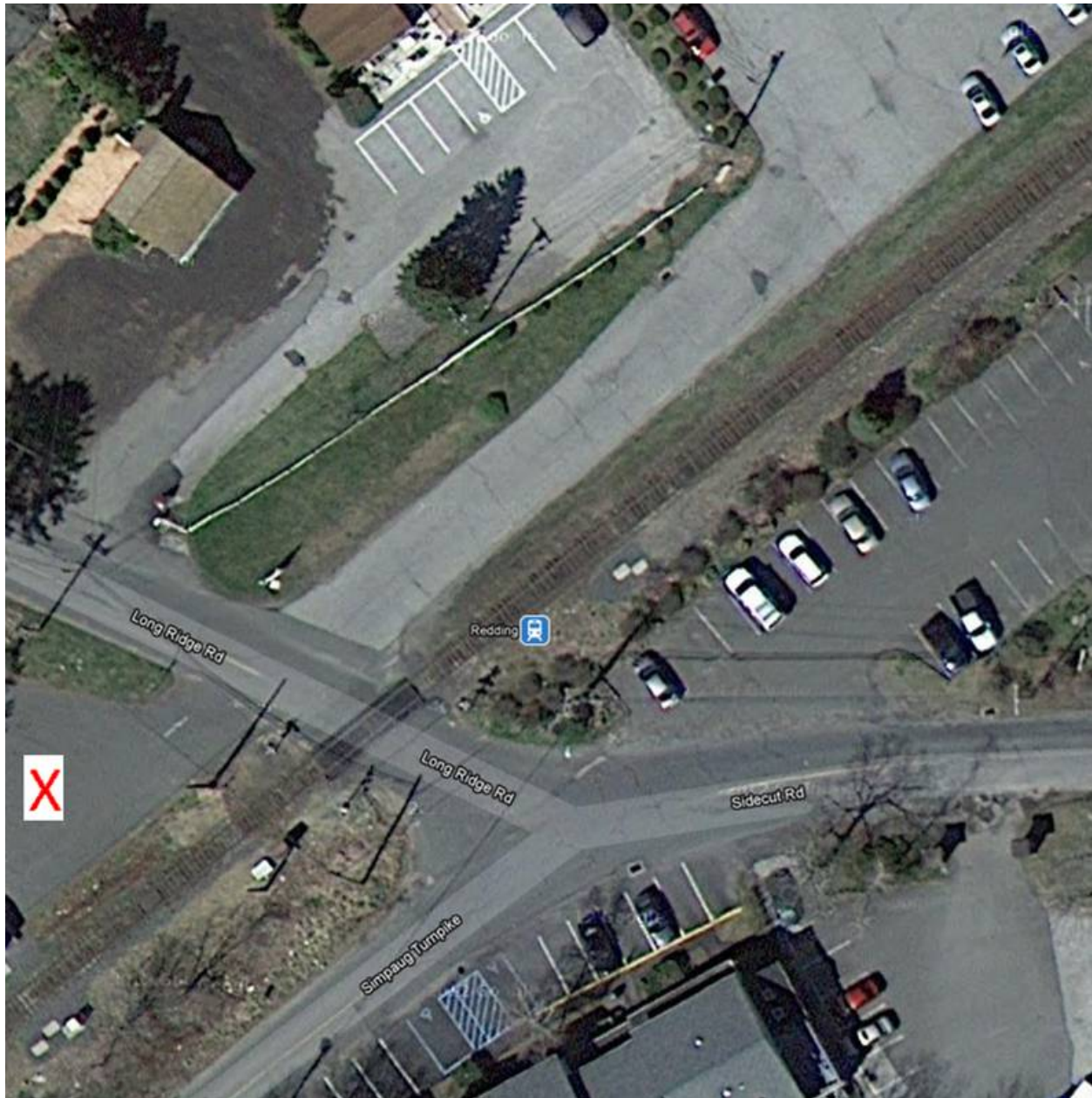
#### 5. REDDING RUNNING CLUB

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.

**Typical RRC (Redding Running Club) Meeting Location (Mile 1.5 of the races)**



## 6. 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.

## 7. SPONSORS/VOLUNTEERS WANTED

If anybody has a business 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. Families can also be Mile Marker Sponsors. Information is located here:

<http://www.reddingroadrace.com/sponsorship-opportunities.htm>

Likewise, we're always looking for volunteers. Please email me if you or any friends or family would like to volunteer.

## 8. OLA! FOODS COUPONS (OUR TITLE SPONSOR)

Use code **RRR2014** for free shipping on all online orders at [www.olafoods.com](http://www.olafoods.com)

**\$1.00 OFF**

Ola! Granola 9oz Bag or  
1oz Grab-N-Go Singles 9 Pack Tray  
(Excludes 1 oz. Singles sold individually)



**100% NATURAL GRANOLA**

MANUFACTURER COUPON

EXPIRES 12/31/14

**DO NOT DOUBLE**

**Consumer:** this coupon is to be used only on the purchase of Specified Ola! Foods Products. Restricted by law if altered, reproduced, transferred, sold or auctioned.

**Retailer:** Coupon not to be doubled. Value: 1/100c/. Reimbursement: face value of this coupon plus 8c which signifies your compliance with Ola! Foods coupon redemption policy which is available upon request. Coupon reimbursement not to be deducted from Ola! Foods invoices. Send properly redeemed coupons to: Ola! Foods P.O. Box 407 MPS Dept #844, Cinnaminson, NJ 08077

MADE IN THE USA

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## 9. FAVORITE RACE SUBMISSION

Race Spotlight:

**15th Annual Troop 431**

**Father's Day Family Fun Run**

Put on by Boy Scout Troop 431

Ridgefield, CT

Steve Mortinger's favorite race...



My favorite race is the annual

Father's Day Race in at Ridgefield High School (Sunday June 15<sup>th</sup>).

This is my favorite race for a few reasons: 1) it is one of the few places where you may find yourself running alongside a Boy Scout in uniform (I would hate to have to do that laundry!); 2) it is a rare "fun run" that is also a trail run (run completely off road on the beautiful and challenging RHS cross country course); and 3) I was the race director for this race the first 2 years it was hosted by Troop 431! Since this race started, I have never slept past 5 am on Father's Day and never had the traditional Father's Day "breakfast in bed"... and I don't miss it at all ☺

This is a small, friendly race with great food and lots of families running together to celebrate Dad!

Also, as a double bonus for runners, there

is a raffle where I think they are giving away 6 round trip tickets on Jet Blue (one of the Scouts' dads is a pilot) this year.

Last, but not least, this race has funded high adventure trips for the Boy Scouts to Sea Base in the Bahamas and to the Northern Tier High Adventure Base (canoeing) in Ely, MN.

I hope to see everyone there!



## 10. RUNNER STORY – ROHIT N.

Thank you for your email - I am very much looking forward to this event. I've heard a lot about it and having just moved away from CT, it will be a nice chance to return and see friends as well. I'll have run a marathon the previous weekend, so hopefully I don't mess up too badly here!

I had a submission for the runner's stories (you asked!) By way of an introduction, I should clarify that I have not been running - I still don't call myself a runner per se - for very long. A little over a year ago, I would have not been able to run too much more than a 5K. Then I got a little Border Collie/Sheltie mix who wouldn't get tired and I gradually started running with her as a way to work off some of her energy. I ran my first half (in Cheshire) last April and signed up to run the Mad Half Marathon in Pittsfield, Vermont in July...or so I thought. I had accidentally signed up for the full marathon, but the race director told me that I could switch my registration at the event. I had to go to Uganda on work for two weeks in June, scheduled to return the week before the Vermont run. Unfortunately I developed a tiny meniscus injury right before I left for Uganda, which meant that I was only able to do a couple of short runs while in Uganda. Anyway, I finally made it up to Pittsfield after returning from Uganda, having not run or trained properly in quite a while. I figured that I would just take it easy during the run - how hard could it be to just finish a half marathon. The day before the run, a couple of us went on a long hike and I managed to get my running shoes totally soaked and covered in mud, which meant that I was forced to use a brand new backup pair on the day of the race. The race director - a wonderful person incidentally - agreed that I could just run the half. I started out slow and was feeling reasonably good, despite the unfamiliar shoes. The half and full courses split at the 4 mile mark and I thought that I would just stay on the course for the full; with the two courses meeting again later on, I knew that I could get back on the half course at the 11 mile or so mark and only end up doing a little more than a half. Long story short, I ran through and completed my first marathon! The scenery was stunning, I found some experienced marathoners to chat with who took my mind off things and I finally made it over the finish line.

The reason I wanted to send this to you was to illustrate how sometimes, despite the best planning (and believe me, I planned and trained better for the only

other marathon I ran, a few months later), you just need dumb luck to go your way! There were a million things that should have gone wrong - injury since I had never run more than 13.1 miles before, blisters in the unfamiliar shoes, etc. - and that didn't. I guess I was meant to finish!

Anyway, thought I would share the story with you; feel free to just hit "delete" and rest assured that I won't feel offended in the slightest! Looking forward to the Redding run.

Cheers,

Rohit

#### 11. SOME RACE SIGNS



You'll see these before the 8 Aid Stations (5 for the 7 Miler), including the Candy/Pepsi station



Remember  
You gave up  
Sleeping  
On Weekends  
For this!!

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





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