



REDDING ROAD RACE NEWSLETTER

14 Volume 5

4/10/14

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. PASTA DINNER

Please see the form below to mail in reservations for the day before Pasta Dinner. It’s a great deal – great food for a great price for a great cause! Carb up with your fellow runners. Simply tear off the bottom part of the form and mail to me with a check and you’ll be all set. This form was also emailed to you for your convenience.

NEW POND FARM RACER SPECIAL

Come Carb Up with the Redding Boy Scouts

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 3RD, 2014

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)

Please make checks payable to: Troop 15 and Mail to:

Redding Road Race
Attn: John McCleary
67 Picketts Ridge Rd
Redding, CT 06896

MAIL WITH CHECK

Family

Adults:

Child/Seniors:

Total

_____ @ \$9 _____

_____ @ \$7 _____

3. MILE MARKER SPONSORS WANTED

If anybody has a business or a family that would like to be a Mile Marker Sponsor for \$200, contact me. Our sponsors are awesome and help us raise a lot of money for the farm. Information is below:



www.reddingroadrace.com

Sunday May 4, 2014

Half Marathon

7 Miler

Mighty Cow Challenge

Piglet Prance

Premier race in area

Race sold out in 7 days!!

John McCleary

Race Director

203-448-0045

jm@coopercreekpartners.com

Race Video: <https://vimeo.com/66393870>

Race Feedback: <http://www.reddingroadrace.com/assets/feedback%202013.pdf>

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.
- Opportunity to put a coupon or advertisement in our bi-monthly runner race newsletters.
- Right to advertise your business as a sponsor of the race.
- Public address recognition at race.
- Employee volunteering opportunity = further goodwill.

Mile Marker Sign:



4. VOLUNTEERS

If anybody has friends or family that would like to volunteer on race day or at the Race Expo (Saturday, Noon-5pm), email me and we'll make sure we keep them busy.

5. RACE EXPO/EARLY BAG PICKUP

More to come in the next newsletter, but, the Race Expo (day before race bag pickup) will be from noon-5pm and Saturday, May 3rd. Pick up your bags then head over to the Pasta Dinner 2/10ths of a mile away!! If you live in the area and want to pick up your race bag even earlier, email me and I'll tell you how to.

6. Carpooling an Race Day Parking

More to come in the next newsletter, but, the way we're going to do parking this year (because of the staggered starts of the 2 races) is to have half marathoners park on the farm and 7 milers park 2/10ths of a mile away at the West Redding Fire Department. We'll clarify this in the next newsletter, but it'll work well in that we want to avoid a car pileup of 7 milers waiting for half marathon runners to pass. And as always, we ask you to PLEASE CARPOOL AS MUCH AS POSSIBLE. Each year, I push the registration limit as high as I think parking will allow, and I want everyone to have a parking spot.

7. New Train Schedule

Metro North has changed their weekend train schedule. As half marathoners cross three sets of train tracks and 7 milers, one, it makes it impossible for all runners to avoid a short train delay. I will continue to monitor the train schedule, as it could change, but this is how I see the 3 trains that pass during the race affecting runners:

- A southbound train is scheduled to stop at the West Redding Train Station at 7:37am. With the early half start at 7:15am, this could affect early starters, as the train tracks are about 1.7 miles into the race. Delay would be about 45-60 seconds

- The 2nd Train is a Northbound Train and will pass the Topstone tracks (but not stop there) at around 9:34am and stop at West Redding at 9:37am. This won't affect runners at the West Redding Tracks, as all should have passed there by then, but could affect runners who pace around a ten minute mile at the Topstone Tracks. Delay will be less, as the train doesn't stop, but will still be around 20-30 seconds at most.
- The Third train, passing through Redding at 10:37am should not affect runners.
- There's no way to avoid this, what we will do is credit you back the time you are delayed, if you keep track of it on your watch and email me after the race.

8. New Water Sponsor

Ines Allen, a RRR14 runner , has very generously offered to donate water to the race. Carl Brandt, Inc., importers and marketers of fine European food specialties, is donating a ton of Rosbacher Artesian Natural Mineral Water to the race. This water, imported from Germany, has received rave reviews from runners as an after race replenisher. More info can be found at:

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

Available Bottle Sizes



0.5 liter / 16.9 fl.oz.
PET



1.0 liter / 33.8 fl.oz
Glass



1.5 liter / 50.7 fl.oz.
PET

© German Foods North America, LLC; info@germanfoods.org; +1 (301) 365 5043

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Label with Brand Description



9. Dogs

Please keep dogs at home on race day, as they don't get along too well with the farm animals.

10. Race Weekend Schedule

SATURDAY MAY 3rd

- **Noon – 5pm:** Expo at New Pond Farm (also known as baggage Pickup)
- Before (or after) you come to the expo, you can go the annual **Frog Frolic carnival**, about 10 minutes away from the farm. We'll give you directions and their flyer will be in the next newsletter.
- Join us at the **Pasta Dinner at the West Redding Firehouse, a 3 minute walk from the farm** 4:45 to 8:00.

SUNDAY MAY 4TH (RACE DAY)

- **6:00am - 8:00am:** Race Packet Pick-up and Kids Race Day Registration
- **7:15am:** Early Start – only for half marathoners who anticipate running longer than 2 ½ hours
- **7:20am:** Mighty Cow Start – 5k followed by the normal half race
- **7:50am:** Mighty Cowers finish their 5k
- **7:50am:** National Anthem sung by Eowyn Driscoll
- **8:00am:** Half Marathon Start
- **8:35am:** 7 Mile Start
- **9:15am:** First Half Marathon runners and first 7 milers arrive
- **10:30am:** Award Ceremony starts
- **11:00am:** Piglet Prance – kids fun run.

11. Course Description

<http://www.usatf.org/routes/view.asp?rID=480493> HALF

<http://www.usatf.org/routes/view.asp?rID=502572> 7 MILER

The 2014 courses remain the same as 2013.

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 (up from 14 last year!!) have some coffee, bagels, bananas etc. then proceed to the start on the main trail of New Pond Farm. **THE RACE WILL START ON TIME**, 8am for the half; 8:35 for the 7 miler. The half marathoners due a 1 and a quarter clockwise victory lap around the farm while the 7 milers do a counterclockwise victory lap. The races miraculously have the same start and finish.



MILE 1: The first 7/10ths of a mile for the halfers and 6/10th for the 7 milers are on the farm, with amazing views. When you enter the roads 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.



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, our pizza sponsor Lombardi’s and cross train tracks for the first time. **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. 7 milers – skip to mile 9 to continue your description.



MILE 3: This relatively flat and non-descript mile takes you into Danbury – be careful of the sloped footing in your initial trek into Danbury on West Redding Road. Aid Station #2 is located at mile 3.5.

MILE 4: Mile 4 starts with a short double hill followed by a nice downhill. Otherwise, a relatively flat mile is highlighted by a cool waterfall on the left.



MILES 5/6: The race in all seriousness starts here as these miles are bumpy - no long hills nor very steep hills - just numerous ones. Run smart and don't lose your race here. At mile 5.2 look left and you might see some exotic animals. Late in mile 5 you'll be re-entering Redding and the 3rd Aid Station, with oranges, is located at Camp Playland at mile 5.3. Approaching mile 6 you'll encounter the

race's steepest hill on Picketts Ridge Rd. Don't let it scare you, as the easiest part of the course is next.



MILE 7: Recover from the previous 2 miles of hills on the nicest downhill part of the course on George Hull Rd. Enjoy the beauty of this undeveloped road.



MILE 8: This slightly downhill portion in which you complete the 6 mile loop retraces mile 3, in reverse. Aid Station #4 greets you right after the Metro North Train Station on Simpaug Turnpike.

MILE 9/10: Welcome back 7 milers!! 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 #5 is at mile 9.1.



MILE 11: 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, at mile 10, nothing is easy. You're rewarded here with Aid Station #6 – the famous candy/soda and cold sponge zone.

MILE 12: Mile 12 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 #7 – 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. Also say "hi" to runners in the out and back – body checks not allowed – this is a non-contact race.



MILE 13: Mile 13 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 # 8 is located at mile 12.3 and right after this aid station look to the right and you may see some horses.



FINISH: Take a sharp left at mile 13.05, 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, awards and Piglet Prance.



Cheers,

John