



REDDING ROAD RACE NEWSLETTER

13 Volume 1

1/19/13



8 days...8 days...8 days!! Thank you again so much – all that we try to do with this race was validated by your 8 day response. Next year, I'm thinking it closes in one day! So anyway, welcome "Class of 2013," we have 3 ½ months of fun ahead of us and hopefully 3 ½ months of training (maybe some hills involved)? A special thanks to Emmett and Jill Lee for the picture above.

1. WHAT IS NEW POND FARM EDUCATION CENTER

(<http://www.newpondfarm.org/>)

Exactly what is this not-for-profit that you are running for on May 5th? I will let their website tell the story in detail, but, it truly is a wonderful, multifaceted organization. It has over 5,000 school kid visits each year, astronomy classes, summer camps, Shakespeare plays, and caroling in the barn with the cows to name just a few of its activities. Oh yeah, they also have the best chocolate milk in the world!! Your registration fees and the monies we raise from our loyal sponsors help fund all these wonderful programs. I recommend checking out their website and if you are local, membership is very reasonable.

New Pond Farm is celebrating its 27th year as an environmental education center with a small working farm! Our mission is to connect people with the land that enriches and sustains us all.

Our beautiful 102-acre property, once owned by our founder actress Carmen Mathews, is an outstanding outdoor classroom: we have a variety of habitats for our environmental programs including woodlands, wetlands and pastures. Our Native American programs are enhanced by an authentically-recreated encampment. Our astronomy buildings are home to monthly astronomy programs as well as being the field station for Joel Barlow High School's astronomy classes. Our vegetable and herb programs are featured in our Shared Harvest Program. Our farm programs take place in our barns, which house milking cows, sheep, chickens and roosters. Our barn-like Learning Center with its classroom and spacious meeting areas has been the site of art shows, adult lectures, barn dances and more. In 2007 New Pond Farm was designated a Connecticut Dairy Farm of Distinction, people visiting our Dairy Annex may purchase freshly pasteurized milk and yogurt.

In the summer we host a small and personal residential camp. During three ten-day sessions, we bring together children from the inner cities of Connecticut with children from the surrounding area. Together these youngsters, aged 8-12, from

diverse socioeconomic and ethnic backgrounds form friendships, develop an understanding and appreciation of one another as individuals and have a marvelous time discovering the many wonders of the farm.



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

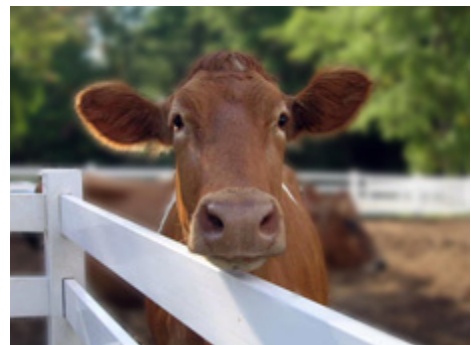
This mission statement is accomplished in a variety of ways.

Each year, using our outstanding outdoor classrooms, we bring students of all ages outside and offer hands-on environmental programs that focus on our habitats with their diverse flora and fauna. When people appreciate and understand the world around them, they become better

stewards of their environment.

Our Shared Harvest and gardening programs directly connect participants with the land, its cycles and its bounty. Garden program participants learn how to establish, tend and harvest vegetable and herb gardens in their own backyard. Shared Harvest members are invited to work in our gardens and then share in the bounty throughout the growing season.

Our educational farm programs provide an important introduction to the key role farms play in our lives. Depending on their level, students meet and often work with our cows, sheep and chickens—learning their importance on the farm. Products from our farm animals such as milk and yogurt may be purchased in our Dairy Annex provide a direct connection of where certain types of food come from.



Our Native American programs, which take place on our woodland trails and our authentically recreated encampment, focus on the lifeways of the Eastern Woodland Indians that once inhabited these lands. Students learn how these native people survived using their knowledge of their environment and skills they developed and passed down through the generations.

Our Astronomy programs give participants a personal view of the Universe. As a wonderful complement to programs focusing on environmental awareness and appreciation of life here on Earth, astronomy program participants observe the wonders of the cosmos first hand through optical telescopes. Participants also get

to hear about the latest developments in the science of astronomy which provide clues to the mysteries of our own origins and those of our home planet.

2. MIGHTY COW CHALLENGE – WHAT IS IT?

The Mighty Cow Challenge is simply a 5k race (at 7:20am) followed by the Half Marathon at 8:00am. The 5k race can be used as a warm up or you can race it, depending on your mood. The 5k race will be timed this year and each participant will receive an additional race gift. If you are interested in “supersizing” your race, contact me and I can get you signed up for an additional \$5 (it covers the race gift basically).

3. NEW EXPANDED AGE GROUP AWARDS

Per popular request, the Half Marathon and 7 miler are large enough to warrant 5 year age group awards (last year it was 10 year). This doubles the amount of awards given out for each race. Note, there are certain age categories with very limited entries (Male 7 miler 30 -39 for instance) that will remain 10 year groups.

4. BIB #'s

If you still want to pick your bib number, you may do so. Try and give me your top 3 or 5 because a lot have been taken. Half Marathoners/Mighty Cowers between 11 and 610, 7 milers: 611-760, Piglet Prancers: 800-900.

5. HOTELS/B&B (<http://www.reddingroadrace.com/general-info/lodging.htm>)

I’ve called around and got some pretty good deals on hotels - some have limited spaces, so reserve sooner than later. Most of the hotels offer a 12pm checkout that can be pushed back, depending on how occupied they are the next day. We don’t want you to miss the after-party, so, make sure you ask for a later checkout. I’ve given you a good variety – one B&B, a couple reasonably priced ones and some well known ones. If you have any issues with any of these, let me know. One hotel last year would not allow for late checkouts, so, it is not on the list this year.

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 race last year and

has grown very quickly (over 100). We run every weekend (typically starting at the Lombardi's parking lot in West Redding – by Metro North) 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 6 and 7.3 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 6 or 7.3. The club is free and we're very low key –show up whenever you want. Email me if you want to be put on the distribution list.



Typical RRC (Redding Running Club) Meeting Location



7. OUR RUNNER SPOTLIGHT – Kathy M.

PLEASE SEND ME RUNNING STORIES!!!

You never know where this road will take you...

People always assume when I say that I am a marathon runner, that I have been a runner all my life. Truth be told, I was a late bloomer when it comes to running. I started in early 2004, at age 41, and ran my first half marathon later that year in 1:51. After my first marathon in 2005, I was hooked. I was the new Forrest Gump - I just kept running. I ran 4 marathons in 12 months.

I never knew where the journey would take me, but my love for the sport and the people in it fueled my desire to keep running. It taught me discipline and patience. It taught me about commitment and perseverance. And as an added bonus, it became the foundation of some of the greatest friendships in my life.

I confess, my competitive nature eventually got the best of me, and when I qualified for Boston the second time in 2010 (I got injured the first time in 2007), I wanted some great running tech shirt to proclaim my accomplishment. To my disappointment, the only shirts with fun sayings that I could find were cotton.” I don’t run in cotton.”

So I created my own custom technical shirts for the 2011 Boston Marathon. The feedback from other runners was great; it was this reaction that sparked the birth of runningpoetry.com. It took a year of tedious efforts to perfect the process of creating the shirts, but as they said in ‘League of Their Own’, “If it was easy, everyone would do it.”

Now, I create technical shirts with inspirational sayings for all types of runners: running groups, teams, charities, etc. I love going to the race expos and feeling the adrenaline of people coming off the finish line, telling me their stories of personal accomplishment. I still embrace running, but I have to say that I love inspiring people almost as much.

Running teaches you many lessons if you are open to accepting them. That is my message to all runners, whether you are seasoned or new to the sport, you never know where this road will take you.

Kathy is a great friend & runner and a RRR sponsor. If you want to view some of her merchandise, visit her at <http://www.runningpoetry.com/>.



8. OUR SPONSOR SPOTLIGHT – Ola! Foods



The Ola! Granola Story

It was a "Family Favorite" even before she had a family of her own. Growing up in a family of eight, Dina Houser enjoyed her mom's healthy, homemade, great-tasting granola — the same satisfying recipe she recreated as a working mother of three young boys. Carefully fine-tuning her family's recipe - using whole grains, nuts, and pure maple syrup - Dina's hand-baked granola quickly became everyone's favorite ready-to-go breakfast, snack and topping.

Running a design business with her husband, Dina would bake special blends to gift, "sharing the love" with their clients and friends. After years of being urged to make her granola available to food lovers everywhere, her son's second grade teacher asked Dina where he could purchase it. It was then she decided to fulfill her dream of making it for the world to enjoy. Ola! was born.

With the help and support of family, friends, neighbors and the community, Ola! Foods was launched on Earth Day in 2009. Soon, the entire household got involved, from packing boxes to attending local events and farmers markets. Dina's boys even helped come up with the name Ola! around their kitchen table, eager to say hello to everyone who likes healthy and yummy.

Dina's passion for quality and taste shines through in all aspects of Ola's business. Since its inception, the company has achieved significant milestones and praise and now has an extended family of bakers in its state-of-the-art Connecticut kitchens.

Today, families everywhere are saying "Ola!" to our Happy Good for You Energy Food®!



Enjoy!

Dina H.

Dina Houser, Founder + President

\$1.00 OFF

Ola! Granola 9 oz. Bag or
1 oz. Single Multi-Pack Tray
(excludes 1 oz. Singles sold individually)



MANUFACTURER COUPON EXPIRES 12/31/13

NOT SUBJECT TO DOUBLING

Retailer: Ola! Foods, LLC will reimburse you the face value of this coupon plus 8 cents handling for coupons redeemed in accordance with this offer. Invoices proving purchase of sufficient stock to support coupon submissions must be provided upon request. Consumers are limited to one coupon per purchase and are responsible for all taxes. Cash value is .0001 cents. Send all coupons to: OLAF/Universal, P.O. Box 222510, Hollywood, FL 33022-2510.

MADE IN THE USA



Next Newsletter (end of January):

- Description of new courses
- Final medal design – maybe? I may keep it a secret, but we just improved it and it is really really cool!

AGAIN, PLEASE SEND ME YOUR RUNNER STORIES FOR INCLUSION
IN FUTUER NEWSLETTERS!!!

Cheers,

John