



## **REDDING ROAD RACE NEWSLETTER**

**13 Volume 3**

**2/22/13**

Take a close look at the picture below.



Yep, this is our star calf from last years' race, all grown up. She's not quite a milking cow yet, but is getting there. Unlike all of you who are losing weight while running, let's say she's not doing much running these days. Here was her last year.



And here are a couple of newbies, from my visit today.



## 1. Pre-Race Party and Race Weekend

Like last year, we'll have a race expo (bag pickup) Saturday May 4th from noon to 5pm. If you can, come out and meet us and avoid the anxiety of race day bag pickup. From there, you can go to the Frog Frolic - an annual Redding carnival that we're lucky to have on the same weekend as the race.

<http://www.marktwainlibrary.org/8support-folder/frog-frolic.htm>

As emailed yesterday, you can also register for our first Pasta Dinner at the Redding Roadhouse. It's \$25 per adult (\$15 for children and free for kids <5), with partial proceeds going to the farm. There will be a good food selection and Barry from Bone Dry, <http://www.bmiserv.com/> and another band mate, will be

providing musical entertainment. We've already received a bunch of reservations, so, don't delay. Seatings are 5:00-6:30 and 7:00-8:30 are limited to 100 people per session - when it sells out, reservations will no longer be available. If you can't make it to the expo but can make it to the dinner, make sure to email me and we'll bring your race bag to the dinner.

NAME	_____	
SEATING	_____ 5:00-6:30	_____ 7:00-8:30
ADULTS	_____ (\$25)	
KIDS (5-12)	_____ (\$15)	
YOUNG KIDS	_____ (FREE)	
TOTAL	_____	

## 2. Volunteers Needed

As always, volunteers are one of our most important needs. Aid Station volunteers along with Race Course Sentries (directing runners in the right direction at street corners) are our greatest need. Please email me if you have family/friends interested. All volunteers get cool-max race shirts, cow bells, etc. Thanks in advance.

## 3. Carpooling

I'll repeat this a lot in upcoming emails, but please try your best to carpool with other runners and family/friends. One of the reasons we limit registrations is because of parking constraints. With 500 runners last year, our parking was about 1/2 to 2/3rds full. We increased capacity 30% this year so it will be tighter. If you have spectators coming separately, please have them park at the West Redding Fire Station and walk the 2/10ths of a mile over to the farm. If parking is an issue, we'll have to decrease runner count in upcoming years.

#### 4. Bib #'s

This is absolutely your last chance to request a specific bib number as I'll be placing the bib order in the next few days. Also, if you're not happy with the name you chose to put on your bib (you did this at registration), this is your last chance to change it. Look at the chart below for available numbers - red is taken. Half Marathoners/Mighty Cowers between 11 and 610, 7 milers: 611-760, Piglet Prancers: 800-900.

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871	872	873	874	875	876	877	878	879	880	881	882	883	884	885	886	887	888	889	890	891	892	893	894	895	896	897	898	899	900

By the way, on the next page are the final designs of the bibs (black background is 7 miler & kids race, White is Half and Mighty Cow). If your name is Christopher, you're in luck. By the way, every bib is unique and not just because everyone has a unique number and name. If you think about it, the picture behind the number is different on every one due to what is hidden/not hidden by the numbers in front of it. Deep, I know!!



**REDDING ROAD RACE**  
**"A RACE FOR THE COWS"**  
**MAY 5, 2013**



999



**CHRISTOPHER**



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## 5. Corrals

With a bigger field this year and the start line at the farm (where it's a bit narrower than a street) we'll be instituting a corral system. There will be signs at the start with the range of paces listed. Simply find your approximate pace and start near that sign. This is a self regulated type of thing and will only work as well as you make it work. It will absolutely not affect your time as there are timing mats at the starting line and your official time will not start until you cross the start.

## 6. Photographers

Our two photographers from last year are both back for this year!! JLG Designs and Studio1923 will again be making their awesome photo's available to everyone to download for FREE.

## 7. National Anthem Singer

For those who ran last year you know how incredible Eowyn Driscoll was singing the National Anthem. From a personal perspective, when she sang last year, it finally hit me that we were actually going to be having a race - it was all kind of surreal up until then. Anyway, our opera star (hope it's okay to brag a bit Eowyn??) will be back this year singing and then running the 7 miler.

## 8. Our Runner Spotlight – Lisa F.

The race is, of course, benefitting a farm, so it's only fitting that we have a farm story every once in awhile:

My fiance, Joshua, and I spent last summer working on an organic dairy farm in upstate New York. Almost every time we went on one of our four-mile runs, we'd hear the mooing of the cows chewing on the grass in the fields. We also passed by sheep and a donkey at another farm nearby.

After working on the farm we were inspired to have our own animals and gardens, so in August we moved to Vermont, where our dream is to homestead and live off the land as much as possible. (I chronicle our adventures in a blog, Vermont Vittles at [www.lisafine.org](http://www.lisafine.org).) Since moving to Vermont, we have also signed up for our first marathon together - the Vermont City Marathon in May. The photo at the end is from our first Vermont race.

From Lisa's Blog:

How do you deal with running in winter? In Vermont?!

Hmm...good question.

My first marathon is this May, and quickly after signing up (well, I did think about this dilemma before registering), I knew a lot of my training would take place in the winter. I'm not into using the treadmill, and don't care to pay for a gym membership, so running outside it is.

After taking a break from running for over two months in the fall, getting back into it has felt surprisingly refreshing, although I wouldn't say I love running in winter. My ears get freezing cold while running, even with a hat, and slush, snow, and ice don't make for the greatest running companions.

But I've learned how to work with it, and I tend to run on dry days when the roads are pretty clear. For the first few weeks I kept waiting for the weather to warm up...but it just stays cold up here. The motivation with my upcoming big race helps get me out there, for sure, but I've learned a few tricks that I actually think will keep me running past this winter.

What running fuel do you use?

Currently jellybeans – just plain old jellybeans (not the electrolyte kind). Swedish Fish are my favorite running fuel, but my mom gave us a tin of jellybeans, so we're both using those for now.

I like to use pure sugar for running, but as the mileage increases, I plan to add in other fuel options. Honey sounds appealing, and I've used Gu before, so I'll experiment with a few options over time. Maybe maple syrup? Mmm.

What shoes do you run in? Do you use something to stabilize your feet from ice?

I've gotten a bunch of recommendations to try Yak Trax or some other device to snap on the bottoms of my shoes to prevent slipping and sliding in wintry conditions. I'm a frugal kind of girl, so I haven't purchased anything like that, and instead prefer to run on days that the roads are clear and the weather is dry.

Josh put sheet metal screws in the bottoms of his shoes for traction, which seems to be helping for added traction.

In the meantime, I'll just stick to my regular shoes, the Mizuno Wave Rider 15, though I did just get a new pair. Maybe I'll add screws to the old pair.

What do you wear to stay warm?

I've definitely learned how to dress for winter running. Six months ago I might have said running in weather colder than 40°F was too cold, but now I'm fine with 20°. I'm slowly getting used to winter running, and learning what works for me.

Certainly dressing for winter weather running is quite personal – it depends on how much you warm up while running, and how many layers you prefer. I find more layers is usually better, especially with tops and jackets, since I can always tie one around my waist if I need to (but haven't needed to).

I always wear a hat and mittens or gloves, and often wear a neck gaiter too. These accessories are the first items to go when I get too hot while running, since they're easy to pull off and help get the body cooled off again.

I'd recommend running with different layers at different temperatures, and not going too far from home so you can grab more layers if you need to. Oh, and if it's below 20°, I'd suggest putting Vaseline on any exposed body part. I haven't tried it, but read about it through Jeff Galloway's *Woman's Complete Guide to Running*, and it just makes sense. (The book also has a great chart for determining what to wear depending on the temperature. It helps loads.)

What if it's just too cold to run? What will you do?

Um...stay in. Yup. If it's below 20°F or so, I'd rather not be outside at all. I'll maybe do a little cardio, strength training, or yoga at home, or I'll take an extra rest day. But spring's coming, right?

And the temperatures are bound to warm up again one of these days, so slowly but surely, I'll get these training runs done. The long runs are my favorite anyway – lots of time to reflect and enjoy nature, to experiment with fuel and clothing options, and to let the body warm up more than on my twice-a-week 30 minute runs. Only three and a half months to go until marathon day! Woohoo!

Cool Story, Lisa and Joshua. Make sure to check out her website – a lot of good stories and pictures there.



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Next up – a narrative of the course, with pictures. Below is a cool picture of the snowy farm from today.

Cheers,

John

