



REDDING ROAD RACE NEWSLETTER
13 Volume 8
4/26/13



Picture above: A typical Redding scene (this one from my back porch)

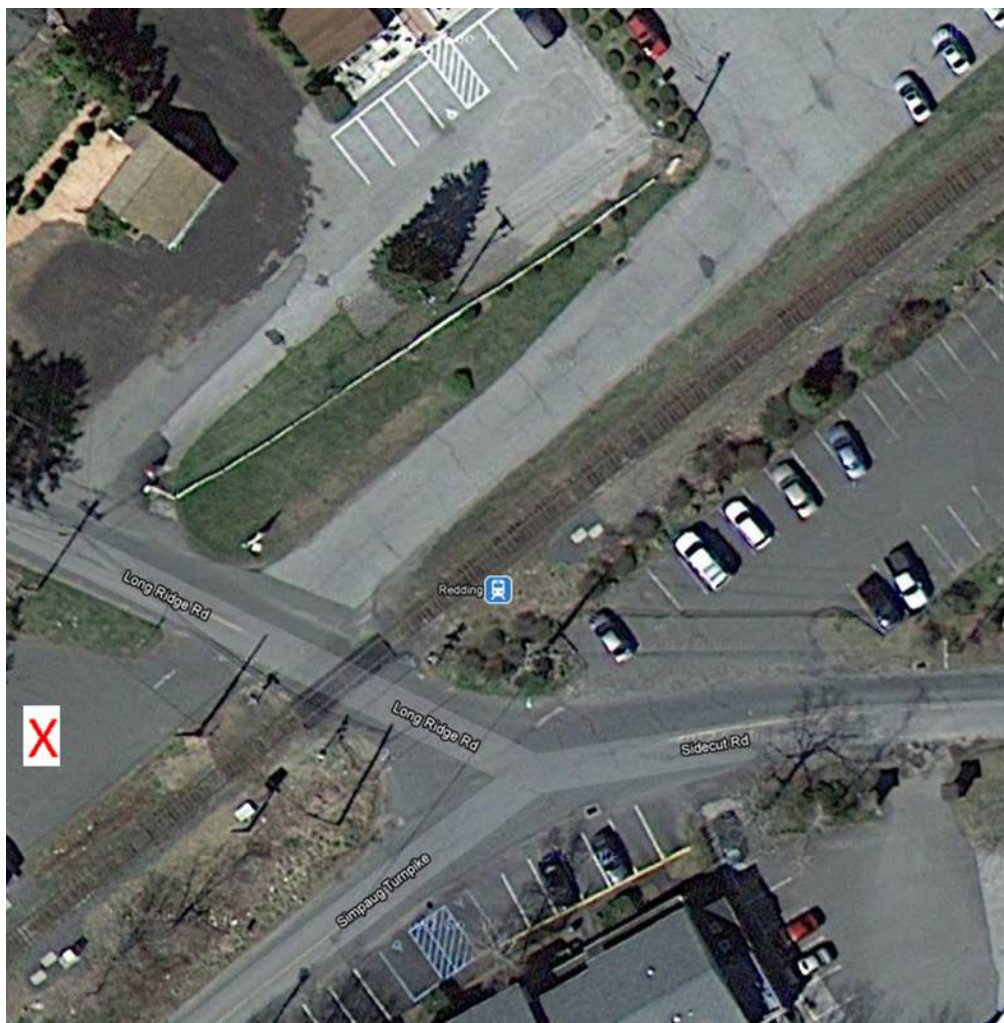
1. Current Weather Forecast



So far, pretty ideal - very similar to last year.

2. 7 Mile Preview Run

Tomorrow (Saturday 4/27) is our official 7 mile preview run. Join us at 9am if you'd like to see the course before race day. We'll be doing all of the 7 mile course (except the farm) and it will be miles 0 to 1.5 and 7.5 to 13 of the half course. If you'd like to join the Redding Running Club for the preview, show up in our meeting spot – near the West Redding Post Office and the train station on the corners of Simpaug, Long Ridge and Side Cut Rd. Map is on the next page and all paces will be accommodated.



3. Directions to the New Pond Farm (race beginning/race end/expo)

101 Marchant Rd, Redding, CT 06896

From Norwalk/Wilton via Route 7

Follow Route 7 through Wilton and in Georgetown you will come to the junction of Route 7 and Route 107. You will turn right onto Route 107. Follow Route 107 until you come to the junction of 107 and Route 53. Bear left onto Route 53 and follow it for about 2.5 miles. In this stretch of road, you will pass The Redding Roadhouse on your right, Mark Twain Library on your left and John Read Middle School on your right. Take your first left after the school onto Umpawaug Road. Proceed slowly on Umpawaug for .4 miles and take the second right onto Marchant Road. New Pond Farm has the first three driveways on your right. We have a white farm house and yellow barns. Please pull into the third driveway and

park in the gravel lot. Please pull into the third driveway with the New Pond Farm sign and follow our Farm Road down to the pasture for parking.

From Fairfield/Bridgeport via Route 58

Follow Route 58 through Easton and into Redding. You will pass Joel Barlow High School and then, after a mile or so, the Redding Ridge Volunteer Fire Dept.-- both will be on your right. As soon as you pass the Fire Dept. prepare to take your next left, in front of Christ Episcopal Church onto Cross Highway. Go through a four-way stop and then follow this road down and up tremendous hills. You will come to another four way stop by the Congregational Church and a small town green. Follow Route 107 South straight and down another small hill. At this stop sign you will bear left (it's almost like going straight ahead) onto Route 107 South. Follow 107 to the bottom of another hill to the end. At the stop sign you will go right onto Route 53. Travel about 2.5 miles. In this stretch of road, you will pass The Redding Roadhouse on your right, Mark Twain Library on your left and John Read Middle School on your right. Take your first left after the school onto Umpawaug Road. Proceed slowly on Umpawaug for .4 miles and take the second right onto Marchant Road. New Pond Farm has the first three driveways on your right. We have a white farm house and yellow barns. Please pull into the third driveway and park in the gravel lot. Please pull into the third driveway with the New Pond Farm sign and follow our Farm Road down to the pasture for parking.

From Bethel/Danbury via Route 53

Take Route 53 through Bethel and into Redding. You will pass a green sign on your right saying West Redding Center at Sidecut Road. Pass Sidecut and take the next right onto Umpawaug Road. (If you get to John Read Middle School then you have gone too far!) After .4 miles take your second right onto Marchant Road. New Pond Farm has the first three driveways on your right. We have a white farm house and yellow barns. Please pull into the third driveway on your right and park in the gravel lot. Please pull into the third driveway with the New Pond Farm sign and follow our Farm Road down to the pasture for parking.

From Weston/Westport via Route 53

Follow Route 53 through Weston Center and around the reservoirs. Eventually Route 53 will straighten out and you will come to the junction of Rt.107 and Rt. 53. At this stop sign go straight onto Route 53. Travel about 2.5 miles. In this stretch of road, you will pass The Redding Roadhouse on your right, Mark Twain Library on your left and John Read Middle School on your right. Take your first left after the school onto Umpawaug Road. Proceed slowly on Umpawaug for .4 miles and take the second right onto Marchant Road. New Pond Farm has the first three driveways on your right. We have a white farm house and yellow barns. Please pull into the third driveway and park in the gravel lot. Please pull into the third driveway with the New Pond Farm sign and follow our Farm Road down to the pasture for parking.

4. Weekend Schedule

SATURDAY MAY 4TH

- **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 is below.
- Join us at the **Pasta Dinner at the Redding Roadhouse** from 5:00 to 6:30 or 7:00 to 8:30. Reservation info is later in the newsletter

NAME _____

SEATING _____ 5:00-6:30 _____ 7:00-8:30

ADULTS _____ (\$25)

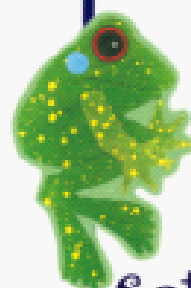
KIDS (5-12) _____ (\$15)

YOUNG KIDS _____ (FREE)

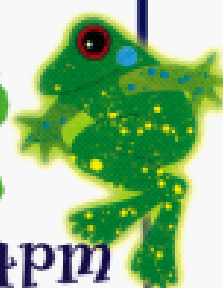
TOTAL _____

Check made out to REDDING ROADHOUSE (not Redding Road Race) and mail to: John McCleary, Redding Road Race

67 Picketts Rd
Redding, CT 06896



18th ANNUAL FROG FROLIC



Saturday, May 4th, 10am-4pm

A Children's Country Fair

Redding Community Center

37 Lonslow Road, Redding, CT

**5th Annual
Cake Walk**

Ribbon ceremony
at 11:00

Cake Walks all
day long!

**Center
Stage**

• 10:30 Aspelack Cheerleaders

• 12:30 RES 3rd & 4th Grade
Chorus

• 1:15 Sensel Jane / the Kids
from Park & Rec

• 2:45 Ray & Jay

In the event
of rain, the
Frolic will be
held indoors

For more
information
please call the
Library at
(203) 938-2545

Crafts for Kids • Games • Rides • Books
Food • Silent Auction • Fun and More!

All proceeds benefit the Mark Twain Library



www.MarkTwainLibrary.org • (203) 938-2545

SUNDAY MAY 5TH (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

8:15am: 7 Mile Start

9:00am: First 7 Mile runners arrive

9:15am: First Half Marathon runners arrive

10:30am: Award Ceremony starts

11:00am: Piglet Prance – kids fun run. **PLEASE NOTE THAT FROM APPROXIMATELY 10:55AM TO 11:10AM, NO CARS WILL BE ALLOWED TO LEAVE NEW POND FARM DUE TO THE KIDS RACE. You should be still hanging out anyway!!**

5. Piglet Prance

It's not too late to sign up your kids for the Piglet Prance. The ¼ mile or ¾ mile run works for all, the kids get great gifts and parents are welcome to run with the kids.

6. New Pond Farm Logistics (Race Day)

- **NO DOGS ALLOWED** on the farm due to the farm animals.
- There will be very limited chairs, so spectators and runners should bring their own folding chairs if possible.
- **CARPPOOL PLEASE!** This is my favorite word leading up to race day and I'll continue to mention it. Please do your best to carpool on race day. Last

year the parking area at the farm seemed to be about 2/3rds full and we've increased runner count by about 33%, so it may be tight. We also have parking available at the Fire Station on Umpawaug (.19 miles from the farm) and will utilize it if the farm fills up. Hint: you may want to arrive early so you're not parking at the fire station and rushing to the farm. It'll also give you time to eat/drink something before the race. If you arrive late and are sent to the Firehouse to park, this will only make you later. Note to 7 mile racers: your race starts at 8:15, but, don't be attempting to drive in at 8:00, as the half starts at 8 and you'll be delayed until they clear the farm.

7. Pre-Race Logistics

- **Arrive early** – grab some food and coffee as the main races **WILL START AT 8am and 8:15am**
- **Parking** - Drive in through the main entrance and follow the directions of the parking attendants.



- **Huge Tent** (45'x90') – From your car, proceed to the big tent and pick up your race bag. Bag pickup is an “assembly line” process where you pick up your bib then your shirt and then all the race gifts, all at different tables. We have over 30 volunteers for this process so, it should go smoothly. Find your bib number from the big board (if you don't know it already) and go to the appropriate bib line (based on bib number). From there you will go to any of the shirt tables where you'll get a race shirt (the size you ordered when registering is on the back of your bib). After getting all of your gifts, stay in the tent area and grab some food, coffee, etc.....or go to the massage tent for a re-race massage.
- **Bib** - Timing Chip is secured on the back of your personalized bib; so make sure you wear it and keep the bib secured. Also make sure that the chip number on the back matches your race number on the front. Make sure to grab 4 safety pins. There are two different bibs for the two different races. If you switched races, you will still have the other race's bib color, but no worries as it will work properly.
- **Bag drop** - Located in the big tent where you picked up the runners packet. Alternatively, you can walk your bag back to your car. You can also leave clothes at the start and we will transport them back to baggage pickup.
- **Portalets and bathrooms** - 15 portalets near the tent and 4 regular bathrooms in the big education building, if needed.
- **Pre Race Massages** – provided by Tony's Kneaded Touch and his crew in the smaller massage tent located right past the finish line.
- **Pre race Yoga Stretch** – 7am on – led by Barbara Templeton by the massage tent.
- **Vendors/sponsors** – Located under the tent.
- **National Anthem**- Will be sung by Eowyn Driscoll at approximately 7:50am under the tent.
- **Proceed to start** after the national anthem (for halfers). The start is conveniently on the farm this year. 7 milers should proceed to their start after cheering on the halfers as they pass by.
 - **Corrals:** For the half marathon start, signs will be put up showing where you should be starting, based on your anticipated pace. The start is a bit narrow and we're trying to avoid as much of a bottleneck

as we can. Please try to be honest and this will not affect your time, as your official time won't start until you cross the starting chip mat.

8. Race Logistics

- **Starting location-** On the main loop of the farm.
- **Be on time** for the Cow Bell Start
- **Net chip timing** –We have timing mats at the start and finish for the half and at the finish for the 7 miler (smaller field for the 7 miler so starts mats aren't necessary).
- **Course turns and signs**
 1. “Caution, road race” signs on every street.
 2. “Aid station” signs before every aid station
 3. “Arrow directional” signs before every turn. The turns will also be marked in paint on the road and we'll have a sentry on every turn to make sure you don't make a wrong turn.
 4. Other, “fun” signs.
- **Aid Stations** – 8 aid stations for the half, including an orange slice zone, a candy zone (with Pepsi too) and a cold sponge zone (to cool off). For the 7 miler, 5 aid stations with all the specialty ones the half has, except for the orange slice zone. All aid stations will have water and Gatorade except the first half aid station which will have only water. They'll also all have basic medical supplies.
- **Trains** – The Half crosses train tracks 3 times and the 7 miler once. Barring any unscheduled train activity, the only group possibly affected by a train would be a 10:30/mile half marathon pacer who may be delayed by about 15 seconds in the last track crossing.
- **Police and medical** – Seven police officers and six EMTs located on the course and a cardiologist (Dr. Harvey Kramer) and an RN at the finish line.
- **No dogs** allowed on the course or on the farm.
- **Please don't litter** – each aid station has garbage cans. Please keep your garbage in the vicinity.
- **DJ will be announcing names** as you finish.
- **The finish line** will be about 10 seconds after you go through the barn this year.

9. Post Race Logistics

- **Food** – Same as before the race plus pizza, New Pond Farm chocolate milk, cookies, muffins and other surprises.
- **Massage** – available after the race led by Tony Trujillo – Look for the massage tent right by the finish area
- **Award Ceremony** – If you think you may have won an award (three deep for both races in **5 year age group** categories) and can't stay around for the awards, please see us before you leave. Results will be posted as quickly as possible after the race. No double dipping of awards.
- **Please thank the volunteers and sponsors**

10. The Days after the Race Logistics

- **Results** – will be posted as soon after the race as possible and on the website hopefully by Sunday night.
- **Food Shelter** – all extra food will be donated to the Dorothy Day Food Shelter in Danbury.
- **Send me your comments and pictures**
- **Finisher's Certificate** – a downloadable certificate will be available free of charge a few days after the race.
- **Finisher's Magazine** – will be on the site a few weeks after the race.
- **Please Patronize our sponsors** – It is a lot easier for a business to say “no” than “yes” to a sponsorship request. We are extremely lucky to have received unbelievable community support.
- **Race pictures will be available for free** – Download them courtesy of JLG Designs and Studio1923!!

11. Channel 12 News

Frank Recchia of Connecticut Channel 12 news will be on site race day to interview runners as they come across the finish line for the local television news – pretty cool!

12. Band added to the race experience

During and after the race, for you entertainment, we are pleased to announced that we will be having a great band playing. The five piece rock-n-roll band, Pampalibros, are high school students from Redding and Westport and are quite good. Check out their website at www.pampalibros.com.



13. Free Pairs of ONs/Newtons

If you wear ONs running sneakers, or would like to try them, email me to get on the raffle list. ONs is nice enough to be giving us 5 or 6 free pairs. Newtons will donating a pair also, so email me to be put on that list also.

14. Donate your old Sneakers

Kilometers will be collecting them for a charity that sends them to Africa.

15. Extra Race Shirts

Our race shirts are really cool this year. IF we have any leftovers, after the race, they will be available for purchase in the big tent area.

16. Farm Tours

During the race, volunteers will be having tours of the farm for any spectators who may be interested. Sign up is at the New Pond Farm table under the big tent and is free.

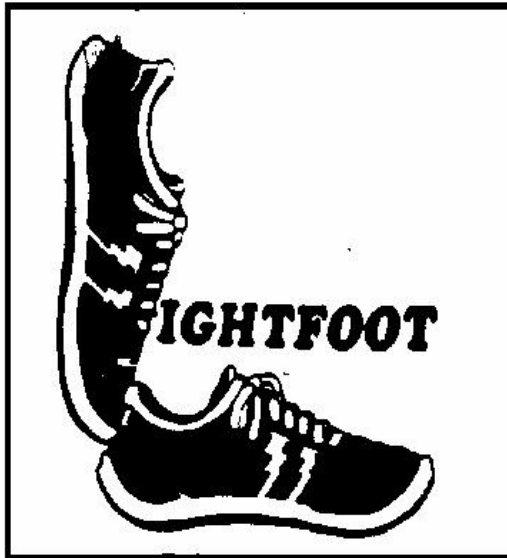
17. The Great Turkey Escape, Thursday November 28, 2013 – Redding CT

Look for details of our next great race in the months to come.



18. Lightfoot Races/Norwalk Summer Series

Also for local runners, Don Capone puts on a wonderful summer series. The combined cost of all 7 of his races (Mother's day 10k, the progressive 5 race series and the Sam Elpern Memorial Half) is about what you pay for an average half marathon in this area – the best value in running; I LOVE this race series. Hope to see you out there this summer!!



Our 2013 Races

Mother's Day 10K Race and 5K Health Walk
May 12 [Course Map](#)
Calf Pasture Beach
[On-line registration for Mothers Day](#)
[Printable mail-in registration form](#)
[Printable driving directions](#)

The 2013 Norwalk Summer Series

[On-line registration for the 5 race Summer Series](#)
[Printable mail-in registration form](#)
[Driving directions](#)

3-Miler [Course Map](#)
June 15
Norwalk High School
[On-line registration for the 3-Miler only](#)

5-Miler [Course Map](#)
June 29
Cranbury Elementary School
[On-line registration for the 5-Miler only](#)

7-Miler [Course Map](#)
July 13
Brien McMahon High School
[On-line registration for the 7-Miler only](#)

9-Miler [Course Map](#)
(Ian Eaccarino Memorial Race)
July 27
Calf Pasture Beach
[On-line registration for the 9-Miler only](#)

11-Miler [Course Map](#)
August 17
Silvermine Elementary School
[On-line registration for the 11-Miler only](#)

The Norwalk Half

The Sam Elpern Memorial Half Marathon
September 14 [Course Map](#)
Fox Run Elementary School

19. New Pond Farm May Fair -

PLEASE SAVE THE DATE

**New Pond Farm's
Founders' May Fair**

**Saturday, May 18th 11 a.m.-4 p.m.
(rain date Sunday, May 19th 1-4 p.m.)**



- ❖ Maypole Dancing
- ❖ Morris Dancing
- ❖ Horse drawn hayrides
- ❖ Sheep Shearing, Fleece Spinning, Weaving, Bee Keeping
- ❖ Meet live sheep, calves, and chickens
- ❖ Create many fun crafts to take home!
- ❖ *Purchase a wonderful variety of heirloom vegetable seedlings to plant in your garden!*

\$5 per person & 20 maximum per family
There will be small fees at the craft tables to cover the cost of supplies.

******Please leave your dogs at home!******

20. Runner Story – Cathy T. from the Boston Marathon

I've done my fair share of marathons. I know it's not uncommon to hurt in the aftermath of finishing 26.2 miles, the degree of aches and pains commensurate with the difficulty of the course and how well trained (or not) I am for that particular day. A hot shower always takes the edge off the mental fatigue of the distance and, depending how tough was the marathon day, my over the counter drug of choice is Advil which, taken for a day or so, usually addresses the post-marathon aches and pain. For Monday's 117th Boston Marathon, there isn't anything 'otc' that addresses the pain. It's so palpable, it's almost physical. I wasn't there at the site of the finish line explosions but I was there.

The famous men and women in the running world community of marathoning are readily known by their first names: Bill, Frank, Kathrine, Grete. And so with marathons are those too readily known by a single name. There isn't a runner out there who doesn't know when the city names of New York, Chicago, and Boston are referenced, it isn't the city but the marathon that's the topic of discussion. Boston, with its oldest marathon history and accompanying tradition that requires runners to qualify in order to run its famed streets through eight very supportive towns is, far and away, at the top of virtually every marathoner's hope and dream.

I've been a registered runner in the Boston Marathon for the past 19 Bostons. Except for 1998 when I had that perfect day when everything clicked and I qualified for the next year's Boston, I haven't experienced that perfect day again to qualify in the Boston sense, by way of a previous marathon's fast finishing time (according to age and gender) that would guarantee me entry into the next year's Boston. For all my other Bostons, I 'qualify' through Boston's Dana-Farber Cancer Institute; in exchange for raising funds for D-F through their Marathon Challenge program I'm guaranteed a Boston number to run each year's marathon as long as I so choose to maintain that symbiotic fundraising relationship between myself and Dana-Farber.

I followed up my first Boston (always the third Monday in April, Patriot's Day in MA) with the October Hartford Marathon in Connecticut. At the expo, I stopped

at the New England Runner (magazine) booth and talked to Michelle LeBrun, publisher of New England Runner magazine. She introduced me to Marja Bakker who was with the BAA (Boston Athletic Association); at that time I was unaware of her significant status with the BAA. I told her I'd be willing to volunteer at Boston if they ever needed an extra pair of hands or eyes. I was (then) truly naive of Boston in general, its comprehensive scope at every level on the marathon scene. She told me there was a long waiting list of people who wanted to volunteer for Boston but to write her a letter, reminding her of this conversation. I did; for every successive Boston these past 18 years I've been a volunteer at the BAA Information Booth. It's the best place to be as a volunteer, right across from packet pick-up. Every runner has to pass by the Information Booth in order to pick up their runner's packet and then proceed into the expo, akin to putting a kid in a candy shop: so much to look at, so much to buy.

Volunteers at the BAA Information Booth are well informed by our captain, Linda Fechter, as to virtually any and all questions that we could or would be asked by runners. All the information is in the handbook sent out to every registered runner; it's the encyclopedia for the weekend in general, the marathon in particular. Because it is encyclopedic in nature, some may find it too overwhelming to even try to assimilate all the information in the booklet. Easier just to ask. Over the years I've developed a theory that some runners don't like what they read in the booklet and will ask a volunteer, hoping to hear the answer they want. On one occasion when I reiterated the same information that was in the booklet to a runner, and it not being what he wanted to hear, he went to the volunteer next to me, asking the same question. Upon getting the same answer (still not the one he wanted), he huffed away indignantly. I also think 'newbies,' those who are doing their first Boston may be a bit nervous and need to be sure they understood what they read and just need to hear it from a human source.

One of the most often asked questions is "where do I get the bus marathon morning?" Of course, that information is in the handbook, but at the Information Booth we also have city maps. Once asked that question, my question is "where are you staying?" Then I can highlight their course from the hotel to Tremont Street where it seems every school bus in Massachusetts is lined up to take the 27,000 runners to the start line in Hopkinton, about an hour's ride away. Following the school bus question, another question often asked is "where can my

____(fill in the blank with the name of any friend or loved one of the runner) see me on the course and then at the finish?" It's virtually impossible to do both and truthfully it's difficult to actually see a runner cross the finish line (unless you are one of the very few with a VIP pass for the bleachers at the finish line). Spectators can line the course along both sides of Boylston Street toward the finish line and seasoned spectators, especially on a good weather day, know where to be in order to see runners cross the line.

Some are adamant to see their runner finish. When I offer advice about where to (try to) see a runner cross the finish line, I encourage the family/friends to know approximately the finishing time of the runner, to be ready to 'plant' themselves somewhere along Boylston Street earlier than the projected finishing time since it is many spectators deep. I also encourage them to be on the side of the street, across from the Lenox hotel, across from the Public Library. As runners are coming around the last turn from Hereford Street on to Boylston Street, they will take a tight left turn. Boylston Street is wide and if you are trying to see your runner, you have a better chance if you're closer to that side of the street. If the spectators are able to navigate through the crowd, and for those that don't know the city, I tell them mile 26 is right at Walgreen's. Anywhere along there, and towards the finish could likely be a relatively good place to see your runner pass by, and depending on the crowd, maybe even see as they cross the finish line further down the road.

Throughout the five hours of my Sunday morning shift at the BAA Information Booth, every runner but one who asked the question about where could family or friends see him or her finish was in the range of 4:00 - 4:15. If all their family/friends took my advice as to where to be, they could easily have been within the range of either or both bomb blasts. It haunts me. I continuously watched the news Boston marathon night and saw the multiple replays of the Boston Marathon finish line at 4:09:44. I knew I couldn't identify any one of the runners or, in some cases, those with the runner who asked where to watch, but I needed to look at the video continuously and, each time, hope and pray that I did not put someone in harm's way. I will probably never know.

As for myself, Boston was going relatively well and I was on target for my goal pace. Ironically, I forgot my sports watch (for the first time ever in any race, not

just a marathon) that would give me mile splits as well as my continual running time from the start line. I had no idea how I was doing other than I was feeling ok overall, glad I decided on a long sleeve shirt under my Dana-Farber singlet. As I crested the climb after the overpass at 16 miles, I asked the policeman (who was there for traffic control, not anything to do with the bombs) about the time and he told me it was "three o'clock, straight up." Unbeknownst to us, things were already happening in Boston; the official start time of the marathon was 10:00 AM; with the wave start, I crossed the start mat at 10:51:48. The first bomb went off at 4:09:44, running clock time. Another mile+ down the road as I was turning on to Commonwealth Avenue to start the hills, I noticed barricades across the width of the street. Unusual but I didn't give it much thought. As I was noting that there wasn't one spectator on Commonwealth, which usually has a ribbon of spectators the length of it even for the back of the pack, someone shouted, "Dana-Farber." As that's often heard throughout the marathon for those of us wearing Dana-Farber singlets, I turned to see who called out. Another Dana-Farber runner was talking to a policeman and we were told we couldn't go into town, that two bombs had gone off at the finish line. We were told we could go to the top of Heartbreak Hill, another four miles away, but we had to go over to the carriage road (that parallels the course) as we couldn't be on the course. When we reached mile 21 it would then be decided what to do with the congregation of runners at that point. But, that never happened. When we reached the top of the hill past mile 18, police at that medical/aid station said we weren't allowed to go on, the race was called, and we would have to wait for a bus to come for us although it wasn't yet determined where they would take us. But, at least we would be on a bus, inside, and out of the dropping temperature which was now 46 degrees. I was even more grateful I decided to wear a long sleeved shirt under my DFMC singlet although that was slowly proving ineffective. Fortunately, an aid station volunteer remembered there were some mylar blankets in a packed up box. Fortunately there were enough mylar blankets that we could have as many as we wanted to hold in what little body heat we had; I used three. Eventually an ambulance came to take a first time marathoner to the hospital as he was rapidly becoming hypothermic. The bus never came but an hour later private vehicles materialized to take us to Newton Town Hall at mile 19 to put us indoors. It was warm, had chairs, and a land line. With area cell towers down, the land line was our only way to contact loved ones

to let them know we were ok. I called my husband and my sister. Already both had received many inquiries by e-mail and phone as to my well-being.

We were in the town hall about an hour when they started bringing in cots and we were told the Red Cross was bringing in hot meals. I looked at my friend and said, "It's not looking good that we'll get out of here tonight." But, police and BAA volunteers were making every effort to move as many runners to wherever they needed to go. I'm not sure who was taking runners to various towns, but drivers would come in and ask, "Anyone going to Hopkinton?" Or Brookline. Or Cambridge. Finally, someone asked, "Anyone going to Jamaica Plain?" I shot up my hand in a nano-second. Since my friend, with whom I stay, was planning to be on Hereford Street to watch me finish, I didn't know if she was now home or stuck somewhere in Boston (as the subway system was shut down for a while). I don't carry my cell phone when I run so I couldn't call her and I didn't bring my keys to her apartment since we were planning to meet up after I finished--as we've done for the past several years-- and she'd have her keys. I told the kind person who drove me to JP, the long way since many roads were closed off, not to wait if I couldn't get in the apartment. I'd go sit (indoors) at the subway stop, 114 steps from the apartment. If Nancy wasn't home, eventually she'd have to return via the subway and we'd connect. Fortunately, Nancy was already home. She buzzed me in to her apartment building and before I could even open the door she was there to greet me. The hug was a bit longer and a bit tighter than the usual post-marathon hug and I was never so glad to be in that building as then.

Miscellany:

-I always buy my running shoes in Boston, at Marathon Sports. In the early years, I always stopped at their store in Wellesley as it was on the way into Boston. After a few years, I started going to the Cambridge store since I knew one of the sales persons there. When the store at the Boston finish line opened a few years ago, I started to go there since I'm always in downtown Boston for other errands. I bought a new pair of running shoes there last Thursday. Monday at 4:09:44, they lost their store front window to the blast from the first bomb.

-Friday and Saturday at the expo, I helped Kathrine Switzer sell her books. Both days she sold all the books she had brought to the expo early on. Sunday I trekked her empty suitcase back to her Fairmount Copley hotel, just beyond the finish line to pack it up full of books and bring them back to the expo. En route I passed the locations of both explosions, which occurred less than 24 hours later.

My runner friends are all accounted for and all are safe:

-one was in the finish line medical tent having a blister treated when the first bomb went off

-one was having a medal put around her neck when the first bomb went off

-one was on Boylston Street between the two blasts

-several were finished and far enough away from the finish line chaos

-most were stopped beyond Kenmore Square with the other 5,700+ runners

-my spectator friends, Nancy and Angela, are safe

-although no runners were seriously injured, sadly, two members of another Dana-Farber Marathon Challenge runner were seriously injured.

Initially, when I returned to Nancy's apartment, I said, "I love Boston and I love the marathon, but I can't wait to leave the city." But, when Tuesday morning rolled around, I had a difficult time leaving the city. I always drive back into town to the finish line and drive the course backwards until Hopkinton when I go on the Mass Pike back to Albany. Of course, as the finish line is now a crime scene, I couldn't drive there. Usually the closer I am to the finish line on the day after the marathon, there is a sea of marathoners sporting their blue and yellow marathon jackets. This day it was a ghost town. I saw two marathoners walking toward Boylston Street. I decided I didn't want to go there on foot. I'd seen enough on tv and didn't want to see, in person, what the bombs had done to the beloved finish line of the Boston Marathon. If I couldn't see it as I crossed it to finish the marathon, I didn't want to see it until I could do so again. Next year.

Our Boston Marathon day was marred and we will carry the scars of those lost and maimed and injured for every day hereafter. April 15, 2013 will be remembered by marathoners and we will be able to identify where we were when 'it' happened as much as those who know where they were when Kennedy was shot, when 9/11 occurred, and all such tragedies that touch our heart and soul, and now soles. All associated with Boston, the city as well as the marathon, will forever carry this memory as we move forward to next year, not to forget but to remember. Whoever did this took some lives, seriously maimed and injured many others, took the marathon finish from many. But, what cannot be taken is the spirit of the marathon.

Thank you for all the support, prayers, love, and concern for my safety and well-being. The phone calls, texts, e-mails, and voicemails are truly heartfelt.

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