



REDDING ROAD RACE NEWSLETTER

17 Volume 1

1/10/18

Thanks again for selling the race out so quickly – you make my job of organizing everything much easier!!

Average runner age: 44.1

Female/Male breakdown: 63.0% female

Countries Represented: 3: USA, Canada, Germany

States represented: 16: CA, CT, DC, FL, IL, MA, ME, MI, MN, NC, NH, NJ, NY, PA, VA VT

CT Towns represented: 100 (out of 169 towns in CT)

% of 2016 new runners (runners who've never experienced the Redding hills):
31% - pretty amazing, as we get a bunch of new people introduced to New Pond Farm

Extra donations, above registration fees: \$2,265, thank you so much!



1. SPECIAL GUEST AT THE RACE

We are pleased to announce that **Joan Benoit Samuelson** will be at the race year. I have to coordinate with Joanie, but, hopefully we will have some signed pictures and maybe books available for purchase on race weekend, like we did with Billy. I know I have my Joan Memorabilia ready!!





Joan, Billy and me at the Shelter Island 10k last summer. Hmmmm....who doesn't belong in this picture – ha!! Joan smoked us both that day.

Joan Benoit Samuelson, one of Maine's most recognizable athlete continues to serve as an inspiration for runners and athletes of all ages around the world. Joan founded the TD Beach to Beacon 10K Road Race in 1998 to benefit children's charities in Maine. This year the Beach to Beacon will celebrate its 21st year in August. Today, the TD Beach to Beacon 10K is a 'must' event on the calendars of elite runners around the globe as well as recreational runners throughout New England. Joan ran many of the same coastal roads while growing up in Cape Elizabeth and training for the first Women's Olympic Marathon in Los Angeles in 1984. While a senior at Bowdoin College, Benoit entered the 1979 Boston Marathon as a virtual unknown and won, setting a record for American women. Following surgery on her Achilles tendons, she again won the Boston Marathon in 1983. The eyes of the world were watching Joan when she won the first ever women's Olympic Marathon. She has remained a dominant figure and a role model in the running world and women's athletics ever since. Visit Joan's website: <http://www.joanbenoitsamuelson.com/>

2. DOCUMENTARY

Our documentary is available to view, starring Boston Billy. Adam Pemberton did a really good job with this and it will give you a good feel for the race.

<https://vimeo.com/196319204>

3. WHAT IS NEW POND FARM EDUCATION CENTER

[\(http://www.newpondfarm.org/\)](http://www.newpondfarm.org/)

Exactly what is this not-for-profit that you are running for on May 6th? 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 over 30 years 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 is located in West Redding, CT. It was once the home of our founder, actress Carmen Mathews, and it 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.
- Our vegetable and herb gardens are featured in our programs.
- 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 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.

We look forward to seeing you in our programs and we would welcome your support of this wonderful environmental center. Please contact us if you have any questions!



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.

4. WRITERS WANTED- I've received a couple of runner interest stories and promises for many more – so keep them coming in!! I thought it might also be cool to chronicle one (or more) newbies stories. Meaning, if your first 7 miler or half marathon is on May 6th with us and would like to write a journal from now through race day to share with us all, please contact me.

5. WAITING LIST - I keep a small amount of registrations for New Pond Farm members and Reddingites who “forgot” to register by the sell-out date. If I don't use these, I give them to waiting list runners, so tell friends/family members to register for the waiting list on the registration site if they'd like. Note, I don't envision any 7 milers getting in the race from the waiting list (already oversold).

6. MIGHTY COW CHALLENGE – WHAT IS IT?

The Mighty Cow Challenge is a 5k race (at 7:20am) followed by a short rest then 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. I'm thinking, for the extra Mighty Cow gifts, that each participant this year will receive a furry cow hat, and a special Mighty Cow Coolmax t-shirt. If you are interested in “supersizing” your race, contact me and I can get you signed up for an additional \$5, if currently registered for the half and \$20 if currently registered for the 7 Miler.

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

La Quinta Inn & Suites in Danbury (5 miles away or so from New Pond Farm) is our host hotel and is offering a late checkout, a complimentary breakfast and a special race rate of \$94. It's rated the #1 hotel in Danbury by Trip Advisor. I've also listed some other nearby hotels in the link above. I would recommend making the reservation by calling them and saying you're with the Redding Road Race Group, to make sure you get the \$94 rate. This is the info I received from them:

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 **top ranked on Trip Advisor** and are offering a discounted rate of **\$94.00** 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!

8. 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. 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 miles 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. As we get closer to the race, we'll have a 7 mile preview run and a half marathon preview run for runners who would like to preview the course.

Typical RRC (Redding Running Club) Meeting Location (near mile 2 of the races)





Our Club Shirts

9. OUR RUNNER SPOTLIGHT – GINA T.

I Run for Life: How Gina Found Her Inner Warrior



Gina Terkildsen never defined herself as a runner. She was always active, but it wasn't a core part of her identity. But when her life took a hard left turn, running helped her redefine who she was — and taught her how to give back.

Like many parents, running took a back seat for Terkildsen after having two kids and maintaining a busy career. With the addition of nursing an injured knee and recovering from a C-section, she found it difficult to run without pain.

In May 2012, her perspective on health shifted entirely when she was diagnosed with breast cancer.

“The nurses told me that people who are active have a 50% less chance of recurrence,” she recalls. “My kids were 6 and 8 at the time. I felt like I had a bigger reason to get healthy — and stay healthy — for my family. I wanted to be a better example and teach them that if you live a healthy lifestyle, you can overcome anything and prolong the quality of your life.”

After four surgeries, months of recovery time and clearance from her doctors, Terkildsen got the green light to begin running again in September 2013. She promptly circled the perfect event on the calendar to kick off a new running chapter: the Pounding the Pavement for Pink 5K, a race in Seymour, Connecticut, to raise funds for breast-cancer research and awareness.

With the event just more than a year and a half after her mastectomy, Terkildsen's goal was simply to finish. But after a friend told her she was the second survivor to cross the finish line (by only 18 seconds), she found a new goal.

"I never thought I was a really competitive person until I started running," she says. "The next year, my goal was to be the first survivor, and I wanted to come in first by minutes. Thanks to the training I did with MapMyRun, I accomplished that goal."

She wasn't done there. After getting inspired by other running moms at her daughter's gymnastics meets, she decided she would aim for a half-marathon. And she didn't want to just finish — she hoped to break two hours. So this past September — four and a half years after her diagnosis — she took to the starting line of the Gulf Beach Half Marathon in Milford, Connecticut, and completed 13.1 miles in 2 hours, 1 minute and 1 second.

While she may have missed her goal by a single minute, Terkildsen says she never felt more empowered at her accomplishment. And she doesn't rule out giving it a second shot, either.

"I need to do another half marathon to try again," she says. "I want to do the Disney Princess Half Marathon [in Orlando]. I want a medal in the shape of a crown!"

She is also proud to make running a family affair, with her children joining her for runs on occasion, and even racing in local 5Ks alongside her. And they aren't just any 5Ks.

"We usually try to choose charity 5Ks because I try to teach [my kids] that it shouldn't just be something for you," she says. "When I did that first race, I wanted it to be a way to kind of give back. I felt very lucky that I didn't really have a very hard battle. Mine was a lot easier than many other people I know, so I wanted to do something to give back somehow."

With these races offering the opportunity to be active while helping those in need, Terkildsen feels it's a great way to teach her children the importance of being humble. As for advice for those who are coming back to running (or anything else, for that matter) from a cancer diagnosis, her advice is simple: Take it slowly, and give yourself credit.

"We are capable of accomplishing so much more than we give ourselves credit for," she says. "If you have a goal and you set your mind to it, you really can accomplish anything. Knowing your goal and having a good motivator or reason to do it makes all the difference."

As for what keeps her moving, she quotes Melissa Etheridge's song "I Run for Life."

"That song is my anthem," she says. "I run for life. I run to keep myself healthy and to stay alive for myself and my children."



10. RACE SPOTLIGHT – SWEETHEART RUN

I'll start it off with one of my favorite runs - The Bob & Peg Andrulis Memorial "Sweetheart" 5 mile run.

<http://thecommunitycenter.org/event.php?id=6782>

This 5 mile run in charming Litchfield, CT is worth the hour+ drive from Redding CT. The course is relatively flat, given Litchfield standards, the after race food spread is spectacular and the “homey” feel to the race is not something that is easy to find.

Litchfield
Community
Center

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PLEASE NOTE: The Community Center will be closed for the holiday on Mon. Jan 15, 2018 ✕


16th Annual Bob and Peg Andrulis
Sweetheart Run/Walk

Saturday, Feb 17, 2018
11:00 am - 2:00 pm

Location:

Cost: \$25.00: adult/\$10.00: 10 &
under/ Free: 80+

* Pre-Register And Save!



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5 MILE RUN ~ 3 MILE WALK

****NEW USATF CERTIFIED 5 MILE COURSE #CT13035JHP****
START & FINISH LITCHFIELD COMMUNITY CENTER
COURSE IS OF VARIED TERRAIN
PRE-REGISTRATION:
*\$25.00 *\$10 CHILDREN (10 & UNDER) *80 & OLDER FREE!
*\$30 AFTER 2/08/17 and Day of Race

PROCEEDS TO BENEFIT LITCHFIELD COMMUNITY CENTER

11. SPONSOR FOCUS – GONEFORARUN.COM – OUR LEAD SPONSOR



<http://www.goneforarun.com/Default.asp>

ChalkTalkSPORTS.com/ GoneForaRun

It all began in a garage in Redding, CT with a few t-shirt designs and a lot of determination to get her fledging company ChalkTalkSPORTS.com off the ground. Fast forward a few years and now Julie Lynn along with her husband Tom and sons Ryan & Chris employ over 30 people in South Norwalk where they design, manufacture and market the apparel and gift products for their 3 e-commerce websites, ChalkTalkSPORTS.com, GoneForaRun.com and LuLaLax.com.

ChalkTalkSPORTS.com features apparel and gifts for over 20 team sports. Whether it's one of ChalkTalk's Lacrosse tees, a personalized hockey puck or custom soccer room sign, it is a unique gift that celebrates the sport the entire family embraces.

GoneForaRun.com offers a large assortment of unique apparel and gifts for runners. For Julie, being an avid runner herself, inspiration for new running gift

products comes fairly easy. The running gifts designed by GoneForaRun have been featured in Runners World, Self Magazine, Family Circle & Competitor Magazine to name a few.

Both, ChalkTalkSPORTS.com and GoneForaRun.com's commitment to sports extends by sharing the gift of playing a sport through their 'Let's Play Sports' and 'Run With Us' community outreach programs. These programs donate to organizations that foster the development of sport programs for the less fortunate.

12. 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:

<https://runsignup.com/Race/ReddingCTRoadRace/Page-77>

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

13.OWN AN AID STATION – Do you want a way to run the RRR for life, for free? I'm looking for 2 or so more runners who want to "own an Aid Station." This entails rounding up 4 or more volunteers to take over an Aid Station. I already have 2 runners who have claimed tables, Sue and Sean, and am looking for two more. I will rebate back your entry fee for this year and you run free every subsequent year that you continue getting volunteers

HAPPY TRAINING AND PLEASE SEND ME YOUR RUNNER STORIES
AND FAVORITE RACES FOR INCLUSION IN FUTURE NEWSLETTERS

Cheers,

John

