



REDDING ROAD RACE NEWSLETTER

18 Volume 4

2/21/2018

1. **RRR18 SHIRT REVEALED** – White, so you can wear it all summer + matches the hats perfectly.



2. RACE STATS FROM THE 1ST SEVEN YEARS

% Female: 62%

% Male: 38%

Redding Participants: 12%

Total Piglet Prancers (our race's future): 458, with more to register

Total Added Donations (above registration fees): \$20,629 (Thank you!!)

Total Countries Represented: 8: United States, Canada, Columbia, Germany, France, Great Britain, Norway and Ireland

Total States Represented: 29: CA, CO, CT, DC, DE, FL, GA, IA, ID, IL, IN, MA, MD, ME, MI, MN, NC, NH, NJ, NY, OH, PA, RI, SC, TN, TX, VA, VT, WI

Total Ct Towns represented: 164 (out of 169)

Female Half Course Record: 2015 Liz Campbell; 1:24:26; 6:27 Pace

Male Half Course Record: 2013 Ken Merrick; 1:20:17; 6:07 Pace

Female 7 Mile Course Record: 2017 Theresa Campbell; 49:03; 7:01 Pace

Male 7 Mile Course Record: 2015 David Hambleton; 44:49; 6:24 Pace

Youngest 7 Miler: 6 years old

Youngest Half Marathoner: 12 years old

Most Experienced 7 Miler: 78 years old

Most Experienced Half Marathoner: 77 years old

Average Age of Runner: 42 years old

Very Humbled Race Director: 1



Some of our volunteers and Dusty the Dog at bag stuffing/bib ordering



3. [ROCK'N ROOTS 9K REGISTRATION NOW OPEN](#)

WHEN: Saturday, June 30, 2017, 8AM

WHERE: Redding Historical Society, Redding, CT

WHY: The third of my Redding races and maybe the most fun. We run through both sides of Putnam Park, where some of George Washington's troops were stationed in 1778-1779 during the American Revolutionary War. So, you're literally running through history in Putnam Park as you run down Company Street where 116 soldier huts were once located. It's the only race I know that gives runners a choice of a singlet or short sleeve shirt. Admission to the all-day Rock'n Roots Festival (including fireworks) is included with registration (\$20 value). Oh, did I mention the re-enactors along the course!!

WEBSITE:

<https://runsignup.com/Race/CT/Redding/ReddingRockNRoots9kand1MileFunRun>







Start and finish of the 9K race



Re-enactors at the start

4. PUTMAN PARK

One trip out-of-towners might want to make on race weekend is to Putnam Park, the “Valley Forge of Connecticut.”

PUTNAM MEMORIAL STATE PARK



‘Connecticut’s Valley Forge’

State of Connecticut
Department of Energy and Environmental
Protection
Bureau of Outdoor Recreation
State Parks Division
Hartford, Connecticut 06106

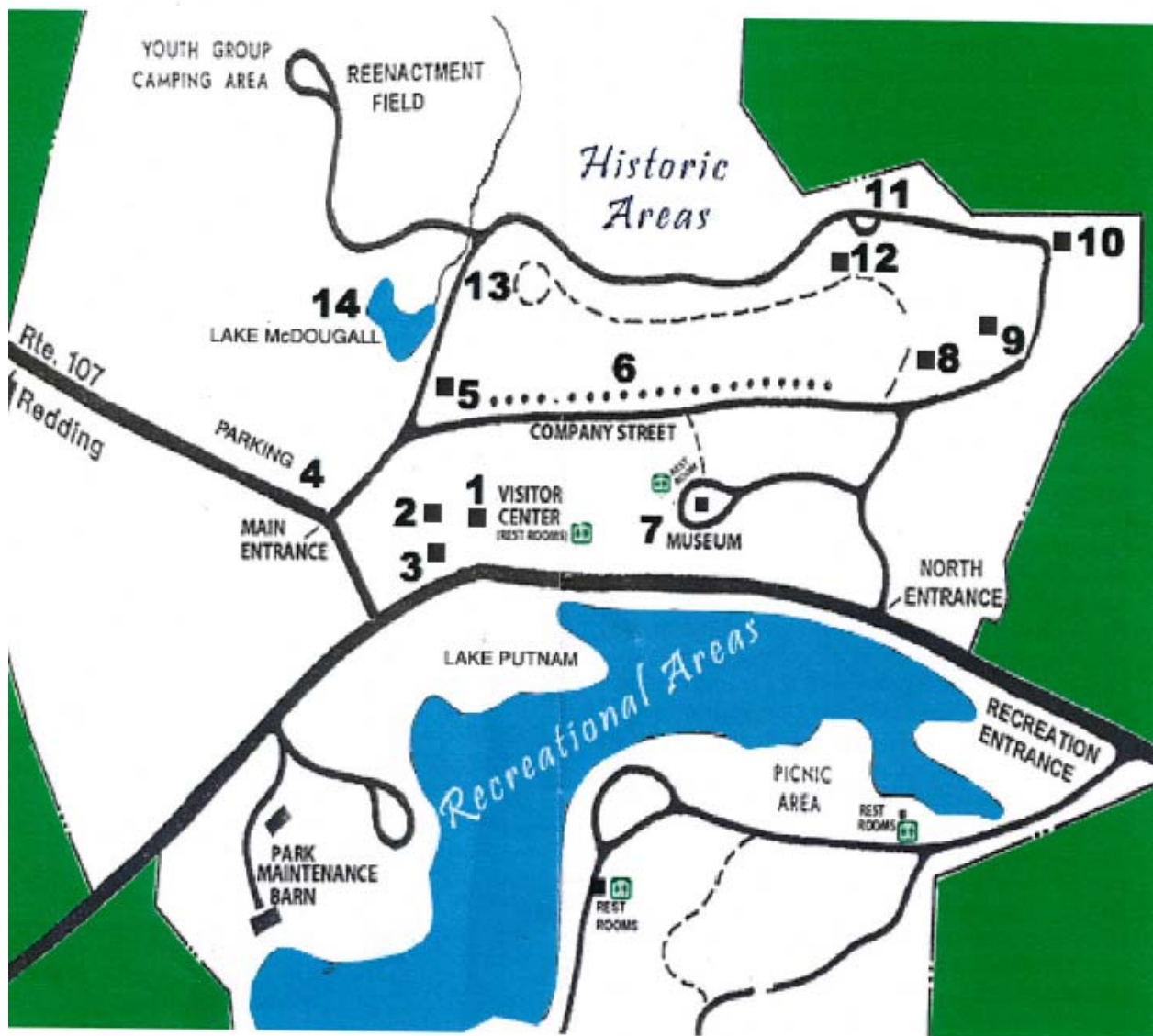
BE A FAN OF PUTNAM PARK

OUR MISSION; To help promote and preserve the historical, educational, and recreational values of Putnam Memorial State Park.

WHO ARE FANS MEMBERS, WHAT DOES FANS DO? The FANS of Putnam Park is comprised of members of the community whose appreciation for the Park keeps them active in its stewardship, as well as organizing events for the community to enjoy. Many other “Friends” appreciate the goals of FANS and support it with a yearly membership contribution. Here are some of the FANS activities that are currently supported by membership contributions: **Re-enactments including the 235th Anniversary Celebration - Living History School Days in May - The December Winter Walk - Summer Colonial Craftsmen Demonstrations - Support Park Historical Interpretation/ Preservation - Visitor Center Interpretive Displays - Purchase Historical Items - Needed Park Supplies - and more.**

HOW YOU CAN GET INVOLVED: Members are always welcome to get involved. Come to our monthly FANS meetings held at 7:00 PM on the first Monday of each month in the Visitor's Center, except August and December. Or if you have a question, email us at:

Friendsofputnampark@yahoo.com



Putnam Memorial State Park is open year round from sunrise to dusk.
 The Visitor's Center and the Museum are open from Memorial Day (May) to Veteran's Day (November) from 10:00 AM to 5:00 PM, Monday through Sunday. Our Interpretive Guides will greet you and answer any questions you may have. We are located at:
The Visitor's Center at 499 Black Rock Turnpike, Redding, CT at the junction of Routes 58 and 107 and the Museum at 501 Black Rock Turnpike, Redding, CT along Route 58,

HOW CAN YOU CONTRIBUTE TO BECOME A FRIEND OF PUTNAM PARK?

Check the Yearly Membership Level You Wish to Participate at:

- ☐ Scout \$10 (for students)
 - ☐ Individual \$20
 - ☐ Family \$35
 - ☐ Patriot \$50
 - ☐ Loyalist \$75
 - ☐ Captain \$100
 - ☐ Colonel \$250
 - ☐ General \$1000 (Life Membership)
 - ☐ Contribution \$_____
- Check enclosed for \$_____

Payable to: FANS of Putnam Park

Name: _____

Address: _____

City, State , Zip _____

Telephone: _____

E-Mail: _____

We will not distribute your e-mail address for any purpose other than newsletters when available.

Employer charitable gift match programs will effectively double your support of Putnam Park. Gifts are fully deductible for tax purposes under Section 501(c)3 of the Federal Tax Code.

Mail to: Friends & Neighbors of Putnam Park
PO Box 736
Redding, CT 06896-0736

Visit www.putnampark.org for more information on the Park and the FANS Group.

A Self Guided Tour

1. **Visitor's Center***-This building was built in 1893 as the pavilion. It was used as a shelter during inclement weather, for dances, picnics and town events. The upstairs was used as the original park museum. The building was dismantled board by board in 2005, and reconstructed into a 4-season climate controlled visitor's center where visitors can get a park orientation prior to entering the historic encampment.
2. **"Camp Guardhouse"**-A log hut which was reconstructed about 1890 on the remains of a hut from 1778. The actual purpose of the original structure is in question, although local lore said it was the Guard House. The construction and size of the hut gives the visitor an approximation of one of the 116 enlisted men's. Each hut contained twelve soldiers.
3. **"Putnam's Escape At Horseneck"-Bronze Statue**-is on the front lawn of the Visitor's Center. It was sculpted by renowned local artist Anna Hyatt Huntington at age 94 at her estate just a few miles from the park. The sculpture depicts General Israel Putnam's legendary ride down the stone steps in Greenwich, then called "Horseneck", where he narrowly escaped from the British Dragoons.
4. **Main Entrance Area**-Civil War cannons and blockhouses flank the road. Blockhouses were used in frontier areas during the French and Indian War where Israel Putnam achieved fame for his courageous exploits. There are several other Civil War cannons inside the park. These weapons were surplus arms from the Civil War which ended only a few years prior to the park's commissioning. The gateway view focuses on the Monument.
5. **Memorial Monument**-Constructed in 1888, one year after the commissioning of the memorial park, this monument honors the men of the three different camps in Redding during that winter of 1778-79. The monument was the very first structure erected at the park. The visitor can read the names of the different brigade generals who commanded the camps under Major General Israel Putnam's command.
6. **Collapsed Chimney Remains (Firebacks)**-The enlisted men's encampment consisted of 116 log huts set in a double row for almost a quarter mile down the company street. The only above ground remains of those huts today are the piles of collapsed stone chimneys. Each stone pile, or fireback, marks the location of a 1778 hut. The men camped in this location belonged to Brig. Gen. Enoch Poor's New Hampshire Brigade and the 2nd Canadian Regiment under Col..

5. SAVE THE DATE – RRR18 PREVIEW RUN



Designed by TownMapsUSA.com

Sunday, April 15th, 8am

Every year, a few weeks before race day, we have a preview run where we invite all runners out to run the course. You can run any distance from 3 miles to the full half and meet up with the Redding Running Club. Of course, you also get to preview what you're in store for, hill wise.



6. 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 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!

7. EARLY START – WHOM IS IT FOR

The 7:15am early start for **half marathoners** is intended for runners who anticipate finishing in 2 ½ hours or more. If you think you’ll be faster please don’t utilize the early start. It’s a way to allow for all runners to enjoy as much of the after-race party as possible. If you are running the Mighty Cow race at 7:20, you won’t be able to start early.

8. PIGLET PRANCERS – OUR FUTURE RRR CHAMPIONS

The race is before the start of the half and any distance, from 100 feet to ¾ of a mile, can be run by the prancers. For \$20, it’s a bargain as they get most of the cool gifts the older runners get. Registration levels are off the charts and we may have to close registration for this. So, you may want to register your piglets sooner than later.

<https://runsignup.com/Race/Events/CT/Redding/ReddingCTRoadRace#event-184172>

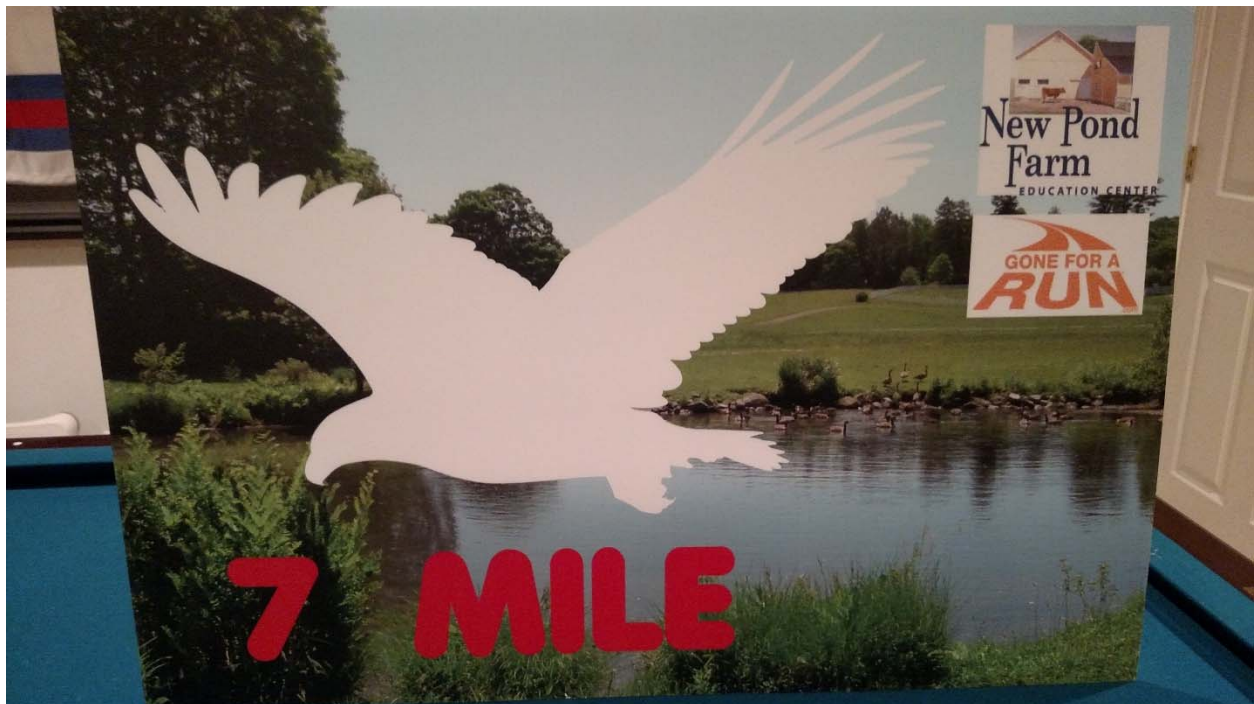
9. MILE MARKER SPONSORS WANTED

If anybody has a business or a family 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. A sample mile marker is below, the sponsor logo would go on the bottom right of the sign (the mile number will be on the bird).

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.**

Payment of \$200



10. RUNNER STORY – DEB V.

I'm Deb. I am now currently 51 years old with 3 kids that I raised on my own as a divorced mom with no help from their father. I was teaching and working 8 hours at a convenience store after school to support my children and myself. I am currently a new grandma and my runner friends call me "Glammy"

I was a runner starting my first race at the age of 8. I loved it! I was one of the top 400 meter runners in NYS way back in my day. I ran for a year at college but my major, Early Childhood Education, made it hard to train and compete so I opted to do my schooling so that I could get out in 4 years.

When I got my first teaching job right out of college, I met a wonderful woman that introduced me to her son that was a single dad to a very sweet 4 year old boy. That introduction changed the course of my life in such a drastic way. We dated and married. As soon as I had my first child, the abuse began. It was physical and verbal. Then my next child came and was born with major heart defects and spent 8 weeks at Albany Med. in the neonatal unit. He had 4 heart surgeries. Then the 3rd child came. I was "trapped" in the marriage. He came from a very influential family with a lot of money. They were well known throughout the town. I was threatened with physical harm if I tried to leave and told don't even think about taking my kids. I was told that no one would find me because the family owned over 600 acres. I was scared. I focused on raising my kids. He very effectively cut me off from friends and family. I had no one. Finally, due to his escalating behaviors, I was able to leave. It was a very long drawn out divorce that was expensive and took over 3 years in NYS court. During this period, he broke in where I was living 3 times, stole from me and got away with it.

My health was beginning to suffer. Due to working the night time job, my eating habits were horrible and I was sleep deprived. So, a year and a half ago, I decided to stop being a victim and to become a survivor. I decided to speak out about my situation because it does happen to educated women and that there is nothing to be ashamed of. I am a survivor of domestic violence. I decided to take charge of my life. In that year and a half ago, I decided to buy my own house in New Milford, CT not knowing a person. It was difficult moving somewhere that you don't know anyone. My first year I wallowed. Then I became a Girls on the

Run coach and fell back in love with running. I found the Ridgefield Running Company and that they had a training program for running a half marathon. I was nervous but signed up for the program. I hadn't run in years. I have some autoimmune issues and was 50. It was time to do for me. I ran the first day. It was actually a run walk of 4 miles. I was exhausted. Everyone was so nice and encouraging. We had homework. The team leaders from my group offered to meet during the week for training. So we ran 3 -4 times a week. There were days that I felt that I couldn't do it. In my head there was the constant recording replaying in my head of everything my ex would say to me.....you are nothing, no one will ever want you, you are fat, you are ugly, you are stupid etc... I had to constantly try to compete with the voices in my head. As I ran and got to know the women from the running group, the voices started to leave my head. I was starting to make some new friends. I was beginning to love running again. I looked forward to seeing these women. They were so encouraging and inspirational. My autoimmune issues were becoming under control and I was losing weight. I was starting to feel alive and that I really could do this!

In October 2017, I ran my first and second half marathons. I ran with my running group in the Ridgefield Half and at the Sono Half. I finished and experienced the runner's high. It's a feeling like nothing I have felt in a long time. I am hooked on running again. I have become a healthier person physically and mentally. The ugly memories from an abusive marriage are fading. I owe such a big thank you to the beautiful women that I am so fortunate to call my friends and training partners to help me heal and see my worth.

11. NEWBIE CHRONICAL – VANESSA D.

Blog Entry # 2 from Vanessa

Training started out strong on the first day of the week. I went to the Ridgefield Recreation Center to run on the treadmill before my core and sports training class. I like to run first to warm myself up. I had the most amazing run! I had so much energy and felt like I could have kept going except I had to stop to make it to my class. I must share this with all of you, especially newbies like myself. You will eventually have days when running seems effortless and you feel like you are running through a field of flowers. Those days don't come right away but when they do it really solidifies your love of running. It took almost a year before I had one of those days and I only have a good run about once a week where I feel superhuman. I live for those days! However, most days are tough for me. I have to dig deep from within to reach my goals. I just keep thinking of the next great run to get me through. I sure hope I have that superhuman feeling on race day! Later in the day, I was still feeling superhuman and my daughter wanted to go for a run. She is a competitive gymnast and has shown an interest in running ever since I started last year. She also was convinced she couldn't run. She had been nagging me to teach her to run a mile before spring. In the back of my mind I knew she already could run a mile but she just didn't know that she could. So, off we went to the track at the high school. I tried to give her a few tips but she had already taken off. She ran the mile and blew by me! That was the end of our lesson. Her 1 mile time was 2 minutes faster than mine. Sigh, I want to be young again. No matter how hard I try I have been unable to increase my speed over the past year. It is probably due to my lack of nutrition. I am hoping someday to overcome that but being slow won't stop me from continuing to run. There will always be someone faster than me.

After the weekend, everything went downhill with my health. I have been living on Cheerios since December 23rd and I decided it was time to try to see if I could eat other foods successfully. My attempt at eating was a disaster and left me in pain and feeling ill for several days which set me back with my training. There were many tears and I was having a woe is me moment. As soon as I felt better and snapped out of my mood I headed back to the gym to run which I call my mental therapy. Running has helped me tremendously with coping with an illness. I have wanted to run outside but have been scared to run alone with my health issues so the treadmill has played a huge part in my training. Since I had taken a few days off from running I was feeling really well rested and ready to conquer on the treadmill. I ran my usual 3 miles and decided I would try to push for 4 miles since I really needed to start increasing my mileage for the race. As I approached 4 miles I was feeling pretty

good. I said to myself “yes! Another superhuman day!”. I then decided let’s just see if I can make it to 5 miles so I kept going. That last mile actually went by fast because I was pumped and excited. For the first time ever I had run 5 miles! I couldn’t believe it! If I can run 5 miles now I think I can surely run 7 miles on race day and I did all of that on a single serving of Cheerios. It’s moments like these that keep me going because after that run I had a rough week. I had a visit with my specialist to try to figure out why I am experiencing pain while I eat. He prescribed me a medication that he thought would help. Unfortunately, it did not help and another attempt to eat has left me even worse off than before. I have had to take more time off from running but my memory of running those 5 miles is still fresh in my head and is keeping me mentally strong. I am looking forward to continuing on as soon as I get through this painful episode.





12. AGE GROUP AWARDS

We love giving our awards, so each race and gender awards are in 5 year increments, 3 deep with no double dipping (1-2-3 overall doesn't win their age group)

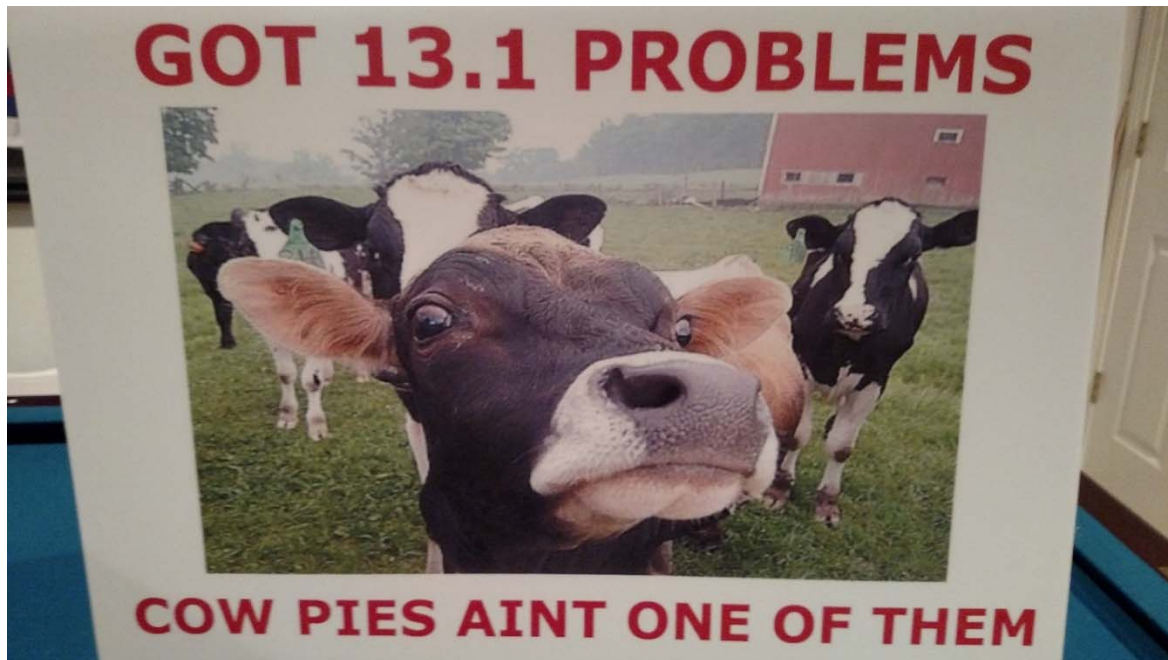
Age groups

Half Marathon

Male/Female - under 20
Male/Female - under 20-24
Male/Female - 25-29
Male/Female Masters - 30 to 34
Male/Female Masters - 35-39
Male/Female Seniors – 40-44
Male/Female Veterans – 45-49
Male/Female Masters - 50-54
Male/Female Masters - 55-59
Male/Female Seniors – 60-64
Male/Female Veterans – 65+

7 Miler

Male/Female - under 20
Male/Female - under 20-24
Male/Female - 25-29
Male/Female Masters - 30 to 34
Male/Female Masters - 35-39
Male/Female Seniors – 40-44
Male/Female Veterans – 45-49
Male/Female Masters - 50-54
Male/Female Masters - 55-59
Male/Female Seniors – 60-64
Male/Female Veterans – 65+



One of many signs on the course, over 100 actually



Cheers,

John