



REDDING ROAD RACE NEWSLETTER

18 Volume 5

3/9/2018



Jenn Cutler's house – Might not feel like it, but Spring is coming

1. RRR18 STEEL MUG, BUMPER STICKER & MIGHY COW SHIRT
REVEALED



2018 REDDING ROAD RACE : REDDING, CONNECTICUT

13.1: A RUN FOR THE COWS : 7.0



New Pond
Farm
EDUCATION CENTER

PRESENTED BY GONEFORARUN.COM

DESIGN : MAIDA DESIGN





2. 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>



Re-enactors in the park

3. 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.



4. [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!

5. [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.

6. [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>

7. 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



8. RUNNER STORY – LUFENG Z.

We Have Run for Long-Distance, So Does Love

I first got to know Ling in December 2015. It was a long-distance love: the direct flight takes 15 hours and our time zones differ by 13 hours. At that time, both of us did run, but only sporadically. Just as our long-distance love grew, my interest in long-distance love grew as well. Time flies and in April 2017, I did my first half marathon. At the same time, Ling got her offer from a grad school in Texas – so she can come to US! It's still long-distance love – she's in TX but I'm in CT, 3-4 hours flight – but still much closer. To celebrate, I signed up for my first marathon in Dallas, to be held in December 2017. As part of the weekend series, there is a 5K run one day before the marathon. 5K was the longest distance Ling had run but she decided to join me for the 5K!

After we signed up for the 5K/marathon, we ran more regularly and became ready for longer runs. I did my first marathon-distance training run and for Ling, 5K becomes easier and easier. We flew back and forth and one day, I brought Ling to a treadmill running class and introduced her as my girlfriend to my gym friends. We had a romantic dinner that night and I proposed! And she said YES! I posted on Facebook and my friends at the gym were surprised that we got engaged right after the class, and joked that “the running class makes the magic.” !We celebrated it by running the Manchester Road Race together, which is almost 5 miles, the longest distance she had ever run!

We finished the Dallas 5K/marathon in December 2017, got our PRs in all the runs, and another romantic moment came after the run – we got married the week after! Then we decided to run a half marathon together. Among all races, Redding Road Race stands out because the race is on the same day of my birthday, so we can celebrate it with a long run, and by that time, Ling will be graduated so we'll finally be together! No more “long-distance love”, but we do have LOVE – even more, and we do have long-distance... runs! Now we'll carry our love for long-distance, and run for longer and longer!



Lufeng and Ling

9. RUNNER STORY – CATHY T.

From John: One of the benefits, probably the biggest one, of race directing this race is I get to know a lot of you well. Over the last 5 years, I've gotten to know Cathy very well and even have raced a few races with her. Her story is a lot of things: terribly sad & devastating is the only way to explain it, but also so inspiring. What Cathy has been through and how she copes with it is really amazing. Thank you for sharing with us Cathy.

My Daughter passed away August, 2007. Colon cancer; but she was initially told she was too young to have colon cancer. She'd been sick for five years; finally accurately diagnosed when she was 35, died when she was 37. Left a five year old daughter and three year old son, which is why I moved to Albany area (from Seneca Falls; birthplace of women's rights--in case you are ever on Jeopardy!) to help with them.

She had a good 2006, three clean scans from December 2005-June 2006; her December 2006 scan showed she had a liver full of tumors. Six more of the same chemo treatments proved ineffective and two surgeries (one to each lobe of the liver) weren't any more successful. She told me she thought it was her mission in life to save someone else's life through her story/death, so if you know anyone who could/would benefit, pass it on. It's my mission to keep her story going and hopefully save someone's life.

She's was a model in the 2007 'Colondar 'Calendar, fundraiser for The Colon Club. You have to be diagnosed with colon cancer under the age of 50 in order to be a model for the 'colondar.' www.colonclub.com click: Colondar, 2007 Calendar, April models. She's the dark-haired one on the left in the 'be strong/be serious' pose requested by the photographer. The accompanying story is hers in her own words.

Kim's Story as told by Kim:

I'm always over-analyzing everything because I'm a lawyer, and over-analysis is what I do for a living. That said, I think my story began in 1990; I was 20 years old and I was going off to my senior year of college. I really wanted to

figure out why I suddenly kept having diarrhea, so I went to my family doctor. He just told me to not drink so much fruit juice. I was completely mortified and sorry that I brought up something that was so easy to deal with – so I quit drinking orange juice in the morning.

I went off to college, thinking that I had embarrassed myself and marred my family name in our small town. I didn't talk about any of my bathroom issues for nearly 15 years because I was so horrified by the thought that I was such a hypochondriac over something that was so simple.

In 2001, I was pregnant with my daughter, Ashley. We were away on vacation and I had an unbelievable headache for about a day and half. I sat down to eat dinner and I really couldn't eat. I had to go to bed at 9:30 or 10, which was very early for me in those days. In the middle of the night, I had to run to the bathroom and the result was a toilet full of blood. I tried to tell my OB/GYN about it, but I didn't describe it as a toilet full of blood, and he didn't pursue a detailed description.

I didn't have many more problems during the pregnancy, although I do remember that at one point I had such a horrible pain in my left side that I dropped to my knees at work. I mentioned it to my doctor, and I said that it was very severe – so painful that I fell to my knees. The doctor said “Well, you're pregnant. Your ligaments are stretching.” Once again, I felt embarrassed over raising something so silly and trivial with a doctor.

When Ashley was about eighteen months old, we decided that we would try to have another child. I wasn't feeling that great – I was quite tired all the time – but we didn't want to have too much of an age gap between our children. When I got pregnant with our son, Zachary, I complained of horrible – I mean truly unbelievable – bloating throughout the pregnancy. I was told to take my prenatal vitamins at night instead of in the morning to minimize bloating. I remember toward the end of the pregnancy, I was crying at the doctor's office and saying “This is not fun anymore.” At my postpartum checkup, I said that I was very fatigued and having trouble recovering. The doctor and I left it at that.

A year later, at my annual exam, I was sobbing at my OB/GYN's office. I said, “The fatigue is just so overwhelming.” My OB/GYN said, “If you aren't

feeling better in three months when the sun comes out, we'll put you on anti-depressants." I had also recently gone to my primary care doctor, who said I was slightly anemic, but he wanted to wait a month before doing any more testing. I didn't want to wait a month, and I didn't want to go on anti-depressants without further medical investigation. I wanted to know what was going on.

After the appointment with my OB/GYN, I went home and started researching, trying to diagnose myself. From 1998 to 2000, I had clerked for a judge on New York State's highest court. The judge's father had passed away from colon cancer and I think his grandfather also had it, so the judge was screened regularly to remove polyps. He was very open with his clerks about his colonoscopies, and his honesty may have saved my life.

I really hadn't heard much about colonoscopies before I worked for the judge, even though my grandfather had colon cancer 25 years ago, when I was 10. I vaguely remember going to see my grandfather in the hospital for something related to his stomach, but I didn't truly grasp that he had colon cancer because he never had chemotherapy. While I was researching my symptoms, I remembered the judge's colonoscopies, and that's part of what inspired me to request one for myself. I went back to my primary doctor's office to demand a colonoscopy.

I had never actually met my primary doctor. I had only seen a Physician's Assistant at the office, and I definitely scared him because I so assertively demanded a colonoscopy. I was having horrible symptoms by then, which I described in detail, including blood in my stool. Yet, on the referral to the GI doctor, the PA simply wrote "loose stools." I was annoyed and brought the referral into the GI's office that afternoon, hoping it would somehow expedite the process. The office scheduler, who had no medical training whatsoever, looked at the referral slip. I told her that "loose stools" was a euphemism for what was going on. I described my symptoms, and when I discussed the blood in my stool, it raised a red flag. She had me make a regularly-scheduled appointment for two months later, but told me she was going to speak to the doctor and the doctor might want me to do something sooner. By the time I got home, there was a message from the scheduler that said "The doctor does want to see you soon. Can you come in two weeks rather than two months?"

I saw the GI doctor on a Thursday evening. He is my age and cute, and the thought of him doing a colonoscopy on me was mortifying, but by that point I just needed help, so I didn't care. I described all my symptoms, and told him that I couldn't get out of the bathroom and had two kids climbing all over me in there. He said, "I have three kids, and I know what you mean. I am going to walk you out to the scheduler and we are going to schedule you for next week." He scheduled me for a colonoscopy the next Monday morning.

When I woke up from the colonoscopy, he said, "We found a mass and I'm assuming that it's cancer. We're calling the surgeon and we'll get you in right away." I had the colonoscopy on May 16, and I call that my day of diagnosis because the doctor said that he was assuming it was cancer. This guy was really good, and when he told me that he thought it was cancer, I figured he knew what he was talking about and was probably right. As my doctor left my husband and me to contemplate my prognosis, he said, "This is not a death sentence." All the same, I turned to my husband and said, "I'm sorry I ruined our life."

I saw the surgeon that Thursday. He is very direct, and he said that we needed to address the tumor immediately, regardless of whether it was malignant. He already had the result from a CT scan done the day after my colonoscopy. The pathology report from the biopsy taken during the colonoscopy came in to the surgeon's office as my husband and I were meeting with him. Thus, my surgeon was the first one to officially declare that I had colon cancer – a large mass in the sigmoid colon, on my left side. The surgeon had a cancellation for Monday morning the 23rd and we all wanted to do the surgery right away. This years-long saga of pain and embarrassment culminated within just one week of my colonoscopy.

The day I was discharged from the hospital, the doctors told me that I was Stage III and I would need chemo. There was never any question that I was going to take the chemo. My daughter was 3 ½, my son was 14 months, and I was married to the love of my life. I decided to fight for every minute. My chemo was called "FOLFOX," and I also received Avastin, a biologic drug. Every other week for 24 weeks, I went to the hospital for my chemo. My day there would end up being about eight hours. Before I left, I got hooked up to a 5FU fanny pack for 46 hours. It was grotesque. I hadn't been able to do a chest port because I knew

Zachary would head butt it, so I had a port inserted in my left arm instead. I would snake the tube from the fanny pack up through the inside of my shirt. When I changed Zachary's diaper or snuggled with Ashley, the tube would snag and it was disgusting because I would feel the needle moving in the port in my arm. It was just foul; there is no other way to describe chemo. About the only good thing I have to say about it is that I finished it, and so far it has worked.

After one of my treatments, I had severe rectal bleeding; it was a toilet full of blood. I called everyone on earth in a panic, demanding immediate attention. My surgeon was in surgery, so I went to see his partner. He asked me what it was like and whether it was more than a couple of drops. Of course it was, and I realized right then that if my OB/GYN had asked me to describe the prior bleeding episode that I had in detail, I would have gotten diagnosed nearly five years earlier. I have mixed feelings about that; perhaps I should have described it in more detail without being asked, or perhaps a doctor should know to ask a young woman who might have difficulty being totally forthright to describe something like rectal bleeding in more detail.

After my experience, I have decided to take my cues from the judge who was willing to share personal medical information with people in order to help raise awareness. I think both patients and doctors need to be more educated about colon cancer. Women – particularly pregnant women – need to be very descriptive about complaints and very assertive about follow-up. Doctors need to realize that 50 is not the magic number – a young, apparently healthy person CAN have colorectal cancer. Cancer doesn't pay attention to demographics and statistics and neither do I. I intend to beat the odds and hopefully help some other people along the way. I would like to thank the producers and sponsors of the Colondar and my GI doctor, surgeon, oncologist, chemo nurses and my incredibly supportive family and friends for giving me that opportunity.

KATHY: To get me through my miles, I convert each (marathon) mile into two hours of chemo = 52 hours and the last two-tenths = her last two hours of chemo (per treatment). I'll have to double that for your half. FYI: her first six months of

chemo = 648 hours of chemo or one full day less than the entire month of February. Mind-boggling.

Boston will be my 25th year as a charity runner for Dana-Farber Cancer Institute (ironically, my daughter's chemo treatments were prescribed by oncologists from DFCI). I wear ribbons 'in honor of' or 'in memory of' and if you send me your mother-in-law's name, I'll wear a ribbon for her.

From John: Kathy and I will be running Rock the Ridge 50 miler 2 weeks after the Redding Road Race. Cathy will be wearing bib #854 in our race, in respect for the 54 hours of chemo Kim had to receive every other week for six months.

400 AND COUNTING: Seneca Falls woman honored for marathon fundraising

By SUSAN CLARK PORTER scporter@fltimes.com 2 hrs ago



Katie MacIntyre (right) presents her friend Cathy Troisi with flowers at a Saturday event at the National Women's Hall of Fame in Seneca Falls. Troisi was honored for completing 400 marathons and raising thousands of dollars for cancer research.

Susan Clark Porter /Finger Lakes Times

SENECA FALLS — When Cathy Troisi lined up for her first Boston Marathon in 1995, little did she know she'd still be at it more than two decades later at the age of 71.

This year's marathon on April 16 will mark Troisi's 401st marathon overall and her 24th consecutive one as a member of the Dana-Farber Marathon Challenge, which raises money for cancer research. Troisi estimates she's raised \$185,000 to date.

For those accomplishments, Troisi was honored yesterday at the National Women's Hall of Fame as part of Women's History Month. In welcoming those on hand, Betty Bayer, co-president of the Hall's board of directors, noted the Hall celebrates women's history "every month and every day."



And with March being the official month to celebrate women and their accomplishments, "we can't think of a better way to kick it off than to honor Cathy Troisi," she said.

State Sen. Pam Helming, R-54 of Canandaigua, was among those in attendance and read a state proclamation recognizing Troisi's milestone and charitable work.

Troisi ran the Pre-School Community in Seneca Falls for years but closed it when her daughter, Kim, was diagnosed with colon cancer in 2005. Troisi spent much of the next two and a half years shuttling between Seneca Falls and Cohoes near Albany to help her daughter, who was a runner herself and had two young children at the time.

"Kimi," as her mother called her, died in August 2007 and Troisi moved to the Albany area to be near her grandchildren.

Many in the room Saturday were aware of this backstory to Troisi's accomplishments.

In introducing her, friend and event organizer Katie MacIntyre noted how becoming involved in the marathon community and raising money for cancer research helped saved Troisi's sanity. Helming highlighted Troisi's strength and determination and how she took her tragedy and transformed it into something to help others.

"The proclamation in no way truly captures all of the amazing things you've done," Helming said.

When Troisi went up to the podium to speak, she joked that she is more comfortable talking to pre-schoolers than adults. But she told those gathered that she was humbled by the honor.

"I've said repeatedly I'm just doing my own thing in my own way," she said. "I wasn't chasing numbers — they just added up over the years."



Troisi went on to thank those whose support she treasures – her husband, Jim; sister, Lisa; her friend Carol Skordy, who has “crewed” on several ultramarathon courses for Troisi over the years; and marathoner and author Kathrine Switzer. (It's thanks to Troisi's continued nominations that Switzer is in the National Women's Hall of Fame. She was the first woman to run the Boston Marathon as a bandit).

Troisi also gave a shoutout to the two other local members of her Dana-Farber team – Jim Kerr of Skaneateles, a physical therapist who owns Orthopedics Plus in Seneca Falls (and who along with his wife, Linda Kennedy, have helped keep Trois healthy all these years); and Dr. Jerry Oleksa of Seneca Falls, who is running his third Boston Marathon next month (see related story).

“Both of them have been very supportive of my fundraising efforts and are now going the extra mile to do their own Dana-Farber fundraising,” Troisi said.

Also at Saturday's event was Michael Pagano of Seneca Falls, a former student of Troisi's who survived childhood cancer. The two rekindled their connection at last year's Right to Run 19K, and Troisi convinced Pagano to do the Boston Marathon Fund Jimmy Walk with her last fall. Pagano now has the running bug thanks to his former teacher, having completed a half marathon late last year. He's currently training for the Buffalo Marathon this spring.

Troisi joked that she's priming Pagano to take over for her when she takes off her sneakers for good. But she won't do that until she has to, she said, adding that she revels in the camaraderie of her running community.

“It's like going to a family reunion,” she said.

“I'm moving forward however I can,” Troisi continued. “I call it slogging — slow jogging — but I get to the finish line. I'll keep on doing it as long as I can.”

By the numbers

When Troisi completes this next Boston Marathon she will have finished the course 50 times (between the Jimmy Fund Walk and Dana-Farber marathon). That will total 1,310 total Boston Marathon course miles.

How to help

Troisi's fundraising goal this year is \$13,100 (a variation on those 1,310 Boston Marathon miles she's logged).

If you'd like to donate, visit www.runDFMC.org/2018, click on “support a runner” and enter Cathleen Troisi. Or mail a check to Troisi at 2 Glynn Drive, Cohoes, NY 12047.

10. NEWBIE CHRONICLE – VANESSA D.

Sometimes life gets in the way.

From Vanessa:

I am sad to say that I must drop out of the race. My health has deteriorated over the past month and I am in the middle of having tests done to find the cause. I had to stop running and take care of myself first. I am looking forward to being healthy and running next year's race. I will be thinking of everyone on race day.

11. RACE SPOTLIGHT – ROCK THE RIDGE 50 MILER

May 19th, 2018, New Palz New York, Mohonk Preserve

- This will be my 1st 50 miler and Kathy T's. "not first' 50 miler – ha!!



Rock The Ridge is a 50-mile endurance challenge and environmental fundraiser set in the natural beauty of Mohonk Preserve, a Hudson Valley, New York nonprofit nature preserve described as “one of Earth’s last great places.” The goal is to run, walk, or hike a 50-mile course within 24 hours. The course

winds along well-maintained carriage roads, through lush forests and over ridgelines with magnificent vistas.

Covering 50 miles in one stretch is a major achievement, but you don't have to be a marathon runner!

The 24-hour time limit accommodates people with a wide range of abilities, including walkers and hikers, as well as joggers, runners, and ultramarathoners. We've hosted elite athletes alongside first-time 50-milers and relay teams that walked the entire distance. Whether you walk, run, or do some of each, Rock The Ridge will be an accomplishment that you'll remember with pride.

Rock The Ridge is a fundraiser.

Rock The Ridge supports a great cause: preserving over 8,000 acres of the Shawangunk Mountains region. We salute all Ridge Rockers, who since 2013 have collectively raised nearly \$1,000,000 to support Mohonk Preserve and our award-winning conservation science, environmental education, and land protection and stewardship programs.



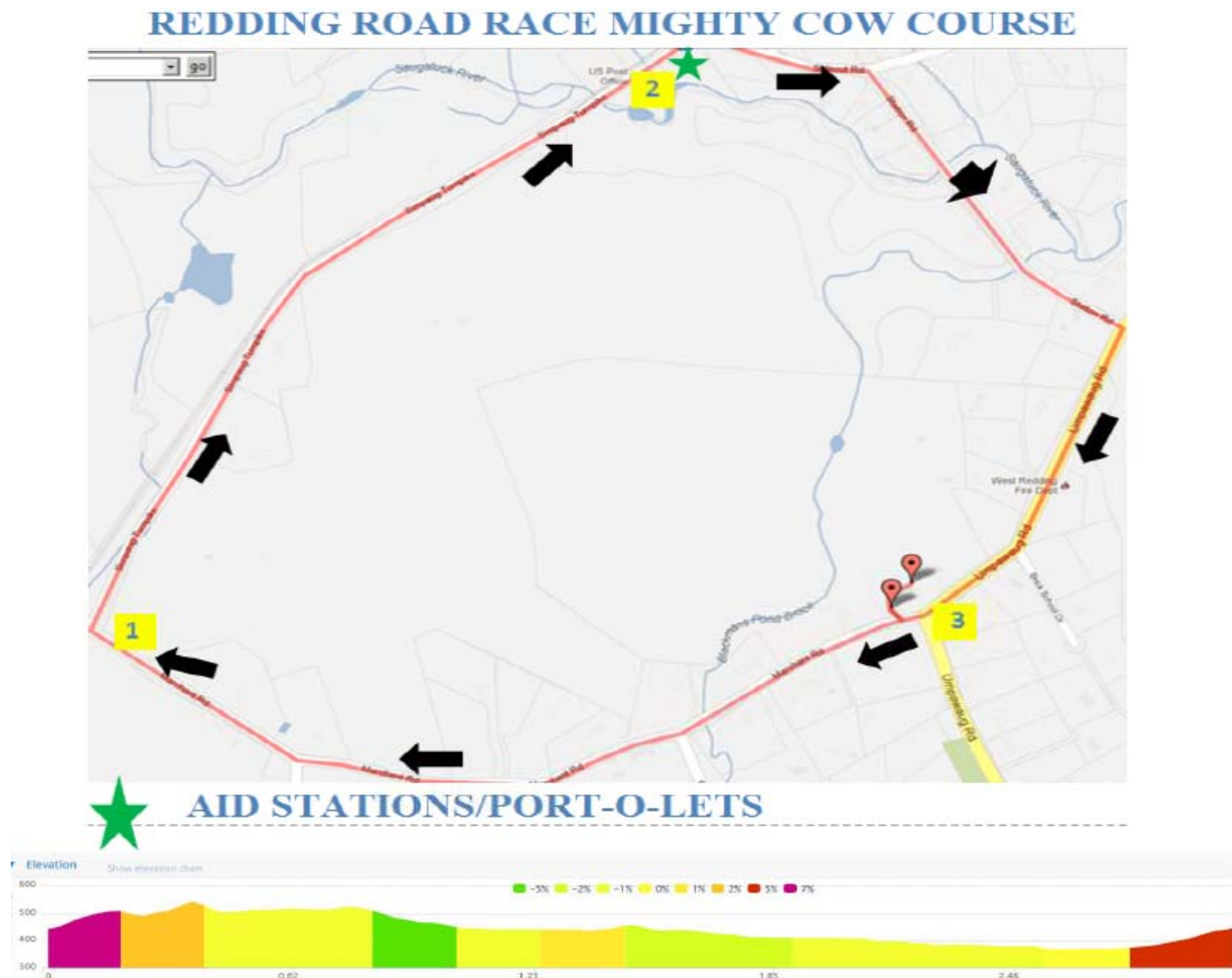




12. RACE PREVIEW – MIGHTY COW (3.1 MILE PART)

In this issue, we preview the Mighty Cow 5k race. In upcoming issues we'll preview the 7 Miler then the Half.

<https://runsignup.com/Race/ReddingCTRoadRace/Page-7R>



This 7:20am 5k race (pre half marathon race) for Mighty Cowers is a very interesting race because:

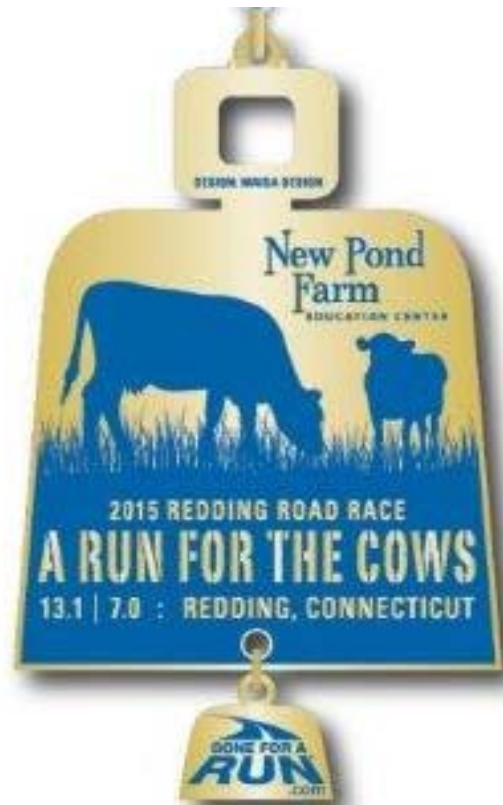
- (a) Do you run it hard and give yourself some time before the half marathon, or
- (b) Do you run it at a more relaxed pace and save more for the half marathon?

The race:

- It starts by the yellow barn near Marchant Road (near where you enter the farm in your vehicles.
- To avoid confusion with race signs, it's run in the opposite direction of the main races: Clockwise.
- Starting on Marchant Road, you make a right and run a mile on Marchant. The first half mile you're presented with some tough up hills but the end of Marchant gives you a very nice downhill.
- After a right turn on Simpaug Turnpike, you run slightly downhill for the next mile, before going straight on Side Cut Road followed by a quick right turn on Station Road.
- You're on the very flat Station Road for a little less than a half mile before making a right on to Umpawaug Road.
- Umpawaug Road starts out flat and ends with a very tough uphill finish. After going slight right, runner re-enter Marchant Road, make a quick right through the barn and finish at the race finish line.
- Grab something to drink and/or eat, hit a port-a-let and get ready for the half!!

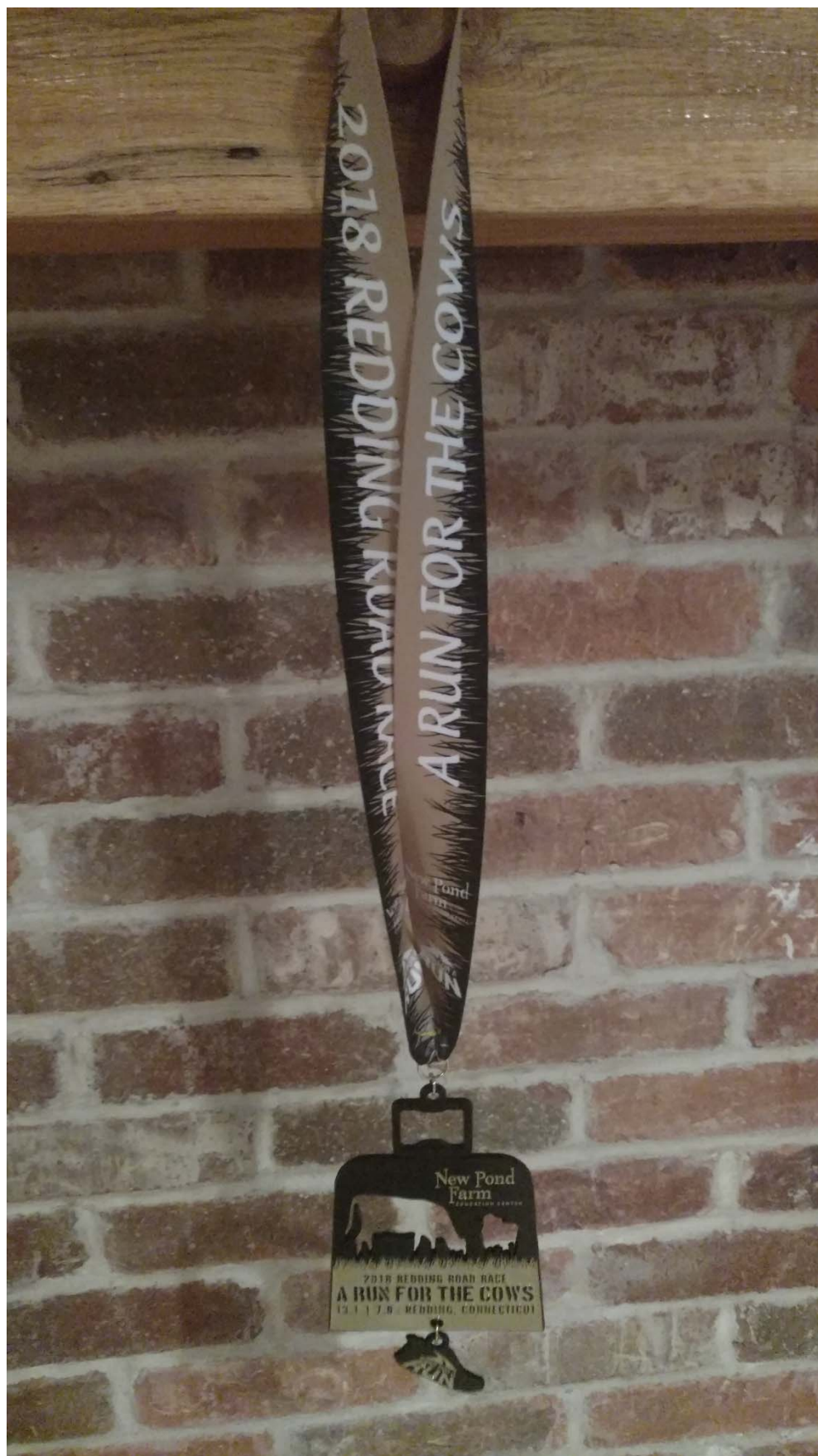
13. MEDALS THROUGH THE YEARS (I THINK WE'VE GOTTEN BETTER??)











NEWBORN SHEEP ON THE FARM





To all the women finishers.....

Cheers,

John