



REDDING ROAD RACE NEWSLETTER

18 Volume 6

3/23/2018



The Mehner Family & Friends at their Aid Station (mile 2 and 7.5 of the half)

1. AUTOGRAPHED MEMORABILIA TO 4 RACE WINNERS



12X18 Framed Wheaties box commemorating the 100th running of the Boston Marathon with its 2 greatest runners. Only 10 of these exist in the world, I would think, and I have all 10 of them!!

2. NIGHT BEFORE PARTY

We will be having a get together the night before the race (Saturday, May 5th) where one of our favorite bands will be playing, the Baddogs. More information to come, including food options, but it will be at the Redding Road House. For those who ran the RRR17, this is the band that played at the after-party last year.



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>



Rainbow over the Historical Society house the day before the race



Re-enactors in the park directing the runners

4. SAVE THE DATE – RRR18 PREVIEW RUN

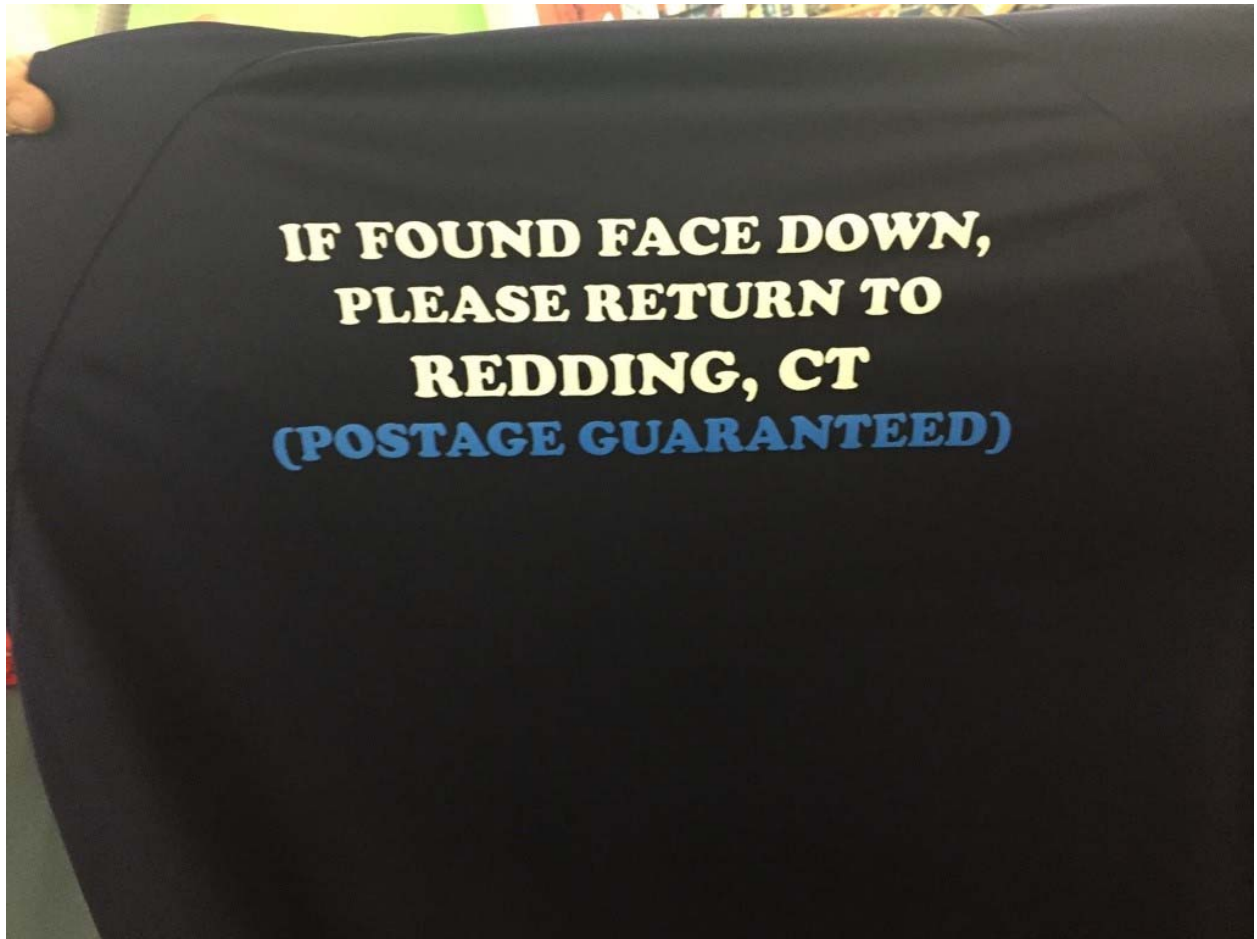


Designed by TownMapsUSA.com

Sunday, April 15th, 8am

Only 3 weeks away and of course it's free. I'll mark the course and have coffee, water and maybe donuts and bagels. Runners running all 13.1 miles, show up at 8am, runners running the 7 mile course (or less) show up at 9am. Here's the map of where we start and where to park.





The back of our Redding Running Club Shirts

- For your GPS, we meet at the corners of Long Ridge Rd, Simpaug Turnpike and Sidecut Road. This is where the 7 milers and half marathon courses separate.
- Park where the **X** is, overflow parking should park where you see cars parked on the above map.

5. 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!

6. 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.

7. 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>

8. 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



9. [NY TIMES ARTICLE ON REDDING CT](#)

Redding, Conn.: More Woods and Fewer People



On a recent mild morning, Jacob Hamilton was outside on the porch in his pajamas, taking in the view while enjoying a cup of coffee — something he could never have done before moving to Redding, Conn.

Mr. Hamilton, 38, and his wife, Kathleen Hamilton, 32, had been living in a bustling complex by the train station in Darien since they married a year and a half ago, in a two-bedroom townhouse that was too small for their newly blended family of three children, now ages 12, 9 and 8. When Ms. Hamilton became pregnant, the couple began house-hunting in nearby towns. “We wanted to be where there were great schools, more woods and less people,” Ms. Hamilton said.

Ms. Hamilton is a social worker at Hope Academy, a special education school in Orange, Conn.; Mr. Hamilton is a salesman for The Chefs' Warehouse in the Bronx. Last July, they closed on a 2,460-square foot, four-bedroom colonial in Redding, built in 1973 on 2.6 acres. They paid \$368,500 — “quite a steal for the area,” Ms. Hamilton said.

The Hamiltons were drawn to Redding by the same thing other like-minded residents prize: the expanses of glorious open space. With approximately 9,300 people spread across 31.5 square miles, Redding is one of Fairfield County's most rural and least densely populated towns. Narrow roads meander through forests and meadows, past splashing brooks, old stone walls and an occasional waterfall.

Nearly 38 percent of Redding is protected land. Some pieces are town- or state-owned, some are watershed properties surrounding the Saugatuck Reservoir, and 1,700 acres were acquired by the robust Redding Land Trust, established in 1965 to preserve the town's natural beauty.

The remainder of Redding is primarily residential. Marking the middle, Redding Center is a small historic area where the Town Hall sits on the town green. The West Redding neighborhood, in the northwest corner, contains the Metro-North Railroad station and a few shops. Redding's southwest corner is in a district called Georgetown, where portions of Redding, Wilton, Ridgefield and Weston meet.

There, in the Redding section, stands the abandoned Gilbert & Bennett wire factory, which operated in the 19th and 20th centuries before going bankrupt. Several redevelopment plans for the 55-acre campus have been thwarted, and the town is currently attempting to eliminate the property's debt. “Our goal is for it to be sold and developed in a manner that is consistent with the needs and character of our town,” said Julia Pemberton, Redding's first selectman.

The Norwalk River cuts through the site. “One day, there may be a wonderful pedestrian walkway along the water,” Ms. Pemberton said. “I can envision that.”

What You'll Find

Homes in Redding are predominantly single-family, most on lots two acres or larger (the town enacted two-acre zoning in 1953). Styles are an interspersed mix. “You have colonials, Capes, farmhouses, ranches and every manner of antique,

from Federals to Greek revivals to saltboxes,” said Roni Agress, a sales associate with William Pitt Sotheby’s International Realty.

John Ford, Redding’s assessor, said there are 3,025 single-family homes, as well as 45 multifamily homes, two small condominium complexes and a luxury senior living community with 332 apartments. There are no rental or cooperative complexes.

What You’ll Pay

“Before the 2008 downturn, you couldn’t find a house in Redding for under \$500,000,” said Margi Esten, a broker with Coldwell Banker Residential Real Estate. “Now you can. But the bulk of our houses sell for between \$600,000 and \$1,000,000, and we go up from there.”

As of March 9, Ms. Esten said, there were 81 single-family homes on the market. The least expensive was a 1,020-square-foot, two-bedroom cottage, built in 1968 on 4.09 acres, listed at \$349,000. The most expensive, priced at \$4,850,000, was a 9,242-square-foot, six-bedroom colonial, with pool and tennis court, built in 1907 on 10.01 acres.

The median sales price for single-family homes during the 12-month period ending March 9, 2018, was \$490,000, down from \$537,500 during the previous 12 months.

The Vibe

Dubbed “the Vermont of Connecticut,” Redding is crisscrossed by more than 66 miles of trails frequented by hikers, cross-country skiers and horseback riders. The town is home to Collis P. Huntington and Putnam Memorial State Parks; New Pond Farm, a 102-acre environmental education center; and the town-owned Topstone Park, where residents gather in the summer to swim and kayak in a sandy-shored lake.

The community also gathers for weekly summertime Concerts on the Green, the annual daylong Rock’n Roots music festival in July and various programs at the Mark Twain Library, including a huge annual book fair.

While Redding has no downtown, shopping abounds in Ridgefield and Westport, about 20 minutes away. The closest movie theater is Bethel Cinema, six miles north in Bethel. The closest supermarket is Caraluzzi's, in Georgetown.

Dining options include the popular Redding Roadhouse, the family-owned Spinning Wheel and several Georgetown establishments. One of them, Redding Beer Company, is partnering with the Land Trust in a display of commitment to open space; it will produce a special release called Spruced Up Ale, made from local spruces, with a percentage of sales donated to the Land Trust.

The Schools

Redding is part of the Easton Reading and Region 9 (ER9) tri-district school system, which consists of the Redding School District and Easton School District's elementary and middle schools and the Region 9 School District, Joel Barlow High School, shared by students from Redding and neighboring Easton. Children from Redding attend Redding Elementary for prekindergarten through grade 4 and John Read Middle School for grades 5 through 8.

Redding Elementary was named a 2015-2017 National PTA School of Excellence. Thomas H. McMorran, ER9's superintendent of schools, said that on the Redding district's 2017 fourth-grade state assessments, 85.7 percent met English standards and 87.8 percent met math standards; statewide equivalents were 54.1 and 50 percent. For Barlow's 2017 graduating class, mean SAT scores were 590 in evidence-based reading and writing and 580 in math; statewide means were 530 and 512.

The Commute

Commuters to Manhattan, 62 miles southwest, can catch the Danbury spur of Metro-North Railroad's New Haven line at either the West Redding station or, about five miles south, the Branchville station, just across Redding's western border, in Ridgefield. Four direct rush-hour trains run to and from Grand Central Terminal; travel ranges from 93 to 111 minutes. At other times, commuters must transfer in South Norwalk or Stamford. Monthly fare from both stations is \$388.

The History

In 1908, when Samuel L. Clemens, a.k.a. Mark Twain, moved from Manhattan to Redding, he found that his newly built villa couldn't accommodate all his books. So he donated the overflow — about 3,000 volumes — to the town and enlisted the townspeople to raise funds to construct a library to house them.

COMMENT

Money was gathered, an effort spearheaded by Clemens and his daughter Jean, who also came to Redding. She died in 1909, and Clemens in 1910, several months before the Jean L. Clemens Memorial Building — the original Mark Twain Library — was completed and stocked with Clemens's books.

Since then, the library's space has quadrupled; its holdings now include more than 50,000 items, and its walls are inscribed with Twain quotes. The 1910 building is used as a meeting room where, in a locked cabinet, 300 of Clemens's books remain.



10. RUNNER STORY – KRISTEN N.

In 2011 I was diagnosed with Stage 4 inoperable Colon Cancer. When I finished chemo, I could barely walk up a flight of steps without stopping for a rest. Two weeks later I joined Team In Training to raise money for The Leukemia Lymphoma Society and train for the Manhattan Half. My first practice my feet fell asleep from neuropathy (a side effect of the chemo) and I had to take many walk breaks. But I did it! From there I went on to complete 14 half marathons, 9 marathons, an ultra Ragnar, 3 half Ironmans, one full Ironman, and countless other smaller races. I went from cancer patient to endurance athlete and I never looked back. 6+ years cancer free!!!





11. [RUNNER STORY – BARBARA B.](#)

For final marathon, an ailing runner honors a friend



Barbara Brown's life has been one long and arduous road.

It's not unlike the 26.2 miles she will traverse in the New York City Marathon on Sunday.

The 60-year-old retired nurse lives with spinal cord tumors, degenerative disc disease and scoliosis. If her doctors and her MRI are to be believed, it should be physically impossible for her to endure long-distance running. Yet Brown is determined to complete her fifth marathon. It will be her last, because of the toll on her body.

"Nothing will stop me from crossing that finish line," she says firmly.

With the pain worsening in her hip and back, she may have to walk part of the route. It could take her nine hours.

"I just have two lines to cross — the starting line and the finish line. Whatever happens in between doesn't matter," Brown says.

Since she began running eight years ago, she has also completed 27 half-marathons, and countless shorter races. But Sunday's run will be special: As her final marathon, she is dedicating it to her friend Scott Fleming of Florham Park, who died recently of ALS.

"He was a Marine, an Ironman finisher and an ultra runner," she said.

They became friends through a running group over five years ago. "He's just one of those people who you meet that changes you," she said.

She will carry his ashes in a locket she will wear close to her heart throughout the race.

During the last 10K run they did together in 2015, he could barely walk because of his illness. But Fleming continued laughing until his last step. He died in September at age 50.

Brown recalls his positive outlook as she grapples with her own illness. There are days when it's too painful for her to move her limbs, to bend her body, and climb out of bed. She has watched her running time decline from one mile in 10 minutes flat to 16 minutes or more. Now she runs her races as part of Achilles International, which enables disabled runners to participate in events with the help of guides.

"My doctors said I will get slower and slower until I can't run anymore," she said.



When that happens, her journey will become more difficult: She loves running in part because of all the amazing people she meets, she said, adding, "There's no other sport like this, where the athletes really care about each other." She once stopped short during a race when she spied a woman using a walker because she was recovering from being hit by a truck. Brown slowed her pace to talk with the inspiring woman, who has since become a close friend.

Sometimes, she has a love-hate relationship with long-distance running, especially when aches and pains plague her battered body. But when she hits the pavement, everything else disappears. "You have no distractions. You get to think. Running makes you feel really good. Those endorphins get you going."

She runs every other day around her neighborhood in Elmwood Park, on local tracks and, occasionally, in Central Park. She has prepared herself for Sunday by

running short distances and eating light, healthy meals (except for a carb-filled dinner Friday night).

Brown started running in 2009 and hired running coach Joel Pasternack of Woodland Park. She promptly informed him she planned to run a marathon, an ambitious goal for a beginner.

Pasternack tried to convince her to run 5K and 10K races instead. But she could not be deterred.

"She was very determined. She worked herself up from the bottom, day after day, week after week in all types of weather," he said.

Other runners at the track were awed by her, he said, adding, "She's going to keep doing it until she can't do it anymore."

On Sunday, he will be following her progress on the computer. He predicts she will make better time than she anticipates. "I think she will surprise herself," he said proudly.

Brown, meanwhile, will be thinking of other things. "I expect to feel Scott's presence there. He's going to help me get to the finish line." And if something goes bad, she will recall what he always did. "He'd just pick himself up and keep going."

"I just have to keep moving forward. I'm afraid that if i stop, I will really stop."

Elmwood Park woman with 'heart of a lion' runs her last NYC Marathon



Barbara Brown, 60, of Elmwood Park, will be running the New York City Marathon on Sunday. She will not be the fastest runner on the course, but she may be the most determined. Thursday, November 2, 2017 Kevin R. Wexler/NorthJersey.com

Clocking in at 10 hours 11 minutes, Barbara Brown of Elmwood Park did not exactly make great time in Sunday's New York City Marathon.

But the 60-year-old survivor of three spinal cord tumors, who also suffers from degenerative disc disease and scoliosis, emerged from the race triumphant.

"I had a mission to complete, and I did it," said the retired nurse, beaming. "I don't race for time. I always race to finish. Running is something I should not be able to do."

Indeed according to her MRI and her doctors, it should be physically impossible for Brown to endure long distance running.

She ran and walked the 26.2 mile route and crossed the finish line to honor her friend Scott Fleming, who died of ALS in September. She carried his ashes in a locket she wore around her neck throughout the race.

"I'm very proud of her for finishing the race and never giving up," said her running coach, Joel Pasternack of Woodland Park. "She has wonderful determination and the heart of a lion."

It wasn't easy. "I struggled at mile nine and felt like I was at mile 22," she said. "It was my hardest race. But I had to do it for Scott."

Along the way, she enjoyed the camaraderie and made friends with runners from New Zealand, Canada and Rhode Island. When a spectator at 81st Street screamed her name, she saw it was an old friend and ran over to hug her. When she stopped in the medical tent to stretch and rest, someone spied her weak expression and offered to drive her the rest of the race. "No way," she said. "I'm finishing this." Everyone in the tent cheered her.

Her helpers from Achilles International, which provides guides to runners with disabilities so they can participate in mainstream running events, gave her a lot of support, she said. "They kept telling me we were going to do this, and that I was going to make it."

When another woman, an amputee with one leg, fell down on the Verrazano-Narrows Bridge, Brown gasped. Then Brown's guide, Joe Sorbanelli, a strapping firefighter, picked up the struggling woman and carried her for a full mile. At mile 23, another runner said she needed support and grabbed onto Joe's arm for a few moments.

As Brown approached the finish line, she saw her family applauding. "I walked through the finish line holding a picture of Scott up. It was a long day. I started at 8:52 a.m. and when I finished it was dark, after 7 p.m."

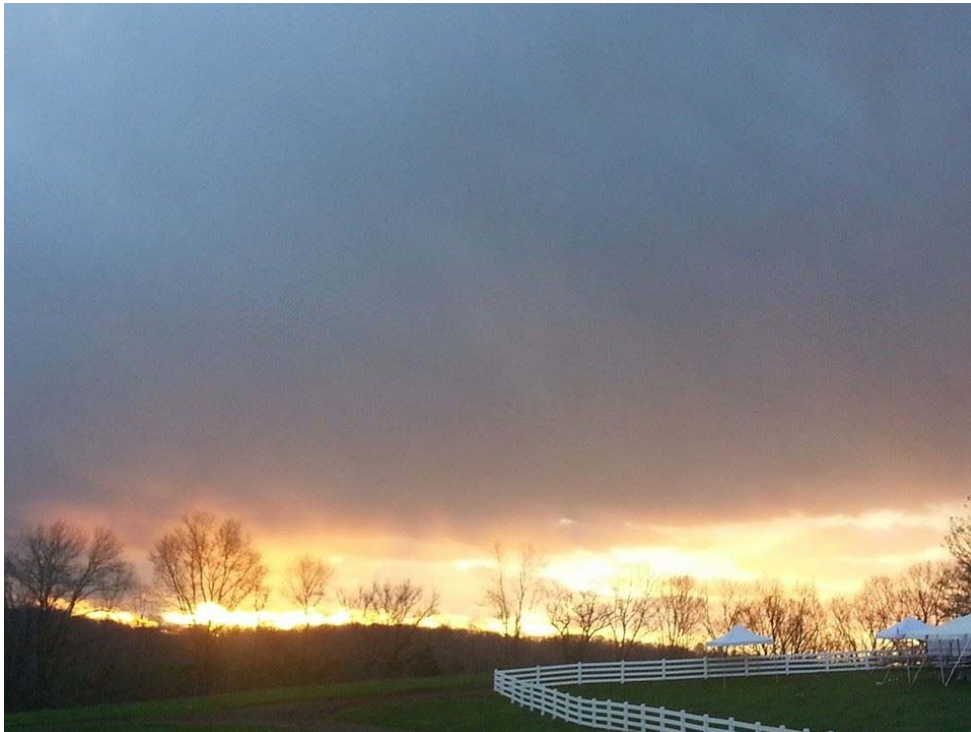
"It was an emotional roller coaster of a day. I teared up so many times just thinking about what I was doing. It was a physical struggle. If it had't been for Scott I would have walked off the course. I could feel him there."

Scott's wife, Melissa Fleming, messaged her afterwards, thanking her for the kind gesture. Brown plans to give her a finisher's medal from the race.

Having completed her fifth and final marathon, she's having a tough time accepting that she is no longer an athlete who can run long distances. But as she rests and stretches her sore body, she knows she can't do it anymore.

One thing is certain: She will keep on participating in races whether they are half-marathons, 10K or 5K events.

"If I have to, I will switch to hand cycling," she quipped. "There's nothing wrong with my arms."



Sunrise Picture of the farm, taken by Barbara



12. RACE PREVIEW – 7 Miler

In this issue, we preview the 7 Mile race. In an upcoming issue we'll preview the Half.

link: <http://www.reddingroadrace.com/assets/2015sevenMap.pdf>



START: We start on the farm again this year, about a 20 seconds walk from the pre-race festivities!! After picking up your race bag with all the race schwag in the big tent (if you haven't already at the expo the previous day), utilize one of the 25 port-o-lets, have some Redding Roaster coffee, bagels and donuts from Uncle Leo's, bananas etc. then proceed to the start on the main trail of New Pond Farm. **THE RACE WILL START ON TIME, 8:35** for the 7 miler. 7 milers do a Counter-clockwise "victory lap" around the farm.



The farm trail

MILE 1: The first 6/10th of a mile is on the farm, with amazing views. There are a couple of bumps, but, if you're noticing the hills now, uh oh!!! When you exit the farm, and make a left onto Marchant Rd, be sure to view the circa 1789 school house just before mile 1. Overall, it's a pretty easy first mile as there's a significant downhill after you exit the farm.



The historical school

MILE 2: This downhill leading to flat mile takes you on the beautiful Station Road then through the “heart” of Redding (lol). You’ll see the post office and our pizza sponsor- Lombardi’s. The 7 mile course diverges from the half at the tracks as 7 milers go straight (avoiding the tracks) and the halfers go right to do a 6 mile loop. NOTE TO 7 MILERS – IF YOU GO RIGHT HERE, YOU WILL BE DOING A LITTLE EXTRA MILEAGE!! THIS IS THE ONLY DIFFERENT TURN IN THE RACE FOR THE TWO RACES BUT EVERY YEAR, A FEW RUNNER WILL INEVITABLY IGNORE THE SENTRY, THE SIGNS, THE POLICEMAN AND THE ARROWS IN THE ROAD, SO PLEASE PAY ATTENTION HERE.



One of many creeks along the course

MILE 3/4: These relatively flat miles take you on the really cool Simpaug Turnpike and over the Simpaug Bridge. The entire 2 miles run parallel to the train tracks. Make sure to take in the views – streams, a lake, a lot of woods, maybe a train?? Aid Station #2 is at mile 3.



MILE 5: This mile takes you on the challenging Topstone Road into Topstone Park. The road and park are extremely pretty but there are three decent uphill you'll have to circumvent. All the hills are short, but, on the back half of a race, nothing is easy. You're rewarded here with Aid Station #3 – the famous candy/soda and cold sponge zone. The out and back starting and ending at Chestnut Woods Rd and going into Topstone Park is 1.1 miles. It's the high five zone where you can congratulate runners going in the other direction, but body checks are NOT ALLOWED – this is a non-contact race!!

MILE 6: This mile takes you on a loop by Steichens pond where you'll actually run to a beach (but luckily not on it). After doing the short loop you re-trace your steps out of Topstone Park (with Aid Station #4 – candy zone revisited) and onto the beautiful Chestnut Woods Road. This mile is an easy downhill one so revitalize and re-energize for the hiccup hills. Remember to say “hi” to runners in the out and back.



MILE 7: The final mile takes you to what I call the hiccup hills – a series of 3 quick uphill which would be easy if they weren't near the end of the race. Just keep in mind that once you get over the three, you're presented with a mostly flat to downhill last 8/10ths of a mile. Aid Station # 5 is located at mile 6.2. Right after this aid station look to the right and you may see some horses.





FINISH: Take a sharp left at mile 6.95, go through the barn and the finish line is steps away. After the finish, collect your medal, get a massage and go to the big tent (steps away from the finish) for the party, food and awards.



Barn you run through at the end– where else can you do this??



Trestle you run through to the finish after the barn



Cheers,

John