

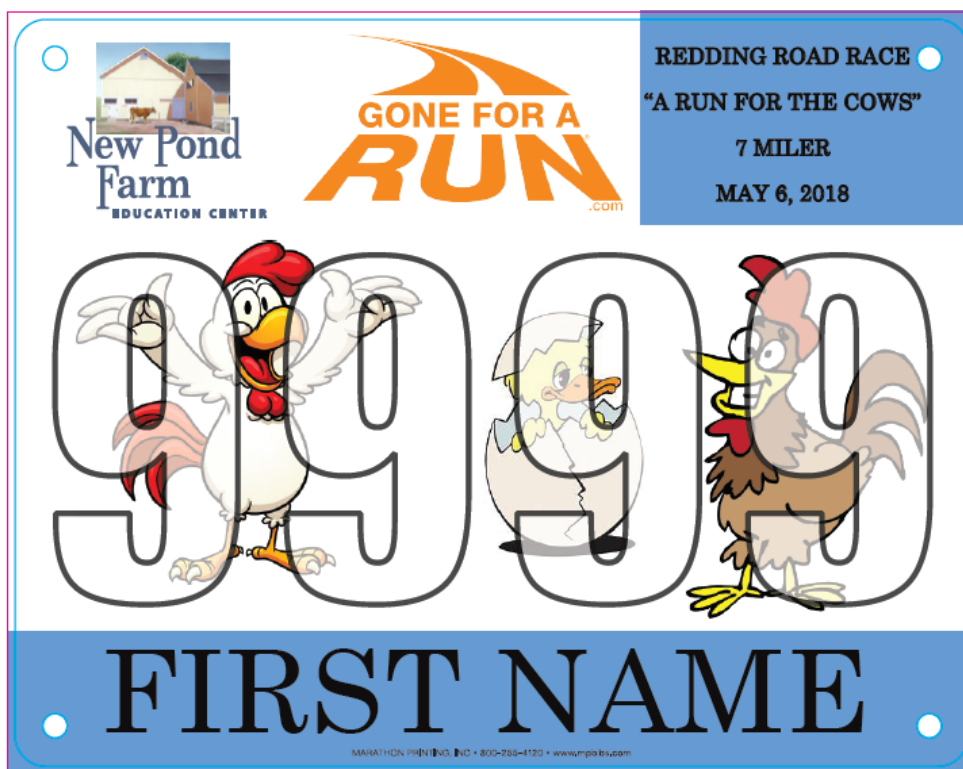




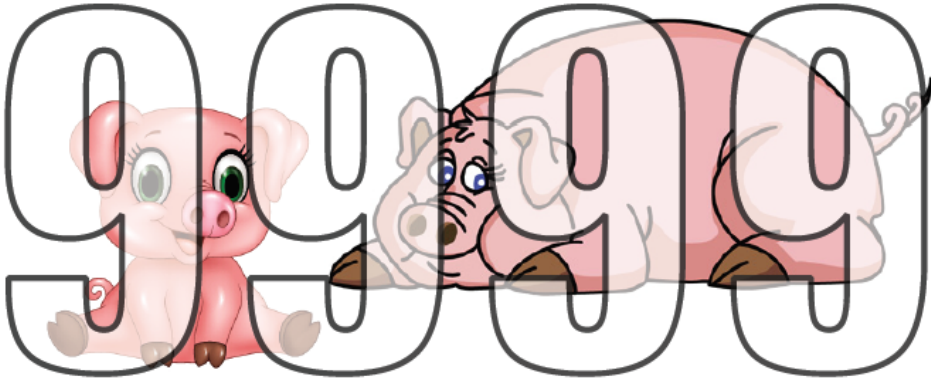
REDDING ROAD RACE NEWSLETTER

18 Volume 7

4/10/2018

1. PERSONALIZED BIBS



 <p>New Pond Farm EDUCATION CENTER</p>		<p>REDDING ROAD RACE</p> <p>"A RUN FOR THE COWS"</p> <p>PIGLET PRANCE</p> <p>MAY 6, 2018</p>
		
<p>FIRST NAME</p>		

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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. BANDS ON THE COURSE



Bone Dry Band – on the farm after the race (and after Barry finishes the 7 miler!!)



Bob & Dave Band – near the entrance of Topstone Park, so you’ll see them twice.

4. 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>





5. SAVE THE DATE – RRR18 PREVIEW RUN

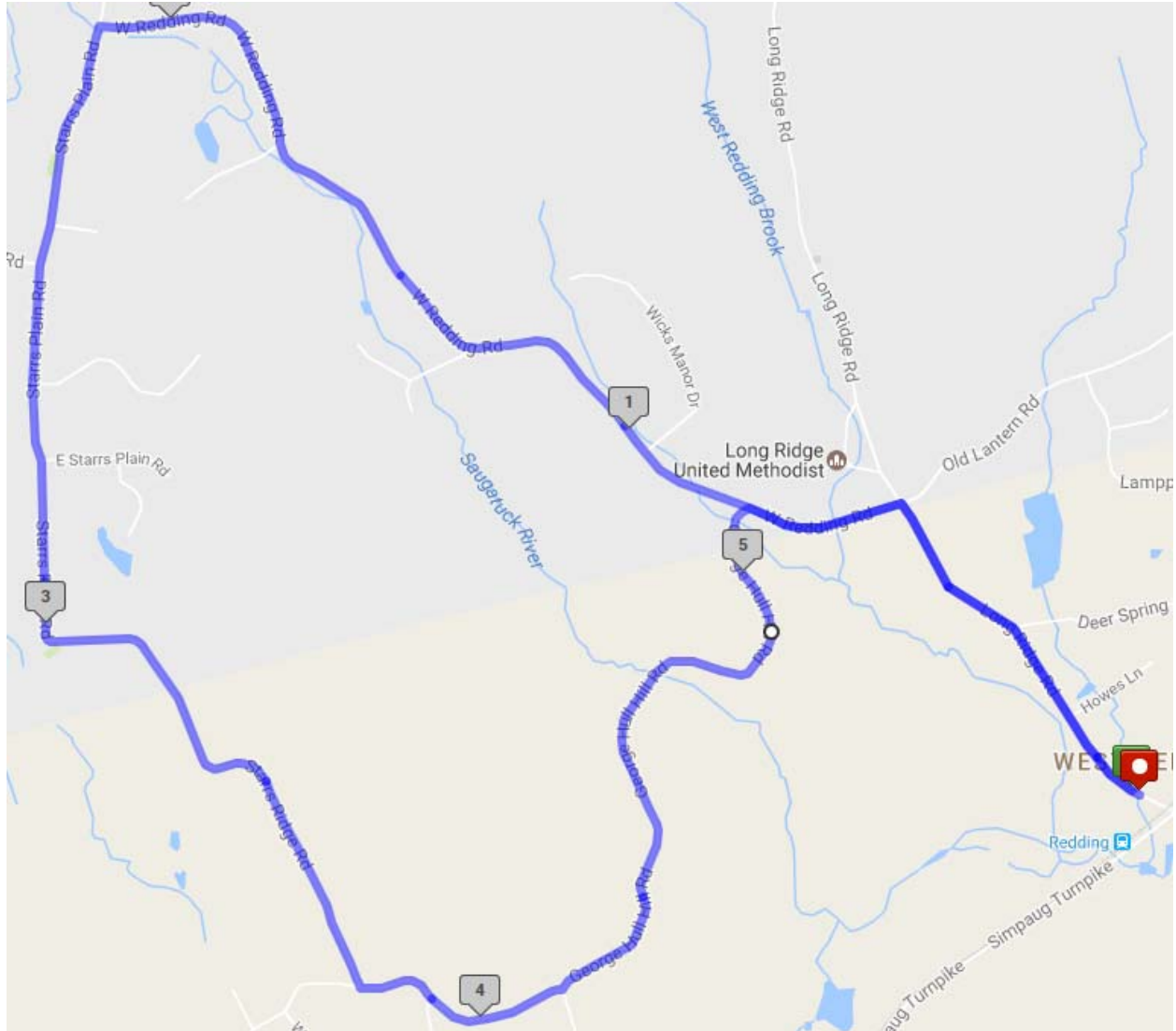


Sunday, April 15th, 8am

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.

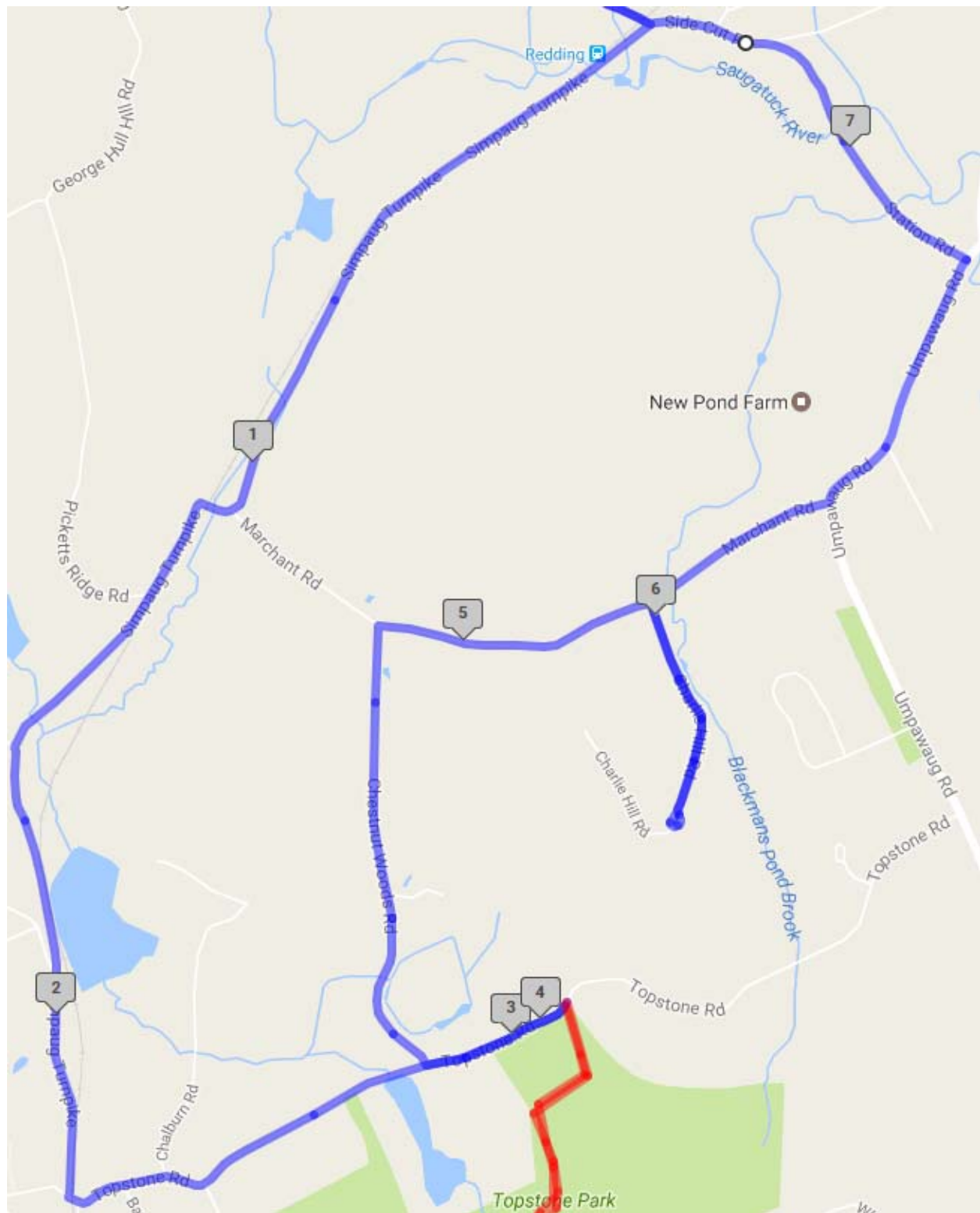


- For your GPS, we meet at the corners of Long Ridge Rd, Simpaug Turnpike and Sidecut Road. This is where the 7 milers and half marathon courses separate.
- Park where the **X** is, overflow parking should park where you see cars parked on the above map.



This is the 8am run – the first 5.9 miles of the course. Direction:

- Left out of the Metro North Parking Lot onto Long Ridge Rd
- Left on West Redding Road about ½ mile in
- Past the waterfall and a left on to Starrs Plain Rd, just past mile 2
- Continue straight on Starrs Ridge Rd, just past mile 3
- Left on Picketts Ridge Rd just before mile 4
- Straight onto George Hull Road, just before mile 4.5
- Right onto West Redding Rd just after mile 5 (did you like the downhill??)
- Right onto West Redding Rd at mile 5.3, heading back to Metro North lot.



- Turn right onto Long Ridge Ridge Rd
- Turn Right at mile 0.1 onto Simpaug Turnpike
- Just past mile 1, go right over the bridge, staying on Simpaug Turnpike
- At mile 2.3ish, turn left onto Topstone Park
- Just past mile 3, do a half mile out and back into Topstone park (1/2 mile each way). Turnaround is the parking lot (where the park road ends)
- After getting back on Topstone Rd., turn right onto Chestnut Woods Rd, just past Mile 4
- Just before mile 5, turn right on to Marchant Rd
- Just before mile 5.5, do a 0.7 mile out and back on Charlie Hill Rd.
Turnaround is the roundabout at the end of the road. This replaces the race's farm road part of the run (we have to keep something a surprise for race day!!)
- At mile 6, turn right back onto Marchant Rd. You'll shortly pass the farm (on the left) and probably smell it
- Just past mile 6.5 turn left on to Station Rd.
- Just past mile 7, turn left onto Side Cut Rd
- At Mile 7.2 turn right onto Long Ridge Rd and head back to the parking lot

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 – WHO 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. PACE TEAM FOR THE HALF MARATHON

www.beastpacing.com



We're always trying to make this race a better experience, so, we're excited to announce that, once again, we have Beast Pacing leading our runners to goal times. I like to say that if you set a PR (personal record) on this course then congratulations on finishing your first half marathon, BUT, if you have a time in mind (from 1:40 to 3:00 in 10-15 minute increments) hook up with a pace runner and let him or her lead the way.

13. RACE PREVIEW – Half Marathon

In this issue, we preview the Half Marathon. The map below is a bit small to read, but you can access it using this link:

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



The 2018 course remains the same as 2013-2017

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 road of New Pond Farm.

THE RACE WILL START ON TIME, 8:00 for the half, and you start out doing a clockwise “victory lap”.



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 schoolhouse just before mile 1. Overall, it's a pretty easy first mile as there's a significant downhill after you exit the farm.



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 a couple of other businesses. **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.** Aid Station #1 (our most enthusiastic station) is located at the end of Long Ridge Rd, at about mile 2.4.



MILE 3: This relatively flat and non-descript mile takes you into Danbury – be careful of the sloped footing in your initial trek into Danbury on West Redding Road. Aid Station #2 is located at mile 3.5 on your right.



MILE 4: Mile 4 starts with a short double climb followed by a nice downhill. Otherwise, a relatively flat mile is highlighted by a cool waterfall on the left, water permitting.



MILES 5/6: The race, in all seriousness, starts here as these miles are bumpy - no long hills nor very steep hills - just numerous ones. Run smart and don't lose your race here. At mile 5.2 look left and you might see some exotic animals. Late in mile 5 you'll be re-entering Redding and the 3rd Aid Station located at Camp Playland at mile 5.3. Approaching mile 6 you'll encounter the race's steepest hill on Picketts Ridge Rd. You'll get no sympathy from me here, as I live near here and all my training runs start by going up Picketts Hill Rd!! But, don't let this hill scare you, as the easiest part of the course is next.



MILE 7: Recover from the previous 2 miles of hills on the nicest downhill part of the course on George Hull Rd. Enjoy the beauty of this one mile long, mostly downhill, undeveloped road.



MILE 8: This slightly downhill portion, in which you complete the 6 mile loop retraces mile 3. Aid Station #4 (the same as Aid Station #1) greets you right after Mile 7.

MILE 9/10: Watch for merging runners as you welcome back the 7 milers!! 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 #5 just before the bridge on Simpaug.



MILE 11: 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 conquer. All the hills are short, but, on the back half of a race, nothing is easy.



MILE 12: Mile 12 takes you on a loop by Steichens pond where you'll actually run to a beach (but luckily not on it). You're rewarded here with Aid Station #6 – 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!!

After doing the short loop you re-trace your steps out of Topstone Park (with Aid Station #7 – candy zone revisited) and onto the beautiful Chestnut Woods Road. This part is an easy, mostly downhill one, so revitalize and re-energize for the hiccup hills. Remember to say “hi” to runners in the out and back.



MILE 13: The final mile takes you to what I call the hiccup hills – a series of 3 quick uphill which would be easier 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 (non-withstanding, one short steep uphill). Aid Station # 8 is located at mile 12.3- right after this aid station look to the right and you may see some horses.



FINISH: Take a sharp left at mile 13.05, go through the barn and the finish line is steps away. After the finish, collect your medal, grab a carnation (if you are of the female gender), get a massage and go to the big tent (steps away from the finish) for the party, food and awards.



Cheers,

John