



REDDING ROAD RACE NEWSLETTER

18 Volume 1

1/30/19

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

Average runner age: 44.3

Female/Male breakdown: 61.8% female

States represented: 18: CO, CT, DC, DE, FL, MA, MD, ME, MI, NH, NJ, NY, OK, PA, RI, VA, VT, WA

CT Towns represented: 104 (out of 169 towns in CT)

% of 2016 new runners (runners who've never experienced the Redding hills): 30% - pretty amazing, as we get a bunch of new people introduced to New Pond Farm

Extra donations, above registration fees: \$2,384, thank you so much!



Piglet Prancers from 2018

1. SPECIAL GUESTS AT THE RACE

We are pleased to announce that **Kara, Adam and Colt Goucher and Bill Rodgers** 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!!

About Kara

Kara has left her mark on U.S. distance running numerous times during her exceptional career. Kara was one of two Americans -- along with Ryan Hall -- to appear on the podiums at the 2009 Boston Marathon with her third place finish (2:32:25). This marked the first time in 24 years that Americans had made it to both podiums. Kara turned in a history-making American performance by finishing third in the 2008 NYC Marathon. Crossing the line in 2:25:53, it was the fastest marathon debut ever by an American woman, the fastest time ever by an American at the ING New York City Marathon and marked the first time in 14 years that an American woman placed in the top three in New York. Kara made history at the 2007 IAAF World Outdoor Championships by winning the first American medal ever in the women's 10,000 meters. Formerly Kara Grgas-Wheeler, she started running in the seventh grade because she wanted to win an award at her junior high school. To get the award, she needed academics, arts and athletics. She chose cross country because they didn't make cuts. She was a psychology major at Colorado. In 2001, she married fellow Colorado alum, distance runner Adam Goucher. Gave birth to son Colt in September 2010.

USA Championships

2008 Olympic Trials 5,000m champion (15:01.02)

Three-time USA Outdoor 10,000m runner-up – 2007 (32:33.80); 2008 (31:37.72); 2011 (31:16.65)

2006 USA Outdoor 5,000m runner-up (15:14.13)

3rd at 2012 Olympic Trials Marathon (2:26:06)

International Championships

2007 World Outdoor 10,000m bronze medalist (32:02.05)

Collegiate Championships

2000 NCAA Outdoor 3,000m (9:02.15) and 5000m (15:54.30) champion

2000 NCAA Cross Country champion

About Adam

Adam performed well in the 5,000 meters in 2007, with strong performances at the AT&T USA Outdoor Championships, where he placed third, and at the World Outdoor Championships in Osaka, Japan, where he finished 11th. Adam also had an impressive performance at the 2007 USA Cross Country Championships, where he finished as the runner-up. Adam had surgery in early November 2007, where he had work done on his ankle. He had his ankle “cleaned out,” which included having a pesky bone fragment and cartilage chip taken out and then having a bone spur shaved down. He also had a permanent screw inserted in his navicular bone, in the hopes of healing a stress fracture he has been dealing with for nearly two years. Adam’s 2006 season got off to a rousing start with his 4 km win at the USA Cross Country Championships. He remains the only man ever to win the 4 km and 12 km titles at the same USA Cross Country Championships -- he accomplished the feat in 2000. As the field entered the final straight it was Adam pressing to the front and finishing the challenging course in 10 minutes, 50 seconds. He finished two seconds ahead of Daniel Lincoln in winning his second career U.S. short course cross country title. Adam turned in a very impressive performance at the 2006 World Cross Country Championships 4 km race in Fukuoka Japan, where he placed sixth in the individual competition, just eight seconds behind the winner. Outdoors on the track he set a new personal best in the 5,000 meters when he clocked 13:10.00 in Heusden. Adam's 2005 season was highlighted by a new personal best of 13:10.19 in the 5,000 meters from his eighth-place finish in Heusden. It was the first time he set a personal best in that event

since 1999. Adam started competing in track in seventh grade, trying all the events including the high jump and hurdles. He says he didn't get serious about training until his sophomore year of high school...earned his degree in communications at Colorado...bypassed his final indoor season of collegiate eligibility so that he can run the open circuit...worked in summer of 1998 at the USOC's International Games Preparation Warehouse...likes playing the drums and flying sailplanes...as a teenager, he won an essay contest sponsored by Soaring magazine, and took his first solo flight in a sailplane at age 15...married distance runner and former NCAA champion Kara Grgas-Wheeler Sept. 16, 2001.

2008: 7th at Olympic Trials in 10,000m (27:59.31)...Olympic Trials 5,000m finalist (DNF)

2007: 3rd at USA Outdoor Championships 5,000m (13:31.50)... 11th at World Outdoors (13:53.17)...runner-up at USA XC Champs (37:35)...5th at adidas Track Classic in 1,500m (3:37.13)...10th at Nike Prefontaine Classic 2 mile (8:26.46)...2nd in 1,500m at Cuxhaven (3:39.48)...1st in 3,000m at Lignano (7:40.09)...8th in 5,000m at Heusden (13:10.19)...ranked #3 at 5,00m in U.S. by T&FN...best of 13:10.19.

2006: 4th in 5,000m at AT&T USA Outdoors (13:18.93)... 8th at Heusden (13:10.00PR)...7th at adidas Classic (3:38.20)...3rd in 2-mile at Nike Prefontaine Classic (8:12.73)...9th at London Grand Prix (13:15.94)...2nd at Beaverton (3:58.21)...13th in 10,000m in Brussels (27:59.41)...2nd at Lignano (7:45.5h)...ranked #2 at 3,000m, #4 at 5,000m, #9 at 10,000m in U.S. by T&FN...bests of 3:58.21, 13:10.00, 27:59.41.

2005: 8th at USA Outdoor Champs (13:27.65)...runner-up at USA Cross Country 4 km Champs (11.39)...2nd at Cuxhaven (3:39.48)...9th at Prefontaine (3:57.23)...1st at Lignano (7:40.09)...8th at Heusden (13:10.19PR)...ranked #4 at 3,000m, #8 at 10,000m in U.S. by T&FN...bests of 7:40.09, 13:10.19.

2004: 19th in 5,000m at Olympic Trials (13:58.55)...9th at Prefontaine Classic 1,500m (3:41.21)...best of 13:58.55.

2003: Runner-up at 5000m at USA Outdoors (13:35.67)...8th at Nike Prefontaine Classic 5000m (13:35.77)...ranked #3 at 3000m, #4 at 5000m in U.S. by T&FN...bests of 7:48.72 & 13:35.67.

2002: Did not compete.

2001: 3rd in 5000m at USA Outdoors (13:30.36)...11th in 5,000m at World Outdoor (13:24.00)...2nd in mile at Peregrine Systems U.S. Open (3:55.47)...ran fastest 3,000m by an American in 2001 in Monaco (7:34.96PR)...3:36.54 1,500m PR July 17 in Stockholm...ranked #3 at 1500m & #2 at 5,000m in U.S. by T&FN...bests of 3:36.54, 7:34.96 and 13:22.29.

2000: Coming back from a number of injuries, including an Achilles problem, Goucher won the 5,000 at Olympic trials (13:27.06)...13th in Olympic 5000m (13:43.20)...won both Short Course (4k) and Long Course (12k) national cross country championships...skipped the World Cross Championships because of a sore Achilles tendon...ranked #1 U.S. at 5000m...best of 13:24.34 (1st heat, Olympic qualifying).

1999: Won 5,000 at USA Outdoors (13:25.59)... 12th at World Champs (13:39.24)...ranked #7 in 1500, #2 in 3,000 in U.S. and #2 in 5,000 by T&FN...bests of 3:38.50, 7:43.31 and 13:11.25.

1998: Won NCAA outdoor (13:31.64 PR), NCAA Indoor 3000 (7:46.03CR) and NCAA XC ... won 3000 (7:55.57) and 5000 (13:38.23) at Big 12 Indoor...his 5000 clocking made him the second-fastest American collegian ever indoors... won 1500 (3:43.23) and 5000 (14:07.51) at Big 12...8th in Prefontaine Classic 5000 (13:33.20 PR)... ranked #6 in U.S. at 5000 by T&FN... best of 13:31.64, also 3:43.23 (1500) and 7:46.03 (3K).

1997: Won 3000 at NCAA Indoor (7:54.20) ...3rd in NCAA outdoor 5000 (13:49.85)...4th in NCAA XC...won 3000 (8:01.23) at Big 12 Indoor...won 5000 (14:19.58) at Big 12; ...6th in USA Champs XC...ranked #5 in U.S. at 5000 by T&FN.... best of 13:34.13, also 7:54.20 (3k).

1996: 14th in Olympic Trials (14:36.20)... 4th in NCAA outdoor 5000 (13:50.31)...5th in 5000 at Mt SAC (13:33.3)...redshirted indoors...redshirted cross

country season...ranked #10 in U.S. at 5000 by T&FN... best of 13:33.3, 3:41.96 and 1:51.77.

1995: 3rd in NCAA Indoor 5000 (13:59.71)... 6th in NCAA outdoor 5000 (14:41.27)...won 3000 (8:10.48) and 5000 (14:05.65) at Big 12 Indoor...won 5000 at Big 8 (14:00.30)... won Big 8 XC... best of 13:45.84, also 4:06.2 (mile), 8:00.38 (3K) and 8:46.04 (steeple).

1994: Injured for senior year of HS track; did not compete...4th in Big 8 XC...won District 7 XC...2nd in NCAA XC champs.

1993: Won FootLocker national HS XC ...bests of 1:53, 4:18, 9:35...'It's Colorado; high schoolers just don't run as fast up here.'

1992: 15th at Kinney (FootLocker) national HS XC champs.



We are pleased to announce that **Bill Rodgers** will be at the race once again this year. “Boston Billy,” former American record holder in the marathon, won the Boston Marathon and New York City Marathon a combined eight times and was inducted into the USA Track and Field Hall of Fame in 2000. Mr. Rodgers will be at the expo (May 6th) and race (May 7th) to greet runners and plans to partake in the 7 mile race. Secretly, I plan on running my first ever RRR race, running step for step with Bill (for the love of God, Billy, don’t get faster!!). Bills girlfriend Karen and brother Charlie are also scheduled to run the 7 miler.



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>

2. 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!



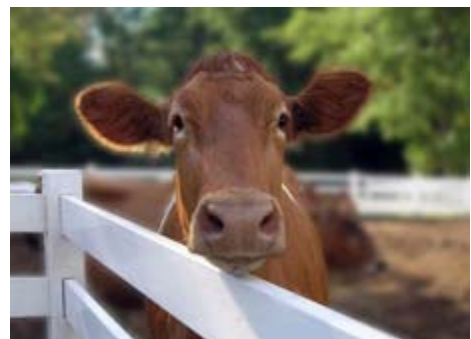
*Connecting people with the land
that enriches and sustains us all.*

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.

3. 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 chronical 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.

4. 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).

5. MIGHTY COW CHALLENGE – WHAT IS IT?

The Mighty Cow Challenge is a 5k race (at 7:20am) followed by a rest then the Half Marathon at 8:00am or the 7 miler at 8:25am. The 5k race can be used as a warm up or you can race it, depending on your mood. The extra Mighty Cow gifts will be a cool logo'd hoodie this year. If you are interested in “supersizing” your race, contact me and I can get you signed up for an additional \$10.

6. [HOTELS/B&B](http://www.reddingroadrace.com/general-info/lodging.htm) (<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 \$95 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!

7. [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

8. OUR RUNNER SPOTLIGHT – JESSICA F.

My name is Jessica F. and I live in Wilmington, Delaware. I found your race through a Google search of "Half Marathons in Connecticut." A few options came up and I chose your race after doing a good bit of research... watching videos, reading newsletters, following your FB page, etc. Not sure if I have a human interest story. It's probably like most others, but here it is:

I am a healthy 36 year old woman. I've been fortunate enough to not have fought cancer or have any serious health issues. I was just a mom with two daughters who never took time for herself. Four years ago in 2014, when my youngest daughter was 6 months old, I started exercising again after a 6 year hiatus. I swam 100 miles in 2015. I started running in 2016 and ran my first 5K ever. In 2017, I ran my first half marathon. During the half marathon training, I kept saying this would be my first and last half. At this time, I also discovered a supportive group of women called Moms Run This Town. Well, I finished the race with such a HUGE sense of accomplishment. The next week, I made a goal of doing 13 half marathons in the first 13 states in the order they reached statehood. So your race will be my 5th half marathon as I honor Connecticut's ratification to the union in 1788. Today, I am a better mom who lives with less stress and looks forward to working out!

I have high expectations for your race and can't wait to proudly add the medal to my collection. Thank you for considering my story!




Our 2018 steel cup being put to good use by Mark Sundermann in Oregon

9. RACE SPOTLIGHT – SWEETHEART RUN

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

<https://thecommunitycenter.org/event.php?id=8793>

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.



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calendar plan an event contact news

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

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!

[Like](#) [Share](#)



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

10. 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.

11. 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.

12. 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

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

Cheers,

John

