



REDDING ROAD RACE NEWSLETTER

19 Volume 2

2/14/18



SAUGATUCK RIVER (GEORGE HULL RD), JUST PAST MILE 6 OF THE HALF COURSE. RUNNERS PASS OVER THIS OFTEN DURING THE RACE



1. REDDING, CT POINTS OF INTEREST



Designed by TownMapsUSA.com

All apologies to veteran RRR runners who have probably read the following multiple times. This is for the newbies and we have a ton of them.

In Redding, you once would have come across Samuel Clemens (Mark Twain), who lived here in the final years of his life, dying in Redding in 1910. Charlie Morton (current MLB pitcher) grew up here, Daryl Hall and Leonard Bernstein lived here, as did Marvin Lee Aday. Who is Marvin Lee Aday, you ask? Well he of course, was the famous softball coach at the local high school. He coached his girls' team when he had time away from his side job, as Meat Loaf. Benedict Arnold also passed by, a town over from here, and was one of the heroes in the Battle of Ridgefield - a hero for the Colonists, believe it or not.



If interested in the town you're running in, here is a more in depth history of Redding from local historian, Charles A. Couch:

In the early 1700s, Redding, Connecticut, was home to an Indian village whose leader was named Chickens Warrups. In 1714, John Read, the first white man to settle in Redding (which was then part of Fairfield), claimed 500 acres to set up a homestead for his wife and children. Lonetown Manor, as Read's home was called, soon became the center of a busy and populous farm settlement, and a number of mills and other enterprises associated with farmer's needs soon took root.

Col. John Read

Although the elder John Read moved to Boston in 1722, his son, Col. John Read, took over administration of Lonetown Manor. In 1767, the Connecticut General Assembly incorporated the Town as Redding, which had less than 1,000 inhabitants.

Revolutionary War and Continental Army encampment

In the years preceding the Declaration of Independence, tensions escalated in Redding between Tory loyalists and larger numbers of those supporting the resolutions of the Continental Congress, with some Tories fleeing to escape retribution. Some 100 Redding men volunteered to serve under Captain Zalmon Read in a company of the new 5th Connecticut Regiment, which participated in the siege of Quebec's Fort Saint-Jean during the autumn of 1775 before the volunteers' terms of service expired in late November.

In 1777, the Continental Congress created a new Continental Army with enlistments lasting three years. The 5th Connecticut Regiment was reformed, enlisting some men from Redding, and assigned to guard military stores in Danbury, Connecticut. Getting word of the depot, the British dispatched a force of some 2,000 soldiers to destroy the stores, landing April 26 at present-day Westport and undertaking a 23-mile march north. The column halted on Redding Ridge for a two-hour respite, with many residents having fled to a wooded, rocky area dubbed the Devil's Den. The British column resumed its march to Danbury where soldiers destroyed the supplies, then skirmished Continental Army and militia forces in Ridgefield while on the return march south

For the winter of 1778-79, General George Washington decided to split the Continental Army into three divisions encircling New York City, where British General Sir Henry Clinton had taken up winter quarters. Major General Israel

Putnam chose Redding as the winter encampment quarters for some 3,000 regulars and militia under his command, at the site of the present-day Putnam Memorial State Park and nearby areas. The Redding encampment allowed Putnam's soldiers to guard the replenished supply depot in Danbury, Connecticut and support any operations along Long Island Sound and the Hudson River Valley. Some of the men were veterans of the winter encampment at Valley Forge, Pennsylvania the previous winter. Soldiers at the Redding camp endured supply shortages, cold temperatures and significant snow, with some historians dubbing the encampment "Connecticut's Valley Forge."



Redding's Business and the Railroad

In 1852, the Danbury and Norwalk Railroad line was completed through the west side of Town with depots at Georgetown, Topstone, and West Redding. By this time, farmland was left unplanted as floods increased and lower-priced western product came to eastern markets. New steam-powered factories were sprouting up along main rail lines. Redding's small water-powered industries could no longer compete and gradually ceased operations. Only Georgetown's Gilbert & Bennett, with access to the new railroad for coal and raw materials and for shipment of its finished wire goods, was able to survive. Despite a disastrous fire in 1874, Gilbert & Bennett rebuilt immediately with modern buildings and machinery. The company continued to prosper and expand, employing nearly 600 workers by the early 1900s. Consequently, Georgetown grew, adding new homes and streets, while the rest of Redding remained rural and pastoral. The Town's population began to decline.

Housing History

Home building in Redding slowed, but did not cease during the Great Depression years of the 1930s. About two dozen farms were still operating, although the land was now about 70% forest and woodland. With the close of World War II and the beginning of the great post-war housing boom, new house construction in Redding began at a vigorous pace. Now within easy commuting distance of job centers in Danbury, Bridgeport, and lower Fairfield County, Redding began to attract speculative developers. Its citizens realized a potential avalanche of development threatened the character of its Town. Following a public referendum (link), the Town's first zoning regulations became effective in June 1950.

History of Redding Schools

In 1737, the people of the parish of Redding voted to have a public school with three districts, "the Ridge, the west side, and Lonetown." One schoolmaster went from one to the other, teaching reading, writing, and arithmetic. By 1742, the parish voted for "three separate schools, each to be kept by a master."

In 1878, a citizen of Redding funded the establishment of a public high school, the Hill Academy, in Redding Center. Ten one-room schoolhouses in strategic areas of Town served younger students in Redding, and the Town shared an 11th with Ridgefield. One of them, the Umpawaug School, built in 1789, still stands on Umpawaug Road near Route 53 (**you pass this school less than a mile into the race**). Every November, the Redding Historical Society holds an open house at the

Umpawaug School, which closed in 1931. One of its teachers, Luemm Ryder, approaching a century of living, lives just up the road from the school.

Early in the 1900s Gilbert & Bennett opened a public school for the Georgetown Recreation.

By 1931, the Town had closed all of its one-room schoolhouses and enlarged the Hill Academy to four classrooms to serve the eight elementary grades. The Hill Academy closed in 1948 when Redding Elementary School opened. Redding paid tuition to Danbury for its high school students to go to Danbury High School.

In 1959, the Town converted the Hill Academy to Town Hall.

Redding Elementary School

Redding Elementary School (tel. 938-2519), with eight classrooms, was completed in 1948. In 1957, a new wing doubled its capacity. The School serves grades K-4.

John Read Middle School

In the mid-1960s, the Town began planning for another school. John Read Middle School (tel. 938-2533) opened in 1966, housing students in grades 5 through 8. In 1980, the fifth grade moved to the Elementary School. As an echo baby boom caused the school population to grow, a new wing was added to the Middle School in 1999, and the fifth grade moved back.

Joel Barlow High School

In 1957, Redding and Easton referenda approved the formation of a regional school district, and a 35-acre site was purchased from a farm on Black Rock Turnpike for a high school designed to serve 650 students. Joel Barlow High School, originally serving grades 7 through 12, opened for classes in the fall of 1959. The school now serves grades 9 through 12.

In 1971, a major addition doubled the size of the building and increased its capacity to 1,000 students. In 1974, the Town purchased 78 more acres to build athletic fields. An addition and two portable classrooms were built in 1984, and the school was renovated in 1994. The Town is now engaged in a construction project to add more instructional space and athletic fields.

Two-Acre Zoning

The rush of new development became a reality. Several large tracts were subdivided into one-acre lots, new subdivision roads were built, and school population began to spiral upward. Responding to Town-wide demand, in 1953 the Zoning Commission enacted two-acre zoning for the entire Town outside Georgetown, which had, and still has, multiple-family, ½-acre, and one-acre zoning. Concern about the Town's future persisted, and in 1956 a Town Meeting authorized the establishment of a Planning Commission. The Commission prepared regulations to control the layout of subdivisions, and these regulations were adopted in 1957.

Newcomers and Automobiles

During the 1890s, Redding was discovered by prominent summer visitors from New York City. Writers (including Mark Twain), artists, and business and professional people, who were enchanted by the Town's tranquil beauty, established country estates. By 1910, Redding's more adventurous and affluent residents were driving automobiles on the Town's dirt roads.

Telephones

A few years after Mark Twain came to Town, Redding's first telephone exchange began operation. It was located in a private dwelling on Cross Highway and had a small group of subscribers.

Highways

In 1916, the State of Connecticut began to construct a network of highways to link population centers and provide farm-to-market access for the rural towns. By 1921, Routes 7 and 58 had become two-lane paved highways. Other roads followed in the 1920s and 1930s. By the mid-1930s, hard-surfaced roads reached every section of Town along with telephone and electric lines. The Town's rural isolation passed into history.

Saugatuck Reservoir

A major controversy raged during the 1930s over Bridgeport Hydraulic's plan to flood the Saugatuck valley for a large new reservoir. A reservoir would inundate

the historic village of Valley Forge and much of Redding Glen. Opponents lost their appeals, and the Saugatuck Reservoir was completed in 1942.



Putnam Memorial Park

The high terrain of Redding, with views south to Long Island Sound and northward toward Danbury, assumed strategic importance during the Revolutionary War. In April 1777, the road over Redding Ridge and Sunset Hill was the invasion route used by British forces in their assault on Continental army provisions stored in Danbury. A year later, in 1778 and 1779, Putnam's division of Washington's army was in winter encampment at three key locations in Redding to protect the left flank of American forces then holding the Hudson Valley. Remains of the largest of these campsites are preserved on 35 acres of land donated by a Redding citizen in the 1880s. Putnam Memorial State Park contains a monument to the American troops and a colonial museum.



Geography

According to the United States Census Bureau, Redding has a total area of 32.1 square miles (83 km²), of which 31.5 square miles (82 km²) is land and 0.6 square miles (1.6 km²), or 1.75%, is water. Redding borders Bethel, Danbury, Easton, Newtown, Ridgefield, Wilton and Weston.

Redding has four primary sections: Redding Center, Redding Ridge, West Redding (including Lonetown, Sanfordtown, and Topstone), and Georgetown, which is situated at the junction of Redding, Ridgefield, Weston and Wilton.

Topography

Redding's topography is dominated by three ridges, running north to south, with intervening valleys featuring steep slopes and rocky ledges in some sections. The highest elevation is about 830 feet above sea level, on Sunset Hill in the northeast part of the town (**contrary to public opinion, the race does not go up this high!!**); and the low elevation is about 290 feet above sea level at the Saugatuck Reservoir along the southern border.

Four streams flow south through Redding toward Long Island Sound: the Aspetuck River, the Little River, the Norwalk River and the Saugatuck River.

The Saugatuck River flows through the Saugatuck Reservoir, Redding's largest body of water which stretches south into Weston. The reservoir was created in 1938 through the flooding of a portion of the Saugatuck River Valley.

<http://townofreddingct.org/> - a Cool video on the town can be found here

2. Kara Goucher Interview

Q&A: Kara Goucher

The Olympic runner talks confidence, setbacks, and the power of mantras

By Rob LeDonne|

Faces / Interviews

August 14th, 2018

It takes more than a strong body to remain at the pinnacle of long distance running for decades. To do so, Kara Goucher developed mental techniques to rise above the challenges of her sport. Her success is obvious: She dominated the New York Marathon (she placed third in 2008, becoming the first American on the podium in over a decade), the Olympic games (making it to both Beijing and London), and the Boston Marathon (finishing third in 2008, fifth in 2011, six months after giving birth, and sixth in 2013).

She reveals her secrets in her new book, *Strong: A Runner's Guide to Boosting Confidence and Becoming the Best Version of You*. Here, she discusses her inspiration, her career, and her tools for self-confidence.

Find out her wellness essentials [here](#).

Why this book and why now?

I've always struggled with mental side of the sport. I've tried everything under the sun to gain control of my confidence. I even went to a dance therapist in high school, awkwardly dancing to relieve stress. One of the tools that's helped me the most is a confidence journal. I write in it every night. It makes me acknowledge something positive about that day, even if I had a bad workout or race. It's a practice of recognizing the work that I've put in and all of the positive developments along the way. I've shared this, and one day a publisher approached me. Throughout the writing process, the book evolved into a bunch of tools with information on how they work and how I've used them.

Let's talk about one of those tools. How have mantras helped you overcome self-doubt?

Picking a mantra helped me focus on what I wanted out of training and the end goal. When the going gets tough and you repeat a mantra so many times, it brings an emotional response. Different mantras for different seasons help you focus on what you're trying to accomplish and help turn off the noise around you.

Can you share some of your personal mantras?

I'm the queen of negative self-chatter, telling myself, 'I don't belong, I'm just this girl from Minnesota, how did I get here, I've been fooling everyone.' For a while, my mantra was 'I still belong.' It reminded me that I was supposed to be there. It's also important to have a power word, like 'I'm confident,' 'I'm courageous,' or 'I believe.' When those negative thoughts creep into my head, I say this phrase. This helps me focus back on myself. That's really the theme of the book: When you focus on yourself, you measure yourself against yourself. When you do that, you can't fail.

What about physical hurdles? You recently had two knee surgeries—how did you overcome that?

I've had 10 total surgeries over the course of my career, so I feel like I'm one of those people who can deal with anything. In a weird way, I was relieved. I wasn't in my head about it. Whatever was wrong, like bone spurs or having a tendon taken out, were all things that could be fixed. I never feared surgery, and I didn't fear the comeback either.

In those final moments of a race, does life slow down or speed up?

Honestly, it's a combination of both. When I won my first national title which were the Olympic trials in 2008, those last three steps I felt like, 'Oh, my God. This is actually happening!' It was a blur after that. All of a sudden, I'm at training camp and the Olympics. Now that I'm older and looking back, I wish I slowed down a little bit. But that's also the nature of the game, you're always looking ahead.

3. NEW POND FARM ARTICLE FROM THE REDDING PILOT



Tim Laughlin is the new program director at New Pond Farm. — Christopher Burns photo

‘There’s magic’ at New Pond Farm

Tim Laughlin has only been the program director at New Pond Farm for a month, but he already lights up when he talks about his new job.

“There’s some magic here,” he said smiling.

New Pond Farm is an environmental education center with a farm component.

Approximately 6,000 children annually come to the grounds to tour the functioning dairy farm and participate in hands-on programs that range from beekeeping to making bracelets from sheep’s wool.

Laughlin was a middle school science teacher in Brookfield for 39 years before coming to New Pond Farm.

“This is my classroom now,” he said while waving his hand across the landscape not unlike a conductor to his orchestra.

Laughlin’s passion for teaching is clear, and his love for the programs that the farm offers is palpable.

The main program that New Pond Farm offers is simply known as “The Farm Program.” Laughlin says that kids, predominantly K-4 students, are shown the dairy barn where the cows live. They get to simulate milking a cow using water bottles on a wooden cow.

“The kids get the idea that it’s real work,” he said.

Laughlin then takes the children to an area where they get to brush and touch a full-grown cow.

“It’s very child friendly,” he said, adding that many of the kids who come for the farm program are from inner cities and have never gotten to touch these animals. “It’s a blend of having fun and learning.”

Laughlin also mentions the bee program. They put each of the children in a full beekeeping suit and let them near a beehive that houses up to 60,000 bees, who then proceed to crawl all over the children.

“They love to tell their mom about that,” he said.

Laughlin is spearheading a project that documents natural plant growth in an area of the farm that was leveled by a tornado that touched down two years ago.

He plans to incorporate counting the number of certain flower types into a program in the future, so he can help get children involved with the scientific process.

“Children think science is just between four walls,” he said “but it’s overflowing.”

For “the first time in a long time,” Laughlin has conducted a few fishing classes for members of New Pond Farm and guests.

They included instructions on how to cast a fly fishing line and a small fishing session in the pond, where a few young children managed to hook some of the fish stocked in the pond.

“You know how kids are,” he said recalling the joy of the kids who caught the fish during his program. “They could catch a minnow with a net and be happy.”

Laughlin is clearly as dedicated to the other operations of the farm as he is to the programs that he helps create. He proudly pointed out the solar panels that line the barn roofs and how they help provide the electricity needed to pasteurize the milk that the cows produce.

Given his background as a middle school teacher, part of Laughlin’s goal as program director is to more actively engage older students. He has a “three-year goal” of introducing more programs that appeal to middle and high school students.

New Pond Farm Executive Director Ann Taylor is looking forward to Laughlin’s goals coming to fruition and anticipates a “lovely collaboration between staff members, board members and volunteers” to help guide the way.

“That’s the beauty of this place,” Laughlin said. “Everyone is excited. It’s a vibrant classroom.”

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. NEWBIE CHRONICAL – LYNDSEI P.



INTRO

Hi! I'm Lyndsi. I'm 22 (going on 23). I never introduce myself as a runner, or a writer. But here I am; training for the Redding Road Race in May and getting my MFA at WCSU in Creative Writing. I like to run. I like to write. I can't seem to keep myself in line with either. I've decided to get serious in both. My goal is to maintain a weekly training schedule consisting of training runs and hi-performance lifting designed for runners. I want to run a 10:05 mile on May 5th. This is my journey.

1/22/19 | 2.41 miles | 28:13 | Avg 11:41 | Fast Intervals | Slight Hill at Home

This is the first time, in a long time, that I have actually ran by myself. The entire time...I wanted to walk. I haven't been feeling well lately and had to force myself off my comfy couch. I had also just gotten a haircut, so when I returned, my wet bun was frozen to my head. But, I did it. I (mostly) ran in my hilly neighborhood.

1/25/19 | 2.91 miles | 32:04 | Avg 11:01 | Temp Run | Greenway

Ugh. Did not want to run today. I barely got any sleep and had to rush afterwards to visit a family member in the hospital (non-emergency). If it wasn't for my stubborn mother (my running partner), I probably would have skipped. I was so glad I did it. It felt so good. The weather felt warm on my skin, despite being January. I came up with a little mantra for when I hear the Thump, Thump, Thump of my feet. It goes: "You can do it, just keep doing it." My mom's mantra is the lyrics to "Camp Town Racers..." That gets stuck in your head too easily...

1/27/19 | 2.89 miles | 36:13 | Avg 12:32 | Long Run | "Mt Everest" at Home

Hill run. This was so hard. My knees hurt from a fall last weekend. I had to wear knee bands. I wanted to quit the whole time. I ran the first hill, but then couldn't make it up "Everest," the endearing nickname given to the giant hill on my street. After giving my all on the first hill, I was tired and achy the rest of the run. How am I going to do Redding?? I am kind of in a bad mood too. I didn't run as much of the hill as I wanted, but I keep telling myself it wasn't bad for the first try. When I was going up the steep parts, I felt like I was being squished into a tiny person. It hurt my knees. Everything hurt. It was also a weight training day and I added 10lbs (I was just doing the bar before). It looks so silly; the tiny 10lb weights on the bar.

It is still hard for me. Since I started running on a schedule, I have been writing a lot. Mostly little pieces from different parts of my life, but still. It is helping clear my head.

1/29/19 | 2.38 miles | 27:50 | Avg 11:40 | Interval Run | Slight Hill at Home

I have realized that time is not the same when you are running. It works completely different. Oddly, my fast intervals go by a lot faster than the warm up/cool down. It was a hard run. I haven't been sleeping. My mood is not good either. I think it is going to snow.

2/3/19 | 2.55 miles | 46:32 | Avg 18:32 | Walk | Slight Hill at Home

I had to walk today. I have been very sick, in bed. I think it is the Lyme creeping up on me. Who knows? I was stuck in bed all day yesterday. I am so glad I walked. I feel so much better being in the fresh air. My head feels clearer. The birds are chirping. My mom, who I made join, and I even went on a little side adventure looking for an old trail.

2/5/19 | 2.49 miles | 29:21 | Avg 11:46 | Run | Slight Hill at Home

Wow. The weather today was beautiful—55 degrees! After my bedridden weekend, I was happy to be running. I accidentally did the wrong training in my plan. It worked out to be a bit easier, which I may have needed anyways. The sun was shining. It did not feel like January! I guess that is New England for ya. PS: I have never noticed how many creepy trucks there were on my street, until I had to run it alone...

2/8/19 | 2.84 miles | 28:17 | Avg 9:57 | Interval Training | Greenway

I caught my reflection in my car window when I was getting back from the run. I look 100 years old. The bags under my eyes are so deep. I have not been sleeping. This run, as tiring as it was at times, was much needed. It was like the weather cleared up, just for me. At 50 degrees it is hard to believe it is still winter. I am proud of myself today.

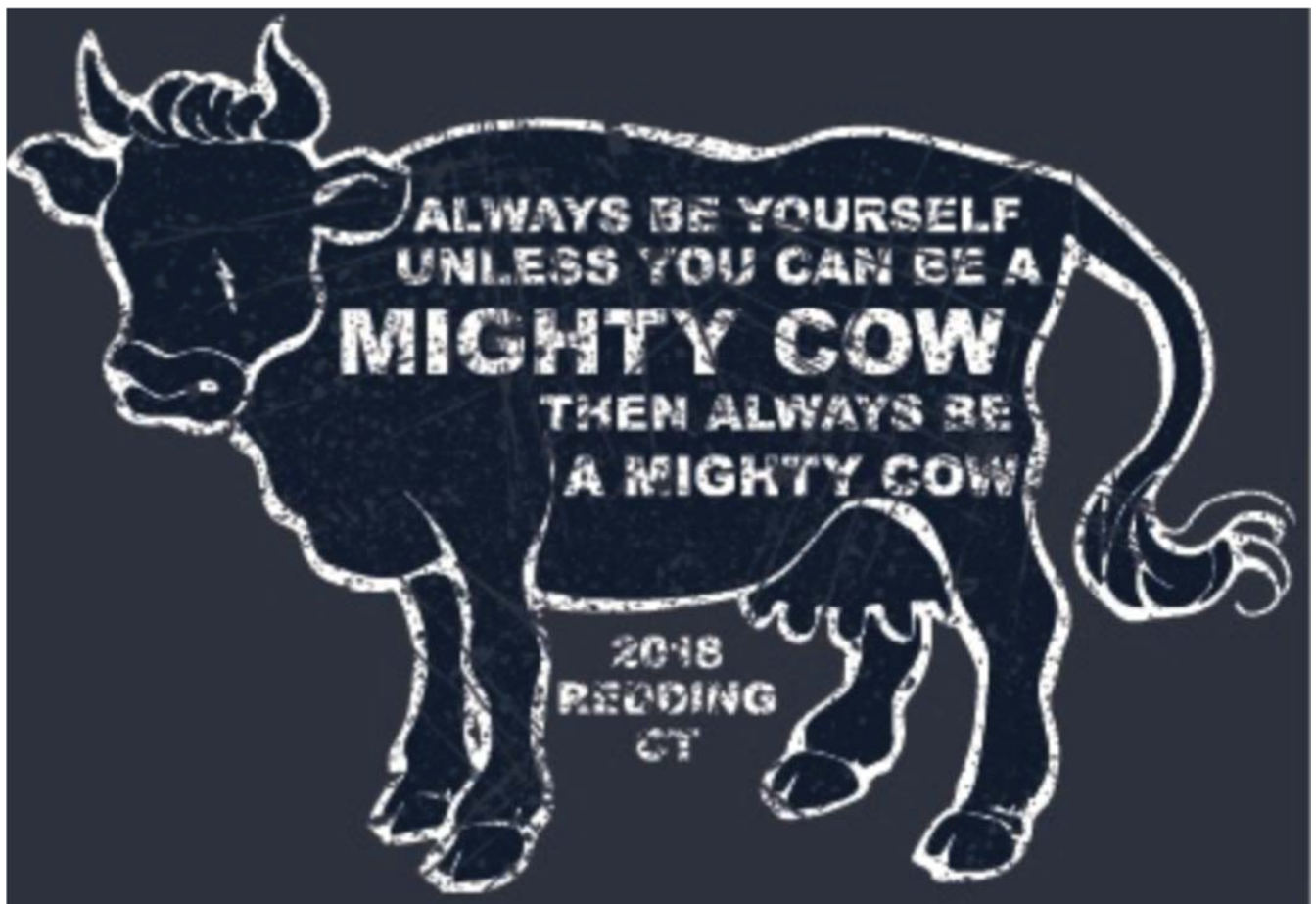
2/9/19 | 3.23 miles | Long Run

I had to skip this. I was stuck in bed most of the weekend, again. ☹

2/13/19 | 2.71 miles | 27:39 | Avg 10:12 | Interval Training | Greenway

Today, I was ready to run. I felt it in my bones. I am proud of myself because I very easily could have made an excuse from the snow debris from yesterday's storm. But, I didn't. I ran. Even with the puddles and ice spots (which I walked around), I did the whole thing. I realized I have a hard time finding my pace. I am trying to be more aware of my speed/time so I can gauge it better. I think, on days like today, I take off and use my energy too quick. I need to pace if I am going to run all of Redding. I messed up the app a bit at the end (I think I had a minute left...whoops). Also, why are there so many cars with people sitting in them? What are they doing? They don't seem to be going anything suspicious. Just people sitting in their running cars.

7. [MIGHTY COW LOGO FOR HOODIE – UPDATED FOR 2019](#)



8. RUNNER STORY – KATY F



This year will be my first Run for the Cows, but my 50th overall half marathon and I'll be wearing bib #50. This puts me at the half way point for my goal of 100+ lifetime half marathons as part of the 100 Half Marathons Club. If you would've told me I'd be running my 50th half marathon when I was in my twenties, I'd have said you were crazy. I was overweight, sedentary, and anything but a runner. Now, here we are. I'm in my 30's, over 50 pounds lighter, and I pay to run 13.1 miles (or, even crazier, 26.2 miles) just for the fun of it. So if you see me on the course, say hi!

9. RUNNER STORY – SEAN

In July '17, I lost my fiancé, Lindsay, to acute myeloid leukemia. The following spring I decided to a fundraiser bicycle ride for the hospital that had treated her. After I signed up, I had realized that I was in really bad shape and not living a very healthy lifestyle. I was doing a memorial walk with her sister, son and mother and had made a joke about running to get in shape.

Well, Stephanie (Lindsay's sister) decided to sign us up for a run Father's Day morning in 2018. My time was 45 for a 5k. It was horrible. I had never felt so

miserable in my life. But, something happened. There was a spark there. Throughout the summer we did 5ks, triathlon relays and other events every weekend.

This thing that started just to get me into better shape for a bike ride has turned into therapy for me, it's becoming my escape.

This January I finally got my time to just about 30 minutes for a 5k, I did my first 10 mile race and have 4 half marathons scheduled between February and June.

I am so thankful everyday that Steph kept running with me and kept me motivated. I am thankful everyday that I now have the ability to go out and run and just appreciate it. I have met some amazing people in our running and can't wait to see what each new adventure will bring!!



SEAN AND LINDSAY



SEAN AND STEPHANIE

10. FAVORITE RACE

Please send me write ups of your favorite races for inclusion in future newsletters.

Here is one of my favorite area halves (from John McCleary) and I will definitely be running it this year.

COLCHESTER HALF MARATHON

COLCHESTER, CT

FEBRUARY 23 2019

Race Director Rick Konon is awesome, crazy awesome, and for \$14 or so, you can't beat the price.

Part of the Hartford Track Club's Winter Race Series, the Colchester Half Marathon marks its 27th annual running in 2019, for a race that typically draws a few hundred runners or more and when temperatures are often in the 30s, as wintry weather including ice, snow and sleet have frequently fallen on the day of the race.

Known for its challenging hills along the rolling New England countryside surrounding the town, the Colchester Half follows an out-and-back USA Track & Field-certified loop course that starts and finishes at Bacon Academy on Norwich Avenue. Scheduled starting time for the race is 10:00 AM ET.

From there, runners follow a clockwise route along sections of Norwich, Windham Avenue, Goshen Hill Road and McCall Road. Though most of the race unfolds along paved country roads, a roughly three mile stretch of the race takes runners along dirt roads, where they'll need to be careful of ice and/or snow if inclement weather is in the forecast.

The last few miles of the race take runners along Roger Foot Road and back onto Norwich Avenue, where they run the final stretch back in to the finish line at the high school. After the finish, the race organizers host a post-race "carbo re-loading" party at Colchester's Bacon Academy High School, right at the race start/finish line.

Race Weather & Climate

Located in the central part of the state, about 25 miles southeast of Hartford and roughly 25 miles from Connecticut's Atlantic coastline, the town of Colchester typically experiences very cold conditions in the late winter, and usually sees its lowest rainfall (but some of its heaviest snowfall) in February.

On race day (Feb. 27), the average low is 19°F and the average high is 41°F.



Cheers,

John



5" bottle opener medals are in. large and shiny and, as always, yours to earn