



REDDING ROAD RACE NEWSLETTER

19 Volume 4

4/3/19

1. GIFT REVEAL



Shirt – one of a few colors you may get



Hoodie – Front



Hoodie - Back



Age group award

Glass Mug & Coaster set

2. **SAVE THE DATE – RRR18 PREVIEW RUN**



Designed by TownMapsUSA.com

Sunday, April 7th, 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.

8:00am: Runners running the whole half course start

9:00am: Runners running the 7 mile course start

Park/Meet: West Redding Metro North Train station (free on weekends)

I'll put flour directional arrows on the road but you may want to bring a map

We won't be running on the farm (we'll save that for the race) – we'll do an out and back on Charlie Hill Road to make up the difference.



a. **ROCK'N ROOTS 9K REGISTRATION NOW OPEN**

WHEN: Saturday, June 29, 2019, 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. 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!

4. 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.

5. 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/Register/?raceId=51003&eventId=281589>

6. 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



7. RUNNER STORY – STEPHANIE M.

I hope I'm not too late in sharing this story with you. My younger sister died from a rare form of Leukemia in July of 2017, she was 28 years old and from diagnosis to death she battled for 18 months. My mother, myself and my "brother in law" Sean were her constant care takers in the hospital and at home, I donated my bone marrow to her twice, and the three of us did everything else we possibly could to save her and to care for her. A few days before she died she had someone write on her hospital room white board "Be Happy" - to remind us she will be at peace and to be happy for her and in our lives without her.

After she died, we were all lost. The first few months we were in shock, I had been a runner for years and that was my escape - what ever time of day or night I could literally run away, but I always ran alone I had only competitively run a handful of times over the years. It gave me a sense of release but still was a solitary activity.

Come the warmer months of 2018 the void of her loss was very painful and we were struggling to find ways to fill it. Sean had mentioned wanting to ride in the "Closer to Free" bike ride for the Smilow Cancer Center where Lindsay had been cared for, but he wasn't in shape and needed a place to start. He came to me asking for help and I suggested we start running together and sign up for a 5k to get a jumpstart. On Father's day we ran our first 5k trail run together and we ran as "Team Be Happy", now nearly another year later we have run dozens of 5ks, triathlons and duathlons, and half marathons all in the name of Team Be Happy...we are thrilled to add Redding to our list and to continue to spread the Be Happy message.



A photo to go with the story - the day we all got our “Be Happy” tattoos in Lindsay’s honor.

From the left my Aunt Marianne, my Mother Carla, me, my Cousin Jennifer and my brother in law Sean.

8. RUNNER STORY – EMILY C.

In late 2016 and early 2017, I had two experimental surgeries intended to slow some of the damage the chronic blood disease I've had since birth had done to my body, in particular my left ankle. I started swimming and cycling indoors to rehabilitate, and found I really enjoyed it. It had been a dream of mine to do a triathlon, so on a whim I registered and completed a sprint in June of 2017. I had never run before, and was still walking each of the 5k portions of the runs after doing 5 more sprint triathlons that summer. I decided I needed to learn to run. What better way to do that than to commit to running a marathon?

I applied and was accepted into a team to run the Boston Marathon in 2018 for The Hole in the Wall Gang Camp, a Camp founded by Paul Newman which provides camp experiences and other support to seriously-I'll children and their families. Having been a camper at The Hole in the Wall as a child and a volunteer several times, I felt privileged to have to opportunity to give back in such a monumental way. I trained hard, ran the race in the most dismal of conditions, and fell in love with the sport in the process. A good friend, Tom Cowen, invited me to join him in running the Redding Run for the Cows, but it being only a few weeks after the marathon, I opted for the 7mi run. Well, after enjoying the marathon, I decided to upgrade to the half marathon distance, my first ever, and while it rained on race day, conditions weren't nearly as bad as they were for Boston, so I had an incredible time.

I finished out 2018 with four more half marathons, a Ragnar Relay, 2 half Ironman distance triathlons, and the Marine Corps and Philadelphia marathons. I'll be running the Boston Marathon for The Hole in the Wall and the Run for the Cows (Mighty Cow!) again this year, but this time I'm taking a quick to London in between to run my second World Major marathon!

9. NEWBIE CHRONICLE – LYNDSEI P.

3/7/19 | 2.73 miles | 32:08 | Avg 11:45 | Tempo Run | Greenway

I had a little mess up with my app today, so I actually ran more than was recorded. My focus for today's run was to keep an even pace. This is something I struggle to master. I get so excited at times that I jolt forward, but then get worn down at other places. It was really cold feeling today. Nonetheless, I enjoyed my run quite a bit.

3/13/19 | 2.92 miles | 32:47 | Avg 11:14 | Interval Run | Greenway

I really, really enjoyed myself today. I have been doing strength performance training with weights for runners and I think it really made a difference today. I felt strong in my back, like I stood taller when I ran. I even kept a decently even pace in today's run. It was a nice day and a nice run.

3/14/19 | 2.93 miles | 31:43 | Avg 10:49 | Interval Run | Greenway

I ran the whole time and kept to my intervals—my running partner did too! I really enjoyed my run. Struggled with my last interval, I was starting to get tired. There was a man running ahead of me with such ease, like he was floating above air, barely breaking a sweat. Meanwhile, I was pushing myself coming up behind him. I hope one day I can handle that speed with such ease too. I almost had to walk my cool down but I didn't. I think the weights yesterday worked my abs—it would be nice to get a six pack too!

3/17/19 | 4 miles | 46:41 | Avg 11:10 | Long Run | Hilly Home

It was a rough start for me in today's run, but I eventually got into the groove of things. It is so beautiful out. I feel so lucky to get to feel the warm sun on my skin. It quickly brought me out of the grogginess I felt at the run's start. It was a bit windy, but again that sun brought me happiness. I am starting to get Spring fever!

3/21/19 | 1.88 miles | 30:12 | Avg 16:04 | Walk | Greenway

It came suddenly and all at once. It has been years since I suffered through any type of bug, but tragedy struck me late Monday night into Tuesday. I got

the puke bug. I decided a walk would be best to recuperate, as I am still pretty weak. It was good to get fresh air.

3/27/19 | 3.20 miles | 52:08| Avg 16:17 | Walk | Greenway

I debated allowing more rest, I have still been recuperating. I decided to go on a walk with my aunt. She is a pretty fast walker, so I even broke a sweat. I am glad I went, but I am exhausted. Even though I am frustrated that I couldn't push my body into a run (I was doing so well!), I know I needed the rest. Hopefully this gives me the strength to make up for it next week.

3/28/19 | 2.38 miles | 38:39| Avg 16:14| Run | Greenway

Had to take it easy with a walk/run. I am still pretty beat up feeling from being sick. It felt good to stretch my legs into a run. I am also glad I went. It was a beautiful sunny day.

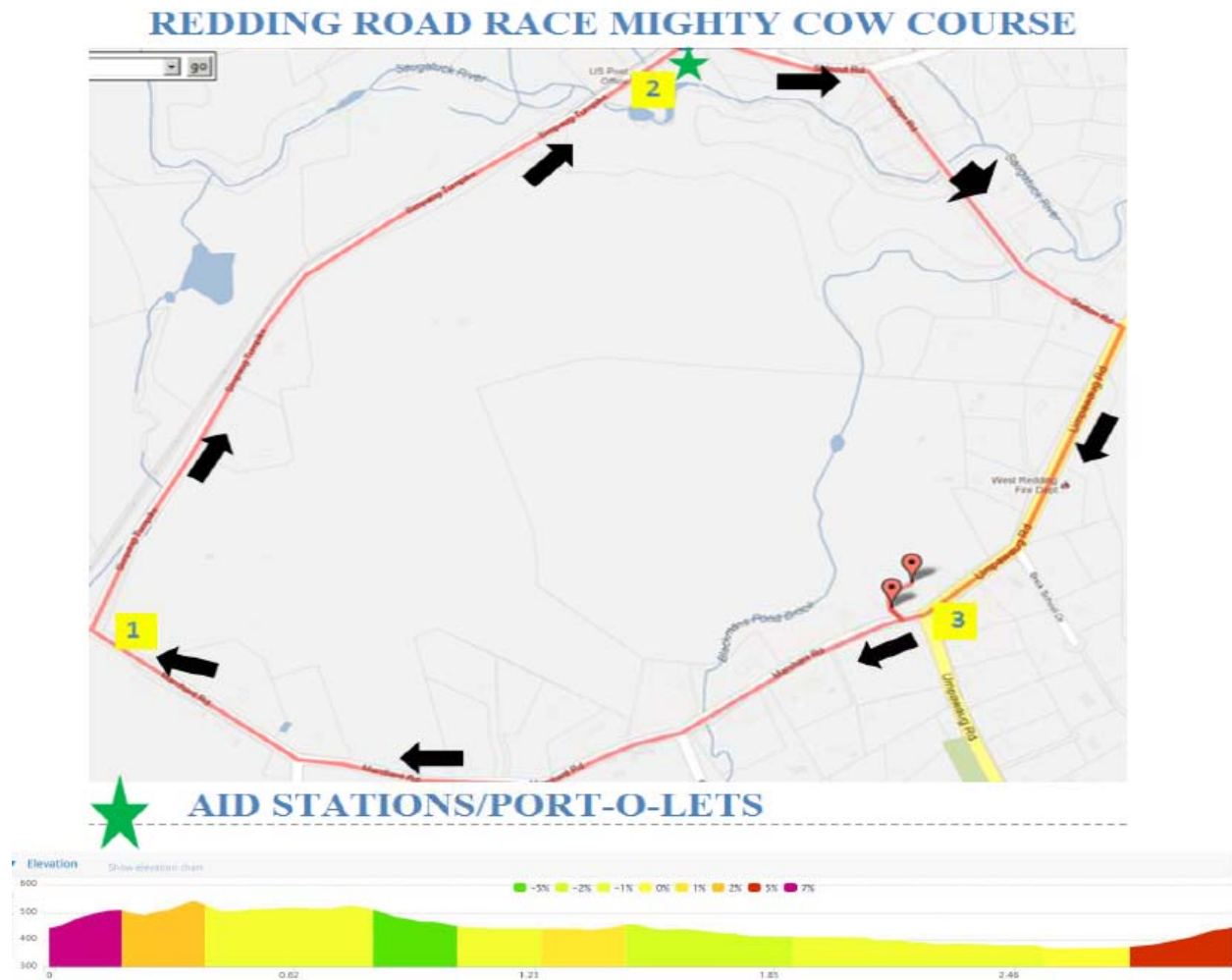
3/30/19 | 3.82 miles | 46:42| Avg 12:13 | Long Run | Hilly Home

This was hard again. I couldn't get out of bed this morning. I had to start new medication for the Lyme and maybe that stupid bug is still lingering. But I was determined to do something. I did my plan's full time and mileage, even though I was exhausted. I am proud of myself, even with a walk/run again. My body hadn't wanted to do anything at all. I know allowing myself to heal is important, and I want to do the best I can in May. I hope I heal a lot more by then. My average pace actually kept pretty close to what the plan called for, but I definitely was not steady. I'm determined not to let this get in my way.

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

In this issue, we preview the Mighty Cow 5k race and the 7 Miler. In the next issues we'll preview 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 or 7 miler!!

11. 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 the “business district” of Redding. 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.



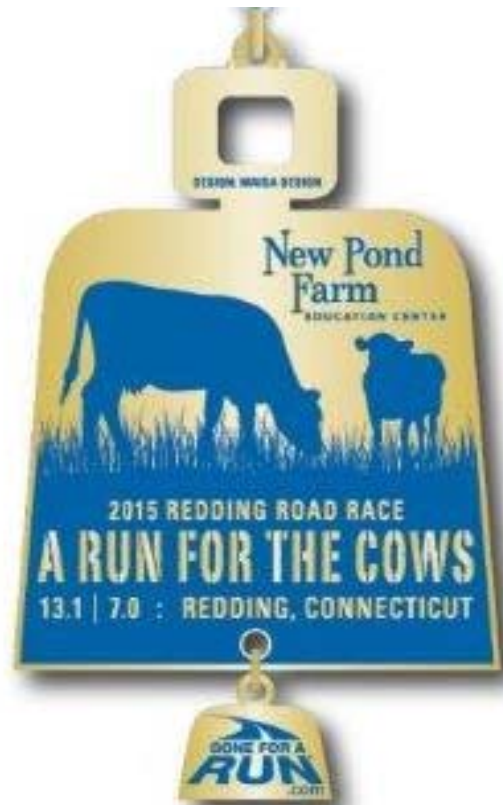
Barn you run through at the end– where else can you do this??



Trestle you run through to the finish after the barn

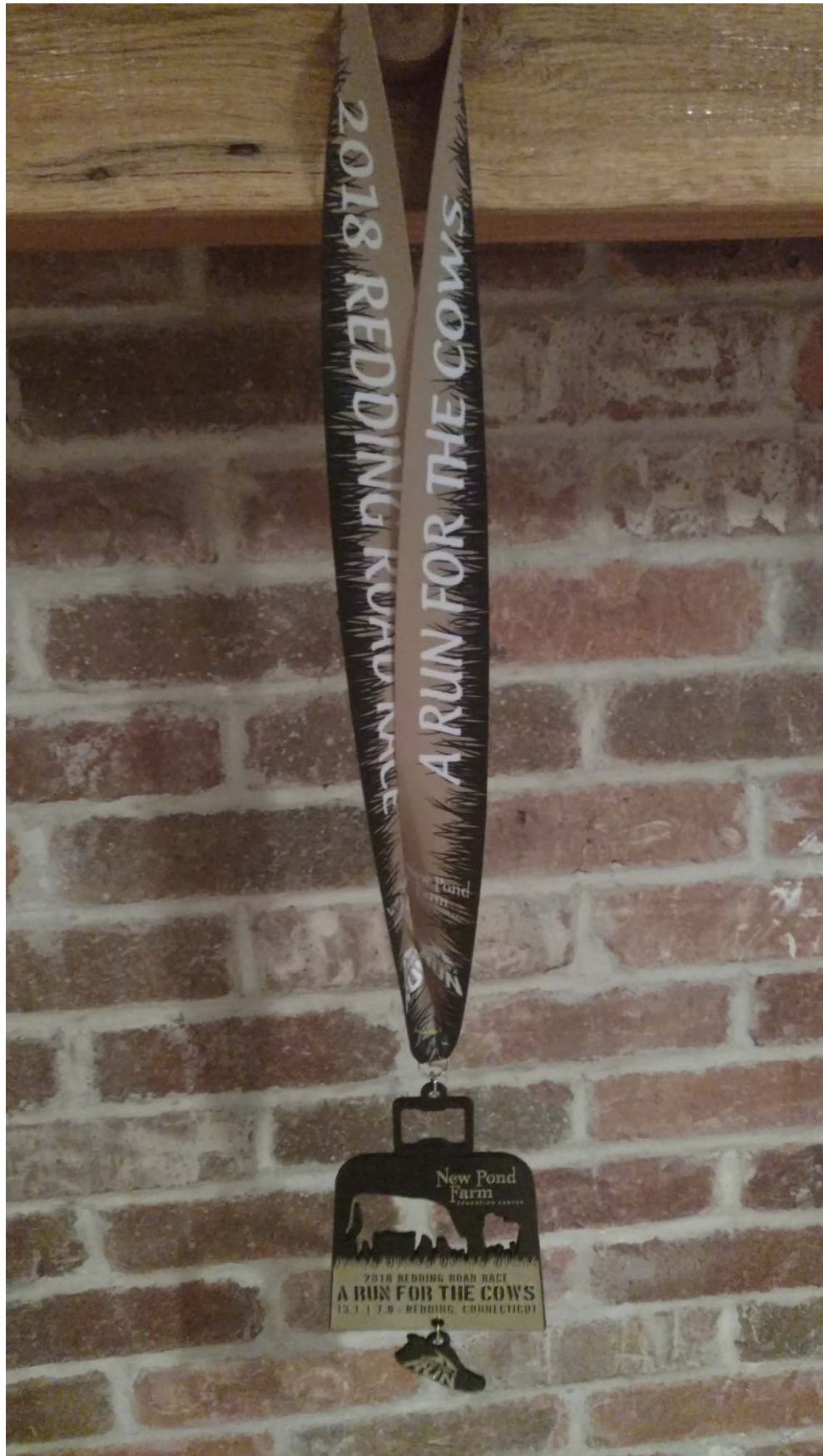
12. MEDALS THROUGH THE YEARS??)

















Cheers,

John