



DESIGN : MAIDA DESIGN

**REDDING ROAD RACE NEWSLETTER
RUNNER INSTRUCTIONS**

19 Volume 6

4/28/19

1. WEATHER FORECAST – Hoping the forecast holds!!



2. RACE WEEKEND SCHEDULE

RACE TIMES:

**REDDING ROAD RACE
SCHEDULE OF EVENTS**

**7:15am Early Half Start
Farm Road By Tent (A)**

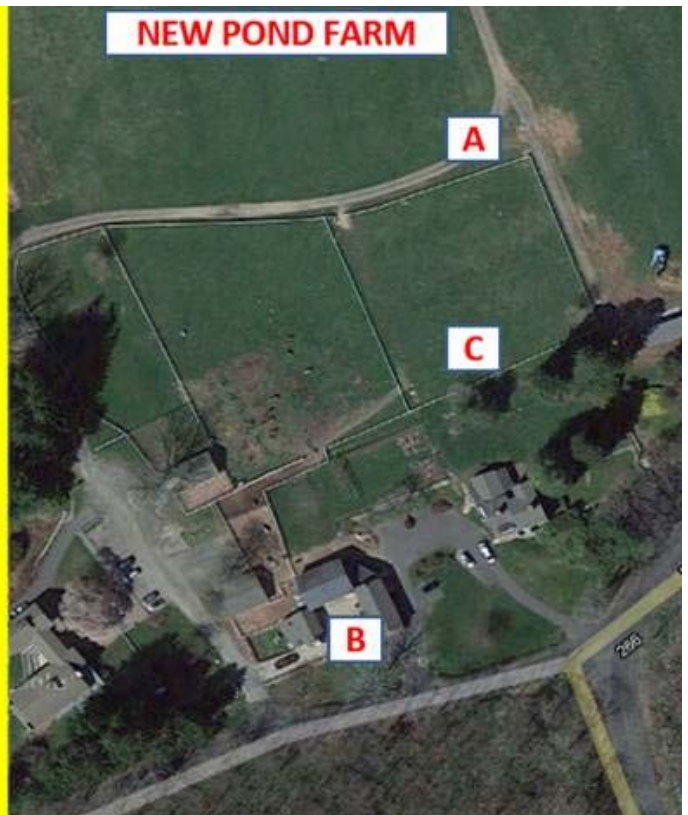
**7:20am Mighty Cow Start
By Front Barn (B)**

**7:30am Piglet Prance Start
By Front Barn (B)**

**8:00am Half Marathon Start
Farm Road By Tent (A)**

**8:35am 7 Mile Start
Farm Road By Tent (A)**

**10:30am Award Ceremony
By Food Tent (C)**



SATURDAY MAY 4TH

- **Noon – 5pm:** Expo at New Pond Farm (also known as baggage Pickup)
 - **Please don't arrive earlier than noon as we will setting up and unable to accommodate bag pick up**
 - **3PM 3 miler casual fun run with Kara and Bill**

SUNDAY MAY 5TH (RACE DAY)

- **6:00am - 8:00am:** Race Packet Pick-up and Kids Race Day Registration (IF NOT SOLD OUT, IT'S CLOSE)
- **7:15am:** Early Start at the starting line on the farm road– **only** for half marathoners who anticipate running **longer than 2 ½ hours**
- **7:20am:** Mighty Cow Start by the barn out at Marchant Rd – 5k followed by the normal half race or 7 miler
- **7:30am:** Piglet Prance Kids Race through the barn out near Marchant Rd led by Kara, Bill, Adam and me
- **7:50am:** Mighty Cowers finish their 5k (approximate)
- **7:50am:** National Anthem
- **8:00am:** Half Marathon Start at the starting line on the farm road
- **8:35am:** 7 Mile Start at the starting line on the farm road
- **9:20am:** First Half Marathon runners and first 7 milers arrive
- **10:30am:** Award Ceremony starts (hopefully)

Pre-Race Logistics

- **Arrive early** – grab some food and coffee as the main races **WILL START AT 8am and 8:35am** – we start on time in Redding!!
- **Parking** - Drive in through the main entrance and follow the directions of the parking attendants. The circular parking area is for medical only. Refer to the map in the following pages.
- **Huge Tent** (55'x120') – From your car, proceed to the big tent and pig up your race bag. We have over 50 volunteers for this process so, it should go smoothly. Find your bib number from the big board (if you don't know it already) and go to the appropriate bib line (based on bib number, not Piglet Prancers who have their own dedicated bib table). After getting your bib and pins, you'll be directed to the “assembly line” gift pickup where you will get (1) your lunch bag, shirt, hat, cowbell, bumper sticker, tin cup and other

stuff (yes we spoil you!!) After picking up gifts, go to the food tent and grab some food, coffee, etc.....or go to the massage tent for a re-race massage.

- **Bib** - Timing Chip is secured on the back of your personalized bib; so make sure you wear it and keep the bib secured. Also make sure that the chip number on the back matches your race number on the front. Make sure to grab 4 safety pins. There are two different bibs for the two different races. If you switched races, you will still have the other race's bib color, but no worries as it will work properly.

- Bag Pickup – steps:
 - Either memorize your bib number from the roster in this newsletters or look it up on the Bib Lookup Table.
 - Proceed to the bib table corresponding to your bib number.
 - After getting your bib (and safety pins, if needed) proceed to the assembly line gift pickup to get all of your gifts.
- Shirt Exchange – You **CANNOT** exchange your shirt size until after the race. We placed the order by what you ordered. If there are extras after the race, you are free to exchange.
- **Bag drop** – Located on the opposite side by the big tent where you picked up the runners packet. Alternatively, you can walk your bag back to your car, which is probably 30 seconds away. You can also leave clothes at the start or **ONLY THE FIRST AID STATION** and we will transport them back to baggage pickup.
- **Port-o-lets and bathrooms** - 25 port-a-lets near the tents, **LINE UP IN SINGLE FILE** LINE BEHIND EACH ONE THIS YEAR – IT SPEEDS UP THE PROCESS, BELIEVE ME. There were no lines last few years (find another race that can say that!!) 1 Port-o-let will be at each aid station except for the 3rd on (Camp Playland)
- **Pre Race Massages** – provided by Tony's Kneaded Touch and his crew in the smaller massage tent located right past the finish line.
- **Vendors/sponsors** – Located under the tent.
- **National Anthem**- Will be sung at approximately 7:50am on the hay cart.

- **Proceed to start** after the national anthem (for halfers). 7 milers should proceed to their start after cheering on the halfers as they pass by.

RACE LOGISTICS

- **Starting location-** On the main loop of the farm.
- **Be on time** for the Cow Bell Start
- **Net chip timing** –We have timing mats at the start and finish for both races (there is smaller field for the Mighty cow 5K so starts mats aren't necessary).
- **Course turns and signs**
 1. “Caution, road race” signs on every street.
 2. “Aid station” signs before every aid station
 3. “Arrow directional” signs before every turn. The turns will also be marked in paint on the road and we'll have a police officer on every turn to make sure you don't make a wrong turn.
 4. Other, “fun” signs.
- **Aid Stations** – **8** aid stations for the half, including an orange slice zone, a candy zone (with Pepsi too) and a cold sponge zone (to cool off). For the 7 miler, 4 aid stations with all the specialty ones the half has. All aid stations will have water and Gatorade .They'll also all have basic medical supplies.
- **Police and medical** – 14 police officers and 4 EMTs located on the course and a cardiologist at the finish line.
- **No dogs** allowed on the course or on the farm (except under special circumstances)
- **Please don't litter** – each aid station has garbage cans. Please keep your garbage in the vicinity.
- **DJ will be announcing names** as you finish.
- **The finish line** will be about 10 seconds after you go through the barn.

POST RACE LOGISTICS

- **Food** – Same as before the race plus pizza, New Pond Farm chocolate milk, cookies, muffins and other surprises.
- **Massage** – available after the race led by Tony Trujillo – Look for the massage tent right by the finish area
- **Award Ceremony** – If you think you may have won an award (three deep for both races in **5 year age group** categories) and can't stay around for the awards, please see us before you leave. Results will be posted as quickly as possible after the race. No double dipping of awards.
- **Band** – Barry Blumenfield's Bone Dry will be playing – this is a great band!! Relax after the race (maybe bring your favorite cold beverage to pour in your stadium cup and a lawn chair).
- **Please thank the volunteers and sponsors**

THE DAYS AFTER

- **Results** – will be posted as soon after the race as possible and on the website hopefully by Sunday night. Weather permitting, there will be computers to look up your time
- **Send me your comments and pictures**
- **Finisher's Magazine** – will be on the site a few weeks after the race.
- **Please patronize our sponsors** – It is a lot easier for a business to say “no” than “yes” to a sponsorship request. We are extremely lucky to have received unbelievable community support.

FARM TOURS

During the race, volunteers will be having tours of the farm for any spectators who may be interested. Sign up is at the New Pond Farm table under the big tent and is free.

3. DIRECTIONS TO RACE AND EXPO

New Pond Farm: 101 Marchant Rd, Redding, CT 06896

From Norwalk/Wilton via Route 7

Follow Route 7 through Wilton and in Georgetown you will come to the junction of Route 7 and Route 107. You will turn right onto Route 107. Follow Route 107 until you come to the junction of 107 and Route 53. Bear left onto Route 53 and follow it for about 2.5 miles. In this stretch of road, you will pass The Redding Roadhouse on your right, Mark Twain Library on your left and John Read Middle School on your right. Take your first left after the school onto Umpawaug Road. Proceed slowly on Umpawaug for .4 miles and take the second right onto Marchant Road. New Pond Farm has the first three driveways on your right. We have a white farm house and yellow barns. Please pull into the third driveway and park in the gravel lot. Please pull into the third driveway with the New Pond Farm sign and follow our Farm Road down to the pasture for parking.

From Fairfield/Bridgeport via Route 58

Follow Route 58 through Easton and into Redding. You will pass Joel Barlow High School and then, after a mile or so, the Redding Ridge Volunteer Fire Dept.-- both will be on your right. As soon as you pass the Fire Dept. prepare to take your next left, in front of Christ Episcopal Church onto Cross Highway. Go through a four-way stop and then follow this road down and up tremendous hills. You will come to another four way stop by the Congregational Church and a small town green. Follow Route 107 South straight and down another small hill. At this stop sign you will bear left (it's almost like going straight ahead) onto Route 107 South. Follow 107 to the bottom of another hill to the end. At the stop sign you will go right onto Route 53. Travel about 2.5 miles. In this stretch of road, you will pass The Redding Roadhouse on your right, Mark Twain Library on your left and John Read Middle School on your right. Take your first left after the school onto Umpawaug Road. Proceed slowly on Umpawaug for .4 miles and take the second right onto Marchant Road. New Pond Farm has the first three driveways on your right. We have a white farm house and yellow barns. Please pull into the third driveway and park in the gravel lot. Please pull into the third driveway with the New Pond Farm sign and follow our Farm Road down to the pasture for parking.

From Bethel/Danbury via Route 53

Take Route 53 through Bethel and into Redding. You will pass a green sign on

your right saying West Redding Center at Sidecut Road. Pass Sidecut and take the next right onto Umpawaug Road. (If you get to John Read Middle School then you have gone too far!) After .4 miles take your second right onto Marchant Road. New Pond Farm has the first three driveways on your right. We have a white farm house and yellow barns. Please pull into the third driveway on your right and park in the gravel lot. Please pull into the third driveway with the New Pond Farm sign and follow our Farm Road down to the pasture for parking.

From Weston/Westport via Route 53

Follow Route 53 through Weston Center and around the reservoirs. Eventually Route 53 will straighten out and you will come to the junction of Rt.107 and Rt. 53. At this stop sign go straight onto Route 53. Travel about 2.5 miles. In this stretch of road, you will pass The Redding Roadhouse on your right, Mark Twain Library on your left and John Read Middle School on your right. Take your first left after the school onto Umpawaug Road. Proceed slowly on Umpawaug for .4 miles and take the second right onto Marchant Road. New Pond Farm has the first three driveways on your right. We have a white farm house and yellow barns. Please pull into the third driveway and park in the gravel lot. Please pull into the third driveway with the New Pond Farm sign and follow our Farm Road down to the pasture for parking.

4. IMPORTANT PARKING INFORMATION

All parking this year is going to be on the farm – DO NOT TRY TO PARK AT THE WEST REDDING FIRE STATION. As always, we ask you to PLEASE CARPOOL AS MUCH AS POSSIBLE. Each year, I push the registration limit as high as I think parking will allow, and I want everyone to have a parking spot. When planning your trip on race morning, remember about the early start (7:15), the Mighty start (7:20) and the Half Marathon regular start (8:00). If you arrive around those start times, chances are you'll be delayed getting into the farm. If you can, plan to arrive early and grab some food, etc. If farm parking fills up (and it may), the Redding Police Department has given us permission to park on Umpuwaug Road.

SEE MAP OF FARM BELOW



**RUNNER &
VOLUNTEER
PARKING**

HALF/7 START

**VENDOR
PARKING**

**BIB & FOOD
TENT**

PORT-O-LETS

AWARDS

**MASSAGE
TENT**

FINISH

**MEDICAL
PERSONNEL ONLY**

**MIGHTY &
PIGLET START**

**ENTRANCE TO THE
FARM**

5. PRE-RACE STRETCH

We're lining up a stretching company to do a pre-race stretch (not kidding)

6. TRAIN SCHEDULE DURING THE RACES

Barring any unscheduled maintenance trains, there are 2 Southbound trains and one Northbound train that pass through Redding on Sunday mornings, only one of which could affect runners. Half marathoners cross over train tracks three times and 7 milers cross over once. Good thing is these are short trains and only would delay a "lucky" runner about 15-20 seconds. Details:

- The 7:53am Southbound train stops in Redding at 7:48am. This would only delay an early start runner who's running at a pace of 19 minute miles.
- The 9:53am Northbound train passes over the Topstone tracks (right before mile 10 for halfers and mile 3 for 7 milers). This shouldn't affect any runners at the Redding tracks (Redding stop of 9:53am) but may affect runners at the Topstone crossing at approximately 9:50am. Halfers running a 10:30 pace may be delayed for about 15 seconds. The good thing is the train just passes by Topstone at 9:45am, there is no stop.
- The 10:49am Southbound Redding Train should not affect any runners.
- There's always the chance of an unscheduled Rogue train coming through, but that's out of our control



AGE GROUP PARTICIPANTS

	Female	Male
Half Marathon		
Male/Female Under 20	3	7
Male/Female 20-24	8	6
Male/Female 25-29	24	11
Male/Female 30-34	27	15
Male/Female 35-39	72	26
Male/Female 40-44	72	45
Male/Female 45-49	64	57
Male/Female 50-54	51	49
Male/Female 55-59	21	43
Male/Female 60-64	22	13
Male/Female 65+	2	12

	Female	Male
7 Miler		
Male/Female Under 15	10	8
Male/Female 15-24	17	9
Male/Female 25-29	22	8
Male/Female 30-34	22	14
Male/Female 35-39	62	26
Male/Female 40-44	84	22
Male/Female 45-49	78	30
Male/Female 50-54	62	24
Male/Female 55-59	41	23
Male/Female 60-64	11	14
Male/Female 65+	7	13

7. COURSE SIGNAGE

Over 200 course signs:



Half Marathon Mile Marker



7 Miler Mile Marker



Kilometer Marker



Course Directional Sign



Sample course fun sign

8. COURSE MAPS

HALF: <https://runsignup.com/Race/ReddingCTRoadRace/Page-5>

SEVEN: <https://runsignup.com/Race/ReddingCTRoadRace/Page-6>

Mighty: <https://runsignup.com/Race/ReddingCTRoadRace/Page-7>

9. 2019 RACE SWAG = WHERE ELSE DO YOU GET THIS!!



Hoodie (Mighty Cowers only),

Everyone: shirt, bib, medal, license Plate holder, lunch bag, cup, cow bell, phone wallet

Piglet (Piglet Prance only)

Race winners: Cow acrylic trophy, Glass mason jar, Glass coaster set of 4



The tent is going up, cheers!!

John