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REDDING ROAD RACE NEWSLETTER

20 Volume 1

1/8/20

Thanks again for registering for this race so quickly – I can't tell you how much easier it is to order all the swag when the race sells out months before the race!! We are nearing a sellout, still have a few bibs left and will be sold out soon.

2020 RACE STATISTICS

Average runner age: 45.6

Female/Male breakdown: 61.0% female (You can figure out the male %)

States represented: 21 (WOW!!): AZ, CA, CT, DC, DE, FL, GA, IL, MA, MD, ME, MI, NH, NJ, NY, PA, SD, TN, VA, VT, WA

Countries Represented: 5: Canada, Germany, Hong Kong, Mexico, United States

CT Towns represented: 94 (out of 169 towns in CT)

% of 2020 new runners (runners who've never experienced the Redding hills): 31% - pretty amazing, as we get a bunch of new people introduced to New Pond Farm. HINT: Hill Training is a really good idea!!

Extra donations, above registration fees: \$2,409, thank you so much! We lost our Lead sponsor this year (not sure why), so every dollar helps the Farm. As always, 100%+++ of profits from the race go directly to the farm.



1. SPECIAL GUESTS AT THE RACE



We are pleased to announce that **Ryan Hall and Bill Rodgers** will be at the race year. I have to coordinate with them, but, hopefully we will have some signed pictures and maybe books available for purchase on race weekend. We're also looking to possibly set up a screening of Ryan's movie, the 41st Day.

A quick note from Ryan: "I hope all your winter training is off to a good start! I know how hard it can be to lace up the shoes during these cold winter months when the alarm is going off and it is still pitch dark outside. It would be much easier to settle in by the fire for a lazy morning then go hit the roads in freezing temps. During these moments of waning motivation it is really important to have an exciting goal such as the Redding Road Race to get us out the door. I want to encourage you guys with the same thing I tell my athletes that I coach, Including your Redding Race Director, John: the battle is won or lost in the base building phase that occurs months prior to competition. This is the time we lay the foundation for our fitness to build from. The bigger the base, the higher we can go in the months to come. May you find the inner strength to tackle those cold miles knowing it will pay off come May 3rd! I'm so excited to be joining you guys this spring! Until then happy training!"

About Ryan:

Ryan Hall is a retired American long-distance runner who holds the U.S. record in the half marathon (59:43) and has ran the fastest marathon by an American in history (2:04:58). He finished tenth place in the 2008 Beijing Olympics, and is considered one of the greatest marathoners in American history.

About Boston Billy:

"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. Bill's girlfriend, Karen and brother, Charlie are also scheduled to run the 7 miler.

2. 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 if you have an extra 20 minutes in your day:

<https://vimeo.com/196319204>

3. WHAT IS NEW POND FARM EDUCATION CENTER

(<http://www.newpondfarm.org/>)

Exactly what is this not-for-profit that you are running for on May 3rd? 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!



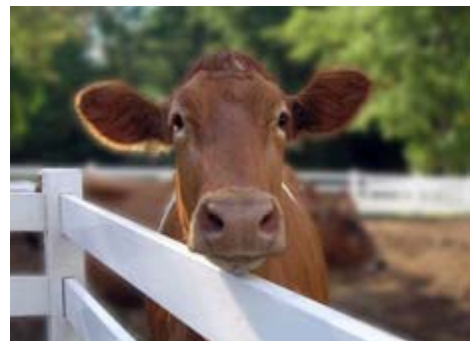
Connecting people with the land that enriches and sustains us all.

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.

4. **WRITERS WANTED** - I will be documenting my training through my 4/4 marathon and a certain 7 mile race on May 3rd. I thought it might also be cool to chronicle one (or more) newbies stories. Meaning, if your first 7 miler or half marathon is on May 3rd with us and would like to write a journal from now through race day to share with us all, please contact me. Also, send me your running stories – challenges you've gone through to be running on May 3rd.

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. 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.



Our Running Club Shirts

7. 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 all that is easy to find.

Litchfield
Community
Center

[f](#) [ig](#) [yt](#)

About Us

Donate

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18th Annual Bob and Peg Andrulis
Sweetheart Run/Walk

Saturday, Feb 8, 2020
11:00 am - 2:00 pm

Location:

Cost: Adult: \$30.00 - Kids 10 &
under: \$10.00 - 80+: FREE

* Pre-Register And Save!



<http://www.lightboxreg.com/18th-annual-bob-and-peg-andrulis-sweetheart-run?func=&mobile=0>

8. 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.

9. 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



2020 Medal with 3D working bell – yours to earn!!

10. SPONSOR SPOTLIGHT



Terri McCleary
REALTOR®

Ridgefield
456 Main Street,
Ridgefield, CT 06877

Cell: (203) 448-0046

tmccleary100@gmail.com

Our first sponsor is a realtor who shares the same last name as me!! Okay, she's my lovely wife who deals with me 365 days a year!!! Terri has retired from teaching and is now a Realtor with Berkshire Hathaway and a Redding Road Race runner and sponsor. If you are selling a house in Fairfield County, or, better yet, buying one, please consider contacting Terri.



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

Cheers,

John