



## REDDING ROAD RACE NEWSLETTER

20 Volume 3

2/26/20



Waterfall just before mile 4 on the half course





## 1. RACE STATS FROM THE 1<sup>ST</sup> NINE YEARS

% Female: 62%

% Male: 38%

Redding Participants: 12%

Total Piglet Prancers (our race's future): 700+, with more to register

Total Added Donations (above registration fees): \$27,468 (Thank you!!)

Total Countries Represented: 10: United States, Canada, Columbia, Germany, Hong Kong, France, Great Britain, Mexico, Norway and Ireland

Total States Represented: 33: AZ, CA, CO, CT, DC, DE, FL, GA, IA, ID, IL, IN, MA, MD, ME, MI, MN, NC, NH, NJ, NY, OH, OK, PA, RI, SC, SD, TN, TX, VA, VT, WA, WI

Total Ct Towns represented: 165 (out of 169)

Female Half Course Record: 2015 Liz Campbell; 1:24:26; 6:27 Pace

Male Half Course Record: 2019 Piotr Kostyk; 1:20:01; 6:07 Pace

Female 7 Mile Course Record: 2017 Theresa Campbell; 49:03; 7:01 Pace

Male 7 Mile Course Record: 2015 David Hambleton; 44:49; 6:24 Pace

Youngest 7 Miler: 6 years old

Youngest Half Marathoner: 12 years old

Most Experienced 7 Miler: 78 years old

Most Experienced Half Marathoner 77 years old

Average Age of Runner: 42 years old

Very Humbled Race Director: 1

## 2. REDDING RUNNING FESTIVAL

### **RACE DAY SCHEDULE (SATURDAY JUNE 27<sup>TH</sup>)**

4:00pm – Race Time      Packet pickup  
5:00pm – 9:30pm Live Bands, Food and beverages included with registration  
6:00pm      National Anthem  
6:05pm      Final 5K and 1 Mile race instructions + walk to start line (led by the reenactors)  
6:15pm      5K and 1 Miler Start  
6:50pm      Final 9K race instructions + walk to start line (led by the reenactors)  
7:00pm      9K Start  
9:30pm      Fireworks  
9:45pm      Drive safely home









**REGISTRATION LIMITED TO 1,000**

### 3. PUTMAN PARK

One trip out-of-towners might want to make on race weekend is to Putnam Park, the “Valley Forge of Connecticut.”

## **PUTNAM MEMORIAL STATE PARK**



**‘Connecticut’s  
Valley Forge’**

State of Connecticut  
Department of Energy and Environmental  
Protection  
Bureau of Outdoor Recreation  
State Parks Division  
Hartford, Connecticut 06106

### **BE A FAN OF PUTNAM PARK**

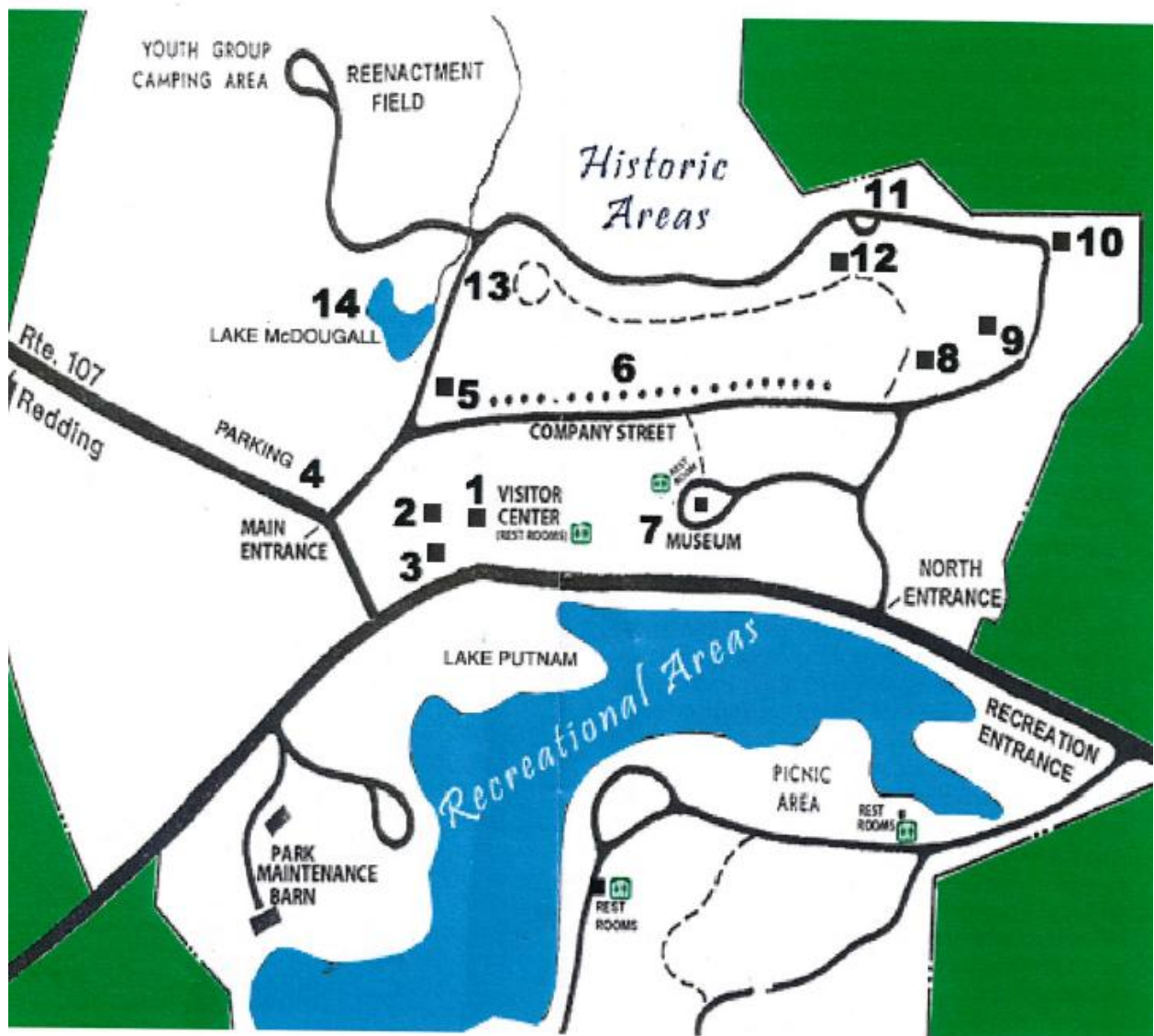
**OUR MISSION;** To help promote and preserve the historical, educational, and recreational values of Putnam Memorial State Park.

**WHO ARE FANS MEMBERS, WHAT DOES FANS DO?** The FANS of Putnam Park is comprised of members of the community whose appreciation for the Park keeps them active in its stewardship, as well as organizing events for the community to enjoy. Many other “Friends” appreciate the goals of FANS and support it with a yearly membership contribution. Here are some of the FANS activities that are currently supported by membership contributions: **Re-enactments including the 235th Anniversary Celebration - Living History School Days in May - The December Winter Walk - Summer Colonial Craftsmen Demonstrations - Support Park Historical Interpretation/ Preservation - Visitor Center Interpretive Displays - Purchase Historical Items - Needed Park Supplies - and more.**

**HOW YOU CAN GET INVOLVED:** Members are always welcome to get involved. Come to our monthly FANS meetings held at 7:00 PM on the first Monday of each month in the Visitor's Center, except August and December. Or if you have a question, email us at:

[Friendsofputnampark@yahoo.com](mailto:Friendsofputnampark@yahoo.com)





Putnam Memorial State Park is open year round from sunrise to dusk. The Visitor's Center and the Museum are open from Memorial Day (May) to Veteran's Day (November) from 10:00 AM to 5:00 PM, Monday through Sunday. Our Interpretive Guides will greet you and answer any questions you may have. We are located at: The Visitor's Center at 499 Black Rock Turnpike, Redding, CT at the junction of Routes 58 and 107 and the Museum at 501 Black Rock Turnpike, Redding, CT along Route 58,



## HOW CAN YOU CONTRIBUTE TO BECOME A FRIEND OF PUTNAM PARK?

Check the Yearly Membership Level You Wish to Participate at:

- ☐ Scout \$10 (for students)
  - ☐ Individual \$20
  - ☐ Family \$35
  - ☐ Patriot \$50
  - ☐ Loyalist \$75
  - ☐ Captain \$100
  - ☐ Colonel \$250
  - ☐ General \$1000 (Life Membership)
  - ☐ Contribution \$\_\_\_\_\_
- Check enclosed for \$\_\_\_\_\_

Payable to: FANS of Putnam Park

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State , Zip \_\_\_\_\_

Telephone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

We will not distribute your e-mail address for any purpose other than newsletters when available.

Employer charitable gift match programs will effectively double your support of Putnam Park. Gifts are fully deductible for tax purposes under Section 501(c)3 of the Federal Tax Code.

Mail to: Friends & Neighbors of Putnam Park  
PO Box 736  
Redding, CT 06896-0736

Visit [www.putnampark.org](http://www.putnampark.org) for more information on the Park and the FANS Group.

## A Self Guided Tour

1. **Visitor's Center\***-This building was built in 1893 as the pavilion. It was used as a shelter during inclement weather, for dances, picnics and town events. The upstairs was used as the original park museum. The building was dismantled board by board in 2005, and reconstructed into a 4-season climate controlled visitor's center where visitors can get a park orientation prior to entering the historic encampment.
2. **"Camp Guardhouse"**-A log hut which was reconstructed about 1890 on the remains of a hut from 1778. The actual purpose of the original structure is in question, although local lore said it was the Guard House. The construction and size of the hut gives the visitor an approximation of one of the 116 enlisted men's. Each hut contained twelve soldiers.
3. **"Putnam's Escape At Horseneck"-Bronze Statue**-is on the front lawn of the Visitor's Center. It was sculpted by renowned local artist Anna Hyatt Huntington at age 94 at her estate just a few miles from the park. The sculpture depicts General Israel Putnam's legendary ride down the stone steps in Greenwich, then called "Horseneck", where he narrowly escaped from the British Dragoons.
4. **Main Entrance Area**-Civil War cannons and blockhouses flank the road. Blockhouses were used in frontier areas during the French and Indian War where Israel Putnam achieved fame for his courageous exploits. There are several other Civil War cannons inside the park. These weapons were surplus arms from the Civil War which ended only a few years prior to the park's commissioning. The gateway view focuses on the Monument.
5. **Memorial Monument**-Constructed in 1888, one year after the commissioning of the memorial park, this monument honors the men of the three different camps in Redding during that winter of 1778-79. The monument was the very first structure erected at the park. The visitor can read the names of the different brigade generals who commanded the camps under Major General Israel Putnam's command.
6. **Collapsed Chimney Remains (Firebacks)**-The enlisted men's encampment consisted of 116 log huts set in a double row for almost a quarter mile down the company street. The only above ground remains of those huts today are the piles of collapsed stone chimneys. Each stone pile, or fireback, marks the location of a 1778 hut. The men camped in this location belonged to Brig. Gen. Enoch Poor's New Hampshire Brigade and the 2nd Canadian Regiment under Col..

#### 4. REDDING RUNNING CLUB

Come run with us!! Email me if you want to be put on the RRC weekly distribution list





## 5. SAVE THE DATE – RRR18 PREVIEW RUN



Designed by TownMapsUSA.com

**Sunday, March 29<sup>th</sup>, 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)



## 6. RUNNER STORY - MICHAEL

Hi John, and yes; I would love to share my story. I am retired police detective from the city of Waterbury (retired in 2015). During my police career I had the misfortune of facing some extensive injuries requiring several surgeries, including a full L4-S1 spinal fusion and a fully ruptured quadriceps tendon. After I retired in 2015 I went to work at a prep school as a security officer. The wellness coordinator kicked off a 'biggest loser' challenge in April of 2018 and I joined up. I weighed in at 274 pounds; and after 8 weeks I had lost 16 pound and won the competition. I was now 49 years old and almost 250 pounds, but heading in the right direction. I continued to eat well and exercise almost daily on our elliptical machine in the basement.

I had started jogging around the track at my daughters softball games through the summer, and noticed that running seemed to really help push me over the weight loss plateau I had reached, so on my birthday in September I was determined to run a 5k. I made the distance on our greenway path in Brookfield. It took me 37 minutes, but I had run a 5k at 50 for the first time in my life. Later in the next month I signed up and ran a real 5k for the first time running in the Brookfield Halloween 5k. It was tough, but I had finished in about 34 minutes. I continued to sign up for 5k's throughout the fall and winter, doing 1 per month with a friend.

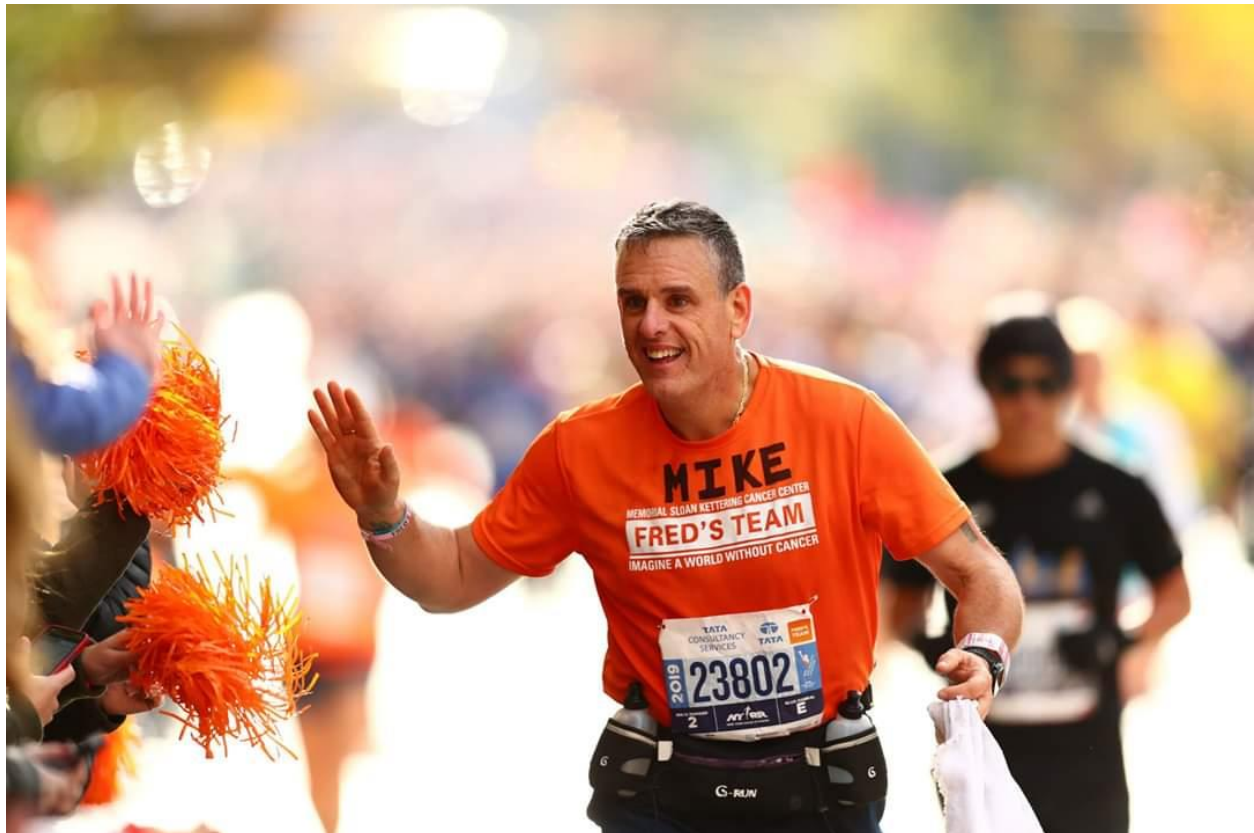
My weight continued to drop, and my finish times did too. That fall we also took a blow when this same buddy's daughter, and my daughter's best friend was diagnosed with a rare bone cancer. I had decided that I was going to run the Boston Marathon for Dana Farber in honor of Maddie. I continued to run through the winter, getting better, faster, and fitter; and Maddie's prognosis and treatment at Memorial Sloan Kettering in NYC was also improving.

On July 4th at their home, Maddie's mom, who is a fantastic runner herself, shouted "You're not running in Boston, you're going to do New York City this fall, you're ready and you're going to run for Fred's Team for Maddie's hospital!" What could I do, I signed up on the spot and began Hal Hagdon's novice marathon training program. I made all my runs, and few races...(even a 9k in Redding!) and by marathon day I was more than ready. I had transformed my mind and body,



losing a total of almost 90 pounds, on race day I was 188; and my 5k times were now in the 9 minute mile range...I ran the Army 10 miler at a 9:36 pace in Washington DC in October. Running has turned out to be a passion that I didn't know I had. With the support of friends and family, I average about 40 miles a week. I completed my first marathon in NYC almost exactly a year to the date that I ran my first ever 5k, and raised nearly \$9,000 for pediatric cancer research in the process. My resting heart rate hovers around 45 now, my blood pressure is an average of about 98/60, and my VO2 max has climbed to 50. Running has made me healthier and more active at 51 than when I was a 26 year old police academy recruit.

This November I will be running again for Fred's Team and fundraising again for pediatric cancer research (Maddie continues to impress the heck out of us with her recovery), and in the meantime squeezing in the NYC Half, the Run for the Cows Half, the Brooklyn Half, and several more I'm sure. I hope my story can inspire others to get out there and go for a run...it's never too late.



## 7. RUNNER STORY – BRIAN

A decade ago, I embarked on a journey with my best friend, Nick Messing, to run a half marathon in all 50 states. The Redding Road Race will mark our 48th state and 55th half marathon together (with only North Dakota and Alaska to be completed in May and July of 2020). The journey has been one of personal fulfillment and a spectacular way to see our country from coast to coast and beyond. We are more than thrilled that the Redding Race will allow us to color in Connecticut on our completion map! **Brian will be receiving bib #48 for the race, of course!**





## 8. [BILL RODGERS REMEMBERS HIS FIRST NYC MARATHON](#)

With this year being the 50<sup>th</sup> NYC Marathon, this article from 6 ½ years ago seemed appropriate

### **Bill Rodgers Remembers His First New York**

**The 1976 marathon winner talks about the first five-borough marathon, making a career in running and his new memoir.**

**By JONATHAN BEVERLY**

**OCT 30, 2013**



Bill Rodgers, 65, now lives in Boxborough, Mass., and travels to races around the country as a speaker and celebrity of the sport. He runs about 5 miles almost every day, with a 10- to 12-miler on the weekends, for a total of roughly 40 miles per week. "I'm content with it," he says. "It's always fun for me." Running Times caught up with him in July to talk about the book and his recollections of the 1976 NYC Marathon and a life of running.

Running Times: In the book, you tell about encountering stairs on the course of the 1976 Marathon. How big a shock was that?

Bill Rodgers: I remember running along the river, and it wasn't shocking, it was just the way it was. That was road racing in that era. Races weren't designed for speed or records in those days, for bonuses and fast times, which they are in this era. In this era, it's almost like it's not so much a competition and victory. But then, there were no rabbits, let's see how fast you can run and all that; it was more 'Let's race'--that's what New York was the epitome of. It isn't a fast course for anyone. But it is a hell of an experience. No question.

RT: The chapter ends with you having to choose if you would be a teacher or runner. Was that a scary choice?

BR: It was something that was evolving. Maybe because I did so poorly in the Olympic marathon, that played a role for me to go full-time into the sport. I kind of was part of the amateur era, but I wanted to be professional. We were all trying to be that way, runners in the '60s and '70s. We all opened our running stores. That was an attempt to be more professional--train harder, race harder, be able to produce your better efforts.

It wasn't a sad feeling. I loved teaching, and I loved special ed. But I was really getting into racing and seeing what the sport was like at a high level, a global level, racing the top of America, racing Frank Shorter and everyone.

RT: Before that, did you ever think this is something you'd do professionally?

BR: No, no. Never, really. Runners worked, testified before committees, trying to change things so we could earn a living from the sport. Ultimately, everything changed for the better. The whole sport blossomed.



The beauty of the Olympics remained untouched. You still ran for all the things the Olympic Games stand for--representing your country, doing your best. All these things that are like platitudes, that don't seem to exist in the real world, but they are part of our world. And everyone really does want to believe in them, and they still do exist. Not totally, not all the time. But we are so lucky as runners, because we can have that.

RT: In an interview after your fourth New York, a reporter asked if you would rather have four Boston and four New York victories, or one Olympic medal, and you held up one finger.

BR: It is true. I still sort of feel that way, even though many people know Boston or New York. I just love the idea of the Olympics. This is totally wild stuff, the history. No other sport can have history like that. The Olympics, whoa, just unreal. It is a fantastic thing to represent your country. I didn't do it in Vietnam; I was against the war, so this was the path I had left. And it was so much fun.

RT: What do you like best about the book?

BR: The writer, Matthew Shepatin, he made it more than a running book. I really like that. It is something that we all have--we all have friends that played a big role in our lives, like our coaches, our families. It is the nitty-gritty. People like that. Everyone has a story. When I sign the book, I say, 'Keep writing your running story.'

To read an excerpt of Bill Rodgers' new book, *Marathon Man: My 26.2-Mile Journey from Unknown Grad Student to the Top of the Running World*, visit [A Chance for Salvation](#).

## 9. 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.

## **10. PIGLET PRANCERS – OUR FUTURE RRR CHAMPIONS**

The race is before the start of the half and any distance, from 100 feet to  $\frac{3}{4}$  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/CT/Redding/ReddingCTRoadRace>





## 11. [RYAN HALL DOCUMENTARY](#)

### 5 Lessons We Learned From the New Ryan Hall Documentary

The 41st Day follows the former pro marathoner through his highs as an Olympic star and the lows that led to his early retirement.

By HAILEY MIDDLEBROOK

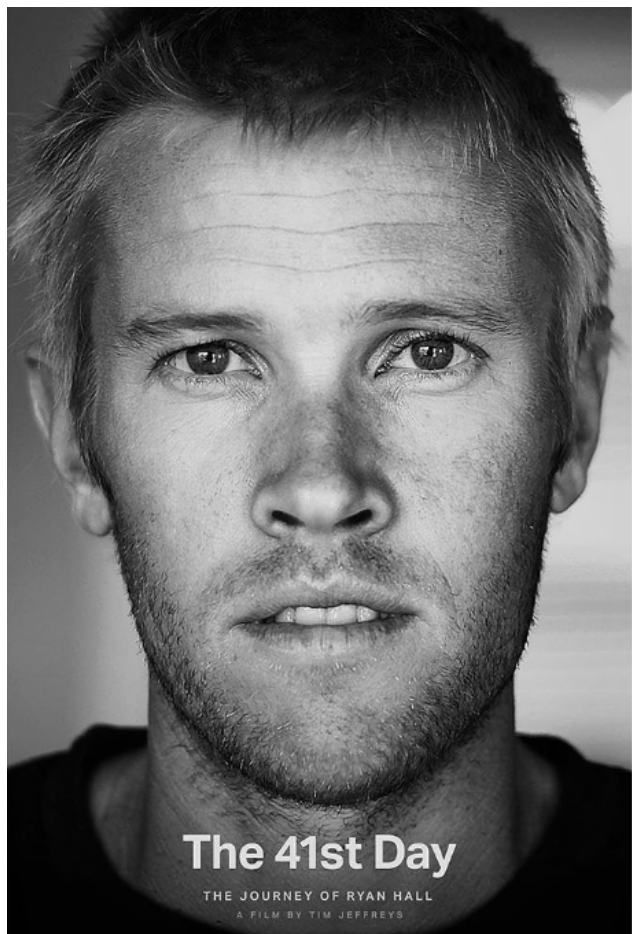
SEP 27, 2019



When Ryan Hall announced his retirement from professional competition at age 33 in 2016, many in the running community were surprised. But to Hall—who owns the third-fastest American marathon time on a record-eligible course (2:06:17)—the decision made perfect sense.

“I’ve always been an all-or-nothing kind of guy,” Hall says in *The 41st Day*, a new documentary set to debut in New York City on September 28. “When I was little and I decided I wanted to run, I knew I would go all in. But I also knew that a day would come when I would wake up and be done with it.”

The documentary, which was provided to Runner’s World for advanced viewing, follows Hall through his early days as a teenage prodigy in Big Bear Lake, California, his meteoric rise as a cross-country and track athlete at Stanford University, and finally his rollercoaster career as a professional runner. You can watch the movie in select cities throughout October ([view the full screening schedule here](#)), and also preorder the DVD, which will be shipped in November.





In the film, Hall is interviewed during pinnacle stages of his career, such as when he set the American half marathon record (59:43) and won the Olympic Marathon Trials in 2007, as well as when he boldly announced in 2010 that he was leaving his coach and turning to God alone for guidance. Throughout the film, we see footage of Hall racing and training, as well as interacting with friends, family, plus his wife—professional marathoner Sara Hall—and their daughters, who all live in Flagstaff, Arizona, today.

While watching Hall break records is inspiring, the best part of the movie is when a more human side of Hall emerges, such as when he's battling an injury or coping with a bad race. Here are five lessons we learned from the film that can apply to every runner, Olympian or not.

### Embrace Challenges, Even If They Scare You

According to the film, Hall first foray into running was in middle school, when he decided one day that he wanted to run the 15-mile perimeter around California's Big Bear Lake. After a few weeks of training, Hall and his dad set off at 7 a.m. along the lake. Fifteen miles later—which felt like an eternity to Hall at the time—the pair finished the loop, and Hall got his first taste of the sense of accomplishment that comes from a long, hard effort.

While not everyone can (or should!) jump into a 15-mile run, it's good practice for all runners to set lofty goals where boundaries have to be pushed. Maybe you're a road racer who has always wanted to try trail running, or you're a marathoner dreaming about crossing an ultramarathon finish line—whatever your challenge is, write it down, then create a training plan to get after it.

### Don't Treat Every Workout Like a Race

Hall reflects on the differences between his high school and college running experiences. While he didn't have any teammates running at his top level at Big Bear High School, he had a whole team to train with when he arrived at Stanford in 2001. During his first two years of college, he competed with teammates in nearly every workout, which taxed his legs—as well as his friendships. In the video, Sara says, "He didn't know the whole working out as a team thing."



While being competitive helps bring out our best performances, knowing when to ease off the gas in training is critical for recovery. Team USA Minnesota coach Dennis Barker told Runner's World that "a runner should achieve a training effect every day," meaning that each workout you do should have a specific purpose, such as recovery (easy day), speed (intervals), or endurance (long run). And when you're training with a group, make sure to decide on the intensity of the run ahead of time, and save your racing for race day.

If Something Feels Off About Your Training, Change It



In 2010, two years after Hall placed 10th at the 2008 Beijing Olympics, the runner—who is a devout Christian—announced he was parting ways with his coach, Terrence Mahon, and letting God direct his training moving forward. According to the film, he made the decision after feeling like he didn't have the same motivation or external support in training like he used to. The change seemed to pay off: in 2011, he set the American course record at Boston (2:04:58).

Runners are a stubborn bunch, but sometimes change can be exactly what you need. If you feel stuck in a rut in workouts and races, you might consider following a new training plan or focusing on a new distance to conquer. For example, when 2020 Olympic Marathon Trials qualifier Leigh Anne Sharek was struggling to break 3 hours in the marathon, she decided to commit to training for a fast mile. Sharek ended up not only breaking 5 minutes in the mile, but also running 2:41:59 in the marathon.

### When Injuries Get You Down, Keep Showing Up

Between 2012 and 2016, Hall had a string of serious injuries that interrupted his training cycles. In the documentary, he speaks candidly about how tough this time of his life was. “You would think that each time you get injured, it gets a little easier to cope with,” he says. “But really, every time you get injured it gets harder, because you get farther away from where you’ve been and where you want to go.”

[Stay injury free on the road by getting on the mat with Yoga for Runners.]

Though Hall had to spend several weeks not running—and was forced to withdraw from Boston and Chicago in 2013—he tried to maintain a positive mindset. “You have to keep getting up in the morning,” he says in the film. The rest of us should follow that advice, too: when you’re dealing with an injury, try to focus on healing each day, rather than dwelling on the fact that you can’t run.

### Remember to Focus On Things Outside of Running



When Hall had bad races or was sidelined with injuries, he leaned on his faith and family for support and focused on other projects, such as helping build a hospital in Kenya through his and Sara's nonprofit, the Hall Steps Foundation. By keeping his life full with commitments outside of running, he was better able to handle the heartbreak of setbacks.

Though most of us are not professional runners, we've likely all been disappointed by a workout or race before. To help cope with these setbacks, it's important to remember all of your other priorities—such as family, friends, work, or another hobby—and give those your full attention.

Running will always be there, waiting for you.

## 12. AGE GROUP AWARDS

We love giving our awards, so each race and gender awards are in 5 year increments, 3 deep with no double dipping (1-2-3 overall doesn't win their age group)

Age groups

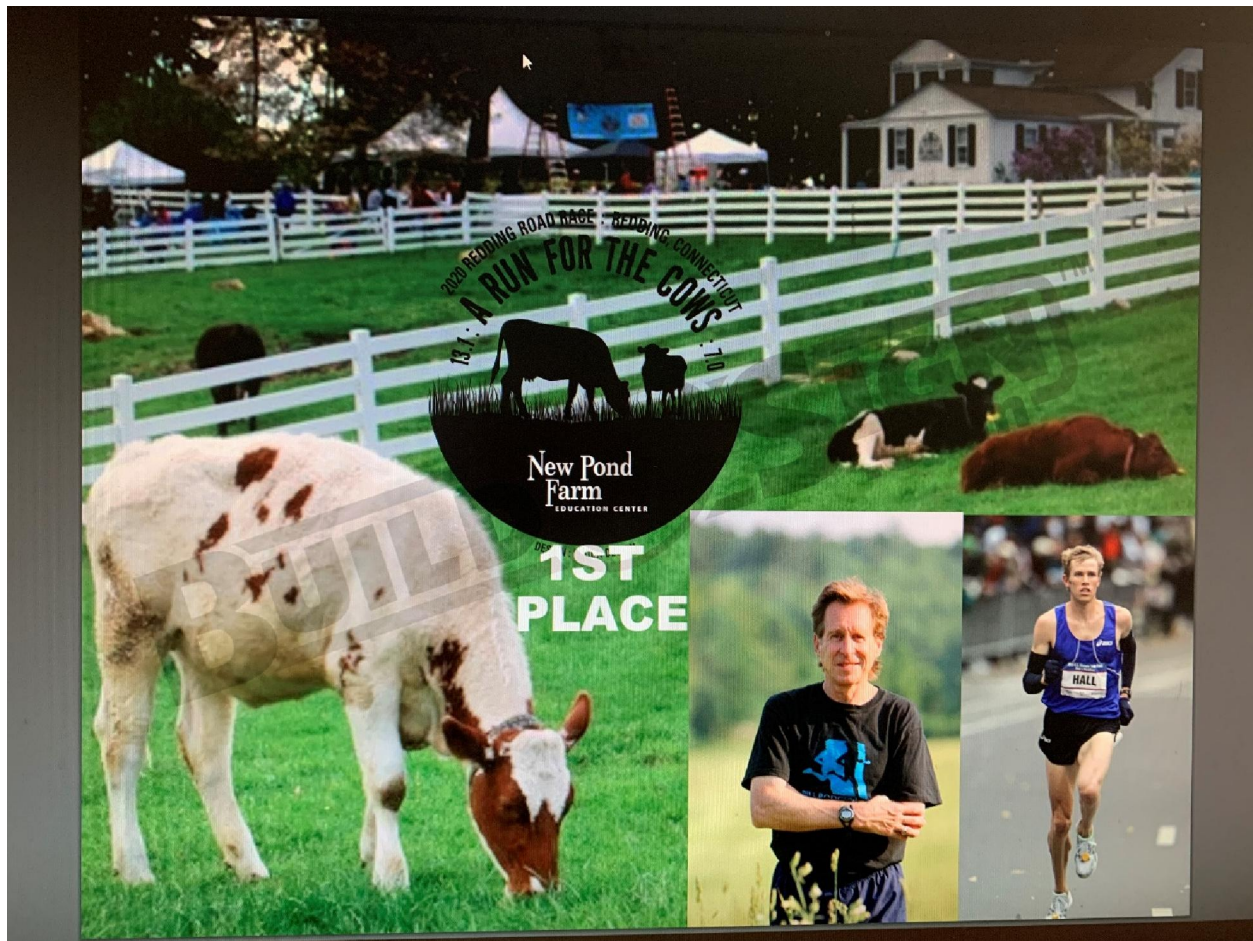
### **Half Marathon**

Male/Female - under 20  
Male/Female - under 20-24  
Male/Female - 25-29  
Male/Female Masters - 30 to 34  
Male/Female Masters - 35-39  
Male/Female Seniors – 40-44  
Male/Female Veterans – 45-49  
Male/Female Masters - 50-54  
Male/Female Masters - 55-59  
Male/Female Seniors – 60-64  
Male/Female Veterans – 65-70  
Male/Female Super Vets – 70+

### **7 Miler**

Male/Female - under 20  
Male/Female - under 20-24  
Male/Female - 25-29  
Male/Female Masters - 30 to 34  
Male/Female Masters - 35-39  
Male/Female Seniors – 40-44  
Male/Female Veterans – 45-49  
Male/Female Masters - 50-54  
Male/Female Masters - 55-59  
Male/Female Seniors – 60-64  
Male/Female Veterans – 65-70  
Male/Female Super Vets – 70+





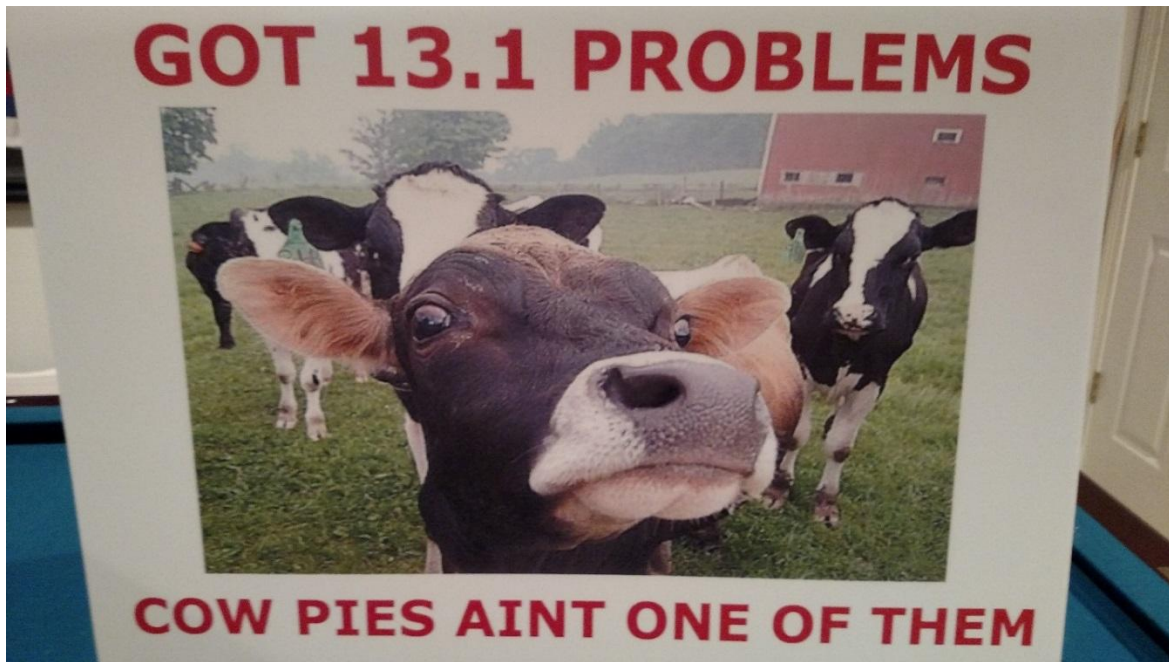
1<sup>ST</sup> PLACE AGE GROUP AWARD – every 1<sup>st</sup> place age group winner plus 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> overall (all 52 of you) will get this one of a kind 16'X20" poster, signed by Billy and Ryan. Run fast and frame this one!!

Do you know what your  
home is worth? Give me a  
call and I'll "run" the  
numbers.



**TERRI MCCLEARY**

TERRIMCCLEARY@BHHSNE.COM  
203-448-0046



Cheers,

John