



REDDING ROAD RACE NEWSLETTER

Volume 2

2/24/12

In a word – unbelievable!! You sold out the race in a month - 82 days before race day. I'm guessing it would be hard to find another inaugural race that could stake this claim. We are very thankful to you for this and intend to give you the best race you've ever been a part of. We have runners from 14 states, 75 CT towns while maintaining a Redding feel to the race, with over 40% of registered runners from Redding or one of its border towns.

Since the last Newsletter a lot has happened: zoning passed, i95 has confirmed it will be on site, we've got a ton of sponsors (but still want a ton more), zoning passed, our t-shirt and medal design was finalized (both very cool), Heather Roles volunteered to be Sponsor Chairwoman, Donna Cramond volunteered to run the Kids Fun Run (not literally) and Zoning passed. Did I mention that Zoning passed? To follow are some things you'll probably be interested in.

SPONSORS: Check out our website for all the sponsors that have joined us. There are a bunch more that will be added soon and we still have room for plenty more.

CAR POOLING: One of the main constraints of the race size is available parking spots at New Pond Farm. Please car pool as much as possible and if you need someone to ride with, email me and I'll see if I can find someone in your town to share the ride. I can't emphasize enough how important this is to this race and future races.

BIBS: A cool thing about knowing our runners 3 months in advance is we can personalize your bibs. Send me what name, nickname, whatever, you want on your bib. If I don't hear from you, your bib will have your name from registration.

EXPO: We're renting a big tent (by doing so it will ensure perfect weather) and we'll have a bunch of vendors at the expo on Saturday the 5th (10am-2pm) and at race day. Make an effort to pick up your runners bag on Saturday and get to meet us and our sponsors.

SHIRTS: In a few weeks, I'll be asking you to choose (re-choose actually) a shirt color because of the new logo. We'll also be setting up an on-line store where you can purchase more merchandise at very very reasonable prices.

REDDING PILOT: Look for an article in the Redding Pilot about the race, in the next few weeks.

VOLUNTEERS: Volunteers are steadily streaming in. Our main need is volunteers for the 7 aid stations throughout the course. Volunteers get a race shirt and other goodies.

Our runner spotlight:

One of the very best things about organizing this is seeing the variety of runners registering. From families (husbands and wives, fathers and daughters, mother and sons and in one case, a mother, her three daughters and their 3 husbands/boyfriends), to veterans, to newbies, to 65 year olds to 19 year olds and to runners from far, far away. The spotlight in this letter is of an amazing women from Dallas, Texas who is running a half marathon in each state. Connecticut will be her 47th.

Cindi Allrich:

I'm not a "runner" as most people would define the word, yet I've completed over 60 half marathons in the past 6 years, a handful of marathons, an ultra distance and an Ironman.

I started running in 2006 as I wanted to complete an Ironman. I was already an avid cyclist and a decent swimmer – the only obstacle was the run. Against the advice of quite a few doctors (I have two herniated disks in my lower back), I started running in the beginning of 2006 and finished my first marathon in April of that year. The road to the marathon was filled with a lot of pain and in some cases, pure torture!

Due to the Texas heat, I would run at 3:30am, trying to get in my miles before the heat of the day. Once I could get myself out of bed and start running, I found it was a peaceful way to start the day. While I didn't like running, it was a great way to start the day.

In order to get in my long runs on the weekends, I'd sign-up for half marathons, which would force me to get out of bed and run! It's much easier to run with a large group and also knowing there's no way to get back to your car, unless you finish the race!

After finishing the Ironman the winter of 2006, I wanted to stay in shape, but still hadn't fallen in love with running. To help force myself to continue running, I would sign-up for a marathon each year and various half marathons during training.

Once I started running for fun and not time, I've actually started enjoying runs. I especially like meeting other runners during events and finding out what motivates them to run. Sometimes I even have the pleasure and joy of helping a first time half marathoner get to the finish.

As mentioned above, I probably don't meet most people's definition of a "runner." I maintain around a 12:00 minute / mile pace and feel ecstatic when I hit an 11:00 minute / mile pace. I take walk breaks throughout the race and visit with other runners while on the course. I'm a tall and big framed lady, so it takes a lot of energy to run – I definitely don't have the lithe, hungry looking form of a professional runner. But I finish – which I hope motivates other non-runners to give it a try!

During 2007, I heard of the 50 state challenge. I had already cycled across the USA, so I thought it would be nice to run each state. I've been completing about 10 states a year and will finish the challenge in June 2012! The Redding Road Race will be my 47th state. There's been so many great races along the way, both from a scenery perspective and from a challenging course or weather perspective. From sleet, strong winds, below freezing temperatures or monsoon downpours, the races go on!

I look forward to seeing everyone at the Redding Road Race. I hope you will say "Howdy" as you pass me on the course. If you have a few seconds to spare, I would love to hear your story! If you're hanging in the last half of the pack, I look forward to running with you and enjoying the scenery along the way!

Thank you for sharing your story Cindy!! If you see Cindi along the course, say hi, in your best Texas drawl. The next runner spotlight will be on Dino V., who's running a half marathon a month in tribute to his Dad and to support Project Purple in helping find a cure for pancreatic cancer.

John McCleary

jm@coopercreekpartners.com

203-448-0045