



REDDING ROAD RACE NEWSLETTER

Volume 3

3/11/12

Well, we're less than 2 months to race day which is exciting and, to be honest, a bit intimidating. When your stated goal is, "If you don't leave this race with a new favorite race, then we didn't do our job," then you better plan on doing a lot right. Everything is starting to fall into place – the medals are ordered and the rest of the runners' gifts will be ordered shortly. With this mild winter, I hope your training is going well. If you train properly, I don't think the courses will be a problem for you. If you don't train properly, wellWith my correspondences with all of you, I feel I've made a lot of friends and learned a lot about you. Quite a few of you have overcome formidable odds to be able to run our race in May; from obesity to sickness to sadness. In this newsletter, Amanda will tell us her story on how she has refused to allow her ailment to dictate how she lives her life. Instead, through amazing courage, perseverance and dedication, Amanda has dictated to her ailment how she plans on living. I am Amanda's biggest fan because she, having originally signed up for our 5k, agreed to take on the 10k when our 5k was cancelled.

MERCHANDISE (please see bottom of this newsletter for pictures): A lot of you have mentioned, rightfully so, that I didn't show all the new shirt color options. I compiled that below and on the website under merchandise. For those who haven't sent me your shirt color and size, please do so. If I don't hear from you, you will get the silver color in the size you ordered during registration. I don't know of any other race that offers different shirt color options in the giveaway tech shirts – please take advantage of this opportunity. If you already have sent me this info, and want to change, feel free to do so. Women, when sending me sizing, please indicate women fit or unisex fit. Sizing notes – Extra small is not available, the women sizing runs true, unisex runs big and Raglan ³/₄ sleeve runs a little small. Please feel free to order extra

merchandise too as it is priced very reasonably and any profits go to New Pond Farm. As described below, you can mail me a check or donate money to yourself online to pay for extra merchandise. **MERCHANDISE WILL NOT BE AVAILABLE FOR SALE ON RACE DAY.**

BIB NAMES AND NUMBERS: A lot of you have sent me “unique” names to put on your personalized bibs. If you haven’t, please do so along with a desired bib number. If I don’t hear from you shortly, your first name from registration will be put on your bib. These personalized bibs are in two words, unbelievably cool, so, take advantage. They will be a keepsake, seriously.

EXPO: Our expo/baggage pickup on May 5 from 10am to 2pm is something definitely worth attending. A lot of vendors will be on premise and I’d love to put faces to all the emails I’ve received. It’ll also be a chance to check out the farm quickly. Race day will be hectic and the expo will be the calm before the storm.

PARKING: As emphasized before, please carpool as much as possible. With limited parking, how this year goes will dictate race size and feasibility for future years. If you are driving alone, please e-mail me and I’ll try to hook you up with another runner or two from your area (or you can do for yourself by looking at the registration list on the site which is sorted by race then town).

FOOD: I asked for and received a lot of food suggestions. Pizza was a common answer – my question is: do you really want pizza at 9am or 10am on a Sunday morning? Keep sending me suggestions.

CHANGING RACES INCLUDING MAD COW CHALLENGE: You can change races up to the day before the race. If you want to move from the 10k to half or the half to the Mad Cow Challenge, you can either send me a check for \$10 (the race price differential) or donate money to yourself (your fundraising page) online. You will not be allowed to change races on race day (the final rosters will have been already sent to the timing service), so please plan accordingly.

KIDS FUN RUN: A lot of people have asked me about this too. It is a non-competitive/untimed race and parents can feel free to run along. If you have older kids, who want to run farther than a mile but aren’t ready for the 10K, they can run the 3.5 mile first leg of the Mad Cow Challenge. Simply sign them up for the mile run and e-mail me that they want to run the 3.5 miler instead. Note, that this race is at 7:15am which would provide a good opportunity for parents to watch their kids finish before their own 8am race

EARLY START: A few of you plan on starting early at the 7am start so you can finish with the main pack. If you plan on doing so, please e-mail me so I can note it in your registration.

THE REDDING PILOT: The Redding Pilot will be doing an article on the race either this Thursday or next Thursday, so be looking for it.

REGISTRATION LIST: I update the Registered Runners List on the website daily, so please confirm all the information is correct. I've manually put in all the sizes, colors, names, etc so please verify I didn't mess something up. It's also a good way to verify you indeed are registered. I received an email today from a runner who thought he signed up for our race but actually signed up for, "A run with the cows" in Kansas.

OUR RUNNER SPOTLIGHT:

Before we get to Amanda's profile, I want to describe one of the very best feelings a race director could ever have. One of the first runners (maybe the first) I ever talked to about the race was a retired teacher from Pennsylvania who wanted to run the race as a reward for all the training she planned on doing. The distance was a bit intimidating to her but she seemed committed to it. We emailed back and forth a few times and then the registration bombardment started occurring, but, she hadn't registered. I didn't want to email her, asking her if she was going to register because I know it is a big commitment and I didn't want to be a pest. Well, registration was nearing its closure and finally a registration came in with her name on it!! I can't explain how happy I was to see it. The race, at that point, had come full circle to me.

As described above, here is Amanda's truly inspirational story

The Redding Road Race will be my first 10K. I am quite nervous about taking this on, but also feel bolstered by the idea that I will be running/jogging with 140 brave young people in my heart and mind. This story begins when I was diagnosed with Dysautonomia about fifteen years ago. Basically, my autonomic nervous system does not work properly. This illness causes all kinds of trouble, but my most common symptoms are a sudden spike in heart rate and drop in blood pressure, which leads to episodes of passing out and seizures. There was a time in my life when this illness was debilitating, making it hard for me to stand upright for even ten minutes at a time. Those initial years of struggling to get proper treatment were some of the most difficult in my life.

But, I choose not to focus on the bad times. My illness does not define me. I belong to a wonderful and supportive group called the Dysautonomia Youth Network of America, Inc., DYNA for short, and they helped me through my worst symptoms and taught me that sometimes a shift in perspective is the best medicine. The body truly does follow the mind, and though I was not able to cure myself just by wishing it, I was able to start focusing on the positive and living with hope for the future. I learned that in spite of my limitations, I did not have to live my illness, but rather I could work towards my own version of recovery.

Symptom management in Dysautonomia is not easy by any means, but it is possible. What this illness has taken from me, I now have to fight to bring back. With the help of my amazing doctor, my friends in DYNA, and my remarkable family, I began working hard at reconditioning

my body. I started with a recumbent bike, worked my way up to yoga and aerobic exercise, and then, inspired by my husband who enjoys running, I began to jog and run. The first time I really ran on a treadmill for ten whole minutes without stopping, I cried. A year prior I still needed a wheelchair to get through a shopping trip at the mall.

This is a constant battle. If I stop exercising my symptoms begin to re-emerge, so I need to stay motivated. I needed a goal to keep myself going, so I decided to try for a race. I signed up for the Redding Road Race because I was immediately struck by the enthusiasm and excitement John McCleary has for this event. I felt it was a good match for my first race. I even went so far as to bring up the challenge to the young people of DYNA, who are fighting their own battles everyday with so much hope and courage. I suggested that those who were ready look into road races in their areas and begin training as a part of their recovery journeys. Some did take up the challenge and are now in training and others were inspired to begin their own daily walking/jogging/running programs. So this race has further reaching influence than you may realize!

I would not be here, preparing for this race, without my DYNA friends and my incredible family. They taught me that I am much more than my symptoms, and that with consistent effort and dedication, it is possible to reach my goals. So, that's why I plan on carrying the members of DYNA, all 140 of them, with me in spirit on May 6th. I might not be able to actually run the whole way and I will definitely not finish with the front of the pack, but I will be running with my whole heart and just finishing will be one of my biggest triumphs yet.

I don't think anything else need to be said Amanda, you said it all perfectly!!

Happy training,

John McCleary

jm@coopercreekpartners.com

203-448-0045

A4 Cooling Performance Crew (S-3X) unisex and Women's sizing
Complimentary race shirt with registration (you pick the color) \$10.50 for extra ones.
\$10.50 for additional Short sleeve, \$14.20 for Additional Long Sleeve

100% polyester interlock. Moisture wicking, anti-microbial and stain resistant. Self-fabric crew neck.
Hemmed sleeve and bottom. Ultra tight knit resists snagging.



SILVER



WHITE



VEGAS GOLD



PINK



LIGHT BLUE



GOLD

Bella Long Sleeve Thermal
\$19.99

4.5 oz., 55% combed and ringspun cotton/45% polyester long sleeve thermal shirt. Set-on collar. Rib knit collar and cuffs. Reinforced stitching around armholes.



STEEL BLUE



WHITE

Anvil Adult 90/10 Baseball Tee

\$15.00

Preshrunk 90% heavyweight cotton/10% polyester, contrast color seamless collarette and 3/4 length raglan sleeves, double-needle sleeves and bottom hem.



HEATHER GREY/BLACK



HEATHER GREY/NAVY

Seamless Knit Reversible Runner/ Marathon Gloves

57

Race embroidered, seamless knit reversible work gloves, medium weight, made in USA. 80% recycled, certified by OEKO-TEX standard 100. Great for runs and marathons. Sizes: Kid's Medium (KM ages 8-12) and Men's Large (L).



Thank you for considering the purchase of additional race merchandise. All profits from additional purchases goes 100% to New Pond Farm to fund their educational programs.

2 payment methods:

(1) use the link below, enter your name, donate money for the purchase and email me the items(s) and size(s) - jm@coopercreekpartners.com.

(2) Mail me a check and your order:

**Redding Road Race
Attn: John McCleary
67 Picketts Ridge Rd
Redding, CT 06896**