



REDDING ROAD RACE NEWSLETTER

Volume 5

4/12/12

TOOZY PATZA PIZZA: On Thursday, May 3rd and Saturday May 5th; Toozy Patza Pizza, Piccolo Pizza in Ridgefield and Wilton Pizza in Wilton have agreed to donate 50% of all runner sales to New Pond Farm. This could be a huge fundraiser for us, so, please take advantage. It is good on all deliveries, pickups or dine-ins as long as you present our flyer to them upon purchase. The flyer is located at the end of this newsletter and must be presented upon payment.

FROG FROLIC FESTIVAL: The annual Frog Frolic Festival is conveniently scheduled for Saturday, May 5th from 10pm-4pm. This event has something for everyone and is a great way to acquaint yourself with Redding (hit the RRR expo then head a couple of miles to the Fall Frolic). The festival has free parking and admission and benefits the Mark Twain Library (Yes - Samuel Longhorne Clemens spent the last years of his life in Redding). Their awesome flyer is located below.

ST. VINCENT'S SWIM ACROSS THE SOUND: One of our great sponsors (St. Vincent's Medical Center), has a cool event called the "Swim Across the Sound" that helps the foundation do wonderful things for families in need." Check it out at <http://give.stvincents.org/sslpage.aspx?pid=581&did=0&tab=0>, if you'd like to participate or donate.

COURSE CHANGE: We're continuing to try to make the race safer, more scenic and better. In saying that, we've made a last minute change to the half marathon course. We've replaced the out and back section on Simpaug Turnpike (a road that can have some traffic on it) to an out and

back on the access road of Topstone Park (no traffic). There will be no trail running involved, just a scenic out and back on the “knee friendly,” non paved, access road. The sponge zone and candy zone will be located here. The 10k remains unchanged.

NATIONAL ANTHEM: If any of you are singers, or know somebody who is, who’d like to sing the National Anthem before the race – send me an e-mail. I will definitely not be singing it.

EARLY START: There’s a little confusion over the early start. We’re offering a 7:00am early start and a 7:30am early start. This is to accommodate runners who may take a little longer on the course and want to finish with the main pack. I’d recommend the 7:00am start for 3:00+ hour half marathoners and 7:30am for 2:30+ ones. We’ll keep the course open until the last runner finishes, no matter what, so it’s totally your decision.

MAD COW CHALLENGE: I probably haven’t explained this race well enough either. The Mad Cow Challenge is a 7:15am, 3.5 mile, casual race followed by the Half Marathon at 8:00am. It’s untimed and designed to allow runners to warm up before the half marathon. It costs \$10 more (basically for an additional gift we’re buying Mad Cowers) – if interested, email me and I’ll change your registration and give you an on-line link where you can pay the \$10. If this is something you’d like to do, please let me know sooner than later, because of ordering the extra gift.

CHANGING RACES: If you’d like to downsize from the half to the 10k or upsize from the 10k to the half, e-mail me. Changing will not be possible on race day because Mike, the timer, already will have the final race rosters.

SHIRT SIZING: For all women, to reiterate, you have the choice of Women’s fit or Unisex. If I haven’t received an email from you, I’m giving you the size you requested at registration in Women’s fit. Please e-mail asap if you want to change the shirt, as I’ll be ordering shirts in the next few days.

KIDS FUN RUN: Please register your kids for the fun run asap, if you haven’t already. With the ordering of all the gifts and shirts taking place very shortly, only pre-registered kids will get these. Late entries will still get medals, but not all the other fun stuff. In saying that, please help us offset the cost of the kids’ gifts by getting people to donate to your kids sponsorship pages. Not many people have done this so far (including me) and we don’t want to have to charge for the Fun Run in future years. I sent each registrant the Fundraising link – if you need it, e-mail me and I’ll resend.

THE REDDING RUNNER’S CLUB: Initial response to forming a Redding Runners’ Club has been great. We have over 40 interested, ranging from runners who’d like to run with others on weekends to runners who’d like running partners during the week. E-mail me if interested – we’ll focus on this more intently after the race.

10K RACE PREVIEW PRACTICE RUN: For those interested, we'll be running the 10k course, 8 days before the race, on Saturday, April 28th at 10am. Place of meeting will be determined, but I'm thinking in the parking area across from the Post Office (by the train tracks) on the corner of Sidecut Rd and Long Ridge Rd.

SPECTATORS AND FOOD: For those of you bringing friends and family along for support, we recommend for them to bring a picnic basket, etc for themselves. We don't want to sound unappreciative but, it's very tough figuring out what food to get and how much of it, so we're limiting the food tent to runners. I hope you understand.

HOTEL DISCOUNT: Two local hotels have e-mailed me with discounted hotel rates for runners – just mention the race.

[Best Western Plus Danbury/Bethel](#)

11 Stony Hill Road; Bethel, CT

203-744-3200

Race Rate: **\$84.00 plus tax** - Includes continental breakfast and free passes to the 10,000 sq ft Sportsplex Gym next door.

[Microtel Inn & Suites](#)

80 Benedict Road; Bethel, CT

203-748-8318

Race Rate: **\$65.00 plus tax** - Includes continental breakfast

MERCHANDISE: The time to order extra race shirts, etc is running out as I'm going to place the order is a few days. Check out the merchandise below and feel free to e-mail me with additional orders. The merchandise is very affordable, any profits go to the farm and there won't be any to purchase on race day. Thanks.

OUR RUNNER SPOTLIGHT:

People use running for a lot of different reasons, I find I think clearest when running, but alas, forget what I've discovered by the time I get home, after the run. Jane, who's running our 10k, has used it for another reason. Enjoy.

Running, to make up for lost time!

My name is Jane. In the fall of 2010, I looked in the mirror and realized that, at age 57, if I did not do something to improve my health, I was going to be in big trouble And soon. Fortunately, I was still in good health: Low cholesterol, minimal arthritis, only borderline high blood pressure issues, no diabetes. BUT I was 100 lbs overweight. What was I to do? I knew a friend of mine had just lost a lot of weight on a particular program but I was very cynical about it ... "I am NOT a joiner.... I can do it MYSELF – I don't need a program..... or even worse "It is too late for me... I will NEVER lose weight at this age." I saw one of the ads of this particular program and they promised I could lose 5 lbs in the first week.....I had just spent a couple of years struggling to lose 2 lbs during the week and then putting it back on the weekend so, I very cynically ordered 1 week's worth of their foods and said "OK – IF I lose 5 lbs, I will do the program".... I lost SIX and was hooked.....

That was the first step in what I consider to be nothing short of a miracle in my life. I started going to my local gym and walking the treadmill – I saw all the other machines but had no clue how to use them and so avoided them – enter the second step of the miracle. In January (2011), a new morning attendant was hired. All the others were the type that grunted at you when you walked in and grunted at you as you walked out. Not this guy. Sam saw me sweating away on the treadmill shortly after his coming on board and told me he was getting his certificate in personal training and told me to feel free to ask him any questions. In essence, I have had a personal trainer 5 days/week for the cost of the gym membership. He does not count reps or anything like that but he has taught me how to work on my core, the muscle groups in my lower body and upper body....use the machines, how to vary my workouts etc etc.

The third step in the miracle is the running. As part of my weight loss program, I am a member of a self-identified on-line support group and one day last October, one of the gals posted something about a C2-5K program.... What in heaven's name is THAT?, I inquired. Couch-To-Five-K came the answer – a program that would get me running. HA! I thought – never in a million years will I be able to RUN – and I also didn't think I would want to. But, hey, the treadmill was getting boring so I decided to try it. I am like that little boy Mikey in the old Life

cereal commercials – I don't like anything.....but I liked it! I liked the way it challenged my body – and mostly I liked the feeling of rising to the challenge.

As a result of these three miracles in my life, I have lost nearly 100 lbs, am as fit as I have ever been in my life and I have been training for the 10K at the New Pond Farm in May. My doctor almost fell over when she saw me in October. My blood pressure is down from nearly too high to perfectly normal. My body mass index is well within the normal range. And it goes without saying that I feel great!! I feel like I am making up for all those years when fitness was not even on my radar, let alone something I did with any kind of regularity. Now, if I miss a scheduled morning at the gym, I get positively cranky. I am loving experiencing all these things I never have before and I am looking forward to the challenge of the 10K. I won't care if I am the last one in on May 6 – I am running to make up for lost time!

Happy training,

John McCleary

jm@coopercreekpartners.com

203-448-0045



**REDDING ROAD RACE
FUNDRAISER
THURSDAY, MAY 3RD AND
SATURDAY, MAY 5TH**



**Enjoy a Night (or two) Without Cooking!!
Eat in, Takeout, or have it Delivered.**

MUST PRESENT THIS FLYER WHEN YOU PAY FOR YOUR ORDER

**Please provide your Email Address so that we can send
New Pond Farm a portion of the sales from your purchase**

Love and Spaghetti, Matty Matt :)

***Not combinable with any other offers, discounts, coupons, or punch cards**

WILTON PIZZA & JAZZERIA 202 TOWN GREEN, WILTON CT - (203) 762-0007	
	TOOZY PATZA PIZZA 991 DANBURY ROAD, WILTON CT - (203) 544-9500
PICCOLO PIZZA & PASTA JAZZERIA 24 PROSPECT STREET - RIDGEFIELD CT - (203) 438-8200	





17th ANNUAL FROG FROLIC

Saturday, May 5th, 10am-4pm

A Children's Country Fair

Redding Community Center

37 Lonetown Road, Redding, CT

In the event of rain, the Frog Frolic will be held indoors

ADMISSION
FREE!

PARKING
FREE!

SHOW TIMES

10:15 Germantown
Ancients Fife &
Dram Corps

1:00 Sensei Jane and
the Kids from
Park & Rec

2:30 Annie and
Safari Bob

Don't miss the
4th Annual Cake Walk!

Cake judging and ribbons
awarded at 11:00am
followed by Cake Walk!

Additional Cake Walks at
11:45, 12:30 and 2:15!

For more
information
please call the
library at
(203) 938-2543

Crafts for Kids + Games + Rides + Books + Food
Silent Auction + Storybook Characters + Fun and More!

All proceeds benefit the Mark Twain Library

Yet another Mark



Twain Library event

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**