



REDDING ROAD RACE NEWSLETTER

Volume 6

5/1/12

Current Weather Forecast



- 1. DIRECTIONS TO NEW POND FARM EDUCATION CENTER (WHERE THE EXPO & RACE IS HELD):** Note: the bridge on Simpaug Turnpike just before Marchant Rd is under construction and is impassible. If you find yourself at the bridge, turn around, go down Simpaug to Topstone and follow the race signs to the Farm.

101 Marchant Rd, Redding, CT 06896

From Norwalk/Wilton via Route 7

Follow Route 7 through Wilton and in Georgetown you will come to the junction of Route 7 and Route 107. You will turn right onto Route 107. Follow Route 107 until you come to the junction of 107 and Route 53. Bear left onto Route 53 and follow it for about 2.5 miles. In this stretch of road, you will pass The Redding Roadhouse on your right, Mark Twain Library on your left and John Read Middle School on your right. Take your first left after the school onto Umpawaug Road. Proceed slowly on Umpawaug for .4 miles and take the second right onto Marchant Road. New Pond Farm has the first three driveways on your right. We have a white farm house and yellow barns. Please pull into the third driveway and park in the gravel lot. Please pull into the third driveway with the New Pond Farm sign and follow our Farm Road down to the pasture for parking.

From Fairfield/Bridgeport via Route 58

Follow Route 58 through Easton and into Redding. You will pass Joel Barlow High School and then, after a mile or so, the Redding Ridge Volunteer Fire Dept.--both will be on your right. As soon as you pass the Fire Dept. prepare to take your next left, in front of Christ Episcopal Church onto Cross Highway. Go through a four-way stop and then follow this road down and up tremendous hills. You will come to another four way stop by the Congregational Church and a small town green. Follow Route 107 South straight and down another small hill. At this stop sign you will bear left (it's almost like going straight ahead) onto Route 107 South. Follow 107 to the bottom of another hill to the end. At the stop sign you will go right onto Route 53. Travel about 2.5 miles. In this stretch of road, you will pass The Redding Roadhouse on your right, Mark Twain Library on your left and John Read Middle School on your right. Take your first left after the school onto Umpawaug Road. Proceed slowly on Umpawaug for .4 miles and take the second right onto Marchant Road. New Pond Farm has the first three driveways on your right. We have a white farm house and yellow barns. Please pull into the third driveway and park in the gravel lot. Please pull into the third driveway with the New Pond Farm sign and follow our Farm Road down to the pasture for parking.

From Bethel/Danbury via Route 53

Take Route 53 through Bethel and into Redding. You will pass a green sign on your right saying West Redding Center at Sidecut Road. Pass Sidecut and take the next right onto Umpawaug

Road. (If you get to John Read Middle School then you have gone too far!) After .4 miles take your second right onto Marchant Road. New Pond Farm has the first three driveways on your right. We have a white farm house and yellow barns. Please pull into the third driveway on your right and park in the gravel lot. Please pull into the third driveway with the New Pond Farm sign and follow our Farm Road down to the pasture for parking.

From Weston/Westport via Route 53

Follow Route 53 through Weston Center and around the reservoirs. Eventually Route 53 will straighten out and you will come to the junction of Rt.107 and Rt. 53. At this stop sign go straight onto Route 53. Travel about 2.5 miles. In this stretch of road, you will pass The Redding Roadhouse on your right, Mark Twain Library on your left and John Read Middle School on your right. Take your first left after the school onto Umpawaug Road. Proceed slowly on Umpawaug for .4 miles and take the second right onto Marchant Road. New Pond Farm has the first three driveways on your right. We have a white farm house and yellow barns. Please pull into the third driveway and park in the gravel lot. Please pull into the third driveway with the New Pond Farm sign and follow our Farm Road down to the pasture for parking.

2. DETAILED WEEKEND SCHEDULE:

Thursday, May 3

Please consider eating at one of our three sponsoring restaurants (flyer at bottom).

Saturday May 5

12:00pm - 6:00pm: Race Packet Pick-up and Kids Race Registration. The regular race is closed.

New Pond Farm
101 Marchant Road
West Redding, CT 06896

Packet Pick-up and vendors will be located in the large Learning Center (with the stone foundation). This is located on your left when you enter the main driveway.

Sunday May 6

6:00am - 8:00am: Race Packet Pick-up and Kids Race Day Registration

7:00am: Early Start

7:15am: Mighty Cow Start

7:30am: Early Start

8:00am: Half Marathon & 10k Start

8:35am: First 10k runners arrive

9:15am: First Half Marathon runners arrive

11:00am: (approximately): Kids Fun Run Heats

Awards Ceremony and Festivities by the big tent

3. REDDING, CT FUN FACT: Redding, Connecticut became the final home of Mark Twain. Twain was instrumental in founding and funding a public library for the residents of Redding, in fact one of his final acts was approving a check for the library building fund. In return, Redding, Connecticut, has kept his legacy alive & well via the Mark Twain Library.

4. EXPO (SATURDAY NOON – 6PM):

- A. Come meet us if you can before the race day craziness.
- B. Forgive me if you introduce yourself and I have a glazed look in my eyes. I am better with numbers than names and I have literally talked to hundreds of you. Please refresh my memory about you and I'll be good.
- C. We'll have several vendors at the expo, visit them if you have a bit of time – they are great people and will love to chat.
- D. After visiting us, go to the Frog Frolic and get your fill of Redding. Their flyer is shown below.
- E. At night, please remember to order from the fundraising restaurants if you'd like. It could be a great fundraiser for us, as they're donating 50% of all sales (using the enclosed flyer) to New Pond Farm Education Center.
- F. Mighty Cow Registration is still open through Saturday for you ambitious runners – the 3.5 mile casual run at 7:15am, followed by the half.

5. NEW FARM POND LOGISTICS (SUNDAY)

- A. **NO DOGS ALLOWED** on the farm due to the farm animals.
- B. There will be very limited chairs, so spectators and runners should bring their own folding chairs if possible.
- C. **CARPPOOL PLEASE!** I know I've asked this of you a thousand times and I know a lot of you are doing it, but, I want to be able to open registration to

- more people next year (200+ currently on the waiting list and probably hundreds more who saw the race was closed and didn't bother contacting me).
- D. See the New Pond Farm layout diagram at the end for visual logistics.

6. PRIOR TO RACE LOGISTICS

- A. **Arrive early** – grab some food and coffee as the main races **WILL START AT 8AM**.
- B. **Parking** - Drive in through the main entrance and follow the directions of the parking attendants.
- C. **Huge food tent** (30'x75') – get a pre-race coffee, bagel, piece of fruit or even a massage.
- D. **Bib** - Timing Chip is secured on the back of your personalized bib; so make sure you wear it and keep the bib secured. Make sure to grab 4 safety pins.
- E. **Food and drinks** - Coffee, bagels, fruit, cheese, juice, water & Gatorade
- F. **Labels** - You'll find two identification labels in your packet; one on your race bag (actually a logo'd 6-pack cooler) and one, loose in your race cooler. Keep the one on your bag so you can check it at baggage drop before the race. Adhere the loose label on a piece of clothing if you'd like to discard it at the beginning of the race or at the first aid station (mile 1.8) and have it returned to you at the end of the race.
- G. **Bag drop** - Located in the Learning Center where you picked up the runners packet.
- H. **Portalets and bathrooms** - 4 bathrooms in New Pond Farm's main building and 5 portalets near the tent
- I. **Vendors/sponsors** – Located under the tent.
- J. **Proceed to start** - 15 minutes before your race time. The start is 2/10ths of a mile up Marchant Rd (to the right when exiting New Pond Farm).
- K. **National Anthem**- Will be sung by Eowyn Driscoll at approximately 7:55am
- L. **Main race start** - 8:00am. For any runners arriving late, if the chip mat is still assembled, you'll get an accurate time, if not we'll do our best to give you an accurate manual time. Please try to be on time.

7. RACE TIME LOGISTICS

- A. **Starting location**- Marchant Rd, near Charlie Hill Rd, 2/10ths of a mile from the farm.
- B. **Be on time** for the Cow Bell Start
- C. **Net chip timing** – Having timing mats only at the finish defeats the purpose of chip timing. We have mats at the start and finish, so, there is no need to crowd the starting line.

- D. **Course description** – The course can be described as rolling. The hills tend to be short in nature and tend to be followed by flats or downhills. The three toughest hills on the half course are at mile 3.2 on Old Lantern Rd, just before mile 7 (Picketts Ridge Rd) and on Umpawaug at the very end. There are a lot of flat sections on the course (the first 2.5 miles and the mile stretches on Simpaug at mile 8 and mile 11 come to mind. If you've run the Colchester Half or the Saving Rock Half, there are no hills on this course that rival those hills. There are also no hills nearly as bad as mile 8-10 of the Danbury Half and mile two of the Ridgefield. In Summary, this is NOT A FLAT COURSE but if you're in shape I think you'll love it and it won't give you that much of a problem. If you're not in shape it will.
- E. **Course turns and signs**
1. "Caution, road race" signs on every street.
 2. "Aid station" signs before every aid station
 3. "Arrow directional" signs before every turn.
 4. Other, "fun" signs.
- F. **Aid Stations** – Basic medical supplies and a portalet at every aid station.
1. Mile 1.8 – Water
 2. Mile 3.2 – Water and Gatorade
 3. Mile 6.2 – Water, Gatorade and Gu
 4. Mile 9.4 – Water, Gatorade, Candy, soda and sponge zone
 5. Mile 11 - Water and Gatorade
 6. Mile 12 - Water
- G. **Trains** – Both races will cross train tracks twice. Barring any unscheduled train activity, the only group possibly affected by a train would be an 11:30/mile half marathoner. The delay would be less than 10 seconds.
- H. **Police and medical** – Six police officers and four EMTs located on the course and a cardiologist (Dr. Harvey Kramer) and two RNs at the finish line.
- I. **No dogs** allowed on the course or on the farm.
- J. **Please don't litter** – each aid station has garbage cans. Please keep your garbage in the vicinity.
- K. **DJ will be announcing names** as you finish.
- L. **Kids Race** – will follow the main races at approximately 11am. It will occur in two heats – the half mile race followed by the mile. Parents – have your kids arrive by 10:30ish (if they're not there already watching their parents run) to pick up their runner bags.

8. IMMEDIATE POST RACE

- A. **Food** – Same as before the race plus pizza (including some gluten free pizzas), New Pond Farm chocolate milk, cookies, muffins and other surprises.
- B. **Yoga stretch and massage** – available after the race led by Tony Trujillo (massage) and Loren Hager (yoga stretch)..
- C. **Door prizes** – Sponsors have been generous to give us many prizes for our random lottery. Check for your number on the Prize board in the tent to see if you've won something.
- D. **Award Ceremony** – If you think you may have won an award (three deep for the half per standard 10 year age group and two deep for the 10K) and can't stay around for the awards, please see us before you leave. Results will be posted as quickly as possible after the race. No double dipping of awards.
- E. **Please thank the volunteers and sponsors**

9. NON-IMMEDIATE POST RACE

- A. **Results** – will be posted as soon after the race as possible and on the website hopefully by Sunday night.
- B. **Food Shelter** – all extra food will be donated to the Dorothy Day Food Shelter in Danbury.
- C. **Send me your comments and pictures**
- D. **Finisher's Certificate** – a downloadable certificate will be available free of charge from Mike Bonnar (race timer) a few days after the race.
- E. **Finisher's Magazine** – will be emailed (eco-friendly) a few weeks after the race.
- F. **Please Patronize our sponsors** – It is a lot easier for a business to say “no” than “yes” to a sponsorship request. We are extremely lucky to have received unbelievable community support.

10. OUR RUNNER SPOTLIGHT:

In this last episode, we're highlighting two great runner stories. We hope you've liked all of these runner stories as much as we have.

Why I bike, run and Swim

On one of my runs in late November 2009, I was wrestling with the news that my stepmother, Connie, was diagnosed with Breast Cancer for the third time. She had fought off the deadly disease for 15 years but this occurrence was gravely serious. I was trying to think of a way to motivate her to continue her fight. At the end of that run I had come up with a concept which I called "365 Cancer Crusade". I was going to sign up and compete in running, cycling and triathlon events that would total 365 miles and raise money in my stepmother's name for the Avon Foundation (my current employer). The Crusade would last from March 21, 2010, the

New York Half Marathon and end on November 7, 2010, the New York Marathon. The idea was that each race I competed in would drive her to continue her fight. Then in Dec. 2009, a very good friend of mine, Tom, was diagnosed with Colon Cancer and began his courageous fight. I added him to my Crusade and launched my website with their names surrounding my "Run, Bike, Swim" logo.

Unfortunately, my stepmother passed away early in the Crusade but her courage and strength to the end continued to motivate me during each and every race. I received a tremendous amount of support from friends and family and asked that people submit names of their loved ones who had won, lost or are fighting their own battle against cancer. I was astonished by how many names I received but I added each and every one of them to a tribute wall on my website and had them all printed on my race shirt for the NY Marathon. That year was an amazing year for me- I crossed the 365 mile mark at mile 17 of the NY marathon with friends and family there to greet me. It was truly an emotional experience. That first year we raised over \$10,000 for the Avon Foundation.

Many people asked me if I would do it again. The answer was very simple...YES. That previous year my family was informed that my mother had been diagnosed with lung cancer and with Tom continuing his fight, I vowed to start my Crusade once more. As friends watched me gear up for another year, three of them decided to join in the fun. The Crusade had grown to 4! We competed together and individually to raise money to help those fighting this awful disease. Together we raised over \$11,000 and completed 1,100 total miles!! It was great to see them all compete and drive themselves to help motivate others.

This year will mark the third year of the 365 Cancer Crusade and I am proud to say we have grown to 7 crusaders (three of us will be running in this half marathon. Some will challenge themselves to run one or two 5Ks, two will be competing in their first Half Ironmans and I will be running my first Ironman for my mother and all those who continue their fight. In some ways what we do is for ourselves- challenging our bodies and minds to go one mile further- but in our hearts, we hope that those we are running for know that we are doing it for them and as long as they keep fighting, we will keep running!

So that is why I run, bike and swim....

Bill F.

Running for today

I grew up in Ridgefield, spending weekends coming over to New Pond Farm with my family to see the cows and to sled on the hills, going on field trips with my Girl Scout troop and my elementary school classes, and just driving past the farm and waving at the animals from the car window. Last year when my parents moved to Redding, about a mile from the Farm, the Farm became a regular running destination. I am so excited to run to support such a great cause that is close to my heart.

When I was 15, I was diagnosed with lupus. My joints swelled, I was excessively fatigued, and it became harder and harder to move. My body got to the point where people couldn't even reach out and touch me without the pain making me cry. The symptoms continued as well as fever, photosensitivity, and more. My pediatrician ran some tests and sent me to see a rheumatologist. There was a misdiagnosis of scleroderma and I was told I would be gone in 10 years, an immensely shocking diagnosis for a 15-year-old. Just imagine being told that you'll be dead by the time you're 25. Luckily, the diagnosis was wrong and I have quite manageable lupus. But, my body still fights me due to that autoimmune disease.

I have fought my body, weight gain, the pain of lupus, and my inactivity, all of which caused me to be an unhappy and unhealthy individual. A couple of years ago, I made a conscious decision to become more active, over time losing over 85 pounds and became a satisfied person, whose lupus is now in control! I found that as I moved more, my lupus felt much better. The exercise, along with the meds, rest, and healthy eating, allow me to manage my health more than anything I have done in the past. It also truly allowed me to truly live life to the fullest!!

Two years ago I became bored of just going to the gym and just riding the stationary bike or doing the elliptical. I decided to participate in a triathlon. Who knows why I started with that idea! To do so, I had to take up running. At that point, I couldn't run thirty seconds. It was a slow process, but in April 2010, I ran my first 5K and I loved it!! I wasn't the fastest and I had to take walk breaks but I was hooked. I completed the triathlon that July (despite being last in the swim) and decided I had to keep going. The next step was obviously a half-marathon. And then another. I went from not being able to run for 30 seconds to completing two marathons in two months.

The Redding Road Race will be my seventh half-marathon. I CANNOT believe that I'm saying that - my seventh half in a year and a half. I have truly fallen in love with the sport- not only for what it has brought me - but for what I can do for others through it. I have found that I can bring so much to others through running - and try to run most of my races for good causes, including New Pond Farm.

I run despite my lupus and despite the barriers that I've encountered. I run for those who cannot run. I run because I have not been able to run in the past and I might not be able to run in the future, but I can run now. I dedicate my action and ability to those who are even more so in that boat. One day, I might be back there. Even now, I still have days where the lupus flares and causes discomfort. By being inspired by the people and causes that I'm running for, I can push through and keep going, helping both the cause and myself in the process!

Thanks so much for organizing the Run for the Cows. I cannot wait to participate in it! And, after my recent PR yesterday, I cannot wait to see what happens!!

Best,

Amanda

Happy training, and see you in just a few days.

John







**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

New Pond Farm Layout

- 1 Parking
- 2 Baggage Pickup
- 2 Baggage Drop
- 2 Indoor Bathrooms
- 3 Entrance to Farm
- 4 To Start
- 5 Food Tent
- 5 Vendors
- 5 Massage
- 5 DJ
- 6 Finish Line
- 7 1/2 Mile Fun Run Start
- 8 Mile Fun Run Start
- 9 Portalets
- 10 Vendor Entrance
- 11 Vendor Parking

