



First of all, thank you for choosing to run our race on 4<sup>th</sup> of July weekend as we know there are a lot of races to choose from. With the American Revolution re-enactors and the run through historic and beautiful Putnam Park, we hope to give you a race day experience that will bring you back for years to come. We expect to see a lot of 9K PRs!!

### **RACE BAG PICKUP**

Thursday, June 29th

6pm – 8pm

- To alleviate race day stress, we recommend, if possible, picking up your race bag on Friday.
- Picking up another runner's bag is allowed.

Redding Historical Society (Red Barn)

43 Lonetown Rd

Redding, CT 06896

Saturday, July 1st

6:30am – 7:45am

Redding Historical Society (Red Barn)

43 Lonetown Rd

Redding, CT 06896

Rock'N Roots Festival

43 Lonetown Rd

12:30 – Fireworks, Saturday July 1st

Bring your bib for free admission

To Benefit the Redding Historical Society

**The Second Annual  
Redding  
Rock'n Roots  
Revival!**

**Saturday, July 2nd, 2016**

at the Lonetown Farm Museum, Route 107, Redding

**9k Rock'n Roots Run @ 8:00am**

**Acoustic Sessions in the Barn @ 12:30pm**

featuring:

**Georgie Brennan, Dan Bonis & Don Sparks,  
Nancy Burger & Open Road,  
Tara Engler & the Williams Family Band,  
Scott Smith, Lara Schuler,**

**Rock'n the Stage @ 4:30pm**

featuring:

**Andy Powell, Bobby Paltauf Band,  
JD Seem, Yippee Coyote,  
Christopher Teal Davis, Stunfish,  
Louder Daddy, Generation Blues Band**

**Fireworks at Dark!**

Featuring Germantown Ancient Fife and Drum Corps

**Admission: \$15, kids under 12 free**

**Beer and Wine by Georgetown Lions Club**

**Food By Uncle Leo**

**Rain Date: Sunday, July 3rd**

For further  
information:  
203-788-1805

## **DIRECTIONS TO RACE:**

### **From Merritt Parkway**

Take Merritt Parkway to Rt. 58 North Fairfield/ Easton (Exit 44)

Take Rt. 58 North

Pass Joel Barlow High school

at first stop sign make a left onto Cross Highway

At the first set of four way stop signs- continue straight

At the second set of four way stop signs- make a right onto Lonetown extension (actually there is a diagonal road in front of the church leading you to the extension)

At the end of Lonetown extension, (the Green is on the left)

make a right onto RT 107 (to head to the Redding Historical Society)

Redding Historical Society is on the left in about 1/10 of a mile

### **From Route 7**

Heading North on Route 7

Make a right onto Route 107 in Georgetown (a left if coming on Rt. 7 South)

Go about 3 miles where Rt. 107 goes down a hill to a stop sign.

Go through the stop sign about 100 yards and make a right onto 107

Climb the hill (bearing left)

at the top of the hill is Redding Green (on the right)

Redding Historical Society is on the left in about 1/10 of a mile

### **Direction from I-84 Eastbound**

Go straight off exit 8

In about 200 yards, make a right immediately after the bank (CHASE) onto

PAYNE Rd. Follow the road straight through a few intersections and a stop sign.

When in doubt bear SLIGHTLY right.....

At end of road make a right onto Plumtrees Rd. go over the bridge and make an immediate left into the Bethel school complex. When the road through the school complex ends make a left.

At the light, cross RT 302

The road your on becomes RT 58

Follow RT 58 South to Putnam Park.

At Putnam Park, make a right onto RT 107

When you hit a stop sign make a left (still RT 107)

The Redding Historical Society is on the right just past the Redding Country Club.

### **Directions from I-84 West bound**

Get off exit 8 bear left through set of lights and bear left following signs to 84 East you will go over a bridge and make a sharp left.

Don't get back on the highway! In about 200 yards, make a right immediately after the bank (CHASE) onto PAYNE Rd. Follow the road straight through a few intersections and a stop sign. When in doubt bear SLIGHTLY right.

At end of road make a right onto Plumtrees Rd. go over the bridge and make an immediate left into the Bethel school complex. When the road through the school complex ends make a left

At the light, cross RT 302

The road your on becomes RT 58

Follow RT 58 South to Putnam Park.

At Putnam Park, make a right onto RT 107

When you hit a stop sign make a left (still RT 107)

The Redding Historical Society is on the right just past the Redding Country Club.

### **PARKING:**

- The Redding Historical Center has a field for parking (see map)



## **BAGGAGE PICKUP:**

- At the Historical Society

## **RACE DAY SCHEDULE**

6:30am – 7:45am	Bag pickup
6:30am - 10:00am	Food and beverages
7:45am	National Anthem
7:50am	Final race instructions + walk to start line (led by the reenactors)
8:00am	9K Start
9:15am	1 mile or less Fun Run Start
9:30am	Awards

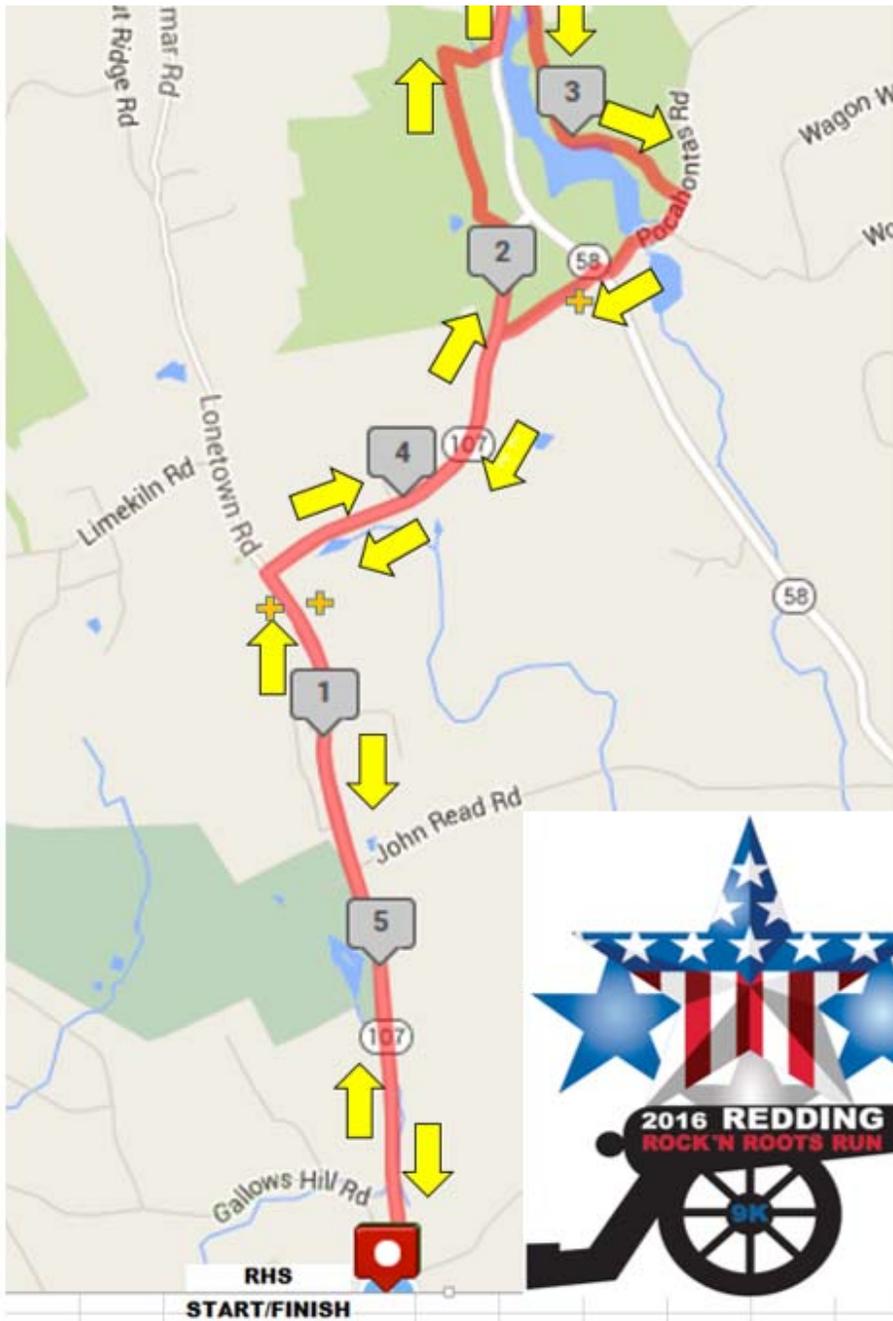
## **FOOD & BEVERAGES**

- Water, Gatorade
- Bagels, donuts, bananas +++

## **STARTING LINE**

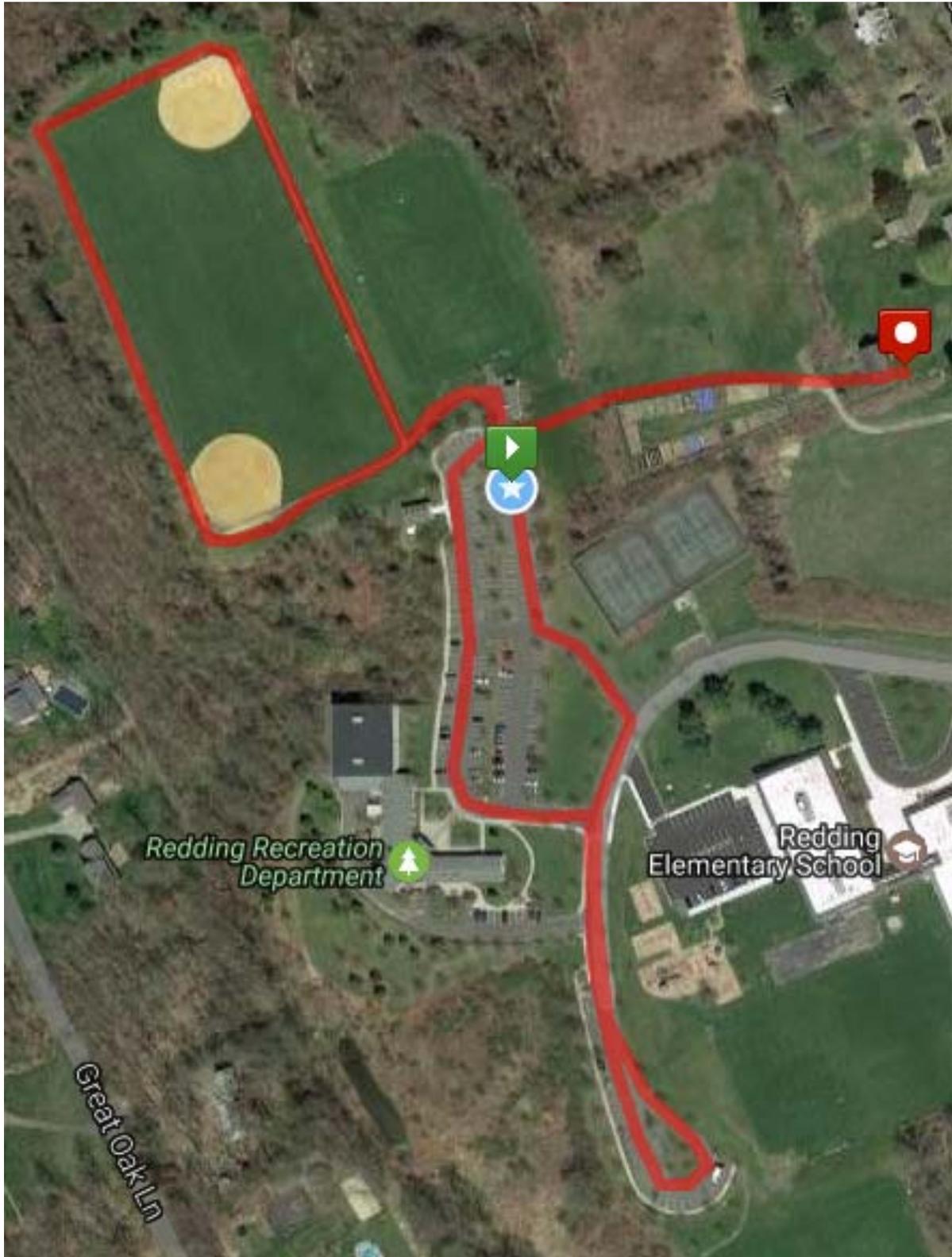
- Please be considerate of your fellow runners. Runners with strollers and walkers please start near the back. The start will be on Rt 107 so we have an easy, straight start. There will be no timing mats at the start, but we envision everyone getting through the start line within seconds.
- **Start:** You'll be sent off with a boom with an American Revolution Cannon and possible American Revolution Muskets
- **Aid stations:** We will have four on the course, at miles 1, 2.1, 3.5 and 4.5. All will have water and Gatorade.
- **Bathrooms:** We will have 8 port-o-lets at the start/finish area and Putnam Park has a couple bathrooms in each side of the park.

# 9K COURSE MAP



START ELEVATION	MAX ELEVATION	GAIN	CLIMBS ON ROUTE
661 FT	774 FT	300 FT	

**1 MILE (OR LESS) COURSE MAP)**



## COURSE SIGNS

### COURSE PREVIEW:

- **The start is on rt. 107 by the Redding Community Center entrance.**
- **Mile 1:** Slight grade uphill. Not a tough hill, but will keep you from going out to fast
- **Mile 2-mile 3:** Mostly flat to downhill. This part is relatively easy, a good way to get into your zone. The only uphill is a 10 second steep uphill heading into Putnam Park at Mile 2.1.
- **Mile 4:** The course gets tough for about a mile when you exit the 2<sup>nd</sup> Putnam Park (pond side) onto Pocahontas Rd. You'll encounter a steep uphill on Pocahontas Rd right before crossing Rt 58 and there's a slight uphill grade from mile 3.5 to 4.5.
- **Mile 5:** Enjoy the nice downhill final mile. This should be very fast (if you have anything left from the previous mile) until the last 1/10<sup>th</sup> of a mile of the race which is uphill.
- **The finish is just before the red barn on the Redding Historical Society grounds**
- There are mile marker signs on the course, along with directional arrows. Turns are also marked with flour on the pavement.





Directional arrow on course.

## AWARDS

- 10 year age groups, 3 deep (54 awards total awards!)
- All winners receive a trophy, and another patriotic award
- All participants receive a die-cut finishers' medal





**FINISHERS' MEDAL**

- **Costume contest:** the two runners with the best “patriotic’ costume will be awarded a free entry to the race of their choice (2018 Redding Road Race, 2017 Great Turkey Escape or 2018 Rock’n Roots 9k)



- **Race directors:** I have two of the best working with me. Marty Schaivone is co-race director and Jim Gerweck is the timer – that’s a lot of experience!!
- **Reenactment:** The 5<sup>th</sup> Connecticut reenactment group has agreed to have soldiers and other themed actors for your entertainment in Putnam Park during the race and most likely at the start and finish.

## RUNNER GIVEAWAYS

### SHIRTS

- Short sleeve tech shirts or singlet



**BIBS** – 2017 bibs will have a similar look

- Running chip is located on the back
- Name personalized on the bottom

