

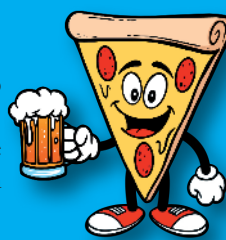
MONDAY NIGHT RUN/WALK 6:45 P.M.

Join the fun at our weekly group run/walk!

On Monday nights, rain or shine, as many as 30-40 runners and walkers gather at The Running Place for a group run/walk. Choose from a 3-mile or 5-mile loop that meanders through the neighborhoods behind the store. All ages and paces are welcome. We depart promptly at 6:45 p.m. so come early! On holidays

when the store is closed there is no group run; e.g. Labor Day or Memorial Day.

1st Mondays are back: Join us on the 1st Monday of every month for post run pizza and beverages on us.



SPECIAL MONDAY NIGHT GROUP RUNS

JULY 10TH

Wear-test Mizuno's new Wave Rider 27 and Wave Sky 7.

JULY 31ST

Wear-test New Balance's newest 1080v13 and 880v13.

This is a great way to find your next 'BEST' fit!

THE RUNNING PLACE

3551 West Chester Pike
Newtown Square, PA 19073

**SIDEWALK SALE
JUNE 3RD & 4TH**

PRSRT STD
U.S. POSTAGE
PAID
WILLIAMSPORT, PA
PERMIT No. 33

SPRING Savings!

\$10

off

Any Purchase*

* Present this coupon with your purchase of \$30.00 or higher. Cannot be combined with other coupons or special offers. May be used on sale items. Prior sales excluded. Expires 6/30/23



Excluding Brooks, New Balance, and Hoka Products

610-353-8826 • www.TheRunningPlace.com • 3551 West Chester Pike • Newtown Square, PA

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THE RUNNING PLACE

NEWTOWN SQUARE, PA

it's time for our annual



here at The Running Place!
SATURDAY, JUNE 3RD
SUNDAY, JUNE 4TH

*shop early for
the best selection*

- Open Saturday 10 a.m. - 6 p.m.
- Open Sunday 11 a.m. - 4 p.m.
- Select running shoes up to 60% OFF!
- Blowout sale on select apparel and accessories!

UPCOMING EVENTS:

June 2nd and June 3rd
PIRATES OF PENZANCE
Longwood Gardens, PA

Saturday, June 3rd, AND
Sunday, June 4th
ANNUAL SIDEWALK SALE
The Running Place

Sunday, June 4th
PHILLY RUNFEST
5K-10K-15K
Philadelphia, PA

June 10th and July 8th
PINTS ON THE PRESERVE
ChesLen Preserve

June 8th, July 13th, August 10th
Wynnewood, PA

Friday, June 16th
MEDIA 5 MILER
Media, PA

June 14th and July 12th
HAVERFORD RESERVE
SUNSET TRAIL SERIES 5K
Haverford, PA

Monday, July 3rd
SWARTHMORE LIONS
INDEPENDENCE EVE 5 MILER
Swarthmore, PA

Tuesday, July 4th
BROOMALL ROTARY
FIRECRACKER 5K
Broomall, PA

Sunday, September 17th
PHILADELPHIA DISTANCE
RUN HALF MARATHON
Philadelphia, PA

Sunday, August 6th
LIVE LIKE LEAH 5K
Wayne, PA

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3551 West Chester Pike • Newtown Square, PA 19073 • 610-353-8826
Mon/Wed/Fri/Sat (10 a.m. - 6 p.m.) Tue/Thu (10 a.m. - 8 p.m.) Sunday (Closed)

MONTHLY EMAIL SIGNUP @ WWW.THERUNNINGPLACE.COM | SOCIAL MEDIA @



FINDING THE RIGHT BRA FIT

We're just going to come right out and say it: "Ladies, you probably need to replace your running bras." For those of you who are either new to running or getting back into it after a major life event (like childbirth), "Yes, you do need a new running bra if you plan on running even just a little."

Now let us explain why...

A proper fitting bra is an essential part of any moving forward kit. And just like shoes or socks or shorts, bras only have so much life in them to begin with. We are all conditioned to understand that those other pieces will need to be replaced at some point. Probably some point way sooner than we want to admit.

Well, you need to treat your sports bras the same way. Go into that relationship knowing that you are going to have to replace it at some point.

Now, it can be tricky trying to figure out when exactly a running bra has...run its course (pun intended!). And there are a lot of factors that go into how quickly your bra will break down. Everything from the amount of miles you put on it to the amount of times you wash it to how much you sweat when you run...all of it factors in!

If you're incredibly organized and on top of things you can track all your miles that you run and the amount of times you have worn your bras and washed them. That would give you a fairly good idea when the bra will need to be replaced. But even that's not an exact science. And not many people will have the wherewithal to do that.

For an easier way to figure out when your bra should be replaced, use the handy-dandy box below!



When you are ready to replace them, come on into TRP and talk to one of our staff members for help choosing a new one. We have a couple Brooks's Bra Fit Experts on staff who can help you choose the right bra for you. We have a wide selection to choose from in both encapsulation and compression styles to keep you moving comfortably.

Whether you know the style that works for you, or you need some help figuring that out, we have the bra (and the bra experts) for you!

It can be difficult to tell exactly when you need to replace your running bras, but here are a few easy signs to help you know when to replace it:

1. Your bra should not see a birthday. If you have it for a calendar year, and you run fre-

REPLACEMENT TIPS

quently in it, chances are it needs to be replaced.

2. If you are noticing more bounciness or soreness where

your bra used to be securing you.

3. If you are noticing redness and irritation anywhere on your skin where the bra touches

your body.

4. If the bra is fraying or visibly falling apart.

Student athletes, be sure to ask about team discounts!

Monday, JULY 3RD

Swarthmore 5 Miler

Get a jump on Independence Day with the annual Swarthmore Lions Independence Eve 8K and 2 1/2 Mile Walk. Proceeds from the race support Lions charities which include organizations that assist the visually impaired such as the Center for the Blind and Visually Impaired in Chester and the Delaware Valley Eye Bank.

Tuesday, JULY 4TH

Broomall Rotary's Firecracker 5K

Precedes the Marple-Newtown 4th of July Parade. This is a fun family event and a great way to kick off the holiday. Come for the race and stay for the parade. Race proceeds fund the Broomall Rotary's local charitable service projects. The Broomall Rotary has been performing community service work since 1961.

LOCAL RUNNING ROUNDUP

JUNE 10TH & JULY 8TH

Pints On The Preserve

Event takes place both days from 2 to 8 p.m. at the ChesLen Preserve. Features refreshments from East Branch Brewing Company at the Lenfest Center.

Pair your pints with either a hike, a picnic, or some fun times with friends! Or do all three!

JUNE 14TH & JULY 12TH

Haverford Reserve Trail Running Series

A low-pressure trail running opportunities for people of all ages, abilities, and levels of experience. Whether you are a seasoned trail runner or a first timer, one or all of these 5k races in the series is for you. Takes place on the trails of Haverford Reserve.

COACH'S CORNER with Coach Kate



Hello TRP Running Community. It's Coach Kate here, hoping this message finds you doing well and enjoying the warmer weather. Summer is right around the corner and it is a terrific time to run. But high humidity and soaring temperatures can be a challenge.

So, here are 6 tips to help you tackle the heat and enjoy your hot weather runs. 1) Run when the conditions are coolest. Take advantage of long Summer days and run when the mercury is lowest; ideally in the early morning hours. 2) Run on grass or in the shade. Asphalt retains heat and radiates it upward. Stay off the streets if possible and opt for a park or trail with tree cover. 3) Hydrate properly. Drink at least eight ounces of water before you start your run. Bring fluids with you in a water belt or pouch. If you don't like to carry

fluids, stash a water bottle or two along your route or map out a few water stops along the way. Gas stations, schools and parks are great options. 4) Wear light colored, loose fitting clothes. Reflect the sun's rays with lighter tones and wear clothing that will allow a breeze to get through. Also, try to opt for moisture wicking synthetic fabrics over sweat absorbing cotton. 5) Pick the right headgear. You lose much of your body heat through your head, which is a good thing during the Summer. So choose a visor or roomy hat with breathable mesh over a tight fitting or heavy fabric cap. 6) Wear sunscreen. Use SPF 30 or higher; and opt for oil-free, water-resistant and fragrance-free formulas.

Lastly, I wanted to remind you all that the Coaches Corner is here to answer any specific questions you might have. Just send them along to therunning-place@gmail.com and make sure you put "Ask Coach Kate" in the subject. I will answer them all, and one lucky sender may see their question appear in the next edition of the TRP newsletter.

So take good care and let us know how we can help you keep moving forward in a positive way.

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