



# THE RUNNING PLACE

Newtown Square, PA

## NEW PATHS TO TREAD

**MCKAIG NATURE EDUCATION CENTER**  
889 Croton Road, Wayne, PA 19087  
8 miles from TRP

The **McKaig Nature Education Center** offers escape just minutes from KOP. McKaig is a natural preserve sitting on approximately 90 acres of pristine woodland, offering three miles of trails that traverse the arboreal landscape, skirting along and over two creeks, and what is generally considered moderately challenging terrain. The Center's mission revolves around



discovery, education, and preservation of nature. There is a variety of flora and fauna in this preserve, and you'll even find QR codes along the way to aid you in learning about the trees you are passing.

Save the date: **McKaig Nature Center's 5k Trail Race**, October 4, 2020. For more information visit: [www.enjoymckaig.org](http://www.enjoymckaig.org)

### UPCOMING EVENTS:

**Saturday, March 7th**  
**Sacred Heart Shamrock Shuffle 5k**  
Sacred Heart School  
Havertown, PA

**Saturday, March 14th**  
**2020 Leprechaun Run**  
Philadelphia, PA

**Sunday, March 29th**  
**Love Run Philadelphia Half Marathon and 7K**  
Philadelphia, PA

**Saturday, April 4th**  
**27th Tyler Arboretum 10k Trail Run**  
Tyler Arboretum • Media, PA

**Sunday, April 5th**  
**15th Annual Kevin Cain Make My Day 5k**  
Havertown, PA

**Saturday, April 11th**  
**The Butterfly Run/Walk**  
Great Valley High School,  
Malvern, PA

**Sunday, May 3rd**  
**Broad Street Run 10 Miler**  
Philadelphia, PA

## SUPER FIRST MONDAY

Monday, March 2nd

On March 2nd, join us for a "Super First Monday!" What makes this particular Monday super? We will not only have our typical fun run and first Monday pizza, but we will also have our New Balance rep on hand with a brand-new shoe to wear test: the 880v10. But



wait, there's more! Dr. David Baxter, D.O., will log some miles with us and present a post-run "Ask the Doctor" talk. This is a great time to pick a doctor's brain as we head into the spring running season with the Love Run, Hot Chocolate Run, Broad Street, and various other races approaching quickly. Dr. Baxter is a sports medicine physician with the Crozer-Keystone Health System, and an accomplished runner in his own right. Pop in for the run, stay for his talk, and pick up some good tips to help get you to the starting line better than ever before.

## RUN A MARATHON to Reduce Your Vascular Age

By vocation, we at The Running Place are advocates for running, an active lifestyle, and all the benefits that accompany it. When scientific studies reinforce our beliefs, we sing them to the skies...and print them in our newsletter.

A study published in the January 7, 2020 issue of the Journal of the American College of Cardiology concluded that "training for and completing a marathon even at relatively low exercise intensity reduces central blood pressure and aortic stiffness equivalent to a 4-year reduction in vascular age." Furthermore, the greatest benefit was

achieved in "older, slower individuals." The 138 first time marathoner finishers (aged 21 to 69) who participated in a six-month moderate running regime began their training as "untrained healthy individuals."

This study demonstrated concrete benefits, but you do not have to run a marathon to follow the road of health. Run, walk, move forward. Do so consistently, and you will reap the rewards.

To see more details of the study, visit [www.onlinejacc.org](http://www.onlinejacc.org)

## LOVE RUN HALF MARATHON & 7K

Join The Running Place Team on March 29th

Kick off your spring racing season with the Philadelphia Love Run. Two distances are offered: half marathon (13.1 miles) and 7k (4.3 miles). The objective of our team is to offer camaraderie, access to the short lines of the team porta-potties, and a place to stash your gear before and after the race. Plus, we hang out post-race to enjoy refreshments and re-caps. You will also receive a Team TRP Love Run shirt.

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)

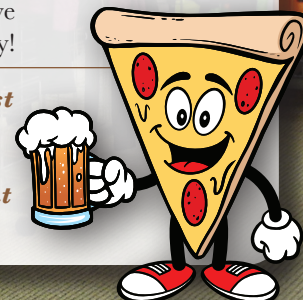
## BEGINNER RUNNING CLASS

Our Beginner Running Class will be held for eight consecutive Saturdays at 8 a.m. starting on March 14. The class will be led by US 1996 Olympian Katherine (Fonshell) Taylor. The class will teach the fundamentals of running and guide you through a walk/run program, building toward the completion of a 5k. The class is open to anyone wanting to start a running program and who is fit to walk at least 3 miles. The cost for this program is \$80 and includes a Gymboss timer and technical running T-shirt.

## MONDAY NIGHT RUN - 6:45 P.M. Join the fun at our weekly group run!

Every Monday night, rain or shine, as many as 30-40 runners gather at The Running Place for a group run. Choose from a 3-mile or 5-mile loop that meanders through the neighborhood behind our store. Runners of all ages and paces are welcome. We leave promptly at 6:45 p.m., so come early!

*As an added bonus, on the first Monday of each month, we treat the group to pizza and beverages at a local restaurant immediately after the run.*



## THE RUNNING PLACE

3551 West Chester Pike  
Newtown Square, PA 19073

## 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. Cannot be used to purchase gift certificate.

*Expires 3/31/20*



\* Excluding Brooks Products

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