



Fall 2021

# THE RUNNING PLACE

Newtown Square, PA

## NEW PATHS TO TREAD

by Bill Frawley

### KIRKWOOD PRESERVE

(855 Grubbs Mill Rd, Newtown Square, PA 19073, 3.8 miles from TRP)

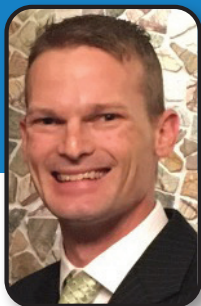
The Willistown Conservation Trust's Kirkwood Preserve consists of 83 acres of protected open space in Newtown Square. The preserve is comprised primarily of rolling grassland but also includes 21 acres of wet areas, and a half-mile of winding Crum Creek and its narrow band of adjacent woodland. With the grassland providing an important habitat for birds (and other wildlife), the Trust boasts a bird conservation program that is "nationally recognized, and attracts students, scholars, and scientists from all over the country."

There are a little over 3 miles of trails that loop through Kirkwood. A trail map, as well as other information, can be found at [wctrust.org/kirkwood-preserve/](http://wctrust.org/kirkwood-preserve/). The map shows three color-coded trails, each of which explores a different section of the preserve from the flatter grasslands, to Crum Creek, to the lone hill, which is a moderate climb that peaks at a beautiful view over the landscape below. In addition to the trails illustrated on the map, you may find additional trails and loops that are not shown. Don't hesitate to strike out on these other trails. The preserve is not big



enough for you to get lost, and the 'other' trails are likely just 'out-and-back' spurs, connections between marked trails, or short loops that return back to where you left the charted trail.

The trails are mostly 3-foot-wide paths mowed through the grasslands with occasional short stretches worn to dirt. The footing is fairly uneven so a sturdy pair of shoes is helpful. A 3-4 mile run or walk is enjoyable here with a little overlap of the multiple loops, or two loops of the perimeter. Because this is a protected bird habitat, dogs are not permitted. The preserve is open daily from sunrise to sunset. The parking lot is easy to find about a quarter mile down Grubbs Mill Road from Goshen Road.



### MEET THE PT

#### Andrew Tavernia, P.T.

from Xcelerate Physical Therapy

Monday, August 30th at 7:30 p.m.

(Following the Monday Night Run/Walk)

Races are back on! Has the ramp-up in your mileage after the shut-down caused aches and pains? Preparing to train for a fall race, but dealing with a hitch in your giddy-up? Come listen to Andrew Tavernia, P.T. speak about interventions and

therapies to get you to the starting line. Andrew holds a physical therapy degree from Northeastern University and has over 20 years of experience. He is interested in hands on/manual therapy, as well as orthopaedic and sports therapy.



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)

### UPCOMING EVENTS:

**Saturday and Sunday, August 28-29th**  
**Sidewalk Sale**  
The Running Place

**Saturday, September 4th**  
**DCSPATF 5k Run/Walk**  
Rose Tree Park, Media, PA

**Sunday, September 12th**  
**Media 5 Mile Race**  
Media, PA

**Sunday, September 19th**  
**Philadelphia Distance Run Half Marathon**  
Philadelphia, PA

**Sunday, September 26th**  
**ZERO Prostate Cancer-Philadelphia**  
Wayne, PA

**Sunday, October 10th**  
**20th Annual Delaware County Run for Heroes 5k Run/Walk**  
Springfield, PA



### ANNUAL SIDEWALK SALE

at The Running Place

**Saturday, August 28th and Sunday, August 29th**

*Shop Early for 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!



## CROSS COUNTRY SPIKES

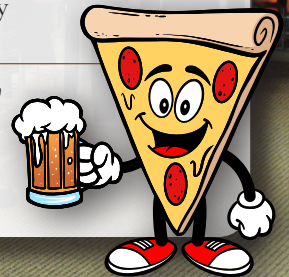


The cross-country racing season is upon us, and looks to be back to regular scheduling. Get the edge over your competition and run your fastest times with ultra-lightweight racing shoes that can give you superior traction even in the muddiest conditions. The Running Place has racing spikes and flats from a variety of brands, including Saucony, New Balance, and Brooks. If you run for a local C.Y.O., high school, or college, mention it at check out to receive a team discount.

## 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.

*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

## FALL 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 9/30/21*



Excluding Brooks and New Balance Products

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