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I'm sure you have heard, and probably have yourself said, some version of these statements that have been prevalent over the last six months: 'These are strange days we're living in;' and, 'I can't wait until things are back to normal.' Unfortunately, it seems dissipation of the strangeness and a return to normality is still at least several months away.

We are wishing for a happy and healthy holiday season. To realize these goals, we need your help.

To help us all stay healthy through this season and safely get to 'normal' at the other end of the pandemic, The Running Place's COVID protocol is meant to assist in adhering to three basic practices to prevent transmission: covering your nose and mouth, keeping your hands clean, and maintaining six feet distance from others.

Appointments are strongly encouraged to manage traffic flow, maintain safe occupancy limits, and provide space for everyone to safely distance from each other.

APPOINTMENTS ARE STRONGLY ENCOURAGED

Appointments are scheduled on the hour and half hour from store opening until 30 minutes before closing.

To schedule your appointment:

Call 610.353.8826

or

Email: therunningplace@gmail.com

Health Precautions Being Observed at The Running Place:

- Mask MUST be worn covering mouth AND nose at all times while inside the store.
- Hand sanitizing is required upon entering.
- Distancing is observed.
- Fitting stations are all separate from each other and are sanitized between each fitting.
- Occupancy is limited to allow for proper distancing.
- All shoes and apparel that are tried on are treated with UV light and/or kept out of stock for three days.
- If you are not comfortable coming in, we can arrange curbside pickup, delivery, or free shipping.

HOLIDAY HOURS



Sunday 12/20 Monday 12/21 Tuesday 12/22 Wednesday 12/23 Thursday 12/24 Friday 12/25

10 am - 8 pm 10 am - 8 pm 10 am - 8 pm

CLOSED

Thursday 12/31 Friday 1/1

10 am - 5 pm CLOSED

SATURDAY



10% of All Sales on Small Business Saturday Donated to



We are consistently humbled and honored by the support the community shows us throughout the year, on special occasions like Small Business Saturday, and especially through the difficulties of 2020. To show our gratitude, and to support the community that supports us, The Running Place will be donating 10% of all sales on Small Business Saturday, November 28th, to Share Food Program. As the region's leading hunger relief organization, Share brings nourishing food to neighbors in greatest need, and that need has grown immensely during these pandemic months. To see the amazing work this organization does, visit www.sharefoodprogram.org.

Additionally, we will be offering a FREE BOCO Brand mask/ face-covering to the first 50 customers who make a purchase on Small Business Saturday.

FOOD DRIVE

Soup

The Running Place will be collecting non-perishable food items at the store through December 31st, and donating all gifts to **Share Food Program.** We appreciate your generosity!

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)

GEAR UP FOR **OUTDOOR WINTER** RECREATION

With the lockdowns, shutdowns, distancing, and sundry other limitations that keep us from doing a 'few of our favorite things,' we have had to do more (sometimes a lot more) of those few things we can do safely. And so, we have found ourselves outside doing a lot more walking, running, hiking, etc. It doesn't look like Corona is going to let us be anytime soon, so we need to gear up and adapt to recreating outdoors as the season turns darker, colder, and generally less hospitable.

We have pants and tights to keep you toasty warm against the bitter cold; windproof jackets to seal out winter's bluster; lights to help you see; reflective accoutrements to help you be seen; and so much more. Check out the holiday gifts that can help you and yours stay comfortable and safe as you navigate your winter routines and adventures.

Also, if you are putting more steps and miles on your sneakers, keep in mind that they will not last as long as you may be expecting. Your shoes' durability is based on steps and miles accumulated rather than weeks or months owned. The more you use them, the more quickly they will break down. If you are 'feeling the ground,' or if some aches and pains have crept up on you, think about how much you have used your current sneakers. A new pair may be just what you need!













SWANK SERIES - TIFOSI running sunglasses are lightweight, anti-bounce, provide 100% UVA/UVB protection, and grip well even with sweat. They feature a polycarbonate, shatterproof, scratch-resistant lens, come in a cornucopia of colors, and start at \$25.

HYPERVOLT – makes self-massage easier and more effective than you ever imagined. Hypervolt provides a deep muscle massage treatment unlike anything you've ever felt. Feel better, move better, get relief, and recover faster from tension and muscle soreness.



GARMIN VENU® SQ GPS smartwatch combines daily style with health monitoring and fitness features that inspire you to keep moving. This model includes all the pace, distance, and time features you depend on from Garmin, plus: on-the-wrist health and wellness monitoring; more than 20 preloaded sports such as yoga, run, walk, bike, golf; Garmin pay: 'tap' your wrist and go, it's the easy, touch-free way to pay; and the ability to get call, text and social media alerts from your phone.



We know there are plenty of reasons to log miles before or after daylight hours. But you should never compromise your safety to go on a run or walk at night or early in the morning. Take precautions, like going with a buddy, sticking to well-lit areas when possible, and choosing gear that helps you be seen. Brooks Run Visible Collection can help.

Brooks worked with scientists at 3M to learn how the human eye discerns people and objects in low- and no-light conditions. Then they used that research to develop better gear, leveraging high-contrast, high-visibility colors and 3MTM ScotchliteTM Carbon Black Retroreflectivity in critical motion zones. This helps drivers recognize you for what you are: a runner making time to chase your goals.

Included in the collection is a wind and water resistant jacket, tights, hoodie, and more. Stop by The Running Place to get outfitted and shine bright on your next run!

from your

addition

to this quarterly

newsletter, we also send out

a monthly email and frequently post

updates on Facebook, Twitter, and Instagram.

Stay on top of all that is happening at The Running Place.

Like us on Facebook and follow us on Twitter and Instagram.

Sign up to receive our monthly email: www.therunningplace.com.



THE RUNNING PLACE 3551 West Chester Pike

Newtown Square, PA 19073

WINTER Savings!



* 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 12/31/20

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