



Spring 2019

THE RUNNING PLACE

Newtown Square, PA

BILL & KEN'S LATEST EXCELLENT ADVENTURE

**ON THE ROAD TO 2019
RUNNING GOALS...**



Everyone's favorite righteous dudes and owners of The Running Place, Bill Frawley and Ken Taylor, have some ambitious 2019 running goals. Bill, who is normally a long-distance runner, is trying to break 5 minutes in the mile before the end of 2019; he'll participate in several 1-mile races throughout the year to measure his progress. Ken, who prefers shorter distance races, is trying for a PR of 2:50 at the London Marathon on April 28th. You could say they're trading places to stretch themselves in areas where they haven't in a long time—if ever.

Bill says that he hasn't attempted the mile in about 15 years, adding, "In relative youth, races that short and fast are much easier to fake." He feels that doing longer distance road races since that time plus getting older have slowed him down (although "slow" for Bill does not equal "slow" for some of us), so he sees his goal as a battle against time, both in terms of aging and speed. He hopes that training for the mile will make him faster at longer distance races, saying, "If you want to race faster, you have to train faster...and stop getting older."

Ken is psyched to run the London Marathon, which he has tried to get into for the past 3 years. He says, "London is my favorite city in the world and I have family there, so it will be great for me, my wife, and my daughter to spend time there. And the race course is relatively flat and fast, and I really want to run fast." Ken feels lucky to have gotten into the London Marathon this year, so he is more focused in his training to have a shot at that PR.

Each of the guys has a different training plan and focus to achieve their goals. Bill is doing two speed workouts each week: the first is at his mile race pace and working toward his goal race pace, and the second is a mix of some threshold and 5k-pace work. Bill also plans to be more diligent with his stretching routine and running drills.

Ken plans to run 70-75 miles each week during the peak of his training, feeling that this mileage will have him well trained but not injured. For the first time, he'll be doing marathon-specific workouts, created for him by his friend and 2012 Philadelphia Marathon winner Mike McKeeman.

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UPCOMING EVENTS:

March 2nd
**8th Annual Sacred Heart
Shamrock Shuffle 5k**
Sacred Heart School
Havertown, PA

March 9th
**Winter Pickle Run Series
Race #3**
Ridley Creek State Park
Media, PA

March 31st
**Love Run Philadelphia
Half Marathon and 7K**
Philadelphia, PA

April 6th
**26th Tyler Arboretum
10k Trail Run**
Tyler Arboretum • Media, PA

April 7th
**14th Annual Kevin Cain
Make My Day 5k**
Havertown, PA

April 20th
The Butterfly Run/Walk
Great Valley High School,
Malvern, PA

**TYLER
ARBORETUM
10K**



This year is the 26th running of Delaware County's premier trail run in the historic and beautiful Tyler Arboretum. This is a great race with great food and great prizes, on a course that is challenging for the fastest runners yet suited to novice trail racers. The race is limited to 400 runners and always sells out in advance, so don't wait. Registration is open now!

One of Ken's weekly workouts will be a longer tempo run, and one will be a long run during which he'll run the last half or third of the distance at marathon pace to simulate running on tired legs during the actual race. Ken has also started doing core exercises (see the "Fixing Humpty Dumpty" article from the Spring 2018 TRP newsletter, and you'll know why!) and lifting lighter weights to ensure that his core and upper body are strong enough to carry him 26.2 miles at his desired pace.

An important and often overlooked part of training is nutrition. Bill is cutting back on beer and snacks and eating more fruits and vegetables (but he draws the line at kale). Ken is also cutting back on beer and is happy to eat Bill's kale along with various other veggies and fruits, seafood, and eggs. Ken adds that he is averaging 9 hours of sleep most nights, and he sleeps 10-11 hours on Sunday nights after his long runs. If sleeping your way to a faster marathon time works, sign me up for that training plan.

In both cases, the goals that Bill and Ken have are likely to reap benefits beyond a PR in a specific distance. Their ambitions are leading them to do new workouts and approach their training differently, which can be a great way to mix up your running routine or get yourself out of a rut. Also, the workouts they are doing will benefit them in all running distances, not just the ones for which they're training.

So, which of the two is more likely to achieve their goals? Ken thinks that both of them have a shot at it, as long as they don't get injured during their training. Bill's answer: "Definitely me." Stay tuned for follow-up reports throughout 2019, and wish both of the guys good luck on their journey!

READING FOR RUNNERS and Others

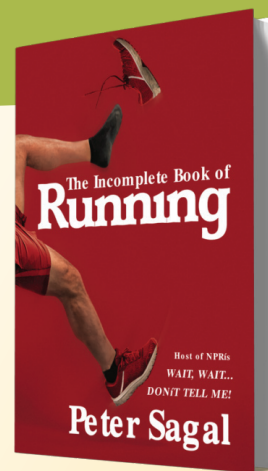
THE INCOMPLETE BOOK OF RUNNING – A Memoir by Peter Sagal

The Incomplete Book of Running by Peter Sagal is equal parts humorous, touching, and inspiring. In his book, Sagal recounts his relationship with running throughout his life and describes how it has transformed his life, taught him valuable life lessons, and delivered him from various demons and difficulties. The author is the host of National Public Radio's humorous news quiz show Wait, Wait...Don't Tell Me!, a featured columnist in Runner's World magazine, a 14-time marathon finisher, a host on PBS television, and an erstwhile humorist, playwright, and screenwriter.

The title and book cover, which parody Jim Fixx's 1977 **The Complete Book of Running**, tell us that Sagal doesn't take himself too seriously. He describes himself as short with a 'disposition toward heft' and does not lay claim to any great running genes. Yet in finding a desire and a need to run, Sagal set goals, pursued them with persistence and a maybe a little compulsion, and achieved levels he didn't know he had in himself, qualifying for the Boston Marathon.

As an inactive, chubby kid, who breathed heavily climbing the stairs and was none too pleased with his looks, Sagal looked through his father's copy of Fixx's book and admired the fit runners pictured there. He started running avidly through high school, but after graduation Sagal's running could be described as intermittent at best – on and off, though mostly off, until he was nearly forty years old.

Approaching forty, more conscious of his mortality, in the midst of a teetering marriage, again cognizant of excess baggage around his midsection, and now aware of a susceptibility to depression, Sagal found running once more. "Running preserved me, running distracted me, and running prepared me in ways I hadn't anticipated for the challenges I couldn't have imagined," Sagal writes.



He started with a neighborhood 10k, decided to run a half marathon, and then went on to his first marathon. By all accounts, that first marathon was a disaster; Sagal admits that he was poorly trained and the race poorly executed, but he did finish. After experiencing 26.2 miles of fatigue and cramps, digestive issues and dehydration, and the sheer misery, agony, and pain of what a marathon can offer, many first-time marathoners cross the finish line and think to themselves, as Sagal did, "...I wonder if I could do that faster."

In subsequent marathons, Sagal followed detailed training plans that challenged him to run more and run harder than he had before. He persisted through good runs and bad, tested himself in races and with his running group, and went on to qualify for the Boston Marathon, and then, against all odds, to improve his PR by 18 minutes in Philadelphia in his late 40s. These races were a testament to hard work and dedication and perseverance;

"RUNNING SOMETIMES SUCKS, BUT EVERY RUN ENDS, AND TOMORROW IS A NEW OPPORTUNITY TO TAKE A FIRST STEP."

chapters in a story demonstrating, as Sagal puts it, "...a kind of stubborn determination which, as it turns out, is the

only athletic skill fate granted me, other than my aerodynamic skull."

Sagal has experienced all of the usual benefits of running, and then some: "...better health, increased energy, the deep-seated thrill of setting a goal, and through difficult work, surpassing it ...What running has given me most of all is the practice of persistence... And maybe, too, a habit of hope."

Running is an escape. Running is transformational. Running is a metaphor for life. "Running sometimes sucks, but every run ends, and tomorrow is a new opportunity to take a first step."





Join **The Running Place Team**
for the **LOVE RUN Half Marathon**

NEW for 2019 - 7k!

Sunday, March 31st @ 7:30 a.m.

The LOVE RUN now offers a 7k (4.35 miles) event in addition to the half marathon. If you're not ready for 13.1 miles, 7k is great alternative!

March is the month that we transition out of winter...hopefully. The Love Run has not always cooperated with our conjecture for 'perfect weather.' In fact, the weather has confounded us more than once. However, the average high temperature in Philly for March 31st is 58° and the low is 40°. Through five years we have yet to see those conditions, so the law of averages owes us...doesn't it?

Regardless of weather, The Running Place will have a team of 60+ runners. We will have a tent at the start/finish area where everyone can gather, get pumped, and stash gear. After

the race we will hang out and enjoy refreshments and share stories of our adventures. Each team member will have access to our tent and the team port-a-potty area, and will receive a TRP Love Run technical t-shirt.

We are not running for competition. We are running for FUN! Join us for the camaraderie, conviviality, and convenience!

When you register for the race, choose to 'Join a Team' and type 'The Running Place' in the search window. Pick us. Presto! You are a member of the cool kids' club. If you have already registered but didn't join The Running Place team, don't panic. There is still time – just send an e-mail to therunningplace@gmail.com with your name, as registered, and we will get you on board.

NEW PATHS TO TREAD

by *Bill Frawley*

We are always looking for new places to run, walk, and hike. When we find a new place, we like to tell you about it, so you can keep your exercise interesting and motivating. However, New Paths to Tread (NPT) isn't always about one specific place; sometimes it's an opportunity to focus on trail/path resources that are far more thorough than we can be in this limited space, and we want to be certain to extend that knowledge to you.

The Rails to Trails Conservancy (RTC) strives to preserve green and open space, connect residents to those spaces, connect communities, create recreational areas, and encourage outdoor activities by transforming retired railroad corridors into multi-use trails that can be used by walkers, runners, and cyclists for exercise, commuting, or general enjoyment. RTC's Trail Nation project is in eight regions across America, including Philadelphia. Through Trail Nation, RTC is investing in and partnering with local organizations to expand and connect trails to improve people's quality of life. In our area, the network of trails is called the Circuit Trails.

The Circuit Trails is a network of hundreds of miles of multi-use trails in Philadelphia and the surrounding PA/DE/NJ suburbs. New trails are being developed. Existing trails are being improved and connected to others. The trails can be used to access environmental education centers, historical sites, and commercial areas. They can be used to get from the city out into suburban and rural areas or vice versa. Many of the trails that NPT has featured are a part of the Circuit Trails, including: the Schuylkill River Trail, Chester Valley Trail, Pennsy Trail, Chester Creek Trail, and many more. If you have missed our features on these trails in the past, visit the Newsletter Archives at therunningplace.com.

The Circuit Trail Coalition has distributed maps of the trails that you can pick up at The Running Place. Or, visit circuittrails.org to view maps online, find a trail, see what events are coming up on a trail near you, and read the Circuit Trail Blog. Many of the trails are also accessible from public transportation.

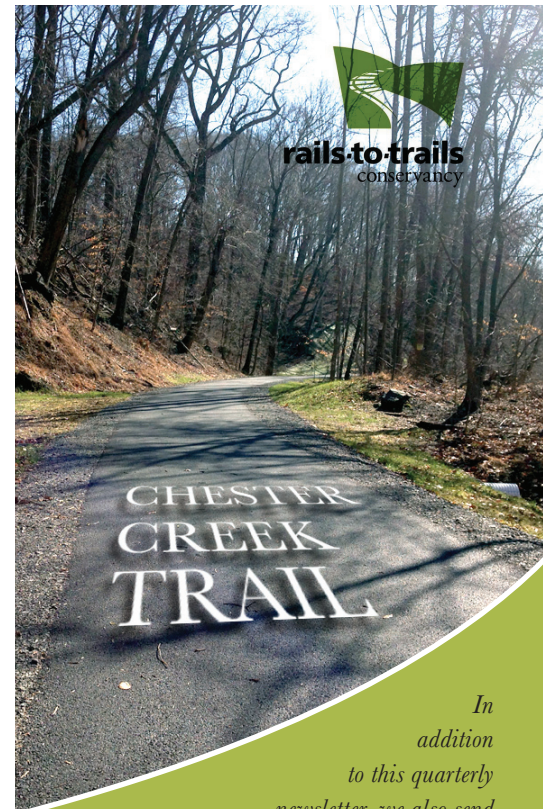
There are no excuses! Get out there, explore, and have fun!

SELF-DEFENSE SEMINAR

**SATURDAY, MARCH 2ND
& SATURDAY, MARCH 9TH
1 P.M. - 4 P.M.**

Haverford Township Parks and Recreation Department is offering a two-day self-defense seminar at the Community Recreation and Environmental Center (CREC) at Haverford Reserve. On two consecutive Saturdays, March 2nd and March 9th from 1 p.m. - 4 p.m., Angelo Mattei (black belt in Tae Kwon Do & Tang Soo Do) will teach the fundamentals of self-defense and how to avoid contact situations by observing environment and body language, and by listening to your intuition. Learn the most common grabs and how to escape them using your hands, knees, elbows, and feet. Protect yourself by projecting power, not vulnerability.

The fee for this seminar is \$39. Spots are filling up fast, so don't wait to register. https://apm.activecommunities.com/haverfordtwp/Activity_Search/self-defense-seminar/5456



In addition to this quarterly newsletter, we also send out a monthly e-mail and frequently post updates to our Facebook page and Instagram.

Stay on top of all that's happening at The Running Place. Like us on Facebook and follow us on Instagram. Sign up to receive our monthly e-mail: www.therunningplace.com.

BEGINNER RUNNING CLASS

Begins Saturday, March 16th

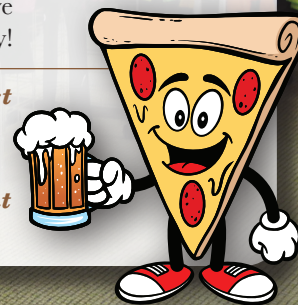
Our Beginner Running Class will be held for eight consecutive Saturdays at 8 a.m. starting on March 16. The class will be led by US 1996 Olympian Katherine (Fonshell) Taylor. The class will teach the fundamentals of running and guide you through a walk/run program, building toward the completion of a 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 Gym-boss timer and technical running T-shirt.

To register or find out more information, visit our website www.the-running-place.com or call 610.353.8826.

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.

Expires 3/30/19

