



Spring 2018

THE RUNNING PLACE

Newtown Square, PA

FIXING HUMPTY DUMPTY

KEN'S RUNNING ASSESSMENT

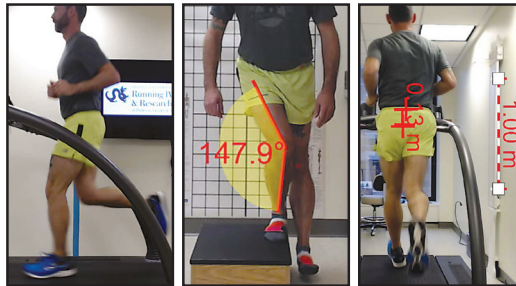
by Carly Daniels

On January 29, 2018, I met Ken Taylor at Drexel University's Running Performance and Research Center. Ken was undergoing a running assessment by Drexel physical therapists Kevin Gard and Robert Maschi hoping to learn more about some calf issues that had been plaguing him for the past few years.

Ken's list of injuries could fill volumes. "I was hit by a van while riding a scooter over Labor Day weekend in 2014," said Ken. That resulted in a multitude of broken bones and a torn tendon. Ken has had run-ins with snow, ice, and general clumsiness that led to broken bones in his legs, ankles, and feet, as well as a torn plantar fascia and a torn Achilles tendon. Healing from all these injuries likely forced his body to compensate and perhaps become imbalanced. "During the last two marathons I ran (Philadelphia 2016 and 2017), my calves locked up during the last few miles. I'm overusing my calf muscles and I don't know why; hopefully, the running assessment can provide some answers."

The running assessment started with the PTs taking Ken's running and injury history, then moved on to checking Ken's range of motion, flexibility, and core strength. Next, Ken was asked to stand in front of a Postural Analysis Grid Chart with stickers placed on his hips, knees, and low back to be used as landmarks for measurement while he did dynamic stability testing (one-legged squats, heel taps on a box, and box steps while mimicking a running motion). The last part of the assessment involved Ken running on a treadmill while being videotaped from the front, side, and back, and then up close on his feet to assess his foot mechanics.

The results showed **a lot** of room for improvement. Ken's range of motion and flexibility were limited due to tightness in his hip flexors, hamstrings, and calf muscles. Assessment of Ken's



core strength revealed significant weakness and instability of those muscles, scoring a 0 out of 5. His dynamic stability testing showed poor stability and control in the hip abductor and adductor muscles. Analysis of the videotape further reflected Ken's issues with hip and calf tightness and weakness; it also showed a cadence of less than 90 steps per foot and slight over-striding.

Ken's running assessment results included recommendations for cadence retraining to help him shorten and quicken his stride. He also received instructions for stretches and physical therapy exercises to target his core, hips, and calves and address the weakness and tightness of those areas.

Ken's goal to succeed at Philadelphia Marathon 2018 drove him to pursue this analysis. When I asked Ken what he would do with these results, Ken seemed committed to following through with the PTs' recommendations to enhance and improve his running. He added, "I now want to run fast based off of my fitness today. I don't want to run without a plan, waiting for the other shoe to drop in terms of getting hurt again."

If you would like to undergo a similar assessment, contact Drexel's Running Performance and Research Center at ptappts@drexel.edu or 215.553.7012, or visit www.drexel.edu/cnhp/practices/Running-Performance-and-Research-Center.

UPCOMING EVENTS:

March 3rd
7th Annual Sacred Heart Shamrock Shuffle 5k
Sacred Heart School
Havertown, PA

March 17th
Winter Pickle Run Series Race #3
Ridley Creek State Park
Media, PA

March 25th
Love Run Philadelphia Half Marathon
Philadelphia, PA

March 31st
The Butterfly Run/Walk
Great Valley High School,
Malvern, PA

April 7th
25th Tyler Arboretum 10k Trail Run
Tyler Arboretum • Media, PA

April 8th
13th Annual Kevin Cain Make My Day 5k
Havertown, PA



BILL REMEMBERS...

Jason and I met when we worked together at Fleet Feet 16 years ago. I remember him as a skinny smart aleck who fancied himself a tough guy, would argue with me about pretty much anything and was always cracking jokes. Over the years, we worked together (not just at Fleet Feet but later at The Running Place), ran together, drank beer together, and ate wings together. Despite both of our busy schedules, we would catch up several times a year, and when we did, it was as if no time had passed. I admired his passion, ambition, and grit. I really miss our debates and Jason's infectious enthusiasm.

CARLY REMEMBERS...

Jason and I met in 2011 through the Fast Tracks Wednesday night track workouts. I'd had two bouts with stress fractures and was ready to try something different in my running; he desperately needed an editor for his public communications (those of you who knew him well were all too aware of the dreadful grammar in his writing!). We decided to barter: he would coach me, and I would edit for him. This arrangement was mutually beneficial, but I felt like I had the better end of the deal; he coached me through a difficult time in my life to my first half marathon, and in the final months of his life while he was battling cancer, he coached me to my first full marathon. I viewed Jason as my little brother who gave me a hard time (and vice versa) but who excelled at exercise science and coaching. Now, every time I feel like blowing off my physical therapy exercises or a run, I have Jason in my head and in my heart, harassing me but also encouraging me to be patient, persistent, and to never give up. My workouts are now for him as much as they are for me. I miss him every day and I wish he were still here to coach me in person as well as in spirit, but I'm so grateful that I had the opportunity to know him and work with him.

JASON KILDERRY

JANUARY 4, 1982–DECEMBER 18, 2017

By Bill Frawley and Carly Daniels

This winter, a good friend of The Running Place and a pillar in the Tri-State area triathlon and running community died at the much too young age of 35 from hepatosplenic T-cell lymphoma.

Jason would have loved nothing better than to be an elite runner or triathlete. However, he learned early on in his endurance career that his body was not built for the rigors of such intense training. But with a love so strong for endurance sports, he wasn't going to be denied involvement. Jason pursued a degree in exercise science, worked at specialty running stores (including The Running Place), and was the founder, owner, and head coach of ETA Coach. His involvement in endurance athletics would be through helping others pursue and achieve their athletic goals.

Jason contributed to the endurance community in so many ways. He was the Drexel University triathlon team coach, and he coached the Wednesday night track workouts for Fast Tracks Running Club. He gave presentations at running stores, race expos, and conferences where he would educate runners about the latest scientific findings to aid our training and nutrition, and he always made sure to take the time to debunk many of the trendy 'get fit, fast, and thin quick' schemes that lurk around every corner of the fitness world. Jason's talks were stimulating and inspiring. Exposing scientifically unsubstantiated claims and training systems usually involved more than a little sarcasm and humor, but his engaging way of speaking ensured that all who attended his presentations would come away the wiser for it.



Whatever studies Jason quoted, those findings were a starting place. At the end of the day, Jason would always emphasize that each of us is an experiment of one – what works for others may not work for us, and what works for us, may not work for others. And that is how Jason coached – creating an individual plan for each of his athletes, tailoring each athlete's training schedule to accommodate their history and goals. He helped many overcome obstacles they thought were insurmountable.

The testimonials that people gave in the weeks and months after his death described a man who was dedicated to helping his athletes achieve and excel, always asking how they were doing and feeling. Even as he fought his illness, Jason would sidestep questions about his health to inquire about others' fitness, recovery, and progress.

We knew Jason as a co-worker, coach, fellow runner, guest speaker, and friend. We remember Jason through the knowledge he imparted, the compassion he bestowed, and the passion he infected us with. Jason is missed.

GARMIN METRICS 101

Wednesday, March 14th
at 6:45 p.m.



Our Garmin rep, 'Garmin Gary,' is going to discuss various metrics available on Garmin devices to help you perform better. Let us help you decipher your Garmin so that you can train and perform at your best!

By monitoring key aspects of your running and fitness

progress, you get a better look at your current performance level and what you need to do to continue improving. Certain Garmin devices collect data while you work out in order to bring you these running metrics.

Come to The Running Place on March 14th to learn how this info can help you. Learn about Garmin's 'running science' and about fun new features such as the Forerunner 645 Music watch, Uber ETA app, Garmin Pay, and more!



👉 Student athletes, be sure to ask about team discounts! 👈

In Memory of Jason:

Bone Marrow Registry Donor Drive

Saturday, March 10th from 10 a.m. to 4 p.m.

Had Jason's cancer been successfully treated, he would have needed a bone marrow transplant, as is the case for many who are battling blood cancers. **Only 30% of patients are able to find a bone marrow "match" through a family member. The rest of the patients rely on using the National Bone Marrow Registry to find a match.** You could save someone's life by joining the Registry.

In memory of Jason Kilderry, The Running Place is teaming up with DKMS – We Delete Blood Cancer to host a Blood Marrow Donor Drive on Saturday, March 10th from 10 A.M. to 4 P.M. Joining the registry is easy! It takes less than ten minutes.

By joining, you will be listed as a potential donor for anyone in need.

DKMS (www.dkms.org/en) is an international non-profit organization whose founder lost his wife to leukemia but made a promise to her that he would help every blood cancer patient find a matching donor. When DKMS started in Germany in 1991, there were only 3,000 potential donors registered. Today, there are more than 6 million. DKMS has offices in five countries, including the U.S. In the U.S., DKMS has registered over 800,000 potential donors and facilitated more than 2,500 life-saving transplants since 2004.

FACTS:

Blood Cancer Is a Killer

- Approximately every 3 minutes, one person in the U.S. is diagnosed with a blood cancer.
- The blood cancer leukemia is the most common pediatric cancer in the U.S.
- More than 170,000 Americans are diagnosed with a blood cancer each year.

Bone Marrow Transplants Can Be Life Saving

- Many patients fighting blood cancers can be saved with a bone marrow transplant.
- Every year, nearly 14,000 patients need transplants using cells donated from a perfect stranger. **Less than half will get them.**

It's easy to register. Registration includes eligibility and health screening, filling out a form, and swabbing the inside of each cheek for 30 seconds to collect cells for use in matching with a patient. It's quick, simple, and painless!

To be eligible to register, a person must be:

- Between the ages of 18 and 55
- In general good health
- Willing to donate to ANY patient
- Not already registered
- Living permanently in the U.S.
- At least 4'10" and 105 lbs.

NOT ABLE OR READY TO JOIN THE REGISTRY?

You can help in other ways:

- ▶ Volunteer at the drive.
- ▶ Make a cash donation to help defray the costs of registering donors.

DKMS 
WE DELETE BLOOD CANCER

Everyone who comes to TRP to join the registry will be eligible for raffle prizes. Stop in to register or just to say 'hi.' We will have snacks and drinks and plenty of shopping available!

If you need any clarification on how the process works or if you have any questions, please feel free to contact Bill at The Running Place for more information.

RUNNING 201

SATURDAY, MARCH 17 -

SATURDAY, MAY 5

Would you like to run a 5k PR this spring or summer? Are you wondering how to get faster? Join us for our Intermediate Running Class to be held on Saturday mornings at 8 a.m. for eight consecutive weeks beginning March 17. Participants should currently be running 3 to 4 miles per run, 3 to 4 times per week.

In *Running 201*, U.S. Olympian Kate (Fonshell) Taylor will teach about different methods of running to improve your pace and running economy. Class will cover topics such as intervals, threshold runs, fartleks, and hill repeats. Each class will be comprised of a brief lecture and a running workout that will include one of the training methods discussed. The cost of the class is \$80.

At the end of eight weeks, we will go to a local 5k as a group and test our improved fitness. Register for *Running 201* in person at The Running Place, or print the registration form from therunningplace.com.

FITNESS WALKING CLASS

**Begins Saturday,
March 17th**

The upcoming 8-session Fitness Walking Class provides both instruction and group support to successfully establish a regular walking routine. The class meets Saturdays at The Running Place from 8:30-9:45 a.m. Each week, learn more about specific walking techniques and workouts, along with motivational strategies and nutrition tips. The class is led by ACE-certified Health Coach and registered dietician Pattie Bucacio, MS, RDN. The cost is \$80. For more details, class schedule, or to register, stop in the store or visit therunningplace.com.

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.

JOIN THE RUNNING PLACE FOR THE LOVE RUN!

Planning to register for the March 25th Philadelphia Love Run Half Marathon? Join our team. When you register, look for the team drop down window, and select 'The Running Place.' Already registered? Send us an email and we will get you on our team.

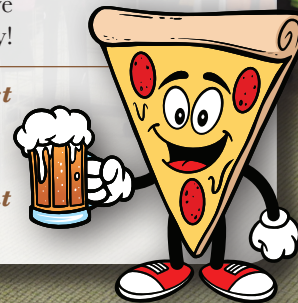
Participants will also receive a TRP Love Run technical t-shirt. Plus, we will have our own tent and personal team port-a-potty. Join us for the camaraderie, conviviality, and convenience!



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

REMEMBER,
we're in our new location!

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 3/31/18

