



Fall 2014

THE RUNNING PLACE

Newtown Square, PA

going the DISTANCE:

WHAT MAKES SOMEONE A RUNNER?

If you come to TRP Monday night runs, you'll see a variety of answers to that question. People of all ages, shapes, and abilities come together to put in their miles while having fun with friends. Two people who run with the group almost every Monday night are Andria Toland and Joe Melvin.



Andria and Joe have dated for 18 years but only started running 4 years ago. Andria was motivated to start because of health issues; her doctor told her that she had high cholesterol and high blood pressure. After 7 weeks of running, those numbers had improved incredibly! Andria was feeling great, so she decided to enter her first race in 25 years: the 2010 Frostbite 5-miler.

Joe said he would join Andria in the race; they had other friends running, and he figured, why not? At that time, Joe had never run before, and he smoked 2 packs of cigarettes daily. Joe showed up for the race wearing jeans and a fleece jacket, and carrying a backpack filled with ibuprofen and

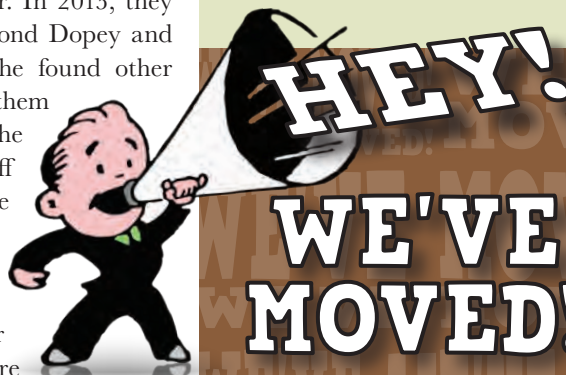
Andria Toland and Joe Melvin

by Carly Daniels

Cokes. Andria said, "Even with my headphones on, I could hear him coming up behind me because of all the stuff in his backpack." Joe finished that race in about 45 minutes; Andria finished in 55 minutes. They have done Frostbite every year since and refer to it as their "runiversary."

After Frostbite, the couple ran some 5ks and 10ks in 2010 and 2011, then took a leap and signed up for the Disney Marathon weekend in January 2012: Andria for the half marathon, and Joe for the "Dopey" challenge—back-to-back races, with a half marathon Saturday and a full marathon Sunday. This was their first time running these distances, but they took their time and ran for fun. They did a few more races in 2012, and Joe quit smoking that same year. In 2013, they returned to Disney for Joe's second Dopey and Andria's first full marathon. She found other folks at her pace and stuck with them for several miles. At mile 21, she began racing the sweepers (staff who "sweep" the course to get the slower finishers off the course within the sanctioned time limit); she and other runners held hands and pulled each other along to get past the point where the sweepers would force them to drop out of the race.

Andria finished that race in 7:45—a testament to her determination and endurance, because of how mentally and physically grueling it is to be racing that long. Joe is a faster runner (although Andria did beat him by 1 second in the 2013 Philly Rock and Roll Half!); however, he has paced slower runners before and says, "Being at the back of the pack is a completely different experience. Water stations are closing down, hardly any spectators are there – it's hard!"



UPCOMING EVENTS:

1st Beginner Running Class
The Running Place
September 10th: 6:30 p.m.

TALK's 5k Trail Run and 1-Mile Family Walk
TALK Institute
Garrett Williamson Foundation
Newtown Square, PA
September 13th: 10 a.m.

7th Annual Michelle's Miles 5k
Episcopal Academy
Newtown Square, PA
October 5th: 9a.m.

35th Women's Running Festival 5k
Rose Tree Park, Media, PA
October 11th: 10 a.m.

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OUR NEW ADDRESS:
3551 West Chester Pike
Newtown Square, PA
19073

THE BAREFOOT RUNNING TREND:

WHERE ARE WE NOW?

Recently, Vibram – one of the leaders in minimalist footwear production – lost millions of dollars in a class action lawsuit brought upon them because they claimed that their shoes could reduce injuries and strengthen muscles. A study last year¹ even showed that when people transitioned to these shoes, they had an increased likelihood of stress fractures. So why were people so interested in the shoes in the first place? Was the book “Born to Run” the only thing the shoes had going for them, or was there actual hard science that supported their use?

LET’S BACK UP. How does a runner end up with a stress fracture? A study² in 2006 showed that healthy people who have had tibial stress fractures in the past land harder than those who have not. And by land harder, they mean that their rate of impact is much quicker. This suggests that people who are prone to stress fractures don’t decelerate their landing as slowly as others.

The greatest rate of impact occurs during the initial contact that your foot makes with the ground. In 2010, another study³ compared this impact rate in runners landing on their heels (heel-striking) without shoes on, heel-striking with shoes on, and landing closer to the ball of

the foot (forefoot-striking) without shoes on. They found that heel-striking without shoes created the greatest rate of impact (quickest deceleration) upon ground contact, heel-striking with shoes on created a moderate rate of impact, and forefoot-striking without shoes on had the smoothest and slowest impact possible. These two studies would suggest that going minimalist and heel-striking would increase your chances of getting a tibial stress fracture, while forefoot running would reduce your chances. So, why did the runners in Vibrams in the 2013 study get hurt?

The research seems to show that a forefoot strike might be the best way to prevent stress fractures. It gives you the greatest dissipation of impact over time, which should decrease injury. But here is where cause for concern still lies: we need to consider where on the foot the impact is being absorbed. Forefoot strikers need much stronger ankle and calf muscles to withstand the repetitive impact of running. Unless you’ve been running like this for most of your life, your ankles are probably not conditioned appropriately for this type of nonstop work mile after mile. You may be setting yourself up for other over-use injuries like plantar fasciitis, Achilles tendonitis, or posterior tibialis tendonitis, for example. Can your ankles be conditioned to this type of work? Maybe. But safely transitioning to this style of running likely requires months, if not years, of running shorter distances with a forefoot-strike than you would have if you kept your heel-strike pattern. As runners, we are generally much too impatient for that. On the other hand, if you forego the forefoot-

striking and just transition to minimalist footwear, you are now setting yourself up for the worst impact that the literature has to offer. The runners in the study from 2013 were not educated about this, and may have been heel-striking in the Vibrams. Is it any wonder that they hurt themselves?

So, if you’re running without pain, keep doing what you’re doing. If you do have pain, switching to a forefoot strike in minimalist footwear probably shouldn’t be your first thought. Try just landing lighter. If you’re on a treadmill, try making as little noise as possible with each step. Stop in and see if you have the right type of shoe on. Consider seeing your physical therapist to diagnose any muscle weaknesses, tightness, or abnormal running gait patterns. If you’re absolutely determined to try forefoot striking, make sure you transition properly. You can visit a physical therapist to learn the proper transition sequence.

JAMIE ROSENBERG, PT, DPT *Optimum Physical Therapy Associates*

Jamie Rosenberg is a doctor of physical therapy and an orthopaedic resident with Optimum Physical Therapy Associates and Arcadia University. He takes great interest in the rehabilitation of running and overuse injuries.

Optimum Physical Therapy Associates is a team of physical therapists with locations in Swarthmore and West Chester who have been helping their neighbors get back to doing what they love since 2007.



7th Annual Michelle’s Miles 5k

Sunday, October 5, 2014
Episcopal Academy @ 9 a.m.

Michelle’s Miles is an event to celebrate the life of Michelle Deasey, a talented and dedicated Episcopal Academy 3rd grader who unexpectedly passed away in late 2007. Michelle embodied the qualities and attributes valued by The Episcopal Academy community. Her infectious spirit, sportsmanship, grace, and courage continue to inspire all who knew her.

www.michellesmiles.org

¹ Ridges ST, Johnson AW, Mitchell UH, Hunter I, Robinson E, Rich BS, Brown SD. Foot Bone Marrow Edema after 10-week Transition to Minimalist Running Shoes. *Jour American College of Sports Med.* 2013;45(7): 1363-8.

² Milner CE, Ferber R, Pollard CD, Hamill J, Davis IS. Biomechanical Factors Associated with Tibial Stress Fracture in Female Runners. *Jour American College of Sports Med.* 2006;38(2): 323-8.

³ Lieberman DE, Madhusudhan V, Werbel WA, Daoud AI, D’Andrea S, Davis IS, Mang’Emi RO, Pitsiladis Y. Foot strike patterns and collision forces in habitually barefoot versus shod runners. *Nature.* 2010;463: 531-5

**Cross Country Spikes
Have Arrived!**

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

NEW PATHS TO TREAD

CYNWYD HERITAGE TRAIL

375 Conshohocken State Rd, Bala Cynwyd, PA 19004 (Cynwyd Train Station trailhead, 10.3 miles from *The Running Place*).

The Cynwyd Heritage Trail (CHT) is a Rails-to-Trails recreation path that stretches 1.8 miles from Cynwyd Station to Belmont Avenue, just across the Green Lane Bridge from Manayunk. The trail has been designed with a wide, paved surface and an adjacent soft-surfaced, dirt path. Bicycle pumps are located at the Cynwyd Station and Barmouth Station trailheads. Along the length of the trail are maps, photos, and historical markers illustrating the layout and development of the land as it once was.

One half mile down the path you will come to Bala Cynwyd Playground where there is a water fountain and restrooms. These are the only facilities along the path.

There is a pedestrian easement through West Laurel Hill Cemetery leading to Belmont Avenue, and several miles of roads over beautiful rolling hills through the memorial park. This area can be accessed through a gate .75 miles from the Cynwyd Station trailhead, at the Barmouth Station trailhead.

An old railroad bridge spans the Schuylkill River 1.3 miles from the Cynwyd Station. There are plans to create a spur over this bridge that will take trail users to DuPont Street in Manayunk. Completion of this Manayunk Bridge Extension has no hard deadline as yet, but the bridge does make a nice view over the river.



Utilizing the length of the CHT combined with West Laurel Hill, one can easily find a 6- to 7-mile running route. For those looking for a longer run, upon reaching the far end of the trail from the Cynwyd Train Station, simply turn right, cross the Green Lane Bridge into Manayunk, and hop onto the Manayunk Canal Path. You can then head west toward the Schuylkill River Trail, Conshohocken, and Valley Forge, or east toward Center City Philadelphia.

FOR MORE INFORMATION:

www.cynwydtrail.org

Parking options include:

- Cynwyd Station Park/SEPTA Cynwyd Station parking lot
- Bala Cynwyd Park, .5 miles from Cynwyd Station
- Barmouth Station trailhead (at the end of Levering Mill Rd after crossing Belmont Ave), .75 miles from Cynwyd Station
- Old gas station at the corner of Belmont Ave and Rock Hill Rd

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After Disney 2013, Andria found the Galloway group and began training with them, and both Joe and Andria had the support of Endurance Sports Connection, a group that encourages the achievement of a wide range of fitness goals. ESC's president, Linda, is charismatic and driven; she paced Andria at several races and motivated Andria and Joe to sign up for additional races. In the fall of 2013, Joe started coming to the TRP Monday night runs; Andria started coming a few months later.



The first half of 2014 saw Andria and Joe meeting greater challenges and achieving new milestones; Joe completed two full marathons (DC Rock 'n Roll and Shamrock) on back to back days in March, and Andria PR-ed in the Shamrock full marathon with a time of 6:23. Overall, both Andria and Joe have been finishing stronger in races than when they first started running—a direct result of the increased consistency of their training.

Joe and Andria have come a long way since their first race. They're healthier and have traveled to many places for races and have made many friends through running. They've become accustomed to running distances that challenge new runners and elites alike. And, they've learned that putting in hard work, helping others, and refusing to give up will help you achieve amazing things. That focus on camaraderie and achieving goals are what makes them runners and will enable them to go the distance for many years to come.

In addition

to this quarterly

newsletter, we send out a

monthly e-mail and frequently post

updates to our Facebook page. Stay on top of all

that's happening at The Running Place. Like us on Facebook.

Sign up to receive our monthly e-mail: www.therunningplace.com.

ROCK 'N' ROLL PHILADELPHIA HALF MARATHON

GET READY TO POTTY LIKE A ROCK STAR

WHAT IS THE BROOKS VIP PORTA POTTY?

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TO RECEIVE A PASS FOR RACE DAY:

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For more info, visit www.brooksrunning.com/rnr

 **BROOKS**



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FALL BEGINNER RUNNING CLASS

Our Fall Beginner Running Class will be held for 8 consecutive weeks beginning on Wednesday, September 10th at 6:30 p.m. and 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 race. The class is open to anyone wanting to start a running program and who is fit to walk three miles. The cost for this program is \$75, and includes a Gymboss timer and technical running T-shirt.

To register or find out more information, visit our website or call 610.353.8826.

MONDAY NIGHT RUNS from The Running Place

Are you looking for running partners?

Join us on Monday nights for our weekly group run. All levels are welcome, whether you are following a walk/run program or winning races and age group awards. We leave from the store promptly at 6:45 p.m.

If you need even MORE motivation, on the first Monday of each month, we will treat all Monday night runners to PIZZA immediately following the run.

THE RUNNING PLACE
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