



Winter 2016

# THE RUNNING PLACE

Newtown Square, PA

## Snowy Nights, Running Lights JINGLE RUN

*Dashing through the snow,  
As a flashlight shines the way,  
O'er the roads we go,  
Without the light of day.*

*Make sure you are seen -  
Clip on your blinking lights  
What fun it is to run and gleam  
Keeping ourselves in sight.*

*Oh, run and tell all your friends  
This is what we say:  
See and be seen on the road.  
Run the safest wa-ay!*

*Run and tell, all your friends  
This is what we say:  
Wear reflective belts or vests  
And safer you will stay.*

*Hats and gloves we wear  
And our thermal tights.  
Our goal is staying warm  
When we run at night.*

*As the temps turn cold  
And roads become real slick,  
Put Yaktrax on your shoes  
To keep your pace as quick.*

*Oh, run and tell all your friends  
Here's what we opine:  
Staying safe and warm on runs  
Is best in winterti-me!*

*Run and tell, all your friends  
'Tis better in a group.  
Join your friends at TRP  
And we will run with you!*

by TRP Staff

### UPCOMING EVENTS:

**Thursday, Nov. 24th**  
**SEVEN SUMMITS  
TURKEY TROT**

Wilson Farm Park, Wayne, PA

**Saturday, Nov. 26th**  
**CARDINAL FOLEY  
TURKEY TROT**

Havertown, PA

**Saturday, Nov. 26th**  
**SMALL BUSINESS  
SATURDAY**

The Running Place

**Sunday, Dec. 11th**  
**REINDEER ROMP 5K**

Havertown, PA

[www.reindeerromp.org](http://www.reindeerromp.org)

**Sunday, Dec. 18th**  
**SUPER SUNDAY - FUN RUN**

Fun Run 10 am

Store Open 11 am - 4 pm

The Running Place

**3rd Saturday of January,  
February, and March 2017**  
**WINTER PICKLE  
RUN SERIES**

Ridley Creek State Park, Media, PA

[www.runtheday.com](http://www.runtheday.com)

# LOVE RUN

## HALF MARATHON

**JOIN THE RUNNING PLACE TEAM!** Planning to register for the March 26th 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 transfer you to our team.



## MONDAY NIGHT RUN

### HOKA ONE ONE WEAR TEST

### AND PIZZA NIGHT

Come run with us on Monday, December 7th and wear test a new shoe! Hoka One One will have **Bondi 5** and **Clifton 3** demo shoes for runners to try. Those who partake in the wear test will be entered to win a **FREE** pair of Hokas!

Hoka makes extremely well-cushioned running shoes that are very light. The styles available for

wear-testing at TRP on December 7th provide two different levels of cushioning and shock absorption. The Clifton 3 is one of the lightest shoes we offer, and the cushioning you get from such a light shoe is unbelievable. The Bondi 5 is not quite as light as its brand-mate, but it is judged by many to be the most cushioned shoe they have ever put on their feet.

If you simply like 'cushy' or if you have impact-related injury issues, this is a great opportunity for you to try Hoka out. Come out for the Hokas and a run, and stay for the pizza and beverages afterward - it's First Monday!



**November 26th**  
**10 am - 6 pm**

**Shop Small • Shop Local  
Shop TRP!**

Make a purchase at The Running Place on Small Business Saturday and receive your choice of oval magnet: Run., Walk, 26.2, 13.1, 5k, and many more.

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)

# STOCKING STUFFERS

**BELLABANDZ** • The headband engineered by a runner – for runners. These fun and sporty, non-slip headbands are made by competitive local runner and mother, Liz Sweeney, of North Wales, PA. Functional and fashionable Bella-bandz are available in a vast array of patterns and colors. Not only are they adorable, but they don't slip!



**AMPHIPOD ARMPOD SMARTVIEW (Smartphone Armband)** • Who wants to carry their big ol' phone in their hands while they run? Nobody! This nifty phone holder has an adjustable arm strap and fits the iPhone 6s and 6s+ (and other phones comparable in size).

**SNEAKER BALLS** • Put these little critters in your shoes, gym bag, locker, or any place to trap stinky odors that tend to linger. They may be small, but they are mighty.



**SWEAT-X SPORT Detergent** • Tired of putting your workout apparel through the laundry and having it come out with that lingering smell of sweat? Unlike most detergents, Sweat-X Sport is powerful enough to remove funky odors caused by sweat, kills 99% of bacteria embedded in technical fabrics, and is tough on stains such as grass, mud, and blood. Sweat-X Sport is 100% non-toxic and safe for all fabrics.

**HYDROFLASK (Insulated Water Bottle)** • There's nothing quite like a warm cup of tea or cocoa after a chilly long run. Hydroflask vacuum insulated stainless steel bottles are designed to keep warm drinks warm for up to 6 hours and cold drinks cold for 24 hours!

# RUN or WALK Outside Through the Winter This Year

There is no such thing as TOO DARK!  
There is no such thing as TOO COLD!

Every year, many runners and walkers take their workout regimen indoors for the three or four months that winter weather haunts the Delaware Valley. How enjoyable is that treadmill and stale gym air? How much fun is that 16-laps-to-a-mile track that challenges math skills and makes one dizzy?

Don't do it! There is no need to be afraid of the cold and dark! Stay outside this winter!

With the proper gear, you can stay warm and cozy on those cold, blustery days; you can light up the path ahead of you to avoid trips and tumbles; you can illuminate yourself so brightly that E.T. may see you from the stars above.

It is amazing how the chill is kept at bay when you wear a technical jacket that completely blocks the wind and locks it out! Put

a heat-generating top under that jacket and some warm fleecy feeling pants or tights on your legs, and you'll feel so toasty that you may think you're in Florida!

To see where you're placing your next foot-step, there are numerous options to flood your way with light. The choices include gadgets that you can strap to your knuckles, hold in your hand, or wear on your head.

As important as it is for you to see where you are going in the dark, it is equally important to make sure that others can see you. There are all kinds of cool, cute, comfortable reflective devices and blinking lights you can wear to alert oncoming drivers of your presence.

Peruse these pages for enlightenment. Stop in the shop for illumination ... **and more!**

## Introducing the newest Garmin, THE FORERUNNER 35!

Like all new Garmin GPS watches, the Forerunner 35 tracks your time, distance, pace, calories burned, and cadence. It is also an activity tracker and alerts you to notifications as they appear on your compatible smart phone. The newest feature is its wrist-based heart rate monitoring with a dedicated screen that shows current plus average resting heart rate.

A step above the Forerunner 25, the Forerunner 35 includes the features mentioned above, plus: vibration alerts, a battery life of 13 hours in GPS mode or 9 days in standby mode, a higher resolution display, the ability to create basic interval workouts, and activity profiles for indoor or outdoor running, biking, cardio workouts, and walking.



**HOLIDAY SOCK SPECIAL**  
**Buy 3 get 1 FREE!**

11/25 - 12/31



**Features!**

*Student-athletes, ask about team discounts!*

find us on **facebook**

# HOLIDAY GIFTS TO COMBAT THE COLD AND DEFEAT THE DARK

## RECHARGEABLE KNUCKLE LIGHTS

Rechargeable Knuckle Lights provide a whopping 280 lumens to light up your entire path. There is nothing you won't see and no one who won't see you. A USB charging dock will keep your Knuckle Lights charged and lasting long enough for your most ambitious runs: up to 14 hours of light. They're waterproof and work in all weather! Never worry if your accessories can handle the conditions outside – Knuckle Lights can handle anything you can.



## “BE SEEN!”

### THE NORTH FACE MOTUS TIGHT II & ASICS LITE SHOW JACKET

Be seen and stay safe with running tights, jackets, zip-ups, and more that are fashionable by day, but also provide the safety of full reflectivity in the dark! Who doesn't want reflective gear that you can wear during the day and still look like a million bucks? Both the Lite Show Jacket and the Motus Tight have 360° of reflectivity that you don't see in the daylight; only when a light shines on them in the dark



## BREATH-THERMO by Mizuno

Breath-thermo is a fabric technology that keeps your body 2-3 degrees warmer by creating heat from the vapor produced by your own body during exercise. This technology is used in shirts and jackets, pants and tights, gloves and hats – everything you need to stay warm in the chill that is upon us!

## BROOKS BOLT REFLECTIVE BRACELET/HEADBANDS

Throw on the Bolt Reflective Bracelet or Headband to be seen and stay safe on your early morning or evening run. They're the perfect travel size for the runner on-the-go.



## YAKTRAX

**FEAR NOT** the snow and ice that winter may bring. Whether you are running outdoors, shoveling snow, or walking across the grocery store parking lot, Yaktrax will fit over your shoe or boot and will bite into the ice and snow so you can move with traction and confidence no matter what Father Winter lays over the ground.



Another excuse for staying inside...  
**ELIMINATED!**

## 19TH ANNUAL REINDEER ROMP



Sunday, December 11th  
at 3 pm  
Havertown, PA

The Reindeer Romp 5K Fun Run/Walk Race is held each December in Havertown in memory of Brandon Lake, a Havertown boy who lost his fight against cancer. One hundred percent of all proceeds go to the American Cancer Society. The 2015 Reindeer Romp raised \$22,896 for ACS!

Nolan Painting, Inc. has been the presenting sponsor of the Reindeer Romp since 2000. The Running Place is a proud sponsor once again as well!

Come out with us for a fun run through the neighborhoods near Oakmont Elementary School. **Join all the reindeer back at Nolan Painting's office for the awards and a special after party where free beer, soft drinks, and food will be provided. Bring your camera for pictures with Santa!**

## HOLIDAY HOURS

Sun. 12/18 11 am - 4 pm  
Mon. 12/19 10 am - 8 pm  
Tues. 12/20 10 am - 8 pm  
Wed. 12/21 10 am - 8 pm  
Thurs. 12/22 10 am - 8 pm  
Fri. 12/23 10 am - 8 pm  
Sat. 12/24 10 am - 3 pm  
Sun. 12/25 CLOSED

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](http://www.therunningplace.com).

## SUPER SUNDAY DECEMBER 18TH

### 10 AM - FUN RUN/WALK

Join us for a morning run of 3 to 5 miles. Runners and walkers of all abilities are welcome. Light, post-run refreshments will be served.

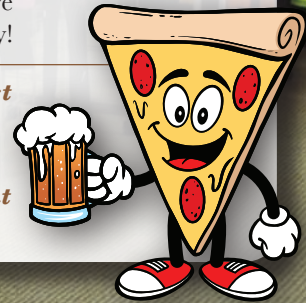
*All Fun Run participants receive a FREE 'running' magnet!*

**The store is open from  
11 am to 4pm**

## 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!

## WINTER Savings!

**\$10 off**  
Any Purchase\*

\* Present this coupon with your purchase of \$25.00 or higher. Cannot be combined with other coupons or special offers. May be used on sale items. Prior sales excluded.

*Expires 12/31/16*



Excluding Brooks Products

610-353-8826 • [www.TheRunningPlace.com](http://www.TheRunningPlace.com) • 3551 West Chester Pike • Newtown Square, PA