



Winter 2019

# THE RUNNING PLACE

Newtown Square, PA

## NEW ELVES AT TRP

WE ARE EXCITED TO INTRODUCE THREE NEW STAFF MEMBERS:



**Anne Yanaitis** moved to Havertown, PA from the Finger Lakes of NY and joined JoAnn Meyer's group, Runstrong, after hearing about it from a friend. She says, "Joining Runstrong has been one of my best decisions I've made. I've gone from running 3 miles to running marathons in Harrisburg and Richmond, and I've made wonderful friendships along the way."

Anne also works as an Occupational Therapy Assistant in geriatrics and loves spending time with her husband Don, their daughters Eden and Grace, and their St. Bernard Penny. Anne and a few of her running buddies completed their 4th triathlon this summer, and you may even catch Anne and Don around town on her favorite toy - their tandem road bike!

Anne has always loved The Running Place's personal approach to their customers and is excited to be part of the team.



**Andi Lieberman** ran track and cross country in high school. Then there was a long break before she took up running again after she and husband, Eric, started a family. By then, the running was much needed for stress relief! Andi subsequently discovered Fast Tracks running club through Joan Osborne, one of the original

owners of TRP. Joan invited Andi to join a training group for the Broad Street Run, and Andi was hooked!

Qualifying for and running the 2011 Boston Marathon in 2011 is Andi's favorite running accomplishment. More importantly, her favorite aspect of running is the community - she has made many good friends. "Runners are the best people," she says.

Andi says she joined The Running Place team because of the wonderful camaraderie of coworkers and customers, which she knows well through her long tenure as a TRP customer. "I love all apparel and accessories running-related, especially if they're purple..."



**Jenn Wynne** has run since 7th grade. She ran cross country and track in middle and high school, and has continued running on and off over the years while raising her family. "I enjoy running and it has always been a part of me (even when not getting in the runs that I would like to)! One of the best things about running is the awesome running community."

Jenn has completed two marathons and several half marathons. She will celebrate 30 years of marriage in May, and has three grown sons. In addition to her part-time work at TRP, Jenn works full time as an accounting assistant, and is taking classes to finish her accounting degree.



### WHAT HAS THE REST OF THE TRP CREW BEEN DOING TO STAY ACTIVE AND FIT IN 2019?

**Jason** has spent the last two years dealing with calf issues that have limited his running, but he has become an Elliptigo® maniac, elliptigoing 60-100

miles per week...when time permits. (FYI, an Elliptigo® is a stand-up bicycle whose pedals rotate in an elliptical motion mimicking the running gait cycle.)

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### UPCOMING EVENTS:

Thursday, Nov. 28th  
11<sup>TH</sup> ANNUAL SEVEN  
SUMMITS TURKEY TROT  
5K RUN AND WALK  
Wilson Farm Park, Wayne, PA

Saturday, Nov. 30th  
CARDINAL FOLEY  
TURKEY TROT AND  
FAMILY FUN WALK  
Havertown, PA

Saturday, Nov. 30th  
SMALL BUSINESS  
SATURDAY  
The Running Place

Monday, Dec. 9th  
MONDAY NIGHT RUN  
DIADORA ELITE 3  
WEAR-TEST  
The Running Place

Saturday, Dec. 14th  
REINDEER ROMP 5K  
AND WALK  
Havertown, PA

Saturday, Jan. 18th  
WINTER PICKLE RUN  
Ridley Creek State Park, Media, PA  
www.runtheday.com

### HOLIDAY HOURS

Sat. 12/21 10 am - 7 pm  
Sun. 12/22 11 am - 5 pm  
Mon. 12/23 10 am - 7 pm  
Tues. 12/24 9 am - 3 pm  
Wed. 12/25 CLOSED

Sun. 12/29 CLOSED  
Tues. 12/31 10 am - 5 pm  
Wed. 1/1 CLOSED



## THE RUNNING PLACE ELVES

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**Sharon's** 2019 has seen a consistent routine of run/walk three times a week, as well as going to the gym three times for CXWORX™ core workouts plus cardio. But, Sharon's most rigorous exercise is running after her 2.5-year-old grandson!

After a long road of battling knee and hip issues, **Diane** is ecstatic to be back running again, making great progress, and feeling good!



**Nick** prefers running on the treadmill for a bit and doing the elliptical for more cardio. He also lifts free weights for bicep/tricep muscle work and does pushups and sit-ups for core strength.



Since running the 2018 Boston Marathon in cold, sideways blowing rain, **Becky** has not been too excited about racing. She ran the Broad Street Run in 2019 but has mostly been running for fun, for the social aspect, and to run some energy out of her dog, Chip.



In 2019, **Jona** has not been training for any half marathons or longer races but focusing mostly on shorter runs and 5K's. She has also really enjoyed incorporating Pilates and biking into her exercise routine.



**HOLIDAY SALE**  
*Sock*

Buy 3, get 1 FREE!

FEETURES: Nov. 29th - Dec. 31st  
Thorlo: Nov. 11th - Jan. 4th



# 2019 Holiday Gift Guide

*This holiday season, there are some great new apparel lines at The Running Place that are sure to bring smiles to the faces of your friends and family. Below, we highlight some of our favorite pieces from Vuori and Janji, who create unique and beautiful styles in addition to amazing comfort. And of course, there are the usual options that can bring comfort, warmth, and safety to the runners and walkers in your life. Shop on by and we will gladly help you navigate the possibilities.*

## VUORI

### • Women's Caspian Legging

The Caspian has a beautiful tonal print with reflective logos to keep you seen in low light. The performance stretch knit is moisture wicking to keep you comfortable on long runs. The high-rise fit is extra comfortable and the zip pocket on the pack waistband will easily store a card or key.



### • Women's Performance Jogger

Meet the pants you'll never want to take off. The Performance Joggers have a slim but slouchy fit with a slightly cropped leg, side pockets, and a drawstring. Designed with our softest premium stretch fabric, they're your new go-to.



### • Men's Sunday Performance Jogger

A fresh take on athleisure, the Sunday Performance Joggers are premier in fit, function, and soft stretch. The shorter inseam will keep you moving with less bulk around your ankles; these joggers offer equal parts style and comfort.



diadora

ELITE 3



You may have read about the Italian athletic shoe company, Diadora, in prior newsletters. You may have tried on a pair when you last visited The Running Place to get new kicks. You may have bought a pair. One thing is certain, Diadora is trending and growing.

After a twenty-plus year absence from the U.S., Diadora running shoes have been back for three years now. Their three shoes in the technical running Mythos Blueshield line offer a soft, cushioned feel. The Fly is light, soft, and responsive. The Mythos Blueshield is plush, though solid and durable, making a very strong impression to those who try it. And, the Elite is their flagship shoe in the support and stability category, offering tremendous cushioning and comfort.

The latest version of the Elite has arrived at The Running Place, and offers a bit more stability than its predecessor, and a roomier toe box, but still delivers on the high-end cushioning the first two versions had.

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



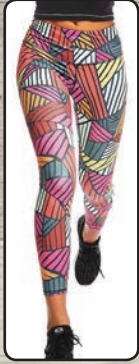
## RUN PA T-SHIRT



Show your Pennsylvania running pride with this technical t-shirt featuring TRP's 'Run PA' design. The Running Place logo pins our hometown location on the map.



## JANJI



### • Women's Deviation Tight

Featuring ReFlex Stretch knit, the Deviation Tight prioritizes comfort with ultra-smooth, lightweight support. A secure yoga-style waistband and a perfect balance of stretch to structure give a barely-there-feeling in stride.

### • Women's and Men's Runpaca Long Sleeve

For next-level comfort when running and roaming, this long sleeve is made from Janji's Runpaca fabric - a blend of ultra-soft cotton with thermo-regulating and odor resistant alpaca fleece for an all-natural, adventure-ready top.



## LIGHTS AND REFLECTIVE

In these dark days of winter, it is critical to make sure you are seen by drivers, and that you can see where you are going. The Running Place carries a variety of reflective gear, head lamps, and hand-held lights.

## BELLABANDZ

Keep the hair out of your face with Bellabandz non-slip headbands. Available in dozens of colors and patterns, including seasonal and holiday themes, sparkles, pets, mascots, stripes, polka dots, and sooo many more!



## VOORAY

### • Burner Gym Duffel

This is the perfect bag for the gym. The Burner has plenty of space for all your workout needs, and offers a separate shoe compartment, a padded phone pocket, and a mesh pocket for your water bottle.



On Saturday, December 14th, hundreds of reindeer will once again be romping through the streets of Havertown in memory of Brandon Lake, a local boy who lost his battle with cancer. Through its history the Reindeer Romp has raised over \$300,000 for the American Cancer Society. Register to be a reindeer today!

All participants are invited to join in the Pizza & Pub Crawl festivities following the 5k. Hang on to your race bib and head over to one of the many Havertown eateries and pubs for a free slice of pizza and pint of beer (soft beverage for minors). Make sure you present your race bib to receive the delicious food and drink.

**SMALL BUSINESS SATURDAY - FREE SOCKS - NOVEMBER 30TH**



Would you like a brand-new pair of Features socks for FREE? Bring in an old, worn, holey, grungy pair of socks from your stash, and trade them in for a free pair new Features. We call this 'Sock Amnesty.' It doesn't matter what condition your old stockings are in. Bring them to us. We won't judge! We just want to get you into a new pair, and we think you'll like them so much that you'll want to buy more!

## DIADORA WEAR-TEST

Monday, December 9th

ELITE 3



Join us for our Monday night run on December 9th for the opportunity to take a Diadora out for a test run - no strings attached. The new Elite 3 will be available as well as the Mythos Blueshield 3 and the Fly. Our Diadora rep will be on hand to answer any questions you might have. In keeping with the theme of Diadora being an Italian company, Nick will be pouring post-run Prosecco, made from the vineyards of the same family who owns Diadora, and serving Italian sweets.

*Cool kicks, Prosecco, and cannoli... what more could you ask for?*

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



## JOIN TRP'S TEAM FOR THE LOVE RUN HALF MARATHON

— SUNDAY, MARCH 29TH —

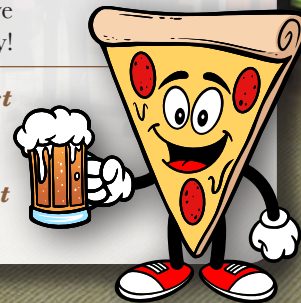
Register for the Love Run and join The Running Place Team for the fun, convenience, and camaraderie. Being a member of the TRP Team gives you access to our team tent where you can meet friends and teammates, and leave your gear during the event. The team tent is adjacent to reserved port-a-potties – which means short lines for the bathroom. Don't forget to stick around for post-race refreshments.



## 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

## WINTER 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 12/31/19*



Excluding Brooks Products

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