



Fall 2015

# THE RUNNING PLACE

Newtown Square, PA

## "ON YOUR LEFT..."

### TIPS FOR TRAIL ETIQUETTE *by Carly Daniels*

Recently, I was running on Kelly Drive when I witnessed a runner screaming obscenities at a cyclist because the cyclist passed the runner without using a bike bell or saying, "On your left!" to alert the runner to his presence. I can understand the runner's frustration, because it can be alarming to have a cyclist zoom past you without warning; however, it's doubtful that the cyclist would be likely to change his behavior as a result of being yelled at by someone who, quite frankly, sounded a bit crazy.

I think there are some basic principles of trail etiquette that walkers, runners, and cyclists can all follow to ensure a safe and enjoyable experience for everyone who utilizes trails. Some of these are common sense, some are basic manners, but others are the result of personal experience and aren't necessarily intuitive. Feel free to share this list to help educate others about sharing our local trails and walking paths with other users!

#### TRAIL ETIQUETTE TIPS:

- **Stay to the right on a trail.** Think of a trail as you would of a road: everyone in the U.S. drives on the right. The same rules apply on most trails; typically, signs will indicate if a particular trail is an exception to this rule.
- **Before passing another walker, runner, or cyclist, look behind you to ensure that no one else is coming.** This is another situation where driving rules are applicable. The result of passing without looking first can be just as disastrous when walking, running, or cycling as it can when driving. Don't be the cause of a collision by not taking a moment to look before you pass someone.

- **When passing another walker, runner, or cyclist, do so on the left when possible.** Again, the rule here is comparable to driving: cars use the left lane for passing slower vehicles. This logic also should be applied when using trails.
- **Alert others when you pass them.** Everyone should do this, whether they're runners, cyclists, or speedy walkers. Alerting others that you're passing them is safer for both the passer and the person being passed, because you can't predict when another person will suddenly move into your path or change direction, and they can't predict your actions, either. A pleasant "On your left" is all you need to say to let someone know you're there and moving past them; if you're on a bike, you can also use a bike horn or bell. Better safe than sorry!
- **When on a trail with another person or a group of people, don't walk/run/bike more than two abreast.** Be mindful of the fact that there are others coming behind you as well as in the opposite direction. The trail is there to be shared, so please be considerate and don't take up all the space.
- **If you use headphones while on a trail, leave one earbud out and/or keep the volume low.** It's very important to utilize all of your senses while out for a walk or a run in order to stay safe. Even if you look before passing someone or changing direction on a trail, fast runners and cyclists can come upon you with little warning, and not being able to hear their approach can be a real hazard. Ideally, you should not use headphones at all

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#### UPCOMING EVENTS:

**Saturday, September 12th**

*Holy Child Academy  
5K Run/Walk*

**Holy Child Academy  
Drexel Hill, PA**

**Sunday, October 4th  
8th Annual**

*Michelle's Miles 5k  
Episcopal Academy  
Newtown Square, PA*

**Sunday, October 11th  
Delaware County  
Run for Heroes 5k  
Springfield, PA**

**Sunday, October 18th  
Martins Run 5k  
Media, PA**

#### THE DOCTOR IS IN

**FREE INJURY SCREENINGS  
at The Running Place  
with Dr. Kevin DuPrey  
Saturday, September 12th  
10 a.m. - 1 p.m.**

School sports are beginning and the fall running season is upon us. It's a time when we crank up our training, which can lead to overuse aches, pains, injuries and questions. Dr. DuPrey specializes in Sports Medicine with particular interest in running, concussions, osteopathic manipulation, nutrition, and overuse injuries. He is board certified in Sports Medicine and Family Medicine, and practices in the Crozer-Keystone Health System.

#### IS SOMETHING AILING YOU?

**Call or e-mail us to reserve  
your time to talk with  
Dr. Kevin DuPrey.  
610-353-8826 or  
therunningplace@gmail.com**

# Support Your Running Habit with the Right SPORTS BRA

Running is a simple sport; not much equipment is required. A good pair of shoes is necessary, and for women a good bra is equally important.

There are no muscles in the breast. Breast tissue is supported by two things: skin and Cooper's ligaments. This natural support system is not enough for today's active lifestyle. Without adequate support, too much movement can cause discomfort, pain, and permanent stretching of the Cooper's ligaments. Yet many women don't put enough thought into their sports bras, either not getting really good ones to begin with, or not replacing them frequently enough.

## SURPRISING FACTS THAT WILL CHANGE HOW YOU FEEL ABOUT SPORTS BRAS:

- More than 40% of women don't wear sports bras when exercising; they just wear their normal everyday bras.
- 80% of women wear the wrong bra size. Size can alter due to age, pregnancy, or weight change.
- Like running shoes, sports bras should be replaced every 6-12 months (depending on frequency and intensity of activity) in order to perform their best.

Don't let lack of support keep you from doing what you want to do. 1 in 3 women are embarrassed by breast bounce when they exercise. 1 in 4 women don't work out as hard as they could because of breast bounce and say it limits their enjoyment of being active.

Moving Comfort's mission is to inspire women to move with confidence. They make bras that fit all different sizes and shapes, for all different types of activities, in styles that meet your fashion demands. There are three collections of Moving Comfort bras and where you fall within those classifications depends on your preferences of comfort, fit, support, and style.



- The **Secure Collection** is a 'body hug': it slips on easily, moves with the body, may be a good match for yoga, Pilates, or gym training, and tends to have a straightforward design.
- The **Stabilize Collection** offers a 'perfect balance' of features to give comfort and a high degree of support. They can have a smooth, no-show look, and add shape or padding.
- The **Control Collection** is 'fully loaded': it holds curves firmly in place, provides a more customized fit, and has maximum support for high-intensity activities.

In the apparel industry, there is the 'Rule of Three Sports Bras:' one on the body, one in the wash, one in the drawer. With a minimum of three sports bras in your wardrobe, you have options for different outfits and workouts; plus, rotating them can extend the life of each one.

If you're not sure if you are in the right sports bra, or if you have not been fitted recently (or ever), visit us. Our staff is trained to measure you and help you find the perfect sports bra.

## FIND YOUR STRIDE *Signature*



*Connect Me*  
**Pure Flow**

Running shoe design will always start with the runner. 'How does your body want to run' - what are your biomechanics? 'How do you want to run' - what is the feel you prefer underfoot: plush and cushy, close to the road, or light and responsive? The answers to these questions guide Brooks in creating its line of shoes, wanting to offer a great shoe that fits your answers to these questions.

protective and let you glide through your run. 'Energized' shoes are responsive and springy, perhaps adding a little pep to your stride. If you want to feel 'propelled,' these shoes are built for speed, light and responsive, and made for chasing personal bests. A shoe that 'connects' you to the ground is lightweight and flexible, creating a natural connection to your run.



*Energize Me*  
**Ravenna**

In addition to the biomechanical categories into which we divide running shoes, Brooks wants to know how you want to feel as your feet interact with the ground. Ask yourself, 'what do I want the shoe to do: cushion me, energize me, propel me, or connect me?' 'Cushioned' shoes are soft and

Brooks has shoes that fit all these categories and feels. Come on in to chat with us about what you might like and what would fit your biomechanical needs. Try on some shoes to experience the differences. Everyone has their own unique way of running. There is no right or wrong, only your way. How do you want to run? What is your stride signature?



*Cushion Me*  
**Glycerin**

**Cross Country Spikes  
Have Arrived!**

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

# NEW PATHS TO TREAD

by Bill Frawley

## THE OKEHOCKING PRESERVE

is located 4.9 miles from *The Running Place* and has two parking lots: one at 5316 West Chester Pike, Newtown Square, PA, and the other on Delchester Road just north of the intersection with Route 3. While the Preserve has a Newtown Square address, it is actually in Willistown Township, Chester County.

Even when you think you know all the good places to run nearby, sometimes you can still find an unexplored treasure right in the neighborhood! The Okehocking Preserve is just such a revelation to me.

I had heard of the Preserve before but was under the impression that it was a small park where people took their dogs to walk. And, it IS a great place to walk your favorite four-legged friend, and there is even a leash-free field where dogs can run and frolic unrestrained, but Okehocking is so much more!

There are more than five miles of paths and trails spread over 180 acres. The surfaces are a variety of cinder roads, dirt trails, and mowed grass paths. The terrain is hilly and can be challenging, but the views of the undulating landscape from atop the hills are beautiful.

Trails go through open fields and heavily shaded woods, along Ridley Creek and over Delchester Run. There is abundant wildlife - over 140 species of birds have been cata-



logued on the Preserve including hawks, vultures, and bald eagles. You will see historic buildings, including: Goulter's Barn, which was built in the 18th century; the Garrett Farmhouse, built circa 1802; and the remaining foundations of other structures.

The Okehocking Nature Center group leases the Garrett Farmhouse from Willistown Township and has a mission to connect people with nature. To that end, the members conduct many educational programs on the Preserve and have a great map of the trails. The map includes a 2.4-mile self-guided tour with eleven informational markers to enlighten you along the way. You can find the map and trail guide at [www.okehockingnaturecenter.org](http://www.okehockingnaturecenter.org). You also may find brochures at the two entrances mentioned above as well as at the Farmhouse.

**Run, hike, walk the dog. Go to the Okehocking Preserve to explore and enjoy your neighborhood!**

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while walking or running outside, but if you must, keep one ear free and make sure the volume is not excessively loud. (And if you're on a bike, don't use headphones at all!)

- **Greet other trail users heading in the opposite direction with a wave, nod, smile, and/or friendly "hello."** It's a fairly well known pet peeve of mine that I get irked when I wave at other walkers/runners/cyclists and they don't wave back. I've been teased about this, but I really do think it's the polite and kind thing to do. A bonus of being friendly and polite to others on the trail: having greeted someone earlier increases the chance that they will remember you and be more inclined to stop and offer assistance if you need it.
- **Don't litter.** When you carry gels or snack bars you're left with the wrappers once you've eaten them. Be a respectful trail user and "leave no trace"; take your trash with you and dispose of it in a trash receptacle.

Those are my major points in terms of how to be safe and courteous trail users. I'm sure some of you have other tips that are equally valid; feel free to share them at the next Monday night run! With awareness of our surroundings and consideration for others, walkers, runners, and cyclists can all share our local trails in safety and harmony.

Try on Brooks shoes  
or apparel and win a  
**FREE GIFT\***  
from the  
**BROOKS  
Mystery Box**

Win shoes, tech shirt, pint glass, headband  
\*valid 9/1-9/30 or while supplies last



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).

find us on facebook

## FALL BEGINNER RUNNING CLASS

Our Fall Beginner Running Class will be held each Saturday morning for 8 consecutive weeks beginning on September 19th at 8 a.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

3551 West Chester Pike  
Newtown Square, PA 19073

WE'VE  
MOVED!



## FALL 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 9/30/15*



Excluding Brooks Products

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