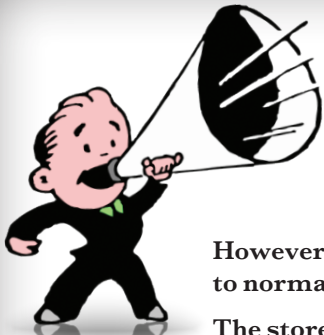




Summer 2021

THE RUNNING PLACE

Newtown Square, PA



MONDAY NIGHT RUN - JULY 12TH - 6:45 P.M. SAFETY PRECAUTIONS ARE IN EFFECT!

We've been looking forward to this day for more than a year!
Monday Night Runs resume on July 12th.

However, things are not completely 'back to normal.' Safety precautions are in effect:

The store will be CLOSED - Meet in the grassy area at the end of the building near Rite Aid.

What does this mean for your pre- and post-run?

----- COME READY TO RUN -----

- ⇒ NO PUBLIC RESTROOM at TRP or Rite Aid
- ⇒ NO changing room
- ⇒ Personal items cannot be left in the store
- ⇒ Bring your own water
- ⇒ Wear a mask when congregated before the run

We encourage everyone to get vaccinated – it makes us all safer, and **lowers the odds** of testing positive for COVID-19, getting seriously ill, or transmitting the virus. **BUT** it does not make any of us invincible, 100% impermeable, or completely non-transmissible. Please continue to take precautions: distancing when possible; masking when standing near people; and sanitizing your hands frequently. Please be conscientious toward your fellow runners, walkers, and the community at large. Thank you for all your efforts!

If there is news of significantly expanding COVID cases in the state or our community, we will exercise caution by putting the group runs on hold again. Looking forward to seeing you!

Hit the TRAILS with some TRAIL SHOES

With a relative dearth of indoor activities, and a desire to stay active, more people have been venturing to State Parks and other preserved open spaces during the past year. If you plan to do some off-road exploring, whether running, walking, or light hiking, you may find a trail running shoe to be more effective and appropriate for the dirt, grass, rock, and mud surfaces.

Trail shoes have features that improve the off-road experience: better traction, improved stability, and more protection in general. Deep, lugged outsoles offer superior traction and grip; a stiffer midsole provides stability on uneven surfaces and protection from rocks and roots



Women's Saucony Peregrine



Men's Saucony Peregrine

(a rock plate may also provide protection from stone bruises); a more structured upper is a good barrier against rocks, brush, and branches. This upper also adds stability to prevent excess movement and potential twists.

Here's the bottom line: in a trail shoe you will be more sure-footed and stable as you traverse hill and dale, field and trail. Stop by for a chat or to get the feel of some trail shoes.

If you are looking for places to explore, visit the newsletter archives section at therunningplace.com and look for the 'New Paths to Tread' feature. There are two summary articles: one in the FALL 2017 edition; and a second in SPRING 2019.



Women's New Balance Hierro 6



Men's New Balance Hierro 6



WATCH FOR NEWS OF THE SIDEWALK SALE

If progress continues toward fewer COVID cases and higher vaccination rates, look for our sidewalk sale in September.

APPAREL SALE
APPAREL SALE
APPAREL SALE
APPAREL SALE

Stop by to check out sale and closeout apparel from prior seasons.



- Monday -
July 5th

The Broomall Rotary is planning to have the Firecracker 5k on Monday, July 5th. As usual, it will precede the annual Marple-Newtown 4th of July Parade. Come out and join the fun!



Entries are limited, so don't wait too long to register. If the parade is cancelled, the race will become a virtual event. For more information visit firecracker5krun.com

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