



Fall 2016

# THE RUNNING PLACE

Newtown Square, PA

## NEW PATHS TO TREAD

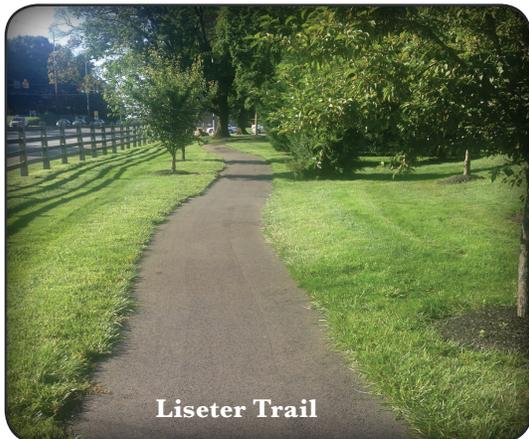
by Bill Frawley

### LISETER TRAIL AND NEWTOWN MEADOW PRESERVE

Newtown Square's network of running and walking trails is expanding! In our Summer 2013 newsletter we listed the Goshen Trail as a venue for you to check out. We also mentioned that there were plans for additional paths. Progress is being made: the **Liseter Trail** is complete, and the **Newtown Meadow Preserve** is open to the public.

The Liseter Trail (LT) is a paved path approximately one mile in length through the new Liseter housing development that essentially connects the Goshen Trail to the Newtown Meadow Preserve (NMP). NMP is fifty acres of wetlands, woodlands, and grassy fields with walking and running trails mowed through it. Though currently home to a variety of species of invasive plants and grasses, the vision for NMP is to create a well-managed nature preserve of native plants, grasses and scrub brush that would provide ideal habitat as a bird sanctuary.

From Goshen Road, follow the LT as it parallels Route 252 to the Episcopal Academy property



Liseter Trail



Newtown Meadow Preserve

line where the path turns away from Route 252, ending a quarter mile later at an access road and the Newtown Meadow Preserve. Turn right on the access road along the foliage line. Take a left one-tenth of a mile later at the foliage break, and just ahead you will find the beautifully mowed paths through NMP. There is a perimeter loop that is approximately one mile around, and a couple of other offshoots or cut-throughs that will add another half-mile or so. A combination of the Goshen Trail, Liseter Trail, and Newtown Meadow Preserve Trails gives you 5 to 6 miles.

To explore these tracts, park in the lot behind the Square Tavern. The Goshen Trail trailhead starts from the parking area. To access the Liseter Trail, walk to the corner of Goshen Road and Route 252 and cross Goshen using the pedestrian crosswalk. The trail begins immediately on the northwest corner.

Newtown Township has recently completed a 'Comprehensive Plan' for improvements in the township. One of the goals is to continue to create trails and footpaths for recreational and pedestrian use, interconnecting those paths within the township, and working together with adjacent communities to network with their trail systems. Stay tuned for further developments!

### UPCOMING EVENTS:

**Saturday, September 17th**

*Pints in the Square*

*5k Run & Walk*

**Ellis Preserve**

**Newtown Square, PA**

**Saturday, September 17th**

*Holy Child Academy*

*5K Run/Walk*

**Holy Child Academy**

**Drexel Hill, PA**

**Saturday, September 24th**

*TALK 5k Trail Run and*

*1-Mile Family Walk*

**Newtown Square, PA**

**Saturday, October 1st**

*Haverford Township Day 5k*

**Havertown, PA**

**Sunday, October 2nd**

*Michelle's Miles*

*5k Run and 1 Mile Walk*

**Episcopal Academy**

**Newtown Square, PA**

**Sunday, October 9th**

*Delco WAR Race for Victims' Rights*

*5k Run/Walk*

**Rose Tree Park, Media, PA**

**Saturday, October 15th**

*2nd Annual Lynnewood*

*Harvest Hustle 5k*

**Lynnewood Elementary**

**School**

**Havertown, PA**

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)

# GET BACK ON THE ROAD WITH GRASTON®

Running is one of the most popular types of physical activity in the world. In the U.S., it is estimated that more than 30 million people are runners (Almeida, et al). Running has many health benefits, though there is a likelihood of sustaining an injury due to the repetitive nature of the activity. Lingering or chronic symptoms are common among musculoskeletal injuries and can limit the way you move and feel while exercising. Some common injuries include: Achilles tendinitis/tendinosis, plantar fasciitis, patella-femoral pain syndrome, iliotibial band syndrome, and quadriceps/hamstring strains. Foam rollers and massage sticks have become common tools in your “first aid kit,” but they don’t always fix the problem.

As musculoskeletal experts, physical therapists have specialized treatment techniques to address these soft tissue restrictions. Graston Technique® (GT) is a non-invasive soft tissue mobilization

using specially designed stainless steel instruments that allow trained clinicians to identify and treat areas of restriction. The instruments allow the clinician to break up scar tissue and fascial restrictions, which helps restore normal motion and decrease or eliminate pain. The technique may be uncomfortable for some, while others report no discomfort during the treatment. Bruising may occur, but that is not the intent nor does it need to occur for the treatment to be effective. GT is able to reduce the overall time of treatment for the patient and often lessens the need for anti-inflammatory and pain medications. GT is typically performed two times per week over the course of four to eight weeks. Patients will begin to see results within the first three sessions. Paired with the proper exercise program to stretch and strengthen affected tissues, GT allows you to get back in the game faster.



*Reference: Almeida, M. et al. Biomechanical Differences of Foot-Strike Patterns During Running: A Systematic Review With Meta-analysis. JOSPT. October 2015, Volume 45, Number 10.*

*By Kelly Spence, PT, MS, CKTP and Ron Goetsch, ATC, PTA.*

*Premier Physical Therapy has Graston certified clinicians at 13 of our locations. Please visit [www.premierortho.com](http://www.premierortho.com) to find a provider near you.*

## MONDAY NIGHT RUN

## FAQ

*a.k.a. frequently asked questions*

**Q How far does the group run?**

**A** Runners can choose either a 3-mile or 5-mile loop that starts at The Running Place and meanders through the hilly neighborhoods behind the store. Study the route on display or take a cue card with turn-by-turn directions.

**Q I'm worried that I'm too slow for group. How fast does the group run?**

**A** Paces range from 9-minute to 14-minute miles. Some run, some walk, and some do a combination of both. Runners of all paces are welcome to join us.

**Q If I get there a little late will you wait for me?**

**A** Sorry, no. The group leaves promptly at 6:45 p.m. each Monday. For the best experience, plan to arrive early to meet other runners, stretch, and hydrate before the run.

**Q What's this I hear about free beer and pizza?**

**A** The rumors are true. On the first Monday of the month, after the group run, The Running Place treats all group runners to pizza and beverages at a local restaurant.\*

**Q How many people come to the run?**

**A** In ideal conditions—that is, warm, sunny, free food and drink, and vendor-fun—there may be over 50 runners. On dark, snowy, icy, cold, windy winter Mondays, there may be only a half dozen. On average, you'll run with 25-35 people.

*\*Unfortunately, the first Monday of September is Labor Day. The store is closed for the holiday, so there will be no run or pizza. We know, so sad... Keep an eye on Facebook for a potential substitute day, or come have pizza with us in October!*

**Cross Country Spikes  
Have Arrived!**

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

# IT'S RACING SEASON!

## TIPS FOR HALF OR FULL MARATHON RACE DAY

As the kids head back to school and the warm summer temperatures fade into cool autumn breezes, you know that the fall marathon season is near. If you will be running a half or full marathon, here are some tips to ensure a successful race day.

**1. Practice, Practice, Practice** - Make sure that you don't try anything new on race day. This goes for fueling techniques, clothing, shoes, different warm-up routines, etc. The last thing you want is to discover that your brand-new shirt is causing you to chafe, your new shoes are causing blisters, or that maple-bacon flavored gel you ate back at mile 5 is coming back to haunt you. **DON'T DO ANYTHING ON RACE DAY THAT YOU HAVEN'T DONE IN TRAINING!**

**2. Race Day Fueling** - During your race, you will need to consume some type of easily digestible carbohydrate that your body can quickly break down and turn into energy. You should experiment with the timing, type, and volume of fuel intake during your long training runs to see what works best for you. Try different fueling options such as energy gels or chews, bananas, or baby food (yes, you heard correctly!)

**3. Shoes** - Racking up miles during training means that you will need a new pair of shoes before race day. Make sure you get your new pair early enough to put a few miles on them, including a long run - a couple of weeks before your event should be plenty of time. This is

recommended even if you get the same exact pair. You want to rule out any issues and break the new shoes in before race day.

**4. Pacing** - This is something most runners simply have not mastered. But, have no fear! Most half and full marathons have "pacers" (runners who you can follow to keep you on pace, typically marked by a flag with their intended finishing time) so take advantage of them!

**5. Visualize** - 'The body achieves what the mind believes,' so think confidently! While you're probably not going to be a fountain of positivity as you cross mile 17, keeping yourself from falling into a negative mental slump (and in turn a physical slump) by repeating some uplifting mantras (for instance, "I am strong, I can do this!", "I am fast and relaxed!", or, "Dig deep!"), or simply smiling, can go a long way.

It's normal to feel nervous before a half or full marathon, especially your first. Remember to trust yourself and trust your training. You have put in the work and logged the miles; your body is ready and capable of more than you think! For more information on training for your next big race, feel free to shoot me an e-mail. I'd love to hear from you!

By Jenna Evangelista,  
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## PINTS IN THE SQUARE

INAUGURAL BREW FEST AND 5K WALK/RUN

SATURDAY, SEPTEMBER 17TH

ELLIS PRESERVE IN NEWTOWN SQUARE

5K START: 11 AM (ALL AGES)

BREW FEST START: 12 P.M. (AGE 21+ ONLY)

"Pints in the Square" is a celebration of local craft brewing, an active lifestyle, and the surrounding community. The event kicks off with a times 5k walk/run followed by a local 4-hour craft beer festival featuring more than 25 local and regional breweries. All proceeds from this organization will benefit the Newtown Square Fire Company, a 510(c)3 Organization.



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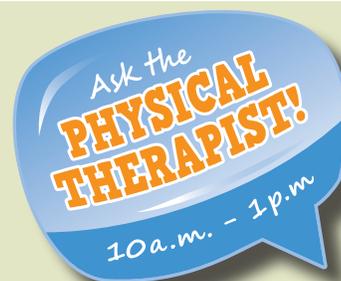
# Ladies NIGHT

Sponsored by New Balance

Wednesday, Sept. 7th  
6:30 p.m. - 8:00 p.m.  
at The Running Place

## Attention Ladies:

Have a fun evening out with New Balance and The Running Place! Enjoy the fashion show as New Balance shows off their Fall line of fitness apparel. Avail yourself of our expert staff to be fitted for a sports bra (8 of 10 women are wearing the wrong bra size.) Savor snacks and beverages as you take advantage of shoe, clothing, and bra specials. Win raffle prizes! Receive a gift with your purchase!



Are you ramping up the mileage for a full or half-marathon and finding yourself with some overuse aches? Are you having foot pain because you spent the summer wearing flip-flops or running around the beach barefoot?

Whatever your ailment or question, schedule a free 15-minute screening with Kelly Spence PT, MS, CKTP of Premier Physical Therapy to get some insight and direction on the next step to take. Call or e-mail The Running Place to schedule your appointment.

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).

## FALL BEGINNER RUNNING CLASS

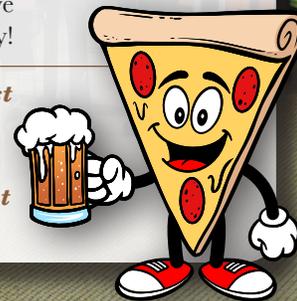
Our Fall Beginner Running Class will be held each Saturday morning for eight consecutive weeks beginning on September 10th at 8:00 a.m. and will be led by 1996 US Olympian Katherine (Fonshell) Taylor. The class will teach the fundamentals of running and guide you through a walk/run program, building 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 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!

## 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 9/30/16*



Excluding Brooks Products

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