



Fall 2018

# THE RUNNING PLACE

Newtown Square, PA



PROVIDENCE ANIMAL CENTER

## RUNNING WITH THE DOGS

Man's and woman's best friend wants to run, loves to run, and often needs to run. The Providence Animal Center, formerly Delaware County SPCA, offers great opportunities to get out and run with a four-legged friend.

### BARK IN THE PARK 5K RUN/DOG WALK AND FALL FESTIVAL

Join Providence Animal Center (PAC) for their biggest event of the year. Bring your favorite furry friend to **Bark in the Park** on October 27th at Rose Tree Park for a dog-friendly 5k. Your dog is welcome and encouraged to run with you, but dog-accompaniment is not required; humans running 'sans canine' are welcome and encouraged, too!

Additionally, there is a 1-mile fun walk. If you haven't got a hound at home, the PAC will have dogs at the park that you can 'rent' for the walk (though, not for the run).

Following the run and walk, hang out for the Fall Festival from 10 a.m. to 3 p.m. Check out the scores of local business vendors who will have their booths and tents set up showing off their wares. The Running Place will be there. Find us in the crowd and bring your pooch over to say hello!

In addition to the vendors, there will be dog contests, costumes, and demos, a puppy kissing booth, a vaccine and micro-chipping clinic, nail trimming (primarily for poochy), food trucks, face painting, raffles, arts & crafts, and much more!

Delco Dog Trotters

SEPTEMBER 10TH

### AT TRP'S MONDAY NIGHT RUN

The Delco Dog Trotters is a group of runners who work with some of the high energy dogs awaiting adoption at the PAC. The Trotters volunteer to take PAC residents who are in need of exercise out for runs. If you like running, and you like dogs, this may be a great match in helping out a great cause. You get your run in, the dog gets her exercise,

and you each have a new best friend!

If you are interested, come to the Monday Night Run on September 10th to meet and chat with some of the Trotters and their training partners. If you have questions or would like more info about the Trotters, you can also contact Lisa Wetherby at [lwetherby@providenceac.org](mailto:lwetherby@providenceac.org).

### UPCOMING EVENTS:

**Sunday, September 9th**  
*The Main Line Run 5k*  
Wayne, PA

**Monday, September 10th**  
*Monday Night Run at The Running Place*

- Diadora Shoe Wear-Test
- Delco Dog Trotters
- Pizza Night

**Saturday, September 22nd**  
*Pints in the Square*  
*Craft Brew Fest and 5k*  
Ellis Preserve  
Newtown Square, PA

**Saturday, October 6th**  
*Haverford Township Day 5k*  
Havertown, PA

**Sunday, October 7th**  
*Delco WAR Race for*  
*Victims' Rights 5k Run/Walk*  
Rose Tree Park, Media, PA

**Sunday, October 14th**  
*WEL Mainline 5k*  
*To Defeat Dementia*  
Media, PA

**Saturday, October 20th**  
*ChesLen Chase for*  
*Open Space*  
Coatesville, PA

**Saturday, October 27th**  
*Bark in the Park*  
*5k/Dog Walk and Fall Festival*  
Rose Tree Park, Media, PA



getting to know...



## TRP RUNS ITALY

### MONDAY NIGHT RUN WITH DIADORA

Shoe Wear-Test,  
Pizza, and  
Prosecco

SEPTEMBER 10TH



If you haven't had a chance to come by The Running Place and try on Diadora shoes, here is your chance to test them out. Our Diadora rep, Bryan Mahon, will be on hand for the September 10th Monday Night Run with Diadora shoes for you to wear-test.

Borrow shoes, pick Bryan's brain about Diadora, and stick around for post-run pizza and Prosecco. The family who owns Diadora also owns vineyards from which they produce Italian sparkling wine, and Bryan will be serving this refreshment to aid in your recovery from the run.

In our June newsletter we introduced Diadora to you. Shortly after that Diadora introduced us to Italy. Representing The Running Place, Jason and Bill traveled with a group of American running specialty retailers to visit Diadora headquarters and the surrounding mountains that spawned the sporting goods company in Northern Italy.

On the trip, Jason and Bill met and networked with fellow retailers, toured the facility where Diadora innovation and design is kindled, ran in the Dolomite Mountains where inspiration emanates from every view and breath, and hung out with 1988 Olympic Marathon champion, Gelindo Bordin. Bordin was one of several Diadora representatives who hosted the American group and showed them phenomenal Northern Italian hospitality by intro-

ducing them to delicious foods and wines, quaint and historic towns, and truly awesome scenery.

A visit to the company's headquarters in the town of Caerano di San Marco allowed them to see where some of Diadora's footwear is made and where all of their products are designed. There was also a presentation of new footwear and apparel designs due to be released for the spring of 2019. Jason said, "It was really cool to see the history of the brand in the Diadora Museum, and to see the craftsmen at work."

Jason and Bill agree that it was a great trip! They became more familiar with the newest brand to come to The Running Place, met some good people (Italian and American), ate delectable foods, and learned a little Italian. Ciao!



Jason running down the mountain



Bill and Jason under the Dolomites



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

# FIRECRACKER 5K 2018

Summer in the Philadelphia area brings hot, humid conditions. Some of us thrive in the swelter. Some of us melt in such weather. Regardless, there are fun traditions that we look forward to. For the heat sufferers among us, those fun dates help get us through the bake.

The Broomall Rotary Firecracker 5k on the 4th of July is one of those events! The Firecracker celebrated its

ninth running this year. The Running Place is proud to have been a sponsor and participant for each of those nine years. We are happy to support the Rotary and to see so many from The Running Place community supporting the race each year.

*Below is a photo recap of the 2018 Broomall Rotary Firecracker 5k. To peruse the pictures further, visit [www.firecracker5krun.com](http://www.firecracker5krun.com).*



The Pints in the Square 3rd Annual 5k and Craft Brew Fest will be held on Saturday, September 22nd at the Ellis Preserve in Newtown Square. Pints in the Square is a celebration of local craft brewing, an active lifestyle, and the surrounding community. The day begins at 11 a.m. with a chip-timed 5k through the Ellis Preserve and is followed by a 4-hour craft beer festival featuring 25 local and regional breweries. All 5k participants will receive entry to the race and a T-shirt. The 5k is open to all ages. The Brew Fest is from 12 p.m. to 4 p.m. All Brew Fest participants will receive a tasting glass, entrance to the festival with unlimited tastings, live music, and access to food vendors.

Visit [www.PintsintheSquare.com](http://www.PintsintheSquare.com) to purchase tickets and register! Email [info@pintsinthesquare.com](mailto:info@pintsinthesquare.com) for more information or [sponsors@pintsinthesquare.com](mailto:sponsors@pintsinthesquare.com) for sponsorship opportunities.

\*All proceeds from this event will benefit the Newtown Square Fire Company, a 501(c)3 Organization.

## THE DOCTOR SPEAKS

*Common Running Injuries and How to Treat Them*

Join us on Wednesday, September 26th at 6:30 p.m. for a discussion on running injuries and how we can treat them before they become something more serious. If you have fall racing plans or you just want to get more miles on your legs, Dr. David Webner will be here to help give you the tools that will guide you back to health or keep you from getting injured. This is a great chance for anyone planning to run the Philadelphia Half and/or Full Marathon to get some good preventative guidance going into their heavy training weeks. This session will begin with a 30-minute talk followed by an open question-and-answer session. The Running Place will provide light snacks and beverages for this event.

Dr. David Webner is a board-certified, sports medicine physician at the

Healthplex Sports Medicine Institute and the Fellowship Director of the Crozer-Keystone Health System sports medicine fellowship in Delaware County, PA. His main research interests include endurance sports medicine and concussions in sport.

Dr. Webner's sports medicine practice includes recreational, amateur, and professional athletes of all ages with musculoskeletal injuries and sports concussions. He is currently the team physician for Widener University and the Philadelphia Union.



Dr. Webner

**Cross Country Spikes Have Arrived!**

*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).*

## CHESLEN CHASE FOR OPEN SPACE

**ChesLen Preserve, Coatesville, PA**  
**Saturday, October 20, 2018, 10:00 a.m. - 1:00 p.m.**

Get ready to kick up your heels for nature at Natural Lands' 5th annual ChesLen Chase for Open Space, with a 10K, 5K, and 2-mile Fun Run-Walk! The challenging trail runs include steep hills, creek crossings, woodlands, and open fields.

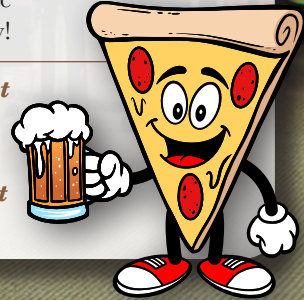
The fun continues after crossing the finish line! The post-race party features live music, craft beer, food, and an awards ceremony. For more information, visit <https://natlands.org/event/cheslenchase-2018/>.

## 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 \$30.00 or higher. Cannot be combined with other coupons or special offers. May be used on sale items. Prior sales excluded. Cannot be used to purchase gift certificate.

**Expires 9/29/18**



\* Excluding Brooks Products

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