



Spring 2015

THE RUNNING PLACE

Newtown Square, PA

FIND A FOUR-LEGGED RUNNING BUDDY

by Bobbi Kisebach

Ever have a day where you feel caged-in and unloved, a day when you know a run will make you feel normal and keep you sane? Meet Chucky, Rena, and Kelsey – three dogs at the Delco SPCA in Media, PA who fully empathize. Seriously, go meet them and take one of them for a run through the SPCA's Delco Dog Trotters volunteer program.

“The Delco Dog Trotters program gives these dogs an opportunity to be just a normal dog with a person,” says Justina Calgiano, Director of Public Relations and Special Events for the Delco SPCA. “It's really endearing to see a dog running alongside a person because, even for a short time, they have that bond with someone and really get to experience what it feels like to live a wonderful life. And it's wonderful to see the benefits to the dogs when they get back to the shelter.”



Kelsey

communicating with his/her charge.

A sign-in sheet and a book at the SPCA lists the available dogs with notes such as, “Great runner, doesn't stop,” or “Scared of cars,” which helps the Dog Trotter select a dog to run. Routes of 1 to 3 miles in the Delco SPCA's residential neighborhood are mapped out, or the Dog Trotters can drive their running buddy to a favorite running route. In the spring, a new program will begin of regularly scheduled Group Dog Trotter Runs to create more of a community of dog runners.

“The dogs look forward to these runs; I think running keeps them sane. It's an additional activity that makes them feel more normal. When the Dog Trotter comes in, they know; they light up,” Jamie Neborak says. She notes that some of the more energetic dogs don't have the best cage presence, which can mean they may get overlooked by potential adopters. But after a run, the change in the dogs is significant; they are more manageable, happier, and less stressed (just like their human running buddies).

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Rena

Delco SPCA Dog Trotters

Jamie Neborak, Director of Training and Education, explains how the program works. Folks interested in volunteering for the Delco Dog Trotters can e-mail Jamie at jneborak@delcospca.org, and she'll set up an appointment with potential volunteers. It takes the volunteer trainers about one hour to help the new Dog Trotter learn what's needed to run with the dogs, how to get their canine running partners in and out of the cage, and how to use any harness or leash required for the dog. After this, the partner and their dog go off on a run. The lead volunteer is happy to continue one-on-one training if the new Dog Trotter wants more. There is also a recommended higher level of training in a dog-handling class that occurs monthly to help the human better understand

UPCOMING EVENTS:

March 22nd
March Mile Madness
CYO Challenge
Havertown, PA

March 28th
Winter Pickle Run Series
Race #3
Ridley Creek State Park
Media, PA

March 29th
10th Annual
Kevin Cain Run
Havertown, PA

April 11th
Tyler 10k Trail Run
Tyler Arboretum
Media, PA

April 25th
8th Annual
Haverford Twilight Run 5k
Havertown, PA

JOIN

THE
RUNNING
PLACE /
BRANDYWINE
CONFERENCE AND
VISITOR BUREAU TEAM!



3.1 miles of mud, muck and obstacles will be more fun than you can possibly imagine.

Sign-up for the 9am wave on Sunday, May 31st to run with us and get a free team TRP tech shirt. After toiling in the mud, hang out under our tent. Enjoy snacks and refreshments while we watch the rest of the competitors coat themselves in slime. What could be more fun!?!?

A CRAZY STORY

As Hoka says, *'There's nothing you can't accomplish if you're crazy enough to think you can!'* In 2010, a time when barefoot running and the minimalist running shoe category were rapidly growing in popularity, a new shoe company with a contrary point of view was born: Hoka One One. Hoka running shoes are maximalist; they have thick soles for maximum cushioning. When these shoes first appeared, many thought this fledgling company was crazy. Now, interest in minimalist shoes has waned, and many runners are once again looking for protection from the impact that modern running surfaces offer. Hoka is helping to fill that need.

At first glance, Hoka running shoes have an unusual appearance; they may remind you of 'moon boots' or 'platform shoes.' But don't let their bulky look fool you – Hokas are incredibly light! They are engineered to help propel you through your gait cycle, and with a platform that cradles the foot, Hokas have inherent stability and are compatible with a variety of foot types.

Since its introduction, Hoka One One has become a top-10 run specialty brand, and we have recently added them to our inventory at The Running Place. This is the first new shoe brand that we have added in years. It is definitely different from any running shoe you've ever had on your foot. Curious? Crazy? Have questions? Stop by to learn more, and to try on this new kid on the block!



Women's and Men's Clifton

We will be hosting a Hoka One One wear test run on Monday, March 2 at our weekly Monday Night Run. This is your chance to test run a new shoe with no obligation to buy it. If you decide to buy a pair, you will receive a gift with your purchase. The run will start promptly at 6:45 p.m. Come early to chat with the Hoka reps, find your size and get laced up. Stay after the run for pizza and beverages – **OUR TREAT!**

KINESIO TAPE

**Keep Moving,
Help Healing,
Stay in the Game**

Athletes, both professional and recreational, have used many methods to treat sore or injured muscles. Treatments have improved over time as health professionals have learned more about how muscles work. While traditional treatments restricted movement to injured muscles, today we know that keeping muscles moving improves circulation, reduces pain, and speeds healing. That's the science that inspired Japanese chiropractor Dr. Kenzo Kase to develop a muscle treatment that he named the Kinesio Taping Method.

If you've watched any professional sport in recent years, you've probably noticed some athletes donning multi-colored tape strips and patches on various body parts. These mysterious strips of tape are called Kinesio Tape. Kinesio Tape works by pulling the upper layers of skin and attached tissue covering a muscle, creating more space between the dermis and the muscle. The space created is believed to relieve pressure on the lymph channels in the area between the muscle and the dermis, creating more space for lymph flow and thus better lymph drainage, which is important because lymph removes fluids and chemical substances in the muscles. The space created by Kinesio Tape also relieves pressure on compressed nerve receptors. Doing so alters the information that these receptors send to the brain and causes a less reactive response in the body, allowing the body to work in a more normal manner and removing some of the roadblocks that normally slow down the healing process.

Kinesio Tape is used to treat many conditions, such as: carpal tunnel syndrome, lower back strain/pain, knee conditions, shoulder conditions, groin injury, plantar fasciitis, and even as an athletic preventative injury method, just to name a few examples. If your injury is in a hard-to-reach area, consider getting a kinesiology tape buddy who's willing to learn to properly apply the tape for you.

This latex-free product is hypoallergenic, lets the skin breathe, and has an elasticity comparable to that of the skin and muscles. The sticky side of the tape uses a water-repellent, medical-grade acrylic adhesive that further supports the muscles and connective tissues and can stay put for three to four days even through sweating and showering.

There are many different brands of kinesiology tape. Check out your local running store, sporting goods store, or sports medicine professional's office to learn about the different brands and decide which one is right for you!



Kinesio taping for
Plantar Fasciitis

By Chuck Garfinkle, MSPT, ART

Owner, Optimum Physical Therapy

Chuck has completed additional specialization in Active Release Techniques (ART). He is currently a lab instructor at Neumann University, is certified through Titleist Performance Institute, and is interested in evaluation and strengthening programs for golf.

www.optimumpt.com



NEW PATHS TO TREAD

VALLEY FORGE NATIONAL HISTORICAL PARK

Philadelphia area runners are lucky to have Valley Forge National Historical Park in their backyard. In addition to the historical importance of the site, the park has a myriad of different options for running, walking, hiking, and biking. We've highlighted a few for you to start your explorations of this wonderful national and local gem.

- **Joseph Plumb Martin Trail, 8.7 miles, paved:** This paved path has a 5-mile loop with two smaller offshoots that contribute to the 8.7-mile total distance for the trail. The 5-mile loop is a great starting point for new visitors to the park, giving runners a route that incorporates rolling hills, restrooms and water fountains, historical sites, and gorgeous vistas for a wonderful overview of what the park has to offer.
- **Betzwood River Trail, 3 miles, gravel:** A flat, scenic path that parallels the Schuylkill River, the Betzwood River Trail is on the opposite side of the Schuylkill River from the Joseph Plumb Martin Trail and is a more wooded route. Runners and walkers can do an out-and-back sojourn to total 6 miles, or they can use the River Trail to link up to other paths such as



the Schuylkill River Trail, the Commissary Trail, or the Audubon Loop for more mileage.

- **Mount Misery Trail, about 2 miles (distance can vary), unpaved:** This trail is technical with steep climbs, but the views of the park are definitely worth the effort. A nice way to traverse this trail is to start at Washington's Headquarters, cross Route 23 to the beginning of the Horseshoe Trail, and hike that to the Mount Misery Trail, which takes you up and then down Mt. Misery to the covered bridge.

For other options for running, walking, hiking, and biking in Valley Forge National Historical Park, be sure to visit <http://www.nps.gov/vafo/index.htm>. You won't want to miss the chance to explore this beautiful natural and historic site!

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This program helps the dogs find homes more quickly.

For instance, Kelsey, a greyhound blend, appeared on a Fox 29 Thursday pet segment. "She can be temperamental with other dogs," relates Justina. "She got out on a run right before she went on the show. She was phenomenal, like a show dog! She was on the program with another dog and she had no problem at all. She's a great dog, but she has pent-up energy from being in the shelter for so long."

Anytime from 9am to nightfall in the winter and from 9am to 7pm in the summer, the dogs are available to their running partners, 7 days a week, as often as you want. Don't disappoint your canine running partner!

For more information, go to www.delcosPCA.org, and also see this December 2014 article from Runners' World featuring the Delco SPCA's Dog Trotter Program:

<http://runnersworld.com/running-with-dogs/find-your-new-running-partner-at-a-dog-shelter>

RUNNER'S FORUM



WEDNESDAY, MARCH 25TH, 7PM AT THE RUNNING PLACE

Two of Philadelphia's biggest distance races, the Broad Street Run 10-miler and The Love Run Half Marathon, are right around the corner. It's during the last 4-6 weeks before big events like this when lots of questions come up about training, nutrition, injury, and race strategy. What better way to have local experts answers your questions than over beer and pizza! Come join The Running Place co-owner Bill Frawley, coach/exercise scientist Jason Kilderry, and physical therapist Jennifer Skaling in an informal discussion to answer all your running-related questions as you prepare for race day.

To register or find out more information, visit our website: www.therunningplace.com or call 610.353.8826.

find us on facebook



Come to The Running Place on Saturday, March 21st to meet Dan Ingolia, our Mizuno sales rep. Dan will be on hand from 10:30am - 3pm to answer all your Mizuno questions and help fit you for sneakers. Stop by to say 'Hi' and check out the new Mizuno line.

In addition to this quarterly newsletter, we send out a monthly e-mail and frequently post updates to our Facebook page. Stay on top of all that's happening at The Running Place. Like us on Facebook. Sign up to receive our monthly e-mail: www.therunningplace.com.

SPRING BEGINNER RUNNING CLASS

Our Spring Beginner Running Class will be held for 8 consecutive weeks beginning on Wednesday, April 1st at 6:30pm 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 www.therunningplace.com 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 6:45pm.

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!**



SPRING 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 3/31/15



Excluding Brooks Products

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