



Winter 2017

THE RUNNING PLACE

Newtown Square, PA

A Season of Giving:

THE BETHESDA PROJECT

The greater Philadelphia metro area has one of the highest poverty rates among major U.S. cities. Where there is poverty, there is homelessness. A lack of affordable housing and transportation, mental health and substance abuse challenges, along with a plethora of other factors, all contribute to the persistence of homelessness. Various organizations, along with the City of Philadelphia and the kindhearted citizens of southeast Pennsylvania, combat homelessness more effectively than in many other U.S. metropolises.

On the front lines of the battle against homelessness in Philly is the Bethesda Project. The Bethesda Project operates 14 sites throughout Center City Philadelphia for individual adults experiencing homelessness. Because each individual who experiences homelessness has a unique story and unique challenges, Bethesda Project locations are tailored to meet different sets of needs, from drop-in centers and shelters for men and women on the streets, to permanent supportive and independent housing residences. The overall goal is to assist its guests and residents in becoming more stably housed and overall more independent.

Bethesda Project serves 2,000 homeless and formerly homeless men and women each year. The need for help is great. The organization is always happy to receive support from the surrounding community.

Linda Van Ocker, a customer of The Running Place and frequent Monday Night Runner, is a volunteer at Bethesda Project and has been for more than 12 years. Linda has encouraged us to collect and donate gently used running sneakers, which we have done with the help of our customers.

In this holiday season of giving, we at the Running Place would like to accept donations beyond used sneakers. The greatest needs at the Bethesda Project are:

Men's toiletries such as:

- disposable razors • deodorant • toothbrushes
- toothpaste • soap • shampoo

And, bed and bath linens such as:

- twin sheets • blankets • comforters • bath towels
- wash cloths

Additionally, all types of men's clothing (from casual to business), including NEW underwear and socks, and race T-shirts (you know you have some you don't wear!), are greatly appreciated.

If you would like to help, please drop off items at The Running Place through December 30th. All donations will be given to the Bethesda Project. Please consider opening your hearts and helping this worthy cause; it's a great way of getting into the holiday spirit!

Learn more about Bethesda Project, including how you can volunteer, by visiting www.bethesdaproject.org; or, by contacting Linda Van Ocker directly at scubavan@comcast.net or (610) 283-6525.



Linda Van Ocker stops during the Broad Street Run to snap a picture and say, 'Hi,' to cheering Bethesda Project residents in North Philly.

UPCOMING EVENTS:

Thursday, Nov. 23rd
10TH ANNUAL SEVEN
SUMMITS TURKEY TROT
5K RUN AND WALK
Wilson Farm Park, Wayne, PA

Saturday, Nov. 25th
CARDINAL FOLEY
TURKEY TROT AND
FAMILY FUN WALK
Havertown, PA

Saturday, Nov. 25th
SMALL BUSINESS
SATURDAY
The Running Place

Monday, Dec. 4th
SOCK AMNESTY NIGHT @
MONDAY NIGHT RUN
The Running Place

Sunday, Dec. 10th
REINDEER ROMP 5K
AND WALK
Havertown, PA

**3rd Saturday of January,
February, and March 2018**
WINTER PICKLE
RUN SERIES
Ridley Creek State Park, Media, PA
www.runtheday.com

HOLIDAY HOURS

Mon. 12/18 10 am - 6 pm
Tues. 12/19 10 am - 8 pm
Wed. 12/20 10 am - 8 pm
Thurs. 12/21 10 am - 8 pm
Fri. 12/22 10 am - 8 pm
Sat 12/23 10 am - 8 pm
Sun 12/24 10 am - 3 pm
Mon. 12/25 CLOSED

Sun 12/31 CLOSED
Mon. 1/1 CLOSED

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)

...A FEW HOLIDAY GIFT IDEAS

BellaBandz are **non-slip** headbands that keep your hair back and out of your face! BellaBandz are made by runners for runners and all active people. They are made right here in the Philly area, and come in an infinite array of colors and patterns.



New Balance's **NB Heat Hoody** is made from gridded fleece with leading-edge warming technology that helps you stay cozy on chillier days. Fold-over mitten cuffs and thumb holds offer added warmth for your hands and wrists.

ClearView™ Running Belt made by local company, Auria, is an all-weather carrier for the largest smartphones, including the case. The touch-through window gives you a clear view and access to the screen.



BreathThermo Gloves keep your digits toasty with Mizuno's patented heat-generating technology. They're light, warm, and a great value!

The Stick is a great hand-held massage tool to stretch and warm up your muscles before you work out, or to find knots and eliminate cramps after a hard training session.

Foam Rollers can target all areas to alleviate muscle and soft tissue tightness, and increase blood flow and circulation. This is another great tool for preventing injury or healing those achy parts.



The NEW **vivoactive® 3** is Garmin's first wearable to feature **Garmin Pay**, which lets you pay for purchases with your watch. This smart watch has GPS, a wrist-based heart rate monitor, and sleep and activity tracking. The vivoactive® 3 is also preloaded with over 15 sports apps. This watch can do almost anything!



SOCKS! SOCKS! SOCKS!

Have we got socks for you!

- **Sock Amnesty Night - December 4th.** Do you have a drawer full of old socks? Are they faded, dingy, holey, and threadbare? Would you like a **FREE** pair of new socks? Come to The Running Place for the Monday Night Run on December 4th at 6:45 p.m. and trade in a pair of your once beloved socks for a brand new pair of **Thorlo Experia No Show Tab Socks**. No questions, no judgment, no embarrassment... well, maybe a little of each. But the socks are free! Come run with us and trade up. *By the way, this is also a 'First Monday' pizza night!*
- **Buy 3, Get 1 FREE on all Features and Thorlo socks - now thru December 30th.**
- **NEW Features Lifestyle socks are here:**



Photo by Matt Godfrey. Check out his work at www.mattgodfrey.com. Contact Matt at matt@mattgodfrey.com or 215.287.7867

Photo of Liz Sweeney, Founder/Creator of BellaBandz and TRP Employee

SMALL BUSINESS
SATURDAY
NOVEMBER 25 • 10 am - 6 pm

Shop Small • Shop Local • Shop TRP!

Start (or finish, if you're the ambitious type) your holiday shopping at The Running Place on Saturday, November 25th. Make a purchase at TRP on Small Business Saturday, and receive a complimentary 'Run PA' magnet and be entered into a drawing to win a FREE 'Run the Keystone State' technical t-shirt.



LOVE RUN HALF MARATHON

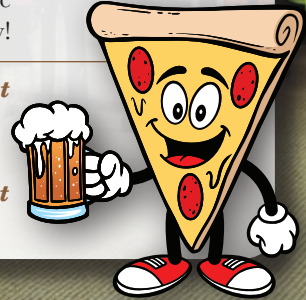
The Running Place will again have a team at the Love Run on Sunday, March 25th. Last year we had 60 people join us for 13.1 miles of fun through Philly and Fairmount Park. Meet us at our tent in the Team Area, leave your gear during the race, and have access to the exclusive 'Team' porta-potties. Once you finish, enjoy refreshments and libations with the team as you begin your post-race relaxation and recovery at The Running Place tent.



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!

WINTER 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.

Expires 12/30/17



Excluding Brooks Products

610-353-8826 • www.TheRunningPlace.com • 3551 West Chester Pike • Newtown Square, PA