



Spring 2016

THE RUNNING PLACE

Newtown Square, PA



INNOVATION...

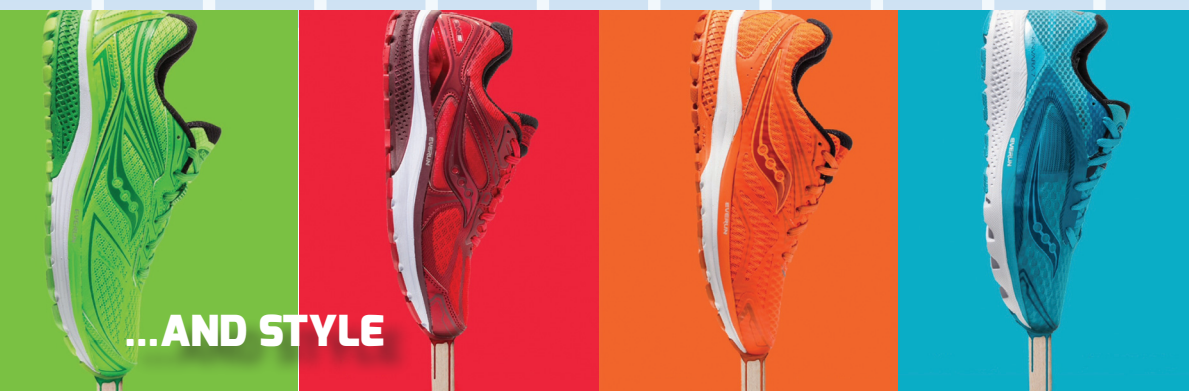
Saucony strives to stay 'connected to the run,' endeavors to develop new and improved technologies, and aims to keep you comfortable and connected to your gear. This year, for your comfort, Saucony introduces a brand new cushioning material: EVERUN™.

EVERUN™ is Saucony's best cushioning material and delivers two key benefits: impact absorption and lowering of peak pressures. While various Saucony shoe styles incorporate EVERUN™ differently, the key feature is having a layer of EVERUN™ close to the foot, a topsole. Saucony's patent-pending construction keeps this topsole as cushioned and plush as possible.

Underfoot cushioning works by conforming to the shape of the foot, distributing force over

more area, thereby reducing local peak pressures. Many shoes have their best cushioning closer to the ground than the foot, leaving firmer materials closer to the foot. EVERUN™ topsole construction solves that problem by positioning the best cushioning material closer to the foot.

Some models have an EVERUN™ heel crash pad in addition to the topsole. Being dramatically livelier and more responsive, providing 83% energy return, and maintaining its properties three times longer than standard cushioning foams, EVERUN™ can make the most difference when you are fatigued at the end of your run.



...AND STYLE

While we emphasize function over fashion for your running shoes, it is a bonus when you can get great engineering and cool designs in one package. Saucony does a great job with style, and this summer they will release their EVERUN™ shoes in 'RunPop' colors. These monochromatic color schemes are reminiscent of the freezer pops you might enjoy in the

summer: Go Fast Grape, Long Run Lemon, Outkick Orange, Race Day Red, Toe the Lime and Personal Best Blue.

Follow The Running Place and Saucony on Facebook and Twitter for fun events and promotions that we'll be doing around the RunPops release.

UPCOMING EVENTS:

March 5th

Shamrock Shuffle 5k
Havertown, PA

March 19th

**Winter Pickle Run Series
Race #3**
Ridley Creek State Park
Media, PA

March 26th

Butterfly Run/Walk 5k
Malvern, PA

April 3rd

**11th Annual Kevin Cain
Make My Day 5k Run**
Havertown, PA

April 9th

**Tyler Arboretum 10k Trail
Run**
Tyler Arboretum
Media, PA

April 23rd

**Narberth Cystic Fibrosis
Run & Family Fun Walk**
5 Mile Run and 1.5 Mile Walk
Narberth, PA

May 15th

**Inaugural
Turtle Trot for Autism
Trail 5k**
Okehocking Preserve
Newtown Square, PA

EVERUN™ RELEASE SCHEDULE:

Available Now:

Triumph ISO 2, Hurricane ISO 2,
Guide 9, Peregrine 6

Available March 1st:

Kinvara 7

Available May 1st:

Ride 9

Available June 1st:

Omni 15

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)

NEW PATHS TO TREAD

PENNSY TRAIL AND POWDER MILL VALLEY TRAILS

The **Pennsy Trail** (4.8 miles from *The Running Place to the Haverford Area YMCA*) is about one mile long, and broken into two sections. The north (Brookline) segment runs from the back of the YMCA parking lot in Havertown to Manoa Road. Exit the trail to cross Manoa, then climb a steep 'goat path' to the south (Llanerch) segment which ends at Llanerch and West Langhorne Avenues (behind Planet Fitness on West Chester Pike).

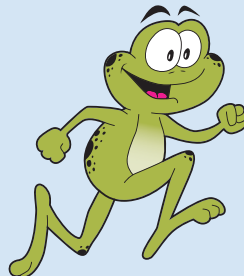


For some of you, this two-mile walk or run fills your mileage quota for the day. Others may just be getting warmed up. If you are looking for more miles, make your way about 1.3 miles north on Manoa Road to Karakung Drive, where a system of trails in the **Powder Mill Valley** begins (*from TRP it is 6.6 miles to Manoa Road at Karakung Drive, where there is street parking*). This valley contains a series of six or seven trails that, interwoven with the charming neighborhoods of Havertown, can take you along scenic Karakung Drive, past historic buildings, through Powder Mill Valley Park and part of Cobbs Creek Park

Run with

THE RUNNI

MONDAY NIGHT RUN FUN



MONDAY NIGHT LEAP RUN

February 29th

2016 is a Leap Year. February 29th is a Monday. Monday at The Running Place is group run night. The stars are aligned for Monday Night Leap Run. Join us on Monday, February 29th starting at 6:45pm to celebrate and enjoy a truly rare occurrence. There will be all kinds of fun to be had:

- Free Leap Year winter hat (whatever that is) to the first 29 runners.
- Party at TRP after the run to include food/light fare and beverages.
- Running movie to be shown.
- Oh, and a run – starting promptly at 6:45pm, as usual.

A Leap Year comes once every four years. Figuring out the probability of the extra day in February falling on a particular day of the week would require math skills beyond those of this Liberal Arts major's acumen. February 29th will not be on a Monday again until 2044! Suffice it to say that this is a special day. Can you wait 28 years for the next opportunity like this?

saucony

WEAR-TEST & PIZZA

Monday, March 7th

The first Monday of the month is pizza night. Compounding the fun on March 7th is your chance to wear-test Saucony shoes with their new proprietary cushioning material: EVERUN™. Join us for a run in Saucony shoes, post-run pizza and beverages, and a chance to chat up Saucony tech rep Austin Viano.

- EVERUN™ Wear-Test (Triumph, Hurricane, Guide, Kinvara)
- Pizza and beverages on us at Carmine's

RUN, PIZZA & SOCK AMNESTY

Monday, April 4th

Bring us your tired, your poor, your ragged... your stinky, stanky, dirty, filthy, grungy, despicable, holey socks... and we will give you a brand new pair! Monday, April 4th is Sock Amnesty Night sponsored by Feetures!® brand socks. No questions, no judging. Surrender an old pair of socks to us, and we will replace them with a brand new pair of Feetures!® socks. No kidding!

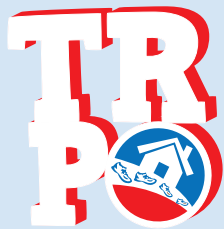
Remember, April 4th is the first Monday of the month. So, come for the socks and the run, stay for the pizza and beverages. See you there!

THE RUNNING PLACE

TEAM TRP

Join THE RUNNING PLACE LOVE RUN TEAM!

Sunday, April 10th



Run with us in the 3rd annual Philadelphia Love Run Half Marathon. Last year there were over forty runners on the TRP team. Enjoy the camaraderie, the reserved team port-o-pottie, and the team tent where you can meet pre-race, leave your gear while you run, and enjoy refreshments afterward. Of course, you will also get a cool TRP Love Run t-shirt as your 'uniform.'



The first two years of the Love Run saw cold and inclement weather. This year the race date is two weeks later, and promises to be perfect weather...seriously...well, at least compared to the prior events it won't be any worse. Come have as much fun as you're allowed to have in a half marathon!

Join THE RUNNING PLACE MUCKFEST TEAM!

Sunday, June 5th



MuckFest® MS is built for laughs, fun, and friendship. Join The Running Place/Brandywine Conference and Visitor's Bureau Team! We will be mucking in the 9:00am wave on Sunday, June 5th. Last year, we had over 50 people on our team splashing, sloshing, climbing, and crawling over the 5k course.



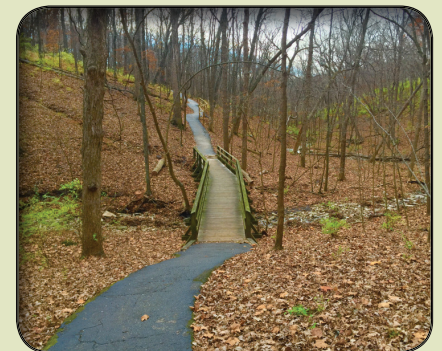
Run with us, and then hang with us for the morning in our team tent as we recover, refuel, and relive the muddy merriment. Food and beverages will be provided at the post-race party. All team members will receive a technical t-shirt.

This year's event has been moved, and will be held on the grounds of The Glen Mills Schools at 185 Glen Mills Road, Glen Mills, PA 19342. Register soon! The next price increase is March 23rd. Spectators are free and little ones can frolic in the free Lil' Muckers play area.

NEW PATHS TO TREAD

Continued from Page 2

and the Historic Grange Estate. To plan your exploration of these trails, find a map by searching online for 'Powder Mill Valley Trails.'



To connect with an even wider network of trails from these starting points, run from the YMCA down Eagle Road to Lawrence Road. Lawrence will take you to Darby Creek Road where you can access the Darby Creek side trail to the Haverford Reserve or the Darby Creek Trail to Merry Place. Refer to the 'Summer 2013' issue of this newsletter in the 'Newsletter Archives' at www.therunningplace.com for further description.

A great resource for finding trails in Haverford Township can be found at the Friends of Haverford Trails website: <http://trailmap.havtrail.com>. There is a lot of good running to discover in Havertown.



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.

find us on facebook

SPRING BEGINNER RUNNING CLASS

Our Spring Beginner Running Class will be held for 8 consecutive weeks beginning on Saturday, March 19 at 8am 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 **\$25**
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* 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 3/31/16

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15% Off*
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PLUS a FREE gift
with purchase
Tech Tee or Running Hat
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