



Spring 2017

THE RUNNING PLACE

Newtown Square, PA

NEW PATHS TO TREAD

by Bill Frawley

CHESTER CREEK TRAIL AND LINVILL AND INDIAN ORCHARD TRAILS

Customers and running friends continuously suggest new places to explore. Some venues are brand new, and others are just new to us. Local townships and boroughs have open space with myriad trails and/or rails-to-trails projects in various stages of design, development, and completion. This article will visit a newly unveiled rails-to-trails path and some long-existing open space trails that connect to it: the Chester Creek Trail and the Linvill and Indian Orchard Trails.

CHESTER CREEK TRAIL

(Parking - from The Running Place, 7.8 miles to 426-446 Lenni Road, Media, PA or 9.8 miles to 249 Knowlton Road, Media, PA)

After twenty-plus years of planning, permitting, designing and constructing, Phase I of the Chester Creek Trail is complete. The trail is open and there will be an official ribbon-cutting ceremony this spring to celebrate. When fully complete, the Chester Creek Trail will be a 6.7-mile-long paved rail-trail ranging from Baltimore Pike



Knowlton Tunnel



Linvill Trail

near the Rocky Run YMCA to Upland borough in Delaware County. Engineering and design for the next phase is expected to begin this year.

Phase I is a middle portion of 2.8 miles running southeast through Middletown and Aston Townships from Lenni Road to Knowlton Road. There is a parking lot off these roads near each end of the trail (.8 and 3.4 mile markers, respectively), and a few spaces of unofficial road parking where the trail crosses Mt. Alverno Road. The trail is wide and has only the slight up and down grades that a railroad line would have. Each tenth of a mile has a marker based on what the trail's full length will be when all phases are complete (e.g., the first marker from Lenni Road is 0.8).

The path is smooth and the scenery beautiful. The trail meanders alongside Chester Creek and passes rock formations, winds over bridges, and tunnels under crossroads. The handsomely restored Kings Mills sits across the creek from the trail at one point with the mill's waterfall still cascading charmingly in the foreground.

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UPCOMING EVENTS:

March 4th
6th Annual Sacred Heart Shamrock Shuffle 5k
Sacred Heart School
Havertown, PA

March 18th
Winter Pickle Run Series Race #3
Ridley Creek State Park
Media, PA

March 26th
Love Run Philadelphia Half Marathon
Philadelphia, PA

April 2nd
The Kevin Cain Make My Day 5k
Havertown, PA

April 8th
Tyler Arboretum 10k Trail Run
Tyler Arboretum • Media, PA

April 15th
Butterfly Run/Walk
Great Valley High School
Malvern, PA

MONDAY NIGHT RUN

with **GARMIN**

Monday, March 6th @ 6:45 p.m.

Our Garmin sales rep will be at the store on March 6th with demo GPS watches for you to test-wear on the Monday Night Run. Experience a GPS watch for the first time or compare a new model to your old one. Come with your questions for an in-store, post-run Garmin Q-and-A session. This is the first Monday of the month, so enjoy a slice of pizza and a beverage while grilling the Garmin guru.

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About one half mile from the Knowlton Road parking lot, between mile markers 3.0 and 2.9, a side trail goes off-road and onto softer surfaces of dirt, grass, and pine needles. This trailhead leads to the Linvill Trail/Indian Orchard Trail network.

LINVILL AND INDIAN ORCHARD TRAILS

(Parking - from The Running Place, 8.3 miles to 25 Copes Lane, Media, PA)

The Linvill Trail (identified by white trail markers) leaves the Chester Creek Trail and has a taxing climb out of the valley. The trail ascends approximately 130 feet over 3/4 of a mile cresting at Linvill Road, emerging to a beautiful view of bucolic orchards. A 1.8-mile loop scampers around this agricultural open space over gently rolling, pastoral farmland. A spur off the back side of this loop leads to the Indian Orchard Trail (identified by yellow trail markers) that loops around about one mile and comes back to the Linvill Trail. There is one short, steep, dirt hill on this spur.

In total, the Linvill trail offers about 3.5 miles and the Indian Orchard Trail about one mile. Combine these with an out-and-back run on the completed 2.8-mile portion of the Chester Creek Trail and there

View from Linvill Trail



are 10 miles of potential running/walking over varied terrain on mixed surfaces with wonderfully diverse scenery.

To become a member of *Friends of the Chester Creek Branch* or supporter of the trail, visit ChesterCreekTrail.org. To see what other trails are in Middletown Township, check out the township's Open Space web page at middletowntownship.org.

Join

THE RUNNING PLACE LOVE RUN TEAM!

Sunday, March 26th @ 7:30 a.m.

The Running Place is predicting perfect weather on Sunday, March 26 for the 4th annual Love Run Philadelphia Half Marathon. For those of you who have run the race before, you may be skeptical. But one of these years the Love Run is going to have perfect weather, and when that happens you aren't going to want to miss it.

Even if Mother Nature doesn't cooperate, The Running Place has a team whose camaraderie will keep you warm and motivated and whose post-race refreshments will fill your belly and quench your thirst afterward. But wait, there's more! Each teammate



receives a TRP Love Run technical T-shirt, has the option to store gear in our tent and has access to the team port-a-potties.

Convinced? When you register for the race, choose to 'Join a Team' and type 'The Running Place' in the search window. Pick us. *Voilà!* You are the newest team member. If you would like to be on the team but didn't join us when you registered, simply send an e-mail to therunningplace@gmail.com with your name, as registered, and we will get you on board.

ASK THE PHYSICAL THERAPIST

Saturday, March 11th

11:00 a.m. - 1:30 p.m.

Are you getting ready for Broad Street or another spring race and dealing with an injury? Are you fighting nagging aches or frustrating pains that you just can't shake? The physical therapist is in! Call The Running Place to schedule a free 15-minute screening on March 11th with Mike Quintans, PT, DPT, of Excel Physical Therapy.

Mike graduated from Penncrest High School, played football at Bloomsburg University where he graduated with a BS in Biology, and earned his doctorate in Physical Therapy at Widener University. At Widener, Mike developed a strong interest in

biomechanics and manual therapy. He specializes in overuse and spine-related injuries using joint and soft tissue techniques. Mike manages the Excel Physical Therapy clinic of Newtown Square which opened in June of 2015.

Excel Physical Therapy takes pride in its patient-centered care where each patient is directed by one P.T. and is exposed to manual therapy and a customized program that will maximize their potential.

Excel's Newtown Square office is located on West Chester Pike between Bryn Mawr Avenue and St. Anastasia's School.

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

LOOKING FOR

WALKERS



Apply today!

by Pattie Bucaccio

Walking seems pretty straightforward and commonplace, right? Just put one foot in front of the other and out the door you go. What you may not know is that there are specific walking techniques that will greatly improve fitness results, burn more calories, and decrease the likelihood of injury. Plus, a walking program can be the mainstay of your cardio (aerobic workout) or can prepare you for a more intense program of jogging or a combination of walk/run. Like running, walking has the advantage of minimal equipment and easy access to both indoor/outdoor locations. Read on to find out more about this familiar, yet underutilized fitness program.

There are many reasons to lace up your sneakers. According to the Center for Disease Control (<https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>), the benefits of walking include:

- Reducing risk of diseases such as heart disease, stroke, type 2 diabetes, and some cancers.
- Lowering blood pressure and cholesterol levels.
- Keeping bones and muscles strong.
- Controlling body weight and reducing body fat.
- Improving mood and symptoms of depression and anxiety.
- Increasing life expectancy.

Give some thought to your walking technique to maximize the above benefits and elevate your results. Adopt these tips, offered by a 2017 Harvard Medical School Special Health Report on walking:

- Posture cues: stand tall; eyes up; shoulders back, down, and relaxed.
- Swing your arms from your shoulders, forward and back like a pendulum.
- Maintain a neutral pelvis: keep your abs tight, but don't tuck your tailbone under or stick your belly out.
- Step lightly and roll heel to toe as you stride.

When you're ready to increase your intensity, focus on the following:

- Bend your arms and swing them at a quicker rate so that your legs can speed up to say in sync with your arms. As your arms move faster, you'll be able to increase your step rate.
- Take shorter, quicker steps versus over-striding (taking steps that are too long).
- Push off strongly from the ground to propel yourself forward.



Get mucky, then hang out and enjoy refreshments with us as we cheer on the muckers in the later waves. We run on Sunday at 9 a.m. and we eat and drink to our heart's content the rest of the morning. All TRP muckers will receive a technical team T-shirt.

NEW IN 2017

Fitness Walking Class

at

• THE RUNNING PLACE •

The 8-week walking program is led by Pattie Bucaccio, MS, RD, LDN. Pattie has an extensive background in exercise and nutrition and is a co-founder of The Running Place. She also instructed The Running Place's beginner running class for many years. Pattie enjoyed a long running career, including a number of marathons and triathlons; fitness walking and biking are her latest passions. Her goal for this program is to teach others the strategies and techniques she's learned along the way.

Included in the walking class: Instruction in walking techniques, group walking workouts, stretching and strengthening tips, nutrition information, motivation strategies, setting short- and long-term goals, and most of all - camaraderie!

• *Session One* •

Monday, March 13 – Friday, May 5

(Register for a specific class)

**Class 1 - Mondays
6:15 - 7:30 a.m.**

**Class 2 - Wednesdays
9:15 - 10:30 a.m.**

**Class 3 - Fridays
7:00 - 8:15 a.m.**

Cost: \$80 per 8-week session (average of \$10 per week). Sign up for one class period but you may come to additional classes throughout the week. Once you've completed the 8 weeks, as an alumnus, you are eligible to attend the next session, which is tentatively scheduled to start May 8, at no cost.

Space is limited. Don't hesitate! Tell your family members, friends, and neighbors to go to www.therunningplace.com to register today!

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

Join THE RUNNING PLACE MUCKFEST TEAM!

Sunday, June 4th @ 9 a.m.

Come muck with us in this FUN mud run! Help us raise money and bring awareness to multiple sclerosis.

If you've heard about intense mud runs where competitors have to run a thousand miles, climb ski slopes, carry redwood tree trunks, and evade live electrical wires, this is NOT such an event. This is total fun! The course is a short 5k with obstacles that are challenging but not crazy. Yes, you will get wet. Yes, you will get muddy. That's all part of the fun.



SPRING BEGINNER RUNNING CLASS

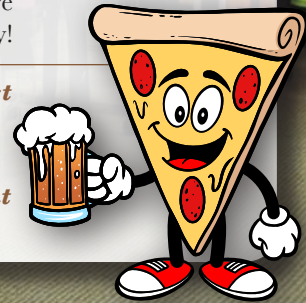
Our Spring Beginner Running Class will be held for eight consecutive weeks beginning on Saturday, March 18 at 8 a.m. The class will be led by US 1996 Olympian Katherine (Fonshell) Taylor. The class will teach the fundamentals of running and guide you through a walk/run program, building toward the completion of a 5k race. The class is open to anyone wanting to start a running program and who is fit to walk 3 miles. The cost for this program is \$80 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 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!

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 3/31/17

