



Fall 2017

# THE RUNNING PLACE

Newtown Square, PA

## NEW PATHS TO TREAD

by Bill Frawley

### WHERE TO TREAD IN A TOWN NEAR YOU

In the 4 years since we started the New Paths to Tread series, we've covered a lot of ground! We thought it would be helpful to list by county and town all the trails we've traversed and written about to date, so you can more easily find a trail in your neighborhood. Some trails may be new to you, and some trails may be newly renovated/expanded since you last explored them. Check them out! In parentheses after each trail we've indicated the issue of The Running Place newsletter in which we wrote about that trail. Visit the Newsletter Archive section of our website ([www.therunningplace.com](http://www.therunningplace.com)) to read more detail about the trails.

#### DELAWARE COUNTY

- Aston/Brookhaven – Chester Creek Trail (Spring 2017)
- Haverford – Haverford Nature Trail at Haverford College (Spring 2014)
- Haverford – Haverford Reserve (Summer 2013)
- Havertown – Pennsy Trail and Powder Mill Valley Trails (Spring 2016)
- Havertown – Darby Creek Side Trails (Summer 2013)
- Media - Rocky Run, Darlington, and Cornucopia Trails (Summer 2017)
- Media – Chester Creek Trail, Linvill and Indian Orchard Trail (Spring 2017)
- Newtown Square – Liseter Trail and Newtown Meadow Preserve (Fall 2016)
- Newtown Square – Goshen Trail (Summer 2013)
- Newtown Square - Saw Mill Park (Fall 2013)
- Prospect Park – Heinz Wildlife Refuge (Summer 2013)
- Springfield – Smedley Park (Summer 2015)
- Swarthmore – Crum Woods (Summer 2015)
- Villanova – The Willows and Skunk Hollow Park (Fall 2013)

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Liseter Trail



Newtown Meadow Preserve

#### UPCOMING EVENTS:

**Saturday, September 9th**  
*Pints in the Square*  
*Beer Fest, 5k Run & Walk*  
**Ellis Preserve**  
**Newtown Square, PA**

**Saturday, September 23rd**  
*Holy Child Academy*  
*5K Run/Walk*  
**Holy Child Academy**  
**Drexel Hill, PA**

**Saturday, September 23rd**  
*TALK 5k Trail Run and*  
*1-Mile Family Walk*  
**Newtown Square, PA**

**Sunday, October 1st**  
*10th Annual Michelle's Miles*  
*5k Run and 1 Mile Walk*  
**Episcopal Academy**  
**Newtown Square, PA**

**Sunday, October 1st**  
*Delco WAR Race for Victims'*  
*Rights 5k Run/Walk*  
**Rose Tree Park, Media, PA**

**Saturday, October 7th**  
*Haverford Township Day 5k*  
**Havertown, PA**

**ATTENTION!**

### HIGH SCHOOL RUNNERS

Let The Running Place host you and your teammates for Spike Night: an evening when your team can have TRP to yourselves to shop for XC trainers, spikes, and all the gear you'll need. **Pizza! Team discounts! Camaraderie!** Call Bill or Ken at 610-353-8826 or email: [therunningplace@gmail.com](mailto:therunningplace@gmail.com).

## MONTGOMERY COUNTY

- Bala Cynwyd – Cynwyd Heritage Trail (Fall 2014)
- Haverford – Haverford Nature Trail at Haverford College (Spring 2014)
- King of Prussia – Chester Valley Trail (Fall 2013)
- King of Prussia – Valley Forge National Historical Park (Spring 2015)

## CHESTER COUNTY

- Exton - Chester Valley Trail (Fall 2013)
- Malvern – Natural Lands Willisbrook Preserve (Winter 2013)
- Valley Forge - Valley Forge National Historical Park (Spring 2015)
- West Chester – East Goshen and Applebrook Park (Winter 2013)
- Willistown – Ockehocking Preserve (Fall 2015)



Haverford Reserve

Even though we've highlighted many trails, there's always room to discover and navigate more! Let us know if you have a favorite path to tread that you'd like us to write about in the next newsletter, or be surprised by what we find and share with you! Trail walking and running is a great way to get out and experience nature, and we hope this guide helps you to do exactly that this fall!

# A RUNNER'S WORKSHOP

## Going the Distance: Running Without Injuries

**Where:** Christine F. Hayes, PT, PC & The Integrated Healing Center  
195 W. Lancaster Avenue, Suite 2, Paoli, PA, 19301

**When:** Wednesday, September 27, 2017 from 5:30 p.m. to 7 p.m.

**RSVP:** Call 610-695-9913 to register by September 25, 2017

**Fee:** \$10 early registration on or before September 25, 2017;  
\$15 cash at the door.

Join us for *A Runner's Workshop!* Learn from the experts what you can do to prevent injuries and how to comprehensively address and manage them when they do occur.

### Workshop Objectives:

- To give you a new perspective on running injuries and comprehensive medical management;
- To help you understand functional movement and corrective exercise;
- To help you understand the need for foot stability and the correction through orthotics;
- To teach you the difference between static and dynamic stretching;
- To teach you about the different technical running footwear types;
- To share the latest updates to technical running gear;
- To teach you how to make running and other forms of cardiovascular exercise more enjoyable.

### *A Runner's Workshop Speakers:*

**Dr. Alexis Tingan, MD,** is an avid runner and served as the event physician for the Penn Relays, the Philadelphia Marathon, and the Philadelphia Triathlon. He is currently the team physician for the University of Pennsylvania's Men's and Women's Cross Country and Track & Field teams, the Associate Medical Director for the Penn Relays, and the Medical Director of the Philadelphia Love Run Half Marathon.



**Christine Hayes, PT,** has been a physical therapist for more than 30 years, working with a wide range of runners and other athletes. Her physical therapy practice specializes in functional movement assessments and corrective exercises as a comprehensive approach to rehabilitation.



**Ken Taylor,** co-owner of The Running Place and a certified US-ATF Level 1 Coach, brings his knowledge of running footwear and his shoe-fitting expertise from his run-specialty store and from his years of running and coaching.

\*The first 15 registrants will receive a certificate for a free Orthopedic Screen (valued at \$80) from Christine Hayes, PT.



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

# EVERY STEP COUNTS

by Pattie Bucaccio

Get Out and Walk!



Walking for anywhere from 10 to 60 minutes daily provides hefty benefits to your mental and physical well being, such as improved muscle endurance, increased energy, and elevated mood. The term “sitting disease” has been coined to illustrate how much our sedentary lifestyles are contributing to chronic conditions such as heart disease, diabetes, some types of cancer, back pain, and depression. Walking is a great way to combat “sitting disease” and to start feeling your best!

The beauty of walking is that it can be done anywhere, anytime. Squeeze in 10-20 minute walks while the kids are off to their activities, or leave the office 15 minutes earlier to walk around the block several times on your way to the train. Keep a pair of sneakers and socks in your car or your work bag so your gear is accessible and serves as a reminder to go for walks. During your walks, you can plan your dinners and use your smart phone microphone to record your ideas. Longer walks of 30-60 minutes do require more planning for busy people, so place them on your weekly calendar so you have that commitment of time in place. But if you have only 10 minutes, get out and walk for 10 minutes. There are benefits to every step you take. Your perspective changes when you view all movement as meaningful.

# TAKE SOME STEPS

IN ONE OF OUR FALL CLASSES!

*Fitness Walking Class:*

**Monday, September 11th thru  
Wednesday, November 1st**

The upcoming 8-week Fitness Walking Class provides group support to motivate you to commit to establishing a walking routine. The class meets Mondays at 6:15 p.m. and/or Wednesdays at 9 a.m. (you have the option to come to one or both sessions). Each week you will learn more about specific walking techniques and workouts, along with flexibility exercises and nutrition tips. The class is led by registered dietitian Pattie Bucaccio, MS, RDN and starts Monday, September 11th; cost is \$80. Register at The Running Place or go online to: [www.therunningplace.com](http://www.therunningplace.com).

*Fall Beginner Running Class:*

**Saturday, September 9th thru  
Saturday, October 28th**

Our Fall Beginner Running Class starts on Saturday, September 9th at 8 a.m. and runs for eight weeks. The goal of this class is to guide students toward the completion of a 5k, and to teach the tools necessary to make running a cornerstone of an active lifestyle.

Led by 1996 U.S. Olympian Katherine (Fonshell) Taylor, students learn the fundamentals of running and follow a walk/run program building toward the completion of a 5k. Each class includes a lecture that covers topics such as running form, motivation, stretching, strengthening, and injury prevention. After the eight-week session, all participants are encouraged to join Kate at a local 5k race to put their training to the test.

The class is open to anyone wanting to start a running program and who has the fitness to walk three miles. The cost for this program is \$80 and includes a Gymboss timer and technical running T-shirt.

# GARMIN 10th WATCHES

Class is in Session

September 6th • 6:30 p.m. – 8 p.m.

*Are you considering a Garmin watch and don't know which is the best for you?*

*Do you have a Garmin watch and don't know how to use all the features?*

Class is in session on Wednesday, September 6th with ‘Professor’ Garmin Gary. Garmin watches offer GPS and smart watch capabilities, built in wrist-based heart rate monitoring, activity and sleep tracking, waterproofness, and much, much more. Join us as Gary talks about a variety of Garmin devices from basic to advanced, helping you to decide which watch is right for you and showing you how to use your watch to its full potential.



## 10th Annual Michelle's Miles 5k

Sunday, October 1, 2017  
Episcopal Academy @ 9:15 a.m.



Michelle's Miles is an event to celebrate the life of Michelle Deasey, a talented and dedicated Episcopal Academy 3rd grader who unexpectedly passed away in late 2007. Michelle embodied the qualities and attributes valued by The Episcopal Academy community. Her infectious spirit, sportsmanship, grace, and courage continue to inspire all who knew her.

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](http://www.therunningplace.com).

**Cross Country Spikes Have Arrived!**

## PINTS IN THE SQUARE BREW FEST AND 5K WALK/RUN

SATURDAY, SEPTEMBER 9TH

### ELLIS PRESERVE IN NEWTOWN SQUARE

- 5K and Brew Fest
- 5K at 11 a.m.
- Brew Fest from 12 p.m. -4 p.m.

MORE THAN 30 LOCAL  
CRAFT BREWERIES

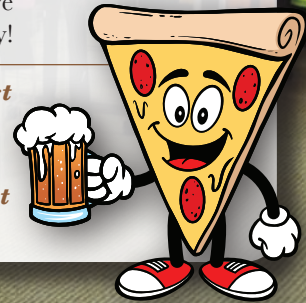
[www.pintsinthesquare.com](http://www.pintsinthesquare.com)



## 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 \$25.00 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 9/30/17*



Excluding Brooks Products

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