

# THE RUNNING PLACE



SUMMER 2013

## NEW PATHS TO TREAD

Sometimes, whether we're running or walking, we tire of the same routine and get bored with our familiar routes. It can be difficult to find extra time in our day to travel to a new running spot, but if we make the time once in a while, it will become a much-anticipated treat.

In each coming newsletter, we'll identify local places where we like to run. Some of them you'll know, some you won't. We'll reveal some hidden gems as well as list some more obvious places so that everyone will be informed. We'll give you a brief description, tell you the location, where to park, and what to expect. Since you know where we are, we'll tell you how far from The Running Place (TRP) these runs are located. Visit the 'Resources' page at [TheRunningPlace.com](http://TheRunningPlace.com) to get more information about each of these locations.



Haverford Reserve

**GOSHEN ROAD TRAIL** (at the corner of Goshen Road and Route 252 in Newtown Square, enter parking lot from Goshen Road, behind the Square Tavern; 1 mile from TRP) is a 1-mile dirt and crushed stone trail over moderate rolling hills parallel to Goshen Road. Out and back is 2 miles; add a loop in the adjacent Ellis Preserve for a relaxing 4-mile jaunt. In the near future, this trail may connect to paths in new developments in the neighborhood.

**HEINZ WILDLIFE REFUGE** (two parking areas: the visitor's center parking lot located at 8601 Lindbergh Blvd in Philadelphia, 12 miles from TRP, and at the west edge of the refuge in the 600 block of Route 420 in Prospect Park just north from exit 9 off I-95, 10 miles from TRP) was established by an act of Congress in 1972 to protect the last 200 acres of freshwater tidal marsh in Pennsylvania. There are approximately 10 miles of trails at Heinz, most of which are dirt paths with some boardwalk. The refuge is flat and it's easy to run a short loop of about 4 miles or a longer course of 8 miles.

**HAVERFORD RESERVE** (9000 Parkview Drive, Haverford, 3.5 miles from TRP) offers over 5 miles of trails ranging from paved paths to dirt and wood-chip covered trails. These paths run through nicely wooded areas and make for a very pleasant run. You can definitely find a hill or two if you look enough. There is plenty of parking at the Recreation Center lot (pick up a trail right behind the building), or by the dog park (from which trails head off into the woods). From here you can access the Darby Creek Side trails as well.

To access the **DARBY CREEK SIDE TRAILS** from the Haverford Reserve, park in the lowest parking lot by the dog park and head down to Darby Creek Road. Turn right and enter the grass opening just beyond the Marple Road Bridge. Go through this opening, follow the path to your left as it traverses the rocks and meanders alongside the creek.

This trail will take you about 1 mile before reaching a single track that winds behind some residences and opens up in a grassy area behind an apartment building. Go under the West Chester Pike bridge on your right and emerge on Old West Chester Pike. Head up the 'Old Pike' to Hilltop Road where you'll turn right, making another right onto the

*Continued on Page 2*

### UPCOMING EVENTS:

**June 1st -2nd**  
*Sidewalk Sale*

**June 2nd**  
*Super Sunday at TRP*

**June 3rd**  
*Brooks*  
*Sock Amnesty Night*

**June 9th**  
*Muck Fest MS*

**June 16th**  
*Free Community Yoga*

**July 4th**  
*Firecracker 5K*

### SIDEWALK SALE & SUPER SUNDAY

**Sat., June 1, 10am - 5pm**  
**Sun., June 2, 11am - 4pm**

Our annual Sidewalk Sale will be a two-day event on Saturday, June 1st and Sunday, June 2nd. This big weekend features select shoes from 20% to 60% off\*, as well as clearance pricing on cold weather apparel and limited summer items. Merchandise moves fast this weekend, so shop early for best selection!

#### Events for Super Sunday, June 2nd:

Two chances to win a free entry to the Rock 'n' Roll Philadelphia Half Marathon in September by joining us for the 10am Fun Run or by making an in-store purchase between 11am and 4pm!

**9:45am:** PRE-RUN WARM-UP & STRETCH led by Mary Ellen Dougherty from Restoration Physical Therapy.

**10am:** FUN RUN, 3-5 miles. All runners and walkers are welcome.

**10am-12pm:** FREE 15-MINUTE CONSULTS with physical therapist Mary Ellen Dougherty, MSPT, ATC; please call or e-mail The Running Place to reserve your time slot.

**11am-4pm:** SIDEWALK SALE & SAUCONY SUNDAY! Stop by to meet the Saucony sales rep and receive a free gift with purchase (while supplies last).

\*excluding Brooks

3548 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)

access road leading to the township's public works yard. Pass through the yard and come to a trailhead that leads you about 1 mile on a flat, paved path to Merry Place and Glendale Park.

To access the above trails from **MERRY PLACE AND GLENDALE PARK** (599 Glendale Road Havertown, 5.2 miles from TRP), park in the lot at Glendale Park, and find the trailhead just north from there. Follow the above directions from Haverford Reserve in reverse.

**THE RADNOR TRAIL** (park at 520 Conestoga Road, Wayne or at Sugartown Road right near Club La Maison - 5 miles and 5.9 miles from TRP, respectively) offers a paved surface or a lane of gravel and dirt. It is a 2.4-mile-long trail that is built along an old railroad corridor, stretching through the Wayne postal code from Sugartown Road at the west terminus to Radnor-Chester Road at the east end. The trail is a mild, rolling uphill heading eastward. This is a very scenic run through some nice neighborhoods of Wayne.

Our September newsletter will add a few more 'places to go' for you. Let us know what you think and please make suggestions if you have a favorite spot you'd like us to check out. Send an e-mail to [TheRunningPlace@gmail.com](mailto:TheRunningPlace@gmail.com).

**ENJOY YOUR NEW RUNS!**

**JOIN**

**THE RUNNING PLACE/  
PENN PHYSICAL THERAPY  
MUCK FEST TEAM!**

5 miles of mud and obstacles right here in Newtown Square on Sunday, June 9th.

Sign up for the 9am wave on OUR team, and receive a free team T-shirt. After the run, relax with us under The Running Place tent and enjoy snacks and refreshments as we watch the rest of the participants crawl their last few yards through the muck to the finish line!

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



**FREE  
COMMUNITY YOGA**

3rd Sunday of the Month

June 16<sup>th</sup> at 10am, lower level of The Running Place's shopping center at From the Top Studio

# saucony® run for good foundation

Saucony is well known for their running and walking footwear, which they are continually innovating, bringing new ideas and technologies to the industry. Although you may be well acquainted with Saucony's shoes, you may not be as familiar with Saucony's involvement in the community through the Saucony Run for Good Foundation.

Saucony's brand manifesto states, "A good day is when we get to run. A great day is when we inspire someone else to run." Motivated by the alarming rise in childhood obesity and the brand's inspired manifesto, the folks at Saucony launched the Saucony Run for Good Foundation in 2006. The Foundation is committed to improving the lives of children by helping to prevent and reduce childhood obesity through informing the public about obesity's cause and prevention, as well as providing funding to optimize the impact and success of community organizations that promote running and healthy lifestyle programs for kids. Since the program's inception, the Foundation has given more than half a million dollars to nearly 60 organi-

zations nationwide, all to promote running as part of a healthy, active lifestyle for kids.

The problem of childhood obesity is critical: For the first time in over 100 years, the lifespan of children is now shorter than that of their parents. According to the U.S. Surgeon General, lack of physical activity and poor dietary habits are to blame. The Saucony Run for Good Foundation knows that physically active kids are not only healthier but are also happier. Regular physical activity in childhood is a starting point that can shape a whole person, encouraging smart choices and influencing a healthy lifestyle into adulthood. The Saucony Run for Good Foundation gives kids across the country a running start to a lifetime of good health through community-based programs that support youth-oriented running and fitness activities.

The Running Place will make a \$1 donation to the Saucony Run for Good Foundation for every pair of Saucony shoes sold in June. Get your new kicks and support a great cause!

## NEW SAUCONY SHOES FOR **SPRING**

The **RIDE 6** will be more cushioned, more flexible, and more responsive. What's not to like? Last year's full-length ProGrid cushioning has been upgraded to the lighter, more impact-resistant PowerGrid. Deeper flex grooves and a more rounded forefoot provide great transition through toe-off. Ride enthusiasts and neutral runners the world over will love this new shoe!

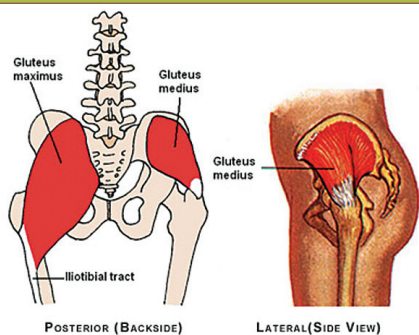


Saucony's solution for people with moderate-to-serious over-pronation issues, the **OMNI 12** has upped its midsole technology game by adding PowerGrid for a better overall ride. Heel clefs help to provide a soft landing and great transition forward, while the redesigned upper incorporates signature technologies Arch-Lock and Support Frame for a stellar fit.

Saucony's Kinvara has been a leader in the minimal category since its introduction three years ago. Built on a platform with a 4-mm offset from heel to toe, the Kinvara encourages a lighter heel strike and is very light and flexible, allowing your foot to move in a less inhibited way than it would in a more structured shoe. The new **KINVARA 4** offers a redesigned upper, improving an already lightweight, seamless feel. The heel cushioning also has been upgraded from ProGrid to PowerGrid for an even smoother transition and an improved overall ride.



# Don't Be a "GLUTE-ton" for Punishment... TAKE CARE OF YOUR GLUTES!



Are you returning to running after a long break? You might be mentally ready and your injury may have healed, but re-injury or new injuries can still emerge if you fail to prepare a key muscle—your gluteus medius! The gluteus medius is one of three gluteal muscles (often called glutes) and is situated on the pelvis. After about five miles of running, weakened gluteus medius muscles begin to fatigue, causing poor form and allowing for numerous injuries. Before lacing up your shoes, make sure your gluteus medius muscles are ready to support you. Here are a few tips to help you avoid problems caused by weak glutes:

- **Start slowly.** Whether you are running for fun, trying to get or stay fit, or training for an upcoming race, a slow mileage ramp up will help your glutes. Running strengthens the glutes, so if you gradually increase your mileage, this alone may be enough to build gluteal strength. Getting that runner's high back after time away can make it hard for passionate runners to hold off running further and faster right from the start. Resist the temptation to quickly get back to or surpass the running fitness you had prior to the break. Start slowly and build your miles and speed back up for a few weeks before setting out for your fastest or longest run ever.
- **Over training also causes injuries.** Once you are back into full training mode, it's important to cross train. A common mistake that runners make is training hard every day. Even if you are feeling strong (in your glutes and everywhere) and running fast, it's important to mix slower, easier runs or cross training in with speed and distance runs. None of your key running muscles (glutes included) will sustain constant pushing to the limit.
- **Strengthen your glutes with the right exercises.** On your cross-training days, try strength exercises that focus

on your gluteus medius. Three sets of 15 clamshells three days each week will help keep your glutes strong and your running stronger! (See the description of exercises in the panel on the right.)

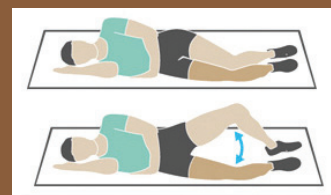
- **Another key strategy for injury prevention is wearing the right shoes.** The right shoes will help protect you from head to toe and everywhere in between...including your glutes! If you experience a new pain or injury while running, consider the shoes you are wearing. A shoe style that worked well for you in the past may not work for you now. Manufacturers sometimes make minor changes to their shoes, and runners may change their regular running terrain or significantly increase mileage. Any of these factors is a good reason to reevaluate your running shoes. It's helpful to talk with a retailer about your options and determine whether a new pair of shoes can help keep you running strong.
- **Finally, don't forget about warming up, stretching, and cooling down.** Each of these steps is also important in helping you stay injury free.

These tips were shared by Mary Ellen Dougherty, an athletic trainer and physical therapist who provides treatment for runners and non-runners alike. A recreational runner herself for more than twelve years, Mary Ellen has completed more than ten half marathons including the Caesar Rodney in Delaware, and she joined the marathon club in 2010 when she completed the Sea Isle City Marathon. She lives with her husband and son in Havertown.

You can meet Mary Ellen and join her for a free stretch clinic at The Running Place on Sunday, June 2 at 9:45am. She'll lead a stretch session before the 10am fun run, and she will also be available for advice and consultation after the run. Mary Ellen is also available for consultation at her office: Restoration Physical Therapy, located at 203 East Baltimore Pike in Media. She can be reached online at [www.restorationpt.org](http://www.restorationpt.org) and via phone at 610-565-0670.

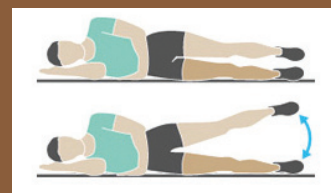
## CLAMSHELL

- Lie on your side with hips and knees slightly bent.
- Roll top hip slightly toward the ground.
- Rotating through hip, lift top knee slightly.
- Correct form is indicated if you feel the movement through your hip. Adjust your form if you feel the movement or resistance in your lower back and spine.
- Repeat 15 times, then turn your body and repeat on the other side to complete one set.



## SIDE-LYING LEG LIFTS

- Lie on your side with your legs straight.
- Slowly lift the top leg toward the air, keeping it straight until you feel the resistance in your hip or you reach a 45-degree angle.
- Slowly lower the leg back to the start position.
- Repeat 15 times, then turn your body and repeat on the other side to complete one set.



## BRIDGE WITH A KICK OUT

- Lie flat on your back, knees bent, feet aligned with your hips. Lift your butt so your legs form a 45-degree angle at the knee.
- Slowly raise your left leg until it is straight, then lower back to the start position.
- Repeat 15 times for each leg to complete one set.

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

**FIRECRACKER 5K & PARADE**  
4th of July \* Thursday



Join The Running Place and the Rotary Club of Broomall for the 4th Annual Firecracker 5k. The run/walk precedes the Marple-Newtown 4th of July parade and has amazing overall and age group prizes. Register online or in person at The Running Place. For more information visit the race website: [www.firecracker5krun.com](http://www.firecracker5krun.com).

**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 6:45 p.m.

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.

June 3 will also be Brooks Sock Amnesty Night. Come to the Monday night run, surrender an old pair of running socks, and receive a new pair of Brooks socks for free!

**THE RUNNING PLACE**  
3548 West Chester Pike  
Newtown Square, PA 19073

**Address Service Requested**

Prst. Std.  
U.S. Postage  
**PAID**  
Permit No 93  
Lehigh Valley, PA

**Summer Savings!**

**\$10 OFF \$25 PURCHASE\***  
Excluding Brooks Products

\* 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 6/29/13*

610-353-8826 • [www.TheRunningPlace.com](http://www.TheRunningPlace.com)  
3548 West Chester Pike • Newtown Square, PA

**15% OFF\*** Expires 6/29/13  
**saucony®**

PLUS a FREE gift  
with purchase  
**Tech Tee or Running Hat**  
*(while supplies last)*

\* Cannot be combined with other coupons or special offers. May be used on sale items. Prior sales excluded.

610-353-8826 • [www.TheRunningPlace.com](http://www.TheRunningPlace.com)  
3548 West Chester Pike • Newtown Square, PA