

**MONDAY, JUNE 3RD  
GARMIN AND AFTERSHOKZ WEAR-TEST**

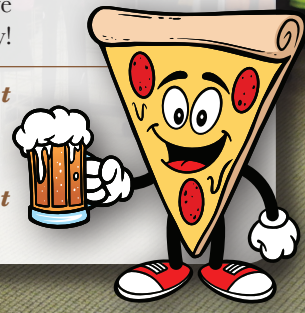
At the Monday Night Run and Walk on June 3rd, you can pick from a variety of Garmin watches to wear-test. You may also wear-test a set of AfterShokz Treks Titanium wireless bone conduction headphones paired with a Garmin Music watch. Among the Garmin watches on offer are the brand-new Forerunner 245 and the Forerunner 45. The number of units for trial are limited so come early to stake your claim.

*This IS First Monday, which means pizza and drinks on us after the run/walk.*

**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



**THE RUNNING PLACE**

Newtown Square, PA



**PROMISE TO RUN FOR ANOTHER**

The Running Place is carrying a new line of apparel this spring: JANJI. JANJI is a socially conscious sports apparel brand inspired by running's universality, connectivity, and possibility in exploring. JANJI wants to build bridges between cultures, encourage exploration, and give back.

Each season, JANJI releases a new line of apparel whose design is inspired by a different country. The goal is to offer fresh colors and patterns, and often a unique design twist, borne of the chosen country's culture and clothing. JANJI spends time in-country making connections, getting a feel for the culture, and collaborating with local artists to develop exclusive prints and graphics. For spring and summer of 2019, Cambodia is the inspiration. The company launched in 2012 with the colors and flags of Kenya and Haiti. Other past collaborations include Nepal, Uganda, Peru, and Bolivia.

As a runner or walker, it is very important to keep hydrated. Having access to clean water is something that most of us take completely for granted - the closest most of us get to desperation is when we are out on a long run in July's heat and realize that we have not had enough water, and there is no fountain or Wawa to be found nearby.

Unfortunately, throughout the world 780 million people lack any access to clean water. So, not only is dehydration a problem, but drinking the unclean water that is available leads to extensive disease and death in such underdeveloped communities. While water is important for runners, water is critical for life.



Prints from the Cambodia Collection

Because those at JANJI agree with, and promote, the notion that 'Water is a human right,' part of each season's line development includes partnering with a non-profit organization (NPO) who is already active in the country developing and building clean water sources for the citizens. JANJI gives 5% of all sales to its partner NPOs in the countries from where they draw their inspiration.

JANJI aspires to be socially conscious beyond their 5% 'give back' promise, seeking out manufacturing partners who pay workers at or above a living wage, and sustainably sourcing materials for their fabrications and designs.

To encourage exploration of new places, JANJI offers 'nomadic running excursions.' For those looking to use their own two feet to see things off the beaten path, experience the lesser-known, and just spend time someplace outside their box, JANJI plans to visit Mexico, Bolivia, and Vermont in 2019.

In Malay, 'Janji' means 'promise.' JANJI's slogan is 'Run for Another.' JANJI is a promise to run for another.

Stop by The Running Place to check out some of the pieces from JANJI's new Cambodia Collection. Try them on. Run for clean water!

**UPCOMING EVENTS:**

- Wednesday, May 29th**  
Sunset Trail Series 5k -  
Haverford Reserve  
Havertown, PA
- Saturday, June 1st**  
22nd Annual  
St. Dot's Challenge 5k  
Drexel Hill, PA
- Sunday, June 16th**  
17th Annual Philadelphia  
Father's Day 5k Run/Walk  
to Beat Prostate Cancer  
Philadelphia, PA
- Friday, June 21st**  
40h Annual  
Media 5 Mile Race  
Media, PA
- Wednesday, June 26th**  
Sunset Trail Series 5k -  
Haverford Reserve  
Havertown, PA
- Thursday, July 4th**  
Broomall Rotary's  
10th Annual Firecracker 5k  
Broomall, PA
- Wednesday, July 24th**  
Sunset Trail Series 5k -  
Haverford Reserve  
Havertown, PA

**SUMMER 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 6/29/19



\* Excluding Brooks Products

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

**Sock Specials**

Now thru June 15th

**Features** Buy 3,  
Get 1 FREE!

**Thorlo** Buy 1,  
Get 1 50% OFF!

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)

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**HAVERFORD  
RESERVE  
SUNSET TRAIL  
5K SERIES  
WEDNESDAY  
5/29, 6/26, AND 7/24**

This series will provide low-pressure trail running opportunities for people of all ages, abilities, and levels of experience. Whether you are a seasoned trail runner or a first timer, one or all of these 5k races in the series is for you. The series will take place on the trails of Haverford Reserve and consist of a loop and a few hills. For a more in-depth description of the Haverford Reserve trails, visit [therunningplace.com](http://therunningplace.com) and click on the Newsletter Archives link and read the Summer 2013 entry of *New Paths to Tread*.

**'SPEED SECRETS'  
LECTURE  
FEATURING  
DR. MICHAEL ROSS  
WEDNESDAY, JUNE 19TH  
7 P.M.**



Speaking on tips to improve both safety and speed when running is Dr. Michael Ross, M.D., Sports Medicine physician from Rothman Orthopaedics. Dr. Ross

is medically trained to work with runners of all levels- from the casual walker/jogger to those who are training for marathons! There will be a Q&A at the end for individualized questions.

Dr. Ross is a board certified, non-surgical sports medicine physician. He sees patients at Rothman Orthopaedic Institute's Media, King of Prussia, Bryn Mawr, and Marlton offices. Dr. Ross is also the Director of Rothman Orthopaedic Institute's Performance Lab in Bryn Mawr.

**BILL & KEN'S  
LATEST  
EXCELLENT  
ADVENTURE**

BY CARLY DANIELS

We're about halfway through 2019, which means it's time to check in with Bill and Ken about their progress toward their 2019 running goals.

Bill says, "My training has brought progress, but not yet the hoped-for end result." He has run four 1-mile races so far this year, with his best time to date being 5:06.23 at the Miles Mania Grand Prix race in Staten Island at the end of February. Bill is currently spending a couple of months training for Broad Street and the Buffalo Half Marathon in May; after those, he will get back to mile training for the summer. He'll run some 1-mile road races in June (the Saucony Mile and/or the Brooklyn Mile) and in September (the New Balance 5th Avenue Mile), then he'll head back to the track. Bill says, "If there's a chance to break 5 minutes in the mile, it will most likely come in December on the track."

Ken ran the London Marathon on April 28th. About a month before the race, Ken missed one of his 22-mile training runs due to being sick, but the next 20- and 22-milers went really well. He says, "The Love Run was during my 'blah' time and it was a lot more effort than I thought it would be. But for all my other workouts, I ran at or below the pace in my training plan."

On race day, Ken had an easy time getting to the race via the tube and the train to east London, and he enjoyed the race starting to the tune of Monty Python's "Always Look on the Bright Side of Life." He had to make a port-a-potty stop after mile 1, which caused him to lose some time, but he settled in after that and cruised along. Ken says, "Just before the course turned right and we went over London Bridge, the crowds erupted. It was amazing." He felt like he was running in the comfortably uncomfortable zone until just after 20 miles, when his plantar fasciitis started to flare up. "At that point," says Ken, "I just tried to stay honest in my effort." I would say he did that and more, finishing



with a time of 2:56:33. His pace was consistent through the 30k mark, and he said the finish along the Mall was lined with crowds and was an awesome experience. Ken was feeling good post-race and enjoyed the rest of his time in London with his family. After he recovers, he'll do some 5k racing this summer, followed by either the Rehoboth or Philadelphia Marathon this fall.

The next time you see the guys, be sure to congratulate them on their achievements thus far, and stay tuned for more updates throughout 2019!

**CALLING ALL WALKERS!  
MONDAY NIGHT WALK AT THE RUNNING PLACE**

Come out and walk with us! On Monday nights from May 13 through August 26 (**except Memorial Day**), join us at The Running Place as walk leader, Pattie Bucaccio, MS, RD, LDN, leads our walking group over a 3-mile course through the neighborhoods of Newtown Square. Pattie is co-founder of The Running Place, and taught Fitness Walking and Beginner Running classes here for many years. Currently she works in corporate wellness and teaches nutrition classes at Delaware County Community College.

The course is on sidewalks and low-traffic roads with a few challenging hills. All paces are welcome as long as you've worked up to the 3-mile distance. Lace up your sneaks and start the week off on the right foot. Bring a friend, or come and meet someone new!

This Monday Night Walk is held in conjunction with our Monday Night Run, follows the same route, and begins promptly at 6:45 p.m. On the first Monday of each month, all walkers are invited to join us for pizza and drinks after the walk.

**Treat your feet right... with great socks!**

Great socks make a huge difference to the health and happiness of your feet! To begin to understand this difference, all you have to do is see and hear a person's reaction the first time they pull a nice pair of hose over their toes. Or, put a pair on your own feet. The immediate comfort you feel is only the beginning.

A great pair of socks fits snugly - no bunching, wrinkling, crinkling, or gapping - but not tightly. Whether you wear a thin sock, thick sock, or something in between is totally a matter of preference. A thin sock feels lighter, cooler, and more breathable. A thick sock is more padded and plusher. A mid-weight sock gives you benefits in between the thin and thick.

A sock that hugs your foot and maintains that snug fit through all contortions your foot may experience in running, walking, and gym activities helps a shoe fit better and more securely, thereby keeping your foot locked in and reducing friction in the heel, midfoot, and toes.

A technical sock wicks moisture. This means the material and design of the sock transfers sweat from the surface of your skin to the outer layers of the garment to allow for easier evaporation. Keeping your feet drier reduces friction, hot-spots, and blisters.

There are less important aspects of socks such as heights, colors, and styles. No-show socks barely show outside of the shoe (although, even a no-show sock should rise high enough to cover the bare skin of your heel from the back of the shoe). Quarter socks cover your ankle bone and crew socks pull up to your calf. Compression socks come up to your knees, aid in circulation, and support the muscles in your feet and lower legs. Some socks are specific to your left and right foot.

Technical socks do NOT contain cotton. Most are comprised of a variety of synthetics, though there are some natural fibers such as wool, silk, and bamboo that are often included in technical socks because of their excellent wicking quality.

The prices range from \$5 (average price of a pair of socks in Saucony's 3-pack) to \$50 for really nice compression socks. Most great technical socks will fall in the \$10-\$20 range. Great socks are not inexpensive, but are well worth the price. The comfort, improved fit of your shoes, and reduced hot-spots and blisters will pay you back for miles and miles.

Through Saturday, June 15th, get great value on some great socks. Stock up on your sock inventory with special promotions at The Running Place: for ThorLo socks, buy one pair, get a second pair 50% OFF. Or, buy 3 pairs of Feetures brand socks, and get 1 pair FREE.



**MEET THE PT**



On Sunday, June 2nd, The Running Place will host Xcelerate Physical Therapist Andrew Tavernia, PT for a 'Meet the PT' session. Andrew will be available at the store for 15-minute appointments from 10 a.m. to 12:45 p.m. Still recovering from the Broad Street Run? Preparing to train for a fall marathon but dealing with aches and pains? Contact us to schedule a free 15-minute consultation or injury screening and get on the road to recovery.

Andrew holds a physical therapy degree from Northeastern University and has 20 years of experience. He is interested in hands

on/manual therapy, as well as orthopaedic and sports therapy. His personal interests include playing volleyball, mountain biking, and running marathons.

Xcelerate Physical Therapy is owned by Brian Joslin, MPT, MBA. Brian has practiced as a physical therapist for over 20 years. He holds both a Master of Physical Therapy and a Bachelor of Health Sciences from University of Sciences in Philadelphia, as well as an MBA from Penn State. Brian has treated numerous athletes from various ages and sports.

Xcelerate Physical therapy is located at 214 S. Newtown Street Road (Route 252) in Newtown Square.

**ANNUAL  
SIDEWALK  
SALE**

at The Running Place

**Saturday, June 1st and  
Sunday, June 2nd**

*Shop Early  
for Best Selection!*

- Open Saturday 10 a.m. - 6 p.m.
- Open Sunday 11 a.m. - 4 p.m.
- Select running shoes up to 60% OFF!
- Blowout sale on select apparel and accessories!

*Make an Appointment to 'Meet the PT'  
from Xcelerate Physical Therapy on  
Saturday between 10 a.m. and 12:45 p.m.  
Call or e-mail The Running Place  
to reserve a time slot.*



**THURSDAY, JULY 4TH**

The Broomall Rotary's Firecracker 5K precedes the Marple-Newtown 4th of July Parade. This is a fun family event and a great way to kick off the holiday. Come for the race and stay for the parade.

Race proceeds fund the Broomall Rotary's local charitable service projects. The Broomall Rotary has been performing community service work since 1961.

*In addition to this quarterly newsletter, we also send out a monthly email and frequently post updates on Facebook, Twitter, and Instagram.*

*Stay on top of all that is happening at The Running Place. Like us on Facebook and follow us on Twitter and Instagram. Sign up to receive our monthly email: [www.therunningplace.com](http://www.therunningplace.com).*



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