

SAVE THE DATE! August 20, 2017

RADNOR RED 5k RUN Steeplechase

Horse Jumps, Water Pits, Cross Country Trails & Fun!

Course is USA T&F Sanctioned and part of Mid-Atlantic Association's Off Road Running Series.

For more information:
www.radnorredsteeplechase.org

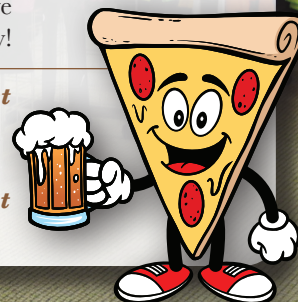
Be sure to stop by The Running Place and Brooks tents to check out the gear for sale.

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

Newtown Square, PA

Running HAPPY
Running RESPONSIBLY



UPCOMING EVENTS:

Saturday, June 3rd
St. Dot's Challenge 5k
Drexel Hill, PA

Monday, June 5th
Monday Night Run and Pizza Night
The Running Place

Saturday and Sunday, June 10th and 11th
Sidewalk Sale
The Running Place

Sunday, June 11th
Race for Open Space
The Willows Park, Villanova, PA

Friday, June 16th
38th Annual Media 5 Mile Race
Media, PA

Sunday, June 18th
15th Annual Gary Papa Father's Day Run
Philadelphia, PA

Saturday, June 24th
Inaugural Heroes vs. Cancer 5k
Episcopal Academy, Newtown Square, PA

Tuesday, July 4th
Broomall Rotary's 8th Annual Firecracker 5k
Broomall, PA

THE RUNNING PLACE

3551 West Chester Pike
Newtown Square, PA 19073

REMEMBER,
we're in our new location!

SUMMER 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 6/30/17



* Excluding Brooks Products

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

Brooks strives to be the best running shoe brand in the world. Brooks also strives to be the world's best corporate citizen. From minimizing their environmental footprint to supporting and encouraging the local community, Brooks is at the leading edge of corporate responsibility.

Inspiring Coaches Program

For a company that believes a run can change a day, a life, and even the world, you can bet Brooks believes in the importance of a coach. A coach can be the impetus for momentous change - providing mentorship, motivation, inspiration, and support. The **Inspiring Coaches Program** honors people who have made a difference in the lives of young athletes and their communities. If you know such a coach, nominate them to be honored as a **Brooks Inspiring Coach** (visit the 'Running Responsibly' web page provided below).

Environmental Footprint

At their headquarters in Seattle, Brooks uses 78% less energy and 80% less water than typi-

cal corporate offices (collecting rainwater for use in the building's toilets and its landscape irrigation). That's the equivalent of about 415 average homes' energy use in a year and over 81,000 loads of laundry! More facts:

- Brooks' shoe boxes are made from **100% recycled products**.
- Removing the stuffing from the packaged shoes **reduces paper use by 600,000 pounds** (That's over 250,000 trees!).
- Brooks uses more than **52% environmentally preferred materials (EPM)**, which was a 14% increase in the last 6 years!
- Brooks BioMoGo DNA cushioning in the shoes you love so much **biodegrades 50x faster** than traditional foams found in shoes.

From designing to manufacturing to packaging, Brooks makes every effort to minimize their environmental footprint. For even more info on Brooks' 'Running Responsibly' Program, visit the website below.

Visit Brooks' "Running Responsibly" page: www.brooks-running.com/en_us/meet-brooks/running-responsibly

New Brooks Shoes for SUMMER '17

See page 2 for details.



Women's Glycerin



Men's Ghost



Women's Ghost



Brooks and The Running Place will have tents at the Radnor Red Run Steeplechase 5k on Sunday, August 20th (details on page 4). Be sure to stop by to check out all the current Brooks footwear and other gear.

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 Brooks Shoes for Summer '17

Continued from page 1

The new version of the **GLYCERIN** returns with Brooks *SuperDNA* midsole compound for superior cushioning and strategic flexibility that allows the shoe to bend where you need it. New features include a *Full Cush-Stack* which provides a softer top-layer of cushioning, *3D Printed Stretch Print Saddle* to hug your midfoot like a glove, and a *4-Way Stretch Air Mesh* upper that moves with your foot while providing maximum ventilation. It's lighter, softer, and fits like it is custom made for your foot!

The **GHOST 10** maintains much of the midsole and outsole engineering of its predecessor. The updates to this shoe focus on new construction to the upper and fit. Using engineered Air Mesh, an intricate *3D Print design*, and a *welded external heel counter*, this Ghost fits snug and secure where it is needed, but opens up to allow space and movement where required. It has great breathability and fit!



FEETURES
Buy 3,
Get 1 FREE!

THORLO SOCKS
Buy 1,
Get 1 Half Price!

WRIGHTSOCK
Buy 3,
Get 1 FREE!

ANNUAL
SIDEWALK SALE
at The Running Place

Saturday, June 10th: 10 a.m. - 6 p.m.
and Sunday, June 11th: 11 a.m. - 4 p.m.

- **Select running shoes 20% - 60% OFF!**
- **Blowout sale on select apparel and accessories!**
- **Shop early for best selection!**
- **10 a.m. Fun Run from The Running Place**

Our annual Sidewalk Sale will be a two-day event on Saturday, June 10 and Sunday, June 11. This big weekend features select shoes up to 60% off, as well as clearance pricing on cold weather apparel and prior season's colors. Merchandise moves fast this weekend, so shop early for best selection!

We will also be hosting a fun run on Sunday morning leaving promptly at 10 a.m. Start your Sunday morning by running with us; continue your day with a shopping spree immediately afterward!

COACH JASON KILDERRY PRESENTS:

RECOVER BETTER, FEEL BETTER, RACE FASTER



JUNE 5TH at 8 P.M.
following the
MONDAY NIGHT RUN



There is much more to recovery for endurance athletes than sleep and days off from training. Training plans, nutritional choices, proper hydration, stress management, psychosocial factors, and injury history are just a few variables that contribute to effective recovery for endurance athletes. Do acupuncture, massage therapy, compression garments, and recovery boots play a part in recovery?

Join Coach Jason Kilderry at The Running Place as he discusses the best ways to recover from workouts, which lead to better health and faster racing. Coach Jason has an extensive background in exercise physiology and kinesiology and is able to break down popular claims about these topics and deliver real answers through applicable research-led prac-

tices that promote optimal injury prevention and performance for endurance athletes.

Coach Jason's talk will follow The Running Place Monday Night Run. Pizza and beverages will be provided. Come run, listen, eat, and drink!



NEW PATHS TO TREAD

ROCKY RUN, DARLINGTON, AND CORNUCOPIA TRAILS

ROCKY RUN TRAIL

(Valley Rd Parking Lot, Media, PA - 8.5 miles from TRP)

The Rocky Run Trail traverses about 2.5 miles of dirt, grass, and cinder connecting the Tyler Arboretum trails in the east to the Darlington Trail in the west. Rolling hills provide a challenge, but the scenery is great; the trail rambles through woods and meadows, and along the Rocky Run. The Valley Road parking lot is mid-trail, about 2 miles from the Arboretum. The trail is marked with white markers that are very reliable except for one spot: crossing Route 352 as you head east. After crossing the highway, proceed in the grass along the property line of the Lima Estates. A couple hundred yards down the line, the white markers show up again.

As you make your way west toward the Darlington Trail, the trail descends to and crosses the Rocky Run where your feet may get wet if it has rained recently. If the water level is lower, you might be able to ford the brook by stepping on rocks. There is trail-work being done at this crossing, but it is not certain if a bridge is planned.



DARLINGTON TRAIL

The Darlington Trail is a loop approximately 2.75 miles in length, blazed with yellow markers and directly connected to the Rocky Run Trail. This trail is also easily



accessed on its own from the parking lot at 660 Darlington Road (Media, PA 19063 - 8.5 miles from TRP). The terrain here is very similar to the Rocky Run Trail. The surfaces change through a combination of grass, dirt, and crushed stone as the trail meanders up and down hills, in and out of the woods, over farmland, and along former railroad beds.



CORNUCOPIA TRAIL

The Cornucopia Trail is marked with orange blazes and is about 1.25 miles looping between two points of the Darlington Trail at the north end. This trail follows the perimeter of an old homestead as well as Chester Creek and newer developments.

Varying combinations of these three trails can net you up to 9 or 10 miles of running or hiking. If you're looking for more miles, following the Rocky Run Trail into Tyler Arboretum which then connects to the trails in Ridley Creek State Park will give you as many miles as you could possibly want in a day. To look at maps before heading out on your adventure, visit Middletown Township's website: www.middletowntownship.org

RACE FOR OPEN SPACE TRAIL 5K

JUNE 11TH

Join the Radnor Conservancy for its 7th annual "Race for Open Space" on Sunday, June 11th at 9 a.m. The race, held to celebrate National Trails Day, is family friendly and features a 5k off-road trail race and a 1-mile walk at the Willows and Skunk Hollow Parks.

There will be refreshments as well as activities for children ages 4-10. The Conservancy hopes to encourage the use of the trails and parks, provide a morning of fun and entertainment for families, and build the event's tradition of a challenging and rewarding cross-country 5K for runners, hikers, and off-road enthusiasts.

Proceeds from the race support the Conservancy's efforts of planting trees, multi-use trail development, education programming, and environmental stewardship within Radnor Township.

HEROES VS. CANCER 5K

JUNE 24TH

Please join us on Saturday morning, June 24th at 8 a.m. at Episcopal Academy in Newtown Square for the Inaugural Heroes vs. Cancer 5k run! The event is in association with the Coaches vs. Cancer Foundation, and all proceeds will go directly to the Coaches vs. Cancer program of The American Cancer Society.

The goal of this event is to celebrate survivors, remember and honor those we have lost, and FIGHT BACK so that no one loses another family member, friend, or loved one to this disease. Cancer hits too close to home for too many people, and on June 24th we will fight for everyone, in every community, and against every cancer.

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.