



# THE RUNNING PLACE

Newtown Square, PA

Summer 2018

## NEW PATHS TO TREAD

by Bill Frawley

### NATURAL LANDS HILDACY PRESERVE

(1031 Palmers Mill Rd, Media, PA – 2.7 miles from The Running Place)

The mission of Natural Lands Trust is to ‘save open space, care for nature, and connect people to the outdoors.’ Throughout Eastern Pennsylvania and South Jersey, Natural Lands Trust has preserved and revitalized land to serve that goal. Just when I think there is nothing left to explore someone recommends a new path...and I feel compelled to investigate.

The land that comprises the 55-acre Hildacy Preserve was once part of a 300-acre farm. The historic farmhouse dating from the early 1800s, its subsequent additions, and springhouse now serve as offices and a residence for employees.

Hildacy is a great place to get in a short, relatively easy run or walk. There are 3-4 miles of trails that wander through meadows, over gentle to moderate rolling hills, and along Crum Creek with a nice view of the waterfall that is the outlet for the Springton Reservoir. The network is made up of grass and dirt paths that are well maintained and easy to navigate with color-coded arrows throughout the trail system. The various color-coded trails do overlap each other but offer varied distance loops. Totalling 3-4 miles will require a couple loops and some overlapping; however, the scenery is well worth a second look.

Other details of note:

- Restrooms are available.
- The preserve is dog-friendly, but leashes are required.
- Trail maps are located at the trailhead, along with birding info and other info about the preserve’s flora and fauna.



Below are a few places where you can find more features and info about Natural Lands Trust:

- Find an article about Natural Lands Trust’s Willisbrook Preserve in our Winter 2013 newsletter’s *New Paths to Tread* through the archives link at [therunningplace.com](http://therunningplace.com).
- Other Natural Lands open space can be found at [natlands.org](http://natlands.org).
- ChesLen Preserve in Coatesville hosts the 5th Annual ChesLen Chase for open Space on October 20th. This event features a 10k, 5k, and 2-Mile Fun Run/Walk.

### SUNSET TRAIL SERIES AT HAVERFORD RESERVE

May 30<sup>th</sup>, June 27<sup>th</sup>, and July 25<sup>th</sup>

The Haverford Reserve hosts a three-part trail series on the last Wednesdays of May, June, and July. This series provides 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 the races in the series is for you. The series takes place on the trails of the Haverford Reserve and consists of a loop and a few hills. In The Running Place’s Summer 2013 newsletter ([therunningplace.com](http://therunningplace.com), *Newsletter Archives*), you can read about the trails at Haverford Reserve.

### UPCOMING EVENTS:

**Wednesday, May 30th**  
**Sunset Trail Series - Haverford Reserve**  
Havertown, PA

**Saturday, June 2nd**  
**21st Annual St. Dot’s Challenge 5k**  
Drexel Hill, PA

**Monday, June 4th\***  
**Monday Night Run and Pizza Night**  
The Running Place

**Friday, June 15th**  
**39th Annual Media 5 Mile Race**  
Media, PA

**Sunday, June 17th**  
**Philadelphia Father’s Day 5K Run/Walk to Beat Prostate Cancer**  
Philadelphia, PA

**Saturday, June 23rd**  
**2nd Annual Heroes vs. Cancer 5k**  
Episcopal Academy,  
Newtown Square, PA

**Wednesday, June 27th**  
**Sunset Trail Series - Haverford Reserve**  
Havertown, PA

**Wednesday, July 4th**  
**Broomall Rotary’s 9th Annual Firecracker 5k**  
Broomall, PA

**Wednesday, July 25th**  
**Sunset Trail Series - Haverford Reserve**  
Havertown, PA

\* Along with the post-run pizza on Monday, June 4th, we also will have Saucony shoes for wear testing on your run or walk, including the brand new Ride ISO, which is light, has great cushioning, and fits like a sock!

**Come walk or run, and enjoy 1st Monday with us!**

NEW TO TRP:

# DIADORA RUNNING SHOES



Born in the mountains of Northern Italy in 1948, Diadora builds premium athletic wear with an attention to detail that is at the root of Italian design. Driven to deliver the most comfortable ride, whether it is a sprint on the track or at the end of 26.2 miles, Diadora believes that running is a beautiful expression of human potential. This passion lies in creating products that unleash that potential and allow every runner to experience the gift and joy of running.

Diadora technical running shoes are new to North America. After wear-testing several styles, we were convinced that the fit, feel, and ride would be a great option on our shoe wall. We currently carry the Mythos BlueShield **Fly** and the Mythos BlueShield **Elite** for men and women. The **Fly** has a light, well-cushioned, responsive ride while the **Elite** is a higher end shoe that really delivers a premium-cushioned feel. These two styles are appropriate for neutral to mild over-pronating foot types. Come on in and give them a try.

## SOCK SPECIALS

Now thru June 16th

### FEETURES

Buy 3,  
Get 1 FREE!

### THORLO

Buy 1,  
Get 1 Half Price!

New Faces at

# THE RUNNING PLACE

BECKY FONER



NICK MANTEGNA



JASON BULL



**We wanted to introduce you to some of the newer faces at The Running Place. We asked them about their career path to date, their connection with running, and anything else they wanted to share with our newsletter readers. Stop by to say hi and let any of these folks or the other helpful staff at TRP help you put your best foot forward!**

**Becky Foner** moved to PA after college and has worked at various office jobs. In November 2017, she jumped at the chance to fill a need on Saturdays at The Running Place and has loved making the switch from customer to employee.

Becky started running in high school at the suggestion of her mom. She fell in love with running after moving to Maine to the hometown of Joan Benoit Samuelson. Becky continued running cross country and track at a Division III college, taking a year off right before moving to PA, but was lucky enough to find Fast Tracks Running Club and some other local running groups that helped her get back into running. She has a tradition of running every Broad Street Run since living in PA and just crossed an item off her bucket list: qualifying for and running in the Boston Marathon. (See her Boston Marathon race write-up elsewhere in this newsletter.) She is now looking to set some new goals!

Most of the time Becky runs with her favorite running partner, a 50-pound rescue dog named Chip! You can catch them along the Schuylkill River Trail or on Forbidden Drive. Make sure to say hi!

**Nick Mantegna** has been a Sports TV play-by-play broadcaster for Villanova University for 15 years and for Fox Sports for 4 years. Nick worked as a running footwear specialist at City Sports for 10 years, where

he learned all his knowledge from expert runners. Nick started at TRP in the summer of 2017. He enjoys running and working out at Villanova's gym, and likes to cook in his spare time!

**Jason Bull** graduated from Cabrini College in 2001 with a degree in English/Communications and began working at the Bryn Mawr Running Company following graduation. Jason was a manager there from 2005 until 2016. In addition to that, Jason is a 'Solopreneur' and runs his own "Run Inspired" apparel store online -www.runnerisms.com. Jason has done everything there from the t-shirt design to web design. He also has picked up odd jobs as a freelance graphic artist, including creating a book cover for a local author and a website for Bucks County Running Company.

Jason began running in 7th grade after being cut from the junior high baseball team and he never looked back. Jason had a great post-collegiate running career that ranged from racing 1500 meters on the track to running the marathon, the highlight being a PR at the 2013 Boston Marathon. Currently, Jason is aiming to recover from a nagging calf injury and begin running (and eventually racing) again. He'd like to focus primarily on the shorter, faster races that require less time spent away from his newborn son, Calvin.



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

## BECKY'S BOSTON MARATHON EXPERIENCE!



Becky Foner ran her first Boston Marathon on April 16, 2018 in some of the worst conditions race day has ever seen: a headwind of about 40 MPH, temperatures in the 40s, and driving rain. Here are her thoughts on the race through the miles.

### MILES 1-13.1

I cried tears of happiness when I ran over the start line. It was an incredible feeling. But then I remembered I can't run and cry so I focused on running. My 5k splits were pretty consistent through the half and I felt good even though I knew I was going a little fast. The wind and rain were horrible. The energy on the course from the spectators was amazing. At some point I heard a high-pitched wail and soon realized that I could hear the Wellesley scream tunnel a half mile away.

### MILES 13.1 - 17

All of a sudden my hamstrings started hurting and running became pretty hard. I don't really remember a lot about these miles because I was looking forward to seeing familiar faces who I knew were at mile 16. I did take a porta potty break somewhere here (Hey! Shalane did, too!).

### MILES 17 - 24

The Newton Hills were not as bad as I ex-

pected! The crowd support was amazing. I trudged up the hills and when my form was breaking down a bit I noticed a double amputee in front of me, which put things in perspective. At mile 24 I saw my mom, brother, and husband. I hugged my husband, started sobbing, and told him, "My legs are broken." I got the encouragement that there were only two miles to go and plodded along. I'm not sure it needs to be reiterated but I was completely sopping wet and pretty miserable.

### MILE 24 - HEREFORD STREET

Moving forward was the goal here, trying to make myself work for a minute or two at a time. At one point I said "Oh look, the Citgo sign!" And no one around me responded. It felt like it was raining harder here, almost to the point of being comical. I thanked a cop for pulling a heat sheet out of the road and I can't remember exactly what he said but it seemed really personal and inspiring at the time.

### RIGHT ON HEREFORD - LEFT ON BOYLESTON

This part was almost as exciting as the finish line. I have watched so many of my heroes run this exact route. It's iconic. I relished in it.

### BOYLESTON - FINISH

Whoops, this stretch is pretty long. I saw a lot of runners helping other runners here and I'm honestly not sure if I could have even helped another person at this point. I just tried to focus on crossing that line and being done. I started tearing up when I was running by the grandstands and the flags. It was my second slowest marathon time but an unforgettable experience. Finish time: 3:45:54.



## MEET THE PT



On Saturday, June 9th, The Running Place will host Xcelerate Physical Therapy owner Brian Joslin, MPT, MBA for a 'Meet the PT' session. Brian will be available at the store for 15-minute appointments from 10 a.m. to 1 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.

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.

Working with Brian, Andrew Tavernia, PT 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 orthopedic and sports therapy. His personal interests include playing volleyball, mountain biking, and running marathons.

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 9th  
and  
Sunday, June 10th

- Open Saturday 10 a.m. - 6 p.m.  
*Meet the PT*  
**Xcelerate Physical Therapy**  
10 a.m. - 1 p.m.
- Open Sunday 11 a.m. - 4 p.m.
- Select running shoes  
20% - 60% OFF!
- Blowout sale on select apparel and accessories!
- Shop early for best selection!



## WEDNESDAY, 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).*

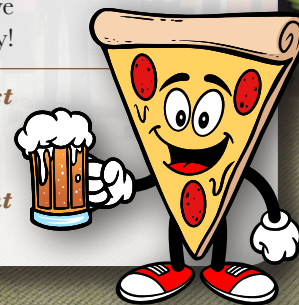
## CALLING ALL WALKERS! Monday Night Walking Group

Come out and walk with us this summer. We are hosting a 3-mile group walk on Monday nights during the months of June, July and August, starting at 6:45 PM sharp! Walkers (and runners alike) can enjoy the same neighborhood course with a few challenging hills along the way. Slower or faster walkers are welcome, as long as you've worked up to the 3-mile distance. Lace up your sneakers and start the week off on the right foot. Bring a friend or come and meet someone new!

## 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!

## SUMMER Savings!

**\$10 off**  
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\* 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.

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\* Excluding Brooks Products

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