

LOVE RUN HALF MARATHON

Join "The Running Place Crew" Team for the Love Run Half Marathon – Sunday, March 26th.

Register for the Love Run and join The Running Place Team for the fun, convenience, and camaraderie. Being a member of the "The Running Place Crew" Team gives you access to our team tent where you can meet friends and teammates, and leave your gear during the event. The team tent is adjacent to reserved port-a-potties which means short lines for the bathroom. Don't forget to stick around for post-race refreshment.

TOP SECRET TEAM LOGO UNVEILED SOON!



MONDAY NIGHT RUN/WALK

6:45 P.M.

Join the fun at our weekly group run/walk!

On Monday nights, rain or shine, as many as 30-40 runners and walkers gather at The Running Place for a group run/walk. Choose from a 3-mile or 5-mile loop that meanders through the neighborhoods behind the store. All ages and paces are welcome. We depart promptly at 6:45 p.m. so come early! On holidays when the store is closed there is no group run; e.g. Labor Day or Memorial Day.

1st Mondays are back: Join us on the 1st Monday of every month for post run pizza and beverages on us.



THE RUNNING PLACE

Spring 2023

UPCOMING EVENTS:

Saturday, March 4th
SACRED HEART SHAMROCK SHUFFLE 5K
Havertown, PA

Sunday, March 26th
THE PHILADELPHIA LOVE RUN
Philadelphia, PA

Saturday, April 1st
TYLER ARBORETUM 10K TRAIL RUN
Ridley Creek State Park

Sunday, April 16th
KEVIN CAIN MAKE MY DAY 5K
Havertown, PA

Sunday, April 16th
VALLEY FORGE REVOLUTIONARY 5-MILE RUN
Valley Forge State Park

Saturday, April 22nd
NARBERTH CF RUN
Philadelphia, PA

TRACK SPIKES AND FLATS

TRP has spikes and flats for spring track. Inventory is not as deep as usual, so if you need shoes for competition, DON'T PUT IT OFF. Remember to ask about the 10% team discount. When you buy spikes and trainers together, receive 10% off trainers, 20% off spikes.

MEET THE PT



On Saturday, March 11TH, 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 9:00am-1:00pm. Still recovering from a fall/ winter run? Preparing to train for a marathon but dealing with aches and pains. Contact us at 610-353-8826 or therunningplace@gmail.com to schedule a free 15 minute consultation or injury screen and get on the road to recovery.

Andrew holds a physical therapy degree from Northeastern University and has over 24 years of experience and is a certified running gait analyst. 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 owned by Brian Joslin. Brian has practiced as a physical therapist for over 25 years. He recently completed his Doctorate in Physical Therapy. In 2014 he opened Xcelerate Physical Therapy located at 214 S. Newtown Street Road (Route 252) in Newtown Square. The practice also includes two other therapists — Bryan Henry and Palma Joslin — to round out the family.



MORNING DONUT RUN

Join us on Saturday, March 11, at 8 a.m. here at the shop, for a spring Donut/Prediction 3-mile run/walk. Predict your time for the 3-mile loop and closest without using a watch



or phone wins a prize. Our new Brooks Tech Rep will also be on hand to let you wear-test their newest Ghost 15 and Glycerin 20 shoes. Following the run there will be donuts, juice, and coffee provided. Physical Therapy appointments at the shop start at 9:00 a.m. (SEE ABOVE).

THE RUNNING PLACE

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Newtown Square, PA 19073

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Excluding Brooks, New Balance, and Hoka Products

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

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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)

MONTHLY EMAIL SIGNUP @ WWW.THERUNNINGPLACE.COM | SOCIAL MEDIA @



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FRAWLEY FINDS A NEW HOME

By Carly Daniels

This is our final installment of the “Where’s William?” series where we check in with Bill Frawley, co-owner of TRP from 2008 until December 2021. Bill moved away from the Philadelphia area in March 2022 and spent time visiting family in Buffalo and road-tripping across the country (check out the Fall 2022 newsletter to learn more about his journey!).

When we last heard from Bill, he was about to head to Flagstaff, AZ, which was initially in the running for places he might want to live. He spent about 9 days in Flagstaff, where he ran a lot with some different running groups going half marathon-ish distances and found that he was the slowest person (which is saying something!); he fared better in a track workout where he was in the top half of that group. He also went to some breweries and spent time hiking and running in the area.

At the end of his visit, Bill decided to return to Bend, OR and try to find a job and settle there. He ultimately succeeded and now calls Bend home! Bill is working at Bend Shoe Company, which sells



comfort shoes including hiking shoes and boots. He says he’s enjoying the work and that his coworkers are nice people.

In the last newsletter article, Bill cited Bend’s proximity to the outdoors and active lifestyle as two of the things that drew him to the town. Since moving to Bend, he has camped at Silver Falls State Park and hiked at the Trail of Ten Falls. He’s also hiked at Marion Lake and with Bob and Mary Lund to Smith Rock. Bill has also been running a lot, mostly along the Deschutes River. He says one of his favorite local running spots is Shevlin Park. Other things Bill likes about Bend include open space, trails, and good local breweries. Less than a mile from his apartment, he can go and hear concerts. He’s had some friends come to visit him.

Bill’s friends in the TRP community miss him, but we’re all glad to hear that he’s happy and has found a place to call home. If you’re ever in the Bend area, see if you can spot “Where’s William” in the wild, and wish him well!

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COACH'S CORNER with Coach Kate

Hello TRP Running Community. It’s Coach Kate here, hoping this message finds you doing well and off to a great start in 2023. It’s hard to believe that Spring is right around the corner! This means many of the fun road race staples are also on the horizon.



For those of you pondering The Love Run on March 26th, there is still time to sign up and there is always room for you to join The Running Place Crew. Just go to the official registration website and look for us there. If The Love Run is too soon, The Broad Street run is set for April 30th and is always an epic Philadelphia

experience. Of course, there are also many local 5K’s and fun runs to be found. Or maybe you just want to brush off the dust and get back to an exercise routine.

Whatever road race or goal you choose, just make sure you give yourself ample time to prepare and allow for a very gradual return to regular training. The biggest mistake folks make when initiating an exercise program, or when simply trying to get back on track, is doing too much too soon. So when in doubt, do a little less.

I wanted to remind you all that the Coaches Corner is here to answer any questions you might have. Just send them along to therunningplace@gmail.com and make sure you put Ask Coach Kate in the subject. I will answer them all, and one lucky sender may see their question appear in the next edition of the TRP newsletter. So take good care and let us know how we can help you keep moving forward in a positive way.

NARBERTH TAKE A BREATHER 5 MILER

On Saturday, April 22nd, the 28th Annual Narberth CF Run & Walk will reconvene on the streets of Narberth, PA. Started in 1995 as a centennial celebration, proceeds from that first event supported a wish for a local child battling cystic fibrosis, who received his care at Children’s Hospital of Philadelphia. Since then, the run has supported many families looking to ‘take a breather’ from cystic fibrosis.

The course is a five-mile USATF certified run sure to challenge even the most avid of runners.

MIZUNO WEAR TEST

Come out Monday, March 20th, for our regular group run at 6:45 p.m. and test out the new Mizuno Inspire 19s, Sky 6s, and Horizon 6s.



WINTER APPAREL SALE BUY ONE, GET ONE FREE!

OF EQUAL OR LESSER VALUE (EXCLUDING VUORI, HATS, AND GLOVES)

PIZZA & PT

Mark your calendars! On Monday, March 6th, following the Monday night walk/run we will have a special guest joining us for pizza. Physical Therapist Andrew Tavernia, PT, will be on-hand to discuss flexibility, hydration, overtraining and the massage gun. Come on out to train your mind and your body with us!



SOCK SPECIALS Buy 3 Get 1 FREE!

Features!

