

THE RUNNING PLACE

FALL 2013



SEEK ILLUMINATION FOR THE FALL

As the summer heat and humidity leave us, so too does the longer daylight. As refreshing and rejuvenating cooler autumn days approach, diminishing light and the leaf-covered ground present us with conditions requiring attention and care in order to stay safe on the roads, paths, and trails.

DARKNESS

We often have no time to get our miles in other than before or after work or school. The dark significantly hampers how far we can see as well as our ability to identify potential hazards right before us. Curbs, potholes, cracks, and uneven sidewalk surfaces can trip us or be 'ankle breakers;' an unseen branch hanging over our path can scratch our head, face, or eye. Peripheral vision also becomes limited, potentially affecting our balance and making it important to illuminate our path so we can avoid pitfalls.

SEE with headlamps, flashlights, and Knuckle Lights™:

- A headlamp will keep your hands free and light the direction you are facing. Some find that wearing a headlamp over a hat is more comfortable than having the lamp directly on their head. Test the options to see which you prefer.
- A flashlight will light up the direction you are pointing it and can be helpful, but you have to keep a grip on it.
- Knuckle Lights™ are new to The Running Place this year. They fit over your knuckles and 'attach' with a strap around the hand. These can cast a wider light than some flashlights, and they are a great alternative



for those who are uncomfortable wearing a headlamp or who feel awkward gripping a flashlight while running.

- The bill of a cap can be helpful to your night vision by blocking the blinding headlights of cars and can also protect your head and face from being hit by an unseen tree branch or another object.

Just as important as being able to see is being seen by drivers and other pedestrians. Drivers are already distracted by phone calls, texts, music, and conversation with their passengers. Add darkness into that mix and the driver is even less likely to be aware of runners, and by the time they do see us, they don't have as much time to react.

BE SEEN with brightly colored clothing, reflective gear, and L.E.D.s:

- Brightly colored clothing will help you stand out, especially at dawn or dusk. There are a lot of very bright, neon, hi-visibility apparel pieces available. It is no replacement for reflective gear in the complete dark, but it is better than wearing your ninja outfit.

Continued on Page 2

UPCOMING EVENTS:

September 14th
Fall Beginner Running Class

Sept. 14th - Oct. 13th
Healthy Kids Running Series

September 15th
Rock 'n' Roll Philadelphia Half Marathon

September 21st
Brooks Run Happy® Island Tour

October 6, 2013
6th Annual Michelle's Miles 5k

October 12, 2013
Women's Distance Festival 5k

WOMEN'S DISTANCE FESTIVAL 5K

Oct. 12, 2013 • 10 a.m.
ROSE TREE PARK

The Delaware County Road Runner's annual Women's Distance Festival celebrates the determination and grit of women runners. Come out to this cross country style 5k at Rose Tree Park in Media. The grassy course covers rolling hills and a creek crossing. Training runs will be offered to help you acclimate to off-road running, beginning on Thursday, September 12 at 6:30pm at Rose Tree Park and continuing every Thursday until the race on October 12.

- Reflective gear is an **ABSOLUTE MUST** when running in the dark. When headlights hit your reflective gear, you will be visible from hundreds of yards away. The reflectivity should be 360° (that is, visible from the front, back, and sides). There is a wide variety of reflective accessories available: vests, hats, gloves, belts, wrist/leg bands, shirts, shorts, jackets, and pants. The more you wear, the more likely it is that drivers will spot you.
- L.E.D.s are small lights that can be attached to your clothing and have settings for a steady or blinking light. Some apparel even comes with L.E.D.s built in.

Choose a well-lit route. Have fall/winter-specific running routes that are well lit, are low traffic, and have sidewalks or wide shoulders. Avoid dark, narrow, no-sidewalk streets when possible. It might not be your favorite route to run, but a well-lit route is your safest choice. Oncoming cars see you better, and you'll always be able to see the road and avoid potential hazards.

Come to The Running Place to seek illumination, reflectivity, and high visibility supplies.

LEAVES

Fall foliage is breathtaking and inspiring, but as the leaves fall and cover the ground they can hide rocks, ice, potholes, and sidewalk cracks. Use caution when running over leaf-covered paths, and run around leaf piles (rather than through them) if you can. Wet leaves can be especially slippery and dangerous when going around turns and when stepping on road paint at intersections or on the shoulder.

Use extra caution when on trails. A good pair of trail shoes will give you traction and stability when off road and may even be necessary on leaf-covered rocky trails.

SHOE CUSHIONING

FINDING
THE AMOUNT
THAT'S "JUST
RIGHT" FOR
YOU



There seem to be conflicting data regarding how minimalist footwear is doing in terms of sales, until you break down the term "minimalist footwear" into more specific categories. According to SportsOneSource.com's 2013 quarterly summary report, sales of minimalist shoes at national chain stores have dropped drastically, namely barefoot-simulated (BFS) shoes such as Vibram® FiveFingers®. The Leisure Trends Group, which provides sales reports for specialty running stores, did a similar report; their findings show that sales of minimalist footwear (meaning racing and lightweight shoes) are still slightly increasing.

The reduction in sales of BFS shoes could indicate that barefoot running is another trend that may be on the decline. This is likely because switching over to solely barefoot running takes a lot of time, dedication, and work since a person is completely changing the way they run. All of this time and effort may not be worthwhile since there is no hard evidence to date that barefoot running improves performance or reduces the risk of injury.

If barefoot running is not a practical reality for most runners, then how much shoe cushioning is ideal? The answer is different for everyone, based on multiple factors (height/

weight, biomechanics, history of injury, etc.). For runners who can handle or have a preference for a lighter shoe, minimalist shoes in terms of lightweight shoes and racing flats can be a good option. A study done by Dr. Roger Kram and colleagues at the University of Colorado had people running on treadmills lined with varying amounts of EVA foam (the material used to cushion running shoes) or no foam at all. The results indicated that some cushioning was better than no cushioning at all in terms of energy expended and impact absorbed by muscles, tendons, and ligaments while running. So even for folks who can go with a lighter shoe, it seems that some cushioning is better than no cushioning at all. Conversely, there are people for whom a very cushioned shoe would be more detrimental than beneficial.

What one should take away from this is that there is not one style of shoe that is right for everyone. When it's time for you to get new running shoes, make sure you get properly fitted and try many different brands and amounts of cushioning. If you are able to go from a more cushioned shoe to a lightweight shoe or vice versa, you need to gradually transition into the new shoe and not just throw away your old shoes. Taking the time to switch to a new style of shoe will give your body the time it needs to adapt, which will decrease your chances of getting injured and will keep you running strong through the seasons.

BROOKS

RUN HAPPY ISLAND

COMING TO THE RUNNING PLACE

SATURDAY, SEPTEMBER 21ST

FREE GAIT ANALYSIS • FREE PRIZES • FREE GAMES FOR ALL

You are invited to visit the Brooks Run Happy Island at The Running Place on September 21st from 10 a.m.-2 p.m. Walk the gangway onto the submarine for your free gait analysis, pick out your Brooks bounty, and become eligible to win other Brooks gear. Visit Brooks Marketplace, check out Brooks' latest running technologies, and take a peek inside the periscope.

Come on out and meet your local Brooks reps and see what the next wave of Brooks innovations are going to be. We look forward to accompanying you on this island adventure.

**CROSS COUNTRY SPIKES
HAVE ARRIVED!**

Student athletes ask about team discount.

NEW PATHS TO TREAD

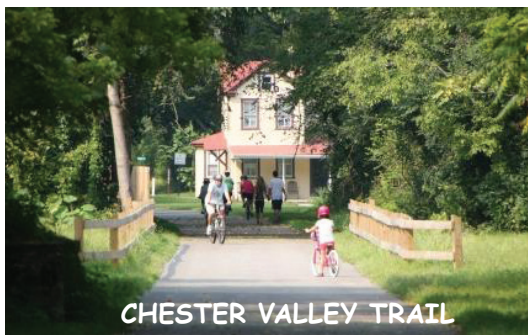
The June newsletter featured the inaugural article of our 'New Paths to Tread' series, which highlights running and walking venues that may be new to you. We will continue to write about places where we like to run and hope that you might have the opportunity to get off your well-worn paths and find someplace new and interesting to roam. If you would like us to write about a favorite place of yours, please email us: therunningplace@gmail.com.

The Willows, Skunk Hollow, Saw Mill Park (park at the Willows, 490 Darby-Paoli Road, Villanova, or at Saw Mill Park, 666 Earles Lane, Radnor, 3.5 and 2.7 from TRP, respectively) are three adjacent tracts of open space where you can put in a nice off-road run of 4 to 5 miles on single-track trail, well-manicured hiking trails, and open field. Some of the single track can be hilly, winding, and rooted. **The Willows** is a beautiful 47-acre estate of grassy fields, streams, and trails. **Skunk Hollow Park** consists of 93 acres of undeveloped land located right next to The Willows off of Darby-Paoli Road, and Saw Mill Park adds another 4.3 acres for your exploration on trails and through the woods. Little Darby Creek runs through Skunk Hollow and Saw Mill Park. If your schedule calls for a shorter run or walk, this is a great place to come and explore.

The Chester Valley Trail (CVT) (park in the Wegmans or Target parking lot in Malvern at Route 29, 9.5 miles from TRP) is a multiuse trail utilizing portions of the abandoned Chester Valley Railroad corridor. When completed, the trail will link Exton, Great Valley, and King of Prussia and also run adjacent to nine municipal parks. Ultimately, the CVT will stretch for about 15 miles, connecting the Schuylkill River Trail eastward (leading to Philadelphia) and the Struble Trail westward in Downingtown.

THE CVT IS BEING BUILT IN FOUR PHASES:

- Phase 1 is complete and extends from Route 29 in Malvern west to Exton Park near Ship Rd in West Whiteland Township, approximately 4.5 miles. It has been open for recreation since 2010.
- Phase 2 will continue the trail eastward from the completed Phase 1 section at



Route 29 in Malvern to the existing section of trail that crosses the Schuylkill Expressway east of Warner Road in Montgomery County. This section will be about 7.5 miles long. As of press time, Phase 2 is still under construction. There are segments that are paved, but not fully connected and not ready for public use. This portion is scheduled to be completed this fall.

- Phase 3 will join the west end of Phase 1 from Exton Park going west to Iron Lake Boulevard at Exton Square Mall. This phase is currently under construction and is slated to be complete in 2013.
- Phase 4 will take the CVT from a short completed segment on the south side of Commerce Drive (at Main Street at Exton – across Route 100 from Exton Square Mall) to Downingtown Borough and the Struble Trail, but has not yet been designed.

Presently, the Phase 1 portion of the CVT offers a great path for running, walking, or biking. It is 4.5 miles of flat, smooth macadam offering some shade in the first couple miles going west from Route 29, and passing several parks along the way. There are a few roads to cross, but pedestrian bridges and underpasses get you past the busy thoroughfares and crosswalks at other low traffic intersections will help you navigate them safely. Hopefully, by early fall pedestrian bridges will be up and all segments joined to open Phases 2 and 3.

For links to a trail map and info on construction progress, visit the Resources page at www.TheRunningPlace.com.

Get out there and explore!

find us on facebook

Run like the wind. Pee like a rock star.

BROOKS



BROOKS VIP PORTA POTTY

With any Brooks shoe purchase, or \$100 Brooks/Moving Comfort apparel purchase, receive your FREE Philadelphia Rock 'n' Roll 1/2 Marathon VIP Porta Potty access sticker (while supplies last), so you can Potty like a Rock Star! This sticker will give you access to special starting line climate controlled restrooms, so that you are not waiting in the long port-a-john lines before the start.

6TH ANNUAL MICHELLE'S MILES 5K

October 6, 2013 • 9 a.m.
Episcopal Academy

Michelle's Miles is an event to celebrate the life of Michelle Deasey, a talented and dedicated Episcopal Academy 3rd grader who unexpectedly passed away in late 2007. Michelle embodied the qualities and attributes valued by The Episcopal Academy community. Her infectious spirit, sportsmanship, grace and courage continue to inspire all who knew her.

www.michellesmiles.org

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.

FALL BEGINNER RUNNING CLASS

Our Fall Beginner Running Class will be held for 8 consecutive weeks beginning on Saturday, September 14th at 8 a.m. and will be led by US 1996 Olympian Katherine (Fonshell) Taylor. The class will teach the fundamentals of running and guide you through a program building toward the completion of a 5k race in November. The class is open to anyone wanting to start a running program who has already worked up to a basic level of fitness. The cost for this program is \$50.

To register or find out more information, visit our website or call 610.353.8826.

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.

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

FALL 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 9/30/13



Excluding Brooks Products

610-353-8826 • www.TheRunningPlace.com • 3548 West Chester Pike • Newtown Square, PA