



Fall 2022

THE RUNNING PLACE

Newtown Square, PA

COACH'S corner

with Coach Kate



Hello, TRP readers! Welcome to Ask Coach Kate, the place where readers can email therunningplace@gmail.com and ask any question they have about moving forward in a positive way. Please remember to let us know where you are from and know that all questions are welcome. If you are wondering about a topic, there are sure to be others from the TRP community who are curious as well. Each question will be answered, and one will be chosen and featured in the next newsletter. So read on and enjoy this edition's featured question (or rather, suggestion) from Lyette in Newtown Square.

Dear Coach Kate,

I was delighted to get the monthly newsletter and I am writing with an idea for your column. My suggestion would be to write on the topic of "fartlek." I learned this from you and Bill during the 5K class and find it to be a rewarding and effective way to train. The process of achieving each interval seems to give me more energy and drive to complete the next one! I also think this topic is relevant to both beginner and seasoned runners. All will benefit. Hope this was helpful.

Warm regards, Lyette

Hi Lyette,

So wonderful to hear from you! You are absolutely right that the topic of "fartlek" is a great idea. I agree that it would be really helpful to a broad range of TRP folks. This type of workout certainly applies to walkers and runners. I also agree with your take on the workout and how progressing through a fartlek is both energizing and motivating. Thank you so much! Take good care and I hope to see you soon!

Kate

Thank you again for the great suggestion, Lyette! Fartlek, which means "speed play" in Swedish, is a training technique that is defined as periods of slow running intermixed with periods of faster running. For the beginner runner it could be walking with periods of running added in, and for the experienced runner it could be a mix of jogging and sprinting. It differs from traditional interval training in that it is unstructured, and the intensity or speed varies as the runner wishes. To clarify, here is an example of a sample fartlek workout. Warm up with an easy 5-minute jog, pick up the pace from one light pole to the next, jog and recover for three light poles, pick up the pace again to the stop sign, jog and recover to the corner, pick up the pace for three more light poles, warm down with an easy 5-minute jog. The workout can also be created before you head out the door and can be based on set amounts of time. For example, warm up and warm down with an easy 5-minute walk, and in the middle alternate jogging for 2 minutes with walking for 2 minutes, for a total of 16 minutes. As you can see, the possibilities are endless no matter what level runner you are, and it's a great way to spice up your workout with a little intensity that will advance your fitness. Give it a try and see if you might enjoy adding the occasional fartlek to your routine.

UPCOMING EVENTS:

- Sundays September 11th, 18th, 25th, October 2nd, and 9th**
Healthy Kids Running Series
Marple Newtown, PA
- Sunday, September 11th**
The Main Line Run & Walk
Radnor, PA
- Saturday, September 17th**
Pints in the Square
Newtown Square, PA
- Sunday, September 18th**
Philadelphia Distance Run Half Marathon
Philadelphia, PA
- Saturday, September 24th**
The Saint's Stomp 5K Run/Walk
Bryn Mawr, PA
- Saturday, September 24th**
Zero Prostate Cancer 5K
Wayne, PA
- Sunday, September 25th**
Discover Haverford 5K
Havertown, PA
- Saturday, October 1st**
Camp Innabah Fall Classic
Spring City, PA
- Sunday, October 2nd**
Marshallton Triathlon
West Chester, PA
- Monday, October 3rd**
Our First 1st Monday
Brooks Wear-testing
Newtown Square, PA
- Sunday, October 9th**
21st Annual Delco Run for Heroes
Springfield, PA
- Saturday, October 15th**
Run-A-Muck
Berwyn, PA



SEPT 17, 2022

**FEATURING 5K,
LOCAL FOOD VENDORS,
& LIVE MUSIC**

**OVER 50 BEERS FROM
25 LOCAL CRAFT BREWERIES**

TICKET PRICES

\$50 Brew Fest Only

\$30 5k Registration Only

\$75 Combo Brew Fest & 5k Registration

\$35 5k Registration & Designated Driver

\$10 Designated Driver

LOCATION

Delaware County Veterans' Memorial
4599 W Chester Pike
Newtown Square, PA 19073

TIMES

11 A.M. 5K Start

12-4 P.M. Brew Fest

Visit www.PintsintheSquare.com
to purchase tickets and register!

Email info@pintsinthesquare.com
for more information or
sponsors@pintsinthesquare.com
for sponsorship opportunities.

*All proceeds from this event will benefit the
Newtown Square Fire Company, a 501(c)3
Organization.



Since our last TRP newsletter, Bill has been on quite an adventure! He spent 20 days in May hiking the high peaks of the Adirondacks. When he started on May 3, snow and ice made for rough going the first few days, requiring him to head to the nearest town for a pair of snowshoes. Things got better after that and he ended up hiking for 20 days, walking about 220 miles, and completing 30 peaks, some of which were repeats (or should we say, re-peaks?). He's now done 39 of the 46 peaks in the Adirondacks that are 4,000 feet in elevation; he conditions in early May hindered him from completing all 46 peaks, but he enjoyed the time he spent regardless. The closest he got to a bear sighting was spotting tracks in the snow.

When Bill finished his hike, he spent a few more weeks with his family in the Buffalo, NY area before heading west on June 20. His first stop was Milwaukee, WI for a day; he went for a run and explored the city. He then spent 2 days in Minneapolis, MN, 2 days in Duluth, MN, and a day in Ely, MN. Ely was his launch point for a canoe-camping trip in the Boundary Waters Canoe Area Wilderness that lasted from June 29-July 4. Bill did a mix of canoeing, portaging his canoe, and camping, traveling about 80 miles.

On July 5, Bill left Ely and headed to Missoula, MT. He spent a couple of days exploring Glacier National Park, seeing the sights and being mindful of bears after a clerk at an outdoor shop warned him about "aggressive" black bears and grizzlies that he never saw (and he doesn't believe there are any). He spent two more days in Missoula, and then headed to Coeur d'Alene, ID to

spend 5 days visiting his friends Mike and Amanda McKeeman. Bill then attended the 2022 World Athletics Championships, an international track and field competition, in Eugene, OR on July 15. He said he saw some great running and had a good time. He did a day of hiking at Crater Lake after the races, and then spent 8 days visiting Bob and Mary Lund, former TRP'er, in Bend, OR. Bill headed further west on July 28, for northern California; he camped near the coast in Klamath a couple of nights, then camped a couple of nights in Jeddediah Smith Redwoods State Park. He saw seals, pelicans, and egrets catching fish near Klamath on the coast where the river meets the ocean.

On August 1, Bill left California, spent a night in Boise, ID, then continued on to southern Utah to camp near Bryce Canyon National Park.

- Milwaukee, WI
- Minneapolis, MN
- Duluth, MN
- Boundary Waters Canoe Area Wilderness (Ely, MN)
- Glacier Natl Park
- Missoula, MT
- Coeur D'Alene, ID
- Eugene, OR
- Crater Lake
- Bend, OR
- Klamath, CA
- Jedediah Smith State Park (Redwoods-northern CA)
- Bryce Canyon Natl Park
- Flagstaff, AZ

Of the places Bill's been so far, he likes Bend, OR the best. He said, "It's a very active town, filled with lots of people hiking, biking, and running. There's lots to do, but it's not an overwhelming size of a town. The Deschutes River runs right through town, so there's lots of opportunities for rafting. There are mountains outside the city you can get to easily to go hiking and backpacking." But he is still going to Flagstaff because, he said, "That's what I said I was going to do." Check back with us in the December TRP newsletter to find out where Bill's travels take him next and where he ultimately lands!



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



Bryce Canyon National Park



Crater Lake



Boundary Waters Canoe Area Wilderness



WHERE'S WILLIAM?
by Carly Daniels



Minneapolis, MN



World Athletics Championships



Glacier National Park



Lake George Adirondacks



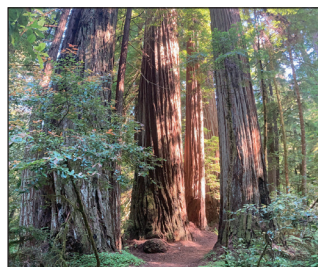
Milwaukee, WI



Flagstaff, AZ



Pre's Rock Eugene, OR



Jedediah Smith State Park

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.the-running-place.com.

Cross Country Spikes Have Arrived!

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 WITH THE RUNNING PLACE - 6:45 P.M.

Join the fun at our weekly group run!

Join us on Monday, October 3rd, for our first 1st Monday in over two years. We will be having a wear-test with Brooks and their new Nitrogen-Infused Glycerin 20 and Glycerin GTS 20 as well as Nitrogen-Infused treats and pizza on us. Be sure to tell your family and friends!



THE RUNNING PLACE

3551 West Chester Pike
Newtown Square, PA 19073

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MOVE!**

FALL 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 9/30/22



Excluding Brooks, New Balance, and Hoka Products

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