



Spring 2022

THE RUNNING PLACE

Newtown Square, PA

COACH'S corner with Coach Kate

Welcome to Coach's Corner! This will be a NEW ADDITION to The Running Place's Quarterly newsletter and monthly emails. We will take your questions about walking, running, or just moving forward and provide some healthful and helpful guidance. So let's let your new coach introduce herself!

My name is Kate Taylor (formerly Fonshell). I started running when I was 12 years old. At Penncrest HS, I was thrilled to be on an undefeated track team for 4 years. At Villanova University, I was a member of two NCAA Division I Cross Country national championship teams and earned All-American status 6 times. Then in 1996, I had the ultimate honor of representing the USA at the Olympics in Atlanta, Georgia. Today, I am a recreational runner who runs 3-4 times weekly.

While I don't compete anymore, I know that running is my lifeline. It is critical to my physical health and mental well-being. I learned so much throughout my running journey, both on the roads and in the classroom, and I love to share this knowledge with others. This is why I started coaching and consulting as a sports psychologist. I've been working with folks of all ages and abilities for the past 20 years. My clients' accomplishments run the spectrum of running 3 miles without taking walk breaks, to qualifying for the Boston Marathon, receiving college scholarships, and everywhere in between. This brings me to Coach's Corner and where you all come in. I'd like to help you reach your goals. Simply email your questions to therunningplace@gmail.com and put "Ask Coach Kate" in the subject line. Be sure to also include your name and your hometown. I will read through your questions and respond to each and every one; however, one question will be selected to be featured in each edition of Coach's Corner. If you are curious about something, there are sure to be countless other members of the TRP community pondering the same thing, so hopefully we can all enlighten each other. I look forward to hearing from you!

UPCOMING EVENTS:

Saturday, March 5th
Sacred Heart
Shamrock Shuffle 5k Run
Havertown, PA

Monday, March 7th
New Balance Wear-Test
Group Run
The Running Place

Sunday, March 27th
Philadelphia Love Run
Philadelphia, PA

Sunday, April 3rd
Kevin Cain Make My Day 5k
Havertown, PA

Saturday, April 9th
Camp Innabah
Challenge Trail 5K
Spring City, PA

Saturday, April 16th
Riverfront Relay Half
Marathon
(1-4 person Teams)
Pottstown, PA

Sunday, April 24th
Br5Khaven Fun Run
Brookhaven, PA

Sunday, May 22nd
Ardmore Rotary 5K
Race Around the Square
Ardmore, PA



Coach Kate (far right) with members of her Beginner's Running group

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.

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)

WHAT IS A PLATED RUNNING SHOE?



Running shoes with carbon fiber or plastic plates have permeated the industry recently. Such shoes are intended to provide performance enhancement, helping you achieve faster times and new PRs. They can also be great simply as an alternate day running option because they tend to be very light and have a 'snappier,' faster feel, even at your typical training pace. They may be a nice change-up.

Over the last few years, running shoes that feature carbon fiber plates have been in running news headlines. Runners wearing such footwear have posted incredible times, including a sub 2-hour marathon (run with other aid, so this accomplishment is an unofficial world record), a 100k American record, and many personal bests.

What is the advantage to having a carbon plate in your running shoe? The goal is to provide the runner with increased energy return and propulsion at toe-off. The carbon fiber plate is set within the foam midsole of the shoe and has a curve to it that gathers energy as the foot first strikes the ground. That energy is then released as the foot pushes off, acting like a springboard. With such shoes, the theory goes that the runner is using less energy with each step, and perhaps getting a little more length in each stride, which can aid in the runner going faster and farther.

Carbon fiber plates themselves are very light and rigid. They are generally used in combination with lightweight, high energy-return foams intended to provide increased efficiency as well. The overall feel of these shoes may be firmer and less plush than your typical high-end cushioned shoe. But the plate is there for performance, not plushness.

Shoes that include a plastic nylon plate intend to offer energy return and a snappy feel as well. However, a plastic plate is less rigid than carbon fiber, and therefore less efficient in the energy return category. While providing some spring, it won't be as much as the carbon plate. Being of softer make-up, the plastic plate does provide a softer, more cushioned feel, and may feel more comfortable.

The Running Place carries several of these performance shoes: Hoka's Carbon X has a carbon fiber plate; Saucony's Endorphin Speed has a plastic plate; and Mizuno's Wave Rebellion features a glass fiber reinforced plastic plate, which falls in between the carbon and plastic with regards to rigidity and 'snappiness.' Each of these shoes is lightweight and gives you that go-faster feel, whether you are racing, or going for your everyday neighborhood run. Come try on a pair today to see if plated running shoes are right for you.



new balance GROUP RUN

WHEN: MONDAY, MARCH 7TH

TIME: 6 PM - 8 PM

WHAT WILL YOU DEMO?

• 1080V11 - NEUTRAL

Full length Fresh Foam midsole cushioning delivers an ultra-cushioned, lightweight ride



• VONGO - STABILITY

Full length Fresh Foam midsole cushioning delivers an ultra-cushioned, lightweight ride with the addition of a comolded medial post for added stability.



Follow our journey:  @therunningplace



 Student athletes, be sure to ask about team discounts! 

GARMIN “GIVE IT A RUN PROGRAM”

OR RUN TEST PROGRAM:

Want to give a Garmin Wearable GPS watch a test drive without first spending a few hundred dollars to see if it is right for you? Well, pop by The Running Place and get a loaner to try for your daily activities, whether you're walking your dogs and tracking your step count, checking on your nightly sleep quality, or having the internal Garmin Coach train you for your next race. Be sure to email or call ahead to have your Garmin reserved for you.

WATCHES AVAILABLE TO TEST:

FORERUNNER 55

Perfect if you're looking for:

An easy to use watch that covers all of the basics (distance, time, pace, and heart rate).

Key Features

- Wrist based heart rate monitoring
- All day fitness tracking (steps)
- Advanced sleep monitoring
- Built in sports apps including HIIT, yoga, biking, pool swimming, etc
- Receives text messages and notifications
- 20 hour battery life in GPS mode (2 weeks in smartwatch mode)



VENU 2 PLUS

Perfect if you're looking for: A premium cross-training watch (20+ built in activities) that features advanced health monitoring & fitness features.

Key Features

- Always on, touchscreen AMOLED display
- Animated, on screen workouts
- Rapid charging (10 mins = 1 hour in GPS mode with / music)
- LiveTrack sends your real time location to family and friends
- **PHONE CALLS FROM YOUR WRIST.** No more missing calls while digging in your pockets or fumbling through your purse. When connected with your compatible smartphone, you can make and take phone calls right from the watch. *(Brand New)*



FORERUNNER 245

Perfect if you're looking for: All the basics, a music option, and in-depth training metrics to take it to the next level.

Key Features

- Stores 500 songs + playlists from Spotify, Deezer, or Amazon music.
- Training status lets you know if you're productive, overtraining, or peaking
- Monitors VO2 Max and Pulse Ox
- LiveTrack sends your real time location to family and friends
- 6 hour battery life in GPS mode (7 days in smartwatch mode)



VENU SQ

Perfect if you're looking for: Variety in your workout routine. With 20+ built in activities, you'll be able to track almost anything you do.

Key Features

- Touchscreen display for easy navigation
- Pre-loaded workouts for cardio, strength, yoga, Pilates, and more
- Wrist based heart rate tracking
- LiveTrack sends your real time location to family and friends
- 14 hours in GPS mode (6 days in smartwatch mode)



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.

LOVE RUN HALF MARATHON

It will be back in 2022 and we want you to join “The Running Place Crew” Team for the Love Run Half Marathon – Sunday, March 27th.

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.



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.

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**RUN! WALK!
MOVE!**

SPRING 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 3/31/22



Excluding Brooks, New Balance, and Hoka Products

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