

SAUCONY GROUP DEMO RUN

Monday, June 6th from 6:30 p.m. - 8:00 p.m.

Try Saucony's two newest shoes for a 3- or 5-mile run.

Ride 15 – Neutral: A new softer PWR-RUN sole gives you more cushion with less weight for your springiest run yet.



Guide 15 – Support: Built using softer cushioning and a pillowy sockliner, it's got more foam, less weight, and a guidance frame to help steer your stride.



Follow our journey: @therunningplace

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.

THE RUNNING PLACE

3551 West Chester Pike
Newtown Square, PA 19073

**RUN! WALK!
MOVE!**

SUMMER 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 6/30/22



Excluding Brooks, New Balance, and Hoka Products

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

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THE RUNNING PLACE

Newtown Square, PA

MEET THE LIEBERMANS

by Carly Daniels

If you've spent a fair amount of time at TRP, whether shopping, attending community events, or joining Monday Night Runs, you've probably met the Liebermans. Andi, Eric, Arden, and Jona Lieberman have been part of the TRP community ever since the store opened in 2001.

Andi was the first person in her family to find TRP. She had run cross-country and track in high school but had stopped running in college. She got back into running around age 30, after a year of being home with her two infant daughters and needing a way to de-stress. When TRP opened in 2001, Andi went shoe shopping there and met Joan Osborne and Pattie Bucaccio. She became a regular customer, and in 2003 Joan



persuaded Andi to join her Broad Street Run training group. From there, Andi joined Fast Tracks Running Club, got hooked on running longer distances, and participated in Joan's track workouts. When the Monday Night Runs started at TRP, Andi, Eric, and Jona were regulars.

Arden and Jona followed in their mom's footsteps with running. Both of them ran all 4 years of high school, with Arden participating in track and field and Jona running both cross-country and track. Arden and Jona both also had summer jobs at TRP, and in this case, Andi followed

in their footsteps; she started working part-time at TRP in September 2019 while still teaching preschool full time. Now, she works at TRP 3-4 days a week.

When I asked Andi what about TRP kept her and her family coming back, she said, "Runners in general are really nice people. We welcome each other regardless of ability level. The Monday Night Runs are all about community and connecting with each other—it doesn't even matter if you're a runner. TRP isn't just a place to shop; it's a community that really cares about you."



UPCOMING EVENTS:

Saturday, June 4th and
Sunday, June 5th
Sidewalk Sale
The Running Place

Saturday, June 4th
Run to Remember 5k
Media, PA

Sunday, June 5th
Philly Runfest 5K-10K-15K
Philadelphia, PA

June 4th, 11th,
18th, & 25th
Pints on the Preserve
ChesLen Preserve

Thursday, June 9th
Midsummer Night 5K
Wynnewood, PA

Sunday, June 12th
Penn Wynne 5K (PW5K)
Penn Wynne, PA

Friday, June 17th
Media 5 Miler
Media, PA

Saturday, June 25th
Philadelphia HBCU 5K
Philadelphia, PA

June 29th & July 20th
**Haverford Reserve Trail
Series 5K**
Haverford, PA

Monday, July 4th
**Broomall Rotary
Firecracker 5K**
Broomall, PA

Sunday, September 18th
**Philadelphia Distance
Run Half Marathon**
Philadelphia, PA

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)

PINTS ON THE PRESERVE

ChesLen Preserve
June 4th, 11th, 18th, & 25th
2:00 p.m. - 8:00 p.m.

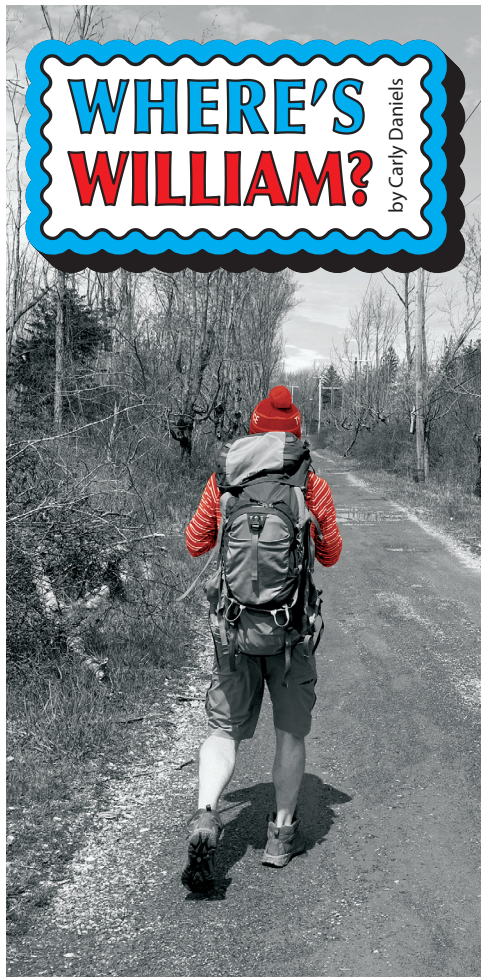
East Branch Brewing Company will be pouring suds at the Lenfest Center pavilion. Enjoy refreshments with a take-your-breath-away view.

Pair your pint with a...

...hike! ChesLen Preserve includes nearly 1,300 acres and more than 14 miles of trails to explore.

...picnic! Bring a picnic to enjoy with your favorite pint. Snacks will also be available for purchase from East Branch Brewing Company.

...fun time with friends! Bring a chair or picnic blanket and enjoy a get together with friends and family on the Lenfest Center's back deck or the covered pavilion.



At the end of 2021, Bill Frawley sold his share of TRP to Ken Taylor, making Ken the sole owner of the store. Bill spent the first two months of 2022 hanging out with his Philly-area friends before moving away on March 1. For the next few issues of the TRP newsletter, we'll provide updates on Bill's adventures and where he ultimately lands.

Since leaving PA, Bill's been in western New York, spending time with family and friends and enjoying his time off from working. His first adventure: hiking 30 of the 46 Adirondack high peaks. He walks into the woods on May 3 and will be done hiking sometime near the end of May.

"I started hiking in the Adirondacks in 1999 or 2000, backpacking but not initially climbing the mountains," Bill said. "Then I went with one of my brothers and we hiked up a bunch of peaks. Over the years, I kept going back with my brothers. I want to finish the rest of the mountains—why? Because they're still there. It gives me the chance to do an extended hike in a place I know, rather than doing so in an unknown wilderness. Adirondack Park is huge; it feels like you're in the backcountry but it's easy to

get to, and you can find new stuff to explore each year."

Bill hasn't been doing any physical training beyond his usual running routine to prepare him for the hike, but he's been focusing a lot on the logistics of his upcoming trip.

"I've been planning the most efficient routes, figuring out how and where to resupply, what and how much to carry, and what I'll need to eat," said Bill. "On past trips, I've typically set up camp in one place and then done day hikes with a smaller pack up the mountains. Now, I'll be going from place to place, not spending more than two days at a site, so I'll need to do more full backpacking. Some trails will be well-maintained and will have steps or rustic ladders going up in rough spots—but the more obscure and harder-to-access mountains will be much more rugged, with unmarked paths and no blazes."

I asked Bill if he was concerned about wildlife; he replied, "The only animals in the Adirondacks are chipmunks and birds, and people. I'm hoping not to see any people."

Despite Bill's aversion to seeing people on this hike, he's making a couple of notable exceptions. His brothers will be meeting up with him as his resupply after he's been hiking for 10 days. In late May, Bill will spend a weekend resting in Saratoga Springs with Ken.

We'll report back on how Bill's month of backpacking went (and if he saw any wildlife beyond chipmunks and birds), but in the meantime, join me in wishing him happy trails!



COACH'S CORNER with Coach Kate



Hello TRP readers! We've got our first question from a reader and aspiring runner. Remember, you can email the-runningplace@gmail.com with the subject line "Ask Coach Kate" and ask any question you have about moving forward in a positive way. Please remember to tell me where you are from and know that all questions are welcome. If you are wondering about a particular topic, there are sure to be others from the TRP community who are wondering as well. Each question will be answered in a timely manner, and one will be chosen and featured in the next newsletter.

Hello Ericka,

Let me start by saying that this email put a huge smile on my face! I LOVE hearing about someone with the courage to make such positive lifestyle changes. Congratulations on being smoke-free for almost 4 years.

Next, I am so happy to hear about your perception of running—I agree that it's freeing and soothing. The Running Place typically offers a Beginner Running Class every Spring and Fall. It lasts 8 weeks and culminates with an optional 5K race at the end. The pandemic has put a pause on the Beginner Running Class, but we hope to revive the class this fall—but that is a long time for you to wait.

In the meantime, here are a few tips to get started. Make sure you have a relatively fresh pair of running shoes. These are your most important piece of equipment! They will help you feel the best and avoid injuries. Next, start slowly. Begin with a 15-minute walk and during this walk, insert 1 minute of gentle running every 4 minutes. Try to get out 3 times a week and increase the workout weekly. For example, your second week could be a 21-minute walk during which you insert a gentle 2-minute jog every 5 minutes. Make the increases very small and methodical and perhaps your end

Dear Coach Kate,
First, let me say this is a great thing that you are doing for people. I started on a fitness journey 3 years ago this April, after my mother got sick. I was a smoker for 28 years, but when my mother got sick in 2018, I quit smoking. This November, it will be 4 years that I have been smoke-free. To me there's something freeing about the idea of running. The openness of being outside by yourself, just running, clearing your mind, seems very soothing. I want to start running, but I'm clueless as to where to begin, so any advice you can offer will be wonderful. I want to start slowly and would love to be able to run 3 miles without stopping. From there, I will aim for longer distances—it never hurts to dream big!!!
Be well,
Ericka, Clifton Heights, PA

goal could be 30 to 40 minutes of fresh air 3 times a week.

If this seems too daunting, there is a great app called Couch to 5K. It incorporates walk/jog intervals similar to the ones I suggested, with the end goal being to race a 5K. Of course, you don't have to run a 5K, but this program will gradually build you up to running 3 miles without stopping, just like you had hoped.

So let me know if you have any other questions, and good luck! Also, keep your eyes peeled for future TRP newsletters and hopefully an announcement about the Beginner Runner Class coming soon.

Take good care!
Kate Taylor

ANNUAL SIDEWALK SALE at The Running Place

Saturday, June 4th and Sunday, June 5th

Shop Early for Best Selection!

- Open Saturday 10 a.m. - 6 p.m.
- Open Sunday 11 a.m. - 4 p.m.
- Select running shoes up to 60% OFF!
- Blowout sale on select apparel and accessories!



MONDAY, 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.

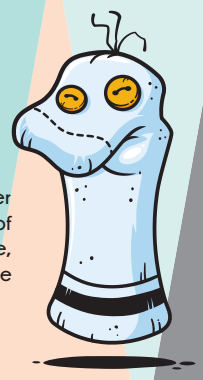
Stay on top of all that is happening at The Running Place. Like us on Facebook and follow us on Twitter and Instagram. Sign up to receive our monthly email: www.therunningplace.com.

Sock Specials

Now thru June 30th

New **Mix & Match**

Buy three pairs of socks from any brand and get one pair free of equal or lesser value.



Mention the Sock Monster and receive a free pair of socks with any purchase, while supplies last. Limit one pair per customer.



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