

# THE RUNNING PLACE

WINTER 2013

## DRESS TO DEFEAT THE COLD

Every year, it seems that we are surprised at how quickly the season changes from fall to winter. When the cold strikes, it forces many of us indoors. Sometimes we maintain our workout regimen on a home treadmill or at the gym, but all too often the onset of winter saps our motivation and sentences us to several months of inactivity. However, when dressed properly, you can stay warm and toasty while exercising outside even on those bitterly cold days. This year, don't let winter temperatures keep you from enjoying your usual outdoor activities.

### Two keys to dressing properly when exercising in cold weather:

- **WEAR TECHNICAL GEAR.** Technical material is special because it wicks moisture; that is, as you perspire, the fabric transports the moisture from the surface of your skin to the outer layers of the garment, allowing for quicker evaporation. This process keeps you dry from the inside, which is crucial to staying warm.
- **DRESS IN LAYERS.** This allows you to wear lighter weight, less bulky materials that will equal the insulating quality of a thicker piece of apparel because warm air is trapped between the layers. Layers also give you more flexibility when dressing for different weather conditions. Think in terms of three layers: base, second (insulating), and outer.

The **BASE** is the first layer and it goes against your skin. This layer starts the wicking process and is often form-fitting because it will be worn under other garments. Wearing a hat (or headband) and gloves will round out your base layer; these accessories are essentials to staying warm.

The **SECOND LAYER** is meant to be more insulating than the base and is generally made of a warmer or thicker material. This layer traps

warm air between the base and itself and should also be made of a wicking fabric. As such, it can be worn as a base layer in temperatures that aren't extreme enough for both base and second layers.

The primary purpose of the **OUTER LAYER** is to protect you from wind and precipitation, but this third layer also provides additional warmth. Even when the weather is not particularly windy or wet, an outer layer goes a long way toward keeping you warm on really frigid days. Outer layers can be vests and jackets. Some jackets are water resistant, waterproof, and/or windproof, and some are thicker and warmer than others.

Having different pieces of cold weather apparel to layer gives you a multitude of combinations to achieve that 'just right' feeling in varying conditions. You may find that the pairing of a base and outer layer works for you in certain conditions or that the second layer with a lightweight technical T-shirt is sufficient for less severe temperatures. Each person has their own thermostat. In experimenting with different combinations, you will find what works for you and be prepared to exercise outside through the winter months. Read on to discover some of the options offered by The Running Place.



Outer Layer:  
ASICS Storm  
Shelter Jacket

### UPCOMING EVENTS:

**Thursday, Nov. 28th**  
*Seven Summits 5k*  
*Turkey Trot*  
Wilson Farm Park,  
Chesterbrook, PA

**Saturday, Nov. 30th**  
*Cardinal Foley Turkey Trot 5k*  
Havertown, PA

**Saturday, Nov 30th**  
*Small Business Saturday®*

**Saturday, Dec. 7th**  
*Chilly Trail Run 5K*  
Haverford Reserve  
Haverford, PA

**Saturday, Dec. 14th**  
*Jingle Bell Run/Walk 5K*  
Malvern, PA

**Sunday, Dec. 15th**  
*Super Sunday*

**Saturday, Jan. 18th**  
*Winter Pickle Run Series (No. 1)*  
Ridley Creek St. Park,  
Media, PA

### Special Holiday Hours

**Sun. 12/15** 11 am - 4pm

**Mon. 12/16 - Sat. 12/21**  
10 am - 8 pm

**Sun. 12/22** 11 am - 4pm

**Mon. 12/23** 10 am - 8 pm

**Tues. 12/24** 9 am - 3 pm

**Wed. 12/25** CLOSED

**Tues. 12/31** 10 am - 6 pm

**Wed. 1/1/14** CLOSED

# Holiday Gift Ideas

## RACE MEDAL DISPLAY

Have you been looking for a way to display your race hardware? Take your medals out of the sock drawer and display them proudly on a medal hanger!

## RACE BIB DISPLAY

Here's a chance to preserve the memory of your favorite race or PR: frame your race bib! The back of each frame features both an easel arm and hooks for display on a desk or to hang on the wall.



## SILK TIES

Handcrafted neck ties of 100% silk that feature unique running and triathlon patterns. Perfect for those occasions when you have to wear a tie, but you'd rather be in shorts and running shoes!

## KEY FOBS

These running-themed key chains for the running enthusiast in your life securely hold keys and are small and flexible enough to fit comfortably in a pocket.



## ORNAMENTS

Holiday ornaments with running and walking messages have been a tradition at The Running Place for years. Add a new design to your collection!

*Student athletes ask about team discount.*

SMALL BUSINESS SATURDAY  
SATURDAY, NOVEMBER 30TH

# ARMAMENTS AGAINST WINTRY WEATHER

Now that you know the basics of layering, what specific options do you have to achieve the desired effect? The Running Place carries a variety of apparel in all three types of layers. We have provided some examples below. Special features from each layering category have been highlighted.

## BASE LAYER

The most important aspect of the base layer is its ability to wick. You want this layer to be super comfortable as well. The New Balance Go2 Long Sleeve, Saucony's Primo shirts, and ASICS Favorite™ collection are thin, soft against the skin, and perfect first layers or great lightweight long-sleeved options in mild weather.

## SECOND LAYER

Several clothing companies use fabrics with fibers that generate heat as they wick moisture away from your skin. Such pieces are a great second layer because of the warmth they give, but they also can be used as a base layer because of their wicking capabilities. Mizuno's Breath Thermo™ apparel was the first on the market with this incredible technology. We carry women's and men's Breath Thermo long-sleeved shirts, tights, hats, gloves, and socks. Similar products include the long-sleeved Brooks Heater Hog and New Balance NB Heat.

You won't find a warmer second layer than Brooks' Utopia Thermal tops. Both

the men's half-zip and the women's hoodie have a brushed fleece interior that is very soft and warm, while thumb holes in the cuffs keep the sleeves securely over your gloves.

The women's hoodie also has an opening for your ponytail.

## OUTER LAYER

Keep the wind from rattling your bones. ASICS Storm Shelter® jacket and pants are windproof and waterproof. These seam-sealed shells will keep you well protected from cold and wet weather. The jackets are available in high-visibility neon (as well as less conspicuous colors), feature a removable hood, and have zippered body vents to cool you down if conditions clear while you are mid-run.

Softshell jackets are more substantial than a simple shell. They are thicker and provide extra warmth in addition to being a shield against the elements. Saucony's Shadowlite HTR Softshell is breathable and waterproof. It also has cuff gaiters on the sleeves to overlap your gloves and keep out any draft. Brooks' Utopia Softshell Jacket II is another popular option.

This is just a small sampling of our cold weather apparel. Depending on the level of warmth, fit, and style, you may find an outfit in the store that wasn't mentioned in this article. Stop by the store and check out all that we offer to keep you warm!



Second Layer: Brooks Utopia Thermal Hoodie II

SOCKS

BUY 3, GET 1 FREE

FROM THORLO, WRIGHTSOCK, AND FEETURES!

Here's your chance to stock up on your favorite socks or share a pair with a friend!

Sock specials run through December 31, 2013.

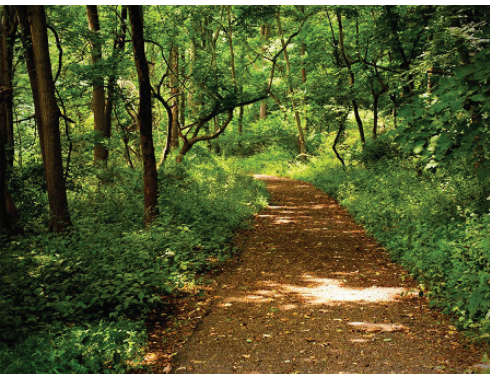
**The Running Place** is proud to be a part of **Small Business Saturday®**, a day dedicated to helping small businesses and their communities. We encourage you to Shop Small® with us on November 30th. Receive your choice of a holiday ornament or a running/

walking keychain free with any purchase if you mention Small Business Saturday®. Also, register any eligible card with American Express to get a one-time \$10 statement credit when you spend \$10 or more on 11/30/13 in a single, in-store transaction at The Running Place.

## NEW PATHS TO TREAD

East Goshen Park (1661 Paoli Pike, East Goshen, PA 19380, 10.3 miles from The Running Place) consists of 55 acres of open space offering a paved .9-mile recreational walking/running path. There is ample parking, and rest rooms are open year round. The terrain offers mild rolling hills among open athletic fields and ball courts, as well as a wooded section.

**East Goshen Park** is adjacent to Applebrook Park, directly across Paoli Pike. Follow the recreational path from East Goshen Park along the Hibbard Lane exit, cross Paoli Pike, and you'll find yourself on a paved path in Applebrook Park.



**Applebrook Park** is nestled on 100 acres of meadows, marsh, and open space. There are 3 miles of paved paths throughout the park, including a loop that is a little over 1 mile, complemented by a .75 mile spur that winds over and along the headwaters of Ridley Creek to Goshenville historic village, and completed by a small set of trails near the Chester County Chamber of Business and Industry.

Combining these two parks, one can put in 3 to 4 miles without doing multiple loops. If you would like to go further and get off the pavement, follow the paths to the northeast edge of Applebrook Park at Line Road. Turn right and go .2 miles south on Line Road to the entrance of Willisbrook Preserve. Eventually, there will be a path

connecting Applebrook and Willisbrook, but it does not yet exist. There is no shoulder on Line Road, so use caution along this short stretch of road.

Natural Lands Trust's **Willisbrook Preserve** offers two main trails: Red and Yellow. Both trails meander through reserved lands of wood, meadow, and field where a wide variety of wildlife can be observed and rare plants and birds flourish. Red and Yellow blazes clearly mark the way.

The Red Trail is 1.7 miles long and is the trail you will access from Line Road. It is a wide grassy trail that is fairly smooth and easy to cover. Yellow blazes will lead you away from the Red Trail and onto a wooded single-track path that loops for 1 mile and comes back to where you left the Red Trail.

You can add to these 2.7 miles by exploring the less well-marked Gray Trails, which are simply short loops and spurs off the Red. Even without clear markings, you will find it hard to lose your way on these trails. In all, you can travel 3 to 3.5 miles on these trails without repetition.

Combining all three parks, you can easily total 8 miles. Take some time to get out and explore new paths. See what local towns offer in the way of open space and parks. It makes for a thoroughly enjoyable outing!

### MORE INFO AND LINKS TO TRAIL MAPS

**East Goshen and Applebrook Parks:**

[http://www.dcnr.state.pa.us/cs/groups/public/documents/document/dcnr\\_006732.pdf](http://www.dcnr.state.pa.us/cs/groups/public/documents/document/dcnr_006732.pdf)

**Willisbrook Preserve:**

<http://www.natlands.org/preserves-to-visit/list-of-preserves/willisbrook-preserve/>

## Holiday Gift Ideas

### NEW FROM GARMIN: FORERUNNER 220 AND 620

**The Forerunner 220** updates the FR210 and has a thinner, sleeker design while still giving that motivating feedback that keeps you moving. It features a touchscreen color display and measures essential running data such as distance, pace, and heart rate. The FR220 is water resistant up to 50 meters (swimmable) and has improved satellite signal acquisition. The built-in accelerometer tracks distance for your indoor track or treadmill workouts with no need for a foot pod, and it has a pace alert to warn you go off your target. 'Connected' features include automatic uploads to Garmin Connect, live tracking, and social media sharing.

**The Forerunner 620** is also an updated and sleeker unit than its predecessor, the FR610. This touchscreen watch has all the functions of the FR220 plus advanced features like recovery advisor and race predictor. Using the new HRM-Run monitor in conjunction with the FR620 adds feedback on running form, including information about cadence, ground contact, vertical oscillation, and VO2 max.



**Coffee Mugs • Reflective Gear  
Ornaments • RunGuard  
L.E.D.s • Key Fobs  
Hairbands • Socks  
Gloves • Hats  
Headbands**

*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](http://www.therunningplace.com).*

find us on facebook

## SUPER SUNDAY

DECEMBER 15TH

STORE OPEN 11:00 am - 4:00 pm

10:00 am: Fun Run/Walk - Join us for a morning run of 3 to 5 miles. Runners and walkers of all abilities are welcome. Light, post-run refreshments will be served.

All Fun Run participants will have their choice of a **free** pair of socks from Feetures, WrightSock, or ThorLo.

## 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 pm.

*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.*

**PLEASE WEAR REFLECTIVE GEAR!**

### 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

## WINTER 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 12/31/13*



Excluding Brooks Products

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