

## Donut Prediction Run!

Join us on **Saturday, September 28**, at 8 a.m. for a special event at The Running Place—a Prediction Run with a delicious twist! Come test your pacing skills in a 3.1 run or walk where the goal isn't just speed, but accuracy. Predict your finish time, and if you're one of the closest (without using any form of timepiece), you'll win a prize! To sweeten the deal, we'll be serving up free donuts at the finish line for all participants. Don't miss this unique chance



to enjoy some fun, challenge your guesswork, and indulge in some tasty treats afterward. Our events are always free, so bring along your friends and family for a morning filled with fun, community, and donuts!

## A Night of Yoga with Vuori

Join us at 6:15 p.m., on **Wednesday, September 25th** for a night of stress reducing yoga with our very own yoga certified instructor Andi Lieberman. Andi will guide us through a 45–60-minute yoga session with the end result being we are in a reduced state of stress for a Wednesday.

This evening will be sponsored by Vuori with some special gifts and give-a-ways for participants. Space will be limited to 25 individuals, due to the space restrictions. Please email The Running Place at [therunningplace.com](http://therunningplace.com) to lock in your slot.



# THE RUNNING PLACE RUN·WALK·MOVE

Fall 2024

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)

## Running or Walking Your Way Into Fall

### UPCOMING EVENTS:

**Sunday, September 8th**  
**DRISHTI DASH**  
5K Run & 1 Mile Walk  
Wayne, PA

**Saturday, September 14th**  
**6TH ANNUAL RUNNING  
AHEAD OF CANCER 5K**  
Swarthmore, PA

**Saturday, September 14th**  
**GIDDY UP 5K & MILE WALK**  
Media, PA

**Sunday, September 15th**  
**REAGAN'S RUN 5K**  
Wayne, PA

**Sunday, September 15th**  
**PHILADELPHIA DISTANCE  
RUN AND 5K**  
Philadelphia, PA

**Saturday, September 23rd**  
**SAINTS' STOMP 5K**  
Bryn Mawr, PA

**Sunday, September 29th**  
**SUBURBAN SEAHAWKS FISH  
OUT OF WATER 5K**  
Media, PA

**Saturday, October 5th**  
**HAVERTFORD TOWNSHIP  
DAY 5K**  
Haverford, PA

**Sunday, October 6th**  
**RACE FOR VICTIMS' RIGHTS  
5K RUN/WALK**  
Media, PA

### CROSS-COUNTRY SPIKES ARE HERE!

TRP has spikes in stock for the cross-country season. Student athletes receive 10% off trainers and can receive 25% off your spikes, when purchased together with your trainers.



It's that time of year again; summer is ending and fall is fast approaching. And with that we know comes fall pre-season training for our student-athletes, while others will begin preparing for the fall racing season or just getting back to walking with their neighborhood friends. We are here to help guide you forward in whichever lane you might be in.

If you're looking to get out the door and begin moving forward in a more positive way, but do not want to do it alone, or want to get out and meet new people.

There are some amazing groups in our neighborhood. Some of the closest to The Running Place are...

- Conshy Running
- Delco Road Runners
- Drexel Hill Runs

- Fast Tracks
- Philly Runners
- Run 610
- RunStrong
- Narberth Beer Runners
- West Chester Running Club
- West Chester Multisport
- And (of course) our very own Running Place Monday Night Run/Walk Group.

If you are looking for a youth group for a family member, those are out there as well with programs like Dashers, The Delco Stallions, Whirlwinds, and Students Run Philly Style to name a few.

Check out our RESOURCES drop down page, on our website ([www.therunningplace.com](http://www.therunningplace.com)), for a complete list of running groups and trails in the area!

## THE RUNNING PLACE

3551 West Chester Pike  
Newtown Square, PA 19073



LOCALLY YOURS  
23 YEARS RUNNING

PRSR STD  
U.S. POSTAGE  
PAID  
WILLIAMSPORT, PA  
PERMIT No. 33

## 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 09/30/24



Excluding Brooks, New Balance, and Hoka Products

610-353-8826 • [www.TheRunningPlace.com](http://www.TheRunningPlace.com) • 3551 West Chester Pike • Newtown Square, PA

This newsletter is produced for The Running Place, Newtown Square, PA, ©2022 All rights reserved. No use, in whole or in part, is granted without permission of The Running Place or its agents.

# TRP KIDS

For over 23 years we have fitted teens and adults for running/walking shoes, gear, and apparel.

In the last year, we have begun growing our selection of kids items as well! Most places have lessened their kids sections so we decided to fill that void! You have trusted us with your feet, so let us help your whole family be fit properly.



**WEARABLES** Kids' safety is a top priority for any parent or guardian. Look no further than the Garmin Bounce for kid's wearables. On the safety side, kids can text and voice message up to 20 contacts directly from the watch. Real-time location tracking and location check-in ability for peace of mind, as well. On the fun side, kids can track their sports and activities, check the weather, and play fun games. This watch is a must for kids and parents to have peace of mind during back to school.

## SHOES

Kids live busy lives. Between playgrounds, gym classes, sports...it's a lot! They need shoes that will keep up with them. At TRP, we have chosen brands that will help to keep your kids moving forward in the best possible way. We are now carrying kids sizes 11 up to 6. Even if you are not looking for trainers for your kids, but just need to know their proper size...we are here for you. We will measure and give you a guide as a free service.

## APPAREL

Grab some youth apparel for your kids to look fresh on their first day of school or sports. These performance clothes will move with your child through all their daily activities, from recess to gym or after school activities. Your kids are sure to look good and feel great in their new outfits and start their school year with confidence!



## Gotta Get a Garmin

Exciting news for all our fitness enthusiasts and tech-savvy runners! The Running Place has the latest innovations from Garmin— in the Forerunner 165, 265, 965 wearables because these are so much more than just a watch now. These state-of-the-art devices are designed to elevate your training sessions and enhance your running experience.

- Morning Report offers sleep, recovery time, and daily workout suggestions that evolve with your body and your training
- Multi-band satellite tracking utilizes GPS, GLONASS, and Galileo satellites to provide top-quality tracking
- Over 25 workout profiles like HIIT, running, and cycling, catering to various fitness needs.
- Wrist-based heartrate
- Music playable to wireless headphones
- Garmin Pay – Leave your wallet at home
- Smartwatch Mode: up to 11 days and GPS Mode: up to 19 hours
- Advanced running data like cadence, stride length, ground time, vertical oscillation, and more.
- For safety, the Forerunner 165 offers incident detection and assistance features, enabling you to send your live location to emergency contacts.
- And yes, Ken even says that they tell time too!

## BellaBandz Team Sets

Looking to show some team spirit in a stylish way? The Running Place has teamed up with BellaBandz to bring you an exclusive offer that's perfect for schools, sports teams, or any group wanting to add a personalized touch to their gear. When you order a custom headband set featuring your school or team logo through The Running Place, you'll receive an impressive 20% off your entire order!

This special offer is available to any group ordering a minimum of 25 custom-designed headbands. This is perfect for uniting your team while keeping everyone comfortable and focused, whether it's during a game, a practice session, or just showing off your team spirit around town. BellaBandz are known for their high-quality material and comfortable fit, ensuring that style and functionality go hand-in-hand. To take advantage of this offer, simply get in touch with us at The Running Place. You can visit us in person, give us a call, or send an email.

Stop by or reach out to us today to place your order and bring your team together in style!



## Get Race Ready With No Hiccups

Are you training for a fall race and worried about getting injured along the way? Then join us, on September 9th, for a post-run talk with our friendly neighborhood PT, Andrew Tavernia of Xcelerate Physical Therapy right here in Newtown Square, PA.

Andrew is certified as a gait analyst specialist with Run DNA and can help you stay healthy all the way up to the starting line. Andrew is an avid

runner himself, so he talks the talk and walks the walk.

With the fall race schedule coming into view, we feel this will be a great event for anyone looking for an edge or just wants to ask some questions to help guide your training better.

**WHEN? MONDAY, SEPT. 9TH AFTER THE WEEKLY RUN-WALK GROUP**



**SOCK SPECIALS Buy 3 Get 1 FREE!**



**Student athletes, be sure to ask about team discounts!**