



LOVE RUN HALF MARATHON

Join "The Running Place Crew" Team for the Love Run Half Marathon – Sunday, March 24th.

Register for the Love Run and join The Running Place Team for the fun, convenience, camaraderie, and the team shirt (of course!). 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.



TOP SECRET TEAM LOGO UNVEILED MARCH 2!

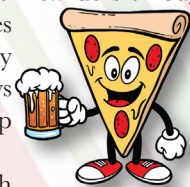
MONDAY NIGHT RUN/WALK

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 shop. 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.

Join us on the 1st Monday of every month for post run pizza and beverages on us.



THE RUNNING PLACE

run • walk • move

Winter 2023

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)

THE RUNNING PLACE

3551 West Chester Pike
Newtown Square, PA 19073



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

A Season of Giving: THE BETHESDA PROJECT

The greater Philadelphia metro area has one of the highest poverty rates among major U.S. cities. Where there is poverty, there is homelessness. A lack of affordable housing and transportation, mental health and substance abuse challenges, along with a plethora of other factors, all contribute to the persistence of homelessness. Various organizations, along with the City of Philadelphia and the kindhearted citizens of southeast Pennsylvania, combat homelessness more effectively than in many other U.S. metropolises.

On the front lines of the battle against homelessness in Philly is the Bethesda Project. The Bethesda Project operates 14 sites throughout Center City Philadelphia for individual adults experiencing homelessness. Because each individual who experiences homelessness has a unique story and unique challenges, Bethesda Project locations are tailored to meet different sets of needs, from drop-in centers and shelters for men and women on the streets, to permanent supportive and independent housing residences.

The overall goal is to assist its guests and residents in becoming more stably housed and overall more independent.

Bethesda Project serves 2,000 homeless and for-

merly homeless men and women each year. The need for help is great. The organization is always happy to receive support from the surrounding community. In this holiday season of giving, we at the Running Place would like to accept donations beyond used sneakers. The greatest needs at the Bethesda Project are:

Men's toiletries such as:

- disposable razors • deodorant • toothbrushes
- toothpaste • soap • shampoo

And, bed and bath linens such as:

- twin sheets • blankets • comforters • bath towels
- wash cloths

Additionally, all types of men's clothing (from casual to business), including NEW underwear and socks, and race T-shirts (you know you have some you don't wear!), are greatly appreciated. If you would like to help, please drop off items at The Running Place through December 30th. All donations will be given to the Bethesda Project. Please consider opening your hearts and helping this worthy cause; it's a great way of getting into the holiday spirit!

Learn more about Bethesda Project, including how you can volunteer, by visiting www.bethesda-project.org

UPCOMING EVENTS:

Thursday, Nov. 23rd
HAVERFORD YMCA
GOBBLE WOBBLE 5K
Havertown, PA

Thursday, Nov. 23rd
SEVEN SUMMITS THERAPY
TURKEY TROT 5K
Wayne, PA

Saturday, Nov. 25th
SMALL BUSINESS SATURDAY
The Running Place

Saturday, Nov. 25th
ST. BERNADETTE 15TH
ANNUAL TURKEY TROT 5K
Drexel Hill, PA

Saturday, Nov. 25th
CARDINAL FOLEY
TURKEY TROT 5K
Havertown, PA

Saturday, Dec. 2nd
CHILLY TRAIL RUN 5K
Havertown, PA

Saturday, Dec. 2nd
RADNOR "ELVES ON THE
SHELVES" 5K
Wayne, PA

Sunday, Dec. 4th
THE LOOP RACE
Schuylkill River, Philadelphia

WINTER 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 12/30/23



Excluding Brooks, New Balance, and Hoka Products

610-353-8826 • 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.

SMALL BUSINESS
SATURDAY SHOP SMALL • SHOP LOCAL • SHOP TRP!
NOVEMBER 25 • 10 am - 6 pm



A large part of The Running Place's mission is to support the local community – we do that every day on an individual basis by helping you find a shoe that will help keep you healthy, happy, and active. We also support scores of events throughout the year that benefit our community's schools, charities, and first responders, to name a few. And in return, we are very grateful to have your support and patronage. Thank you!

We appreciate your continued support! As a token of our thanks, visit us on Small

Business Saturday and take advantage of our Sock Amnesty offering, and be entered in a drawing for a Vuori makeover (top and bottom):

SOCK AMNESTY

On November 25th, be one of the first 50 people to stop in with a pair of your worst worn hoof hosiery, and swap them for a brand new pair of Feetures socks. If you like the new socks as much as we do, you can stock up by taking advantage of the BUY 3/GET 1 FREE promotion.

HOLIDAY HOURS

MON 12/18	10 TO 8
TUES 12/19	10 TO 8
WED 12/20	10 TO 8
THUR 12/21	10 TO 8
FRI 12/22	10 TO 8
SAT 12/23	10 TO 8
SUN 12/24	10 TO 3
MON 12/25	CLOSED
SUN 12/31	CLOSED
MON 01/01	CLOSED

HOLIDAY GIFT GUIDE

Tifosi Sunglasses

We design, test, and torture our product to enhance your sport whether you're running a 5k, riding your first century or playing 18 holes on Sunday.

BOEO Trucker Hat

Brooks Surge Hat

Bellabands

Locally made headbands and key-chains updated weekly at TRP.

Vuori Beanie

STAMEE SOCKS



SAXX Underwear

Buy two, get one free



Hyperice Massagers

TRP has a full line of Hyperice massages available. The popular Hypervolt 2 Pro (pictured here) for all around massage therapy, as well as the Hyperice X Knee, Venom 3 Back, and Normatec Go (below).



Knuckle Lights

Powerful double flood beams light the entire path in front of you. See every pothole and obstacle while assuring you are safely seen by traffic.

Amphipod Handheld Waterbottle

Stunt Puppy Leash

Built for the road, track, trail or sidewalk, the super-lightweight Stunt Runner™ keeps you and your dog in sync and your hands free.



WHAT THEY ARE WEARING

Perrin (left)

Top: Vuori Luxe Crew
Vest: Mizuno Breath Thermo
Pants: Brooks Shakeout Pant
Shoes: Hoka Clifton 9
Bag: Amphipod Luxe Belt

Andi

Top: Brooks Notch Thermal Longsleeve
Vest: Brooks Hybrid Vest
Pants: Brooks Method 3/4 Tight
Shoes: Brooks Ghost Max
Bag: Amphipod Express Pack

Anastasia

Top: Saucony Triumph 3D Crew
Jacket: Saucony Oysterpuff Jacket
Pants: Saucony Run Shield Tight
Shoes: Saucony Triumph Sneaker
Bag: Amphipod Micro Plus Belt

Ann (right)

Top: New Balance NB Heat Half Zip
Pants: Vuori Weekend Jogger
Shoes: New Balance Vongo V6

Student athletes, be sure to ask about team discounts!

Running, Breathing & Your Upper Body

Join us on Monday December 4th, post group run, for a talk with PT Brady Sandercock



He will be discussing how these things intersect and help get you to the finish line feeling better. We will learn how our upper body posture can affect our end result. He will take us through breathing techniques to help get the most out of our lungs. The session will wrap up with a Q&A for any and all of your physical therapy questions.

****This will be the 1st Monday, so pizza and beverages will be served.****

SOCK SPECIALS THROUGH DECEMBER 30th

Buy 3 get 1 FREE!

Features!

injinji

Thorlos
Your feet will feel better

STANCE

REINDEER ROMP



On Saturday, December 2nd, hundreds of reindeer will once again be romping through the streets of Havertown in memory of Brandon Lake, a local boy who lost his battle with cancer. Throughout this event's history, over \$450,000 has been raised by the Reindeer Romp for the American Cancer Society. One hundred percent of all sales proceeds go to the American Cancer Society. Nolan Painting has been the presenting sponsor of this event since 1999. Each year, we continue to need your support to make this event a huge success for cancer patients and survivors alike.