

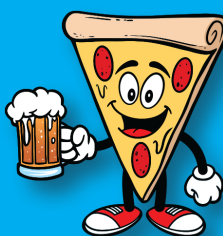
MONDAY NIGHT RUN/WALK 6:45 P.M.

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.

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



SPECIAL MONDAY NIGHT GROUP RUNS

SEPTEMBER 11TH

MIND OVER DISTANCE talk after the run/walk. Pizza included.

SEPTEMBER 25TH

Wear-test New Brooks Adrenaline 23 and a Surprise New Shoe!

This is a great way to find your next 'BEST' fit!

THE RUNNING PLACE

3551 West Chester Pike
Newtown Square, PA 19073

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WALK
MOVE

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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 9/30/23



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

Fall 2023

UPCOMING EVENTS:

Sunday, September 10th
MAIN LINE RUN
AND WALK 2023
Radnor, PA

Monday, September 11th
MIND OVER DISTANCE TALK
The Running Place

Wednesday, September 13th
LIGHT UP THE NIGHT 5K & 10K RUN
North Wales, PA

Saturday, September 16th
PINTS IN THE SQUARE CRAFT
BREW FEST AND 5K
Newtown Square, PA

Sunday, September 17th
PHILADELPHIA DISTANCE RUN
Philadelphia, PA

Sunday, September 17th
REAGAN'S RUN
Wayne, PA

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

Saturday, October 7th
SUPERHERO SHOWDOWN RACE:
5K, 15K, 1-MILE WALK/RUN
Norristown, PA

CROSS COUNTRY SPIKES ARE HERE!

TRP has spikes in stock for Cross Country season. Always remember to ask for you student discount. Receive 20% off your spikes, when purchased with trainers.

OUR COMMUNITY

With this installment of the TRP Newsletter we are reintroducing the 'Our Community' section, where we get to know more about some of the familiar faces in the local running community. This time around we caught up with longtime TRPers The Wynne's!



What's your relationship to The Running Place?

Mike: I was just getting into running and wanted to get fitted for the right shoe. That's when I met Mr. Bill and Mr. Ken. They fitted me in a pair of Ghost 7 and that was the beginning of the running addiction. Then Jenn and I started to come to the Monday night run group and met a great bunch of people.

Jenny: My relationship with The Running Place has a special place in my heart. It began the year Mike (the hubs) decided to run the Broad Street run (although I had been running for

years). We had been wearing what I'm going to call "regular old sneakers". So, one night after dinner, we decided to go check out The Running Place and see what they had to offer. I'm not going to lie, we had in our minds what we wanted before even stepping foot in the shop. But we stopped in and were surprised and delighted by the time and care that the staff took to learn about what we thought we wanted and fitted us for shoes. It was such a wonderful experience that whenever we were in the area we started to stop in just to look around.

CONTINUED INSIDE

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)

MONTHLY EMAIL SIGNUP @ WWW.THERUNNINGPLACE.COM | SOCIAL MEDIA @



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Sport psychologist to The Philadelphia Marathon, Dr. Mitchell Greene, will be presenting on top mental tips for race day success. Dr. Greene will be discussing the key steps to managing negative thinking and self-doubt that



professional athlete, coach, and Sport Psychology Consultant. After retiring from a competitive running career that spanned 20

can plague aspiring runners, as well as how to set effective race-day goals. He will review strategies covered in his newly released book, *Courage over Confidence: Managing Mind Chatter and Winning the Mental Game*. Dr. Greene has run 10 marathons and completed triathlons and Ironman. For more information on Dr. Greene and his practice, go to www.greenepsych.com and to purchase his book in advance of the presentation, go to <https://www.amazon.com/author/courageoverconfidence>. Books will also be on sale at the event.

Kate Taylor, a friend of The Running Place and 1996 Olympian, will also be in attendance. Kate will share her personal experiences and anecdotes as a

years; Kate shifted her focus to helping runners of all ages and abilities reach their own goals which range from completing their first 5K to qualifying for the Boston Marathon.

Time will be made available for question and answer in this fun fast-paced conversation on finding the joy in running and the inner game of racing.●●

Time: Immediately following the Run Group (around 7:15 p.m.)

Heads Up: Post-run pizza and beverages on us during the talk.

Come out Monday, September 25th, for our Monday Night Group Run. We leave for the run at 6:45 p.m. sharp. Pop in before 6:45 and get fitted to test the new Brooks Adrenaline 23 OR a top secret shoe we aren't allowed to name just yet!



Student athletes, be sure to ask about team discounts!

Saturday, September 30, at 8 a.m. marks the beginning of a new monthly tradition here at the shop. Join us for a 2.25, 3.1 or 5 mile walk or run and enjoy some post-exercise treats courtesy of The Running Place! Let's build up that community as the weather starts to cool and the desire to stay inside gets stronger.

Our events are always free, so bring a friend (or many friends!) and let's have Saturday morning fun!



That led to us joining the TRP Monday night run group where we found a great running community. Being part of this great community inspired me to want to spend some of my spare time working at The Running Place, hoping that I too made the people who came through the door feel comfortable and welcomed just as Ken, Bill and the staff made Mike and I feel.

How long have you been running?

Mike: I started running in 2014. I couldn't even run a mile.

Jenny: I have been running off-and-on since I was 12-years-old. When the pandemic hit in 2020 I was able to run more.

What's your favorite running memory?

Mike: I had half-heartedly attempted to qualify for the Boston Marathon. I partnered up with Coach Kate from The Running Place and ran a qualifying time at the Wineglass Marathon. Coach Kate got me over the hump. I was on the train and I found out I got in. I wanted to yell “I’m going to Boston!!”

Jenny: It is really hard to have one favorite memory so I am going to go with running the 2021 Wineglass Marathon in Corning, New York. Besides my passenger seat driving (no comment Mike), this was my first destination marathon and the 2nd marathon that I actually trained and put the work in for. I was feeling like I could accomplish anything (a big shout out to coach Kate for her coaching and support)!

What are your running goals for this year?

Mike: I was injured for both Boston Marathons I ran and I'd like to get to the starting line healthy.

Jenny: This past winter I sort of fell off the so-called wagon and am really missing my time pounding the pavement. So my goal is to run more consistently and just enjoy the running!

Do you have any running goals for beyond this year?

Mike: Jenn and I had a blast at the Chicago Marathon and I'd like to do another Major together.

Jenny: In the fall of 2022, Mike and I ran the Chicago Marathon and really had a blast. So, my goal and hope is to be accepted in the 2024 Chicago Marathon so we can do it all over again!••

WE HAVE LANDED!

“Stance believes that you shouldn’t have to sacrifice self-expression for the sake of functionality or craftsmanship.”

STITCHED DIFFERENT

run • walk • move