

**MARCH 20
PUSHUPS FOR CHARITY MAIN LINE**

The Pushups for Charity Challenge is a community-wide charitable fundraising event hosted by Performance Fitness, LLC to benefit the Wounded Warrior Project. PUC is a simple way for Del Val residents to "get fit, have fun and make a difference." It's not a competition; all you do is as many pushups as you can in 90 seconds at our event in Wynnewood. No matter if you can only do 10 - every pushup raises money to help severely injured men and women of our Armed Services. Your age & fitness level do NOT matter...only your willingness to help the wounded warriors!

Time: 9:30 a.m. (please arrive 15 minutes early)

Place: All Saints' Church, 1325 Montgomery Ave, Wynnewood PA

Contact: Michelle Collier, 610-636-6977, michelle@performancefitnessllc.com

Web -

www.PushupsForCharityWynnewood.com

**APRIL 10
GREATER PHILADELPHIA COALITION
AGAINST HUNGER**

Saturday, April 10, we will be holding our 14th annual Walk Against Hunger to benefit food pantries and soup kitchens right here in the area. This year, we decided to add a 5K run to the event and we're very excited about this new opportunity! It's one of the first 5Ks in Philly for the season and should be a great training run for people of all different skill levels.

**STROEHMANN BAKERIES WALK
AGAINST HUNGER** (and 5K Run)

Saturday, April 10, 2010

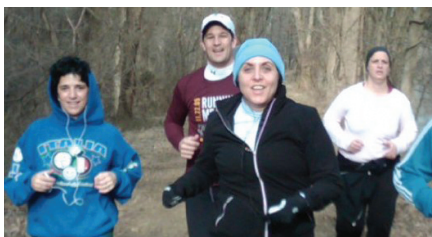
Time: Run kick-off at 8:30 AM

Location: Along MLK Drive, race starts and ends at the Philadelphia Museum of Art.

Registration: Online at Active.com. \$20 in advance, \$30 day-of. Includes Walk/Run Against Hunger t-shirt.

Additional Details: Professionally chip-timed along USATF certified 5K course. Free food, awards and entertainment.

Website: www.hungerwalk.org (Facebook: www.facebook.com/hungerwalk)

**APRIL 18
SURVIVING STRONG
FIGHTS CANCER WITH FITNESS**

Surviving Strong team members during a recent group training run.

Surviving Strong, a Yardley-based nonprofit

organization for cancer survivors, has an important mission: to help people diagnosed with cancer become as physically and emotionally strong as they can be through fitness and nutrition. Surviving Strong members meet for group runs, fitness sessions, nutrition seminars and variety of fun events. On April 18th, Surviving Strong will be bringing over 40 people, their biggest group yet, to participate in the Unite Half Marathon in New Brunswick, NJ. For more information about Surviving Strong and joining the team, go to www.SurvivingStrong.org.

**MAY 15
BROAD STREET RERUN**

5 mile run and ½ mile kid run
2nd annual Broad Street Rerun is a 5 mile run and ½ mile kid run starting at the Pavilion Shopping Plaza on South Broad Street in Lansdale. Check out the website at www.broadstreetrerun.com to register. We promise no wait for Port-a-Potties and it won't take you 15 minutes to get across the starting line! This Broad street is first class all the way! T-shirts, medals to top finishers and medals to all kids and tons of food! Don't delay register today at www.broadstreetrerun.com!

**MAY 29
ODDYSSEY HALF MARATHON**

May 29, 2010

Start time - 7:00AM

Philadelphia, PA

Half Marathon Road Race - 13.1 miles

Brief description of the race:

Well Philadelphia, here it is. Perfectly timed to transition you from the 10 mile Broad Street Run into your first or four hundredth half marathon, the ODDyssey is the race you have been clamoring for. But, it is so much more than that.

The ODDyssey remembers that running is fun. Though a serious race, this half marathon is coupled with optional twists throughout the course including costume contests and unique obstacles to make it a race you will never forget. The course takes in the beauty of Fairmount Park, beginning on the Memorial Hall Green and winding around the tranquil Belmont Plateau before touring the stunning Schuylkill River Loop. Runners will finish back at Memorial Hall for a post race bash. This race is sure to become a favorite staple in the Philadelphia running community. For more information or to register visit - www.oddysseyhalfmarathon.com

**JUNE 6
RUN THE GATES 5 MILER AND
1 MILE FUN RUN OR WALK**

a Bucks County Roadrunners event

Sunday, June 6, 2010

5 Mile: 9:00 AM

1 Mile: 9:10 AM

Forsythia Crossing Park

Forsythia and Snowball Drives
Levittown, PA 19056
Contact: Phil Miele
Phone: 215-752-8066 215-752-8066
EMail: pmiele2@verizon.net
Website: <http://www.runthegates.org>
Online Registration:

<http://www.active.com/running/levittown-pa/run-the-gates-5miler-and-1mile-fun-run-walk-2010>

**JUNE 20
8TH ANNUAL
FATHER'S DAY PROSTATE RUN**

THE "GARY PAPA RUN 4 YOUR LIFE," SUNDAY, JUNE 20

Prostate Health International's 5K Run, 5K Walk and 1 Mile Fun Walk

WHO: Join Prostate Health International (PHI) and co-chairs John Dougherty, President of the International Brotherhood of Electrical Workers and 6 ABC Sportscaster Jamie Apody for the 8th Annual Father's Day Prostate Run, now known as the "Gary Papa Run 4 Your Life" in honor of 6 ABC's former Sports Director and longtime PHI supporter, Gary Papa, who lost his battle to prostate cancer in 2009.

WHAT: Make a difference this Father's Day by participating in the Prostate Health International "Gary Papa Run 4 Your Life," which promotes awareness and brings recognition to the severity of prostate cancer. The "Gary Papa Run 4 Your Life" draws incredible support from the community each year uniting survivors, families, medical practitioners and runners in the fight against prostate cancer. Registration is \$25 per person. To register, visit www.run4yourlife.org or call 215-732-2300.

WHERE: Eakins Oval at the Philadelphia Museum of Art

**26TH STREET AND
BENJAMIN FRANKLIN PARKWAY**

Philadelphia, PA

WHEN: Sunday, June 20, 2010

8:00 AM - Opening Ceremony 8:00 AM

8:30 AM - 5K Run begins

8:40 AM - 5K Walk begins

8:45 AM - 1 Mile Fun Walk begins

WHY: Each year, over 200,000 American men will be diagnosed with prostate cancer and an estimated 29,000 will lose their battles with the disease. To increase awareness and raise funds to combat prostate cancer, Prostate Health International, a division of the Foundation for Breast and Prostate Health, hosts the annual "Gary Papa Run 4 Your Life" each Father's Day. Last year's prostate run raised over \$200,000 for research, prevention education and free prostate screenings, which was double the funds raised in 2008. For more information about Prostate Health International and the Foundation for Breast and Prostate Health, please visit www.fbph.com.