

January & February 2008

January 5

Freezing Cold Hash Run, Road/trail, 4-6 mi. , Time: 10am, Place: Edison, NJ, Phone: 732-572-0500, Email: kenvnjaws@verizon.net
Website: www.njlaws.com/
FREEZING_COLD_HASH_RUN.htm

January 7

Not On Tobacco (N.O.T): Quit smoking! This is Main Line Health's free program designed to help teens quit smoking or reduce the number of cigarettes smoked daily, offered Jan. 7, 8, 11, 14, 15, 18, 21 and 22. Call to register. Time: 3-4pm
Place: Paoli Hospital, Paoli, PA Phone: 1-866-CALL-MLH

February 2

Athlete's Closet Winter Series, Road/ Trail 5k., Time: 9:30am
Place: West Chester, PA, Website: www.athletescloset.com

York Road Runners Winter Series #4, Road/Trail 8k, 1-mi. fun run.Place: Accomac, PA

Cross-Country Skiing, Time: 10-11:30am, Place: Presque Isle State Park, PA, Website: www.dcnr.state.pa.us
Phone: 814-833-7424

Guided Cross-Country Skiing, Time: 1-2:30pm, Place: Presque Isle State Park, PA, Phone: 814-833-7424
Website: www.dcnr.state.pa.us

2nd Annual Snow/Winter Festival, Time: Noon-4pm, Place: Bendigo State Park, PA Website: www.dcnr.state.pa.us

Saturday Morning Bird Walk, Hiking/ backpacking/birding, Time: 7-9am, Place: Churchville, PA, Phone: 215-357-4005

Email: churchvillanaturecenter@co.bucks.pa.us,
Website: www.churchvillanaturecenter.org

February 3

Browning Ross Winter Series 5k, Road/ trail running, Time: 1pm
Place: Glassboro, NJ, Phone: 856-904-3543
Email: tiffgangrunning@yahoo.com
Website: www.geocities.com/
tuffgangrunning/BR_Winter_2008.html

February 9

Guided Snowshoeing, Time: 1-2:30pm
Place: Presque Isle State Park, PA, Phone: 814-833-7424
Website: www.dcnr.state.pa.us

Saturday Morning Bird Walk, Hiking/

backpacking/birding, Time: 7-9am,
Place: Churchville, PA, Phone: 215-357-4005
Email: churchvillanaturecenter@co.bucks.pa.us
Website: www.churchvillanaturecenter.org

FEEL the LOVE 5K, Road/trail running, Time: 2:30pm, Place: Bryn Mawr, PA, Phone: 610-527-5510
Email: runbrynmawr@hotmail.com
Website: www.runtheday.com

February 10

DVOA Orienteering, Place: Nockamixon State Park, Bucks County, PA

Snowfest 2008 , Time: Noon-4pm, Place: R.B. Winter State Park, PA
Phone: 570-966-1455 Website: www.dcnr.state.pa.us

Browning Ross Winter Series 5k, Road/ trail running, Time: 1pm
Place: Glassboro, NJ, Phone: 856-904-3543

Email: tiffgangrunning@yahoo.com
Website: www.geocities.com/
tuffgangrunning/BR_Winter_2008.html

Snowfest Trail Run , Road/trail running, 3.5 mi. , Time: 1pm
Place: Mifflinburg, PA. Email: wkwarren@ptd.net
Website: www.midpenntailblazers.com

Basics of Land Navigation Class, Hiking/ backpacking, Time: 7pm
Place: REI, Conshohocken, PA, Phone: 610-940-0809

Email: outdoorschoolphiladelphiamarket@rei.com
Website: www.rei.com/outdoorschool

February 16

Frostbite 5-Miler , Road/trail running, Place: Ambler, PA

Winter Pickle Run Series, Road/trail running. Time: 10am
Place: Ridley Creek State Park, PA. Phone: 610-328-3979

Email: Tim@runtheday.com
Climb the Tower, Walking 50 stories!
Time: 8:30am, Place: Philadelphia, PA
Phone: 610-941-9595, ext. 104, Email: Mmelcher@lunginfo.org

Winterfest 2008, Time: 9am-3pm, Place: Hills Creek State Park, PA
Phone: 570-724-4246, Email: hillscreeksp@state.pa.us
Website: www.dcnr.state.pa.us

Winter on the Mountain Festival, Time: 10am, Place: Laurel Hill State Park, PA, Phone: 814-352-8649 Website: www.

dcnr.state.pa.us

Cross-Country Skiing 101, Time: 10-11:30am, Place: Presque Isle State Park, PA, Phone: 814-833-7424
Website: www.dcnr.state.pa.us

Snowman in the Forest Day, Time: 10am-3pm, Place: Cook Forest State Park, PA, Phone: 814-752-2393,
Website: www.dcnr.state.pa.us

Guided Cross-Country Skiing, Time: 1-2:30pm, Place: Presque Isle State Park, PA, Phone: 814-833-7424
Website: www.dcnr.state.pa.us

Saturday Morning Bird Walk, Hiking/ backpacking/birding., Time: 7-9am Place: Churchville, PA, Phone: 215-357-4005
Email: churchvillanaturecenter@co.bucks.pa.us
Website: www.churchvillanaturecenter.org

February 17

5th Annual Ugly Mudder, Road/trail running, 7.25 mi., Time: 10am
Place: Reading, PA, Phone: 610-779-2668, Email: rhormpcs@aol.com

Website: www.pretzelcitysports.com
Frozen Foot Winter Series #2, Road/trail running 5k., Time: 2pm
Place: Elizabethtown, PA, Email: racedirector@appliedracemgmt.com
Website: www.frozenfoot.com

Browning Ross Winter Series 5k, Road/ trail running, Time: 1pm
Place: Glassboro, NJ, Phone: 856-904-3543
Email: tiffgangrunning@yahoo.com
Website: www.geocities.com/
tuffgangrunning/BR_Winter_2008.html

February 22

Full Moon Hike, Time: 7:30-9pm, Place: Salt Springs State Park, PA
Phone: 570-967-7275, Website: www.dcnr.state.pa.us

February 23

DVOA Orienteering, Place: Nolde Forest Environmental Education Center, Berks County, PA, Phone: 610-792-0502, Email: frankdvoa@aol.com

Guided Snowshoeing, Time: 1-2:30pm, Place: Presque Isle State Park, PA
Phone: 814-833-7424
Website: www.dcnr.state.pa.us

Saturday Morning Bird Walk, Hiking/ backpacking/birding, Time: 7-9am
Place: Churchville, PA, Phone: 215-357-4005
Email: churchvillanaturecenter@

co.bucks.pa.us

Website: www.churchvillanaturecenter.org

February 24

Browning Ross Winter Series 5k-Glassboro 10M & 5k, Road/trail running., Time: 1pm, Place: Glassboro, NJ, Email: tiffgangrunning@yahoo.com
Website: www.geocities.com/
tuffgangrunning/BR_Winter_2008.html
Phone: 856-904-3543

March 1

SmokeFREE: Quit smoking!, This is Main Line Health's free adult quit-smoking program offered March 1, 8, 15, 22, 29 and April 5. Call to register.
Time: 10am to noon , Place: Brandywine YMCA, 295 Hurley Road, Coatesville, PA, Phone: 1-866-CALL-MLH

March 3

Not On Tobacco (N.O.T.): Quit smoking!, This is Main Line Health's free program designed to help teens quit smoking or reduce the number of cigarettes smoked daily, offered March 3, 4, 7, 10, 11, 14, 17 and 18. Call to register. Time: 3pm to 4pm, Place: Paoli Hospital, Paoli, PA 1-866-CALL-MLH

April 26

Lenape Survival Challenge, A unique two person team event that begins with a 4.5 mile run through scenic rolling hills, followed by a .5-mile run/climb up Spring Mountain, finishing with a 2.5-mile canoe race to the finish.

Time: 9:30am, Place: Perkiomen Watershed Conservancy, 1 Skippack Pike, Schwenksville, PA, Phone: 610-287-9383

Email: lthorning@perkiomen watershed.org
Website: www.perkiomenwatershed.org

Teal Ribbon 5k, The Sandy Rollman Ovarian Cancer Foundation welcomes casual and competitive athletes to get off the couch and grab those running shoes... The Run/Walk will be a "Pure Philly" event with course entertainment by the Mummies, Philadelphia Historical Characters and the Eagles cheerleaders. Participants will receive a T-shirt and post race refreshments. Place and Time: The 5k run will commence at the Carousel House of Fairmount Park, Philadelphia, PA at 9am. , Cost: \$20. Race-day registration begins at 7:30am inside the Carousel House for \$25.