

**Nov. 4****Free to Breathe Lung Cancer 5K**

The Free to Breathe Lung Cancer 5K and 1-mile walk returns to Philadelphia to raise awareness and funds for lung cancer. Sponsored by the National Lung Cancer Partnership, proceeds will benefit lung-cancer research, education and awareness programs. Participants will receive a T-shirt and goodie bag.

Times: registration open 6:30am, 5K run 8:30am, 5K and 1-mile walks 8:35 am

Place: Fairmount Park at Lloyd Hall, Kelly and Sedgley Drives, Philadelphia, PA

Cost: \$25 on site on race day  
Web: Please visit [www.freetobreathe.org](http://www.freetobreathe.org) for ticket-ordering information.

**Transitions Autumn Fest 5k Run/Walk**

Time: 9am

Place: Washington, NJ

Phone: 908-835-2624

Email: [transitions@norwescap.org](mailto:transitions@norwescap.org)

**Cooper-Amerihealth Bridge Challenge**

10K, 2-mile bridge walk.

Time: 8:30am

Place: Camden, NJ

Phone: 856-933-3725

Email: [events@larcschool.org](mailto:events@larcschool.org)

**3rd Annual Run with the Vikings**

5K -Road/trail running, 1 mi., 5K.

Time: 10am

Place: South Brunswick, NJ

Phone: 732-940-3111

Email: [ggcfsafe@comcast.net](mailto:ggcfsafe@comcast.net)

Web: [www.rwtv5k.com](http://www.rwtv5k.com)

**Nov. 10****Tryad Adventure Challenge #9 Adventure**

racing/adventure sports, 15 mi.

Time: 9:30am

Place: Pennypack Park, PA

Email: [dan@tryad-pt.com](mailto:dan@tryad-pt.com)

Web: [www.tryad-pt.com](http://www.tryad-pt.com)

**Intro to Outdoor Rock Climbing**

Rock/ice climbing.

Time: 10am-3pm

Place: High Rocks, PA

Phone: 215-230-9085

Email: [info@doylestownrockgym.com](mailto:info@doylestownrockgym.com)

Web: [www.doylestownrockgym.com](http://www.doylestownrockgym.com)

**Beacon Cyclocross featuring the Amphitheater of Pain**

Mountain and cross cycling.

Place: Bridgeton, NJ

Web: [www.midatlanticcross.info](http://www.midatlanticcross.info)

**Philadelphia Frostbite Regatta**

Paddle sports (kayaking/canoeing/rowing/rafting).

Place: Philadelphia, PA.

Web: [www.boathouserow.org](http://www.boathouserow.org)

**12th Annual 5K Turkey Trot Run**

Road/trail running, 5K, 1 mi.

Time: 9:30am

Place: Somerset, NJ

Phone: 732-381-0318

Email: [mzrace@oymp.net](mailto:mzrace@oymp.net)

Web: [www.oymp.net](http://www.oymp.net)

**Nov. 11****HPCX Cyclocross**

Mountain and cross cycling.

Place: Highland Park or Jamesburg, NJ

Web: [www.midatlanticcross.info](http://www.midatlanticcross.info)

**DVOA Orienteering at Ridley Creek State Park**

Time: 10am-1pm

Place: Media, PA

Phone: 610-792-0502

Web: [www.dvoa.org](http://www.dvoa.org)

**Bill Braxton Memorial Regatta**

Paddle sports (kayaking/canoeing/rowing/rafting).

Place: Philadelphia, PA

Web: [www.boathouserow.org](http://www.boathouserow.org)

**World Run Day 2007**

Road/trail running.

Time: All day.

Place: Worldwide.

Email: [runday2007@yahoo.com](mailto:runday2007@yahoo.com)

Web: [www.runday.com](http://www.runday.com)

**South Mt. 10 Miler & 5K.**

Road/trail running.

Place: Hellertown, PA

Web: [www.lvrr.org](http://www.lvrr.org)

**Trimax French Creek Fall Run**

Road/trail running, 5 mi., 10 mi.

Time: 9am

Place: French Creek State Park, Elverson, PA

Email: [john@trimaxendurancesports.com](mailto:john@trimaxendurancesports.com)

Web: [www.trimaxendurancesports.com](http://www.trimaxendurancesports.com)

**Nov. 12****Roman Run**

Road/trail running, 5k.

Time: 9am

Place: Kelly Drive/Lloyd Hall, Philadelphia, PA

Phone: 215-627-5487

Email: [bmahon@cahillite.com](mailto:bmahon@cahillite.com)

Web: [www.rchsalumni.org](http://www.rchsalumni.org)

**Nov. 17****The Goodwill 5000**

Road/trail running, 5K, 1 mi.

Time: 8:30am

Place: Montclair, NJ

Phone: 732-381-0318

Email: [mzrace@oymp.net](mailto:mzrace@oymp.net)

Web: [www.oymp.net](http://www.oymp.net)

**Nov. 17-18****US Grand Prix of Cyclocross**

Mountain and cross cycling.

Place: West Windsor, NJ

Web: [www.usgpcyclocross.com](http://www.usgpcyclocross.com)

**Nov. 18****DVOA Orienteering at Hickory Run State Park.**

Time: 10am-1pm

Place: White Haven, PA

Phone: 610-792-0502

Web: [www.dvoa.org](http://www.dvoa.org)

**Muhlenberg Turkey Trot**

Road/trail running, 10K, 2-mile.

Time: 11am

Place: Laurel Run Park, PA

Phone: 610-929-1503

Email: [karen@muhlenbergtwp.com](mailto:karen@muhlenbergtwp.com)

Web: [www.muhlenbergtwp.com](http://www.muhlenbergtwp.com)

**Nov. 22****Abington YMCA Gobble Wobble 5K**

Road/trail running.

Time: 9am

Place: Abington, PA

Phone: 215-884-9622 x1840

Email: [bkenas@philaymca.org](mailto:bkenas@philaymca.org)

Web: [www.abingtonymca.org](http://www.abingtonymca.org)

**Schuylkill Navy Run**

Road/trail running, 56 mi.

Place: Philadelphia, PA

Web: [www.boathouserow.org](http://www.boathouserow.org)

**Ashenfelter 8K Classic**

Road/trail running, 8K, 1 mi.

Time: 9am

Place: Glen Ridge, NJ

Phone: 732-381-0318

Email: [mzrace@oymp.net](mailto:mzrace@oymp.net)

Web: [www.oymp.net](http://www.oymp.net)

**Nov. 23****Jolly Holly 5K Run**

Road/trail running, 5K, 1-mi Fun Run.

Time: 5pm

Place: Jaycee Plaza, Millville, NJ

Phone: 856-696-3924

Web: [www.lin-mark.com](http://www.lin-mark.com)

**Nov. 24****Turkey Trot**

Road/trail running, 5, 2 mi.

Time: 8am

Place: Hollidaysburg Area

YMCA, PA

Phone: 814-695-4467

Email:

[LaurandT@hollidaysburgareaymca.org](mailto:LaurandT@hollidaysburgareaymca.org)

**Atlantic City Rescue Mission**

Road/trail running, 5 mi, 5k, 1 mi.

Time: 10am

Place: Birch Grove Park,

Northfield, NJ

Phone: 609-287-6212

Email: [jaque61@aol.com](mailto:jaque61@aol.com)

**Nov. 25****Dirty Bird 15k Trail Run**

Road/trail running

Time: 10am

Place: Morgantown, PA

Phone: 610-779-2668

Email: [rhornpcs@aol.com](mailto:rhornpcs@aol.com)

Web: [www.pretzelcitysports.com](http://www.pretzelcitysports.com)

**Navesink Challenge**

Road/trail running, 15K run, 5K

run/walk.

Time: 10am 15K, 10:10am 5K

Place: Bodman Park, Middletown,

NJ

Phone: 732-542-6090

Email: [DRZurheide@aol.com](mailto:DRZurheide@aol.com)

Web: [www.jsrc.org](http://www.jsrc.org)

**Wildflower Walks**

Take a pleasant walk in search of late-season bloomers and seedheads in Tyler's meadows and woodlands. Insect repellent is advised. Free with admission; no pre-registration is required. Call for information, or visit [www.tylerarboretum.org](http://www.tylerarboretum.org).

Time: Sundays, 1:30-3:30pm;

Wednesdays, 11am-1pm

Place: Tyler Arboretum, 515

Painter Road, Media, PA

Phone: 610-366-9134, ext. 212

**Fall Bird Walks**

Every Wednesday morning join Tyler's birders and search for fall migrants and winter residents. Birders of all levels of experience are welcome. Bring bird guides and binoculars and wear comfortable walking shoes. Insect repellent is advised. Free with admission; no pre-registration is required.

Time: Wednesdays,

8:15-10:15am

Place: Tyler Arboretum, 515

Painter Road, Media, PA

Phone: 610-366-9134, ext. 212

Web: [www.tylerarboretum.org](http://www.tylerarboretum.org)

**Dec. 1**  
**Tryad Adventure Challenge #10**  
 Adventureracing/adventure sports, 15 mi.  
 Time: 9:30am  
 Place: To be determined  
 Email: dan@tryad-pt.com  
 Web: www.tryad-pt.com

Mike Hebe's Carlisle Classic Cross Mountain and cross cycling  
 Place: Carlisle, PA  
 Web: www.midatlanticcross.info

**Dec. 2**  
**Brian's Run**  
 Road/trail running 10k, 5k, 1 mi runs.  
 Time: 11am start  
 Place: West Chester, PA  
 Email: dholland@all4inc.com  
 Web: www.briansrun.org

**Dec. 8**  
**Alice's Run and Walk**  
 Road/trail running 5k.  
 Time: 1pm  
 Place: Coatesville, PA  
 Phone: 610-643-9622 x102  
 Email: jgiardina@ymcabwv.org  
 Web: www.ymcabwv.org

**Dec. 9**  
**18th Annual Jingle Bell Run 5K**  
 Road/trail running, 3.1 mi.  
 Place: Malvern, PA  
 Phone: 215-574-3060  
 Email: clutz@arthritis.org  
 Web: www.arthritis.org

**Athlete's Closet Winter Series**  
 Road/trail running 5K  
 Place: West Chester, PA  
 Phone: 610-692-4922  
 Email: info@athletescloset.net

**Ongoing**  
 Eastern Pennsylvania Ski Council  
 Website: <http://www.easternpaski-council.org/>

**Sunday Morning Mountain Bike Rides**  
 Time: 9am  
 Place: Valley Green Inn in the Wissahickon Park, Philadelphia, PA  
 Phone: 215-885-7433  
 Email: salesstaff@keswickcycle.com  
 Web: www.keswickcycle.com

**Coed Adult Sports Leagues**  
 Evenings and weekends.  
 Place: Philadelphia, PA  
 Phone: 215-483-9340  
 Web: www.phillysportandsocialclubs.com

**Philly Bike Club Rides**  
 Website: www.phillybikeclub.org  
 Sunday B Ramble (Class B)  
 Cycling -- Road 40 mi. Noon.  
 Philadelphia, PA.  
 Sunday Morning Breakfast Ride  
 Cycling -- Road up to 30 mi.  
 8:45am. Philadelphia, PA.  
 Sunny Sunday Spin-Off Ride.  
 Cycling -- Road 25-30 mi. Level:  
 A. 12:15pm. Philadelphia, PA.

**Wissahickon Wanderers Fun Runs**  
 Running -- Road/Trail 4-5 mi.  
 Dates and Times: Th., 6:30pm;  
 Sat., 8am  
 Place: Valley Green Inn,  
 Wissahickon, PA

**Wissahickon Wanderers Loop Runs**  
 Running -- Road/Trail 8.4 mi.  
 Date and Time: Mon., 6:30pm  
 Place: Lloyd Hall, Philadelphia, PA

**Weekly Training Sessions**  
 Road/trail running. 4-18 mi.  
 Date and Time: Tu., 6pm; Wed.,  
 6:30pm; Sat., 8am.  
 Place: CCRS, West Chester, PA  
 Phone: 610-696-0115  
 Website: www.runccrs.com

**Delco Road Running Club**  
 The club has these ongoing weekly fun runs/walks:  
 Harris Elementary School, Col-  
 lingsdale, PA. Saturdays, 9am.  
 Media Community Center, Me-  
 dia, PA. Saturdays, 9am.  
 Springfield Library, Springfield, PA.  
 Sundays, 7:30am, 9am.  
 Ridley Area YMCA, Secane, PA.  
 Mondays, 6:30pm.  
 Springfield Library, Springfield, PA.  
 Tuesdays, 6:30pm.  
 Swarthmore Presbyterian Church,  
 Swarthmore, PA. Wednesdays,  
 6:30pm.  
 Springfield Library, Springfield, PA.  
 Thursdays, 6:30pm.  
 Phone: Jason Sevik,  
 610-476-3722  
 Address: Delco Road Running  
 Club, P.O. Box 1811, Media, PA  
 19063  
 Email: info@delcorr.org  
 Website: <http://www.delcorr.org>

**Bicycle Coalition Volunteer Night**  
 Date and Time: 6-8pm, 2nd  
 Tuesdays  
 Place: Philadelphia, PA  
 Phone: 215-BICYCLE

Email: info@bicyclecoalition.org  
 Website: www.bicyclecoalition.org

**DV Mountain Bike Patrol Bike Trail Repair**  
 Date and Time: 4th Saturday of  
 the month, 10am-midday  
 Place: Philadelphia, PA  
 Phone: 215-991-3272  
 Website: www.fow.org

**Wissahickon Gorge Night Hikes**  
 Appalachian Mountain Club, 6-7  
 miles, fast pace.  
 Date and Time: Mondays,  
 6:30pm  
 Place: Meet at Valley Green Inn,  
 Fairmount Park, Philadelphia, PA  
 Phone: 610-667-1144  
 Email: pauld@worldlynx.net

**Wissahickon Wanderers Trail Run**  
 4-5 miles.  
 Date and Time: Every Thursday,  
 6:30pm  
 Place: Start at Valley Green, Fair-  
 mount Park, Philadelphia, PA  
 Phone: 215-849-9080  
 Website:  
 www.wanderersrunningclub.org

**Walk for Hydrocephalus Awareness**  
 Sunday, November 4, 2007  
 9:00 am  
 Norristown Farm Park  
 610-764-7720

Team Hydrocephalus Philadel-  
 phia, PA 2007, together with  
 the Hydrocephalus Association,  
 proudly announce the 3rd Annual  
 "Catch the Wave of Awareness"  
 7K Run ~ 2.5M Walk, at the  
 Norristown Farm Park, Sunday,  
 November 4, 2007. This event is  
 in memory of Dr. Samuel Neff,  
 a pediatric neurosurgeon who  
 dedicated his career to improv-  
 ing life with hydrocephalus and  
 in honor of two children living with  
 hydrocephalus, Nicholas Rambo  
 age 16 and Emma Godlewski  
 age 10.

NBC10 New team reporter  
 Deanna Durante, is the Honorary  
 Chair and Emcee for this year's  
 TEAM event and will present U.S.  
 Rep. Jim Gerlach with the "2007  
 Catch the Wave of Awareness  
 Award for Congressional Support".  
 Other invited speakers include  
 Governor Rendell, and U.S. Sena-  
 tor Arlen Specter.

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