

**March 4****Cooper River and Adjoining Parks Hike Hiking/backpacking 6 mi.**

Time: 8am  
Place: Cherry Hill, NJ  
Contact: 856-662-4012  
Website: www.ocsj.org

**Social Hike and Birthday Brunch Hiking/backpacking 5 mi.**

Time: 9am  
Place: Hammonton, NJ  
Contact: 609-462-3593  
Website: www.ocsj.org

**NorthEast Road Runners Winter 10K Running: road/trail.**

Time: 10am start  
Place: Kelly Drive, Philadelphia, PA  
Contact: 215-624-6715  
Website: www.nerrc.net

**March 5****SmokeFREE Quit-Smoking Class for Adults**

These free classes are held on March 5, 7, 12, 14, 19 and 21.  
Time: 6-8pm  
Place: Paoli Hospital, Paoli Room, Paoli, PA  
Contact: 610-560-8028 or 610-648-1689

**March 7****Palmyra Nature Center Hike Hiking/backpacking 6-7 mi.**

Time: 10am  
Place: Palmyra, NJ  
Contact: 856-662-4012  
Website: www.ocsj.org

**March 8****A Wellness Event for Women**

Main Line Health's Women's Health Source invites you to an evening of high-energy and high-impact strategies for your cardiac health, orthopedic fitness and overall well-being. Enjoy a healthful light dinner, a night of festivities, an opportunity to win exciting prizes, and a preview of the new Health Center, which will be opening in summer 2007. Fee is \$15/person, \$10/WHS members. Call to register.  
Time: 6-9pm  
Place: Ellis Athletic Center, 3819 West Chester Pike, Newtown Square, PA  
Contact: 1-888-876-8764

**March 9****SmokeFREE Quit-Smoking Class for Adults**

These free classes are held on March 9, 16, 23, 30, April 6 and 13. Call for information.  
Time: 10am-noon  
Place: Paoli Hospital, Malvern Room, Paoli, PA  
Contact: 610-560-8028 or 610-648-1689

**March 10-April 28****Playball**

Playball is a formalized, age-specific program designed to introduce sports development from a holistic approach. Participants will progress from an informal introduction to ball and motor skills, to more structured sports participation. The program utilizes sports equipment that has been specifically designed for each specific age group. Teaching is done in a very positive, energetic, happy environment. No child is ever put

under pressure to achieve. Each child is made to feel very special and they all feel recognized and part of the Playball team. Please bring a bottled water with name and phone number clearly labeled. Cost is \$69 per player.

Times: Session I: 10-10:45am age 3 only; Session II: 11-11:45am age 4 only; Session III: noon-12:45pm age 5 only. No program March 31 or April 7.  
Place: Wayne Elementary School Gymnasium, Wayne, PA. Please park in the parking lot off Maplewood Road and enter the school through the back gymnasium entrance.  
Contact: Radnor Township Parks and Recreation, 610-688-5600  
Website: www.usaplayball.com

**March 11****Ski Trip to Snow Mountain (Montage) One-day bus trip. In-store registration only.**

Time: 6am  
Contact: 856-424-5969  
Website: www.dandq.com

**Batona Trail Maintenance Hiking/Backpacking 6-8 mi.**

Time: 9:30am  
Place: Burlington County, NJ  
Contact: 856-983-9076  
Website: www.ocsj.org

**Daylight Savings Time Hike Hiking/backpacking 8-9 mi.**

Time: 10am  
Place: Burlington County, NJ  
Contact: 856-468-4849  
Website: www.ocsj.org

**Orienteering at Valley Forge**

See website for schedule.  
Place: Valley Forge-Mt. Joy, PA  
Contact: 610-792-0502  
Website: www.dvoa.org

**March 14****Ski Trip to Hunter Mountain**

One-day bus trip. In-store registration only.  
Time: 5:30am  
Contact: 856-424-5969  
Website: www.dandq.com

**March 17****Irish Memorial 5K Run**

Time: 8:30am  
Place: Philadelphia, PA  
Website: www.irishmemorial.org

**Holistic Living Expo**

Time: 10am-6pm  
Place: Middle Bucks Institute of Technology, 2740 Old York Road, Jamison, PA  
Contact: Dr. Karen McGlynn  
215-491-7533  
Email: info@klmclglynndc.com  
Website: www.holisticlivingexpo.org

**Trimax St. Patty's Scramble Trail Run**

Place: Blue Marsh Lake Recreation Area, Leesport, PA  
Website: www.trimaxendurancesports.com

**March 18****Leprechaun Leap Road/Trail 5K**

Time: 11:30am reg., 1pm start  
Place: ITC, Mount Olive, NJ  
Contact: 973-347-3088  
Email: laurabartus@itcaevents.org  
Website: www.itcaevents.org

**Ski Trip to Windham, NY**

One-day bus trip. In-store registration only.  
Time: 5:30am  
Contact: 856-424-5969  
Website: www.dandq.com

**March 20****Canoe/Kayak the N. Branch Rancocas Paddle sports**

(kayaking/canoeing/rowing/rafting) 10 mi.  
Time: 10am  
Place: Burlington County C.C., NJ  
Contact: 609-259-3734  
Website: www.ocsj.org

**March 21****Rails to Trails Hike Hiking/backpacking 8-9 mi.**

Time: 9am  
Place: Meet in Pennsauken, NJ  
Contact: 856-662-4012  
Website: www.ocsj.org

**Red, White and Pink Hike Hiking/backpacking 11 mi.**

Time: 10am  
Place: Burlington County, NJ  
Contact: 609-801-1168  
Website: www.ocsj.org

**March 24****Greater Philadelphia Women's Wellness Expo**

The day will include numerous health screenings, exhibitors, and a variety of workshops related to women's wellness, and activities that give women the information they need to take charge of their lives.  
Time: 10am-4pm  
Place: Hilton, City Avenue, Philadelphia, PA  
Email: info@lifetimeexpos.com  
Website: www.lifetimeexpos.com

**Free Basic Bicycle Maintenance Class**

Time: 10am  
Place: Feasterville, PA  
Website: www.guysbicycles.com

**March 25****Canoe/Kayak the Wading River**

Paddle sports (kayaking/canoeing/rowing/rafting) 9+ mi.  
Time: 10am  
Place: Contact leader for meeting place  
Contact: 609-259-3734  
Website: www.ocsj.org

**Sunshine Run**

Road/trail running 5k, 1 mi.  
Time: 8am  
Place: Brookhaven, PA  
Contact: 610-328-3979  
Website: www.runtheday.com

**March 26****Palmyra Cove Nature Park Hike Hiking/backpacking 5-6 mi.**

Time: 10am  
Place: Palmyra, NJ  
Contact: 856-983-9076  
Website: www.ocsj.org

**March 28****Advanced Lead Clinic Rock/ice climbing**

Place: Philadelphia, PA  
Contact: 215-928-1800  
Website: www.govertical.com

**Two Rivers Hike Hiking/backpacking 9-10 mi.**

Time: 10am  
Place: Hammonton/Greenbank, NJ  
Contact: 856-767-8064  
Website: www.ocsj.org

**March 30-April 1****Triathlon Boot Camp -- Experienced**

Multi-sport (duathlon/triathlon)  
Place: Chester County, PA  
Contact: 610-644-0440  
Email: info@midatlanticmultisport.com  
Website: www.midatlanticmultisport.com

**March 31****City Six Charity 5K**

Road/trail running  
Place: Kelly Drive/Lloyd Hall, Philadelphia, PA  
Contact: 215-895-2025  
Email: des26@drexel.edu  
Website: www.phillycity6.com

**East of Carranza Hike Hiking/backpacking 10+ mi.**

Time: 10am  
Place: Burlington County, NJ  
Contact: 856-783-8329  
Website: www.ocsj.org

**Oddman 135 Mountain Bike Duathlon 5 kr, 10 mb, 5kr.**

Time: 9:30am reg.  
Place: Medford, NJ  
Contact: 856-429-4464  
Website: www.oddman135.com

**Canoe/Kayak the Oswego River**

Time: 10am  
Place: Contact leader for meeting place.  
Contact: 856-767-2780  
Website: www.ocsj.org

**Camp Kettle Run 5K Run and 1 Mile Walk Road/trail running**

Time: 9am  
Place: Medford, NJ  
Website: http://home.comcast.net/~pinelandstriders/index.html

**March 31-April 1****5th Annual Philadelphia 2-Day Cycling Classic**

Road cycling.  
Place: Philadelphia, PA  
Contact: 215-293-5414  
Website: www.phillyracing.org

**April 1****Kevin Cain Make My Day 5k Road/trail running.**

Time: 3pm  
Place: Havertown, PA  
Website: www.runtheday.com

**April 1-Oct. 29****Trips for Kids Philadelphia Cycling, mountain and cross.**

Time: 9:30m-1pm  
Place: Valley Green, Wissahickon, PA  
Contact: 610-260-0977  
Email: david.haberstroh@verizon.net  
Website: www.tripsforkidsphilly.org

**April 2-23****4-Part Climbing Clinic Rock/ice climbing**

Date: Mondays  
Place: Philadelphia, PA  
Contact: 215-928-1800  
Website: www.govertical.com

## April 7

### Tryad Adventure Challenge 3 Adventure racing/adventure sports 15 mi.

Time: 9am  
Place: Pennypack Park, PA  
Email: dan@tryad-pt.com  
Website: www.tryad-pt.com

### Tyler Arboretum 10K Road/trail running.

Time: 9am  
Place: Tyler Arboretum, Media, PA  
Contact: 610-459-2764  
Email: christopher\_earley@yahoo.com  
Website: www.delcorrc.org

### Wanderers One Mile Race Road/trail running.

Time: 11am  
Place: Chestnut Hill Academy, Philadelphia, PA  
Contact: 215-849-9080  
Email: dgordon95@comcast.net  
Website: www.wanderersrunningclub.org

### Butterfly Run Road/trail 5K, 1 Mi.

Time: 9am  
Place: Great Valley High School, Malvern, PA  
Contact: 610-296-3387  
Website: www.lbrun.org

### Collegeville Run Around 5K Road/trail running

Time: 9am  
Place: Perkiomen Valley High School, Collegeville, PA  
Contact: 610-766-0518  
Website: www.runtheday.com

## April 7-8

### 5th Annual Philadelphia 2-Day Road cycling.

Place: Philadelphia, PA  
Email: phillyciclismo@hotmail.com  
Website: www.phillyracing.org

## April 14

### Spring Run at Kimberton Road/trail running, 5K, 1/2-mi. Kids' Run.

Time: 9am  
Place: Kimberton, PA  
Contact: 610-935-2346

### Ridley Challenge Road/trail running, 5K.

Time: 9am  
Place: Folsom, PA  
Website: www.runtheday.com

### St. Denis 5K Road/trail running.

Time: 3pm  
Place: Havertown, PA  
Contact: 610-789-4243  
Website: www.runtheday.com

## April 15

### OLMC Fit Fest 5K Road/trail running.

Time: 9am  
Place: Doylestown, PA  
Contact: 215-340-0737

## April 16

### Center City Squares Running Tour Road/trail running, 5 mi.

Time: 7am  
Place: Philadelphia, PA  
Email: gary.jastrzab@phila.gov

## April 21

### Learn orienteering

For all ages and a badge-earning opportunity for Boy and Girl Scouts.

Brought to you by the Delaware Valley Orienteering Association. Navigate the vast woods surrounding the Willows Park & Mansion in this exciting sport in which participants use an accurate, detailed map and a compass to find points in the landscape. Orienteering can be enjoyed as a hike through the woods or as a competitive sport. This non-competitive day will offer instruction on two courses -- one for youth/adult beginners and one for adult intermediate-level orienteers. If you are not bringing a large group, just show up!

Time: Saturday, April 21, 10am-1pm  
Place: The Willows, 490 Darby-Paoli Road, Villanova, PA. Please park in the parking lot near the Willows exit. Fee: \$5 per person and includes a map. Please inquire about special large group or scout rates.

Contact: Please notify the Radnor Township Parks & Recreation Office if you plan to attend this popular spring program with a large group by phone at 610-688-5600, ext. 141 or by email at tcohen@radnor.org.  
Website: For more information on orienteering, please contact the Delaware Valley Orienteering Association, on the Web at www.dvoa.us.orienteering.org.

### Bucks 5k Series: Fitness Center 5K Road/trail running.

Place: 847 Easton Road, Warrington, PA  
Website: www.bucks5kseries.com

### Clean Air Council 5K Run Road/trail running

Time: 9am  
Place: Philadelphia, PA  
Website: www.runtheday.com

## April 22

### Valley Forge Park 5-Mile Revolutionary Run

Enjoy the Valley Forge National Historical Park! Road/trail. 5-mi. run, 3-mi. walk.  
Time: 8:30am  
Place: Valley Forge Park, PA  
Contact: 610-834-1550  
Email: mayo@valleyforge.org  
Website: www.revolutionaryrun.org

### MS Walk at North Penn High School Walking 6 mi.

Time: 9am  
Place: Lansdale, PA  
Contact: 215-271-1500  
Email: amy.peters@pae.nmss.org  
Website: www.walk4ms.org

### MS Walk at Ridley Creek State Park. Walking 6 mi. Time: 9am

Place: Media, PA  
Contact: 215-271-1500  
Email: amy.peters@pae.nmss.org  
Website: www.walk4ms.org

### Taxing Metric Road cycling, 64, 32, 20 mi.

Time: 8:30am  
Place: Chester County, PA  
Website: www.brandywinebicycleclub.org

## April 25

### Advanced Lead Clinic Rock/ice climbing.

Place: Philadelphia, PA  
Contact: 215-928-1800  
Website: www.govertical.com

## April 26

### UCP Corporate Run/Walk Road/trail running, 5K.

Time: 7pm (warm-up 6:15pm)

Place: Eakins Oval/MLK Drive, Philadelphia, PA  
Contact: 215-242-4200  
Email: seucp@aol.com  
Website: www.ucpphila.org

## April 27

### Teal Ribbon 5K for Ovarian Cancer Road/trail running.

Time: 9am  
Place: Carousel House, Philadelphia, PA  
Contact: 610-446-2272  
Email: 5k@sandyovarian.org  
Website: www.sandyovarian.org

## April 28

### Lenape Survival Challenge

Adventure racing/adventur. Run 4.5 miles through the countryside of Schwenksville. Run/climb 1/2 mile up and down Spring Mountain. Canoe 2.5 miles down the Perkiomen Creek to the finish. 100 two-person teams (pre-registration required); male, female and mixed categories.  
Time: 9:30am  
Place: Perkiomen Watershed Conservancy, Schwenksville, PA  
Contact: 610-287-9383  
Email: lhorning@perkiomenwatershed.org  
Website: www.perkiomenwatershed.org

### The Narberth Run Road/trail running, 5 mi.

Time: 9am  
Place: Narberth, PA  
Email: info@narberthrun.com  
Website: www.narberthrun.com

### Mommy's Light Road/trail running, 5K, 1 mi. and Tot Trots.

Time: 9am  
Place: Eagleview Corporate Center, Exton, PA  
Contact: 610-458-7848  
Website: www.mommyslight.org

### Perkiomen Valley Strides for a Cure Road/trail running.

Time: 9am  
Place: Spring Mount, PA  
Contact: 610-248-8551

### Race Against Violence Road/trail running, 5K, 1 mi.

Time: 9am  
Place: West Chester, PA  
Contact: 610-692-1926

### Sandy Rollman 3rd Annual Teal Ribbon 5K Run/Walk to OverCome Ovarian Cancer

Road/trail running. 6ABC weather forecaster Cecily Tynan will emcee.  
Time: 9am  
Place: Carousel House of Fairmount Park, Philadelphia, PA  
Contact: 877-730-1100  
Website: www.runtheday.com

## April 28-29

### Greater Philadelphia Women's Wellness Expo

This two-day event caters to the mind, body and spirit to promote a healthier, happier and more balanced life. Features local and national exhibitors and speakers offering cutting-edge information and services.  
Times: 6-9pm April 28, 10am-5pm April 29  
Place: Fort Washington Expo Center, Fort Washington, PA  
E-mail: info@lifetlimeexpos.com  
Website: www.lifetlimeexpos.com

## April 29

### BuckFit 5K Run / 1K Walk

Time: 5K Run, 8:30am, 1K Walk, 9am  
Place: Northampton Township Municipal Park, Hatboro & Bristol Rds., Churchville, PA  
Contact: 215-357-6800, ext. 249  
Website: northamptonrec.com

### Harleysville Kids Triathlon and Duathlon

Multi-sport (duathlon/triathlon).  
Place: Harleysville, PA  
Website: www.piranha-sports.com

### Not Just a Walk in the Park Road/trail running, 5K Run and 2K Walk.

Time: 10am  
Place: West Chester, PA  
Contact: 215-972-5200

### Run for Dana Marie Road/trail running, 5K run and 1-mi. walk.

Time: 1pm  
Place: Phoenixville, PA  
Contact: 610-935-0911  
Website: www.runfordanamarie.com

## May 11-June 2

### Hike With Your Dog

Continue your relationship with your dog by hiking together! Journey with Kayla Western of Cardio Canine as you venture to various local parks for some physical exercise with your dog. Along the way, learn basic obedience and leash training tips. Great mental stimulation and socialization for your dog and for you too. Your best friend will thank you! No aggressive dogs please. Time: Saturdays, May 12 to June 2 (3 weeks). No program May 26 due to holiday weekend.

Place: First program will meet at the exit parking lot at the Willows, 490 Darby-Paoli Road, Villanova, PA. First hike will take place in Skunk Hollow Park, Radnor Townships, PA. Fee: \$55 per dog and owner  
Contact: 610-688-5600

## May 12

### Vanguard School 10K Race Challenge

The Vanguard School in Paoli, PA is a nonprofit special-education school. The age range for the kids is kindergarten through 21 years. Vanguard's student population is diverse, including children whose exceptionalities include emotional disturbance (SED), brain injury (TBI) and autism-spectrum disorders including pervasive developmental disorder (PDD) and Asperger syndrome. Times: registration 8-9am; race starts at 9am  
Place: The Vanguard School Campus, 1777 N. Valley Road, Paoli, PA  
Contact: 610-296-6700, ext. 180  
Email: stdeni@vanguardschool-pa.org  
Register online: www.vanguardschool-pa.org  
Click on Events, scroll to May and click on link

### SCU Quad County Metric Bicycle Ride

Starting from Green Lane Park, Deep Creek and Snyder Roads, Green Lane, PA 18054. Ride 21-76 miles on low-traffic back roads.  
Contact: Jack Elias, Suburban Cyclists Unlimited, 215-234-0170  
Website: http://www.suburbancyclists.org/