

MAY 2

RELAY FOR LIFE OF PHOENIXVILLE

Road/trail running.
Time: 6pm
Place: Phoenixville, PA
Web: www.relayforlife.org

RELAY FOR LIFE OF SOUTHERN CHESTER COUNTY

Road/trail running.
Time: 3pm
Place: Landenberg, PA
Web: www.relayforlife.org

MAY 3

URBANTREKKERS PEDAL FOR PROMISE 2008

Road cycling, 6-51 miles.
Time: Noon
Place: Glassboro, NJ
Web: www.urbantrekkers.org

DELCO SUICIDE PREVENTION 5K RUN/WALK

Time: 9:30am
Place: Ridley Creek State Park, PA
Phone: 610-558-8100, ext. 118
Email: ellen_chung@elwyn.org
Web: www.delcosuicideprevention.org

UNIVERSITY CITY 5K RUN

Time: 9am
Place: Drexel University, Philadelphia, PA
Phone: 215-895-2793
Email: rfk27@drexel.edu
Web: www.univcity5k.org

MAY 4

HIGH ROAD CYCLES TRANSITION CLINIC WITH TODD WILEY

Multi-sport (duathlon/triathlon).
Time: 8am-11pm
Place: Doylestown, PA
Email: nathanp@highroadcycles.com
Web: www.highroadcycles.com

BLUE CROSS BROAD STREET RUN

10 miles.
Time: 8:30am
Place: Philadelphia, PA
Email: bsrhelp@aim.com
Web: www.broadstreetrun.com

WALK MS: PHILADELPHIA

4, 6, 8 miles.
Time: 9am
Place: Philadelphia Art Museum, Philadelphia, PA
Phone: 1-800-883-WALK
Web: walk4MS.org

WALK MS: NEWTOWN

4, 8 miles.
Time: 9am
Place: Tyler State Park, PA
Phone: 1-800-883-WALK

Web: walk4MS.org

WALK MS: LANSDALE

6 miles.
Time: 9am
Place: North Penn High School, Lansdale, PA
Phone: 1-800-883-WALK
Web: walk4MS.org

WALK MS: MEDIA

6 miles.
Time: 9am
Place: Ridley Creek State Park, PA
Phone: 1-800-883-WALK
Web: walk4MS.org

WALK MS: VALLEY FORGE

5 miles.
Time: 9am
Place: Valley Forge, PA
Phone: 1-800-883-WALK
Web: walk4MS.org

MAY 7

TRAIL RUNNING SERIES #1 5K

Time: 7pm
Place: Pottstown, PA
Email: morrisd1@aol.com
Web: www.mid-atlanticevents.com/CCTrailReg.htm

MAY 9

RELAY FOR LIFE OF STRATH HAVEN ROAD/TRAIL RUNNING.

Time: 3pm
Place: Wallingford, PA
Web: www.relayforlife.org

RELAY FOR LIFE OF UPPER MERION

Road/trail running.
Time: 1pm
Place: King of Prussia, PA
Web: www.relayforlife.org

MAY 10

SCU QUAD COUNTY METRIC

Road cycling: 10-76 mi.
Time: 8am
Place: Green Lane, PA
Phone: 215-234-0170
Email: centuries@suburbancyclists.org
Web: www.suburbancyclists.org

SERTOMA STRUT

5k and Fun Run. Food, gift baskets and a mountain-bike giveaway for a worthy cause! The money goes to scholarships and aids for the hearing-impaired.
Time: Register 8:30-9:45am; race starts at 10:15; Fun Run starts at 9:30
Place: Central Park, Wells Road, Doylestown, PA
Phone: Doreen Vanselow, 610-847-2451
Email: dvansel@bucksu.org

Web: www.bucks5kseries.com

SUN WALK/5K RUN

Benefits the Melanoma International Foundation. Free screenings by dermatologists 9am-noon.
Time: Register 9am; start 10am
Place: Villanova University, Lancaster Avenue, Villanova, PA
Phone: 866-463-6663
Web: Register online at www.safefromthesun.org

2ND ANNUAL STUPPY 5K

Time: 9am
Place: Swarthmore College Track, PA
Phone: 610-544-4555
Email: vd.tcdn@gmail.com

RUN FOR ALD 5K

Place: Haddon Heights, NJ
Web: www.lmsports.com

MAY 10-OCT. 26

BUCKS COUNTY RIVER COUNTRY

Paddle sports (kayaking/canoeing/rowing/rafting).
Place: Point Pleasant, PA
Email: info@rivercountry.net
Web: www.rivercountry.net

MAY 17

GREAT URBAN RACE PHILADELPHIA

Time: Noon
Place: Philadelphia, PA
Phone: 800-487-6817
Email: info@greaturbanrace.com
Web: www.greaturbanrace.com

THE ROTARY 100 BIKE TOUR

25, 50, 64, 100 miles.
Place: Burlington, NJ
Phone: 609-234-7858
Email: rprinter@comcast.net
Web: www.rotaryburlington.org

PINE BARRENS SPRINT DISTANCE TRIATHLON

Time: 9am
Place: Atison Lake Recreation Area, Atison, NJ
Phone: 609-472-2261
Email: info@pinebarrenstri.org
Web: www.PineBarrensTri.org

PERKIOMEN VALLEY SOJOURN

Paddle sports (kayaking/canoeing/rowing/rafting).
Time: 9am-3pm
Place: Schwenksville, PA
Phone: 610-287-7401
Email: info@hiddenriveroutfitters.com
Web: www.hiddenriveroutfitters.com

INTRO TO CANOE

Place: Schuylkill River, Philadelphia, PA
Email: danayaks@yahoo.com
Web: www.philacanoe.org

BERWYN VICTORY 5K

Road/trail running.
Place: Berwyn, PA
Web: www.berwynveteransmemorial.com

KENNETT RUN 2008

Road/trail running 5k.
Time: 9am
Place: Kennett Square, PA
Phone: 302-651-8478
Web: www.kennettrun.net

ONS FOUNDATION 5K & 2.5K

Road/trail running.
Place: Philadelphia, PA
Web: www.ons.org

2ND ANNUAL BREAKNECK FIVE-MILER FOR FAS

Road/trail running.
Time: 9am
Place: Sewell, NJ

Phone: 856-285-6157
Web: www.raceforum.com

RELAY FOR LIFE

Road/trail running.
Time: 10am
Place: Downingtown, Malvern, Ambler, Collegeville, PA
Email: spressman@b-p.com (for Ambler)
Web: www.relayforlife.org

MAY 18

TRACEY BIRNHAK MEMORIAL 5K RUN & WALK

Cost: Race registration before May 13 will be \$20 and \$25 after, including the day of the run. Walkers, \$15.
Mail advance registrations to: Hero Run, Philadelphia Fire Department, 240 Spring Garden St., Philadelphia, PA 19123. Write checks to Hero Thrill Show Inc.
Time: register at 8:30am; start at 10am
Place: Memorial Hall, 42nd Street and Parkside Avenue, Philadelphia, PA
Phone: 215-686-1383
Web: www.herorun.org or www.wphl.com

GREATER PHILADELPHIA TOUR DE CURE

Road cycling.
Place: Warrington, PA
Phone: 1-888-DIABETES
Web: tour.diabetes.org

CHESTER COUNTY CHALLENGE FOR CANCER

Road cycling: 5, 10, 25, 50 or 63-mile loops.
Place: West Chester, PA
Web: www.cccride.com

BONKERS METRIC

Road cycling: 18, 35, 50 or 65 miles.
Place: Ridley Creek State Park, Media, PA
Web: www.dvbc.org

6TH ANNUAL YOGA UNITES FOR LIVING BEYOND BREAST CANCER

Time: 8am-noon
Place: Philadelphia, PA
Phone: 610-645-4567
Web: www.lbbc.org

BASIC RIVER CANOE

Place: Schuylkill River, Philadelphia, PA
Email: danayaks@yahoo.com
Web: www.philacanoe.org

PHILADELPHIA SPRING REGATTA CANOE AND KAYAK RACE

7 miles.
Time: Noon
Place: Philadelphia Canoe Club, Philadelphia, PA
Email: chairman@swanboat.org

22ND ANNUAL PHILADELPHIA VIETNAM MEMORIAL SOCIETY RUN

Road/trail running: 5, 10k; 3-mi. walk.
Time: 9am
Place: Philadelphia, PA
Phone: 856-461-6637
Email: williamcrean@comcast.net
Web: www.pvms646.org

Philadelphia Bar Association 5k Charity Run & Walk

Time: Noon
Place: Philadelphia, PA
Email: esmarzluf@crbcp.com

MAY 19

MAIN LINE CHAMBER FOUNDATION GOLF CLASSIC

All proceeds benefit the Chamber Foundation's scholarship fund for high-school students, volunteer firefighters, EMT and community projects.
Time: register at 10am; start at noon
Place: White Manor Country Club, 831 Providence Road, Malvern, PA
Phone: 610-637-6232
Web: www.mlcc.org

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MAY 21

LIBERTY 3M 5K

Road/trail running.
Place: Marlon, NJ
Web: www.lmsports.com

CHESTER COUNTY TRAIL RUNNING SERIES #2

Road/trail running 5k
Time: 7pm
Place: Wagontown, PA
Email: morrisd1@aol.com
Web: www.mid-atlanticevents.com/CCTrailReg.htm

MAY 21-MAY 23

EXECUTIVE WOMEN'S PROGRAM

Paddle sports (kayaking/canoeing/rowing/rafting).
Place: Exton, PA
Phone: 610-287-7401
Email: info@hiddenriveroutfitters.com
Web: www.hiddenriveroutfitters.com

MAY 24

HAMMONTON RECREATION DEPARTMENT SPRINT TRIATHLON/DUATHLON

.25-mi. S/2-mi R, 12-mi. B, 3-mi. R.
Time: 7:45am
Place: Hammonton, NJ
Phone: 856-858-7835
Email: cisellers@comcast.net
Web: www.dqtridu.com

DOYLESTOWN RED, WHITE & BLUE

5k and Fun Run.
Time: register Friday 5:30-7:30pm and Saturday 8:30-9:45am; race starts at 10 Saturday; Fun Run/walk starts at 9:30
Place: Gym, Our Lady of Mt. Carmel Church, 222 E. Ashland St., Doylestown, PA
Phone: Nancy Larkin Taylor and Jeannne Reiche, 215-340-5039
Email: info@doylestown5k.com
Web: www.bucks5kseries.com

MAY 25

TEAL RIBBON 5K FOR OVARIAN CANCER ROAD/TRAIL RUNNING.

Time: 8:30am
Place: Philadelphia, PA
Email: tealife@comcast.net
Web: www.trocrf.org.

MAY 28-JUNE 8

3-PART NOVICE CANOE TRAINING COURSE: WHITEWATER

One night, two weekends.
Places: Schuylkill and Lehigh Rivers, PA
Email: danayaks@yahoo.com
Web: www.philacanoecorps.com

MAY 30

RELAY FOR LIFE OF EASTERN DELAWARE COUNTY

Road/trail running.
Time: 3pm
Place: Springfield, PA
Email: noel.kirkner@cancer.org
Web: www.relayforlife.org

RELAY FOR LIFE OF ROSE TREE MEDIA

Road/trail running.
Time: 6pm
Place: Media, PA
Web: www.relayforlife.org

FRANK'S RUN

Road/trail running.
Place: Royersford, PA
Web: www.lmsports.com

RELAY FOR LIFE OF POTTSTOWN

Road/trail running.
Time: 10am
Place: Pottstown, PA
Web: www.relayforlife.org

TAKE STEPS FOR CROHN'S & COLITIS

Walking.
Time: Noon
Place: Philadelphia, PA
Web: www.octakesteps.org

JUNE 1

BIKE4SIGHT

Road cycling: 2-62 mi. Benefits the Center for the Blind and Visually Impaired.
Place: Media, PA
Web: www.bike4sight.org
Phone 610-874-1476, ext. 130

HABITAT FOR HUMANITY CR

Road cycling.
Place: Norristown, PA
Web: www.mlcycling.com

JUNE 4

AGE-GRADED ROUTE 29 TIME TRIAL

Road cycling.
Place: Frenchtown, NJ
Web: lehighwheelmen.org

TRAIL RUNNING SERIES #3 5K

Time: 7pm
Place: Pottstown, PA
Email: morrisd1@aol.com
Web: www.mid-atlanticevents.com/CCTrailReg.htm

JUNE 6

2008 RUNNING OF THE MONK 5K

Time: 7:20pm
Place: Springfield, PA
Email: info@runtheday.com
Web: www.runthemonk.com

JUNE 7

CHALFONT CHALLENGE

5k and Fun Run.
Time: register 7:30-8:45am; Fun Run at 8:30am; 5k starts at 9am
Place: Chalfont Borough Hall, 40 N. Main St. Chalfont, PA
Email: Marilyn Jacobson, mhjacobsohn@verizon.net
Web: www.bucks5kseries.com

GET READY METRIC CENTURY

Road cycling: 50k loops.
Time: 8am-3:30pm
Place: Pennsville, NJ
Web: sjwheelmen.org

KELLY'S RIDE

Road cycling: three start locations; 21-100 mi. One-way rides to Ocean City, NJ.
Phone: 856-778-1726
Web: www.kellysride.com

JOURNEYS BACKYARD BARBEQUE TOUR

Rollerblading/skateboarding.
Time: Noon-6:30pm
Place: King of Prussia Mall, PA
Phone: 610-265-8180
Email: info@sandboxmarketing.com
Web: www.journeysbbq.com

RIDLEY AREA YMCA 5K RUN

Also 1-mi walk.
Time: 8am rain or shine
Place: Secane, PA
Phone: 610-259-1661
Email: mwolf@cyedc.org
Web: www.communityymca.org

2ND ANNUAL BIG MIKE 5K RUN/MILE FUN WALK

Road/trail running
Time: 9am
Place: Galloway, NJ
Phone: 609-404-1116
Web: www.getsetpa.com

WISSAHICKON TRAIL CLASSIC

Road/trail running: 10k.
Time: 10am
Place: Philadelphia, PA
Phone: 215-951-0330, ext. 2101
Email: wrv.info@rhd.org
Web: www.wissahickontrailclassic.org

JUNE 7-13

SCHUYLKILL RIVER SOJOURN 2008

Paddle sports (kayaking/canoeing/rowing/rafting) 112-mi., 12-18-day trip.
Place: Schuylkill Haven to Philadelphia, PA
Phone: 484-945-0200
Email: sojourn@schuylkillriver.org
Web: www.schuylkillriver.org/sojourn.aspx

JUNE 8

SCHOOL'S OUT KIDS' TRIATHLON

Multi-sport (duathlon/triathlon). Distance determined by age.
Time: 8am
Place: Horsham, PA
Web: www.active.com

KATZ JCC 4TH ANNUAL KIDS' TRIATHLON

Multi-sport (duathlon/triathlon). Kids' distances.
Time: 1pm
Place: Cherry Hill, NJ
Phone: 856-424-4444, ext. 141
Email: gbonetti@jfednsnj.org

OY VEY 5K

3rd annual 5K and 1 Mile Walk. This year's event will benefit Autism Speaks and Golden Slipper Club & Charities.
Time: 9am
Place: Congregation Beth Or, Maple Glen, PA
Email: Joan Kober, sportyjoan@comcast.net

JUNE 11-22

FOUR-PART NOVICE TRAINING COURSE: WHITEWATER KAYAK.

Two nights, two weekends.
Place: Schuylkill and Lehigh Rivers, PA
Email: danayaks@yahoo.com
Web: www.philacanoecorps.com

JUNE 14

TRYAD ADVENTURE CHALLENGE 4

Adventure racing/adventure sports 5-mi. R, 8-mi. B.
Time: 9am
Place: Valley Forge Visitors Center, PA
Phone: 215-485-9180
Email: dan@tryad-pt.com
Web: www.bucks5kseries.com

LONGEST DAY

Road cycling: 200-mi. one-way.
Places: High Point, NJ to Cape May, NJ
Phone: 732-287-9447
Web: www.cjbc.org

INTRO TO KAYAKING CLASS

Time: 11am-4pm
Place: Marsh Creek State Park, PA
Phone: 610-287-7401
Web: www.hiddenriveroutfitters.com

JUNE 15

SPECIAL EQUESTRIANS 5K AND FUN RUN

Benefits therapeutic riding program for the disabled.
Time: register 7-8:15am; 5k starts at 8:30; Fun Run at 8
Place: Special Equestrians, 2800 Street Road, Warrington, PA
Phone: Tammy Westney, 215-918-1001
Email: tamwestney@vierzon.net or Jennifer Miller, jennifermiller@hotmail.com
Web: www.bucks5kseries.com

BIKE FREEDOM VALLEY

Road cycling: 8, 22, 44, 35, 50 or 68 miles.
Time: 7:45am

Place: 1 Boathouse Row, Philadelphia, PA
Phone: 215-BICYCLE
Email: jill@bicyclecoalition.org
Web: bicyclecoalition.org

LOCK 60 TOUR

Paddle sports (kayaking/canoeing/rowing/rafting).
Time: 10am-3pm
Place: Phoenixville, PA
Phone: 610-287-7401
Email: info@hiddenriveroutfitters.com
Web: www.hiddenriveroutfitters.com

JUNE 19

NERRC SUMMER SOLSTICE 5K

Road/trail running
Time: 6:45pm
Place: Pennypack Park, PA
Email: mikec48@verizon.net
Web: www.nerrc.net.

JUNE 20-22

PHILADELPHIA INSURANCE TRIATHLON

Proceeds go to the Cancer Center at the Children's Hospital of Philadelphia. The Triathlon is being held to raise awareness and money to help find a cure for leukemia, lymphoma, myeloma and Hodgkin's disease. It will include sprint (.8K swim, 24K bike, 5K run June 21) and Olympic (1.5k swim (in the Schuylkill), 40k bike ride and 10k run June 22) distances; an Expo (June 20, same day as registration), Kids' Duathlon and Fun Run (June 21). The goal for each of them is to raise \$2,800, and 75 percent of all money raised will fund research and patient programs.
Time: 8am
Place: Black Road and MLK Jr. Drive, Fairmount Park, Philadelphia, PA
Phone: 610-687-3955
Email: info@phillytri.com
Web: www.phillytri.com

JUNE 24-29

AMERICAN EAGLE OUTFITTERS TOUR OF PENNSYLVANIA

Road cycling.
Places: Philadelphia to Pittsburgh, PA
Web: www.tourofpa.com

JUNE 24-NOV. 16

PHILADELPHIA MARATHON CLASS

Road/trail running: 26.2 miles (of course).
Time: 6:30pm
Place: Doylestown, PA
Email: susan@forerunnerfitness.com
Web: www.forerunnerfitness.com

JUNE 28

LUTHERAN CHARITIES BIKE-A-THON

Road cycling.
Place: Center Square, PA
Phone: 610-825-9360, ext. 212
Web: www.lutherancharities.org

ONE-DAY RIVER KAYAK TRAINING

Flatwater kayak.
Place: Schuylkill River, Philadelphia, PA
Email: danayaks@yahoo.com
Web: www.philacanoecorps.com



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