

MAY 4

Relay for Life Charity Walk
Place: Glenolden, PA
Website: www.relayforlife.org

MAY 5

Survive the 5 Upper Perkiomen Valley YMCA 5K Run & Fun Walk
Road and trail running.
Time: 9am
Place: East Greenville, PA
Contact: 215-679-9622

University City 5K

Road and trail running.
Time: 11am
Place: Philadelphia, PA
Website: www.univcity5k.org

Urban Dare Philadelphia

Urban Dare is a one-day amazing race. Teams of two solve clues to find checkpoints where they must take photos or perform dares.
Time: Noon
Place: Rittenhouse Square, Philadelphia, PA
Contact: 202-828-5529
Email: kkeefe@urbandare.com
Website: www.urbandare.com

Trimax French Creek Trail Run

Place: French Creek State Park, Elverson, PA
Website: www.trimaxendurancesports.com

Scout Orienteering

Orienteering is an exciting sport in which participants use an accurate, detailed map and a compass to find points in the landscape.
Place: French Creek State Park, Elverson, PA
Contact: 610-582-2128
Website: www.scoutorienteering.com

MAY 6

SCU Quad County Metric
Road cycling 21-76 mi.
Time: 8am
Place: Green Lane, Philadelphia, PA
Contact: 215-234-0170
Website: www.suburbancyclists.org

MS Walks

4, 6 or 8 miles in Philadelphia; 8 miles in Tyler State Park; 4 miles in other places.
Times and Places: 9am at the Art Museum, Philadelphia, PA; Tyler State Park, Newtown, PA; Eastern High School, Voorhees, NJ; Elmwood Park Zoo, Norristown, PA; Valley Forge, PA; Parvin State Park, Vineland, NJ
Website: www.walk4ms.org

MAY 5-6

SurfN Turf Adventure Weekend
Paddle the exciting rapids of the Lehigh River Gorge by raft on Saturday, and peddle the scenic, all-downhill Lehigh Rails-to-Trails ride on Sunday.
Place: Adventure Center at Whitewater Challengers White Haven, PA

Contact: 800-443-8554
Email: info@whitewaterchallengers.

Blue Cross Broad Street Run

10 miles on roads and trails.
Time: 8:30am
Place: Philadelphia, PA
Contact: 215-683-3594
Email: broadstreetrun@doitsports.com
Website: www.broadstreetrun.com

Safe from the Sun 5K Run/Walk

Road and trail running.
Time: 9am
Place: Villanova, PA
Contact: 610-343-0183
Website: www.runtheday.com

MS Run

Road and trail running. 10K, 5K runs, 6-mi. walk.
Time: 10am
Place: Art Museum, Philadelphia, PA
Contact: 215-271-1500.

Orienteering

With the Delaware Valley Orienteering Association
Time: 10am-1pm
Place: Place: French Creek State Park, Elverson, PA
Contact: 610-792-0502
Website: www.dvoa.org

MAY 7-28

Four-part climbing clinic
Rock/ice climbing.
Place: Philadelphia, PA
Contact: 215-928-1800
Website: www.govertical.com

MAY 11

Relay for Life Charity Walk
Time: 3pm
Place: Drexel Hill, PA
Website: www.relayforlife.org

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, includ-

ing children whose exceptionalities include emotional disturbance (SED), brain injury (TBI) and autism-spectrum disorders including pervasive developmental disorder (PDD) and Asperger's syndrome.
Registration: 8-9am
Race begins: 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.vanguard-school-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.
Phone: Jack Elias, Suburban Cyclists Unlimited, 215-234-0170
Website: http://www.suburbancyclists.org/

Run for Brianne

5K & Kids' Mile.
Time: 9am
Place: West Chester, PA
Contact: 610-692-6000 x1121

Bucks 5K Series: Sertoma Strut

Road and trail running.
Place: Doylestown, PA
Website: www.bucks5kseries.com

MAY 13

Open-Water Swim Clinic
Multi-Sport (Duathlon/Triathlon)
Time: 8am-noon
Place: Nockamixon State Park, Quakertown, PA
Website: www.highroadcycles.com

MASS On the Rocks at French Creek

Cycling -- mountain and cross
Place: French Creek State Park, PA
Website: www.masuperseries.com

MAY 18

Relay for Life Charity Walk
Times and Places: Wayne, PA and 3pm in Swarthmore, PA
Website: www.relayforlife.org

MAY 19

Pine Barrens Duathlon and Triathlon
Time: 7am-1pm
Place: Atsion Lake Rec. Area, NJ
Contact: 856-784-6000
Email: info@pinebarrenstri.org
Website: www.pinebarrenstri.org

3rd Annual Run for the Sparrow 5K

Time: 8am
Place: Valley Forge, PA
Contact: 610-408-0830

2007 ASF National Walk-A-Thon 5K

Time: 9am
Place: Cooper River Park,

Pennsauken, NJ
Website: www.angelman.org

Breakneck Five-Miler for FAS

Road and trail running.
Time: 9am
Place: Sewell, NJ
Website: www.breaknecktc.com

Maurice River Boat Trip

Paddle from Willow Grove to Sherman Avenue with the South Jersey Canoe Club.
Time: 9am
Website: www.geocities.com/south-jerseycanoeclub

Relay for Life Charity Walk

Time and Place: 10am in Malvern, PA
Website: www.relayforlife.org

Iron Hill Criterion

Cycling: 30, 40, 60K
Place: West Chester, PA
Website: www.ironhilltrailgightcritorium.com

Kennett Square Run

10K, 5K & 1 mi.
Time: 9am
Place: Kennett Square, PA. Start in the borough and finish lakeside in Anson B. Nixon Park.
Contact: 610-388-1556
Website: www.kennettrun.net

MAY 20

Yoga Unites
An outdoor yoga class and healthy living expo.
Time: 8am-noon
Place: Philadelphia, PA
Website: www.llbc.org

Michael's Way 5K/Walk-a-thon

Time: registration 8am, start 9am
Place: Tyler State Park, 101 Swamp Road, Newtown PA
Contact: 215-591-9198
Website: www.michaelsway.org

Amy's Fund 5K and Fun Walk

Time: 8:15am
Place: Philadelphia, PA
Contact: 215-632-1663
Email: amy_fund@yahoo.com

Philadelphia Vietnam Veterans

Memorial Society Run 5, 10k run, 3-mi. walk.
Time: 9am
Place: Philadelphia Vietnam Memorial, Philadelphia, PA
Contact: 856-461-6637
Email: williamcrean@comcast.net
Website: www.pvms646.org

Norristown Run 10K

Time: 9am
Place: Norristown, PA
Contact: 610-277-9500

6th PhillyFIT BASH

Time: 11am-3pm
Place: Velocity Sports Training Ctr, Jacksonville & Street Rds, Warminster, PA
215-396-0268
Website: www.phillyfit.com

Chester County Challenge for Cancer

Road cycling 5, 10, 25, 50, 63 mi.
Place: West Chester, PA
Website: www.cchosp.com

Bonkers Metric Cycling

Road cycling 18, 35, 50, 65 mi.
Place: Ridley Creek State Park, PA
Website: www.dvbc.org

MAY 22

Pennsylvania Business Campus 5K Run

Time: 6:30pm
Place: Horsham, PA
Contact: 215-682-0610

MAY 23

Chester County Senior Games

Ages 50 & over. Health and fitness runs, shot put and discus.
Time: 6:30pm
Place: Downingtown, PA
Contact: 610-399-0709

MAY 26

Bucks 5K Series: Doylestown 5K

Road and trail running.
Place: Doylestown, PA
Website: www.bucks5kseries.com

MAY 26-27

Awesome Adventure/DAM release Weekend & Cookout

The gates are opened at Francis Walter Dam, and the fun comes flowing out! Near perfect levels for white-water rafting. Free gifts for group leaders! Free cookout after your rafting trip. Overnight camping right at the rafting center.
Place: Adventure Center at Whitewater Challengers White Haven, PA
Contact: 800-443-8554
Website: www.whitewaterchallengers.com

Hammonton Recreation Department Sprint Triathlon/Duathlon

Multi-Sport (Duathlon/Triathlon) .25 ms/2 mr, 12 mb, 3 mr.
Time: 7:45am
Place: Hammonton, NJ
Contact: 856-858-7835
Website: www.dqtridu.com

MAY 27

Teal Ribbon 5K Race Against Time

Run/walk to raise money to fight ovarian cancer. All funds raised this year will be matched dollar for dollar up to \$1 million.
Time: 8:30am
Place: Carousel House, Fairmount Park, Philadelphia, PA
Contact: Kristen Varley, 610-459-8783
Email: tr5k@comcast.net
Website: www.trocrf.org

MAY 28

Holy Child Dedication Run 5K

Time: 9am
Place: Drexel Hill, PA
Contact: 610-259-2712

MAY 30

Advanced Lead Clinic

Rock/ice climbing
Place: Philadelphia, PA
Contact: 215-928-1800
Website: www.govvertical.com

JUNE 1

Shut Up and Run/Zoom Mile 5K

Time: 6pm
Place: Bryn Mawr Running Co., Bryn Mawr, PA
Email: runbrynmawr@hotmail.com
Website: www.brynmawrrunningco.com

Relay for Life of Cumberland County College

Walking.
Time: 6pm
Place: Vineland, NJ
Website: www.relayforlife.org

JUNE 2

2007 Ridley Area YMCA 5K Run

Running -- Road/Trail 3.1 mi.
Time: 8am
Place: Ridley Area YMCA, PA
Contact: 610-544-1080, x221
Website: www.communityymca.org

Yeadon Flag Day Races 5K

Time: 9am
Place: Yeadon, PA
Contact: 610-328-3979
Website: www.runtheday.com

Wissahickon Trail Classic 10K Run

Time: 10am
Place: Northwestern Avenue, Philadelphia, PA.
Email: vtc.info@rhd.org
Website: www.wissahickontrailclassic.org

South Jersey Canoe

Time: 10am-4pm
Place: Lakewood, NJ
Contact: 609-971-3085
Website: www.oceancountyparks.org

DVOA Orienteering at Valley Forge

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

West Chester Running Club

Scholarship Race 5K
Time: 7pm
Place: West Chester, PA
Email: dholland@all4inc.com
Website: www.westchesterrunningclub.com

JUNE 2-8

Schuylkill River Sojourn

Paddle 110 mi. on the Schuylkill from Schuylkill Haven to Philadelphia, PA.
Website: www.schuylkillriver.org/sojourn.aspx

JUNE 3

Habitat for Humanity Cycling

Time: 8am
Place: Norristown, PA
Website: www.mlccycling.com

Bike4Sight

13, 25, 50, 62 mi.
Place: Media, PA
Website: www.bike4sight.org

JUNE 4-25

Four-part Climbing Clinic

Rock/ice climbing.
Place: Philadelphia, PA
Contact: 215-928-1800
Website: www.govvertical.com

JUNE 8

7th Running of the Monk

5k Run, Walk, Kids K.
Time: 7:20am
Place: St. Kevin's Church, Springfield, PA
Contact: 610-328-3979
Website: www.runtheday.com

JUNE 9

Bucks 5K Series: Chalfont Challenge

Place: Chalfont Borough Hall, PA
Website: www.bucks5kseries.com

JUNE 9, 12 AND 19

Blue Claws Twilight Cycle Race Series

Place: R Lakewood, NJ
Website: www.teamysg.com

JUNE 10

XTERRA Trimax Off-Road Triathlon

Place: RB Winter State Park, Mifflinburg, PA
Website: www.trimaxendurancesports.com

JUNE 13

Summer Solstice Run

5K Run, 2-mi. walk.
Time: 6:30pm
Place: Wissahickon High School, PA
Email: bkenas@philaymca.org
Website: www.amblerymca.org

JUNE 16

Easter Seals 5K

5K run, 1- or 2-mile walk.
Time: 9am
Place: Philadelphia, PA
Website: www.easterseals.com

Tryad Adventure Challenge #5

15 mi.
Time: 9am
Place: Core Creek, Langhorne, PA
Email: dan@tryad-pt.com
Website: www.tryad-pt.com

Orienteering at Green Lane

See website for schedule.
Place: Green Lane Nature Center, Philadelphia, PA
Contact: 610-792-0502
Website: www.dvoa.org

JUNE 17

Bike Freedom Valley

8-62 mi.
Time: 7:30-8:30am
Place: Lloyd Hall, Philadelphia, PA
Contact: 215-BICYCLE
Email: jill@bicyclecoalition.org
Website: www.bicyclecoalition.org

Open-Water Swim Clinic

Multi-Sport (Duathlon/Triathlon)
Time: 8am-noon
Place: Nockamixon State Park, Quakertown, PA
Website: www.highroadcycles.com

MASS Guys Neshaminy XC

Mountain and cross cycling.
Place: Neshaminy, PA
Website: www.masuperseries.com

JUNE 22

Relay for Life Walk of

Roxborough/Manayunk
Time: Noon
Place: Philadelphia, PA
Website: www.relayforlife.org

JUNE 23

Relay for Life Walk of Medford

Place: Medford, NJ
Website: www.relayforlife.org

JUNE 23-24 Philadelphia Insurance Triathlon

Times: Olympic: 7am, Sprint: 8am
Place: MLK Drive, Philadelphia, PA
Contact: 215-517-4989
Email: barb@phillytri.com
Website: www.phillytri.com

JUNE 24

Velocity Sports Bicycle Grand Prix

Place: Marlton, NJ
Website: www.njbikeracing.com

JUNE 26-SEPT. 11

12-Week 10K Training Program

Times: Tuesdays, 6:30-7:15pm
Place: Doylestown Central Park, PA
Contact: 215-348-1509
Email: forerunner@tzsports.com

JUNE 27

Advanced Lead Clinic

Rock/ice climbing
Place: Philadelphia, PA
Contact: 215-928-1800
Website: www.govvertical.com

JUNE 30

Northern Liberties Firecracker

Criterion
Road cycling.
Website: www.quakercitywheelmen.org

JUNE 30-JULY 1

Cradle of Liberty Adventure Race

Teams of 2-3: navigation, mountain biking, canoe paddling; 100 mi./24 hours.
Place: Eastern PA; location TBA
Contact: 866-338-5167
Email: bgibbons@goalsara.org
Website: www.goalsara.org

Mega Whitewater Rafting Marathon

Pack the maximum adventure into a single day! Raft the entire Lehigh River Gorge - nearly 25 miles! - at just \$70 per person. The perfect river trip for adventure fans. Every Monday in May
Place: Adventure Center at Whitewater Challengers White Haven, PA
Contact: 800-443-8554
Website: www.WhitewaterChallengers.com

ASK ME about the 6th PhillyFIT BASH

coming Sunday, May 20th, 11-3 p.m. at Velocity Sports Training Center, Warminster, PA.
Jami Appenzeller-Yancey
Owner/Publisher, PhillyFIT Magazine
www.phillyfit.com
215-396-0268

Email your calendar entry to: editorial@PHILLYFITMagazine.com.