

**JULY 4**

**Pitman Freedom 4-Mile**  
Place: Pitman, NJ  
Contact: 856-589-4665

**JULY 5, 19; AUG. 9, 23**  
**Pine Barrens No-Frills Splash & Dash Training Race**

1/2-mile swim, 3.1-mile run, 1-hour limit  
Time: 6:30am  
Place: Shamong, NJ  
Contact: 856-784-6000  
Website: pinebarrenstri.org

**JULY 8**

**Tabernacle Baptist Church 2nd Annual Scholarship Golf Outing**  
Annual Scholarship Golf Outing  
Proceeds benefit TBC Youth continuing their education.  
Date and Time: Saturday, July 8, 11am shotgun  
Place: Ramblewood Country Club, 200 Country Club Parkway, Mt. Laurel, NJ  
Website: <http://www.tabernacle-burlington.org/>

**JULY 8 AND AUG. 12**

**Baby Basics Brunch 2006:**  
Voorhees - An intro for expectant parents, adoptive parents, nannies and caregivers to all aspects of infant care and safety. Topics include infant feeding, sensorimotor development, bathing, skin care, immunizations, advice for new fathers and characteristics of the newborn. Plus, training in the proper use and installation of child safety car seats taught by certified child passenger safety technicians. This class is a must for anyone who has never cared for an infant. A pediatrician will be present for part of the class. An intro for expectant parents, adoptive parents, nannies and caregivers to all aspects of infant care and safety. Topics include infant feeding, sensorimotor development, bathing, skin care, immunizations, advice for new fathers and characteristics of the newborn. Plus, training in the proper use and installation of child-safety car seats taught by certified child passenger-safety technicians. This class is a must for anyone who has never cared for an infant. A pediatrician will be present for part of the class.

Time: 9am-1pm  
Place: The Barry D. Brown Health Education Center is at 106 Carnie Blvd in Voorhees, NJ  
Cost: Advance payment of \$30 is required and fee includes brunch  
Contact: To register call toll-free 1-888-Virtua-3 (1-888-847-8823)  
Email/Web site: [www.virtua.org](http://www.virtua.org)

**JULY 12**

**Splash and Dash Swim/Run Duathlon**  
Date and Time: Wednesday July 12, 7pm  
Place: Lake Shore Drive, Marlton Lakes, NJ  
Contact: 856-547-0744  
Email: [cisellers@comcast.net](mailto:cisellers@comcast.net)  
Website: <http://dqtridu.com/sd05.htm>

**JULY 16**

**Mt. Penn Youth Soccer's**

**Winning Kick 5K**

Time: 9am  
Place: Mt. Penn, PA  
Contact: Ron Horn, 610-779-2668  
Email: [rhornpcs@aol.com](mailto:rhornpcs@aol.com)  
Website: [www.pretzelcitysports.com](http://www.pretzelcitysports.com)

**JULY 18**

**Red Trail Ramble**  
Join this invigorating hike at a comfortable pace on the 3.1-mile Red Trail and enjoy the beauty of the woodlands, meadows and streams. Wear shoes suitable for even terrain. Free with admission; no pre-registration required. Call for information.  
Time: 9:15-10:45 a.m.  
Place: Tyler Arboretum, 515 Painter Road, Media, PA  
Contact: 610-566-9134

**Joint Pain Seminar**

Attend this free one-hour seminar to find out what you can do about your painful hips and knees. Learn about the latest treatment options including medications, exercise and surgery. Registration is required since space is limited. Call to register.  
Time: 11am  
Place: Bryn Mawr Hospital, Pennypacker Auditorium, 130 S. Bryn Mawr Ave., Bryn Mawr, PA  
Contact: 1-866-CALL-MLH

**JULY 22**

**Baby Basics Brunch 2006: Mt. Holly**  
An intro for expectant parents, adoptive parents, nannies and caregivers to all aspects of infant care and safety. Topics include infant feeding, sensorimotor development, bathing, skin care, immunizations, advice for new fathers and characteristics of the newborn. Plus, training in the proper use and installation of child safety car seats taught by certified child passenger safety technicians. This class is a must for anyone who has never cared for an infant. A pediatrician will be present for part of the class. An intro for expectant parents, adoptive parents, nannies and caregivers to all aspects of infant care and safety. Topics include infant feeding, sensorimotor development, bathing, skin care, immunizations, advice for new fathers and characteristics of the newborn. Plus, training in the proper use and installation of child-safety car seats taught by certified child passenger-safety technicians. This class is a must for anyone who has never cared for an infant. A pediatrician will be present for part of the class.

Time: 9am to 1pm  
Place: Virtua Memorial Hospital, 175 Madison Ave., Mt. Holly, NJ  
Cost: Advance payment of \$30 is required and fee includes brunch  
Contact: To register call toll-free 1-888-Virtua-3 (1-888-847-8823)  
Email/Web site: [www.virtua.org](http://www.virtua.org)

**Sunset Sprint Tri/Du**

Level: R  
Time: 8am  
Place: Bridgeton, NJ  
Contact: 856-696-3924  
Email: [wilsonb@sjhs.com](mailto:wilsonb@sjhs.com)  
Website: [www.lin-mark.com](http://www.lin-mark.com)

**The Oak 5K Classic**

Time: 5k, 7pm; 1-mile, 6:45pm  
Place: Mays Landing, NJ  
Contact: 609-965-8936  
Email: [theoak5kclassic@yahoo.com](mailto:theoak5kclassic@yahoo.com)

**JULY 23**

**New Jersey State Triathlon**  
Olympic and Sprint. Level: R  
Time: 7:30am  
Place Mercer County Park, NJ. Mercer County Park encompasses over 2,500 acres covering areas of the townships of West Windsor, Hamilton and Lawrence. The park has year-round facilities for all ages and includes both active and passive recreational opportunities.  
Contact: 856-308-7523  
Website: [www.cgiracing.com](http://www.cgiracing.com)

**JULY 26-AUG. 12**

**Ski New Zealand!**  
An outing of the South Jersey Ski Club. 4 nights in Cairns, 4 nights in Sydney, 6 nights in Queenstown, and one night in L.A. This also includes round-trip air from Philly to Australia to New Zealand and back to Philly. Dinner at the top of Bob's Peak and a tour of Sydney Harbor is also included.  
Cost: Trip is \$3,210 DBL OCC.  
Contact: Don Pollock, 856-848-6812  
Website: <http://www.sjskiclub.com/>

**JULY 29**

**19th Run for the Hill of It 5-mile**  
Time: 8:30am  
Place: Northwestern Avenue and Forbiddin Drive, Fairmount Park, Chestnut Hill, Philadelphia, PA  
Email: [runforthehillofit@yahoo.com](mailto:runforthehillofit@yahoo.com)  
Website: [www.runforthehillofit.org](http://www.runforthehillofit.org)

**JULY 30**

**The Original Philadelphia Independence Triathlon**  
.5 mile swim/17-mile bike 4-mile run  
Contact: 732-381 - 0318  
Place: Philadelphia, PA  
Email: [info@envirosports.com](mailto:info@envirosports.com)  
Website: Visit [www.envirosports.com](http://www.envirosports.com) for details on this sprint race through historic Philly as well as the popular Liberty to Liberty Tri, a point-to-point race spanning NY, NJ and PA.

**AUG. 5**

**Meelard Shuffle**  
5K Cross Country Race and 1/2-mile fun run  
Time: 9am  
Place: Twin Valley High School, Elverson, PA  
Contact: Robert or Amy Hamm  
Email: [roberthamm@hotmail.com](mailto:roberthamm@hotmail.com)  
Website: [www.meelardshuffle.com](http://www.meelardshuffle.com)

**AUG. 6**

**Norristown Farm Park Run**  
4-mile race and 1-mile fun run  
Time: 9am  
Place: Farm Park, Norristown, PA  
Phone: 610-630-3936  
Email: [dbcrowls@gis.net](mailto:dbcrowls@gis.net)  
Website: [www.athletescloset.com](http://www.athletescloset.com)

**Grings Mills**

**5K & 10K Runs**  
Time: 9am  
Place: Grings Mill Park, Reading, PA

Contact: Jared Abby  
Phone: 610-944-3042  
Email: [theabbys@verizon.net](mailto:theabbys@verizon.net)  
Website: [www.pagodapacers.com](http://www.pagodapacers.com)

**AUG. 9**

**Twilight 5K Road Race**  
Time: 6:45pm  
Place: Berwyn, PA  
Contact: 610-647-9622, ext 1255  
Email: [brad.zerr@umly.org](mailto:brad.zerr@umly.org)

**AUG. 12**

**Night Hikes**  
Join Tyler's guides for a moderate-to-brisk hike that has a magic all its own. The evening concludes back at the Barn with refreshments and camaraderie. This hike is not suitable for children and will include moderate to steep trails. Bring a flashlight and wear hiking shoes. Fee is \$6/members, \$8/nonmembers. Pre-registration is required. Call to register.  
Time: 7-9pm  
Place: Tyler Arboretum, 515 Painter Road, Media, PA  
Contact: 610-566-9134, ext. 212

**Captain Bill Gallagher Island Run**

A 10-mile race with about 2 1/2 miles on a paved boardwalk. The remaining distance will be on the beach.  
Time: 5:30pm  
Place: Sea Isle City Beach Patrol HQs, 44th St. and Boardwalk  
Website: [www.lmsports.com](http://www.lmsports.com)

**AUG. 13**

**Half-Wit Half Marathon**  
13.1-mile trail run. It isn't called the Half-Wit for nothing.  
Time: 9am  
Place: Reading, PA  
Contact: Ron Horn, 610-779-2668  
Email: [rhornpcs@aol.com](mailto:rhornpcs@aol.com)  
Website: [www.pretzelcitysports.com](http://www.pretzelcitysports.com)

**AUG. 22**

**Fellowship of Christian Athletes**  
5K Trail Run and 1 Mile Walk  
Time: 4pm  
Place: River Crest Golf Club, Located on Route 29 South, 1/2 mile for the Collegeville Exit of Route 422  
Phone: 610-888-4730  
Email: [lbconsulting@hotmail.com](mailto:lbconsulting@hotmail.com)

**AUG. 27**

**Stone Harbor Lions 10K**  
Place: First & 96th in Stone Harbor NJ  
Contact: 609-522-3398  
Email: [runadvte@erols.com](mailto:runadvte@erols.com)

**SEPT. 2**

**DQ Triathlon at Marlton Lakes**  
Date and Time: Saturday, Sept. 2, 8am Place: Lake Shore Drive, Marlton Lakes, NJ  
Contact: 856-547-0744  
Email: [cisellers@comcast.net](mailto:cisellers@comcast.net)  
Website: <http://dqtridu.com/mar05.htm>

**SEPT. 4**

**Norwood Fire Company 5K**  
5K Race/Walk  
Place: Norwood, PA  
Contact: Tom Blair, 610-461-1111  
Email: [tnhblair@comcast.net](mailto:tnhblair@comcast.net)  
Website: [www.norwoodfireems.com](http://www.norwoodfireems.com)

**SEPT. 9**

**EnduraSport Mini Triathlon**  
0.6m S/40m B/6.2m R  
Place: Nockamixon State Park, Quakertown, PA  
Email: info@genesisadventures.com  
Website: www.genesisadventures.com

**SEPT. 10**

**EnduraSport Half Triathlon**  
1.2m S/60m B/13.1m R  
Place: Nockamixon State Park, Quakertown, PA  
Email: info@genesisadventures.com  
Website: www.genesisadventures.com

**LIVESTRONG CHALLENGE**

**This cycling, running and walking event benefits the Lance Armstrong Foundation.**  
Time: 9am  
Place: Philadelphia, PA  
Contact: Jamie Herenda, 215-640-0450  
Website: www.livestrongchallenge.org

**SEPT. 16**

**2nd Annual Riverfront Ramble 5k Run**  
Time: 3pm  
Place: Barry Bridge Park, Chester Waterfront  
Contact: Trish McFarland, 610-565-3677, ext. 104  
Website: www.riverfrontramble.com

**SEPT. 17**

**Philadelphia Distance Run**  
Half-marathon  
Time: 7:45 am  
Place: Philadelphia Art Museum  
Website: www.runphilly.com

**SEPT. 24**

**Friends of the Dove 10K Run and Two Mile Nature Health Walk**  
Time: 9am  
Place: Doylestown PA  
Race Director: Diane Crooke-Szwajkowski  
Contact: Peace Valley Nature Center, 215 345-7860  
Website: www.peacevalleynature-center.org

**SEPT. 30**

**Hands On House 1/2 Marathon and 5K**  
A scenic 13.1-mile course beginning at Hands-on House and winding through Lancaster County on rural Pennsylvania Dutch roads, past a one-room school house and over a covered bridge.  
Time: 9am  
Place: Hands-on House, Children's Museum of Lancaster, 721 Landis Valley Road, Lancaster, PA  
Website: www.score-this.com/events.html

**OCT. 1**

**Haverford Township Day 5K Road Race**  
Time: 8:30am  
Place: Haverford Middle School, 1801 Darby Road, Haverford, PA  
Contact: Chad Brooks  
Email: ctbrooks@yahoo.com  
Website: www.runtheday.com/2005runs.htm

Oct. 7

**The Women's Distance Festival 5k Run/Walk**

Run with NBC 10 meteorologist Amy Freeze. This Delco RRC event celebrates the determination and dedication of women runners. WDF events are held nationwide, growing from the RRCA's efforts in 1979 to encourage the adoption of women's distance-running events in the Olympic games. Awards provided, in part, by the Running Place. Free pre- and post-race massage provided by Rehrig Chiropractic & Wellness Center. Information on women's-health issues provided by Jamie Alexander, PT, MPT, OCS, Pain Relief and Physical Therapy. Online Registration: <http://runtheday.com/registration/womensdistance/wd2006/wd2006.htm>  
Time: 9am Place: Ridley Creek State Park, Media (Area #17)  
Contact: Amy Binder, 610-891-0806  
Email: amy@amyinc.com  
Links:<http://delcorrc.org/forms/WDF-2006-brochure.pdf>

**OCT. 8**

**Steamtown Marathon**  
Time: 8am  
Place: Scranton, PA  
Website: www.steamtownmarathon.com

**OCT. 14**

**Footsteps for Friends**  
5K Run/Walk and 1-Mile Fun Run  
Time: 8:30am  
Place: Friends School, 851 Buck Lane, Haverford, PA  
Website: www.active.com

**OCT. 14-15**

**MS Challenge Walk**  
This is a two-day walk set in the Brandywine Valley, taking you through some of the most picturesque countryside PA has to offer. Registration fee is \$75. All participants must raise a minimum of \$1,500. Dates and Times: Starts 6am Saturday, Oct. 14; ends 5 pm Oct. 15 Place: Brandywine Valley, PA  
Contact: 215-271-1500, ext. 103  
Email: Jennifer.keane@pae.nmss.org  
Website: [http://www.nationalmssociety.org/pae/event/event\\_detail.asp?e=6463](http://www.nationalmssociety.org/pae/event/event_detail.asp?e=6463)

**OCT. 15**

**Radnor Red Run Steeplechase 5K Steeplechase - Running over hurdles, water pits and trails.**  
Time: 9am  
Place: Radnor Hunt Club, 826 Providence Road, Malvern, PA  
Website: www.radnorredrun.homestead.com

**OCT. 29**

**Radnor Run**  
5-mile run benefits American Lung Association  
Time: 8:30am  
Place: The Willows, 490 Darby-Paoli Road, Radnor, PA  
Contact: Christy Dernlan, 610-941-9595  
Email: cdernlan@lunginfo.org

**ONGOING**

**April-October Landskaters**  
The Landskaters Inline Skate Club promotes the sport of inline skating in Philadelphia. It prides itself on its

passion for the sport of inline skating; its purpose is to promote safety, fun and learning for experienced inline skaters and newcomers alike. Landskaters have a membership several hundred strong and growing, and are dedicated to increasing enthusiasm for the sport of inline skating through its city skates (in season: April-October), group events and fun trips.

The Landskaters of Philadelphia take an active role in National Skate Patrol, Inline Town Watch and Fairmount Park Patrol.

If you're relatively new to inline skating, and haven't yet tried a city skate, try the recreational roll the first Sunday of each month (in season). Sunday Evening Recreational Roll For beginning skaters.

Date and Time: First Sundays, May-Sept., 6-8pm  
Place: Art Museum, Philadelphia, PA  
Sunday City Skate  
For intermediate skaters.

Date and Time: Every Sunday, April-Oct., 10am-12:30pm

Place: Art Museum, Philadelphia, PA  
Tuesday Night City Skate  
For experienced skaters.

Date and Time: Every Tuesday,

April-Oct., 7-10pm  
Place: Art Museum, Philadelphia, PA  
Email: info@landskaters.org  
Website: www.landskaters.org

**Fridays Singles Nights**

Suburban Singles Network invites singles of all ages to its Friday Night Social Parties at Coleman

Restaurant on select Friday nights throughout the year. Suburban Singles Network is the new, upscale singlesâ™ organization serving singles in the suburban Philadelphia area with cultural events, activities, and outings. Please visit [www.subsingnet.com](http://www.subsingnet.com) for information about Suburban Singles Network. Email [info@subsingnet.com](mailto:info@subsingnet.com) to join SSN.

**Women's Tackle Football**

Philadelphia's only women's full-contact tackle football team is looking for new players. The Phoenix are members of the National Women's Football Association (NWFA), which features 35 teams in 22 states and is the largest women's football league in the country.

Contact: Call Chris at 267-679-9535.  
Website: For more information on trying out or on their upcoming season visit [www.philadelphiaphoenix.org](http://www.philadelphiaphoenix.org).

**Philadelphia Canoe Club**

Website: [www.Phila.canoe.org](http://www.Phila.canoe.org)  
Place: Phila. Canoe Club, Philadelphia, PA  
Contact: Andy McAloon, 215-752-5534

**Competitive Frisbee**

Philadelphia Area Disc Alliance has tournaments and championship games of Ultimate Frisbee. These are serious Frisbee games played all over the city. They have social events too.  
Place: Philadelphia, PA  
Contact: 215-238-8751