

JULY 4

July 4th Moorestown Mile Dash
Time: 9:45am
Place: Moorestown, NJ
Web: www.runningco.com

Pitman Freedom 4-Mile Run
Place: Pitman NJ
Phone: 856-589-4665

JULY 8

DandQ Splash and Dash Multi-Sport
(Duathlon/Triathlon)
.25-mi. swim, 5K run
Time: 7pm
Place: Marlon Lakes, NJ
Phone: 856-424-5969
Web: www.dqtridu.com

JULY 11

5th Annual Iron Hill Twilight Criterium
60 mi. cycling
Time: 5:15pm
Place: West Chester, PA
Phone 610-696-4046
Email: Katie@gwcc.org
Web: www.ironhilltwilightcriterium.com

DandQ Sprint Triathlon/Duathlon
Tri: .25 mi. swim, bike 15 mi., 5K run.
Dua: 2-mi. run, bike 15 mi, 5K run
Time: 8am
Place: Vincentown, NJ
Phone: 856-424-5969
Web: www.dqtridu.com

Diamond in the Rough Triathlon
1-mi. swim, 27-mi. bike, 5-mi. run.
Time: 8am
Place: Perryville, MD
Email: nsemmel@piranha-sports.com
Web: www.piranha-sports.com

JULY 12

JBN Bike Race
Web: www.pacycling.org

High Road Cycle Road/Tri Demo Day
Time: 10am
Place: Schuylkill River Trail
Web: www.twileysports.com

Philadelphia Women's Triathlon/Duathlon
Sprint distance: 750m swim, 17-mi. bike, 5K run. Duathlon: 2-mi. run, 17-mi. bike, 3.1-mi. run
Time: 8am
Place: Philadelphia, PA
Phone: 856-468-0925
Email: info@cgiracing.com
Web: www.cgiracing.com

Steelman Open Water Swim
1 mi. /3.1 mi.
Time: 9am
Place: Nockamixon State Park
Phone: 484-894-3253
Email: dale@steelmantriathlon.com
Web: www.steelmantriathlon.com

High Road Cycles & Twiley Sports Open Water Swims
Time: 8am
Place: Quakertown, PA
Web: www.twileysports.com

American Cancer Society Bike-a-thon
65 mi.
Time: 7am
Place: Philadelphia, PA
Phone: 215-985-5401
Email: lisa.angelucci@cancer.org
Web: www.acsbike.org

Philadelphia Canoe Club Open House
Time: 10am
Place: Philadelphia, PA
Phone: 267-978-8572
Web: www.philacanoecub.com

JULY 18-19

20 in 24 Midnight Madness Run
8.4 mi. to the most you can run in 24 hours
Time: 11:59pm
Place: Lloyd Hall, Philadelphia, PA
Phone: 267-519-3795
Email: anne@backonmyfeet.org
Web: www.20in24.com
Back on My Feet 20in24
Place: Schuylkill River Loop, Philadelphia, PA
Email: maureen@backonmyfeet.org
Web: www.backonmyfeet.org

Peiffer Hill Road Race
Cycling.
Web: www.pacycling.org

Mid-Atlantic Multisport Open Water Swim
Clinic & Race Simulation
Time: 9am
Place: Stone Harbor, NJ
Phone: 610-644-0440
Web: www.midatlanticmultisport.com

20 in 24 Pajama Loop
8.4 mi. to the most you can run in 24 hours
Time: 10am
Place: Lloyd Hall, Philadelphia, PA
Phone: 267-519-3795
Email: anne@backonmyfeet.org
Web: www.20in24.com

Tour de FCCC Cycling
Web: www.pacycling.org

JULY 18-30

Sunset Sprint Tri + Du, Olympic Tri
Time: 7:15am
Place: Bridgeton, NJ
Phone: 856-696-3924
Email: wilsonb@sjhs.com
Web: lin-mark.com

JULY 19

High Road Cycle Road/Tri Demo Day
Cycling - Road Level: A. 10am
Place: Bulls Island, NJ
Web: www.twileysports.com.

JULY 25

Grandview Grand Prix Cycling
Web: www.pacycling.org

Tour de Brew Cycling
Web: www.lehighwheelmens.org

The Zeppelin Criterium
Road cycling 15, 20, 25 mi.
Time: 8am
Place: Lakehurst, NJ
Web: www.njbikeracing.com

Heritage Corridor River to River Ride
Cycling - Road 25,50,75,100 mi. Level: Ch, A. 7am
Place: Souderton, PA
Phone: 215-513-7550
Email: info@pedalpa.com
Web: www.pedalpa.com

JULY 26
PA State Junior Criterium Road Cycling
Web: www.pacycling.org

Philly Criterium Road Cycling
Place: Philadelphia, PA
Web: www.pacycling.org

New Jersey State Triathlon Multi-Sport
(Duathlon/Triathlon)
Olympic Distance Tri.
Time: 7:30am
Place: Mercer County Park
Phone: 856-468-0925
Email: Iredrow@cgiracing.com
Web: cgiracing.com

Wyoming Valley Striders 10K

Place: Wilkes-Barre, PA
Web: wyovalstr@aol.com
Phone: 570-474-5363

Marsh Creek Raptor Run Running

5 mi., 10 mi.
Time: TBD
Place: Downingtown, PA
Web: www.marshcreekrun.org

SEPT. 12

Come Workout and Party at the PhillyFIT Marathon Workout!
Saturday, September 12th 5:00-9:00PM
Location: Manor College, 700 Foxchase Rd., Jenkintown, PA 19046.
Several different presenters showcasing 15-20 diverse workouts throughout the evening. 3-hour workout marathon and the 4th hour is for dinner and drinks. Come join in and do as many workouts as you can! Vote on the best workout of the night!
To pre-register for this event, please email Jami@phillyfitmagazine.com or call 215-396-0268 or fax 215-396-0288.

SEPT. 13

'Paws in the Park', The First Annual Canine Cancer Awareness Walk-A-Thon
Sunday September 13th, is now open for registration. Download the registration from the home page of our web site: <http://www.caninecancerresearchusa.org/>
The registration contains all the details of the event, and remember 100% of the proceeds benefit cancer research!
The download is located on the home page, right above the heart. It says, Paws in the Park.
In addition to the walk, our schedule includes lunch, prizes for the Top 12 raising the most sponsor pledges over \$100, raffles, and from 12:00 -2:00 radio station 97.5 FM will provide more fun.
Be a Difference Maker in the fight against canine cancer - Register Today!

SEPT. 26

12th Annual Main Line 5K Run & Fun Walk
Main Line Chamber Foundation Event. Title Sponsor: Main Line Health
Time: 8am
Place: Main Line Chamber Conference Center, 175 Stratford Ave., Wayne, PA
Phone: 484-253-1103
Email: ckuhn@mlcc.org
Web: www.mlcc.org

NOV. 22

Philadelphia Marathon and 8K
Distances: Marathon, Half and 8K (26.2, 13.1 and 4.9 miles)
Time: 7am
Place: Eakins Oval, Philadelphia, PA
Web: www.philadelphiamarathon.com

ONGOING APRIL-SEPTEMBER

COS Multi-Level Group Bike Rides
10-18 mph, 10-40 miles. Join the largest multi-level ride group on the Main Line (200 riders). 8 different ride groups ranging from a "beginner's" group (10-mph pace) up to an "A" group (18-mph pace) and including "Young Guns" (ages 18-28) and hybrid bikes. Clean bathrooms, easy parking, Q sheets and experienced ride leaders. Rain cancels the ride.
Dates and Times: Every Monday at 5:30pm, April-September. All rides start promptly at 6pm and end just before sunset.
Place: Meet in the back parking lot of Church of the Saviour, 651 N. Wayne Ave., Wayne, PA
Email and Phone: Leaders Thomas G. Madle, tmadle@rohmhaas.com, 215-233-2578 and Michael Lefkowitz, michael.lefkowitz@verizon.net, 610-687-2923

Saturday Support Group for Adults With Diabetes

All adults with diabetes are invited to an intelligent discussion about diabetes, weight con-

trol and healthy living. Free.
Time: First Saturday of the month, 11am-noon
Place: Integrated Diabetes Services, 333 E. Lancaster Ave., Wynewood, PA
Phone: 610-642-6055
Web: www.integrateddiabetes.com

Better Breathers Support Group

The Lung Center at Paoli Hospital is hosting a free support group for patients with respiratory disorders and chronic lung diseases the second Tuesday of every month. Registration is required. Call to register.
Time: Second Tuesday of the month, 2-3pm
Place: Paoli Hospital, Paoli, PA
Phone: 610-648-1651

Comprehensive Breast Center Support and Networking Group

For women who have been diagnosed with breast cancer.
Time: Third Tuesday of the month, 7-8:30pm
Place: Comprehensive Breast Center, Bryn Mawr Hospital, Bryn Mawr, PA
Phone: 610-526-4400

Support Group for People With Cancer

Sponsored by the Wellness Community of Philadelphia.
Time: Tuesdays, 6:30-8:30pm
Place: The Cancer Center at Paoli Hospital, 255 W. Lancaster Ave., Paoli, PA
Phone: 215-879-7733

Cherry Hill Road Bike Ride

Date and Time: Saturdays, 8am
Place: Keswick Cycle, Cherry Hill, NJ
Phone: 856-795-0079
Email: salesstaff@keswickcycle.com
Web: www.keswickcycle.com

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

Delco Road Running Club

The club has these ongoing weekly fun runs/walks:
Harris Elementary School, Collingdale, PA
Saturdays, 9am
Media Community Center, Media, 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 Sevick, 610-476-3722
Address: Delco Road Running Club, P.O. Box 1811, Media, PA 19063
Email: info@delcorrc.org
Web: www.delcorrc.org

PLACE YOUR CALENDAR LISTING

BOXED LISTINGS FOR ONLY \$75

CALL 215-396-0268