

July/August

## calendar of events

**JULY 4**

**Woodstown Firecracker Bob Madden - Memorial 5k**  
Time: 8am  
Place: Woodstown, NJ  
Email: rsmick@comcast.net  
Web: www.lmsports.com

**JULY 5**

**4th Annual Iron Hill Twilight Criterium** Road cycling featuring Amateur Men's Criterium, Elite Women's Criterium and Kids' Race. Also includes a festival with food and fun activities.

Times: 5pm. The featured event, the Pro-Men's Criterium, begins at 7:45pm.  
Place: Gay and High streets West Chester, PA  
Phone: 610-696-4046

Web: www.IronHillTwilightCriterium.com

**Firecracker 5 Miler and Fun Run**

Road/trail running.

Time: 9:15am

Place: Shillington, PA

Phone: 610-775-9776

Email: ibulrich@aol.com

Web: www.makebreak.com

**JULY 6****Delaware Double Cross**

**Metric Century** Road cycling, 31 or 62 mi.

Time: 7:30am registration.

Place: Middletown, DE

Phone: 302-528-8847

Email: doublecross@whiteclaybicycleclub.

Road cycling: www.whiteclaybicycleclub.org

**Philadelphia Women's Triathlon/Duathlon Sprint**

Time: 8am

Place: Philadelphia, PA

Phone: 856-308-7522

Email: mredrow@cgiracing.com

Web: www.cgiracing.com

**JULY 8****Super Tuesdays Pro-Am Series**

Road cycling.

Place: Trexlertown, PA

Phone: 610-395-7000

Web: www.valleypreferredcycling.com

**JULY 9****Splash and Dash Swim/Run Duathlon**

Quarter-mile swim and 5k run

Time: 7pm

Place: Marlton Lakes, NJ

Phone: 856-858-7835

Email: cisellers@comcast.net

Web: www.dqtridu.com

**JULY 10****Future Stars Youth and Junior Race Series**

Road cycling.

Place: Trexlertown, PA

Phone: 610-395-7000

Web: www.valleypreferredcycling.com

**4th Annual Lawyers For Kids 5k**

Road/trail running, 5k, 2-mi. walk, kids.

Time: 7:15pm

Place: Morris Township, NJ

Phone: 732-381-0318

Email: mzrace@OYMP.net

Web: www.OYMP.net

**JULY 11****World Series of Cycling: Tandemonium**

Road cycling.

Place: Trexlertown, PA

Phone: 610-395-7000

Web: www.valleypreferredcycling.com

**JULY 12****Masters and Rookies Race Series**

Road cycling.

Place: Trexlertown, PA

Phone: 610-395-7000

Web: www.valleypreferredcycling.com

**Mount Penn Road Race**

Road cycling.

Place: Berks County, PA

Web: www.redroses.com

**DQ Triathlon/Duathlon at Vincentown**

Quarter-mile swim, 2-mi. run, 15-mi. bike, 5k run.

Time: 8am

Place: Vincentown, NJ

Phone: 856-858-7835

Email: cisellers@comcast.net

Web: www.dqtridu.com

**Kings Grant 5k**

Road/trail running.

Marlton, NJ

Web: www.dqtridu.com.

**Swim for the Dolphins**

Swimming.

Place: Wildwood Crest, NJ

Web: www.lmsports.com

**JULY 12-19****Anchor House Ride for Runaways**

Road cycling.

Places: Rutland, VT to Trenton, NJ

Phone: 609-278-9495

Web: www.anchorhouseride.org

**JULY 13****American Cancer Society**

**Bike-a-Thon** Three start locations; 25, 40 or 65 mi.

Place: One-way rides to Buena, NJ

Web: www.acsbike.org.

**JBN Bicycle Race**

Road cycling.

Place: Lehigh Valley, PA

Web: lehighwheelmen.org

**Route 29 Time Trial Series**

Road cycling: 36k.

Web: www.pabikeracing.com

**Hidden Jewel Hike**

Time: 1pm

Place: Chioypyle State Park, PA

Phone: 724-329-0986

Web: www.dcnr.state.pa.us

**High Road Cycles Open Water Swim with Todd Wiley**

Multi-sport (duathlon/triathlon).

Time: 8am-noon

Place: Nockamixon State Park, Quakertown, PA

Email: nathanp@highroadcycles.com

Web: www.highroadcycles.com

**Journey for Joann Triathlon**

Quarter-mile swim, 10-mi. bike, 5k run.

Place: Kulpville, PA

Web: www.towamencinsswimteam.org

**Lancaster County Triathlon/Duathlon**

Swim, bike, run.

Place: Lancaster County, PA

Web: www.redroses.com

**Metroman 2008**

Multi-sport (duathlon/triathlon) swim, bike and run.

Place: Asbury Park, NJ

Web: www.sunsetracing.com/metroman.html.

**DVOA Fair Hill**

Orienteering

Time: 10am-1pm

Place: Fair Hill, MD

Phone: 610-792-0502

Email: cass5205@aol.com

Web: www.dvoa.org

**Philadelphia Canoe Club Open House**

Canoe and Kayak Race

8 mi.

Time: Noon.

Place: PCC, Philadelphia, PA

Email: chairman@swanboat.org

**Eden Family 5K**

Road/trail running.

Place: Princeton, NJ

Web: www.edenfamily5k.org

**JULY 15-OCT. 4****Beginning Women's Running Class**

Road/trail running: 5k.

Time: 6:30pm

Place: Doylestown, PA

Email: susan@forerunnerfitness.com

Web: www.forerunnerfitness.com

**JULY 16****Pine Barrens No Frills Splash & Dash Training Races**

Multi-sport (duathlon/triathlon) .5-mi. swim, 3-mi. run.

Time: 6:45pm

Place: Atison Lake Recreation Area, Atison, NJ

Phone: 609-472-2261

Email: info@pinebarrenstri.

Road cycling: www.PineBarrensTri.org

**Phils Tavern 5K**

Road/trail running.

Time: 7pm

Place: Blue Bell, PA

Email: phils@aarclub.com

Web: www.aarclub.com/phils

**JULY 18****World Series of Cycling-Festival of Speed and Int'l Women's Challenge**

Road cycling.

Place: Trexlertown, PA

Phone: 610-395-7000

Web: www.valleypreferredcycling.com

**JULY 19****Masters and Rookies Race Series**

Road cycling.

Place: Trexlertown, PA

Phone: 610-395-7000

Web: www.valleypreferredcycling.com

**Robert Fulton Road Race**

Road cycling: 10-mi. course.

Place: Lancaster County, PA

Web: www.redroses.com

**JULY 19-20****Tour de FCCC**

Road cycling.

Places: Kutztown and Trexlertown, PA

Web: lehighwheelmen.org

**Sunset Sprint Triathlon & Duathlon**

Multi-sport (duathlon/triathlon): .5-mi. swim, 15-mi. bike, 3.1-mi. run.

Place: Bridgeton, NJ

Web: www.lin-mark.com

**One-Day River Kayak Training**

Flatwater kayak.

Place: Schuylkill River, Philadelphia, PA

Email: danayaks@yahoo.com

Web: www.philacanoe.org

**Bike MS: PA Dutch 2008**

Road cycling: 50, 75, 100, 150 or 200 mi.

Time: 6:30am

Place: Green Lane Park, PA

Phone: 800-445-BIKE

Email: mscycling@pae.nmss.

Road cycling: www.mscycling.org

**Summer Dam Releases at the Lehigh River**

Place: In the Poconos, PA

Phone: 800-443-8554

Email: info@WhitewaterChallengers.com

Web: www.WhitewaterChallengers.com

**JULY 20****Michaux Endurance Series-Dark Hollow**

Mountain and cross cycling: 10, 25, 50 mi.

Place: Michaux State Forest, PA

Web: racemichaux.com

**Eagles/Osprey Boat Program**

Time: 1pm

Place: Chioypyle State Park, PA

Phone: 724-329-0986

Web: www.dcnr.state.pa.us

**One-Day Introduction to Whitewater Kayaking**

Place: Schuylkill River, Philadelphia, PA

Email: danayaks@yahoo.com

Web: www.philacanoe.org.

**Nottingham National Xterra Xduro Half Marathon**

Road/trail running: 13.1 mi, 10k.

Time: 9am

Place: Pottstown, PA

Phone: 610-469-6160

Email: morrisd1@aol.com

Web: www.Mid-AtlanticEvents.com

**JULY 23****Downtown Westfield 5K**

Time: 7pm

Place: Westfield, NJ

Phone: 732-381-0318

Email: mzrace@OYMP.net

Web: www.OYMP.net

**JULY 24****Future Stars Youth and Junior Race Series**

Road cycling.

Place: Trexlertown, PA

Phone: 610-395-7000

Web: www.valleypreferredcycling.com

**JULY 25****Night Hike**

Time: 9pm

Place: Chioypyle State Park, PA

Web: www.dcnr.state.pa.us

**JULY 26****113 Heritage Corridor River to River Ride**

Road cycling: 25, 50, 75, 100 mi.

Place: Telford, PA

Email: info@pedalpa.com

Web: rivertoriverride.org

**Dream Ride**

Road cycling.

Place: Marietta, PA

Web: www.dreamrideprojects.org

**Great Grandview Heights Criterium**

Road cycling: 1-mi. course.

Place: Lancaster, PA

Web: www.redroses.com

**Snake Hike**

Time: 1pm

Place: Chioypyle State Park, PA

Phone: 724-329-0986

Web: www.dcnr.state.pa.us

**Jersey Genesis Triathlon**

Half-mile swim, 16-mi. bike, 4-mi. run. Best post-race Party, reasonable entry fee, scenic rural course.

Time: 8am

Place: Port Republic, NJ

Phone: 609-652-6154

Email: JerseyGenesisTri@aol.com

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**mi.** Time: 6:30am  
 Places: Milford, NJ-Manasquan, NJ  
 Phone: 732-381-0318  
 Email: mzrace@OYMPnet  
 Web: www.OYMPnet

**Deodate Road Race** Road cycling.  
 Phone: Dauphin County, PA  
 Web: www.redroseraces.com

**Masters and Rookies Race Series**  
 Road cycling.  
 Place: Trexlertown, PA  
 Phone: 610-395-7000  
 Web: www.valleypreferredcycling.com

**Princeton Event** Road cycling.  
 Place: West Windsor, NJ  
 Web: princetonfreewheelers.com

**Upperman Duathlon: Sprint & Olympic**  
 Multi-sport (duathlon/triathlon): 3.1-mi. run, 15- or 22-mi. bike, 3.1- or 6-mi. run. Time: 8am  
 Place: Tuckahoe, NJ  
 Email: racedirector@citytri.com  
 Web: www.citytri.com

**One-Day Introduction to Whitewater**  
 Kayaking  
 Place: Schuylkill River, Philadelphia, PA  
 Email: danayaks@yahoo.com  
 Web: www.philacanoec.org

**6th Venus on the Half Shell 5k**  
 Road/trail running.  
 Place: Dewey Beach, DE  
 Phone: 302-654-6400  
 Email: wayne@races2run.com  
 Web: www.races2run.com

**Coombs/Douglass Memorial Bay Run**  
 Road/trail running.  
 Time: 8:30am  
 Place: North Cape May, NJ  
 Phone: 609-886-7880, ext. 9  
 Web: www.capemaybeach.com/coombsdouglass.html

**Sea Isle City 10 Miler**  
 Road/trail running.  
 Place: Sea Isle City, NJ  
 Web: www.lmsports.com

**AUG. 2-3**  
**SheROX Philadelphia Triathlon**  
 Multi-sport (duathlon/triathlon) .8k S, 25k B, 5k R.  
 Time: Expo Aug. 2 (9 am-5 pm); Sprint Triathlon Aug. 3 (women only, 8am)  
 Place: Black Road and MLK Jr. Drive, Fairmount Park, Philadelphia, PA  
 Phone: 610-687-3955  
 Email: info@sherox.com  
 Web: www.SheROX.com

**Summer Dam Releases at the Lehigh River** Place: In the Poconos, PA  
 Phone: 800-443-8554  
 Email: info@WhitewaterChallengers.com  
 Web: www.WhitewaterChallengers.com

**AUG. 3**  
**3rd Annual Doylestown CR**  
 Road cycling.  
 Place: Doylestown, PA  
 Web: www.cyclesports.com

**Xterra Appalachia**  
 Multi-sport (duathlon/triathlon): 800-m S, 11-mi. MTB, 4-mi. TR.  
 Place: Penn Run, PA  
 Web: americanadventuresports.com

**AUG. 5**  
**Super Tuesdays Pro-Am Series**  
 Road cycling.  
 Place: Trexlertown, PA  
 Phone: 610-395-7000  
 Web: www.valleypreferredcycling.com

**AUG. 6**  
**Pine Barrens No Frills Splash & Dash**  
 Training Races  
 Multi-sport (duathlon/triathlon): .5-mi. swim, 3-mi. run.  
 Time: 6:45pm  
 Place: Atison Lake Recreation Area, Atison, NJ  
 Phone: 609-472-2261  
 Email: info@pinebarrenstri.com  
 Road cycling: www.PineBarrensTri.org

**AUG. 8**  
**World Series of Cycling: Golden Wheel Race** Road cycling.  
 Place: Trexlertown, PA  
 Phone: 610-395-7000  
 Web: www.valleypreferredcycling.com

**AUG. 9**  
**Krista Griesacker Memorial Adventure Race** USARA National Qualifier. Adventure racing/adventure sports: 50 mi., 12 hrs.

Place: Hamburg, PA  
 Phone: 866-338-5167  
 Email: info@goalsara.com  
 Road cycling: www.goalsara.org

**Bridgeton Zoo Century**  
 Road cycling: 25-, 50-mi. loops.  
 Time: 8am-4pm  
 Place: Centerton, NJ  
 Web: sjwhelemen.org

**Masters and Rookies Race Series Final**  
 Road cycling.  
 Place: Trexlertown, PA  
 Phone: 610-395-7000  
 Web: www.valleypreferredcycling.com

**Weekend Warrior Triathlon Relay**  
 Multi-sport (duathlon/triathlon) 2-mi. run, 7-mi. bike, 1/8-mi. swim, 2-mi. run.  
 Time: 9am  
 Place: Shillington, PA  
 Phone: 610-775-9776  
 Email: ibulrich@aol.com  
 Web: www.makebreak.com

**PCC One-Day Introduction to Whitewater Kayaking**  
 Place: Schuylkill River, Philadelphia, PA  
 Email: danayaks@yahoo.com  
 Web: www.philacanoec.org

**AUG. 9-10**  
**Tour de Christiana**  
 Road cycling: 2 days, 3 stages  
 Place: Lancaster County, PA  
 Web: www.redroseraces.com

**Basic Top Rope Systems**  
 Rock/ice climbing.  
 Time: 9am-4pm  
 Place: High Rocks, Tinicum, PA  
 Phone: 215-230-9085  
 Email: info@doylestownrockgym.com  
 Web: www.doylestownrockgym.com

**AUG. 10**  
**Carlisle TT & South Mtn. Hill Climb**  
 Road cycling: 20, 40k  
 Web: www.pabikeracing.com

**Wild Tea Hike**  
 Hiking/backpacking.  
 Time: 1pm  
 Place: Ohiopyle State Park, PA  
 Phone: 724-329-0986  
 Web: www.dcnr.state.pa.us

**Steelman Triathlon**  
 Multi-sport (duathlon/triathlon): sprint, Olympic  
 Time: 7am  
 Place: Nockamixon State Park, PA  
 Phone: 484-894-3253  
 Email: dale@steelmantriathlon.com  
 Web: www.steelmantriathlon.com

**3rd JD Shucker's 5k**  
 Road/trail running.  
 Place: Angola, DE  
 Phone: 302-654-6400  
 Email: wayne@races2run.com  
 Web: www.races2run.com

**AUG. 13**  
**Dead Harriers Summer Night 5k**  
 Road/trail running.  
 Time: 12am  
 Place: Doylestown, PA  
 Phone: 215-530-6047  
 Web: www.active.com

**AUG. 14-17**  
**HEALING SEMINAR MEDIA, PA.**  
 Classes offered each day, all levels:  
 USUI Reiki, KARUNA Reiki®, RYOHU Intensives: Shoden, Okuden, Shinpiden, Magnified Healing, Private Healing Sessions. 14th & 15th Dr. Usui's Birthday: Reiki Meditations, Attunement Boosts, Networking. 16th Reiki Share, Magnified Healing Celebration®. 17th Closing, Global-Healing Meditation. Choose classes, Sign-up early, Discount.  
**www.reikihealingcenter.org**  
**(610)348-5698**

**AUG. 15**  
**Frog Hunt**  
 Hiking/backpacking.  
 Time: 8:30pm

Place: Ohiopyle State Park, PA  
 Web: www.dcnr.state.pa.us

**Summer Wildflower**  
 Mountain and cross cycling.  
 Time: 10am  
 Place: Ohiopyle State Park, PA  
 Phone: 724-329-0986  
 Web: www.dcnr.state.pa.us

**Alaric Gayfer Junior Criterium**  
 Championship  
 Road cycling.  
 Place: Trexlertown, PA  
 Web: www.usacycling.org

**Lums Pond Youth Triathlon**  
 Multi-sport (duathlon/triathlon): 100-yard swim, 2.4-mi. bike, .4-mi. run.  
 Time: 9am  
 Place: Lums Pond State Park, DE  
 Email: nsemmel@piranha-sports.com  
 Web: www.piranha-sports.com

**Intro to Canoe**  
 Place: Schuylkill River, Philadelphia, PA  
 Email: danayaks@yahoo.com  
 Web: www.philacanoec.org

**Crazylegz**  
 Road/trail running: 50-mi. relay.  
 Time: 7am  
 Place: Philadelphia, PA  
 Phone: 203-262-3376  
 Email: info@genesisadventures.com  
 Web: www.genesisadventures.com

**AUG. 16-17**  
**Summer Dam Releases at the Lehigh River**  
 Place: In the Poconos, PA  
 Phone: 800-443-8554  
 Email: info@WhitewaterChallengers.com  
 Web: www.WhitewaterChallengers.com

**Masters and Elite Regional/State**  
 Championships  
 Road cycling.  
 Place: Trexlertown, PA  
 Phone: 610-395-7000  
 Web: www.valleypreferredcycling.com

**Tour de Millersburg** Road cycling.  
 Place: Millersburg, PA  
 Web: www.millersburg.com

**AUG. 17**  
**Covered Bridge Metric** Road cycling.  
 Place: Lancaster, PA  
 Web: www.lancasterbikeclub.org

**Route 29 Time Trial Series**  
 Road cycling: 36k.  
 Web: www.pabikeracing.com

**North East Triathlon** Multi-sport (duathlon/triathlon) Olympic, sprint.  
 Time: 7:30am  
 Place: North East, MD  
 Phone: 856-308-7523  
 Email: iredrow@cgiracing.com  
 Web: www.cgiracing.com

**Tuckahoe Sprint Triathlon/Duathlon** Multi-sport (duathlon/triathlon): .25mi swim/2-mi. run, 12-mi. bike, 2-mi. run.  
 Place: Marmora, NJ  
 Email: racedirector@citytri.com  
 Web: www.citytri.com

**Basic River Canoe**  
 Place: Schuylkill River, Philadelphia, PA  
 Email: danayaks@yahoo.com  
 Web: www.philacanoec.org.

**13th Annual Half Wit Half Marathon** 13.1-mile trail run.  
 Time: 9am  
 Place: Reading, PA  
 Phone: 610-779-2668  
 Email: rhornpcs@aol.com  
 Web: www.pretzelcitysports.com

**AUG. 21**  
**Future Stars Youth and Junior Race Series Final**  
 Road cycling.  
 Place: Trexlertown, PA  
 Phone: 610-395-7000  
 Web: www.valleypreferredcycling.com

**AUG. 22**  
**World Series of Cycling: Madison Cup XXXII Air Products Finals**  
 Road cycling.  
 Place: Trexlertown, PA  
 Phone: 610-395-7000  
 Web: www.valleypreferredcycling.com

**Night Hike** Hiking/backpacking.  
 Time: 9pm

**PLACE YOUR CALENDAR LISTING FOR ONLY \$75 CALL 215-396-0268 to place your event in a box on this page!**

Place: Ohiopyle State Park, PA  
 Web: www.dcnr.state.pa.us

**AUG. 23**  
**Pennsylvania Bicycle Hill Climb Challenge**  
 Road cycling.  
 Place: Franklin County, PA  
 Web: www.redroseraces.com

**SCU Lake Nockamixon Century**  
 Road cycling: 25-107 mi.  
 Time: 7am  
 Place: Warrington, PA  
 Phone: 215-234-0170  
 Email: centuries@suburbancyclists.org  
 Web: www.suburbancyclists.org

**Livestrong Challenge**  
 Road cycling: 10, 40, 70 or 100 mi.  
 Place: MCCC, Blue Bell, PA  
 Web: livestrongchallenge.org

**Trimax Pinchot Triathlon**  
 Multi-sport (duathlon/triathlon): half-mile swim, 18.2-mi. bike, 3.3-mi. run.  
 Time: 9am  
 Place: Gifford Pinchot State Park, PA  
 Email: john@trimaxendurancesports.com  
 Web: www.trimaxendurancesports.com/Pinchot.html

**5k Beach Challenge for Autism**  
 Road/trail running.  
 Place: Ocean City, NJ  
 Web: autism.cfsites.org

**Stone Harbor Lions 10K, 5K Runs**  
 Road/trail running.  
 Time: 8am  
 Place: Stone Harbor, NJ  
 Phone: 609-412-6957  
 Email: edeinhaus@comcast.net

**AUG. 26-NOV. 16**  
**Philly 1/2 Marathon Class**  
 Road/trail running: 13.1 mi.  
 Time: 6:30pm  
 Place: Doylestown, PA  
 Email: susan@forerunnerfitness.com  
 Web: www.forerunnerfitness.com

**AUG. 27-31**  
**USA Cycling Masters Track National Championships**  
 Road cycling.  
 Place: Trexlertown, PA  
 Web: www.usacycling.org

**AUG. 30**  
**DQ Triathlon at Marilton Lakes**  
 Multi-sport (duathlon/triathlon) .25-mi. swim, 11-mi. bike, 3-mi. run.  
 Time: 7:45am  
 Place: Marilton, NJ  
 Phone: 856-858-7835  
 Email: cisellers@comcast.net  
 Web: www.dqtridu.com

**KETTLEBELL POWER AND STRENGTH WITH DONNIE THOMPSON.**  
 World Record Powerlifter with Largest Total.  
 4+ Hour Kettlebell Workshop, how to integrate Russian Kettlebell training into powerlifting, football and general fitness.  
**Cost:** \$100, first 25 registered receive 1-on-1 instruction  
**Time:** Saturday, September 27, 2008, 12 noon  
**Place:** Southside Iron, 1901 S 12th St., Allentown, PA 18103  
 Phone: 610-948-7823  
**Email:** Southsidelron@yahoo.com  
**Web:** www.rychlakpowersystems.com/KB/Don.html