

SEPT. 9

The 9th Annual Big Red Run 5K

Race is scheduled for 8:30 a.m., starting and finishing at the Doreen Thornbury O'Donnell Memorial Playground at the Township Building Park. Cost is \$15 pre-registration and \$20 day of race.

The race benefits the playground, constructed in memory of Doreen Thornbury O'Donnell, the found of the Upper Merion Mothers Club. The event also honors the memory of Steve and Karen Thornbury, Doreen's brother and sister, who died recently. Walkers are welcome, as are contributions and prizes.

Contact: David Broida, Upper Merion Township Park and Recreation director, 610-265-1071.

E-mail: at dbroida@umtownship.org
Website: Register online at www.active.com.

Kids' Races at the 9th Annual Univest Grand Prix

Kids get to race like the pros! Bring the whole family! Sponsored by the North Penn YMCA and Lansdale and Indian Valley Boys and Girls Clubs. Fun games, race excitement, DJ and more! Time: 9am-noon

Email: For registration info contact: Betty Linko, bettyl@northpennymca.org or Souderton or Beverly Boland, bevb@northpennymca.org.

SEPT. 10

EnduraSport Half Triathlon

1.2m S/60m B/13.1m R

Place: Nockamixon State Park, Quakertown, PA

Email: info@genesiadventures.com
Website: www.genesiadventures.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

STARTING ON SEPT. 11 Bootcamp

This fall you can get in the best shape of your life! Lose 10-15 lbs. of body fat while gaining strength, stamina, confidence and health. Kelly's 8 Week Bootcamp is forming now. Get all the results of personal training more affordably in a small group. This is a proven program including exercise and nutritional supervision to enable you to achieve your best! Unlimited classes at Kelly's Fitness are included to fulfill your workout requirements or do them on your own. Not ready for the 8 Week commitment? Check the website for the full schedule of Drop-in Classes. Date, Time and Place: Thursday mornings at 10:15 inside Action Karate in New Britain, PA
Contact: Call Kelly at 215-429-2261
Website: www.kellysfitness.net

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. 16-17

MS 150 City to Shore Bike Tour

Named by Bicycling Magazine as the "Best Cycling Getaway in NJ," the 26th Annual MS 150 City to Shore Bike Tour promises to be the best cycling journey on the east coast. Ride with over 6,000 cyclists of all ages and cycling abilities for the challenge of your choice with several route options. Enjoy flat terrain as you travel through the blueberry fields and the NJ pine barrens and into the sweet smells of salt-water taffy and ocean air in historic Ocean City, NJ.

This ride is fully supported with catered rest stops, bike support and SAG transportation. In addition, Veteran News Anchor Larry Kane hosts our Awards ceremony on Saturday night. Cyclists collect a minimum of \$250 in donations to participate.

Ride as many miles as you can.
Website: http://www.nationalmssociety.org/pae/event/event_detail.asp?e=6654

SEPT. 17

Philadelphia Distance Run Half-marathon

Time: 7:45 am
Place: Philadelphia Art Museum
Website: www.runphilly.com

SEPT. 23

Doylestown Kiwanis 5K Run

Time: 9am
Place: Delaware Valley College, Doylestown, PA
Contact: Jane Vaughan at 215-489-5020
Email: jvaughansc@comcast.net
Website: Registration forms are available online at www.kiwanisof-doylestown.org.

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.peacevalleynaturecenter.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

All-Whitpain Community 5K Run/1 Mile Walk

Websites: www.bluebellrotary.org; register online at www.Active.com. USA Track & Field-certified course. Prizes for all age groups. Corporate teams and families welcome! Pre-register by Sept. 27 (\$20 for adults, \$10 for ages 12-17, \$5 under 12). On-site registration \$25, \$15, \$7. Proceeds benefit local community groups including Wissahickon Valley Watershed Association, Inter-Faith Housing Alliance, Montco Community College scholarships, Community Cupboard of Ambler. Refreshments. T-shirts to first 200 registrants, then first come, first served.
Date, Time and Place: Sat., Sept. 30, 9am, Whitpain Twp. Admin. Bldg., 960 Wentz Road, Blue Bell, PA
Contact: 215-248-4821

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@amyink.com
Links: <http://delcorrc.org/forms/WDF-2006-brochure.pdf>

Crusaderclassic 5K Run/Fun Walk

Time: 9am
Place: Father Judge High School, Philadelphia, PA
Contact: 215-333-7648
Email: crusaderclassic@comcast.net
website: Fatherjudge.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 min. 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

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.home-stead.com

OCT. 18**Delaware County Celebrating Life**

Senior Expo: Hosted by the Delaware County Brandywine Conference & Visitors Bureau, this event will provide a diverse range of exhibitors, entertainment, health screenings and informative educational seminars helping seniors manage and enhance all aspects of their lives. Free admission and parking for seniors and caregivers.
 Time: 9am-1pm
 Place: Drexelbrook Corporate Events Center, Drexel Hill, PA
 Contact: 215-968-4593
 Website: www.lifetimeexpos.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

NOV. 4**MDA Muscle Team Challenge: Rally for Research**

Inaugural MDA event that includes a full marathon walk, a half-marathon walk, a 5K family walk and entertainment all day. Tailgaters will cheer on walk teams. Participants must raise a minimum of \$130 (which funds two minutes of research), and are encouraged to become MVPs and aim for \$975 (15 minutes of research). The Philadelphia Insurance Companies' Corporate Relay Challenge for MDA takes place at 9am. Corporate Teams will compete in a 30K relay running race (6-person, 5K each) and corporate fundraising totals. The Muscle Team Challenge: Rally for Research will be a day of festivities!
 Date and Time: 7am-4pm
 Place: Memorial Hall and Fairmount Park South Concourse, Phila., PA
 Phone: 215-692-1781
 Website: <http://www.kintera.org/faf/home/default.asp?ievent=154048>

NOV. 5**Ben Franklin Bridge Challenge**

Run the Bridge. 10K Run or 2-mile Fun Walk
 Time: 8:30am
 Place: Ben Franklin Bridge, Philadelphia, PA
 Website: www.runthebridge.org

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. Weds., 6:30pm.
 Springfield Library, Springfield, PA. Thursdays, 6:30pm.
 Contact: Jason Sevick, 610-476-

3722

Address: Delco Road Running Club, P.O. Box 1811, Media, PA 19063
 Email: info@delcorrc.org
 Website: <http://www.delcorrc.org>

Strength training for older adults

"Stretch Your Limits" flexibility and strength-training class for adults over age 55 is held on Mondays from 3 to 4 p.m. and on Thursdays from noon to 1 p.m. in the Clothier Building Auditorium at Bryn Mawr Hospital, 130 S. Bryn Mawr Avenue, Bryn Mawr.
 Fitness instructor and cardiac nurse Lonnie A. Sebastian, MSN, RNC, guides participants through a routine of exercises specially developed for older adults. Resistance tubes are used to further build strength and tone muscles. Cost is \$5 per class and a resistance tube is \$8. Call 610-526-8720 for more information.

Sunday Afternoon Wildflower Walks

Join this pleasant walk in search of seasonal bloomers in Tyler Arboretum's meadows and woodlands. Learn about the rare and beautiful species of wildflowers on Tyler' property. Free with admission; no pre-registration is required. Call for information.
 Time: 1:30-3:30pm
 Place: Tyler Arboretum, 515 Painter Road, Media, PA
 Contact: 610-566-9134

Seasonal Bird Walks

Discover much more than just birds during this informative nature exploration. All levels of birders are welcome. Bring bird guides and binoculars and wear comfortable walking shoes. Free with admission; no pre-registration required.
 Date and Time: Wednesdays, 8:15-10:15am
 Place: Tyler Arboretum, 515 Painter Road, Media, PA
 Contact: 610-566-9134

Weekday Wildflower Walks

Head out to the trails with wildflower experts to find and identify wildflowers in their seasonal forms. Wear comfortable walking shoes. Free with admission; no pre-registration is required. Call for information.
 Date and Time: Weds., 11am-1pm
 Place: Tyler Arboretum, 515 Painter Road, Media, PA
 Contact: 610-566-9134

Pink Trail Ramble

Explore the other side of Tyler across Painter Road on the Pink Trail. Take a comfortably paced hike on this 2.3-mile trail through woodlands and meadows, and up and down hills. Wear shoes suitable for uneven terrain. Free with admission; no pre-registration req. Call for info.
 Date and Time: Tuesdays starting in August, 9:15-10:30am
 Place: Tyler Arboretum, 515 Painter Road, Media, PA
 Contact: 610-566-9134

Indoor Trainer Bike Rides

Level: Fun.
 Dates, Times and Places: Tuesdays, 5:30pm, Wayne, PA; Wednesdays,

6pm, Doylestown, PA
 Contact: 215-348-8015
 Website: www.highroadcycles.com

Wissahickon Gorge Night Hikes

Appalachian Mountain Club, 6-7 miles, fast pace.
 Date and Time: Mondays, 6:30pm
 Place: Meet at Valley Green Inn, Fairmount Park, Philadelphia, PA
 Contact: 610-667-1144
 Email: pauld@worldlynx.net

Wissahickon Wanderers Trail Run 4-5 miles.

Date and Time: Every Thursday, 6:30pm
 Place: Start at Valley Green, Fairmount Park, Philadelphia, PA
 Contact: 215-849-9080
 Website: www.wanderersrunning-club.org

Wissahickon Wanderers Run with Shawmont Running Club

For all levels.
 Date and Time: Saturdays, 8am
 Place: Start at Forbidden Drive off Northwestern Avenue in Andorra, Philadelphia, PA
 Contact: 215-849-9080
 Website: www.wanderersrunning-club.org and www.shawmontrunning-club.com

Wissahickon Wanderers Fun Run

Date and Time: Every Saturday, 8am
 Place: Start at Valley Green, Fairmount Park, Philadelphia, PA
 Contact: 215-849-9080
 Website: www.wanderersrunning-club.org

Wissahickon Valley Hike

With PhilaVentures: William Way Lesbian, Gay, Bisexual and Transgender Community (LGBT) group sponsors a two-to-three hour hike every week.
 Date and Time: Meets every Sunday afternoon, 2 p.m. at Borders Book Store in Chestnut Hill, Phila., PA
 Contact: Call 856-767-8938
 Email: joehagenmayer@yahoo.com
 Website: www.fow.org

Hike on Trails Not Often Trodden

Date and Time: Last Saturday of every month, 10am with lunch afterwards at local spot.
 Place: Meet at Sedgwick Gardens Apartments, McCallum and Sedgwick Sts., Mt. Airy, Phila., PA.

Website: <http://www.mrbasketball.net/hike/hike/html>

Eastern Pennsylvania Ski Council

Website: <http://www.easternpaski-council.org/>

Bucks Mount Ski and Snowboard Club

Website: www.bucksmountskiclub.org

Philadelphia Canoe Club

Website: www.Phila.canoe.org
 Place: Phila. Canoe Club, Philadelphia, PA
 Contact: Andy McAloon, 215-752-5534

Wissahickon Off-Road Cyclists

Sponsors regular trail maintenance events as well as helps park rangers do trail patrol.
 Place: Wissahickon Trail, Fairmount Park, Philadelphia
 Contact: 215-271-7325

Philly Runners

An all-skills running group in Center City Philadelphia. All are welcome for several scheduled runs per week. No membership fees. Weekly email updates:
 Email: info@phillyrunners.org
 Website: <http://www.phillyrunners.org>

Ambler Area Running Club

Website: <http://www.aarc.com>

Briarwood Running Camp

Contact: 251 Trent Road, Wynnewood, PA 19096

Fairmount Running Club

Website: <http://runfairmount.org>

Hash House Harriers-Hockessin

Contact: P.O. Box 1584, Hockessin, DE 19707-5584, Hotline: 1-302-NEEDFUN
 Website: <http://www.ravenet.com/hhhh/>

Jersey Shore Running Club

Contact: P.O. Box 7492, Shrewsbury, NJ 07702

Notre Dame Running Club of Philadelphia

Website: <http://ndrunningclub.com>

West Chester Running Club

Website: <http://www.westchesterrunningclub.com>