

SEPT. 7-9

Adventure Cycling Leadership Training Course

Mountain and cross cycling.
Place: Newtown, PA
Web: www.adventurecycling.org/tour/2007leadership_pa.cfm

SEPT. 8

Schuylkill Century
Road cycling: 25, 38, 62, 100 mi.
Place: Philadelphia, PA
Web: www.phillybikeclub.org

EnduraSport Half and Mini-Triathlons

Time: 9am half-triathlon, 10:30am mini-triathlon
Place: Nockamixon State Park, PA
Email: info@genesiadventures.com
Web: www.genesiadventures.com

Noell Maerz Patriot Games

Multi-sport (duathlon/triathlon): canoe, bike, run.
Time: 7:30am
Place: Doylestown, PA
Web: www.noellmaerz.com/site5.aspx

Pine Barrens Duathlon

Multi-sport (duathlon/triathlon): autumn and Olympic-distance.
Time: 7am-1pm for both
Place: Atsion Lake Rec Area, NJ
Phone: 856-784-6000
Email: info@pinebarrenstri.org
Web: www.pinebarrenstri.org

Bayada Regatta

Disabled National Championships. Paddle sports (kayaking/canoeing/rowing/rafting).
Place: Philadelphia, PA
Web: www.prpd.net

Eagleview Race Day

Road/trail running: 5K, 10K
Time: 9am
Place: Eagleview, Exton, PA
Phone: 610-458-1900
Email: info@hankingroup.com

SEPT. 9

Advanced Top Rope Systems

Rock and ice-climbing skills.
Time: 9am-4pm
Place: High Rocks, PA
Phone: 215-230-9085
Email: info@doylestownrockgym.com
Web: www.doylestownrockgym.com

ArtCycle 2007

Road cycling: 20, 38, 63, 100 mi.
Place: Doylestown, PA
Email: paul@activepersonalfitness.com
Web: www.artcycle.org

BikePhilly

Road cycling: 40 mi.
Place: Philadelphia, PA
Web: www.bicyclecoalition.org

Univest Grand Prix and CyclosporTif

Road cycling: 40, 60 mi.
Time: 8am
Place: Souderton, PA
Web: www.spartacycling.com

Springfield Run

Road/trail running: 5K.
Place: Cisco Park, Erdenheim, PA
Phone: 215-836-5200
Email: tfalcone@firstrust.com

SEPT. 11-NOV. 8

Intro to Outdoor Rock Climbing

Time: 10am-3pm
Place: High Rocks, PA
Phone: 215-230-9085
Email: info@doylestownrockgym.com
Web: www.doylestownrockgym.com

66 | PhillyFIT

MASS Michaux Marathon

Mountain and cross cycling.
Place: Michaux State Park, PA
Web: www.masuperseries.com

NJBA Fall Track Series #1

Road cycling.
Place: Trexlertown, PA
Web: www.njbikeracing.com

Absorb the Forbes

Hiking/backpacking.
Place: Laurel Mountain ski area, Rector, PA
Email: info@kta-hike.org
Web: www.kta-hike.org

Do the Hill

Road/trail running 5K, 1mi.
Time: 8:30am
Place: Downingtown, PA
Phone: 610-269-1989
Email: msmith@multitherm.com

Upland Alumni Association 5K Run/1-Mile Walk

To benefit autism research. Road/trail running.
Time: 9am
Place: Kennett Square, PA
Phone: 610-842-8896.

Step Forward Philadelphia!

Walking.
Time: 9am
Place: Oaks, PA
Web: www.nephcure.org

SEPT. 16

Terror of Teaberry

Mountain and cross cycling: 10, 25, 50 mi.
Place: Michaux State Forest, PA.
Web: www.racemichaux.com

Jefferson Hospital Philadelphia Distance Run

Classic half-marathon with music along a scenic course. Road/trail running: 13.1 mi.
Time: 7:45am
Place: Philadelphia, PA
Phone: 800-311-1255, ext. 164
Web: www.runphilly.com

RSVP Run/Walk

Road/trail running: 5K, 1 mi.
Time: 9am
Place: Blue Bell, PA
Phone: 610-834-1040, ext. 10
Email: info@rsvpmc.org
Web: www.rsvpmc.org

SEPT. 18

Run for Your Life

Road/trail running: 5K.
Time: 6pm
Phone: 610-648-1774
Place: Great Valley, Malvern, PA
Email: jbarbeau@libertypropertytrust.com

SEPT. 22

Dog Day Fun Fest

Best Friends Pet Care Centers in Chadds Ford invites pet lovers to a free event of fun and education in observance of AKC Responsible Dog Ownership Day. Doggy games, activities and contests with prizes; demonstrations and advice on health, training and behavior. Plus Canine Good Citizen testing, micro-chipping clinic, pet adoptions, kids' safety workshops and more.
Time: 10am-3pm
Place: Best Friends Pet Care, 3914 Pyle Road, Chadds Ford, PA
Phone: 610-459-2724
Email: jocelynm@marketingandeventresources.com

Web: www.bestfriendspetcare.com

NJBA Fall Track Series #2

Road cycling.
Place: Trexlertown, PA
Web: www.njbikeracing.com

Vineland Exchange Club Triathlon and Duathlon

.25 ms/2 mr, 20 mb, 5 mr.
Time: 8am
Place: Pittsgrove, NJ
Phone: 856-858-7835
Web: www.dqtridu.com

Trimax Pocono Triathlon

.3m/10.6m/3.5m.
Time: 9am
Place: Promised Land State Park, Greentown, PA
Email: info@trimaxendurancesports.com
Web: <http://www.trimaxendurancesports.com>

SEPT. 23

Friends of the Dove 10K Run and 2 Mile Nature Health Walk

Run and walk to benefit Peace Valley Nature Center Education Programs
Time: 9am
Place: Peace Valley Park, Doylestown PA
Email: Diane.Szwajkowski@verizon.net
Web: www.peacevalleynaturecenter.org; click on "events"

Patriot's Triathlon

650 ms, 24 kb, 5 kr.
Place: Bath, PA
Web: www.piranha-sports.com

Endless Summer Tri-Du

See event website for all info. Multi-sport (duathlon/triathlon): sprint distance.
Place: Beach Haven-LBI, NJ
Phone: 856-468-0010
Email: lindat@lin-mark.com
Web: www.lin-mark.com

Philadelphia Fall Classic Canoe and Kayak Race

Time: 10:45am
Place: Schuylkill River, Philadelphia, PA
Email: chairman@swanboat.org
Web: www.boathouserow.org/sked07.html

Rookie Regatta

Paddle sports (kayaking/canoeing/rowing/rafting).
Place: Philadelphia, PA
Web: www.pennac.org

King's Head of the Schuylkill

Paddle sports (kayaking/canoeing/rowing/rafting).
Place: Bridgeport, PA
Web: www.uppermerionboatclub.com

Run for Scouting

Road/trail running: 5K, 1mi.
Time: 1pm
Place: West Goshen Park, Malvern, PA
Phone: 610-696-2900, ext. 16
Email: dunnc@cccbsa.org
Web: www.cccbsa.org

Friends of the Dove 10K Run

Road/trail running
Time: 9am
Place: Doylestown, PA
Email: QUITEIRISH@aol.com
Web: www.peacevalleynaturecenter.org

Heart Walk

Place: Philadelphia, PA
Phone: 610-940-9540
Web: www.americanheart.org

SEPT. 27-OCT. 1

York Tour de Pink

Road cycling, 220 mi.
Place: NYC to Hershey, PA
Web: www.youngsurvival.org/tour_de_pink

SEPT. 29

Main Line Foundation 5K Run & Fun Walk

Presented by the Main Line Chamber Foundation, this annual event provides scholarships for high-school seniors, volunteer firefighters (attending member colleges) and EMTs throughout the Main Line. The day will also include children's sprints and activities along with a health and fitness expo.
Time: 8am
Place: This year, the new certified course will begin at the Chamber office and take a path through the neighborhoods of Wayne, including a lap around the Valley Forge Military Academy's track.
Phone: For information on any Main Line Chamber event, call 610-687-6232.
Web: Register online at www.mlcc.org and click on Upcoming Events.

Pedaling with a Purpose

A great event to raise dollars and awareness so that needy children and families can participate in obesity prevention and health and wellness programs at the YMCA regardless of an ability to pay. Events including spinning, swimming laps, cardio, basic aerobics, yoga, Pilates, body pump strength training and line dancing.
Cost: \$25 for one hour.
Time: 10am-2pm
Place: West Philadelphia YMCA, Philadelphia, PA
Email: iolamc@msn.com

Runnin' on the River 5K

Road/trail running. All proceeds benefit Free Schuylkill River Park, which has been working since 2004 to keep the Locust and Race Street crossings open and safe for all park users.
Place: Schuylkill Banks, Philadelphia, PA
Phone: 215-561-0483
Email: freetheriverpark@comcast.net
Web: www.freetheriverpark.org

NJBA Fall Track Series #3

Road cycling.
Place: Trexlertown, PA
Web: www.njbikeracing.com

The Hutchinson Cup

Masters head race. Paddle sports (kayaking/canoeing/rowing/rafting)
Place: Philadelphia, PA
Web: www.hutchcup.org

Crazy Legz Running Relay

Road/trail running: 60 mi.
Time: 7am
Place: Collegeville, PA
Web: www.genesiadventures.com

Lower Providence 10K

Road/trail running.
Time: 8:30am
Place: Eagleville, PA
Web: www.lowerprovidence.org

Neighborhood Fall Run

Road/trail running: 5K.
Time: 9am
Place: YMCA, Ardmore, PA
Phone: 610-649-9622
Email: ccrew@philaymca.org

David J. Good Memorial Run/Walk
Road/trail running: 5K, 1mi.
Time: 9am
Place: Lionville (Exton), PA
Phone: 610-363-9450
Email: sbernhard@uwchlan.com

Fighting Irish 5K and 1-Mile Walk
Road/trail running.
Time: 9am
Place: Chestnut Hill Academy, Philadelphia, PA
Web: www.fightingirish5k.com

Jog for Johnny 5K
Road/trail running.
Time: 9am
Place: Pilesgrove, NJ
Phone: 302-425-4962
Email: ktt@comcast.net
Web: www.races2run.com

Light the Night Philadelphia
Walking.
Place: Penn's Landing, Philadelphia, PA
Web: www.lightthenight.org

SEPT. 29-30 MS 150 City to Shore Bike Tour.
Road cycling: 25, 45, 75, 100, 150, 175.
Time: 5:30am
Place: Cherry Hill, NJ
Phone: 800-445-BIKE
Web: www.citytoshore.org

MS 150 Bike to the Bay
Road cycling: 150 mi.
Time: 8am
Place: Dover to Rehoboth, DE
Phone: 302-655-5610, ext. 24
Email: amy.hughes@msdelaware.org
Web: www.msdelaware.org

SEPT. 30 Third Annual Make Your Mark 5K Run/Walk
Road/trail running: 5K, 1mi.
Time: 8:30am
Tyler State Park, PA
Phone: 215-932-4235
Email: melissa_friedman@hotmail.com
Web: www.MAFfoundation.org

OCT. 3-OCT. 7 Tour de Pines
Road cycling.
Place: New Jersey Pinelands
Phone: 609-859-8860, ext. 24
Email: mikeh@pinelandsalliance.org

OCT. 5-OCT. 7 Breast Cancer 3-Day
Walking: 60 mi.
Place: Philadelphia, PA
Web: www.the3day.org

OCT. 6 Fall Velo Swap
Road cycling.
Place: Trexlerstown, PA
Phone: 610-395-7000
Web: www.thevelodrome.com

Philadelphia International Dragon Boat Festival
500 m.
Time: 8am-5:30pm
Place: Schuylkill River, Fairmount Park, Philadelphia, PA
Phone: 610-642-3333
Web: www.philadragonboatfestival.com.

Guts and Glory 5K Run/Walk
Road/trail running.
Time: 9am registration, 10am start
Place: Philadelphia, PA
Phone: 215-396-9100
Web: www.gutsandglory.org

Kimberton Run/Walk
Road/trail running 5K, kids' 1/2 mile.
Time: 8am registration, 9am race.
Place: Kimberton Fire Company, PA
Phone: 610-935-2346
Web: www.kimbertonlions.com

Chamber Classic Half Marathon & 5K Race
Road/trail running.
Place: Alison Park, PA
Phone: 724-934-9700
Web: www.naccc.com

MMRF Race for Research 5K
Road/trail running.
Time: 9am
Place: Memorial Hall, Philadelphia, PA
Phone: 203-652-0215
Email: lewisa@themmrf.org
Web: www.mmrf.org/philly

OCT. 7 Crusaderclassic 5K
Time: 9am
Place: Pennypack Park (Bandshell), Philadelphia, PA
Phone: 215-333-7648
Email: crusaderclassic@comcast.net
Web: fatherjudge.com

Trimax Octobertest Trail Run
Place: Blue Marsh Lake, Leesport, PA
Web: www.trimaxendurancesports.com

OCT. 13 Navy Day Regatta
Paddle sports (kayaking/canoeing/rowing/rafting)
Place: Philadelphia, PA
Web: www.navydayregatta.com

Women's Distance Festival
Road/trail running: 5K run/walk.
Time: 10am
Place: Rose Tree Park, Media, PA
Phone: 610-891-0806
Email: amy@amyink.com
Web: www.delcorrc.org

Newtown Library Company 5K
Road/trail running
Web: 10am
Place: Newtown, PA
Web: newtownlibrary.com

North Penn United Way 5K/Fun Run
Road/trail running
Time: 9am
Place: Harleysville, PA
Phone: 215-256-5288
Email: np5k@harleysvillegroup.com
Web: www.npuw.org/5K

Light the Night Chester County Walking.
Place: Wilson Farm Park, Berwyn, PA
Web: www.lightthenight.org

OCT. 13-14 MS Challenge Walk
30 mi.
Place: Brandywine Valley Area
Phone: 215-271-1500, ext. 170
Email: jennifer.keane@pae.nmss.org
Web: www.walk4ms.org

OCT. 14 Iron Cross V: America's Longest Cross
60 miles of mountain and cross cycling, Time: 9am
Place: Pine Grove Furnace State Park, PA
Email: woodcrest21@gmail.com
Web: www.bikereg.com

CBBC Covered Bridges Ride
Road cycling: 20, 30, 33, 50, 63.
Place: Tincum Park, Erwinna, PA
Email: spec-events@cbbikeclub.org
Web: www.cbbikeclub.org

The Gap Gallop Century
Road cycling: 50, 68, 100 mi.
Places: Delaware Water Gap, PA
Web: www.lehighwheelmen.org

Iron Cross Country Trail Run
Road/trail running: 15k, 30k.
Time: 10am
Place: Pine Grove Furnace State Park, PA

Email: woodcrest21@gmail.com
Web: www.runreg.com

2007 Radnor Red Steeplechase 5K
Road/trail running, 9am
Malvern, PA
www.radnorredrun.homestead.com

OCT. 19-OCT. 20 Fall Foliage Weekend
Road cycling in Pennsylvania.
Web: www.phillybikeclub.org

OCT. 20 Trimax Really Fun Ridley Run
Place: Ridley Creek State Park, Media, PA
Web: www.trimaxendurancesports.com

Urban Dare Philadelphia
Adventure racing/adventure sports. Two-person teams.
Time: noon
Place: Schuylkill River Park, Philadelphia, PA
Web: www.urbandare.com

Schuylkill Banks Regatta
Paddle sports (kayaking/canoeing/rowing/rafting): 5,000 meters, 11:30am
Place: Schuylkill River, Philadelphia, PA
Email: clete@netaxs.com
Web: www.boathouserow.org/sked07.html

4th Annual 5K Race, Walk, Pooch'n'Pal
Road/trail running.
Time: 8:30am
Place: Philadelphia, PA
Phone: 215-751-8022
Email: emorgan@ccp.edu
Web: www.ccp.edu

Step Up to Fight Diabetes
Road/trail running or walking 10 mi., 100 stories.
Place: Philadelphia, PA

Phone: 866-780-7837
Web: www.diabetes.org/stepup

Really Fun Ridley Run
Road/trail running.
Place: Ridley Creek State Park, Media, PA
www.trimaxendurancesports.com

OCT. 21 Wissahickon Cross
Cycling, 9am
Place: Ludwig's Corner, PA
Email: kc2738@yahoo.com
Web: www.midatlanticcross.com

AIDS Walk Philadelphia
10K Run and Walk.
Time: 8AM.
Place: Art Museum, Philadelphia, PA
Phone: 215-731-9255
Web: www.aidswalkphilly.org

OCT. 27 Unmask the Abuse Walk-A-Thon
5K (3.1 mi.) benefiting victims of domestic violence.
Time: 10am-noon
Place: Montgomery County Community College Athletic Field, Blue Bell, PA
Phone: 610-279-7474

Head of the Schuylkill Regatta
Paddle sports (kayaking/canoeing/rowing/rafting).
Time: 7:50am-5:30pm
Place: Schuylkill River, PA
Phone: 215-235-3270
Email: help@hosr.org
Web: www.hosr.org

Hatboro Area YMCA Skeleton Skurry 5K
Road/trail running, Time: 9:30am
Place: Hatboro, PA
Phone: 215-674-4545
Email: gchamberlain@philaymca.org
Web: www.ymcahatboro.org