

**SEPT. 7-9**

**Adventure Cycling Leadership Training Course**

Mountain and cross cycling.  
Place: Newtown, PA  
Web: [www.adventurecycling.org/tour/2007leadership\\_pa.cfm](http://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](http://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](mailto:info@genesiadventures.com)  
Web: [www.genesiadventures.com](http://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](http://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](mailto:info@pinebarrenstri.org)  
Web: [www.pinebarrenstri.org](http://www.pinebarrenstri.org)

**Bayada Regatta**

Disabled National Championships. Paddle sports (kayaking/canoeing/rowing/rafting).  
Place: Philadelphia, PA  
Web: [www.prpd.net](http://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](mailto: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](mailto:info@doylestownrockgym.com)  
Web: [www.doylestownrockgym.com](http://www.doylestownrockgym.com)

**ArtCycle 2007**

Road cycling: 20, 38, 63, 100 mi.  
Place: Doylestown, PA  
Email: [paul@activepersonalfitness.com](mailto:paul@activepersonalfitness.com)  
Web: [www.artcycle.org](http://www.artcycle.org)

**BikePhilly**

Road cycling: 40 mi.  
Place: Philadelphia, PA  
Web: [www.bicyclecoalition.org](http://www.bicyclecoalition.org)

**Univest Grand Prix and CyclosporTif**

Road cycling: 40, 60 mi.  
Time: 8am  
Place: Souderton, PA  
Web: [www.spartacycling.com](http://www.spartacycling.com)

**Springfield Run**

Road/trail running: 5K.  
Place: Cisco Park, Erdenheim, PA  
Phone: 215-836-5200  
Email: [tfalcone@firsttrust.com](mailto:tfalcone@firsttrust.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](mailto:info@doylestownrockgym.com)  
Web: [www.doylestownrockgym.com](http://www.doylestownrockgym.com)

**MASS Michaux Marathon**

Mountain and cross cycling.  
Place: Michaux State Park, PA  
Web: [www.masuperseries.com](http://www.masuperseries.com)

**NJBA Fall Track Series #1**

Road cycling.  
Place: Trexlertown, PA  
Web: [www.njbikeracing.com](http://www.njbikeracing.com)

**Absorb the Forbes**

Hiking/backpacking.  
Place: Laurel Mountain ski area, Rector, PA  
Email: [info@kta-hike.org](mailto:info@kta-hike.org)  
Web: [www.kta-hike.org](http://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](mailto: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](http://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](http://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](http://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](mailto:info@rsvpmc.org)  
Web: [www.rsvpmc.org](http://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](mailto: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: [jocelyn@marketingandeventresources.com](mailto:jocelyn@marketingandeventresources.com)

Web: [www.bestfriendspetcare.com](http://www.bestfriendspetcare.com)

**NJBA Fall Track Series #2**

Road cycling.  
Place: Trexlertown, PA  
Web: [www.njbikeracing.com](http://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](http://www.dqtridu.com)

**Trimax Pocono Triathlon**

.3m/10.6m/3.5m.  
Time: 9am  
Place: Promised Land State Park, Greentown, PA  
Email: [info@trimaxendurancesports.com](mailto: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](mailto:Diane.Szwajkowski@verizon.net)  
Web: [www.peacevalleynaturecenter.org](http://www.peacevalleynaturecenter.org); click on "events"

**Patriot's Triathlon**

650 ms, 24 kb, 5 kr.  
Place: Bath, PA  
Web: [www.piranha-sports.com](http://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](mailto:lindat@lin-mark.com)  
Web: [www.lin-mark.com](http://www.lin-mark.com)

**Philadelphia Fall Classic Canoe and Kayak Race**

Time: 10:45am  
Place: Schuylkill River, Philadelphia, PA  
Email: [chairman@swanboat.org](mailto:chairman@swanboat.org)  
Web: [www.boathouserow.org/sked07.html](http://www.boathouserow.org/sked07.html)

**Rookie Regatta**

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

**King's Head of the Schuylkill**

Paddle sports (kayaking/canoeing/rowing/rafting).  
Place: Bridgeport, PA  
Web: [www.uppermerionboatclub.com](http://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](mailto:dunnc@cccbsa.org)  
Web: [www.cccbsa.org](http://www.cccbsa.org)

**Friends of the Dove 10K Run**

Road/trail running  
Time: 9am  
Place: Doylestown, PA  
Email: [QUITEIRISH@aol.com](mailto:QUITEIRISH@aol.com)  
Web: [www.peacevalleynaturecenter.org](http://www.peacevalleynaturecenter.org)

**Heart Walk**

Place: Philadelphia, PA  
Phone: 610-940-9540  
Web: [www.americanheart.org](http://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](http://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](http://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](mailto: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](mailto:freetheriverpark@comcast.net)  
Web: [www.freetheriverpark.org](http://www.freetheriverpark.org)

**NJBA Fall Track Series #3**

Road cycling.  
Place: Trexlertown, PA  
Web: [www.njbikeracing.com](http://www.njbikeracing.com)

**The Hutchinson Cup**

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

**Crazy Legz Running Relay**

Road/trail running: 60 mi.  
Time: 7am  
Place: Collegeville, PA  
Web: [www.genesiadventures.com](http://www.genesiadventures.com)

**Lower Providence 10K**

Road/trail running.  
Time: 8:30am  
Place: Eagleville, PA  
Web: [www.lowerprovidence.org](http://www.lowerprovidence.org)

**Neighborhood Fall Run**

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