

SEPT. 6

South Jersey Tour des Farms
Road cycling: 13, 25, 50 mi.
Place: Columbus, NJ
Web: www.sjrcd.org

Univest Grand Prix and Cyclosporitif
Road cycling: 40 or 60 mi.
Place: Souderton, PA
Web: www.spartacycling.com

Endurasport Triathlon and 1/2 Triathlon
Swim, bike, run.
Time: 8am
Place: Quakertown, PA
Phone: 203-262-3376
Email: info@genesiadventures.com
Web: www.genesiadventures.com

Pine Barrens Olympic Distance Triathlon
1-mi. swim, 24-mi. bike, 6-mi. run. One of the best and most beautiful venues in the Northeast. One hour from Philadelphia.
Time: 9am
Place: Atison Lake Recreation Area, Atison, NJ
Phone: 609-472-2261
Email: info@pinebarrenstri.org
Web: www.PineBarrensTri.org

Run for Bud 5k
Road/trail running.
Place: Somers Point, NJ
Web: www.lmsports.com

Wascully Wabbit Trail Wun
Trail run.
Place: Ridley Creek State Park, PA
Phone: 866-338-5167
Email: info@goalsara.org
Web: www.goalsara.org

SEPT. 7
Hops to Hops MS Bike Tour
Road cycling: 40 mi.
Place: Lambertville, NJ
Web: njm.nationalmssociety.org

Delaware Diamondman Triathlon
Half-iron and sprint distances.
Time: 7:15am
Place: Bear, DE
Email: nsemmel@piranha-sports.com
Web: www.piranha-sports.com

Monmouth County Park System Sprint Triathlon
.25-mi. swim, 10-mi. bike, 3.1-mi run.
Time: 7:45am
Place: Long Branch, NJ
Phone: 732-542-1642, ext. 23
Email: rward@monmouthcountyparks.com
Web: www.monmouthcountyparks.com

Patanella's Buckman Sprint Triathlon
.5-mi. swim, 17-mi. bike, 5k run
Time: 7am
Place: Lebanon, NJ
Phone: 732-841-2558
Email: greenbrookracing@aol.com
Web: greenbrookracing.com

Scenic Schuylkill Century
Road cycling
Place: Philadelphia, PA
Web: www.phillybikeclub.org

Fox Run Duathlon
3.1 -mi. run, 20-mi. bike, 3.1-mi. run.
Place: Bear, DE
Web: www.lin-mark.com

2nd Odyssey Charter School of Wilmington 5k
Place: Wilmington, DE
Phone: 302-654-6400
Email: wayne@races2run.com
Web: www.races2run.com

Patriot Run 5k
Place: Chesterbrook, PA
Web: www.berwynveteransmemorial.com

Strides for Mission 5K and Family Walk
Time: 9:30am
Place: Perkasio, PA
Phone: 215-766-8380
Email: ricel211@yahoo.com
Web: www.deepruneast.org

SEPT. 14
2nd Annual BIKE PHILLY
Course features closed streets; event supports better bicycling in the region. 10, 20, 35, or 50 mi.
Time: 8am
Place: Art Museum Steps, Philadelphia, PA
Phone: 215-BICYCLE
Email: jill@bicyclecoalition.org
Web: bicyclecoalition.org

Orienteering Time: 10am-1pm
Place: Call or email to find out
Phone: 610-792-0502
Email: cass5205@aol.com
Web: www.dvoa.org

Inaugural Melanoma Race 5k
Place: Wilmington, DE
Phone: 302-654-6400
Email: wayne@races2run.com
Web: www.races2run.com

Make Your Mark 5k Run/Walk
Time: 8am
Place: Richboro, PA
Phone: 215-441-4421
Email: MakeYourMark1@verizon.net
Web: www.MAFoundation.org

SEPT. 20
Introduction to Rock Climbing
Time: 10am-3pm
Place: High Rocks, Tinicum, PA
Phone: 215-230-9085
Email: info@doylestownrockgym.com
Web: www.doylestownrockgym.com

Jersey Devil Century
Road cycling.
Place: Parvin State Park, Centerton, NJ
Web: www.sjwheemen.org

Pine Barrens Long Distance Triathlon 1.2-mi. swim, 46-mi. bike, 13.1-mi. run. One of the best and most beautiful venues in the Northeast. One hour from Philadelphia.
Time: 9am
Place: Atison Lake Recreation Area, Atison, NJ
Phone: 609-472-2261
Email: info@pinebarrenstri.org
Web: www.PineBarrensTri.org

Vineland Exchange Club Triathlon and Duathlon .25-mi. swim/2-mi. run, 20-mi. bike, 5-mi. run.

Time: 8am
Place: Pittsgrove, NJ
Phone: 856-858-7835
Email: cisellers@comcast.net
Web: www.dqtridu.com

September Splash
Swimming: .25, 1 or 2 mi.
Place: Wildwood Crest, NJ
Web: www.lmsports.com

SEPT. 21
Governor Printz Canoe and Kayak Challenge 5 mi.
Time: 1pm
Place: John Heinz Wildlife Refuge, Philadelphia, PA
Email: jady_n_rhoads@yahoo.com
Web: www.dcvva.org

6th Lupus Run/Walk 5k
Place: Wilmington, DE
Phone: 302-622-8700
Email: venetiat@msn.com
Web: www.races2run.com

Philadelphia Distance Run
Road/trail running: 13.1 mi.
Time: 7:45am
Place: Philadelphia, PA
Phone: 858-450-6510
Email: runphilly@eliteracing.com
Web: www.runphilly.com

ING Philadelphia Distance Run Sept. 21, 2008 7:45 a.m.
ING Philadelphia Distance Run for Kids 9:45 a.m.

• Philadelphia, PA
www.ingphiladelphiaidistance.com
runphilly@eliteracing.com
800-311-1255
Don't miss the 31st edition of this classic half marathon. The ING Philadelphia Distance Run has been the premier half marathon in the U.S. for 30 years. This prestigious race features bands every mile; as you run through Philadelphia's most celebrated sites, you'll enjoy music along the historic and stunning course. Make it a family affair and bring the kids, ages 3-12, to the ING Philadelphia Distance Run for kids. Youngsters enjoy the same festivities as they take part in their race on the same day.

SEPT. 22
Chain of Love Golf Tournament
To benefit Turner-syndrome research. Turner syndrome is a chromosomal condition that affects 60,000 girls and women in the United States.
Place: French Creek Golf Club, Elverson, PA
Phone: Kimberly Niggeman at 610-827-9565

SEPT. 26-28
NJ Ride Against AIDS
Road cycling: 250 mi.
Place: High Point, NJ
Email: carylh7@embarqmail.com
Web: www.njrideagainstaids.org

3-Day Triathlon Beach Camp
Place: Stone Harbor, NJ
Phone: 610-644-0440
Email: info@midatlanticmultisport.com
Web: www.midatlanticmultisport.com

SEPT. 27
10th Annual Kimberton 5k
Run/walk and kids' 1/2-mi. run.
Time: 9am
Place: Kimberton Fire Company, Kimberton, PA
Phone: 610-935-2346
Email: toffey@comcast.net
Web: www.kimbertonlions.com

17th Eagle National Bank Run/Walk Against Cancer 5k
Place: Drexel Hill, PA
Phone: 484-455-2897
Email: Karen.gardner@eaglenational.com
Web: www.races2run.com

Tea Burner 5k
Road/trail running.
Place: Greenwich, NJ
Web: www.lmsports.com

AVA Walk 10k
Place: Philadelphia, PA
Phone: 215-663-1328
Email: lbwanderers@aol.com
Web: home-town.aol.com/lbwolks1/LBW.html

SEPT. 27-28
Bike MS: City to Shore 2008
25, 45, 75, 100, 150, or 175 mi.
Time: 5:30am
Place: Cherry Hill, NJ
Phone: 800-445-BIKE
Email: mscycling@pae.nmss.org
Web: www.mscycling.org

SEPT. 28
Wildlands Challenge Adventure Race
Adventure racing/adventure sports
7-mi. run, 12-mi. MTB, 5-mi. canoe.
Time: 9am
Place: Bernville, PA
Phone: 610-775-9776
Email: ibulrich@aol.com
Web: www.makebreak.com

Cape Henlopen Triathlon & Duathlon
.25-mi. swim, 14-mi. bike, 3.1-mi. run.
Time: 7:45am
Place: Lewes, DE
Email: nsemmel@piranha-sports.com
Web: www.piranha-sports.com

Philadelphia Fall Classic Canoe and Kayak Race 7 mi.
Time: Noon
Place: Philadelphia Canoe Club, Philadelphia, PA
Email: chairman@swanboat.org

Virtua HealthFitness 5k
Road/trail running.
Place: Voorhees, NJ
Web: www.lmsports.com

OCT. 1-5
Tour de Pines
Road cycling. 40-60mi.
Time: 9am each day
Place: NJ Pine Barrens
Phone: 609 859-8860, ext. 24
Email: tour@pinelandsalliance.org
Web: www.pinelandsalliance.org

OCT. 4
MMRF Race for Research 5K Walk Run

Date: **Saturday, October 4, 2008**
Time: **7:30 a.m. Registration, 9:00 a.m. Start**
Place: **Memorial Hall**
Phone: **203-652-0215**
Website: **www.mmrfrace.org/philadelphia**
Email: **races@themmrfrace.org**
Join us for the Annual MMRF Race for Research - Philadelphia. A great way to support Multiple Myeloma research! This 5K walk/run is fun for the entire family.

Monmouth County Park System

Timberbrook Triathlon
3-mi. run, 2m paddle, 5-mi. bike.
Time: 9am
Place: Howell, NJ
Phone: 732-542-1642, ext. 23
Email:
rward@monmouthcountyparks.com
Web: www.monmouthcountyparks.com

7th Annual Philadelphia International Dragon Boat Festival

Time: 8am-5:30pm.
Place: Fairmount Park, Philadelphia, PA
Phone: 610-642-2333
Email: PhilaDBFestival@aol.com
Web: www.philadragonboatfestival.com

5th Mimi's Run/Walk for Hospice 5k

Road/trail running.
Place: Wilmington, DE
Phone: 302-654-6400
Email: mollyhayes02@yahoo.com
Web: www.races2run.com

MMRF Race for Research 5k

Time: 9am
Memorial Hall, Philadelphia, PA
Phone: 203-652-0215
Email: lewisa@themmrf.org
Web: www.mmfrace.org/philly

OCT. 4-5

Bassman Fall Triathlon Triathlon & Duathlon
.35 or 1.2-mi. swim, 12 or 56-mi. bike, 3.1or 13.2-mi. run.
Place: Tuckerton, NJ
Email: racedirector@citytri.com
Web: www.citytri.com.

Crusaderclassic VI 5K Run

Time: 9am
Place: Father Judge High School, Philadelphia
Phone: Dennis McCrossen, 215-333-7648
Email: crusaderclassic@comcast.net

Marshallton Triathlon

10 mi. bike, canoe, pace-walk.
Time: 8pm
Place: West Chester, PA
Phone: 610-656-7104
Email: sbss1@icdc.com
Web: www.marshalltontriathlon.com

OCT. 10-12

Rehoboth Beach Weekend
Road cycling.
Place: Rehoboth Beach, DE
Web: www.bikeptc.org

OCT. 11

11th Supporting Kids 5k
Road/trail running.
Place: Wilmington, DE
Phone: 302-235-5544
Email: andrea-rotsch@supportingkids.org
Web: www.races2run.com

5k Fall Spectacular

Road/trail running.
Time: 10am
Place: Harrington Park, NJ
Email: musc88@optonline.net
Web: www.HP5K.com

Women's Distance Festival XC 5K Run/Walk

Time: 10am
Place: Rose Tree Park, Media, PA
Phone: 610-891-0806
Email: amy@amyink.com
Web: www.DelcoRRC.com

OCT. 12

Radnor Red Run 5k Steeplechase

Not your ordinary 5k! Running over hurdles, water pits, and cross country trails - you won't want to miss it! Course is USA T&F-sanctioned and part of Mid-Atlantic Association's Off Road Running Series.

Times: Run starts at 9am. Packet Pickup at The Running Place Thursday, Oct. 9 from 10am-8pm; Friday, Oct.10 and Saturday, Oct. 11 from 10am-6pm; Packet Pickup on Race Day: 7:30-8:30am; Kids' Run (13 and under) will begin at 10am and is FREE!
Web: http://radnorredrun.homestead.com/

French Creek Fling Adventure Race

6-mi. run, 12mi MTB, 2-mi. canoe.
Time: 9am
Place: Elverson, PA
Phone: 610-775-9776
Email: ibulrich@aol.com
Web: www.makebreak.com

Orienteering at Tyler State Park

Place: Bucks County, PA
Web: www.dvoa.us.orienteeing.org

OCT. 13

Turkey Chase Fall Bicycle Swap Meet

Road cycling.
Place: Trexlertown, PA
Phone: 610-395-7000
Web: www.valleypreferredcycling.com

OCT. 18

Introduction to Rock Climbing

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

Orienteering

Time: 10am-1pm
Place: Willows, Delaware County, PA
Phone: 610-792-0502
Email: cass5205@aol.com
Web: www.dvoa.org

OCT. 19

The Edge Adventure Race

Teams of 2-3: running, orienteeing, MTB, canoeing, 20 mi.
Place: Coatesville, PA
Phone: 866-338-5167
Email: info@goalsara.org
Web: www.goalsara.org

AIDS Walk-10K Run

Time: 9am
Place: Philadelphia Art Museum
Phone: 215-731-WALK
Email: aidsfund@aidsfundphilly.org
Web: www.aidswalkphilly.org

Thin Blue Line 5k & Mile Walk

Time: 9am
Place: Gwynedd Valley, PA
Web: www.active.com

OCT. 25

DVOA NJ Scout Championships

Orienteering
Place: Mercer County, NJ
Phone: 610-792-0502
Email: cass5205@aol.com
Web: www.dvoa.org

Go to the Goal 5k

Road/trail running.
Place: Haddonfield, NJ
Web: www.haddonfieldlacrosse.org

Hatboro YMCA Skeleton Skurry 5k

Time: 10am
Place: Hatboro, PA
Phone: 215-674-4545
Email: gchamberlain@philaymca.org

Web: www.philaymca.org

OCT. 26

6th MHA Erasing the Blues

Road/trail running:10, 5k.
Place: Wilmington, DE
Phone: 302-654-6833
Email: cgeise@dca.net
Web: www.races2run.com

Katz JCC 9th Annual 5k Run and 1-Mile Walk

Time: 8:15am
Place: Cherry Hill, NJ
Phone: 856-424-4444, ext. 141
Email: gbonetti@jfednsj.org

NERRC 25K Marathon-Tune-up

Road/trail running.
Time: 8am gun time
Place: Lloyd Hall, Philadelphia, PA
Email: mikec48@verizon.net
Web: www.nerrc.net

Free to Breathe 5k

Place: Philadelphia, PA
Web: www.freetobreathe.org.

Cooper AmeriHealth

Bridge Challenge

10k, 2-mi walk.
Place: Campbell's Field, NJ
Phone: 856-933-3725
Email: events@larcschool.org
Web: www.runthebridge.org

SUN, NOV. 2, 2008

Cooper-Norcross Bridge

Challenge Presented by

AmeriHealth NJ
Beneficiary: Larc School, Bellmawr, NJ-- Serving children with disabilities since 1968
10K Run & 2 Mile Ben Franklin Bridge Walk
Campbell's Field, Camden, NJ
8:30am Rain or Shine
website: www.runthebridge.org
email: events@larcschool.org
phone: 856-933-3725

NOV. 8

Haddonfield Road Race 5k

Place: Haddonfield, NJ
Web: www.lmsports.com

NOV. 9

Roman Run 5k Run, 1-mile walk.

Time: 9am
Place: Kelly Drive at Lloyd Hall, Philadelphia, PA
Phone: 215-627-5487
Email: bmahon@cahillite.com
Web: www.rchsalumni.org/romanrun2008

NOV. 22

Towamencin Turkey Trot 5k

Place: Towamencin, PA
Phone: 215-368-7602
Web: www.towamencin.org

NOV. 23

Philadelphia Marathon, Half-Marathon and Rothman Institute 8k

Place: Philadelphia, PA
Phone: 215-683-2122
Web: www.philadelphiamarathon.com

NOV. 27

Abington YMCA Gobble Wobble 5k

Time: 9am
Place: Abington, PA
Phone: 215-884-9622
Email: bkenas@philaymca.org
Web: www.philaymca.org

PNC Bank Thanksgiving Day Run/Walk for MS

5k, 10k, kids' run.
Time: 10:30am
Place: Wilmington, DE
Email:
kate.cowperthwait@MSdelaware.org
Web: www.MSdelaware.org

NOV. 28

1st Annual Haddon Township Turkey Trot 5k, 1 mi.

Place: Westmont, NJ
Phone: 856-854-1176, ext. 4156
Email: jfoley@haddontwp.com

NOV. 30

PhillyFIT Bash

Place: Bucks County Community College Newtown, PA
Phone: 215-396-0268
80 vendors/thousand of people!
Web: phillyfitmagazine.com
Time: 11-3

PhillyFIT 5K/1 mile fun walk.

Also a dog walk
Time: 11-3 reg. 8:30am
Start: 9:15am
Place: Bucks County Community College Newtown, PA
Phone: 215-396-0268
Web: phillyfitmagazine.com

Ongoing Divine Bike Church for Adults Cycling.

Dates and Times: Sun., Tu., Th., 6:30-9pm
Place: Philadelphia, PA
Phone: 215-886-0316
Web: www.neighborhoodbikeworks.org

Divine Bike Church for Women and Trans.

Cycling.
Dates and Times: Wednesdays, 6:30-9pm
Place: Philadelphia, PA
Phone: 215-386-0316
Web: www.neighborhoodbikeworks.org

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

Coed Adult Sports Leagues

Evenings and weekends.
Place: Philadelphia, PA
Phone: 215-483-9340
Web: www.phillysportandsocialclubs.com

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