

Calendar of Events

January/February

Classic Winter Hike

Batona Hiking Club. City Hall to Chestnut Hill, Philadelphia, PA. 16 miles. Walk Fairmount Park and find good hiking on remote trails within the largest in-city park in the world. Terrain is level to rocky.

Date and Time: Sunday, Jan. 8, 8:30am

Place: Depart from the corner of 16th Street & JFK Blvd. Return to Philly by train at the end of the day. Canceled if there's ice or heavy snow.

Maps: Philadelphia, Germantown.

Cost: 75 cents plus train fare

Contact: Bruce Melgare, 215-233-0532

Email: Bruce.mel@verizon.net

Wissahickon Gorge Hike

Appalachian Mountain Club. A moderately paced hike along the Wissahickon Creek in the northwest section of Philadelphia. Canceled if there's ice or heavy snow.

Date and Time: Friday, Jan. 13, 6 pm

Place: Meet at intersection of Germantown and Northwestern Avenues.

Contact: Cliff Hence, 215-247-3560

Email: cwhenceiii@aol.com

Full Wolf Moon Hike

Owooo! Brave the cold for a full moon hike enjoying the sights and sounds of the area aided only by the light of the moon. After the hike, warm up around the campfire while listening to Native American stories about wolves. Registration is required. SPACE IS LIMITED. Families with children ages 5+ welcome.

Date: Saturday, Jan. 14, 7pm

Place: Wissahickon Environmental Center at Andorra Tree House, Philadelphia, PA

Cost: \$2/person

Contact: 215-685-9285

Email: patricia.fries@phila.gov

Advanced Lead Clinic

For climbers who have been sport leading at least four weeks.

Date and Time: Jan. 19 and Feb. 16, 6:30-9pm

Place: Philadelphia, PA

Contact: 215-928-1800

Website: www.govertical.com/philly/index.html

Wissahickon Wandrung

With the Appalachian Mountain Club. 7 miles. Hike down to the creek and back up a different way in midwinter. Bring water. Bad snow or ice conditions cancel. Possible stop for a bite or beverage afterwards.

Date and Time: Sunday, Jan. 29, 2pm

Place: Meet at Allens Lane Station, Cresheim Road and Allens Lane in Mt. Airy, Philadelphia. (SEPTA R8 line. See <http://www.septa.org> for schedules.)

Contact: Phil Mulligan, 215-247-8658

Athletes Closet Series 5K Run

Date and Time: Feb. 4, 9:30am

Place: West Chester, PA

Contact: 610-692-4922

Email: info@athletescloset.net

Website: www.athletescloset.com

Full Moon Hike for Adults

This program, for adults only, will take the adventurous into the forest by the light of the full moon. Search for animal tracks, listen for nighttime noises and enjoy hot chocolate as you warm up around a small campfire.

Date and Time: Monday, Feb. 13, 8 p.m.

Place: Wissahickon Environmental Center at Andorra Tree House, Philadelphia

Cost: \$2/person

Contact: For information and/or to register, call 215-685-9285

Email: patricia.fries@phila.gov

Winter Walk in the Wissahickon

Presented by the Mt. Airy Learning Tree. Join an experienced hike leader in exploring the hills and valleys above Forbidden Drive in Fairmount Park. Participants will walk steadily for 2-3 hours at a moderate pace. Wear good walking shoes. Some trails may be steep, rocky, or muddy. Bring water and rain gear, if needed. Children with sufficient stamina are welcome. Consider having lunch with your guide at Valley Green Inn or another local eatery after walk. Led by Sid Goldstein.

Date and Time: Saturday, Feb. 18, 10am to 12:30pm

Place: Meet at Valley Green Inn, Fairmount Park, Philadelphia

Cost: \$15 + \$5 MALT registration fee (child with an adult \$7.50)

Contact: To register and for more info. contact Mt. Airy Learning Tree at 215-843-6333

Email: info@mtairylearningtree.org

3rd PhillyFIT Bash - Jan. 29, 1pm-5pm 173 Jacksonville Rd., Springmill Manor, Ivyland, PA 18974 - call 215-396-0268

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 Wanderers Fun Run

Date and Time: Every Saturday, 8am

Place: Start at Valley Green, Fairmount Park, Philadelphia, PA

Contact: 215-849-9080

Website: www.wanderersrunningclub.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, Philadelphia, PA.
Website: <http://www.mrbasketball.net/hike/hike/html>

Women's Tackle Football

Philadelphia's only women's full-contact tackle football team is looking for new players. The Phoenix are members of the National Women's Football Association (NWFA), which features 35 teams in 22 states and is the largest women's football league in the country. Contact: Call Chris at 267-679-9535.
Website: For more information on trying out or on their upcoming season visit www.philadelphia phoenix.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. Wednesdays, 6:30pm.
Springfield Library, Springfield, PA. Thursdays, 6:30pm.
Contact: Chris Earley. 610-284-9407
Email: info@delcorrc.org
Website: http://www.delcorrc.org/build.asp?f=calendar/fun_run.htm

Suburban Cyclists Unlimited

Holds meetings and sponsors social events. Newsletter available.
Contact: P.O. Box 401, Horsham, PA
Contact: 215-675-1174

Ambler Area Running Club

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

Briarwood Running Camp

Contact: 251 Trent Road, Wynnewood, PA 19096

Notre Dame Running Club of Philadelphia

Website: <http://ndrunningclub.com>

West Chester Running Club

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

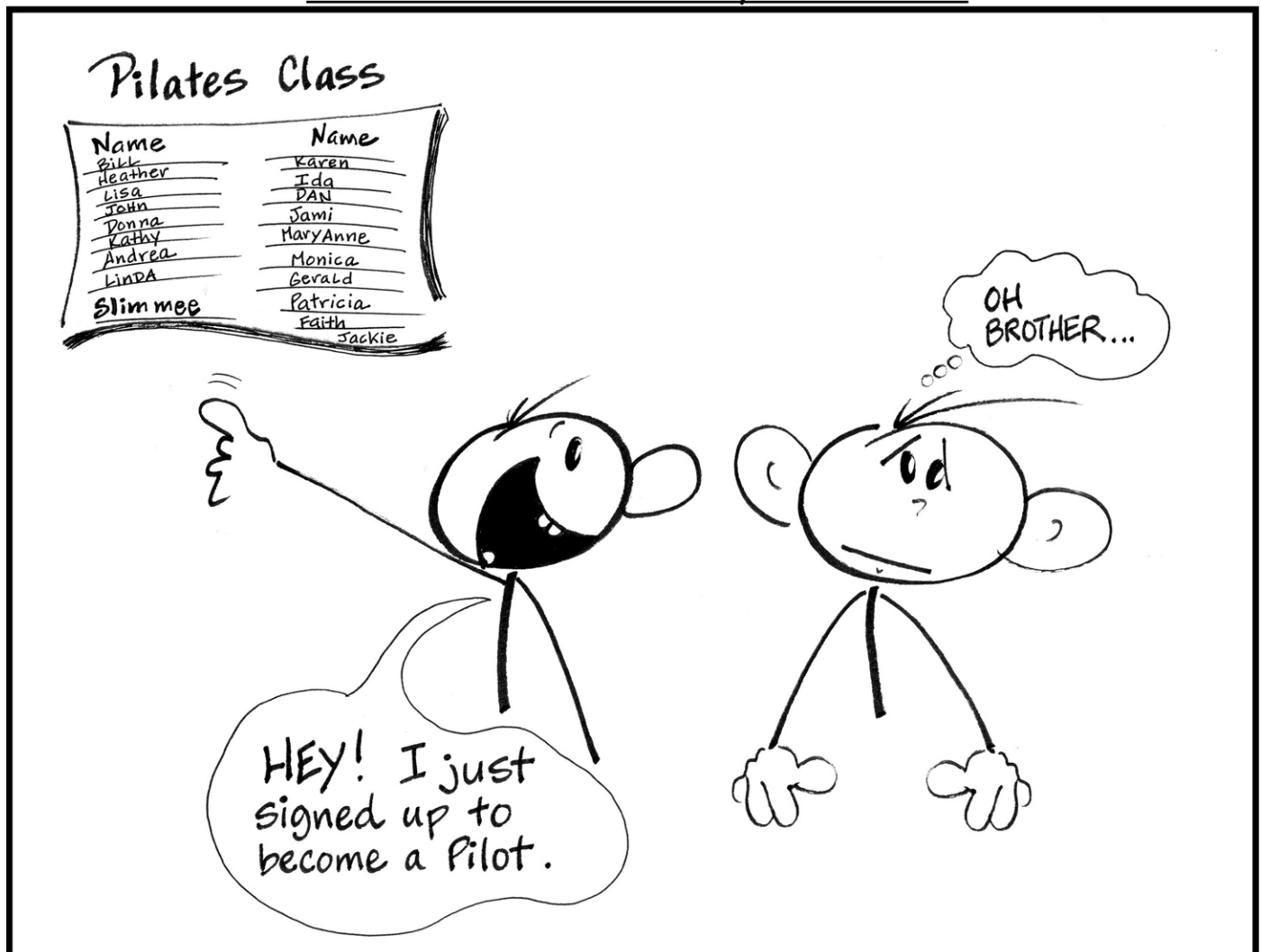
Philadelphia Fitness Meetup Group

Meet other local Fitness Buffs to trade workout tips and stay motivated; perhaps even find a workout/gym partner!
Website: <http://fitness.meetup.com/23/>

Aerobics for senior women

There is a women's aerobics class held at Church of the Saviour, 651 North Wayne Avenue, Wayne, PA every Monday and Wednesday at 12:30 p.m. All ages and fitness levels welcome.
Contact: Barb, 610-296-9294

Slim mee the fitness cartoon By: La Tonza Bills



* Email Slim mee at Fitchik@msn.com to receive your free 2006 Slim mee calendar while supplies last