

Calendar of Events

SEPTEMBER / OCTOBER

DAY FOR ALL WOMEN

Nita Kessler will be offering two workshops:

Session 2: Focus on Flexibility: Therapeutic Stretching to Promote Self-Healing (see description two entries above)

Session 3: Women's Self Defense (with Alan Feldman, 3rd-degree black belt, Krav Maga, Israeli Armed Forces self-defense)

For both of these workshops, please wear comfortable workout-type clothing, and bring water to drink. For Flexibility workshop, also bring a towel or mat. The day includes a total of three 90-minute workshops, a keynote speaker, lunch and door prizes. This event is in its 23rd year, and you receive all of this for only \$25 for the whole day!!! (60 different workshops to choose from, for varied interests and tastes.)

Date: Nov. 5 (Saturday)

Place: Back in Balance Massage and Wellness, 3 Hulme St., Hulmeville, PA

Contact: Nita Kessler, NCMT, 267-980-1727

Website: back-in-balance.org

WOMEN'S DISTANCE FESTIVAL

The Road Runners Club of America is hosting the Women's Distance Festival 5K Run/Walk. It's one of many such races nationwide that grew from the efforts of the Road Runners Club of America. In 1979, RRCA planned the WDF in response to the lack of women's distance running events in the Olympic Games. The first WDF events were held July 13, 1980 -- the date of the men's marathon at the Moscow Olympics. Even though there is now an Olympic women's marathon, the WDF continues to grow as a nationwide celebration of the determination and dedication of women runners. This WDF is a small race, with the number of entrants ranging from 30 to 130, depending on the year. Still, it's always a good time and a great encouragement for women to get out and get fit.

Date: Oct. 22

Place: Ridley Creek State Park, PA

Email: amy@amyink.com

WALK FOR THE PARK

Walk as an individual or on a team. Proceeds benefit the programs and initiatives of Fairmount Park.

Date and Time: Sunday, Oct. 23, 9am

Place: Memorial Hall, Fairmount Park, Philadelphia

Contact: 215-790-3653

Email: info2@fairmountparkconservancy.org

CAROL FOR HEART FUN RUN/WALK

Join more than a thousand of your neighbors on this 5K Fun Run/Walk/1-Mile Walk to raise money for cardiovascular education for women. Last year's first-ever run was a great success, raising more than \$20,000 to combat the number-one killer of women in this country. Call for information or pre-registration.

Date and Time: Sept. 11, 8am registration; 9am event

Place: Samuel Carpenter Park, 1020 Horsham Rd., Horsham, PA

Contact: 610-495-0584

Website: www.carolforheart.com

SCENIC SCHUYLKILL CENTURY

Join the Bicycle Club of Philadelphia for the League of American Bicyclists' 1997 Century Challenge Award-winning event. The Century passes through old towns and colonial villages: Manayunk, Miquon, Spring Mill, Plymouth Meeting and Mermaid Lake. The ride then follows the ridgeline past the last farms of Montgomery County to Evansburg State Park, then continues through the colonial village of Arcola to Spring City, passing the last Studebaker dealer in the world. Crossing the Schuylkill River, riders enter Chester County through pastoral stream valleys in Birchrunville and Yellow Springs before winding their way to Valley Forge. Riders are treated to a flat finish along the banks of the Schuylkill River back through Manayunk to Lloyd Hall and the pizza bash. There will be breakfast at the start, four fabulous food stops and a food celebration (pizza) at the finish. Bring a helmet (required), spare inner tube, tire pump, water bottles and sunscreen.

Date and Time: Sept. 11, sign in at 6:45am, mass start time 8am, rain or shine

Place: Start at Lloyd Hall, Boathouse Row No. 1, Kelly and Aquarium Drives, Philadelphia, PA

Cost: \$25

Website: www.phillybikeclub.org

FAMILY FIT WEEKEND

How fit is your brood? Test their mettle at this fun family event in the Poconos. You know your family is wonderful, whatever their particular talents happen to be. But there's nothing like a little healthy competition to bring out the best in your brood.

Whatever your level of physical prowess there's a variety of challenges just right for your particular group. Sporting contests include lawn bowling, golf driving, swimming, bicycle racing, horseshoes, archery, and more. Those with good detective skills will enjoy the scavenger hunt designed to test their ability to interpret a series of intriguing clues. The weekend will culminate in an awards banquet, which will toast winners and everyone else who took part in the fun. Of course, everyone is a winner at Skytop Lodge, which offers luxurious amenities and accommodations in its historic lodge, cozy inn, and charming cottages, as well as a full range of sporting activities, including golf, tennis, kayaking, and fishing. Skytop Lodge is a member of the National Trust Historic Hotels of America and a Condé Nast Johansens Recommended Resort.

Space is limited, so reserve your family's rooms early.

Dates: Sept. 23, 24, and 25

Place: Skytop Lodge in Pennsylvania's Pocono Mountains

Cost: Rates start at \$556 nightly per couple plus tax and gratuities.

Contact: For more information about Skytop's many year-round themed weekends, call 1-800-345-7759

Website: www.skytop.com.

URBANDARE.COM

"The race with an edge." Get ready for one of the best dares you ever took. Part running, part trivia quiz, part dares... take two-person team photos at mystery checkpoints, use public transportation and call friends to help solve clues. Faster runners can lose to smarter and more daring racers.

Date: Oct. 8

Place: Philadelphia, PA

Website: urbandare.com

DELAWARE VALLEY APPALACHIAN MOUNTAIN CLUB

The Delaware Valley Appalachian Mountain Club is a non-profit organization that engages in outdoor activities, education and conservation. What follows are the FREE hikes in Philadelphia this summer. The AMC summer hiking schedule is as follows:

Wissahickon Gorge Wandering. Fast-paced 6 to 7 miles, lots of ups and downs. Bring flashlight and water. Terrible weather cancels. Meet at 6:30 p.m. by the Valley Green Inn.

Dates: Monday, Sept. 12

Contact: Paul Davis, 610-667-1144

Email: pauld@worldlynx.net

Moderate pace, 8 miles, some ups and downs.

Date, Time and Place: Saturday, July 16. Pennypack and Lorimer Parks. Meet 10 a.m. at the Pennypack Park parking lot off Pine Road.

Contact: Barb and Ray Wittkop, 856-662-4012

Email: BarbnRayHikers@aol.com

YOU'VE GOTTA HAVE GUTS RACE

5k race to raise funds for Crohn's disease and colitis research

Date and Time: Oct. 1, 10am

Place: Philadelphia, PA

Contact: 215-396-9100

SET THE PACE TO EDUCATE

5K Race, Walk and Pet 'n' Pal Stroll 5k or 2k

Date and Time: Oct. 1, 8:30am

Place: Philadelphia, PA

Contact: 215-751-8022

DAY OF HEALING WALK

The National Ovarian Cancer Coalition (NOCC) Philadelphia Division is proud to announce the 2005 "Community Cares" Campaign to raise awareness and promote education of ovarian cancer. The theme for this year's walk, co-presented by PhillyFIT, is "A Day of Healing." This year marks the 7th anniversary of the NOCC sponsored "Walk for the Whisper." For the first time this year, the organizers have decided to create a "Day of Healing" theme whereby members of the community can join together in a unique yoga and meditation class at the footsteps of Memorial Hall. After the yoga class, a "kick-off" opening ceremony will inspire the walkers who will then take the attractive 3-mile course around the Bartrams' Gardens and Japanese Tea House. After the walk, participants will enjoy live music; view an art exhibit and health fair. The Philadelphia Division of the NOCC is dedicated to increasing awareness of ovarian cancer, along with educating both men and women in the Philadelphia area about this disease.

Commonly referred to as the disease that "whispers," ovarian cancer's warning signs are often subtle and vague. The "Walk for the Whisper" is held annually in Philadelphia.

Date: Sept. 11

Time: Registration starts at 8am

Place: Starts and finishes at Memorial Hall, Fairmount Park, Philadelphia, PA

Contact: Marla Cimini, SmartMark Communications, 856-616-1194

Email: Shaun K. Moran (sk_moran@hotmail.com) or Lauren K. Martin (lkemartin@comcast.net)

BREAST CANCER 3-DAY

Three days. Sixty miles. One cause. This is a three-day walk to raise funds for breast-cancer research. Along the way you'll find rest areas offering water, food, medical aid and toilets. And there are support vehicles to help you if you need them. At the end of each day arrive at the Mobile City for hot food, hot showers, your own two-person sleeping tent and an inspiring sense of camaraderie. It's not a race but an event where you can find a diverse group of people of all abilities.

Date and Place: The next Philadelphia event will be Sept. 23-25.

Contact: 800-996-3DAY

Website: www.the3day.org

ALZHEIMER'S ASSOCIATION MEMORY WALK

Date: Saturday, Oct. 1

Place: New Castle County -- Riverfront, Wilmington, DE
Sussex County -- Grove Park, Rehoboth Beach, DE

Date: Sunday, Oct. 2

Place: The Boardwalk Garden Pier at New Jersey Ave., Atlantic City, NJ

Date: Saturday, Oct. 8

Places: Berks County -- Gring's Mill Recreation Center; Lehigh Valley -- Lehigh Valley Zoo at the Trexler Game Preserve

Date: Sunday, Oct. 9

Place: Memorial Hall, Fairmount Park, Philadelphia, PA

Times: 8am-1pm (registration in Philadelphia starts at 8:30; walk starts at 10)

This walk is over a 5k course and marks the 15th anniversary of the Memory Walk in the Delaware Valley. While there is no registration fee, people are being urged to raise a minimum of \$100, for which they will receive a gift of a T-shirt. There are other incentives as well. The top 100 walkers in PA will get a free lunch at Outback Steakhouse. All funds raised will go directly to support the free programs and services provided by the Delaware Valley Chapter.

Contact: 215-561-2919 (for info) or 1-866-224-5224 (to register)

Website: alz.org or www.alz-delawarevalley.org

PHILADELPHIA CANOE CLUB

Website: www.Phila.canoe.org

Place: Phila. Canoe Club, Philadelphia, PA

Contact: Andy McAloon, 215-752-5534

FAST TRACKS RUNNERS

Fast Tracks running club, based in Valley Forge, PA, invites runners of all ages and abilities to come out for organized group runs, which are held six days a week on local trails. A variety of paces and distances are always accommodated; a warm and welcoming atmosphere is always promoted.

Contact: 610-353-8826

Website: http://www.fasttracks.homestead.com

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

SINGLES GROUP

Philly Singles Connection is an online singles events source for singles in the Philadelphia metro area. To become a member, just sign up online. Their goal: 25,000 singles as members by Dec. 31, 2005! Events include the Annual Glitter City Gala New Year's Eve in Philadelphia at the National Constitution Center. For full details, pictures and video from last year's event, and tickets, visit <http://www.NYEP Philly.com>.

Like to travel? Check out <http://www.PhillyTrips.com>.

Website: <http://www.SinglesEvents.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