



Calendar of Events

NOVEMBER / DECEMBER

Free Running Clinic

A free running clinic will be held for new, experienced and elite runners. The event is being co-sponsored by Paoli Hospital Outpatient Rehab Services at Collegeville. Teaming up to offer tips ranging from selecting the right running shoe to preventing injuries will be physical therapist Carole K. Rosen, a marathon runner and manager of Outpatient Rehab Services at Paoli Hospital, and Aimee Louise, a former running coach and personal trainer who now manages Runaway Success, a retail store in Paoli featuring running shoes and sports gear.

The clinic will include:

- Basics of running.
- Advanced training from a certified personal trainer and coach.
- Common running injuries, how to prevent and treat them.
- Foot biomechanics during running and which running shoe is best for you.
- Owners of Runaway Success will individually evaluate your feet and recommend the right shoe for you.

Paoli Hospital Outpatient Rehab Services at Collegeville is one of seven sites in Philadelphia's western suburbs offering physical, occupational and speech therapy for patients of all ages through the Bryn Mawr Rehab Outpatient Network. Other locations are Audubon, Broomall, Bryn Mawr, Malvern, Paoli and Wynnewood.

Refreshments and running gifts will be provided for running clinic participants. Each applicant's name will be entered into a raffle for a free one-hour massage.

Date and Time: Wednesday, Nov. 9, from 7 to 9pm

Place: Main Line Health Center, 599 Arcola Road, Collegeville, PA

Contact: For more information about the Running Clinic or the Bryn Mawr Rehab Outpatient Network, call 1-866-CALL-MLH (1-866-225-5654).

Email: Please confirm you will attend; send email to woehicker@mlhs.org.

Wellness Community

The Wellness Community of Philadelphia (TWCP), at the Suzanne Morgan Center at Ridgeland, Fairmount Park and limited offsite programs in the Cancer Center at Paoli Hospital, is a nonprofit organization that helps people with cancer enhance health and well-being by providing a professional program of emotional support, education and hope. Participants are welcome at any stage of their illness, from diagnosis through recovery. Professionally led support groups for people with cancer and their caregivers meet weekly. Other programs and services include nutrition, yoga, T'ai Chi, aerobic exercise classes, mind-body programs and educational forums. All TWCP programs and services are free. TWCP offers programs at Ridgeland in Chester and Bucks counties, the Bux-Mont area and throughout Philadelphia. Call 215-879-7733, 888-819-3553 or visit www.twcp.org for more information. Two programs are now being offered in Paoli, PA:

Tuesdays, 6:30 p.m.-8:30 p.m.: "Support Group for People with Cancer." The group meets every Tuesday evening at Paoli Hospital. Call for information about joining the group: 215-879-7733.

Wednesdays, 7 p.m.-8:30 p.m.: "Networking Group for Family and Friends Supporting a Loved One With Cancer." This group, for family and friends of people with cancer only, meets every Wednesday at Paoli Hospital. Contact: 215-879-7733.

Central Bucks County Relay for Life Kick-Off

For relay teams and new participants. Those interested in attending will be able to obtain information about the event, register their team, pick tent sites, and learn more about the new location!

The kick-off is open to the public, as well as past and present relay teams and new participants. Activities include music, food, refreshments, entertainment, and the recognition of the 2005-team fundraising awards!

Relay for Life is a 24-hour team event that combines the best elements of a family camp-out, a block party, and a walk-a-thon. Teams of 8-15 members (formed from families, churches, organizations, schools, businesses, corporations, public employee groups, health care professionals, and more) set up their campsite and take turns walking the track relay-style to raise money and demonstrate their commitment to the fight against cancer by committing to have one member of the team on the track for the duration of the 24-hour event.

Date and Time: Wednesday, Nov. 9, 5:30-8pm

Place: New Hope-Solebury High School, 180 W. Bridge St., New Hope, PA

Contact: Monique Abele, 215-712-3290

Email: Monique.abele@cancer.org

Philadelphia Marathon and 8K

Marathon (26.2 miles) and 8K Run. Courses are certified and validated. Race is sanctioned by USA Track & Field. Bicycles, skateboards, scooters, baby joggers, strollers, headphones, roller skates or blades are not permitted on the race course.

Date: Sunday, Nov. 20

Times: Marathon 8am & 8K 8:30am

Place: All runners should be at starting point, Philadelphia Museum of Art, by 7:30am. Start Water and Porta-Johns are at Eakins Oval. Finish line is at Philadelphia Museum of Art on the Benjamin Franklin Parkway.

Cost: Marathon, \$60 through Nov. 1; \$70 through Nov. 14 (last day for online registration); \$80 at the Health and Fitness Expo Nov. 19. 8K: \$20 through Nov. 1; \$25 through Nov. 14 and at Expo. No day-of-event registration!

Expo: The 2005 Philadelphia Marathon Health and Fitness Expo will be held at Eakins Oval, 23rd Street & Benjamin Franklin Parkway, site of the start/finish of the marathon and 8K race.

Expo hours are Friday, Nov. 18 from noon until 7pm and Saturday, Nov. 19 from 10am until 6pm. In addition to being the site for all runner packet pick-up and pasta-dinner ticket purchase, the expo will also feature vendors of running-related apparel and products. Also available will be information on health, fitness and visiting the Philadelphia region.

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

St. Vincent's Turkey Trot

Philadelphia Insurance Companies presents 12th Annual St. Vincent's Turkey Trot 5K & 1-Mile Fun Walk.

Date: Nov. 24

Place: Forbidden Drive near Bells Lane, Philadelphia-Chestnut Hill, PA

Website: More detail and registration info for all of the above can be found at <http://www.lin-mark.com/2005sch1.htm#10>

3rd PhillyFIT Bash

Date and Time: Jan. 29, 1-5pm

Place: Spring Mill Manor, Ivyland, PA

Website: www.phillyfitmagazine.com

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.

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>

Free Health and Wellness Seminars

Date and Time: First Tuesdays, 6:30-8pm

Place: Triune Wellness Center

Contact: 215-627-6279

Email: info@tri-une.com

Competitive Frisbee

Philadelphia Area Disc Alliance has tournaments and championship games of Ultimate Frisbee. These are serious Frisbee games played all over the city. They have social events too.

Place: Philadelphia, PA

Contact: 215-238-8751

Suburban Cyclists Unlimited

Holds meetings and sponsors social events. Newsletter available.

Contact: P.O. Box 401, Horsham, PA

Contact: 215-675-1174

Wissahickon Off-Road Cyclists

Sponsors regular trail maintenance events as well as helps park rangers do trail patrol.

Location: Wissahickon Trail, Fairmount Park, Philadelphia

Contact: 215-271-7325

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>