

NOV. 4

Moving Toward Wellness: Body, Mind and Soul

This is the annual fall conference of Living Beyond Breast Cancer, featuring Ronnie Kaye, nationally known psychologist and breast cancer survivor. The focus of the conference is on the impact of breast cancer on women's emotional and physical health. A limited number of travel scholarships are available. Call for information.

Time: 9am to 2pm
Place: Sheraton Philadelphia Center City, Philadelphia, PA
Contact: 610-645-4567
Website: www.lbcc.org

Read and Run Race

Join the fun and support the Malvern Public Library. One- and five-mile runs and a one-mile walk. Registration forms are available at the library. Call for information.

Time: 8:30-11am
Place: Malvern Prep, Malvern, PA
Contact: 610-644-7259

Yoga Research Society Conference

This year's conference, "Energy Harmony Healing," reveals extraordinary insights and practices for healing the mind, body and soul. Dinner at 6:45pm followed by a live RASA concert. Call for information and reservations.

Time: 9am-6:45pm
Place: Thomas Jefferson University Alumni Hall, 1020 Locust St., Philadelphia, PA
Contact: 215-592-9642
Email: YRS@YogaResearchSociety.com
Website: www.YogaResearchSociety.com

Dash for Democracy 5K Run/Walk

Place: Independence Mall, Philadelphia, PA
Website: www.dashfordemocracy.org

MDA Muscle Team Challenge: Rally for Research

Inaugural MDA event that includes a full-marathon walk, a half-marathon walk, a 5K family walk and entertainment all day. Tailgaters will cheer on walk teams. Participants must raise a minimum of \$130 (which funds two minutes of research), and are encouraged to become MVPs and aim for \$975 (15 minutes of research). The Philadelphia Insurance Companies' Corporate Relay Challenge for MDA takes place at 9am. Corporate Teams will compete in a 30K relay running race (6-person, 5K each) and corporate fundraising totals. The Muscle Team Challenge: Rally for Research will be a day of festivities!

Date and Time: 7am-4pm
Place: Memorial Hall and Fairmount Park South Concourse, Philadelphia, PA
Phone: 215-692-1781
Website:

http://www.kintera.org/faf/home/default.asp?ievent=154048

NOV. 5

Ben Franklin Bridge Challenge Run the Bridge. 10K Run or 2-mile Fun Walk

Time: 8:30am
Place: Ben Franklin Bridge Philadelphia, PA
Website: www.runthebridge.org

2nd TEAM PA Hydro-cephalus Walk-Run-Roll

4.5-mile Run & 2.25-mile Walk.
Time: 10am
Place: Norristown Farm Park, PA
Contact: 610-764-7720
Email: BearsRunningClub@aol.com or pahydrowalk@aol.com

Philadelphia Catholic League Alumni XC 5K

Place: Belmont Plateau in West Fairmount Park, Philadelphia, PA
Contact: 215-487-0770
Email: thomasd611@yahoo.com

NOV. 7

Blood-Pressure Screening

Free blood-pressure screening offered every Tuesday. Drop in; no appointment is necessary. Call for information.

Time: 10-11am
Place: West Chester Senior Center, 530 E. Union St., West Chester, PA
Contact: 610-696-8312, ext. 113

NOV. 12

Greyhound Freedom Run 5K

Place: Tyler State Park in Newtown PA
Contact: 215-340-7658
Email: cagr@nograyhoundracing.com

Veterans' Day 5K Memorial Run

Place: Norristown Farm Park, PA
Contact: 610-495-9661

NOV. 18

5K King's Run

Place: Haddonfield NJ
Contact: 856-429-1600
Website: www.ckrs.org

NOV. 19

Philadelphia Marathon and Rothman 8K

Place: Philadelphia Art Museum
Contact: 215-685-0054
Website: www.philadelphiamarathon.com

Muhlenberg Turkey Trot 10K

Place: Laurel Run Park in Reading, PA
Contact: 610-929-1503

NOV. 23

Fairmount Park Turkey Trot 5 Mile - 5-Mile Race With 1-Mile Fun Run-Walk

Place: Memorial Hall in West Fairmount Park, Philadelphia, PA
Contact: 215-685-0060

Abington YMCA Gobble Wobble 5K
Place: Abington (PA) YMCA
Contact: 215-884-9622, X1840
Email: bkenas@philaymca.org

NOV. 24

Jolly Holly 5k Run

Time: 6:45pm
Place: Millville, NJ
Contact: 856-696-3924
Email: wilsonb@sjhs.com

NOV. 26

Dirty Bird 15K Trail Run

Place: French Creek State Park in Birdsboro, PA
Contact: 610-779-2668
Email: rhornpcs@aol.com

DEC. 3

Brian's Run

Times: 5k, 11:30am, 10k, 1pm
Place: West Chester, PA
Contact: 610-399-0709
Email: dfitch@axs2000.net

DEC. 10

Reindeer Romp 5K

Place: Havertown, PA
Contact: 610-449-7795

Shiver By The River 10K & 5K

Place: Laurel Run Park in Reading, PA
Contact: 610-779-6556
Email: sjackson@gpu.com

DEC. 16

Haddon Holiday Heart 5K Run

Place: Haddon Township, NJ
Contact: 856-546-5600

DEC. 17

Northeast Roadrunners Christmas Is For Giving 5K

Place: Rhawn Street entrance to Pennypack Park, Philadelphia, PA
Contact: 215-343-7908
Email: runadvte@erols.com

Kris Kringle 5 Mile

Place: Berks Ag Center in Reading, PA
Contact: 610-780-0842

JANUARY

Kelly's Bootcamp

This January, you can get in the best shape of your life! Lose 10-15 lbs. of body fat while gaining strength, stamina, confidence and health. Kelly's 8-Week Bootcamp is forming now. Get all the results of personal training more affordably in a small group. This is a proven program including exercise and nutritional supervision to enable you to achieve your best! Unlimited classes at Kelly's Fitness are included. Also offering Pay as You Go Fitness Classes!
Contact: Call Kelly at 215-429-2261.
Website: www.kellysfitness.net

ONGOING

Landskaters

The Landskaters Inline Skate Club promotes the sport of inline skating in Philadelphia. It prides itself on its passion for the sport of inline skating; its

purpose is to promote safety, fun and learning for experienced inline skaters and newcomers alike. Landskaters have a membership several hundred strong and growing, and are dedicated to increasing enthusiasm for the sport of inline skating through its city skates (in season: April-October), group events and fun trips.

The Landskaters of Philadelphia take an active role in National Skate Patrol, Inline Town Watch and Fairmount Park Patrol.

If you're relatively new to inline skating, and haven't yet tried a city skate, try the recreational roll the first Sunday of each month (in season). Sunday Evening Recreational Roll For beginning skaters.

Date and Time: First Sundays, May-Sept., 6-8pm

Place: Art Museum, Philadelphia, PA Sunday City Skate

For intermediate skaters.

Date and Time: Every Sunday, April-Oct., 10am-12:30pm

Place: Art Museum, Philadelphia, PA Tuesday Night City Skate

For experienced skaters.

Date and Time: Every Tuesday, April-Oct., 7-10pm

Place: Art Museum, Philadelphia, PA
Email: info@landskaters.org

Website: www.landskaters.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: Jason Sevik, 610-476-3722

Address: Delco Road Running Club, P.O. Box 1811, Media, PA 19063

Email: info@delcorrc.org

Website: http://www.delcorrc.org

Strength training for Older Adults

"Stretch Your Limits" flexibility and strength-training class for adults over age 55 is held on Mondays from 3 to 4pm and on Thursdays from noon to 1pm in the Clothier Building Auditorium at Bryn Mawr Hospital, 130 S. Bryn Mawr Avenue, Bryn Mawr.

Fitness instructor and cardiac nurse Lonnie A. Sebastian, MSN, RNC, guides participants through a routine of exercises specially developed for older adults. Resistance tubes are used to further build strength and tone muscles. Cost is \$5 per class and a resistance tube is \$8. Call 610-526-8720 for more information.

Singles Nights

Suburban Singles Network invites singles of all ages to its Friday Night Social Parties at Coleman Restaurant on select Friday nights throughout the year. Suburban Singles Network is the new, upscale singles' organization serving singles in the suburban Philadelphia area with cultural events, activities, and outings. Please visit www.subsingnet.com for information about Suburban Singles Network. Email info@subsingnet.com to join SSN.

Sunday Afternoon Wildflower Walks

Join this pleasant walk in search of seasonal bloomers in Tyler Arboretum's meadows and woodlands. Learn about the rare and beautiful species of wildflowers on Tyler property. Free with admission; no pre-registration is required. Call for information.
Time: 1:30-3:30pm
Place: Tyler Arboretum, 515 Painter Road, Media, PA
Contact: 610-566-9134

Seasonal Bird Walks

Discover much more than just birds during this informative nature exploration. All levels of birders are welcome. Bring bird guides and binoculars and wear comfortable walking shoes. Free with admission; no pre-registration required.
Date and Time: Wednesdays, 8:15-10:15am
Place: Tyler Arboretum, 515 Painter Road, Media, PA
Contact: 610-566-9134

Weekday Wildflower Walks

Head out to the trails with wildflower experts to find and identify wildflowers in their seasonal forms. Wear comfortable walking shoes. Free with admission; no pre-registration is required. Call for information.
Date and Time: Wednesdays, 11am-1pm
Place: Tyler Arboretum, 515 Painter Road, Media, PA
Contact: 610-566-9134

Pink Trail Ramble

Explore the other side of Tyler across Painter Road on the Pink Trail. Take a comfortably paced hike on this 2.3-mile trail through woodlands and meadows, and up and down hills. Wear shoes suitable for uneven terrain. Free with admission; no pre-registration required. Call for information.
Date and Time: Tuesdays starting in August, 9:15-10:30am
Place: Tyler Arboretum, 515 Painter Road, Media, PA
Contact: 610-566-9134

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

Bicycle Coalition Volunteer Night

Date and Time: 6-8pm, 2nd Tuesdays
Place: Philadelphia, PA
Contact: 215-BICYCLE

Email: info@bicyclecoalition.org
Website: www.bicyclecoalition.org

DV Mountain Bike Patrol Bike Trail Repair

Date and Time: 4th Saturday of the month, 10am-midday
Place: Philadelphia, PA
Contact: 215-991-3272
Website: www.fow.org

Wissahickon Gorge Night Hikes

Appalachian Mountain Club, 6-7 miles, fast pace.
Date and Time: Mondays, 6:30pm
Place: Meet at Valley Green Inn, Fairmount Park, Philadelphia, PA
Contact: 610-667-1144
Email: pauld@worldlynx.net

Wissahickon Wanderers Trail Run

4-5 miles.
Date and Time: Every Thursday, 6:30pm
Place: Start at Valley Green, Fairmount Park, Philadelphia, PA
Contact: 215-849-9080
Website: www.wanderersrunning-club.org

Wissahickon Wanderers Run with Shawmont Running Club

For all levels.
Date and Time: Saturdays, 8am
Place: Start at Forbidden Drive off Northwestern Avenue in Andorra, Philadelphia, PA
Contact: 215-849-9080
Website: www.wanderersrunning-club.org and www.shawmontrunning-club.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.wanderersrunning-club.org

Wissahickon Valley Hike

With PhilaVentures: William Way Lesbian, Gay, Bisexual and Transgender Community (LGBT) group sponsors a two-to-three hour hike every week.
Date and Time: Meets every Sunday afternoon, 2pm at Borders Book Store in Chestnut Hill, Philadelphia, PA
Contact: Call 856-767-8938
Email: joehagenmayer@yahoo.com
Website: www.fow.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>

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, 6:30pm-8:30pm: "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, 7pm-8:30pm:

"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. Support Group for People with Cancer and Their Caregivers
Date: Twice per month on Fridays
Time: 1:15 to 3:15pm
Place: Highpoint Cancer Center, 700 Horizon Circle, County Line and Upper State roads, Chalfont, PA
Contact: 215-879-7733.

Eastern Pennsylvania Ski Council

Website: <http://www.easternpaski-council.org/>

Bucks Mount Ski and Snowboard Club

Website: www.bucksmountskiclub.org

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.philadelphiaphoenix.org.

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

Philadelphia Canoe Club

Website: www.Phila.canoe.org
Place: Phila. Canoe Club, Philadelphia, PA
Contact: Andy McAloon, 215-752-5534

Suburban Cyclists Unlimited

Holds meetings and sponsors social events. Newsletter available.
Contact: P.O. Box 401, Horsham, PA
Contact: 215-675-1174
Email: centuries@suburbancyclists.org
Website: <http://www.suburbancyclists.org>

Wissahickon Off-Road Cyclists

Sponsors regular trail maintenance events as well as helps park rangers do trail patrol.
Place: Wissahickon Trail, Fairmount Park, Philadelphia
Contact: 215-271-7325

Chair Massage

At New Horizons Senior Center, 206 Price Ave., Narberth
Call 610-664-2366 for info.

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>

Ambler Area Running Club

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

Briarwood Running Camp

Contact: 251 Trent Road, Wynnwood, PA 19096

Fairmount Running Club

Website: <http://runfairmount.org>

Hash House Harriers-Hockessin

Contact: P.O. Box 1584, Hockessin, DE 19707-5584, Hotline: 1-302-NEEDFUN
Website: <http://www.ravenet.com/hh/hh/>

Jersey Shore Running Club

Contact: P.O. Box 7492, Shrewsbury, NJ 07702

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/>