

PHILLYFIT BASH & WORKOUT-A-THON

Held inside of the
Philadelphia Sports Club
One Highpoint Drive
Chalfont, PA 18914

**SUNDAY,
NOVEMBER 6, 2011
11-3PM**

EVERYTHING HEALTH & FITNESS
YOU CAN IMAGINE!
FITNESS CELEBRITIES
LIVE BAND AND DJ
WORKOUT DEMOS
PILATES, TAE BO, KARATE, YOGA,
CORE TRAINING, ZUMBA, TAI CHI,
BOXING, GYMNASTICS, SPINNING
& SO MUCH MORE!

Come try 20 different types of workouts to include:

- * HIGH ENERGY * LOW-IMPACT
- * YOGA * STRETCHING
- * BREATHING * BOOTCAMP STYLE
- * DANCE WORKOUTS * CORE

Come, join in and do as many workouts as you can. Each workout is 8 minutes long.

PLACE YOUR CALENDAR LISTING

BOXED LISTINGS
FOR ONLY \$75
CALL 215-396-0268

NOV. 13

The Lemon Run 5K

Time: 8:30-11 am
Place: Memorial Hall, Fairmount Park, Philadelphia, PA
Contact: Sheryl
Phone: 610-649-3034
Email: Sheryl@AlexsLemonade.org
Web: www.TheLemonRun.com

NOV. 18-19

Philadelphia Marathon Health & Fitness Expo

Entry is free and open to the public, and includes numerous activities, vendors and seminars.
Times: Noon-9pm Nov. 18; 10am-7pm Nov. 19
Place: Pennsylvania Convention Center, Hall A, 12th & Arch Sts., Philadelphia, PA
Web: philadelphiamarathon.com

NOV. 19

Philadelphia Rothman 8K

Time: 7 am
Contact: Melanie Johnson
Phone: 215-683-2060
Web: philadelphiamarathon.com

NOV. 20

Philadelphia Marathon

Like all marathons sanctioned by USA Track & Field, the Philadelphia Marathon is 26.2 miles. What sets it apart is that every inch of our course is steeped in the history and culture of one of America's great cities. Philadelphia truly is a city of neighborhoods, and runners will experience many of them, from the hip to the historic. Run past the hip shops and boutiques in University City and Manayunk. Experience our Revolutionary heritage at Independence Hall, the Betsy Ross House and the Liberty Bell. Keep in step along the waterfront, showcasing Penns

Landing on the banks of the Delaware River and the Fairmount Water Works on the Schuylkill River, a Greek-inspired masterpiece of early-1800s industrial engineering and architecture.

The course is fast, with digital splits provided at each mile marker. Fluid stations are set up throughout the course as are spectator overlooks. And you'd better get ready for the crowds. Each year, spectators line the course, eager to cheer on runners. Because there is nothing we love more in this town than a champion.

Not up for a full marathon? The Philadelphia Marathon starting at 7am offers a Half Marathon just for you. This 13.1-mile event kicked off in 2006 to meet the demand of die-hard runners and amateurs alike looking to get their feet wet or who wanted a serious challenge, but don't have the time to train for a full marathon.

With the addition of the Half Marathon, it's even easier to get involved in the Philadelphia Marathon weekend! With more events than ever before, you can be sure to find something to suit your experience level and satisfy your competitive spirit.
Email: philadelphiamarathon@gmail.com
Phone: 215-683-2122

DEC. 10

Jingle Bell Run/Walk for Arthritis in Bucks County

Run or walk a 5-kilometer route with your team members and celebrate the season. Event includes costume showcase, kids fun run, refreshments, entertainment, vendor expo, chip timing, awards ceremony and more!

Certified USATF Course #PA10046WB.

Time: 10am
Place: Bucks County Community College, PA
Contact: Bettina McClure
Email: bmcclure@arthritits.org
Web: www.jbrbucks.kintera.org

Brandywine Valley Ski Association

A year-round sports and social club dedicated to promoting skiing (2-3 trips a year in the continental United States and Europe) and related activities: biking in summer, sailing weekend trip, happy hours twice a month, two summer pool parties, a holiday party, concert picnics at local wineries and Eagleview, camping and more!

Time: General meetings are held the first Wednesday of each month September-May at 8pm.
Place: Ruffini's Restaurant, 43 N. Bailey Road, Thorndale, PA
Web: www.brandywinevalleyski.com

Buck Ridge Ski Club

Place: Bryn Mawr, PA
Web: www.buckridgeskiclub.org

Bucks County Ski Club

Place: Doylestown, PA
Web: www.buckscountyskiclub.com

Central Ski Club

Place: 76 Kelmar Ave., Frazer, PA 19355
Phone: 610-644-8898

Eastern Pennsylvania Ski Council

Web: www.easternpaskiouncil.org

Main Line Ski Club

Ages 21 and over. Upscale ski club featuring numerous social activities throughout the greater Philadelphia area. Trips to Europe, Western and Eastern U.S. Partners with Philadelphia Sailing Club. Also does bicycling and tennis.

Time: Meets every second Tuesday of every month, September-April.
Place: Crowne Plaza Hotel at King of Prussia Mall, King of Prussia, PA
Web: www.mainlineskiclub.com

New Hope Nordics

A ski club in the Middle Atlantic (Philadelphia area) that is 100% dedicated to cross-country skiing.

Place: 2562 Ogden Ave., Bensalem, PA 19020
Web: prnt4u.com/nhn1.htm

Penguin Ski Club

Time: General meetings held first Tuesday of each month (September-April) at 8 pm
Place: Phoenix Sport Club, 301 W. Bristol Road, Feasterville, PA
Web: penguinskiclub.com

Tiroler Ski Club

Place: Philadelphia, PA
Web: www.tirolerskiclub.com

Wissahickon Ski Club

Place: Wago 1 Summer Hill Ct., Lafayette Hill, PA 19144
Web: www.wissahickonskiclub.org

ONGOING

South Philly Striders Running Club

Yo! Get in shape!
Meets Tuesdays and Thursdays at 6am at Geno's Steaks, Ninth St. & Passyunk Ave., Philadelphia, PA
Meets Saturdays, 8 am, Front & South St., Philadelphia, PA
Email: info@southphillystriders.com
Web: www.southphillystriders.com

Highroad Cycles Saturday Morning Ride

Average speed is 16 mph. You should be able to comfortably ride within this average speed, including some challenging hills, over 30 to 40 miles. Ride is weather permitting. Time: 9am
Place: Highroad Cycles Doylestown, 73 Old Dublin Pike, Suite 4, Doylestown, PA
Phone: 215-348-8015
Web: www.highroadcycles.com

Keswick Cycle Cherry Hill Road Rides

Saturdays, 7:45 am
Distance: About 40 miles.
Return to shop no later than 11:30am.
Helmets are mandatory! This is an unsupported ride. Please carry at least one tube and pump/CO2. Food and water are highly recommended. "No rider left behind on a shop ride."
Place: Keswick Cycle Cherry Hill, 305 E. Rt. 70, Cherry Hill, NJ
Email: salesstaff@keswickcycle.com
Phone: 856-795-0079
Web: www.keswickcycle.com

Bikesport Mountain Bike Ride

Distance: 2 loops. For all levels. Mountain bike required.
Time: Saturdays, 9 am
Place: Green Lane (Knight Road) parking lot, Green Lane, PA
Email: Ginny Politz, ginnyp@bikesportbikes.com
Web: www.bikesportbikes.com

MTB on the Pennypack Trails

Meet at the Pine Road entrance to Pennypack Park, Philadelphia, PA, Tuesdays at 6:30pm and ride till about 8pm. Come enjoy the great outdoors (without cars) after dark! Lights and a trail permit are required (go to www.fairmountpark.org/TrailPermits.asp to buy a permit). Depending on the predicted weather and/or trail conditions, the ride may be canceled or rescheduled for another evening. Call or email to confirm that the ride is on or with questions.
Phone: 215-740-0973
Email: ride_with_cb@rocketmail.com
Web: www.phillybikeclub.org

Weekly Tuesday Runs

With the Manayunk Running Club.
Time: 6:30-9 pm
Place: Sports Works, 4320 Main St., Manayunk, Philadelphia, PA
Email: info@manayunkrunning.com
Web: www.manayunkrunning.com

Weekly Wednesday Group Runs

Time: 6 pm
Place: Jenkintown Running Club, 416 Old York Rd., Jenkintown, PA
Phone: 215-887-2848
Email: bob@jenkrun.com
Web: www.jenkrun.com

Thursday Night Group Runs

Finish at Lululemon for a yoga stretch!
Time: 6 pm
Place: Philadelphia Runner, 1601 Sansom St., Philadelphia, PA
Weekly
Phone: Laura, 215-972-8333
Email: laura@philadelphiarunner.com
Web: www.philadelphiarunner.com/

Saturday Support Group for Adults With Diabetes

All adults with diabetes are invited to an intelligent discussion about diabetes, weight control and healthy living. Free.
Time: First Saturday of the month, 11 am - noon
Place: Integrated Diabetes Services, 333 E. Lancaster Ave., Wynnewood, PA
Phone: 610-642-6055
Web: www.integrateddiabetes.com

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Asperger Syndrome Family/Caregiver Support Meetings

All parents and other adult family members or caregivers of children with Asperger's syndrome and similar diagnoses are welcome. Meetings are held the second Tuesday of every other month. The group's mission is to raise public awareness, advocate for improved education and services, and provide support and information. There is no fee for the meetings. Call for information.
Time: Second Tuesday of every other month, 7:30pm
Place: Grace Chapel, Darby and Eagle roads, Havertown, PA
Time: Third Tuesday of every other month, 7pm

Place: Avon Grove Charter School, 110 E. State Road, West Grove, PA
Time: Third Thursday of every other month, 7-9 pm
Place: Good Shepherd Lutheran Church, 132 E. Valley Forge Road, King of Prussia, PA
Phone: 610-449-6776

Asperger's Adults Family/Caregiver Support Meetings

Time: First Saturday of the month, 10am-noon
Place: Montgomery County Human Services Building, 1430 DeKalb St., Norristown, PA
Phone: 610-449-6776

NAMI

NAMI (the National Alliance on Mental Illness) holds monthly NAMI Connection (peer-run) support groups for family members and caregivers of persons with mental illness (i.e. schizophrenia, bipolar disorder, OCD etc.). For more information please call 215-886-0350 or email namipottstown@verizon.net. The first Friday of the month, 10:30am at Norristown Public Library, 1001 Powell St., Norristown, PA.
The second Wednesday of the month, 12pm at Pottstown Public Library, 500 High St., Pottstown, PA.
The third Wednesday of the month, 1pm at Lansdale Library, 301 Vine St., Lansdale, PA.
The fourth Tuesday of the month, 2pm at Abington Presbyterian Church, 1982 Old York Road, Abington, PA.
The second Thursday of the month, 7:30 pm at 100 S. Keswick Ave., Glenside.

Better Breathers Support Group

The Lung Center at Paoli Hospital is hosting a free support group for patients with respiratory disorders and chronic lung diseases the second Tuesday of every month. Registration is required. Call to register.
Time: Second Tuesday of the month, 2-3 pm
Place: Paoli Hospital, Paoli, PA
Phone: 610-648-1651