



BUCKS COUNTY ROAD RUNNERS

June 2009 Newsletter

BCRR Officers

Eric Stern	President
Chris Mortensen	Vice President
	News Editor
Fred Gropper	Treasurer
Melanie Schranz	Social Director
	609-730-1797
Ray Galenty	Club Clothing
	215-946-1476
Emily Grace	Webmaster

Inside This Issue

President's Message	1-2
Run The Gates	2
Equinox Info	3
Equinox Waiver	4
Member Profile	5-7
4th of July Picnic	8
Race Calendar	9-10

Weekly Run 1

What:	Track Work
Where:	Council Rock South
When:	Tuesday at 6 PM
Why:	To Improve Speed and Form
Who:	Contact Chris Thompson wilennium@hotmail.com

Weekly Run 2

What:	Trail Run
Where:	Washington Crossing Park
When:	Saturdays at 7:30 AM
Why:	To Enjoy The Trails
Who:	Contact Chris Mortensen mortensen_christopher@yahoo.com

PRESIDENT'S MESSAGE

A couple of years ago I discovered a little gem of a race series with the South Jersey Athletic Club. Starting in June the club organizes its "ANNUAL - "NO FRILLS, JUST THRILLS" SUMMER SERIES" which is run every other Tuesday night starting in June. The races are at held at Cooper River Park in Pennsauken, NJ. The races vary in length from 3.65 miles to 10.95 miles and includes a staggered start and predict your time race. What was made this a great experience for me was that having directed the Winter Series it was just nice to go out there and just be another runner and it was a great way to help keep up my workouts in through the Summer as well as meeting runners from another local club. They do not hand out series awards but I was able to increase my collection of pint glasses that were handed out as awards at each of the races. So if you work in South Jersey I would recommend checking out these races. The series starts Tuesday, June 9th.

Speaking of summer race series I just made another discovery tonight. As I have mentioned in a previous newsletter I spend most of my work week in Chambersburg, PA. Well while spending my time here I have now become a member of the Chambersburg Road Runners Club with whom I do track workouts on Wednesday nights on the track at the local high school. Anyway, they have an interesting Summer Series of Cross Country races. As with the New Jersey AC this races are run every other Tuesday night at various locations in the area. Tonight's run was at the Hagerstown MD Community College and consisted of two one mile loops that started on a freshly mowed grass path and then veered off into the woods before finishing on the grass. What made this fun was that they start at 7:00 with a one mile warm up run followed by a one mile race for Women and children under 13 and then they run the main event which is the two mile cross country race. Because of the one mile race and the two mile race there were a lot of families that come out to run with their kids. It was great to run in an event where there were so many young kids and adults.

It was great to see a clean sweep of the top three Women finishers at Sesame Place 5K. Since I was helping out with timing the race it was great to see Justyna, Allyson, and Dora cross the finish line. Also, congratulation to Scott Brockett for placing first in the Master's Division and to all of the other BCRR age group winners. It was another strong showing by the BCRR and the money raised by this race went to a great cause.

This Sunday, June 7th is the "Run the Gates 5 Miler" starting at For-

President's Message (*continued from page 1*)

sythia Crossing Park in Levittown (www.runthegates.org). This race is directed by our own Phil Miele and benefits several agencies serving the needs of handicapped individuals here in Bucks County. As always the BCRR will be their timing the race and marshalling the course. This is a great race that really needs your support.

Also, the Summer Equinox will be held at Tyler Park on Saturday, June 20th. Chris Mortensen and company are putting the final touches on the planning of this event and if it is anything like last year it is a don't miss event. It is a lot of fun and we encourage all club members and their families to come out run, walk, hike, and enjoy a day at the park. We will have plenty of food and drink please plan on coming out at any time during the day and have fun with other club members and their families.

Finally, mark your calendars the 3rd Annual Rob Massaroni Memorial 5K will be held on Saturday, September 26th in Bensalem. This is a race that we founded 3 years ago in honor of Rob Massaroni a middle school teacher in Bensalem who tragically passed away after just completing the Broad Street run and benefits the Just For The Kids Educational Foundation in Bensalem. I am also reaching out to the BCRR members for help. Because of work logistics I need help in organizing this event as well as gathering sponsors for the event. If you would like to help me with this please email me at eric.stern@verizon.net.

Looking forward to seeing everyone at Run the Gates and the Summer Equinox.

Eric

Volunteers and runners needed for:

4th Annual Run The Gates Five Miler

With One Mile Timed Fun Run (or walk)

Sunday, June 7, 2009

Forsythia Crossing Park

Between Forsythia and Snowball Gates Levittown

5-Miler start at 9 a.m. – 1-mile fun run/walk 9:10 a.m.

Rain or Shine

Test your road racing mettle with a challenging figure-eight course through quiet, shaded residential neighborhoods—Snowball, Red Rose and Forsythia Gates

sections of Levittown, PA.

Expanded three-deep age group awards- great opportunity to score an award within your age group!

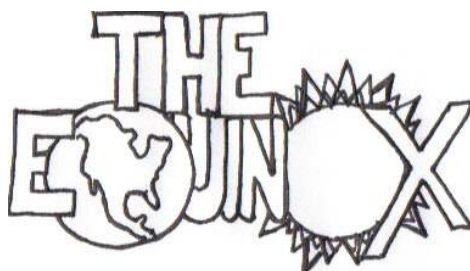
Live music, prizes, food and refreshments!

Race timing and scoring by BCRR

Register online at <http://www.runthegates.org> (Active.com)

Benefits four Bucks County agencies providing services to people with disabilities

Call or Email Phil Miele at 215-752-8066 or pmiele@verizonmail.com



On Saturday, June 20th, 2009 Tyler Park and The Bucks County Road Runners will host the 2nd Annual Equinox 50 Mile and 50K Run, Relay and Picnic. All members of the club and their families are invited to come out for a day filled with fun, food and (of course) running! The event will begin promptly at 7 am and conclude at 7 pm. The barbecue will start at 1 pm.

The Equinox is a compilation of the famous Winter Series races that most of you are familiar with. The 50 Mile Run and Relay consists of the following courses: Jingle Bell 5.3, Honest Abe 4.6, Polar Bear 8, Eenie Meanie 13.1, Covered Bridge 3.1, Tyler Challenge 3.5 (2nd loop of the 10k race), Cham-Pain 3.1 and the Terrible Tyler 9.3 Anyone wishing to complete the 50k option does the first four courses and stops upon finishing Eenie Meanie.

So, how far do you have to run? That's up to you! You can run as much or as little as you like! Show up and run one course, two courses, pick your favorite, or run with a friend and put together a relay (min of two people and a max of eight people). For example since there are 8 courses you could have a team of four and each person runs two courses. A team of two could have each person run four courses. Or, you could always run the whole thing by yourself! It's entirely up to you. Each person keeps track of their own time and reports back to the Boathouse with their time(s) when they're finished. I will post the results soon after the event.

Don't know the courses? Don't worry. We'll be marking each course with different colored pie plates that will ensure no one gets lost. Just pick a course/color and run! A map of each course will also be available at The Boathouse aid station. If you'd like to see the maps ahead of time you can check them out at the BCRR website.

There will be two aid stations: one at the start near the boathouse and the second at the base of College Park Trail. This ensures that no runner on any part of the course will go farther than 3 miles without aid. Food will be available at The Boathouse aid station only and will include pretzels, chips, cookies, fruit, candy, sandwiches, hot dogs and hamburgers. Water and Gatorade will be available at both aid stations. If you feel you require any other food or fluids beyond what we provide – please feel free to bring them. It will probably be hot and humid so it is strongly suggested that each runner carry a water bottle with them at all times.

This event is designed to be a fun day at the park. If you're not running, cheer for those that are. If you're not cheering, have something to eat. If you're not eating, break out the Frisbee and toss it around. But, whatever you do, don't stay home on the 20th... it's sure to be an exciting day.

If you have any questions or comments feel free to e-mail me at: Mortensen_Christopher@yahoo.com



**The 2nd Annual Equinox at Tyler Park
Presented by The Bucks County Roadrunners
June 20th, 2009**

Waiver Form

**Please fill out this waiver form and bring it with you race morning.
You cannot participate without it!**

Name: _____

DOB: _____

Sex: _____

Address: _____

Phone: _____

E-Mail: _____

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running participants, the effects of the weather, including high heat, and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Bucks County Roadrunners, Tyler State Park, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. Optional Clause: I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or other record of this event for any legitimate purpose.

Signature: _____

Date: _____

Parent's signature (if under 18 Years Old): _____

Date: _____



Member Profile

Steve Cickay

“We’re captive on the carousel of time
We can’t return, we can only look behind
From where we came
And go round and round and round
In the circle game”

“The Circle Game” Joni Mitchell

Steve Cickay’s Running Circles

This is a running magazine of sorts and I think I am supposed to summarize my 54 circles I have traversed here on Planet Earth from the running perspective. So let me begin, not at the beginning when the umbilical cord was cut in 1954, but at my first group running experience. Yes, that’s a good place to start for a running club publication.

I had just run away from sixth grade in the public school system to hurdle over to eighth grade in a private school where, as I vividly recall, all the boys from grade 8 to 12 had to change into their shorts, revealing all (like I am doing here), and at times run in circles around a grassy field in the middle of nowhere, Central Jersey. Being terrified, I ran fast. Very fast. I remember being near the head of the pack despite having only just traversed my 11th circle around the sun. Before you know it, I was under the tutelage of kind old (Old? He was probably 20 years younger than I am now) Mr. Fenstermacher, the cross-country coach who managed to make a window for me into a new life: the window in the house of running in circles. Now, after having traversed 54 circles around the sun, I have not stopped staring out of that window of opportunity: the window in the house of running in circles.

I managed to run from the bottom three to the top three on my admittedly lame team by the time I reached 11th grade. It was very satisfying running in the woods of Central New Jersey along a canal (Hmm, I seem to have run full circle now, haven’t I?) and hearing my name mentioned in assembly for a fine finish. Feverishly I feared when fall fell, for, in winter, I had to wrestle the older kids in gym class. Ugh. I wish it were cross country season again!

For non-running reasons, I had to forego a 12th grade season and instead ran away from home to college in New Orleans. At only 15 traversed circles, I was paired with a 21 year old (go figure) so I ran to the running team. Sadly, the fat crew-cutted ex-cop coach there knew only football and not how to pronounce “Adidas.” (I can still hear him dispensing our “Ahh dee dahs.” He was no Fenstermacher, but a Fensterbreaker. “Why don’t you guys do 8 mile workouts on the track while I go get a beer?”). Uninspired by his poor leadership (another running theme in my life), I quit the team in February, 1971, but not before a stunning victory over Rocky in the mile. (Why didn’t I think of the movie back then in 1970?) Rocky and I were both in ROTC. Rocky wanted to be an elite Ranger and I guess he thought I was his first “kill.” I sur-



Steve and Hooper prowling for bear at Tyler State Park.

vived many taunts in the cafeteria. In November was the grand fraternity and ROTC track meet. We all knew the frat boys would get drunk and puke, but Rocky was going to run the mile and leave me, representing not ROTC but the Track Team, in the bitter dust. Rocky's plan did not come to fruition (brainpower was not his forte) and he was amazed that my friend John Kidd and I took a 1 - 2 finish. Rocky then became my friend after all and after I quit the team around Mardi Gras time, he showed me some behaviors that are still not legal even in the loose state of Louisiana. Since he may still be armed, I will not divulge the specifics here.

I then ran to Chicago since the intellectual atmosphere down in the Big Easy was, well, a little too easy even for a 15 year old and soon ran smack into the Life of the Mind at the University of Chicago. My other running regret, besides not attending my senior year cross country season, was not joining the track team in Chicago. I want to publicly affirm for the record that it was not the sex, drugs and rock and roll (Hendrix rules, man!) that dissuaded me from the rigors of running for a great track coach Ted Haydon, but it was the lure of the philosophic touchstone of truth revealed by Socrates, Plato and Aristotle through Richard McKeon (Robert Pirsig's nemesis) and the scents and sights of beauty revealed by the great novelist Saul Bellow that made me, as old JT sings, "try to leave my body and live in my mind."

At any rate, I didn't run again until my late twenties when I lived in Seattle in the 1980's helping America become "safe" by carrying out the principles of Mutual Assured Destruction and there I entered a 5K race just for fun. No training, just the sound of the gun and it was pretty cool to be near the front of the pack. But there were kids to be born and salaries to make. I didn't run again until I ran back to the place where as a kid I used to dream of getting an Atomic sundae: Newtown, PA, the home of Goodnoe's famous ice cream. I again signed up for a 5K at the NAC and do vaguely remember running an 18:37, but that probably is a figment of my imagination left over from that college daze. So I entered a few more races time permitting, but foolishly focused more on another lost cause: perfecting my horrible full-court basketball skills. I did however enter at Thanksgiving time that 5 miler nearby the old Clemens and noticed a tall thin guy organizing the race. I liked the idea that runners brought food for the hungry. For those of you still awake, pay attention now. This is a significant Plot Development.

I did start to jog a little more often, especially when I was on the road for that horrible thing called, as Maynard G. Krebs used to scream, "WORK!" I found that after a stressful day at pointless non-productive "communication" meetings or "learning" sessions, escaping to the environs of a new city and running aimlessly about was a perfect antidote to the stress caused by this insanity of upper "management." But then again, if I found a pick-up basketball game where I could lose yet again, the running would be deferred. Running while on travel also allowed me to escape the bad food and huge amounts of liquor that my peers consumed in their misguided quest to reduce the stress caused by the day's insanity. I now know some cool places to run in Austin, Chicago, Pittsburgh, San Francisco (oh the lovely deep and dark redwood trails of Marin County near Mount Tamalpais where perhaps my final circle will be run, hopefully many long years from now), Atlanta, Washington DC and many other places all over the country. And I am now running my circles, back in Newtown, near a canal.

I soon learned that what is truly good and uplifting about being a part of the running community. Usually the fees for the races not only went for those delicious snacks at the end of the race (snacks which the older I got became more motivating to me than my worsening race-place finishes) or for that fast-approaching goal of acquiring my 365th T-shirt so I could wear clever disguises each and every day of the year, but for some very worthwhile charitable causes. Soon I had the idea to organize a race for my synagogue to help the hungry in Trenton. So I planned a Race Against Hunger in Washington Crossing State Park (New Jersey side. Yo, New Jersey rocks! Yes, I was born in Perth Amboy). It was great seeing how the running community supported the cause and we were able to donate thousands of dollars and much food to the very worthwhile Trenton Area Soup Kitchen (TASK). I hired that tall thin man from the Thanksgiving Day race to organize my races. He turned out to be the great Council Rock High School running coach Cliff Robbins. He was very impressed when he saw a skinny little 9 year old pull way ahead of the pack of fun runners to win the one mile fun run.

That kid was my daughter Jessica and one day soon she would be winning many races for him at Council Rock. Sometimes you give and you get back many fold.

My wife and I then joined the Team In Training to do a marathon in Alaska and raise funds for leukemia research. We trained hard and thanks to our generous friends at work and in the running community, we raised over \$3,000 for the cause. But at the last minute, we had some family obligations that prevented us from running to Alaska, so we did the next best thing? We drove our kids and rescued greyhound Jett to flat Fort Worth, Indiana??? As Doctor Phil would say, what were you thinking? But it turned out to be a lovely local marathon put on by friendly folk. We prayed together, in a circle, for strength before the race, which coursed through a scenic and thankfully flat (well it was in Indiana) looping course. I was happy with my 3:46 and proud of my wife's incredible 5:05 power walk. And the bright greyhound Jett babysat the kids at the hotel. Please don't call Child Services. They both grew up to be fine people. One even became a very famous runner whose story is far more interesting than the one you are reading now.

I can't remember how I came to join BCRR (Was it the thought of all that free hot chocolate perhaps?), but I am so glad I did. The winter Sunday runs were a good reason at first so I could avoid vegetating in my now slower metabolism during those cold hibernating winter months. But as the years progressed, it has been great meeting such nice people and watching others run in faster and faster circles. The club helped me get to the NYC Marathon (thanks Matt Conard!) before I was 50. I gave up my fruitless attempt to play basketball well and instead trained meticulously for the marathon. But on that hot sunny day in November, 2004, despite my preparations, I was the last one who got off the bus. Had race-day finally come? Couldn't I go back to Newtown for an Atomic instead? Nope. I plodded on. I ran a 4:06 on a hot November day after babbling to ten year old kids in the Bronx at mile 20 about the importance of voting for Freedom and finally made it limping back to the bus, to some tasty chicken soup, and back again to look for America on the New Jersey turnpike.

Last year my wife and I did Broad Street for the first time and my wife's 83 minutes almost beat my 81. My son Adam is a good runner too, but both my wife and son don't enjoy competing. I am the foolish one who does and my daughter Jessica is the wise one who does too: she tends to win the races she enters you see.

Now that the horrible thing called 'WORK' is behind me (I retired from a very stressful federal executive position in January), I have more time to run in more circles (my heart murmur permitting), even though sadly it's that time for me now, as Joni sang in my dorm room long ago, "to drag your feet to slow the circles down." As far as my running is concerned, I have no problem slowing those circles down as my Internet documented race times attest. Occasionally I do club organized trail runs or "speed" work. I signed up for the seven 5K races in the Bucks County Series this spring to chart my slow circles. And of course there is always the promise of pain in running slowly up those hills of Tyler in the Winter Series, unless the lure of the pleasure of fast skiing down snow-covered mountains whisks me away.

And I have been convinced (armtwisted?) by the wise BCRR elders Greg Grace and Bill Schaffling to co-captain with Karen Veltri, a team of seven to the sea on August 1. Karen and I will, in my mind, lead our running team to Victory and Freedom, and then I will drive back home again (yet another homecoming from a wine-dark sea to a faithful wife and loyal old dog) to where I started, to a fine house with wonderful windows of opportunity, built soundly by others who also were born to run.

So thank you all who have encouraged me to continue to run. It has been a long strange trip indeed and one that will continue for me, I hope, for many more perfect circles.

BCRR Fourth of July Pool Party and BBQ

The Grace's (Greg, Emily, Christine and Andrew) invite you to a post-Revolutionary Race BBQ and Pool Party at their house for BCRR members and families.



Where: Greg and Emily Grace's House 1225 River Rd; Washington Crossing, PA 18977-1049; Phone: (215) 321-0123

When: Saturday, July 4th — after the Revolutionary Run (their house is on the race course)

Time: 11AM until ??

Who: BCRR members and their families

Parking: The Grace's driveway, front yard, etc.

RSVP: To Melanie Schranz, bcrrsocial@gmail.com, or 609-969-0588 by 7/2/ so we know how much grill food to buy.

WHAT TO BRING ...



- Swim Stuff (towel, bathing suit, pool toys, etc.)
- Food or Beverage Item to share (chips, dip, cookies, brownies, water, beer, salad, dessert, picnic item, etc.)

BCRR Local Race Schedule

Compiled By Christopher Mortensen

Please contact race officials beforehand to validate information below!

“Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways - Chardonnay in one hand - chocolate in the other - body thoroughly used up, totally worn out and screaming ‘WOO HOO, what a ride!’ ” - Unknown

June 5	9th Running of the Monk 5K	Springfield, PA	610-328-3979	http://www.runthemonk.com
June 6	Charity Run 5k	Warminster, PA	215-674-3373	http://www.velocitysp.com/warminster
June 6	Chalfont Challenge 5K and 1 Mile Fun Run (Bucks 5K Series)	Chalfont, PA	215-822-7295	www.bucks5kseries.com
June 6	Moorestown Rotary 8K	Moorestown, NJ	856-234-9371	
June 6	Wissahickon Trail Classic 10K Trail Race & 5K Walk	Forbidden Drive at NW Ave. Chestnut Hill, PA	215-951-0330 (X 2101)	www.wissahickontrailclassic.org
June 7	4th Run the Gates 5 Miler and 1 Mile Run and 1 Mile Walk	Forsythia Crossing Park, Levittown, PA	215-752-8066	www.runthegates.org
June 7	Heart to Heart 5K, Fitness Walk and Kids Fun Run	Perkasie, PA	215-257-9500 (X137)	www.active.com
June 13	The Patriots 5K Race and 3K Walk and 1/2 M Kids Fun Run	Brookside CC, Brookside, NJ	973-543-4555(X 122)	www.OYMP.net
June 14	We've Got Your Back 4 Mile Run and 2 Mile Fun Walk	Tyler State Park, Newtown, PA	609-919-9292 (X202)	www.SpineRF.org/race
June 14	Oy Vey 5K Race and 1 Mile Family Walk	Maple Glen, PA	215-646-5806	http://www.bethor.org/community/index.php?page=19705
June 17	(Wednesday!) Ambler Area YMCA Summer Solstice 5K	Ambler, PA	215-628-9955	http://www.philaymca.org
June 20	The Equinox 50 Mile and 50k Run, Relay, Picnic	Tyler State Park, Newtown, PA		
June 21	Father's Day Run for Your Life 5K	MLK Drive-Art Museum, Phila., PA	215-732-2300	
June 22	11th Double Trouble 15K and 30K Trail Runs	French Creek SP, Morgantown, PA	610-779-2668	www.pretzelcitysports.com
June 23	(Tuesday!) Jenkintown Sunset 5k Run and 1 Mile Walk	Jenkintown, PA	215-517-5507	http://jenkintown.net/summer-sunset-5k-run/
June 23	(Tuesday!) Firecracker 5k Run and Walk	Princeton, NJ	609-631-9211	http://www.ywcaprinceton.org/pdf/5kform.pdf
June 24	20th Tex-Mex 5K Race for Open Space & 1 Mile Fun Run	Tex-Mex Connection, North Wales, PA	215-646-8866 (X15)	www.wvwa.org
June 28	Double Trouble Trail Runs 15K and 30K	Reading, PA	610-779-2668	www.pretzelcitysports.com
June 28	Running For Cover 5k Run and 1 Mile Walk	Philadelphia, PA		http://www.foundationformelanomaresearch.org/runwalk/



July 4	26th Revolutionary Run 10K, 5K and 1 Mile Fun Run	Washington Crossing Park, PA	215-493-5080
July 4	Run Through Maplewood 5K	Maplewood, NJ	973-763-6265 www.cciot.com/4th_of_july_5k_race
July 4	Fund a Cure for Pancreatic Cancer 5k	Newtown Middle School, Newtown, PA	www.fundacure.com/ROC.html
July 15	(Wednesday!) Phil's Tavern 5k	Shady Grove Elementary School, Blue Bell, PA	phils@aarclub.com http://www.aarclub.com/phils/default.htm
July 18-19	20 in 24 Individual and Relay 24 Hour Ultra	Philadelphia, PA	267-519-3795 www.20in24.com
July 18	20 in 24 Midnight Madness Run 8.4 Mile Loop	Philadelphia, PA	267-519-3795 www.20in24.com
July 19	20 in 24 Pajama Loop Run 8.4 Miles	Philadelphia, PA	267-519-3795 www.20in24.com
July 26	Marsh Creek Raptor Run 5M and 10M Trail Runs	Downingtown, PA	610-779-2668 www.pretzelcitysports.com
August 1	14th River to Sea Relay- 92 Mile- 7 Person Relay	Milford, NJ to Manasquan, NJ	910-686-0026 www.OYMP.net
August 16	Half Wit Half Marathon Trail Run	Reading, PA	610-779-2668 www.pretzelcitysports.com
September 12	Rock N' Run 5K and Walk	Nomahegan Park, Cranford, NJ	910-686-0026 www.OYMP.net
September 13	Frankford Hospital 5K and Kids Run	Comly & Decatur Rds. , Phila, PA	215-612-4808
September 13	Lehigh Valley Health Network Marathon	Allentown, PA	484-893-5389
September 20	Philadelphia Distance Run 1/2 Marathon	Philadelphia, PA	800-311-1255 (X 138) http:www.ingphiladelphiadistancerun.com/home.html
September 26	Robert Massaroni 5k	Bensalem High School, Bensalem, PA	
September 26	Joe McGinnis Scholarship 5K Run /Walk	Tyler State Park-Mill Dam , Newtown, PA	215-450-4864 http://bucksaohtdiv2.com/scholarship.htm
September 26	McGuire Mud Run 10K	McGuire AFB, Wrightstown, NJ	www.active.com
September 27	16th Newport Liberty Half Marathon	Newport Town Center, Jersey City, NJ	910-686-0026 www.OYMP.net
October 3	Hands on House 1/2 Marathon and 5K	Lancaster, PA	race@handsonhouse.org www.handsonhouserace.org
October 10	Women's Distance Festival XC 5K Run/Walk (A DELCO RRC Event)	Rose Tree Park, Media, PA	610-891-0806 www.runtheday.com
October 10	Western Maryland Half Marathon	Hancock, MD	301-791-9009 www.westernmdhalf.com
October 11	Delaware Distance Classic 15k	Frawley Stadium, Wilmington, DE	302-798-4179 dde15k@comcast.net
November 1	Cooper-Amerihealth 10K Bridge Run	Ben Franklin Bridge, Philadelphia-Camden	609-933-3725
November 15	37th Schuylkill River 8.4 Mile Loop Run	Memorial Hall, Philadelphia, PA	215-487-0770
November 22	Philadelphia Marathon, Half-Marathon and 8K	Philadelphia, PA	215-683-2060 www.philadelphiamarathon.com
November 26	Bucks County Roadrunners Thanksgiving Day 5 Miler & 1 Mile Fun Run	Summit Square SC, Langhorne, PA	215-530-6047
