



FitBiz Watercooler Wellness

June 2019

GET ACTIVE! - What's Happening Around Dublin

Dublin is the perfect place to enjoy the great outdoors! With more than 130 miles of bike paths and 61 parks, it's no wonder the City has been recognized nationally as one of the best places to live. For information on park locations and bike paths, go to dublinohiousa.gov/parks.

Looking for a fun run/walk to try this month? Lace up your sneakers and check out these local area events!

Lindsey and Kyle Memorial 5K (Also a 1 mile Memory Walk)

Saturday, June 8 @ 9:00am

Dublin Scioto High School

4000 Hard Rd., Dublin

<https://www.columbusrunning.com/pages/races>

JJ Strong 5K Run/Walk (Also a 1.4 mile walk)

Saturday, June 15 @ 9:30am

Dublin Community Recreation Center

5600 Post Rd., Dublin

<https://www.columbusrunning.com/pages/races>

Bark in the Park 5K Run/Walk

Sunday, June 16 @ 8:00am

Murphy Park

47 Murphy Park, Powell

<https://www.columbusrunning.com/pages/races>



Volunteer Opportunities

Get a group of co-workers, friends, or family together and assist the City of Dublin with various park projects. Dig in the dirt with the Horticulture team and help remove invasive plant species from our local parklands. Dates are flexible, morning shifts work best to beat the heat. To register, email volunteer@dublin.oh.us.



EVERYTHING GROWS HERE.