



FitBiz Watercooler Wellness

July - 2019 Edition

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 or something active to try this month? Lace up your sneakers and check out these local area events!

Bike MS Challenge

(30, 55, 80, or 100 mile routes)

Saturday, July 6 @ 7:30am

Coffman Park

5200 Emerald Parkway, Dublin

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

CRC Mile Dash

(including a Kid's Dash)

Saturday, July 13 @ 5:00pm

1 mile away from Columbus Running Company

6465 Perimeter Dr., Dublin

www.bikems.org

3rd Annual Ohio University PA 5K

Sunday, July 21 @ 9:00am

Dublin Community Recreation Center

5600 Post Rd., Dublin

<https://localraces.com/events/dublin-oh/3rd-annual-ou-pa-5k>



Volunteer Opportunities

Dublin Irish Festival

August 2 - 4

Time to let your shamrocks shine! We're expecting record-breaking crowds for a spectacular entertainment line-up and celebration. Please step up to show our residents and visitors why Dublin is THE place to be by joining the volunteer team. For more information, email

volunteer@dublin.oh.us.



EVERYTHING GROWS HERE.