



# FitBiz Watercooler Wellness

## August - 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](http://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.

#### **Sweat Local Columbus Fitness Expo**

Sunday, Aug. 11 from 9:00am – 2:00pm  
The Exchange at Bridge Park  
6520 Riverside Dr., Dublin, OH 43017  
<https://www.sweatlocalcolumbus.com/>

#### **Walk and Woof**

**Enjoy a 2.5 mile hike with your dog**  
Thursday, Aug. 22 from 7:00-8:00pm  
Glacier Ridge Metro Park  
9801 Hyland-Croy Rd., Plain City, OH 43064  
<https://www.metroparks.net/parks-and-trails/glacier-ridge/>



#### **OhioHealth Emerald City Half and Quarter Marathon**

Sunday, Aug. 25 @ 7:00am  
Perimeter Dr. just west of Avery Muirfield Dr., Dublin, OH 43016  
<https://www.emeraldcityhalfmarathon.com/>

#### **Volunteer Opportunities**

#### **Mike Utt Scioto River Clean-Up**

**Aug. 17 @ 9:00am**

The Scioto River in Dublin is healthy and clean—and we want to keep it that way! Learn about the Scioto, then split off into groups at various sections along the river for cleanup. To register, email [volunteer@dublin.oh.us](mailto:volunteer@dublin.oh.us).

