



FitBiz Watercooler Wellness

October - 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 special event to try this month? Lace up your sneakers and check out these local area events.

Running of the Bullies 5k/1 mile walk/Bulldog Derby

Sunday, Oct. 6 @ 9:00am

Dublin Community Recreation Center

5600 Post Road, Dublin

<https://runsignup.com/Race/OH/Dublin/RunningoftheBullies5k>

Young Marines DDR Dash 5k

Saturday, Oct. 19 @ 9:30am

Dublin Community Recreation Center

5600 Post Road, Dublin

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

Spooky Lantern Hike

Take a stroll through the forest and learn about critters who lurk in the darkness.

Friday, Oct. 25 from 7:00-8:00pm

Glacier Ridge Metro Park

9801 Hyland Croy Rd.

<https://web1.vermontsystems.com/wbwsc/ohfranklinctywt.wsc/search.html>



Volunteer Opportunities

Halloween Spooktacular – Thursday, October 24

Don't think twice about it – you simply have to volunteer for the friendliest Halloween celebration around with 5,000 children looking forward to your help! Volunteers are needed to help run games, keep the infamous Trunk-or-Treat line in order, help with timed tickets, and even monitor pumpkin bowling. The event is from 3-8pm, and volunteers are needed to make this trick-or-treat super sweet. To register, please go to volunteer@dublin.oh.us.



EVERYTHING GROWS HERE.