



FitBiz Watercooler Wellness

March - 2020 Edition

GET ACTIVE! - What's Happening Around Dublin

Spring is getting closer and hopefully the weather will be getting a little warmer this month! Be sure to dress in layers and explore one of our 62 parks, take a walk or bike ride on our miles of bike paths, or lace up your sneakers for a local run. There are endless opportunities to explore the outdoors. For more information on park locations and bike paths, go to dublinohiousa.gov/parks.

Flanagan's St. Patrick's Day 5K

Saturday, March 14th @ 10:00am
6835 Caine Rd.

Columbus, OH 43235

<https://www.ultrafit-usa.com/stpat2020>

The Hunger Run 5K Run/Walk

Sunday, March 22nd @ 9:00am
Scioto Audubon Metro Park

400 West Whittier St.

Columbus, OH 43215

<https://runsignup.com/Race/OH/Columbus/OSUHungerRun>



Families: Woodcock Watch

Wednesday, March 25th from 7:30-8:30pm

Glacier Ridge Metro Park

9801 Hyland-Croy Rd.

Plain City, OH 43064

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

Volunteer Opportunities

St. Patrick's Day Parade – March 14

The greenest, grandest day in Dublin! Join us as we welcome nearly 20,000 people along a parade route that is dependent upon volunteers to help as balloon guides, marshals and lot guides. Apply here: <https://www.volgistics.com/ex/portal.dll/ap?ap=1751167127>



EVERYTHING GROWS HERE.