



# Women's Walk for Wellness

Saturday, July 29, 2023  
8:05 a.m.

CO-SPONSORED BY

**DR. POLLY TRAIN, OB/GYN**



**A FLAT 3.1 MILE COURSE** which starts and finishes at the [Lion's Club Shelter House on Ash Street \(near Gazebo\)](#), at North Shore Park, Celina, Ohio. The walk will be along the Rotary Walkway taking the ramp (at the docks) to West Bank Road to the 1/2 way turn around, then coming back on the same route to complete the 5K.

With PRE-registration, **A FREE T-SHIRT** will be included in packet! Packets will be available the day of race. There will also be same day registration beginning at 7:00 a.m. A continental breakfast (in the shelter house) will be provided for all participants immediately following the walk.



## ENTRY FORM

# Women's Walk for Wellness 2023

Saturday, July 29, 2023

NAME \_\_\_\_\_ AGE \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
EMAIL \_\_\_\_\_  
PHONE \_\_\_\_\_ AMOUNT \$ \_\_\_\_\_ T-SHIRT SIZE \_\_\_\_\_

I hereby release and discharge Joint Township District Memorial Hospital, ODOT, Lake Festival Committee, Sheriff's Department, Celina Police Department, and their representatives and agents from any and all injuries/illness which may directly or indirectly result from this walk.

SIGNATURE \_\_\_\_\_ LEGAL GUARDIAN'S SIGNATURE \_\_\_\_\_  
(If participant is a dependent.)

### Pre-Registration \$10.00

- FREE T-Shirt with early registration
- Deadline date for pre-registration with T-shirt **July 10.**

### Same Day Registration \$10.00 (no T-shirt )

Venmo & email completed form to: [slowry@jtdmh.org](mailto:slowry@jtdmh.org)

VENMO  
@GLHS-Outreach



Mail cash/check & completed form to: **Community Outreach**  
**1027 E Spring Street**  
**St. Marys, Ohio 45885**  
Phone: 419-394-6132

Please make check payable to:  
**Grand Lake Health**