



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 ½ 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 2025

Saturday, July 26th

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 8.**

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

Venmo & email completed form to: accounts@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