



Road to Fitness CHALLENGE

Program run from January 1 to December 9, 2017

Fitness Challenge Based on Participation Points from the Road to Fitness Events.

You must sign into the program and be at least 13 years old to participate. Parental consent required for all individuals under 18 years of age.

Achieve Participation Points to WIN prizes!

Awards Ceremony will be held at the Santa Shuffle on 12-9-2017

90 pts = Participation Dri-Fit Shirt and Drawing for Following Prizes: iPod Shuffle, Heart Monitor, Fitbit, and Gift Certificates.
130 pts = Special Recognition Gift, also Special Drawing for 6 month YMCA Memberships, Bike.

Events	Date	Points	Websites
Lockkeepers Winter Canal Hike 5K	1/8/17	10	www.meccainc.org
United Way Hike for Health 5K	2/12/17	10	www.auglaizeunitedway.org
Refit Revolution	TBA	10	maryw@amymca.org
Spring Forward Hike 5K	3/12/17	10	www.htparks.org
April Showers Hike 5K	4/9/17	10	www.htparks.org
Landen's Run 5K Walk/Run	5/6/17 ^{Tentative}	10	www.grandlakehealth.org
Annual Buckland Fireman's Festival 5K	6/17/17	10	Jessica.annamae@gmail.com
Lake Improvement's -Color Run/Walk	6/3/17	10	www.lakeimprovement.com/color-runwalk-2016
Cara Young Holy Rosary 5K Walk/Run	6/17 or 6/18	10	www.holyrosarychurch.us
Night Ranger 5K	6/30/17	10	www.speedy-feet.com
Wapakoneta Firecracker 5K Run/Walk	7/4/17	10	www.speedy-feet.com
Wapak Summer Moon Fest Bike Tour	7/22/17	*	www.wapakymca.org
Wapak Run to the Moon 5K & 10K Walk/Run	7/22/17	10/20	www.speedy-feet.com
Fireman's Memorial 5K Walk/Run	7/22/17	10	www.speedy-feet.com
Summerfest 5K Run/Walk	8/12/17	10	www.racepenguin.com
Bremenfest 5K Run/Walk	8/18/17	10	www.Bremenfest.com
Bremenfest Bike Tour*	8/19/17	10	www.Bremenfest.com
Fryburg Mock Turtle 5K	TBA	10	www.speedy-feet.com
Great Pumpkin Roll Bicycle Ride	9/23/17	*	www.newbremenfest.com
Grand Lake Half Marathon	9/23/17	40	www.grandlakemarathon.com
Oktoberfest Classic 10K	10/1/17	20	www.speedy-feet.com
Tailgate for Cancer 5K	10/7/17	10	www.tailgateforcancer.com
Walk with Nature 5K or 10K Walk	10/15/17	10/20	www.stmarysohio.org
Monster Dash 5K	10/30/17	10	www.wapakymca.org
Moulton Turkey Trot 5K/Half Marathon	TBA	10/40	www.moultonturkeytrot.com
Harmony for Ohio Foundation Turkey Trot	11/23/17	10	www.speedy-feet.com
Santa Shuffle 5K	12/9/17	10	www.speedy-feet.com

All Race Directors and Bike Event Coordinators will send us your participation points.

Classes are held at each YMCA:

Classes @ Auglaize/Mercer YMCA - North ongoing ** Judi Bailey (419)586-9622 www.amymca.com
Classes @ Auglaize/Mercer YMCA - South ongoing ** Mary Williams (419)586-9622 www.amymca.com
Classes @ Wapakoneta YMCA - going ** Kelly Duff (419)739-9622 www.wapakymca.org

Points for YMCA classes:

Classes 3 times/week = 20 pts
Classes 2 times/week = 15 pts
Class 1 time/week = 5 pts

You must attend 80% of classes to receive your points.
YMCA will supply attendance records.

*Points for bike rides:

12 Miles = 5 pts
25 Miles = 10 pts
40 Miles = 15 pts
50 Miles = 20 pts
62 Miles = 25 pts



Participants Application Form and more information can be found on www.grandlakehealth.org/about-us/outreach-programs/road-to-fitness.html