



Road to Fitness CHALLENGE

Program run from January 1 to December 7, 2019

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 12-7-2019

90 pts = Participation T-Shirt and Drawing for Fitness prizes and gift certificates.

130 pts = Special Recognition Gift, also Special Drawing for 6 month YMCA Membership, fitness shoes/apparel gift cards.

Events	Date	Points	Websites
Lockkeepers Winter Canal Hike 5K	1/13/19	10	www.meccainc.org
United Way Hike for Health 5K	2/10/19	10	www.auglaizeunitedway.org
Spring Forward Hike 5K	3/10/19	10	www.htparks.org
April Showers Hike 5K	4/14/19	10	www.htparks.org
Landen's Run 5K Walk/Run	5/4/19	10	www.grandlakehealth.org
Cara Young Holy Rosary 5K Walk/Run	6/8/19	10	www.holyrosarychurch.us
Refit Dance-A-Thon	6/14/19	10	brittanyt@amymca.org
Night Ranger 5K	6/28/19	10	www.speedy-feet.com
Wapakoneta Firecracker 5K Run/Walk	7/4/19	10	www.speedy-feet.com
Wapak Run to the Moon 5k/10k	7/20/19	*	www.speedy-feet.com
Wapak Summer Moon Fest Bike Tour	7/21/19	*	www.wapakymca.org
Fireman's Memorial 5K Walk/Run	7/26/19	10	www.canstoprunningco.com
Summerfest 5K Run/Walk	8/10/19	10	www.stmarysummerfest.com
Bremenfest 5K Run/Walk	8/16/19	10	www.bremenfest.com
Bremenfest Bike Tour	8/17/19	*	www.bremenfest.com
Fryburg Mock Turtle 5K	8/31/19	10	www.cantstoprunningco.com
Fryburg Mock Turtle 25 Mile Bike Ride	8/31/19	10	www.canstoprunningco.com
Tailgate for Cancer 5K	9/14/19	10	www.tailgateforcancer.com
Great Pumpkin Roll Bicycle Ride	9/28/19	*	www.newbremenpumpkinfest.com/bike/
Grand Lake Half Marathon	9/28/19	40	www.grandlakemarathon.com
Oktoberfest Classic 10K	10/6/19	20	www.speedy-feet.com
Walk with Nature 5K or 10K Walk	10/20/19	10/20	www.stmarysohio.org
Monster Dash 5K	10/26/19	10	www.wapakymca.org
Moulton Turkey Trot 5K/Half Marathon	TBA	10/40	www.moultonturkeytrot.com
Harmony for Ohio Foundation Turkey Trot	11/28/19	10	www.speedy-feet.com
Santa Shuffle 5K	12/7/19	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 (419)586-9622 www.amymca.com
 Classes @ Auglaize/Mercer YMCA - South (419)586-9622 www.amymca.com
 Classes @ Wapakoneta YMCA (419)739-9622 www.wapakymca.org

Points for YMCA classes:

15 classes/month or more = 15 pts
 10 to 14 classes/month = 10 pts
 5 to 9 classes/month = 5 pts
****15 points max/month for YMCA classes**
 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



Participation Form can be found on www.grandlakehealth.org/content/documents/Application-RTF-2019.pdf