



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 Welnness 2024**  
Saturday, July 27th

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 9.**

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

Venmo & email completed form to: **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**