



Road to Fitness CHALLENGE 2023

PART OF THE:



Fitness Challenge Based on Participation Points from the Road to Fitness Events.
Program runs from January to December 2023

Achieve Participation Points to WIN prizes!

To Participate in the 2023 Road to Fitness Challenge, please fill out the form below:

*Must be at least 13 years old to participate. Parental consent required for ALL individuals under 18 years of age.
This form must be completed to be eligible for apparel and prizes.*

First & Last Name: _____ Sex: M / F Age: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____ Phone: _____

T-Shirt Size: _____ Men / Women (please circle one)

Mail completed form to:

OR

Email you information to: slowry@jtdmh.org

Grand Lake Health System
Attn: Community Outreach
200 St. Clair St.
St. Marys, OH 45885

Thanks for being a part of the Road to Fitness 2023!

For more information, please call Stefanie Westgerdes at 419-394-6132 or email slowry@jtdmh.org

A complete list of races can be found on our website at www.grandlakehealth.org