WALKtober

October 2016

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2 SUNDAY
WALK to END Alzheimer's
Walk to help raise awareness and funds for Alzheimer's care, support and research. Registration opens at noon at the Mill Race Center. The routes are 1 and 3 miles.

3 MONDAY
WALKtober Start
Head to WellConnect to try on shoes & ask the White River Running Company experts questions about gear (9-10am), then have your gait analyzed by Dr. Hubbach (4-6pm). Pick up your challenge sheet anytime this month for a chance to win prizes donated by WellConnect!

4 TUESDAY
NATURE Walk
Join Landscape Architect, Art Hopkins, for a guided nature walk along the Flatrock River. He has a wealth of knowlege related to plants and other topics. You won't want to miss this walk! Meet by the basketball courts in Mill Race Park at 5:30pm.

5 WEDNESDAY
WALK to SCHOOL Day
Information will be sent through the participating schools to the students. Did you know that walking/biking to school can result in better academic performance? If you live too far from school, consider parking and walking.

6 THURSDAY
WALK with a DOC
Meet at the Haw Creek bridge on 18 St near CRH's main entrance at 11:30am for a 30 min. walk on the People Trail with Chief of Staff Dr. Amanda Dornfeld. Contact info: KDiseroadWatts@crh.org
WALK n' WAG
Meet at White River Running Company at 6:30pm to enjoy a walk/run with your dog! Water stop and treats provided by Dog World. 812-418-8121

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8 SATURDAY
BUDDY WALK
16th Annual Buddy walk, in celebration of National Down Syndrome Awareness Month. Registration starts at 10:30 at Donner Park. The walk starts at noon. There is a cost for participation in this event. For more information visit: www.cadssg.org/buddy_walk

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13 THURSDAY
PUB RUN/WALK
Join us for a group walk/run then meet up at a local pub for a drink/food! Meet at White River Running at 6:10pm for a 2-3 mile fun walk/run. Go to www.whiteriverrunningcompany.com or call 812-418-8121 for more details.

14 FRIDAY
WALK with a DOC
Meet at Columbus Gynecology at 12:15pm for a half hour walk with Dr. Helen Kinsey. Enjoy a walk on the People Trails and the opportunity to visit with the doctor in an informal setting. Contact Cheryl Wright for info: cheryldwright@gmail.com

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17 **18**

19 WEDNESDAY
SENIOR WALK at the MILL RACE CENTER
Meet at Mill Race Center at 9:30am for a stroll on the amazing trails surrounding Mill Race Park! Walk departs at 9:45am. Contact Leah Boas for more info: LBoas@millracecenter.org

20 THURSDAY
PUB RUN/WALK
Join us for a group walk/run then meet up at a local pub for a drink/food! Meet at White River Running at 6:10pm for a 2-3 mile fun walk/run. Go to www.whiteriverrunningcompany.com or call 812-418-8121 for more details.

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24 **25**

26 WEDNESDAY
CLIFFORD Takes a WALK
Parents bring your children ages 2-6 to the Bartholomew County Library at 10am for story and craft time focused on safe walking. Safe Kids Bartholomew County will provide each family with their own copy of the book *Clifford Takes a Walk*.

27 THURSDAY
WHEEL your CITY
City leaders will spend the morning completing daily activities in wheelchairs that have been generously provided by Access-Ability.
PUB RUN/WALK
Join us for a 2-3 mile walk/run in a costume! Meet at White River Running at 6:15 pm. Prize for best costume. 812-418-8121

28 FRIDAY
WALKtober Wrap Up
Dr. Gumbiner and the Fitted Foot will be at WellConnect from 11am-1pm to answer questions about walking form and finding the proper shoes. Drop off your completed challenge sheet for a chance to win fitness passes and a FitBit donated by WellConnect!

29 SATURDAY
Public ART WALKING Tour
Visit 25 public artworks with Landmark Columbus in the downtown Columbus area. Discover new sculptures and gain a different perspective on the pieces you love! Meet on the Library Plaza at 1:30pm. Route is 2 miles, 1.5 hours long. rickyberkey@gmail.com

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Healthy Communities
COLUMBUS REGIONAL HEALTH

#WALKtober - for more information visit www.GoHealthyColumbus.org