



**SAT, OCTOBER 4** 

### **GET YOUR REAR IN GEAR 5K**

- 5K run/walk
- Creekside Plaza, Gahanna
- Join Colon Cancer Coalition in the fight against colorectal cancer
- Open to **CCS Staff only**



**APPLY NOW** 

#### **OCTOBER 18-19**

## **COLUMBUS MARATHON**

- 5K . Half. or Full Marathon
- Downtown, Columbus
- Experienced runners
- Open to CCS Staff and **Family**



APPLY NOW

### **SUN, NOVEMBER 16**

## **HOT CHOCOLATE** RUN

- 5K, 10K, or 15K run/walk
- McFerson Commons. Columbus
- · Chocolate-lover oasis at the post-run party
- Open to CCS Staff only

**OPENS 9/1** 



**SAT, NOVEMBER 29** 

# **COLUMBUS HUNGRY TURKEY TROT**

- 5K, 10K, or 1/3 Marathon run/walk
- COSI/Genoa Park
- Experience the fun after Thanksgiving!
- Open to CCS Staff only

**OPENS 9/1** 



**SAT, DECEMBER 6** 

# **JINGLE BELL** RIIN

- 5K or 1 Mile run/walk
- COSI/Genoa Park
- Jingle through victory over arthritis with The **Arthritis Foundation**
- Open to CCS Staff only

**OPENS 11/1** 

# LIMITED **ENTRIES**

Staff must fill out an application to be sponsored by CCS Wellness. Filling out an application does not guarantee you a spot. If accepted, you will receive a confirmation email from Wellness.



FOR RUN CLUBS, TRAINING PROGRAMS, AND MORE VISIT: HTTPS://WWW.CCSOH.US/PAGE/11320





