



# Road to Fitness CHALLENGE

# 2026

PART OF THE:

20th Annual  
Grand Health  
Challenge

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Fitness Challenge Based on Participation Points from the Road to Fitness Events.

Program runs from January to November 2026

**Achieve Participation Points to WIN prizes!**

**To Participate in the 2026 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:**

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

OR

**Email you information to:** [nthis@jtdmh.org](mailto:nthis@jtdmh.org)

***Thanks for being a part of the Road to Fitness 2026!***

*For more information, please call Nicole This at 419-394-6132 or email [nthis@jtdmh.org](mailto:nthis@jtdmh.org)*

A complete list of races can be found on our website at [www.grandlakehealth.org](http://www.grandlakehealth.org)