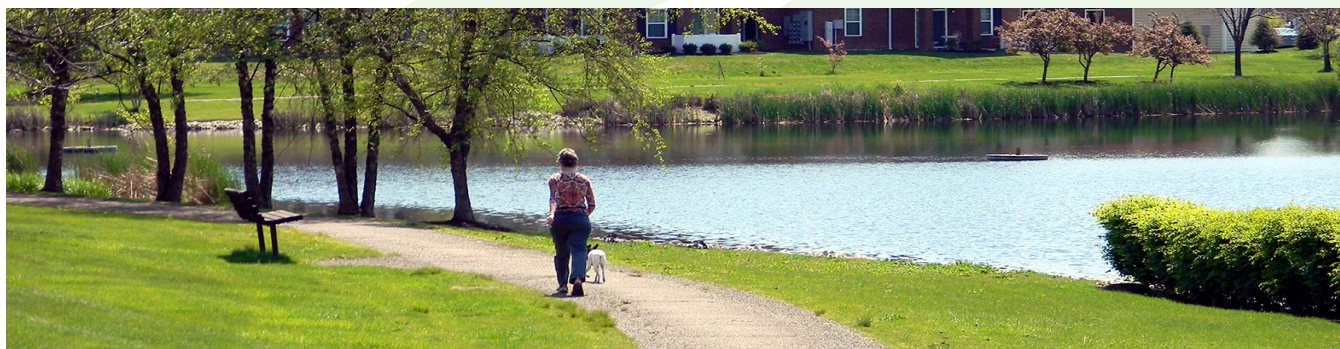




## Your Hilliard, Ohio DESTINATION

**CLICK ON LOGO TO GO TO WEBLINK**



Getting Healthy

1

Start Here!

## Welcome to Mill Run

An exciting mixed use development located in Hilliard and Northwest Columbus, Ohio. Mill Run is comprised of 350 acres ideally located along 1 mile of I-270 freeway frontage within the center of three vibrant communities (Hilliard, Upper Arlington and Southern Dublin). Mill Run is master planned with four sided architecture and manicured, landscaped common areas which includes 8 ponds, 3+ miles of walking paths and a 2,000 person outdoor amphitheater.

### WALKING PATHS

Mill Run has become a destination for over 200,000 people living or working within a ten (10) minute drive. Our paved, landscaped walking paths meander between 8 beautiful ponds that integrate the beauty and relaxation of nature with the daily needs of business and retail. Over 1,500 people live within Mill Run. (SEE NEXT PAGE)

### GREEN/ LEED

Mill Run is an outstanding example of many GREEN building or LEED principles that promote sustainability. Since its inception in 1984, Mill Run has been a leader in GREEN building, sustainability and leadership in Energy and Environmental Design (LEED). Mill Run's "mixed use" community utilizes around 30 miles of irrigation pipe, 1,700 sprinkler heads to irrigate Mill Run's 65 acres of "GREEN space". The master irrigation system draws rain water from eight (8) city ponds and totally eliminates the use of potable water in the irrigation system.



## Get In Shape

**CRUNCH** Some may call it a tagline, but for us, it's a way of life. It's our Monday-thru-every-day mantra. An unfiltered philosophy that drives us to

create a community and a gym for all. No judgments means room for everyone, regardless of shape, size, age, race, gender or fitness level. No matter your workout of choice, we want you to feel



good while reaching your goals. Join the fun. [crunch.com](http://crunch.com)

**POWER SHACK GYM** is a local gym in Columbus Ohio focused on providing the best equipment and staff to help you reach your fitness goals no matter what they may be. Our biggest compliment is we have the friendliest clientele of all



ages that are supportive of one another. Over the decades there has always been a respectful atmosphere, whether you are in your 90s or teens.

We want you to reach your fitness goals and we grateful that you allow us to be apart of that. We like to welcome you to our supportive community.

[powershackgym.com](http://powershackgym.com)

**POWER TRAIN** Mission is to exceed client and team expectations by delivering best-in-class individualized, results-driven sports performance and fitness training. The Power Train Vision is to be



North America's number one brand for highly personalized

results driven sports performance and fitness training programs.

[powertrainsports.com](http://powertrainsports.com)

**"NEW" SELF MADE TRAIN FACILITY** We are a facility with no membership fees,



where over 20 certified personal trainers work with their clients

to get results. Here, you'll experience one-on-one coaching, top-notch machines and the motivation you need to exceed your goals. WE HAVE THE TOOLS YOU

NEED TO BE A CHAMPION. Whether training for your next powerlifting event in our Certified USPA Training Center or looking to lose a few extra pounds. [selfmadetrainingfacility.com](http://selfmadetrainingfacility.com)

## Updating Your Patio and Lawn

**AT HOME** We take all of the unnecessary



frills out of our home décor superstore and pass all of those

savings on to you so we can bring you the biggest selection of styles at the best prices. [athome.com](http://athome.com)



**LOWE'S** is the destination for two of the



top gas grill brands: Weber and Char-Broil®. From compact grills for small patios to large grills there's a grill for

every space and budget.

Looking for a gas grill, a charcoal grill or a smoker,



Lowe's has an option for every outdoor cooking need. [lowes.com](http://lowes.com)

### "NEW" AG PRO-LAWN EQUIPMENT



Going without your equipment isn't an option. Our #1 focus is to get you back to work, with highly trained, Certified Technicians. We offer

Service and Warranty for the additional lines we sale and offer great winter discounts for our residential and large ag customer. Our expert service teams are equipped to meet your service needs. [agprocompanies.com](http://agprocompanies.com)



Getting Healthy

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Start Here!

# Your Hilliard, Ohio DESTINATION

[CLICK ON LOGO TO GO TO WEBLINK](#)

## Get New Walking/Running Shoes

**"NEW" ROAD RUNNER SPORTS** Get excited! Road Runner Sports Hilliard is NOW OPEN! Here's what to expect at your brand new running store:



· 90-Day test run on all shoes, socks and insoles with our

VIP Family Program. Shop hundreds of shoes from the World's best brands: Adidas, ASICS, Brooks, Mizuno, New Balance, Nike, Hoka One One, Reebok, Salomon, Saucony and Other Favorites. Everything you need for running, training, trail, 24/7, kids, hiking & more! [roadrunnersports.com](http://roadrunnersports.com)

## HEALTHY CHOICES TO GET YOUR DAY STARTED



**AVOCADO TOAST** is our thick-cut whole grain toast topped with fresh smashed avocado, EVOO, lemon and Maldon sea salt. Served with two basted eggs.



Our Grilled Breakfast Sandwiches are giving everyone the chance to wake up their taste buds with something delicious - from all -natural eggs to the freshly baked bread and bagels.



**TRY OUR NEW DRIVE-THRU.** When you're as passionate about beverages as we are, you naturally want to share them with the whole world. We have delightful hot and cold drinks, all under 200 calories.



At Tim Hortons we believe balance is an important part of living well - that eating well and sometimes treating yourself can, and should, go together.



Pulp has more than 30 delicious fruit and veggie smoothies, along with freshly squeezed juice, beneficial enhancers and healthy wheatgrass. Ask us about seasonal specialties too!



Try our healthy teas: Thai, Milk, Green/Oolong/Black and some of our other beverages such as, Coffee, Genmaicha, Jelly Drink, Aloe Drink, Soymilk, Calpico Drink and Ramune.

**FOR MORE INFO**  
Visit Our Web Site: [Mill-Run.com](http://Mill-Run.com)  
Like Us on Facebook or Follow Us on Twitter  
and Sign Up for Our Newsletter



## ENJOY MILL RUN'S WALKING PATHS



**"FREE CONCERT"**  
BRITISH INVASION - July 27, 6 - 8pm

