



Hammond-Henry Hospital introduces The Summit Running Club

Are you interested in training for the Bix?

Join The Summit Running Club
We will meet on Tuesdays at 6pm beginning, May 20th
at the Geneseo High School Athletic Facility for
10 weeks...leading up to the Bix 7 Run.
Cost is \$50

Are you interested in training for the QC Marathon?

Join The Summit Running Club
We will meet on Tuesdays at 6pm beginning, June 3rd
at the Geneseo High School Athletic Facility for
18 weeks...leading up to the QC Marathon.
Cost is \$75

Combined cost for both Bix 7 and QC Marathon is \$100

Why join our running club?

- Individualized workout plans
 - Group speed workouts
- Running specific stretching instruction
 - Core exercise instruction
 - Advice on nutrition

The Summit - Performance
Enhancement Program
For information or to register call:
Julie Theill at 309-944-9150

