



In honor of Breast Cancer Awareness month, the Student Recreation Center is hosting the Big Pink Volleyball King and Queen Tournament on Saturday, October 6. All proceeds will benefit the Saluki Strength Breast Cancer Scholarship. Sign up individually for the 4 v 4 event. All will play with different partners (2 "Kings" and 2 "Queens" per team) throughout the day using rally scoring. The King and Queen accumulating the most points will each win a \$50 cash award. Must register in advance at the Student Recreation Center or online at [rec.siu.edu/bigpink](http://rec.siu.edu/bigpink). The fee is \$25 payable in cash at check-in day of tournament. Join the fight against Breast Cancer and attend one of the Start Seeing Pink events this October.

*For more information, check out [studentcenter.siu.edu/pink](http://studentcenter.siu.edu/pink).*

## Upcoming Events

- October 2  
Barbell Training S1 and S2
- October 3  
Barbell Training S3
- October 4  
Barbell Training S4
- October 6  
Big Pink Volleyball Tournament
- October 9  
Plogging
- October 13  
Youth Swim Lessons S2
- October 13  
Youth Climb Lessons S2
- October 14  
Discover Scuba
- October 15  
Homecoming Week Begins
- October 15  
Homecoming Dodgeball Tournament
- October 24  
Human Pink Ribbon (Start Seeing Pink)
- October 24  
Moonlight Canoe
- October 25  
Zumba for Hope (Start Seeing Pink)
- October 26  
Sunrise Yoga
- October 27  
Monster Dash 5K

## Tunity App for the Cardio Room TV's

Tunity is a FREE app that lets you scan any live muted TV with your phone to instantly get the synchronized audio streamed to the device. Scan the QR code to get the FREE app. On the



treadmill or when pushing weights, get the audio of the TV you're watching on your phone in seconds!



We hope you show your Saluki Spirit and celebrate with us throughout the week!  
**October 15-20**  
[homecoming.siu.edu](http://homecoming.siu.edu)



**October 27**  
9:00 a.m.

children's 100m Monster Dash. Costumes welcome. Kick off a full day of celebration of Carbondale Halloween with the Monster Dash at 9:00 a.m. After the race, head to Murdale for Safe Halloween to continue the festivities.

*Register now at [rec.siu.edu/events/monsterdash](http://rec.siu.edu/events/monsterdash).*

The Student Recreation Center is proud to partner with the City of Carbondale and PSECarbondale (alpha beta chapter) to put on the first ever Carbondale Halloween Monster Dash 5k on Saturday, October 27! Options include a 5k competitive, fun run, and

## EMPLOYEE OF THE MONTH



**Aug 2018: Danil Suhaimee**