

# SIU Student Recreation Center R.E.C. REPORT

Recreate. Energize. Connect.



## Khara Burke will Join RSS in Mid-May



RSS is proud to announce the hiring of Khara Burke as the Membership Services Coordinator in the SRC. Khara is coming to us from Truman State University, where she served in a similar role. She will supervise and coordinate all activities within the member services area in the SRC and will be based out of the Member Services Center. Khara will join RSS sometime in Mid-May.

## Upcoming Events

### Arm Balance Yoga

April 24th, 5:15 - 6 p.m.

Move past fear, build better balance, and strengthen your body with arm balance yoga poses like Crow Pose, Plank Pose, Firefly Pose, and more. This class is accessible for all levels!

### Becker Pavilion Ceremony

April 28th, 10:30 a.m.

SIU will unveil the impressive renovation of the new Campus Lake boathouse!

### Cardboard Boat Regatta

April 28th, 10 a.m. - 4 p.m.

Pr-Registration: \$15 per boat

On-site Registration: \$20 per boat

Races begin at 1 p.m.

### Moonlight Canoe

April 30th, 6 - 9 p.m.

Join our experienced Outdoor Pursuits staff for a free evening of adventure! Learn about canoeing, rentals, and courses provided by SIU. S'mores and snacks will be provided.

Meet at the Campus Lake boat dock with your Student ID.

## Rocky Ledges 5K Date MOVED

Due to bad weather the night before the trail run, RSS decided to postpone the Rocky Ledges 5K Trail Run. The new date is:

**Saturday, May 5th at  
Touch of Nature.**

The race begins at **8 a.m.** and goes through one of the many beautiful scenic trails at the environmental center. Full refunds will be given to those that cannot attend on May 5th. We are still accepting new runners!

Please go to [rockyledges5k.siu.edu](http://rockyledges5k.siu.edu) for more information.



## Saluki Finals Finish Coming to the SRC on May 7th & 8th

The SRC wants to support the Salukis by offering healthier snacks, drinks, and smoothies to them at the SRC from 4:30 – 6:30 p.m. SRC staff will be on hand to greet students and wish them the very best for the week of finals. Additionally, RSS will be providing mini massages with a licensed massage therapist.