



SIU Student Recreation Center
R.E.C. REPORT
 Recreate. Energize. Connect.

@SIURecCenter

October Membership Promotion

NIGHT OF THE LIVING DAWG

ZOMBIE 5K RUN

REGISTRATION FEE DISCOUNT

PROJECT UPDATES:

Our marketing team has been very busy designing wall graphics to improve the overall look of the Student Recreation Center. The Boxing Room and the Personal Fitness and Wellness Studio are complete. Look for new wall graphics in the Courtside Studio next.



T-Rex Outdoor Functional Training Station is done! The outdoor fitness area is located near campus lake path by Buckey's Haven.



Upcoming Dates:

Oct. 1 - 26
 Night of the Living Dawg:
 Zombie Run 5k Promotion

Oct. 12
 Youth Climbing Lessons
 Session 2

Oct. 12
 Youth Swimming Lessons
 Session 2

Oct. 13
 Discover Scuba at the Rec

Oct. 13
 Moonlight Canoe

Oct. 17
 Adult Swimming Lessons
 Session 2

Oct. 18
 RSS Golf Outing
 • To sponsor or participate in this event, go to rec.siu.edu

• 12:00 p.m. - Lunch
 1:00 p.m. - Shotgun Start

• Registration deadline is October 11

Oct. 18
 RSS Game Night

Oct. 25-26
 Carbondale Halloween

Oct. 26
 Night of the Living Dawg:
 Zombie Run 5k



Oct. 31
 Halloween

2019
 Recreational Sports Friends and Alumni

GOLF
Outing

October 18, 2019

Can you survive?

NIGHT OF THE LIVING DAWG

ZOMBIE 5K RUN

REC.SIU.EDU

Saturday, October 26

Registration now open at rec.siu.edu/zombie5k

Runners and Walkers are welcome.

Proceeds from this event will benefit the Saluki Strength Breast Cancer Scholarship.

Employee of THE MONTH

August 2019
 Shawn Davis