

**Kennekuk Road Runners**

**Women's  
2009  
Training  
Program**

**Ironwood Shelter  
(Fun Run Course)  
Kickapoo State  
Recreation Area**

Director  
Kathy Read

**LIKE LAST YEAR -**  
Core and strength work  
Interval, hill & trail training

Call 217-351-7834  
(evenings)  
For Info

**Bring your medicine balls and bands!**

**Every Thursday  
6:00 PM  
Starting May 7<sup>th</sup>**