

CBRC TrackWorkouts Start Tuesday April 15th!



Join the fun and get faster with our free weekly track sessions.

Open to all CBRC members, these free workouts take place every Tuesday and are coached by Russ Hart and Julie Anderson at Paul V. Olsen Track at the Charles Lindberg (football) Stadium Augustana College, 38th St. & 7th Ave., Rock Island.

Varied start times this year! 6:30 pm for 4/15, 4/22, 5/6, 5/13, and 5/20 at Augustana. Note 4/29 workout is at Lincoln Park due to high school meet at Augie, 6:00 pm start times begin 5/27 through Sept 23rd, all at Augustana.

Runners of all abilities are welcome and encouraged to attend.

No experience necessary!

Questions? Call CBRC office at 563-326-1942 or email info@cornbelt.org

