



## **Cornbelt Running Club Winter Meeting Series**

All club members and their guests are invited to attend.

Non-club members may join at the meeting.

**NOVEMBER 12th, (MONDAY)**

**Duck Creek Park Lodge, 3300 E. Locust St., Davenport**

**Doors open 6:00 p.m., club business at 7:00, speaker at 7:15**

**Guest Speaker: Amy Mundisev,**

**Clinical Nurse Educator Trinity Medical Center, Triathlete, Runner**

**Presentation: Course Safety, Self Defense, Training Safely**

Think you know all you need to know about safety and training? Think again, as Amy brings the unique combination of extensive medical training with experience competing on the roads to this program. You will learn something new and be glad you decided to attend.

**FEATURING BEVERAGES, SNACKS, SOCIAL TIME, MEMBERSHIP RENEWALS, MERCHANDISE SALES & UPCOMING RACE ANNOUNCEMENTS**