

**SUMMER IN THE BLUFF**  
**TRACK WORK OUT WITH LISA RYAN**



It is 36 x 100m workout challenge this week. Must be HS age or older. Need a chrono watch and water. It will take about an hour from warmup through cool down. Can complete the challenge at your own pace, of course.

**FREE OF CHARGE.**

**Sundays at 7:00p.m.-8:30p.m.**

**SBL HS Track**

**For more info please call**

**712- 898-2913**