



**MARLBORO RECREATION & GONE RUNNING PRESENT**



# **POLAR BEAR TRACK**

This is an introductory level activity where the emphasis is on fun, fitness and running form. The training activities will take place outdoors, polar bear style! This program is designed to improve participants speed and stamina while building their self- confidence.

The program culminates with a race on **Saturday, March 16th**. Cold weather program package includes hat, gloves and a long sleeve running shirt, track competition and race day awards.

**ONE DAY PER WEEK - \$165 PER RUNNER**

**8-Week Program at Manalapan High School Track**

**2nd - 10th grade: Tues or Thurs 4:30pm-5:30pm or Sat 11:00am- 12:00pm**  
**January 16- March 16**

**OR**

**TWO DAYS PER WEEK - \$240 PER RUNNER**

**8-Week Program at Manalapan High School Track**

**2nd-10th grade: Pick any 2 days - Tues and/or Thurs 4:30pm-5:30pm**  
**and/or Sat 11:00am-12:00pm**  
**January 16- March 16**

