



MARLBORO RECREATION & GONE RUNNING PRESENT



WINTER POLAR BEAR TRACK 2025



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 self-confidence.

The program culminates with a race on **Saturday, March 15th**. Cold weather program package includes hat, gloves and a long sleeve running shirt, track competition and race day awards.

ONE DAY PER WEEK - \$170 PER RUNNER

9-Week Program at Manalapan High School Track

2nd - 12th grade: Tues or Thurs 4:30pm-5:30pm or Sat 11:00am- 12:00pm
January 14- March 15

OR

TWO DAYS PER WEEK - \$250 PER RUNNER

9-Week Program at Manalapan High School Track

2nd-12th grade: Pick any 2 days - Tues and/or Thurs 4:30pm-5:30pm
and/or Sat 11:00am-12:00pm
January 14- March 15

This program meets in ALL weather conditions

REGISTRATION OPENS JANUARY 3 2025

TO REGISTER VISIT: MARLBORO-NJ.GOV/SIGNUP

LISTED UNDER: WINTER 2025 YOUTH AND ADULT PROGRAMS

