

THE MARATHON™ PROJECT

Empowering Youth Through Running

Become a Runner
Youth Form 2009

You Can Become A Runner!

What can I get from the Marathon Project™?

- College essay builder
- Dry fit running shirt
- Backpack with running goodies
- Healthy running snacks
- Great role models
- Self confidence/self image
- Dedication to a goal
- Physical fitness
- Great friends
- One free pair of sneakers
- A chance to run in local races from 5K up to half-marathon
- **The Philadelphia Marathon with accommodations***

*If funding permits

What will I have to do?

- Fill out Student Enrollment Packet and return to mentor at school
- Fully commit to the training schedule
- Be responsible and on time
- Practice 2-3 times a week with your new teammates and running leaders
- Participate in local races as part of training schedule
- **Look out for us!**
We will be recruiting in your schools in February 2009

For More Information or to Register:

Contact Susanne O'Neil at the CAPE office (845) 471-0194, ext. 101 or email soneil@capedc.org

Visit us on the web at www.mhrrc.org



Voted Best of the Hudson Valley in 2008
Best Life Line for At-Risk Youth.

