



**ALS**

# MARATHON TRAINING

Get ready to Rock and Roll for ALS with **COMPLIMENTARY** marathon training

Join The Atlantic Club's Augie's Quest Team for the Rock & Roll Half Marathon in Brooklyn, New York!



**MANASQUAN** Monday/Wednesday 6:00-7:00p  
**RED BANK** Thursday 6:00-7:00p



**THE ATLANTIC CLUB**

All participants must sign-up for each training session 24 hours in advance.

To register in Manasquan contact Kevin McCredie at (732) 292-4477  
To register in Red Bank contact Diane Karpus at (732) 450-4410