

# POLAR BEAR CHALLENGE

6 - 9 August | long weekend

Friday	6	- Barn	start 16:00 - 18:00 pm
Saturday	7	- Smuts	start 07:00 - 09:00 am
Sunday	8	- Voortrekker Monument	start 07:00 - 09:00 am
Monday	9	- Rietvlei Dam	start 07:00 - 09:00 am

R250 ENTRY FEE GETS YOU ENTRY INTO ALL 4 EVENTS AND YOUR POLAR BEAR MEDAL | 20 EACH DAY



**Extreme Polar Bear Medal 60km Total**  
**Challenge Polar Bear Medal 40km Total**  
**Warrior Polar Bear Medal 30km Total**  
**Chiller Polar Bear Medal 20km Total**

**ALL VENUES HAVE 20,15,10 AND 5KM OPTIONS**

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