

**TOWNSHIP RECREATION** *presents.*



## **Gone Running Youth Training**

Join Gone Running to jump start your spring training as we hit the track and run for fun! This action-packed program is taught in a relaxed, positive and supportive environment. High School and Middle School runners' activities will focus on technique, form, nutrition and racing strategies. The Elementary Grade program offers exciting games, races and training activities that will keep them moving and motivated while building their self-confidence and stamina.

**Dates: Mondays and/or Wednesdays from April 8 - June 5  
(with a competition track meet on 6/9/24 at 11:00 am)**

**Time: 5:30 pm - 6:30 pm**

**Location: Thompson Middle School Track**

**1001 Middletown-Lincroft Rd #85, Middletown**

**Grades: 2-9**

**Fee: \$145/1 day per week    \$240/2 days per week**

**Track Meet on June 9 at 11:00 a.m. at Manalapan High School Track**

**Register at [www.middletownnj.org/signup](http://www.middletownnj.org/signup)**