

# MANALAPAN RECREATION DEPARTMENT *presents*



## Gone Running Summer Youth Training Camp

**July 16-August 29, 2024**

Join our competitive training program for high school, middle school and elementary age runners who want to prepare for the upcoming Cross Country season in September.

High school and middle school participants will prepare for the school team/Jr Olympics fall season competitions.

The elementary school group (grades 2-6) will focus on developing speed and endurance for enjoyment, Jr. Olympic training or to prepare for team sports competition this fall.

Instructors: Bob Andrews, Will Cicoria Jerry Romano, Bill Peck and the Gone Running coaching staff.

**Dates: Tuesdays and Thursdays, July 16-August 29**

**Time: 5:00-6:15 p.m.**

**Location: Manalapan High School Fields**

**Grades: Entering grades 3-10**

Registrants should bring running shoes, towel and water.

Sessions will meet at the Manalapan High School Fields

<https://register.capturepoint.com/reg/login.cfm?cuBHAPrClZwtomy3Erh3n%2B7UqhBPXoxk9V2eh8RZkO%2BWj9UZiY3p8g%3D%3D>

All fees are non-refundable.

For more information go to [WWW.GONE-RUNNING.COM](http://WWW.GONE-RUNNING.COM) or

Call Marlboro Recreation Department (732) 617-0100

*Recreation keeps you fit for life*