



Enroll Early!

Marlboro Recreation presents:

2023 Fall Youth Cross Country Programs:

Instructed by Gone Running, LLC

USA Track and Field Coaches Bob Andrews, Will Cicoria & Jerry Romano

And Coaches Bill Peck & Liz Spector

Youth Recreational Running Program

Program dates: Saturday, September 9 – Saturday, November 4

Competition date: Saturday, October 21

For children Grades K-10:

Tuesday 4:30 - 5:30 p.m.

Thursday 4:30 - 5:30 p.m.

Saturdays 11:00 - 12:00 p.m. (Grades 3-10 only)

Fee: 1 time/week = \$ 155.00 per person

2 times/week = \$ 210.00 per person

Includes 8 weeks of training, t-shirt, race day fee and award medal for Saturday, October 21 at 11:00 a.m. (at the Manalapan Recreation Center)

Participants will learn:

- ❖ Proper running form
- ❖ Dynamic flexible warm-up
- ❖ Race start techniques
- ❖ Interval training
- ❖ Racing strategies and race preparation
- ❖ Nutrition and hydration
- ❖ Core and Plyometrics training

Registrants should bring running shoes, towel & water.

All sessions will meet at Manalapan Recreation Center Kuschick Pavilion

<https://register.communitypass.net/marlboro>

Listed under: Fall 2023 Youth & Adult Programs

For more information go to www.gone-running.org

