



**Enroll Early!**

Manasquan Recreation presents:

## 2024 Spring Youth Track Program:

Instructed by Gone Running, LLC  
USA Track and Field Coaches Bob Andrews and Brian Prendergast  
and the Gone Running Coaching Staff

### Youth Recreational Running Program

**Program dates: Monday, April 22 – Wednesday, June 12**

**Track Meet date: Sunday, June 9**

**For children Grades 3-8:**

Mondays 5:00 - 6:00 p.m.

Wednesdays 5:00 - 6:00 p.m.

**Fee:** 1 time/week = \$ 160.00 per person  
2 times/week = \$ 240.00 per person

**Includes 8 weeks of training, t-shirt, race day fee and award for Sunday, June 9 at 11:00 a.m. (at Manalapan High School track)**

Participants will learn:

- ❖ Proper running form
- ❖ Dynamic flexible warm-up
- ❖ How to run for enjoyment
- ❖ Introductory training
- ❖ Importance of nutrition and hydration
- ❖ Core and Plyometrics training

Registrants should bring running shoes, towel & water.  
All sessions will meet at Manasquan High School

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

For more information go to [www.Gone-Running.org](http://www.Gone-Running.org)

