



Enroll Early!

Middletown Recreation presents:

2025 Spring Youth Track & Field Programs:

Instructed by Gone Running, LLC
USA Track and Field Coaches Bob Andrews, Joe Compagni and Erin O'Neill
and the Gone Running Coaching Staff

Youth Recreational Running Program

Program dates: Tuesday, April 8 – Saturday, June 7

Competition date: Saturday, June 7

For children Grades 2-9:

Days: Tuesdays, 4:30 - 5:30 p.m. Thursday, 4:30 - 5:30 p.m.
Location: Thompson Middle School Track
Fees: 1 time/week = \$ **145.00** per person 2 times/week = \$ **240.00** per person

Includes 9 weeks of training, t-shirt, race day fee and award medal for Saturday, June 7 at 11:00 a.m. (at the Manalapan High School Track)

This is an introductory level activity where the emphasis is on fun, fitness and running form. The training activities will keep participants moving while building their self-confidence and stamina. The program culminates with a race on the Manalapan High School track on Saturday, June 7. Registrants should bring running shoes, towel & water.

Junior Olympic Program

Program dates: Tuesday, April 8 – Saturday, June 14

For children Grades 3-12:

Days: Tuesdays and Thursdays 4:30-5:30 p.m. at Thompson MS Track
 Saturdays, 10:00-11:00 a.m. at Manalapan High School Track
Fees: \$370 (USATF and Shore AC club memberships required. Not included in fee.)

Includes 10 weeks of training, Shore AC race Jersey and up to three competition sessions on June 14, June 21 and the Junior Olympics tentatively scheduled for June 28 & 29

This is a moderate to advanced training program that challenges athletes to reach their fullest potential. Athletes will learn dynamic flexibility drills that teach proper running form and increase speed. The focus will also be on racing strategies, plyometrics, nutrition, sportsmanship, leadership and team building. The program culminates with participation at the NJ USATF Jr. Olympics being held June 28 & 29.



<https://www.middletownnj.org/signup>
For more information go to www.Gone-Running.org

