



Enroll Early!

Manasquan Recreation presents:

2023 Fall Youth Cross Country Programs:

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, September 11 – Wednesday, November 1

Competition date: Saturday, October 21

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 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 Manasquan High School

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

For more information go to www.Gone-Running.org

