

**Holmdel Township Recreation Department Presents:**

# 2026 Winter Youth Track Programs

Instructed by Gone Running, LLC

Youth Running Program	January 14 - March 14
<p><b>For children entering grades 3-8</b>  Mondays 5:30-6:30 or 6:45-7:45 pm*  Wednesdays 5:30-6:30 or 6:45-7:45 pm*</p> <p>*Sessions will be held either <b>outdoors</b> under the lights at the Holmdel High School track (5:30-6:30) or <b>indoors</b> at Brookdale Community College (6:45-7:45)  A complete schedule will be provided.</p>	<p>Participants will learn:</p> <ul style="list-style-type: none"> <li>❖ Proper running form</li> <li>❖ Dynamic flexible warm-up</li> <li>❖ Nutrition</li> <li>❖ Race start techniques</li> <li>❖ How to run faster</li> <li>❖ The joy of running</li> </ul>
<p>Includes 7 weeks of training, a “cold weather gear” bundle and race day award. Program concludes with a competition on Saturday, March 14 at Manalapan HS track.</p>	
<p><b>Fee: 1 time/week = \$189 (must come same day each week) 2 times/week = \$279</b></p>	

**OR**

<p align="center"><b>Junior Olympic Running Competition Program</b>  <b>8 Weeks: January 14 - March 14</b></p>	
<p><b>For children entering grades 3 - 8</b>  Mondays 5:30-6:30 or 6:45-7:45 pm*  Wednesdays 5:30-6:30 or 6:45-7:45 pm*  Saturdays 10:00 - 11:00 am (at Manalapan HS)</p> <p>*Sessions will either be held <b>outdoors</b> under the lights at the Holmdel High School track (5:30-6:30) or <b>indoors</b> at Brookdale Community College (6:45-7:45)  A complete schedule will be provided.</p>	<p>This program is for athletes who wish to advance their running skills with the goal of competing in a seasonal indoor track meet. Both sprint and distance events will be included.</p>
<p>Includes up to three training sessions per week for 8 weeks, local competition entry fee February 18 and March 4 @ Monmouth Univ, “cold weather gear” training bundle and a Shore AC/Gone Running competition jersey (Shore AC Club membership required. Not included in the program fee.) Fee: \$372</p>	

**PROGRAMS MEET IN ALL WEATHER CONDITIONS**

[HTTPS://HOLMDELNJ.RECDESK.COM](https://holmdelnj.recdesk.com)