



Enroll Early!

Marlboro Recreation presents:

2025 Fall Youth Running Programs:

Instructed by Gone Running, LLC

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

And Coach Bill Peck

Youth Recreational Running Program

Program dates: Saturday, September 9 – Saturday, November 1

Competition date: Saturday, October 25

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 2 -10 only)

Fee: 1 time/week = \$ 160.00 per person

2 times/week = \$ 235.00 per person

Includes 8 weeks of training, t-shirt, race day fee and award medal for Saturday, October 25 at 11:00 a.m. (at the Manalapan Recreation Center)

Participants will learn:

- ❖ The joy of running
- ❖ Proper running form through dynamic flexible drills
- ❖ How to increase their endurance
- ❖ To discover their personal speed and acceleration abilities
- ❖ Race start techniques
- ❖ The importance of nutrition and hydration
- ❖ How to apply core and strength training

Registrants should bring running shoes, beach towel & water.

All sessions will meet at Manalapan Recreation Center Kuschick Pavilion

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

Listed under: Fall 2025 Youth & Adult Programs

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

