

Manalapan Parks and Recreation presents:

Running Camp - Open to All Towns



For boys and girls entering grades 3 through 12 in the Fall of 2026

June 29-July 2 and/or July 6-July 9, 2026 - 5:00–7:00 p.m.

USA Track & Field Coaches

Bob Andrews, Will Cicoria and the Gone Running coaching staff

Program will include:

<ul style="list-style-type: none">● Dynamic guest speakers● Proper running form● Plyometrics, Core & Circuit Training● Helpful nutrition tips	<ul style="list-style-type: none">● Psychology of running● Racing strategies and Pacing● Endurance training● Team building talks
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**All participants can run an official race during week 2 at
Monmouth Battlefield State Park**

Week 1: June 29-July 2 (4 days). Fee is \$135 per person.(Includes Gone Running tank top)

Week 2: July 6-9 (4 days): Fee is \$135 per person. (Includes Gone Running tank top)

Register for **both weeks for \$215** (Includes Gone Running tank top)

**This is a special training program for athletes who will be preparing
for high school and middle school cross country and running teams**

(There will be beginner through advanced training groups)

Registrants should bring running shoes, beach towel and water

Sessions will meet at the Manalapan Recreation Center Kuschick Pavilion

CREDIT CARD REGISTRATION ACCEPTED (ONLINE ONLY):

Manalapan.RecDesk.com

OR register in person or mail registration to: 120 Route 522, Manalapan, NJ 07726

All fees are non-refundable

For more information go to WWW.GONE-RUNNING.COM

Recreation keeps you fit for life - Fitness is fun!

MANALAPAN PARKS and RECREATION *presents*



Gone Running Youth Training Camp Open to All Towns

July 14-August 27, 2026

Join us for a - 7 week (14 sessions) competitive training program. High school and middle school runners will prepare for the upcoming Cross Country season in September.

The Elementary school group (entering grades 3-5) will focus on developing speed and endurance for enjoyment, Jr. Olympic training or to prepare for team sports competition this fall.

Instructors: Bob Andrews, Will Cicoria and the Gone Running coaching staff

Dates: Tuesdays and Thursdays, July 14-August 27

Time: 5:00-6:15 p.m.

Location: Manalapan High School Track

Grades: Entering grades 3-12

Fee: \$185 per child

Registrants should bring running shoes, beach towel and water.
End of program Race to be held at Manalapan Rec Trail the week of Aug 25
Sessions will meet at the Manalapan High School Track

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Freehold Road

All fees are non-refundable.

For more information go to WWW.GONE-RUNNING.COM or
Call Manalapan Parks and Recreation (732) 446-8347 | www.mtnj.org

Recreation keeps you fit for life