



Enroll Early!

Middletown Recreation presents:

2026 Fall Youth Running Program:

Instructed by USATF Coach Concetta Davi and the Gone Running Coaches

Youth Recreational Running Program

Program dates: Monday, September 14 – Wednesday, October 28

Competition date: Saturday, October 24

For children Grades 3-8:

Days: Mondays 4:30 - 5:30 p.m. and/or Wednesdays, 4:30 - 5:30 p.m.

Location: Thompson Middle School Track

Fees: 1 time/week = \$ xxx.00 per person 2 times/week = \$ xxx.00 per person

Includes 7 weeks of training, t-shirt, race day fee and award medal for Saturday, October 24 at 11:00 a.m. (at the Manalapan Recreation Center)

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, October 24 at 11:00 a.m. Registrants should bring running shoes, towel & water.

Athletes interested in Junior Olympics or Shore A.C. youth races, please see Coach Concetta or Big Bob at (732) 492-6436.



<https://www.middletownnj.org/signup>

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

