

Marlboro Recreation Department Presents:

2026 Polar Bear Youth Track Programs

Instructed by Gone Running, LLC

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

Youth Running Program	January 17 - March 14
<p>For children entering grades 2-12 Tuesdays 4:30 - 5:30 pm Thursdays 4:30 - 5:30 pm Saturdays 11:00 - 12:00 pm</p> <p>Sessions will be held outdoors at the Manalapan High School track</p>	<p>Participants will learn:</p> <ul style="list-style-type: none">❖ Proper running form❖ Dynamic flexible warm-up❖ Nutrition❖ Race start techniques❖ How to run faster❖ The joy of running
<p>Includes 8 weeks of training, a “cold weather gear” bundle and race day award. Program concludes with a competition on Saturday, March 14th at the Manalapan HS Track.</p>	
<p>Fee: 1 time/week = \$ 192.00 (must come same day each week) 2 times/week = \$ 288.00</p>	

PROGRAMS MEET IN ALL WEATHER CONDITIONS
at the Manalapan High School Track

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

For more information go to: www.gone-running.com

Fitness is Fun!