

Manalapan Parks and Recreation presents:

# 2022 Fall Youth Track Programs

Instructed by **Gone Running, LLC**

**USA Track and Field Coaches Bob Andrews and Will Cicoria  
and coaches Liz Spector, Alisa Hagenburg and Bill Peck**

| <b>Youth Recreational Running Program</b>  | <b>September 10 - November 5</b>   |
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| For Children entering grades K-10<br><br>Tuesdays 4:30 - 5:30 pm<br>Thursdays 4:30 - 5:30 pm<br>Saturdays 11:30 - 12:30 pm (Grades 3-10 only)<br><br>Sessions will meet at the Manalapan Recreation Center Kuschick Pavilion | Participants will learn: <ul style="list-style-type: none"><li>➤ Fitness is Fun!</li><li>➤ Proper running form</li><li>➤ Dynamic flexible warm-up</li><li>➤ Nutrition</li><li>➤ Race start techniques</li><li>➤ Hill running</li><li>➤ Racing strategies</li></ul> |
| Includes 8 weeks of training, t-shirt and a competition race on <b>October 22 at 11:30 am</b><br><i>All registrants should bring running shoes and water.</i>  |  |

**Fee: 1 time/week = \$125 (must come same day each week)    2 time/week = \$205**

**OR**

| <b>Junior Olympic Running Competition Program<br/>September 10 - November 5 with J.O. State XC Meet on Sunday, 11/6</b>   |   |
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| For children entering grades 3-10<br><br>Tuesdays 4:30 - 5:30 pm<br>Thursdays 4:30 - 5:30 pm<br>Saturdays 10:30 - 11:30 am  | All registrants should bring running shoes and water.<br>Sessions will meet at the Manalapan Recreation Center Kuschick Pavilion. |
| Includes up to 3 three training sessions per week, entry to NJ Association Junior Olympic XC Meet on <b>November 6</b> and a Shore AC Competition Jersey (USATF & Shore AC Club memberships required. Not included in program fee.) |   |

**Fee: \$315**

Credit Card registration is accepted on-line only!

All programs are non-refundable

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

All other registration will be accepted by mail at 120 Route 522, Manalapan, NJ 07726

Or in person at the Manalapan Parks and Recreation Office, 93 Freehold Road

All programs will adhere to NJ State COVID regulations