

**Marlboro Recreation Department Presents:**

# **2026 Spring Youth Track Program**

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**Instructed by Gone Running, LLC**

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

<b>Youth Recreation Running Program</b>	<b>Tues, April 7 - Sat, June 6 (Track Meet Sat, June 13)</b>
<b>For children entering grades K-12</b> Tuesdays 4:30 - 5:30 pm Thursdays 4:30 - 5:30 pm Saturdays 11:00 - 12:00 pm (Sat. grades 3-12 only)  Sessions will be held at the Manalapan High School track	Participants will learn: ❖ The joy of running ❖ Proper running form ❖ Dynamic flexible warm-up ❖ Race start techniques ❖ How to run faster ❖ Racing strategies ❖ How to improve endurance
Includes 9 weeks of training, a Gone Running t-shirt and a track meet with award at the Manalapan HS Track on <b>Saturday, June 13 at 11:00 a.m.</b>	
<b>Fee: 1 time/week = \$ 180.00 (must come same day each week)</b> <b>2 times/week = \$ 275.00</b>	

**PROGRAM MEETS IN ALL WEATHER CONDITIONS**  
**at the Manalapan High School Track**

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

For more information go to: [www.gone-running.com](http://www.gone-running.com)

**Fitness is Fun!**