

# GONE RUNNING

## SPRING YOUTH TRAINING

www.gone-running.com

Fitness is Fun! is our motto.

At Gone Running, we focus on teaching proper mechanics, honing essential skills, and instilling a sense of sportsmanship while boosting self-esteem.

Our programs, led by certified teachers and coaches, are designed with a developmental approach and provide opportunities for competition. Participants will work on good sportsmanship, effective warm-up and cool-down routines, dynamic drills, and speed and endurance training. We also emphasize mindfulness and strategies for race preparation.

Gone Running offers an instructional running program tailored for students in grades 3 to 8.

### 1 DAY PER WEEK

April 13 to June 10  
Mondays or Wednesdays  
Thompson Middle School  
5:30 to 6:30 PM  
\$150

### 2 DAYS PER WEEK

April 13 to June 10  
Mondays and Wednesdays  
Thompson Middle School  
5:30 to 6:30 PM  
\$240

### COMPETITION EVENT

Saturday, June 13, 2026  
Manalapan High School Track  
10:45AM to 12:30 PM  
100M, 200M, 400M  
Completion ribbons

### REGISTRATION



Click on Middletown and register through the township recreation department.