



Enroll Early!

Manasquan Recreation presents:

2025 Spring Youth Track & Field Programs:

Instructed by Gone Running, LLC
USA Track and Field Coach Bob Andrews and Coach David Hyatt
and the Gone Running Coaching Staff

Youth Recreational Running Program

Program dates: Monday, April 7 – Thursday, June 12

Competition date: Saturday, June 7

Mondays 5:30 - 6:30 p.m. **Grades K-1 and 2-8**

Thursday 5:30 - 6:30 p.m. **Grades 2-8 only**

(No sessions May 8 and May 26)

Fee: 1 time/week = \$ 160.00 per person
2 times/week = \$ 240.00 per person

Includes 9 weeks of training, t-shirt, race day fee and award medal for Saturday, June 7 at 11:00 a.m. at the Manalapan High School Track

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 Saturday, June 7th.

Registrants should bring running shoes, towel & water.
All sessions will meet at Manasquan High School Track

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

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

