

## **Gone Running: Summer Running Camp August 19 – 23, 2024**

Gone Running: 1 Week Summer Running Camp (5 sessions) **\$150** per child Thompson Middle School August 19 – August 23 9am-11am

Beat the heat with this summer track and field camp set on the partially shaded, track, field and running trails behind Thompson Middle School. This camp is designed to offer two separate training platforms: running and field events. This will be a fun training and learning experience for the boys and girls as they run, jump and throw all week. This action packed program is taught in a relaxed, positive and supportive environment. The activities will focus on technique, form, nutrition, competition strategies and personal motivation.

Instructors: Bob Andrews, Joe Compagni, Erin O'Neill and the Gone Running coaching staff. Middletown Department of Recreation | (732) 615-2260 | [www.middletownnj.org](http://www.middletownnj.org)