



**Enroll Early!**

Middletown Recreation presents:

## 2023 Fall Youth Cross Country Programs:

Instructed by Gone Running, LLC

USA Track and Field Coaches Bob Andrews, Joe Compagni and Erin O'Neill  
and the Gone Running Coaching Staff

### Youth Recreational Running Program

**Program dates: Tuesday, September 12 – Thursday, November 2**

**Competition date: Saturday, October 21**

**For children Grades 1-9:**

Tuesday 4:30 - 5:30 p.m.

Thursday 4:30 - 5:30 p.m.

**Fee:** 1 time/week = \$ 145.00 per person  
2 times/week = \$ 240.00 per person

**Includes 8 weeks of training, t-shirt, race day fee and award medal for Saturday, October 21 at 11:00 a.m. (at the Manalapan Recreation Center)**

Participants will learn:

- ❖ Proper running form
- ❖ Dynamic flexible warm-up
- ❖ Race start techniques
- ❖ Interval training
- ❖ Racing strategies and race preparation
- ❖ Nutrition and hydration
- ❖ Core and Plyometrics training

Registrants should bring running shoes, towel & water.  
All sessions will meet at Poricy Park

<https://www.middletownnj.org/signup>

For more information go to [www.Gone-Running.org](http://www.Gone-Running.org)

