

Holmdel Township Recreation presents:

Youth Summer Running



Camp



For boys and girls entering grades 3 through 10 in the Fall of 2026

July 7 - July 30 and/or August 4 - August 27, 2026

Tuesdays and Thursdays at Cross Farm Park in Holmdel

from 5:00 – 6:30 p.m.

Led by NCAA college coach Jordan Brannan and USATF Coach Concetta Davi and the Gone Running Coaching Staff

Activities will include:

Entering Grades 3-4: <ul style="list-style-type: none">• Warm-up and stretching drills• Age appropriate training sessions• Proper running form• Core and strength training• Fun running games• 800 meter time trial*	Entering grades 5-10: <ul style="list-style-type: none">• Dynamic flexibility warm-up• Proper running form• Core and strength training• Speed & endurance training• Racing strategies and starts• 1 to 1.5 mile time trial*
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FEE: \$184/\$288 (Non resident fee: \$190/\$295)

Includes up to 8/16 training sessions and a Gone Running tank top.

***Time trial to be held at the end of each program. The August program will run their Time Trial on the Manalapan Parks and Recreation 5K running trail during the last week of August with Gone Running, all towns combined, summer programs.**

Registrants should bring running shoes, beach towel for core exercises, and cold water.

REGISTRATION INFORMATION

ONLINE: PAYMENT BY CREDIT CARD (3% transaction fee)

[HTTPS://HOLMDELNJ.RECDESK.COM](https://holmdelnj.recdesk.com)

IN PERSON: PAYMENT ONLY WITH CASH OR CHECK

4 Crawfords Corner Rd, Holmdel, NJ 07733

All fees are non-refundable

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

Recreation keeps you fit for life - Fitness is fun!