

**Manasquan Parks and Recreation presents:**

**Gone Running Summer**

**Cross Country Training Camp**

**July 23 through August 29, 2024**

Tuesdays & Thursdays

5:00 - 6:00 pm

USA Track & Field Coaches

Bob Andrews and Brian Prendergast  
and the Gone Running Coaching staff

**Camp is open to children entering grades 3 through 8 this fall.**

- Participants will learn:
- Dynamic flexibility warm-up
- Proper running form
- Endurance and speed training
- Plyometrics, Core and Circuit Training
- Helpful nutrition tips
- Psychology of running
- Racing strategies

**Program Fee is \$200 (includes one Gone Running tank top)**

**This is a multi-tiered training program for athletes who will be preparing for middle school cross country and running teams and the Jr. Olympics.**

(Beginner through Advanced training groups)

Registrants should bring running shoes, towel and water  
Sessions will take place at the **Manasquan High School Track**

Program registration is available at <https://register.communitypass.net/manasquan>  
For more information, go to [www.gone-running.com](http://www.gone-running.com)

**Recreation keeps you fit for life and  
Fitness can be fun!**