

Manalapan Recreation Department Presents:

2026 Polar Bear Youth Track Programs

Instructed by Gone Running, LLC

USA Track and Field Coaches Bob Andrews, Will Cicoria & Jerry Romano

Youth Running Program	January 17 - March 19
For children entering grades 2-10 Tuesdays 4:30 - 5:30 pm Thursdays 4:30 - 5:30 pm Saturdays 11:00 - 12:00 pm Sessions will be held outdoors at the Manalapan High School track	Participants will learn: ❖ Proper running form ❖ Dynamic flexible warm-up ❖ Nutrition ❖ Race start techniques ❖ Plyometrics ❖ Racing strategies
Includes 9 weeks of training, a “cold weather gear” bundle and race day award. Program concludes with a competition on Saturday, March 15.	
Fee: 1 time/week = \$175 (must come same day each week) 2 times/week = \$255	

OR

Junior Olympic Running Competition Program 9 Weeks: January 13 - March 19	
For children entering grades 3 - 12 Tuesdays 4:30 - 5:30 pm Thursdays 4:30 - 5:30 pm Saturdays 10:00 - 11:00 am Sessions will be held outdoors at the Manalapan High School track.	This program is for athletes who wish to advance their running skills with the goal of competing in a seasonal indoor track meet. Both sprint and distance events will be included.
Includes up to three training sessions per week for 9 weeks, local competition entry fee February xx and March xx @ Monmouth Univ, “cold weather gear” training bundle and a Shore AC/Gone Running competition jersey (Shore AC Club membership required. Not included in the program fee.)	
Fee: \$365 per participant	

PROGRAMS MEET IN ALL WEATHER CONDITIONS

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