



Enroll Early!

Manalapan Parks and Recreation presents:

2024 Spring Youth Track Programs:

Instructed by Gone Running, LLC

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

And Coaches Bill Peck & Liz Spector

Youth Recreational Running Program

Program dates: Tuesday, April 9 – Sunday, June 9

For children Grades K-10:

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

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

Saturdays 11:00 a.m. – 12:00 a.m. (Grades 3-10 only)

Fee: 1 time/week = \$ 135.00 per person

2 times/week = \$ 220.00 per person

Includes 8 weeks of training, a t-shirt & a track meet at Manalapan HS on Sunday, June 9

OR

Junior Olympic Cross Country Competition Program

Program dates: Tuesday, April 9 - Saturday, June 15

For children entering Grades 3-12

Tuesdays 5:00 - 6:00 pm

Thursdays 5:00 - 6:00 pm

Saturdays 10:00 - 11:00 am

Fee: \$350.00 - includes 3 sessions/week for 10 weeks,

Training program in both track and field events,

Entrance fee for 3 track meets 6/2, 6/15 and Jr Olympics;

Shore AC Competition Jersey

(USATF + Shore AC memberships required - not included in fee)

Participants will learn:

- ❖ Proper running form
- ❖ Dynamic flexible warm-up
- ❖ Race start techniques
- ❖ Hill running
- ❖ Racing strategies
- ❖ Nutrition
- ❖ Plyometrics

Registrants should bring running shoes, towel & water.

All sessions will meet at the Manalapan High School Track

****Credit Card registration is accepted on-line only!**

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

All other registration will be accepted by mail at 120 route 522, Manalapan 07726

Or in person at the Manalapan Parks and Recreation office, 93 Freehold Road



For more information go to WWW.MTNJ.ORG

Please visit WWW.MTNJ.ORG and sign up for Manalapan Township Email alerts to receive the latest information about Manalapan Township!

Recreation keeps you fit for life!