



Enroll Early!

Manasquan Recreation presents:

2026 Fall Youth Running Programs:

Instructed by Gone Running, LLC
USA Track and Field Coach Bob Andrews and Coach David Hyatt
and the Gone Running Coaching Staff

Youth Recreational Running Program

Program dates: Wednesday, September 9 – Wednesday, October 28

Competition date: Saturday, October 24

Mondays 5:00 - 6:00 p.m. Grades K-1 and 2-8

Wednesdays 5:00 - 6:00 p.m. Grades 2-8 only

Fee: 1 time/week = \$ 160.00 per person

2 times/week = \$ 240.00 per person

Includes 7 weeks of training, t-shirt, race day fee and award medal for Saturday, October 24, 10:45 a.m. at the Manalapan Recreation Center

This is an introductory level activity where the emphasis is on fun, fitness and running form. The activities will keep participants moving while building their self-confidence and stamina. The program culminates with a race on Saturday, October 24th.

OR

Junior Olympic Cross Country Competition Program

Program dates: Wednesday, September 10 - Sunday, November 1

For children entering Grades 3-8

Mondays 5:00 - 6:00 pm

Thursdays 5:00 - 6:00 pm

Saturdays 10:00 - 11:00 am (at the Manalapan Recreation Center)

Fee: \$399.00 - Includes up to 3 sessions/week for 8 weeks,

Training program to increase both endurance and speed, entrance fee for up to 2 competitions (NJ State Jr Olympics November 1 and one other race TBD); and Shore AC Competition Jersey

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

Registrants should bring running shoes, towel & water.

All sessions will meet at Manasquan High School Track

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

