



Enroll Early!

Manalapan Parks and Recreation presents:

2026 Fall Youth Running Programs:

Instructed by Gone Running, LLC

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

And Coach Bill Peck

Youth Recreational Running Program

Program dates: Thursday, September 10 – Saturday, October 31

For children Grades K-12:

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

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

Saturdays 11:00 a.m. – 12:00 p.m. (Grades 2-12 only)

Fee: 1 time/week = \$ 140.00 per person

2 times/week = \$ 220.00 per person

Includes 7 weeks of training, t-shirt, race fee and award for Saturday, October 24 at 10:45 am

Participants will learn:

- ❖ The joy of running
- ❖ Proper running form through dynamic flexible drills
- ❖ How to increase their endurance
- ❖ To discover their personal speed and acceleration abilities
- ❖ Race start techniques
- ❖ The importance of nutrition and hydration
- ❖ How to apply core and strength training

OR

Junior Olympic Cross Country Competition Program

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

For children entering Grades 3-12

Tuesdays and Thursdays 5:00 - 6:00 pm AND Saturdays 10:00 - 11:00 am

Fee: Attend 2-3 times/week = \$350

Includes: -Training program in cross country running

**-Race Entry fees to NJ Association Junior Olympic Meet (Nov. 1) and
Shore AC Youth Cross Country race (Oct. 24 tent.)**

-Shore AC Competition Jersey

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

Registrants should bring running shoes, beach towel & water.

All sessions will meet at Manalapan Recreation Center Kuschick Pavilion

<https://manalapan.recdesk.com/Community/Home>

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

