

## **Gone Running: Summer Running Camp July 8-12**

Beat the heat with this summer running program set on the shaded, crushed gravel running trails of Manalapan's own 5k running course. This camp is designed to offer three separate training platforms to meet the needs of each specific age group: high school, middle school and elementary school. Join us to jump-start your summer training as we hit the trails and run for fun!

High school and middle school runners' activities will focus on endurance, strength, and plyometric training as well as nutrition, racing strategies and personal motivation.

The elementary program for grades 2-5 offers exciting games, races and training activities that will keep the participants moving and motivated while building their self-confidence and stamina.

All athletes will participate in a race guided by their coaches.

Instructors: Bob Andrews, Will Cicoria, Bill Peck, Jerry Romano and the Gone Running coaching staff.

- **Summer Running Camp (1 week)**
  - **Grades 2-12**
  - **July 8-12 ( 5 days) \$150**
  - **5:00 - 7:00 pm**
  - **Manalapan Recreation Center**

## **Gone Running: Summer Training Camp July 18-August 31**

Join our competitive training program for high school, middle school and elementary age runners who want to prepare for the upcoming Cross Country season in September.

High school and middle school participants will prepare for the school team/Jr Olympics fall season competitions.

The elementary school group (grades 3-6) will focus on developing speed and endurance for enjoyment, Jr. Olympic training or to prepare for team sports competition this fall.

Instructors: Bob Andrews, Will Cicoria Jerry Romano, Bill Peck and the Gone Running coaching staff.

### **Summer Training Camp**

- **7 weeks**
- **Grades 2-12**
- **Tuesdays & Thursdays from July 16 – Aug 29**
- **\$175**
- **5:00 - 6:15 pm Manalapan HS Fields**

All listed fees include the \$10 Rec administrative fee.