



Enroll Early!

Manalapan Parks and Recreation presents:

2026 Spring Youth Track Programs:

Instructed by Gone Running, LLC

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

Youth Recreational Running Program

Program dates: Tuesday, April 7 – Saturday, June 6

For children Grades K-12:

Tuesdays 4:30 - 5:30 pm

Thursdays 4:30 - 5:30 pm

Saturdays 11:00 am – 12:00 pm (Grades 2-12 only)

Fee: 1 time/week = \$ 145.00 per person

2 times/week = \$ 230.00 per person

Includes 9 weeks of training, a Gone Running t-shirt, a track meet with award at Manalapan HS on Saturday, June 13 at 11:00 am

OR

Junior Olympic Track & Field Competition Program

Program dates: Tuesday, April 7 - Saturday, June 13

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 some field events, entrance fee for up to 2 track competitions (NJ State Jr Olympics tentatively 6/6 & 7 and one other race TBD); and Shore AC Competition Jersey

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

Participants will learn:

- ❖ The joy of running
- ❖ Proper running form
- ❖ Dynamic flexible warm-up
- ❖ Race start techniques
- ❖ How to run fast
- ❖ Racing strategies
- ❖ How to improve endurance
- ❖ Plyometric drills

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!**

Manalapan.RecDesk.com

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

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



Recreation keeps you fit for life!