



Enroll Early!

Manalapan Parks and Recreation presents:

2023 Fall Youth Cross Country 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: Saturday, September 9 – Saturday, November 4

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 3-12 only)

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

2 times/week = \$ 220.00 per person

Includes 8 weeks of training, t-shirt & a race fee for Saturday, October 21

OR

Junior Olympic Cross Country Competition Program

Program dates: Saturday, September 9 - Sunday, November 5

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: \$320.00 - 8-week program including up to 3 sessions/week

Includes: Training program in cross country running

Entry to NJ Association Junior Olympic Meet (Nov. 5)

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 Manalapan Recreation Center Kuschick Pavilion

****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!