

Manasquan Parks and Recreation presents:
Gone Running Summer
Cross Country Running Camp

July 7 through August 27, 2025

Mondays & Wednesdays

5:00 - 6:00 pm

**USA Track & Field Coaches Bob Andrews and David Hyatt
and the Gone Running Coaching staff**

Camp is open to children entering grades 3 through 8 this fall.

Participants will learn:

- Dynamic flexibility warm-up
- Proper running form
- Endurance and speed training
- Plyometrics, Core and Circuit Training
- Helpful nutrition tips
- Psychology of running
- Racing strategies

Program Fee is \$260 (includes one Gone Running tank top)

This is a multi-tiered training program for athletes who will be preparing for middle school cross country/running teams and the Jr. Olympics as well as other fall sports teams.

(Beginner through Advanced training groups)

Registrants should bring running shoes, towel and water

Sessions will take place at **Mallard Park Field.**

Program registration is available at <https://register.communitypass.net/manasquan>

For more information, go to www.gone-running.com

**Recreation keeps you fit for life and
Fitness can be fun!**