

Manalapan Parks and Recreation presents:

Youth Running Camp

For boys and girls entering grades 2 through 12 in the Fall of 2025

June 30 through July 10, 2025

5:00 – 7:00 p.m.

USA Track & Field Coaches

Bob Andrews, Will Cicoria, and Coach Bill Peck

Participants will learn:

<ul style="list-style-type: none">• Dynamic flexibility warm-up• Proper running form• Plyometrics, Core & Circuit Training• Helpful nutrition tips	<ul style="list-style-type: none">• Psychology of running• Racing strategies• Age level training sessions• Team building talks
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Participants will run an official race in week 2, guided by the coaches!

Week 1: June 30-July 3 (4 days). Fee is \$130 per person. (Includes running tank top)

Week 2: July 7-10 (4 days): Fee is \$130 per person. (Includes race entry fee and running tank top)

Register for both weeks for \$210. (Includes race entry fee and running tank top)

This is a special training program for athletes who will be preparing for high school and middle school cross country and running teams

(Beginner through advanced training groups)

Registrants should bring running shoes, towel and water.

Sessions will meet at the Manalapan Recreation Center Kuschick Pavilion

CREDIT CARD REGISTRATION ACCEPTED ONLINE ONLY:

[HTTPS://REGISTER.COMMUNITYPASS.NET/MANALAPAN](https://register.communitypass.net/manalapan)

OR register in person or mail registration to: 120 Route 522, Manalapan, NJ 07726

All fees are non-refundable

For more information go to [WWW.GONE-RUNNING.COM](http://www.gone-running.com)

Recreation keeps you fit for life - Fitness is fun!