

Holmdel Township Recreation Department Presents:

2026 Spring Youth Track Programs

Instructed by Gone Running, LLC

Youth Running Program	April 13 - June 13 (No program May 25)
For children entering grades 4-8 Mondays 5:15-6:15 pm Thursdays 5:15-6:15 pm *Sessions will be held outdoors at TBD.	Participants will learn: <ul style="list-style-type: none">❖ Proper running form❖ Dynamic flexible warm-up❖ Nutrition❖ Race start techniques❖ How to run faster❖ The joy of running
Includes 8 weeks of training, a Gone Running t-shirt, a competition and race day award. Program concludes with a competition on Saturday, June 13 at Manalapan HS track.	
Fee: 1 time/week = \$150 (must come same day each week) 2 times/week = \$240	

OR

Junior Olympic Running Competition Program 9 Weeks: April 13 - June 20 (No program May 25)	
For children entering grades 3 - 8 Mondays 5:15-6:15 pm Thursdays 5:15-6:15 pm Saturdays 10:00 - 11:00 am (at Manalapan HS) *Sessions will be held outdoors at TBD	This program is for athletes who wish to advance their running skills with the goal of competing in the Jr Olympics track meet. Both sprint and distance events will be included.
Includes up to three training sessions per week for 9 weeks, competition entry fee for NJ Jr Olympics on June 7/8 and local race on June 20; Shore AC/Gone Running competition jersey provided (USATF membership and Shore AC Club membership required. Not included in the program fee.) Fee: \$375	

PROGRAMS MEET IN ALL WEATHER CONDITIONS

[HTTPS://HOLMDELNJ.RECDESK.COM](https://holmdelnj.recdesk.com)