

Manalapan Parks and Recreation presents:

# 2020 Fall Youth Track Programs:



Instructed by Gone Running, LLC

USA Track and Field Coaches Bob Andrews, Kristin Andrews & Willie Cicoria,  
And Alisa Hagenberg, Erin O'Neill, Kyle Price & Liz Spector

## Youth Recreational Running Program

For children entering Grades K-12:

Mondays 5:00-6:00 p.m.

Thursdays 5:00-6:00 p.m.

Saturdays 11:00 p.m. -12:00 p.m. (Not K-2)

Saturday, September 12 - Saturday, November 7

Fee: 1 time/week = \$ 115.00 per person  
2 times/week = \$ 195.00 per person

Includes 7 weeks of training & includes a race on Saturday, October 24.  
Race fee is included in overall registration fee; Race begins at 11:00 a.m.

Participants will learn:

- Proper running form
- Dynamic flexible warm-up
- Race start techniques
- Hill running
- Racing strategies
- Plyometrics
- Nutrition

# OR

## Junior Olympic Track & Field Competition Program

For children entering Grades 3-12:

Mondays 4:50-5:50 p.m.

Thursdays 4:50-5:50 p.m.

Saturdays 10:00 a.m. -11:00 p.m.

Saturday, September 12 – Saturday, November 14

Fee: \$300.00

Includes: -Training program for up to 3 training sessions per week  
-Entry to NJ Association Junior Olympic Meet  
-Shore AC Competition Jersey

This is a 9 week program that includes the  
NJ Association Junior Olympic XC Meet on November 1.

Those who qualify may also race on November 15  
at the Region 2 Championship.

(JO dates are tentative, as approved and scheduled by the USATF-NJ.)

Registrants should bring  
running shoes and  
water.

Sessions will meet at the  
Manalapan Recreation  
Center Kuschick  
Pavilion.

No sessions on  
September 19 & 28



All programs will adhere to NJ State COVID regulations.

Credit Card registration 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 (drop box)



For more information go to [WWW.MTNJ.ORG](http://WWW.MTNJ.ORG)  
Please visit [WWW.MTNJ.ORG](http://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!

