

Manalapan Parks and Recreation presents:

Youth Recreation Running Camp



July 7 through September 3, 2020

Tuesday **and/or** Thursday

9:30 am - 10:30 am **OR** 5:00 pm - 6:00 pm

One or two days a week; morning or evening sessions.

Instructed by Gone Running, LLC

USA Track & Field Coaches

Bob Andrews, Kristin Andrews and Will Cicoria

with Alisa Hagenberg and Liz Spector

Camp open to boys and girls entering grades 1-3 and 4-9 in the fall.

Registration will be limited due to COVID 19 spacing limitations.

A Covid 19 Program Plan has been created to meet NJDOH requirements and will be implemented.

Participants will learn:

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



You will get to run a race, guided by your coaches!

Fee: 1 time/week = \$115 per person 2 times/week = \$195 per person
(Fee includes race entry fee and running singlet.)

This is a fun, recreation program for boys and girls who are looking for healthy exercise, and wish to explore the sport of running.

(Beginner through medium running 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 mail registration to: 120 Route 522, Manalapan, NJ 07726

OR register in person at the Manalapan Parks and Recreation office, 93 Freehold Road

All fees are non-refundable.

For registration forms go to WWW.MTNJ.ORG or call 732-446-8355

For more information go to WWW.GONE-RUNNING.COM

Recreation keeps you fit for life.

Fitness can be fun!