

Limited Space! Enroll Early!

Manalapan Parks and Recreation presents:

# 2020 Winter Youth Track Programs.



Instructed by Gone Running, LLC

USA Track Coaches Bob Andrews, Kristin Andrews, Willie Cicoria & Erin O'Neil  
With 2016 Olympian Robby Andrews, Alisa Hagenberg, Liz Spector & Diane Wilmot

## Youth Recreational Running Program

For children Grades K-12:

**Mondays 6:00-7:00 p.m. @ Manalapan Englishtown Middle School**  
**Thursdays 6:00-7:00 p.m. @ Manalapan Englishtown Middle School**

For children Grades 3-12:

**Saturdays 1:00 p.m. - 2:00 p.m. @ Manalapan HS,**

**All classes will be held Saturday, January 4 - Saturday, March 14**

1 time/week; Monday, Thursday OR Saturday: \$115.00/person  
2 times/week; Monday/Saturday OR Thursday/Saturday: \$195.00/person

**Includes 8 weeks & concludes with a competition on Saturday, March 14.**

Participants will learn:

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

Includes Gone Running t-shirt

# OR

## Junior Olympic Track & Field Competition Program

For children entering Grades 3-12:

**Mondays 6:00-7:00 p.m. @ Manalapan Englishtown Middle School**  
**Thursdays 6:00-7:00 p.m. @ Manalapan Englishtown Middle School**  
**Saturdays 12:00 p.m. - 1:00 p.m. @ Manalapan HS**

**Saturday, January 4 – Saturday, March 21**

Fee: \$300.00

Includes: Training program for up to 3 training sessions per week  
Entry to USATF Pre-nationals invitational Track Meet  
Shore AC Competition Jersey

**This is an 11 week program and includes entry in the USATF Pre-nationals Track Meet on Sunday February 16th at the Staten Island, NY Ocean Breeze Indoor Track (USATF + Shore AC memberships required. Not included in fee.)**

Registrants should bring running shoes and water.

All Monday and Thursday sessions will meet at MEMS. Saturday sessions will meet at MHS. No session on 1/20, 2/17, and 3/19.



**Credit Card registration is 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

For more information go to **WWW.MTNJ.ORG**

**Please visit *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!

