

Manalapan Parks and Recreation presents:

# Youth Running Camp



July 9 through July 12 AND/OR  
July 16 through July 19, 2018  
6:15 – 7:45 p.m.

USA Track & Field Coach Bob Andrews  
with Alisa Hagenberg, Liz Spector and Diane Wilmot

**Camp open to boys and girls entering grades 1 and 2 in the fall.**

Participants will:

- Experience the joy of running
- Learn proper running form
- Learn how to properly warm up
- Run on the Township's running trail
- Experience a race



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

Fee is \$100 per person/per week. (Includes race entry fee and running singlet.)  
Register for both weeks for \$175.

**Maximum 15 registrants per week.**

Registrants should bring running shoes and water.

All 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

**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](http://WWW.MTNJ.ORG) or call 732-446-8355**

**For more information go to [WWW.GONE-RUNNING.COM](http://WWW.GONE-RUNNING.COM)**

Recreation keeps you fit for life.

Fitness can be fun!