

Manalapan Parks and Recreation presents:

# 2018 Spring Youth Track Programs:



Instructed by Gone Running, LLC

USA Track and Field Coaches Bob Andrews, Kristin Andrews & Willie Cicoria,  
and Alisa Hagenberg, 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.

**For children entering Grades 3-12**

Saturdays 12:00 p.m. - 1:00 p.m.

**Program dates: Monday, April 9th - Saturday, June 16th**

Fee: 1 time/week = \$ 100.00 per person  
2 times/week = \$ 180.00 per person

**Includes 9 weeks and a local track meet on Sunday, June 3rd  
(Track meet is included in registration fee and begins at 10:00 a.m.)**

Participants will learn:

- Fitness is fun!
- How to run for enjoyment
- Proper running form
- Dynamic flexib. warm-up
- Race start techniques
- Plyometrics

Registrants should bring running shoes and water.

## Junior Olympic Track & Field Competition Program

**For children entering Grades 3-12:**

Mondays 5:00-6:15 p.m.

Thursdays 5:00-6:15 p.m.

Saturdays 11:00 a.m. -12:00 p.m.

**Program dates: Monday, April 9th - Saturday, June 23rd**

Fee: \$300.00 – 11 week program includes up to 3 training sessions/week

Includes: Training program in both track and field events as well as relays  
Entry to NJ Association Junior Olympic Meet (June 9/10th)  
Shore AC Competition Jersey

**This is an 11 week program and includes the entry fee for  
the NJ Association Junior Olympic Meet on June 9/10th.  
(USATF + Shore AC membership required. Not included in price.)**

OR

All sessions will meet at the Manalapan High School track.

No session on May 26<sup>th</sup> & 28<sup>th</sup>.

**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](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!

