

Manalapan Parks and Recreation presents:



# 2021 Fall Youth Track Programs:

Instructed by **Gone Running, LLC**

USA Track and Field Coaches **Bob Andrews, Kristin Andrews & Will Cicoria,**  
**Joe Compagni, Erin O'Neill, Kyle Price & Liz Spector**

## Youth Recreational Running Program

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

**Tuesdays 4:30-5:30 p.m.** Begins Sept. 14  
**Thursdays 4:30-5:30 p.m.** Begins Sept. 23

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

**Saturdays 11:00 p.m. -12:00 p.m.** Begins Sept. 11

**Saturday, September 11 - Saturday, November 6**

Includes 8 weeks of training, t-shirt and a race on Saturday, October 23.

Fee: 1 time/week = \$ 125.00 per person

2 times/week = \$ 205.00 per person

Race fee is included in overall registration fee; 10/23 Race begins at 11:00 a.m.

Participants will learn:

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

**OR**

## Junior Olympic Track & Field Competition Program

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

**Tuesdays 4:30-5:30 p.m.**  
**Thursdays 4:30-5:30 p.m.**

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

**Saturday, September 11 – Saturday, November 6**

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 6.  
Those who qualify may also race on November 14  
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 16



**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!

