

**\*\*" Cold Wear Gear" must be enrolled by Dec. 23 to guarantee Delivery. After Dec. 24 Delayed Delivery. Enroll Early.**



Manalapan Parks and Recreation presents:

## 2022 Polar Bear Youth Track Programs:

Instructed by Gone Running, LLC

USA Track Coaches Bob Andrews, Will Cicoria & Erin O'Neil

### Youth Recreational Running Program

For children Grades 3-12:

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

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

Saturdays 12:00 – 1:00 p.m.

Held OUTDOORS at the Manalapan HS Track

**Begins the week of January 8 -Saturday, March 12**

1 time week: Tuesday OR Thursday OR Saturday \$165.00/person

2 times week: Tuesday OR Thursday OR Saturday \$245.00/person

Includes "cold weather gear" training bundle.

**Includes 8 weeks & concludes with a competition on Saturday March 12.**

**One snow date is built into the schedule.**

Participants will learn:

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

# OR

### Junior Olympic Track & Field Competition Program

For children Grades 3-12:

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

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

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

Held OUTDOORS at the Manalapan HS Track

**Saturday, January 8 – Saturday, March 19**

Fee: \$355.00

Includes: Training program for up to 3 training sessions per week, entry to regional competition and competition jersey, and "cold weather gear" training bundle.

**This is a 10 week program**

**(USATF + Shore AC memberships required. Not included in fee.)**

Registrants should dress warmly in layers, wear running shoes and bring water.

**Programs meet in ALL weather conditions.**

**Credit Card registration is accepted on-line only, not in-person!**

<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!

