

# Manalapan Parks and Recreation presents: 2019 Fall 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 and Diane Wilmot

## Youth Recreational Running Program

For children entering Grades K-12:

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

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

**Saturdays 12:00 p.m. -1:00 p.m. (Not K-2)**

**Saturday, September 7 - Monday, October 28**

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

**Includes 7 weeks of training & includes a race on Saturday, October 19.  
Race fee is included in overall registration fee; Race begins at 11:00 a.m.**

Participants will learn:

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

# OR

## Junior Olympic Track & Field Competition Program

For children entering Grades 3-12:

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

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

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

**Saturday, September 7- Saturday, November 16**

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 10 week program that includes the  
NJ Association Junior Olympic XC Meet on November 3.  
Those who qualify may also race on November 17  
at the Region 2 Championship. (JO dates are tentative.)  
(USATF + Shore AC membership required. Not included in price.)**

Registrants should bring running shoes and water.

Sessions will meet at the Manalapan Recreation Center Kuschick Pavilion.

No sessions on September 30,



**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!

