



Enroll Early!

Manasquan Recreation presents:

2024 Spring Youth Track Program:

Instructed by Gone Running, LLC

USA Track and Field Coaches Bob Andrews and Brian Prendergast,
Bill Peck and the Gone Running Coaching Staff

Youth Recreational Running Program

Program dates: Monday, April 22 – Wednesday, June 12

Track Meet date: Sunday, June 9

For children Grades K-2 and Grades 3-8:

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

Wednesdays 5:00 - 6:00 p.m.

Fee: 1 time/week = \$ **160.00** per person
2 times/week = \$ **240.00** per person

Includes 8 weeks of training, t-shirt, race day fee and award for Sunday, June 9 at 11:00 a.m. (at Manalapan High School track)

Participants will learn:

- ❖ Proper running form
- ❖ Dynamic flexible warm-up
- ❖ How to run for enjoyment
- ❖ Introductory training
- ❖ Importance of nutrition and hydration
- ❖ Core and Plyometrics training

Registrants should bring running shoes, towel & water.

All sessions will meet at **Manasquan High School**



<https://register.communitypass.net/manasquan>
For more information go to www.Gone-Running.org

