

Manalapan Parks and Recreation presents:

# Spring Youth Track Team

Mondays 4:30-5:30 p.m. OR 5:30-6:30 p.m.

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

Begins Saturday, March 29 or Monday March 31

**New this spring!** Thursdays 5:00–6:00 p.m.

(must be in addition to Monday or Saturday)

Instructed by Gone Running, LLC  
USA Track and Field Coaches Bob Andrews,  
Kristin Andrews and Willie Cicoria

Open to children presently in grades 2 through 8

Participants will learn:

- Proper running form
- Dynamic flexibility warm up
- Race start techniques
- Relay running and baton passing
- Racing strategies
- Plyometrics



Fee is \$80 per person.

Register for two sessions and pay only \$140! (must be same child)

Program concludes with track meet on Saturday, May 17<sup>th</sup>  
(track meet included in registration fee)

Registrants should bring running shoes, towel and water.

All sessions will meet at the  
Manalapan High School outdoor track



**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**

*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!**



**Mayors Wellness Campaign**  
*Put your community in motion.*

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