

Limited Space! Enroll Early!



Manalapan Parks and Recreation presents:

2021 Polar Bear Youth Track Programs:

Instructed by Gone Running, LLC

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

With guest appearance from 2016 Olympian Robby Andrews

Youth Recreational Running Program

For children Grades 3-12:

Jan. 9, Saturdays 12:00 – 1:00 p.m.

Jan. 12, Tuesdays 5:00-6:00 p.m. OR

Jan. 14, Thursdays 5:00-6:00 p.m. OR

Held OUTDOORS at the Manalapan HS track

1 time/week; Monday OR Thursday OR Saturday \$150.00/person

Includes "cold weather gear" training bundle

Due to Covid-19 restrictions, no more than 25 per time slot accepted.
Includes 8 weeks & concludes with a competition on Saturday March 13.

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:

Jan. 9, Saturdays 11:00 a.m. - 12:00 p.m.

Jan. 12, Tuesdays 5:00-6:00 p.m.

Jan. 14, Thursdays 5:00-6:00 p.m.

Held OUTDOORS at the Manalapan HS track

Saturday, January 9 – Saturday, March 20

Fee: \$340.00

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

This is a 10-week program

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

Registrants should bring running shoes and water.

No session on 2/13



Programs meet in ALL weather conditions.

All registrants will receive a "cold weather training bundle" (included in fee)

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 and sign up for Manalapan Township Email alerts to receive the latest information about Manalapan Township!

Recreation keeps you fit for life!

