



## *Join the 2023 Gone Running/Shore AC Jr Olympic Cross Country Team!*

**What:** This is a 9-week competition program that concludes at the USATF Jr Olympic NJ State Championships on Sunday November 5.

**Where:** Train at your local site either in Manasquan, Marlboro or Middletown during the week, and in Manalapan on Saturdays with all members of the Gone Running/Shore AC Team.

### **How to Enroll:**

1. Register through your local township for the Gone Running Recreation program for one or two days of training a week (Go to [www.gone-running.com](http://www.gone-running.com) for a list of our programs).
2. Meet Coach Bob at the Manalapan Recreation Center Kuschick Pavilion training site on Saturday, September 9th or 16th to start training with the entire team.
3. Pay the \$100 Jr Olympic Team fee to Coach Bob either by cash, Venmo (@gonerunning), or check made out to Gone Running.

### **What to Expect:**

- Receive advanced level training with your Gone Running coach at your local township site during the week.
- Join Coach Bob every Saturday morning at 10 am in Manalapan through November 4 for more Junior Olympic training.
- Compete in your Gone Running/Shore AC racing tank top at the USATF Jr Olympics on Sunday November 5 (USATF and Shore AC memberships required - not included in fee)