



← Melanie at Dam Triathlon 2013

Gear Up For Fitness

April Newsletter

Up Coming Clinics:

Latitude **TRIATHLON TEAM TRAINING**

The Triathlon Training program will include the following:

- Workouts will be emailed weekly, which will include heart rate zones each workout.
- Pool and open water swimming workouts.
- Practice open water swimming for events.
- Bike and run workouts to focus on speed and form.
- Endurance workouts to focus on practicing triathlons and transitions.
- Nutrition Information

Training Starts Week of April 28, 2014



Triathlon Team Training for the following 2014 Races:

Sprint Training Focusing on:

- 7/12 Dam Triathlon Amesbury, MA
- 7/20 Lowell Mill City Triathlon, Lowell, MA
- Sprint/International distances
- 8/10 Kingston Sprint Triathlon, Kingston, NH

Half Ironman Training Focusing on:

- 7/20 Lowell Mill City Triathlon, Lowell, MA
- International distance
- 9/7 Punksinman Half Ironman, South Berwick, ME

For more information and registration go to: <http://gearupforfitness.com/upcoming-clinics/>

Couch Potato to 5K Hero

Tuesdays: 6:30—7:30 PM 6 Week Program
Start Date: May 6, 2014

Stay tune, more information on program and registration will be email next week.

April Cycling

Spring is finally here which it is time to get bike into bike shop for tune-up.
Be cautious biking on the road with the sand.

Quote of the Month

“The secret of change is to focus all of your energy, not on fighting the old, but on building the new.”

—Socrates

Questions: Contact Pam Houck
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Blog: <http://gearupforfitness.com/>

For more races and race results go to:

<http://www.coolrunning.com/>
Triathlons: <http://www.trifind.com/>
North Shore Cyclists: <http://www.nscyc.org/>

Race Spotlights

3/23 Hinernian 5K:

STEPHANIE SUPRIN 25:15
SANDRA GORDON 25:45
KELLY GREANEY 26:45
MAUREEN FARREN 31:26
PAT WALTON 39:58

3/29 April Fools 4 Milers:

LAURA SEDDON 28:09
PATRICIA LAVOIE 31:48
STEPHANIE SUPRIN 32:04
SANDRA GORDON 32:11
ALAN THORNTON 32:30
LAUREN BONACCORSO 33:30
KELLY GREANEY 35:12
ROSE WASHAK 40:09

3/30 Eastern States 20 Miler:

Michelle Parsons 2:49:57

4/6 Great Bay Half Marathon:

LIZABETH MACDONALD 1:50:03
MIKE FIENE 2:03:51
TRACEY GRAY 2:40:24

Rainbow 5K:

JUDY KEATOR 51:32

Upcoming Local Races 2014

4/13 Greater Newburyport Boston Strong Run 2.62 miles, Newburyport, MA: http://runthecircle.org/wordpress/?page_id=1886

4/26 TARC Trail Half Marathon, Weston, MA: <http://ultrasignup.com/register.aspx?did=26408>

5/3 Blaze the Trail 5K, South Hampton, NH: <http://www.blazethetrail5.com/>

5/4 Spring Fever 5K, Newburyport, MA: <http://sf5k.newburyportpto.com/>

5/4 Spring Duathlon, North Andover, MA: <http://www.springduathlon.com/register>

5/11 Run/Walk against Breast Cancer (3 mile loop - Grass/Trail, repeat as many times you want) Bradley Palmer State Park, MA: <http://www.gaconline.net/2014MDapp.pdf>

5/17 Evelyn's Run for the Roses 5K Salisbury, MA: http://runthecircle.org/wordpress/?page_id=363

5/18 Trav's Trail 3 mile Maudslay, Newburyport, MA: <http://joppaflatsrunningclub.com/>

5/18 Spring Fling Triathlon/Duathlon, Tyngsboro, MA: <http://www.doublecracing.com/>

5/18 Funky Kingston Half Marathon, Kingston, NH: <http://kingstonhalf.com/>

5/24 & 5/25: Pineland Trail Race 5K/10K/25K/50K, New Gloucester, ME: <http://www.pinelandtrails.com/>