



Gear Up For Fitness

Train to Run and do Triathlons at any age.

Gear Up For Tri Team

April Newsletter

Up Coming Clinics for March:



To 5K Hero

This program is for participants who are looking to start running, get into shape, or lose weight. The beginner will go from a run/walk progress to running 3.1 miles (5K) on local roads and trails.

Classes will be incorporating Chi Running form for efficiency, easier and enjoyable.

Open to All Ages

Wednesdays: 6:00—7:00 PM

Start Date: April 15, 2015

Pre-register by April 15, 2015

Duration: 6 Weeks

Location: Latitude Lobby, Salisbury, MA

Members \$84 Non-members: \$104

Training for these Races:

5/17 Trav's Trail Run Newburyport, MA

5/31 Margaritas 5K Exeter, NH

These workouts are designed to be fun, challenging and inspiring.
Meet Rain or Sunshine

TRX Suspension Trainer

Starts April 20

Demo April 13

All Core, All The Time!

Total Body Workouts!

Great for Runners and Triathletes!

Fit Pro: Pam Houck

Mondays: 6:00 PM

Start Date: April 20, 2015

Duration: 6 Weeks

Frequency: 1x per week

Cost: Members \$89 Non-members: \$109

Monthly Motivational Quote:

"Runners understand this, this deep desire to cultivate resilience. It transcends the repetition of our gait and gives the meaning to the stride of life." Kristin Armstrong

April Cycling Workout

Spring is officially here but it doesn't look it with all the snow. Soon we all will be out side riding. Beware of the sand, broken up pavement and pot holes on the roads.

Questions: Contact Pam Houck

Phone: 978.697.5627

Email at pahouck@gmail.com

Blog: <http://gearupforfitness.com/>

For more races and race results go to:

<http://www.coolrunning.com/>

Triathlons: <http://www.trifind.com/>

Facebook: [Gear Up For Tri Team](#)

Gear Up for Tri Team

Training Starts

Saturday April 20th 9 AM

at Lake Gardner, Amesbury, MA

Brick workout Bike & Run

Special Beginner Triathletes

Seminar in April 25th

Join the team

More details posted 4/9 on:

<http://gearupforfitness.com/gear-up-triathlon-team/>

Race Spotlights

3/1 Claddagh Pub 4 Miler

Lauren Bonaccorso 37:14

3/7 Smuttynose Palooza 5K

Laura Seddon 21:36

Patricia Lavoie 23:40

Maureen Kennedy 30:07

Maureen Farreen 33:29

Tamara Kisieleski 43:28

3/28 April Fool's 4 Mile Road Race

Patricia Lavoie 32:04

Bethany Noseworthy 35:35

Lauren Bonaccorso 37:21

3/29 Eastern States 20 Miler

Nicholas Thurlow 3:09:15

Upcoming Local Races 2015

4/12 [Frozen Shamrock 3 Mile Run.](#)

Haverhill, MA

4/12 [Great Bay Half Marathon & 5K](#)

New Market, NH

4/12 [Fool's Dual Half Marathon,](#)

Gloucester, MA

4/12 [Moose on the Loose Half](#)

[Marathon,](#) Nashua, NH

4/19 [Hynes 5 Miler](#) Lowell, MA

4/26 [North Shore 10 Miler,](#) Ipswich, MA

5/3 [Earth Rock Half Marathon,](#)

Andover, MA

5/3 [Spring Fever 5K](#) Newburyport,

MA

5/9 [Evelyn's Run for Roses 5K](#)

Salisbury, MA

5/17 [Trav's Trail Race](#) Maudslay,

Newburyport, MA