



Gear Up For Fitness

Run and Triathlon at any age.

Weekend Runs are happening. Training for Earth Rock Half 4/30

April Newsletter

Up Coming April Classes:



Couch To 5K Hero

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

Open to All Ages

Wednesdays: 7:00—8:00 PM

Start Date: April 13, 2015

Duration: 6 Weeks

Location: Latitude Lobby, Salisbury, MA

Members \$96 Non-members: \$126



Training for these Races:

5/15 Run For Roses 5K, Salisbury, MA

5/22 Trav's Trail Run Newburyport, MA

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

Download registration form, fill it out and go to Latitude to sign up: couchto5kspring2017.pdf

TRX Suspension Trainer Check out why TRX Is Great Strength/Core Workout

TRX Free Demo
Monday April 17th—6 PM

All Core, All The Time!
Total Body Workouts!
Great for Runners and Triathletes!

Fit Pro: Pam Houck

Mondays: 6:00 PM

Start Date: April 24, 2017

Duration: 6 Weeks

Frequency: 1x per week

Cost: Members \$89

Non-members: \$149

Download registration form, fill it out and go to Latitude to sign up: trxpubflyerapril-2017.pdf

Run Your Potential

For Runners, Triathletes or Anyone Looking to Improve Endurance & Performance

Open to All Levels,

Ages 14 and up

Wednesdays:

6:00 - 7:00 PM

Start Date: 5/3/2017

Duration: 8 Weeks

Location: Lobby

Members: \$128 Non-members: \$158

This program is for runners/triathletes wanting to:

- Improve strength and endurance through Hill Repeats and Boot Camp
- Improve Speed through: Strides, Track, Tempo & Fartleks
- Form analysis on specific days with Cam recording
- Improve flexibility with stretching Learn to maximize your workouts with Heart Rate Training

Training for Following Races:

These workouts are designed to be fun, challenging and inspiring.

Check April 8th for registration form at: <https://gearupforfitness.com/upcoming-clinics/>

Questions: Contact Pam Houck

Phone: 978.697.5627

Email at pahouck@gmail.com

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

For more races go to:

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

Running: <http://runningintheusa.com/>

Race Spotlights

3/5 Claddagh Pub 4-Mile Classic Road Race

SHERRI MARSHALL 35:17

3/26 Eastern States 20 Miler

Nicholas Thurlow 2:59:15

Priscilla Sanborn 3:22:55



3/26 Run To The Border Half Marathon

Eric Steeves 1:43:54

Marykate McDonough 3:03:31

4/1 April Fool's "Snow" 4 Mile Road Race

AMANDA BURNHAM 33:44

SANDRA GORDON 36:49

DONNA WRIGHT 37:15

LAURIE MANNING 42:47

DENISE BUCKNELL 43:16

ROSE WASHAK 47:21



Upcoming Local Races 2017

4/3 [St. Paddy's 5 mi.](#) Portsmouth NH

4/9 [Spring Fever 5K](#) Newburyport, MA

4/9 [Merrimack River Trail Race 10 Mile](#), Andover, MA

4/9 [Great Bay Half Marathon/Beyond Rainbow 5K](#), New Market, NH

4/15 [Tortoise and the Hare 10K](#), Salisbury, MA

4/23 [Portsmouth Half Marathon](#), Portsmouth, NH

4/30 [Earth Rock Half Marathon](#), Amesbury, MA

5/5 [Evelyn's Run for Roses 5K](#) Salisbury, MA

5/13 [ECTA's Spring for the Trails Half Marathon](#) Ipswich, MA

5/20 [Big Lake Half Marathon](#), Alton, NH

5/21 [Trav's Trail Race](#) Maudslay, Newburyport, MA

Start planning your 2017 Triathlon Race Season

6/3 [King Pine Duathlon & Triathlon](#), Madison, NH

6/3 [Rye-By-The-Sea Duathlon/5k](#), Rye, NH

7/8 [Dam Triathlon \(Sprint\)](#), Amesbury, MA

7/9 [Lowell Triathlon & Aquabike \(Sprint/Olympic\)](#), Lowell, MA

7/23 [Kingston Triathlon \(Sprint\)](#), Kingston, NH

7/30 [Boston Triathlon \(Sprint/Olympic\)](#), Boston, MA

8/13 [Mill City Triathlon \(Sprint/Olympic\)](#), Lowell, MA

9/9 [Pitch Pine Challenge](#), Tamworth, NH

9/9-10 [Punkinman Sprint & Half Ironman/Olympic](#), South Berwick, ME

9/16 [Lobsterman Triathlon](#), Freeport, ME

Motivational Quote:

"I want to get them to believe they can do it even when times are getting tough."

—Olympian Brenda Martinez, on why she holds a summer camp for teen runners every

"Running will teach you how to fall down over and over and over, then stand back up with a desire to succeed."

—Caroline Wolfe