

Gear Up For Fitness

Run Your
Potential Class

August Newsletter

Up Coming Clinics:

Run Your Potential

This program is for runners wanting to improve form, speed and build their endurance.

Class Structure:

- Improve endurance through running and speed workouts
- Improve strength and core with boot camp
- Improve flexibility with stretching
- Learn to maximize your workouts with Heart Rate Training

Workouts are outside.

Open to All Levels, Ages 14 and up

Wednesdays: 6:15 - 7:15 PM

Start Date: August 20, 2014

Pre-register by August 20, 2014

8 Weeks

Location: Latitude Lobby, Salisbury

Members: \$84 Non-members: \$104

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



Fall Half Marathons

Time to start thinking about doing a fall Half Marathons. 10 years ago a only a few of them existed. Today there is a huge surge in the number of races and number of participating runners. Here a few that are big and small:

9/14 All Women & 1 Lucky Guy Half, Newburyport, MA (1000 runners):

www.allwomenshalf.com/

10/5 Smuttynose Rockfest Half, Hampton, NH (Large race): www.hamptonrockfest.com/

*10/5 Half Marathon By-The-Sea, Manchester, MA (Small race) *Coach's Pick*: www.yukanrun.com/Half-Marathon-by-the-Sea.html

10/26 Green Strides Half/Relay, Newburyport, MA: greenstrideraces.com/event/newburyport-half-marathon-relay/

11/2 Stache Halfe Ipswich, MA (Small Race): <http://www.yukanrun.com/Stache-Halfe.html>

Quote of the Month

"Winning has nothing to do with racing. Most days don't have races anyway. Winning is about struggle and effort and optimism, and never, ever, ever giving up."
- Amby Burfoot

Race Spotlights

7/12 Dam Triathlon Amesbury, MA

Eric Steeves 1:16:38
Jason Milovanovic 1:19:00
Rick St. Onge 1:22:44
Pamela Ameen 1:30:29
Alan Thornton 1:30:59
Kate Newman 1:33:58
Michele Desoto 1:39:58
Mary Parson 1:47:17
Denise Bucknell 1:48:09
Rachael Ameen 1:52:27
Jill Francis 1:54:32

7/29 Yankee Homecoming 5K & 10 mile races, Newburyport, MA:

Team Leigh had over 20 runners from Latitude participating in the Yankee Homecoming 5K and 10 Mile races. We thank all for running and raising money to help Leigh fight Hodgkin's Lymphoma.



Upcoming Local Races 2014

8/10 Wild Fish Swim (.5, 1 or 2 mile), Salem, MA:

www.bnseventmanagement.com/events/WildFish.html

8/10 Kingston Sprint Triathlon, Kingston, NH: www.kingstontriathlon.com/

8/21 Saunders 10K, Rye Harbor, NH: www.saundersatryeharbor10k.com/Saundersatryeharbor10K.com/Welcome.html

9/7 Bob Laprel 4 Mile Road Race, Haverhill, MA: boblaprelroadrace.com/

9/13 Big Bad Wolf 5 Mile Trail Run, Ipswich, MA: www.vertraceseries.com/bigbadwolf/

9/20 Cassidy 5K, Salisbury, MA: runthecircle.org/wordpress/?page_id=2229

Questions: Contact Pam Houck
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For more races and race results go to:
<http://www.coolrunning.com/>
Triathlons: <http://www.trifind.com/>
North Shore Cyclists: <http://www.nscyc.org/>