

Gear Up For Fitness

Train to Run and do Triathlons at any age.

August Newsletter

Part of Gear Up Tri Team at Dam Triathlon

Up Coming Clinics for July:

RUNNING BOOT CAMP

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

Open to All Levels and Ages 14 and up

Mondays: 6:00 - 7:00 PM

Start Date: August 24, 2015

Pre-register by: August 24, 2015

Duration: 6 Weeks

Location: Latitude Lobby

Cost: Latitude Members \$96

Non-Member \$126

Training for Following Races:

9/27 Cassidy 5K, Salisbury, MA

10/4 Apple Harvest 5 mile/5K West

Newbury, MA

10/4 Smuttynose Rockfest Half Marathon, Hampton, NH



Gear Up for Tri Team

Training Still Happening at Lake Gardner, Amesbury, MA

Join us

Tuesdays 7 AM swim & run

Thursdays 6:30 PM swim & run

Saturday 8 am swim/bike/run

For more information go to:

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

Race Spotlights

7/11 Dam Triathlon

Eric Murphy 1:23:02

Beth MacDonald 1:25:51

Alan Thornton 1:28:38

Brenda Houde 1:29:38

John Nadeau 1:35:59

Joan Ross 1:37:17

Lauren Bonaccorso 1:37:45

Melanie Johnson 1:42:32

Michele DeSoto 1:42:34

Judy Keator 2:18:42

Eryn 2:33:59

7/28 Yankee Homecoming 5K

James Supple 24:20

Alan Thorton 26:34

Michele Desoto 32:39

Kim Richards 36:19

Diane Simmons 37:29

Kim Walker 37:56

Karen Horn 39:24

Holly Mandigo-Aly 48:02

Eryn Kenney 52:14

7/28 Yankee Homecoming 10 Miler

Nathan McDonald 1:31:22

Kimberly Sullivan 1:40:51

Kristin Bly 1:40:53

Monthly Motivational Quote:

“Experienced runners learn to respect the changing needs of their bodies. That’s the wisdom that comes with time, and—for good or bad—with age.” — Fred Lebow

“I’d finally turned around and was running toward life.” — Kate Elliot

Yankee Homecoming

Trail Races

8/29 SELT Trailfest 10 miler & 4 Mile Kingdton, NH

9/26 Mount A TrailFest 9 mile & 5K, York, ME

9/27 Convenient MD 10K on the Windham Rail Trail Windham, NH

10/25 Ghosts Train Trail 15 mile, Milford, NH

For more trail races go to Trail Animal Race Club: <http://trailanimals.com/tarc-trail-series/>

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](#)



Upcoming Local Races 2015

8/9 Lowell Wild Cat Triathlon (Sprint/Olympic), Lowell, MA

8/9 Seabrook Rail Trail “Run for the Trail”, Seabrook, NH

8/20 Saunders at Rye Harbor 10K, Rye NH

8/21 Joe’s Playland 80s 5K, Salisbury, MA

8/22 Wall’s Ford Fiesta 10K, Salisbury, MA

9/19 Cassidy’s 5K, Salisbury, MA

9/27 Half Marathon-by-the-Sea, Manchester, MA

9/27 Wilmington’s 11th Annual Half Marathon & 5K Run, Wilmington, NH

10/4 Apple Harvest 5 mile/5K West Newbury, MA

10/4 Smuttynose Rockfest Half Marathon, Hampton, NH

