



Gear Up For Fitness

Run and Triathlon at any age.

Gear Up Tri
Team at Dam
Finish

August Newsletter

Up Coming Clinics:

TRX Suspension Trainer Starts Week of August 22 2016

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

Fit Pro: Pam Houck
Mondays: 6:00 PM
Start Date: August 22, 2016
Duration: 6 Weeks
Frequency: 1x per week
Cost: Members \$89 Non-members: \$109

RUNNING BOOT CAMP

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: 8/17/2016
Duration: 6 Weeks
Location: Lobby
Cost: Latitude Members \$96
Non-Member \$126



This program includes:

- Strength with resistance training
- Core and Balance
- Running
- Plyometrics
- Stretching and Myo-facial Release
- Speed Workouts

We will be training for the
Harborside Half Marathon on 11/13

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

Information, registration form:

<http://gearupforfitness.com/upcoming-clinics/>

Motivational Quote:

"It's very hard in the beginning to understand that the whole idea is not to beat the other runners. Eventually you learn that the competition is against the little voice inside you that wants to quit."

— George Sheehan

"Play is where life lives."

— George Sheehan

Questions: Pam Houck

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Email at pahouck@gmail.com

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

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

Races Results

7/4 York 4 on the 4th
Rose Washak 43:41

7/9 Dam Triathlon
Eric Steeves 1:26:11
Brian Amero 1:33:58
Jim Dexter 1:33:51
Alan Thornton 1:35:08
Kathy Thomas 1:37:30
Brenda Houde 1:40:20
Joe Kowalzczyk 1:42:44
Michelle Parsons 1:43:47
Lauren Bonaccorso 1:46:33
Michele DeSoto 1:54:11
John Nadeau 1:56:58
Eryn Kenney 2:09:56
Holly Mandigo-Aly 2:15:17
Andrea Kaufmann 2:20:37



Upcoming Local Races 2016

8/2 Yankee Homecoming 5K & 10 mile races, Newburyport, MA:

8/7 Seabrook Rail Trail "Run for the Trail", Seabrook, NH

8/7 Triple Threat Half Marathon, 5K & 1 Mile Rockport, MA

8/18 Saunders at Rye Harbor 10K, Rye NH

9/25 Cassidy's 5K, Salisbury, MA

Half Marathons:

10/2 Smuttynose Rockfest Half Marathon in Hampton, NH

10/9 Trust Trail Fest 26.2M, 13.1M, 10K, 5K trail run in Kennebunkport, ME

10/23: Green Stride Newburyport Half Marathon & Relay in Newburyport, MA

11/13: Harborside Half Marathon in Newburyport, MA

11/13: Stache Half Marathon & 1-Mile in Ipswich, MA

Local Triathlon 2016 Races:

8/14 Kingston Triathlon (Sprint), Kingston, NH

8/20-8/21 Cranberry Trifest (Sprint/Olympic) Lakeville, MA

9/10-11 Pumpkinman Sprint & Half Ironman, South Berwick, ME: