

Gear Up For Fitness

Run and Triathlon at any age.

August Newsletter

Ladies at Dam Triathlon

Up Coming June Classes:

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

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

Fit Pro: Pam Houck

Mondays: 6:00 PM

Start Date: July 31, 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: [TRX-July-RegForm.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: 9/6/2017

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:

10/1 Smuttynose Rockfest Half Marathon Hampton, NH

10/2 Apple Harvest 5 mile/5K, West Newbury, MA

10/9 Bobby Bell 5 Miler, Haverhill, MA

10/22 Newburyport Half Marathon, Newburyport, MA

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

Download registration form, fill it out and go to Latitude to sign up: [RunYourPotentialSeptember.pdf](#)

Motivational Quote:

"Only those who will risk going too far can possibly find out how far they can go."
— T.S. Eliot

"My basic philosophy can be summed up by an expression we use in Norwegian: hurry slowly. Get there, but be patient."
— Grete Waitz

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

7/8 Dam Triathlon (Sprint):

Kevin Petersen 1:21:26

Anna Bates 1:24:06

Colleen Schiable 1:24:09

Brian Amero 1:20:19

Alan Thornton 1:31:00

Pam Freeman 1:32:45

Michelle Parsons 1:35:25

Susan Derrico 1:38:04

Kim Sullivan 1:39:51

Laurie Manning 1:41:12

Michele DeSoto 1:48:00

Priscilla Sanborn 1:48:47

Eryn Kenney 1:55:55

Irene Sullivan 2:06:00

Andrea Kaufmann 2:16:53



7/23 Kingston Triathlon (Sprint):

Anna Bates 1:25:33

Matthew Tracy 1:30:04

Thomas Tracy 1:32:15

Alan Thornton 1:33:21

Kathleen Thomas 1:38:48

Michele Desoto 1:50:24

Carolyn Roy-Bornstein 2:13:01



7/30 Boston Triathlon (Olympic):

Colleen Schiable 2:35:13

Jeff Bellavance 2:41:31

Olympic Relay:

Erin Kennet/Andrea Kaufmann/Laurie

Manning 3:07:37



Weekend Runs Start
Back Up in September



Upcoming Local Races 2017

8/1 [Yankee Homecoming 5K & 10 mile races](#), Newburyport, MA

8/6 [High Street Mile](#), Newburyport, MA

8/18 [Saunders at Rye Harbor 10K](#), Rye, NH

8/26 [Seacoast United's Crossbar Challenge Road Race](#), 5K, Amesbury, MA

8/31 [Atkinson Road Race](#) 5K, Atkinson, NH

9/17 [5th Annual Cassidy's Run for the Kids 5K](#), Salisbury, MA

Half Marathons:

10/1 [Smuttynose Rockfest Half Marathon](#) in Hampton, NH

10/9 [Trust Trail Fest](#) 26.2M, 13.1M, 10K, 5K trail run in Kennebunkport, ME

10/22: [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

Trail Races:

10/9 [Trust Trail Fest](#) 26.2M, 13.1M, 10K, 5K Trail, Kennebunkport, ME

2017 Triathlon Race Season

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