



January Newsletter

What are your goals for 2014?

Up Coming Clinics:



Triathlon Swim

Become more efficient with your stroke and improve race performances. Each class will focus on freestyle stroke through:

- Swim Drills
- Speed Workout
- Specific Cam recording days
- Workouts emailed weekly to practice.

Choose one:

Intermediate - Advanced:

Can Swim 1/2 mile non stop.

Tuesdays: 7:00-8:00 AM **6 spots left

or

Thursdays: 7:00 - 8:00 PM *3 spots left

Beginner:

Learn how to swim freestyle.

Tuesdays: 5:00-6:00 PM *2 spots left

Starts Week Of: January 6, 2014

Duration: 8 Weeks

Location: Latitude Sports Clubs Lap Pool

Members \$96 Non-members: \$116

*These classes fills up fast, Sign Up Early!

Race Spotlights

1/1/14 First Run 5k
TAMARA KISIELESKI 30:50
ROSE WASHAK 36:56

1/1/14 Hangover Classic 5K
JAMES SUPPLE 24:52
ALAN THORNTON 26:27
DEBORAH LANE 50:09
LUCY BLOOD 50:52

1/1/14 Hangover Classic 10K
MICHELLE PARSONS 48:01
JOSEPH KOWALCZYK 53:41
LAUREN BOWACCORSO 55:53

Upcoming Local Races 2014

2/2/2014 21st Frigid Fiver,
Newburyport, MA: <http://www.joppafatsrunningclub.com/>

2/8/2013: Bradford Valentine Road
Race 5M & 6K, Haverhill, MA:
<http://www.bsrs-timing.com/valentinerace/>

2/23/2013 Half at the Hamptons,
Hampton, NH:
<http://www.hamptonhalf.com/index.html>

2/24/2013 Wild Rover Series 3-4-5,
Haverhill, Lawrence, Lowell:
<http://www.runthewildrover.com/>

3/16 Run to the Beach 30K, North
Andover, MA: http://runthecircle.org/wordpress/?page_id=304

3/29 April Fools 4 Milers, Salisbury,
MA: http://runthecircle.org/wordpress/?page_id=403

3/30 Eastern States 20 Miler & Run
To The Border Half Marathon: <http://www.easternstates20mile.com/>

Latitude Sports Clubs

Presents

4th Annual Indoor Triathlon Series

Save these 3 Saturdays:

January 18, 2014

February 8, 2014

March 8, 2014

15	25	20
MINUTE	MINUTE	MINUTE
SWIM	BIKE	RUN

New this year, you pick your wave start.

8 Swimmers per wave

Race memento to first 60 registrations:

Wicking Tank Tops

Information & Registration Form:

<http://ness.files.wordpress.com/2012/11/2014indoortris1.pdf>

Last years results:

<http://gearupforfitness.com/2014-indoor-triathlons/>

On Going Class:



Endurance Factor Mondays 6:00-7:00 PM

Gain strength and boost cardio endurance with time workouts through:

- Cardio: Spin bike, running or walking
- Strength: Kinesis, Bosu, Kettlebell, or Dynamax ball

This is No Limits Private Group Training:
10 classes \$279

Try a class for Free!

Blog: Putting Your Cycling to Work

Your indoor cycling workouts should have structure. Know what you are going to do in that workout before you start. Check blog for more information: <http://gearupforfitness.com/2013/12/29/putting-your-cycling-to-work/>

Quote of the Month

"Motivation is what gets you started. Habit is what keeps you going." —Jim Ryun

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/>