



# Gear Up For Fitness

Run and Triathlon at any age.

What are your goals & races for 2015?

## January Newsletter

### Up Coming Clinics:

#### Triathlon Swim Clinic

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.



Can Swim Freestyle 1/2 mile non stop.

Choose one:

Tuesdays: 7:00-8:00 AM: **4 spots left**

Thursdays: 7:00 - 8:00 PM **Full**

\*Class size limit to 9 swimmers!

Starts Week Of: January 6, 2014

Duration: 8 Weeks

Location: Latitude Sports Clubs Lap Pool

Members \$128 Non-members: \$148

\*This clinic fills up fast, Sign Up Early!

Information, registration form:

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

#### TRX Suspension Trainer

Free Demo January 5

All Core, All The Time!

Total Body Workouts!

Great for Runners and Triathletes!

Fit Pro: Pam Houck

Mondays: 6:00 PM

Start Date: January 12, 2015

Duration: 6 Weeks

Frequency: 1x per week

Cost: Members \$89 Non-members: \$109

#### Recovery & Well-Being Program

Goal of the program:

Reduces Injuries - Increase Performance  
- Recover faster from workouts

##### Meditation

Monday

7:00-8:00 PM

January 12, 2015

##### Self-Myofascial Release & Stretching

Monday

7:00-8:00 PM

January 26, 2015

Cost for 1 class:

Member: \$24 Non-member: \$44

#### Latitude Sports Clubs

Presents

#### 5th Annual Indoor Triathlon Series



January 24, 2014

February 21, 2014

March 7, 2014



15

MINUTE

SWIM

25

MINUTE

BIKE

20

MINUTE

RUN

Information, registration form and 2014 results: <http://gearupforfitness.com/2015-indoor-triathlons/>

Questions: Contact Pam Houck

Phone: 978.697.5627

Email at [pahouck@gmail.com](mailto:pahouck@gmail.com)

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

For more races and race results go to:

<http://www.coolrunning.com/>

Triathlons: <http://www.trifind.com/>

#### Endurance Factor

Tuesdays 6:15-7:15 PM

Gain strength and boost cardio endurance with time workouts through:

**Cardio:** Spin bike, running Interval Training

**Strength:** Kinesis, TRX, Bosu, Kettlebell, or Dynamax ball

This is Private Group Training class:  
10 classes \$279

Try a class for Free!

Join Class Any Time!

#### Motivational Quote:

"See what you are about to do as a thing that has already been accomplished; it will in fact help you do it."

— Kevin Nelson

#### Race Spotlights

##### 12/6 Jingle Bell Half Marathon

BRENDA HOUDE 1:59:26

SANDRA GORDON 2:00:02

KYLE ASMUSSEN 2:04:08

GAIL CLARK 2:21:40

##### 12/14 WCRC Santa Toys Trot

**2 Mile:** GAIL CLARK 18:54

**4 mile:** ROSE WASHAK 38:39

##### 1/1/2015 34th Annual Hangover Classic 10k

KYLE ASMUSSEN 50:30

LIZABETH MACDONALD 50:31

ELIZABETH WALSH 54:30

ALAN THORNTON 55:47

GAIL L CLARK 1:02:09

SARAH FLYNN 1:11:47

##### 5k

MAUREEN KENNEDY 29:17

MICHELE DESOTO 31:43

DIANE SIMMONS 32:35

KIM RICHARDS 33:55

LISA LAFLEUR 33:56

THOMAS CYR 35:45

TAMARA KISIELESKI 44:36



#### Upcoming Local Races 2015

2/1 [Frigid Fiver](#), Newburyport, MA

2/14 [Bradford Valentine Road Race 5M & 6K](#), Haverhill, MA

2/22 [Half at the Hamptons](#), Hampton, NH

2/24 [Wild Rover Series 3-4-5](#), Haverhill, Lawrence, Lowell, MA

3/15 [Run to the Beach 30K](#), North Andover, MA

##### Spring Half Marathons:

3/29 [Eastern States 20 Miler](#) & Run To The Border Half Marathon

4/12 [Great Bay Half Marathon](#), New Market, NH

4/12 [Fool's Dual Half Marathon](#), Gloucester, MA

4/13 [Moose on the Loose Half Marathon](#), Nashua, NH

5/3 [Earth Rock Half Marathon](#), Andover, MA

5/9 [Shipyard Half Marathon](#), Biddiford, ME

5/17 [Wallis Sands Half Marathon](#), Rye, NH