



Gear Up For Fitness

Have a
great 2017
Race Year!

Run and Triathlon at any age.

January Newsletter

Up Coming January Classes:

Triathlon Swim Clinic

Each class will focus on freestyle stroke through:

Swim Drills:

- To become more Efficient
- To Improve Form

Speed Workout

- Improves Speed and Endurance

Specific Cam recording days to focus on your stroke

Homework emailed weekly to practice.

*This class is for Swimmers/Triathletes that can swim freestyle for 1/2 mile non stop, ages 14 and up.

Choose one:

Tuesdays: 6:00-7:00 AM or
Wednesdays: 7:00 - 8:00 AM

*Class size limit to 9 swimmers!

Starts Week Of: January 10, 2017

Duration: 8 Weeks

Location: Latitude Sports Clubs Lap Pool

Members \$128 Non-members: \$178

*This clinic fills up fast, Sign Up Early!

Download registration form, fill it out and go to Latitude to sign up: [trismwimclinic1-10-2017](#)

New Class Times

7th Annual Indoor Triathlon Series

3 Saturdays:
January 21, 2017
February 11, 2017
March 4, 2017

New for 2017 races:
Bike Mileage Included in Score

TRAINING HINTS ARE BEING POSTED ON THE BLOG WEEKLY



15 MINUTE SWIM

+ 25 MINUTE BIKE

+ 20 MINUTE RUN

Number of Lengths

+ Number of Miles

+ Number of Laps

If this sounds interesting to you, please enroll by filling out the registration form, fill it out, bring or mail to Latitude: [2017indoortrisbrochure](#)

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: 1/11/2017

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:

2/5 Frigid Fiver, Newburyport, MA

2/18, LOCO Palooza 5K, Salisbury, MA

3/5 Half at the Hamptons 13.1, Hampton, NH

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

Download registration form, fill it out and go to Latitude to sign up: [runyourpotential1-11-2017flyer](#)

New Pure Running Class

Race Spotlights

12/4 Jingle Bell Half Marathon:

SANDRA GORDON 2:04:26
SHERRI MARSHALL 2:16:48
ERYN KENNEY 3:34:10

12/11 WCRC Santa Toys Trot

2 Mile:
SHERRI MARSHALL 15:30
ANNE ROTHWELL 15:52
ROSE WASHAK 22:35
ERYN KENNEY 26:00

4 Mile

LAURA SEDDON 30:30
JIM O'LEARY 34:31
GAIL CLARK 42:17

6 Mile

HOLLY CAMPBELL 51:25

1/1/2017 36th Annual Hangover Classic 10k

HOLLY CAMPBELL 51:03
JIM O'LEARY 51:17
PAM FREEMAN 59:56
JIM BAILEY 1:00:01

5k

SHERRI MARSHALL 24:41
BLAKE LIEBERT 27:31
KAREN LIEBERT 27:32
ALAN THORNTON 27:55
SUSAN DUNKERLEY 30:33
AMY BRIDE 30:48
LAURIE MANNING 32:36
MICHELE DESOTO 32:59
ROSE WASHAK 34:04
JUDY KEATOR 38:05

Self-Myofascial Release Program

Why is Self-Myofascial Release & Stretching Important?

Helps:

- Lengthens Muscles
- Increase Flexibility
- Reduce Injuries
- Increase Performance
- Recover faster from workouts

Each class will focus on specific part of body. Using new techniques With Foam Roller and Balls

Starts January 26, 2017

Thursdays

7:00-7:30 PM

6 Weeks

Cost: Members \$89

Non-members \$149

Location: Studio 3

Class size limit to 6 participants!

Download registration form, fill it out and go to Latitude to sign up: [self-myofascialreleasejan2017](#)

TRX Suspension Trainer Starts Week of January 16, 2017

Free Demo
January 9th at 6 PM

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

Fit Pro: Pam Houck

Mondays: 6:00 PM

Start Date: January 16, 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: [trxpubflyerjan-2017](#)

Upcoming Local Races 2017

2/5 [Frigid Fiver](#), Newburyport, MA

2/5 [Super 5K](#), Lowell, MA

2/11 [Bradford Valentine Road Race 5M & 6K](#), Haverhill, MA

2/18 [Loco Palooza 5K](#), Salisbury, MA

2/26-3/12 [Wild Rover Series 3-4-5](#), Haverhill, Lawrence, Lowell, MA

3/2 [Half at the Hamptons](#), Hampton, NH

3/19 [Run to the Beach 30K](#), North Andover, MA

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

4/9 [Great Bay Half Marathon/Beyond Rainbow 5K](#), New Market, NH

4/30 [Earth Rock Half Marathon](#), Amesbury, MA

5/7 [Wallis Sands Half Marathon](#), Rye, NH

January Cycling Workout for Trainer

Warm-Up: 10 minutes flat road
2 x (Climb step hill 10 minutes 65-80 RPM/5 minute Flat road 85-100 RPM/2 minute easy 80-90 RPM)
Cool Down: 10 minutes flat road to 90 RPM

Motivational Quote:

"I try not to get too caught up in thinking about the task ahead. I just do what has to be done. I have the belief in myself that what I'm doing is right. Then I let the rest happen."

- Eamonn Coghlan

Questions: Contact Pam Houck
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Blog: <http://gearupforfitness.com/>

For more races go to:
Triathlons: <http://www.trifind.com/>
Running: <http://runningintheusa.com/>