



Gear Up For Fitness

July Newsletter



Up Coming Clinics:

Latitude

TRIATHLON TEAM TRAINING

The Triathlon Training program will include the following:

- Workouts will be emailed weekly, which will include heart rate zones each workout.
- Practice open water swimming for events.
- Nutrition Information

Tuesdays: Time: 7:00 AM

Lake Gardner Amesbury, MA

Open water swimming / Short run

Thursdays: Time: 6:30 PM

Location: Lake Gardner Amesbury, MA

Open water swimming / Short run

Saturdays: Time: 8 AM

Location: Lake Gardner Amesbury, MA.

Swim/Bike/Run

Focus: Building endurance with bricks and practice triathlons.

Class Dates: 7/21/2014—8/30/2014

6 weeks

Cost 1 Class Per Week:

Member \$84 Non-member \$104

For more information and registration go to: <http://gearupforfitness.com/upcoming-clinics/>

Join Team Leigh by running Yankee Homecoming 10 mile or 5K races. To support Leigh's mission to fight Hodgkin's Lymphoma by raising money. The pledge sheet is attached in the email.

Leigh has been personal training at Latitude for the last 4 year. She has help so many, now it is time to help her.

Quote of the Month

"Ability is what you are capable of doing. Motivation determines what you do. Attitude determines how well you do it ." - Lou Holtz

Questions: Contact Pam Houck
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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/>
North Shore Cyclists: <http://www.nscyc.org/>

Race Spotlights



6/14: Flag Day 5K:

TODD ELMORE 20:02

JAMES SUPPLE 23:51

LAUREN BONACCORSO 26:43

BETHANY NOSEWORTHY 28:10

GAIL CLARK 32:25

KIM RICHARDS 33:27

PATRICIA CHINES 37:57

6/27 35th Pat Polletta 2 Mile Rail-Trail Race:

ALAN SOUCY 13:47

SANDRA GORDON 15:25

PATRICIA LAVOIE 15:45

JESSICA SOUCY 15:53

LAUREN BONACCORSO 17:15

ROSE WASHAK 19:33

6/29 The Nate Bibaud 5K:

James Supple 25:29

KYLE ASMUSSEN 27:36

Lauren Bonaccorso 28:44

Kelly Greaney 30:42



Upcoming Local Races 2014

7/12 Kensington Town Festival 5K

Run/Walk, Kensington, NH: <http://www.active.com/kensington-nh/running/distance-running-races/kensington-town-festival-5k-2014>

7/12 Dam Triathlon Amesbury, MA (Sprint)

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

7/20 Lowell Mill City Triathlon (Sprint/International), Lowell, MA: <http://www.doubleracing.com>

7/29 Yankee Homecoming 5K & 10 mile races, Newburyport, MA:

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

8/3 Wild Cat Sprint & Lowell YMCA Olympic Triathlons, Lowell, MA:

Lowell, MA: <https://sites.google.com/a/firm-racing.com/home/firm-events>

8/10 Wild Fish Swim (.5, 1 or 2 mile), Salem, MA: <http://www.bnseventmanagement.com/events/WildFish.html>

www.bnseventmanagement.com/events/WildFish.html

8/10 Kingston Sprint Triathlon, Kingston, NH: <http://www.kingstontriathlon.com/>

www.kingstontriathlon.com/

8/21 Saunders 10K, Rye Harbor, NH: <http://www.saundersatryeharbor10k.com/>

www.saundersatryeharbor10k.com/
[Saundersatryeharbor10K.com/Welcome.html](http://www.saundersatryeharbor10k.com/Welcome.html)