

Gear Up For Fitness

Train to Run and do Triathlons at any age.

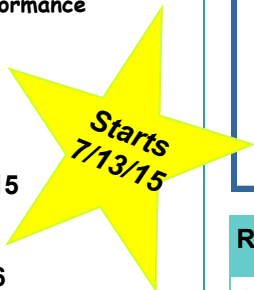
July Newsletter

Up Coming Clinics for July:

RUNNING BOOT CAMP

For Runners, Triathletes or Anyone Looking to Improve Endurance & Performance

Open to All Levels and Ages 14 and up
Mondays: 6:00 - 7:00 PM
Start Date: July 13, 2015
Pre-register by: July 13, 2015
Duration: 6 Weeks
Location: Latitude Lobby
Cost: Latitude Members \$96



Training for 5K and 10K

8/20 Saunders at Rye Harbor 10K, Rye NH
8/21 Joe's Playland 80s 5K, Salisbury, MA
8/22 Wall's Ford Fiesta 10K, Salisbury, MA

These workouts are designed to be fun, challenging and inspiring.
Meet Rain or Sunshine

Eryn and John conquer the mile swim.



Monthly Motivational Quote:

"I can only run a 10-minute mile, but I don't care about that. I like to run first thing in the morning because it makes me feel really good and gives me more energy for the rest of the day." — Kathy Doukas

"I'm not as fast or flexible as I once was, but running keeps me young." — Nicole DeBoom

Trail Races

7/11 Greenbelt's Pingree "Run for the Hills" 5K & 10K Trail Run South Hamilton, MA

8/29 SELT Trailfest 10 miler & 4 Mile Kingdton, NH

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

For more races and race results go to:
<http://www.coolrunning.com/>
Triathlons: <http://www.trifind.com/>

Facebook: [Gear Up For Tri Team](#)



Gear Up for Tri Team

Training Still Happening at Lake Gardner, Amesbury, MA

Join us
Tuesdays 7 AM swim & run
Thursdays 6:30 PM swim & run
Saturday 8 am swim/bike/run

For more information go to:
<http://gearupforfitness.com/gear-up-triathlon-team/>

Race Spotlights

6/5 35th Pat Polletta 2 Mile Rail-Trail Race

ROSE WASHAK 21:17
HOLLY MANDIGO-ALY 29:59
ERYN KENNEY 31:31

6/6 Rye-by-Sea Duathlon

Stephanie Cook 1:48:00
Joan Ross 2:05:18

6/13 Flag Day 5K

JAMES SUPPLE 23:18
JOHN NADEAU 30:19
KATRINA PAPOULIAS 30:45
KIM WALKER 39:06
KAREN HORN 39:07
HOLLY MANDIGO-ALY 49:29
ERYN KENNEY 56:41

6/13 Ipswich Rotary 5K Trail,

Holly Mandigo-Aly 48:54

Upcoming Local Races 2015

7/11 Dam Triathlon Amesbury, MA (Sprint)

7/11 Kensington Town Festival 5K Run/Walk, Kensington, NH:

7/18 Stratham Fair 5.7 Mile Road Race & Relay Race, Stratham, NH

7/19 Lowell Mill City Triathlon (Sprint/International), Lowell, MA

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

8/1 Kingston Triathlon (Sprint), Kingston, NH:

8/2 Triple Threat Half Marathon, 5K & 1 Mile Rockport, MA

8/9 Lowell Wild Cat Triathlon (Sprint/Olympic), Lowell, MA

8/9 Seabrook Rail Trail "Run for the Trail", Seabrook, NH