



# Gear Up For Fitness

Run and Triathlon at any age.

## July Newsletter

Happy July 4th!

### Up Coming Clinics:

#### TRX Suspension Trainer Starts Week of July 4, 2016

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

**Fit Pro:** Pam Houck  
**Mondays:** 6:00 PM  
**Start Date:** Week of July 11, 2016  
**Duration:** 6 Weeks  
**Frequency:** 1x per week  
**Cost:** Members \$89 Non-members: \$109  
**\*Note:** Monday's class start is delayed a week because of the 4th holiday.

## RUNNING BOOT CAMP

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: 7/6/2016  
Duration: 6 Weeks  
Location: Kinesis  
Cost: Latitude Members \$96  
Non-Member \$126



#### This program includes:

- Strength with resistance training
  - Core and Balance
  - Running
  - Plyometrics
  - Stretching and Myo-facial Release
  - Speed Workouts
- Spring is here & running outside

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

Information, registration form:  
<http://gearupforfitness.com/upcoming-clinics/>



After Dam practice, they are ready to beat their times from last year.

### Motivational Quote:

"Just as you write down other important appointments, you need to literally pencil in time for your run. The process itself is empowering. In the few seconds it takes to scribble "run" into a time slot, you make running a part of your life. "  
— Jeff Galloway

"Satisfaction lies in the effort, not in the attainment. Full effort is full victory. "  
— Mahatma Gandhi

### Local Triathlon 2016 Races:

- 7/9 **Dam Triathlon** (Sprint), Amesbury, MA
- 7/10 **Lowell Triathlon & Aquabike** (Sprint/Olympic), Lowell, MA
- 8/14 **Kingston Triathlon** (Sprint), Kingston, NH
- 8/20-8/21 **Cranberry Trifest** (Sprint/Olympic) Lakeville, MA
- 9/10-11 **Punkinman Sprint & Half Ironman**, South Berwick, ME:

Questions: Pam Houck  
Phone: 978.697.5627  
Email at [pahouck@gmail.com](mailto:pahouck@gmail.com)  
Blog: <http://gearupforfitness.com/>  
Facebook: [Gear Up For Tri Team](#)

### Gear Up for Tri Team

Training is happening at Lake Gardner, Amesbury, MA  
We are swimming Lake Gardner

#### Class Schedule

**Tuesdays: Time 7 AM**  
Swim follow by a run speed workout

**Thursdays: Time 6:30 PM**  
Speed workouts with bike or/and run

**Saturdays: - Time 8 AM**  
Swim, bike and/or run  
**Focus: Building endurance with bricks and practice triathlons/transitions.**

#### Join the team, More details at:

<http://gearupforfitness.com/gear-up-triathlon-team/>

Fill out attach registration form & bring to class with payment



**Lifeguards at Lake Gardner** are on duty between 9 AM to 6 PM. No swimming beyond ropes during those hours. This year there are lifeguards.



**Cycling hint:** I see many cyclists pedal on the down hill, which you shouldn't do. During the downhill, get in an aero-dynamic position and enjoy the reward from climbing. Next hill won't feel so bad.

### Races Results

**6/3 35th Pat Polletta 2 Mile Rail-Trail Race:**  
NATHAN MCDONALD 14:10  
BLAKE LIEBERT 18:39

**6/4: Rye-by-Sea Duathlon**  
Pam Freeman 1:50:44  
Holly Mandigoaly 2:42:49  
Eryn Kenney 2:48:58

**6/5: What Moves You 5K**  
Eryn Kenney 40:13  
Holly Mandigoaly 41:09

**6/11: Flag Day 5K**  
Laura Seddon 24:25  
Holly Campbell 24:38  
Rose Washak 33:44  
Holly Mandigo-Aly 41:15  
Eryn Kenney 41:17  
Steve Beaudoin 51:43



**6/18 Patriot Half Ironman**  
Mark Saccoccio 5:40:49  
Beth Macdonald 5:59:21  
Kathy Thomas 6:47:55

**6/26 Smuttynose Will Run for Beer 5K**  
LIZABETH MACDONALD 24:11  
Holly Mandigoaly 43:52  
Eryn Kenney 46:24

### Upcoming Local Races 2016

- 7/9 **Kensington Town Festival 5K Run/Walk**, Kensington, NH:
- 7/16-17 **Runners World Classic** (13.1, 10K & 5K)
- 7/23 **Stratham Fair 5.7 Mile Road Race & Relay Race**, Stratham, NH
- 8/2 **Yankee Homecoming 5K & 10 mile races**, Newburyport, MA:
- 8/7 **Seabrook Rail Trail "Run for the Trail"**, Seabrook, NH
- 8/7 **Triple Threat Half Marathon, 5K & 1 Mile** Rockport, MA