



Gear Up For Fitness

Swim training in Lake Gardner for Dam Triathlon

Run and Triathlon at any age.

July Newsletter

Up Coming June Classes:

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: 6/28/2017
Duration: 8 Weeks
Location: Lobby
Members: \$128 Non-members: \$158

Starting
June 28

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:

7/22 Stratham Fair 5.7 Mile Road Race & Relay Race, Stratham, NH
8/1 Yankee Homecoming 5K & 10 mile races, Newburyport, MA
8/18 Saunders at Rye Harbor 10K, Rye NH

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

Download registration form, fill it out and go to Latitude to sign up: [runyourpotential6-28-2017.pdf](#)



2017 Triathlon Race Season

7/8 [Dam Triathlon](#) (Sprint), Amesbury, MA

7/9 [Lowell Triathlon & Aquabike](#) (Sprint/Olympic), Lowell, MA

7/23 [Kingston Triathlon](#) (Sprint), Kingston, NH

7/30 [Boston Triathlon](#) (Sprint/Olympic), Boston, MA

8/13 [Mill City Triathlon](#) (Sprint/Olympic), Lowell, MA

9/9 [Pitch Pine Challenge](#), Tamworth, NH

9/9-10 [Punkinman](#) Sprint /Half Ironman/Olympic, South Berwick, ME

9/16 [Lobsterman Triathlon](#), Freeport, ME

Motivational Quote:

"Running can be a way to self-fulfilment. It has a purity, a power, a way of clearing the mind that few other activities possess."
—Adharanand Finn,
author of *Way of the Runner*

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/>

Race Spotlights

6/3 King Pine Sprint Triathlon:

Anna Bates 1:21:00
Jim Dexter 1:24:34
Brian Amero 1:37:44

6/10: Market Square 10K

Anne Lynch 59:19
Gail Clark 1:07:03

6/10 Landshark Swim

1 Mile
Kelly Colleen Schaible 33:49
Eric Steeves 39:52
Rick Strong 40:33
Andrea Kaufmann 1:13:25



2 Mile (Became 3 Miles)

Lauretta Bailin 1:05:11
Mark Saccoccio 1:10:31
Eryn Kenney 1:21:25

6/10: Flag Day 5K

LAURETTA BAILIN 23:43
LAURA SEDDON 23:44
MICHELLE ZOELLER 24:28
AMANDA BURNHAM 25:30
STEPHANIE SUPRIN 25:57
PATRICIA LAVOIE 25:58
HOLLY SULLIVAN 28:30
JEAN HERRICK 28:46
JOAN ROSS 29:58
LAUREN BONACCORSO 30:10
SHERRI MARSHALL 37:04
ERYN KENNEY 44:31
ANDREA KAUFMANN 45:56

6/11: What Moves You 5K

ROSE WASHAK 38:25

6/18 Seacoast Running Festival 5K

JULIE STEEVES 41:18
KIM RICHARDS 41:20

10K

LAUREN BONACCORSO 59:01
LORI HARASKE 1:11:33

Half Marathon

KEVIN PETERSEN 1:42:21
STEPHANIE SUPRIN 2:04:34
SANDRA GORDON 2:10:24

6/17 Patriot Half Ironman

Mark Saccoccio 5:37:25
Rick St.Onge 5:41:53
Beth Macdonald 5:43:26
Jeff Bellavance 6:11:32
Judy Keaton 7:10:37
Kathy Thomas 7:11:58



Aquabike

Tamara Kisielecki 4:28:03
Eryn Kenney 4:56:34

6/25 Smuttynose Will Run for Beer 5K

SANDRA GORDON 27:30
HOLLY SULLIVAN 29:37
LAURIE MANNING 30:43
DENISE BUCKNELL 33:42

Upcoming Local Races 2017

7/9 [Kensington Town Festival 5K](#) Run/Walk, Kensington, NH

7/22 [Stratham Fair 5.7 Mile Road Race & Relay Race](#), Stratham, NH

7/22-7/23 [DMSE Sports Classic](#) (13.1, 10K & 5K), Andover, MA

8/1 [Yankee Homecoming 5K & 10](#) mile races, Newburyport, MA

8/6 [High Street Mile](#), Newburyport, MA

8/18 [Saunders at Rye Harbor 10K](#), Rye, NH

8/26 [Seacoast United's Crossbar Challenge Road Race](#), 5K, Amesbury, MA