

# Gear Up For Fitness



Keith with Coach Pam before biking from Olympia, Wash-

## June Newsletter

### Up Coming Clinics:

#### Run Your Potential

This program is for runners wanting to improve form, speed and build their endurance.

#### Class Structure:

- Improve endurance through running and speed workouts
- Improve strength and core with boot camp
- Improve flexibility with stretching
- Learn to maximize your workouts with Heart Rate Training

Workouts are outside.

Open to All Levels, Ages 14 and up

Wednesdays: 6:15 - 7:15 PM

Start Date: June 25, 2014

Pre-register by June 24, 2014

8 Weeks

Location: Latitude Lobby, Salisbury

Members: \$112 Non-members: \$132



### Race Spotlights

#### 5/17 Evelyn's Run for the Roses 5K:

Sandra Gordon 24:37

Stephanie Lee 24:45

Alan Soucy 24:48

Patricia Lavoie 25:37

Kimberly Sullivan 27:28

Rose Washak 30:28

#### 5/18 Trav's Trail 3 mile Maudslay:

MAUREEN FARREN 31:38

#### 5/24 & 5/25: Pineland Trail Race 25K:

Subramani Venkatesh 1:49:21

50K

Michelle Roy 4:48:31

Nick Thurlow 6:03:21

Mike Fiene 6:29:53

#### 5/25 Baldi River Run 5 Mile:

PATRICIA LAVOIE 41:24

HOLLY SULLIVAN 45:31

#### 5/25 KeyBank Vermont Marathon

Brenda Houde 4:17:45

#### 5/25 Runner's Alley/Redhook 5k

Eric Steeves 20:39

Denise Bucknell 30:01

Holly Campbell 30:33

Julie Malone 37:07



#### 6/8: Margaritas 5K:

Beth MacDonald 24:59

THOMAS CYR 30:11

### 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/>

### Quote of the Month

“Motivation is what gets you started. Habit is what keeps you going.” - Jim Ryun

Questions: Contact Pam Houck

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Email at [pahouck@gmail.com](mailto: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/>

### Upcoming Local Races 2014

6/14: Flag Day 5K, Newburyport, MA:

<http://www.derekhinesfund.org/events>

6/21 Ipswich Rotary 5/10K Trail

Ramble, Ipswich, MA:

<http://www.coolrunning.com/eventcal/event/ipswich-rotary-510k-trail-ramble/>

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

[http://runthecircle.org/wordpress/?page\\_id=439](http://runthecircle.org/wordpress/?page_id=439)

6/29 The Nate Bibaud 5K,

Newburyport, MA: [http://](http://www.joppaflatsrunningclub.com/)

[www.joppaflatsrunningclub.com/](http://www.joppaflatsrunningclub.com/)

7/12 Kensington Town Festival 5K

Run/Walk, Kensington, NH: [http://](http://www.active.com/kensington-nh/running/distance-running-races/kensington-town-festival-5k-2014)

[www.active.com/kensington-nh/running/distance-running-races/kensington-town-festival-5k-2014](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): [http://](http://www.doubleracing.com)

[www.doubleracing.com](http://www.doubleracing.com)

7/30/2013 Yankee Homecoming 5K & 10 mile races, Newburyport, MA:

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

Check Keith's bike stories on: <https://www.facebook.com/pedalingforapurpose>