

WHEELER TENT SALE

DON'T MISS THIS SALE!! BIGGER TENT, MORE PRODUCTS!

Our Biggest Savings Event in Over 30 Years!

SAVE 40% TO 80%!

3 DAYS ONLY!

FRI • SAT • SUN June 3rd - June 5th

Specials: \$15 up to \$100 off, \$19 up to \$150 off, \$29 up to \$199 off, \$49 up to \$299 off, \$59 up to \$399 off, \$69 up to \$499 off

Thousands of Shoes Must Go! REGULARLY \$60 TO \$120... NOW ONLY

Running • X-Training • Fitness • Walking • Sandals • Baseball • Basketball
Soccer • Football • Tennis • Wrestling • Track Spikes • Waffles • Hiking

Gear Up For Fitness

Whirlaway Tent Sale
June 3-5. Great
Running Shoes Buys!

Run and Triathlon at any age.

June Newsletter

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

Up Coming Clinics:



This program is for participants who are looking to start running, get into shape, or lose weight. The beginner will go from a run/walk progress to running 3.1 miles (5K) on local roads and trails.

Classes will be incorporating Chi Running form for efficiency, easier and enjoyable.

Open to All Ages
Wednesdays: 7:00—8:00 PM
Start Date: June 22, 2016
Pre-register by June 22, 2016
Duration: 6 Weeks
Location: Latitude Lobby, Salisbury, MA
Members \$96 Non-members: \$126

Training for following Races:
8/2 Yankee Homecoming 5k, Newburyport, MA
8/9 Run for the Trail 5K, Seabrook, NH

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

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



Motivational Quote:

“We run and we feel better, more optimistic and grateful for our bodies, for our lives, our people, our health, and our work. It’s so important we remind each other and teach our girls the beauty of our bodies is in what our bodies can do, not what they look like doing it.”
— Kristin Armstrong

Local Triathlon 2016 Races:

- 6/26 Mill City Triathlon (Sprint/International), Lowell, MA
- 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
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Blog: <http://gearupforfitness.com/>

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

Races Results

5/15 Wallis Sands Half Marathon
Mark Saccoccio 1:41:48
Blake Liebert 1:57:26

Newburyport River Run Half Marathon
Eric Steeves 1:51:26
Jody Sullivan 2:39:43

5K
Chris Cassino 34:42
John Nadeau 35:30
Andrea Kaufmann 39:14

5/21 Kingpine Sprint Triathlon:
Jim Dexter 1:25:21
Kathi Durning 1:26:56
Brian Amero 1:37:25
Judy Keator 1:46:53

Sprint Aquabike
Tamara Kisielecki 1:05:29
Tim Kisielecki 1:12:24

Olympic Triathlon
Lizabeth MacDonald 3:20:02

5/22 Trav's Trail Race
Chris Cassino 34:22

5/24 Baldi 5 Mile River Run
DENISE BUCKNELL 50:45
HOLLY ALY 1:07:53

Upcoming Local Races 2016

6/3 35th Pat Polletta 2 Mile Rail-Trail Race, Salisbury, MA:

6/4: Rye-by-Sea Duathlon & 5K, Greenland, NH

6/5: What Moves You 5K, Exeter, NH

6/11: Flag Day 5K, Newburyport, MA

6/13 Ipswich Rotary 5/10K Trail, Ipswich, MA:

6/21 Smuttnose Will Run for Beer 5K, Hampton, NH

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

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

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