



Gear Up For Fitness

Run and Triathlon at any age.

Travs Trail Race

June Newsletter

Up Coming June Classes:

TRX Suspension Trainer Check out why TRX Is Great Strength/Core Workout

TRX Free Demo
Monday June 5th—6 PM

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

Fit Pro: Pam Houck
Mondays: 6:00 PM
Start Date: June 12, 2017
Duration: 6 Weeks
Frequency: 1x per week
Cost: Members \$89
Non-members: \$149

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

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](#)

Race Spotlights

5/5 Evelyn's Run for Roses 5K
SHERRI MARSHALL 26:55
HOLLY SULLIVAN 28:25
LAURIE MANNING 31:18
DENISE BUCKNELL 31:43



5/7 Wallis Sands Half Marathon
Mark Saccoccio 1:51:30
Beth MacDonald 1:54:23
Kathy Durning 2:01:35
Tamara Kisielecki 3:11:35

5/7 Newburyport River Run Half Marathon
ERIC STEEVES 1:48:17
LAUREN BONACCORSO 2:19:14
MATT BURRILL 2:21:24
ANNE ARMSTRONG 2:26:46
5K
SEAN WHALEN 25:22
ERYN KENNEY 40:17
ANDREA KAUFMANN 40:18

5/7 Exeter Day Trail Race 5K
MATTHEW TRACY 24:53
THOMAS TRACY 25:49

5/20 Big Lake Half Marathon
SHERRI MARSHALL 2:13:12

5/21 Trav's Trail Race
Amanda Burnham 26:52
Lori Haraske 32:06
Carolyn Roy-Bornste 39:09
Jean Kennedy 51:03



**Latitude Sports Clubs in
Salisbury
Pool Room Closed
Thursday June 1st at 7 PM
To Monday June 5th at 5 AM**

Upcoming Local Races 2017

6/4: [Rye-by-Sea Duathlon & 5K](#), Greenland, NH

6/10: [Market Square 10K](#), Portsmouth, NH

6/10 [Landshark Swim 1/2, 1 & 2 Mile Swim](#), Amesbury, MA

6/10: [Flag Day 5K](#), Newburyport, MA

6/11: [What Moves You 5K](#), Exeter, NH

6/18 [Seacoast Running Festival 5K, 10K, Half Marathon](#) Salisbury, MA

6/25 [Smuttynose Will Run for Beer 5K](#), Hampton, NH

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



2017 Triathlon Race Season

6/3 [King Pine Duathlon & Triathlon](#), Madison, NH

6/3 [Rye-By-The-Sea Duathlon/5k](#), Rye, NH

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

WHIRLAWAY SPORTS

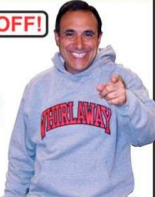
3 DAYS ONLY!
FRI • SAT • SUN
JUNE 2,3,4

TENT SALE

Athletic Footwear & Apparel!

40%-80% OFF!

Thousands of
Shoes Must Go!
Regularly \$50 TO \$140...
NOW ONLY...



\$19 \$29 \$39 \$49 \$59 \$69 AND UP

RUNNING • WALKING • SOCCER • BASEBALL • BASKETBALL • APPAREL • SANDALS • BAGS

WOW! Apparel Up to 80% OFF! OUR BIGGEST SAVINGS EVENT IN 30 YEARS!

FREE! Pair of Socks or Water Bottle With any purchase Over \$35

CASH DISCOUNT COUPON Pay cash and get \$10 OFF Any purchase over \$100 \$15 OFF Any purchase over \$200

500 Merrimac Street, Methuen, MA 01844 978-688-8356 X3 MON-SAT 10-8 SUN 10-6
www.whirlawaysports.com info@whirlawaysports.com

Motivational Quote:

"Surround yourself with people who believe in you."

— Long-distance running couple Genevieve LaCaze and Ryan Gregson

Questions: Contact Pam Houck
Phone: 978.697.5627
Email at pahouck@gmail.com
Blog: <http://gearupforfitness.com/>

For more races go to:
Triathlons: <http://www.trifind.com/>
Running: <http://runningintheusa.com/>