



Gear Up For Fitness

Volunteers
for Indoor
Triathlons

Run and Triathlon at any age.

March Newsletter

Up Coming Clinics:

TRX Suspension Trainer

Starts Week of March 28, 2016

TRX Demos

Monday 6 pm 3/21

Wednesday 5 pm 3/23

Interested:

email Pam pahouck@gmail.com

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



Fit Pro: Pam Houck

Mondays: 6:00 PM

Or

Wednesdays: 5:00 PM

Start Date: Week of March 28, 2016

Duration: 6 Weeks

Frequency: 1x per week

Cost: Members \$89 Non-members: \$109



Boston University's Fit Rec Center
Boston, MA
Saturday, March 19, 2016

Keynote Speaker:

Mike Reilly

"The Voice of IRONMAN"

Information packed seminars, clinics
and workshops, competitive events,
a vendor expo.

For more information go to:

<http://tri-mania.com/boston/overview/>

Gear Up for Tri Team

Training Starts:

Thursday April 14th 6:30 PM
at Lake Gardner, Amesbury, MA
Brick workout: Bike & Run

Do to warm winter we will start
swimming Lake Gardner
beginning of May

Join the team, More details at:

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

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: 4/6/2016

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
- Specific Cam recording days to focus on your running form.

Spring is here & longer daylight,
we will be running outside

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

Race Spotlights

2/7 Frigid Fiver

James Supple 40:36
Jackie Gallagher 40:39
Alan Thorton 43:19
Geri Dowling 50:43
Scott Williams 51:25
Eryn Kenney 1:16:53



2/13 Bradford Valentine Road Race 6K

Rose Washak 41:13
Eryn Kenney 52:36

2/20 Smuttynose Palooza 5K

ROBIN MOREHOUSE 29:50
ROSE WASHAK 34:00

2/28 Frozen Shamrock 3 mile

AMY BRIDE 29:44
ROSE WASHAK 31:41
GREG WASHAK 41:43
HOLLY MANDIGO-ALY 43:10

Upcoming Local Races 2016

3/13 [Hynes 5 Miler](#) Lowell, MA

3/20 [Run to the Beach 30K](#), North
Andover to Salisbury, MA *It is free

3/28 [April Fool's 4 Mile Road Race](#),
Salisbury, MA

3/29 [Eastern States 20 Miler](#) & Run To
The Border Half Marathon

4/3 [St. Paddy's 5 mi.](#) Portsmouth NH

4/3 [Fool's Dual Half Marathon](#),
Gloucester, MA

4/10 [Great Bay Half Marathon](#)/Beyond
the Rainbow 5K, New Market, NH

4/17 [Moose on the Loose Half
Marathon](#), Nashua, NH

4/24 [North Shore 10 Miler](#), Ipswich, MA

5/1 [Earth Rock Half Marathon](#),
Andover, MA

5/15 [Wallis Sands Half Marathon](#), Rye,
NH

Motivational Quote:

"When people ask me why I run, I tell
them, there's not really a reason, it's just
the adrenaline when you start, and the
feeling when you cross that finish line."
– Courtney Parsons

Questions: Pam Houck

Phone: 978.697.5627

Email at pahouck@gmail.com

Blog: <http://gearupforfitness.com/>

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

Recovery & Well-Being Program Self-Myofascial Release & Stretching

By learning new proper technique:
Reduces Injuries - Increase Performance
- Recover faster from workouts

Thursday
6:30-7:30 PM
March 24, 2016

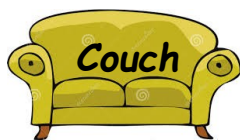
Or

Saturday
10:15-11:15 AM
March 26, 2016

Cost for 1 class:

Member: \$24 Non-member: \$44

*Class size limit to 8 participants!



Couch To 5K Hero

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

Open to All Ages

Wednesdays: 7:00—8:00 PM

Start Date: April 13, 2015

Duration: 6 Weeks

Location: Latitude Lobby, Salisbury, MA

Members \$96 Non-members: \$126

Training for these Races:

5/15 Run For Roses 5K, Salisbury, MA

5/22 Trav's Trail Run Newburyport, MA

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fun, challenging and inspiring.
Meet Rain or Sunshine

Information, registration form:

<http://gearupforfitness.com/upcoming-clinics/>