

### Latitude Sports Clubs

#### Presents

### 4th Annual Indoor Triathlon Series

Last Race of Series:

**March 8, 2014**

1st Wave Starts at 10:10 am



**15**  
MINUTE  
SWIM



**25**  
MINUTE  
BIKE



**20**  
MINUTE  
RUN

8 Swimmers per wave

Information & Registration Form:

[http://  
gearupforfit-  
ness.files.wordpress.com/2012/11/2014indoortris1.pdf](http://gearupforfitness.files.wordpress.com/2012/11/2014indoortris1.pdf)

### Race Spotlights

#### 2/23 Hampton Half Marathon

ELIZABETH MACDONALD 1:50:36  
JOSEPH KOWALCZYK 2:09:47  
LAUREN BONACCORSO 2:09:47  
JUDY KEATOR 3:01:02

#### 2/23 Gasparilla Distance Half Marathon

Kathy Thomas 2:25:58

#### 2/23 Cowtown Half Marathon

Kim Richards 2:33:41

#### 2/23 Frozen Shamrock 3 Mile

Holly Sullivan 27:30  
Rose Washak 34:22

### March Cycling Workout for Trainer

Warm-Up: 10 minutes flat road  
Climb hill 5 minutes/Recover 3 minutes  
Climb hill 6 minutes/Recover 3 minutes  
Climb hill 7 minutes/Recover 3 minutes  
Climb hill 8 minutes/Recover 3 minutes  
Climb hill 9 minutes  
Cool Down: 10 minutes flat road  
\*Recover should be a flat road

### Up Coming Clinics:

#### Triathlon Swim

Become more efficient with your stroke and improve race performances. Each class will focus on freestyle stroke through:

- Swim Drills
- Speed Workout
- Specific Cam recording days
- Workouts emailed weekly to practice.

Choose one:

**Intermediate - Advanced:**

Can Swim 1/2 mile non stop.

Tuesdays: 7:00-8:00 AM \*\*2 spots left  
or

Thursdays: 7:00 - 8:00 PM \*4 spots left

**Beginner:**

Learn how to swim freestyle.

Tuesdays: 5:00-6:00 PM \*2 spots left

Starts Week Of: March 4, 2014

Duration: 8 Weeks

Location: Latitude Sports Clubs Lap Pool

Members \$96 Non-members: \$116

\*These classes fills up fast, Sign Up Early!

#### TRX Suspension Trainer

All Core, All The Time!

Total Body Workouts!

Great for Runners and Triathletes!

Fit Pro: Pam Houck

Tuesdays: 6:00 PM

Start Date: March 25, 2014

Duration: 6 Weeks

Frequency: 1x per week

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

### Quote of the Month

“A course never quite looks the same way twice. The combinations of weather, season, light, feelings and thoughts that you find there are ever-changing.”

—Joe Henderson

### Upcoming Local Races 2014

#### 3/16 Run to the Beach 30K, North

Andover, MA: [http://runthecircle.org/  
wordpress/?page\\_id=304](http://runthecircle.org/wordpress/?page_id=304)

\*\*Excellent training for a marathon & it is free.

#### 3/29 April Fools 4 Milers, Salisbury,

MA: [http://runthecircle.org/wordpress/?  
page\\_id=403](http://runthecircle.org/wordpress/?page_id=403)

#### 3/30 Eastern States 20 Miler & Run

To The Border Half Marathon: [http://  
www.easternstates20mile.com/](http://www.easternstates20mile.com/)

#### 4/6 Great Bay Half Marathon/5K,

Newmarket, NH: [http://  
www.greatbayhalf.com/](http://www.greatbayhalf.com/)

#### 4/12 Merrimack River Trail Race 10M,

Andover, MA: [http://  
rivertrail-  
race.blogspot.com/2014/01/2014-  
application.html](http://rivertrail-race.blogspot.com/2014/01/2014-application.html)

#### 4/26 TARC Trail Half Marathon,

Weston, MA: [http://ultrasignup.com/  
register.aspx?did=26408](http://ultrasignup.com/register.aspx?did=26408)

#### 5/4 Spring Fever 5K, Newburyport,

MA: <http://sf5k.newburyportpto.com/>

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

5K/10K/25K/50K, New Gloucester, ME:  
<http://www.pinelandtrails.com/>

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/>