



Change  
Clocks  
March 12

Weekend Runs are  
happening. Training for  
Earth Rock Half 4/30

# Gear Up For Fitness

Run and Triathlon at any age.

## March Newsletter

### Up Coming March Classes:

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

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

Fit Pro: Pam Houck  
Mondays: 6:00 PM  
Start Date: March 6, 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:  
[trxflyermarch-2017.pdf](http://trxflyermarch-2017.pdf)

### Triathlon Swim Clinic

Last Session before we swim outside!

Each class will focus on freestyle stroke  
through:

#### Swim Drills:

- To become more Efficient
- To Improve Form

#### Speed Workout

- Improves Speed and Endurance
- Specific Cam recording days to focus on  
your stroke

Homework emailed weekly to practice.

\*This class is for Swimmers/Triathletes that  
can swim freestyle for 1/2 mile non stop,  
ages 14 and up.

Wednesdays: 7:00 - 8:00 AM

\*Class size limit to 9 swimmers!

Starts Week Of: March 8, 2017

Duration: 8 Weeks

Location: Latitude Sports Clubs Lap Pool

Members \$128 Non-members: \$178

\*This clinic fills up fast, Sign Up Early!

Download registration form, fill it out and  
go to Latitude to sign up:  
[trismwimclinic3-8-2017.pdf](http://trismwimclinic3-8-2017.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: 3/8/2017  
Duration: 8 Weeks  
Location: Lobby  
Members: \$128 Non-members: \$158

Starting  
March 15th  
We will be  
running  
outside

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:

2/5 Frigid Fiver, Newburyport, MA  
2/18, LOCO Palooza 5K, Salisbury, MA  
3/5 Half at the Hamptons 13.1, Hampton,  
NH

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

Download registration form, fill it out and  
go to Latitude to sign up:  
[runyourpotential3-8-2017.pdf](http://runyourpotential3-8-2017.pdf)



Boston University's Fit Rec Center  
Boston, MA  
Sunday, March 26, 2017

Keynote Speaker:  
RYAN HALL 2x Olympian

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

For more information go to:

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

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

For more races go to:

Triathlons: <http://www.trifind.com/>

Running: <http://runningintheusa.com/>

### 7th Annual Indoor Triathlon Series

1 More Saturday:  
March 4, 2017

Test Your Endurance!

Great for First Time Triathlete

Still can register

Spots are available



15  
MINUTE  
SWIM



25  
MINUTE  
BIKE



20  
MINUTE  
RUN

Number  
of  
Lengths

Number  
of  
Miles

Number  
of  
Laps

If this sounds interesting to you, please  
enroll by filling out the registration form,  
fill it out, bring or mail to

Latitude: [2017indoortribrochure](http://2017indoortribrochure)

### Race Spotlights

#### 2/5 Frigid Fiver

Anna Bates 39:06  
Sherri Marshall 41:39  
Alan Thornton 45:15  
Geri Dowling 47:07  
Susan Dunkerley 50:25  
lori haraske 51:40

#### 2/5 Super 5K

Rose Washak 34:10  
Eryn Kenney 42:58

#### 2/11 Bradford Valentine Road Race 6K

Sherri Marshall 33:44  
Rose Washak 45:16  
Laura Seddon 30:53

#### 2/18 Loco Palooza 5K

ROSE WASHAK 34:42

#### 2/26 Frozen Shamrock 3 Mile

SHERRI MARSHALL 24:40  
ROSE WASHAK 32:25

### Upcoming Local Races 2017

3/5 [Half at the Hamptons](#), Hampton, NH

3/18 [St. Patty's 5K/10K & Pub Crawl](#),  
Salisbury, MA

3/18 [Clover Run 5K](#), Portsmouth, NH

\*\*3/19 [Run to the Beach 30K](#), North  
Andover, MA (Great training run for  
spring marathons)

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

4/2 [April Fool's 4 Mile Road Race](#),  
Salisbury, MA

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

4/9 [Spring Fever 5K](#) Newburyport, MA

4/9 [Merrimack River Trail Race 10 Mile](#),  
Andover, MA

4/9 [Great Bay Half Marathon/Beyond  
Rainbow 5K](#), New Market, NH

4/15 [Tortoise and the Hare 10K](#),  
Salisbury, MA

4/30 [Earth Rock Half Marathon](#),  
Amesbury, MA

### March Cycling Workout for Trainer

**Warm-Up:** 10 minutes flat road RPM 80-  
90, After 5 minutes add 2 x (30 seconds 90  
-100 RPM/recover 1 minute 80-85 RPM)

3 x (Seated Climb hill 2 minutes 70-80  
RPM,  
HR Zone 3/Seated step incline 1 minute 60  
-70 RPM, HR Zone 4/Seated Climb hill 2  
minutes 70-80 RPM, HR Zone 3/5 minutes  
Flat road 90-100 RPM, HR Zone 3-4 (if  
your legs are spinning out control add re-  
sistance)/  
4 minute easy Flat Road 80-90 RPM, HR  
Zone 1)

**Cool Down:** 8 minutes flat road  
to 80-90 RPM, HR Zone 1

### Motivational Quote:

"Running saved my life. I really believe that  
if someone like me can change his life, it's  
possible for anyone." -James Fisher,  
who lost more than 160 pounds and  
became an ultramarathoner

"All that running and exercise can do for  
you is make you healthy." - Denny  
McLain, former pitcher for the Detroit Ti-  
gers