



Gear Up For Fitness



May Newsletter

Up Coming Clinics:

Couch Potato to 5K Hero

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

Start Date: May 6, 2014

Open to All Ages

Tuesdays: 6:30—7:30 PM

Pre-register by May 5, 2014

Duration: 6 Weeks

Location: Latitude Lobby

Members \$84

Non-members: \$104

Upcoming 2014 Race:

6/14 3rd Annual Flag Day 5K Newburyport, MA

For more information and registration go to:

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

Local Triathlon 2014 Races:

7/12 Dam Triathlon Amesbury, MA (Sprint)

<http://www.damtriathlon.com/>

7/20 Lowell Mill City Triathlon (Sprint/

International): <http://www.doubleracing.com>

8/3 Lowell Wild Cat Triathlon (Sprint/

Olympic): <http://www.firm-racing.com>

8/10 Kingston Triathlon (Sprint), Kingston,

NH: [http://www.imathlete.com/events/](http://www.imathlete.com/events/EventDetails.aspx?fEID=18969)

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9/7 Punkinman Sprint/Half Ironman, South

Berwick, ME: <http://pumpkinmantriathlon.com/>

Quote of the Month

“Many people shy away from hills. They make it easy on themselves, but that limits their improvement. The more you repeat something, the stronger you get.”

Joe Catalano

Questions: Contact Pam Houck

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

For more races and race results go to:

<http://www.coolrunning.com/>

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

North Shore Cyclists: <http://www.nscyc.org/>

Race Spotlights

Congratulate to all completing the Boston Marathon.

4/27 Twin Lights Haf Marathon:

Kathy Thomas 2:20:14

4/27 Earth Rock Half Marathon/

Marathon: Friends helping friend complete her first marathon:

Kim Sullivan 4:17:58

Kristen Bly 4:17:58

5/4 Spring Fever 5K,

Subramani Venkatesh 18:27

Eric Luck 23:39

Stephanie Suprin 24:41

Sandra Gordon 25:04

MICHAEL WACK 31:30

5/4 SPRING DUATHLON AT SMOLAK FARMS:

Kathi Durning 1:29:50

Lizabeth MacDonald 1:29:51

Judy Keator 1:49:51

Tamara Kisieleski 2:03:37

Upcoming Local Races 2014

5/11 Run/Walk against Breast Cancer

(3 mile loop - Grass/Trail, repeat as many times you want) Bradley Palmer

State Park, MA: [http://](http://www.gaconline.net/2014MDapp.pdf)

www.gaconline.net/2014MDapp.pdf

5/17 Evelyn's Run for the Roses 5K

Salisbury, MA: [http://runthecircle.org/](http://runthecircle.org/wordpress/?page_id=363)

[wordpress/?page_id=363](http://runthecircle.org/wordpress/?page_id=363)

5/18 Trav's Trail 3 mile Maudslay,

Newburyport, MA: [http://](http://joppaflatsrunningclub.com/)

joppaflatsrunningclub.com/

5/18 Spring Fling Triathlon/Duathlon,

Tyngsboro, MA: [http://](http://www.doublecracing.com/)

www.doublecracing.com/

5/18 Funky Kingston Half Marathon,

Kingston, NH: <http://kingstonhalf.com/>

5/24 & 5/25: Pineland Trail Race

5K/10K/25K/50K, New Gloucester, ME:

<http://www.pinelandtrails.com/>

6/7: Rye-by-Sea Duathlon & 5K,

Greenland, NH: [http://anniesangels.net/](http://anniesangels.net/rye-by-the-sea/)

[rye-by-the-sea/](http://anniesangels.net/rye-by-the-sea/)

6/8: Margaritas 5K, Exeter, NH: [http://](http://margaritas5k.com/)

margaritas5k.com/

6/14: Flag Day 5K, Newburyport, MA:

<http://www.derekhinesfund.org/events>