

# Gear Up For Fitness

Gear Up For Tri Team at North Shore 10 Miler

Train to Run and do Triathlons at any age.

## May Newsletter

### Up Coming Clinics for May:

# RUNNING BOOT CAMP

For Runners, Triathletes or Anyone  
Looking to Improve  
Endurance & Performance

Open to All Levels and Ages 14 and up  
Mondays: 6:00 - 7:00 PM  
Start Date: May 18, 2015  
Pre-register by: May 18, 2015  
Duration: 6 Weeks  
Location: Latitude Lobby  
Cost: Latitude Members \$96

These workouts are designed to be  
fun, challenging and inspiring.  
Meet Rain or Sunshine

### Local Triathlon 2014 Races:

5/30 King Pine Duathlon & Triathlon, Madison, NH: <http://www.kingpinetri.com/>

7/11 Dam Triathlon Amesbury, MA (Sprint) <http://www.damtriathlon.com/>

7/19 Lowell Mill City Triathlon (Sprint/International): <http://www.doubleracing.com>

8/1 Kingston Triathlon (Sprint), Kingston, NH: <http://www.imathlete.com/events/EventDetails.aspx?fEID=18969>

8/9 Lowell Wild Cat Triathlon (Sprint/Olympic): <http://www.firm-racing.com>

9/12-13 Pumpkinman Sprint/Half Ironman, South Berwick, ME: <http://pumpkinmantriathlon.com/>

### Monthly Motivational Quote:

"When I run, I'm just a person among people. A runner among runners. And we all experience the same challenge of get up and go - regardless of ability." - Sally Bergesen

### April Cycling Workout

Spring is officially here but it doesn't look it with all the snow. Soon we all will be out side riding. Beware of the sand, broken up pavement and pot holes on the roads.

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/>

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



### Gear Up for Tri Team

Training Started  
at Lake Gardner, Amesbury, MA  
Start swimming in Lake Soon  
Join us Saturday for Brick workout  
(bike/run) at 9 AM  
For more information got to:  
<http://gearupforfitness.com/gear-up-triathlon-team/>

Latitude Salisbury Pool Closed: Friday  
May 15th through Monday May 18th

### Race Spotlights

#### 4/12 Frozen Shamrock 3 Mile Run.

AMY BRIDE 30:59  
ROSE WASHAK 43:59

#### 4/12 Great Bay Half Marathon & 5K

4/19 Hynes 5 Miler  
AMY BRIDE 53:28

#### 4/26 North Shore 10 Miler

LIZABETH MACDONALD 1:21:22  
BRENDA HOUDE 1:23:56  
JAMES SUPPLE 1:24:04  
HOLLY CAMPBELL 1:25:23  
KATHLEEN THOMAS 1:41:49  
MAUREEN FARREN 1:54:39  
KIM RICHARDS 2:05:48

#### 5/9 Evelyn's Run for Roses 5K

HOLLY CAMPBELL 25:32  
LAUREN BONACCORSO 27:28  
DENISE BUCKNELL 30:48

### Upcoming Local Races 2015

5/17 Trav's Trail Race Maudslay, Newburyport, MA

5/17 Spring Fling Triathlon/Duathlon, Tyngsboro, MA: <http://www.doublecracing.com/>

5/24 Baldi 5 Mile River Run, Haverhill, MA: <http://www.baldirun.com/>

5/24 & 5/25: Pineland Trail Race 5K/10K/25K/50K, New Gloucester, ME: <http://www.pinelandtrails.com/>

5/30 Blaze The Trail 5K, South Hampton, NH: <http://www.blazethetrail5.com/>

5/31: Margaritas 5K, Exeter, NH: <http://margaritas5k.com/>

6/6: Rye-by-Sea Duathlon & 5K, Greenland, NH: <http://anniesangels.net/rye-by-the-sea/>

6/14: Flag Day 5K, Newburyport, MA: <http://www.derekhinesfund.org/events>