



Gear Up For Fitness

Lake Gardner Flag is up for swimming.

Run and Triathlon at any age.

May Newsletter

Up Coming Clinics:

TRX Suspension Trainer

Starts Week of May 16, 2016

TRX Demos

Monday 6 pm 5/9

Wednesday 5 pm 5/11

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 May 16, 2016

Duration: 6 Weeks

Frequency: 1x per week

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



Gear Up for Tri Team

Training is happening
at Lake Gardner, Amesbury, MA
Brick workout: Bike & Run

We will start swimming Lake Gardner
as soon as temperature
warms up to 66

Class Schedule

Tuesdays: Time 7 AM

April 26 to Mid-May - Run
Starting Mid-May beginning of June
through September *
- Swim follow by a run

Thursdays: Time 6:30 PM

April 28 through September - Speed
workouts with bike or/and run

Saturdays:

May 7 to Mid-May - Time 9 AM Bricks
(Bike/Run)
Mid-May through September*
- Time 8 AM Swim, bike and/or run
- Focus: Building endurance with
bricks and practice triathlons/
transitions.

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: 5/25/2016

Duration: 6 Weeks

Location: Kinesis

Cost: Latitude Mem-

bers \$96

Non-Member \$126

This program includes:

- Strength with resistance training
- Core and Balance
- Running
- Plyometrics
- Stretching and Myo-facial Release
- Speed Workouts

Spring is here & running outside

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



Races Results

4/2 April Fool's 4 Mile Road Race

NATHAN MCDONALD 31:38
ALAN THORNTON 33:39
ROSE WASHAK 41:20
HOLLY MANDIGO-ALY 57:31
ERYN KENNEY 57:33



4/10 Spring Fever 5K

Wynne Levine 36:38

4/10 Great Bay Half Marathon

RICK ST. ONGE 1:46:38
LIZABETH MACDONALD 1:57:13
JOSEPH KOWALCZYK 2:24:19

Beyond the Rainbow 5K

ROSE WASHAK 32:52
HOLLY MANDIGO-ALY 41:04
ERYN KENNEY 42:07



4/17 Moose on the Loose Half Marathon

Mark Saccoccio 1:46:19
Cheryl Saccoccio 2:48:52

4/24 North Shore 10 Miler

LIZABETH MACDONALD 1:24:29
BLAKE LIEBERT 1:25:13
KYLE ASMUSSE 1:34:24
LAUREN BONACCORSO 1:38:38
DENISE BUCKNELL 1:52:07

Information, registration form:

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

Motivational Quote:

"Winning has nothing to do with racing. Most days don't have races anyway. Winning is about struggle and effort and optimism, and never, ever, ever giving up. "

– Amby Burfoot

"If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it. "

– Michael Jordan

Local Triathlon 2016 Races:

5/21 [King Pine Duathlon & Triathlon](#), Madison, NH

6/26 [Mill City Triathlon](#) (Sprint/International), Lowell, MA

7/9 [Dam Triathlon](#) (Sprint), Amesbury, MA

7/10 [Lowell Triathlon & Aquabike](#) (Sprint/Olympic), Lowell, MA

8/14 [Kingston Triathlon](#) (Sprint), Kingston, NH

8/20-8/21 [Cranberry Trifest](#) (Sprint/Olympic) Lakeville, MA

9/10-11 [Punkinman](#) Sprint & Half Ironman, South Berwick, ME:

Upcoming Local Races 2016

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

5/15 [Evelyn's Run for Roses 5K](#) Salisbury, MA

5/22 [Trav's Trail Race](#) Maudslay, Newburyport, MA

5/24 [Baldi 5 Mile River Run](#), Haverhill, MA

5/28 & 5/29: [Pineland Trail Race](#) 5K/10K/25K/50K, New Gloucester, ME:

5/31: [What Moves You 5K](#), Exeter, NH

6/4: [Rye-by-Sea Duathlon & 5K](#), Greenland, NH

6/11: [Flag Day 5K](#), Newburyport, MA

Questions: Pam Houck

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

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