

Gear Up For Fitness

Run and Triathlon at any age.

May Newsletter

Happy Ladies at
Earth Rock Half
Marathon



Up Coming April Classes:

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: 5/3/2017

Duration: 8 Weeks

Location: Lobby

Members: \$128 Non-members: \$158

Starting
May 3rd

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:

5/21 Trav's Trail Race 3 Miles (Maudslay State Park), Newburyport, MA

6/10 Flag Day 5K, Newburyport, MA

6/18 Seacoast Running Festival 5K/10K/Half Marathon, Salisbury, MA

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

Registration form at:

[https://](https://gearupforfitness.files.wordpress.com/2012/03/runyourpotential5-3-2017.pdf)

[gearupforfit-](https://gearupforfitness.files.wordpress.com/2012/03/runyourpotential5-3-2017.pdf)

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Motivational Quote:

"Running helps me be more productive. ...
I'll be running until I'm a little old lady."
— Claudine Schneider, former U.S.
Representative from Rhode Island

"Toughness is coming face to face with your
limitations, whatever they may be, and hav-
ing the courage to acknowledge them and
still keep going." – Marathoner Esther Atkins

2017 Triathlon Race Season

6/3 [King Pine Duathlon & Triathlon](#),
Madison, NH

6/3 [Rye-By-The-Sea Duathlon/5k](#), Rye, NH

7/8 [Dam Triathlon](#) (Sprint), Amesbury, MA

7/9 [Lowell Triathlon & Aquabike](#) (Sprint/
Olympic), Lowell, MA

7/23 [Kingston Triathlon](#) (Sprint),
Kingston, NH

7/30 [Boston Triathlon](#) (Sprint/Olympic),
Boston, MA

8/13 [Mill City Triathlon](#) (Sprint/Olympic),
Lowell, MA

9/9 [Pitch Pine Challenge](#), Tamworth, NH

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

9/16 [Lobsterman Triathlon](#), Freeport, ME

Race Spotlights

4/9 Spring Fever 5K
LAURA SEDDON 22:27
Sherri Marshall 25:35

4/8 Merrimack River Trail Race 10 Mile
Sandra Gordon 1:56:16

4/9 Beyond Rainbow 5K
ROSE WASHAK 33:31

4/15 Tortoise and the Hare 10K
Holly Campbell 50:51
Sherri Marshall 59:46
Laurie Manning 1:06:15
Denise Bucknell 1:11:52
Eryn Kenney 1:28:37

4/30 Earth Rock Half Marathon
STEPHANIE SMITH 1:32:31
DANIEL QUINN 1:40:43
LAURA SEDDON 1:46:55
ANNA BATES 1:48:29
HOLLY CAMPBELL 1:50:22
JACKIE LESSARD 2:00:14
DIANA SANTIAGO 2:00:31
KIMBERLY SULLIVAN 2:02:34
KELLY SCHAIBLE 2:03:22
HEATHER JONES 2:31:34
LORI HARASKE 2:39:09
KAREN HORN 2:56:13
ERYN KENNEY 3:21:20

4/30 Big Sur Marathon
Brenda Houde 4:04:07

4/30 New Jersey Marathon
Priscilla Sanborn 4:44:49

Upcoming Local Races 2017

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

5/6 [Blaze the Trail 5K](#) South Hampton,
NH

5/7 [Exeter Day Trail Races](#) (10K/5K),
Exeter, NH

5/13 [ECTA's Spring for the Trails Half
Marathon](#) Ipswich, MA

5/20 [Big Lake Half Marathon](#), Alton, NH

5/21 [Trav's Trail Race](#) Maudslay,
Newburyport, MA

5/28 [Baldi 5 Mile River Run](#), Haverhill,
MA

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

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

6/10: [Market Square 10K](#), Portsmouth,
NH

6/10: [Flag Day 5K](#), Newburyport, MA

6/11: [What Moves You 5K](#), Exeter, NH

6/18 [Seacoast Running Festival](#) 5K,
10K, Half Marathon Salisbury, MA

6/25 [Smuttynose Will Run for Beer 5K](#),
Hampton, NH



Questions: Contact Pam Houck
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Blog: <http://gearupforfitness.com/>

For more races go to:

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

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