



Denise celebrating her 1st 1 mile open water swim

# Gear Up For Fitness

## Mid-June Newsletter

### Up Coming Clinics:

#### Run Your Potential

This program is for runners wanting to improve form, speed and build their endurance.

#### Class Structure:

- Improve endurance through running and speed workouts
- Improve strength and core with boot camp
- Improve flexibility with stretching
- Learn to maximize your workouts with Heart Rate Training

Workouts are outside.

Open to All Levels, Ages 14 and up

Wednesdays: 6:15 - 7:15 PM

Start Date: June 25, 2014

Pre-register by June 24, 2014

8 Weeks

Location: Latitude Lobby, Salisbury

Members: \$112 Non-members: \$132



### Important News:

#### Lake Gardner:

Lifeguards start this weekend, 6/28.

No swimming beyond the ropes between 9:30 AM—5:30 PM. When lifeguards are on duty during those hours and you attempt to swim beyond ropes is a fine or arrest.



### Latitude TRIATHLON TEAM TRAINING

The Triathlon Training program will include the following:

- Workouts will be emailed weekly, which will include heart rate zones each workout.
- Practice open water swimming for events.
- Nutrition Information

Tuesdays: Time: 7:00 AM

Lake Gardner Amesbury, MA

Open water swimming / Short run

Thursdays: Time: 6:30 PM

Location: Lake Gardner Amesbury, MA

Open water swimming / Short run

Saturdays: Time: 8 AM

Location: Lake Gardner Amesbury, MA.

Swim/Bike/Run

Focus: Building endurance with bricks and practice triathlons.

Class Dates: 7/21/2014—8/30/2014

6 weeks

Cost 1 Class Per Week:

Member \$84 Non-member \$104

### Upcoming Local Races 2014

6/27 35th Pat Polletta 2 Mile Rail-Trail Race, Salisbury, MA:

[http://runthecircle.org/wordpress/?page\\_id=439](http://runthecircle.org/wordpress/?page_id=439)

6/29 The Nate Bibaud 5K,

Newburyport, MA: <http://www.joppaflatsrunningclub.com/>

7/12 Kensington Town Festival 5K

Run/Walk, Kensington, NH: <http://www.active.com/kensington-nh/running/distance-running-races/kensington-town-festival-5k-2014>

7/12 Dam Triathlon Amesbury, MA

(Sprint) <http://www.damtriathlon.com/>

7/20 Lowell Mill City Triathlon

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

7/30/2013 Yankee Homecoming 5K &

10 mile races, Newburyport, MA: <http://www.yankeerace.com/>

For more information and registration go to:

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

### Quote of the Month

“Your body will argue that there is no justifiable reason to continue. Your only recourse is to call on your spirit, which fortunately functions independently of logic.”

- Tim Noakes

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/>