



Gear Up For Fitness

Run and Triathlon at any age.

NYC Marathon
4 PM on WCVB &
WMUR Today

November Newsletter

Up Coming Clinics:

TRX Suspension Trainer

All Core, All The Time!
Total Body Workouts!
Great for Runners and Triathletes!

Fit Pro: Pam Houck
Mondays: 6:00 PM
Start Date: November 24, 2014
Duration: 6 Weeks
Frequency: 1x per week
Cost: Members \$89 Non-members: \$109

Endurance Factor

Tuesdays 6:15-7:15 PM



Gain strength and boost cardio endurance with time workouts through:

Cardio: Spin bike, running Interval Training
Strength: Kinesis, TRX, Bosu, Kettlebell, or Dynamax ball

Starting in January Treadmill Workouts!

This is Private Group Training class:
10 classes \$279

Try a class for Free!
Join Class Any Time!

November Cycling Workout for Trainer

This workout is Muscular Endurance workout:

Warm-Up: 10 minutes flat road
Climb hill 10 minutes (Not steep, RPM is 90+)
Recover 5 minutes flat road
Climb hill 15 minutes (Not steep, RPM is 90+)
Recover 5 minutes flat road
Climb hill 10 minutes (Not steep, RPM is 90+)
Cool Down: 10 minutes flat road
*Climb should be at least 3-4%



Latitude Sports Clubs

Presents

5th Annual Indoor Triathlon Series

Save these 3 Saturdays:

January 24, 2014

February 21, 2014

March 7, 2014

15	25	20
MINUTE	MINUTE	MINUTE
SWIM	BIKE	RUN

More details to come!
Check GearUpForFitness.com
in November

Questions: Contact Pam Houck
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Email at pahouck@gmail.com
Blog: <http://gearupforfitness.com/>

For more races and race results go to:
<http://www.coolrunning.com/>
Triathlons: <http://www.trifind.com/>

Race Spotlights

10/5 Smuttynose Rockfest Half:

JASON MILOVANOVIC 1:34:27
LIZABETH MACDONALD 1:44:55
JODY MILOVANOVIC 1:51:35
ELIZABETH WALSH 2:04:32
BETHANY NOSEWORTHY 2:05:07
KATHLEEN THOMAS 2:15:06

10/5 Apple Harvest Run 5 Mile:

Holly Campbell 42:10
Alan Thornton 44:51

10/18 TARC Fall Classic 13.1M Trail Race:

Kim Sullivan 2:42:23

10/19 Baystate Marathon:

DAVID MCDUGALL 3:45:35



10/19 Baystate Half Marathon:

NOREEN WADDELL 1:53:23
ROSE WASHAK 2:20:00

10/25 Devil's Chase 6.66

LISA LAFLEUR 1:16:10
SARAH FLYNN 1:16:19

10/20 Green Strides Half Marathon:

Subramani Venkatesh 1:22:54
Todd Elmore 1:34:52
Kyle Asmussen 1:53:37
Stephanie Suprin 1:55:18
Diana Clark 2:00:48
Lauren Bonaccorso 2:09:14

Motivational Quote:

"If we had a drug that did what exercise did, it would be the biggest revolution ever and would be promoted all over the world. And all you have to do is go out for a run."

- Greg Wells PhD

Upcoming Local Races 2014

11/22 Tiger Trot 5K/10 Mile, Hampton Falls, NH

11/27 WCRC Wild Turkey Trot 3.1 Mile X-Country Run / Walk, Pipstave Hill, West Newbury, MA

11/27 Maudslay 5K Turkey Trot X-Country Run / Walk, Newburyport, MA

12/6 Jingle Bell Half Marathon, Atkinson, NH

12/7 Half Merrython, Gloucester, MA

12/14 WCRC Santa Toys Trot 2 Mile/4 mile/6 Mile, Merrimac, MA

1/1/2015 1st Run 5K & 10K, Lowell, MA

1/1/2015 34th Annual Hangover Classic 10k and 5k Road Races Salisbury, MA