



Run race to not feel guilty eating your Thanksgiving feast.

Gear Up For Fitness

Train to Run and do Triathlons at any age.

November Newsletter

Up Coming Clinics for November:

TRX Suspension Trainer

Starts November 2

TRX Demo October 26

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

Fit Pro: Pam Houck

Mondays: 6:00 PM

Start Date: November 2, 2015

Duration: 6 Weeks

Frequency: 1x per week

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

Register at Latitude Front Desk for above clinics.



Latitude Sports Clubs

Presents

6th Annual Indoor Triathlon Series

Save these 3 Saturdays:

January 23, 2014

February 20, 2014

March 5, 2014

15	25	20
MINUTE	MINUTE	MINUTE
SWIM	BIKE	RUN

More details and registration form go to:
<http://gearupforfitness.com/2016-indoor-triathlons/>

To Watch for Inspiration:

Sunday 11/8 on NBCSN: 2015 IRONMAN World Championship (Hawaii)

Starting December, Coach Pam will be giving triathlon training hints on Latitude and Gear Up for Tri Train Team Facebook pages.

Monthly Motivational Quote:

"Setting goals requires gazing way out at the horizon of your life. But once you set your course, most of the time your awareness should be on the trail under your feet."
— Lauren Fleshman

"It takes practice and perseverance, but as long as I hold on to my dreams, I know they'll become a reality."
— Florence Griffith Joyner

Race Spotlights

10/4 Apple Harvest 5 Mile:

Jim O'Leary 38:53
Alan Thornton 41:44
Eryn Kenney 1:19:23

10/9 Chicago Marathon

Colleen Schiabe 4:21:08

10/11 Bobby Bell 5-Mile Road Race:

PATRICIA LAVOIE 39:17
HOLLY CAMPBELL 40:31

10/18 Baystate Marathon

ROSE WASHAK 2:33:20
GAIL CLARK 2:35:02

10/31 2015 Trick or Treat Trot :

LIZABETH MACDONALD 27:11
ERYN KENNEY 51:48

10/25 Marine Corps Marathon

Brenda Houde 4:00:59

Upcoming Local Races 2015

11/15 Harborside Half Marathon, Newburyport, MA

11/21 4th Annual Tiger Trot Road Race 5K/10 Mile, Hampton Falls, NH

11/26 WCRC Wild Turkey Trot 3.1 Mile X-Country Run / Walk, Pipstave Hill, West Newbury, MA

11/26 Maudslay 5K Turkey Trot X-Country Run / Walk, Newburyport, MA

12/6 Half Merrython, Gloucester, MA

12/12 Jingle Bell Half Marathon, Atkinson, NH

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

1/1/2016 1st Run 5K & 10K, Lowell, MA

1/1/2016 34th Annual Hangover Classic 10k and 5k Road Races Salisbury, MA

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](#)