



# Gear Up For Fitness

Run and Triathlon at any age.

## November Newsletter

### 7th Annual Indoor Triathlon Series

3 Saturdays:  
January 21, 2017  
February 11, 2017  
March 4, 2017

New for 2017 races:  
Bike Mileage Included in Score

**STARTING NOVEMBER 14TH,  
TRAINING HINTS WILL BE POSTED  
ON THE BLOG AND LATITUDE  
SPORTS CLUBS SALISBURY  
FACEBOOK PAGE WEEKLY.**



15  
MINUTE  
SWIM

+



25  
MINUTE  
BIKE

+



20  
MINUTE  
RUN

Number  
of  
Lengths

+

Number  
of  
Miles

+

Number  
of  
Laps

Download registration form, fill it out and mail to Latitude: [2017indoortrisbrochure](http://2017indoortrisbrochure)

### Up Coming Clinics:

**TRX Suspension Trainer  
Starts Week of November 28, 2016**

**Free Demo  
November 21st at 6 PM**

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

Fit Pro: Pam Houck  
Mondays: 6:00 PM  
Start Date: November 28, 2016  
Duration: 6 Weeks  
Frequency: 1x per week  
Cost: Members \$89 Non-members: \$109

Information, registration form:  
<http://gearupforfitness.com/upcoming-clinics/>



Run a race Thanksgiving Day to enjoy the day of bountiful food with family & friends.

Questions: Pam Houck  
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Blog: <http://gearupforfitness.com/>  
Facebook: [Gear Up For Tri Team](#)

### Races Results

**10/9 Bobby Bell 5 Miler:**  
HOLLY CAMPBELL 40:36

**10/15 Sweets N' Sweats 5K:**  
Michelle Parsons 23:46 (AG 2nd)  
Rose Washak 33:08

**10/30 Exeter Hospital's Trick or Treat Trot 5K:**  
LIZABETH MACDONALD 24:36 (AG 3rd)  
HOLLY MANDIGOALY 38:20  
ERYN KENNEY 42:58

**10/16 Baystate Marathon:**  
AMY MOSCA 4:05:15  
**Half Marathon:**  
NICHOLAS THURLOW 1:48:03  
KATHLEEN THOMAS 2:24:54  
ROSE WASHAK 2:43:45  
HOLLY ALY 2:49:14

**10/23 Green Stride Newburyport Half Marathon:**  
TODD ELMORE 1:31:38  
MATTHEW BLANCHETTE 1:53:56  
JACQUELINE LESSARD 1:54:36  
DIANA SANTIAGO 1:54:57  
KELLY SCHAIBLE 1:56:06  
LAUREN BONACCORSO 2:16:58

### Upcoming Local Races 2016

**11/13 Harborside Half Marathon, Newburyport, MA**

**11/19 4th Annual Tiger Trot Road Race 5K/10 Mile, Hampton Falls, NH**

**11/24 WCRC Wild Turkey Trot 3.1 Mile X-Country Run / Walk, Pipstave Hill, West Newbury, MA**

**11/24 Maudslay 5K Turkey Trot X-Country Run / Walk, Newburyport, MA**

**12/4 Half Merrython, Gloucester, MA**

**12/4 Jingle Bell Half Marathon, Atkinson, NH**

**12/11 WCRC Santa Toys Trot 2 Mile/4 mile/6 Mile, Merrimac, MA**

**1/1/2017 1st Run 5K & 10K, Lowell, MA**

**1/1/2017 34th Annual Hangover Classic 10k and 5k Road Races Salisbury, MA**

### Motivational Quote:

"I run to see the world at my own pace and to connect with my friends on a level that takes me away from electronics, away from distraction, and strikes at my core." – Summer Sanders

"I don't want to declare a goal with an all-caps shout. Instead, I want to whisper it, I want to pursue it, and I want to train to get to a place I've never been before." – Ted Spiker