

# Gear Up For Fitness



## October Newsletter

### Up Coming Clinics:

#### TRX Suspension Trainer

**Free Demo October 6**

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

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

#### Recovery & Well-Being Program

**Goal of the program:**  
Reduces Injuries - Increase Performance  
- Recover faster from workouts

##### Meditation

Wednesday  
6:15-7:15 PM  
October 15, 2014

##### Self-Myofascial Release

Wednesday  
6:15-7:15 PM  
October 22, 2014

##### AIS Stretching

Wednesday  
6:15-7:15 PM  
October 29, 2014

**Cost for 1 class:**  
Member: \$24 Non-member: \$44

#### Endurance Factor

**Tuesdays 6:15-7:15 PM**

Gain strength and boost cardio  
endurance with time workouts through:

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

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

Try a class for Free!  
Join Class Any Time!

**Questions:** Contact Pam Houck  
**Phone:** 978.697.5627  
**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/>  
**North Shore Cyclists:** <http://www.nscyc.org/>

### Race Spotlights

**9/6 Lobsterman Olympic Triathlon:**  
Beth Macdonald 2:58:39

**9/6 Punkinman Sprint Triathlon:**  
Justin Glass 1:37:42

**9/7 Punkinman Half Ironman**  
Rick St. Onge 5:42:47  
Kathy Thomas 6:46:25  
Brenda Houde 6:49:20  
Al Thorton 6:52:47  
Michele Desoto 7:16:00

**9/7 Call to Honor**  
Seana Zelazo 48:36  
Kim Sullivan 1:01:24  
Kari Christiansen 1:04:29

**9/20 Pitch Pine Challenge Olympic**  
Kathy Thomas 3:16:50

**9/21 Wallis Sands Sprint Triathlon**  
Jason Milovanovic 1:11:30  
Mike Ricci 1:15:46  
Joe Kowalczyk 1:26:06

\*Next month back to road races.

### Upcoming Local Races 2014

**10/5 Smuttynose Rockfest Half,**  
Hampton, NH (Large race):  
[www.hamptonrockfest.com/](http://www.hamptonrockfest.com/)

**10/5 Half Marathon By-The-Sea,**  
Manchester, MA (Small race):  
[www.yukanrun.com/Half-Marathon-by-the-Sea.html](http://www.yukanrun.com/Half-Marathon-by-the-Sea.html)

**10/5 Apple Harvest Run 5K & 5 Mile,**  
West Newbury: <http://www.appleharvestrun.org/>

**10/12 Trust Trail Fest 5K/10K Kenne-**  
bunkport, ME: [http://www.trustrailfest.com/Trust\\_Trail\\_Fest/Home.html](http://www.trustrailfest.com/Trust_Trail_Fest/Home.html)

**10/18 TARC Fall Classic 10K, 13.1M**  
Carlisle, MA: <http://ultrasignup.com/register.aspx?did=26414>

**10/25 Ghost Train Rail Trail Race 15**  
mile, Brookline, NH: <http://ultrasignup.com/register.aspx?did=27524> (\*Spots available)

### Motivational Quote:

"Happiness is different from pleasure. Happiness has something to do with struggling and enduring and accomplishing."  
- George Sheehan