

# Gear Up For Fitness

Train to Run and do Triathlons at any age.

## October Newsletter

← Larry Olsen  
10K Race

### Up Coming Clinics for October:

# RUNNING BOOT CAMP

For Runners, Triathletes or Anyone Looking to Improve Endurance & Performance

Open to All Levels and Ages 14 and up  
Wednesdays:

6:00 - 7:00 PM

Start Date: 10/28/2015

Duration: 6 Weeks

Location: Latitude Lobby

Cost: Latitude Members \$96

Non-Member \$126



#### Training for Following Races:

11/26 Turkey Trot—Maudslay  
Newburyport, MA

11/26 Wild Turkey-Pipestave Hill  
West Newbury, MA

12/12 Jingle Bell Half Marathon  
Atkinson, NH

12/13 Toys for Tots 2, 4, 6 Mile  
Merrimac, MA

These workouts are designed to be fun, challenging and inspiring.

### 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.

### Monthly Motivational Quote:

“Not only in running but in much of life is a sense of balance and proportion necessary.”

— Clarence DeMar

“Look for little improvements every day.”

— Ray Treacy

“Our greatest glory is not never falling, but in rising every time we fall.” — Confucius

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/>

Facebook: [Gear Up For Tri Team](#)



### Race Spotlights

9/12 Lobsterman Olympic Aquabike:  
Jim Dexter 2:00:24

9/12 Punkinman Sprint Triathlon:  
Patricia Lavoie 1:28:20  
Holly Mandigo-Aly 2:22:35  
ERYN KENNEY 2:28:47

9/13 Punkinman Half Ironman:  
Beth Macdonald 5:47:32

9/20 Wallis Sands Triathlon  
Alan Thornton 1:23:42  
Joseph Kowalczyk 1:26:16  
Michele Desoto 1:36:59

9/26 Cassidy's 5K:  
LAUREN BONACCORSO 27:25  
ERYN KENNEY 43:39

9/27 Half Marathon-by-the-Sea:  
Janet Latrons 2:19:29

10/4 Smuttynose Rockfest Half  
Marathon:  
BETHANY NOSEWORTHY 2:14:13  
KIM RICHARDS 2:43:52



### Upcoming Local Races 2015

10/11 [Bobby Bell 5-Mile Road Race](#),  
Haverhill, MA

10/18 [9th Annual Mike Donohoe 5k  
Run/Walk for Melanoma](#), Georgetown, MA

10/31 [2015 Trick or Treat Trot and  
Creepy Crawler Fun Run](#), Exeter, NH

11/1 [Stache Half Marathon](#), Ipswich, MA

11/15 [Harborside Half Marathon](#),  
Newburyport, MA

11/21 [4th Annual Tiger Trot Road Race  
5K/10 Mile](#), Hampton Falls, NH

12/12 [Jingle Bell Half Marathon](#),  
Atkinson, NH

### Trail Races

10/10 [Trust Trail Fest 5K, 10K & 13.1  
Mile](#), Kennebunkport, ME

10/25 [Ghosts Train Trail 15 mile](#), Mil-  
ford, NH

For more trail races go to Trail Animal  
Race Club: <http://trailanimals.com/tarc-trail-series/>