



Gear Up For Fitness

Run and Triathlon at any age.

Fall is perfect
time to run
Half Marathon

October Newsletter

Up Coming Clinics:

TRX Suspension Trainer Starts Week of October 10, 2016

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

Fit Pro: Pam Houck
Mondays: 6:00 PM
Start Date: October 10, 2016
Duration: 6 Weeks
Frequency: 1x per week
Cost: Members \$89 Non-members: \$109

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

7th Annual Indoor Triathlon Series

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

New for 2017: Bike Mileage Included in
Score



15
MINUTE
SWIM

+

25
MINUTE
BIKE

+

20
MINUTE
RUN

Number
of
Lengths

+

Number
of
Miles

+

Number
of
Laps

Upcoming Local Races 2016

- 10/9 Bobby Bell 5 Miler, Haverhill, MA
- 10/15 Sweets N' Sweats 5K, Amesbury, MA
- 10/29 Great Bay 5K Stratham, NH
- 10/30 Exeter Hospital's Trick or Treat Trot 5K Exeter, NH

Half Marathons:

- 10/9 Trust Trail Fest 26.2M, 13.1M, 10K, 5K trail run, Kennebunkport, ME
- 10/16 Baystate Marathon & Half Marathon, Lowell, MA
- 10/23 Green Stride Newburyport Half Marathon & Relay, Newburyport, MA

11/13 Harborside Half Marathon, Newburyport, MA

12/4 Jingle Bell Half Marathon, Atkinson, NH

Races Results

9/10 Pumpkinman Sprint
Tricia Lavoie 1:32:30
Denise Bucknell 1:48:01
Holly Aly-Mandigo 2:03:49
Andrea Kaufmann 2:10:24
Eryn Kenney 2:11:38

9/11 Pumpkinman Half Ironman
Todd Elmore 3:10:00 Age 3rd
Jeff Bellavance 3:40:24
Kathi Thomas 4:24:39

9/10 Pitch Pine Sprint
Brian Amero 1:33:22 Age 1st
Kathi Durning 1:33:34

9/10 Pitch Pine Sprint Aquabike
Tamara Kisieleski 1:07:37 Female 2nd
Tim Kisieleski 1:10:44 Male 1st

9/10 Pitch Pine Olympic
Lizabeth MacDonald 3:02:34 Age 1st

9/18 Walis Sands Sprint
Lizabeth MacDonald 1:21:44 Age 1st
Alan Thorton 1:23:51
Michele DeSoto 1:38:18 Athena 2nd

9/18 Pilgrimman Half Ironman
Brenda Houde 5:56:27 Age 2nd

9/24 Lakes Region Sprint Triathlon
Lizabeth MacDonald 1:30:44 Age 1st

9/25 Cassidy's 5K
ANNE ROTHWELL 28:06
DENISE BUCKNELL 28:38

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10/5 Apple Harvest 5K
Sean Whalen 23:54
Denise Bucknell 29:52
Lorraine Barondes 32:07
Courtney Dinan 35:52
Andrea Kaufmann 43:12
Eryn Kenney 43:39

5 mile
Candace O'Keefe 40:58
Holly Campbell 41:07

Motivational Quote:

"I know only this for sure: Every run is a new adventure, and every mile is a gift."
— Amby Burfoot

"Whether it's dealing with a new job, family, or living on your own, you're going to have to take that first step. There are no shortcuts. Running can help you understand that."
— Anne Mahlum

"You have to respect the trail because she will hit you back."
— Karl Meltzer

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