



Gear Up For Fitness

Run and Triathlon at any age.

October Newsletter

Colleen finish Pumpkinman triathlon with her twins

8th Annual Indoor Triathlon Series

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



15 MINUTE SWIM + 25 MINUTE BIKE + 20 MINUTE RUN

Number of Lengths + Number of Miles + Number of Laps

By Mid October More details will be posted on Facebook and Blog:

2018-indoor-triathlons/

Up Coming Fall Classes:

TRX Suspension Trainer Is Great Strength/Core Workout

Try TRX for Free
Monday 10/30 at 6:15 PM

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

Fit Pro: Pam Houck

Mondays: 6:15 PM

Duration: 6 Weeks

Next Session Starts November 6, 2017

More detail will be posted by 10/10 on:

<https://gearupforfitness.com/>

Run Your Potential

Next Class Start Date: 11/1/2017

Wednesdays: 6:15 - 7:15 PM

Duration: 8 Weeks

More detail will be posted by 10/10

on: <https://gearupforfitness.com/>



Weekend Runs Are Happening Training for Fall Half Marathon? Email Pam To join group

Motivational Quote:

“Running is my meditation, mind flush, cosmic telephone, mood elevator, and spiritual communion.”

— Lorraine Moller, Olympian, winner of the 1984 Boston Marathon

“You have to have a strong will to keep going. It’s both relaxing and brutally frustrating.”

— Prince Royce, musician, on training for the New York City Marathon .

“You learn how to reconnect with yourself in the woods. I’m an Earth spirit. I like the roots and rocks. “

— Chelsea Jackson, 25, on why she prefers trail races

Questions: Contact Pam Houck

Phone: 978.697.5627

Email at pahouck@gmail.com

Blog: <http://gearupforfitness.com/>

For more races go to:

Triathlons: <http://www.trifind.com/>

Running: <http://runningintheusa.com/>

Race Spotlights

9/4 21st Annual St. Charles Children’s Home 5K

Kathleen Thomas 31:34

Eryn Kenney 38:05

9/10 BrewFest 5K at Applecrest

Holly Sullivan 27:46

9/17 5th Annual Cassidy’s Run for the Kids 5K

STEPHANIE SUPRIN 24:40

SANDRA GORDON 25:41

LAUREN BONACCORSO 26:25

DENISE BUCKNELL 30:40

9/23 Friends of Fatima 5K

AMANDA BURNHAM 27:31

9/30 Larry Olsen 10K

Kimberly Sullivan 1:05:18

10/1 Smuttynose Rockfest Half Marathon

ALAN SOUCY 1:48:49

PRISCILLA SANBORN 2:12:47

Apple Harvest 5 Mile

James O’Leary 42:14

Candace O’Keefe 42:20

5K

Alan Thornton 27:01

Andrea Kaufmann 42:36

Triathlons Results

9/9 Pitch Pine Challenge

Lizabeth MacDonald 2:58:28

9/9-10 Punkinman Sprint

Susan Derrico 1:44:47

Half Ironman

Subramani Venkatesh 4:56:07

Eryn Kenney 8:48:17

Olympic

Colleen Schaible 2:45:46

Alan Thornton 3:08:42

Cari Feingold 3:10:34

Ronalee Ray-Parrott 3:17:59

Laurie Manning 3:33:44

Andrea Kaufmann 4:34:20

Kim and Pam at Larry Olsen 10K Race



Upcoming Local Races 2017

10/8 [Bobby Bell 5 Miler](#), Haverhill, MA

10/21 [Triton Education Foundations Zombie Run 5K](#), Byfield, MA

10/28 [The Devils Chase 6.66 Miler](#) Salem, MA

10/29 [Haunted Hound 5K](#), Newbury, MA

10/29 [Great Bay 5K](#) Stratham, NH

10/30 [Exeter Hospital’s Trick or Treat Trot 5K](#) Exeter, NH

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

Half Marathons:

10/9 [Trust Trail Fest](#) 26.2M, 13.1M, 10K, 5K trail run in Kennebunkport, ME

10/22: [Green Strides Newburyport Half Marathon & Relay](#) in Newburyport, MA

11/19: [Harborside Half Marathon](#) in Newburyport, MA

12/4 [Jingle Bell Half Marathon](#), Atkinson, NH