



"Let me tell you the secret that has led me to my goal. My strength lies solely in my tenacity." - Louis Pasteur

September Newsletter

Up Coming Clinics:

Triathlon Swim Clinic

Improve your swimming confidence, skills, and overall ability. Become more efficient with your freestyle stroke.

- Swim Drills
- Speed Workout
- Specific Cam recording days
- Workouts emailed to practice.

Fit Pro: Pam Houck

Choose one: Tuesdays: 7:00-8:00 AM or
Thursdays: 7:00 - 8:00 PM

Start Date: September 29, 2014

Duration: 8 Weeks

Frequency: 1x per week

Cost: Members \$128 Non-members: \$148

***Class size limit to 9 swimmers**

***This clinic fills up fast, Sign Up Early!**

*This class is for Swimmers/Triathletes that can swim 1/2 mile non stop, ages 14 and up.

For more information and registration go to: <http://gearupforfitness.com/upcoming-clinics/>

Endurance Factor

Tuesdays 6:15-7:15 PM

Class Starts: September 23, 2014

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!

Fall 2014 Trail Races

Time to start thinking about doing a fall trail race. A great way to mix up your running with trail running. Here a few races:

10/12 Trust Trail Fest 5K/10K Kennebunkport, ME: http://www.trusttrailfest.com/Trust_Trail_Fest/Home.html

10/18 TARC Fall Classic 10K, 13.1M Lexington, 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)

Race Spotlights

8/3 Lowell Olympic, Lowell, MA:

Rick St. Onge 2:34:34

Alan Thornton 2:43:59

Michele Desoto 3:06:59

8/10 Kingston Sprint Triathlon, Kingston, NH:

Rodney Desroche 1:16:35

Joe Kowalczyk 1:34:50

Judy Keator 1:56:12

8/17 Mont Tremblant Ironman

Subramani Venkatesh 10:12:48

Tom Galvin 14:20:58

Ami Mosca 14:41:23

8/21 Saunders 10K, Rye Harbor, NH:

Stephanie Suprin 51:45

Sandra Gordon 52:17

Kyle Asmussen 52:25

Holly Campbell 54:13

Upcoming Local Races 2014

9/14 All Women & 1 Lucky Guy Half, Newburyport, MA (1000 runners):

www.allwomenshalf.com/

9/20 Cassidy 5K, Salisbury, MA:

runthecircle.org/wordpress/?page_id=2229

9/24 Greater Newburyport Ovarian Cancer Awareness 5K, Newburyport, MA: <http://www.kintera.org/faf/home/default.asp?ievent=1118687>

10/5 Smuttynose Rockfest Half, Hampton, NH (Large race):

www.hamptonrockfest.com/

10/5 Half Marathon By-The-Sea, Manchester, MA (Small race) *Coach's Pick: www.yukanrun.com/Half-Marathon-by-the-Sea.html

10/6 Apple Harvest Run 5K & 5 Mile, West Newbury: <http://www.appleharvestrun.org/>

Questions: Contact Pam Houck

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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/>