



← Kim & Coach Pam at Kingston 10 Mile Trail Race

Gear Up For Fitness

Train to Run and do Triathlons at any age.

September Newsletter

Up Coming Clinics for September:

Triathlon Swim Program



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.

Starts 9/28/15

Fit Pro: Pam Houck

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

Start Date: September 28, 2015

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.

TRX Suspension Trainer

Starts September 16

TRX Demo September 9

All Core, All The Time!

Total Body Workouts!

Great for Runners and Triathletes!

Fit Pro: Pam Houck

Mondays: 6:00 PM

Start Date: September 16, 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:

“Looking forward to something is much more fun than looking back at something—and much more constructive.” — Hortense Odium

Trail Races

9/19 ECTA's 11th Annual Run for the Trails 5 & 10 Miles, Hamilton, MA

9/26 Mount A TrailFest 9 mile & 5K, York, ME

9/27 Convenient MD 10K on the Windham Rail Trail Windham, NH

10/10 Trust Trail Fest 5K, 10K & 13.1 Mile, Kennebunkport, ME

10/25 Ghosts Train Trail 15 mile, Milford, NH

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

Race Spotlights

8/1 Kingston Tri for Y Triathlon:
JOSEPH KOWALCZYK 1:36:55
HOLLY MANDIGO-ALY 2:43:46
ERYN KENNEY 2:48:32

8/9 Lowell Wild Cat Sprint Triathlon
Michele Desoto 1:20:07

8/16 Timberman 70.3
Rick St. Onge 6:12:51
Eric Murphy 6:51:49
Brenda Houde 6:55:58

8/16 Timberman 70.3
Lisa LaFleur 5:24:27
Sarah Flynn 5:30:50

8/21 Ipswich Triathlon
Joan Ross 1:15:18

8/21 Joe's Playland 80s 5K
HOLLY MANDIGO-ALY 47:59
ERYN KENNEY 48:59

8/22 Wall's Ford Fiesta 10K
Kim Richards 1:13:44
HOLLY MANDIGO-ALY 1:39:49

8/23 North Shore Half Marathon
HOLLY CAMPBELL 1:49:06
COLLEEN SCHAMBLE 2:02:15
Maureen Farren 2:34:41

8/29 SELT TrailFest 10 Miler
KIMBERLY SULLIVAN 1:46:53



Upcoming Local Races 2015

9/19 Cassidy's 5K, Salisbury, MA

9/27 Half Marathon-by-the-Sea, Manchester, MA

9/27 Wilmington's 11th Annual Half Marathon & 5K Run, Wilmington, NH

10/4 Apple Harvest 5 mile/5K West Newbury, MA

10/4 Smuttynose Rockfest Half Marathon, Hampton, NH

10/11 Bobby Bell 5-Mile Road Race, Haverhill, MA

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/>

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