



Gear Up For Fitness

Run and Triathlon at any age.

Gear Up Tri
Team at Cran-
berry

August Newsletter

Up Coming September Clinics:

Run Your Potential

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

Open to All Levels,
Ages 14 and up
Wednesdays:

6:00 - 7:00 PM

Start Date: 9/28/2016

Duration: 8 Weeks

Location: Lobby

Members: \$128 Non-members: \$15

New Run Program
Start Date: 9/28/2016

This program is for runners/triathletes
wanting to:

- Improve strength and endurance through Hill Repeats and Boot Camp
- Improve Speed through: Strides, Track, Tempo & Fartleks
- Form analysis on specific days with Cam recording
- Improve flexibility with stretching and Myo-facial Release
- Learn to maximize your workouts with Heart Rate Training

Training for Following Races:

10/2 Apple Harvest 5 mile/5K, West Newbury, MA

10/9 Trust Trail Fest 26.2M, 13.1M, 10K, 5K Trail, Kennebunkport, ME

10/9 Bobby Bell 5 Miler, Haverhill, MA

11/13 Harborside Half Marathon, Newburyport, MA

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

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.

Fit Pro: Pam Houck
Tuesdays

Time: 7:00-8:00 AM

Start Date: 9/27/2016

Duration: 8 Weeks

Frequency: 1x per week

Cost: Members \$128 Non-members: \$178

*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.

Class Starts
9/27/2016

Information, registration form:

<http://gearupforfitness.com/upcoming-clinics/>

Motivational Quote:

"Fitness has to be fun. If it is not play, there will be no fitness. Play, you see, is the process. Fitness is merely the product. "

— George Sheehan

"My advice when it comes to speed work: Go get it done. You might as well choose the kind of suffering that makes you faster. "

— Mark Remy

7th Annual Indoor Triathlon Series
Tentative Dates for 2017 Race Series:
3 Saturdays:
January 21, 2017
February 11, 2017
March 4, 2017

New for 2017: Bike Mileage Included in Score



Races Results

8/2 Yankee Homecoming 10 mile:

Mark Saccoccio 1:19:07
Brenda Houde 1:25:58
Kelly Colleen Schaible 1:30:04
Jackie Gallagher 1:30:04
Matthew Blanchette 1:33:23
Blake Liebert 1:33:52
Lauren Bonaccorso 1:41:03
Kimberly Sullivan 1:43:57
Lauren Dirk 1:47:01
Kim Richards 2:10:58

5K

Patricia Lavoie 24:34
Holly Campbell 25:03
Sean Whalen 25:40
Alan Thornton 25:54
Eryn Kenney 41:05

8/14 Kingston Triathlon:

Mark Saccoccio 1:23:55, 2nd AG
Anna Bates 1:29:30, 1st AG
Alan Thornton 1:30:50, 3rd AG
Michele Desoto 1:48:32

8/20-8/21 Cranberry Trifest:

Sprint:

Andrea Kaufmann 2:21:18

Olympic:

Beth MacDonald 2:54:27, 2nd AG
Brian Amero 3:05:10
Brenda Houde 3:18:48
Holly Mandigo-Aly 4:22:42
Eryn Kenney 4:34:03

St. Charles Children's Home 5k:

Amy Bride 30:08
Holly Aly 39:30
Eryn Kenney 12:49

Upcoming Local Races 2016

9/25 Cassidy's 5K, Salisbury, MA

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

10/9 Bobby Bell 5 Miler, Haverhill, MA

Half Marathons:

10/2 Smuttynose Rockfest Half Marathon in Hampton, NH

10/9 Trust Trail Fest 26.2M, 13.1M, 10K, 5K trail run in Kennebunkport, ME

10/23: Green Stride Newburyport Half Marathon & Relay in Newburyport, MA

11/13: Harborside Half Marathon, Newburyport, MA

Questions: Pam Houck

Phone: 978.697.5627

Email at pahouck@gmail.com

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

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