



Gear Up For Fitness

Run and Triathlon at any age.

September Newsletter

Yankee Homecoming Race

Up Coming September Classes:

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: 9/6/2017
Duration: 8 Weeks
Location: Lobby
Members: \$128 Non-members: \$158



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 Learn to maximize your workouts with Heart Rate Training

Training for Following Races:

- 10/1 Smuttynose Rockfest Half Marathon Hampton, NH
- 10/1 Apple Harvest 5 mile/5K, West Newbury, MA
- 10/8 Bobby Bell 5 Miler, Haverhill, MA
- 10/22 Newburyport Half Marathon, Newburyport, MA

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

Download registration form, fill it out and go to Latitude to sign up: [RunYourPotentialSeptember.pdf](#)

TRX Suspension Trainer Check out why TRX Is Great Strength/Core Workout

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

Fit Pro: Pam Houck
Mondays: 6:00 PM
Start Date: September 18, 2017
Duration: 6 Weeks
Frequency: 1x per week
Cost: Members \$89
Non-members: \$149

Registration form will be posted by 9/8 on : <https://gearupforfitness.com/upcoming-clinics/>

Motivational Quote:

"A setback means the course just got a little more challenging—but don't we like that, in our own weird runner way? It's a chance to... go a little deeper into the reservoir of who we are and what it takes.
— Kristin Armstrong, runner and writer

"There are days where one of us doesn't want to run or go to the gym. The other one of us will often say, 'Let's go and do this, you'll feel better after.' No lie. We always do!"

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/>



8th Annual Latitude Indoor Triathlon Series
Tentative Dates for 2018 Race Series
Will be posted in October Newsletter

Race Spotlights

8/1 Yankee Homecoming 5K

Madelyn Steeves 22:02
Courtney Bleau 24:28
Sherri Marshall 28:22
Donna Wright 28:25
Laurie Manning 31:15
Lori Haraske 33:00
Maura Pinilla 33:06
Nancy Crochiere 35:51
Diane Simmons 39:44
Kim Richards 39:44
Sean Mitchell 42:15
Julie Steeves 43:4
Eryn Kenney 44:06



10 mile

Kevin Petersen 1:17:41
Stephanie Smith 1:20:42
Nicholas Thurlow 1:28:37
Michelle Zoeller 1:30:54
Patricia Lavoie 1:32:43
Stephanie Suprin 1:38:18
Sandra Gordon 1:39:12
Lauren Bonaccorso 1:40:23



8/18 Saunders at Rye Harbor 10K

STEPHANIE SUPRIN 54:51
SANDRA GORDON 56:12
AMANDA BURNHAM 56:24
HOLLY SULLIVAN 1:00:54
LAURIE MANNING 1:01:34
GAIL CLARK 1:04:43



Weekend Runs Start Back Up 9/16
Training for Newburyport Half Marathon

Upcoming Local Races 2017

9/4 [21st Annual St. Charles Children's Home 5K](#), Portsmouth, NH

9/10 [BrewFest 5K at Applecrest](#), Hampton Falls, NH

9/17 [5th Annual Cassidy's Run for the Kids 5K](#), Salisbury, MA

9/23 [Friends of Fatima 5K](#), Gilmanton NH

10/1 [Apple Harvest 5 mile/5K](#), West Newbury, MA

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

Half Marathons:

10/1 [Smuttynose Rockfest Half Marathon](#) in Hampton, NH

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

11/13: [Harborside Half Marathon](#) in Newburyport, MA

2017 Triathlon Race Season

9/9 [Pitch Pine Challenge](#), Tamworth, NH

9/9-10 [Punkinman Sprint /Half Ironman/Olympic](#), South Berwick, ME

9/16 [Lobsterman Triathlon](#), Freeport, ME

9/16 [Wallis Sands Triathlon](#), Rye, NH