



Happy Holidays!

# Gear Up For Fitness

Run and Triathlon at any age.

## December Newsletter

### Up Coming Classes:

# Run Your Potential

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

Open to All Levels, Ages 14 and up

Wednesdays: 6:15 - 7:15 PM

Start Date: 1/10/2018

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:

11/19 Harborside Half Marathon & 5K, Newburyport, MA

12/10 Jingle Bell Half Marathon & 5K, Atkinson, NH

12/10 WCRC Santa Toys Trot 2, 4, 6 Mile, Merrimac, MA

1/1 Hangover Classic 10k and 5k Road Races Salisbury, MA

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

Download registration form, fill it out and go to Latitude to sign up: [runyourpotentialjanuary20181.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: 6:15 PM

Start Date: 12/18/2017

(\*No class 12/25, 1/1 class will be made up 1/3)

Duration: 6 Weeks

Frequency: 1x per week

Cost: Members \$89

Non-members: \$149

Download registration form, fill it out and go to Latitude to sign up: [trx-dec2017-flyer.pdf](#)

It is that time of the year, to think about 2018 races and goals. Some triathletes have signed up for their big races. What are your race goals? Are they big one?

### Motivational Quote:

"The secret of change is to focus all of your energy, not on fighting the old, but on building the new." – Socrates

"It does not matter how slowly you go as long as you do not stop." – Confucius

"Do the work. Do the analysis. But feel your run. Feel your race. Feel the joy that is running."

– Kara Goucher, Olympic marathoner and training partner of Shalane Flanagan

Questions: Contact Pam Houck

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

For more races go to:

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

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



## 8th Annual Indoor Triathlon Series For Hurricane Relief

3 Saturdays:

January 20, 2018

February 10, 2018

March 3, 2018

Test Your Endurance!  
Great For First Time Triathletes!  
Ages 10 and Up

15  
MINUTE  
SWIM

+

25  
MINUTE  
BIKE

+

20  
MINUTE  
RUN

Number  
of  
Lengths

+

Number  
of  
Miles

+

Number  
of  
Laps

Download registration form, fill it out and mail to Latitude: [2018indoortrisbrochure.pdf](#)

### Race Spotlights

11/12 Seacoast Half Marathon  
MARK SACCOCCIO 1:48:17

11/18 4th Annual Tiger Trot Road Race 5K

JIM DEXTER 27:42

ROSE WASHAK 36:03

11/19: Harborside Half Marathon

DIANA SANTIAGO 1:57:23

KELLY COLLEE SCHAIBLE 1:59:14

JEAN HERRICK 2:11:14

PRISCILLA SANBORN 2:14:33

KIMBERLY SULLIVAN 2:14:33



11/23 WCRC Wild Turkey Trot 3.1 Mile X-Country Run / Walk

Michelle Zoeller 25:48

Sean Whalen 25:58

Amanda Burnham 27:15

Lauren Bonaccorso 30:14

Denise Bucknell 37:58

Rose Washak 40:31



11/23 Maudslay 5K Turkey Trot X-Country Run / Walk,

Andre Bailin 27:03

Lauretta Bailin 27:45

Iori Haraske 33:47

Jeff Eichel 40:08

Kimberly Sullivan 42:30



### Upcoming Local Races 2017-2018

12/10 [WCRC Santa Toys Trot 2 Mile/4 mile/6 Mile](#), Merrimac, MA

1/1/2017 [1st Run 5K & 10K](#), Lowell, MA

1/1/2017 [34th Annual Hangover Classic 10k and 5k Road Races](#) Salisbury, MA

1/28 [Derry Prep 16 Miler / BP-Lite 5 Miler](#), Derry, NH

2/5 [Super 5K](#), Lowell, MA

2/17 [Loco Palooza 5K](#), Salisbury, MA

### Half Marathons:

12/3 [Half Merrython](#), Gloucester, MA

12/10 [Jingle Bell Half Marathon](#), Atkinson, NH