



Have a great 2018 Race Year!
Happy New Year!

January Newsletter

Up Coming 2018 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](#)

Triathlon Swim Clinic

Each class will focus on freestyle stroke through:

Swim Drills:

- To become more Efficient
- To Improve Form
- Speed Workout
- Improves Speed and Endurance

Specific Cam recording days to focus on your stroke

Homework emailed weekly to practice.

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

Mondays: 7:00 - 8:00 PM

Starts: January 15, 2018

Duration: 8 Weeks

Location: Latitude Sports Clubs Lap Pool

Members \$128 Non-members: \$238

*(Non-member has the option to become a member and have full use of the facility, including pool for swim homework)

*This clinic fills up fast, Sign Up Early!

Download registration form, fill it out and go to Latitude to sign up: [triswim-clinicjan2018.pdf](#)

Weekend Runs:

Starts Weekend of January 6

All distances and Paces

Training for Amesbury Half Marathon and other races

Interested, email Pam at pahouck@gmail.com

Motivational Quote:

"It's the athlete's job to learn to do the hard things easily." – John Jerome

"[My] earliest memories as a conscious human being involve the joy of running." – Bruce Kidd

"You are never too old to set another goal or to dream a new dream." – C.S. Lewis, novelist and poet

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 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

Sign up early to get in early waves!

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

12/10 WCRC Santa Toys Trot 2 Mile

HOLLY ALLISON 17:30
 SHERRIE MARSHALL 17:33
 KATHLEEN THOMAS 20:02
 LAURIE MANNING 20:27
 GINGER IOLA 20:56
 DENISE BUCKNELL 22:44
 ROSE WASHAK 23:11
 ERYN KENNEY 26:21



12/10 Jingle Bell Half Marathon

STEPHANIE SUPRIN 2:05:28
 KIMBERLY LYONS 2:05:29
 CARI FEINGOLD 2:05:50
 SANDRA GORDON 2:07:43
 LAUREN BONACCORSO 2:14:07
 GAIL CLARK 2:57:38
5K
 SARAH FLYNN 42:15



We all have goals and big races for 2018. First you need to answer these questions: What is your plan to reach your goals? What is your plan to improve your weak sport and times? Having the right answers are critical to achieve your goals.

Upcoming Local Races 2018

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

1/28 [Frigid Fiver](#), Newburyport, MA

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

2/10 [Bradford Valentine Road Race 5M & 6K](#), Haverhill, MA

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

2/25-3/11 [Wild Rover Series 3-4-5](#), Haverhill, Lawrence, Lowell, MA

3/4 [Half at the Hamptons/5k](#), Hampton, NH

3/18 [Run to the Beach 30K](#), North Andover, MA

3/25 [Eastern States 20 Miler](#) & Run To The Border Half Marathon

4/8 [Great Bay Half Marathon/Beyond Rainbow 5K](#), New Market, NH

4/30 [Earth Rock Half Marathon](#), Amesbury, MA

5/7 [Wallis Sands Half Marathon](#), Rye, NH