



Gear Up For Fitness

Run and Triathlon at any age.

February Newsletter

Up Coming 2018 Classes:

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: 2/5/2018

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-feb2018-flyer.pdf



Game Plan

As Patriots and Eagles get ready for Super Bowl so you should have a game plan for your 2018 races. As race directors are posting their events online, it becomes a candy store for runners and triathletes. 1st pick the A races, your main focus which be a limited number (4) and spread throughout the year. Then pick B races as speed workout and C races as long run or fun run. The B and C races should be between the A races. Don't race every weekend which leads to injury and lose your main focus on your endurance races.

Weekend Runs are Happening:
All distances and Paces
Training for Amesbury Half Marathon and other races
Interested, email Pam at pahouck@gmail.com

Motivational Quote:

"We must know the race we are running and not be distracted just because someone else comes up behind us. We must learn how to keep our own pace."
– Ryan Holiday, author and runner

"Break up your goals into smaller ones. Temper your schedule accordingly, and then work towards each goal without overwhelming yourself with the bigger goals."
– Mirna Valerio, ultrarunner and author

"The measure of who we are is how we react to something that doesn't go our way."
– Gregg Popovich, San Antonio Spurs head coach

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



2 More Saturdays:
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

1/1/2017 1st Run 5K
ERYN KENNEY 40:41

1/1/2017 34th Annual Hangover Classic 10k

BRENDA HOUE 52:49
KELLY SCHAIBLE 52:49
SAMANTHA PICKERING 54:22
STEPHANIE SUPRIN 55:32
PAM FREEMAN 59:41

5k:
AMANDA BURNHAM 26:07
SHERRI MARSHALL 27:23
LIZABETH MACDONALD 27:30
CAROLYN BURT 28:14
LAUREN BONACCORSO 29:38
KATHLEEN THOMAS 31:11
DAPHNE THURSTON 31:35
SUSAN DUNKERLEY 32:44
DENISE BUCKNELL 35:17
GAIL CLARK 37:44
CAROLYN ROY-BORNSTEIN 38:08
REBECCA SWEENEY 39:44
JEFF EICHEL 40:43

1/28 Derry Prep 16 Miler

Mark Saccoccio 2:22:48
Priscilla Sanborn 2:42:09
Cari Feingold 2:42:20
Pam Freeman 2:47:45

1/28 Frigid Fiver

MADELYN STEEVES 38:03
Anna Bates 39:14
Stephanie Suprin 42:48
James Supple 43:36
Jim O'Leary 49:54
Rose Washak 51:24



Upcoming Local Races 2018

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

3/31 [April Fool's 4 Mile Road Race](#), Salisbury, MA

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