



Gear Up For Fitness

Run and Triathlon at any age.

March Newsletter

Up Coming March 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: 3/28/2018
Duration: 8 Weeks
Location: Lobby
Members: \$128 Non-members: \$158

We will be running outside

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:

3/17 St. Patty's 5K/10K & Pub Crawl, Salisbury, MA
4/8 Great Bay Half Marathon/Beyond Rainbow 5K, New Market, NH
4/29 Earth Rock Half Marathon, Amesbury, MA

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

Download registration form, fill it out and go to Latitude to sign up: runyourpotentialmarch2018.pdf

TRX Suspension Trainer

Check out why TRX Is Great Strength/Core Workout Free Demo
March 19, 2018 6:15 PM

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

Fit Pro: Pam Houck
Mondays: 6:15 PM
Start Date: April 2, 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:



Boston University's Fit Rec Center
Boston, MA
Sunday, March 25, 2018

Keynote Speakers:
Mirinda Carfrae
Timothy O'Donnell

Information packed seminars, clinics and workshops, competitive events, a vendor expo.

For more information go to:
<http://race-mania.com/>

Motivational Quote:

"With the new day comes new strength and new thoughts." —Eleanor Roosevelt

"Acknowledge all of your small victories. They will eventually add up to something great." — Kara Goucher

"Train, don't strain." —Arthur Lydiard

Indoor Triathlon Series



Thank you for participating on the Indoor Triathlon Series for the last 8 years. It is time for me hang up my race director's hat. It is great to see many first timers become triathletes and many improve in their distance.

You can check this year's race results and pictures at: <https://gearupforfitness.com/2018-indoor-triathlons/>



Change Clocks
March 11

Weekend Runs are happening. Training for Earth Rock Half 4/29
Interested email Pam: pahouck@gmail.com

Race Spotlights

2/5 Super 5K
Rose Washak 34:10
Eryn Kenney 42:58

2/10 Bradford Valentine Road Race 6K
Sherri Marshall 33:41
Rose Washak 40:47

2/17 Loco Palooza 5K
SHERRI MARSHALL 31:07
ROSE WASHAK 33:21
ANN INTERRANTE 35:46
JEFF EICHEL 38:29

2/26 Frozen Shamrock 3 Mile
AMANDA BURNHAM 23:18
SHERRI MARSHALL 26:18

Upcoming Local Races 2018

3/17 [St. Patty's 5K/10K & Pub Crawl](#), Salisbury, MA

3/18 [Run to the Beach 30K](#), North Andover, MA (Great training run for spring marathons)

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

4/8 [The Cheap Marathon](#), Salisbury, MA

4/14 [Merrimack River Trail Race 10 Mile](#), Andover, MA

4/14 [Tortoise and the Hare 10K](#), Salisbury, MA

4/14 [New Castle 10K](#), Portsmouth, NH

4/22 [Portsmouth Half](#), Portsmouth, NH

4/29 [Earth Rock Half Marathon](#), Amesbury, MA

5/12 [Stonyfield 5K](#), Kingston, NH

7/8 [Dam Sprint Triathlon](#), Amesbury, MA

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/>