

Gear Up For Fitness

Compete in Road Races and Triathlon at any age.

St. Patty's 10K

April Newsletter

Up Coming April Classes:

TRX Suspension Trainer

Check out why TRX
Is Great Strength/Core Workout

Still Can Try it for Free
April 2, 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:
trx-apr-2nd-2018.pdf

Race Spotlights

3/4 Hampton Half Marathon

KELLY SCHAIBLE 1:55:34
PAM FREEMAN 2:15:26
KATHLEEN MCWILLIAMS 2:15:34
CHRISTINE LAGO 2:17:08
TAMARA KISIELESKI 3:16:49
5K
ROSE WASHAK 32:23
KAREN PROVOST 32:28
JEFF EICHEL 37:04



3/17 St. Patty's 5K/10K

KELLY SCHAIBLE 50:10
JACQUELINE LESSARD 51:46
STEPHEN DURKIN 52:29
BRENDA HOUDE 51:52
STEPHANIE SUPRIN 55:23
LAUREN BONACCORSO 1:00:49
5K
BLAKE LIEBERT 25:35
SHERRI MARSHALL 27:05
LAURIE MANNING 30:35
KIM RICHARDS 40:11
JULIE STEEVES 42:50



3/25 Eastern States 20 Miler

JEAN HERRICK 3:19:37
PAM FREEMAN 3:24:59
KATHLEEN MCWILLIAMS 3:34:50

3/31 April Fool's 4 Mile Road Race

KELLY SCHAIBLE 30:14
STEVE DURKIN 30:37
AMANDA BURNHAM 30:39
HOLLY CAMPBELL 33:34
DONNA WRIGHT 33:34
STEPHANIE SUPRIN 34:32
HOLLY ALLISON 34:35
ALAN THORNTON 34:45
HOLLY SULLIVAN 35:37
JEAN HERRICK 36:00
SHERRI MARSHALL 36:24
BETHANY NOSEWORTHY 39:39
ROSE WASHAK 42:27
JEFF EICHEL 47:21
ERYN KENNEY 48:59



Weekend Runs are happening.
Training for Earth Rock Half 4/28
Interested email Pam:
pahouck@gmail.com

April Fool's 4 Mile
What a year
makes in the
weather
department!

[I Race Like A Girl](#)

2018 Triathlon Race Season

6/2 [King Pine Duathlon & Triathlon](#),
Madison, NH

6/3 [Rye-By-The-Sea Duathlon](#)/5k, Rye, NH

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

7/8 [Lowell YMCA Triathlon & Aquabike](#)
(Sprint/Olympic), Lowell, MA

7/22 [Boston Triathlon](#) (Sprint/Olympic),
Boston, MA

8/5 [Kingston Triathlon](#) (Sprint for Adults
and Kids), Kingston, NH

8/12 [Mill City Triathlon](#) (Sprint/Olympic),
Lowell, MA

9/8 [Pitch Pine Challenge](#), Tamworth, NH

9/8-9 [Punkinman Sprint & Half](#)
Ironman/Olympic, South Berwick, ME

9/8 [Lobsterman Triathlon](#), Freeport, ME

Upcoming Local Races 2018

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

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

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

5/5 [ECTA's Spring for the Trails Half](#)
[Marathon](#) Ipswich, MA

5/5 [Blaze the Trail 5K](#) South Hampton,
NH

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

5/6 [Exeter Day Trail Races](#) (10K/5K),
Exeter, NH

5/19 [Big Lake Half Marathon](#), Alton, NH

5/20 [Trav's Trail Race](#) Maudslay,
Newburyport, MA

5/26 & 5/27: [Pineland Trail Race](#)
5K/10K/25K/50K, New Gloucester, ME

5/27 [Baldi 5 Mile River Run](#), Haverhill,
MA

Bike Swaps

7th Annual North Shore Community Bike Swap

Fighting Cancer one bike at a time
Presented by The Riverside Rockets
Pan Mass Challenge Team
To Benefit The Jimmy Fund and The
Pan Mass Challenge
Sunday April 15, 2018
10am-2pm
At The Tannery tent, 50 Water St.,
Newburyport, MA

Want to sell bike? Drop off April 7th
and 14th from 9 am to 5 pm

More information:

[https://www.facebook.com/
events/189915034938443/](https://www.facebook.com/events/189915034938443/)

10th Annual Bike Swap

April 21 & 22, 2018

11 am to 4 pm

Papa Wheelies Parking Lot
Portsmouth, NH

Want to sell bike? Drop off through
April 20th

More information:

[https://papa-wheelies.com/events/
seacoast-bike-swap-at-papa-
wheelies-april-21-22-2018-pg560.htm](https://papa-wheelies.com/events/seacoast-bike-swap-at-papa-wheelies-april-21-22-2018-pg560.htm)

Motivational Quote:

"Everyone runs in her own way, or his own
way. And where does the power come from,
to see the race to its end? From within."
—Eleanor Roosevelt

"It's all to do with the training: you can do a
lot if you're properly trained."
— Queen Elizabeth II

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/>