

# Gear Up For Fitness

Compete in Road Races and Triathlon at any age.

Earth Rock Half  
Marathon

## May Newsletter

### Up Coming April Classes:

#### TRX Suspension Trainer Check out why TRX Is Great Strength/Core Workout

Still Can Try it for Free  
May 14, 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: May 21, 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 May21nd 2018](#)

## 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: 5/23/2018  
Duration: 8 Weeks  
Location: Lobby  
Members: \$128 Non-members: \$158

Starts  
May 23, 2018

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:

5/12 Stonyfield 5K, Kingston, NH  
5/20 Trav's Trail Race Maudslay, Newburyport, MA  
6/16: Flag Day 5K, Newburyport, MA  
6/17 Cheap Half Marathon 5K, 10K, Half Marathon 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: [RunYourPotentialMay2018](#)



### 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

### Race Spotlights

4/8 Great Bay Half Marathon  
HOLLY SULLIVAN 2:10:15  
ROSE WASHAK 2:33:54

Beyond Rainbow 5K  
CHRISTINE LAGO 25:49  
JEFF EICHEL 34:18  
BETH RICCI 36:21

4/8 The Cheap Marathon  
DIANA SANTIAGO 3:58:35  
AMANDA BURNHAM 4:08:41  
MICHELLE ZOELLER 4:08:41

4/14 Tortoise and the Hare 10K  
Lauren Bonaccorso 54:05  
Holly Campbell 55:21  
Jim Dexter 58:41  
Laurie Manning 1:03:23

4/22 Portsmouth Half  
MICHELLE ZOELLER 1:49:23  
CHRISTINE LAGO 2:13:12  
KATHI DURNING 2:56:16  
TAMARA KISIELESKI 3:16:28

4/29 Earth Rock Half Marathon  
KEVIN PETERSEN 1:40:57  
KELLY COLLEEN SCHAIBLE 1:47:43  
DIANA MUNERA-SANTIAGO 1:48:31  
JACKIE LESSARD 1:51:07  
MICHELLE ZOELLER 1:53:43  
AMANDA BURNHAM 1:53:44  
KIMBERLY SULLIVAN 2:06:33  
MELANIE MANSEAU 2:09:53  
PRISCILLA SANBORN 2:14:00  
ELAINE CURRIE 2:14:50

### Upcoming Local Races 2018

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

6/9: [Market Square 10K](#), Portsmouth, NH

6/9 [Landshark Swim 1/2, 1 & 2 Mile Swim](#), Amesbury, MA

6/10: [What Moves You 5K](#), Exeter, NH

6/16: [Flag Day 5K](#), Newburyport, MA

6/17 [Cheap Half Marathon](#) 5K, 10K, Half Marathon Salisbury, MA

6/25 [Smuttynose Will Run for Beer 5K](#), Hampton, NH

### Motivational Quote:

"If you want it, and the more you keep hearing you can't have it, you just go and get it." —Cardi B

"It's all to do with the training: you can do a lot if you're properly trained."  
— Dag Aabye, subject of the documentary "Never Die Easy"

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For more races go to:  
Triathlons: <http://www.trifind.com/>  
Running: <http://runningintheusa.com/>