



# Gear Up For Fitness

You Can Compete in Road Races and Triathlon at any age.

Blaze the Trail  
5K

## June Newsletter

**TENT SALE**  
**JUNE 8-10**  
ATHLETIC FOOTWEAR & APPAREL  
**40% to 80% Off**

**Whirlaway Tent Sale**  
500 Merrimack St., Methuen, MA



Starting in June on Mondays at 6:30 AM, we will do Open Water Swims in Lake Gardner, Amesbury, MA

We start at 6:30 AM in the water.

If you want to join the group, email Pam at [pahouck@gmail.com](mailto:pahouck@gmail.com)

You must wear a bright swim cap and use a swim buoy.

**\*\*Note:** If this is your first open water swim notify Pam



### 2018 Triathlon Race Season

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

9/23 [Wallis Sands Triathlon](#), Rye NH

### Race Spotlights

#### 5/5 Blaze the Trail 5K

Holly Sullivan 33:35  
Kimberly Sullivan 34:28  
Denise Bucknell 12:06  
Laurie Manning 37:48

#### 5/12 Stonyfield 5K

Christine Lago 27:09  
Judy Keator 35:42

#### 5/20 Wallis Sands Half Marathon

Mark Saccoccio 1:45:31  
Cheryl Saccoccio 2:45:46

#### 6/2 Rye-By-The-Sea Duathlon

Stacey Riley 1:49:55  
Lori Haraske 2:30:20  
Kim Richards 2:55:56

### Upcoming Local Races 2018

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

6/23 [Exeter Trail Race](#), Exeter, NH

6/24 [Smuttynose Will Run for Beer 5K](#), Hampton, NH

7/8 [Parker River Half Marathon](#), Byfield, MA

7/22 [Stratham Fair 5.7 Mile Road Race & Relay Race](#), Stratham, NH

8/1 [Yankee Homecoming 5K & 10 mile races](#), Newburyport, MA

8/16 [Saunders at Rye Harbor 10K](#), Rye NH

8/19 [IPA 5K - Summer](#), Newburyport, MA

### Motivational Quote:

"You can keep going and the legs might hurt for a week, or you can quit for a week and your mind will hurt for a life time"  
—Mark Allen

"If God invented marathons to keep people from doing anything more stupid, then triathlons must have taken Him by surprise.." — PZ Pearce

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