



Gear Up For Fitness

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

August Newsletter

2018 Triathlon Race Season

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



Triathlon season is still happening for another 6 weeks. What is your next goal or journey after triathlon season? Train for endurance event 1/2 marathon, marathon or bike a century? To train for these events, it is a journey to get you there to the starting line. Find friends to train with to experience this journey.



Motivational Story:

The newsletter will be taking a different direction which includes you. I find what inspires me is my girlfriends which we train together. And you!

Email Pam your story of your journey with a picture including your friends training with you. Or about a friend that deserves special high 5



Diana 2nd 1st timer woman at Dam

Diana is a mom of 2 girls, which one has special needs and works as Physician Assistant. As busy mom, she finds time to train for her 1st triathlon, Dam Sprint. This spring, she broke 4 hours for the Cheap Marathon. Diana is tenacious, honest, gifted athlete and great friend.

Upcoming Local Races 2018

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

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

8/19 [Blazing Saddles Century 33, 50, 62, 100 miles](#) Byfield, MA

8/26 [Ashley St. Onge Fly 5K](#), Methuen, MA

8/26 [Run the Goose 7K and Around Cape Ann 25K](#), Gloucester, MA

9/2 [Mighty Merrimack 1 and 2 mile swims](#), Lowell, MA

9/3 [21st Annual St. Charles Children's Home 5K](#), Portsmouth, NH

9/9 [BrewFest 5K at Applecrest](#), Hampton Falls, NH

Half Marathons:

9/30 [Rockfest Half Marathon & 5K](#) Hampton, NH

10/9 [Trust Trail Fest 26.2M, 13.1M, 10K, 5K](#) trail run in Kennebunkport, ME

10/22: [Green Stride Newburyport Half Marathon & Relay](#) in Newburyport, MA

10/28 [LOCO Full & Half Marathon](#), Newmarket, NH

11/11: [Harborside Half Marathon & 5K](#) Newburyport, MA

11/13: [Stache Half Marathon & 1 Mile](#) Ipswich, MA

Trail Races:

10/13 [Trust Trail Fest 13.1M, 10K, 5K Trail](#), Kennebunkport, ME

10/20 [Ghost Train Trail Race Ultra](#)

10/21 [Ghost Train Trail Race 15 Mile](#), Milford, NH

Race Spotlights

7/8 Dam Sprint Triathlon

Ben Besse 1:03:11 *Winner
Subramani Venkatesh 1:05:30 *3rd OV
Rodney DesRoche 1:18:40
Colleen Schaible 1:21:25 *3rd Women
Anna Bates 1:26:59 *2nd AG
Tom Connolly 1:31:08
Pam Freeman 1:31:47
Jim Dexter 1:32:07
Michelle Parsons 1:32:47
Brian Amero 1:33:13
Alan Thornton 1:34:16
Diana Santiago 1:35:08 *2nd 1st timer
Lauren Bonaccorso 1:42:10
Laurie Manning 1:47:58
Michele Desoto 1:52:08 *2nd Athena
Irene Sullivan 1:54:10
Eryn Kenney 1:56:36
Lauren Bonaccorso 2:04:59
Sarah Flynn 2:05:20

7/22 Boston Triathlon

Olympic
Subramani Venkatesh 1:38:27

7/22 Lake Placid Ironman

Colleen Schiabile 12:50:26
Jeff Belisvsnce 13:47:13
Mark Saccoccio 14:33:53
Kevin Staffin 15:19:03

7/29 Whaling City Triathlon

Daphne Thurston 1:37:27

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/>