



# Gear Up For Fitness Newsletter

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

## Run Your Potential

### Training For Fall Races / Looking to Improve Endurance & Performance

Open to All Levels, Ages 14 and up

Wednesdays: 6:05 - 7:05 PM

Start Date: 9/19/2018

Duration: 8 Weeks

Location: Lobby

Members: \$128 Non-members: \$158

This program is for runners/triathletes wanting to:

- Improve power and endurance through running strength workouts
- Improve time and pace through various speed workouts
- Form analysis on specific days with video recording
- Improve flexibility with stretching and Myo-facial release
- Learn to maximize your running with Heart Rate Training

#### Training for Following Races:

9/30 Rockfest Half Marathon & 5K, Hampton, NH

10/14 Apple Harvest 5 Mile & 5K, West Newbury, MA

10/21 Geenstrides Newburyport Half Marathon, Newburyport, MA

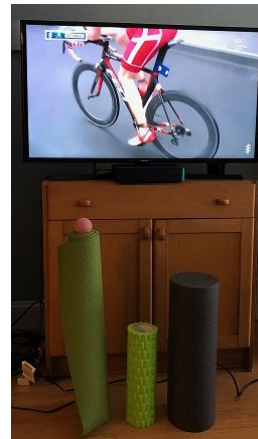
These workouts are designed to be fun, challenging and inspiring.

Download registration form, fill it out and bring it to Latitude to sign up:

[RunYourPotentialSeptember2018.pdf](#)



#### Editor's Note:



Newsletter gets a new look.

Starting next week, I will be starting a series on Hip/Glutes issues that is occurring with many of us. I have been dealing this injury for almost a

year. Last year, it sideline me to not run for 3 months. After doing PT with Chad Burnham at Proform Physical Therapy, I am back to running. Lately, I have discovered some of my clients, runners and triathletes are suffering with same injury. Series will include what causes this injury, what you can do to get better and how to prevent it. The picture above is part of solution but check the blog to read more it about next week.



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## **Upcoming Local Races 2018**

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

10/6 [Freedom 5K](#), Newburyport, MA

10/7 [Bobby Bell 5 Miler](#), Haverhill, MA

10/14 [Apple Harvest 5 mile/5K](#), West Newbury, MA

## **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

10/21: [Green Stride Newburyport Half  
Marathon & Relay](#) in Newburyport, MA

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

11/5: [Ocean View Half Marathon & 5K](#)  
Ipswich, MA

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

**8/16 Saunders at Rye Harbor 10K:**

AMANDA BURNHAM 54:40

HOLLY SULLIVAN 1:00:42

HOLLY ALLISON 1:00:56

**8/19 IPA 5K - Summer:**

Deb Mandile 29:01

Lauren Bonaccorso 29:40

Ronalee Ray-Parrott 30:05

Laurie Manning 31:51

Eryn Kenney 41:39

Andrea Kaufmann 43:37

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**8/26 Ashley St. Onge Fly 5K:**

Stephen Durkin 25:03

Jeff Bellavance 28:41

Kt Thomas 39:22

Sarah Flynn 39:23

**9/3 21st Annual St. Charles  
Children's Home 5K:**

Eryn Kenney 53:08

**8/19 Ironman Mont-Tremblanc**

Kathi Thomas 14:25:38

Eric Murphy 15:02:02

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