



# Gear Up For Fitness Newsletter

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

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## Running Boot Camp

Be Ready for 2019 Races

**Start Date: 1/16/2019**  
**Wednesdays: 6:15 - 7:15 PM**  
**Duration: 8 Weeks**  
**Location: Kinesis**

This program is for runners/triathletes wanting to:

- Improve power and endurance through running strength workouts (TRX/Kinesis)
- Improve time and pace through various speed workouts on track and treadmill
- Form analysis on specific days with video recording
- Improve flexibility with stretching and foam rolling release
- Learn to maximize your running with Heart Rate Training

### Training for Following Races:

1/27/2019 Frigid Fiver, Newburyport, MA  
2/9 Bradford Valentine Road Race 5M & 6K, Haverhill, MA  
2/16 Loco Palooza 5K, Salisbury, MA  
3/3 Half at the Hamptons, Hampton, NH

Cost: Members: \$128 Non-members: \$193

**Sign up today!**

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

[RunBootCamp1-2019Reg.pdf](#)

## TRIATHLON SWIM PROGRAM

Be ready for 2019 Triathlons!

**Start Date: January 14, 2019**  
**Mondays: 7:00-8:00 PM**  
**Duration: 8 Weeks**

**Location: Latitude Sports Clubs Lap Pool**

**Each class will focus on freestyle stroke through:**

- Swim Drills to become more Efficient and Improve Form
- Work on stroke power
- Speed Workouts
- Endurance Training

**Specific Cam recording days to focus on your stroke**

**Homework emailed weekly to practice.**

**Cost: Members \$128 Non-Members: \$238**

**\*Class size limit to 12 swimmers!**

**Sign up today!**

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

[TriSwimClinicJan2019Reg.pdf](#)



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**Happy Holidays!**

## **Upcoming Local Races 2019**

**1/1/2019 34th Annual Hangover Classic 10k and 5k Road Races Salisbury, MA**

**1/27/2019 [Frigid Fiver](#), Newburyport, MA**

**2/5 [Super 5K](#), Lowell, MA**

**2/9 [Bradford Valentine Road Race 5M & 6K](#), Haverhill, MA**

**2/16 [Loco Palooza 5K](#), Salisbury, MA**

**3/3 [Half at the Hamptons](#), Hampton, NH**

## **Race Spotlights**

**11/4: [Ocean View Half Marathon](#)**

Morgan McNeil 2:08:27

**11/11: [Harborside Half Marathon](#)**

Anne ARMSTRONG 2:09:24

**12/9 [Jingle Bell Half Marathon](#)**

Diana Santiago 1:51:18

Jackie Lessard 1:53:25

Kim Sullivan 2:11:43

Irene Pickering 2:14:31

Daphne Thurston 2:20:04

Christine Feeley 2:54:24

## **12/9 Santa Toys for Tots**

### **4 Mile**

MATTHEW TRACY 32:52

HOLLY SULLIVAN 37:16

SANDRA GORDON 37:52

ROSE WASHAK 46:23

### **2 Mile**

HOLLY ALLISON 17:54

SHERRI MARSHALL 19:57

ERYN KENNEY 33:45

## **That Nagging Pain in the Butt/Hip Part 3:**

After the tightness reduces, now you need to strengthen the core and work the body in all planes. Examples of these exercises: walking lunges with upper body rotation holding Medicine Ball; superman, hamstring curl, hip adductor, TVA Hold, running dead bug; side plank; russian twist and there are many more. These strength exercises and more will be done in the Running Boot Camp clinic.

## **Here are some quotes to motivate your winter training:**

“Our running shoes have magic in them. The power to transform a bad day into a good day; self-doubt into confidence; chocolate cake into muscle.”

-Mina Samuels, author of Run Like A Girl

“Persistence can change failure into extraordinary achievement” -Matt Blondi

“Be patient with the process.” -Angela Naeth

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