



# ***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**

**Wednesdays: 6:15 - 7:15 PM**

**Start Date: 1/16/2019**

**Duration: 8 Weeks**

**Location: Kinesis**

**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:**

12/9 Jingle Bell Half Marathon & 5K, Atkinson, NH

12/9 WCRC Santa Toys Trot 2, 4, 6 Mile, Merrimac, MA

1/1 Hangover Classic 10k and 5k Road Races Salisbury, MA

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

**Sign up today!**

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

**[RunYourPotentialRegistrationForm.pdf](#)**

### **[That Nagging Pain in the Butt/Hip Part 2:](#)**

This post is about how to alleviate the pain. First, don't sit for hours, get up every 15-20 minutes. Second is to stretch. You want to stretch the calves, hamstring, quad and hip flexors, it-band, piriformis, gluteus medius, lat muscles in the back. Sounds like the whole body but every muscle is connected and affected. When one is tight then all tighten up or are affected. Third is to foam roll. When foam rolling do one side from calf muscle through the Lat muscle in 2 inch increments. Don't roll over the joints (knees and hips) which can create injury. If the IT-Band is super tight then foam roll 2 times a day from calf muscle through the Lat muscle. Foam rolling only IT-Band will not resolve the issue because the tightness can be coming from another muscle group. Fourth, runners and triathletes make sure you are engaging your core and be in neutral pelvic tilt. Fifth, if you sleep on your side, sleep with pillow between knees to feet. This keeps your hips and back inline..

Next few weeks on blog, Instagram and Facebook, Coach Pam will be posting pictures/videos of the stretches and foam rolling.

Next month Part 3, Coach Pam will discuss exercises to strengthen the core and body to work in all planes.

To get ahead of the game plan, participate in Run Your Potential program, which Coach Pam is using all this in each class.



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## **Upcoming Local Races 2018**

**11/18 [Pentucket Pride 5K](#), West Newbury, MA**

**11/19 [4th Annual Tiger Trot Road Race 5K/10 Mile](#), Hampton Falls, NH**

**11/24 [WCRC Wild Turkey Trot 3.1 Mile X-Country Run / Walk](#), Pipstave Hill, West Newbury, MA**

**11/24 [Maudslay 5K Turkey Trot X-Country Run / Walk](#), Newburyport, MA**

## **Half Marathons:**

**11/4: [Ocean View Half Marathon & 5K](#) Ipswich, MA**

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

**12/9 [Jingle Bell Half Marathon & 5K](#), Atkinson, NH**

**12/4 [Half Merrython](#), Gloucester, MA**

## **Race Spotlights**

### **10/14 Apple Harvest 5 mile**

Amanda Burnham 39:52

### **5K**

Laurie Manning 30:54

Denise Bucknell 32:37

### **10/27 Great Bay 5K**

Sherri Marshall 27:59

Gail Clark 28:30

### **10/28 Exeter Hospital's Trick or Treat Trot 5K**

LIZABETH MACDONALD 31:13

KATHLEEN THOMAS 31:13

### **10/13 Hartford Marathon**

Melanie Manseau 4:26:34

Kimberly Sullivan 4:37:58

Allison Balentine 4:48:42

Christine Lago 4:57:19

### **10/21 Baystate Marathon**

LIZABETH MACDONALD 4:05:09

### **Half Marathon**

TERRY PROUTY 2:10:24

KATHLEEN THOMAS 2:10:25

### **10/21 Green Stride Newburyport Half Marathon**

KEVIN PETERSEN 1:40:44

AMANDA BURNHAM 1:46:07

NICHOLAS THURLOW 1:47:20

REBECCA DEAN 1:53:29

CAROLYN BURT 1:55:30

LAUREN BONACCORSO 2:13:26

MORGAN MCNEIL 2:14:16

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