

# RUNNING BOOT CAMP

Be Ready For 2019 Races

This program is for runners and 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
- Learn to maximize your running with Heart Rate Training

Coach Pam Houck



Open to All Levels, Ages 14 and up

Wednesdays: 6:15 - 7:15 PM

Start Date: January 16, 2019

8 Weeks

Location: Kinesis Room

Cost: Members: \$128 Non-members: \$193  
Sign up today!

## Upcoming 2019 Races:

1/27 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 and 5K, Hampton, NH

Run Your Potential Program Fall Registration Class Dates: 1/16/2019—3/6/2019

Participant Name: \_\_\_\_\_ Date of Birth (MM/DD/YYYY): \_\_\_\_\_

Age: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

If yes, what? \_\_\_\_\_

Goal of class: \_\_\_\_\_

Coast of 8 Classes: Member \$128 \_\_\_\_\_ Non-member \$193 \_\_\_\_\_ Fit Pro: Pam Houck

Latitude Sports Clubs will not be held responsible for any accidents or injury on or off Latitude premises. I also give my consent to appear in photographs for potential marketing purposes.

Signature: \_\_\_\_\_



L A T I T U D E  
sports clubs

Questions: Contact Coach Pam Phone: 978.697.5627 or Email: pahouck@gmail.com