



# 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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## **Upcoming Local Races 2019**

**1/27 [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**

**2/23 [YMCA of Metro North Indoor Triathlon](#), Peabody, MA**

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

## **Race Spotlights**

**1/1/2019 34th Annual Hangover Classic Road Races**

### **5k**

Karin Casey 24:22

Sherri Marshall 28:35

Joe Casey 28:37

Elizabeth Walsh 29:03

Beth Ricci 37:21

Pat Walyon 41:49

Andrea Kaufmann 43:32

Jeff Eichel 47:17

### **10k**

Sammy Pickering 47:52

Michelle Parsons 49:58

Stephen Durkin 50:17

John Pickering 52:29

Sandra Gordon 56:07

Steph Suprin 58:39

Irene Pickering 1:01:30

Pam Freeman 1:01:38

Lauren Bonaccorso 1:02:14

Cari Feingold 1:02:43

Daphne Thurston 1:03:24

Gail Clark 1:03:46

Morgan McNeil 1:11:44

## **Editor Note:**

As we swim, bike and run into 2019, what are your race goals for this year? Then there are the goals to achieve your race goals: Staying healthy; injury free; improve cadence; increase wattage; increase speed. To achieve these goals, you need to be: stretching and foam rolling; getting sleep; have plan to focus on your end goal; being consistent with your plan; slowly build your time and distance; and finally listen to your body and not push through the pain. Know your limits because you will get to the starting line ready to compete with smile on your face.

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