

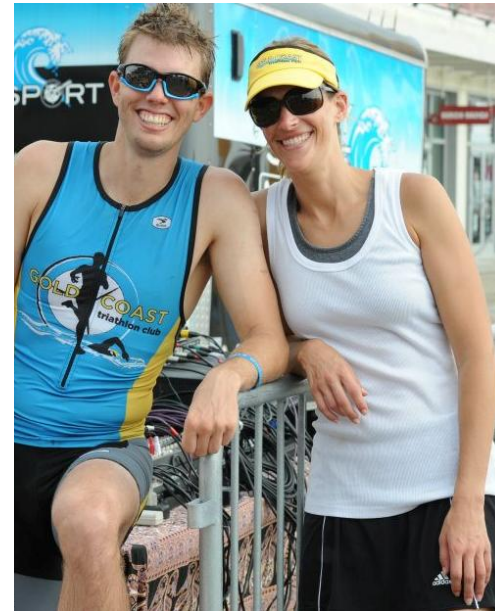


# February 2013 Member Newsletter

## From the River....Now to the Shore

In the fall of 2006, four guys and one girl got together at the Starbucks on 12th and Hudson Street in Hoboken with the goal of starting a triathlon club that didn't require going into NYC. The original five included Eyal Maor, Brent Jenkin, Andrew Shore, Lisa Picek and the first club president, Chris Hernandez. Together they set the organization's mission – to create an affordable club that would promote the sport of triathlon to athletes of all levels throughout the "Gold Coast" of New Jersey. GC Tri started as a rag tag set of 5, but has grown exponentially in the last few years. I credit this to the introduction of several group workouts led by committed volunteers. These volunteers deserve endless amounts of thanks on my part, as they are the backbone that has kept the club running strong.

You know who you are, but special shout outs go to Nicole Parganos and Mike D'Imperio for starting our track workouts and especially Mike for keeping them going even through his new world of fatherhood. Another thanks goes to J.D. Desloges for starting our Thursday morning ride rituals and to Andre for taking over the reigns. And thanks to everyone else who has suffered through my begging and pleading for help week after week to maintain consistent group workouts and of course socials! Now that I have relocated to San Diego, GC Tri will always have a special place in my heart, as it has provided me with endless memories and some of the best friends an individual can ask for. I look forward to reading the upcoming newsletters to see all the amazing results from old and new club members!



*Andrew Shore, co-founder and past Club President, with girlfriend and Gold Coast Tri Club member, Dena Garcia*

## Meet the 2013 Board of Directors



**Member at Large**  
Nicci Schock



**Secretary**  
Kristine Papamichael



**President**  
R.J. Boergers



**Chief Financial Officer**  
Mike Haskell



**Member at Large**  
Jen Finotti Sheppard

# Benefits of GC Tri Club Membership

1. **NEVER** train alone again!
2. **EARN POINTS** towards awards and contests by logging your participation in group workouts and race results.
3. **EXCLUSIVE ACCESS** to discount from our great club sponsors, including Honey Stinger, Fleet Feet, Rudy Project and many more.
4. **HANG OUT** with a great bunch of people at team-organized events, such as happy hours, training talks and post-race parties.
5. **NO JUDGEMENT** for wearing spandex.

## Becoming A Member

Check out the new and improved GCTri website and pay your 2013 membership dues online! New logo, new website – same great group of dedicated triathletes to train with! We've partnered with RaceReach to assist us with the website.

**Directions:** log into [www.gctri.org](http://www.gctri.org) using Chrome or Mozilla (Internet Explorer doesn't work well). Click on the "Login" button and create a RaceReach Account. Next, you must hit the "JOIN" button (not the "sign in" button) so that you can sign the liability waiver and pay your dues.

## Club Kick-off Meeting

**WHEN:** Saturday, February 23<sup>rd</sup> at 3pm-6pm

**WHERE:** Pilsener Haus & Biergarten

15th Street between Grand St. & Adams St.  
Hoboken, N.J.

*Come meet the new Board of Directors, sign up for team merchandise and try on the Hincapie fit kits.*



# Coasty's Corner



**Coasty, the smiley face balloon, is GC Tri Club's Official Mascot. You can see him proudly flying at all of our events and races, and in this section, Coasty interviews one club member to find out more about them.**

### **1. How did you get into doing triathlons?**

I spend a lot of time in the summer up on Seneca Lake in central N.Y. The Musselman triathlon is on the lake and I watched it for a couple years before I said to myself – “I could do that – if I learned how to swim.” I trained for it the following year and the rest is history.

### **2. What is your proudest accomplishment in the sport?**

Completing my first sprint race (Mini – Mussel). I started swimming 5 months prior and it was a major struggle. I knew I'd be great on the bike and the run but was really concerned about the swim – I sucked! I had to alternate between freestyle and breast strokes – but I did it! Once I got out of the water I was just so excited and at the end of the race I had a great feeling of accomplishment. I completely fell in love with the sport that day.

### **3. What is your funniest moment training or racing?**

I was meeting up with my friend for my first century ride (Montauk Century) and I forgot my front wheel (obviously I was driving to his house to meet up). I guess I got so excited and was worried that I'd be late, that I threw the bike in my truck but not the front wheel. We grabbed a wheel off of one of his other bikes and we had an excellent ride.



RJ Boergers

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*“I was so excited that I threw the bike in my truck, but not the front wheel.”*

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### **4. What is your favorite race?**

Musselman. It's my “home” race. My parent's lake house is 5 miles from transition and the bike course goes right by the house. The neighbors all line up out in their yards and there are a bunch of signs and a whole lot of cowbell for me around mile 50. I feel like a rockstar for that moment and it gives me momentum to finish strong on the bike.

### **5. Do you have any unique prerace rituals or meals?**

The night before a race, I review my race goals so they are reinforced in my head. I have a goal for each discipline, but my overall and most important goal for every race is to have fun. My prerace meal is a bacon, egg and cheese sandwich. I get made fun of all the time, but it works for me, so I'm not changing it.

### **6. What are your long-term goals in the sport?**

To stay active in the sport long enough to get an AG podium finish. If I can stay healthy I figure I'll be pretty mean when I'm in my 60s and rack up some AG podium finishes...hahaha.

### **7. What is your favorite part about triathlon?**

There's always something to improve. With every training session, race and conversation with another athlete ,you always learn something and can make adjustments to make yourself better.

*If you would like to nominate a team member or you yourself would like to be featured in an upcoming Coasty's Corner, please email Andrew Corcione at [andrew.corcione@gmail.com](mailto:andrew.corcione@gmail.com)*

## **Top 5 Movies to Watch on the Trainer This Winter**

1. Anchorman
2. The Suffer Series
3. The Dark Knight
4. Miracle
5. The Karate Kid (The one with Ralph Macchio)

