

Spring Training Season is Officially Here!

Greetings from the BOD!

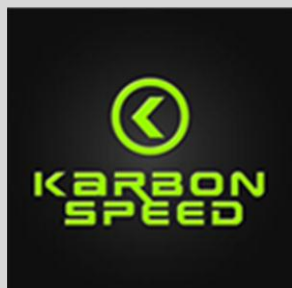
Let's make this a tri season to remember! We hope that you took advantage of the recent warm weather for some training sessions. We'd like to welcome all new members to the group and hope you take advantage of the training opportunities and the camaraderie that the "old" members have grown to love. We've been working hard to make some changes that we think will really enhance your experience in the club. Below is a list of changes that we'd like to make you aware of:

Club Calendar

The calendar on the club website <http://www.gctri.org/race-calendar/> is great for getting up to date information about club training opportunities, races, social events and more! This is just one of the powerful tools from RaceReach that has allowed us to enhance the website.

- All members in good standing can post events to the calendar simply by clicking the (+) icon in the top left corner of a particular calendar date.
- If there are other races that you will be doing that haven't been listed, feel free to add (chances are there's someone else in the club that didn't know about that race and would like to do it too). Please be sure to add detailed descriptions of any event that you add.
- You can and should check the box to indicate if they are attending a particular event. For training events, this will give run & ride leaders an idea on how many people to expect for their workouts.
- Indicating attendance is also important for social events so we can plan accordingly especially when food is involved.
- By knowing who else is attending a race, you might be able to organize carpools or potentially group housing.
- Lastly, check the events you're attending for pride! Don't you want to be recognized as the hardest working triathlete in the group (or perhaps the most social)!

GC Tri Sponsors



Group Training

It's time to get your training in gear – race season is fast approaching! It is important that you become a paid member of the club to participate in group workouts. If you haven't already paid your 2013 dues please visit the "Login" section of the www.gctri.org webpage and follow the steps to become a member.

We are attempting to offer a lot more opportunities for group workouts (hopefully something will work with your schedule).

RUN: Hopefully you've seen the email from Mike regarding the planned changes to the run workouts. Weekday track workouts will now have a morning option and also an evening option. A planned mid-distance tempo run will also be added to the calendar (it will be a specified course that will not change).

BIKE: The Tuesday and Thursday 5:40am bike workouts will resume in mid-April (Andre's "rule" is 50 degrees at 6am). These consist of a ride up River Rd. to Palisades Park for a few hill repeats and a quick ride back (~20miles total). Weekend rides will have a more detailed description about the distance, approximate speed, and whether the group will drop slow riders or not. Rides will be categorized as drop (if you can't keep up you will be

Safety

Your safety is our priority! While this isn't a fun topic to talk about, there have been some people who have been seriously injured while out on training rides. We ask that you review the general rules of conduct and rules of the road that are posted on the website <http://www.gctri.org/members-2/club-documents/>. For early AM group rides we are requesting that you have both a front and rear light. We also ask that you carry identification with you in the form of a driver's license & insurance card OR RoadID. **We have negotiated a special group discount (20% off) for the purchase of any RoadID product. The discount code can be found in the "Club Discounts" page on the website. It is only available until April 20th and is exclusive to club members.**

Facebook Group

Organized group workouts and events will be found on the club calendar rather than the Facebook group. We encourage you to still use the club Facebook page for questions to the group about training/races/equipment, organizing a short notice workout, and posting any other club related information/activities.

Club Store

Did you miss out on the club merchandise order? Lucky for you we've ordered some extra t-shirts and track jackets which are available for you to purchase from the club store on the website <http://www.gctri.org/merchandise/>. If you're looking for a great visor for racing and training, the HeadSweats visors in GCTri yellow are now available! In addition, we have winter beanies (SweatVac) and hats (HeadSweats) that are available for sale.

Coasty's Corner

Coasty is GC Tri Club's Official Mascot. This month, he sits down with GCTri member Rich Bean for some Q&A.

1. How did you get into doing triathlons?

I had been swimming and running to stay in shape when someone I worked with said he was doing triathlons. He wasn't in the greatest shape so I figured I could do them as well. I bought a Fuji Newest Roadie and added biking to the mix.

2. What is your proudest accomplishment in the sport?

Getting the rolldown for IRONMAN 70.3 Worlds last year at Timberman. It was my lucky day. I can't wait for Vegas!

3. What is your funniest moment training or racing?

Making up songs/poems on group long rides when delirium begins to set in due to the cold. Recently Will Reagan and I made up an "ode to cinnamon raisin cake donut with buttercream." The donut was delicious but it didn't help us as we climbed out of Piermont.



Rich Bean

4. What is your favorite race?

I like Lavaman because it is close to home so I can get together with family after (my aunt cooked me bacon, eggs and blueberry buttermilk pancakes after the race last year...bacon is good for recovery). JSmultisport does a great job organizing the race and the vibe is fairly relaxed, even though the competition is tough.

5. Do you have any unique pre-race rituals or meals?

I do not have time for a ritual since I'm usually waiting in line for the porta-potty. Contrary to popular belief, I do not consume tree bark prior to my race; too much fiber. Depending on the race length it could be a plain bagel w/ coconut oil and a bit of peanut butter to a larger meal consisting of vega pre-workout, granola w/ almond milk and bagel w/ honey, almond butter, banana and coconut oil.

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

After Ironman Lake Placid I plan on sticking with short course, dabbling in the occasional 70.3. Maybe race in a foreign country; that could be fun

7. What is your favorite part about triathlon?

Wearing lycra... and the energy at the races and the support from everyone who attends.

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

Designated Club Races

1. Escape to the Palisades Half Marathon
2. Eagleman 70.3
3. Rev3 Quassy
4. NJ State Triathlon
5. Ironman Lake Placid
6. Timberman 70.3

