



Member Newsletter

June 2013

Celebrating Gold Coast Tri Club Success

We all agree that triathlon is the best sport in the world! Each of us has a wide variety of reasons why we participate and we have vastly different goals, which we measure our successes. Whether it's trimming inches off our waistlines or time off our run, bike or swim, a PR (time or place), part of what makes belonging to GCTri special is being able to share our successes with our teammates. Help us celebrate one another's accomplishments by submitting your race results to the GCTri webpage.

<http://www.gctri.org/race-results/submit-results/>

Submit Results

2013 GCTC Race Results

Help us celebrate you! Submit your race results so we can track our progress as a club. Don't be shy, this also helps with our race calendar planning for future years and helps our sponsors see the depth of our club.

* Required

Race Date *

mm/dd/yyyy

Race type *

- swim
 run
 bike
 triathlon
 duathlon

Race distance *

Race name *

Your name *

Finish time *

Overall Place *

Age Group Place *

The Importance of Club Membership

We still have a few people that have not paid their 2013 Membership dues, which is a concern. If you participate in club sanctioned training runs and/or rides, we need you to sign the liability waiver and pay your \$25 annual dues. This protects the club in the long run in instances when accidents happen during training (and we've had a few this year already)! Becoming a member is easy: log into 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 so that you can sign the liability waiver and pay your dues via credit card. There is a nominal handling fee that covers RaceReach's administrative costs.

Mark Your Calendars

Race Kit Pick Up & Exclusive Sale

June 19th @ 8pm - 603 Washington St. Hoboken

Our sponsor, Fleet Feet in Hoboken, is helping us by being a distribution center for our new race kits – just head over to the store and pick up your gear. Fleet Feet is also having an exclusive sale for all GC Tri members. They are offering us 20% off all apparel and 10% off all running shoes. Pizza and beer will be served. Please RSVP on the club calendar on the website or on the Facebook invite, so they know how much food & drink to get!

FLEET FEET
Sports

Monthly Social

June 27th @ 7pm - Pier 13 (1301 Sinatra Dr.) Hoboken

We've had a phenomenal start to the 2013 season. It seems like every week someone is winning a race or destroying their PR. So come out and enjoy the company of your fellow GC Tri Club members in a spandex-free environment at Pier 13 Boating Club for our monthly social.



Hoboken 5K

July 19th @ 7pm - Pier A (1st & Sinatra Dr.) Hoboken

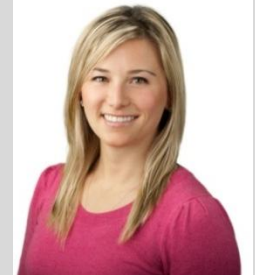
Nicole Ogrosso has agreed to be the captain of the GCTri team this year. Let's show Hoboken that GCTri has the best endurance athletes in town. Just select the "5K Run - Team Member" category and pick Gold Coast Triathlon Club to join the club's race team. Register for this event [here](#).



Race Preview & Nutrition Clinic

June 30th @ 3pm – 64A Jefferson St. Hoboken

Eight-time IRONMAN finisher, Mike Haskell, will be hosting a chalk talk for Ironman Lake Placid. Having completed IMLP in 2011, Mike will discuss what you can expect on the swim, bike and run courses, as well as how to approach the days before the race! Nicci Schock, certified AADP health coach, will also be offering an IMLP nutrition seminar. You will learn the three most common causes of race day GI distress and how to eliminate it. Nicci has been fueling as a competitive athlete for 26 years and coaching others for the past two. Previously, she coached women through various health issues as a nutrition consultant with Flo Living in NYC. All members are welcome to attend. You don't need to be signed up for or considering an Ironman race to learn from two accomplished members.



TriClub Program

GCTri is part of the IRONMAN TriClub Program, so be sure to indicate that you're a Gold Coast Triathlon Club member when racing any IRONMAN sponsored race. The club will earn points for your participation in that race and everyone who races IM branded events throughout the year. We can win some cool prizes, as well as gaining valuable exposure for our club and athletes. For example, they're putting together a great athlete guide for IMLP and GCTri will be featured in it! Other things that you will see are VIP events and TriClub tent cities at races. Club members should absolutely take advantage of these experiences! Expect to get similar VIP treatment at all other IRONMAN events you are racing.

GC Tri Sponsors



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 what makes them tri so hard.

1. How did you start doing triathlons?

Some friends called me a few minutes before midnight, right before the registration opened for the Nautica NYC Triathlon in 2008. They was a large group of beginners signing up, so I joined in without really knowing what a triathlon was.

2. What is your proudest accomplishment in the sport?

Learning to swim freestyle is my proudest accomplishment. When I signed up for my first race, I could only do breast stroke. So I took private lessons and practiced a lot. Lots of drills! My first races were a mix of freestyle and breast stroke, and some type of panicked doggy paddle. However, last summer I was able to swim freestyle the entire distance of my half IM.

3. What is your funniest moment training or racing?

For one race, I couldn't find any Body Glide or Vaseline in the house, so I sprayed myself down with Pam Cooking Spray before my race. Apparently, that was a funny moment for the people around me.

4. What is your favorite race?

Timberman because of its beautiful surroundings and a great lake for cooling off post race.



**Maria
Wedgeworth**

**Pre-race
ritual: Get a
manicure!**



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

I have sushi or whole wheat turkey lasagna without cheese. I also get a manicure.

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

To stay fit and have fun with the team.

7. What is your favorite part about triathlon?

Mike's track workouts!

8. How long have you been a member of GC Tri?

Since 2009. I did take one season off to work on the renovation of our house, and just did the NYC Marathon instead.

9. What races are you planning to do this season?

Stars & Stripes Aquathlon, NJ State Tri and Timberman.

10. Do you have any songs that you listen to before a race?

No, I like hearing everyone else around me getting ready for the race and to talk to the people next to me.

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.