



## Member Newsletter September 2013

# Fall/Winter Training Schedule Changes

As Summer comes to an end and we move into spring, training schedules will be changing. Due to low attendance, we've removed the Tuesday morning ride, Wednesday evening track workout, Thursday tempo run, and Sunday long runs from the calendar. Hoboken Masters Swim schedules will soon be changing as well. For full details check out the club calendar on the website - <http://www.gctri.org/race-calendar/>. If you'd like to get an impromptu workout together and you're looking for company – please post it on the Club's Facebook page.

# Welcome New GC Tri Club Members

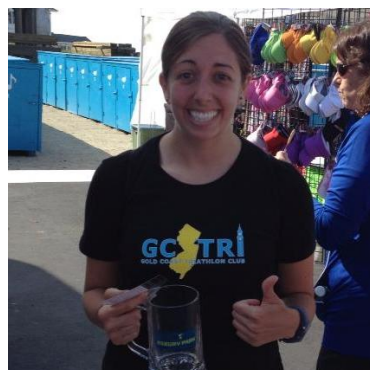
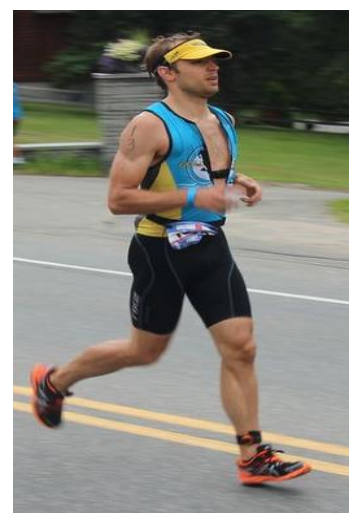
- John Callahan
- Pam Harinstein
- Mark Tsigounis
- Rebecca Gauthier
- Roberto Scarpati
- Sydney Hattan
- Emily Latimer
- Kristen Mulgrew
- Patrick Hammond
- Eric Boden

# Hincapie Gear and T-Shirt Order

Hincapie orders have gone in to production, so we should be receiving gear shortly and we plan on using Fleet Feet as a distribution point. If you are interested in purchasing a great GCTri t-shirt (black or white) or track jacket, please email Jen Finotti ([finotti00@yahoo.com](mailto:finotti00@yahoo.com)) to let her know you are interested. If we have enough interest, we will place another order with Custom Ink. Prices will be determined by the size of the order. Last time, the t-shirts were \$15 and the track jackets were \$48.



# Off to the Races...



TO BOOK

# Light Bike Maintenance Clinic

October 12 @ 11:30am - 64A Jefferson St. Hoboken

Mike Haskell, resident bike expert, will be hosting a light bike maintenance and tire changing clinic for all club members. Come out to learn ways of changing your tire without getting greasy, tips and tricks for keeping your chain clean and how to keep your bike shifting smoothly. Refreshments and gu will be served. This clinic is open to all members of the club, so please join us!



## Next Year's Race Calendar

It's never too early to start planning your races for next year – especially if you're going to be signing up for a full IRONMAN. A few team members are planning on doing IRONMAN Copenhagen and IRONMAN Canada for 2014. Keep in mind that registration opens the day after the 2013 race and the races sell out quickly. GCTri is also in the process of determining which races of 2014 will be designated club races. [Please click on the survey](#) and let us know which races are on your radar for next year. Races with the most popularity will be tagged as designated club races.



## TriClub Program

In recent overall 2013 standings, GCTri is 13<sup>th</sup> out of 93 total teams in Division III (clubs with 100-150 members). At packet pick up before all IRONMAN races be sure to indicate that you are a Gold Coast Triathlon Club member. Not only are we competing as a club at each individual race, we are trying to be in the top 3 at the end of the year so the club can win some cool prizes (as well as have bragging rights)!

## 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 get into doing triathlons?**

I got into doing triathlons like I assume most men approaching 40 with two kids get into them, I had a midlife crisis. Jaja! Seriously though, I had always been athletic my whole life but kids and starting a new business took its toll on my body. I felt overweight and lethargic. I'm a photographer and was having trouble squatting and then getting up during shoots. I also felt super sore after work. I couldn't take it anymore, so I got into triathlons to get my body back.

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

Jumping off the ferry at Escape the Cape was pretty damn cool, but I unfortunately bonked on the run and finished in less than stellar fashion. The New Jersey State triathlon was probably my best moment because although I started pretty badly on the swim, I picked it up on the bike and finished really strong on the run. It made me realize that I can do this sport and finish longer races, if I train properly.

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

Getting pulled over on 9W by a policeman on my bicycle and almost getting a ticket. How embarrassing would that be to tell people you got a ticket for speeding on a bicycle? Actually that might be pretty cool.

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

My favorite race so far is the Atlantic City Triathlon put on by Delmo sports.



**John P. Argueta**

**My favorite part of triathlons – The suffering!**



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

Nothing really cool. I go out and have a pasta dinner the night before a race. The morning of a race, I drink my coffee black with no sugar at all.

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

I would like to do a half Ironman next year. Maybe in two years, I can try for a full Ironman. I would also like to try to get as many new people involved in the sport as I can.

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

That's easy. The suffering. I also like having a goal to try and attain. I like the diversity of the sport because my ADD keeps me from just doing one thing. And I really like race day when all the people are milling about and everyone is on the same page with the same goal in mind. All that nervous energy, anxiety and excitement makes for a great atmosphere.

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

I've been a member for about four months now.

**9. How/why did you get involved with GC Tri?**

I was looking for people who I can train with and a group that I could be a part of. I Googled triathlon groups in New Jersey and came across one in Hoboken just a few miles from where I live. You know the rest!