



Welcome to Gold Coast Triathlon Club!

Started in 2005, GCTri has been a great source of friends, inspiration to train and a fantastic resource for its members. I can personally say that I've benefited by making some great friends since joining and I never lack motivation to train. I hope that you will have the same positive experience that I've had. Last year was unique in that we formed the first ever Board of Directors and adopted new club bylaws. We accomplished a lot of things as a group and I just wanted to acknowledge the board members and committee chairs who donated their time and efforts to help make the GCTri experience awesome. It is with great optimism that we kick off the year and I sincerely hope you have your greatest year yet as an athlete. We are confident that the club will provide you the right environment for you to be successful and have fun.

-RJ Boergers, 2014 President, Member since 2011

Below are some answers to frequently asked questions:

What does the membership include? The primary function of our club is to bring people together who want to train and race together. \$25 membership benefits: discounts for races, discounts from our sponsors, the ability to join and post all member led workouts listed on the event calendar, club sponsored social events, specialized skills clinics, educational seminars. (Note: pool membership to Stevens is not included).

How much do I have to train with GCTri? Unlike some of the clubs across the Hudson, you can choose to be involved as much as you want! Some people join the club for the track workouts or just to enjoy going on the group rides. On the other end of the spectrum some people join to train specifically for Ironmans, 70.3s, Olympic and sprint triathlons. There's bound to be someone with similar goals as you so it's a great place to train for everybody.

Do we get discounts from club sponsors? YES. Our sponsors and the discount codes can be found here <http://www.gctri.org/members-2/club-discounts/> In addition many race companies have offered us codes for discounted registrations.

How does the club calendar work? Every member can post races or workouts to the club calendar. We encourage you to check events that you will be attending for a couple reasons. If you are newer to the group and coming to a workout, the group leader will know you are coming. If multiple people are racing the same event, you can put together car pools or perhaps organize group accommodations for travel trips. See: <http://www.gctri.org/race-calendar/>

How is the club run? The club is a nonprofit run by a dedicated crew of Board Members and Committee Chairs. You can meet the board and committee chairs here: <http://www.gctri.org/members-2/bod/>

How can I get club triathlon & cycling gear? We have chosen Hincapie to outfit us with great club uniforms. Jen Sheppard coordinates the order. The fit kit will be available for a week in January for you to try items on for correct sizing. The fit kit is left at our sponsor – Fleet Feet of Hoboken – and you can stop in during store hours. By placing orders by February 1st, we should have uniforms by May 1st to be ready for race season. The club will place another order in the fall.

I'm new to triathlon. Do you have a beginner program? This year we will be adding a mentor program for beginners. The aim is to prepare you for the Wyckoff Sprint triathlon. Participants will be given a basic training plan and we hope to put together a cohort of newbies for you to train with. Mentors will be available to answer questions you have about training and racing.

What does the club do for fun? Like all good triathlon clubs, the members of GCTri like to kick back and enjoy some beverages when we're not training. We have a social committee that plans events. Events include monthly happy hours, socials, picnics, and a great end of the year holiday party. We are working on developing our own scavenger/adventure race.

Does the club want my race results? YES! After participating in any race, please post your results on the website <http://www.gctri.org/race-results/submit-results/> We want to give you the kudos you deserve, we want our sponsors to see how successful we are, and we want other members to see which races you like.

How can I become more involved? If you have a great idea for the club or want to volunteer your time please contact us at info@gctri.org We are always looking for more people to help us round out our committees.

What are the 2014 club races? Wyckoff (sprint), NJ State (sprint), Escape the Cape (oly), Harriman (oly), NJ State (oly), Princeton 70.3, Timberman 70.3, Syracuse 70.3, IM Copenhagen, IM Whistler, IM Lake Placid.

How do I join the mailing list? When you paid your dues you created a racereach account. You can send email to club members directly from the racereach webpage.

I have friends interested in joining, can they attend a workout before becoming a member? Yes! They are welcome to join us on a group ride or run. They won't be able to RSVP on the events calendar since they aren't a member. We ask that they limit this to a couple workouts – it's not fair to our members who pay to enjoy the same benefits.

Is the club involved in the IRONMAN TriClub program? Yes! Be sure when you go to IRONMAN branded races that you stop by the TriClub booth to make sure that you are listed as a GCTri athlete (we get credit for you racing & volunteering). Last year, we took 2nd place as a team at both IRONMAN Lake Placid and IRONMAN Timberman 70.3.

Is there a club Facebook group? Yes. Join our Facebook group here: <https://www.facebook.com/groups/GCTri/>

Is there a club Strava group? Yes. Join our Strava group here: <http://app.strava.com/clubs/gold-coast-tri-club-gctri>

If you have additional questions or comments please email us at info@gctri.org