

Coasty's Corner

Coasty is GC Tri'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?

After completing my first century bike tour when, I went to a Team in Training info session in Hoboken to learn about training for a 1/2 marathon. There was a guy there who was very persuasive and convinced me to do my 1st triathlon with Team in Training, even though I didn't know how to swim. He was convinced they could teach me and they just so happened to be training athletes for the race that I biked past earlier that year in Wyckoff by the Market Basket. So I took the challenge and learned how to swim. I completed the race that year and I've done it every year since.

2. What is your proudest accomplishment in the sport?

I'm not sure of my proudest accomplishment, but I'm pretty proud every time I complete a race! My second year of racing, I placed 3rd in my Age Group in every race I did. Since I never expected to actually place, I would leave before the awards ceremony - this kept me from receiving two of my three awards! I've learned since then and now I review the times after the race or stay and cheer on those who have received an award.

3. What is your funniest moment training or racing?

At my second Wyckoff race, I dropped my chain on a downhill and road the entire 17 miles with my front brake engaged. It didn't slow me down too much, because I ended up taking 3rd place in my age group. I almost fell over in shock at the awards ceremony when they announced my name!



Lisa Mangino

My favorite part of triathlons – I really love the people. For such a competitive sport, everyone is so nice, supportive and encouraging



4. What is your favorite race?

Wyckoff, which is the oldest triathlon in NJ. It's always held the Saturday before Father's Day and it's close to my parent's house. My dad loves coming to this race to cheer me on. It's also an early morning race and the weather is generally not too hot or humid. It's longer and more challenging than most sprints and with the exception of the swim, the course is close enough that it's easy to train on and familiarize yourself with.

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

I eat the same thing the night before every race. I make a white rice bowl with a little chicken, onion and zucchini. And I grate some Romano Cheese on top. I flavor it well with salt, chicken broth and a little garlic. It's tasty and easily digested. I've found it's important to limit the amount of onion, garlic and cheese. It's really good when you throw everything but the rice on the grill too. I've also found it travels well, so it works great for races that aren't local.

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

After my first race, I really wanted that group workout environment and "team" atmosphere. I monitored the Gold Coast's Yahoo Group message board for a year because I was intimidated by the caliber of the athletes in the club. I finally went to my first club Happy Hour, where I met 5 really nice guys at 1Republik. They encouraged me to give it a try and show up to a workout. My first workout was at the track. I may have been the slowest, but I kept going back and getting faster.

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.