

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.