



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 more about them.

1. How did you get into doing triathlons?

I spend a lot of time in the summer up on Seneca Lake in central N.Y. The Musselman triathlon is on the lake and I watched it for a couple years before I said to myself – “I could do that – if I learned how to swim.” I trained for it the following year and the rest is history.

2. What is your proudest accomplishment in the sport?

Completing my first sprint race (Mini – Mussel). I started swimming 5 months prior and it was a major struggle. I knew I'd be great on the bike and the run but was really concerned about the swim – I sucked! I had to alternate between freestyle and breast strokes – but I did it! Once I got out of the water I was just so excited and at the end of the race I had a great feeling of accomplishment. I completely fell in love with the sport that day.

3. What is your funniest moment training or racing?

I was meeting up with my friend for my first century ride (Montauk Century) and I forgot my front wheel (obviously I was driving to his house to meet up). I guess I got so excited and was worried that I'd be late, that I threw the bike in my truck but not the front wheel. We grabbed a wheel off of one of his other bikes and we had an excellent ride.



RJ Boergers

“I was so excited that I threw the bike in my truck, but not the front wheel.”

4. What is your favorite race?

Musselman. It's my “home” race. My parent's lake house is 5 miles from transition and the bike course goes right by the house. The neighbors all line up out in their yards and there are a bunch of signs and a whole lot of cowbell for me around mile 50. I feel like a rockstar for that moment and it gives me momentum to finish strong on the bike.

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

The night before a race, I review my race goals so they are reinforced in my head. I have a goal for each discipline, but my overall and most important goal for every race is to have fun. My prerace meal is a bacon, egg and cheese sandwich. I get made fun of all the time, but it works for me, so I'm not changing it.

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

To stay active in the sport long enough to get an AG podium finish. If I can stay healthy I figure I'll be pretty mean when I'm in my 60s and rack up some AG podium finishes...hahaha.

7. What is your favorite part about triathlon?

There's always something to improve. With every training session, race and conversation with another athlete ,you always learn something and can make adjustments to make yourself better.

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

Top 5 Movies to Watch on the Trainer This Winter

1. Anchorman
2. The Suffer Series
3. The Dark Knight
4. Miracle
5. The Karate Kid (The one with Ralph Macchio)

