

Coasty's Corner

Coasty is GC Tri Club's Official Mascot. This month, he sits down with GCTri member Rich Bean for some Q&A.

1. How did you get into doing triathlons?

I had been swimming and running to stay in shape when someone I worked with said he was doing triathlons. He wasn't in the greatest shape so I figured I could do them as well. I bought a Fuji Newest Roadie and added biking to the mix.

2. What is your proudest accomplishment in the sport?

Getting the rolldown for IRONMAN 70.3 Worlds last year at Timberman. It was my lucky day. I can't wait for Vegas!

3. What is your funniest moment training or racing?

Making up songs/poems on group long rides when delirium begins to set in due to the cold. Recently Will Reagan and I made up an "ode to cinnamon raisin cake donut with buttercream." The donut was delicious but it didn't help us as we climbed out of Piermont.



Rich Bean

4. What is your favorite race?

I like Lavaman because it is close to home so I can get together with family after (my aunt cooked me bacon, eggs and blueberry buttermilk pancakes after the race last year...bacon is good for recovery). JSmultisport does a great job organizing the race and the vibe is fairly relaxed, even though the competition is tough.

5. Do you have any unique pre-race rituals or meals?

I do not have time for a ritual since I'm usually waiting in line for the porta-potty. Contrary to popular belief, I do not consume tree bark prior to my race; too much fiber. Depending on the race length it could be a plain bagel w/ coconut oil and a bit of peanut butter to a larger meal consisting of vega pre-workout, granola w/ almond milk and bagel w/ honey, almond butter, banana and coconut oil.

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

After Ironman Lake Placid I plan on sticking with short course, dabbling in the occasional 70.3. Maybe race in a foreign country; that could be fun

7. What is your favorite part about triathlon?

Wearing lycra... and the energy at the races and the support from everyone who attends.

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

Designated Club Races

1. Escape to the Palisades Half Marathon
2. Eagleman 70.3
3. Rev3 Quassy
4. NJ State Triathlon
5. Ironman Lake Placid
6. Timberman 70.3

