



Coasty's Corner



Coasty is GC Tri's Official Mascot. You can see him proudly flying at all of our races. Each month, Coasty interviews one club member to find out what makes them tri so hard

How did you get into doing triathlons?

I'd run half and full marathons up until 2 years ago and was looking to change things up. The fear of the water had always deterred me from getting into triathlons. Two years ago I had moved back into Hoboken and was fortunate enough to hook up with GCTri. The camaraderie of the club and the chill attitude made my new hobby a very enjoyable experience

What are your goals for this year in the sport?

- ✓ 13 consecutive half marathons in 13 consecutive months
- ✓ Beating my good friends Jared Lando and Dave Calabrese in a 1/2 marathon; West Point and Palisades Half
- ✓ Qualifying for the Boston Marathon

What is your favorite race?

Mont-Tremblant 70.3

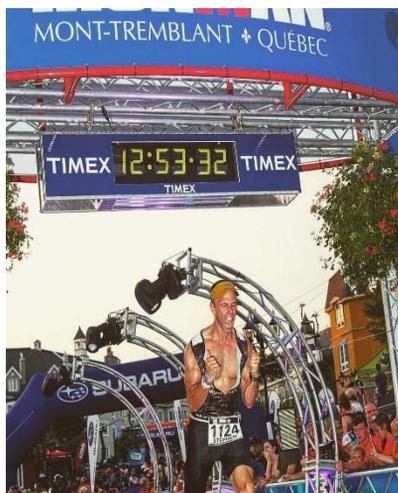


Stephen Rosselli

GCTri member for 2 years

My advice for those just starting out in the sport –

'Run, Baby, Run'



What is your proudest accomplishment in the sport?

Completing the Lake Placid Ironman after breaking my face the prior week. I'd have to give some credit to our past president, RJ, after he called me a (insert expletive here) if I considered not participating even though my doctor strongly advised against it. So... thank you RJ for being part of my proudest accomplishment in the sport !!!

Do you have any prerace rituals?

Rice Cakes and watching Rocky the night before

What do you do to train during the offseason winter months?

- ◇ 7 minute workouts every morning (including 500 sets of abs)
- ◇ Running stair repeats every other day like my idol Rocky
- ◇ Cross training at NYSC
- ◇ Irish Car Bombs