



Member Newsletter January 2016

Happy 2016

Hope everyone's 2016 is off to a great start! So many great things to look forward to already this year including a monthly edition of our member newsletter.

Make sure you visit the club website www.gctri.org for all sorts of good info including the club calendar, list of member discounts, training plans, race finders and much more!

Be Part of Our New Feature – GC Tri Around the Globe!

Have a vacation coming up or traveling for business and planning a workout, run, ride, swim as part of your trip? Share a picture featuring your activity and locale and we'll include it in an upcoming issue. Please send pictures to cmjohn223@yahoo.com and make sure to include location!

Issue Highlights!

Dates to Remember
– Races, Socials,
Education Seminars
& More

The Mentor Program
is Back

Coasty's Corner - Get
to know a fellow club
member

GC Tri 2016 Board of Directors



**Member at
Large**
Diane Berry



Secretary
Nicci Schock



President
Nicole Ogrosso



**Chief Financial
Officer**
John Callahan



**Member at
Large**
Lisa Mangino

Welcome New Members



Connie Bazos Blacker

Aaron Dallara

JD DesLoges

Jennifer Gates

Juliana Grippa

Mark Kruzel

Alexey Logvinov

Peggy McGuinness

James Toczyłowski

So glad you joined us!

GC Tri Mentor Program

The mentorship committee is back in full swing. If you are interested in either being a mentor or having one, please sign up using the link below to be matched with a fellow club member.

As a mentor, you are expected to reach out to your athlete to help with any questions about training, racing, or life in general. You are also encouraged to meet up in person however is most comfortable for you both, coffee, drinks, run, bike, etc.

Throughout the year we will have special events for the participants in this program. Please consider joining; we have gotten great feedback from past participants.

https://docs.google.com/forms/d/1_p8Gxwo4n2gUYILVCWN6vPBUPhEcPRs1hrvc8C4-g/viewform

Sign-up by February 12th!



Dates to Remember

Remember to check the club calendar for the latest updates and watch for announcements with more details on each of these

February 1st, 7:00pm - Education Seminar – Injury Prevention
NJ Running Company, 127 Washington Street, Hoboken

February 20th, 5:00pm – Club Social
Jersey City, more details TBA

February 22nd, 7:00pm – Education Seminar - Nutrition
NJ Running Company, 127 Washington Street, Hoboken

March 20th – Post-Race Social following the NYC Half Marathon
Location and details TBA



Save the date!

3/12/16

1:30-4pm @ Prime Cycle Hoboken
with silent auction and happy hour to follow

Dates to Remember

2016 DESIGNATED CLUB RACES

Sprint

6/18/2016	Wyckoff/Franklin Lakes Triathlon
7/23/2016	New Jersey State Triathlon

Olympic

7/24/2016	New Jersey State Triathlon
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Half Ironman

8/21/2016	IRONMAN 70.3 Timberman
9/18/2016	IRONMAN 70.3 Atlantic City

Full Ironman

7/24/2016	IRONMAN Lake Placid
10/01/2016	IRONMAN Maryland

Miscellaneous

5/01/2016	New Jersey Marathon and Half Marathon
5/29/2016	Nav-e-Sink or Swim
TBD (7/2016)	Party with Purpose 5k – Hoboken
(7/10/2016)	Steelman OWS
(8/6/2016)	River to Sea Relay

Local Race Discounts

Did you know GCTri Members receive discounts for all the races listed below?

login to www.gctri.org to check on discounts and find discount codes



Date	Race	Locations
VAR	<u>Event Power LI (Duathlons) 5/8, 10/16</u>	Long Island, NY
VAR	<u>Event Power LI (Sprints) 4/16, 4/17, 7/10, 8/7, 10/2</u>	Long Island, NY
VAR	<u>Event Power LI (Olympics) 9/18, 10/2</u>	Long Island, NY
4/10/2016	<u>Philly Love Run 13.1</u>	Philadelphia, PA
4/17/2016	<u>Unite Half Marathon</u>	Rutgers, NJ
5/29/2016	<u>Nav-e-Sink or Swim Distance Festival</u>	Rumson, NJ
5/21/2016	<u>ToughKids Philly</u>	Elverson, PA
5/22/2016	<u>French Creek Tri</u>	Elverson, PA
6/11/2016	<u>WallyMan Sprint/Oly</u>	Lake Wallenpaupack, PA
6/12/2016	<u>Kids Triathlon for Bob Kelleher</u>	Rumson, NJ
6/18/2016	<u>HITS Hague (save thru 5/18)</u>	Hague, NY
6/19/2016	<u>The Jersey Shore Triathlon</u>	Asbury Park, NJ
7/9/2016	<u>HITS Hudson Valley (save thru 6/9)</u>	Kingston, NY
7/10/2016	<u>War at The Shore Triathlon</u>	Long Branch, NJ
7/23/2016	<u>NJ State Sprint Tri</u>	West Windsor, NJ
7/24/2016	<u>NJ State Olympic Tri</u>	West Windsor, NJ
8/7/2016	<u>Jersey Girl Triathlon</u>	Long Branch, NJ
8/14/2016	<u>Atlantic City Triathlon (Sprint & International)</u>	Atlantic City, NJ
8/27/2016	<u>Tri the Wildwoods (Sprint & International)</u>	Wildwood, NJ
10/1/2016	<u>Escape To Lewes Open Water Classic</u>	Lewes, DE
10/2/2016	<u>MightyMan Montauk Half Iron</u>	Montauk, NY



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