

Race with Team 2N's

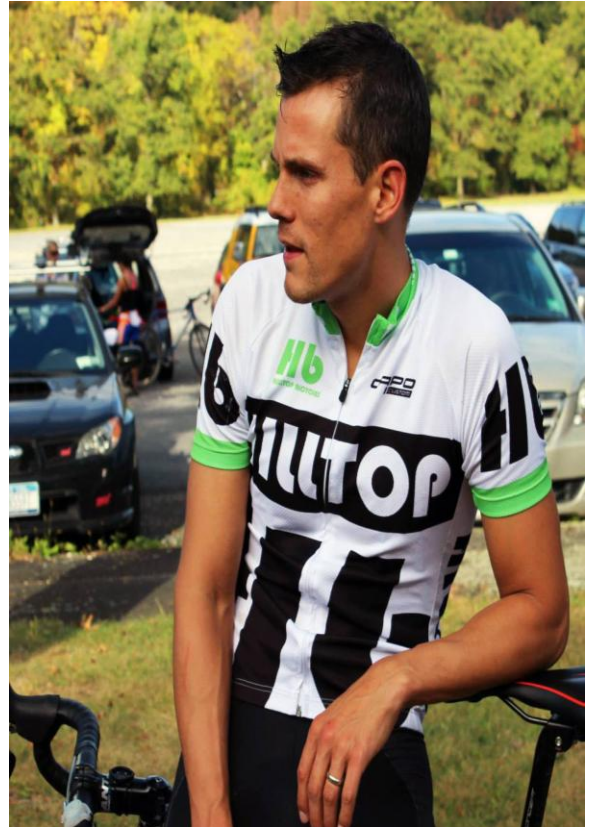
As many of you know, Glenn Hartrick, was involved in a bike accident about a month ago resulting in multiple very serious injuries.

As a racing community, our hearts and prayers go out to Glenn and his family for a healthy and speedy recovery. In a show of support, local Tri Clubs, MAPSO Tri Club, Team Philly Pro Tri, and Gold Coast Tri Club are co-affiliating to race this weekend's NJ State Tri in support of Glenn as a unified team -- "2N's". (Glenn)

At the NJ State Triathlon this weekend, we are co-affiliating as a collective group to vie for the Team UP participation and competitive challenge prize purses which, if we win, will donate to Glenn. Right now, the pot is over \$1000.

T-shirts have been made and we will have them at the GC Tri tent at the NJ State Triathlon this weekend. Please make payment via paypal to Merch@gctri.org. \$30. Stickers will also be for sale at the Mapso table, as well as possibly additional shirts.

We are all wishing Glenn well in his recovery and hope this small gesture provides him with positive thoughts. Get well soon!



Upcoming Team Race Calendar

Event	Distance	Date of Race
New Jersey State	Sprint & Olympic	July 19 th – 20 th
Ironman Whistler	Full Ironman	July 27 th
Ironman Lake Placid	Full Ironman	July 27 th
Ironman Copenhagen	Full Ironman	August 24 th
2N's Anything is Possible 5K	5K to benefit for Team 2N's	August 31 st
Princeton 70.3	Half Ironman	September 21 st

Whether you're racing or an athletic supporter, you should be at these upcoming races!

Lactate Testing Policy & Procedure

Gold Coast Triathlon Club is proud to offer it's members with a special deal on having access to a lactate testing kit.

What is your lactate threshold?

The lactate threshold (or anaerobic threshold) is the best predictor of athletic endurance performance. No other measure correlates as well with race performance and tells how well training has been working

Policy

- Lactate Plus device and all other testing materials may only be used by members who have paid their annual dues.
- Lactate testing equipment is only available to members who are training for a 140.6 or 70.3 who train with heart rate or have a coach.
- Users have to provide their own equipment for assessment of power (Wahoo Kicker, CompuTrainer, bike with power meter on trainer.
- Users of the testing equipment will pay \$25 (cash or check) to the club for every 2 uses. Payment is due prior to the first use.
- Use at your own risk. GCTri is not liable for any injury/illness resulting from use of this equipment.

Procedure

- Lactate testing equipment will reside at the president's residence.
- Individuals wishing to use the equipment must contact the president and arrange a time for pick up and return.
- Lactate testing equipment cannot be taken out longer than 1 week.
- All equipment must be cleaned properly prior to returning.
- User must inform president when number of lancets falls below (5) and when number of testing strips falls below (10) so that he may re-order the supplies.

Information for Testing

If you require more information for testing, feel free to [read up here](#):

Xterra 70.3 Swim Challenge

Each month, the club will submit it's three fastest swim times at 70.3 races in the hopes of a club member winning:

1st Place: Club/Team receives 3 free Vector Pro Fullsuits and every member can purchase a Vector Pro at \$195

2nd Place: Club/Team receives 3 FastFit Sports Caps, and every member can purchase LAVA Pants at \$50 and a FastFit Sports Cap for \$12.

3rd Place: Club/Team will receive 3 free Tri Packs and every member can purchase FastFit Sports Caps for \$12.

Rules are as follows:

-Race: Must be a USAT/Triathlon Canada Sanctioned Half Distance Triathlon (1.2mile/1.9km Swim) occurring between May 1st-31st.

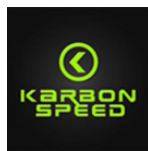
-Entries: Any current member of your club may participate. Member cannot hold an Elite USAT Card. Member must complete full race. Relays are not eligible.

IRONMAN TriClub Challenge

GCTri continues to participate in the Ironman TriClub Program. To make sure the club gets credit for all your IRONMAN racing & volunteering, [please fill out this form](#) and indicate that you are a Gold Coast Triathlon Club member. The club earns points for that race and throughout the course of the year and we can win some cool prizes as well as gaining valuable exposure for our club and athletes. We took 2nd at IMLP and Timberman last year and there's no reason we can't do it again!

Member Discounts

Triathlons can be a lot of things, but cheap is not one of them. GC Tri has great sponsors and members are fortunate enough to get discounts on their awesome products and services. In addition to the ones listed below, the club has also negotiated discounts on a bunch of local races. All of the discount codes are posted on our site, so [click here](#) to start saving.



Coasty's Corner

Coasty is GC Tri'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 get into doing triathlons?

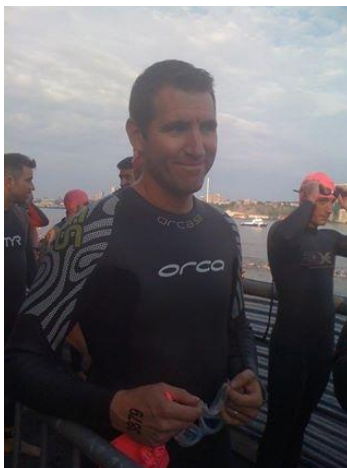
About 4 years ago my younger sister was dating an avid cyclist and she decided to take up biking as well. She went out and bought herself a nice expensive bike to ride, but the relationship ended abruptly 2 weeks after. Determined to get some use out of that bike, and to help her mentally move on, she called me up and floated the idea of doing a triathlon. That was pretty bold for her, so in brotherly support I told her that if she signed up, I'd sign up too. Well, the next day she called my bluff and said she signed up for a Tri in Geneva! (WTF?) - Oh Geneva, NY - Much better. After the initial shock wore off, I kept my word, signed up, and for the next 6 months we compared training notes, motivated each other and grew a lot closer as siblings. Four years later, and we're both hooked on the endurance lifestyle.

2. What's your favorite race?

The New Jersey State Tri - It's a great participation and spectator race. Being a club race, and having team members, friends and family all around is a fantastic experience. The post-race picnic tent is always a blast too.

3. What is your funniest moment training or racing?

I remember lining up by the seawall waiting to get to the dock for the NYC Tri. It was a long wait giving you ample time to scope out all of the hazards of the Hudson River. Among the many bizarre artifacts of the Hudson that you might expect, my favorite sight was seeing 5 dead fish "swimming" backstroke down the river chasing a soggy baguette. Best just to keep your eyes and mouth closed!



Dave Calabrese

Prerace Meal: One giant frying-pan sized pancake



4. What is your proudest accomplishment in the sport?

For every race, I set mini sub-goals to achieve. I'm usually most proud of the mental accomplishments. I've already put in the training, and my fitness is where it's at - so on race day - it's all about the mental accomplishments. Finding a good draft on the swim. Fast smooth transitions. Hearing another runner's footsteps slowly creep up behind me on the final miles of the run, me reacting by steadily speeding up my pace forcing him to "work" extra to pass me. Sensing his indecisiveness to complete the pass, so I push ahead to create a big enough gap to hold for the finish. These mental wins are the things I'm most proud of. Oh, and of course narrowly edging out our esteemed Prez. to take the win at the 2013 GC Tri Beer Mile!

5. How/why did you get involved with GC Tri?

After my first race, I was hooked and I just needed some motivation to keep training. I initially started with the track workouts and a couple years later, I started swimming at Stevens. Maybe one of these days I'll finally make it out to a group ride.

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

To continue to train/race injury free, and hopefully show improvement each year. Maybe many years from now, when I retire and if I'm still healthy, only then will I think about 140.6. Thanks again Coasty - looking forward to seeing the GC Tri masses out and about training and racing!