

# To Another Great Year...

Started in 2005, GCTri has been a great source of friends, inspiration to train and a fantastic resource for its members. I can personally say that I've benefited by making some great friends since joining and I never lack motivation to train. I hope that you will have the same positive experience that I've had.

Last year was unique in that we formed the first ever Board of Directors and adopted new club bylaws. We accomplished a lot of things as a group and I just wanted to acknowledge the board members and committee chairs who donated their time and efforts to help make the GC Tri experience awesome. It is with great optimism that we kick off the year and I sincerely hope you have your greatest year yet as an athlete. We are confident that the club will provide the right environment for you to be successful and have fun!

-RJ Boergers, 2014 President, Member since 2011



## GC Tri's 2014 Board of Directors



**Member at Large**  
Nicci Schock



**Secretary**  
Mike Satz



**President**  
R.J. Boergers




**Chief Financial Officer**  
Chuck Dender



**Member at Large**  
Jen Finotti

# Mark Your Calendars

## Spandex-free Socials and Events



Like all good triathlon clubs, the members of GCTri like to kick back and enjoy some beverages when we're not training. The club's social committee plans events, including monthly happy hours, socials, picnics and a great end-of-the-year holiday party. We're even working on developing our own scavenger/adventure race, so keep an eye out for details on this event.

Based on their hospitality and strong drinks, our next three club happy hours will be held at Moran's (501 Garden St, Hoboken). All will begin at 4pm on the following dates: **February 22<sup>nd</sup>**, **March 22<sup>nd</sup>** and **April 19<sup>th</sup>**.

## 2014 GC Tri Club Races

Event	Distance	Date of Race
Escape the Cape	Olympic	May 31 <sup>st</sup>
HarryMan	Olympic	May 17 <sup>th</sup>
Wyckoff Franklin Lakes Triathlon	Sprint	June 14 <sup>th</sup>
Syracuse 70.3	Half Ironman	June 22 <sup>nd</sup>
New Jersey State	Sprint	July 19 <sup>th</sup>
New Jersey State	Olympic	July 20 <sup>th</sup>
Ironman Whistler	Full Ironman	July 27 <sup>th</sup>
Ironman Lake Placid	Full Ironman	July 27 <sup>th</sup>
Ironman Copenhagen	Full Ironman	August 24 <sup>th</sup>
Princeton 70.3	Half Ironman	September 21 <sup>st</sup>

# Dues. Dues. We don't need no stinkin dues

The primary function of our club is to bring together triathletes of all levels who want to train and race together. To be a member, all you need to do is pay our annual membership fee of \$25. Now, you might be thinking that for the same amount of money you can get new padded handlebar tape, a couple pairs of running socks or even a tri kit on clearance. While all of these things are cool, they don't compare to the benefits of club membership, like:

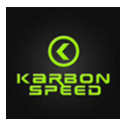
- 1.) Joining member-led workouts
- 2.) Accessing the [club's workout calendar](#) and Facebook page
- 3.) Attending club sponsored social events
- 4.) Learning at Specialized Skills Clinics and Educational Seminars

## Don't Just Tri for your First Race

The aim of the GC Tri Mentor Program is designed to prepare entry-level triathletes to complete the Wyckoff Sprint triathlon (June 14). Participants of the program will be given a basic training plan and we're hoping to put together a great group of new racers for you to train with. Mentors will be available to answer questions you have about training and racing. For more information about the GC Tri Mentor Program, send a note to [info@gctri.com](mailto:info@gctri.com).

## 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?**

After completing my first century bike tour when, I went to a Team in Training info session in Hoboken to learn about training for a 1/2 marathon. There was a guy there who was very persuasive and convinced me to do my 1st triathlon with Team in Training, even though I didn't know how to swim. He was convinced they could teach me and they just so happened to be training athletes for the race that I biked past earlier that year in Wyckoff by the Market Basket. So I took the challenge and learned how to swim. I completed the race that year and I've done it every year since.

## **2. What is your proudest accomplishment in the sport?**

I'm not sure of my proudest accomplishment, but I'm pretty proud every time I complete a race! My second year of racing, I placed 3rd in my Age Group in every race I did. Since I never expected to actually place, I would leave before the awards ceremony - this kept me from receiving two of my three awards! I've learned since then and now I review the times after the race or stay and cheer on those who have received an award.

## **3. What is your funniest moment training or racing?**

At my second Wyckoff race, I dropped my chain on a downhill and road the entire 17 miles with my front brake engaged. It didn't slow me down too much, because I ended up taking 3rd place in my age group. I almost fell over in shock at the awards ceremony when they announced my name!



**Lisa Mangino**

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***My favorite part of triathlons – I really love the people. For such a competitive sport, everyone is so nice, supportive and encouraging***

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## **4. What is your favorite race?**

Wyckoff, which is the oldest triathlon in NJ. It's always held the Saturday before Father's Day and it's close to my parent's house. My dad loves coming to this race to cheer me on. It's also an early morning race and the weather is generally not too hot or humid. It's longer and more challenging than most sprints and with the exception of the swim, the course is close enough that it's easy to train on and familiarize yourself with.

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

I eat the same thing the night before every race. I make a white rice bowl with a little chicken, onion and zucchini. And I grate some Romano Cheese on top. I flavor it well with salt, chicken broth and a little garlic. It's tasty and easily digested. I've found it's important to limit the amount of onion, garlic and cheese. It's really good when you throw everything but the rice on the grill too. I've also found it travels well, so it works great for races that aren't local.

## **6. How/why did you get involved with GC Tri?**

After my first race, I really wanted that group workout environment and "team" atmosphere. I monitored the Gold Coast's Yahoo Group message board for a year because I was intimidated by the caliber of the athletes in the club. I finally went to my first club Happy Hour, where I met 5 really nice guys at 1Republik. They encouraged me to give it a try and show up to a workout. My first workout was at the track. I may have been the slowest, but I kept going back and getting faster.

*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](mailto:andrew.corcione@gmail.com).*