



# 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?***

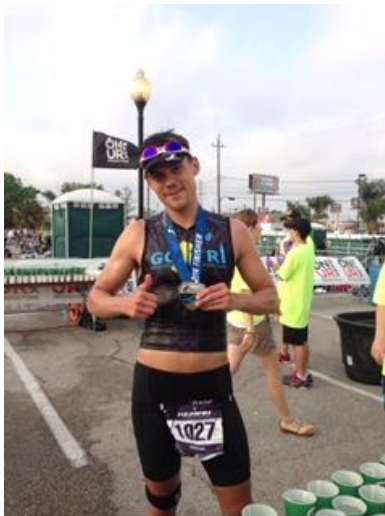
It started after doing my first "bucket list" marathon, seemed like a natural progression, enjoyed pushing myself and challenges, did my first triathlon in 2007 - one of the Long Branch series races, exhausted on the boardwalk and was hooked immediately!

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

After moving back to the "Gold Coast" and having been part of a local community when living in the suburbs, I had met a few folks at local races and knew I wanted to take my training and racing to a new level and knew if I wanted to do that I would have to swim, bike and run with folks that were better than I on a regular basis, and therefore joined GC Tri.

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

NYC Marathon hands down, the crowd, and local support make the event such a memorable one. My first race in 2006 was the NYC Marathon, and especially now having completed the race as a runner 3 times and as a hand cyclist with hopes of completing in the race chair this year!



## ***Glenn Hartrick***

### ***Advice for those just starting out in the sport –***

Have fun, join the club, ask questions & soak it all in. Keep a journal of your progress and so you can look back and see your improvements that are inherently motivating.

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

As corny as this might sound, I deeply cherish the close friendships that developed from the multisport community. I am proud to have completed in nearly 200 events throughout my career with many more to come. Winning races is a blast, a sub 10 hour Ironman, and my most complete event, 4:14 70.3.

## ***Do you have any prerace rituals?***

Not really...just double and triple checking my gear and getting to the starting line or corral as soon as possible to get a good starting point!

## ***What are your goals for this year in the sport?***

Complete in my first triathlon in the hand cycle and race chair.



*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 Christina Johnson at [cmjohn223@yahoo.com](mailto:cmjohn223@yahoo.com)*