

Happy Leap Year!

February 29th only happens once every four years – make the extra day this year count!

Mark it on your calendars

NYC Half Marathon: Post-Race Social
Sunday, March 20, 2016 @ 1:00pm, location
TBD



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!

Issue Highlights!

2N's SpiNning 4
GleNN details

Welcome new
members!

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



Welcome New Members



Jonathan Gellman
Prayag Patel
Catherine Wales

So glad you joined us!

GC Tri Club Gear

Show your club spirit by ordering these awesome items to wear during workouts, at races, running errands, or having a pint.

Order forms are listed below, please review each item & select items you wish to purchase. By submitting forms you are agreeing to purchase the items you select.

Price for each item is determined by the amount we purchase, the more we order, the cheaper they will be.

Order forms will remain open until midnight, Tuesday March 1st.

Payment will be made thru Pay Pal, details will follow once all orders have been received & prices finalized

Any questions, please contact Lauren Karstens litkittie@gmail.com

[Unisex/Mens Cotton T Shirt](#)

[Unisex/Mens Performance T Shirt](#)

[Unisex/Mens Running Singlet](#)

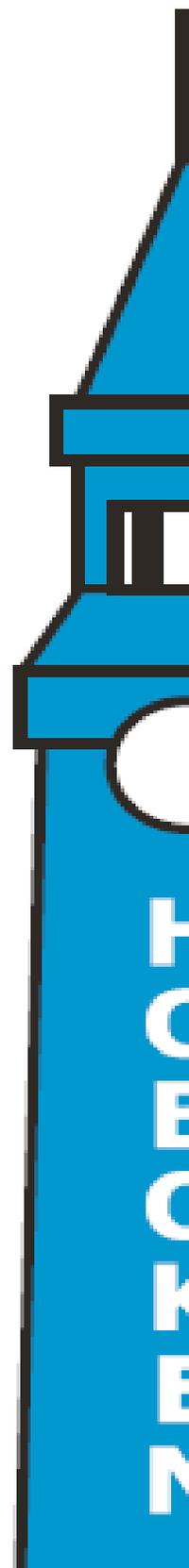
[Unisex Track Jacket](#)

[Ladies Cotton T Shirt](#)

[Ladies Performance T Shirt](#)

[Ladies Running Singlet](#)

[Ladies Cotton Tank](#)



Upcoming Event

Remember to check the club calendar for the latest updates and watch for announcements with more details on all upcoming events



Join us on **Saturday, March 12, 2016** for **2N's Spinning 4 Glenn**

This event will be held at [Prime Cycle](#) (1025 Maxwell Lane, Hoboken, NJ). There will be two classes - 1:30pm and 2:30pm. Each class is \$50 to participate. Please note, Prime Cycle only uses SPD pedals and will provide complimentary shoes if needed.

All funds raised will go directly to helping pay for Glenn's medical bills

Registration is a TWO STEP process. See spinning4glenn.com for all details

A **post-event party** with a silent auction will be held at [Maxwell's Tavern](#) (1039 Washington Street, Hoboken, NJ)

We hope you can come and workout and play with us for this great cause!

Cannot make the event that day? Please consider participating virtually by riding on your trainer or outside for 45 minutes and donating! Virtual riders could share their ride data on social media using #spinning4glenn

Glenn is our featured club member this month is Coasty's Corner. Get to know more about Glenn on page 4!



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?

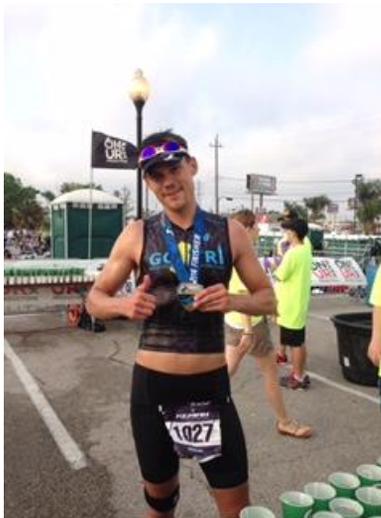
It started after doing my first "bucket list" marathon, seemed like a natural progression, enjoyed pushing myself and challenges, did my first triathlon in 2007 - one of the Long Branch series races, exhausted on the boardwalk and was hooked immediately!

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