

Happy April!

Lots of great activity going on now that we have some nice weather!

Enjoying your training with fellow club members – snap a pic & send it in to be featured in our next issue!

Don't forget to take advantage of our Club Member Only Discounts as you prep for the new season – check out 'Club Discounts' under the member section of the website

www.gctri.org



Issue Highlights!

Welcome New Members

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

Save The Date –

**Club Social!
Thursday, May 19th –
Details Coming
Soon!**

Remember to check the club calendar for the latest updates and watch for announcements on upcoming event

Welcome New Members



Tim Brown
Graham Hill
Charlie Murphy
Julie Murphy
Jared Manks
Geetha Venkataswamy

So glad you joined us!

Thursday AM Group Rides Are Back!

The group leaves from the 14th Street Ferry in Hoboken at 5:40am & heads up River Road to Palisade Park for a few hill repeats at Ross Dock

Please review the ride rules prior to attending - <http://www.gctri.org/club-documents/>

Make sure you have a working front and rear blinking light (replace batteries if needed)



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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?

My friend Nicole got me into the sport. I thought if she can be an IRONMAN, I can do it too and I never looked back.

What are your goals for this year in the sport?

- ✓ Get faster on the swim, bike and run
- ✓ Stop talking during my races (to people and my bike too) to focus more and achieve goal #1

What is your favorite race?

I have two favorite races -

Tri the Wildwoods. This one brought back good memories of the time I spent there during University when I came to the States to work in the summer.

Tough Man in NY. The swim was great. The race is in the fall so the run had great views along the way with pumpkins and fall foliage and a beautiful waterfall.

Outside of triathlon, how do you enjoy spending your free time?

I spend my time watching English football (favorite team Manchester United) and drinking with the lads.



Lyndsey Dore
GCTri member for 3 yrs

'time flies when you're doing triathlons'

What is your proudest accomplishment in the sport?

My proudest accomplishment was in 2014 when I completed my first IRONMAN in Bolton, England, which is right near my hometown.

Do you have any prerace rituals?

I used to have a pint of Guinness the night before my big races (still do every now & again)... I also have turkey sandwiches with mustard during every race.

Any advice for those just starting out in the sport?

For my first IRONMAN, I trained with a road bike and 2 weeks before my race, I bought a Tri bike and it was the best purchase, so glad I had it.

And date a rich man.... It's an expensive sport!

