



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

Three years ago this weekend, Danielle completed her first sprint & is now 8 weeks away from her first full IRONMAN. Thanks for sharing & best of luck at IMLP!

How did you get into doing triathlons?

I watched my cousin go from a 2 pack a day smoker to an Ironman within 3 years. He was, and still is, my biggest inspiration in this journey!

What are your goals for this year in the sport?

With only 8 weekends until IMLP, it's to stay strong, uninjured and positive knowing the heavy lifting I still have in front of me. My nutrition (on and off course) is still a work in progress so my goal is to use these next 2 months to dial it in and nail it on race day.

What is your favorite race?

Westchester Triathlon. This was my first Olympic and the course is much hillier than the flats I was used to racing in NJ - but the bike scenery was stunning. It's typically the last race of most people's season so they "play" pretty hard post-event! Lots of free Captain Lawrence for finishers.



Danielle Rossi
GC Tri Member since 2013

How do you balance your training along with family life and work?

Early morning workouts are my saving grace! Get that workout in before life gets in the way... because it will - exponentially if you have kids. I also did a ton of international travel for work and it added another layer of complexity to my schedule. In the events world, we'd sometimes be "live and ready" at 5am which doesn't leave time for that morning workout so I'd make plans with some coworkers to hit the gym as soon as the last keynote ended but before the happy hour began. It's harder for them - and you - to bail on the workout if they've committed to something. Not to mention, a bit of healthy competition is good for the soul!

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Do you have any prerace rituals?

Of course! Because being type A in this sport isn't enough... I *have* to shower the morning of the race - no matter how filthy I'm going to get shortly after. Blue toenails and fingernails in some shade of neon - it's a subtle pick me up! And though it may sound cliché, my prerace dinner is pasta with my family's marinara the night before for dinner - yes, we jar it ourselves!!

What is your proudest accomplishment in the sport?

It's actually happening right now! I'm training for IMLP and I'm so proud of the consistency and the dedication that I've given to the journey. And as hard as it can be, I find myself loving it. And as a mom of two little kids (6 and 4.5) it's one of the few things that's (mostly) all about me. And it also gives me a chance to show them first-hand things like strength, joy, consistency, drive, practice and sportsmanship.

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

Training for the full put a big damper on my "free time," but I love exploring life with my kids. Whether it be cooking together, finding "fairy houses" in the woods with my daughter or riding my bike around the block with my son, I love actually being in the moment...something most of us could probably use a little more of. I'm still secretly hoping that one of them will fall in love with this sport the way that I have.

