



Member Newsletter May 2016

Happy Memorial Day Weekend!

Hope everyone enjoys the long weekend
and start to summer!



Issue Highlights!

**The Ultimate Spectator's
Guide**
Presented by Kelly Calabrese

Coasty's Corner!
**Get to know a fellow club
member, *Danielle Rossi***

Welcome New Members

Philip Ballard
Yaman Kuban
Scott Mazur
Chelsea Stachura



So glad you joined us!

*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!*

Kelly's

TOP SECRET

Triathlon Spectating Guide

Go GCTri!!! Whoop!

There ya have it. That's how you cheer on a triathlete :)

Still here? Okay then. I suppose I'll share the longer version of my spectating guide.

For those who don't know, I'm Kelly. I am the #1 fan of GCTri's David Calabrese, plus part GCTri mascot, and I've been asked to reveal all of my spectator secrets. Did someone say secrets? Yep. So naturally, you should share these with everyone in the universe. Send this guide to your family, friends, and spectating pets.

(Note: I believe this is being translated into all animal languages, except snail. Still working on that one. For some reason, it's been taking *a lot* of time.)

So, seriously guys, spectating at triathlons is one of my fave things in life. There's so much action, passion, and fierceness packed into a morning. It invigorates and inspires me. I'm thrilled to help all those want to cheer on their loved ones. And hence, without further ado, here are my...

TOP SECRET Triathlon Spectating Tips REVEALED: ★ ★ ★ ★ ★



Bring on the Energy!!!

Spectating is a sport. So rest up and get proper nutrition the morning of a race to make sure you don't bonk. Just like a triathlete, you need to go to bed early because most races require a pre-sunrise departure. And regarding fuel - Get your coffee and breakfast before you arrive at the park. There won't be any grub for you to buy there in the morning, and once the car gets a spot you're not leaving until the show's over. So eat before you leave, and bring snacks. I just saved your life. You're welcome.



Dress the part

Leave your high heels and hoverboards behind, and opt instead for sneakers and comfy clothes so you can navigate the course without worrying about breaking a sweat or having your hover implode. PLUS! Wear bright colors so your triathlete can try and spot you too. This will increase your chances of connecting during the race. Yay! Oh, and one last clothing tip: Wear layers + bring a hat + apply sunscreen. That'll keep you set from sunrise to the finish line.



Triathlon Spectating Guide Continued ★★★★★



Study the course

Swim. Bike. Run. = Loads of chances to cheer on a triathlete. It also means looking at 3 maps of where to find said triathlete during the race.

Most events have these opportunities:

- Cheering at the swim start
- Swim exit (Not always same location)
- Transition from swim to "bike out"
- On the bike course (if it loops instead of going straight out and back)
- At transition as the bikes come in
- At the "run out"
- On the run course (if it loops instead of going straight out and back)
- THE FINISH!!!

Phew. That's a lot of cheering chances! So you'll want to take a solid look at the course beforehand to help maximize your spectating experience. It also helps to go over this with your favorite triathlete(s), so they know where you'll be and can look out for you on the course too. It's a team effort. Whoop!



Know your triathlete's goal times & gear colors!

Before race day - Ask your triathlete for their estimated swim finish, bike times, and run pace so you know when to expect them at each of the potential viewing locations. Also, be ready at least ten minutes before and after these times in case your loved one comes in earlier or later than anticipated.

On race day – know what they are wearing.

At the swim, spotting someone you know while they're in a wetsuit is hard! I'm not saying triathletes all look alike. Oh wait. I am. It's a sea of black neoprene, and they all walk like swamp monsters as they emerge from the water. To help spot a particular triathlete coming out of the swim - know their cap color and wetsuit type. Also, know what they have underneath as they'll be stripping out of the wetsuit, fast. Yes, you heard me right. There is stripping involved at triathlons. Told you these are fun to watch!

For the bike, it helps to know their helmet color and bike color as they may go by at 20+ miles an hour. And for the run, it is bit easier to spot people, just look out for their Tri gear!



Be aware of moving athletes

Triathletes move at high speeds through the course and transition areas. Be aware of all those moving around you as the race paths may not be clearly marked from a spectator's perspective and you don't want to get knocked down or cause a triathlete to tip over. Speaking of tipping, that brings me to some advice involving cows at triathlons! What?!

Kelly's

TOP SECRET

Triathlon Spectating Guide Continued ★★★★★



More Cowbell Please!

If you have a cowbell, bring it. Sure the cowbell may appear really loud. That's because it is. But loud = good! It means your triathlete can hear you and get pumped up that someone cares. Aww. Insert mini violin here. It will also keep you from losing your voice as you cheer on all the other fierce athletes during the race.



Bring funtivities

Whether you like to read or workout or nap – I recommend you bring something to do during longer races. Sprint triathlons go fast. Olympics though, may leave you with a lot of free time. And 1/2 IRONMAN or full IRONMAN races provide ample solo adventure time. Planning ahead, giving yourself activities, ensures you have a fun day too. After all, you deserve it. You showed up to support your loved one. And on that note...



Know you ROCK!

Pssst. Come a little closer for this one. Now don't tell your Tri buddy I said this, but at times - when a triathlete comes across the finish line they are zombified. They left their heart, soul, and mind out on that race course and may not even recognize you as you come leaping over with excitement to congratulate them. This does not have anything to do with you! They appreciate you beyond belief! It may, however, take a few seconds for them to convey any verbal or physical signs of appreciation. So, know that you ROCK for showing up and giving your support. Triathletes train real hard and your being there means the world!!!



BONUS: Spectator checklist:

- ☐ Energy
- ☐ Breakfast
- ☐ Snacks
- ☐ Water
- ☐ Comfy clothes & shoes
- ☐ Layers
- ☐ Sunscreen
- ☐ Hat or Visor
- ☐ Race Map
- ☐ List of triathlete's times and locations
- ☐ COWBELL
- ☐ Toilet paper / tissues (for port-o-potties)
- ☐ A funtivity
- ☐ Energy! (Always room for more ☺)

That's all the secrets I have!

So congrats in advance on being a supportive family member, friend, or pet.

I'll see you at the races!

Enjoy! Smiles, Kelly





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!

Continued on Next Page...



Coasty's Corner

Continued



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.

