



Member Newsletter June 2016

Looks like everyone is busy
training, racing & enjoying
summer!

*(at least that is my excuse for this late
June edition) :)*

*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!

Coasty's Corner!
**Get to know a fellow club
member, Raphael Zagury**

**Upcoming Dates to
Remember**

Welcome New Members



Welcome New Members



Stephanie Conti
Rita Coutant
Vishal Kajjam
Alex Khalemsky
Nicole Moldovan
Vadim Novik
Carlos Ortea
Kunwar Singh
Kavita Thaper

So glad you joined us!

Upcoming Dates to Remember

Remember to check the club calendar for the latest updates and watch for announcements with more details on each of these

Sunday, July 10th, 1:00 PM - Bike Handling Skills
Liberty State Park, Jersey City, NJ

Wednesday, July 13th, 7:00 PM – Monthly Club Social
Cooper's Union, 104 Hudson Street, Hoboken, NJ

Sunday, July 24th, 11:00 AM – NJ State Tri After Party
Mercer County Park, Hamilton Township, NJ

Sunday, July 24th, 5:30 PM – IMLP Viewing Party
530 Jefferson Street, Apt 2 (Debra's place), Hoboken, NJ



Busy Month – Means Lots of Photos to Share





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

Raphael Zagury

GC Tri Member since 2009

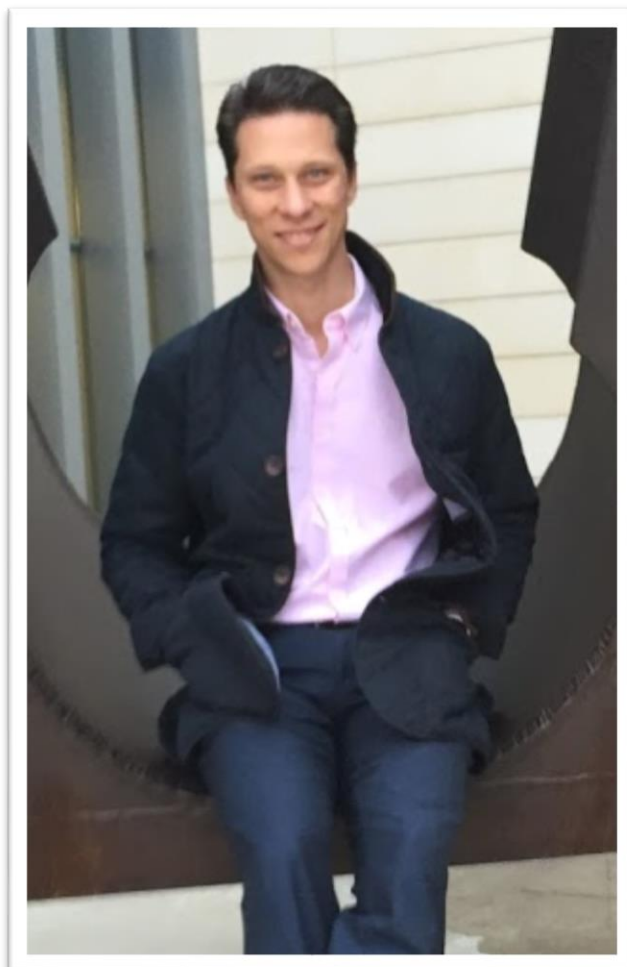
How did you get into doing triathlons?

Back in 2007, I was in the worst shape I've ever been. I had a job at a Wall Street firm working long hours and traveling non-stop and it was taking a toll on my health. I remember trying to walk up the subway stairs and having to stop at the top to catch my breath. That was also the year my daughter was born and it made me realize I needed to make some changes to my life. Since I was traveling so much, running seemed like a sport I could do anywhere. I still remember my first run outside. I ran less than 1 mile and had to walk back home.

Then in 2008 some colleagues at work signed up for a 5K and I decided to give it a try. One thing led to another and I ran a 10k then a half marathon and eventually a marathon in 2009. After the marathon, NYRR organized a sprint triathlon for beginners which seemed like a good "next challenge". The next day I signed up for an Ironman.

Do you have any prerace rituals?

Not really. But I usually like to wake up extra early so I don't need to rush at transition.



What is your favorite race?

I really like Toughman - a Half Ironman at Croton. It's a very well organized race and the course is gorgeous. I've done it 4 times.

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Coasty's Corner

Continued



What are your goals for this year in the sport?

Well, my goals changed significantly after I sprained my ankle in May. I was getting ready to run the Mohican 100 in June (postponed now to 2017). For 2016 the focus is now on getting the ankle fully recovered to race Ironman Brasil in November.

What is your proudest accomplishment in the sport?

I wouldn't point to a single accomplishment but I am really proud of being able to continue to see progress every year. How many 40 year olds can say they are at the best shape of their lives?

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

People always ask this question. With 2 kids and a job in finance it can be tricky at times but it's totally doable. We all have an amazing amount of useless free time in our lives. We just have to look for it. I don't usually watch TV for example (unless it is while riding the trainer). Sometimes I run to work. Sometimes I wake up extra early (once I went running at 3:00am). Most nights I'm deep asleep before 10pm.

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

I'm a bit of a tech geek and love to code. I also love water sports like kitesurfing. Just wish the Hudson was warmer and cleaner :)