



Member Newsletter August 2016

Happy August

Enjoy those last days of summer!

Best of Luck to everyone racing
AC 70.3 on September 18th

Annual Bike to the Brewery is Coming! Saturday, September 24th

Starting from 14th street and the
ferry terminal in Hoboken at 10am

*Check out all the details in the
event invite!*



**this is not an endorsement for biking &
drinking. We bike, drink & take the
train home ☺*

Issue Highlights!

Welcome New Members

Coasty's Corner!
Get to know fellow club
member, *Michael Wilson*



Congratulations John & Lauren!
Happy Engagement!

Welcome New Members



Thomas Calara
Ryan Cathcart
Dylan Cohen

So glad you joined us!

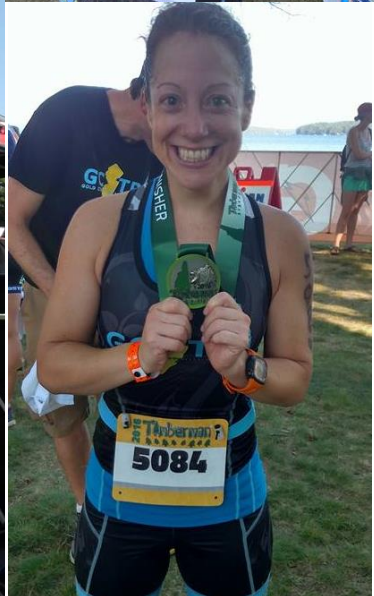
*Make sure you visit the club website
www.gctri.org for all sorts of good info including
the club calendar, list of member discounts,
training plans, race finders and much more!*

**Congrats again to
everyone who
raced Timberman
70.3!**





Picture Time!





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

Michael Wilson

GC Tri Member since September 2015



How did you get into doing triathlons?

I've been cycling for about 12 years but didn't get into the sport of triathlon until 2012 when I was living in DC and signed up for the DC triathlon on a whim. I had a blast and decided to sign up for a half-ironman the next year. I did St. George 70.3 the next year and was hooked. I've been doing 2 or 3 triathlons a season since then.

What is your proudest accomplishment in the sport?

Finishing Ironman Lake Placid. I had a lot of ups and downs training for it so I was really happy to cross the finish line.

What is your favorite race?

Savageman 70.3 is one of my favorite races. Definitely the most unique race I've done. It's just completely insane that there's a climb at 31% gradient in a triathlon. It's a fun atmosphere. Lots of people come out to the westernport wall to cheer you on as you struggle up the climb. Deep Creek Lake is also a pretty location.

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Coasty's Corner

Continued



What are your goals for this year (and next year) in the sport?

I'm done racing for the season. I've struggled with knee/IT band issues all season so I want to take some time off from running. My main goal for next season is to get a handle on my IT band issues. I plan to do more strength training this off-season than I've done in the past. My target race for next year will be Placid 70.3. I'm already looking forward to it!

What do you find works best for you for training and finding all the time needed?

Early morning workouts are key to fitting in the necessary training with my work schedule. After that I just try to be flexible; If I have to cancel a training session because something comes up at work then so be it.

Do you have any prerace rituals?

Not really. Although pizza is my preferred pre-race dinner.

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

I love being outdoors whenever I get the chance, especially hiking and kayaking, and exploring new places with my wife Katie. I also enjoy going out to dinner, drinking good IPA's, and reading the Sunday Times.

