



# Member Newsletter July 2016

A Special Mid-August (*very late July*) Edition!

Hope everyone is surviving the heat!



## Upcoming Club Social!

Come out and have some fun  
on Thursday, August 25<sup>th</sup>, 7PM  
@ The Dubliner  
96 River Street, Hoboken



## Issue Highlights!

**Coasty's Corner!**  
Get to know fellow club  
member, *Lauren Kruk*

**Pictures!**

**Welcome New Members**



Make sure you visit the club website  
[www.gctri.org](http://www.gctri.org) for all sorts of good info  
including the club calendar, list of member  
discounts, training plans, race finders and  
much more!

# Welcome New Members



**Kelly Calabrese**

**Lori Carlo**

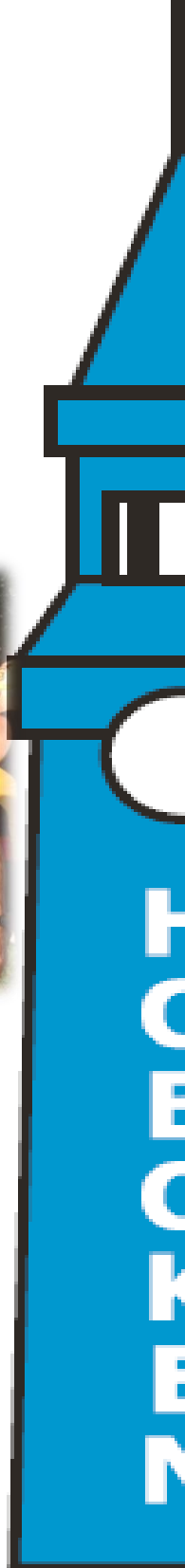
**Aaron Hager**

**Jack Hajjar**

**Vincent Finaldi**

**Kimberly Rucks**

*So glad you joined us!*





*More Photos!*







# 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*

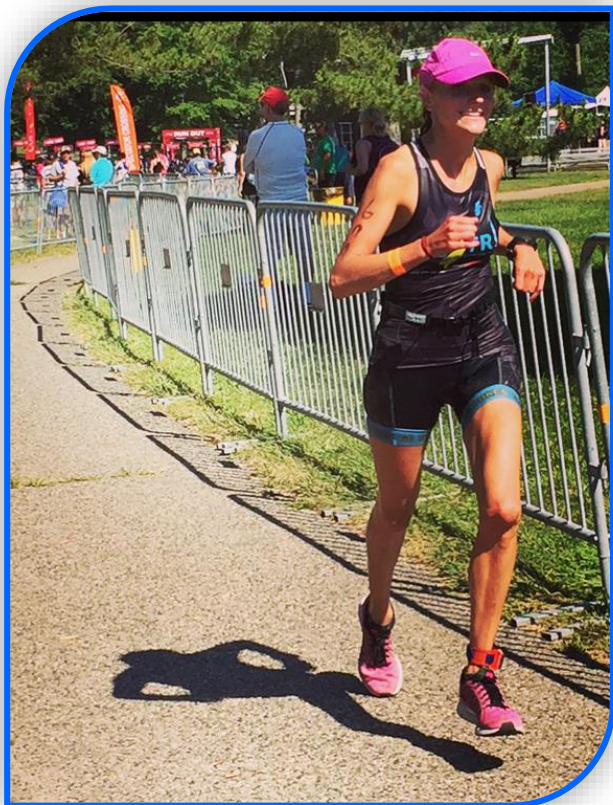
## **Lauren Kruk**

**GC Tri Member since 2014**

*Lauren also serves as co-chair for the club's Social Committee and Social Media Committee*

### ***How did you get into doing triathlons?***

It was really random for me. I was looking to do more than solely running after I had ran my 2nd marathon, when I read online that the NYC triathlon was a lottery entry. I was nervous but I entered, got chosen- and then googled local triathlon clubs. I'm so thankful my name was one of the ones chosen because I honestly don't know what would have been my drive to sign up for a triathlon otherwise.



### ***What is your favorite race?***

NJ state. Love the volunteers and lake there, and I love how spectator friendly it is.

### ***Do you have any prerace rituals?***

After all these years I can't believe I'm saying it but I don't. I get very nervous before races so I just try to stay calm by talking to my parents (they have never missed a single race in my whole life) or listening to music.

***Continued on Next Page...***



# Coasty's Corner

*Continued*



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

I sit down with my training plan before the week and figure out every day- training, work, other obligations. I move some things around (if it makes sense- I don't cram in big workouts back to back). I also will plan long runs at night sometimes and get in an extra hour of sleep on a weekend morning if I can. I write everything down; I can't get through weeks without my lists!

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

To complete my 2nd half ironman this month (Timberman), become a stronger swimmer, and qualify for Boston when I run the Philly Marathon in November. For next year, I just signed up for my first full ironman (Lake Placid!!) :-)

***What is your proudest accomplishment in the sport?***

This might not be anything extraordinary, but it was the swim in my first half ironman last summer. I was terrified as everyone ran into the water, causing me to have my first panic attack ever in open water. I had a kayaker ask me if I wanted to be flagged because I was struggling so badly. I knew that meant DNF after only 100y in the water, or calm down immediately and swim. I finished my first 70.3 in under 7 hours and I still wish that man on that kayak knew. :)

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

I love going out to dinner but equally love cooking in at home. I love doing anything that involves being outdoors and being around friends and family.