



# 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*

## **Bridget Alois**

**GC Tri Member since 2015**

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

I have a background in swimming and swam competitively from the age 6 through 18. Since then, I always had a desire to get back into the water. After getting my first road bike in 2012, my boyfriend Dave and I started talking about participating in triathlons. So as a Valentine's Day gift in 2014, Dave purchased an entrance for me to a sprint triathlon up at Lake Welsh. After that race, I was hooked and never looked back!

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

My favorite race is the Lake George Triathlon Festival which occurs every year during Labor Day Weekend. Having grown up 45 minutes south of Lake George, it's nice to get back to the area every year to race in the beautiful, picture perfect scenery of the Adirondacks.

In my first season of triathlons, I ended the year doing the Lake George Olympic distance; last year, I finished with the 70.3, and this year I completed the Price George, which is the Olympic distance triathlon on Saturday and the Half Distance Aqua bike on Sunday. In the near future, I hope to take on the King George, which is the Olympic distance race on Saturday and the full 70.3 on Sunday!



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

This past season my goal for the year was Ironman Atlantic City 70.3. Having been dealing with sciatica problems since April, my main goal was to run pain free during the race.

Next year, both Ironman Syracuse 70.3 and Ironman Lake Placid 70.3 are on my list for races. It will be the first season that I will complete two 70.3's in one season, so I am really looking forward to the journey!

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



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

My proudest moment was completing my first 70.3 in September 2015 at the Lake George Triathlon Festival after only being involved in the triathlon scene for one year. The saying, "If you Believe in Yourself, Anything is Possible" came true as I crossed the finish line. It was such a huge challenge and undertaking for someone like me who hated running at the time; however, with every training run, I became a little stronger and learned to enjoy running more each time.

There were many of ups and downs during my training season, but I learned a lot about myself during that time and crossing the finish line on that hot and sticky September day is a memory that I will never forget.

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

Morning workouts work best for me! Being a morning person, if I don't get it done in the morning, I am usually very cranky and unhappy if I know I have a workout facing me later in the day. I also try to save my longer bike rides and runs for the weekend.

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



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

Yes, I have a few which is why I typically need to wake up at 3AM the morning of a race! I can typically be found checking and rechecking my gear and tri bag 2-3 more times before leaving the house. I could never just wake up and go! I also must always have a whole wheat English muffin with Almond Butter and banana plus coffee heading out to the race.

Also, if there is driving involved to get to the event and I'm not staying at a hotel, I can always be found listening to Army Cadence music. If you haven't listened to it, give it a try, and you will thank me on the run!

<https://www.youtube.com/watch?v=XCoDKY18jMg>

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

Outside of triathlons, I enjoy doing CrossFit (this was my first love before triathlons!), cooking, traveling, trying out new restaurants, and hanging out with friends and family.



## **Because it sounds like the best job ever, what do you do as an *Ice Cream Food Scientist*? And what's your favorite flavor?**

As an Ice Cream Food Scientist at Unilever, my job is to design, develop, and create new ice cream flavors for Breyers Ice Cream. It's really fun to work with the brand team, tracking new trends and then putting these trends and ideas to life through ice cream. It's also a great feeling to see my creations in the supermarket freezers.

My favorite flavor has to be one of my most recent creation, which is Breyers Chocolate Peanut Butter, a rich combination of chocolate with luscious peanut butter swirled throughout!