



# Member Newsletter September 2016

## Fall is Here!

### Upcoming Club Social!

Save the Date  
Wednesday, October 26<sup>th</sup>  
*Details Coming Soon*

### Issue Highlights!

Coasty's Corner!  
Get to know fellow club  
member, *Bridget Alois*

Spotlight on the Mentor  
Program

Pictures!

## Welcome New Members



Yike Chen  
Geoffrey Clyne  
Vincent Virga

*So glad you joined us!*

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!

## Spotlight on the Mentor Program

The mentor program started up again in 2016. This month one of our pairs of mentor & mentoree agreed to be part of a Q&A about their experience with the program.

Juliana Grippa joined GC Tri in January and was paired with Nicole Ogrosso as her mentor.

*Juliana, what were you looking for a mentor to help with?*

Once I decided to do my first triathlon I knew I needed some guidance because I really didn't know what to expect and quite frankly I didn't really know where to begin. I was looking for insight and advice and I got that and so much more from Nicole. I was beyond thrilled when I found out she was going to be my mentor because I knew I was in good hands.

*How has Nicole helped with your training and getting ready for your first race?*

Well, I had TONS of questions, big and small, and she was there to answer all of them. I felt super comfortable asking her anything even if it was silly. I asked her questions I would have been too embarrassed to ask anyone else, things like, “so I guess I need a swim cap?”

Unfortunately I was injured in the spring, which derailed my training, but as soon as I was up and at it again she checked in on me to ask how things were going, how I was feeling, how many miles I was planning on doing, etc. She was a great supporter in that respect, which not only kept me in check, but lifted my spirits too. She also took me to my first ocean swim in Long Branch, which was NOT easy. Since then I surprisingly started loving ocean swims.



*What has been the best advice she's given you?*

Nicole is extremely encouraging and is such an inspiration just by being who she is and doing what she does. She set a great example that didn't go unnoticed. The night before my first Aquabike at New Jersey State we went to Otto Strada for dinner and I was telling her that I wish I had trained more and that I didn't feel ready. She quickly stopped me and said very confidently, “you're ready”. And that was all it took to calm my nerves. It was so incredibly helpful.

*Continued on Next Page...*

# Spotlight on the Mentor Program

## *Continued*

*Nicole, A first triathlon can be overwhelming, what are your suggestions for someone new to get started with training?*

First and foremost, use a training plan and track your daily workouts. Even if it is a free plan you find online, it is very important to have a plan and track your progress by writing down completed workouts. I use a spreadsheet in Google Docs, but there are several free options you can use (i.e. Training Peaks). Second, focus on your weakness!

*Seems to be an endless list of equipment, training gear, etc. you need for triathlon, what do you consider the essentials for someone new to the sport?*

Unfortunately, you do need a lot of gear for triathlon, but you can stick to the basics! You do not need anything fancy to start. The necessities: trisuit, goggles, a bike (any bike will do!), helmet, bike pump and tubes, and running shoes.

*As a mentor, how much of your time did you dedicate to helping Juliana this race season?*

I can't really quantify the time, but it was mostly spent answering questions via texts and emails a few times a week. Also, chatting about all things tri, training, and life at club socials.

*What was your advice to Juliana on race day?*

Juliana and I had a nice pasta dinner the night before her 1st race and we went over last minute race details. I told her she was ready so not to worry/stress and just have fun! Training is the hard part. Race day is all about having fun and seeing how the hard work has paid off!



**Special thanks to Nicci Schock for organizing the mentor program this year!**

**And big thanks to the following members for volunteering as a mentor: RJ Boergers, Gabby Rasure, Joe LoPorto, Mark Smith, Cristian Gonzalez, Mark Horton, Julie Percifield, Jim Toczylowski, Darren Hansen, Paul Zargoza, Dani Rossi**



*Some fun photos  
from the past  
month!*







# 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...***



# Coasty's Corner

*Continued*



## ***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!