



Member Newsletter November 2016



Hope everyone has a safe,
healthy and happy
Thanksgiving with family and
loved ones

In This Issue...

Get to know our new
Run Committee Chair,
John Palmer

John is our featured
club member in
Coasty's Corner



Annual GCTri Holiday Party!

Friday, December 2, 2016

7:00 pm – 10:00 pm

Carpe Diem Pub & Restaurant
1405 Grand Street, Hoboken, NJ

Party will be held in the room upstairs

*Please be sure to **RSVP** through the Facebook invite
so we can provide a final headcount to Carpe Diem*

Fall 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

John Palmer

GC Tri Member since July 2014



Do you have any prerace rituals?

Not really but I have noticed I've put together some great races after having a small bag of Spicy Sweet Chili Doritos the night before. Maybe I'm on to something there!!

How did you get into doing triathlons?

I ran cross country and track in high school and also track in NCAA Div 1, but was injured my freshman year and that pretty much ended my competitive chances. Three years ago after gaining 40+ pounds from my running days my fiancé challenged me to a fitness challenge to motivate me that turned into a half marathon.

After that, I realized my legs couldn't handle the constant pounding of running 6 days a week and a co-worker suggested triathlons (he is/was a member of GCTri - James Anastas). I bought a bike, flopped around in lane 1 at masters (if you called it even that at the time) and finished the Skylands Tri in the fall of 2014. I was easily hooked while re-igniting the love for racing in me. Now I can't imagine it not being a part of my life.

What is your proudest accomplishment in the sport?

This year overall is hard to beat. I raced 8 multi-sport events, finishing 1st in my age group in 3 and 1st overall in 2.

If I had to pick one moment though, it was breaking 5 hours at the Timberman 70.3. I set that goal back in the spring of 2015 and it was awesome to be able to finally get it.

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What is your favorite race?

I'd have to say the NJ Devilman Half Lite 50 Tri. It's the 1st NJ triathlon of the year with an open water swim and is usually the 1st weekend in May. It's not so much the atmosphere but the course, it's early nature, and it's still relatively close. Flat for both the bike and run, it's a great fitness checkpoint early in the season to see how everything is going and help setup any pacing expectations for a 70.3 later in the year. I've had my best runs off the bike at that race the last two years, maybe that is why too.

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

This year was to break 5 hours in a 70.3 and I did it at both Timberman and AC (even though the swim was short I still count it!). Next year my goal is to finish my first full IM at Lake Placid with a stretch goal of breaking 11 hours assuming training goes well.

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

I try to do most of my training in the mornings before work. Sometimes getting up as early as 4 depending on early morning work meetings or travel. Other than that - being flexible with scheduling and laying out plans with family and friends as much in advance as possible makes training much easier. I spend a lot of time on the indoor trainer for bike intervals, it has paid enormous dividends this year. I can get the same amount of work on the trainer in less time than outside which helps when the window to train is small.



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

I'm a big sports fan and like to watch just about all types. I'm from Cleveland so this has been a great year in sports for us diehard Cleveland fans. I also love to golf and try to get on the course anytime I'm not riding up bear mountain. I can't forget time with beer, friends, and family. I always make time for a pint with friends. Notice I mention time with beer separately :-). I probably indulge more than I should being an endurance athlete, but it's important to enjoy your time away from training!!