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

Debra Noble
GC Tri Member since 2014

GCTri Holiday Party 2016

How did you get into doing triathlons?

In 2013 I was sitting in my car with two girlfriends after the Long Branch Half Marathon. One of them mentioned that she participated in a triathlon a few years prior and was looking to do one again. Since we were on our half marathon high, we found the Jersey Girl sprint triathlon and signed up for their August race. I did the race without a tri kit (had no idea what that was!), had a hybrid bike (no clipping in!) and had the most incredible experience! I was also training for the NYC Marathon that year and going to the early morning Tuesday track workouts. One day I realized my friend Lisa Mangino belonged to GC Tri. We ended up training for the marathon together and I went with her to the kickoff party in January 2014. At the kickoff I won an entry to a sprint triathlon and the rest is history.

What are your goals for this year in the sport?

This year my A race is Ironman 70.3 Lake Placid. I am looking to have a better finish time than MT 70.3. I am also signed up for NJ State Sprint and Olympic (the double down!) and the Rev 3 Poconos half distance aquabike.

What is your proudest accomplishment in the sport?

My proudest accomplishment is finishing the 2015 Ironman 70.3 Mont-Tremblant. I was able to find a training plan, stick to it and had the most amazing day. I have never swum 1.2mi before 2015 – let alone 1.2mi in open water. The bike course was one of the most beautiful roads I have ever had the opportunity to ride on. Lastly, it was great to see all of my teammates out on the road with me! My goal was to beat 7 hours and comfortably finished in 6:46. The training was a real commitment and I am proud I was able to get into what I call my "training bubble" and get to work.

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

I find that when it comes to creating a schedule I put all of my workouts (and personal obligations) into my work calendar so there is never an excuse to miss a workout. I also try to ask other people to join me whether it be on a long run, bike or to the pool. I find that this helps to hold me accountable and frankly, the workout becomes that much more enjoyable. I am so lucky that I have met so many friends within the club so I find it easy to find a training buddy.

What is your favorite race?

I would say that my favorite race is the NJ State Sprint Triathlon. Even though it happens in the blazing July heat, it is a super-fast, flat course with an easy swim. This was also when I began to meet other members of the club since it is one of our club designated races. My non-triathlon favorite race is the NJ Half Marathon in Long Branch. It is a great spring race, keeps you motivated to run in the winter and a very well run event. This year will be my 8th time running this race.

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

Well last year was a big running year for me. I completed the Wineglass Marathon in October with Nicci and Lyndsey and went right into Dopey Challenge training (Disney Marathon weekend – their four races over four days!). So I have either been running or enjoying Hoboken with friends! I also love to travel and am currently planning a trip to the UK in April!

Do you have any prerace rituals?

I don't go out and get wild and crazy like Darren and do not have a standard "must have meal" like Lisa. I like to have a very good meal with a protein, veggie and starch and one (maybe two) glasses of wine and head to bed at an early hour. I also love to get my stuff all together and layout my kit with my bib and take a picture.

If you would like to nominate a team member or volunteer yourself to be featured in an upcoming Coasty's Corner, please email Nicole at nogrosso18@gmail.com