



Member Newsletter Winter 2017

As we start the new year and another exciting season of training and racing, we want to remind you of some of the benefits GCTri has to offer for members:

- Never train alone!
- Have exclusive access to discounts on gear and race entries from our awesome club sponsors.
- Meet and hang out with a great bunch of people at team-organized events, such as happy hours, educational seminars, and post-race parties.
- So many other great resources! Our members range from complete newbies to professional triathletes. So whether you're looking for someone to learn how to swim with or advice from experts in the sport, we have it all!

Issue Highlights:

Welcome New Members

Dates to Remember –
Education Seminars,
Socials, Club Races &
More

Coasty's Corner!
Get to know fellow club
member, Debra Noble

2017 Board of Directors



**Member at
Large**
Nicole Ogrosso



CFO
John Callahan



President
Christina
Johnson



Secretary
Diane Berry



**Member at
Large**
R.J. Boergers



Welcome New Members



Scott Crawford
Alli Dolan
Steve Jones
Harris Shapiro
Joseph De Flora
Mike Wenger
Do Lee

Tricia Ehrhart
Betty Ann Vandermay
Nicholas Fresina
Andrew Lang
Matthew George
Nicholas Biagioni
Gary Bisogno
Rick Fontaine



So glad you joined us!

*Make sure you visit the club website
www.gctri.org for all sorts of good info including
the club calendar, list of member discounts,
training plans, race finders and much more!*



Dates to Remember

2017 Club Races

<u>Sprint</u>	<u>Date</u>
French Creek Triathlon	5/21/17
Wyckoff-Franklin Lakes Triathlon	6/17/17
War at the Shore Triathlon	7/9/17
New Jersey State Triathlon	7/22/17
<u>Olympic</u>	
HarryMan Triathlon	5/20/17
French Creek Triathlon	5/21/17
Rev3 Quassy	6/3/17
New Jersey State Triathlon	7/23/17
Rev3 Pocono Mtns	8/12/17
Lake George Triathlon Festival	9/2/17
<u>Half Ironman</u>	
Rev3 Quassy	6/4/17
Rev3 Pocono Mtns	8/13/17
Lake George Triathlon Festival	9/3/17
IRONMAN 70.3 Lake Placid	9/10/17
IRONMAN 70.3 Atlantic City	9/17/17
<u>Full Ironman</u>	
IRONMAN Lake Placid	7/23/17
<u>Miscellaneous</u>	
NYC Half Marathon	3/19/17
Unite Half Marathon	4/9/17
NJ Marathon/Long Branch Half Marathon	4/30/17
Rock the River Half Marathon	5/7/17
Nav-e-Sink or Swim	5/28/17
Lap the Lake Open Water Swim	6/10/17
Steelman OWS	7/9/17
Party with Purpose 5k – Hoboken	7/11/17
River to Sea Relay	8/5/2017
Philadelphia Marathon and Half Marathon	11/18-19/17

Spandex-free Events

Socials

Saturday, February 11th
4pm-7pm

Happy Hour at Havana Lounge
32 Newark Street
Hoboken, NJ

New: Never attended a GCTri Social?

Come and be entered in a raffle to WIN a free drink!

Saturday, February 18th
7:00 pm

GCTri @ HOHA's Snowball
Hoboken Elks Club
1005 Washington St
Hoboken, NJ

Athlete Education

Monday, February 20th
7:00 pm

Injury Prevention Seminar
NJ Running Co.
127 Washington St
Hoboken, NJ

For more info and to RSVP, visit:
<http://www.gctri.org/race-calendar/>



**EVERY ACCOMPLISHMENT BEGINS
WITH THE DECISION TO TRI 😊**



My GOAL
for 2017...
HAVE FUN @
NJ STATE



My GOAL
for 2017...
NEVER miss a swim
workout while
training for IMLP



My GOAL
for 2017...
IMLP ↓
12 hr?



My GOAL
for 2017...
finish '12 Ironman
70.3!!



My GOAL
for 2017...
to finish my 1st
half marathon!
Martha's Vineyard
May 2017



My GOAL
for 2017...
Metric
Century



My GOAL
for 2017...
CHEER MY
SEXY LEGS ON!
(WITH MY BIG MOUTH)





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

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.

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Coasty's Corner

Continued



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.

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.



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