



# 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*

## Shelia Monaghan

### ***How did you get into triathlon?***

I had been running marathons for a while when my twin sister and her husband decided to do the NYC Triathlon back in 2008. I spectated and was blown away—I signed up the following year and the rest is history!

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

I am quite proud of the fact that I have swam in the Hudson River many times and remain, ostensibly, disease-free. Otherwise, I would say completing Ironman Lake Placid and representing Team USA at the duathlon worlds, both in 2013, were my proudest moments. On the other hand, I confess and am deeply ashamed of the fact that I still cannot change a tire. Don't @ me, as the kids say.

### ***What are your goals for this year in the sport?***

I'm currently training for IMMT, which will be my second full-distance Ironman. My goal is just to complete the race happy and healthy. I'll do some shorter-distance races in the lead-up, including the aforementioned NYC Triathlon which is one of my favorite events of any distance. I always love to give a good effort there; plus, I get to sleep in my own bed and that's just too good to pass up.



### ***What is your favorite part about triathlon?***

Moving my body outside has to be among my favorite sensations—spending time on the bike out in the sun on a beautiful Saturday, running along the water, all of these things make me feel really alive. I am a runner in my soul but there is something uniquely special about triathlon; marathons and foot races are enjoyable, but a triathlon is fundamentally more fun. I love the variety, the costume changes, it just keeps things exciting.

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

Gambling and bar fights.

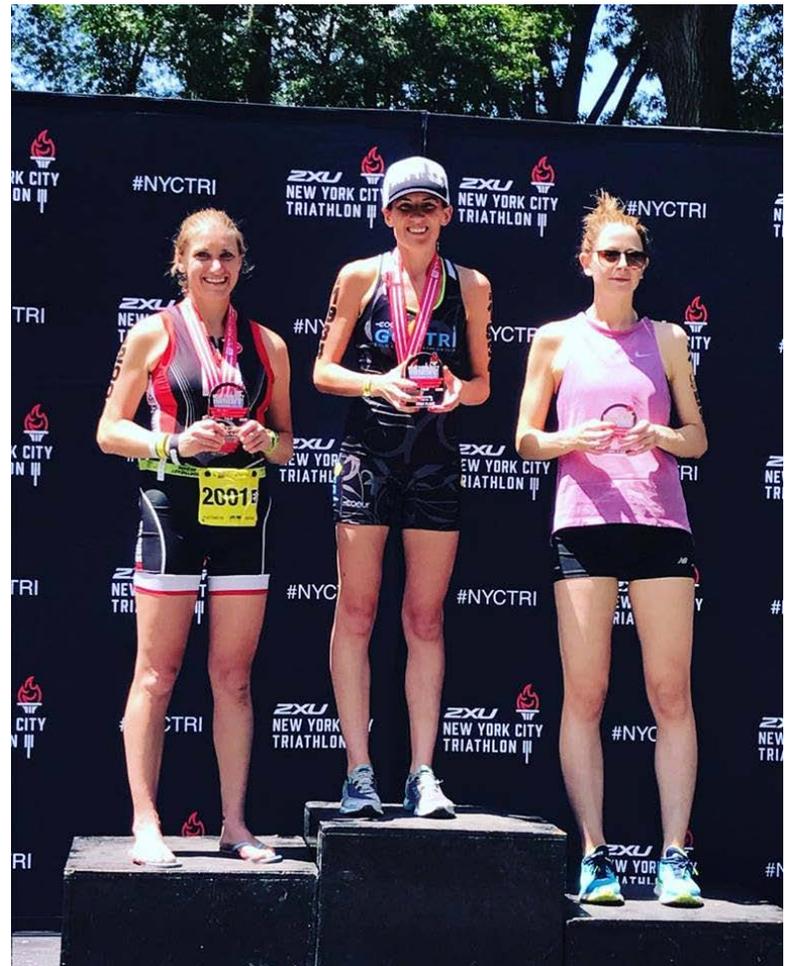
Just kidding. I have a really big family, I'm one of 8, with lots of nieces and nephews whom I see a lot—there's always something going on in our family. Otherwise, you can find me and my pooch George at the dog park or cruising the waterfront. I've been fortunate that my career involves a fair amount of travel, which I've really enjoyed.

## ***How do you balance your training with life and work?***

I'm super fortunate that I work for a company that really supports a fit lifestyle. I'm the editor-in-chief of Furthermore, the digital publishing arm of Equinox, so I have a gym right downstairs I can use before work or during lunch to knock out a workout.

## ***What is your best piece of advice for someone just starting out in the sport?***

Find some training partners—all of this is better when done with friends, the rides are certainly more enjoyable and if you're looking to improve, it's always best to be among people who can help push and motivate you. Pick races in fun places to make the commitment even more worthwhile. None of us are getting paid to do this and it requires a lot of time so the more you can get out of it, the better, in my opinion. Also, learn how to change a tire.



***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](mailto:nogrosso18@gmail.com)***