



Member Newsletter Fall 2017

Training Tip of the Month!

Whether you have a coach or self-coach,
plan your workouts in advance each
week and stick to your schedule!

Remember, we have free training plans
on our website

www.gctri.org/trainingrace-resources

Issue Highlights:

Welcome New Members

Book Review – ‘How Bad
Do You Want It’

Coasty’s Corner!
Get to know fellow club
member, Lauren Karstens

Welcome New Members

So glad you joined us!

**Arozo Shahabzada
Herbert Plummer
Emily Landgraf
Nicole Frascino
Tiffany Baker**

**Danny Polk
Keri Horton
Jim Goundry
Matthew
Birmingham**

**Barbara Perkins
Andrew Balko
Nate Pendleton
Joe Giattino
Dmitriy Boyko**

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!

Mark Your Calendars!

Social Events

November Celebration!

Saturday November 11th @ 3:00pm

Location: Hudson Hall (364 Marin Blvd, Jersey City)

Holiday Party!

Friday December 8th @ 7:00pm

Location: Details Coming Soon (Hoboken)

*And YES - first time attendees will enter a raffle for a free beer.

Weekly Group Workouts

Every Tuesday Morning

Track Workouts at the Weehawken Waterfront Park Track:

Meet at 5:45am at 9th St. & Park Ave. in Hoboken to run as a group to the track or meet at the track at 6am. Workouts are provided and all paces are welcome!

The group is usually back to Hoboken around 7am.

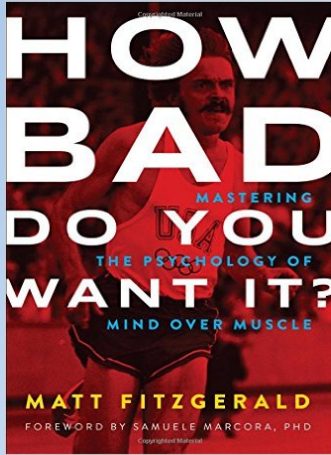
Weekend Group Rides and Runs:

We encourage all members to post group workouts on the club calendar and share to the club Facebook page. Weekend workouts are usually posted by Friday each week.

FOR MORE DETAILS: <http://www.gctri.org/race-calendar/>







How Bad Do You Want it?

Author Matt Fitzgerald

Book Review

By RJ Boergers

If you're looking to make some major gains in your performance and you're pretty confident you have the physiologic training under control, this is the book for you!!!

Fitzgerald (an experienced coach and triathlete himself) teaches you about the psychobiological model of endurance performance through exciting tales of endurance athletes. You'll hear stories about Steve Prefontaine, Cadel Evans, and Greg Lemond to name a few. The writing style is similar to Malcolm Gladwell's – Outliers or The Tipping Point, where the author presents real life examples that help illustrate concepts that are supported through research (as a college professor – this makes me feel good when he cites the research). This book teaches you about the importance of mental toughness and how to race near or beyond your physiologic limit.

A major lesson in this book is that you can improve your performance when you alter how you perceive your exertion level (rating of perceived exertion). In our athlete education series, Julie Percifield did a tremendous job talking about the different performance measures we use and we talked how they are all linked somewhat to our effort level. It is how hard we *perceive* a particular effort level that we can control with our mind, and then improve our performance. Mental training for most of us is undervalued and this book will change that. You can't afford to NOT read this book! It's a quick read with valuable information.





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

Lauren Karstens

You may already know Lauren for all the work she does for our club merchandise and we can't thank her enough for all her time and effort for keeping us all looking great and coming up with new ways for us to wear GC Tri! Now get to know more about her and what she loves about triathlon!

How did you get into triathlons?

Was looking for a way to change my fitness routine once I moved to the area. I've always been a runner and my cousin, Rich Bean, suggested giving triathlons a try. He strongly recommended joining GC Tri for the track sessions and to meet other people in the sport. My first triathlon was Jersey Girl, once I started I was hooked to the sport.

What is your proudest accomplishment in the sport?

Completing Lake Placid 70.3 with little training due to an ankle injury I've been struggling with this year. The race was an amazing experience and a big learning experience for me. It's amazing the things you can accomplish with support from the team and positive thinking.

What are your goals for next year in the sport?

For 2018 I'm looking forward to Mont Tremblant 70.3, would like to PR on the course.



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Coasty's Corner

Continued



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

Join a Tri club, like Gold Coast Triathlon Club, and use the resources they offer. GC Tri's website has a lot of useful information, our athlete education seminars are great too. There are so many great people in the club/sport who are super knowledgeable and can offer helpful tips for someone new to the sport.

How do you balance your training with family and work?

By planning the week out in advance and getting the training done first thing in the morning, that way there are no excuses to miss a workout. I use a coach, which I think is really helpful in balancing training with work/life responsibilities.

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

Escaping to the West Coast to visit my twin sister. Going for hikes or spending the day at the beach. I really enjoy getting outside of the city area and enjoying nature.

What is your favorite part about triathlon?

That's a hard question - there's so much to enjoy about the sport! I really enjoy the thrill of a big race weekend, being surrounded by so many athletes with great energy and interesting stories/challenges that they have worked through to get to the starting line. The sport really helps you get outside of your comfort zone and tackle new challenges every season.



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