



2017 Year In Review

Welcome to the GC Tri 2017 Year In Review!

It was another great year with so many memorable moments and so many personal goals achieved.

Thanks for sharing your 2017 highlights and pictures and thanks to everyone who participated in club races, socials and events throughout the year!



Personal Highlights from 2017

Glenn Hartrick

I rocked an Ironman,
faster than I did when I
did my first one!

Thanks everybody for the
incredible support!

#AnythingIsPossible
#2ns



Janine Bodden

One of my main goals this past year was to run my 1st half marathon and I did! in April - The Women's Half Marathon in Central Park. 3 1/2 years from repair of my hip labrum, I finally had the strength to run the longer distance. The last mile was tough but seeing my better half RJ along with my parents & Aunt & close friends (1st time for them seeing me race a run or triathlon :) at Mile 12 surely helped get through. Crossing the finish line was a great sense of accomplishment!

I have subsequently ran 2 more half-marathons since then :)

Now that I know I can run 13.1 - I am signed up for Ironman 70.3 Mont Tremblant 2018, yeh!



Mark Kruzel

2017 -> first time ever
70.3 distance... So I did it
twice in a month!

Atlantic City 70.3 in
September and Arizona
70.3 in October



Rich Miani

3rd BQ at the Philly Marathon in November

RJ Boergers

I finally took the time to learn how to bi-laterally breath while swimming. (Vella - "But RJ, you're still so slow" Me - "At least I wear the correct race kit"). Here's to a goal of getting faster in 2018.

Michael Wenger

I started the season competing in my first olympic race at Bassman in Tuckerton NJ, raced the Atlantic City olympic in August, and ended the season in October in Point Pleasant, racing again in the same sprint triathlon that got me into the sport last year.

Dani Rossi

After taking a forced break in 2017 and having ankle surgery, I'm back at it and getting ready for an awesome 2018. Coming back stronger and fitter than before and looking forward to taking on Quassy and IMLP again this year!



Ray Josephs

Highlight of my year was racing, finishing, and getting 2nd in my age group at the SOS Triathlon! Has been a bucket list race for a while and an amazing experience!!!



Herb Plummer

I broke my foot over the summer while playing tennis, so I didn't get a chance to do any triathlons as planned.

However, the extra rest paid off and I was still able to get in the weight room, swim, and go for long bike rides with Sheila, Paul, Do, and RJ.

I ended up having a great fall season of running, breaking 17 min for 5k for the first time (16:46 at Dash to the Finish), and winning a road race for the first time ever (27:44 for the Leverage Fitness 5-mile Turkey Trot near my hometown in PA).

Looking forward to getting back to some tri's next summer!



Carol Ostrander

I finally got off the sidelines and raced 2 sprints! :)



Nicole Ogrosso

My 2017 tri highlights include:

- Training for IMLP with an awesome group of GCTri friends
- Trying a new race at the Patriot Half (and getting a 70.3 run split PR)
- Trying another new race at North Carolina 70.3, loving it, and having a fun little race-cation with more awesome GCTri friends

2017 was a fun year!



Michael Wilson

My 2017 highlights were: Setting a Half Marathon PR at the NYC Half (1:25:15) and racing at Lake Placid 70.3, which is one of my favorite places to race



Kelly Calabrese

My year highlight is...

I raced an Olympic distance :) Whoop!



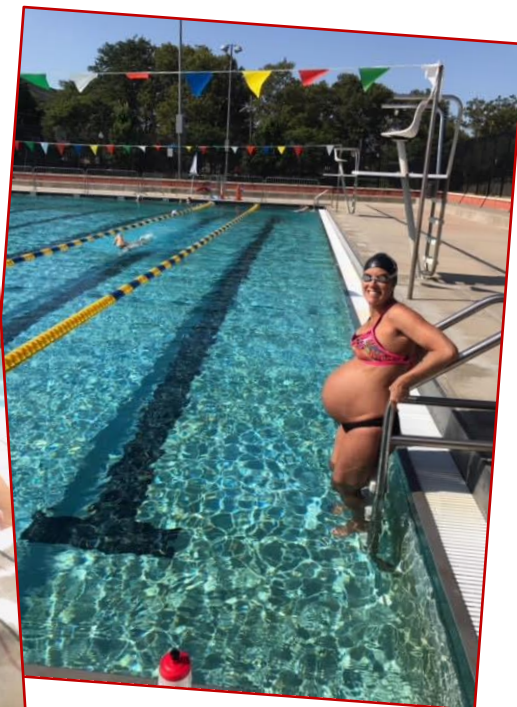
Lyndsey Dore

Turned the Big 40 in 2017
And ran 11 1/2 marathons,
2 full 26.2 -

Guild for NYC marathon and did Philly in
4:16 with no training that me winging it.
(New members don't listen to me !!!)
1 half triathlon and as Nicole said to me
won my age GROUP was only one LOVE it
😊

Jen Sheppard

Stayed active during pregnancy, endured the equivalent labor time of 3 Ironmen + a C-section, and had a healthy baby girl. Back to training now, and hopefully injury free racing next year!

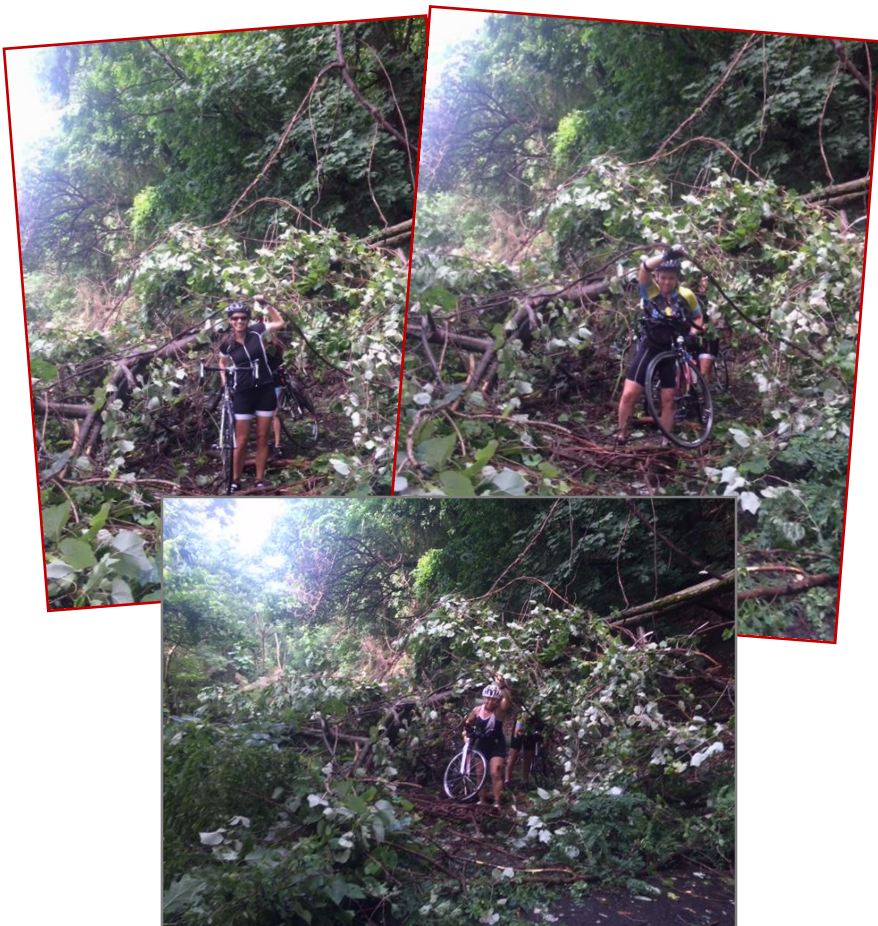


Laura Miani

For me from a race standpoint, the biggest accomplishment was completing the Lake Placid 70.3. Very challenging course.

Equally important though was that I competed in more races this year and had a great time training with the GC Tri girls over the summer.

I did the Shape half, the Lap the Lake, Placid, and the Philly Half. I also managed to be part of a group that got through the biggest tree that fell in Palisades Park over the summer!



Debra Noble

Training with a wonderful group of women for the Lake Placid 70.3. It was amazing to have such a strong support group and to make new friends!

Lake Placid was my second 70.3 and it is a PR! It was an amazing day. It was so great to see everyone out on the course!!



Mark Smith
(suggested on his behalf by Maria)
1st AG at Brooklyn Greenway Half





Maria Wedgeworth

1st place woman at Rock the River – My first win ever



Chris Wedgeworth

13.1 PR at Brooklyn Greenway Half/ 1.42.58



Cristian Gonzalez

My big dream came true this year at Ironman Wisconsin : Qualified to the 2018 ironman world championship in Kona, Hawaii.

DREAMS DO COME TRUE: GOD does answer to prayer, and does have plan for each one of us; however, it's up to each one of us to be relentless and always give the best we got (even when things aren't going well.)
- It took me SEVEN years to accomplish the ultimate goal (and it was by far one of the hardest goals I've been able to reach....definitely a roller coaster ride.)

To many of the members of GCTRI that I've been close to/interacted over the years:
Thank you for all the support & advice - really meant a lot.



Stefan Koch

IM 70.3 Lake Placid - my first 70.3 in 5:59



Diane Berry

2017 Highlights include:

IM 70.3 NC was a BLAST! We had a great group of GC Tri people, Wilmington / Wrightsville Beach are BEAUTIFUL, and the race was amazing! Super flat and fast, so if you're looking to PR, check it out.

I completed IM 70.3 Victoria CA as a relay with my brother. I swam and ran and he biked. Victoria is gorgeous. I highly recommend going, if logistics allow you to.

GC Tri teammates came together to raise money and awareness for the Challenged Athletes Foundation. The Challenge Athlete's Foundation believes no challenge is too great with the right support. That's why their goal is to provide physically challenged people with the tools they need to pursue active and healthy lifestyles. They advocate for all levels of physical activity as a way to enhance quality of life for all. It's such a great fit for GC Tri to have CAF as a charity partner. We can't wait for what's to come in the future!



Christina Pinola

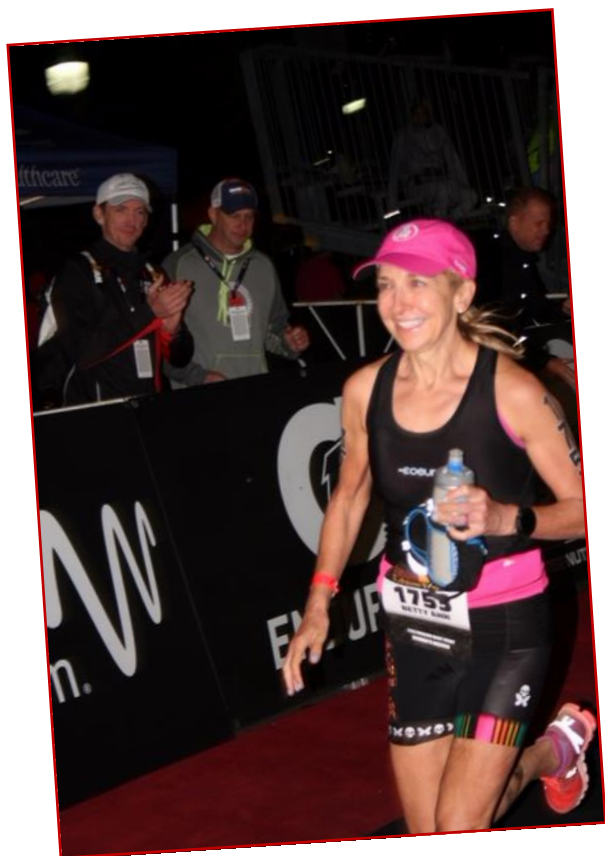
NJ State: First NJ Tri!

(Lol feeling like local).



Dave Calabrese

2nd overall out of the water at Placid 70.3, and for a very brief moment, actually leading the race! Whoot!



Betty Ann Vandermay

I joined the tri club in 2017 and although I didn't get the chance to participate in any workouts (we ended up moving back to Canada- Montreal) and only one social outing, I loved the information and hearing everyone's successes.

I completed the Atlantic City 70.3 with a PR of 6:08 and completed my first full Ironman in Arizona in November to celebrate turning 50! The time wasn't what I had trained for (15:31) but I was happy to finish and hear "you are an Ironman". The race really was a metaphor for life in that you can't plan everything and you just have to deal the best you can!

John Callahan

First loop of IMLP run - so happy :) And the wife and I after the finish.



Dylan Cohen

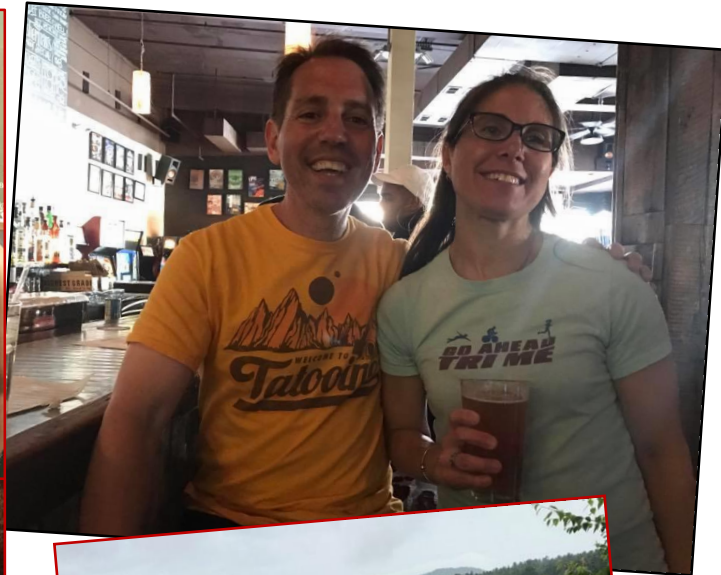
A mixed bag in 2017. With no Ironman on the calendar, it was to fun have a reasonable training schedule while still competing at high level in the mid-distance races. For the first time in my racing career, I managed to get an age group or overall podium in all my races to start the season.

Notable finishes included a Masters win at NJ Half Marathon, third overall at Harriman Oly, 2nd in age group and 14th overall at Quassy Half.

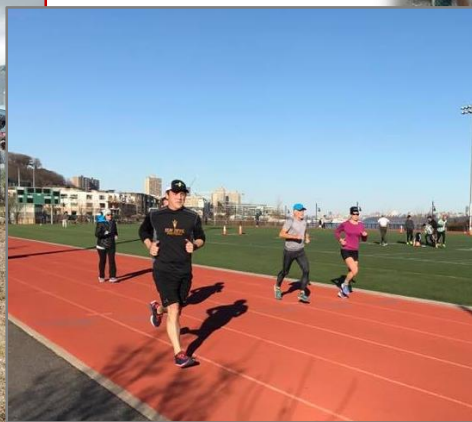
It all came to a crashing halt when I flipped my bike on a dry flat road by myself with no cars in sight in July. Bike was fine (I braced its fall with my body) but shoulder had everything wrong except a broken bone. I spent the rest of the year rehabbing with Shelly (shout out to Mile Square PT) and am slowly working my way back for the next season. 2018 should be an interesting year as I transition to living in Adirondacks and learn to love biking up hills. I hope to see lots of GCTri members at the ADK-area events in years ahead.



Group Highlights Throughout the Year

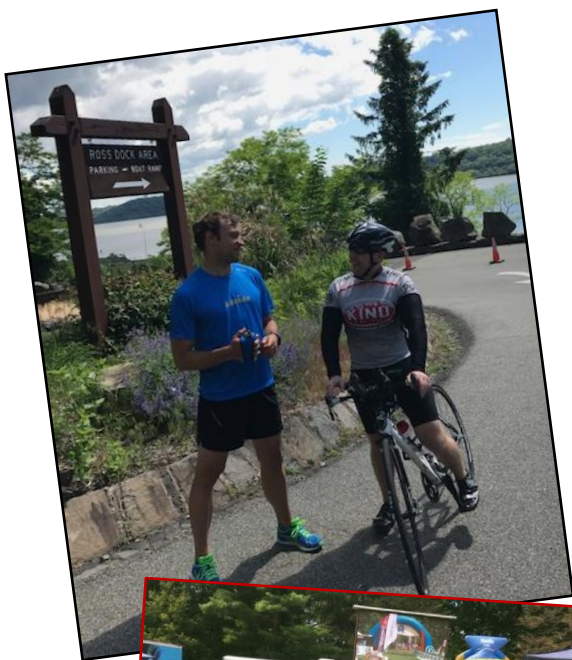




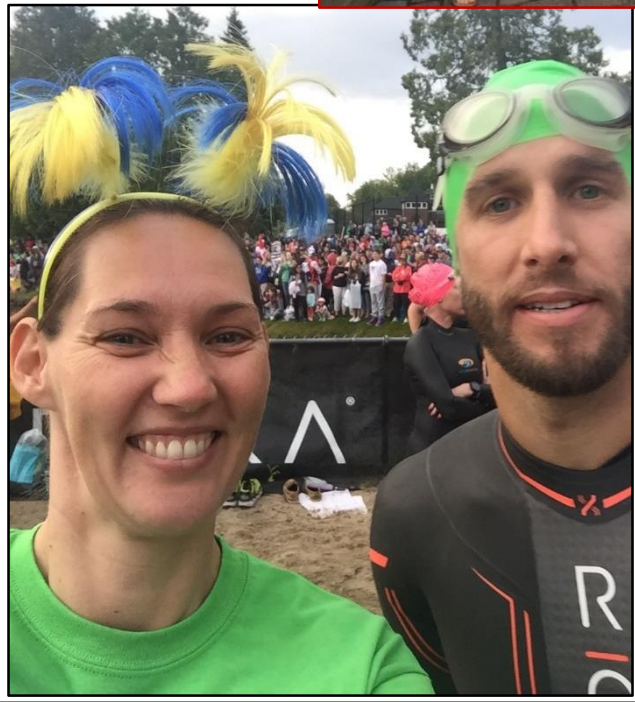














***Holiday
Party
Fun!***



