



Member Newsletter Spring 2018

Welcome New Members

So glad you joined us!

Ashley Garman
Colin Fitzgerald
Brandi Kaminski
Allison Woodward
Michele Perez
Alessandro Cardito
Javier Diaz
Kyle Bevilacqua
Lisa Kurdziel
Marian OMalley
Ciaran Finan
Doug Akay
Gianluca Mazzonetto
Katie O'Neill
Alexandra Triumph
Jimmy Pinto
Bryan DelRio
Eva Wimberley
Miguel Rodriguez
Mariangela Solorzano
Larry Yang

Issue Highlights:

Welcome New Members

Dates to Remember

HarryMan Race Report

Coasty's Corner!
Get to know fellow club
member, Shelia
Monaghan

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

Saturday, May 19th 10:30 – 2:30
Picnic at Lake Welch – HarryMan Triathlon

During & after the HarryMan race, we will have a club picnic. Running the race? Hooray! You're already in the right place to join the party. All other members come spectate or swing by anytime starting at 10:30AM. BYO food and drinks.

Save the Date:
Thursday, June 14th at Lutz Biergarten

Educational Seminars

Open Water Swim Clinic

The OWS clinic will be held on Saturday, May 26th, 8:30 - 9:45am. Participants are encouraged to arrive by 8am, as we will be starting promptly at 8:30am. We will be meeting on the beach in front of Victory Park in Rumson, [1 Lafayette Street Rumson, NJ 07760](https://www.google.com/maps/place/1+Lafayette+Street+Rumson,+NJ+07760). This clinic is a club-sponsored event & FREE for all current Gold Coast Triathlon Club Members, but YOU MUST REGISTER by e-mailing Coach Brian: Brian@PersonalBestNutrition.com. Participation is limited to the 1st (20) registrants.

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.

Every Wednesday Morning - Group Bike Rides to Palisades Park:

Meet at 5:40am outside the 14th St. Ferry in Hoboken on Frank Sinatra Drive. The ride takes about 1 hour (to the park and back on River Road) to 1.5 hours (with optional hill repeats at Ross Dock). All speeds are welcome!

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.





HarryMan Olympic Race Report

By Matt Vella



Here are a few thoughts on HarryMan Olympic Triathlon.

First off...my favorite thing about this race is the late start and it is local. So nice to sleep in (relative to triathlon). It is a great kickoff to the NJ/NY race season. It is a fun turnout of a decent number of people (~500).

PRERACE: Packet pickup is in the AM. They are used to doing it so it goes pretty smooth. I typically show a little on the earlier side (~1.5hr to watch the 70.3 distance racers start) and usually don't wait more than 5 minutes to get my packet. Transition is located right next to the check in tent so all you have to do is simply put your stickers on your bike and walk right in. The transition area is self seeded so you can choose your spot. I prefer to grab a spot farther away from the water in transition area but close to the aisle way. It means I have to run with my bike less distance. If you are trying to run out of transition with other bikes it can get a little congested. Then simply wait for your swim wave.

VETERAN TIP: The buildings along the beach and the A-Frame building in the parking lot have actual bathrooms so you don't have to wait in line for the 4-5 port-o-potties.

SWIM:

The water is typically cold. Last year, it was 58 degrees. Don't worry, it's on the shorter side for an Olympic. I like to get in the water a little before the swim start just to warm up and ensure I get my face under the water. The first time under cold water can catch you off guard no matter how ready you are for it so it is good to get it out of the way before the race actually starts. Usually there are three waves so the groups can be a little large. The beach and race start is a very wide area though and makes for an easier race start that doesn't get too bumpy. The swim course is essentially a triangle and is typically well marked so sighting is relatively easy. Depending on your group and pace it can get a little bunched up around the turn buoys but it typically opens up well in between turn buoys. The swim exit is on the beach as well and has a decent run to transition. It is through the sand so be sure to run through the kiddie pools they have right outside of transition to help wash the sand off. Be careful stepping in it though as it is obviously kind of slippery.

BIKE:

Hilly! Get ready from some climbing. Be patient on this course. Since it is a two loop course it can be very easy to come out very hard and be pretty beat by the second loop. There is a small shorter climb coming out of T1 but then it is down a long hill and you get speed pretty quickly. This part of the road isn't the smoothest in that it has grooves across the road with the slabs meet. So every second or two you ride over a groove. Not dangerous in any way...just annoying. After coming down the hill you are about 5 miles into the race and you make a hard right turn. There you will start some rolling climbs for the next ~5 miles before you get to the big downhill area. This is a fun area and has a few turns along the way. You will descend through the next two miles until you get to the bottom of the hill. There is a VERY SHARP turn at the bottom of the hill. Before you get to the bottom be sure to shift into a much easier gear and SLOW down. There will be signs. Be sure to listen to those signs...the turn is very sharp. Immediately after the turn you come to the big hill. This climb pretty much takes you back to the start and let's you start your second lap. There is one aid station at the start of the second lap and that is it for nutrition. Then just do it all over again!

RUN:

After coming into transition you will switch to your run gear and exit out of the end of transition towards the beach. After exiting transition there is a sharp turn to put you onto the run course. This is a newer run course they started last year. It is rolling course with a fair share of elevation gain. Essentially a long out and back with one turn onto a side road. The rolling run out is for the first two miles then you run slightly downhill for the next mile. At that point turn around and run the course in reverse. Slight uphill for a mile and then rolling back to the finish line for the last two miles.

2018 GC Tri Club Races

| <u>Sprint</u> | <u>Date</u> |
|---|---------------------------|
| Wyckoff-Franklin Lakes Triathlon | 6/16/2018 |
| War at the Shore Triathlon | 6/30/2018 |
| New Jersey State Triathlon | 7/21/2018 |
| Jersey Girl | 8/4/2018 |
| MightyMan Montauk | 9/30/2018 |
| <u>Olympic</u> | |
| HarryMan Triathlon | 5/19/2018 |
| Rev3 Quassy | 6/3/2018 |
| New Jersey State Triathlon | 7/22/2018 |
| Lake George Triathlon Festival | 9/1/2018 |
| MightyMan Montauk | 9/30/2018 |
| <u>Half Ironman</u> | |
| Rev3 Quassy | 6/3/2018 |
| IRONMAN 70.3 Mont-Tremblant | 6/24/2018 |
| Lake George Triathlon Festival | 9/2/2018 |
| IRONMAN 70.3 Lake Placid | 9/9/2018 |
| IRONMAN 70.3 Atlantic City | 9/23/2018 |
| MightyMan Montauk | 9/30/2018 |
| <u>Full Ironman</u> | |
| IRONMAN Lake Placid | 7/22/2018 |
| IRONMAN Mont Tremblant | 8/19/2018 |
| <u>Open Water Swim</u> | |
| Nav-e-Sink or Swim | 5/27/2018 |
| Lap the Lake Open Water Swim | 6/9/2018 |
| Steelman Open Water Swim | 7/8/2018 |
| <u>Runs</u> | |
| Party with Purpose 5k – Hoboken | TBD - July |
| River to Sea Relay | 8/4/2018 |
| Newport Liberty Half Marathon | 9/16/2018 |
| Philadelphia Half Marathon and Marathon | 11/17 - 11/18 2018 |
| NYC Marathon | 11/4/2018 |

Check out the Members Club Discounts Page on the website for discount codes for many of these races!

<http://www.gctri.org/club-discounts>



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.

Continued on Next Page...



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

Gambling and bar fights.

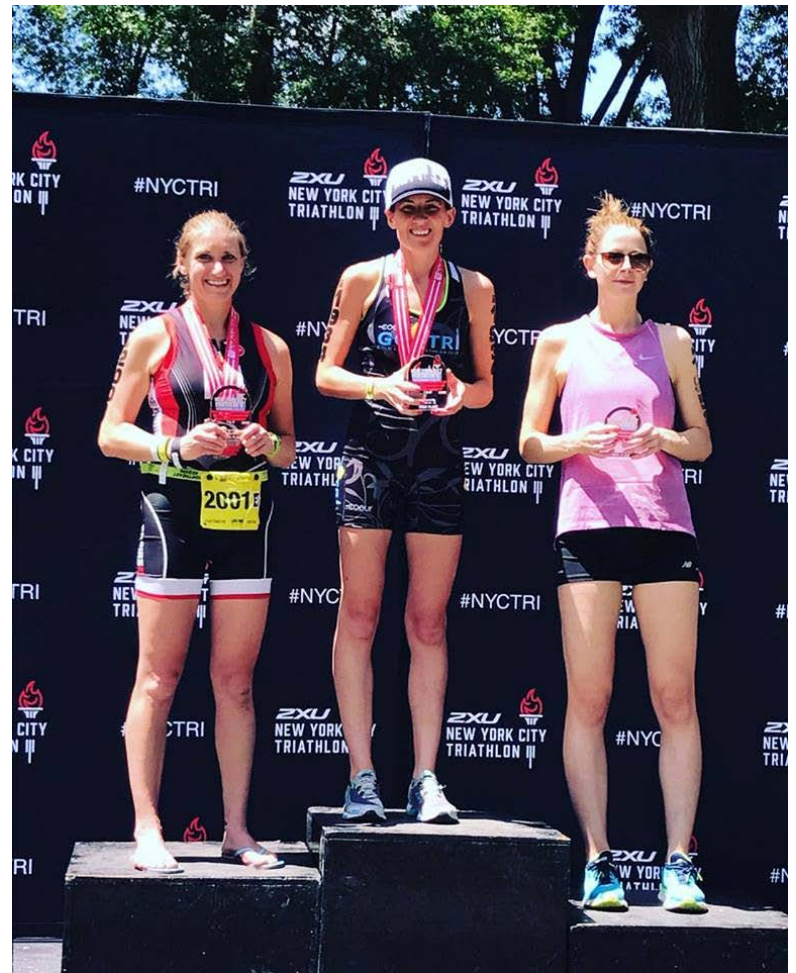
Just kidding. I have a really big family, I'm one of 8, with lots of nieces and nephews whom I see a lot—there's always something going on in our family. Otherwise, you can find me and my pooch George at the dog park or cruising the waterfront. I've been fortunate that my career involves a fair amount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