



Member Newsletter Winter 2018/19

Welcome New Members

So glad you joined us!

Caroline Wilson

Lauren Perry

Jake Beim

Christine Mendoza

Franco Di Maio

Cathy Walsh

Neil Verano

Marta Perez

AJ Schaffer

Bhaier Ramsingh

Jack Gibson

Stuart Fishkin

Kevin Lakritz

Janelle Welch

Matthew Erchull

Watue Sowapruux

Corey Porter

Meredith Horton

Michael Bernstein

Claire Lecarpentier

Issue Highlights:

Welcome New Members

Upcoming events &
group workout info

Club Race Overview

Race & club event photos

Coasty's Corner!
Get to know fellow club
member, Derek Barnes.

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, January 26th 4:00-7:00pm

2019 Kick Off Party

@ Northern Soul (700 1st St)

Come celebrate the start of the new race year with GC Tri! Invite friends who are interested in learning more about the sport and our club. Drink specials and race/prize raffles!

Weekly Group Workouts

Every Tuesday Morning – Hill repeats

Tuesday morning Weehawken track workouts are taking their winter break. But we aren't! Come out for hill repeats every Tuesday morning at 6am. Get those strong legs that make you run by everyone when the course gets tough. All paces are welcome! Workout location rotates between:

- Stevens – by the Babbio Center patio (all the way up 6th Street, past the new construction)
- Viaduct – corner of 14th St & Willow Ave

Check Facebook and the club calendar for each week's location.

Group Bike Rides:

Stay tuned for information on group rides as spring approaches.

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.



Big congrats to Kona finishers Glenn Hartrick and Cristian Gonzalez!



So What is a Club Race?

Club races are one of the best parts of competing and training as a member of GC Tri! Seeing the team on the course, rooting each other on, and of course, celebrating the accomplishment after are a few reasons why club races should be circled on your calendar. We categorize our club races into two types of events:

Local Races

- Potential for carpools
- Lots of team comradery out on the course
- We typically take the team tent and/or changing tent for comfort
- We often organize a small picnic/hang out post race

Travel races

- We typically arrange some team housing through AirB&B or VRBO for the weekend
- For IRONMAN & IRONMAN 70.3 races, the more people we have, the more likely we win the TriClub awards (see website for some of our accomplishments)
- Potential for carpools
- Lots of support from teammates out on the race course
- We often have a post race house party

Sign Up!

Our club race focus for the summer will be on:

Local Race:

Event: NJ State Triathlon (<http://www.cgiracing.com/newjerseystatetri/>)

Date: July 20 (Sprint) and 21 (Olympic, post-race team celebration)

Location: Mercer County Park. West Windsor Township, NJ

Distance: Sprint, Olympic (sign up soon – sells out fast!)

Travel Race:

Event: Tupper Lake Tinman (<http://www.tupperlaketinman.com>)

Date: June 29

Location: Tupper Lake, NY

Distance: Sprint, Olympic, Half

The full list of club races will be posted soon on gctri.org. It will include a longer list of events – of all distances – that our members are competing in.

2018 GC Tri Holiday Party



NJ State Tri







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

Derek Barnes

How did you get into triathlon?

My father had a similar mid-life crisis of endurance sports when he was my age, and he actually finished the Cape Cod Endurance Triathlon in 1987 ish - it was the full IronMan distance. But I started with the baby step of running in 2010 when my brother-in-law Keith was diagnosed with Multiple Myeloma. I felt more than a bit helpless about his situation and wanted to do something, anything to help. So, in January 2010 I signed up to run the NYC Marathon with the Multiple Myeloma Research Foundation Endurance Team. I raised a lot of money for the cause, quickly got the running (long distance running) bug, and ran 3:30 in my marathon debut. Triathlon was an easy next step as I found track workouts with GC Tri in order to run faster marathons. The overall fantastic-ness of GC Tri blows my mind. This is an amazing community of athletes of all abilities. Crazy supportive, I love this gang and miss you all dearly (because I live in the country of north central CT now), So, what made me do an Ironman? My 8 year long, 3 days per week running partner, Joe Giattino and Nicole Ogroso eventually talked me into taking on Mt Tremblant



What is your proudest accomplishment in the sport?

My proudest accomplishment is IMMT. Right when I was supposed to be logging 15 hours of heavy training for IMMT, I started a new job, not in NY but in Hartford. So I was essentially living out of a suitcase and doing a long long Monday and Friday commute from Hoboken to Hartford. All while looking for a new home for the family up here. I missed/skipped some very important long rides and runs. I barely swam. I found myself on the bike trainer at 11PM and waking up the next day at 4:30AM to jam in 12 miles before work (while living in a new house with boxes everywhere. It was more mentally exhausting than physically exhausting. But that's one of the things that I love about setting lofty goals – you have to adjust, life is dynamic and all best laid plans never follow a straight path. I am proud of surviving what life threw at me and making it work so I could love every minute of that race.

What is your favorite part about triathlon?

My favorite part about triathlon is the training and the people that I train with. Long runs and long rides with Joe and Nicole, I have no words for them. I've known the Giattino family for 20+ years. Joe is a salty old man just like me, and we have been each other's pre-dawn therapists, 3x per week for almost a decade. Nicole is my new-ish (is 6-7 years new?) training buddy and friend. She has a refreshing (i.e. not grumpy old man) perspective. Joe and Nicole and I are all very different and very similar. Training with anyone from GC Tri is great, training with Joe and Nicole is special.

I love training with others, it makes the hard work fun. And It's much easier to go for a 5AM run when 2 people are waiting on the corner of 8th and Park for you to show up.

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Coasty's Corner

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

I love being a husband and Dad. Full stop, that is what I live for. There aren't enough hours in the day to describe how my wife Lauree and my kids Samantha, Riley, and Cassidy keep me going. Sure, it's not 'easy' all the time. But nothing worth having is easy.



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

Find a group like GC Tri and train with great friends. Don't take yourself too seriously. Sure, if you're fast then that's cool. But not so much if you brag about it. Be an athlete AND an athletic supporter #jockstrapjoke. Go watch your friends race and scream for them whenever you see them.

What are your goals for this year in the sport?

Next year, take it easy. Still swim / bike / run, but more for mental and physical health with no pressure. Sure, I'll do a 70.3. But the full monty is going to have to wait for at least a year or two. I'm going to enjoy exploring northern CT and southern MA on my bike and on my feet. I hear the hills of Litchfield, CT make Bear Mountain look meh. I'm gonna explore my new neighborhood.



If you would like to nominate a team member or volunteer yourself to be featured in an upcoming Coasty's Corner, please email Danny at dannytpolk@gmail.com