



Member Newsletter Spring 2019

Welcome New Members

So glad you joined us!

Sarah Bernard
James Boland
Grace Buckley
John Felter
Barry Fielding
Brian Franco
Vivek Gavri
Peter Gliatto
Caleb Justis
Arland Macasieb
Lenny Mayzel
Julie Porro
Elena Ramsamy
Sarat Sankula
Lauren Titus
Elizabeth Urtecho

Issue Highlights:

Welcome New Members

Racing Season is Here!

Get to know the GC Tri
Board

Athlete Education Goes
Digital

Photo Highlights

Coasty's Corner
Get to know fellow club
member, Lyndsey Dore.

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!

Racing Season is Here!

The weather has started to turn, the bikes are off the trainers, and tri season is upon us. Work towards your season goals with your fellow GC Tri-ers at club workouts. You'll get an extra push and of course, it's always a good time!

Track Workouts

Our running guru John Palmer is back at it leading Tuesday morning track workouts at the renovated and now-open Weehawken Waterfront Park. Meet at 9th & Park Ave. at 5:45am or meet at the track at 6:00am. Be consistent at these and you will definitely see results!

Bike Workouts

Looking to get out on the road more this spring? Join the group rides on Wednesday mornings. Meet at 5:45am at 14th Street Pier (14th and Sinatra Drive). The group rides up to Palisades Park, does hill repeats at Ross Dock, then returns to Hoboken. If you're new to group rides, be sure to check out the Code of Conduct on our website (Members>Club Documents) for everyone's safety.

Swim Workouts

Stay on the lookout for groups heading to Union City Masters swim workouts at Bruce D. Walter Recreation Center. The club Facebook page is a great place to coordinate, if you're attending!

Upcoming Events

Wednesday, May 8

Mentor Meetup

@ Union Hall (306 Sinatra Dr.)

Come meet your Mentor if you signed up, or just stop by to say hi to GC Folks and learn more about what the mentor program is! Hope to see you there.

Saturday, May 11 (*rain date May 18*)

GC Tri Open Water Swim Clinic

Our OWS Clinic (free!) will help teach you to enjoy one of the best parts of knowing how to swim! You must register by emailing brian@personalbestnutrition.com

Sunday, May 19

Pedal Power Hudson River

If the trainer was boring you, we found a bike that won't. BYO and river-bike the Hudson. Sign-up instructions are on the Facebook page, so get in on the action!

Mark Your Calendar!

There is still time to sign up for our main club races this year!



New Jersey 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

We have a club picnic and hang-out post race on Sunday. There are a limited number of entries still open, so don't let the race sell out without you in it!



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

Date: June 29

Location: Tupper Lake, NY

Distance: Sprint, Olympic, Half

This is a long-running race in the Adirondacks. Tinman has provided GC Tri with a 15% discount on the race fee – more \$ to spend celebrating a great finish? There is a GC group signed up that has rented a house for the weekend. Volunteer to coordinate a second house for two times the fun!

All club races are posted on gctri.org. Please update the club calendar with races that you are signed up for!

Get to Know the GC Tri Board of Directors



Diane Berry, President

Years in GC Tri: I joined after the kickoff in 2014, so...5

How did you find triathlon?: I got suckered into it by some work friends. None of us still work together, but we do (sometimes) still race together.

Why did you want to get involved on the board?

The BOD played a major role in making me to feel like part of the club, which has helped me to become a better athlete — and to push myself professionally and personally as well. Serving on the BOD is a great opportunity for me to pay it forward.

Favorite club event (could be a race, social, community event etc.):

Pretty sure this is impossible to answer.

Best leg of Tri:

Yikes! I'm going to say "not the bike"

My favorite spot for a workout is:

I love a good waterfront run!

If you're not training for the next race, you are:

Hanging out with friends who don't mind me talking about triathlon, grammar, podcasts, Shawn Mendes interviews, or Nordstrom.



Get to Know the GC Tri Board of Directors

Debra Noble, CFO



How long have you been a member of GC Tri?

Officially since January 2014... but I crashed the Tuesday morning track workouts the entire summer prior.

How did you find triathlon?

My friends and I had just run the Long Branch Half Marathon and one of them mentioned that she participated in a triathlon a few years prior. Since we were

on our half marathon high, we signed up for the Jersey Girl sprint triathlon. I did the race without a tri kit (had no idea what that was!), had a hybrid bike, and had the most incredible experience! I realized my friend Lisa Mangino belonged to GC Tri. We trained for the marathon together and I went with her to the kickoff party in January 2014. At the kickoff I won an entry to a sprint triathlon and the rest is history.

Why I wanted to get involved on the board: I have served as co-chair of the Community Engagement committee for the last few years. I had enjoyed that role, but ready to have more responsibility.

Favorite club event:

The NJ State Triathlon weekend. Even though it happens in the blazing July heat, it is a super-fast, flat course with an easy swim. This was also when I began to meet other members of the club since it is one of our club designated races. We are always the last club at the park with food and drink.

My favorite spot for a workout is:

Palisades Park. It doesn't have too many cars, it feels like you are in nature rather than next to NYC and you feel accomplished after your workout due to all the hills!

If you aren't training for your next race, you are:

I enjoy grabbing dinner in Hoboken – there are so many places that recently opened that are on my list. Anyone want to join me? My big vacation is geared around the Berlin Marathon this year. I am racing and then heading to Munich for Oktoberfest.



Get to Know the GC Tri Board of Directors

Lauren Callahan, Secretary



Years in GC Tri:

This is my 6th year. (Had to do that math!)

How did you find triathlon?

I wanted something different as I have been a runner since I was in the 6th grade. I went to the NYC Triathlon one year to watch and was very intrigued. The next year I entered the lottery, and a spot in the race was one of the best things I ever won. I then googled a local tri club, emailed RJ [Boergers] who was the president at the time, and that's when it just all began. I got super into it, did race after race, and made my way up to a full IM in my 4th season. I planned a wedding and trained for an Ironman in the same year - I do not recommend.

Why did you get involved on the board?

I have always been a part of the social committee helping here & there, and wanted to have a bigger involvement as I just love our club.

Favorite club event:

Always the holiday party, such a fun celebration of the year. I do love NJ State too!

Best leg of tri:

Running, without a doubt. It's really the only leg I like...

My favorite spot for a workout is:

For a long run, all the way out River Road or Along the water. It's nice to see the bikers on River Road in the spring, and can't beat the NYC views. I also really love driving up to Palisades and running in the park, it's so peaceful.

If you're not training for the next race, you are:

Going out to dinner! I love all food and going out to restaurants.



Get to Know the GC Tri Board of Directors



Janine Bodden, Member at Large

Years in GC Tri: 4

How did you find triathlon?

I wanted to work towards running a half marathon but was troubled by IT band syndrome on 1 leg. I did lots of PT and got through that but shortly after the other leg was affected. So, back to PT I went. My PT was an Ironman and I worked with a number of people who were triathletes, so I was exposed to their talking of the sport. I wanted to stay active, so while I wasn't running yet, I did some research and got into swimming & biking. I took the total immersion swim course, went to spin classes (it was winter) and bought my first bike later winter. I signed up for Team in Training for the NYC triathlon and found support for learning how to get out there on the bike that spring.

Why did you get involved on the board?

I've made great friends & training buddies with the members of GCTri. The club has provided community to me & want to continue share with others.

Favorite club event:

Club races!! spending time preparing, racing and celebrating with everyone

Best leg of tri: Bike

My favorite spot for a workout is:

Having the NYC skyline as backdrop for runs is amazing, I will say though getting in the pool I get a ton accomplished in my head & I love that.

If you're not training for the next race, you are:

Taking Yoga class or clothes or clothes shopping - both have some Zen for me ;)



Get to Know the GC Tri Board of Directors



Danny Polk, Member at Large

Years in GC Tri:

2 years. I was at a race in south jersey and spotted “Hoboken” on a tri jersey. John Palmer told me about the club and \$25 seemed like a good deal 😊

How did you find triathlon?:

I played tennis at Stevens and was pretty banged up after my sophomore season, so I couldn't play for a

little while that summer. To stay active and spark my competitive edge my uncle, an Ironman, suggested some swimming and biking – so naturally, triathlon.

Why did you want to get involved on the board?

The club is a great group of people and I think that triathlon is such a cool sport that a lot of people don't think to try – especially in their 20s, which is a lot of Hoboken. I'm working on getting some more Stevens grads involved!

Favorite club event:

Club races!

Best leg of Tri:

The run.

My favorite spot for a workout is:

A morning run on the beach.

If you're not training for the next race, you are:

Playing another sport (tennis, baseball, or golf).

If it's summertime, I'm at a country music concert or traveling.



Tri Learning Went Digital!

Gone are the days of missing out on Gold Coast Tri's athlete education. Work, travel, life or a even good excuse can't keep you away anymore. 2019 has brought us our first Athlete Education events broadcasted over Facebook live.

Pool 101 and Trainer Riding 101 were huge successes. Both have gathered over 150 views! If you weren't able to tune in to these sessions live, you're in luck – they're available on the GC Tri Facebook page in the videos section.

Join the next session live and hop in on the interactive question and answer session with our club experts! We know you can't resist checking that Facebook notification.

Pool 101 w/ Allie Woodward and Nicole Ogrosso



Bike Trainer 101 w/ John Callahan, Rich Bean, and Rich Miani



2019 Kick Off Celebration

Cheers to even bigger and better GC Tri year!





Coasty's Corner



Coasty is GC Tri's Official Mascot. You can see him proudly flying at all of our races. Each season, Coasty interviews one club member to find out what makes them tri so hard

Lyndsey Dore



How did you get into triathlon?

My old roommate (Nicole Chepliwitz) was a part of a running club in Hoboken. In 2009, I thought I'd sign up for a triathlon. I missed a loop in the bike leg and thought I was really fast. After the finish I thought I won my age group... After talking to my friends, I realized I did not win and had to tell the officials. It was funny!

What is your proudest accomplishment in the sport?

My first IRONMAN in the UK in 2014.

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

You can find me at the Smithfield with my English lads watching football every weekend...my team Manchester United playing like shit

What are your goals for this year in the sport?

I hope to finish Subaru Ironman 70.3 Victoria with NO training. I've been very lazy only been swimming. BIG thanks to Jen for making it work.

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

A new big bank account or a sugar daddy ☺



Best GC Tri Moment

The Christmas party and how silly we get with the Christmas hats!

Continued on Next Page...



Special Citizenship Edition!

Lyndsey, a proud Brit (see reference to “football” and “lads”), officially became an American citizen earlier this year. Congrats!

Tell us about your journey to citizenship...

I only came here with \$300 in my Pocket and my yellow suitcase.

I realized after working in Wildwood, NJ for two summers that I had to get a job in NYC in fashion. I took a job in sales working in a print studio selling original art for fashion and home furnishing gift wrap.

In January 2001, I spent 3 months on up the east side before moving to lovely Jersey City and I'm still having time of my life.

The journey has its ups and downs, that's life. I have bad Dyslexia, but it makes me stronger. I try my best in everything I do and believe dreams come true.

One thing I did not do is get married for my Green card. I could not do it to a family. A lot of hard work and a lot of money for lawyers. I have my lovely family for the support – it is hard as they all live in the UK. My friends and TRI SEXYLEGS give me love and positive people in my life to make me a stronger person to achieve my goals.



The best part of being an American is...

Two passports and meeting great people. When you come to the states, dreams come true! Waiting for the lottery and prince charming ☺