



Member Newsletter Fall 2019

Welcome New Members

So glad you joined us!

Anthony DeSantis

Alona Huber

Matan Kassif

Stephen Lee

Jim Mannoia

Tom Pignatello

Kara Scharwath

Tracy Rubin

Ryan Yanosh

Issue Highlights:

- Welcome New Members
- Club Race Recaps
- It's Offseason, Now What? (w/ R.J. Boergers)
- Mark Your Calendar: 2020 Club Races
- Photo Highlights
- Coasty's Corner: Get to know Allie Woodward

Make sure you visit the club website www.gctri.org for info including the club calendar, list of member discounts, training plans, race finders and much more!

Club Race Recap



Tupper Lake Tinman: June 29, 2019

The club traveled up to Tupper Lake, NY for a small-town, but big-numbers race. This year's Tinman had 700+ competitors between the Tinman (70.3), Olympic, Sprint, Aquabike, and Relay distances. Lake Placid, a club favorite destination about 40 minutes away, was the Airbnb location of

choice. The team spent Thursday and Friday getting pre-race workouts in and hanging out in Lake Placid before competing on Saturday. Couldn't make it this year? No problem, Tinman is slated on the 2020 club race calendar!



NJ State Triathlon: July 21, 2019

GC Tri showed up in full force for the summer staple in central Jersey. This year's race was tagged as the USAT National Triathlon Club Championships. The mid-July race always brings hot weather, and this time, the hottest weekend of the year. As a result, the Olympic distance race was shortened (Jersey was still tougher than New York, which cancelled the NYC Triathlon the same date). We all pretended our times were full Olympic distance and celebrated as such.



It's Offseason... Now What?

With GC Tri Member RJ Boergers

Medal Monday results were flowing this triathlon season! As the finish counts wind down for the year, we start to recover, rebuild and look toward what may be ahead in 2020 (we know that signing up for races is the best incentive to actually train for them). We want to recover from the wear and tear of the race season and hopefully build stamina and strength to up our performance next year – but do we have a game plan to see that through?

Luckily, club member and recent IRONMAN Switzerland finisher R.J. Boergers offered up some advice on how to have a successful offseason. R.J is a Ph.D. in Heath Sciences/Movement Science and Professor in the Department of Athletic Training at Seton Hall University.



R.J. Boergers

5 Tips for a Successful Offseason

1. Give yourself a month off from triathlon training, but stay physically activity (remember calories in should = calories out so you don't get festively plump during the off-season).
2. Be like Dave Calabrese and play racquetball or do something totally different for physical activity (my preference is MTB). Repetitive motions of our sport cause postural syndromes (which often lead to overuse injuries). Sport specialization (playing 1 sport over the year) has been linked to overuse injuries and burnout in kids – the same can apply to us adults.
3. Work on strength and mobility! Do yoga once or twice a week and strength train at least 3 days a week. Focus on strengthening core, upper back muscles (scapular stabilizers), and hip muscles (especially abductors and external rotators). Mobility exercises should address the hip, thoracic spine and shoulders. A simple search on YouTube will give you plenty of options.
4. Work on plyometrics and get powerful! A well rounded off-season conditioning program will include plyometric exercises (jumping, bounding) twice a week. Be sure to do these at the beginning of a workout session, after you have sufficiently warmed up. Don't overdo it (2 sets of 20 is a great place to start).
5. After your well deserved month off, continue to work on your swim, bike, run (at least 1x week for each discipline) to maintain base fitness. Focus on the finer points like form by doing drill work. Small changes in form can change your body's motor program which may help keep overuse injuries at bay.

Mark Your Calendar: 2020 Club Races

IRONMAN

IRONMAN Mont-Tremblant:

Location: Mont-Tremblant, Quebec, Canada

Date: August 23, 2020



IRONMAN 70.3

Tupper Lake Tinman:

Location: Tupper Lake, New York

Date: June 27, 2020



Lake George Triathlon Festival:

Location: Lake George, New York

Date: September 5 & 6, 2020



Olympic/Sprint

16th Annual JerseyMan Tri:

Location: Lebanon, New Jersey

Date: May 17, 2020

War at the Shore

Location: Long Branch, NJ

Date: June TBD

Franklin Lakes Triathlon

Location: Franklin Lakes, NJ

Date: June TBD

New Jersey State Triathlon

Location: West Windsor, NJ

Date: July 18-19, 2020

Road Races

NYRR Joe Kleinerman 10K

Location: Central Park, New York, NY

Date: January 4, 2020

Newport Half Marathon

Location: Long Branch, NJ

Date: June TBD

Rutgers Unite 8K/13.1

Location: New Brunswick, NJ

Date: April 19, 2020

Party With a Purpose 5k

Location: Long Branch, NJ

Date: July TBD

Note: More races could be added, but this is the current list. Check gctri.org for the most up-to-date list. We are placing extra emphasis on the highlighted races!

Photo Highlights

Follow @gctrclub on Instagram and stay up-to-date on the Facebook page to see these photos in real time! Want to share a picture? Tag the club on Instagram or post on the Facebook page!





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

Allie Woodward



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

Love to bake, spend time with family in Wisconsin, and be anywhere on the water in a boat or on a beach.



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

Go to group workouts- we are nice and not everyone is at the same level and that's ok! Having people to get you out of bed is key at 5am.

How did you get into triathlon?

After running track and cross country in college I took a break from racing for a year or so, when I started to feel the itch to compete again, I was interested in triathlon because I also did swim team as a kid. While doing research on local teams, I realized that there was an awesome group right here in Hoboken and the rest is history!

What is your proudest accomplishment in the sport?



I believe I have much more to accomplish but the 9 month streak of consecutive training starting with hill repeats in the winter to a summer full of racing is a big deal. As someone who had 2 stress fractures in my sacrum and femur in college, getting to compete from a place of strength has been a huge win for me!

Best GC Tri Moment

Loved finishing my first NJ State (I cried happy tears) and the Christmas party!!!!

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Coasty's Corner

Continued



Allie had a full summer of racing, which was capped off at the USA Triathlon Age Group National Championships in Cleveland, Ohio.

You had a busy race calendar this year – tell us about your season.



This is my second year competing for GCTRI and I knew I had to go back to NJ State again- such a fun race and I felt that with confidence from last year, I could improve my performance. Though the weather made 2019's race there a bit different, it was a great warmup for my big race of the season- age group nationals in Cleveland.

I learned a TON at this race and conquered fears of being last on the bike. It was a super fun weekend and I am hungry for more next year. Also very fun to have a teammate (Nicole) to travel with! Additionally, I started the season in May with the Brooklyn half where I PR'd and then finished out the summer with the Newport Half. Between weddings and travel, it made for a very full summer! Looking forward to going back to age groups next year and adding Door County Triathlon 70.3

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