



2019 YEAR IN REVIEW

Three black icons representing triathlon disciplines: a swimmer, a cyclist, and a runner, arranged horizontally around the word 'IN'.

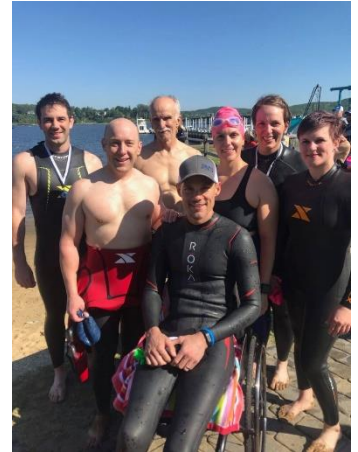
Make sure you visit the club website www.gctri.org for info including the club calendar, list of member discounts, training plans, race finders and much more!

2019 Year in Review

Diane Berry



My season was a bit distracted this year, but training and my friends in the club kept me grounded during some challenging times personally and professionally. And my realtor (who I met in the club) found me a great new place to live in record time where my bike trainer doesn't have to be in my face every minute of my life. I have my sights set on my longest open water swim to-date, relaying IMMT.



Betty Ann Vandermay

I moved back to Hoboken in February after being in Montreal for a year. I finally got back to racing after Ironman Arizona in 2017. I completed NJ State and JerseyGirl placing 1/83 in my age group and 11 th overall. I look forward to NJ state again in 2020! The end of the year hasn't gone well as I broke my arm in 2 places at the end of October! ☹️



2019 Year in Review

Ray Josephs

I had to pick my races carefully as my biggest event was my wedding in September!

Race-wise, I started the season running my first Boston Marathon...I succumbed to the course and cramped in the final 10k for a disappointing 3:18 finish.

Ran my childhood first race — Media 5 Miler — in June placing in my age group and finishing just sub-30, as was the goal.

Had a solid Rock the River Half, 4th place overall 1:25.24 for a major half PR. And finished out my season with my first official pacing duties at the Mohawk Hudson River Marathon: 3:24.29 — 1 second off my pacing goal!

Looking towards next season I am looking for a big year with the American Zofingen in May and Peasentman full distance triathlon in August. I am going to try to throw in a couple smaller and/or pacing races as well.



2019 Year in Review

Nicole Ogrosso

2019 was a huge and exciting year. I completed so many great races with amazing GCTri friends [shout out to all of my Triple-T, Tinman, NJ State, and AG Nationals racing buddies!] but the highlight was definitely IM 70.3 NC! We had a great group go down to enjoy beautiful Wrightsville Beach and the race was amazing. I set a new PR and reached a long-time goal of qualifying for Worlds!

Oh, and I also swam 16 miles from the Brooklyn Bridge to Sandy Hook.

2020 will be even bigger with ITU Olympic Distance World Championships in Edmonton in August and Ironman 70.3 World Championships in New Zealand in November!



2019 Year in Review

Janine Bodden

- Hit my 2-hour half marathon goal at NJ Half Marathon
- Spent a great weekend with GCTri friends in Lake Placid & raced Tinman half which finished with a very hot run but was great to have fellow GCTri members on the course as we 'got through' it together and celebrated with a nice BBQ that evening
- Traveled to Switzerland with my better half as he took on Ironman Zurich!! We reunited with our close GCTri friends who have moved back to Europe, Maria & Chris Wedgeworth, and their son Rasmus. We were all race day support crew for RJ ☺
- Closed out Triathlon season with Lake Placid 70.3 (which continues to be a cold start race — most clothes I've ever worn racing! LOL) Great venue!!
- I finished out my 2019 race season with my dream/bucket list of NYC marathon, greeted with perfect fall running day & learned what it was like to do 26.2



R.J. Boergers



- 7-min PR in Marathon (NJ Marathon)
- PR in Half Ironman (IRONMAN CT 70.3)
- Finished my 3rd IRONMAN (IRONMAN Switzerland)
- Got to see my better half Janine Bodden finish her first marathon

2019 Year in Review

Kelly Calabrese

Rode 50 miles, longest distance to date, in Warwick Farm to Fork Fondo. So much fun! 2019 kick off social goal - accomplished!!!



Lyndsey Dore

Victoria BC 70.3 finish.
Still single, still fast!



2019 Year in Review

Joe Giattino



Started off Jan 1 with 100x100 with club and my son. Brooklyn half and Connecticut 70.3. Another full IRONMAN in 2020!



John Felter

My year 2019 in review was: 3 sprint distance races. 5 Olympic distance - a 5k and a 2 mile swim. My goal was to do the Olympic distance so I met that. 2020 my goal is 1/2 IRONMAN



2019 Year in Review

Debra Noble

Ran the Berlin Marathon, visited Munich (run all the miles, drink all the beer). Ran into other GC Tri teammates at Oktoberfest.



Danny Polk



Started the season early with IM 70.3 Chattanooga in May (95 degrees & humid... a bit different than training temps). Spent the weekend with the team in Lake Placid racing Tupper Lake Tinman and finished the year with the Richmond Marathon, my first 26.2. I'm in for IM Mont-Tremblant in 2020 - who's with me?

2019 Year in Review

Lauren Callahan



2019 was an easy year racing but still had so much fun supporting GCTri in all triathlons. I did my favorite half again (Rock the River) and made a lot of new memories. Looking forward to another great season of friendships and support from the best club there is!

The 2020 tri season will look a little different for us this year as we add a new training partner to our family...
Baby C arriving in June



John Callahan



2019 was an incredibly up and down year and one that found my triathlon season on the back burner. After multiple family medical concerns and battling injuries, I only managed to compete in 1 race, Ironman CT 70.3. The year ended on a bright note as Lauren and I are expecting a baby girl in June 2020.

Picture captures intense emotion while running with a heavy heart, only 2 weeks after Lauren's father lost his battle with cancer.

2019 Year in Review

John Palmer



2019 was an up and down year out on the courses with my best showing at American Triple T in 3 years but a less than ideal performance at IM Martland – though happy to cross the finish line for a third time.

We ended the year better than I could ever have asked for though with a healthy baby girl. Not just an Ironman, but an IronDad. Pretty pumped and excited for the next chapter!

Allie Woodward



Successful year 2 at NJ State to begin the season. A shortened course meant it was tough to compare performance YOY but I had a better than expected finish at Age Group Nationals in Cleveland, finishing in the top 40 AG. Looking forward to 2020 – will be spending lots of time training for my first 70.3 and wedding planning!

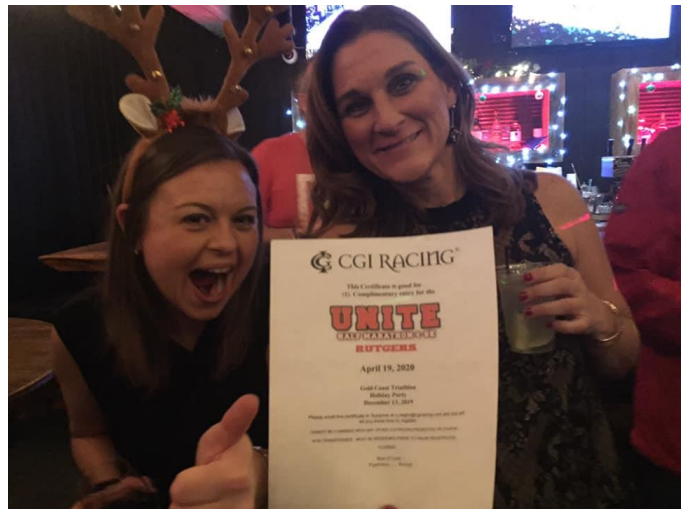
2019 Team Photo Highlights



Celebration of Heroes, Heart & Hope Gala
New York City, 2019



2019 Team Photo Highlights



2019 Team Photo Highlights



Trainer Riding 101

 **Rich Bean** was live in Gold Coast Triathlon Club.
about 10 months ago · 🌐

👍 12

170 Vie

👍 Like
Comments

💬 Comment
Up Next

Realtime Comments ▾

 **Arland Macasieb II** · 25:38 Wow 4:33 is smokin!
Like · Reply · 44w

 **Jen Finotti Sheppard** · 26:19 Yes!!!!
Like · Reply · 44w

 **Jen Finotti Sheppard** · 26:23 Love it!
Like · Reply · 44w

2019 Team Photo Highlights

