

Coasty's Corner

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

1. How did you get into doing triathlons?

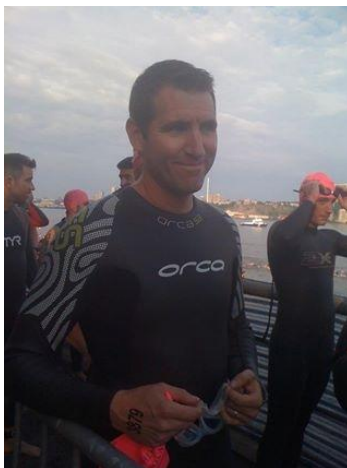
About 4 years ago my younger sister was dating an avid cyclist and she decided to take up biking as well. She went out and bought herself a nice expensive bike to ride, but the relationship ended abruptly 2 weeks after. Determined to get some use out of that bike, and to help her mentally move on, she called me up and floated the idea of doing a triathlon. That was pretty bold for her, so in brotherly support I told her that if she signed up, I'd sign up too. Well, the next day she called my bluff and said she signed up for a Tri in Geneva! (WTF?) - Oh Geneva, NY - Much better. After the initial shock wore off, I kept my word, signed up, and for the next 6 months we compared training notes, motivated each other and grew a lot closer as siblings. Four years later, and we're both hooked on the endurance lifestyle.

2. What's your favorite race?

The New Jersey State Tri - It's a great participation and spectator race. Being a club race, and having team members, friends and family all around is a fantastic experience. The post-race picnic tent is always a blast too.

3. What is your funniest moment training or racing?

I remember lining up by the seawall waiting to get to the dock for the NYC Tri. It was a long wait giving you ample time to scope out all of the hazards of the Hudson River. Among the many bizarre artifacts of the Hudson that you might expect, my favorite sight was seeing 5 dead fish "swimming" backstroke down the river chasing a soggy baguette. Best just to keep your eyes and mouth closed!



Dave Calabrese

Prerace Meal: One giant frying-pan sized pancake



4. What is your proudest accomplishment in the sport?

For every race, I set mini sub-goals to achieve. I'm usually most proud of the mental accomplishments. I've already put in the training, and my fitness is where it's at - so on race day - it's all about the mental accomplishments. Finding a good draft on the swim. Fast smooth transitions. Hearing another runner's footsteps slowly creep up behind me on the final miles of the run, me reacting by steadily speeding up my pace forcing him to "work" extra to pass me. Sensing his indecisiveness to complete the pass, so I push ahead to create a big enough gap to hold for the finish. These mental wins are the things I'm most proud of. Oh, and of course narrowly edging out our esteemed Prez. to take the win at the 2013 GCTri Beer Mile!

5. How/why did you get involved with GC Tri?

After my first race, I was hooked and I just needed some motivation to keep training. I initially started with the track workouts and a couple years later, I started swimming at Stevens. Maybe one of these days I'll finally make it out to a group ride.

6. What are your long-term goals in the sport?

To continue to train/race injury free, and hopefully show improvement each year. Maybe many years from now, when I retire and if I'm still healthy, only then will I think about 140.6. Thanks again Coasty - looking forward to seeing the GCTri masses out and about training and racing!