

Coasty's Corner

Coasty, the smiley face balloon, is GC Tri Club'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?

I got into doing triathlons like I assume most men approaching 40 with two kids get into them, I had a midlife crisis. Jaja! Seriously though, I had always been athletic my whole life but kids and starting a new business took its toll on my body. I felt overweight and lethargic. I'm a photographer and was having trouble squatting and then getting up during shoots. I also felt super sore after work. I couldn't take it anymore, so I got into triathlons to get my body back.

2. What is your proudest accomplishment in the sport?

Jumping off the ferry at Escape the Cape was pretty damn cool, but I unfortunately bonked on the run and finished in less than stellar fashion. The New Jersey State triathlon was probably my best moment because although I started pretty badly on the swim, I picked it up on the bike and finished really strong on the run. It made me realize that I can do this sport and finish longer races, if I train properly.

3. What is your funniest moment training or racing?

Getting pulled over on 9W by a policeman on my bicycle and almost getting a ticket. How embarrassing would that be to tell people you got a ticket for speeding on a bicycle? Actually that might be pretty cool.

4. What is your favorite race?

My favorite race so far is the Atlantic City Triathlon put on by Delmo sports.



John P. Argueta

My favorite part of triathlons – The suffering!



5. Do you have any unique prerace rituals or meals?

Nothing really cool. I go out and have a pasta dinner the night before a race. The morning of a race, I drink my coffee black with no sugar at all.

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

I would like to do a half Ironman next year. Maybe in two years, I can try for a full Ironman. I would also like to try to get as many new people involved in the sport as I can.

7. What is your favorite part about triathlon?

That's easy. The suffering. I also like having a goal to try and attain. I like the diversity of the sport because my ADD keeps me from just doing one thing. And I really like race day when all the people are milling about and everyone is on the same page with the same goal in mind. All that nervous energy, anxiety and excitement makes for a great atmosphere.

8. How long have you been a member of GC Tri?

I've been a member for about four months now.

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

I was looking for people who I can train with and a group that I could be a part of. I Googled triathlon groups in New Jersey and came across one in Hoboken just a few miles from where I live. You know the rest!