

## Happy Spring!

Here's to getting out and enjoying some sunny, warm spring days!



Interested in a group workout - all members are welcome to post a workout on the club calendar or post on the club Facebook page to see who is available!



Make sure you visit the club website [www.gctri.org](http://www.gctri.org) for all sorts of good info including the club calendar, list of member discounts, training plans, race finders and much more!

### **Issue Highlights!**

2N's SpiNning 4  
GleNN Recap &  
Photos!

Coasty's Corner - Get  
to know a fellow club  
member, Darren  
Hansen



# Welcome New Members



**Ned Britton**  
**Michael Corridon**  
**Sandy Curko**  
**Alexandra Kitrilakis**  
**Stefan Koch**  
**David O'Flanagan**  
**Erin Reddan**  
**Tracy Rubin**

*So glad you joined us!*

## Upcoming Dates to Remember

*Remember to check the club calendar for the latest updates and watch for announcements with more details on each of these*

**Monday, April 11<sup>th</sup>, 7:00 PM– Education Seminar –  
Using the Daniel's Method for Run Pacing  
NJ Running Company, Hoboken, NJ**

**Saturday, April 23<sup>rd</sup> – Monthly Club Social  
Details Coming Soon**

**Sunday, April 24<sup>th</sup>, 1:00 PM  
Transition/Bike Handling/Tire Changing Clinic  
Liberty State Park, Jersey City, NJ**



*A message from Community  
Engagement Committee Chair Debra  
Noble*

*Thank you to everyone who came out  
and supported the SpiNNing 4 GleNN  
event. It was wonderful to see how  
well Glenn is doing, how he has found  
his way again as a challenged athlete  
and see him come so far in such a  
short time.*

*Though Glenn is back out on the road  
training and racing again, the  
medical bills do not go away.*

*We were able to raise close to  
**\$3,000**, all of which will go directly  
to Glenn to help pay those medical  
bills.*

*Thank You Again - It was an amazing  
day!*

**2N's**  
**SpiNNing**  
**4 GleNN**





# Coasty's Corner



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

## **How did you get into doing triathlons?**

I started triathlons and running about two years ago at the request of my doctor to get a handle on my rising blood pressure and cholesterol.

## **What are your goals for this year in the sport?**

I want to train with more structure. I have significantly more time this year so I hope that I can translate that into more regular training - I may even get a coach because I really do not know what I am doing out there most of the time.

## **What is your favorite race?**

I think my favorite race would have to be cross country (I know not a triathlon) but it is hard to beat three bucks, a popsicle stick at the end and the hope I do not finish last in my age group. As for triathlons, I think my favorite races are either Tri the Wildwoods for being a local race about ten minutes from my shore house and I love running on the sand or Eagleman, nothing like running on the surface of the sun.



**Darren Hansen**  
**GCTri member for 2 years**



## **What is your proudest accomplishment in the sport?**

Sticking with it and actually getting beyond the painful part and really enjoying it now.

## **Do you have any prerace rituals?**

A cocktail, a great dinner and some wine the night before. Otherwise I do not really have too much prerace OCD about racing but I would chalk that up to my more casual approach to racing. When the newsletter gets around to Lisa Mangino, can you get her to include a recipe for her prerace meal (I'm sure I am going to pay for that). I do like the rituals it make it seem more like baseball.

## **Any advice for those just starting out in the sport?**

Train with other people some of the time, everyone I have trained or raced with in the group is really great. We all get dropped but there is nothing to be ashamed of or worried about. Having people push you from time to time can really help you maintain a level of intensity that you thought you were incapable of. Plus you can learn so much just chatting because seriously does anyone talk about anything else but training at socials?

*If you would like to nominate a team member or you yourself would like to be featured in an upcoming Coasty's Corner, please email Christina Johnson at [cmjohn223@yahoo.com](mailto:cmjohn223@yahoo.com)*