



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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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