



2021

Year in Review



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!

2021 Year in Review

Bridget Conway

2021 was a very exciting year for me! I completed my first IRONMAN in Lake Placid, NY finishing in 12:49:46. This race was a 2+ year journey after getting cancelled twice in 2020 due to COVID. I also competed in my first IRONMAN 70.3 World Championship in St. George, Utah after earning my spot at IRONMAN 70.3 Eagleman. These races have left me wanting more and with my first taste of a World Championship race, I have my eye set on Kona someday!

Other 2021 racing highlights:

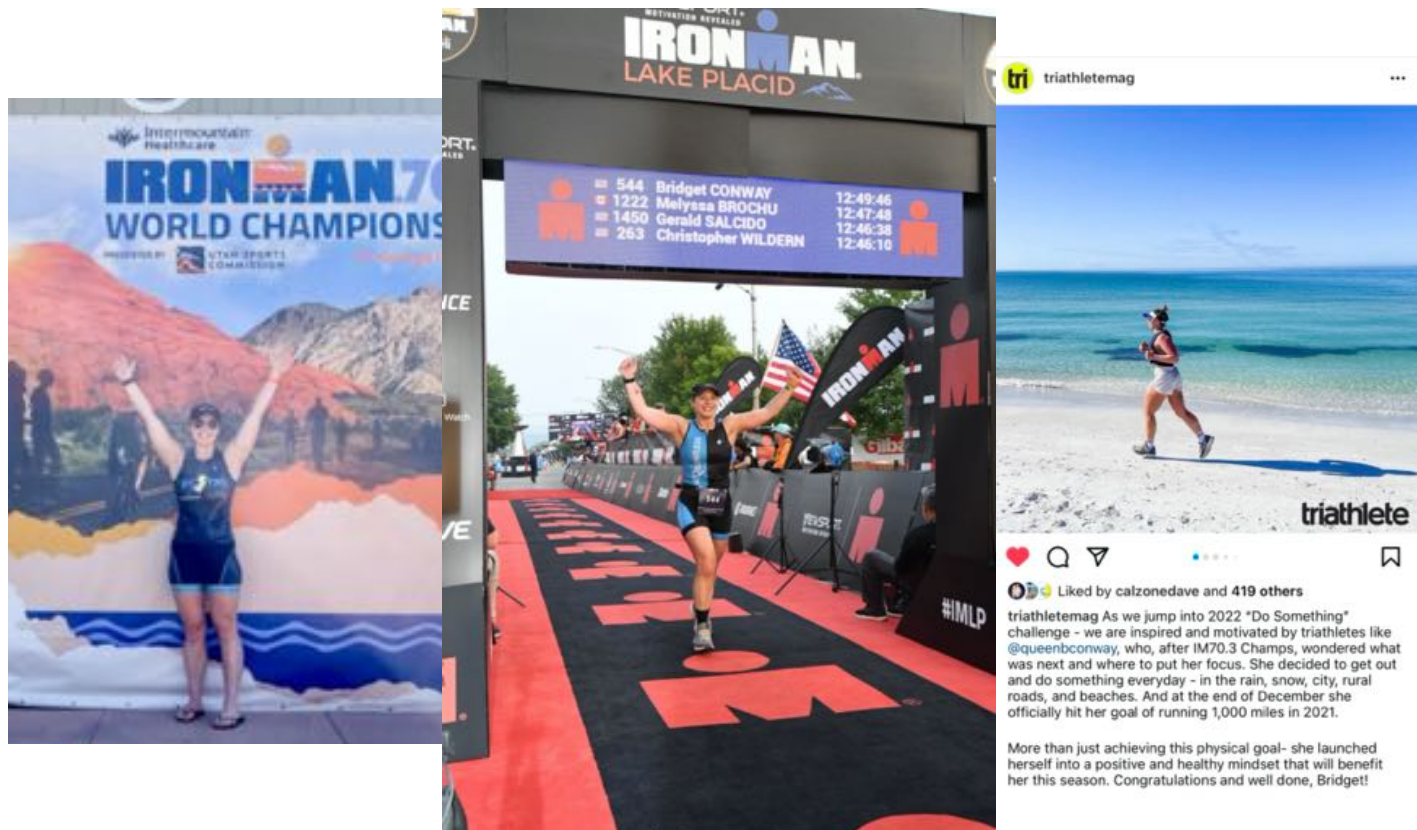
PR'ed my 70.3 distance race with a time of 5:33:50 at IRONMAN 70.3 Eagleman

Swam a sub-1 hour 2.4 mile swim at IRONMAN Lake Placid

Ran my first marathon during IRONMAN Lake Placid

Earned IRONMAN All World Athlete Silver Status

Ran 1,002 miles in 2021 and was featured on Triathlete Magazine's Instagram



2021 Year in Review

Darren Hansen

Things were less than ideal, with a travel restrictions, race cancellations or delays. I spent most of the year early part of the year bikepacking and solo OWS, it helps to live on a island. I did manage to race NJ State with the club and surprisingly the Chicago Marathon. Chicago was in the mid 80's and humid so the full Chicago experience; it crushed me. I was thankful for the free post race goose islands. For 2022 I am putting some miles on the bike box and signed up for Sarasota 70.3, Coeur D'Alene 70.3 and IMFL and some other racing when signups happen. Cheers to 2022 racing!



Diane Berry

In a rather unusual year, creeping out of the pandemic, I accomplished two super cool things:

- I raced my longest distance -- 6 hours -- TWICE! And once was like a casual Friday after work. I did it with one of my good GC Tri pals, Debra! I don't think I had ever run more than a half marathon before, so 24 miles was a pretty big deal. Getting after it again in 2022.
- I placed first in my age group at a 2-mile open water swim!!!! After more than a year out of the pool, it was so nice to ramp up to this race and enjoy a really nice morning on a gorgeous lake in PA. Setting out for a repeat in 2022 and to race my longest — 3 miles!



2021 Year in Review

Matthew Leboeuf

My 2021 highlights included:

- Going to GC Track Club on Tuesday mornings and learning how to run faster. (It works)
- Learning how to open water swim at Round Valley Reservoir with Tracy, Karen, and Lauren.
- Doing my first ever triathlon at New Jersey State!
- Racing in my first 1/2 Ironman race in Old Orchard Beach, Maine!
- Doing my first 100 mile ride on a bicycle at the Spellbound Century with Tracy, Karen, and Deb.
- PR-ing my 1/2 marathon time (Sub 1:30) at the Atlantic City 1/2 Marathon.
- Training and racing in the New York City Marathon. This was my first marathon.
- Doing it all with some really cool people along the way!

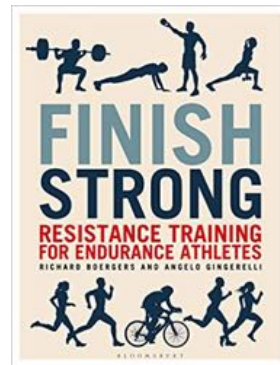
Looking ahead to 2022, I'm looking forward to improving my times in the 1/2 marathon and 1/2 ironman and fulfilling my duties as a Member at Large with GC Tri. Very excited!



2021 Year in Review

RJ Boergers

-2021 was for sure a different year for me; my greatest accomplishment wasn't even my own - it was being support crew for Janine while training for her 1st IRONMAN and watching her cross the finish line at IRONMAN Wisconsin! Seriously, it was hard work on my part - I'd always rather be racing. For my own adventures - I tried out two "new to me" races - Steelman Olympic and Kinetic Poconos Half and they were great. In Fall I was able to knock off over an hour from my previous personal best at Vermont 50 MTB race and I also published my first book - "Finish Strong: Resistance Training for Endurance Athletes." I'm looking forward to a bit more racing in 2022.



Preston Ragonese



Joined the club in 2021, my first season training for triathlons. I competed in two Sprint distance races – NJ State and Birchwood Lakes. Looking forward to continuing racing and training with GC Tri next year – maybe an Olympic distance on the radar!

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Janine Bodden

2021 The year that I completed my 1st Ironman, yay! Ironman Wisconsin

It was a year of mental ups & downs of IF Ironman Mont Tremblant would be a go, it did not & we were given a number of options to transfer to, my choice of Wisconsin did not disappoint. Wisconsin was a great place to race-lake swim, riding through beautiful farmland & running through the city & the University of Wisconsin -all together I enjoyed all parts of the course, hills and all! Having RJ and fellow GCTri friends Lauren Karstens & Karen Chung as support crew added to making my day special. Training days & many miles on the bike with fellow GCTri members provided great support & lasting memories.

So great to be back to racing!! I capped off my year with a 70.3 PR at Ironman Arizona 70.3 & then welcomed the offseason to recoup, rebuild & then of course then make new goals for what 2022 will hold ..



2021 Year in Review

Karen Chung

I finally got covid, but the rest of my inaugural 2021 tri year was a blast with lots of team training hours, races and fun. I did the Lake George Sprint, NJ State Olympic, my first official century ride at Spellbound and got so close to PRing at the Atlantic City marathon. I also got to spectate my first Ironman to watch an epic finish by Janine at the Madison, Wisconsin Ironman.

This second year of the pandemic would not have been as fulfilling and enjoyable without my beloved GCTri family! Thank you, hero tri peeps! Train, race and smile on!



Nicole Ogrosso



In 2021 I eased my way back into racing and completed the Birchwood Lakes Sprint Tri, Vincentown Super Sprint Tri (super sprint is my new favorite distance!), the NJ State Tri Double Down, and Timberman 70.3 Relay (swim + bike legs). I had so much fun racing and training again with GCTri and looking forward to more club races in 2022!

2021 Year in Review

Dexter Samida

2021 was a big step up from 2020! I was able to complete triathlons ranging from Sprint (Islandman; NJ State; & Poconos) to Olympic (Steelman) to 70.3 (Augusta). My son completed his first (Islandkid). In the post-season, we've done a number of trail runs. Unfortunately, he keeps beating me!



Kara Borzillo



I started off 2021 thinking the motto would be "New year, new you!" but the reality was, "New year, do you!" Began with a nice toasty April 70.3 (too early?!) DNF, then really enjoyed the rest of my summer relaxing and planning for the next 70.3...

which also was a DNF. This time it was a fun finish where I finally realized how much of a good time you can have chatting it up with everyone during a race. Fast forward to September and had an opportunity to race a (slightly hilly) 50km Trail Run, having never run a marathon... why not! Along the way I realized how amazing our GCTri members are and how much staying active helped me get through the year. Bringing on 2022 with lower expectations and a higher fun rate!!!



2021 Year in Review

Katie Stein



Joined the club last year while in the training for my first sprint race. Looking forward to training with the team for my next sprint in July. The socials and holiday party have amped my energy to attempt an Olympic distance race this year, maybe the Jersey Girl race in September

Tracy Xu

What a fruitful 2021! I completed my first triathlon at New Jersey State Olympic triathlon and got 3rd place of my age group. Also I finished my first marathon in Providence marathon and first major marathon in Berlin. In addition, I joined Lauren and Diane to complete first relay race in Lake George triathlon and got 2nd place. My first spellbound century ride was also fun.

Becoming a triathlete helped me explore so much outside of JC. Thanks to all the help from my GCTri friends, training and practicing with you guys are so fun! It was a pity I had to defer NYC marathon. But I have learned how to recover from injury and how to be fearless. Can't wait to see more of you all in 2022!



2021 Year in Review

Debra Noble

My 2021 year was sidelined due to health issues, but I was able to compete in two 6-hour races with Diane. First being one month post PE/DVT (pulmonary embolism/deep vein thrombosis) where I was able to finish 21 miles in 6 hours. The second time was in early October where I was able to finish 27 miles in 6 hours.

2022 will be full of rescheduled races! Tinman, NJ State Double Down! Very excited to be competing with fellow GC tri members this year.



Lori Carlo

2021 May have been another Covid year but there were some silver linings to being apart of GCTRI and the racing community in general. Although I purposely don't race anymore (lost my desire for it, maybe it will come back someday), I found so many great things in 2021!!! I started swimming again after pool shut downs in 2020 and I started cycling with the team on Wednesdays and weekends. Most importantly my 'wins' were finding so many great NEW friends and training partners!!!

My most memorable was the hottest bike ride in June. Coca Cola and random snacks kept us going!! We survived, which was our accomplishment.

Another big accomplishment was hiking two 46ers in one weekend up in lake placid. Man my legs were done!! Finally getting nominated for CGTRI CFO role was a pretty cool way to end the year.



2021 Year in Review

John Felter



1st 1/2 Ironman - 1st full - 1st marathon and first alligator lighthouse swim. Back of the pack but got er done. Crossing the finish line at Ironman Maryland and sharing this moment with my oldest daughter was one of the best moments of my life!

What is next after the Full Ironman? Ha! I guess another one. I learn something from every race and I think that is partly what brings me back to the next race.



Mark Smith

The big lift of 2021 was the Longest Day ride with Geetha Venkataswamy, Meg Dahlgren (1st hundred mi), Bernard Spanger (2nd hundred miles). Having been previously shredded by COVID and spending a year in recovery from various long haul health issues, I wanted to do something different and challenging plus also assess my situation as an “endurance athlete”. Our compressed training schedule escalated mileage starting in June and ran through Mid-July with mileage jumping from 80 to 100, 130 then 150 on consecutive weekends. We trained on routes all over NJ – a great way to see the state. Day of – we prevailed even though the weather sucked - hot and steamy in the middle and dark, rainy for the last 25 miles. We did it in some style – thanks to Bernard for a loan of a front wheel after a crash at mile 170 broke some spokes. Did a few more “hundos” after this ride with the attitude “it’s only a hundred mi”.



2021 Year in Review

Danny Polk

Back to the starting lines! The first race back at NJ State had a Christmas morning vibe to it – and always a blast to race with the team.

I spent a good part of the year in VA, which meant training miles on the Capital Trail – nice bike pathways that take you from downtown Richmond to the Jamestown Settlement. My IRONMAN tune up was at Patriots Triathlon Festival, which finishes at the Jamestown trailhead.

After another IRONMAN Mont Tremblant cancellation, I decided to drop the Canada idea and look elsewhere for my first shot at 140.6 – IM Florida. Average of 70 degrees sounded nice... (didn't get so lucky this year)

Crossing the finish line was definitely a moment I'll remember, and it was great to have my family there cheering me on. Thanks to all the GC Tri crew who gave me race day advice and encouragement. I promised to be a one and done IM, but that may have been a lie.

Looking forward to racing with the team in '22 at Tinman, NJ State and IM 70.3 North Carolina.



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Scott Crawford

2021 was a year to shake off the dust after a COVID delayed racing over the last few seasons. As a preliminary goal of dusting, the zwifer came in strong. The year started with an amazing GCTri party at NJ State (hot). I moved to the next race in New Hampshire for Timberman 70.3 where there were hills a plenty and we were racing Hurricane Henri. People joke that they only run when they are chased, how about a hurricane barreling down on you. The race was fine, the drive home was the 4th discipline. Next came the Spartan Race that was AC 70.3, with an epic mud run. If the goal was to clean up as the season progressed, the mud did not help, once out of the water the race was classic AC, busy on the bike and hot on the run. Finally, while everyone was out enjoying the holiday party, I was in Haines city 70.3 for my final race of the year. 84 degrees in December should never be a thing, all in all it was a good race and I improved 11 minutes over the AC race. Looking forward to NJ State and October for everyone at NC 70.3.

Jordan Nissinoff

2021 was a rollercoaster of a year on many fronts, but finding The Gold Coast Tri Club was definitely one of the high points. I hadn't competed in a race in more then 10 years before June of this year. By years end I completed a Grand Fondo, a 5k, a swim meet, and 5 short multi sport races. My season didn't end the way I wanted, with a DNF and several nagging injuries, but I am very much looking forward to another season with this amazing group of people. I have signed up for North Carolina 70.3 and will be treating that as my A race this year. Excited to see what's to come as I continue to explore this new and exciting sport.



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Ray Josephs

2021 was an interesting year for triathlon as I had a long course duathlon in the spring that was canceled due to good old Covid and an Ironman distance in August that I was deferred from last year that I was unable to train for so I didn't attend due to the most important event in 2021 for me, the birth of my son! July 27 was the end of my tri career for a while and the beginning of trying to fit running around naps, feedings and trying to figure out how to care for a little human being (who is awesome by the way!)

I did sneak in some running events, I ran my first ever stand along 5k and picked up a W at the Cresskill 5k in Oct 17min 47seconds. Ran a couple of local trail races in at the start of the winter and learned that trail running takes longer than on the road! And paced the Mohawk Hudson Marathon which is always a blast to help other runners reach their goals! For 2022 the main goal is NYC half marathon in March trying to go sub 1:23 to time qualify for NYC marathon. After that Hope my son loves running in the jogging stroller and seeing how things go, probably a fall marathon, ultra or both??? And hopefully getting in a few 9w jaunts with the club so I don't forget how to ride a bike!



2021 Year in Review

Joe Giatinno

I had a great year of racing in 2021. Even though I had nagging foot injuries , I managed to get 4 good races in.

Iron man 70.3 Eagleman in June was a great race and a tune up for the full in September. I loved this race, not so hot yet and NO JELLYFISH !

Next was the NJ STATE Olympic Tri in July. It was really nice to see all the GC-TRI members there. I had a really great time and loved to see how FAST all the club members are!

In September I had the IRON MAN Maryland Full. This race was a challenge! Jellyfish everywhere. The stings were bad but the fear of them was worse, especially for a nervous swimmer like myself. But the worst ,most challenging part of this race was the heat on the run, it was by far the hottest and hardest marathon I have ever run . I think that made the finish line all the more rewarding. It really helped to have my good pal Derick Barnes going through it with me.



Finally, 7 weeks later I ran the NYC Marathon. I was shooting for 3:30(even though I didn't feel like I was in 3:30 shape) and ended up just under 3:37 , the 59th street bridge got me ! . I ran for TEAM FOX team to raise money to cure Parkinson's disease so it was very satisfying.



For 2022 I think I will try focus on running , maybe go for a PR marathon?? The older I get the less likely that is but it'll be a great goal to shoot for :)

2021 Team Photo Highlights



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