



Issue Highlights:

- **Back in Business: GC Tri Wraps Up Full(ish) Season of Racing**
- **Club Races 2022**
- **Holiday Happenings**
- **Tri Indoors: Cold Weather Fitness Options**
- **Member Feature: Get to know John Felter**
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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!

Back in the Saddle

GC Tri closes out 2021 Racing Season Strong

Some things take a couple years of planning – triathlon race calendars are usually not on that list. But after some patience (or impatience) and plenty of deferral emails, the starting guns went off and GC Tri racked up the long-awaited finishes.

Among the highlights from the summer was participation at the NJ State Triathlon. With almost 30 participants across both days of racing and strong GC Tri representation in the cheering section, the club made its mark on the flat and hot Mercer County Park course. Notably, GC Tri was the last to pack up its tent (which nearly blew away the day before..) from the after-race celebration – as one member put it, “PR for longest after party!”

It’s good to be racing again and exciting to move through the offseason with less question marks – get those races on the calendar and we’ll see you at the start.



Club Races 2022

The club race calendar is here! Crossing the finish line is always more fun with your teammates cheering you on, so join in on the action. You'll notice our staple races are back as well as some other member favorites.

No full distance Ironman has been selected as a club race for 2022 as there hasn't been too much discussion. This could change, but for now we're full steam ahead on the below races. Don't see your favorite race here? Start up discussion to garner interest on the club Facebook page and add to the club calendar!

Sprint / Olympic



Race: Tupper Lake Tinman

Date: 6/25/2022



Race: New Jersey State Triathlon

Date: 7/16/22 – 7/17/22



Race: Alpha Wins Lake George

Date: 9/3/22 – 9/4/22

IM 70.3

Race: Tupper Lake Tinman

Date: 6/25/22

Race: Ironman 70.3 Musselman

Date: 7/10/22

Race: Alpha Wins Lake George

Date: 9/3/22- 9/4/22

Race: Ironman 70.3 North Carolina

Date: 10/15/22

Road Races (Runs)

Race: Philadelphia Love Run Half Marathon and 7.6k

Date: 3/27/2022

Race: Rutgers Unite Half Marathon

Date: April 2022

Race: Party with a Purpose

Date: TBD July 2022

Race: Philadelphia 8k, Half, and Marathon

Date: 11/18/22 - 11/20/22

GC Tri Holiday Happenings

Turkey Trots are in the books and the holiday celebrations are in full swing. The GC Tri holiday party is back this year – mark you calendars!

GC Tri Holiday Party

Some details are still being finalized, but mark the date on your calendar!

Date: Friday, Dec 10

Location / Time: TBD

2021

2020...



2019

2018



Tri Indoors: Offseason Recharge

Football weather will soon enough turn to winter coat weather and the long outdoor rides or runs along the Hudson River will perhaps be less tempting. We asked some club veterans how they approach the offseason.



- Take some time off after races are over for the season. It's ok to lose some fitness in the winter. it's good to relax and not to have a plan for a few weeks to reset before the new year.
- Set goals to look forward to achieving in the new year.
- Work on building strength over the winter. A lot of strength and mobility exercises beneficial for swimming/biking/running could be done at home without weights or equipment.
- Save your tv and movie time for the trainer

- **Nicole Ogrosso**

- 1) Winter is the best time to work on form. Slower running & more drills. I picked up a treadmill, does wonders since the weather can't be an excuse.
- 2) Winter is also the best time rebuild your muscular system. All season we push and form our bodies into race form. After a proper break, strength and mobility training helps rebuild and prep the body for the season to come. It's like the warm up to a track workout.
- 3) Zwift also offers some duathlon leagues, 35 min bike and 15 min run all out. Nice to throw some these in the winter to see your progress!

- **John Palmer**



Bundle up and get outside! Winter running is all about adapting and doing what you can. I love the toughness that comes with training in colder weather. It can be tough to get outside early in the morning so I try as much as I can to meet up with friends or to pick out a podcast that I can't wait to listen to during my run.

- **Allie McGuire**

Tri Indoors: Offseason Recharge cont.

Learn: I find staying mentally engaged helps with racing being months away.

Trainerroad podcast: learn how to structure indoor training and how to get faster

That triathlon show: interviews from the top coaches and scientific minds in triathlon related training.

The doctors of running: running biomechanics, how shoes interact with the body and related disorder/ injuries

Strength running podcast: interviews and training tips on running and strength training for runners.

Read

Alex Hutchenson: Exercise physiology in relation to endurance sports

Dr. Allen Lim (aka skratch labs): Feed Zone Portables, learn to make your own food for training. You can make your own food/gels/drink for a fraction of the cost and fine tune them to your needs. DM if you need help; biochem is my thing

Tech

Golden Cheetah: Open source (free) cycling analytics platform. Design/import workouts and have it control your smart trainer for free.

Fix/maintain your bike: A few YouTube videos and you should be able to check/maintain things like chain wear, shift/brake cables, brake pads and change tires. If you fix your bike you will like it more I promise.



Train different

Gym: get strong, work toward strength goals like 10 pullups, deadlift your bodyweight, single leg pistol squats. RJ is a good source of info here.

Ride off road: Gravel and mountain biking is rad and way warmer in the winter.

Random purchases

Winter running/cycling shoes: Consider getting dedicated winter cycling shoes. They also make winterized versions of your favorite running shoes - it is amazing how a little wind proofing and water resistance make running in the cold easier.

Winter destination race: Alpha Win Sarasota FL 70.3: warm and sunny and in early January.

-Darren Hansen

Tri Indoors: Offseason Recharge cont.



I limit distance endurance training in the cold weather and switch focus to other ways to stay active / avoid burnout. I'm a tennis player, so I head for the indoor courts if I can. I also have found group fitness – OrangeTheory and miscellaneous cycle/other classes – to be a fun, time efficient and challenging way to get a full body workout. I keep these workouts going during the season as well (substituted occasionally for a run / bike) as I think they have helped to keep me relatively injury free by limiting the pounding on hips/knees. HIIT classes like OTF are great for heartrate training (trying to push harder without spiking HR). I don't do it enough, but the occasional yoga class should be mixed in.

- **Danny Polk**

During off season/winter months I like to get in a few hot yoga classes & I return to strength training & lifting weights . It's so dark out that there is not much incentive in the evenings to be outdoors so I opt for the yoga & gym.

- **Janine Bodden**



*For a sports science take on the offseason, check out the feature from **RJ Boergers** from a prior newsletter - posted on the Facebook page and available in the newsletter archives.*

GC Tri Member Feature

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

John Felter



Tell us about yourself (where you're from, family, work, fun fact, etc.)

I'm from Jersey, born and bred. I've moved from time to time, but always returned to my roots. Growing up in a family of seven children, we each developed our own interests. My brother and I are energized by the outdoors, I raised my two daughters as competitive athletes and pushed them to be top performers in each of their fields - one as a soccer player and another a ballerina. While travel is a passion, I find north jersey to be home. Hoboken specifically with its music connection, food scene and access to the shore and city aligns with my passions and where I have remained for 20 years. For work, I am a Managing Director for a Capital Advisory firm where we restructure commercial real estate debt.

How did you get into triathlon?

I grew up a swimmer and started biking later in life. Running was definitely something that I never saw for myself, but I started to introduce it into my training schedule and began really loving it. Based on these three interests, I just sort of stumbled into triathlons. A few years ago in my 50's I was swimming, figured I could ride a bike and run a bit competitively, so I signed up for a Sprint distance Triathlon. At the time, I thought that was the longest distance I could do, then I was hooked and set farther goals each race - it spoke to me that you could compete in multiple races yet, the feeling of community made me stay!



Outside of triathlon, how else do you enjoy spending your free time?

I am blessed to have many interests, which include; being with family, traveling, exploring countries and cities, concerts, sporting events, and museums. That said, I have loved and continue to enjoy training.

Continued on Next Page...

Member Feature

Continued

John crossed the finish line at IRONMAN Maryland this summer!

Crossing the finish line is a moment in and of itself. I trained and trained through corona to be an Ironman. My original plans had to change, but the alternative was so much better. I questioned if finishing was going to happen. Crossing the finish line at Ironman Maryland and sharing this moment with my oldest daughter was one of the best moments of my life!

I actually had planned on being one and done, I proved to myself that I could do it and that's it. But soon after my first full IM I started to plan what I might do differently (IM Mont Tremblant is on the future race list). Triathlons and Ironman racing have taught me many life lessons, these apply to many other areas of my life. Races, my career, relationships, it has taught me to not give up, make adjustments and just keep going. One can stop at any time in a race or training – but if you stop you won't get to the end. At some point my self-talk changed, from what starts out as, "I don't think I can do this", "I can't get there", "I am not going to see this through". It changed to "I think I can do this" to "I can do this." It's just about keep going and never giving up!

What is your best piece of advice for someone just starting out in the sport?

Every triathlete has their own goals and fitness level. As far as advice, I can only say what seems to work for me; don't over analyze it, just swim, bike, and run. For me; being consistent in my training, relaxing during races, finding a pace, also yoga and nutrition are all keys.



Best GC Tri Moment

Originally, I was training and started to do races as a lone wolf and thought, "why would I want to join a club or team? Triathlon is an individual sport and I like to do my own thing". But then I went to a few GC Tri functions and other members had great experience and I started to see members at events I loved the support and encouragement being a part of a Tri club. Gold Coast Tri Club has been a real blessing, the best was this past summer at the gathering after NJ State when we had 30-40 members and families there and it was just a great time!

If you would like to nominate a team member or volunteer yourself to be featured in an upcoming newsletter, please email Danny at dannytpolk@gmail.com

Photo Highlights

Follow @gctrclub on Instagram and stay up-to-date on the Facebook page to see these photos in real time! Want to share a picture? Tag the club on Instagram or post on the Facebook page!



544	Bridget CONWAY	12:49:
1222	Melyssa BROCHU	12:47:
1450	Gerald SALCIDO	12:46:
263	Christopher WILDERN	12:46:



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