



Issue Highlights:

- Club Workouts and Events
- 2021 Club Races
- GC Tri VaccineMan: Sign up Now!
- Group Ride 101
- Photo Highlights
- Coasty's Corner: Get to know Tracey Xu

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!

Mark Your Calendar!

Weekly Group Workouts

Track Workouts

Where: Weehawken Waterfront Park Track (*1 Port Imperial Blvd, Weehawken, NJ*)

When: Every Tuesday Morning at 7am

Workouts are provided and all paces are welcome!

New to the track - no worries! Watch this video to learn the basics:

<https://www.youtube.com/watch?v=bchhGte2hkw>

Group Rides

Weekend Group Rides:

We encourage all members to post group rides on the club calendar and share to the club Facebook page. Weekend workouts are usually posted by Friday each week.

Weekday Group Rides:

Stay tuned! More info coming soon on weekday group rides!

Educational Seminars

Training & Racing Nutrition/Hydration Clinic

Where: Tune in to Facebook Live for a Virtual Clinic with our very own Nicci Schock

When: Wednesday, May 12th at 7:30pm

So What is a Club Race?

Club races are one of the best parts of competing and training as a member of GC Tri! Seeing the team on the course, rooting for each other, and of course, celebrating the accomplishment after are a few reasons why club races should be circled on your calendar. We categorize our club races into two types of events:

Local Races

- Potential for carpools
- Lots of team comradery out on the course
- We typically take the team tent and/or changing tent for comfort
- We often organize a small picnic/hang out post race

Travel races

- We typically arrange some team housing options for the weekend
- For IRONMAN & IRONMAN 70.3 races, the more people we have, the more likely we win the TriClub awards (see website for some of our accomplishments)
- Potential for carpools
- Lots of support from teammates out on the race course
- We often have a post race house party

Sign Up!

Our club race focus for this summer will be on **NJ State Triathlon**

Date: July 17 (Sprint) and 18 (Olympic, post-race team celebration)

Location: Mercer County Park, West Windsor Township, NJ

Distances: Sprint, Olympic, or Double Down (both!)

*Remember to select Gold Coast Triathlon Club as your team during registration

Check out the full list of club races at www.gctri.org/2021-club-races



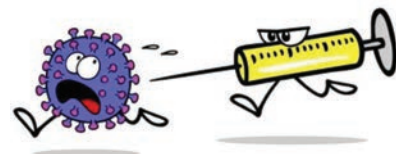
NJ State 2018



NJ State 2019

GC Tri VaccineMan

Our team duathlon race series continues!!! We will cap entry at the first 24 participants, but we will have a waitlist. To keep things social after we race, the club will be providing coffee, bagels and doughnuts. Don't feel like racing- come out and be part of the support crew. It promises to be a fun atmosphere.



Location: Liberty State Park (south parking lot – 200 Morris Pesin Dr, Jersey City, NJ)

Date: Saturday 5/15/21 (rain date Sunday 5/16/21)

Start Time: 7:30am (please arrive by 7:00am to go over details)

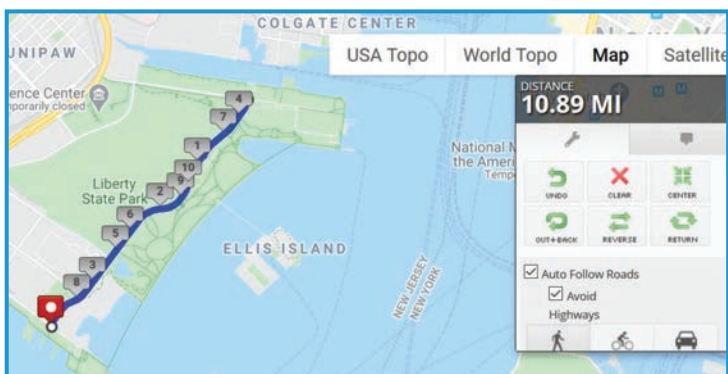
Format: 2 person relays (Run [ath 1], Bike [ath 2], Bike [ath 1], Run [ath 2])

Teams: All participants need to complete this survey [link](#) so that we can appropriately assign teammates to make all teams equally. Teammates are assigned on race morning.

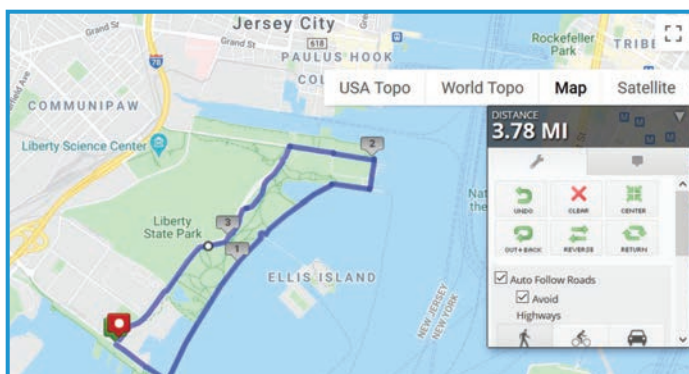
Cost: We are still raising money for Challenged Athletes Foundation. Suggested donation \$35 to CAF - Donate [HERE](#)

Course Information: This is an unsanctioned event. Roads are open to vehicles and pedestrians. This race is just for fun – always use caution – while we want this to be somewhat competitive, risk of injury isn't worth it. There is no support out on the course (ie water stations). You are responsible for bringing whatever water/nutrition you think you will need.

Bike Course - 4 Loops



Run Course - 1 Loop



Group Ride 101

Joining a group ride is a great way to break the monotony of solo training, challenge yourself, and also have fun. However if you are newer to the sport, it could also seem intimidating at first. We hope this list of tips will help you feel more confident and safe in joining one of our group rides in the future!

Ride Categories (your speed on flats):

- A+ = >21mph
- A = 19-21mph
- B = 17-18mph
- C = <17mph



Safety First!

- Always wear a helmet
- Use front and rear lights when it's dark (early mornings and evenings)
- Yell out or gesture with your hand to let the group know about a hazard, change in pace, or vehicle (car up! car back! hole! slowing! stopping! etc.)
- Always pass on the left side, and yell out "on your left" when passing another cyclist
- Always be alert and ready to yield
- Bring your cell phone and ID in case of an emergency

What to Expect

- Ask other riders their intended pace and distance before heading out
- Discuss if the ride is a "no drop ride"
This is a ride where no one gets left behind should a rider not be able to hold the pace or if they get a flat
- Find a ride buddy! There are so many members in this club that ride at different speeds, you are bound to find someone to hang with!
- Remember, anyone in the club could organize a group ride - no matter your pace or experience

Pace Lines

- Most group rides include pace lines, at least for a portion of the ride
- A pace line is where you ride single file to share the work. The rider at the front sets the pace and takes most of the wind. The riders behind are drafting.
- When riding in a pace line, be careful not to let your front wheel overlap the wheel in front of you
- Take turns taking the lead

Other Important Notes

- Carry spare tubes and CO2 or a hand pump
- Ride with traffic, never against it (wish I didn't have to say this one, but I've seen way too many people riding the wrong way on River Road!)

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!



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Coasty's Corner



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



Tracey Xu

How did you get into triathlon?

I learned about the Ironman races during a Lake Placid trip last June. And my running friend introduced me to Karen Chung, who invited to the covid man duathlon hosted by GC Tri last summer. I really enjoyed the race, and other triathletes seem really supportive and friendly so I decided to give triathlon a try.



What is your proudest accomplishment in the sport?

Wining the 2020 GCTRI Turkey Trot was a big milestone, it was a close race with Laura and I got a 21 mins 5K PB. Medal is legit.

What are your goals for this year in the sport?

I signed up NJ Olympic distance triathlon, Providence marathon and Berlin marathon. One ✓ now!



Coasty's Corner

Continued



What is your favorite part about triathlon?

I get stronger both physically and mentally, and 3 sports never get bored ;) I started as a runner so I see how cycling and swimming are helpful with cadence and core strength in cross training.

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

I love traveling, hiking and skiing. When at home, I play piano and read.



If you would like to nominate a team member or volunteer yourself to be featured in an upcoming Coasty's Corner, please email Nicole at nogrosso18@gmail.com