



2022

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!

2022 Year in Review

Familiar starting lines were toed, new trails were explored, race deferrals gathering dust were “used” and plenty of post race & workout comradery was shared in 2022.

Team events were in the spotlight, with big travel crews from the club racing in Tupper Lake (Tinman), Wilmington (IM 70.3), and Philadelphia (Love Run & Marathon) in addition to our local favorites.

From “Medal Mondays” to “Coffee Sundays”, and our many events in between, there was a lot to celebrate in the past year. Here’s to a job well done and healthy and fast miles in 2023.

Kickoff Social



Spring 13.1s



Tinman



CAF Cyclebar event



Wilmington 70.3



NJ State



Fall Marathons



Holiday Party



★
2023,
lets go!

2022 Year in Review

Scott Crawford

2022 was a great year to be part of the club. The major highlight was GCTri lighting up North Carolina. It was an amazing opportunity to meet new members and get to know the veterans better. I learned that we need to spend some time on other sports besides the 3, as we have some talented (and competitive) people especially at ping pong, and for me I could definitely use the practice. North Carolina was awesome and highly recommended especially if the club goes back again.

I ended my season with the California International Marathon in Sacramento, a net downhill marathon. It was a fun day as “fun” as marathons go. It was very well organized and competitive, and would recommend it for anyone looking for a fast race course.

Looking forward to the next club race and getting back together with everyone. As for 2023 Goals, we will just have to see what makes it onto the famous GCTri boards...



2022 Year in Review

Kara Scharwath

2022 was a great year of training and racing for me. My goal for the season was to do at least one race per month from April to November for a total of 8 races - the most I've ever done in a single year - and I did it! This included two 70.3 triathlons and my first ever marathon.

I came in 2nd in my age group at the Staten Island Triathlon, PR'd my 70.3 time at Musselman to get under 6 hours and then again at North Carolina by 17 minutes for a time of 5:35 (which I'm not sure I'll ever beat thanks to NC's very fast swim!). I ended the season by completing my first (very cold) marathon in under 5 hours in Philadelphia.

I had so much fun racing with my GCTri friends at all these races. I hope 2022 gave me a strong foundation to tackle my first full Ironman in 2023!



2022 Year in Review

Lisa Kurdziel

2022 was full! After 2 years, a canceled IMCA and getting covid three days before IMTX, I was finally able to race Ironman Arizona, and despite the adventure of 2 flat tires and a bee sting 🐝 on the bike, had a 4:23 marathon to reach an overall 1 hour, 40 min IM PR.



I was also fortunate to have a great day at the Berlin Marathon, running an 11 minute PR and my first Sub 4 Hr. Berlin was my fourth of the six Abbott World Marathon Majors.

Other highlights from the year include running the Asbury Park half with GC Tri teammates and hitting a half PR of 1:56, racing NC 70.3 to a small PR, and the Peachtree Road Race in Atlanta to a new 10K PR of 53 mins.

I also enjoyed racing alongside GC Tri friends and reaching the top step at some local races put on by DQ events and NY Triathlon, and highly encourage more members to check them out!

Cheers to lots more racing and fun in 2023! 🥂



2022 Year in Review

Kelly Calabrese



Kelly did a 70.3!!!! IRONMAN North Carolina. Whoop! Crossing the finish line brought on some darn happy tears as did the joyous support of our GCTRI family - many of whom also raced and made the trip an event that will be cherished... like literally every second, for forever 💙😌💛

Matthew Leboeuf

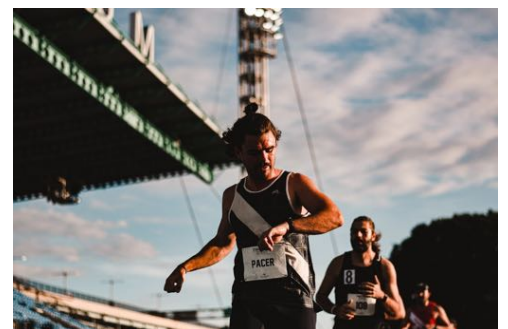
Some of the highlights of the year include:

- SRC 10 Mile Run to the Blue Point Brewery
- Seneca 7 with the club!
- New Jersey State Tri
- Jersey City 1/2 Marathon (PR!)
- North Carolina 70.3 with the club! (PR!)
- All the socials!

I definitely enjoyed doing some longer trips with the club. I'm always in for a good road trip. It really takes the GC Tri experience to the next level. I'm excited for what 2023 will bring. Some of the things I'm looking forward to include:

- Jersey City Marathon
- 70.3 Virginia
- Steel Man
- Jersey State Tri revenge!
- Hopefully something exciting in the Fall

Let's have a great year!



2022 Year in Review

Karen Chung

What a year of many firsts for me that would not have been possible without the support of the best tri team -- the Gold Coast Tri family! I did my first 100 mile run at 3 Days at the Fair, my first Double Down at NJ State, my first 70.3 AquaBike at Lake George and finally the reason why I trained all year -- my first 70.3 in North Carolina with a bunch of GC Tri family!



Nicole Ogrosso

2022 was an exciting year of racing! I completed so many great races with amazing GCTri friends including Seneca7, HarryMan Tri, Musselman 70.3, SI Tri, Birchwood Lakes, Medford Lakes, LBI Tris, and the Newport Liberty Half Marathon. But the highlight was ending the season at NC 70.3 with an amazing group where EVERYONE PR'd and had so much fun in beautiful Wrightsville Beach.



2022 Year in Review

Emily Kolankowski

2022 was my first full year in the club and it did not disappoint! I started the year showing up to the hill workouts organized by RJ, where I also got to meet and run with Lori Carlo. The hills came in handy for my first race of the season, West Point half marathon, that also came with a new PR at the half marathon distance.

The year continued and I traveled out to Coeur d'Alene, Idaho for Ironman 70.3 CDA, where the water was a balmy 58 degrees and I had a bike mechanical. Nevertheless, the scenery and crowds were unforgettable and I can't wait to return for redemption. A few weeks later, I finally got to hear the words "You are an Ironman" at Ironman Lake Placid after having to back out of the race in 2019 to undergo chemotherapy.



I wrapped up the year using my race entry from 2020 to complete the Berlin Marathon and then getting roped into running the Philly half to real close things out. My year seems to be having a full circle moment and ending with early morning pylometrics with RJ and others.

For 2023, I look forward to being a Member at Large with GC Tri to get to know even more people and to participate in even more group events! I also hope to return to those chilly hill workouts to help train for the Big Sur Marathon and for Happy Valley 70.3.

2022 Year in Review

Nicole Moldovan

2022 was a solid comeback year. I raced my first tri in 6 years, finished the Fleet Feet Winter Warriors challenge, and completed my longest swim at Nav-e-Sink or Swim. I also competed in my second year of USTA tennis league, logged 14 ski days, and celebrated a year in my new job, which took me to Lisbon, Tel Aviv, Sao Paulo, Buenos Aires, and Mexico City.

2023's theme is consistency while I build on my bike and swim distances and balance training with travel. My A race is Escape the Cape - can't wait to jump off that ferry!



Tracy Xu

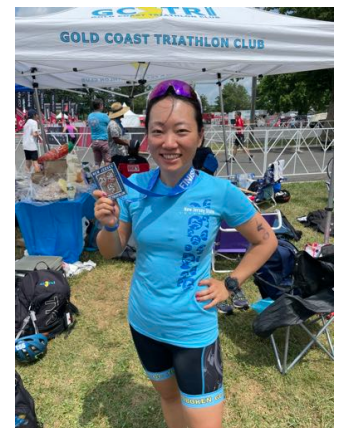


I finished Alpha Win Lake George 70.3, New York City Marathon, New Jersey State Olympic Triathlon, Tinman Sprint, Tinman 70.3 relay, Ironman North Carolina 70.3 relay, Women's half, RBC Brooklyn Half, Newport half and several 5k, 10k in 2022.

The happiest moment is getting 1st AG winner in first 70.3; the most unforgettable experience is seeing cheering friends in NYC marathon; the most challenging

moment is fighting with weakness and blisters in NC 70.3 half marathon relay; the most

fun time is hanging out on beach after the race in October in Wilmington; the most amazing feeling is pushing myself with good weather (and following Nicole) got a PR in Newport half marathon! I had so much fun with GC Tri friends in 2022, can't wait for 2023!



2022 Year in Review

Diane Berry

My goal for 2022 was perhaps one of my most ambitious – a THREE MILE open water swim! It was awesome, and I was grateful for the company and support of GC Tri teammate Nicci Schock, who conquered the distance without a wetsuit (even more badass)! Afterwards, my arms were tired and I was mega hungry, but I'll probably do it again.

One of my favorite GC Tri memories from this year included the NJ Trail Series 3 Days at the Fair with a solid group of GC Tri folks. We all (not entirely intentionally) met up at the end and crossed the line together, which was super fun, and we hung out for a while while Karen Chung KEPT GOING.

I also loved race weekends with the team – at Tupper Lake Tinman, NJ State, Lake George, etc. Not to mention the countless supportive texts, Strava kudos, waves during training runs, and coffees or drinks on the weekends. The good people of GC Tri continue to impress, inspire, and support me!



2022 Year in Review

Danny Polk

I was doing a good amount of moving in 2022... some in the tri-workout sense and some geographically. I made the move back to NJ this summer after a long “month” (two years) down in Virginia..

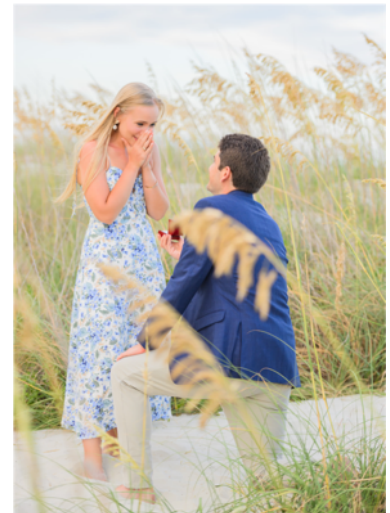
I came back just in time for team race #1 at Tupper Lake Tinman, where the starting gun fired after jamming two years in a row. 70.3 was perhaps ambitious in the 90 degrees, but we all got through it and had a fun weekend in Lake Placid at a couple Airbnbs.

We had a big club turnout for our NJ State weekend, which is always a great summer weekend. I took on the double-down for the first time – a fun challenge until the Monday after.

I raced IRONMAN Wilmington 70.3 and had a blast exploring a new city and hanging out with the team. Let’s do that one again.

My season “PR” came in August, when I proposed to my now-fiancé Anna in Hilton Head, SC. We’re getting married this coming summer.

I’m excited to be around Hoboken/JC this spring and summer and see more familiar GC Tri faces. I’m racing Happy Valley 70.3 – join me!



2022 Year in Review

John Felter

I am grateful to have crossed the finish line of IRONMAN Mount Tremblant, IRONMAN 70.3 Eagleman and the Swim for the Alligator lighthouse.

It was a tremendous honor to hear Mike Reilly announce my name at the finish line in Canada. For over 30 years Mike Reilly has been known around the world as the “Voice of Ironman” – he was the first to coin the expression “You are an Ironman,” which has become a mantra for those finishing Ironman events.

The training has been great, but the additional benefits have been the lessons that can be applied to all aspects of life. Such as striving to be consistent and “Finishing what you start”, “Anything is possible”.



Mark Smith



Highlight of my year was D2R2 100M gravel with 10,000 ft of climbing on a remote at times route through Northern Mass and southern Vermont. It's an awesome gravel ride New England style, lots of Cat 3 and even Cat 4 "gravel". The road actions were short and flat used to connect the very challenging gravel segments. I highly recommend the event

2022 Year in Review

Joe Giattino

2022 was a great year for me as I focused on running to try to get myself a new PR after eight years.

First was the Brooklyn half. Such a fun race but my time was a bit disappointing at 1:39:15. Next I ran some races with my youngest son and had a lot of fun. My favorite run with him was Cow Harbor 10k on Long Island . This is a very hilly race and draws quite a few pros. It was amazing to see them warming up and be in the same corral as them!

In October I ran the Steamtown marathon with my oldest son. It was his first and maybe his last 😊. I stuck with him the whole time and we had a blast. One of the top father son moments of my life , I was so proud !

Finally I ran the Philly marathon, my A race. I trained hard for this and after eight years of trying I finally broke my old record with a 3:22:54! I was very happy as this is also a Boston qualifier!

For 2023 I am going to run some shorter races maybe a 13.1 or two. I'm going to wait to see if I get into Boston with my time then train like crazy!!!
Back to triathlons next year. Can't wait 😊



2022 Year in Review

Debra Noble



I had a great time racing and spending the weekend in Philly with Janine, Nicci, Kara and Lauren.

Glad to be back to racing in 2022 after being sidelined last year!



Lori Carlo

2022 was a great year of cycling for me! I don't race anymore but I was lucky to do a relay upstate with Lauren (Swimmer) and Tracey (Runner) in June! We went up to Lake Placid with 2 houses filled with GC Tri and it was soooo much fun. It was a HOT day but we all did great and had fun being a team. I “mistakenly” signed up for 3 half marathons from March to April and completed all 3!!! I haven't run that distance in a few years so it was quite a steep accomplishment for my body. In August I had the opportunity to join other GCTri members in Mallorca, Spain!!!

I was thrilled to ride some epic and memorable climbs - with amazing views. Huge Thanks to Bernard for being the most amazing host and tour leader!! Later in the season, I went to Gettysburg, PA and rode with Geetha throughout the battlefields - so fun to ride in new areas, meeting really strong and amazing cyclists. Most importantly, the coffee rides on weekends and weekdays with GC Tri members are the best! They are truly what I look forward to!



2022 Year in Review

Janine Bodden

- Started off the year with Philly Love Run, although not the time I was looking for, a race day with GCTri friends is Always great! my better half RJ crushed this race!!
- Headed to Adirondacks for club race Tinman , I will say the weekend was fun for sure with fellow GCTri friends .. as for the race — with a delayed start on a hot day did not bod well for a successful 13.1 run off the bike but we can't pick our race day weather & we all persevered
- RJ & I traveled Europe , we headed first to Malmo, Sweden to visit our GCTri friends Maria & Chris & then headed to Denmark, Norway & then back to Gothenburg, Sweden to race Otillo . RJ really wanted to do this race & I agreed to be his tethered race partner & figured 'we know how to swim & run, this will be our different & fun race for the year'. Well... there was a storm that day & the water was VERY choppy (we are sure in the US a race with those waters would have been cancelled) but we went conquered it - it was HARD, it was BEAUTIFUL, it was more trail running/rock scramble than I had thought, even though the water was rough I enjoyed the swimming, we supported each other & had lots of smiles that day. We were not fast, speed was not our goal that day as we didn't total know what we were getting in to lol. I will agree with RJ in that it was a super cool experience and I'm glad I agreed to race with him as I'm not sure I would have sought out that race.
- Finished up my racing year with the Philadelphia marathon 4:23 gave me a 22min PR . The wind was tough that day but I was still so happy to be out there racing. The training journey for that race with runs with Deb, Nicci, & Kara gave me many good memories :)



2022 Year in Review

RJ Boergers

My goal for racing in 2022 was to be different and I definitely achieved that. It started with doing the Seneca 7 Relay as a bike supported team (77mi around Seneca Lake). We had an awesome group and it was a fantastic day. Next, I did Tupper Lake Tinman half for the first time - gotta do it again to seek revenge as I wasn't crazy with my finish. I also did my first swimrun race at Otillo Gothenburg. Swimrun is such a unique interesting sport and I enjoyed competing with my better half Janine Bodden (it's a tethered race).



While we were in Sweden, I achieved another goal which was to see my good friends from GCTri- Chris and Maria Wedgeworth and celebrate Chris's 50th. Man do I miss them.

Lastly, I competed in the legendary SOS race. It's a 7 stage race and it is unlike any other challenge you've ever done. I am signed up for IRONMAN next year, but in the future all I really want to do for my "A" race is SOS. Cheers to a fun and different year!"



2022 Team Photo Highlights



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