



# THE FINISH LINE



**Paddle out ceremony at Pass-a-Grill Beach in honor of Jack Shuten**

*Join Us For The Wednesday Run / Social at the Hanger, St. Pete Airport @ 6:00 PM*

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Established on November 6, 1993, the St Pete Mad Dogs Triathlon Club is a not for profit organization designed to promote the sport of triathlon. The club is comprised of fun loving triathletes who train, race and howl together, with members of all levels of experience and expertise.

The Finish Line is a medium for communicating the latest club news, as well as an informal source for what's happening in the sport of triathlon as it affects us. Articles published in The Finish Line may contain opinions of the author, not necessarily the club.

**Club Contact Information:**

Website: [www.stpetemaddogs.com](http://www.stpetemaddogs.com) E-mail: [info@stpetemaddogs.com](mailto:info@stpetemaddogs.com)

Articles, or photos may be submitted to the Editor @ [newsletters@stmaddogs.com](mailto:newsletters@stmaddogs.com). Items should be sent by the 15th of the month preceding the issue.

Advertising requests should be submitted to Chuck Lohman @ [advertising@stpetemaddogs.com](mailto:advertising@stpetemaddogs.com). For questions, please e-mail him.

**Advertising rates are as follows:**

Space	1/2 page	Full Page
Width x Height	7 1/2" x 5"	7 1/2" x 10"
Cost per Issue	\$30	\$50

Advertising checks should be mailed to: St Pete Mad Dog Triathlon Club, P.O. Box 635 St Petersburg, FL 33731-0635. Please make check payable to St Pete Mad Dogs.

**Note:** Payment is due on the 15th of the month prior to publication. **Payment for five consecutive issues of advertising entitles the advertiser to a FREE sixth month.**

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**EDITOR'S COLUMN**

On 19 November, Mad Dogs, friends and family members met at Pass-a-Grill Beach to remember and honor Jack Shuten and his wife, Melissa. The event began with a swim along the beach so loved by Jack. Afterward, we gathered in a circle to exchange stories and memories. The recurring themes were Jack's openness and friendliness toward new Mad Dogs and his encouragement to them when meeting the challenges of open water swimming.

(Please go to page 4)

# TRAINING CALENDAR

Upcoming Training Sessions (all show and go)

## SWIMMING

**Every Tuesday & Thursday 6:30 - 8PM**

Northshore Pool w/ Coach Joe Biondi \$9 per session

**Every Friday 8AM Group Swim at Sunset Beach.**

Meet at Larry and Jackie Yost's, 143 91st Ave S (727) 367-2504

Also: [www.stpetemasters.org](http://www.stpetemasters.org) for Masters Swimming

## BIKING

see [www.stpetecycling.com](http://www.stpetecycling.com) for daily rides

**Mon - Fri 8:00AM**

Group Ride from USFSP crosswalk 16 miles at 20-21 MPH

**Wed is official Mad Dog ride - wear your colors!**

**Every Saturday 8:30AM**

Group Rides based on speed from Northshore Pool South Parking Lot

**Every Sunday 8:30AM**

St Pete Library Advanced Training Ride 9th Ave N and 37th

## RUNNING

**Every Monday 6PM**

Individual/Partnered Run (6 miles) Northshore Pool South Parking Lot

**1st and 3rd Thursday 7:30 AM**

Running Drills at Field south of Northshore Pool (45-55 min) <https://www.facebook.com/groups/254578011396466/>

led by Ben Carlson

**Every Wednesday 6PM beginning November**

Fun run and social @ The Hanger, St. Pete Airport, 540 1st Street SE, St. Petersburg.

## Local Bike Shop Events



From the Central Ave. Store (727) 345-5391 Every Saturday 8AM Women only ride. 10-30 miles



From the Palm Harbor Store (727) 786-6889 Every Saturday 8AM - 3 ability groups - about 40 miles



From the Clearwater Store (727) 723-2453 Every Friday - 5:30 AM 17 mile Clearwater Bridge Ride. Group #1 at 20-22 MPH. Group #2 at 22-25 MPH. Lights required.

From the Tampa Store (813) 831-1414 Tuesday and Thursday - 5:00 AM Training Bike Ride about 90 minutes at 22-30 MPH. Lights required.

Saturday - 7:30 AM 20 mile no drop bike ride at 15-20 MPH depending on abilities. Some instruction provided.

# WELCOME NEW MAD DOGS!

**#3723 - David Pedersen - Sarasota**

**#3724 - Linda Steward - St. Petersburg**

**#3725 - Stacie Marlin - Gulfport**

**#3726 - Alison Linares - Valrico**

**#3727 - Jeremy Simpson - London, England**

**#3728 - Paula Shea - Tierra Verde**

*Continued from page 2*

Also highlighted was his incredible love of and devotion to his lovely wife, Melissa. The ceremony was closed with a “paddle out” shown on the cover of this week’s issue. Jack will be long remembered as a leader, friend and advocate for all Mad Dogs.

Rosie Ray is leading the effort to design and make available new Mad Dog triathlon uniforms. She will bring fit kits to Mad Dog events over the next month so that we can be assured of ordering the correct size of either one piece or two piece uniforms. After we determine the level of interest, the DeSoto company will set up an on-line store for ordering. Don’t be left out for 2017!

**Chuck Lohman, Editor**

# MAD DOG NEWS

- **Rene Vallant, Ella and son, Noah**, plan on returning to St. Pete from Austria to celebrate the Holiday Season from 23 December to 6 January. Mad Dogs can't wait to see them again!
- **Melissa Harasz** won a lottery slot into Escape from Alcatraz. Good luck, Melissa!
- **Rosie Ray** has received try on kits from DeSoto for new Mad Dog uniforms. They will be available at Mad Dog social events in the near future. Don't miss out! She can also be reached at [rosieray@mindspring.com](mailto:rosieray@mindspring.com).
- A moving "paddle out" was held to remember and honor Jack Shuten at Pass-a-grill Beach on 19 November. Approximately 50 Mad Dogs and friends attended the moving ceremony. Thanks to **Leo Briceno** and **Chad Siple** for organizing and leading the event! See page 12 for pictures.
- Don't miss the Annual Mad Dog Anniversary/ Holiday party at Caddy's on Central Avenue at 2 PM on December the 10th. It's also a chance to register for St. Anthony's Triathlon with a special Mad Dog discount.
- Start planning to attend the unique "Hair of the Dog" untimed party/triathlon at North Beach Ft. DeSoto at noon on the 1st of January. "Get up off of that thing," and start the New Year right!

# DECEMBER BIRTHDAYS



Edward Aguilu	1st
Jo Fosse	2nd
Margie Moore	2nd
Rue Morgan	6th
Barbara Burke	7th
Jim Cunningham	7th
Lisa Pablos	7th
Jan Thompson	14th
Carol White	17th
Allen Jernigan	18th
Keith Nelson	21st
Randall Brown	22nd
Cathy deHaan	22nd
Maximilian Borges	24th
John Thee	26th
Thomas Ravenel	27th
Anna Massanari	28th
Kip Vosburgh	29th
Lorraine Hurley	30th
Michael Kanaby	30th

# UPCOMING RACES



**3 Dec - Key West Triathlon**  
Olympic/Sprint Key  
West, FL  
[www.multirace.us](http://www.multirace.us)



**1 Jan 15 Hair of the Dog Party**  
and Untimed Fun Tri  
Ft. DeSoto, FL  
[www.stpetemaddogs.org](http://www.stpetemaddogs.org)



**11 Dec - Powerman Florida**  
Long/Short Duathlons  
Cocoa Beach, FL  
[www.powermannorthamer..](http://www.powermannorthamer..)



**7-8 Jan - HITS Naples**  
Naples, FL  
Sprint to Full Distance  
[www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)



**18 Dec - Christmas Sprint**  
Sprint Tri & Duathlon  
Naples, FL  
[www.eliteevents.org](http://www.eliteevents.org)



**13-15 Jan - St Pete Beach**  
Classic 5k to Half Marathon  
St. Pete Beach, FL  
[www.stpetebeachclassic.com](http://www.stpetebeachclassic.com)

# Race Results

## Ironman Florida - 5 Nov

Fifth Place - Jill Voorhis

Finishers - Susan Haag (100th Ironman)

## New York Marathon - 6 Nov

Finishers -

Claudia Junqueira  
Amy Keener

## Miamiman - 12 Nov

### Half Iron

Fifth Place - Jennifer Hutchinson

World Qualifiers - (Top 15)

Danny Hicks  
Jennifer Hutchinson  
Reva Moeller  
Sandy Weiss

### Aqua Bike

2nd Place - Jim Cunningham

## Ironman Arizona - 20 Nov

Finishers -

Tye Gruss  
George McCreary  
Mark Smith

## Ironman Cozumel - 27 Nov

4th Place -

Corinne Abraham (Pewag Pro)

Finishers -

David Fraser  
Tom Kennedy (KLR)



# MAD DOG PICTURES

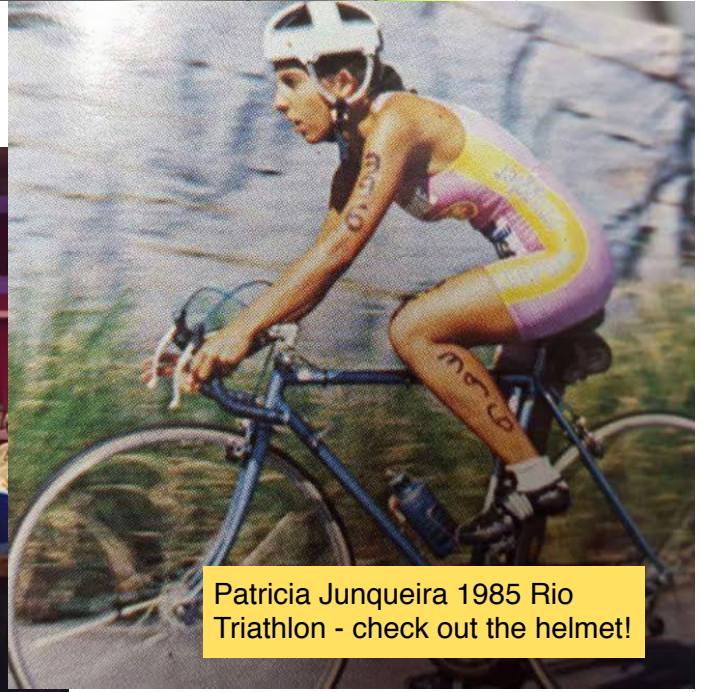
Tye Gruss and Dan Smith  
@ IM Arizona



Carolyn Kiper (L) and Natalie Davis (R)  
with friends at Everglades Half Marathon



Carolyn Kiper's new Storck tri bike



Patricia Junqueira 1985 Rio  
Triathlon - check out the helmet!



Gail and friends @ Hamburger Mary's for charity  
event

# MAD DOG PICTURES



Congrats to Richard Jansik and Laura Sgroi on their recent wedding!



Amy Keener & Claudia Junqueira trying to stay warm before NYC Marathon w/ 50k others



Coach Leo & Trixie



Jill Voorhis, John Macedo with friend, Sherry



Jim Cunningham 2nd place @ Miamiman



Brittany Pierce & Paul Higgins married in Las Vegas!

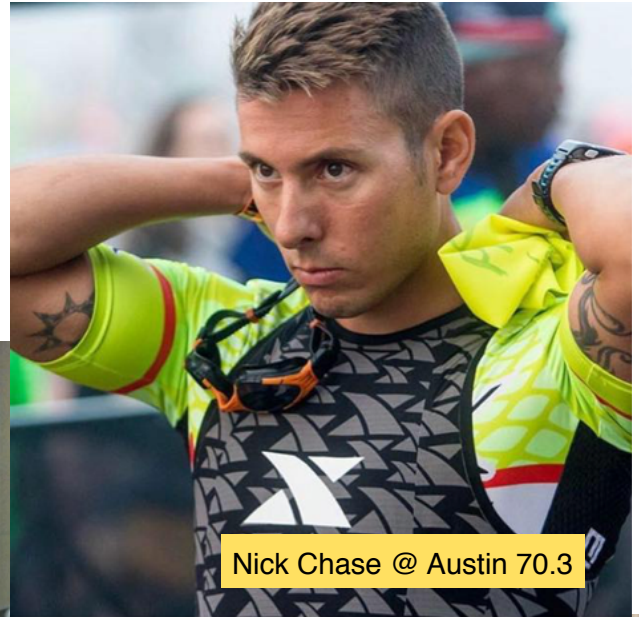


Jessica Koelsch marries Todd Bibza (and couple may relocate to St. Pete)

# MAD DOG PICTURES



Your president, Tim (Stoner) Hudson, on Halloween



Nick Chase @ Austin 70.3



Jill Voorhis prepping for IM Florida



Dated picture of Keith Nelson with Renny



Rene Vallant visiting IM Headquarters in Tampa



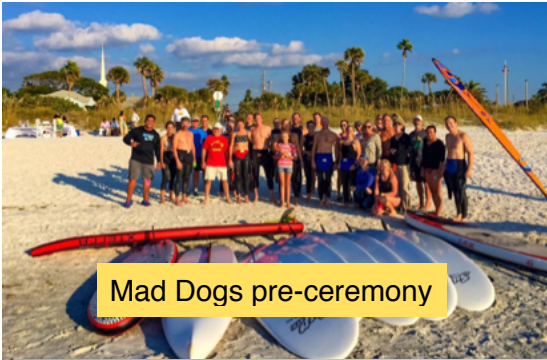
John Macedo (L) & David Fraser (R) with Pewag in Kona



More Mad Dogs...

# MAD DOG PICTURES

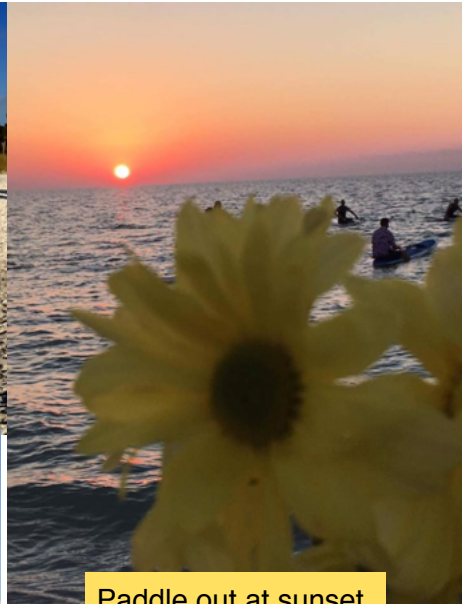
## Jack Shuten's Paddle Out Ceremony



Mad Dogs pre-ceremony



Coach Leo and Melissa



Paddle out at sunset



Coach Leo Briceno



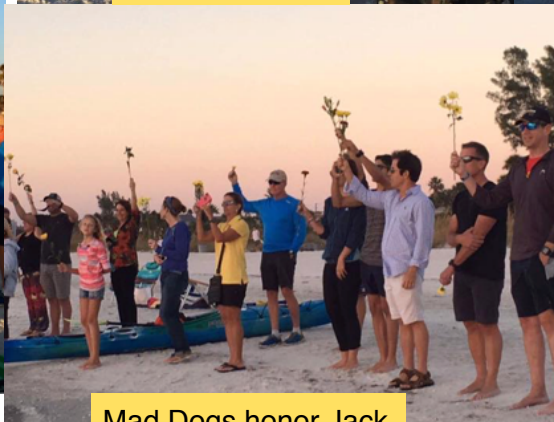
Chuck Lohman



Mary and Jim Cunningham



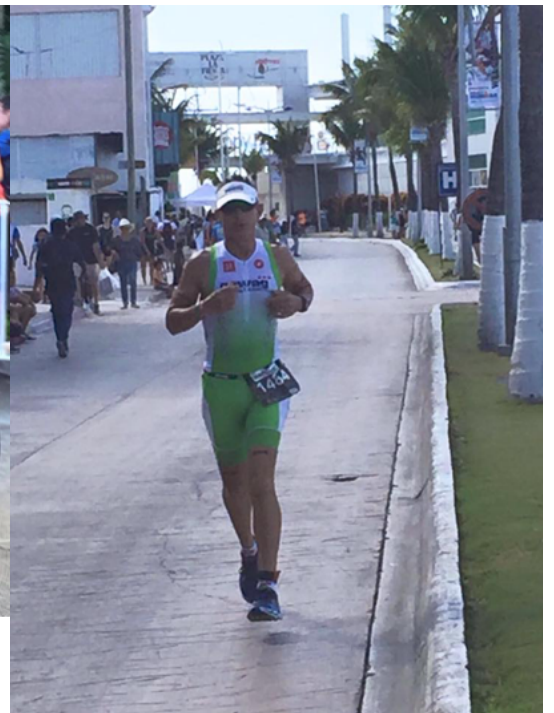
Chad Siple



Mad Dogs honor Jack

## David Fraser's IM Cozumel Race Report

Wrapped up 2016 season with Cozumel Ironman on Sunday. The race started out well, 1st place out of swim and 2nd off bike, 12 minutes faster than last year. Held 2nd place on the run through 28km, then my legs gave out, finishing the race in 6th. Not my best race, but I gave it my all and left nothing on the course. Now looking forward to the 2017 season. Thanks as always to my wife Anne, coach Rene Vallant and Pewag for their support!



## Thinking About Selling?

Selling your home in a way that will attract the best price within your desired time frame requires a comprehensive marketing plan.

My proven strategies get your home sold fast at the best possible price.



Proud Member St Pete Mad Dogs  
Multi Ironman Finisher



**Kent Rodahaver**

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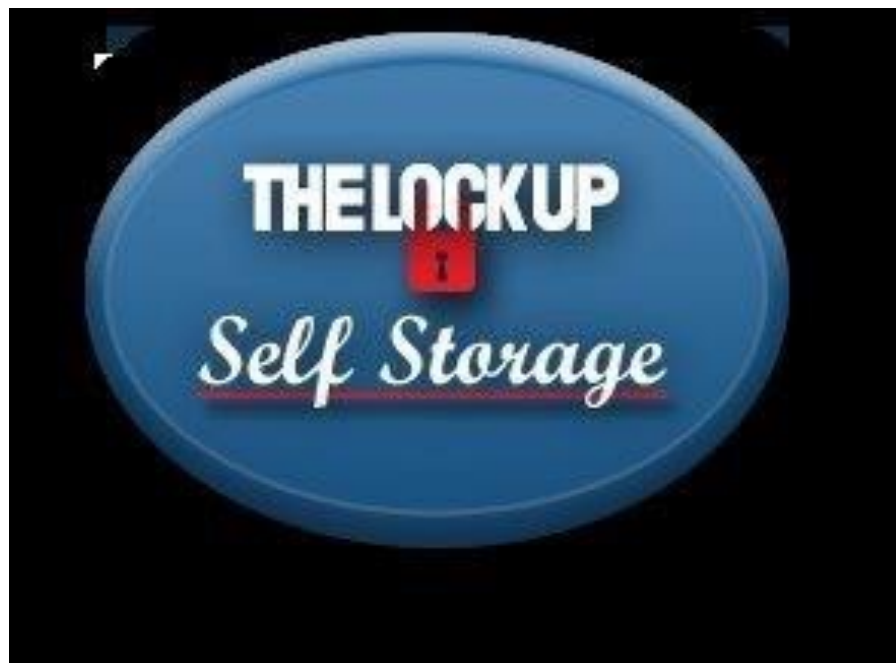
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