



# THE FINISH LINE



**Jessica and Todd  
Bibza ready to race  
at Ft. DeSoto**



<b>Training Calendar -</b>	<b>Pages 3-4</b>
<b>New Mad Dogs -</b>	<b>Page 5</b>
<b>Mad Dog News -</b>	<b>Page 6</b>
<b>Upcoming Races -</b>	<b>Page 7</b>
<b>Birthdays-</b>	<b>Page 8</b>
<b>Race Results -</b>	<b>Page 9</b>
<b>Mad Dog Pix -</b>	<b>Pages 10 - 12</b>
<b>Articles &amp; Reports -</b>	<b>Pages 13 - 22</b>
<b>Advertisements -</b>	<b>Pages 23 - 27</b>

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" 10"	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.

## ST. PETE MAD DOGS BOARD OF DIRECTORS

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Recently, your BOD met and discussed ways that we could enhance your experiences with the Club. President John Hollensworth will be communicating his ideas soon. (See page 13)

We are pleased to report that Mike Deacy has volunteered to serve on the Board of Directors as Logistics coordinator. Mike earned a Masters Degree in Logistics while serving in the U.S. Air Force. Thanks, Mike!

(Please go to page 5)

# TRAINING CALENDAR

	SWIM	BIKE	RUN
<b>MONDAY</b>	5:30 - 7:00 AM St. Pete Beach Aquatics Club coached by Leo Briceno	8 am. From USFSP 6th Ave & 2nd St. South. 16 miles 20-21 mph.	6 pm. From Northshore Pool Parking Lot (16 miles) St Pete Road Runners
<b>TUESDAY</b>	6:30-8 pm. Northshore Pool. Coach Joe Biondi \$9.00 fee	6 am. Base miles 22-25 mph ride from SPB&F 4th St. store.  8 am. From USFSP 16 miles 18-19 mph.	5 pm. Track workout coached by Joe Burgasser. SPC Track 5th Ave and 70 St N.
<b>WEDNESDAY</b>	6:00 pm. Mad Dog OWS Swim Starting 03/13/19. Meet at Hurley Park.	8 am. From USFSP 16 miles 20-21 mph. <b>Wed is Mad Dog ride. Wear your colors.</b>	7:30 am. Bayway Bridge Repeats. Meet at Sun Blvd & Pinellas Bayway.
<b>THURSDAY</b>	5:30 - 7:00 AM St. Pete Beach Aquatics Club coached by Leo Briceno - fee 6:30-8 pm. Northshore Pool Coach Joe Biondi \$9.00 fee	8 am. From USFSP 16 miles 20-21 mph.	5:15 AM. Bayway Bridge Repeats. Meet at Sun Blvd & Pinellas Bayway. ( Burgasser Group).
<b>FRIDAY</b>	8 am. Group swim Sunset Beach. Meet at Yost's 143-91 Ave S.	8 am. From USFSP 16 miles 17-19 mph.	6:30 AM From Fit4Life 75th Ave. St. Pete Beach SPRR
<b>SATURDAY</b>		8: 00 am. From Northshore Pool. Rides staged by speed: 16-18MPH, 20MPH, 22 MPH, 24 MPH	

# TRAINING CALENDAR

Table 1-3

SUNDAY	SWIM	BIKE	RUN		
		8:30 am. Advanced ride. From St. Pete Library 9th Ave N & 37 St.  8 am. Intermediate no drop ride. From SPB&F 4th St store  10:30 am. Beginner no drop ride. From SPB&F 4th St store.	6:30 AM Long run alternating from Hurley Park PAG and Northshore Pool. SPRR		

# WELCOME NEW MAD DOGS!

**#3837 - Kimberly Poor - Tampa**

(continued from page 2)

In this issue, I've included a nice trip report from Mike Deacy. As you will see by the enclosed pictures, he attempted to post his Mad Dog credentials throughout Northern Europe. Additionally, I've included a race report from Eric Lagerstrom (Mad Dog homestay) as he prepares for the IM 70.3 World Championships in Nice. I've included a retro interview with several brand new triathletes, and the always appreciated training articles from Frank Adornato.

Carolyn Kiper has developed a new Mad Dog ID card which will be available for paid up members to print or download to their cell phone from the "Members Only" portion of our website. Details to follow.

Mad Dogs Rule,  
**Chuck Lohman, Editor**

# MAD DOG NEWS

As announced on social media by John Hollenhorst the new T-shirts for St. Pete Bikes and Mad Dogs were received recently. They will be awarded to new Mad Dogs, and available for purchase to established members. See page 13.

Want to win a free entry (\$100 value) for the Fort De Soto FDS3 race September 14th? We'll enter your name in a drawing for every new Mad Dogs member you recruit until the end of August. To enter, email John at [jhollenhorst@sbcglobal.net](mailto:jhollenhorst@sbcglobal.net) with the name of the new member after they have registered. It's that easy! Do a friend a favor and get them running with the Mad Dogs. Registration at <http://stpetemaddogs.org>

Congrats to Mad Dogs John Macedo and Rosey Ray for their strong finishes at USAT Nationals!

Mad Dogs will be represented at the IM 70.3 World Championships in Nice by Mad Dog President John Hollenhorst and by Jessica Bibza (on the cover of this month's Finish Line.) Follow and cheer for them on 7 September! Former Mad dog homestays Eric Lagerstrom and Jackson Laundry will be racing with the Pros.

Being an athlete is a state of mind, which is not bound by age, performance or place in the running pack. Jeff Galloway

# UPCOMING RACES



7 Sep - IM 70.3 Worlds  
Half IM Distance  
Nice France  
[www.ironman.com](http://www.ironman.com)



2 Oct - Lycra & Lace  
Sprint (Women Only)  
Fort DeSoto  
[www.lycraandlacetri.racehawk.com](http://www.lycraandlacetri.racehawk.com)



14 Sep - Fort DeSoto #3  
Olympic/Sprint/Tri/Du/Aqua  
Fort DeSoto  
[www.triregistration.com](http://www.triregistration.com)



12 Oct - IM World Championship  
IM Distance  
Kona, HI  
[www.ironman.com](http://www.ironman.com)



21 Sep - Siesta Key Triathlon  
Sprint Distance  
Sarasota, FL  
[www.runnersignup.com](http://www.runnersignup.com)



13 Oct - Fondo Clermont  
Cycle 30/50/75 miles  
Clermont, FL  
[www.runnersignup.com](http://www.runnersignup.com)



28 Sep - Crystal River #3  
Sprint Distance Tri/Du/Aqua  
Crystal River, FL  
[www.runnersignup.com](http://www.runnersignup.com)



19 Oct - IM 70.3 Wilmington  
Half IM Distance  
Wilmington, MC  
[www.ironman.com](http://www.ironman.com)



29 Sep - IM Chattanooga  
IM Distance  
Chattanooga, TN  
[www.ironman.com](http://www.ironman.com)



19 Oct - Great Floridian  
1/3 to Iron Tri/Du/Aquabike  
Clermont, FL  
[www.runnersignup.com](http://www.runnersignup.com)

# SEPTEMBER BIRTHDAYS



Joy Edwards	1st
Linda Auer	3rd
Tamala Mullins	4th
Bryce Carr	6th
Rene Aguero	6th
Robert Reeves	6th
Sandy Weiss	8th
Judy Sromovsky	9th
Ben Carlson	11th
Cory Kapes	12th
Ken Burnett	12th
Danny Nolan	13th
Paul Blankenship	14th
Willaim Ulbricht	14th
Timothy Kennedy	15th
Liz Vander Velde	18th
Heidi Hoffman	19th
<b>Kathy Morgan</b>	<b>20th</b>
Cinzia Duncan	21st
John von Lackum	25th
Scott Underkoffer	25th
Peter McKernan II	26th
Roman Fish	28th



# RACE RESULTS

## **Fort DeSoto #2 - 3 Aug**

### 1st Place -

Todd Bibza  
Mike Hood  
Carolyn Kiper  
Jackie Yost

### 2nd Place -

Phil Lacey (Overall AqBk)

### 3rd Place -

Jessica Bibza (Overall)

Jay Anderson  
Suzanne Brosseau  
John Hollenhorst  
Team Bayliss (Coed Relay)

### 5th Place -

Joy Edwards  
Vicky Linkovich (Overall AqBk)

## **USAT Nationals - 10/11 Aug**

### 6th Place -

John Macedo

### 7th Place -

Rosie Ray

## **IM Mt. Tremblant - 17 Aug**

### Finisher -

Jonathon Dunsford

# MAD DOG PICTURES



Carol Jean and Kip Vosburgh at their summer retreat in North Carolina



Bill and Debbie Riley on St. Pats Day



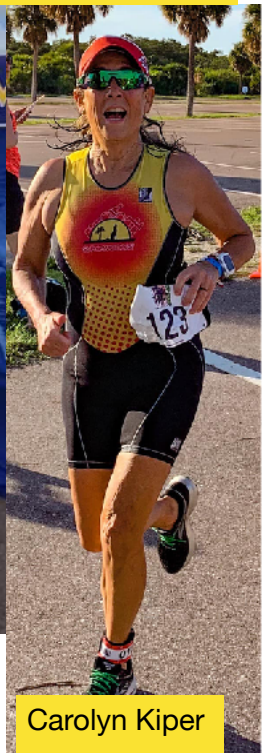
Craig Alexander posing with his favorite triathlete, Diane Stokes!



Vintage photo of Katie Perry, Tim Hudson and (I think) Rose Hoge, Jenee and Alexa Lampasona



Mike Hood #1 at Fort DeSoto #2



Carolyn Kiper

# MAD DOG PICTURES



Joe Bayliss of the Bayliss & Bayliss Relay Team at Fort DeSoto



Jessica and Tod Bibza



Carolyn Kiper (L) & Natalie Davis (R).



Scott, The Viking



John Hollenhorst (L). Winner is too tired to stand up.



Jessica Bibza, 3rd (Overall)



Mike Hood at Ft. DeSoto Tri rocking Old School uniform

# MAD DOG PICTURES



Todd Bibza wins his age group



John Macedo at Nationals



Rosie Ray at Nationals; qualified for Worlds in 2020



Noah Pransky sports new Podium Shirt @ Coney Island!

## **UPDATES from Mad Dog President, John Hollenhorst**

It's been a busy couple of weeks in the Mad Dogs executive offices and shipping department as we moved ahead on our increased visibility initiative. Phase one involved securing new sponsors and creating a new line of apparel to keep you comfortable, stylish, and recognized as a Mad Dog. In fact, if you take a photo of yourself anywhere in the world wearing our gear, send it to Chuck Lohman for possible inclusion in The Finish Line's new Mad Dogs Off the Leash section. (See page 15)

**Club Shirts:** The softer and more breathable red club shirts are in and they feel and look great. A shirt is included in the initial membership fee for new members, and can be purchased by current members for \$10, which is below cost due to sponsor support.

**Mad Dog Caps and Visors:** We also have new Headsweats brand race caps and visors that look fantastic. Caps and visors will be available for \$20 at the Wednesday swims or other events because we don't actually have a shipping department. These also are quality products that typically retail for \$25.

**Coming Soon:** Headsweats running singlets, as well as Rocket Science Sports race kits and bike jerseys, are in the final stage of design and will be available for order online within the next few weeks.

**Still Available:** We also maintain a stock of high quality swim caps generously provided by our swim sponsor Zone3 US. If you don't already have one, pick one up at the next OWS.

### **Communications Updates:**

We have established a new Facebook Mad Dogs Closed Group to publicize benefits and events available only to current members. If you don't receive an invitation to join the closed group, go to the page and click the "request to join" button. If you're a current club member we will confirm your addition to the group.

The current public-view Facebook page will continue to publish post-event photos and news of general interest to the tri community.

For members who have chosen not to use Facebook: Please note that the Mad Dog website serves certain information purposes but only Facebook allows for a daily news feed with updates and comments posted by members. We will send a periodic email summary of Facebook posts regarding key events only.

Look for more developments in the coming months. If you'd like to add to the discussion, please contact me at [jhollenhorst@sbcglobal.net](mailto:jhollenhorst@sbcglobal.net) or 608-216-6104.



## Mike Deacy's "Mad Dogs Off the Leash" Trip Report from Northern Europe

Copenhagen, Denmark narrative: Kind of a paradise for walkers, runners, cyclists. I was up at 5AM and people were using the running path across the street from my hotel extensively and people were heading for work on their bicycle in the area. The most striking feature was the prevalence of bicycles in this city. Almost everyone in Copenhagen rides a bicycle, with over 200 miles of bike paths in the city, and almost two thirds of the population ride to work or school. Most of the bikes I saw were made for commuting and had chain guards to keep clothing grease free, but I saw quite a few fast road bikes on the outskirts of the city. And don't just walk into the bike lanes on either side of the road (as many tourists do). Very easy to get hit by one or more cyclists going down the path. Special bonus—the Copenhagen Ironman Race was conducted the last day I was in Copenhagen. I saw swimmers in the canal, bikes on the roads, and they ran during a rainstorm part of the time. Copenhagen published a Bicycle Strategy 2011–2025 with the goal of making Copenhagen the world's best city to cycle in. The focus is on four core areas; city life, comfort, speed, and safety. Not a bad idea for our city.

Stockholm Sweden narrative: Bicycles and runners were much less visible in Stockholm, although still more cyclists than you'll usually see in US cities. Stockholm has much hillier landscape than Copenhagen (which is about as hilly as Florida).

Tallin Estonia narrative: Taciturn Tallin is emerging from the old USSR influence. Evident love of music and art, not so evident love of cycling and running. Pass.

St Petersburg narrative: No, not home yet—this was in Russia, although when asked I always told natives I was born and raised in St Petersburg. Friendlier city with much focus on tourism. Still, not a huge cycling city from what I could see. I certainly saw an interesting runner though. Sheila and I took a boat tour of the canals and a young man waved at all the boat passengers from the first bridge we went under. Then he waved from the second bridge. Of course we started watching for him and observed him running along adjacent roads, often hiding behind statues and such until popping out to wave and run on. I have a couple pictures of me in a Mad Dogs shirt on the boat with the runner on a bridge about. It was entrepreneurship in Russia, and it worked out well monetarily for the youngster at the end of the tour when he met us coming off the boat.

Helsinki Finland narrative: While bicycles are common in Helsinki, they were not as prevalent as in Copenhagen. However, when I saw bikes, they were most often the iconic bicycle brand of Jopo which are extremely common in Finland.

*See pictures on following page!*



Mike in Copenhagen



Mike in Helsinki, Finland



Mike in St. Petersburg (Russia)



Mike in Stockholm



**INNOVATIONS IN SPORTS MEDICINE**  
**Bay Care Medical Conference**  
**17 August 2019**  
**by Frank Adornato**

Last week I attended the “Innovations In Sports Medicine” Medical Conference put on by Bay Care. This is the third Bay Care Conference I have attended in the past few years and they all have been very good. It was very well attended with more than 200 people including, athletes, coaches, trainers, PT’s, nurses, chiropractors and physicians. Six speakers gave presentations on a variety of topics dealing with innovative ways to treat various sports injuries, ranging from wrist, hand, foot ankle and knee repair and replacement. Personally I was very interesting in hearing the talk on Stem Cell and Platelet Rich Plasma therapies.

As with all large conferences, while all the information presented may be of value to various groups in the audience, as an individual you should expect only about 10% to be pertinent to your own interests and needs.

Here are a few items that may be of interest to us as endurance athletes and triathletes.

1. If you want to grow as an athlete, it’s valuable to break things up and try new or different training methods. Don’t get caught in the same training routine month after month, year after year. Training methodology has evolved over the years and we as athletes and coaches need to read, research and apply new methods to our training plans.
2. Prolotherapy (injections of dextrose and lidocaine) can be effective in treating some types of athletic injuries such as minor muscle tears. It works by promoting irritation at a localized site which increases blood flow which promote healing. (Side note: Several years ago, a sports doc treated me with prolo injections for a minor hamstring tear. It took several weeks of injections and and more than a month of PT but it all worked out great.)
3. Platelet-Rich Plasma (PRP) is becoming a main stream treatment option in regenerative medicine. Stem cell therapy seems still to be controversial.
4. There have been many advances in surgical techniques including robotic assisted surgery. While we hope we never need it, procedures to repair, reconstruct or replace hand and wrist injuries, ACL tears, ankle and knees joints, are allowing athletes to get back in the game after recovery.

## Training Tip - Get Out of That Training Rut

When we start out as newbies in any sport, a little training can show big results. But as we get fitter and more experienced, the training improvements become subtle and sometimes we get discouraged and feel like we're in a training rut. We work hard but don't see any improvement. Here are several things you can do to break out of that rut.

- Evaluate and make changes to your workout routine. Make sure the intensity factor for all of your workouts isn't stuck in the middle. Too often, and especially if you train alone, you'll fall into a middle-of-the-road training pattern. If you think this is you, it's time to bump it up. Train to extremes. High intensity efforts should be high heart rate, fast and hard, and low intensity efforts should be easy "conversational" pace. About 25% of your cumulative training time should be near or at the top end of your training heart rate (about 85% max HR). The duration of higher intensity sets should be between 30 seconds and 4 minutes separated by an equal rest interval.
- Add strength work to your weekly routine. Two or three sessions in the gym working on full body strength as well as core strength will improve your overall strength, stamina, speed, and agility.
- The corollary of the above it to make sure you take adequate rest days. My rule of thumb is to take one rest day a week. No training except stretching and mobility work (yoga, pilates, etc.) And don't skimp on your sleep. 7 1/2 to 8 hours sleep a night is well needed rest.
- Eat and drink right. Regardless of what nutritional lifestyle you follow (Mediterranean, pescatarian, vegetarian, vegan, keto, etc.) make sure you're getting adequate calories, and protein, carbohydrates and healthy fats in your daily diet, as well as plenty of liquids.
- Train with friends. Training with a group has many benefits. You won't be inclined not to show up or to skip that last set. Sometimes you'll push a little harder. And most of all, you'll have fun.

Train smart. Race fast.

Frank Adornato



To see all my training tips and videos, visit [www.triitall.com](http://www.triitall.com)

## RETRO INTERVIEW OF FUTURE MAD DOGS

For this article I've decided to head off in a new direction. I often pay homage to senior triathletes who have served as both inspirations and pioneers for the rest of us. My wife, Gail, suggested that I might want to look at the other end of the spectrum -- youngsters who are just beginning their triathlon careers. I have decided to feature two young amazons -- one already a Mad Dog and the other determined to join that elite cadre. The two are scheduled to compete this year in the Meek and Mighty prelude to St. Anthony's Triathlon as rising seven year olds. Both of these young ladies agreed to be interviewed for this feature, and to share with the Mad Dogs the secrets of their success. They even agreed to pose for pictures to satisfy their many fans.

Amazon #1 - **Jaylyn Mischke** (daughter of Mad Dog Stephanie Mischke)

Reporter: Jaylyn, I understand that you are already a Mad Dog. What was your first triathlon?

*Jaylyn: It was Hair of the Dog, last March.*

Reporter: Could that have been January rather than March?

*Jaylyn: Maybe.*

Reporter: What made you want to enter the triathlon?

*Jaylyn: My mother made me, but it was really fun!*

Reporter: How did you train for your first race?

*Jaylyn: I did not train, I just did it.*

Reporter: What is your favorite of the three sports?

*Jaylyn: Swimming, but I'm a really good runner!*

Reporter: What do you like most about being a Mad Dog?

*Jaylyn: I get to do lots of fun stuff at the beach!*

Reporter: What is your favorite subject in school?

*Jaylyn: Math.*

Reporter: Is there anything else you would like to share with your fans?

*Jaylyn: I want to be a star, but right now I want to go play with my friends.*

Reporter: Jaylyn, thank you very much for your time and best wishes.

Amazon #2 - **Julia Mularoni** (daughter of Dr. Patrick Mularoni and Dr. Kim Mularoni)

Reporter: What made you want to participate in triathlon?

*Julia: My father made me sign up for the Meek and The Mighty, but I really want to do it now.*

Reporter: How is your training going?

*Julia: It's going really good, but my Dad's not going to race because his knee hurts.* Reporter: Is the training fun?

*Julia: Yes! I like biking and I like running, but I love swimming!*

Reporter: Then I assume swimming is your best event.

*Julia: Yes. My Dad is putting Taylor (younger sister) and me on the swim team this summer.*

Reporter: Do you know that after the race you can join the Mad Dog triathlon club? *Julia: What is a Mad Dog? (I explain) Definitely!*

Reporter: So do you plan to keep doing triathlons?

*Julia: Yes.*

Reporter: Do you think your sister, Taylor, will become a triathlete?

*Julia: Yes, but she has to wait until she is seven.*

Reporter: Is there anything else you would like to tell your fans?

*Julia: No, I am really tired from two hours of soccer practice last night, and we are going to race a mile tonight.*

Reporter: Thanks very much for your time, Julia, and good luck in your race.

Mad Dogs (and Mad Pups) rule, Chuck Lohman

### Training Tip - You Are What You Eat

Usually athletes fall into one of two extremes as far as eating is concerned. Those who eat healthy and those who feel they exercise a lot so they can eat whatever and as much as they want to eat. If you push your body in training and competition, you want to make sure it's in tip top condition - a lean, mean fighting machine. The quality and amount of food you eat is integral to making that happen.

You should eat enough calories to replace the calories you burn each day and maintain your personal healthy weight. The amount of calories will vary from one person to another, but a general guideline for endurance athletes is between 2000 and 3000 calories daily. Everyone is different so don't base your calorie intake on your training buddies. And keep in mind that being an endurance athlete is not a license to become a chow hound.

Your body needs a balance of carbohydrates (for fuel), protein (for muscle growth, your immune system and fuel) and healthy fats (for fuel storage, among other uses). How much of each is often up for debate. Recent convention says a safe ratio among carbs, protein and fats is 40:30:30 based upon daily calorie intake. General dietary guidelines recommend a range of carbohydrates: 50% (45–65), fats: 25% (20–35), and protein: 25% (10–35). There are also some who advocate lower carbohydrates, down to as little as 5-10%. I've tried low carb diets and found them to be too extreme for me.

Do you know what you eat? My advice is to take some time to review your typical daily menu and calculate the ratio of carbs, protein and fats in your diet and the amount of calories you eat in a routine day. Between food nutrition labels and the internet you can easily get the data you need. Use this to prepare your nutritional journal and evaluate your diet. You may find that your diet is truly healthy ... or maybe not. Too many carbohydrates? Too much unhealthy fat? Too many calories? Once you have your typical diet laid out in front of you, you can decide to maintain or change things around.

As a competitive athlete you want to be fit and healthy, and the better you eat, the healthier you'll be.

Train (and eat) smart. Race fast.

Frank Adornato



To see all my training tips and videos, visit [www.triitall.com](http://www.triitall.com)

## Race Report From Eric Lagerstrom (Mad Dog Homestay) From IM 70.3 Santa Rosa

5th place for me today at 70.3 Santa Rosa! It's the strongest field I've been in all year, and I did everything I could to rise to the occasion. I led out of the water, but got spit out of the lead pack around 25k in.. I still feel like I'm learning how to ride in a group without doing a ton of extra work, since I've spent so many races riding solo. I had my best run of the year, with a 1:14, and I know there's more in the tank there too. It's a bit over a month until World Champs and this race has given me some pretty clear indications of what I need to work on 🙌 back to Kelowna and the grind thanks to @talbotcox for getting us all pictures. If there isn't a picture these days, it didn't happen.





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