



# THE FINISH LINE



**Former Mad Dog Barbara Towey, #711 pictured with her mother.**

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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.

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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 @

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### Editor's Column

This month we sadly say goodbye to another Mad Dog, Barbara Towey # 711, who passed away July 19th. I remember Barbara as a regular volunteer at the Fall Annual Luau we had to send off the Kona Qualifiers. She was always there to support our annual Christmas Party helping out and spreading good cheer.

I've been spending the year so far just burning calories and trying to summon

(continued on page 6)

# TRAINING CALENDAR

## Temporarily Suspended

	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 03/11/19. Meet at Hurley Park. <b>Start of the season.</b>	8 am. From USFSP 16 miles 20-21 mph. <b>Wed is Mad Dog ride. Wear your colors.</b>	7:00 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

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

# AUGUST BIRTHDAYS



Samantha Drake	-1st	Megan McKenna	- 12th
Michelle Young	-1st	Cindy Perret	- 12th
Patrick Ruta	- 2nd	Bill Hendrick	- 16th
Jon Muff	- 3rd	Pat Brighton	- 17th
Deonna Roberts	- 3rd	Dee Anna Farnell	- 20th
Edward Evanouskas	- 4th	Kristen Ashbaugh	- 21st
Frances Hamblin	- 6th	Daniel Trimbach	- 23rd
Gina Hubany	- 11th	Katie Ashbaugh	- 25th
Janet Kelly	- 12th		

## **WELCOME NEW MAD DOGS!**

**# 3893 - Adriana Anderson - Woodbridge, VA**

Editor's Comments continued:

up some endorphins. A couple of nearby Ironman sponsored races have not yet been removed from the calendar — IM 70.3 Cozumel in September and IM Cozumel in November. We are not holding our breath. In case you missed it there actually was a local race at Fort Pierce, Florida in July. Mad Dogs Rosie Ray and Tony Handler won their age groups. Other locals who participated were Park Alsop and Susan Haag.

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

# MAD DOG NEWS

**On 19 July, we heard that Barbara Towey, Mad Dog # 711, passed away surrounded by family and friends. She will be missed by all Mad Dogs as she transitions to the podium in the sky. RIP, Barbara!**

**Heard that Mad Dog Marine Emma Quinn is being transferred to Northern Virginia. We'll miss you, Emma. Hurry back!**

**Mad Dog Dumpster Diver - While our home is being renovated, Gail and I and the pups are residing at a condo in Waterside on Coquina Key. One interesting feature there is that trash must be delivered to a central pick up location. One day Gail deposited our trash and dropped her phone in the deep receptacle. As she was struggling to retrieve the phone, Security arrived (after spotting her on ITV) and asked her what she was doing. Wish I had recorded it. We can't wait to get back into our house!**

**“ If you're going through Hell, keep going.”  
Winston Churchill**

# UPCOMING RACES

## Tentative Dates for Local Races



Aug 15th- Tri Fort DeSoto #2  
Sprint Tri/Duathlon/Aquabike  
Fort DeSoto  
[www.fortdesototriathlon.com](http://www.fortdesototriathlon.com)



Sept 26th - Top Gun  
Sprint Tri/Duathlon/Aquabike  
Fort DeSoto  
[www.thunderboltmultisport.com](http://www.thunderboltmultisport.com)



Sep 12th - Tri Fort DeSoto #3  
Sprint Tri/Duathlon/Aquabike  
Fort DeSoto  
[www.fortdesototriathlon.com](http://www.fortdesototriathlon.com)



Dec 5th or 12th - Lycra & Lace  
Sprint Tri for Women  
Fort DeSoto  
[www.thunderboltmultisport.com](http://www.thunderboltmultisport.com)

As of the last week in June, Ft. DeSoto has not given permission for any races to be conducted there. August races look very shaky.



# RACE RESULTS

All Mad Dogs are encouraged to submit race results. There is no automatic program to search for Mad Dogs in every race. Thanks.

## **Ft. Pierce Triathlon - 19 Jul**

### 1st Place -

Tony Handler

Rosie Ray

### 2nd Place -

Park Alsop

# MAD DOG PICTURES



**John and Pam Hollenhorst at the Badger State Triathlon 16 years ago. Pam's very first triathlon!**

# MAD DOG PICTURES



Brian Herrington on the road again...

Picture of Leo Rodgers from Men's Health. Many of you has seen his single leg exploits in the local area — no boundaries!



# MAD DOG PICTURES



Barbara Towey with her Mom



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## Training Tip - Improve Your Swim By Breathing Better

If there is one thing every athlete can do to improve in the swim, it's learn to breathe properly. Many swimmers hold their breath when their face is in the water, and then they exhale quickly and explosively at the last second before they try to inhale as much air as possible on the stroke recovery. I've observed this many times when coaching swimmers. It's a very common problem. This technique doesn't work and inevitably the swimmer needs to take extra breathes and the result is premature fatigue.

To do it right, you need to develop a comfortable rhythm between your breathing and your swim stroke. At the risk of stating the obvious, you should exhale continuously from your nose and mouth when your face is in the water. Then when you take your face out of the water during the swim stroke recovery phase, inhale and get a lungful of air. Breaking it down even further, start the exhalation before your face is under water. When your face is about to turn into the water keep your facial muscles relaxed and start to blow air out from your mouth. Continue exhaling steadily from your nose and mouth during the pull phase of the stroke, emptying much of the air from your lungs. Don't force the exhalation. Then during the recovery phase of the stroke when your face comes out of the water, you only need to take a quick inhalation which fills your lungs with fresh air. The ratio of time for the exhalation vs the inhalation is about 3:1 - a long exhale and a quick inhale.

Also, learn to breath on both sides of your body; one, two or three breathes from the right side, and then one, two or three from the left. The exact pattern isn't important as long as you can comfortably breathe on both sides. Bilateral breathing offers several benefits including better open water navigation and less neck stiffness and dizziness from longer distance swims.

Train smart. Race fast.

Frank Adornato



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

## Top Gun 2013

### **Retro Race Report**

As I was looking back over the last 3 1/2 years of articles for The Finish Line I noted that I had never written about the Top Gun Triathlon. Although there are other mid-summer races in Central Florida, we have about 2 months of a triathlon gap in St. Pete between Mad Beach and Top Gun. I don't know about the rest of you, but I was suffering a bit of race withdrawal symptoms -- that is to say, I had forgotten how much racing hurts! The end of July is historically the hottest time of the year here, but for some reason the wind has been pretty slack on race day the last few years.

Saturday the 27th of July was race morning for about 1200 triathletes. The wind was only about 6-7 MPH out of the northwest -- dead calm for Ft. DeSoto. The weather Gods made up for that oversight by serving up the hottest day of the year so far -- 93 degrees. As usual, the meet was well attended by Mad Dogs from 14 year old Kaeleigh Morehouse to 83 year old Larry Yost and his bride Jackie.

I heard one amusing Top Gun race story that I need to share. Some of you readers may remember the epic duel in the rain several years ago between Dallas Rose and Park Alsop at New Year's Day annual Hair of the Dog Mad Dog triathlon/party. They staggered across the finish line soaked, red faced and neck and neck in an untimed, unscored and unwitnessed fun event. Their rematch at this year's Top Gun race, after obligatory trash talking, proved to be not quite as epic. At the swim start Dallas crashed through a wave, losing both his goggles and a contact lens -- round #1 to Park. During T-2, Park racked his bike backwards, had to run around his bike to get a running shoe, back around the

bike for the other shoe and then search for his number belt which was found pinned under his wheel -- round #2 to Dallas. I have to break the tie by awarding Dallas extra credit, though, for competing in the Crystal River Twilight Triathlon that same evening. I can't wait for the next rematch.

Only one thought for the race organizers -- having the same color swim caps repeated in the swim waves confused some of the newer triathletes and caused a number of disqualifications. While it is true that everyone is responsible for knowing their wave and start time, it would seem possible to pick 14 different colors. Perhaps this would be too costly for the sponsors. I admit ignorance here. In any case, I congratulate Fred and Joe for another sumptuous post race feast. My personal favorite was the strawberry shortcake.

Thanks also to St. Pete Bicycle & Fitness and Bill Jacksons for their support of the race. Mad Dogs rule! Chuck Lohman



## Training Tip - Simulate A Race

With all of the uncertainty about triathlon racing this year, here's an idea about how you can simulate a race on your own or with training pals.

A simulated race is a great training tool, as well as valuable preparation for race day - if you're lucky enough to have an actual race on your calendar. If you're like most of us you probably haven't raced at all in 2020 and you're craving to compete. So get some training friends together and plan out a simulated race. Here are some important points to consider, regarding how, where, and when you do this race.

If you do have a real race scheduled, do the simulation race at least four to six weeks before the actual race date to allow adequate recovery. Otherwise any time is great! Regardless, treat this like a real competition in every aspect. This is more than a mock triathlon where you go through the motions. This is a full race effort.

- Allow yourself a short taper (two to three days) beforehand.
- If you have a real race coming up, ideally do the simulation on the actual race route, or if that's not practical, approximate the course as closely as possible in terms of terrain.
- Set up a transition area in advance, so your T1 and T2 are as fast as on race day. No dawdling. Be quick in and out.
- Start early in the day; about the same time as on a race day.
- Wear what you will wear for a race.
- Eat your pre-race dinner and breakfast.
- Eat and drink what you plan to use as your fuel in a race.
- This should be an all-out competitive effort. Use your internal pace clock as you would do on race day. Don't pace yourself by heart rate. If you choose to wear your HR monitor, use it for feedback after the workout.
- Take several recovery days before resuming your regular training.

A race simulation will give you valuable feedback about how your body will react to the stresses of race day, and it will also give you the confidence to race at your best, if and when that ever happens!

Train smart. Race fast.

Frank Adornato



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## Stopping On The Bike

Many years ago, I took some wind surfing lessons in Cancun. The first lesson was how to stop and turn around. I wanted to learn how to windsurf, not stop, but the instructor was quick to point out that stopping and turning were very important skills. If you didn't know how to stop or turn around you might end up windsurfing to Cuba!

Similarly on the bike, we spend a lot of time learning how to ride and go fast, but little time learning how to stop correctly. Riding to Cuba certainly isn't the concern here, but having to stop within 15 feet in order to avoid a collision with a truck is.

Most bikers realize that the front brake gives the best stopping power, but there's also the fear that braking too fast on the front wheel will cause you to fly over the handlebars. As a result, many riders use the rear brake predominantly over the front brake, which can cause rear wheel skid and longer stopping distances, both of which can result in injury.

Using the rear brake to stop at a speed of 15 mph will result in a stopping distance of about 35 feet. Using the front brake to stop at 15 mph will result in a stopping distance of about 15 feet. Use both brakes at the same time and you'll stop in about 18 feet.

Learn to stop by reflexively applying equal and even pressure to the brakes of both wheels. Avoid jamming hard on the brakes. In an emergency stop, use both brakes or the front brake depending upon how much of an emergency you're looking at. In any abrupt stop, move your butt over the rear of the saddle or get your butt completely off the saddle and over the rear wheel. This will help keep an equal weight distribution across the bike from front to back, and it will help prevent you from flying over the handle bars.

Periodically practice these stopping techniques as part of your cycling drills. Make them reflexive and not something you have to think about. Hopefully you'll never be faced with the need to make an emergency stop, but it's always better to be prepared.

Train smart. Race fast.

Frank Adornato



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