



THE FINISH LINE



**Hair of the Dog
2020**
The club gathered at Fort De Soto to launch the new year of fun & fitness.

Editorials -	Pages 2 & 5
Training Calendar -	Pages 3-4
Birthdays-	Page 5
New Mad Dogs -	Page 6
Mad Dog News -	Page 7
Upcoming Races -	Page 8
Race Results -	Page 9
Mad Dog Pix -	Pages 10 - 14
Special Swim Clinic -	Page 15
Articles & Reports -	Pages 16 - 24
Advertisements -	Pages 25 - 28



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 E-mail: info@stpetemaddogs.com

Articles, or photos may be submitted to the Editor @ 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. 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

BOD@STPETEMADDOGS.COM

PRESIDENT	JOHN HOLLENHORST
VICE PRESIDENT/MEMBERSHIP	CAROLYN KIPER
TREASURER	DAVE PROFFITT
SECRETARY	GAIL LOHMAN
EDITOR	CHUCK LOHMAN
LOGISTICS	MIKE DEACY
SOCIAL DIRECTOR	GINA HUBANY
TRAINING	FRANK ADORNATO
COMMUNICATIONS	TIM HUDSON
ASST. SOCIAL DIRECTOR	JENN OLVEDY
AMBASSADOR	RUE MORGAN
AMBASSADOR	KATHY MORGAN



Ah, just when we thought it was safe to begin full time training — Winter arrived. Good chance to break out those long sleeves jerseys and knee warmers.

Recently I spent some time in Colorado visiting a Retired Home. It reminded me how lucky we are to be able to train and race with our Mad Dog friends. i think sometimes we feel sorry for ourselves with overuse injuries or accident recovery, and lose the big picture of just being able to go outside and enjoy sunny Florida.

(Please go to page 5)

TRAINING CALENDAR

	SWIM	BIKE	RUN
MONDAY	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
TUESDAY	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.
WEDNESDAY	6:00 pm. Mad Dog OWS Swim Starting 03/13/19. Meet at Hurley Park. Over for the season.	8 am. From USFSP 16 miles 20-21 mph. Wed is Mad Dog ride. Wear your colors.	7:00 am. Bayway Bridge Repeats. Meet at Sun Blvd & Pinellas Bayway.
THURSDAY	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).
FRIDAY	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
SATURDAY		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		

FEBRUARY BIRTHDAYS



Vance Eaddy -	1st
David Smith -	2nd
Jean Thibault -	4th
Alexa Lampasona -	5th
Larry Yost -	6th
Carol Hollenbeck -	7th
Luther Dore -	12th
Dawn Newland -	13th
David Donahue -	14th
Kimberly Poor -	14th
Gem Runyan -	17th
Carol McKenna -	19th
Logan Carr -	20th
Lisa Pesta -	20th
David Sitton -	20th
Bo Webster -	22nd
Dan Runyon -	24th
Emma Quinn -	27th

WELCOME NEW MAD DOGS!

#3867 - Kristie Adams - St. Petersburg

(continued from page 2)

With the Super Bowl coming up, it made me think. The time it takes to watch the run up to the game, plus the game, plus the post game show is really about the same as a volunteer would spend helping the club at St. Anthony's. Many Mad Dogs no longer are active racers, but still enjoy the social events and friendships they have forged. **We would really appreciate a generous soul who is not competing this year at St. Anthony's to volunteer to head up the Mad Dog water stop near Northshore Pool. The Race Director reimburses the Mad Dogs for this effort. Please e-mail or phone John Hollenhorst if you can give a few hours help the Club.**

Mad Dogs Rule,
Chuck Lohman, Editor

MAD DOG NEWS

It was with great sorrow that the Mad Dogs learned of the passing of Brian Butler's young son, Brayden. Brayden was a participant in local triathlons and will be greatly missed. We are reminded of the fragility of life. Our condolences to the family, including his mother, Lisa.

Congrats to Carolyn Kiper for finishing yet another Goofy Double (1/2 Marathon plus Marathon) at Disney World on a hot, humid weekend!

Congrats to the following Mad Dogs named USAT All-Americans for 2019: Richard Jansik, Gail Lohman, John Macedo, Bob Ranta and Karen Smith! Well done!

Mad Dog President, John Hollenhorst, has helped to establish another Mad Dog partnership. Kim Brackin, an experienced triathlete and head of Brackin Elite Swim Training is interested in providing instruction to those Mad Dogs who want to take their swimming to the next level. She has designed a six week series of structured lessons to help us get ready for St. Anthony's. Initial class size is 10 swimmers. Check page 15 for details!

Special congrats to Mad Dog Larry Yost who will be celebrating his 90th Birthday on the 6th of February!

**We shall not fail or falter. We shall not weaken or tire.
*Winston Churchill***

UPCOMING RACES



9 Feb - SPBC Spring Classic
20/36/60/100 miles
Palmetto, FL
www.stpetecycling.com



15 Mar - IM 70.3 Puerto Rico
Half Distance
San Juan, PR
www.ironman.com



14 Feb - Ultraman Florida
Ultra Distance
Clermont, FL
www.ultraman.com



28 MAR - HITS Ocala
Half/Olympic/Sprint
Ocklawaha, FL
www.hitsendurance.com



14 Mar - Great Clermont Tri
Intl/Aqua bike/Duathlon
Clermont, FL
www.runsignup.com



28 Mar -Escape from Ft. DeSoto
Sprint Distance
Fort DeSoto FL
www.runsignup.com



22/23 Mar - Gasparilla Dist Classic
Half Marathon/15k/8k/5k
Tampa, Florida
www.gasparilla2020.com

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.

Hair of the Dog Party - 1 Jan

Winners -
Everyone

HITS Sarasota - 5 Jan

1st Place -
Mandy Zipf
2nd Place -
Cody Angell (Overall)

Disney Goofy Double - 11/12 Jan

Finisher -
Carolyn Kiper

Chilly Willy - 26 Jan

1st Place -
John Hollenhorst
3rd Place -
Art Singleton
Pamela Greene
4th Place -
Bill Hendrick

St. Pete Beach Classic 18/19 Jan 5K

1st Place -
Annette Frisch
2nd Place -
Frank Adornato
3rd Place -
Pam Greene
4th Place -
Bobbie Gullickson
Mike Ortle

10K

1st Place -
Frank Adornato
2nd Place -
Catherine DeHaan
David Longacre
3rd Place -
Reva Moeller
4th Place -
Michael Ortle
Jill Voorhis

Half Marathon

1st Place -
John Hollenhorst
Claudia Junqueira
2nd Place -
Bob Ranta
3rd Place -
Bill Hendrick
Patti Spence
5th Place -
Karri Dienhart

MAD DOG PICTURES

Hair of the Dog Party and Mock Triathlon Pictures From Pam Hollenhorst



MAD DOG PICTURES



MAD DOG PICTURES



John Hollenhorst in SPBC 1/2 Marathon

MAD DOG PICTURES



MAD DOG PICTURES



BEST - Mad Dog Freestyle Clinic

Presented by *Brackin Elite Swim Training* (BEST)

Geared toward triathletes who want to build a more efficient freestyle stroke.

Six 1-hour sessions will layer skills to help you build overall efficiency in your freestyle.

1. **February 16th**: Building your foundation: Learn a balanced body position so that your kick and pull are geared toward forward propulsion
2. **March 1st**: Flutter Kick
3. **March 8th**: Balance and length in your stroke
4. **March 15th**: Setting an effective catch
5. **March 22nd**: Timing (breath, kick to pull)
6. **March 29th**: Tempo

Learning these skills will allow you to train more effectively and build confidence in your stroke, thereby giving you the opportunity to race at a new level!

All sessions will be held from 4-5pm at the North Shore Aquatic Complex. The cost is \$100 for all 6 sessions. Individual/drop in sessions are available for \$25.00/session. Confirm your spot now as space is limited!

Payment can be made to Brackin Elite Swim Training by check or by Venmo (@kim-Brackin).

Checks should be mailed to: Kim Brackin 140 12th Ave NE St. Petersburg, FL 33701.

Please contact Coach Brackin with any questions at kim@brackinliteswimtraining.com. Learn more about Kim Brackin at her website [Brackin Elite Swim Training](#)

Training Tip - Improve your running in the off season

If you feel that your running could use some improvement - and who doesn't - here's a training tip to get faster in the off season. Consistent with other tips I've shared recently, most of your off season running time should be at a controlled conversation pace. Nothing all-out crazy fast this time of year. Instead of thinking about your speed, focus on your leg turnover and aim for 90 strides per minute, counting one foot (or 180 spm for both feet). During the middle part of your run, incorporate some fast-feet intervals where your leg turnover is higher than 90 spm. Again, don't worry about your actual ground speed. Fast feet should equate to faster foot turnover. Start with 30 seconds fast and a 60 second "rest interval" running at your normal leg turnover. Over time, lengthen the fast-feet interval to 60 and 90 seconds while maintaining the 60 second "rest interval". Now comes the good part. After several weeks, when 90 spm becomes more natural for you, add power to the foot push off. It should feel like there's a spring out of your toes and the balls of your feet. Between the faster foot cadence and the more powerful push off, you'll start to see better mile splits in your running.

Train smart. Race fast.

Frank Adornato



To see more of my training tips and videos, visit www.triitall.com

2014 Retro Race Report from IM 70.3 New Orleans

NEW ORLEANS 70.3 Race Report Very Breezy in the “Big Easy”

Friday morning, two days before the race, we hit the road for the “Big Easy.” Remembering the I-75 parking lot from our Ocala Race two weeks ago, we took **Al Johnson’s** advice and used the Suncoast Parkway and US 19 to get up to I-10. It was a strong call. Along this more rural route we noted many stores with “Dixie” in their title selling everything from tools to tombstones to tutus. There were no Starbucks, so it’s either bring your own thermos or roll the dice at a Circle K. This is the magical time of the year with wildflowers blooming in the median and along the roadside. Actually, they may be weeds, but let’s give Mother Nature the benefit of the doubt.

Although we were unaware at the time, a sad event happened on the same day. Cyclists Frank Guinn and Andrew Powell were riding the bike course and were struck from behind by an inattentive motorist. Frank was killed and Andrew critically injured. Below is a monument to them placed on the bike course during the race. Mad Dog condolences to both their families.



In any case, while at the *very small* Expo and the race site we ran into Mad Dogs **Lewis Bennett, Dan Fluet, Tye Gruss, Jessica Koelsch, George McCreary, Brittany Pierce and her sister, Bridget Whitelock.** Everyone seemed to be in good spirits and “ready to rumble.” The swag bags, however, were parsimonious.

The swim took place in an enclosed harbor off Lake Pontchartrain. As any of my regular readers know, I am not a big fan of triathlon swim starts without a warmup. Nevertheless, with a time trial start off a dock of 10 swimmers every 10 seconds, everyone was in the water in less than an hour without incident. On the bike course we contended with a 17-18 MPH wind. Most everyone agreed that the wind was at our backs for only two four mile stretches. It didn't seem fair or even possible. Gail and I saw nearly 100 water bottles dropped along the course. I think this was due to the skinny plastic water containers handed out at the water stations (perhaps to save money) that didn't fill up the bike cages. We were glad that we carried three of our own bottles. The roads were in pretty good shape with the exception of some holes near the bridges at about miles 25 and 40. The run was unshaded for the first eleven miles with the same strong wind and temperatures in the low 80's. Most people who live north of Florida suffered (as did at least two of us from St. Petersburg).

At the end of the race, Gail and I finished together hand in hand for only the second time in 15 years of triathlons. Complete disclosure demands that I mention that I started about 3 minutes ahead of her. She claimed that she sped up to catch me and I maintained that I slowed down for her. Both statements were true, although on my part it was an involuntary slowdown. Special

congratulations to **Jessica Koelsch** for winning her age group and securing a coveted slot to the 70.3 World Championship at Mont-Tremblant.

After the race a guy in my age group and his entourage approached me. He said, "I've been chasing your butt for 70 miles and I can tell you it's not a pretty sight." I replied, "Sorry, but there is a huge group of women out there who disagree with you." When the laughter died down, I admitted, "I'm just too tired to think of any names right now."

A thought about accommodations -- we stayed at the host hotel advertised for \$200 per night. This was before \$26 per day for parking, additional taxes and \$12-\$16 per day for internet. There is no advantage in catching the shuttle bus from the host hotel to the race start, since you need your car at transition after the race to pick up your gear, and parking space is plentiful. Just drive to the start. Some folks we met stayed at a cute B&B for \$70 per night. This might be a wiser choice for you in New Orleans.

Let me be clear about something in closing. I'm clearly too old for the city of New Orleans. With the race and a French Quarter Festival juxtaposed that weekend, traffic was horrible. The 11 mile drive to the race site took 40-45 minutes. Pedestrians, skate boarders and urban cyclists cut in and out of traffic without warning. Drivers blocked traffic by stopping in the middle of the road to talk with acquaintances. What were they thinking? Thousands of people were stumbling along in the streets with a drink in one hand and a cigarette in the other. St. Petersburg never looked so good!



Finishers Medals



Andy Potts

Crowd near the Finish Line



NOT DEAD YET

Don Ardell and Jack Welber have produced a book, with support from USAT, that describes 56 unconventional strategies for thriving and flourishing late in life. Entitled *Not Dead Yet: World Triathlon Champions 75+ Offer Tips for Thriving & Flourishing in Later Life*, the work profiles 18 world triathlon champions 75 years and older. The proposed strategies for thriving and flourishing, however, are as applicable to those in their early and middle years. For all of us, it's always better to start sooner than later.

Six St. Pete MAD DOGS appear in *Not Dead Yet*: Jon Adamson, Winston Allen, Don Ardell, Roger Brockenbrough, Susan B. Cox and Roger Little.

The tone and suggestions are somewhat unconventional or, perhaps, a bit controversial, outrageous, delightful and/or invaluable. A summary description would highlight four characteristics of *Not Dead Yet*:

- 1. It is irreverent -- some things may be sacred but you wouldn't know it reading *Not Dead Yet*.**
- 2. It is different -- The focus is almost entirely on the attractions of doing the right things in order to get what little happiness you can out of this life, to enjoy all sunshine that breaks through the clouds of misfortune (Robert Ingersoll) -- as opposed to most books on aging that emphasize medical trials and tribulations of getting older.**
- 3. It is fast-paced and covers lots of ground -- the tips are organized in four categories based on vital lifestyle dimensions: 1) critical thinking, 2) exuberant functioning, 3) athleticism -- diet and exercise and 4) personal freedoms (especially of a mental nature).**
- 4. It is comprehensive -- recommendations found in the tips call for a wide range of self-assessments related to disciplined excellence, a fit brain, a strong sense of doubt and skepticism, disdain for medical**

miracles and advertising, and multiple pathways to more fun, adventure, happiness, meaning, sex and much more.

***Not Dead Yet* is enriched with quotations and personal stories that support the skills described. Reaching advanced age in good form (the authors avoid unflattering terms like *elders* or *seniors*, preferring the term *perennials* for those over a certain age) is considered an achievement.**

***Not Dead Yet: World Triathlon Champions 75+ Offer Tips for Thriving & Flourishing in Later Life* is on offer at Amazon in paperback, Kindle and audio versions. For more information, visit Don Ardell's website at www.donardell.com.**

P. S. The order site at Amazon is

<https://www.amazon.com/NOT-DEAD-YET-Triathlon-Flourishing/dp/1090758154>

Training tip - Run the Last Mile Fastest

There are a lot of good coaching tips about how to get the most out of your running workouts - fartleks, fast feet pick-ups, speed splits, swing pace, tempo runs, negative splits, and more. They're all good, and they all serve a purpose. But here's a very simple thing you can do to improve your running: Run your last mile fastest. It doesn't take much planning and you can do it every run. Take note of our pace throughout your run, and pick up the pace for the last mile. Even if it's only a few seconds faster, make that last mile your fastest of the day.

Train smart. Race fast.

Frank Adornato



To see more of my training tips and videos, visit www.triitall.com

Training Tip - You're Probably Running Your Long Runs Too Fast.

A weekly long training run is a staple of every runner's and triathlete's training program with the goal of building stamina and endurance. Long distance runs promote better running biomechanics, help strengthen leg and core muscles, and improve cardio-respiratory and muscular efficiency. Even though the purpose of the long run is endurance, too many athletes do that workout too fast. While it may seem counter-intuitive, running slow in that weekly session will help you race faster. And remember, there are several other weekly runs when you are doing high intensity (HIIT) speed work, albeit at shorter distances. Slow workouts should be slow, and fast (HIIT) workouts should be fast. Point of fact, too many athletes run all their distances somewhere in the middle.

OK, so how do you define "slow"? Your long run pace should be 30 to 60 seconds per mile slower than your target race pace. It should feel comfortable and controlled. Depending upon your fitness level and where you are in your training calendar, it's OK to include some faster pace work in the middle of the long run, such as 1/4 mile or 1/2 mile tempo or swing pace efforts, but the majority - about 75% - of your long distance running time should be at a slow, controlled pace.

Train smart. Race fast.

Frank Adornato



To see all my training tips and videos, visit www.triitall.com



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

Certified Luxury Property Specialist

727-301-7300

KentRodahaverRealtor.com

[Facebook.com/RealtorKent](https://www.facebook.com/RealtorKent)

KentRodahaverRealtor@Gmail.com

Contact me for a personal, no obligation consultation on your home's value and to learn more how we can develop a successful custom marketing plan.



Your community cycling store!



Sales - Service - Rentals

Mon-Fri 10 AM to 7 PM
Sat-Sun 10 AM to 6 PM

1205 4th St
Saint Petersburg, FL 33701
727-822-2453

www.stpetebicycleandfitness.com



TRAVEL WELL! RACE BETTER!

Website: www.DestinationMiles.com

Destination Miles brings together a community of busy athletes who share the same passion for fun, travel and racing, while lessening the burden of planning the travel details. We're proud to offer our athletes an amazing, safe, fun pre and post race travel experience.



SCOTT RUBIN, D.C., CCSP

Provider for US Olympic training team center USOC
ART - Acupuncture - Kinesiology - Pilates
Graston - SFMA - TPI Certified

**www.rubinhealthcenter.com
727-822-1555 St. Petersburg Florida**

All Mad Dog members receive \$45.00 massage and free myofascial taping prior to any competition.



REEDER & NUSSBAUM, P.A.
Personal Injury Law

727-521-2889 CounselorsOfLaw.com