



THE FINISH LINE



Joy Edwards, happiest Mad Dog at the 2019 Anniversary Party raffle!

Photo Credit to Pam Hollenhorst

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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 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		
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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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The 31st of December brought another great Mad Dog year to a close. One of the highlights was John Hollenhorst being chosen as the new President of our Triathlon Club. John has brought many years of racing experience to the table as well as boundless enthusiasm and energy. His wife, Pam, has become the unofficial photographer with many contributions to the newsletter, for which we are grateful!

Many thanks also to Frank Adornato for leading our training effort with multiple training hints each month.

(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		

JANUARY BIRTHDAYS



David Hill	1st
Tim Hudson	11th
Ali Runyan	11th
Kelly Vaillancourt	12th
Virginia Edmonds	17th
Jeanette Mitchell	18th
Marcus Winters	18th
Michelle Brown	21st
Jessica Parish	23rd
Robert O'Brien	26th
Matt Abbey	28th
Karly Aldrich	28th
Linda Lewallen	29th

WELCOME NEW MAD DOGS!

#3851 - Kathy Aldrich
#3852 - Mike Hood
#3857 - Heather Cronin
#3858 - Bill Hamblin
#3859 - Frances Hamblin
#3860 - Karen Hendrick
#3861 - Samantha Hoyls
#3862 - Jon Muff
#3863 - Zoe Sullivan
#3864 - Grant William
#3865 - Ron Young
#3866 - Linda Lewallen

(continued from page 2)

We also need to recognize Mike Deacy for volunteering to store our tent and other Mad Dog gear in his role as logistition.

As you know, we need folks to step up like those listed above. 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

All Mad Dogs unite in thanking Kerri Dienhart of Destination Miles for her generous donation in support of the Mad Dog Anniversary Party. Thanks to St. Anthony's for contributing swag for the raffle. Everyone enjoyed Mad Dog Chef, Clare Kelly's, generous gift of a elegant and tasty chocolate cake. Finally, the Board of Director were particularly pleased to note that, in addition to many renewals, 12 new Mad dogs joined the club at the Party!

Congrats to Susan Daniels, longtime Director of St. Anthony's and numerous other athletic events in the Tampa Bay Area. She has been selected as an Executive for Ironman at their Tampa Headquarters. Although she will be missed at local races, we now have a friend at the Big Dance!

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

UPCOMING RACES



1 Jan - Hair of the Dog Party
and Untimed Fun Triathlon
Ft. DeSoto, FL
www.stpetemaddogs.org



18-19 Jan - St. Pete Beach
Classic
5K/10K/Half Marathon
St. Pete Beach, FL
www.stpetebeachclassic.com



5 Jan - HITS Sarasota
Half/Olympic/Sprint
Sarasota, FL
www.hitsendurance.com



26 Jan - Chilly Willy Duathlon
Sprint Distance
Ft. DeSoto, FL
www.chillywilly.racehawk.com



12 Jan - Frogman Swim
5 K
Tampa Bay
www.tampabayfrogman.com



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

Longboat Key Triathlon - 1 Dec

Olympic

3rd Place -

Art Singleton

Tri Key West - 7 Dec

1st Place -

Reva Moeller (Female Masters)

Park Alsop

Challenge Daytona - 14 Dec

3rd Place -

Mandy Zipf

Hair of the Dog Party - 1 Jan

Winners -

Everyone

MAD DOG PICTURES

Mad Dog Anniversary/Holiday Party Pictures From Pam Hollenhorst



Mike (Too Tall) Deacy decorating



Tri Ladies - Corola, Jojo, Gail & Jessica



Corola Reimer



Chuck Lohman & Leo Briceno



Michael Oertle with Michael Deacy



Joy Edwards



Royston & Scott the Viking



Susan Daniels

MAD DOG PICTURES



Jackie and Larry Yost w/ Clare Kelly



Mad Dog Chef Clare Kelly's Chocolate Cake



New Mad Dog Samantha Hoyls with Gail Lohman and John Hollenhorst



Kim Snow



Bill Hendrick

MAD DOG PICTURES



Carolyn Kiper & John Hollenhorst



Dave Proffitt, raffle winner



The whole crew, at least those still standing



Royston & Scott, the Viking

MAD DOG PICTURES

Sometimes you have to just own it



Jojo and Joe Bayliss with Santa.



Vintage picture of Paula Newby-Frasier and Karen Smyers at 1995 Kona IM



Three Santas and one elf - Gail Norman, Jill Kralovanec, Nicole & Gail Lohman



Dennis Denny Houseman 1956-2019

Posted on December 3, 2019 by dany

Obituary of Dennis Houseman Dennis "Denny" Houseman, 63 of The Villages, passed away unexpectedly on November 27, 2019. He is survived by his loving wife of over 37 years, Cynthia "Cindy" Houseman; twin sons, Andrew and Sean Houseman; daughter, Erica Houseman; and his grandson, Jackson Houseman. Also surviving are his sisters, Gail Houseman, Patty Pozeynot and Jane Houseman; brothers and sisters-in-law, John (Virginia) Houseman, Jim (Meg) Houseman, Don (Sharon) Houseman and Ken (Jen) Houseman and several nieces, nephews, cousins and numerous friends. Denny was born in Philadelphia and moved to Florida in 1995 from Washington Township, New Jersey. Denny will forever be remember as a dedicated husband, father, and grandfather and he always put his family first. He was many things to many people. He mentored, inspired, and supported a tremendous amount of people and had a unique way of relating to others. He created instant connections that developed into lifelong friendships. He enjoyed coaching The Lady Lightning Soccer Team, on which his daughter played. He was an avid Philadelphia sports fan and especially loved the Eagles. For 34 years Denny participated in triathlon, racing Sprint, Olympic, and Ironman Distances and completing the ITU World Championship, an international competition. **He was a proud member of the St. Pete Mad Dogs** and the Villages Triathlon Club. Denny was a devoted Catholic and served as an usher at St. Timothy Catholic Church in Lutz. Always arriving an hour early to greet friends and parishioners. In early 2019 Denny "graduated" (retired) from Global Imaging Systems as Vice President of Leasing. The family will receive friends on Sunday, December 8 from 6-8 pm at Loyless Funeral Home 5310 Land O'lakes Blvd. Land O'Lakes, FL 34639. There will also be a visitation at St. Timothy Catholic Church 17512 Lakeshore Rd. Lutz, FL 33558 on Monday, December 9th from 10-11 o'clock am with a Funeral Mass being offered at 11 am. In lieu of flowers, memorial donations may be made to Metropolitan Ministries. To send flowers to the family of Dennis Houseman, please visit Tribute Store

Our most sincere sympathies to the family and friends of **Mad Dog** Dennis Denny Houseman 1956 2019.

Retro Race Report FROM HITS Ocala Reprinted from 2014 For Any Mad Dogs Considering a Triathlon Early in the Season.

Gail and I have been curious for a while about the HITS race series, having heard very positive reviews about their competitions. Although we usually don't start out triathlon season until April, Gail was fortunate enough to win an entry to the HITS race at Ocala during the raffle at the annual Mad Dog Christmas Party. I took charge of the details of race entry and promptly entered us in the **wrong HITS race**. The organizers were kind enough to cover for me and straighten things out without charge. The only thing I remembered about Ocala was that when we migrated here in 2007, the town was not far from Hampton, highlighted as a speed trap by AAA and recently in the news as the country's "most corrupt city." Yikes! The race actually takes place in Ocklawaha Florida, which I guess doesn't have the same recognition factor as Ocala. It's a rather rural area. The closest civilization that we noted to Carney Lake Park were the "Kool Kat Saloon" and the "Naughty Needle Tattoo Parlor." Although Gail showed some interest in the latter, I kept driving.

It's normally about a two hour trip to the race site from St. Pete. Multiple accidents on I75 turned it into a 3 hour 45 minute nightmare. Suggestion -- in case of blocked traffic check out US 301 north; it goes the same direction and will drop you about 5 miles from the race site. Without that foreknowledge, I exited east and took Redneck Road and Billy Bob Boulevard and somehow ended at the race site (without our GPS I'd still be driving). Since we spent the last hour of the drive in a huge thunderstorm, we were stunned upon arrival for packet pickup to see the half iron and full iron distance triathletes on the course (those two races go on Saturday). Check out the great transition area set up below -- best I have ever seen. (continued next page)

The racers on the course looked like the Bataan Death March. Mad Dogs **Steve Swift** and **Roger Little** were racing that day and, in my opinion, deserved Purple Hearts to go with their finishers medals. I hope they have better weather at the Boston Marathon.

Race morning arrived “crisp and clear” to quote an account of the Battle of Midway. Actually, the air temperature was 57 and the water temperature 65. We knew it would be a cold bike and run in wet tri gear. In the transition area we spotted Mad Dogs **John Atkins**, **Nat Glackin** and **Brittany Pierce** who were competing in the Olympic distance following our Sprint. We also ran into Race Director **Mark Wilson** and thanked him for his support of the St. Pete Mad Dogs. Mark is pictured below.

The race start was postponed 15 minutes for the sunrise, which enabled us to better see the buoys. No problems with the swim -- the lake was clean. Bike portion was well marked and supported with some rolling hills. The run was on hard packed sand in shaded Carney Lake Park. The course was out and back which gave one a good chance to see competitors, friends and loved ones. Results were posted at the race site and on line very quickly. Gail had a bit of an issue in T2. Her hands were frozen from the bike ride and she couldn't get her race shoes on. She shifted to the shoes she had worn to the race site but couldn't tie the laces. It wasn't a pretty sight, but she finished!

Now I must close with the story of the incredible **lethal coffee grenade**. We arrived back at the Hampton Inn, our race hotel, two minutes too late for the breakfast bar. Instead, we each grabbed a cup of hot coffee. On the way up the

elevator to the room, Gail's coffee suddenly exploded! Don't even ask me to explain it. The two of us, our gear and the elevator were drenched. We showered and quickly left the hotel before wreaking any further damage.

Overall, I would rate the race 5 out of 5. If all the HITS races run this well it should stand them in good shape. Warning, competitors! No Pro Divisions -- pros race in age groups!

Mad Dogs Rule in Ocklawaha! Chuck Lohman



Chuck and Gail with Race Director



HITS transition area

Training Tip - Off Season Rest

For much of the northern hemisphere the winter months are non-racing months. Because of the cold and snowy weather, most athletes back off on their training or focus on winter sports. Regardless of how you spend your off season, it's also valuable to allow some time for a physical and mental change of pace. Take some time off for rest and recovery.

This is especially important if you live in Florida where the winter weather is still mild and you can train year round. In Florida, we're lucky that we're not forced indoors due to the cold and snow so we tend to just keep on training. In some respects that may be good, but it can also be a detriment. Your brain and your body need some rest. My advice is to take off a week or two in January or February. Markedly reduce training intensity and volume, or take some complete rest if your psyche can handle it. You'll come back fresh and invigorated, and ready to start the new season strong.

Train smart. Race fast.

Frank Adornato



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

Training Tip - Periodization

Periodization is a well accepted training tool developed by Joel Friel in which you methodically schedule the volume and intensity of your workouts in order to reach peak performance on race day. Put another way, periodization is a pre-planned schedule of progressive weekly cycles of increasing training volume and intensity, along with short specified recovery periods. The brief recovery periods allow you to increase volume and intensity and race conditioning over successive cycles.

To make periodization work, start now. Plan out your race calendar for the year by identifying the big “A” races you want to do. Select only one or two “A” races and fill in a few other races around those. You don’t have to decide on every race, but certainly start the schedule. Next, develop an overview training plan around your “A” races.

With the start of the pre-season, you should develop (or redevelop) your aerobic base by training at lower intensities for about 4 weeks. After this, start working on your micro cycles. Usually the sequence is repeating micro cycles of 2 to 3 weeks building both intensity and volume, followed by one week of recovery at lower volume and intensity. Younger athletes usually follow a 3 : 1 micro cycle plan and older triathletes (over 40) are better off with a 2 : 1 plan. Regardless, at the end of each micro cycle, your fitness level should be higher than the previous micro cycle, and when you get to race day, you should be at your best level of competitive fitness. Race ready.

Remember, your body can’t go hard all the time. Whether you’re new to the sport or a long time veteran, you need to allow some strategically scheduled recovery or your body will revolt and break down. Conversely, with proper recovery scheduled into your training calendar, you’ll train harder and race better, and with less likelihood of injury. Your body will thank you and you’ll be able to stay in the game for decades.

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Frank Adornato



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Training Tip - Use the Pre-Season to Get Faster On The Bike

If you want to get faster on the bike, here are a few things you should do for three to four weeks during the race preseason.

1. Ride in a low to moderate gear on every ride. No big gears, but maintain a steady pedal cadence of 90 rpm (85 to 95) on all your rides.
2. Work on “perfect circles”, that is, maintain even pressure on the pedals through the full 360 degrees of the pedal turnover. Most cyclists know about this but many don’t do it. If you’re doing this correctly, your feet will feel like they’re floating on the pedals. And pay attention especially late in the ride after your legs get fatigued to make sure you’re still turning perfect circles.
3. Don’t worry about going faster ... yet. Of course you want to maintain a steady speed, but it’s more important this time of year to focus on volume. Whether you’re riding one hour, two or four hours keep adding distance at a steady controlled speed.
4. After working on # 1, 2, 3 above for three to four weeks, start increasing gears and up your speed while still holding 90 rpm and “perfect circles”.

Betch’a you’re riding faster!

Train smart. Race fast.

Frank Adornato



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New Year Message From President John Hollenhorst

Welcome to 2020. The start of the new year is traditionally a time to set goals for career, life, and sport. In this note, I want to share my thoughts about goals for the Mad Dogs Tri Club. Let's narrow it down to just two.

First up is member visibility. Our #1 goal is to train and race representing and promoting the club. Why? When you wear your gear, your fellow club members will find you at races, give those shouts of encouragement, snap a photo, and celebrate your success as a team. And, in my experience, when you train with others you just plain go faster. When I began racing locally a few years ago, I wondered why so few Mad Dogs were racing, considering membership numbers. Then, after a race at Fort De Soto, several people told me they were club members but just didn't have club gear. Some Mad Dogs were hiding in plain sight.

I am happy to report that is no longer the case. Over the past few months we've made available a complete line of apparel - and at very low prices. Mad Dogs hats and visors (\$20) and running singlets (\$10) are in stock and available any time. Check with me if you'd like to purchase them. Custom Mad Dog gear also is available, with about a six week lead time for one and two-piece race kits, bike jerseys and shorts, long and short-sleeve tech t-shirts, and jackets. Want to be ready to race in your new gear? Now is the time to order yours at: <https://www.rocketciencesports.com/team-portals/spmddtc.html?p=1&fbclid=IwAR1ZF-3oem4gVFZjtmk8jKO29M3zmibhT9AHP4XY3GYw1FA9e1xnPyitRSg>

Goal #2 is new member recruitment. Some attrition is to be expected, so the lifeblood of strong clubs is renewal through new members who bring in fresh ideas, viewpoints, energy, enthusiasm - all the attributes we want our club to have. Our heightened visibility should help us build awareness of the Mad Dogs, but it's up to you to close the deal. Invite your friends, people you meet at training sessions or the gym, and at events to join us. The discounts alone pay for the membership dues. Club information is available to everyone on the Public Facebook page, <https://www.facebook.com/stpetemaddogs/>, but discount codes are listed on the Members Only Closed Facebook page, available to current club members. <https://www.facebook.com/groups/2299769493686008/>

I sincerely hope you had a great year in 2019, enjoyed the holidays, and found time for rest and relaxation because it is time to gear up for the new year.

Our first Wednesday Open Water Swim is only ten weeks away. See you there, and bring a buddy.







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