



THE FINISH LINE



Jackson Laundry (L) places second at IM 70.3 Campeche six months after a horrendous crash at the 2019 Worlds in Nice. Read about it on page 14. Jackson is a Mad Dog homestay during St. Anthony's thanks to Carolyn Kiper!



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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.

Items should be sent by the 15th of the month preceding the issue.

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advertising@stpetemaddogs.com. For questions, please e-mail him.

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Editor's Column

As we leave our uncertain Spring for an uncertain Summer, I want to extend thanks to Frank Adornato for his continuing series of articles on getting/staying fit during these trying triathlon times.

I'm starting to feel like all triathletes are stuck in Never Never Land. Fortunately, none of us are trying to make a living with this sport like many of our professional friends.

(continued on page 6)

TRAINING CALENDAR

Temporarily Suspended

	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 03/11/19. Meet at Hurley Park. Start of 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

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

2019 Birthdays

JULY BIRTHDAYS



- | | | | |
|--------|-------------------|--------|------------------|
| 1st - | Paula Vieillet | 13th - | Winston Allen |
| 3rd - | Tyner Hill | 15th - | Michael Bardecki |
| 4th - | Markus Mittermayr | 15th - | Rod Coggin |
| 5th - | Joseph Dominguez | 18th - | Kim Carlin |
| 6th - | Joel Blakeman | 23rd - | Bill Kolar |
| 6th - | Luke Galloway | 24th - | Barbara Hatfield |
| 6th - | Dave Proffitt | 25th - | David Randell |
| 7th - | Shirley Basett | 26th - | Rose Marie Ray |
| 7th - | Ryan Smith | 26th - | Brian Touhey |
| 9th - | Terry Fluke | 27th - | Michael Oertle |
| 12th - | Pete McConnell | 27th - | Michele Veilleux |
| 12th - | Noah Vallant | 29th - | Lucille Shockley |

WELCOME NEW MAD DOGS!

- # 3889 - Adam Lewis -Tampa, FL**
- # 3890 - Michael Kelly - Tampa, FL**
- # 3891 - Jennifer Lucy Miller - St. Petersburg, FL**
- # 3892 - Ashby Sallenger - St. Petersburg, FL**

Editors comments continued....

The pools are slowly getting back to normal allowing us to restart our swim training. Bike shops are still problematic since they are overwhelmed with folks who have dragged their leisure bikes out of storage and rediscovered cycling (many without helmets unfortunately). Are Gail and I the only ones having difficulties getting replacement parts and service? We're trying to be loyal to our local bike shops, but we need to get parts any way we can. Since many running shoe companies outsource their production to the Far East, we all must anticipate shoes wearing out long in advance.

What's up with Ironman cancelling Buffalo Springs 70.3 on Thursday before the weekend event? Is it all about money??

Mad Dogs Rule,
Chuck Lohman, Editor

MAD DOG NEWS

Good news – Northshore Pool reopening without the requirement to make a reservation. But...will the locker rooms be open? Opps, cancel that. The world wonders.

Many of us are looking forward to learn how Ironman and USAT will hold their World and National Championships with insufficient competitions to qualify. It will be interesting, but is certainly above our paygrade to answer. We heard from John Hollenhorst that USAT will require only 2 races this year to qualify for standings. Actually, most of us are just looking forward to entering a triathlon this year!

All of us are wishing Jackie Yost a quick recovery without complications from the injury on her right shin.

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

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

UPCOMING RACES

Tentative Dates for Local Races



July 11th - Tri Fort DeSoto #1
Sprint Tri/Duathlon/Aquabike
Fort DeSoto
www.fortdesototriathlon.com



Sep 12th - Tri Fort DeSoto #3
Sprint Tri/Duathlon/Aquabike
Fort DeSoto
www.fortdesototriathlon.com



July 18th - Escape from Ft. DeSoto
Sprint Tri/Duathlon/Aquabike
Fort DeSoto
www.thunderboltmultisport.com



Sept 26th - Top Gun
Sprint Tri/Duathlon/Aquabike
Fort DeSoto
www.thunderboltmultisport.com



Aug 15th- Tri Fort DeSoto #2
Sprint Tri/Duathlon/Aquabike
Fort DeSoto
www.fortdesototriathlon.com



Dec 5th or 12th - Lycra & Lace
Sprint Tri for Women
Fort DeSoto
www.thunderboltmultisport.com

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

Due to the COVID 19 issue, all races in the area have been cancelled or postponed. Below are retro results report from last season. Happy memories!

IM 70.3 Japan - 8 Jun

4th Place -

Brittany Higgins (Pro)

Escape From Alcatraz - 9 Jun

Finishers -

Jenna Heke (Caspar)

Kent Rodahaver

Heartland Triathlon - 9 Jun

1st Place -

Bonnie Theall

2nd Place -

Jill Voorhies

3rd Place -

David Longacre

4th Place -

John Von Lackum

5th Place -

Jay Anderson

IM 70.3 Mount Tremblant - 23 Jun

1st Place -

Jackson Laundry (pro MD homestay)

3rd Place -

Eric Lagerstrom (pro MD homestay)

IM Cork - 23 Jun

1st Place -

Jerry Magliuolo

Gail Norman

5th Place -

Park Alsop

Survivors - (KLR)

Susan Haag

Tom Kennedy

Jill Kralovanec

Dugan Walker

Christopher Welch

Sirens Tri & Du - 23 Jun

2nd Place -

Suzanne Brousseau

Jenn Olvedy (OA)

MAD DOG PICTURES



Rosie Ray's Pride and Joy



Carol Jean Vosburg's Pride and Joy. Must be Porsche Appreciation Month!



Frank and Judy Adornato, but no Porsche.



John Macedo Birthday Cake, yum yum.

MAD DOG PICTURES



Gina Hubany (above) and Andy Reeder with their new bikes from Paul's Perfect Fit



MAD DOG PICTURES

Your Mad Dog President, John Hollenhorst During Lock Down.

Photographer, Barber Pam.



Before



After



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Laundry overcomes the odds

(From the March 20 Issue of Triathlon Magazine)

(Mad Dog Homestay)

After his horrendous crash in Nice last year where he shattered his scapula, Jackson Laundry somehow managed to bounce back with a runner-up finish at Ironman 70.3 Campeche last week.

Triathlon Magazine Canada: Can you tell us a bit about the day and how the race went?

Jackson Laundry: The swim was a very fair start, no countdown, just silence and then the air horn. I wish every race started this way! I had a quick reaction and quickly got out near the front, I settled into the pack and swam right on Cody Beals' feet the whole time. This was a brilliant swim for me as I was somewhat uncertain about if I would be ready to compete like I did before in the water.

The bike had a big climb and two technical descents early on, this blew the race apart and I found myself alone in third about 20 minutes in. I worked hard to catch Matt Hanson, and the two of us would go back and forth a few times throughout the ride. Nick Chase maintained his lead and Michael Weiss passed us and got about 20 seconds ahead by the end of the bike. I started the run in fourth, a few seconds behind Hanson, 25 behind Weiss, and around two minutes behind Nick Chase. Hanson set a good pace and I kept him within a few seconds for about 5 km. He then really picked it up and I wasn't able to go with him. I moved into third at around 5km and set my sights on Weiss in second. I started to feel strong and picked it up in the middle section of the run, catching Weiss around 8 km. I ran strong to the finish coming in just over a minute behind Hanson who had a brilliant day.

Were you surprised at how well things went considering you were coming back from the injury?

I wouldn't say I was surprised that the day was going well, I certainly knew that I could do it. Getting a good start in the swim really put me in a positive head space, and I used that positive energy for the whole race. The small things that went wrong like losing a bottle or two didn't phase me at all because of the attitude I had taken from the start. I felt so happy just to be

racing again and feeling like my old self, nothing was going to bring me down.

You raced so well that many people won't understand just how bad your injury was. Can you talk a bit about the injury, how you managed to rehab and if you're still having any issues?

In the crash in September (at the Ironman 70.3 World Championship in Nice) I broke my clavicle and my scapula in 12 places. My shoulder needed surgery in three places for the bones to be re-aligned properly. The recovery was extensive and I wasn't able to swim properly until January. I spent three months almost exclusively focusing on rehab and just maintaining some general fitness and strength. Once the shoulder was mostly better, fitness returned quickly. I do still have some minor pain, and my swimming isn't as good as it was before, but I am confident that it won't slow me down in the long run. I may always have some mild lingering pain and tightness, but it won't affect my performance.

What's been the biggest challenge since the injury in Nice last year?

I think the biggest challenge was adjusting the change in routine and the temporary loss of my ability to train and race. The pain level was pretty extreme early on, but I know that would pass. Seeing progression almost every day assured me that I would be back to normal and allowed me to stay mostly positive.

Now you're back home, you've got two weeks of isolation. How are you going to handle training over the next bit as we deal with the COVID-19 Pandemic?

Since my next two races (at least) are postponed or cancelled, I won't be racing for a minimum of seven weeks. I will take the first week quite relaxed to fully recover and allow a little bit of de-training, then build back up assuming I will be racing Monterrey 70.3 in early May. This plan will probably change, but I'll just have to be flexible.

I won't be able to swim, but I have a set of swim bands and a bench to lie on to do some simulated swimming. Pools are also closed until April 5 in Guelph, hopefully we can get an accommodation for pro athletes who need to train if the pool closures are extended beyond that.

Finally, I assume you qualified for Taupo? And can I also assume that will be the big goal for this year?

I did get the slot for Taupo 70.3 worlds at Campeche, (sorry Jackson; maybe next year) and I am really hoping to go! As long as racing returns fairly quickly, I anticipate going to Taupo. If races don't start happening until late summer, I likely won't be able to afford the trip and may have to stay in North America for my late season races.





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Clearwater 70.3 Worlds Report (2009)

(Retro Race Report)

This is a short report of Chuck and Gail Lohman's long eventful trip to Clearwater for November's race. Our journey started at the Mad Dog spring party where the lottery slots for the Ironman 70.3 World Championships were drawn. Chuck was pleasantly surprised to have his number selected, followed closely by the realization that this was a chance to place last in the world in his age group! Gail gained her slot by winning her age group in Cancun 70.3. We both trained hard for the race, with Gail doing untold repeats, both running and biking, over the Clearwater bridges.

During our September visit to Cancun, Gail met Daniela Saemmler, a 21 year old German doing her first pro race. Dani placed second, winning a slot to Clearwater. Gail invited her to stay with us during the race and she accepted. A few days before the Clearwater race, Gail noted a woman swimming by herself near Pier 60. Striking up a conversation (as usual) she learned that Silke Pichler, a pro triathlete from Austria, was here for the race, but knew no one in town. Gail collected Silke, and added her to our fast growing collection of woman pros staying at the house. We were unaware that Silke was a vegetarian, and expected us to shop and cook for her. This all became a bit of a challenge as we attempted to get all four of us ready for the race. Fortunately, Tim Hudson came to our rescue offering to let both Danni and Silke stay at his house (within 4 miles of Clearwater) Thursday and Friday before race day.

Thursday, we all headed to Clearwater for registration and shopping. We decided this might be a good day for practicing open water swimming. When we got to pier 60, it looked more like the North Shore of Oahu! We floundered through about 200 yards of breaking surf, turned around and headed back to the beach only to find that the wind and tide had washed us halfway to Indian Shores. We prepared for a survival swim, but learned at Friday's bike check in that the venue had been moved to the Harbor side with a time trial start for

age groupers. Although the waves had abated by Saturday, almost everyone agreed that the officials had made a good call on Friday.

Saturday morning arrived with almost perfect weather. Air temperature was about 60, rising to the low 70's during the race, with negligible wind. Things started well, with both Chuck and Gail having PR swims. Unfortunately, the bike was a bit dangerous with packs of 20 to 30 drafting at high speeds three abreast. We noted many accidents, probably due to drafting on aero bars. At one point we saw so many people down it looked more like the Afganistan war zone. The officials seemed to try to break things up because we noted one penalty tent so full, that the volunteers didn't have enough stop watches to keep track of all the miscreants! Since drafting never happens to this extent on other flat courses like Eagleman and Miamiman, Ironman really needs to come up with a better plan for a World Championships. Gail used her veto power (reluctantly) on Chuck's suggestion to shoot drafting violators after one warning. In any case, Gail had another PR on the bike (no drafting), while Chuck broke a spoke on his front wheel about mile 40. Noting a ping sound, he looked down to see his front wheel wobbling against the brake every revolution. Since this was The Big Race, he decided to press on and risk trashing a ZIPP 404. He limped into T2 about 3 minutes behind Gail and set off in pursuit, catching her at 10 miles. A nonaggression pact was negotiated, and we finished together, hand in hand, for the first time in 10 years of racing! Gail had a PR, and Chuck had his best race in 5 years.

During the competition, we noted many Mad Dogs along the course and were lifted by their cheers of encouragement. Mad Dog volunteers helped us through the Hawaii-style changing tents at T1 and T2. We particularly appreciated Kathy Morgan's project of placing individual signs for each Mad Dog race participant about 1 mile from the run finish. Overall, we thought it was a great experience, and chose not to focus on negative incidents on the bike course. Since most of us do not often get to play on the Grand Stage, we would like, rather, to

thank all Mad Dogs for their support and encouragement that helped us to get there.

Chuck and Gail Lohman MD 2027 and MD 2028



Training Tip - Insufficient Heart Rate Recovery Sets

Here's a workout you can add to your training schedule to strengthen your heart and lungs, and to teach the body how to keep going through fatigue. This is not a beginner's workout. You should have many miles under your belt before you attempt it. But the benefits can be huge, especially in the late stages of a long race. Here's how it works:

After a long warm up, do 8 repeats of 2 to 4 minutes each.

Odd repeats (# 1, 3, 5, & 7) start all-out fast and hold your fastest speed to the end. Take a short incomplete rest interval (e.g. 20 to 30 seconds). Your heart rate will still be moderately high and your breathing not back to normal when you start the even repeats.

Even repeats (# 2, 4, 6, & 8) start at a moderate pace and gradually increase your speed so you're going all-out at the end. Take a complete rest interval allowing your breathing to return to normal and your heart rate to go down to the low end of your aerobic range.

Repeat the odd/even segments three more times.

If you want to add training time after the eighth repeat, stay in your low end aerobic heart rate zone and do a long cool down to finish.

You can adapt this workout to the swim, the bike and the run. For example, 100 or 200 meter repeats in the swim, one mile repeats on the bike, and 1/4 mile or 1/2 mile repeats on the run.

Schedule this workout no more than twice a month. If you do this workout for two or all three sports, allow at least several days between each workout.

Train smart. Race fast.

Frank Adornato



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



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Some Key Tips for Cycling

Whether you ride for exercise or competition, there are several things you should do for a comfortable, safe, and fast ride.

1. Keep your elbows slightly bent when your hands are on the brake hoods or the drops. Constant vibrations from the road surface travel up the bike frame into your body. Locked elbows will send those vibrations into your neck, shoulders and back, resulting in muscle aches and pains. Bent elbows act as shock absorbers, absorbing those vibrations and preventing pain.
2. When you're in the aero position, your elbows should be at or near a 90° angle for torso support. If you're stretched out too far, your back muscles become the main support for your upper body which causes back pain on the bike.
3. When climbing a hill in the seated position, scoot your butt to the very rear of the saddle. This position engages the bigger leg and glute muscles for a more efficient climb.
4. When climbing in the standing position, hold the handle bars gently (no white knuckles) and keep your upper body over the front of the saddle. You should feel the nose of the saddle touching your upper thighs or butt. Standing too far forward over the handlebars decreases bicycle stability. And maintain as vertical a body position as possible which opens your chest cavity open making breathing easier. Lastly, let the bike rock slightly left to right as you crank the pedals.
5. On the downhills, sit at the back of the saddle and hug the top tube gently with your upper legs and knees for better bike stability. If it's a fast downhill make sure you're in big gear. If you start to pedal while descending at a fast speed, you'll spin out in a small gear. Large gears will engage faster. If you feel the need to brake on the downhill just feather both brakes lightly. Hitting the brakes too hard risks a skid and a crash.

Train smart. Race fast.

Frank Adornato



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