



THE FINISH LINE



Kim and Chris Poor enjoying Saint Petersburg in the Spring. Rock on, you two!

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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.

When Gail and I started the triathlon thing 21 years ago, we simply read Joe Friel's book on the subject and jumped into Eagleman 70.3 with both feet. One thing I remember about the book was the subject of periodization.

(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		
		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		

2019 Birthdays

JUNE BIRTHDAYS



- | | |
|-------------------|--------|
| Stephanie Willis | - 7th |
| Patrick O'Donnell | - 9th |
| Lenny Aron | - 11th |
| Tony Scott | - 12th |
| Dianalynn Aguilu | - 21st |
| Bill Coggins | - 22nd |
| Jonathon Valin | - 24th |
| Stephanie Mischke | - 27th |
| Mary Ann Wallace | - 27th |
| Lisa Baldwin | - 28th |

WELCOME NEW MAD DOGS!

- # 3879 - Edel Borrero - Land O Lakes, FL**
- # 3880 - Michel Borrero - Land O Lakes, FL**
- # 3881 - Daniel Trimbach - New York, NY**
- # 3882 - Jonathon Valin - St. Petersburg, FL**
- # 3883 - Daniel Kiran - Parrish, FL**
- # 3884 - Christina Ferrone - Tampa, FL**
- # 3885 - Andy Adams - St. Petersburg, FL**
- # 3886 - Patrick O'Donnell - Tampa, FL**
- # 3887 - Jesse Mocha - Seminole, FL**

Editors comments continued....

You theoretically could peak for two widely spaced objective races a year. You did this by counting back from the race and establishing training blocks that would peak you at the exactly the right time. A problem with this theory has come to light in 2020, however. If one doesn't know when/ if the objective races will take place, peaking becomes difficult. Rather than get frustrated by all this uncertainty, it's probably better to revert to a happier time — childhood. Just go out and swim, bike and run without "The Plan." Enjoy the outdoors and know that this will all sort itself out in time.

Mad Dogs Rule,
Chuck Lohman, Editor

MAD DOG NEWS

All Mad Dogs looked forward to the safe openings of our pools and beaches. Dry land exercises were rapidly getting old.

Many of us are looking forward to how Ironman and USAT will hold their World and National Championships with insufficient competitors to qualify. It will be interesting, but is certainly above our paygrade to answer. 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.

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

UPCOMING RACES

To Be Announced!

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 St. George - 4 May

3rd Place -

Jackson Laundry (Pro) MD Homestay

Finishers -

Jessica Bibza

Todd Bibza

Nick Chase

Dunedin Sprint - 19 May (Cont.)

3rd Place -

Jay Anderson

4th Place -

John Hollenhorst

Art Singleton

HURRICANE MAN SWIM - 4 MAY

1st Place-

Emma Quinn

2nd Place -

Dawn Clark

Finnishers -

Anne Page

Fred Rzymek

IM 70.3 Chattanooga - 19 May

2nd Place -

Jackson Laundry (Pro) MD Homestay

4th Place -

Richard Jansik

IM 70.3 Gulf Coast - 11 May

1st Place -

Gail Norman

6th Place -

Carolyn Kiper

Dunedin Sprint - 19 May

1st Place-

Celia Dubey

Suzanne Brosseau

2nd Place -

Bonnie Theall

MAD DOG PICTURES



Chuck and Gail with homestay Canadian Pro Jack Laundry



Mark Parrish enjoying Happy Hour in Clearwater



Kim and Chris Poor



Friday Swimmers (pre-swim) from Pam Hollenhorst



Friday swimmers (post swim)

MAD DOG PICTURES



Mad Dogs unleashed at Sunset Beach!



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In Memorium - Mad Dog Bill Bell

Recently I learned of the passing of Mad Dog #443, Bill Bell. The information was collected from various web sites describing his life and accomplishments.

Bill was living in Palm Desert, California and started racing triathlons in 1982, before most of us were even aware of the sport. Some of his remarkable athletic achievements are listed below:

- Completed more that 300 triathlons, 158 Marathons and Ultras.
- Completed 32 Ironman Distance Races, including 19 Ironman World Championships, winning his age group 5 times.
- In 2018 he was inducted into the USAT Hall of Fame.

Rest in Peace, Bill.



Training Tip - Be Confident on the Beach

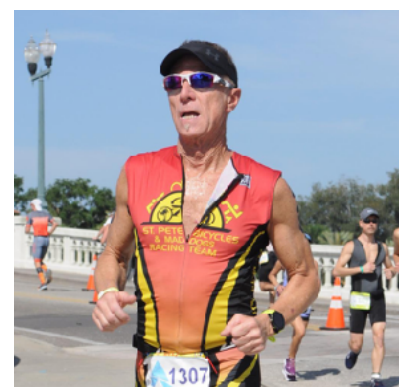
Training for a triathlon is not easy. There are no short cuts. And training consistently these past couple of months has been particularly difficult with all of the COVID-19 restrictions. Hopefully you have made the most of your training time.

Whether you're preparing for a first time race or you're a seasoned triathlete, you need to put in the time and effort in the swim, the bike, and the run, plus strength training, mobility work, and proper nutrition. Triathlon training requires discipline and an organized approach, and sometime it may mean putting your training ahead of other things in your life. It may mean occasional sacrifice for the athlete and the athlete's family in order to achieve a race day goal.

If you trained properly, when you're standing on the beach on race morning waiting for the starting gun to go off, you'll know deep in your heart that you are ready and able to have our best race possible. That confidence, plus all your hours of training will give you the fuel you need to have a great race.

Train smart. Race fast.

Frank Adornato



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

Retro Race Report From 2016

Mooloolaba Race Report — 70.3 World Championships

As regular readers know, this was our make up race from the 70.3 World Championship in 2015. Although Gail and I both qualified in Cozumel in September of 2014, a melanoma appeared on my left leg several months before the 2015 contest. Ironman generously deferred us both to 2016. The good news is that we both aged up; the bad news is that the most demanding training months are June, July and August in Florida. There is a yearly scheduled Ironman 70.3 there in Mooloolaba with a nice rolling bike course, but, of course, Ironman felt compelled to add some significant altitude in order to offer a “championship level challenge.” I suspect that this is a hangover from the significant drafting observed at the races held in Clearwater. The result was an 18-20 percent climb offered at about mile 33. The run also included 4 steep, but short climbs. Our preparations included a number a bike pilgrimages to Clermont (Sugarloaf Mountain) and San Antonio, as well as running bridge repeats at Misner Bridge.

Logistics: Interestingly enough, the 28 hour flights to Australia only cost about 2/3 of the price to fly to Austria. Air New Zealand offered the best deal. We always opt for travel insurance since we have elderly parents and I seem vulnerable to “training incidents.” Australia requires an entry Visa which you can purchase on line. Don’t forget to let your credit card provider know where you will be traveling, and remember to arrange a travel package with your mobile phone company. Mooloolaba is about 60 miles north of Brisbane (your arrival airport). Since we haven’t visited this area, and wanted to avoid renting a large vehicle to transport our bikes, I opted to use Endurance Sports Travel, Ken Glah’s company, recommended by John Macedo. This package included airport pick up and drop off, tours of the course, a bike mechanic, transportation around town and other extras. Ken’s posse did a great job of transportation during the entire event.

Flight: Air New Zealand was great. Learning a lesson from Dave Proffitt during his trip to Ironman Austria, we upgraded to Premium Economy for the long leg from Houston to New Zealand. It included an extra checked

bag, so the bikes went for free. At the lounge before the flight the Kiwi ladies were excited that Richie McCaw, Captain of the New Zealand All Blacks Rugby Team was on the flight. Gail, of course managed to accost him during the flight. He is said to be more popular than the Prime Minister.

Accommodations: Ocean Boulevard Apartments was one of the Endurance Sports Travel (EST) options. We had a small kitchen, laundry room and a great view of the surf. EST transported us to practice swims, supermarket runs and Ironman events. Between our lodging and the beach was a park that looked like cross fit heaven with workouts going about 12 hours a day. Gail was mesmerized — “I want to throw that tire. I want to drag that sled.” I thought I would have to sedate her.

Language: I struggled a bit with the language there. About half the places in Australia have names with an Aboriginal origin. The race location was Mooloolaba. Apparently, the locals regularly rotate the emphasis among the four syllables just to confuse us. For the tour of the bike course, I introduced myself to the driver, saying, “I’m Chuck.” He replied, “I’m wide.” I thought he was a bit stocky, but wouldn’t have described him as wide. After a few more introductions I figured out that he actually said, “I’m Wade.” Gail asked a waitress about the difference between two chicken dishes. She said that the first item had a “burn.” After a linguistic wrestling match, we learned that she was actually saying that the first dish had a “bone.” About half of our group was from Brazil — exuberant and fun-loving as you can imagine. John Macedo and Claudia and Patricia Junqueira would have loved it.

Breakfast: We regularly had breakfast at the Milk and Bean Coffee House. On the wall they had a “suspended coffee” board with little white paper cut outs of cups affixed. The coffee was paid for in advance by customers and those less fortunate could simply pick one of the papers off the wall and get a free coffee. Nice!

Expo: As usual, one has to pass through a huge tent with Ironman branded products. We arrived early the first morning and, after registering for the race, noted a two hour checkout line. This isn’t their first rodeo — how can they continuously screw this up?

The race: Race morning the weather was great — minimal waves and a water temperature of about 70 degrees. The air temperature started in the high-50's and rose to the mid-70's. I had a bit of a slow, yet uneventful swim, but Gail was assigned an early wave and was caught by some aggressive young men. One tried to swim over her so she kicked him in the head, breaking her toe. Nice way to start the race! The first 25 miles of the bike course was relatively flat and many competitors drafted openly and notoriously in groups of 20 to 30. One of our friends shouted at four women that passed her in a pack. Shortly, all four went down in a crash — karma. The second half of the course featured a blind right turn into a horrendous hill with a 18 to 20 % grade. Half of the competitors around me were walking their bikes up the hill. A guy fell over in front of Gail and she had to dismount to keep from hitting him and then walk because the hill was too steep to remount.

Gail's right shifter came loose during her ride. Fortunately, she had some extra electrical tape marking her seat post and was able to stop and use that to repair her shifter. My chain locked up twice while trying to shift into the 28 cog. The first time I fell into a deep ditch with my bike on top of me. An Aussie spectator ran up and helped me get out of the ditch. After I pulled off the rear rear wheel and remounted the chain, I thanked him for the help. An official **who was too busy to hand out drafting penalties** rode up and told me I could get disqualified for outside assistance. I said (without profanity) "Oh, give me a break. Did you want me to just lie in that ditch all night?" He drove off. The second time that the chain locked up I just fell on the road and was able to recover with minor road rash and no "outside assistance." I stayed out of the 28 cog from then on. It turns out that 45 competitors were given a DNF, rather than disqualification, because they didn't complete the prescribed course. Sounds like a fiasco to me.

The end: At the beginning of the race my (optimistic) goal was to finish in the top 10. By the end of the "challenging" bike leg, I just wanted to finish with honor. By the 2nd lap of the "run" I just wanted to get to the finish any damn way I could. Abductor cramps and accumulated road rash slowed me to a walk. We both survived — Gail finished 8th in her age group and I finished 14th. There were a lot of DNF's in our age groups. Both of us had our slowest time ever. The Australian spectators, however, were the best; I can't give them enough credit!

Final thoughts: I'm not quite sure why Ironman has decided to modify the bike courses for the 70.3 Worlds. Zell am See last year included a 10 mile climb, and this year's race featured the 18 to 20% grade. I understand that too much drafting goes on with a flat course, but a normal person who doesn't cheat on the flats and can't climb like a professional Ibex will have a tough race in these Championships. We now see so many age groupers drafting on the bike leg that the officials simply can't wave yellow cards at a whole pack of 20 or 30 cyclists. Perhaps the professionals could continue to receive penalty cards and the age groupers could be noted and given time penalties at the conclusion of the contest as in USAT races. **As things stand now, cheaters rule and honest people are penalized in Ironman races.** Just my opinion....Kia Ora (Maori for Aloha)

Chuck Lohman



New Zealand heartthrob
Richie McCaw



Me next to an anti-shark wetsuit.
Rene Vallant, check it out!



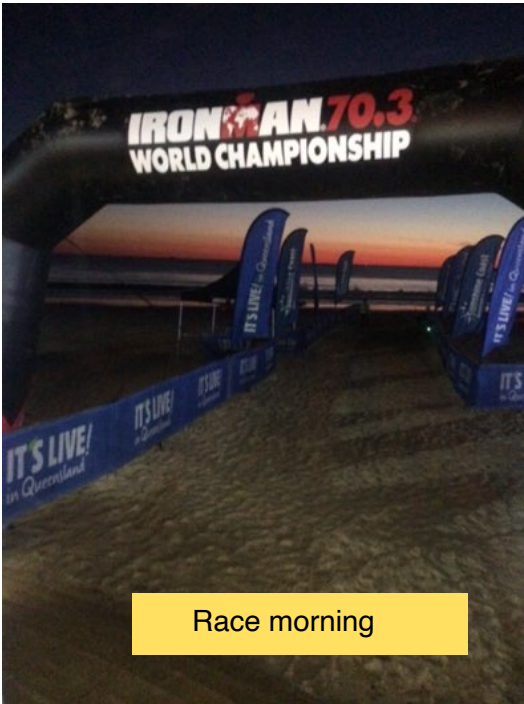
Gail on a bike recon



Me in transition — 1st row!



Gail in transition



Race morning



Swim Practice



Survived another swim!



Gail exits swim with a broken toe



Ken Glah

Chuck & Gail

Tour of bike course



Training Tip - 8 Things to Do to Make the Most of Pre Race Week

As of this writing we're anxiously waiting for races to start again, and we're optimistic it will happen soon.

You've been training hard for your next big race and it's the week before race day. Here are 8 things should you do (and not do) to make the most of pre-race week. The goal is to be rested but not stale on race morning.

1. Start a pre-race taper to reduce the volume and intensity of your training. Exactly how and what you do during your taper depends upon the race distance and your race goals, but you should reduce - not eliminate - high HR efforts and include long complete recovery between each segment.
2. If you're planning a marathon, 70.3 or a full ironman, all of your very long distance training should have been done several weeks before. This is not the week to run 20 miles or bike a century.
3. Discontinue all strength work because weight training breaks down muscle. Focus instead on mobility and stretching.
4. Eat smaller meals and fewer calories. You're working less and burning fewer calories. You don't want to put on extra pounds that week. Meals should consist of lean protein, some complex carbohydrates and a moderate amount of healthy fat. Avoid sugars, processed foods, and fried foods. Keep it healthy and fresh.
5. Stay hydrated all day every day and avoid alcohol.
6. Check all of your race gear and race clothes. Make sure everything is working 100% and that you've tried, tested and worn what you'll use and wear on race day. If a bike tune-up is in order, have that done a few weeks before the race so you can ride a few times and make sure everything is working properly.
NOTHING NEW ON RACE DAY!
7. Get plenty of sleep during the week.
8. The night before the race, lay out and pack all your gear so you're not rushed on race morning. Eat an early dinner, take a short walk after dinner, and go to bed early. Wake up confident, rested and knowing you are race ready.

Train smart. Race fast.

Frank Adornato



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