



THE FINISH LINE



Congratulations to Mad Dog Tom Singletary, who, despite serious medical complications, kept intact his record of finishing every single Gasparilla Distance Classic since its inception!

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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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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.

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OK, Mad Dogs who decided to take some time off over the Winter months, it's time to rummage around to find your running shoes, swim goggles and to do some maintenance on that sleek triathlon bike. Might be a good time to reread some of Frank Adornato's training articles that he submits every month for the newsletter.

The big social event of February was the celebration of Larry Yost's 90th Birthday Party. Whether or not you were there, please review the pictures posted

(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 03/11/19. 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

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		

MARCH BIRTHDAYS



Paula Vleillet -	1st	Michael Bardecki -	15th
Tyner Hill -	3rd	Rod Coggin -	15th
Markus Mittermayr -	4th	Kim Carlin -	18th
Joseph Dominguez -	5th	Cary Stokes -	20th
Joel Blakeman -	6th	Dianne Stokes -	21st
Luke Galloway -	6th	Bill Kolar -	23rd
Dave Proffitt -	6th	Barbara Hatfield -	24th
Shirley Bassett -	7th	David Randle -	25th
Terry Fluke -	9th	Rose Marie Ray -	26th
Adam Kinney -	9th	Bryan Touhey -	26th
Pete McConnell -	12th	Michael Oertle -	27th
Noah Vallant -	12th	Michelle Veilleux -	27th
Winston Allen -	13th		

WELCOME NEW MAD DOGS!

- #3868 - Grant Allen - St. Petersburg**
- #3869 - Joe Bayliss - St. Petersburg**
- #3870 - Todd Bibza - St. Petersburg**
- #3871 - Coraline Falco - St. Petersburg**
- #3872 - Andres Marte-Grau - St. Petersburg**
- #3873 - Paulina Murrath - St. Petersburg**
- #3874 - Vincent Pellegri - St. Petersburg**
- #3875 - Sarah Portella - St. Petersburg**
- #3876 - Herchel Portella - St. Petersburg**

(continued from page 2)

in this issue. He and his lovely wife, Jackie, have been remarkable representatives of the club for many years. Their daughter, Joy, and son-in-law, Steve, did a great job of organizing the event. Claire Kelley did a fabulous job of catering. When I asked her which of the great deserts she prepared, her answer was, "All of them!"

We would really appreciate a generous soul who is not competing this year at St. Anthonys 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 to help the Club.

Mad Dogs Rule,
Chuck Lohman, Editor

MAD DOG NEWS

Great turnout for the Gasparilla Distance by the Mad Dogs. top five finishers in their age groups are listed on page 8, but many others laced up their shoes and went the distance.

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.

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

Carolyn Kiper is opening up the Rocket Science website in order to facilitate anyone who wants to race in Mad Dogs uniforms. Please see her announcement on page 16.

Special shout out to 78 year old Mad Dog Thomas Singletary, who, despite recovering from severe medical complications, kept intact his record of finishing every single Gasparilla Classic since its inception.

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

UPCOMING RACES



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

IM 70.3 Puerto Rico
Race Conditions

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



19 Apr - IM 70.3 Florida
Half Iron Distance
Haines City, FL
www.ironman.com



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



25 Apr - Meek & Mighty Tri
Super Sprint Distance
St. Petersburg, FL
www.runsignup.com



26 Apr - St. Anthony's Tri
Olympic/ Sprint Distance
St. Petersburg, FL
www.runsignup.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.

TB Frogman Swim - 12 Jan

5th Place -

Dawn Clark (Overall)

Einisher -

Tim Robinson

Gasparilla Distance Classic - 22/23 Feb

Half Marathon

2nd Place -

John Hollenhorst

5th Place -

Laura Jansik

Patti Spence

8 K

1st Place -

Annette Frisch

5th Place -

Cathy DeHaan

15 K

1st Place -

Joe Burgasser

Claudia Junqueira

Bob Ranta

4th Place -

Kerri Dienhart

MAD DOG PICTURES



Bill Hendrick, Chris Poor, John Hollenhorst and Mike Deacy on the St. Pete Bike Club Spring Classic



Steve Shelton with Gabi, Lohman's new Portuguese Water Dog puppy

MAD DOG PICTURES

**Pictures from Larry Yost's 90th Birthday Celebration
Most Provided by Jessica Parrish (MD #11)**



Annette Frisch and Bob Ranta



Jessica Parrish and Chuck



Mark Parrish and Claire Kelley



Carol Ardell, Larry Yost, Jackie Yost and Don Ardell



Karen, Rosie and CJ



Jackie Yost and Pat Ruta



Mark Parrish and Carolyn Kiper



Master of Ceremony,
Steve Edwards

More pictures from Larry's Party



Mayor of Treasure Island honors Larry Yost



Vintage Picture. Note: Yosts at right



Vintage Mad Dog Picture taken at the Yost's



Gail and Chuck Lohman



CJ and Tim Hudson



Millie and Mrs. T



The Party!

Retro Race Report Gulf Coast Triathlon 2010

Complete disclosure - The race has become IM 70.3 Gulf Coast. The course has been modified as a result of the hurricane, and several amenities dropped by Ironman.

The morning of 7 May 2010 found Gail and I heading west on I-10 toward Panama City Beach - affectionately known as the Redneck Riviera! This vacation community on the shore hosts Ironman Florida in November and the Gulf Coast 1/2 IM distance race each May. The swim and run courses follow the same trace while the bike course for the May race follows the Ironman course for the first and last 20 miles. This makes the Gulf Coast Triathlon an ideal prep for anyone entering the Ironman Florida competition. Apparently, word has spread throughout the Southeastern US because the turn out in the "senior" age groups is large, talented and growing.

While waiting in line for the pre-race pasta supper we met Mad Dogs Danny Hicks (MD 26) and Jan Thompson (MD 27). They claimed to be Original Gangsters, having attended one of Rue and Cathy Morgan's initial Mad Dog organizational meetings. Susan and Chuck Ashbaugh also joined us at the table. We thoroughly enjoyed supper, stocking up on chocolate chip cookies from the desert table. On one of our cookie resupply trips we spotted Clare Kelley (MD 2389) and Reva Moeller (MD # 2408) at a nearby table.

On May 8th, "the dawn broke crisp and clear." As we arrived on the beach, we noted the same 15-20 MPH winds and choppy 4-5 foot sea conditions that we faced 2 years prior. At least there were no oil slicks with which to contend. The water temperature was 77 degrees, barely clearing the legal wetsuit limit. While warming up, we spotted Val Tavanese of Outspokin Bicycles (MD # 2647).

We struggled against the current for 900 yards, rounded a couple of buoys, and looked forward to an easier swim on the way back -- not so fast. We ran into a rip current while heading back to the beach, disorienting everyone. After the race, we downloaded the data from Gail's

Garmin GPS and noted that she swam two complete circles on the way back in! Both our swims were about 5 minutes slower than 2008.

The bike course was delightfully uneventful with no flat tires, broken spokes or crashes. Gail and I rode the 2nd leg of the race carefully, watching our heart rate monitors to avoid painful leg cramps later in the race. About mile 50 on the bike, Val Tavanese cruised by me looking focused and strong. Although the wind was constant, it only seemed to affect us along the beach road when we were wobbled by gusts between the large hotels and condos.

Out of T2, the Florida sun made its appearance with a vengeance. Our caution on the bike leg paid off, as we were able to finish the run without the dreaded leg cramps. The volunteers, particularly during the run, were terrific. At about the 10 mile point they would pour ice water over your head and shoulders on request—a great innovation.

The post race supper and awards ceremony were held at the Spinnaker Beach Club at 6PM, so everyone had a chance to shower, change clothes and begin to feel human again. Almost all Mad Dogs present were award recipients, led by Jan Thompson's winning her age group and Gail placing second in hers. My apologies in advance if I missed any other Mad Dog competitors.

Although the swim is often challenging, we all felt that this 1/2 IM course ranks up there with Clermont and Miami Man in terms of volunteer support, value for your hard earned dollar and fun. Now, if it were only a 90 minute drive from St Pete.....

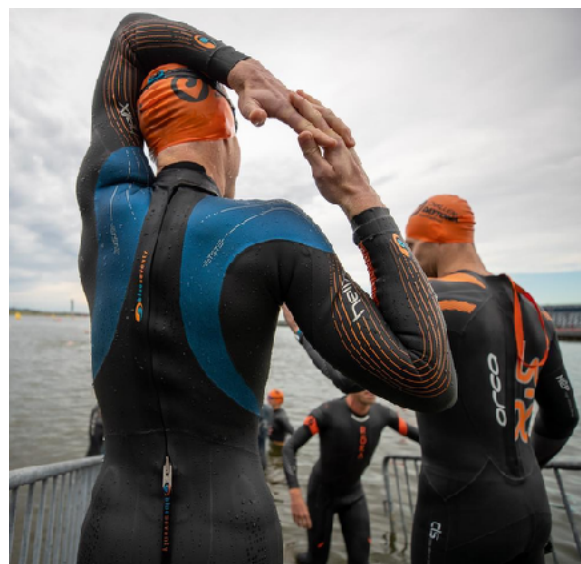
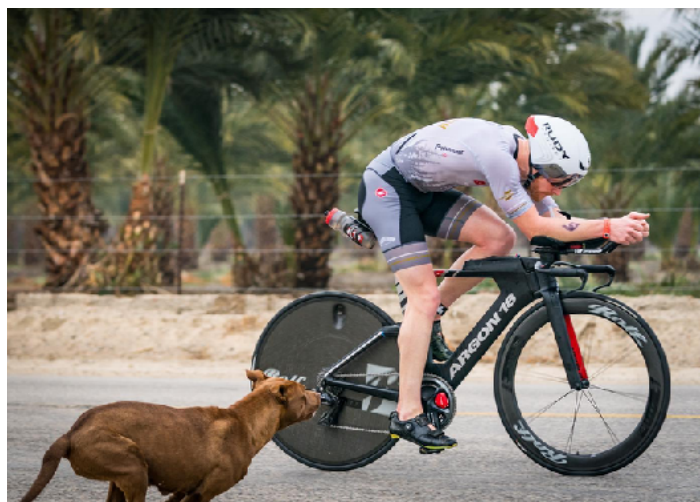
Chuck Lohman MD 2027 & Gail Lohman MD 2028

Challenge Daytona Race Report from Pro Eric Lagerstrom Lesson Learned for All of US!

Challenge Daytona: led out of T1, and almost instantly had my seatpost slip a full 2 inches. I stopped, managed to raise it, but it fell again and after riding it for 4 laps, calling for an allen wrench, I had to stop. Unfortunately it turns out there wasn't any race technical support. Lesson learned and I'm bringing a multi tool in races with me from now on and checking every single bolt pre-race. I've been fortunate to have almost no mechanicals in my career, and I've never once had my seat slip in racing or training. Just one of those freak things and I'm glad that I had such a great race last weekend and overall I ended the season on a high note. Thanks to everyone for the kind words, I'll leave all the additional, gritty details for our

YouTube video 🤗 #thattriathlonlife #challengedaytona #im703
#triathlon_in_the_world

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Mens/Womens Long Sleeve Tech Shirt - \$50



Mens/Womens Hoodie Tech Shirt - \$50

Is there anything else you would like to see? Send an email to cskipper@gmail.com We can arrange to have any of the following items:

- Arm Warmers (\$30)
- Cycling Vest (\$60)
- Swimsuit/Jammer \$50 - \$70
- Polo Shirt \$60
- Running Shorts \$50
- Running Singlet \$40

On the portal, you may need to resize your screen to improve the appearance. On a Mac, press **cmd +** to make the screen larger or **cmd -** to make it smaller. Click on each item for details and size charts.

Carolyn Kiper is reopening the Rocket Science Site in order to enable Mad Dogs to order Race Outfits for St. Anthony's. Please get your order in by **20 March** in order to receive by race day. For questions, please reach Carolyn at cskipper@gmail.com.

Training Tips - Anti-oxidants

As a normal process, working muscles in the body create biochemical compounds called free radicals which are activated by the oxygen we take in by breathing, eating, and pretty much most of what we do living in human society. The same way prolonged oxygen exposure can corrode plastics and metals, too many free radicals can cause oxidative distress which damages cell membranes and can lead to illness and disease. On the athletic front, free radicals can reduce the energy supply to muscles thus causing fatigue and impairing athletic performance. Luckily many of the foods we eat contain another group of chemicals called anti-oxidants which helps keep free radicals in check. Data from studies done in endurance athletes show that anti-oxidants can improve performance and delay fatigue as a result of reduced free radical formation.

Eating foods rich in antioxidants such as blueberries, kale, spinach, broccoli, walnuts, tomatoes, sweet potatoes, cherries, dark chocolate, red wine and green tea, adds to your body-producing antioxidant stores.

Anti-oxidants should be an integral part of an endurance athlete's regimen, especially prior to and after prolonged exercise.

Train smart. Race fast.

Frank Adornato



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

Training Tip - Runner's Toe - A Badge of Honor?



If you run a lot, you're familiar with runner's toe. It's ugly, sometimes painful, and most importantly, it can be avoided. Here are some things you can do to prevent and treat runner's toe.

- First and foremost is proper shoe fit. Pick shoes that fit your foot correctly. Don't select a shoe because your running buddy wears a particle brand or color. Different feet, different shoes. And typically, running shoes should be one to 1.5 sizes up from your regular shoes.
- Make sure your laces are snug (but not too tight) to reduce the forward shift of your foot into the front of the shoe when you land on each stride. Using a "runners knot" can also help prevent the forward shift of your foot.
- Trim your toenails often.
- Soak your feet in a hot bath of salty water (Epsom salt is good).
- And last - get pedicures periodically. (The pedicure suggestion came from my sports doctor - so, guys, it's OK. You now have medical clearance to get a pedicure!)

Train smart. Race fast.

Frank Adornato



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

Adopt a Pro!

...but just for the weekend.

St. Anthony's Triathlon is so often the launch pad for the careers of many professional triathletes. But, until they start getting to the podium in their races, they have a lot of expenses with very little income.

This is where YOU can help.

By hosting a professional triathlete for the St. Anthony's Triathlon weekend you'll be helping them to keep their expenses low. But many have told me that with their constant travel, they do get tired of staying in hotels and really appreciate the interaction with others who appreciate the sport.

Responsibilities

The race organization will take care of getting the athlete from the airport to your home and will also get them back to the airport after the race. You may be able to help out by taking them to the grocery store. While they may love to sit down and have a meal with you, they often make their own meals, especially the evening before the race. If you live close to the race site (within 2 or 3 miles), that may be all you need to do. If you live further away, you may need to help them to get to the Saturday Pro meeting (although, even an Uber/Lyft would work).

Duration

Most of the athletes will arrive Thursday evening or Friday morning. Most will depart on Sunday evening or Monday morning.

Benefits

Most of these athletes use homestay programs whenever they can and are quite comfortable with this arrangement. This is a great opportunity for you to talk with these youngsters and get tips on training, nutrition, and conditioning. It's also good to just get to know them, how they are managing their careers, what their goals are, and so much more. Then, if you are like me, you'll eventually have a whole bunch of "kids" from all around the world!

If you are interested in hosting, please contact Carolyn Kiper at cskipper@gmail.com or call/text 727-459-8064.



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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.