



THE FINISH LINE



Mad Dogs at last Wednesday swim of 2020.

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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.

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"	7 1/2" x 10"
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Editor's Column

Apparently Multirace has gone bankrupt, and is not providing refunds for those who signed up early. They hosted MiamiMan and several other local races. An individual is presently attempting to stage the races under another moniker. Stay tuned; stay flexible!

It appears that one Race Director company, Game On, has begun hosting triathlons in Florida.

(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 17-19 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 Ending 10/28/20. Meet at Hurley Park. End 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 @ Pass-a-Grill. Meet at Hurricaneman restaurant	8 am. From USFSP 16 miles 17-19 mph.	6:30 AM From Fit4Life 75th Ave. St. Pete Beach SPRR
SATURDAY		8:30 am. From Northshore Pool. Rides staged by speed: 16-18MPH, 20MPH, 22 MPH, 24 MPH + Groups of ten dispatched)	

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>		

NOVEMBER BIRTHDAYS



Todd Bibza -	1st
Carrie Hanley -	1st
Nancy Orbe -	3rd
Stephen Kovac -	5th
Paul Thibault -	7th
Mike Hood -	8th
Lin dolen -	11th
Zeine Abdo -	14th
Brian Kelly -	18th
Karen Smith -	18th
Art Singleton -	20th
Michael Deacy -	29th

WELCOME NEW MAD DOGS!

- # 3903 - Brent Richard - St. Petersburg**
- # 3904 - Alexis Anzo - St. Petersburg**
- # 3905 - Lillian Koziol - St. Petersburg**
- # 3906 - Mackenzie Cietec - St. Petersburg**
- # 3907 - Kim Linzel - Largo**
- # 3908 - Jen Zoby - St. Pete Beach**
- # 3909 - David Bredow - Palm Harbor**

Editor's Comments continued:

A number of Mad Dogs, mentioned in last month's and this month's race reports have participated. Crystal River has hosted 2 triathlons. Although Game On has gone to great lengths to ensure participant safety, Gail and I are not yet ready to throw our helmets in the ring — soon, I hope! Escape from Ft. DeSoto went off on 26 Sept. Top Gun in Dec?? Hope so.....

Mad Dogs Rule,
Chuck Lohman, Editor

UPCOMING RACES

Tentative Dates for Local Races



Nov 7th - IM 70.3 Gulf Coast
Half Ironman Distance
Panama City Beach, FL
www.ironman.com



5 Dec - Key West Tri
Olympic/Sprint Distances
Key West FL
www.trikw.com



Nov 7th - IM Florida
Ironman Distance
Panama City Beach, FL
www.ironman.com



6 Dec - Longboat Key Rock Tri
Half/Oly/Sprint Tri/DU/AB
Longboat, FL
www.findmeraces.com



15 Nov - Longboat Key Tri/Du/AB
Sprint Distances (tentative)
Sarasota, FL
www.runsignup.com



13 Dec - Topgun
Sprint Distances - Tri/DU/AB
Ft. DeSoto
www.thunderboltmultisport.com



5/6 Dec - Challenge Daytona
Oly/Half Dist Tri/Du/AB
Daytona, FL
www.challenge-daytona.com



13 Dec - IM 70.3 Florida
Half Ironman Distance
Haines City, FL
www.ironman.com

MAD DOG NEWS

For those suffering from racing withdrawal, check out the site Game On. They have put on several races with extensive anti-COVID protocol. Mad Dogs listed in Race Results have participated. It appears that Ironman is attempting to stage races in Florida during the November timeframe. Crystal River has hosted 2 racers in September. With some races advertised but later cancelled without refund, this is just a best guess on upcoming events. I recommend checking the Mad Dog Facebook and Web sites for the latest info before committing.

SPBC has resumed their Saturday Rides from Northshore Pool with 8:00 AM (start time) after the time change. Masks are required before the ride. Cyclists will be dispatched in groups of 10.

Mad Dog Humor:

1) Jessica Bibza was watching the 4th Game of the World Series (albeit with a few naps) when the Rays hit a 9th inning single with men on 1st and 2nd base. They were down one run, and when Kevin Kermeyer scored to tie the game, she jumped up and ran around the room screaming. During this frenzied celebration she failed to notice Arozarena scoring the winning run after falling down. She turned around and shouted "What? What? What just happened?" Then another frenzied celebration ensued.

2) Gail Lohman was cycling with Steve Shelton recently on a new bike course. They came to a "T" in the path and were unsure of the correct turn. Gail asked a bystander, "Are we going the right way?" He replied, "Depends on where you're going." Makes sense.

A number of Mad Dogs are signing up for the Challenge Daytona on the 5th and 6th of December. Seems like the Organizers have their act together.

"If you're going through Hell, keep going."
Winston Churchill

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.

Crystal River Sprint - 10 Oct

1st Place -

Cody Angell (4th OA Male)

Todd Bibza

Celia Dubey (OA Woman)

Catherine Jadot

3rd Place -

Bob Barlow

Jessica Bibza

IM 70.3 Arizona - 18 Oct

1st Place -

Jessica Bibza (slot to Worlds)

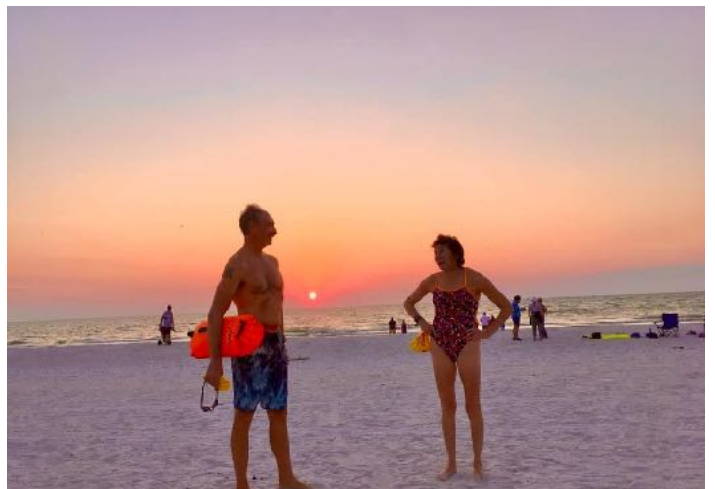
MAD DOG PICTURES



Patty Conolly, Reva Moeller, and the Happy Face Relay

MAD DOG PICTURES

Wednesday Night Pass-a-Grill Swim Pictures from Pam Hollenhorst



MAD DOG PICTURES



Mad Dog Penultimate Swim for the Season on a beautiful Wednesday night.

MAD DOG PICTURES

More Wednesday Night Pass-a-Grill Swim Pictures from Pam Hollenhorst, Ace Photographer 10/22



Jackie and Larry Yost

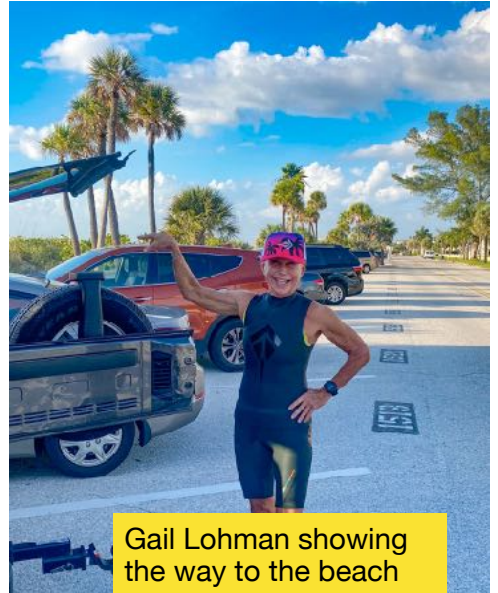


MAD DOG PICTURES

Last Swim of 2020. Pictures from Coach Leo.



Mad Dogs At Don Cesar



Gail Lohman showing the way to the beach



Solo Surfer



The Swim Start



Jill Voorhis leading the cheers



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Training Tip - Up Your Running Game with this Pyramid Workout

Now that some cooler weather is here, it's time to up the ramp up your running game. Here's a workout that will do just that. This pyramid workout is a very hard effort. The total running time is about 60 - 65 minutes, with a 22 minute pyramid sandwiched in the middle.

WU about 20 minutes.

Then run the following 5 segments. There is no rest interval between sets unless you absolutely need a short walk or jog. If you do, keep it very short.

#1 - 6 minutes build speed to 80% effort (15K pace).

#2 - 4 minutes at 90% effort (10K pace).

#3 - 2 minutes at fastest possible pace (5K pace or faster).

#4 - 4 minutes at 90% effort (10K pace).

#5 - 6 minutes at 80% effort (15K pace).

Run your last mile at 10K pace or faster - whatever your heart, lungs and legs allow.

CD 10 minutes.

This workout is not for novice runners. But if you do it once or twice a month, you'll see positive results in your running speed.

P.S. If you join us for the Mad Dog Wednesday morning run, you'll get a chance to try this workout with the group.

Train smart. Race fast.

Frank Adornato



Like **TRI-IT-ALL** on Facebook.

Training Tip - Training in The Dark

It's that time of year when there are fewer hours of daylight, and many of us are training in the dark, at dawn or dusk. If this is you, make sure you're visible to others, especially to cars and trucks. Use blinking lights and reflectors so that you can be seen from a distance. Blinking lights are better than steady lights because they'll quickly get a driver's attention, and they differentiate us from other cars and motorcycles. On a bike, mount a white light in the front and a red light in the back. And a side note, I suggest using lights every time you ride, even in daylight hours. As a runner, don't rely only on reflectors. They're good, but a blinking light on your shirt or hat will make you visible at a farther distance than a reflector alone.

Also, remember to always ride in the same direction with traffic and follow the rules of the road. As a runner you should run facing traffic so you see cars coming at you. You would think these are very well known practices, but I'm still surprised when I see runners and bikers going the wrong way on a shoulder or a road.

Be safe. Be visible. Be vigilant.

Train smart. Race fast.

Frank Adornato



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



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I KNOW A NUMBER OF MAD DOGS ARE CONSIDERING AN IRONMAN OR IRONMAN 70.3 RACE IN THE FUTURE. I FOUND THIS INTERESTING ARTICLE BY DAN EMPFIELD ON THE SLOWTWITCH WEBSITE ON THE RECENT IRONMAN 70.3 ARIZONA.

When it comes to the use of masks I am an active activist. I politely confront non-mask-wearers in public places, as well as lazy or timid or non-compliant store managers. I have called and written the national headquarters of stores and have spoken and written to the health officials and politicians and leaders in my state and county.

What about when compliance collides with our own avocation? There are plenty who feel that the very act of participation in a triathlon is abetting the spread of this pathogen. Look on our Reader Forum. "Americans going to triathlons, Trump rallies, family gatherings, indoor restaurants, and amusement parks, and fraternity parties have led to a major spike in COVID."

Are triathlons fairly placed in the same category as maskless political rallies and indoor restaurants? My behavior and activism is limited to what is discoverable by science, by evidence, and known best practices. I just don't know yet whether triathlons or gravel races aid abet the pandemic. I think we will know. Two months after the Sturgis motorcycle rally, the Dakotas are the hottest of COVID hotspots. What will happen to those 800 who competed in Tempe's 70.3 this past weekend? I hope we can crowdsource anecdotes to generate at least a sense of whether this was a safe way to host an in-person race, or whether this is a bad idea.

But Sturgis this race was not. Below is a first-person account from a competitor, Bryan Dunn, who writes from his perspective on the subject of safety. This isn't to say that participation in a race so-produced is wise; rather to show by words and images what an Ironman-produced race in the age of COVID looks like. From Bryan:

“Dan reached out and asked me to go into more detail on the specifics of how WTC conducted this race and their specific mitigation and distance protocols. I'm also friends with the RD and had the opportunity to get her thoughts as well. The event never could have happened without her and her staff working to design a plan that would be acceptable to the Tempe Special Events governing body.

“In order receive the approval, they had to demonstrate all their precautions to allow more than 50 people to safely gather, and Tempe had to have acceptably low numbers of daily new cases per 100,000 residents and percent positivity of all tested cases. That's the same metric they use to determine if schools can offer in person learning here in AZ.

“The race director did this with a greatly reduced staff. There have been a lot of layoffs and cutbacks at WTC since the new owners came in, and [as a result of] the pandemic. She said it was like the old North American Sports days with a small crew all chipping in to make a race happen, so tip of the hat to their Team.

“Prior to race weekend, all participants could review the Athlete Guide which was modified to describe the process for registration and bike drop off on Saturday and race day. There would be no athlete briefing or any organized activities in and around the traditional Athlete Village. They did post a briefing online as well as a Q&A with the RD answering some of the most frequent questions.

“All participants received an e-mail from Active.com where you selected a one hour window on Saturday to bring down your bike and do registration. My wife and I selected 9-10am, the second hour time slot available (they began at 8am). As we approached Tempe Beach Park and the Athlete Village, we could immediately see there was control over the flow of pedestrian traffic with staff at the various entrances, with hand sanitizer and enforcing the mask requirement to enter.

“We were directed to the separate Athlete Check in area. Again, they had some tables set up under a tent where they did the initial check in of scanning your registration code and checking your driver’s license. The volunteers were behind a 2-foot high wall of plexiglass since they couldn't practically be 6-feet away while doing this. We were given a pen to use that also had a rubber ball on one end to be able to hands-free tap on an iPad device screen. I thought that was a nice touch.

“Once verified, we looped through a fenced in walkway, so the only way into this area was the main entrance. We had our bikes and we approached a bike valet area. We were given tickets to retrieve the bikes and racked them so we could continue into the main registration tent. The registration tables were the same as the ones out front, plexiglass barriers with a small cut out to pass any items through. Other than the plexiglass, masks, markers on the ground, registration was pretty normal. You got you envelope, cap, numbers, t-shirt, and bag. There was no crowding anywhere but that might have been because of the time of day we were there and perhaps someone else can chime in on how this process worked later in the day with perhaps more people.

“We went and retrieved our bikes and rolled them to the entrance to Transition. Once into transition, I could see they brought all the racks. It looked more like IMAZ than Tempe 70.3. The numbers on any given side were 6-feet apart with a number on the opposite side in between. So the effect was standing on your side of the rack you were separated from your neighbors on either side and a person was on the opposite side also enjoying the same separation. I have never had so much real estate in a transition before and it was delightful.

“My wife wanted to pop into the Ironman Store, so we walked over. They only allowed a fixed number of people in the tent and we queued up outside on the markers painted in the grass. It took about 5 minutes to get in. Once inside it was set up like a lot of grocery stores today, with arrows for one way traffic flow. Again all the checkout tables had the plexiglass barriers.

“We arrived race morning and set up our gear as usual. Again, this all felt very normal. Port-a-potties had lines of people all standing 6 feet apart. We were provided a mask to make the trip to the swim start as it would be thrown away and people have masks they may like and not want to use. The swim start for this race is about 400 meters west of transition. As we walked over I noticed they had set up barrier fencing the entire length from transition to swim start. This ensure it was athlete only in the area and prevented spectators from milling with them. They had these barriers on the east side as well for the swim exit.

“As we approached the swim start are, there were volunteers with signage for swim pace corrals. For all swimmers under 35 minutes, they simply lined us up in two rows 6 feet apart, everyone in masks. Paul Huddle was stalking up and down the rows reminding people to keep their masks in place. Once the cannon sounded, two swimmers were staged to start, one would go and 5 seconds later the other. I arrived a tad late to the area and was a good 50 feet from the ramp but it only took about 5min to start. I was so preoccupied I did forget to take off my mask when told to go and had to literally rip it from my face.

“The swim, T1, and the bike were all perfectly normal. I didn't use either of the bike aid stations but volunteers in masks were behind the tables offering to hand you a bottle or nutrition but it was incumbent on the rider to stop—no flying hand-offs. On the run the tables were set up with the traditional rhythm of water, Gatorade, Red Bull, Coke, Water, Ice. Again it was up to the athlete to pick up their own nutrition, the volunteers stood back and kept the tables stocked and directed you to the table with whatever you requested. Once finished, you removed your own timing chip, picked up your medal yourself, and provided another mask to exit.

“At the finish area it was VERY hot and I think all participants struggled wearing the mask, but volunteers were always around to remind you to pull it up. Normally they don't allow people into transition until a specific time but yesterday they were clearly keen to get us all out of there as quickly as possible so you could immediately access the area to collect your gear and bike. Since all awards would be mailed and the WC slot allocation done via e-mail, it was nice to be able to pack up and go home especially considering it was 90F.

“So that's about it. I look forward to hearing from other forum members who were there and share their thoughts. I personally think they did a fantastic job and as a proof of concept, they succeeded.”

If any Mad dogs are interested in a personal account, Jessica Bibza participated in the race, winning her age group and a slot to the World Championship next year.





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