



THE FINISH LINE



Shanu Gupta and Mark Hunter from the Mad Dog Mocha Mock Triathlon (pix from Pam Hollenhorst)



Editorials -	Page 2
Training Calendar -	Pages 3-4
Birthdays-	Page 5
New Mad Dogs -	Page 6
Mad Dog News -	Page 7
Upcoming Races -	Page 8
Race Results -	Page 9
Mad Dog Pix -	Pages 10 - 15
Articles & Reports -	Pages 16 - 26

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		
Width x Height	7 1/2" x 5" x 10"	7 1/2" x 10"
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.

ST. PETE MAD DOGS BOARD OF DIRECTORS

BOD@STPETEMADDOGS.COM

PRESIDENT	JOHN HOLLENHORST
VICE PRESIDENT/MEMBERSHIP	CAROLYN KIPER
TREASURER	DAVE PROFFITT
SECRETARY	GAIL LOHMAN
EDITOR	CHUCK LOHMAN
LOGISTICS	MIKE DEACY
SOCIAL DIRECTOR	GINA HUBANY
TRAINING	FRANK ADORNATO
COMMUNICATIONS	TIM HUDSON
ASST. SOCIAL DIRECTOR	JENN OLVEDY
AMBASSADOR	RUE MORGAN
AMBASSADOR	KATHY MORGAN



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 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 @ 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: 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>		

OCTOBER BIRTHDAYS



Sorry, unavailable this month.

WELCOME NEW MAD DOGS!

- #3893 - Adriana Anderson - Woodbridge, VA**
- #3894 - Paul Wahrer - St. Petersburg**
- #3895 - Shalini Nemani - Tampa**
- #3896 - Kimberly Case - Redington Beach**
- #3897 - Corey Case - Redington Beach**
- #3898 - Charyse Herman - St. Petersburg**
- #3899 - Mark Hunter - St. Petersburg**
- #3900 - Christian Hernandez - Tampa**
- #3901 - Sean Cornell - St. Petersburg**
- #3902 - Macarena Martin Mayor - St. Petersburg**
- #3903 - Lillian Koziol - St. Petersburg**
- #3904 - Mackenzie Cietek - St. Petersburg**

Editor's Comments continued:

A number of Mad Dogs, mentioned in last month's and this month's race reports have participated. 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! Looks like Escape from Ft. DeSoto went off on 26 Sept. Top Gun in Dec??

Mad Dogs Rule,
Chuck Lohman, Editor

UPCOMING RACES

Tentative Dates for Local Races



Oct 4th - Siesta Sprint Tri
Sprint Tri/Duathlon/Aquabike
Sarasota, FL
www.runnersignup.com



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



10 Oct - Crystal River
Tri/Du/AB Sprint Distances
Crystal River, FL
www.runsignup.com



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



Oct 24th - Great Floridian Weekend
Tri/Du/AB from Sprint to Iron Dist.
Clermont, FL
www.greatfloridian.com



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



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



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

MAD DOG PICTURES

Brittany Higgins placing 5th Pro Woman in a 70.3 Race



(571) 210-0408
2390 SW 4th Ave, Ontario

SINGLES AD
The following ad appeared in the Atlanta Journal

SINGLE BLACK FEMALE seeks male companionship. Ethnicity not important. I'm a very good looking girl who **LOVES** to play. I love long walks in the woods, riding in your pickup truck, hunting, camping and fishing trips, cozy winter nights lying by the fire. Candlelight dinners will have me eating out of your hand. When you get home from work I'll be at the front door wearing only what nature gave me. Call (404) 555-1212 and ask for Daisy.

Over 1500 men found themselves talking to the Atlanta Humane Society about an 8-week old black Labrador retriever.



Steven Shelton and Gail Lohman training at Ft. DeSoto



John Hollenhorst and the masked stranger (believed to be Mad Dog #2)

POWER WITHIN 

 **UNIFYING**

"I have made a lot of friends and get a lot of support from my club members-especially my 92-year old workout buddy, Jackie Vost. This sport and the triathletes I work out with keep my spirits up and my muscles strong! I'm looking forward to my next decade."
—Rose Marie Ray



MAD DOG PICTURES

Bill Biel's Trip Report on their Blue Ridge Parkway Ride with Steve Shelton

Day 4. Final ride on Bill's tour was 52 rolling miles in very rural SC. The movie Deliverance came to mind. Ya know, the scene with Ned Beaty and the hillbillies...

Anyway, it was pretty. Only one stop to take the attached picture as we had to push hard to beat the weather coming in. Last 5 miles a light rain. Totals for the 4 days, 246 miles, and 21, 684 feet of climbing. As Jimmy Buffett would sing... Time for a cheeseburger and a cold draft beer!



MAD DOG PICTURES



Mad Dog Maurice Kurtz and his enamorada.



Patricia Junquiera in IM Brazil 2000



Gypsy Tweed has gone to the dogs!

MAD DOG PICTURES

Mad Dog Mocha Mock Triathlon Courtesy of Pam Hollenhorst



MAD DOG PICTURES

More Mocha Mock Tri



More Mocha Mock Tri - Courtesy of Pam Hollenhorst



Training Tip - Run In Sand to Improve Stability, Strength and Speed.

Training Tip - Run In Sand to Improve Stability, Strength and Speed. Most of the time, we run on the road, paved trails, and off-road trails. But occasionally we get the opportunity to run on the beach, and when we do, it can be a beautiful experience. Maybe we'll see a gorgeous sunrise, enjoy a cool breeze, or spot some dolphins. Beyond the beauty of the beach experience, running in sand can also have many benefits to your running performance. Running on packed sand by the water's edge allows you to set a good pace with less impact. Running in deep sand flexes and strengthens the many small muscles and tendons in the foot, ankle, and lower leg which are under-utilized when you run on paved surfaces. This helps stabilize your running gait, improves your form, and reduces the risk of running injuries. Whether you're running on packed sand or deep sand, the surface typically isn't flat and level, and those small muscles in the foot, ankle, and lower legs, as well as your core, get a good workout. You'll run at a slower pace in the sand, but you can expect your running speed on paved surfaces to gradually improve over time.

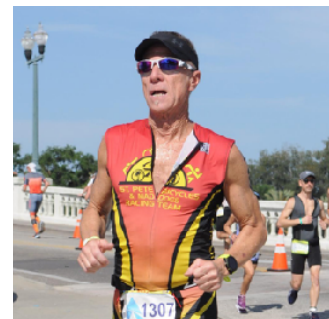
Because running in the sand works different muscles, it requires a different focus. You'll work a lot harder and run slower. But speed should be secondary on a beach run. Use these workouts to focus on proper biomechanics.

Beach runs should not be everyday runs. Do these about once a week. Another suggestion - even though most of the beaches in the St. Pete area have a shallow camber (downward slope to the water) it's a good idea to run these as an out-and-back in order to balance out the slight unequal tension on your hips and knees. And when you go, don't forget to enjoy the beautiful scenery while you're out there.

For more information on beach running, go to triathlete.com and active.com.

Train smart. Race fast.

Frank Adornato



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

Training Tip - Hamstrings

The hamstring muscles are comprised of three muscles located at the back of the thigh. These muscles have several functions related to posture and movement, and the main function is knee and hip mobility. The hamstrings, in conjunction with the quadriceps, stabilize the knees and allow the knees to bend in activities such as walking, running, jumping and cycling. Unfortunately, hamstring muscle injuries are also among the most common sports injuries.

While this training tip is entitled “ Hamstrings”, it’s important to understand that the quadricep muscles at the front of the thigh must also be kept strong and flexible in order to maintain balanced support of the knee joint. Complaints of knee pain are often associated with an imbalance in the strength of one of these two muscle groups. To keep your hamstrings (and quads) in shape and to avoid injury, stretch and strengthen them regularly. Here are a few exercises among many that you can include in your normal workout routine.

Stretches, done daily:

Standing toe touches, seated toe touches with both legs straight out, hurdler seated toe touches with one leg bent, legs up a wall, lying single leg straight up using a cord or belt.

Mobility exercises, done daily. Do these slowly and without any weights. Squats, lunges and glute bridges.

Strengthening exercises done three times a week. Do 2 to 3 sets of each with resistance weights or bands.

Quad extensions and hamstring curls.

Squats and lunges.

Pelvic (or hip) thrusts with a weight or stretch cord across the midsection for resistance.

One legged squats and single leg bridges for eccentric mobility and muscle strength.

Train smart. Race fast.

Frank Adornato



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



Nicole DeBoom's Tribute to Mad Dog Diane Berberian

Diane Berberian is dying. She called me a month ago and said this, “I have cancer again. It’s incurable. My doctor told me to get out my bucket list.” The funny thing is that she told her doctor, “My entire life has been a bucket list!” But as she thought about the things she wants to do with the time she has left, she decided to have one more amazing conversation on the podcast. To share her story, to help people figure out how to better advocate for themselves, and to leave all the gems and wisdom she has learned in a medium that isn’t going away – through the podcast.

I am emotional writing this. I was emotional during our conversation. You may be emotional listening. That’s okay. That’s normal. We are soon going to lose one of our bright lights and we don’t want her to go. So today just let your emotions run and open your heart to Diane Berberian.

As a special gift to her, please go to her [Iron Maven Facebook page](#). Take a minute to post what you loved most about this conversation. She wants to read it all – while she’s still here.



REEDER & NUSSBAUM, P.A.
Personal Injury Law

727-521-2889 CounselorsOfLaw.com



RUBIN CRYOTHERAPY & ELITE RECOVERY

- Whole Body Cryotherapy Chamber
- Alter G • Pilates • Infrared Sauna
- Theralight 360 Light Pod
- Compression Sleeves
- 30 Minute Active Isolated Stretching
- Bodysound Chair

1700 Dr M.L.K. Jr St N
St. Petersburg, FL 33704
(727) 351-8305
RubinHealthCenter.com

Another Retro Race Report

Ironman Austria 2016 Race Report

Background.

This story begins back in 2001 when Gail and I participated in our first Ironman race — IM Austria. We were complete rookies, which I'm sure was obvious to our travel companions. We trained by reading from one of Joe Friel's books on triathlon. Our first Ironman was a truly incredible experience. In any case, while in Klagenfurt, I saw some people walking around wearing T-shirts saying, "If you can't race with the Mad Dogs, stay on the porch and don't bark!" Curiosity got the best of me and I asked them what those shirts were all about. Gail and I learned about the St. Pete Mad Dogs, investigated the club on line and joined while we were still living in Virginia. When I prepared for retirement from government service in 2006 we could think of no better plan than to move to St. Petersburg to train and race with the Mad Dogs.

In 2014 we met Rene Vallant with the Pewag Team from Austria and, later, the rest of his charming family. Gail decided that she would like to enter the race for 2016 to see the Vallants again and enjoy the beautiful venue. I told her, "Sorry but my body is over the Ironman distance training. I'll be glad to support you, though." Since Gail was not looking forward to training solo, she somehow convinced Allen and Pepir Jernigan and Dave Proffitt into joining her for their first try at the Ironman distance. I hope we'll all be friends when this is over. Additionally, Mad Dogs David Frazer, Nick Chase and Ashley Folkes (Alabama) signed up so the club was well represented.

Travel

Air travel to the event has become simpler. Lufthansa offers a flight from Tampa with one stop in Frankfurt. At Renee's recommendation

we flew to Ljubljana, Slovenia about 40 miles from Klagenfurt, saving



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.

about \$500. All of Carolyn Kiper's efforts at providing homestays pays off big time! Additionally, Mad Dog racers and their guests (me) get to use the Pewag facilities including refreshments, bike mechanic, massage therapist and VIP Lounge. Renee arranged to have us picked up from and delivered to the airport, and he and Ella let us borrow one of their autos for the week.



Race Venue

Klagenfurt is an incredible town in Southeast Austria. The scenery reminded me of Lake Tahoe. Friday night we first attended the traditional Ironman pasta party. It was held in an enclosed tent that was incredibly hot — we left early to attend the Pewag pre-race party. This was a great event and we were able to see many Austrian friends who had spent time in St. Pete. We also met the CEO of Castelli and his lovely wife. I asked him about the origin of the scorpion logo on the Castelli clothing. He told us that the rumor was that the original founder had a girlfriend born under the sign of Scorpio, and used the

logo to honor her. Reviewing the weather report for Sunday — 90% chance of rain with thundershowers. The harder the race, the greater the glory (says a spectator).

Swim

One lap swim with a rolling start for amateurs by predicted swim times. It was also wetsuit legal for amateurs. Worthersee is a beautiful clear lake. A unique feature of the swim is the finish is the finish in a 1000 yard long, 50 foot wide canal with spectators lining both banks. Several swimmers stopped to pose for their families/ supporters for photo ops. 3000 participants were too many as the canal was overcrowded and resembled a salmon spawning frenzy!

Bike

Tough course with a lot of climbing. Predicted thunderstorms hit right on schedule. Cyclists were down everywhere and ambulances were busy. Unfortunately, Gail was one of the many victims.

Run

The weather turned warmer and more humid after the rain, but the course was relatively flat. There was a huge firework display after the midnight finish. Pepir and Allen Jernigan and Dave Proffitt were survivors of Gail's Ironman Boot Camp and had great races for their first Ironman finishes. Nick Chase also finished well in his first Ironman as a professional. A glutton for punishment, he will also compete in Ironman Switzerland in three weeks!

Highlights

Marino Vanhoenacker won the men's race for the 8th time setting off a huge celebration in the Pewag tent. Mirinda Carfrae set the women's course record highlighted by a 2:49 marathon. Marino's win "amped up" the Pewag post race party. Guest speeches were given by the CEO of Pewag machinery company and local pro Nick Chase, as well as many others. Could there be a budding romance between Nick and the Pewag team? Stay tuned. Each of the Austrian speakers highlighted the special relationship with the St. Pete Mad Dogs. It was also great to have David Frazer's wife, Anne, and Dave Proffitt's friend, Shonna, to keep me company during race week. All the Austrians were incredibly friendly and supportive. Members of the hotel staff even came out to give us a hug when we left. Any Mad Dog who can do so should definitely put IM Austria on their wish list of races. You will feel like you're racing in St. Petersburg (except for the mountains everywhere you look)!

Mad Dogs (and Pewag) rule in Austria, Chuck Lohman

Your community cycling store!



Sales - Service - Rentals

Mon-Fri 10 AM to 7 PM

Sat-Sun 10 AM to 6 PM