



# THE FINISH LINE



**Retro picture of Katie Perry, Kathy Morgan (MD #2), Melissa Haraz, Rue Morgan (MD #1) and Barbara Towey.**



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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](mailto: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](mailto:advertising@stpetemaddogs.com). For questions, please e-mail him.

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Space	1/2 page	Full
Page		
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### Editor's Column

Sadly, this is the second month in a row that I have to notify all Mad Dogs that we have lost another triathlete. Billy McKnight passed away in August after a courageous battle with cancer. Billy was good friends with our former President Jack Shuten who was struck down by the same disease.

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
<b>MONDAY</b>	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
<b>TUESDAY</b>	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.
<b>WEDNESDAY</b>	6:00 pm. Mad Dog OWS Swim Starting 03/11/19. Meet at Hyde Park. <b>Start of the season.</b>	8 am. From USFSP 16 miles 20-21 mph. <b>Wed is Mad Dog ride. Wear your colors.</b>	7:00 am. Bayway Bridge Repeats. Meet at Sun Blvd & Pinellas Bayway.
<b>THURSDAY</b>	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).
<b>FRIDAY</b>	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
<b>SATURDAY</b>		8: 00 am. From Northshore Pool. Rides staged by speed: 16-18MPH, 20MPH, 22 MPH, 24 MPH +	
<b>SUNDAY</b>		8:00 am. Ft De Soto Bike/Run Brick. See Facebook for details.	

# SEPTEMBER BIRTHDAYS



Patty Conolly -	1st	William Ulbricht -	14th
Joy Edwards -	1st	Timothy Kennedy -	15th
Grant William -	1st	Scott Corkran -	19th
Linda Auer -	3rd	<b>Kathy Morgan MD #2 -</b>	<b>20th</b>
Tamala Mullins -	4th	Kristie Adams -	21st
Bryce Carr -	6th	Scott Underkoffler -	25th
Sandy Weiss -	9th	John von Lackum -	25th
Judy Sromovsky -	9th	Peter McKernan II -	26th
Sean Cornell -	9th	Roman Fish -	28th
Cory Capes -	12th	Macarena Martin Mayor -	29th
Paul Blankenship -	14th		

## **WELCOME NEW MAD DOGS!**

- # 3893 - Adriana Anderson - Woodbridge, VA**
- # 3894 - Paul Wahrer - St. Petersburg**
- # 3895 - Shalini Nemani - Tampa**
- #3896 - Kimberly Chase - Redington Beach**
- #3897 - Corey Chase - 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**

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!

Mad Dogs Rule,  
**Chuck Lohman, Editor**

# UPCOMING RACES

## Tentative Dates for Local Races

Green means approved by the County.



Sep 5th - Crystal River #2  
Sprint Tri/Duathlon/Aquabike  
Crystal River, FL  
[www.runnersignup.com](http://www.runnersignup.com)



Oct 3rd - IM 70.4 Memphis  
Half Iron Distance  
Memphis, TN  
[www.ironman.com](http://www.ironman.com)



Sep 12th - Tri Fort DeSoto #3  
Sprint Tri/Duathlon/Aquabike  
Fort DeSoto  
[www.fortdesototriathlon.com](http://www.fortdesototriathlon.com)



Oct 4rd - Siesta Sprint Tri  
Sprint Tri/Duathlon/Aquabike  
Sarasota, FL  
[www.runnersignup.com](http://www.runnersignup.com)



Sept 26th - Top Gun  
Sprint Tri/Duathlon/Aquabike  
Fort DeSoto  
[www.thunderboltmultisport.com](http://www.thunderboltmultisport.com)



Dec 5th or 12th - Lycra & Lace  
Sprint Tri for Women  
Fort DeSoto  
[www.thunderboltmultisport.com](http://www.thunderboltmultisport.com)

Crystal River and Siesta Sprint Triathlons have been approved by their respective Counties. All others are TBA.

# MAD DOG NEWS

**Rich and Tonya Allen have renamed their business Stingray (formerly Zone 3). Their website is [www.project-stingray.com](http://www.project-stingray.com). It's still located at 15371 Roosevelt Blvd, Suite 100 in Clearwater, FL 33760. Check out their new gear!**



**Mad Dog Billy McKnight (L) recently passed away due to cancer. Next to him is former MD President Jack Shuten, who suffered the same fate. RIP**

**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.**

**Sign of the times - Due to the economy, Local Bike Dealers in St. Pete have suspended discounts for St. Pete Bike Club and for St. Pete Mad Dogs. Just thought you should know.**

**“ 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.

## **Siesta Sprint Tri - 2 Aug**

1st Place -

Jessica Bibza

2nd Place -

Todd Bibza  
Gail Norman

4th Place -

Suzanne Brosseau

## **Ponte Vedra Tri -9 Aug**

2nd Place -

David Longacre

DeSoto has not given permission for any races to be conducted there.  
September races look very shaky.  
Check out the Game On site. They are conducting triathlons in Florida.



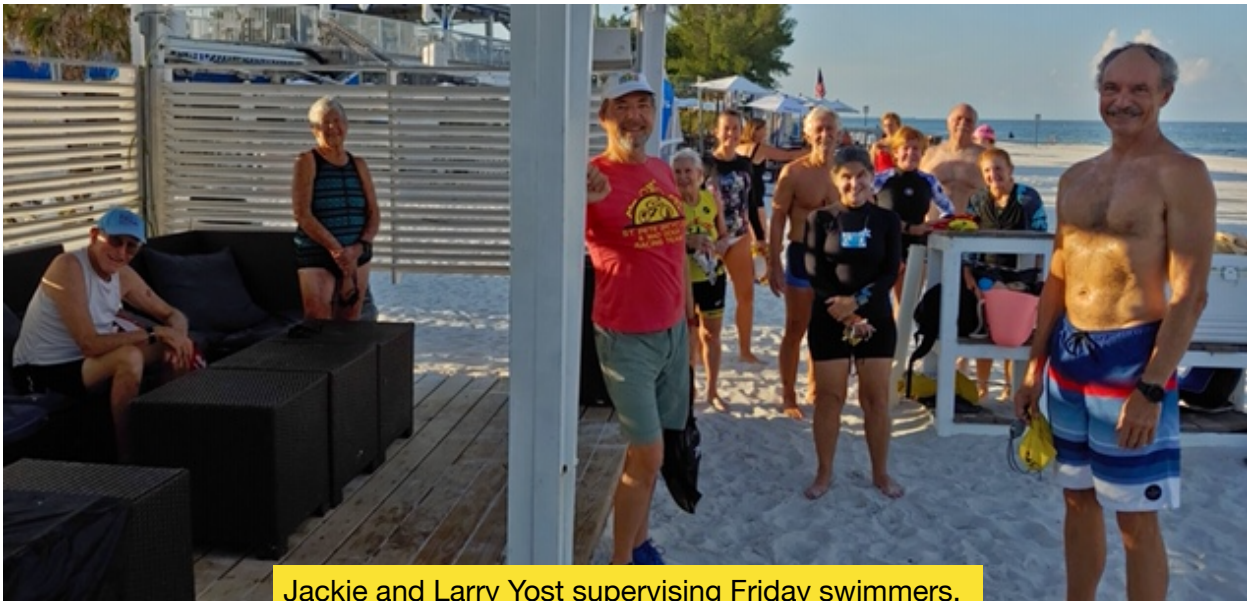
# MAD DOG PICTURES



Fort DeSoto workout. L to R. Jersey Steve, Gail Lohman, Mike and Sheila Deacy, John and Pam Hollenhorst, Karen and Bill Hendrick.



Retro picture of Katie Perry, Kathy Morgan, Melissa Haraz, Rue Morgan and Barbara Towey.



Jackie and Larry Yost supervising Friday swimmers.

# MAD DOG PICTURES



Ella Vallant (center) with her sister, Isolde, and son, Noah



Retro picture of twins Patricia and Claudia Junquera at the Hurricaneman Swim.



Frank Adornato cracking the whip!

# MAD DOG PICTURES

Photos of Mad Dogs at Ft. Desoto - Courtesy of Pam Hollenhorst



# MAD DOG PICTURES

Photos of Mad Dogs at Ft. Desoto - Courtesy of Pam Hollenhorst



## Poem Written for Bill Hendricks' Birthday

Happy Birthday, here's to Bill  
Getting on, not sitting still  
Charging up, not over the hill.

Moved to Florida, found a home-a  
Left his wife in Oklahoma  
Did St. Pete save him from a coma?

Fixed a house up for his bride  
Good to have her at his side  
How fast that skinny chick can ride!

Bikers, runners, beaches near  
Boredom never is a fear  
Walking distance to the Pier!

Wednesday morning, crack of dawn  
Keeping up with Iron John  
Bridge repeats? He gets it on!

Saturday was a day to ride  
Paceline moving, don't collide  
Then coffee, with pals at your side.

Sunday is for speed repeats  
Start the day with fitness feats  
Saltwater bath and cupcake treats.

Someday you will race again  
Not soon, and only god knows when  
Meanwhile it's all good, my friend.

---

Happiest of birthdays, Bill, and thank you, Karen.  
We are so happy you moved here.  
John and Pam

## Training Tip - Training By Distance or Time?

We usually think of the volume of our workouts in terms of distance: miles or kilometers on the run or bike, yards or meters in the swim. But sometimes it's easier to think in terms of time. Training by time provides a flexible plan and it's just plain simple. However, training by distance offers a more quantitative element. All of which raises the question: which is better?

There's a definite need to include specific distance vs. time workouts in some of your your weekly workouts in order to determine your actual speed and to get quantitative feedback about whether you're getting stronger and faster. However, since most of us train on open roads or trails, and unless you're plugged into a GPS watch, distance is often an estimate. If you know your approximate pace or speed, it's easy to simple count minutes and hours, and then calculate estimated distance.

There isn't a clear winner in the debate between minutes versus miles. Depending on the type of athlete you are and your particular strengths and weakness, one or the other method may work better for you. Even further, the optimal method may change with your fitness level and where you are in your race calendar during the year. My advice is don't obsess over it. Use both time and distance depending upon the particular workout and your goals.

Train smart. Race fast.

Frank Adornato



To see more of my training tips and videos, visit [www.triitall.com](http://www.triitall.com)



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## Training Tip - Race Focused or Distracted? Which Is Better?

One question that I'm sometimes asked is "What do you think about when you race? Do you focus on what you're doing or do you allow your mind to drift and be distracted away from the discomfort that your body feels?" My simple answer is that I focus on how fast I'm going and I ask myself can I go faster? But there is more to it than that.

Staying focused on what you're doing is the first most important thing to be doing in a race. However, it is human nature for your mind to drift, and occasionally letting in a little distraction is OK, particularly in a long distance event.

In order to race well, you should think about what you need to do be doing "now" – at the time you're doing it. There is no value in thinking about what's behind you or far ahead of you. If you had a bad start in your race, don't kick yourself about it. Just focus on racing as strong as you can at that moment. If you had a fast race start, it's OK to feel good about that, but don't get complacent. Keep pushing until you cross the finish line.

Another tool I like to use, particularly in the middle of a race is to take a mental full body inventory. If you're having problems staying on track, try this: Starting at your head, work your way down to your neck, shoulders, arms, torso, upper and lower back, legs, ankles and feet. Do a mental check of how each body part feels. Differentiate discomfort from pain. After you've completed the inventory, and assuming you're not injured, you will know that you are functioning as best you can. Use that confidence to keep going strong.

The bottom line is to race focused. But realize that a short mental distraction can sometimes help get you through some tough patches, especially when fatigue or physical discomfort start to set in. Use whatever works for you. But the operative word is "short".

The right combination of a steady focus and a little distraction will make for a fast and an enjoyable race.

Train smart. Race fast.  
Frank Adornato





## Yet another Retro Race Report

### The Crystal Vortex

I don't know if any of you have heard of the Crystal Vortex in Sedona, AZ. While on a road trip a number of years ago, we chanced upon the Red Rocks of Sedona, and decided to check out the renown Crystal Vortex there. Some believe this is a "portal for celestial and terrestrial spirits." We sat around, listened to flute music and thought spiritual thoughts for about 30 minutes. Sorry to report that we didn't encounter any aliens, ghosts or revelations about the meaning of the Universe during that visit.

Why did I bring this subject up? No, I haven't dabbled in peyote. In our constant quest for new triathlon venues, we have heard good things about the series of races at Crystal River -- perhaps we could even discover a Vortex there. Apparently, the town is one of the premier Manatee viewing areas. I just hope some yahoo doesn't mistake me for one and jump off his dock onto my back -- an event we recently witnessed on TV. I mean, what are these idiots thinking? Anyway, the three annual races take place around the Holiday weekends -- Memorial Day, Fourth of July and Labor Day. The course consists of a 1/4 mile swim, 15 mile bike and a 3 mile run (the latter two portions on hard surface). Entries are limited to 350, so it's a relatively small race. It is feasible to drive up there on race morning assisted by an early alarm clock, but we decided to drive a day early to scout the course.

It turns out the drive is around 2 hours -- 1:45 if you're traveling with Gail Danica Patrick Lohman. We headed over to recon the venue, but nothing was set up -- a true one day event.

We did notice a few interesting locals at the beach where we would be swimming the next day. A little boy told his mom that he had to go. Rather than direct him to the public bathroom about 50

feet away, she told him to just use the sand (right where the swim exit was located the next day). Moving right along.....we had a nice supper at a restaurant by the water where the men were dressed like Kid Rock with torn off shirt sleeves and cowboy hats, and their dates were channeling Beth the Bounty Hunter -- enough said.

Race Day! We arrived about 30 minutes before the transition area was due to open. I strongly recommend this because parking is limited and late comers had to park on the road leading to the venue. Before the swim start we ran into Mad Dogs Don and Carol Ardell, Tom and Lindsay Bell, Park Alsop, Jennifer Hutchinson, Bob MacDonald, and Gary Bonacorsi. The swim venue is in a semi-protected beach area with no chop and only a small current, but the first and last 50 yards were in calf deep silt. The 7 waves averaged about 50-60 people each with 3 minutes between waves, resulting in minimum aquatic hand to hand combat. The bike and run courses are straight out and back on the slightly crowned but paved road. Although one would think that there would be some head ons with congruent courses, it all worked out fine. The road was also open to traffic, but everyone seemed to be courteous to the triathletes. Just past the halfway point on the bike I overtook a guy riding next to the yellow line. After several "on your lefts" and "please move rights" were ignored, I rode by him on the right. He informed me that I was subject to a penalty for doing so. I thanked him, wished him a nice day and asked him if he had ever heard of blocking. So arrest me, USAT. As Alexander Pope said, "A little knowledge is a dangerous thing. Drink deep or taste not the Pierian Spring."

Jennifer Hutchinson and Park Alsop were the ones who originally recommended we try Crystal River. Post race, Don Ardell brought an interesting fact to my attention. The overall winner of the race was 51 year old Patrick High from Lake Placid, Florida, averaging

24.7 MPH on the bike and 5:49 minutes per mile on the run. Take that, Generation X! We thoroughly enjoyed meeting a large number of friendly folks at the race from other areas of the state. If any of you get tired of the local venues and want to expand your horizons, head up to Crystal River -- you may not find a Vortex, but you will have an enjoyable time.

See you at Top Gun. Mad Dogs rule. Chuck Lohman



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*Tampa Bay Times*

# What's the story behind St. Petersburg's Thrill Hill?

By Gabrielle Calise, Tampa Bay Times

ST. PETERSBURG — From a distance, the landmark on Third Street S doesn't look like much: a steep lump in the road south of 15th Avenue, marked by a blinking amber light and the letters S L O W. It's no roller coaster, but the incline of the hill is enough to cause the same flipping feeling in your stomach.

Thrill Hill is a favorite landmark for those in St. Petersburg's Old Southeast neighborhood. Mentions grace bumper stickers and T-shirts around town. Stop by Pinellas Ale Works and you can order a brew named after the bulge.

When I'm feeling stressed, or bored, or I want to surprise friends visiting from out of town, I head for the hill for a quick hit of joy. Needless to say, I've been zipping over the hill a lot lately. After yet another evening punctuated by a stress drive to Thrill Hill, I wondered: Why is this here? And where did it get its name, anyway? Turns out, the thrill goes back over 100 years. Thrill Hill, a humpback bridge over Salt Creek, was first created when a trolley line was introduced at the turn of the 20th century.

F. A. Davis, the man who introduced electricity to St. Pete, established the St. Petersburg and Gulf Railway Company in 1901. Davis brought trolleys to the city when there were fewer than 2,000 residents, said Will Michaels, author of *Making of St.*

Petersburg and Hidden History of St. Petersburg. His company's Big Bayou trolley line debuted in 1911 as a way to transport passengers between downtown and the southern parts of the city. The route was designed to pass by Bayboro Harbor, where the University of South Florida St. Petersburg is today. Many didn't have cars and were dependent on the streetcar line to get downtown. "We had a light rail before the term was invented," Michaels said.

By 1913, there were 1.3 million individual passenger trips reported on the streetcars, Michaels said. As early as 1915, St. Petersburg had the third largest trolley system in the state, with 25 miles of track. Ridership increased to 4.2 million trips in the late 1920s. Each stop had informal nicknames, Michaels said. The Thrill Hill bridge, built steep enough to allow for high tides and stormwater surges, was referred to as "the hump." Even then, a ride over it elicited a stomach-dropping sensation. Times archive clips mention some riders liked to hang on the back of the cart for an extra bit of fun. Other times, smaller trolleys on this line would get stuck on the way up, requiring the conductor to get out and push it himself.

"The best story I ever heard about Thrill Hill was kids would grease the lines there and the trolley line would be chugging along and it wouldn't be able to get up the hill," Michaels said. "It just kept sliding back." Bus transportation superseded the trolley in the late 1940s, and the last trolley car line ended in 1949. As the rail was phased out, the bump remained a popular spot for thrill seekers traveling by car or bike.

A 1987 St. Petersburg Times article said the bridge got its name "because its humpbacked design can cause speeding cars to become airborne." St. Petersburg gastroenterologist Dr. Nicholas

Kozlov explained a theory behind the roller coaster-like sensation it has to a reporter in 1998:

“I would speculate that primarily it has an effect on your balance center in your middle ear ... but then again there is going to be an effect on your entire body because you will sense the fall in many different ways. Your clothing will shift just a little bit, what’s in the bottom of your stomach may fly to the top of your stomach, and other little movements ... but it’s not directly an effect on the stomach but an effect on your balance centers that produce the sensation.”

But the same steep incline that causes a fluttering sensation in the stomach also makes it hard for motorists to see what is coming. Numerous clips in the Tampa Bay Times archives outline crashes there. Four people were injured and one man died in two different head-on crashes in 1987. In hazards unrelated to traffic, an alligator was removed from the crest of the hill in 1998. Over the years, measures were put in place to make the hill safer. A 25 mph speed limit was introduced, as well as a blinking caution light.

Today, the crest of the hill is a popular place to fish for mullet, snook and trout that live in the brackish water below. It’s also still a draw for daredevils.

“I’ve seen carloads of kids, some of them sitting with their butts sticking out of the window when they’re gunning it,” said Frank Tsang, a manager at Old Southeast Market, located just down the road from the hill. “You hear them screaming sometimes, and then it’s like, ‘Okay, someone just went over Thrill Hill again.’” Tsang remembers the tradition of driving over the hill that was around when he was a high school student. Now 43, he doesn’t want to encourage kids to do anything unsafe.

“Sometimes there’s jaywalkers, just kind of strolling across the thing, so you can’t see them until the last second. You have to be a little bit careful about that,” he said.

The market’s bestselling sticker pays homage to Thrill Hill. Old Southeast resident Brian Ottoson, 40, designed the green and yellow “I Climbed Thrill Hill” decal after he and his wife saw an “I climbed Mount Washington” bumper sticker on vacation. About 600 stickers have been sold in the past four years at Old Southeast Market, which has also stocked a Thrill Hill T-shirt from local print company Wide Sky.

“I think I get a kick out of it more than anything,” Ottoson said. “I love driving around town and seeing one of the bumper stickers on the back of cars. It’s kind of a little hidden fun thing in St. Pete, but it’s nice to bring some light to it.”

Information from Times archives was used in this report.





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