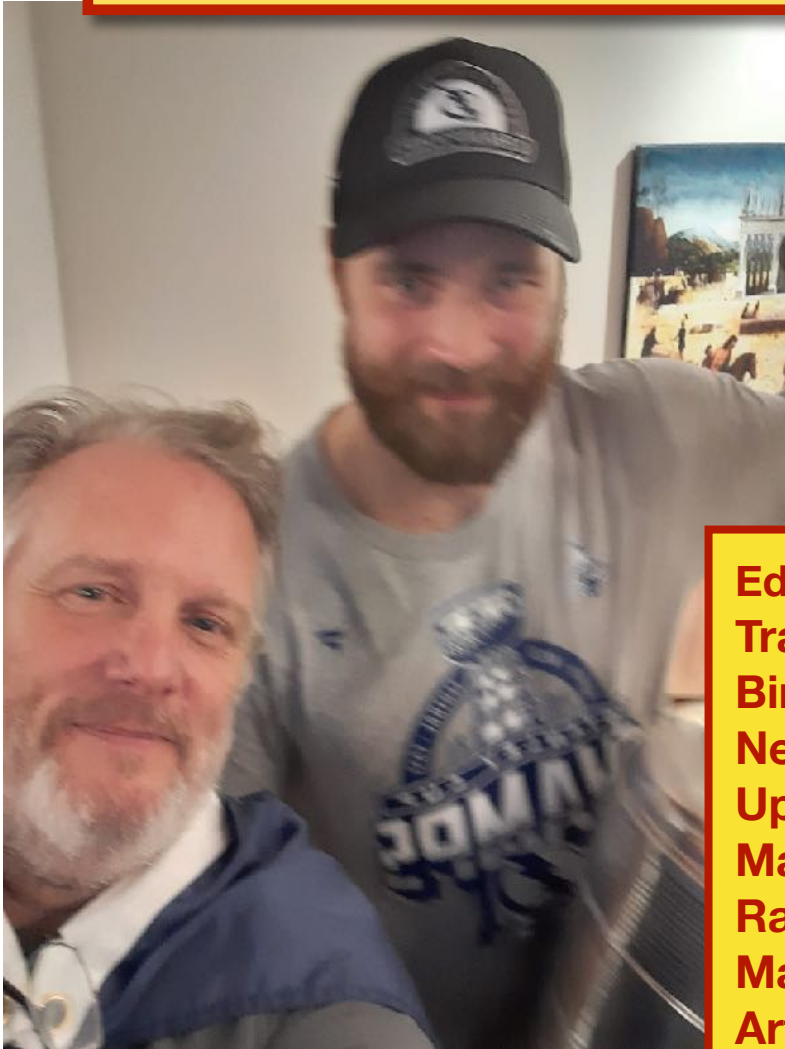




THE FINISH LINE



Mad Dog Scott Corkran, official photographer for the Lightning, poses with Victor Hedman after the Stanley Cup victory.

Editorial -	Page 2
Training Calendar -	Pages 3-4
Birthdays-	Page 5
New Mad Dogs -	Page 6
Upcoming Races -	Page 7
Mad Dog News -	Page 8
Race Results -	Page 9
Mad Dog Pix -	Pages 10 - 14
Articles & Reports -	Pages 15 - 25



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




REEDER & NUSSBAUM, P.A.
Personal Injury Law

727-521-2889 CounselorsOfLaw.com

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"	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

This month I want to follow up on the swim articles from last month. I found another interesting article on Slowtwitch.com, this one stating that the most expensive wetsuit is not necessarily the best one. The author, Dan Empfield, pioneered the Quintanaroo Wetsuit years ago. I know that wetsuits are not a big thing here in Florida, but I thought it might be useful background for Mad Dogs, particularly those new to the sport.

(continued on page 6)

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 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 Meet at Hurley Park.	8 am. From USFSP 16 miles 20-21 mph.	7:00 am. Bayway Bridge Repeats. Meet at Addicted to the Bean, 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 17-19 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 20-21 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		
		Ft De Soto 8:00, all paces, 20 miles	Following the bike ride a 4-mile run		

AUGUST BIRTHDAYS



Gabi Lohman's first birthday. Woof, woof.

- | | |
|--------------------------|---------------|
| Michelle Young | - 1st |
| Patrick Ruta | - 2nd |
| Edward Evanouskas | - 4th |
| Janet Kelly | - 12th |
| Megan McKenna | - 12th |
| Cindy Perret | - 12th |
| Bill Hendrick | - 16th |
| Pat Brighton | - 17th |
| Dee Ann Farnell | - 20th |
| Krisren Ashbaugh | - 21st |
| Daniel Trimbach | - 23rd |
| Katie Ashbaugh | - 25th |
| Rafael Nieves | - 25th |

WELCOME NEW MAD DOGS!

- # 3925 - Rafael Nieves - St. Pete**
- # 3926 - Catherine Jadot - St. Pete**
- # 3927 - Brad Kirley - Orange, VA**
- # 3928 - Brett Baker - St. Pete**
- # 3929 - Keith Haddad - Tarpon Springs**
- # 3930 - Pam Hollenhorst - St. Pete Beach**

Editor's Comments continued:

I've heard many comments from friends and neighbors about Simone Biles' decision to drop out of competition. Some are sympathetic to her description of the pressures of competition, while others thought that someone of her experience shouldn't have quit on her team. Seems to me that she is just a human being like the rest of us. Who hasn't had physical or emotional problems at some point in their lives. I'm happy that the rest of her team were able to compete and excel, and I wish Simone the very best in the future.

Mad Dogs Rule,
Chuck Lohman, Editor

UPCOMING RACES



14 Aug - Ft. DeSoto Trilogy #2
Ft DeSoto FL
Tri Sprint/Intl - Int AB - Sprint Duathlon
www.fortdesototriology.com



4 Sep - Crystal River #2
Crystal River, FL
Tri Sprint
www.drcsports.com



11 Sep - Ft. DeSoto Trilogy #3
Ft DeSoto FL
Tri Sprint/Intl - Int AB - Sprint Duathlon
www.fortdesototriology.com



25 Sep - Crystal River #3
Crystal River, FL
Tri Sprint
www.drcsports.com

MAD DOG NEWS

Apparently, Top Gun on 17 July was the first contest of triathletes vs. the Red Tide. Many Mad Dogs braved the challenging swim, proving to be harder than wood pecker lips. We're proud of all participants!

Looking forward to USAT Nationals August 7th and 8th. A number of Mad Dogs will be racing, and we send good vibrations their way!

Mad Dog Brad Kirley will also be racing at Worlds in Edmonton Canada on August 24th. Make us proud, Brad!

Red Tide seems to be easing off a bit. Hope this continues so that Mad Dogs can continue (or resume; or start) their workouts at Pass-a-Grill and Fort DeSoto

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.

St Pete Pier Run - July 4th

1st Place -

Carol Hollenbeck
John Hollenhorst
Gail Lohman
Michael Oertle
Emma Quinn

2nd Place -

David Longacre
Jill Voorhis

3rd Place -

Bill Hendrick

4th Place -

Pam Greene
Karen Hendrick
Pam Hollenhorst
Andres Marte
Christine Oertle

Top Gun Triathlon - July 17th

1st Place -

Suzanne Brosseau
Art Halttunen
Claudia Junqueira
Andres Marte-Grau
Rose Marie Ray

2nd Place -

Adriana Anderson
Mike Deacy

3rd Place -

Art Singleton

3rd Place -

Mike Hood
Patricia Junqueira

5th Place -

Cathy Dehaan

New York City Triathlon - July 11

1st Place -

Brad Kirley

MAD DOG PICTURES



Mad Dog Natalie Davis helping Challenged Athlete Arielle to train for and complete her first triathlon. Well played, Natalie!

Mad Dog Scott Corkran, official photographer for the Lightning, poses with Brett Michaels after the Stanley Cup victory.

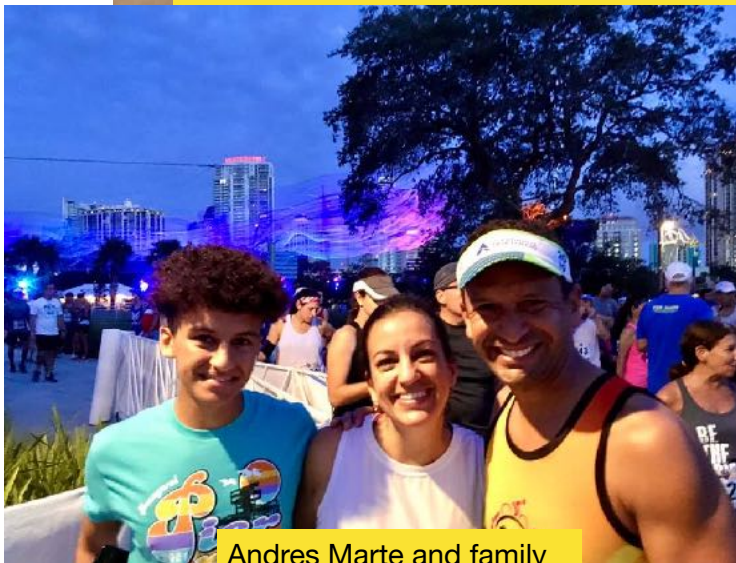


MAD DOG PICTURES

St Pete Pier Run Pictures from Pam Hollenhorst (3 pages)



L to R John and Pam Hollenhorst, Karen Hendrick, Jill Voorhis, David Longacre, Gail Lohman and Bill Hendrick. (the usual suspects)



Andres Marte and family



Pam and John Hollenhorst

MAD DOG PICTURES



Christine and Michael Oertle



Emma Quinn with John Hollenhorst photobombing the picture



John Hollenhorst atop the podium



Christine Oertle



Michael Oertle

MAD DOG PICTURES



Karen Bower Smith



Adriana Anderson



I'm speechless. Please insert your own caption



Steve Shelton looking good.



Shoe challenge — pink vs. black

MAD DOG PICTURES



Jessica Parrish, MD #11 checks in from Madison



Frank Adornato and his son getting in some family saddle time.



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

Helping Bodies Recover Faster
RUBIN
CRYOTHERAPY
& Elite Recovery

Training Tip - You Are What You Eat

Carbohydrates, Fat, and Protein. What, Why and How Much?

Most endurance athletes know that if you push your body in training and competition, the quality and quantity of food you eat is critically important to being successful, not to mention staying healthy and fit. The question that often comes up however, is what is the best balance of nutrients to eat in both our daily diet and in competition. Are they the same or different? (Spoiler alert: they are not the same!)

There are three fuel sources in the food we eat - carbohydrates, proteins and fats, and they each play a different role in creating the body's energy stores. The primary chemical form of energy in the body is a molecule called ATP which provides the energy to power our bodies, but ATP needs to be constantly replenished. Therefore, we need to ensure that what we eat on a daily basis provides the best balance of carbohydrates, protein, and fats in order to maintain necessary energy stores.

Deciding what and how much to eat can get complicated and there are many dozens of articles written on this topic. Determining what to eat as part of our daily diet and the differences with what we should eat in training and racing can be confusing. Here's a summary that I hope helps to clear the air.

First, let's start with a thumbnail description of carbohydrates, fats and proteins - what they are and what their role is in the human body.

Carbohydrates are the body's primary source of fuel. There are two types of carbohydrates - complex (e.g. starches) and simple (e.g. sugars). Complex carbohydrates are digested slowly and therefore they provide a longer lasting source of energy. Examples of foods that contain complex carbs are nuts, beans, whole grains, quinoa, barley, many fruits and vegetables such as apples, pears, cucumbers, potatoes, and sweet potatoes. Simple carbohydrates are quickly digested which makes them a quick source of energy, however, this comes with spikes in blood sugar and the resulting secretion of insulin to control the high blood sugar levels. Eating too much sugar in your diet can cause a roller coaster effect of high blood sugar levels and insulin secretion which, over time, can lead to various health issues such as weight gain, type 2 diabetes and heart disease. Examples of simple carbohydrates are all foods high in sugar, candies, sodas, fruit juices, and breakfast cereals.

Fat provides a more concentrated source of fuel. Fats are digested slowly in the gut, broken down into fatty acids which are stored within muscle fibers. Fat helps fuel low to moderate, long duration exercise. As everyone knows, there are healthy fats (mono- and poly- unsaturated fats and omega-3 fatty acids) as well as unhealthy fats (saturated fats and trans fats). Some examples of foods that contain healthy fats are avocados, fish, eggs, nuts, plain yogurt, extra virgin olive oil, dark chocolate, and hard cheeses. Eat and enjoy these. Avoid or reduce unhealthy fats (saturated fats) and completely eliminate all trans fats (aka hydrogenated oils) from your diet. Some examples of food

high in saturated fats are: pastries, pies, fatty red meats, processed meats (such as sausage and deli meats), butter. Foods that contain hydrogenated fats are margarine, vegetable shortening, ready-to-use dough, coffee creamers, packaged snack foods, etc. Thankfully, since hydrogenated fats have been linked directly to heart disease, most food manufacturers are reformulating their products to eliminate them.

Protein is not as big a fuel source as are carbohydrates and fat, providing less than 10% of the body's energy requirements. Protein's main function is to build, maintain, and repair muscle. In the late stages of endurance activity, when fuel reserves start to fall off, the body is forced to use protein to meet its energy requirements. Foods that are high in protein include fish, and especially tuna, eggs, chicken breasts, lean red meats, yogurt, whey, lentils, and quinoa.

Now that you know what to eat, the next big question is how much of each is a good balance, and this is often up for debate. General dietary guidelines recommend a ratio of carbohydrates: 50% (a range 45–65) : fats: 25% (20–35) : protein: 25% (10–35), based upon daily calorie intake. In recent years it's become more the convention to eat fewer carbs, with a C/F/P ratio of about 40:30:30 or even less carbs at a ratio of 1/3 of each. Some of the health benefits cited for low carb diets include: less hunger, a decrease in triglycerides, increased HDL (good cholesterol), lower blood sugar and insulin levels, reduced blood pressure, and loss of visceral fat from the abdominal cavity. There are also some who advocate a ketogenic diet with very high levels of fat and very low carbohydrate levels down to as little as 5-10%.

Regardless of which C/F/P ratio you choose to follow, the majority of carbohydrates in your routine daily diet should be in the form of complex carbohydrates.

In training and racing however, it's very different. During heavy exercise, the digestion process slows down. Therefore to avoid stomach issues, take in small amounts of nourishment and liquids, and eat foods that are easily digested for rapid energy and quick emptying from the stomach to avoid GI distress. Since fats are slowly digested, eat very little fat in your pre-race dinner and breakfast, and none during your race. During a hard training day and in races, take in small quantities of carbohydrate gels and sports drink - about 100 calories every 20 to 30 minutes. Of course the old adage always applies: Nothing new on race day. Make sure the foods and liquids you plan to eat have been tried and tested in training.

As with many things in life, we have choices. I hope this article gives you enough information to make an informed choice.

Train (and eat) smart. Race fast.

Frank Adornato





REEDER & NUSSBAUM, P.A.
Personal Injury Law

727-521-2889 CounselorsOfLaw.com

The Most Expensive Wetsuits Are Not Always the Fastest

DAN EMPFIELD

slowtwitch.com Mon Jul 05 2021

I built a wetsuit factory in 1987, not out of choice, but desperation. I designed a triathlon wetsuit in 1986 as a thought experiment, and fell slow-motion-backward into the industry.

I began by contracting with an existing surf wetsuit factory to make my wetsuits, but the demand for the wetsuit brand I founded (Quintana Roo) outstripped the supply. Forty wetsuits a month became 200, which is the most my contractor could make.

As the demand rose from 200 wetsuits a month to 800 I bought sewing and cutting machines (on credit) and got a night job waiting tables to pay for raw materials, and to make payroll. Ponzi schemers and drug abusers relate tales of their reluctant slide down into a paradigm from which they could not escape, and in much the same way I became a reluctant wetsuit maker. I gained experience-under-protest, and there is a saying: Experience is that thing you get when you don't get what you want. In many ways that was true for me (building that factory was the best and worst thing that ever happened to me). But experience it was and what there is I'll share with you all.

I will tell you what I believe I know, and usually label it thusly. I'll also tell you what I only believe, and usually label it thusly. I'm pretty sure what I will write will be countered by many experts who'll lecture me on the errors in my thinking. Still, if any of what I write helps you make a decision, great.

Recent Knowledge

I'll write what I've written before in ensuing days; let me start with a discovery that is rather new, at least to me. It should come as some solace to you that not only are some of the most expensive wetsuits no better for you than a wetsuit a level or two down in price, in some cases the most expensive wetsuits are actually slower (than other wetsuits) when you swim in them.

This flows from what I consider influence on the process by elite triathletes who come from a swim background. It probably took 15 years since my original wetsuit design before pro triathletes ceased their tantrums. For most, the better you are as a swimmer the less you get out of a wetsuit, speedwise, and the more

your advantage as a swimmer diminishes over those who swim less well. Accordingly, I can understand why good swimmers balked at the entire idea of the swimming wetsuits. But that semi-outrage translated to ill-informed style decisions. It was common for the best swimmers to insist they swam faster without a wetsuit. This opinion, of course, lasted one race. But it didn't change the minds of these swimmers regarding the style of wetsuit they chose. They wanted the least rubber on their bodies as possible, not realizing that this was just a continuation of thinking not based on fact. Good swimming triathletes from that day 'til this complain when they lose the "feel of the water." For most of us, you can either retain the feel of the water and go slower, or jettison this imperative and go faster.

Nevertheless the very best swimmers – when allowed input on how to construct a wetsuit – often choose design features that help them feel as if they aren't swimming in a wetsuit at all. And that's great, unless it makes you slower. If you have an extremely well developed swim stroke, and you (for example) gain a decent amount of propulsion from the kick, or at least your legs are sufficiently atop the water so as not to slow you down, you may choose a design that doesn't have as much rubber mass from the thighs to the ankles. You may go faster in a wetsuit like this. Just, who are "you"? Is this you I'm describing?

I'll be writing about [Zone3's](#) wetsuits this week, and when they offered to send wetsuits for testing I declined the Vanquish, instead asking for the Aspire. The Vanquish is an \$895 wetsuit, the Aspire a \$695 wetsuit. I'm sure the Vanquish is a fine wetsuit, but I don't need and, frankly, am not sure I want a "Sensory Catch Panel" or the "trademark Pro Speed Cuffs on the arms and the legs. I placed what I believe is the first "catch panel" on a triathlon wetsuit, in the early 1990s, and took orders for thousands of that new wetsuit model. But I skipped a step. I designed, prototyped, and sold this wetsuit before I tested it. When I did get around to testing the suit I was chagrined to find that it swam one and-a-half seconds slower, per 100 yards, than our standard wetsuit. Upon underwater inspection we discovered our new wetsuit did catch really well. It caught and held air. The swimmer spent time every stroke shedding the air from the catch panel during the stroke which is the point of the engineer's famous phrase: One test is worth a thousand expert opinions.

For this and other reasons I cast a jaundiced eye toward features that "improve" upon standard rubber arms and legs. Mind, a lot of catch panels do test very well. But you have to test them. One advantage I had was a factory. My wetsuits were designed, and the rubber cut, glued and sewed, 50 feet from my office.

That luxury is rarely enjoyed by wetsuit brand managers these days. But here's the thing: If you let pro athletes who're really good swimmers lead your design process, it is my experience that they'll lead you toward a suit that grants them that natural feel – like they're swimming without a wetsuit on. A couple of years ago we tested DeBoer's wetsuits, and what we found is that these wetsuits were perfect... for good swimmers. But rubber has to be taken out of the wetsuits in strategic places to give swimmers that great feel. They were terrific to swim in. But they were not universally faster. In our testing the better the swimmer, the better a DeBoer wetsuit was for that swimmer.

Me? I need float in the arms and legs of a wetsuit, if I'm to swim my fastest. What I read about the Zone3 Aspire (the less expensive suit) is that it offers "Up to 30% more buoyancy than standard neoprene." Great! Because for 99 percent of my swims I have great feel for the water, since I'm swimming in no wetsuit at all. For the other 1 percent of my swims – mostly when I'm racing – I'm going to sacrifice feel for the water in favor of the "feel" of getting out of the water ahead of where I would be if I was in a less buoyant wetsuit.

I remember, quite a few years ago, TYR made a series of wetsuits which included the CAT 1, CAT 2, CAT 3, CAT 5, and the Freak of Nature. The "Freak," as we called it, sold for \$1,500 (this goes back almost 10 years). It had a cosmetic scheme that made its wearer look like a superhero, which is exactly what Andy Potts looked like exiting the water in first place in a Freak. However in my testing I found that the CAT 5 to be the very fastest of all the wetsuits, regardless of manufacturer, regardless of model. (It did have a failing, that it was easy to blow out the calf when putting the wetsuit on.) The point is that the CAT 5 was half the price of the Freak, and for me it was equal to or faster than the Freak.

The moral is, buy the wetsuit designed to make you the fastest, safest, warmest (or least warm, depending on where you live and race), and best fitting. This may be the most expensive wetsuit in a brand's line, but it may well not be.

I will write more in successive days on [Fullsuits \(long sleeved\) versus Longjohns \(sleeveless\)](#); on 1-piece versus 2-piece; on "performance" versus "recreational" patterns and materials; on the best use of wetsuits (putting them on, taking them off; caring for your wetsuit); and on the models made by the leading brands.

WEDNESDAY'S MAD DOG RUN -THE TWO BRIDGES RUN.
OVER AND BACK ON THE BAYWAY BRIDGE. THEN RUN THROUGH BAHIA DEL MAR (LONG LAKE LOOP) TO THE TIERRA VERDE BRIDGE. UP, OVER AND BACK. THEN FINISH ON THE TRAIL BACK TO THE BEAN. (OPTIONAL RUN BACK THROUGH BAHIA DEL MAR TO ADD ANOTHER MILE)

THE GROUP LEAVES PROMPTLY AT 7:00 AM FROM ADDICTED TO THE BEAN. RUN AT YOUR OWN PACE. STICK AROUND AFTER THE RUN FOR COFFEE.



Yoga for Mad Dog Triathletes

5:30-6:00pm
Wed April 7th
and throughout the
summer.

Join us for a pre-swim
warmup and ask questions
about how yoga can help
you take the breaks off
those tight muscles.

Hurley Park, Pass-a-Grille Beach



Training Tip - Intermittent Fasting

A question came up recently about intermittent fasting. What is it? How does it work? What are the benefits and risks?

Intermittent fasting (IF) is an eating pattern not a diet, based upon choosing regular time periods to eat and to fast. There are many different intermittent fasting schedules. Most common is fasting for 12-16 hours daily, i.e., not taking in any calories after dinner until breakfast the next morning. Drinking water is OK. While many people espouse the 16 hour window, I have found that 12-13 hours is effective. I don't eat after dinner (about 7 pm) until breakfast (about 8 am). During the eating period, choose normal healthy food options. There is no need to diet or count calories.

Longer periods without food, such as 24, 36, and 48 hour fasting periods, are not necessarily better for you and may be dangerous.

Intermittent fasting works by prolonging the period when your body has burned through the calories consumed during your last meal and begins burning fat. When you're not eating, the body has time to decrease insulin levels which leads to more fat burning, and blood sugar levels return to normal.

The many potential benefits are:

- changes the body's hormonal pattern and metabolism for the better.
- body burns more fat, including visceral (abdominal) fat.
- reduces inflammation.
- reduces the potential for type 2 diabetes.
- better memory.
- better heart health.
- better physical performance (e.g. running endurance).
- better weight control.
- better, more restful sleep.

Intermittent fasting, while popular in recent years, has been in practice for centuries. In general it is safe, but it's not for everyone. Children and teens, pregnant women and people with eating disorders should not do intermittent fasting. Always check with your health provider before starting the program.

Train smart. Race fast.
Frank Adornato

Ref.
Johns Hopkins Medical
Harvard Health Publishing





Healthline

Thanks to efforts of Mad Dog Mike Kelley, the Mad Dogs have a new sponsor - VO2 Max Cycles in San Antonio, FL. The owner, Pierre Beaulieu, is offering Club Members a 15% discount on purchases (there may be a few exceptions, like items already on sale). VO2 Max cycles is located at 32755 Pennsylvania Ave. San Antonio, FL 33575. Phone is (352) 534-0888. Web site is www.vo2maxcycles.com. The shop is closed Sunday and Monday. Next time you are riding "them thar hills" up I75, drop by and check them out.