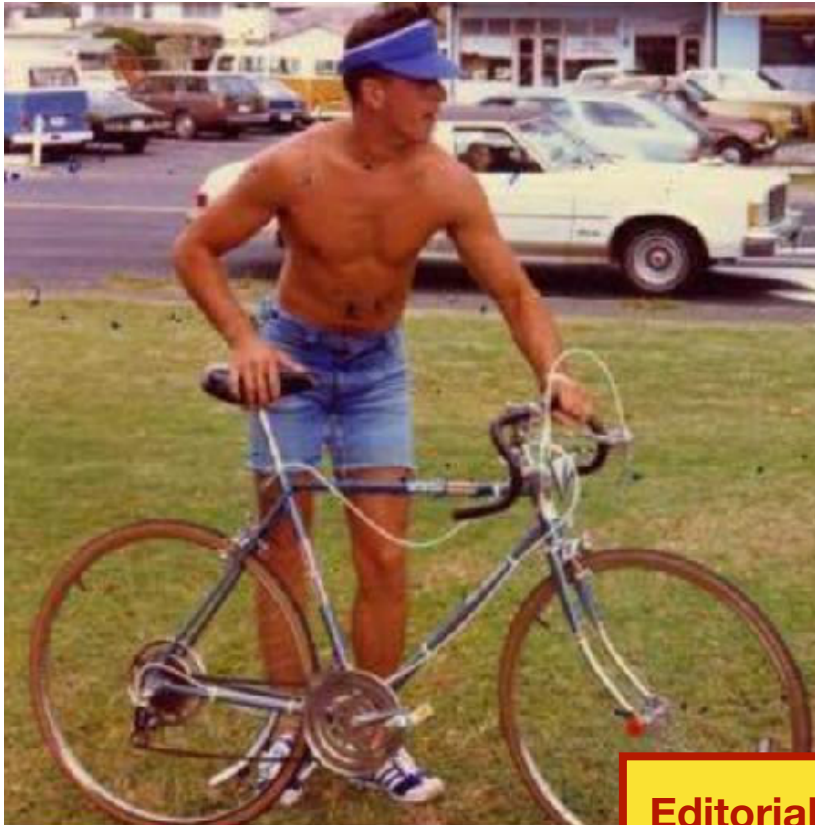




THE FINISH LINE



Dave Orlowski competing in the first Ironman. Note the cut off jeans to carry cash for chow! Water bottles??

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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		
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.

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Editor's Column

There are several important topics noted in this newsletter: 1) The President received a letter from Ironman describing how one can add club affiliation for Ironman events. Participating Mad Dogs take note! 2) The National Senior Games modified their rules for 2021 qualification. We can now use races completed in 2019 and 2020. The Championships will take place in Fort Lauderdale, so let's get ready.

(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.	7:30 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. 3 bridges ride to Clearwater - check Facebook to see if it's on each week.	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		
		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 9:00, all paces, 20 miles	Following the bike ride a 4-mile run		

DECEMBER BIRTHDAYS



Gabi Lohman's first birthday

Andres Marte-Grau	7th
Linda Lewallen	9th
Virginia Edmonds	17th
Jeanette Mitchell	18th
Michelle Brown	21st
Jessica Parish	23rd
Cristina Ferrone	24th
Robert O'Brien	26th
Karly Aldrich	28th
Matt Abbey	28th

WELCOME NEW MAD DOGS!

3909 - David Bredow - Palm Harbor

3910 - Lynn Estrada - Miami

3911 - Lamany Kelavong - St. Pete

Editor's Comments continued:

A number of local triathletes participated in the various events at Daytona on the 5th and 6th of December, and loved the competition. Gail brought to my attention a recent article in the NYT that discussed this competition and revealed that professionals (who for years have raved about the Challenge Series) are, are organizing themselves and are working on a much fairer system of compensation. I've included the article by Matthew Futterman in this issue and hope that you will read it. It should make for good discussions with your professional homestays for the next St. Anthony's in 2021. Let's support Carolyn Kiper in her efforts.

Mad Dogs Rule,
Chuck Lohman, Editor

UPCOMING RACES

Tentative Dates for Local Races



1 Jan - Hair of the Dog Party and Untimed Fun Triathlon
Ft. DeSoto, FL
www.stpetemaddogs.org



17 Jan - Frogman Swim
5K
Tampa Bay
www.tampabayfrogman.com



9 Jan - Sand Squirrel Off-Road Du. Sprint/Extreme Distance
New Port Richie, FL
www.endeavorracing.com



31 Jan - Chilly Willy Duathlon
Sprint Distance
Fort DeSoto
www.thunderboltmultisport.com



10 Jan - HITS Triathlon Series
Sprint/Olympic/Half Distance
Sarasota, FL
www.hitsendurance.com

MAD DOG NEWS

News is a bit slow this months, so I'm providing some info that you can use in your next game of Trivial Pursuit.

Mammal Plurals:

Sleuth of Bears

Scurry of Chipmunks

Mischief of Mice

Prickle of Porcupines

Shrewdness of Apes

Clutter of Cats

Gang of Elks

Tower of Giraffes

Mob of Kangaroos

Romp of Otters

Crash of Rhinos

Cohort of Zebras

Good showing by local triathletes at Challenge Daytona. Competing were: Steve Swift, Steve Shelton, Gail Lohman, Park Alsop, Gerry Magliulo, Jill Kralovanec, Dougan Walker, Jessica and Todd Bibza. Heard on the course – Gail passed Susan Haag dancing (as usual) on the run course. Susan, “Dang, I’ve got to learn how to run!” Gail, “Dang, I’ve got to learn how to dance!”

“ 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.

CHALLENGE DAYTONA - 5 Dec

HALF

1st - Gerry Magliulo

4th - Gail Lohman

SPRINT

3rd Place -

Jessica Bibza

5th Place -

Todd Bibza

TOP GUN - 13 Dec

TRIATHLON

1st -

David Longacre

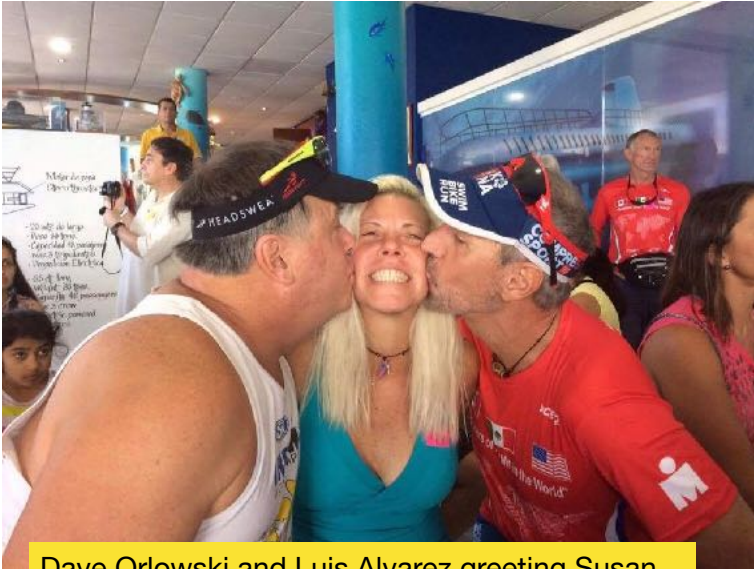
Kim Case

Jill Voorhis

AQUABIKE

4th - Viki Linkovich

MAD DOG PICTURES



Dave Orlowski and Luis Alvarez greeting Susan Haag at an earlier IM Florida



Gail Lohman finishing Challenge Daytona in her Mad Dog kit.



Mad Dog reporter Noah Pransky working at the Jersey Shore.

MAD DOG PICTURES



From Fred Rzymek



Mike Deacy, Al Johnson, John Hollenhorst, Dave Orlovski, Awilda and Brian Harrington



Frank Adornato and his wife, Judy, in festive Downtown St. Pete.



Craig (Crowie) Alexander, a frequent attendee at Mad Dogs St. Anthony's parties, and his family wishes all a Merry Christmas! Oy, oy, oy.

On 16 December 2020, Mad Dogs and the Entire Triathlon Community lost one of their very best friends – Original Ironman Dave Orlowski.

Years ago I interviewed Dave about being a participant in the first Ironman Race staged on Oahu (before the race was moved to the big Island. At the time, Dave was a young Marine stationed at the Marine Corps Air Station Kaneohe. He and a friend heard about a supper taking place in Honolulu to discuss the relative athletic merits and challenges of the marathon, long distance cycling and the Waikiki rough water swim. Dave and his friend attended because they offered free food and a chance to meet young athletic women.

When the proposal to combine the three events was raised, Dave wasn't really paying attention, and his friend signed him up for the event. His training regimen consisted of swimming in the Base pool, running with fellow Marines and a 30 mile bike ride on a borrowed bike. As shown in the pictures below, Dave's trisuit consisted of a pair of cut off blue jeans shorts. He picked out this outfit in order to carry money in the pockets to buy food along the course.

At the beach start, participants spotted a shark patrolling in the first set of breakers – it didn't delay the start. Coming out of the water, they mounted their unfamiliar bikes. The rider next to Dave asked him how to change gears while they were riding. Needless to say, it was a long, painful ride with several stops to purchase fast food along the route. Dave noted his bleeding inner thighs and was thinking that perhaps he hadn't made the wisest choice of cycling attire.

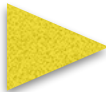
After dismounting the bike he ran about six steps and fell on his face. Apparently, his legs forgot how to run during the bike ride. He walked several miles before his legs remembered how to function. He stumbled through the Marathon in the dark before someone grabbed him, dragging Dave off the course saying, "Congratulations, you finished!"

Chuck Lohman, Editor



Dave Orlowski competing in the first Ironman. Note the cut off jeans to carry cash for chow!

Dave Orlowski with Tom Kennedy on Dave's 60th Birthday

Name	SWIM (P.M.)	BIKE (P.T)	MARATHON (P.D)	TOTAL
1. Gordon Hiller	① 80:40	② 6:56	③ 3:30	114:55
2. John Dunbar	③ 68:15	④ 7:04	⑤ 4:02	119:21
3. Dave Orlowski	⑥ 69:15	⑦ 7:51	⑧ 4:59	135:13
4. Sterling Lewis	⑨ 62:30	⑩ 7:47	⑪ 5:15	115:32
5. Ian Emberson	⑫ 61:40	⑬ 7:47	⑭ 5:15	114:42
6. Tom Knowle	⑮ 1:35:05	⑯ 8:19	⑰ 4:13	1:47:37
7. Henry Forrest	⑱ 8:47	⑲ 5:06	⑳ 5:06	19:59
8. Frank Day	㉑ 1:44:20	㉒ 8:45	㉓ 6:09	2:09:14
9. John Collins	㉔ 9:15	㉕ 9:15	㉖ 6:14	19:44
10. Archie Hpa	㉗ 57:35	㉘ 8:06	㉙ 8:20	1:13:41
11. Dan Herrickson	㉚ 1:09:35	㉛ 11:39	㉜ 6:48	2:27:52
12. Harold Irving	㉝ 1:05:30	㉞ 11:04	㉟ 8:08	2:24:42

FINISHERS

OAHU, HI FEBRUARY 18, 1978

Official finisher list from 1st Ironman



Mad Dogs Tom Kennedy and Dave Orlowski at Ironman Louisville

Tribute to Dave Orlowski from Mad Dog Tom Kennedy

Such a sad day for all who ever encountered the great one, Dave “Third Place” Orlowski. He put up such a heroic fight against leukemia, cancer, and finally COVID but sadly passed away this day, December 16th, 2020, in his beloved hometown of Milwaukee. This dear friend had so many accomplishments and so many stories that I could be here for months telling them all but I would like to share a few to celebrate his wonderful life.

As a young Marine, Dave became an Original Ironman when he finished third in the 1978 Hawaii Iron Man triathlon. This was the first ever Iron distance triathlon (2.4 mile swim, 112 mile bike, 26.2 mile run) and, as Dave loved to point out, at the time most people thought it could not be done. While serving at Kaneohe Marine Base in Oahu, Hawaii, he was awarded the Navy and Marine Medal, the highest award for heroism that can be awarded in peace time. Dave was on duty when he was summoned by someone that knew of his swimming prowess because a swimmer had been lost at sea. The waters were so treacherous that boats could not be launched in time to save the struggling swimmer. Dave swam out into the Pacific Ocean in the middle of the night and saved his life.

Also, while serving his country in Hawaii he had several guest appearances on Hawaii Five-O. Dave definitely made the most of his military time in Hawaii.

Upon returning home to Milwaukee, he landed a job as a police officer with the Milwaukee Police Department and stayed there until he ultimately retired as a homicide detective. His most famous story there was his involvement in the Jeffrey Dahmer arrest.

Upon retiring, Dave reconnected with Ironman and completed the 30th Anniversary Edition of the Hawaii Ironman. There he met [Luis Alvarez](#) and they became fast friends. They jointly began a pursuit of completing every Ironman in the world. Dave was well on way to accomplishing this feat (he finished with 29) when he was suddenly struck with Leukemia. Due to his health issues he was not able to accomplish this goal but he did not let this deter him from continuing

to travel the world where he became the “Unofficial Ambassador of Ironman” by spreading his enthusiasm and passion for the sport throughout the world. I was privileged to have him travel with and support me throughout the world as I took on the pursuit of completing every Ironman. I used to tease him that I had the most famous “Sherpa” on the planet and he loved that.

Dave’s last official event racing was at Ironman North Carolina 70.3 in 2016 and I was his Sherpa. Dave was not able to go out on the run so he and I were talking about the race and he, in his usual modest manner, starts telling me about an incident in the water where he rescued another swimmer. He didn’t make a big deal of it and we went out and began cheering on the runners. Shortly thereafter Dave said that he thought an approaching athlete was the lady he saved. So I asked her if it was her that nearly drowned and she immediately started crying and said yes and asked how I knew. I pointed to Dave and said he is the one that rescued you. She flung herself onto Dave giving him a huge emotion-filled hug and explained that she had gotten medical attention and was finishing the race despite not being able to finish the swim. We all became Facebook Friends and I’m sure she is reading this right along with you.

That was Dave, a modest hero that became friends with people from all over the world and stayed in touch with them when most of us would’ve simply gone on about our business. He was so loved and he will be so missed.

A New Challenge for Professional Triathletes: Toppling Ironman Inc.

From page 9 of the NYT 9 Dec 2020

Matthew Futterman is a veteran sports journalist and the author of two books, “Running to the Edge: A Band of Misfits and the Guru Who Unlocked the Secrets of Speed” and “Players: How Sports Became a Business.” [@mattfutterman](#)

For decades, the Ironman and other races filled with weekend warriors have dominated triathlon. Now, the elites are trying to take control with a new series.

Ironman triathlon champions are often regarded as the superheroes of modern sports, freakishly fit specimens who swim, cycle and run a combined 140.6 miles in roughly eight hours.

Yet professional triathletes have long been poorly compensated afterthoughts in a sport that has prioritized the everyday amateur participants who squeeze in training before and after work and pay nearly \$1,000 to enter a race.

That may be on the verge of changing, beginning this weekend in Daytona Beach, Fla., where many of the sport’s top professionals will start a championship circuit they hope will become as lucrative as the golf and tennis championships are for their pros. In the process, they are trying to unseat Ironman, the company that has dominated triathlon for decades, as the premier competition for elite triathletes. “It’s actually harder to make a living as a professional triathlete now than it was when I started in 2008,” said Tim O’Donnell, 40, who has won more than 20 major triathlon events. “Most athletes are just trying to pay their bills.”

The new series of events, backed by the Professional Triathletes Organization, a fledgling alliance among 350 top triathletes and numerous deep-pocketed investors, is the [latest attempt by top athletes](#) to become highly compensated partners with control of their careers and the sports they play rather than undervalued independent contractors. O'Donnell is a co-president of the organization.

Although the history of sports is filled with leagues and tours that theoretically looked perfect but foundered after failing to gain an audience, when successful the change can be dramatic. In the 1960s, Wimbledon semifinalists received two pairs of shorts from Lillywhites, the sports emporium in London. Then, Grand Slams started allowing professionals and, beginning in the 1970s, tennis players took control of their tours. Last year, a Wimbledon semifinalist earned \$750,000 and the singles champions earned nearly \$3 million each.

By comparison, in 2019, the total prize money at the [Ironman World Championship in Kona, Hawaii](#), the Super Bowl of triathlon, was \$650,000. The winners won \$120,000. Earlier this year, Advance Publications, the media company, [bought Ironman for \\$730 million](#).

“These athletes should be highly paid co-owners,” said Charles Adamo, executive chairman of the Professional Triathletes Organization. A spokesman for Ironman declined to comment.

Adamo, the world's top triathletes and investors like [Michael Moritz, the billionaire venture capitalist](#), have planned a race series with four major individual competitions and an annual team event, similar to the championship schedules in tennis and golf. Each event will feature 60 top professional men and 60 top professional women. The events will offer more than \$1 million in prize money that the top 20 athletes will share — significantly more than at the typical triathlon competition.

Instead of the 140.6-mile Ironman distance, or the 70.3-mile half-Ironman, the new competitions will be 100 kilometers, about 62 miles, and include a 1.2-mile swim, a 48-mile bike ride and a half-marathon (13.1 miles). This weekend's race will take place at Daytona International Speedway, with competitors swimming in the large lake in the infield.

The shorter distance ensures competitions can finish in a more television-friendly window of about three and half hours. It will also allow elite athletes to do more high-profile competitions than they otherwise might in a year. O'Donnell predicted top triathletes would participate in the new group's five events, plus one regular Ironman event to qualify for Kona and, if they make it, the world championship. Increased prize money should provide an incentive for triathletes to compete head-to-head more often.

[Rachel Joyce, a retired champion](#) and, like O'Donnell, a co-president of the triathletes organization, said she and other top triathletes regularly picked races in which they knew a weak field would give them the best chance at the winner's paycheck and the sponsor bonuses for placing first. "It makes it kind of boring when your closest competitor is 20 minutes behind you," Joyce said in an interview last month.

That is only part of the downside of professional triathlon, a sport that began [as a lark in the 1970s in California and Hawaii](#). The dirty secret about elite triathletes, with their chiseled physiques, \$8,000 bikes and training schedules that allow for unlimited chocolate cream pie, is that for most of the pros, the pay is relatively lousy.

Kevin Durant of the Nets will approach \$40 million this season, not counting the millions more he earns through sponsorships. In 2019, [Jan Frodeno of Germany, the reigning Ironman world champion](#) and something of a deity to triathletes, got paid like a decent accountant for his victories, taking home \$158,000 in prize money. Katie Zaferes of the United States, who led the prize money list for both men and women in 2019, earned \$347,500. Just \$80,000 in winnings was

good enough for a spot [in the top 10 on the money list](#). For the best of the best, endorsement deals can boost income — to the range of a bad middle relief pitcher — but since triathlon is barely on television, those lucrative endorsement deals are increasingly hard to come by for all but the superstars. “The best triathletes are doing pretty well, but the ones in the middle and the bottom are hurting,” said Rocky Harris, chief executive of U.S.A. Triathlon, the sport’s national governing body.

Alissa Doehla was a professional marathoner until 2016, when she decided to pursue the triathlon. She estimates the switch required about a \$20,000 investment in equipment. She had five top-10 finishes in half-Ironman events in 2017. [Then she got hit by a truck while training in 2018](#). She has returned to competitions and said that while it was possible she broke even that first year, she certainly had not since then.

“It’s so expensive upfront,” Doehla, 34, said last month from her home in Indiana, where she was training for this weekend’s race in Daytona Beach. “My husband has a good job. For people who are not lucky enough to have a spouse to support them in the lean years, it is a tough sport.” The new series will only work if fans actually watch. That would drive up media rights fees and spur potential sponsors to try to reach a desirable audience.

U.S.A. Triathlon [has found the average income for all triathletes](#) is more than \$125,000. The sport’s boosters like to portray triathlon as the 21st-century version of golf — a favored activity among white-collar executives who obsess about data from their Garmin watches with an intensity their predecessors gave to golf handicaps. But participatory endurance sports have always been about maximizing entry fees rather than creating the stars who compete for million-dollar purses and make compelling televised sports drama. Some 100 media outlets worldwide, including NBC’s Peacock streaming service, will feature the Daytona Beach race this weekend. Moving forward, though, organizers need long-term rights and sponsorship deals.

The new endeavor plans to allow weekend warriors to participate in its competitions, but their entry fees will not be enough to sustain the organization and the prize money it wants to offer.

Chris Kermode, who ran tennis's ATP Tour and is now vice chairman of the Professional Triathletes Organization, said if slick televised championships in snooker and darts could create celebrity champions, triathletes, who are usually more attractive physical specimens than dart throwers or billiards players, should be able to find their way.

"The principles of all sports are fundamentally the same," Kermode said. "It is about making people care about one person winning over someone else. Everybody has a story, and if you tell that story, you can get people to care."



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Training Tip - Aim High

The problem with most people is not that they set their goals too high and miss them. The problem is that they set goals that are too low and they hit them.

This is the time of year when many athletes are planning their races for the coming season. No matter what your sport, let 2021 be the year that you aim outside of your comfort zone. Wherever you put yourself in the athlete food-chain, don't short-change your abilities. Whether it's a new race, a longer distance, or a personal best, go for it. Make the commitment, know what you need to do to prepare properly, set up a few milestones so you can measure your progress along the way, and do it.

One year from now, at the end of the season you'll know that you did your absolute best. What you don't want, is to have hit a goal, but deep down in your heart, you wonder if you could have done better.

Aim high. You'll be glad you did!

Train smart. Race fast.

Frank Adornato



Training Tip - Falling, Large Spoons and Butterflies Will Help You Run Better

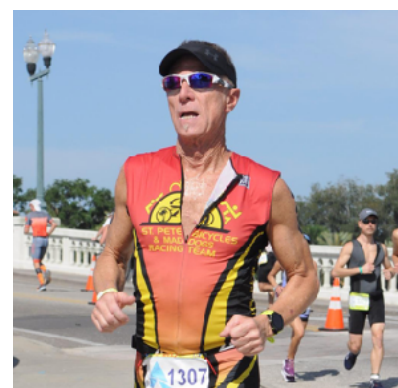
If you think about falling, large spoons and don't squash the butterflies, you'll run better. Got your attention? OK. Here's where I'm going with all of that.

Your body position when running should be comfortable, not forced, and you also want to be as aerodynamic as possible. Whether you're a seasoned runner or just starting, try this.

Start by standing upright and lean forward from your ankles, not from the waist. As your body starts to fall forward, take one step to prevent yourself from falling over. Your foot should strike the ground mid-foot and under your chest; not far out in front of your body. Think of this as "controlled falling". You're now in the proper body and foot position for running. Your body, while leaning forward just a little bit, is relatively straight; not bent over at the waist nor leaning back. Your neck should be in a neutral position, i.e., you are looking forward and at the ground about 20-30 feet in front of you (not straight down at your feet). Keep your shoulders relaxed and allow your arms to swing as if each elbow was in a large spoon. Your hands come up chest high and they are in a loosely closed fist as if you are holding a butterfly in each hand without crushing it. Try it. You'll find that you'll be running more comfortably, more efficiently and probably a little faster.

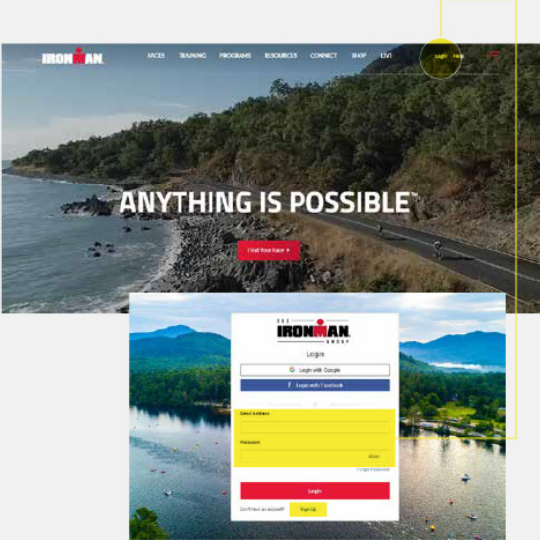
Train smart. Race fast.

Frank Adornato



Mad Dog President, John Hollenhorst, received the following input from Ironman concerning how to register Team Affiliation for participation. We hope everyone will take advantage of this to support your club!

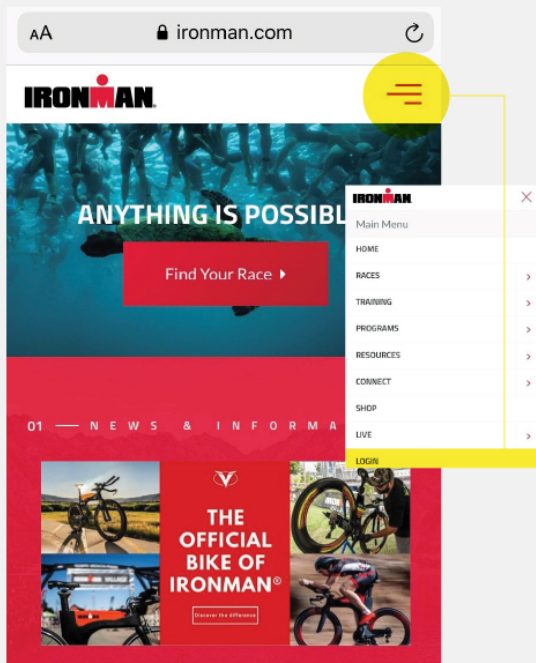
HOW TO AFFILIATE WITH A TRICLUB / DESKTOP



- 1) GO TO IRONMAN.COM AND CLICK **LOGIN** IN THE UPPER RIGHT HAND CORNER
- 2) INPUT YOUR INFORMATION TO SIGN INTO YOUR **IRONMAN PROFILE** OR CLICK **SIGN UP** TO CREATE A NEW ACCOUNT
- 3) ONCE LOGGED IN, CLICK **CLUB MEMBERSHIP**
- 4) CLICK **ADD CLUB**
- 5) CLICK THE **SEARCH FIELD BUTTON** 🔍
- 6) TYPE YOUR CLUB NAME IN THE **SEARCH BAR** *TEXT IS CASE SENSITIVE
- 7) CLICK **SELECT**
- 8) CLICK **SUBMIT**
- 9) YOU ARE NOW AFFILIATED WITH YOUR TRICLUB!



HOW TO AFFILIATE WITH A TRICLUB / MOBILE



1) GO TO **IRONMAN.COM** AND CLICK THE **NAVIGATION BAR** IN THE UPPER RIGHT HAND CORNER

2) CLICK ON **LOGIN**

3) INPUT YOUR INFORMATION TO SIGN INTO YOUR **IRONMAN PROFILE** OR CLICK **SIGN UP** TO CREATE A NEW ACCOUNT

4) ONCE LOGGED IN, CLICK **CLUB MEMBERSHIP**

5) CLICK **ADD CLUB**

6) CLICK THE **SEARCH FIELD BUTTON** 🔍

7) TYPE YOUR CLUB NAME IN THE **SEARCH BAR**

8) CLICK **SELECT**

9) CLICK **SUBMIT**

10) YOU ARE NOW AFFILIATED WITH YOUR TRICLUB!

IRONMAN
TRICLUB PROGRAM

John Hollenhorst received the following communication concerning qualification for the 2021 National Senior Games next November in Fort Lauderdale.

From: NSGA <nsga@nsga.com>
Subject: RE: Qualifying for Triathlon
Date: December 18, 2020 at 9:56:40 PM EST
To: John Hollenhorst <jhollenhorst@sbcglobal.net>

Hi John,

Thank you for contacting the National Senior Games Association (NSGA).

We would love to have your eligible club members participate at the National Senior Games in Fort Lauderdale.

Let me clarify the statement, *if an athlete qualified for the 2019 Games from a 2018 event in our state (Florida), that athlete is qualified in 2021*. The athlete is qualified IF...

- the athlete completed a triathlon in 2018 and **directly submitted the results to NSGA through the Limited Event Qualification process** for the 2019 National Senior Games. NSGA has the submissions from 2019 on file and those Limited Event qualifications have been transferred to the 2021 National Senior Games.

Yes, the Open Registration Period is a viable alternative for “non-qualified” athletes to participate in Triathlon. The Open Registration Period is being offered to accommodate athletes age 50+ as of December 31, 2020, unable to qualify in 2020. The Open Registration Period is a modification that is being tried for the first time due to the pandemic so we do not have previous registration statistics available. While NSGA is unable to guarantee that an event won’t fill to capacity, we do not anticipate triathlon reaching the entry cap.

Limited Event Qualification for 2021 is also an option for those who completed a triathlon in either 2019 or 2020. Athletes who wish to qualify by the Limited Event criteria must submit to the NSGA office no later than March 15, 2021, a Limited Event Verification form along with a copy of a photo ID verifying Date of Birth and the official results or other public document illustrating the results. The Limited Event Verification form is available on our website, www.nsga.com, under the NATIONAL GAMES tab. The submitted verification form & requests for Limited Event qualifications are reviewed by the NSGA staff and notices of approval or disapproval are sent to the athletes. **NOTE: As part of the adjustments for the 2021 National Senior Games, results achieved from January 1, 2019 - December 31, 2020, will be accepted for limited event verification.**

Registration for the National Senior Games in Fort Lauderdale, Florida is expected to open in the Spring of 2021. When exact registration dates are determined, the information will be announced on our website, www.nsga.com, and in our monthly E-newsletter, "The Long Run." To sign up for our monthly newsletter visit our website, scroll to the bottom of the NSGA homepage and provide your email address under the NEWSLETTER SIGN UP area.

Let me know if you need further information.

Carrie



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