



# THE FINISH LINE



Michael and Christine Oertle at the "Hippie Dash".

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

**Cost per Issue            \$30                            \$50**

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**Editor's Column**

This month I want to delve into a couple of new areas that might be of interest to Mad Dog readers. First, if one has not been swimming competitively since the age of 6, many will eventually have issues in the swim leg of a triathlon. During our recent Mad Dog Zoom conference on 4 May, the subject of "How to prepare for a Triathlon Swim" was addressed and forwarded by Frank Adornato. It is good info for everyone from beginners to "senior dogs." I included it in this issue.

(continued on page 6)

# TRAINING CALENDAR

	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 17-19 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 Meet at Hurley Park.	8 am. From USFSP 16 miles 20-21 mph.	7:30 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 +	

# 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		

# JUNE BIRTHDAYS



Gabi Lohman's first birthday. Woof, woof.

Patrick O'Donnell	9th
Adam Lewis	10th
Lenny Aron	11th
Tony Scott	12th
Dianalynn Aguilu	21st
Bill Coggins	22nd
Paul Wahrer	22nd
Johnathon Valin	24th
Stephanie Mischke	27th
Mary Ann Wallace	27th

## WELCOME NEW MAD DOGS!

- # 3925 - Rafael Nieves - St. Pete
- # 3926 - Catherine Jadot - St. Pete
- # 3927 - Brad Kirley - Orange, VA
- # 3928 - Brett Baker - St. Pete

Editor's Comments continued:

The 2nd subject presented this month is heart health. I recently came across a Facebook post by an experienced St. Pete cyclist named Peter Wray. He recently suffered a severe heart issue at coffee after a club ride. Mad Dog Gina Hubany and her husband, Bryan, saved his life using CPR. Peter has an interesting take on what caused this event. As many of you know, I suffered a similar incident just prior to Gail's participation in the IM World Championships in 2011. Luckily, a triathlete/MD was standing next to me when the incident occurred. I hope all you "type A" triathletes will give it a read and consideration. I also endorse the book he recommends, *The Haywire Heart*. I found the section on Ironman Champion Dave Scott particularly interesting.

Mad Dogs Rule,

# UPCOMING RACES

## Tentative Dates for Local Races



13 Jun - Heartland Tri  
Sebring, FL  
Tri Sprint/Intl - Du Sprint/Intl - AB Sprint/Intl  
[www.runsignup.com](http://www.runsignup.com)



26 Jun - Ft. DeSoto Trilogy #1  
Ft DeSoto FL  
Tri Sprint/Intl - Int AB - Sprint Duathlon  
[www.fortdesototrilogy.com](http://www.fortdesototrilogy.com)



14 Aug - Ft. DeSoto Trilogy #2  
Ft DeSoto FL  
Tri Sprint/Intl - Int AB - Sprint Duathlon  
[www.fortdesototrilogy.com](http://www.fortdesototrilogy.com)

# MAD DOG NEWS

**With the St Anthony's Triathlon postponed until the first weekend in October, the race organization has a question for you. Would you be able to host a visiting professional triathlete in you home for the weekend? Athlete requests are already coming in, but we are hesitant to make any commitments until we hear from past and future homestay providers. Please contact Pro Athlete Coordinator Carolyn Kiper, Mad Dog #983 at [cskipper@gmail.com](mailto:cskipper@gmail.com). This a great chance to meet young pro triathletes and welcome them to St. Pete!**

**Great turnout by Mad Dogs at the last two IM 70.3s. Nine Mad Dogs at Gulf Coast and six more at Chattanooga! Even one in IM Tulsa.**

**It's a crazy Tri-World! As Gail Lohman swam under a bridge on the IM 70.3 Chattanooga course, a Tennessee Kamikazi jumped from the bridge into the water, landed beside her and said, "How are you doing?" The Police Boats arrived to help him find a more appropriate venue in which to enjoy himself.**

*"Know that life is not fair and that you will fail often," But if you take some risks, step up when the times are toughest, face down the bullies, lift up the downtrodden and never, ever give up — if you do these things, then the next generation and the generations that follow will live in a world far better than the one we have today."*

*Adm. William McCraven, USN (Ret.) Former Navy SEAL*



# 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.

## IM 70.3 St. George - 1 May

5th Place of 55 -

Pro Jackson Laundry (MD Homestay)

15th Place of 55 -

Pro Nick Chase (Mad Dog)

## Sebring Triathlon - 2 May

### Sprint

1st Place - Roger Little

2nd Place - Cody Angell

### Half Distance

2nd Place - Andy Reeder (9th Overall)

## IM 70.3 Gulf Coast - 15 May

2nd Place -

Jill Voorhis

Finishers -

Kim Case

Bill Hendrick

John Hollenhorst

David Longacre

Andres Marte

Jesse Mocha

Steve Swift (got roll down slot to

**Worlds)**

Jarek Szurlej

## IM 70.3 Chattanooga - 23 May

1st Place -

Gail Lohman

2nd Place -

Rick Jansen

Finishers -

Bill Biel

Andy Reeder

Paula Shay

Kim Snow

## IM Tulsa - 22 May

2nd Place -

Brad Kirley (New Mad Dog)

# MAD DOG PICTURES

Junior Mad Dogs Julia and Taylor Mularoni at State Track Meet. Prepping for St. Antonys.



Mad Dog Tom Singletary (former Marine) completes his 34th Gasparilla Classic, with help from friends and family.



Pro Mad Dog Nick Chase and Pro Jackson Laundry (Mad Dog homestay) at IM 70.3 Lake George

Michael and Christine Oertle at the "Hippie Dash".



# MAD DOG PICTURES

Mad Dog Pictures from IM 70.3 Gulf Coast from Pam Hollenhorst



# MAD DOG PICTURES



# MAD DOG PICTURES



Andy Reeder at Sebring - 2nd to none!



Jill Voorhis and David Longacre @ Panama City



Steve Swift



Frank and Judy Adornato with a friend.

# MAD DOG PICTURES



Rosie Ray celebrating her 80th by swimming with friends. Among others, Vicky Linkovich, Pam Hollenhorst, Pam Greene, Joy Edwards, Jackie and Larry Yost, Sue Chaffamn, CJ Vosburgh, Cathy DeHaan, Clare Kelley, Janice Clifton, Patty Conolly, Barbara Hatfield and Paula Vieillet.



Starters at IM 70.3 Gulf Coast, including 8 Mad Dogs

# MAD DOG PICTURES



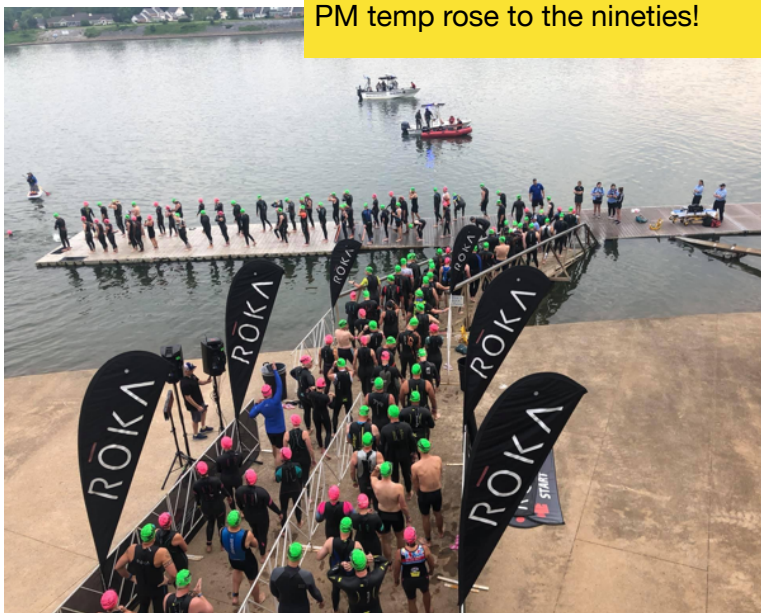
Rose Marie Ray and Paula Viellet rocking Mad Dog trisuits at Ft. DeSoto



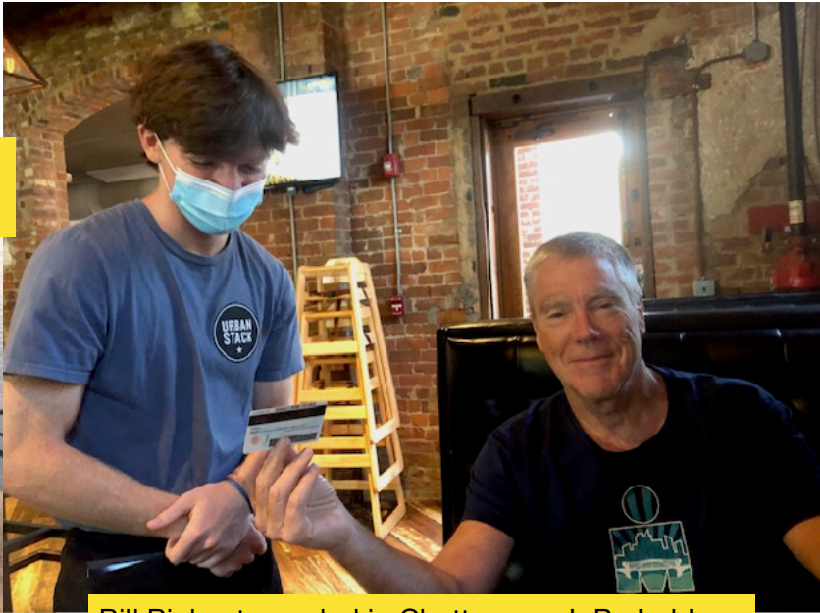
Kim Snow, Bill Biel & Gail Lohman @ IM 70.3 Chattanooga



Claudia and Patricia Junqueira (without masks)



Start of IM 70.3 Chattanooga. PM temp rose to the nineties!



Bill Biel gets carded in Chattanooga! Probably gave the kid a big tip to check on his age.



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## Gail Lohman's Race Report From IM 70.3 Chattanooga

Chatty was incredible in so many ways. We were rear ended at a gas station on the way there. Hit and run. Crazy old guy. The bike rack was bent and my bike was on the outside. We made it to Chatty: my bike didn't roll when we took it off the rack. We got it repaired and bought a new rack. Stressful but stayed positive. No sleep for me the night before the race. Ugh!

There was a 2 mile-ish walk to the swim start on a narrow walkway. Picture 2000+ people walking at the same time....no social distancing. No masks. My swim started at almost 8:00. There was no current as they didn't open the damn dam upriver. The swim was 2500 + yards (long). A crazy man jumped off the bridge into the water as I swam by and popped up a few feet from me. He said, "How are you doing?" Police boats arrived to escort him to a facility where he could get some help. Unfortunately, they caused a chop in the river. Oh well, my swim was slower than I like.

The bike was on rough roads for the first and last 5 miles, but then into Georgia where it was gorgeous. Yes there were hills. It was more than rolling. Garmin wasn't working on the bike; neither was my Wahoo so I had no data. I rode by feel and didn't push it because I had calf cramps in the swim and whenever I stood on the pedals. It was heating up by the minute. A number of race pictures clearly showed a woman drafting me, but I didn't notice at the time. I finished the bike, but my feet were cramping as I put on my running shoes. It was in the 90's.

The run was hilly and there was no shade. More cramps. Ugh! In the end I won my age group in a disappointing time. 5 other women in my age group started...3 finished in the allotted time. One dnf-d. There was a lot of that. I was hurting so badly that I didn't even stay for the award ceremony. My calves are still very sore today but I'm happy with my place and that I persevered. I will turn down the world championship slot in St. George, UT (they now do it on line). I'm not up for an even more mountainous race.

I'd like to add that the volunteers were amazing. The race director and his staff were very accommodating and approachable. Chatty is an interesting place. There was no place to get premium gas; all stations were out of high test. We thought we might have to ride bikes home...but we finally found a station as the tank was nearing empty. Good to be back in St. Pete. Mad Dogs rule!



**TRAVEL WELL! RACE BETTER!**

Website: [www.DestinationMiles.com](http://www.DestinationMiles.com)

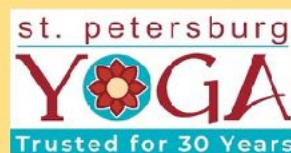
Destination Miles brings together a community of busy athletes who share the same passion for fun, travel and racing, while lessening the burden of planning the travel details. We're proud to offer our athletes an amazing, safe, fun pre and post race travel experience.

# *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



## Article from new Mad Dog Brad Kirley

### Hire the Triathlete

Many years ago I was managing the technical systems engineers for a large world wide computer company. I was going to open a demonstration center in Virginia, near Washington, D. C. I had posted two jobs for the new center, one a technical person to set up and monitor all the equipment, and the other to be the center manager and run things. There were several candidates, all of them technical people, and I had narrowed my choices down to two candidates I felt would make the center a success.

With only one day left that the posting had to be up on the company website, a sales manager came into my office and said he had a sales rep he'd like for me to interview for one of the jobs. "Oh great", I thought to myself, just what I need, a burned out sales rep who wants to get out of the weekly quota game of "What have you sold this week?" But, the sales manager was a friend of mine and out of curtesy to him, I said, "Sure, have her come by tomorrow."

The next day, at the appointed time, she showed up and introduced herself to me and I ran her through my normal interview questions. To my surprise, she did very well but not good enough to make the top two. She wasn't qualified or interested in the "techie" role but in the center manager job. I thanked her for coming by and was about to push her out the door when she dropped her Ace in the hole. She asked about my triathlons. It was well known around the company that I did tri's so that was not surprising to have her ask me about them. But then I asked her if she did any running or tri's and, of course, she said yes, she was a triathlete and had done several races. So we spent the next half hour, almost as long as my original interview questioning had lasted, talking tri's and racing and training and everything else tri geeks talk about when first they meet.

So, in the end, I hired one of the techies for the equipment job and her for the manager role. I knew that as a triathlete, she would do whatever it took to make the center a success and that put her above the other candidates. That turned out to be correct. One day, I went by the center and she was in jeans and a sweatshirt, cleaning some tables and chairs with a bucket of soap and water. "Where did you get all this?" I asked. "You know we don't have money in the budget for this." "I know", she replies, "But I found it stored away in a warehouse and found out who owned it and they said I could have it if I moved it and cleaned it up." The next day, I go by the center and she is in a business suit, giving the corporate pitch to a large group from a prospective customer. That is what I knew would happen. She turned out to be great in the job.

We have both moved on, I retired and she has changed jobs several times, advancing every time as she climbs the corporate ladder of success. We still do several tri's together every year and are still good friends. So, if you are in doubt, hire the triathlete and if you are a triathlete interviewing for a job, show them this article. **Hire the triathlete.**

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 7:30 AM FROM ADDICTED TO THE BEAN. RUN AT YOUR OWN PACE. STICK AROUND AFTER THE RUN FOR COFFEE.





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**New yellow Mad Dog swim caps passed out at the Wednesday Pass-a-Grill swim courtesy of Stingray sports! Be there or be bare headed!**







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](http://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.

## **Training Tip - Rest or Workout the Day Before you Race? Which is Better?**

There have always been differences of opinion on what to do in the final days immediately before race day. Some say rest; others say continue to train. There's an anecdotal story about an old pro who used to say "Taper? That's what the drive to the race is for!"

Most athletes (except for the "old pro") will agree that you should take several days or more as pre race taper. The duration of that taper period will depend upon the importance and the distance of the race. During the taper you will have gradually reduced the volume and intensity of your training so that your body is optimally rested, but not stale, and ready to race. However, the question remains as to what to do in the final two days before you're standing on the beach on race morning.

I have found that the best approach is to take a full rest day 48 hours before the race and do a short easy workout the day before. That easy workout done early in the morning before race day loosens muscles and builds continuing confidence. Using your race specific muscle groups reinforces muscle memory without creating muscle fatigue. If the race is away from your home turf, doing that short workout on sections of the actual race course gives you some added degree of familiarity to reduce unknowns on race morning.

Bottom line: Take a full day rest 2 days before race day. In the morning of the day before race day, do a short and easy workout. My suggestion is ride, run, and swim for a total time of about an hour. Very short and very easy efforts. Then relax for the rest of that day and keep your legs elevated as much as possible. Have an early dinner, take a short walk after dinner, and get to bed early.

Train smart. Race fast.

Frank Adornato



## How To Prepare For The Triathlon Swim.

### Physical, mental, and strategic skills to ace the swim portion of the triathlon.

( An excerpt from the Mad Dogs Zoom Coaching Session on May 4th 2021.)

For many triathletes - seasoned racers as well as first timers - the open water swim can be intimidating. Standing on the beach waiting for the starting gun to sound can be a source of anxiety and for some, outright fear. However, there are many things you can do in your training to prepare yourself physically, mentally and psychologically for a better, stress-free swim.

#### Pool Drills:

1. First and foremost, work on **biomechanics**. Every warm-up in every swim should include stroke and kicking drills. Work to perfect the five elements of the stroke - entry, catch, pull, finish and recovery. The more efficient you are, the more comfortable and in control you will be in the water.
2. Breathing should be comfortable and steady. Don't hold your breath and don't take explosive bursts of inhalations or exhalations. Practice and perfect **bilateral breathing**. Everyone has a preferred breathing side and an "off side". Learn to breathe on both sides. The benefits of bilateral breathing are balanced torso movement, ability to adjust to choppy water condition, better navigation abilities, and less chance of dizziness in a long swim. Don't worry about getting into a rigid breathing pattern of left side-right side breathing. Just be comfortable breathing on either side periodically.
3. Practice "**fast starts**". Do multiple 100 yard repeats, starting out as fast as you can go for 1.5 lengths of the pool. When you're in the middle of your second pool length, slow your stroke to a more manageable race pace and continue to the end of the 100 yards. Stay aware of your heart rate and breathing pattern. These drills will help you acclimate to the overly fast start on race day.
4. One workout a week should include **long continuous sets** - 500, 750, or 1000 yard repeats. Maintain a consistent pace throughout these sets.
5. **Closed Eye Drills**. Start your swim directly over the swim lane. Close your eyes and swim a full length of the pool. When you open your eyes, look to see if you swam straight or if you drifted left or right. Adjust your stroke to minimize any drifting.
6. **Cluster drills**. Get several of your swim pals to swim together in the same lane. Start together and get accustomed to having other swimmers close to

you and possibly bumping you with their arms, feet or bodies. You'll soon realize that the bumping from other swimmers is most often softened by the water and not a problem.

### **Open Water Drills:**

1. The main benefit of OWS training is to **acclimate** to less than crystal clear water, no lane lines, and no wall to hold onto between sets. Increase your swim distance (or swim time) up to and beyond what you'll be swimming on race day.
2. Learn how to **navigate** in open water. Before you start your swim, look for landmarks that you can use to guide you in a straight path to the swim finish. Periodically when your head comes out of the water to inhale, raise your eyes as little as possible, and site on those landmarks.
3. Swim when water conditions are choppy. **Learn how to adjust to less than optimal conditions**, which might happen on race day. Breathing on your off-side and raising your head to the side higher than in the pool may be necessary to avoid a mouthful of water.
4. Keep in mind that there will be lifeguards on kayaks, surfboards and in boats out on the swim course on race day. If you have a problem on the water, USAT rules allow you to signal a lifeguard and hold onto their craft as long as you don't make forward progress. After you have gotten over your anxiety or physical issue, you can continue the swim to the finish.

### **Strategy:**

1. If it's possible, do one or more training swims on the race course several weeks or more before race day. This helps remove the fear of the unknown for the swim.
2. Wear warm clothing over your race kit. A sweatshirt or a hoodie is a good option. It's better to be very warm rather than chilly while you set up your transition space and prep for the swim.
3. On race morning, if possible, do a short warm-up swim in the swim finish area. Look for a landmark around the finish area. Something you can site on to direct yourself straight into the finish chute. That landmark should be easily seen from out in the water. Sometimes it may be the brightest object and not necessarily the tallest.
4. Seed yourself realistically for the start. (FYI a pace of 2 minutes per 100 meters sits pretty much in the middle of the bell curve.) Whether it's a corral start or a time-trial start, place yourself where there's less of a chance that other faster swimmers will be swimming over you.
5. For a corral start, if you're a slower swimmer or simply not comfortable with the swim start, place yourself on the wide side of the group. That is, for a

clockwise swim course, stand far left; for a counterclockwise swim, stand far right. This will put you on the outside of the group at the buoy turns where there are fewer swimmers.

6. Try not to start out too fast. As much as we always say this, inevitably everybody goes out too fast. (See “fast start” drills above!)
7. Get into a rhythm during the swim; think about your stroke, your kick and breathing. And stay within the moment. Don't think about (or stress over) the entire swim distance. Swim buoy to buoy. At the last buoy look for that landmark you identified at the finish; site on it and let it guide you into the swim finish chute.

Train smart. Race fast.

Frank Adornato



**This is a Facebook post from a cyclist with the St. Pete Bike Club. It hits home because a number of Mad Dogs have issues with either Atrial Fibrillation or Ventral Fibrillation.**

**Peter Edward Wray**

As some of you know, I will undergo a second open-heart surgery to a bunch of bad things related to my cardiac arrest at Pacuogos and some related to several other heart problems that have gotten worse. I've "got this" though and will eventually be okay. But here's the thing. It turns out I did the damage to myself. Got that? I screwed my own heart up by decades of mild and sometimes extreme over exertion in cycling and running - and I write this as a warning to club members.

Most of what I have to say is contained in the relatively new book "The Haywire Heart" written by Leonard Zinn (VeloNews), Chris Case (neuroscientist) and John Mandrola (cardiologist specializing in electrophysiology). In brief, the book attempts to address this question: If exercise and fitness is supposed to be good for us, why do so many runners and cyclists end up with serious heart rhythm irregularities such as Afib and worse...

The cohort the authors are concerned about cover, I believe, a large chunk of the SPBC, i.e., people who considered themselves "avid" cyclists and runners whose idea of a fun day is to push themselves to do a relatively fast ride of 20+ miles. Age is an important but not exclusive factor. Blood pressure, high stress environments and sleep apnea are other important factors.

But more directly the authors seriously warn of - here I paraphrase a little - athletic runners and cyclists who have spent years liking a certain amount of "suffering" in their rides and runs. Those that persistently like the challenge of conquering a badass hill or taking a long turn in a pace line or looking for a new Strava PR. Repeated often enough, even while young, this can often cause unhealthy changes to the heart, from its larger structures down to the cellular levels (where the electrical stimulation and pathways occur).

For cyclists and runners, there are many practical problems. Small signs are often ignored. Signs like mild chest pressures; random episodes of heavy breathing; lightheadedness; a feeling of skipped heart beats; very low resting heart rates; random periods where HR soar over 200; random periods of rapid heart beats at rest. (Foolishly, I used to take pride in a resting HR under 30 and a sleep HR of under 20.)

These can all be signs of Afib or precursors to Afib and must be checked out and addressed. But many of us, including myself, have ignored these small signs for years and years, chalking them up to having a “bad” ride or a passing fluke. **DON'T MAKE THIS MISTAKE!**

But here is where the authors' message gets dour. Reporting the symptoms and working with your docs to get the symptoms addressed is only a limited “fix”. Afib can often be addressed by drugs and procedures called ablations. Worse problems can be addressed with pacemakers and ICDs. However, drugs and ablations frequently fail. They can also do damage and inhibit otherwise normal activities. But, moreover, drugs and ablations and pacemakers **DO NOT** address the underlying question of what caused the Afib or other arrhythmias in the first place. Nor can the drugs and ablations fix damage that has already been done.

The authors present a lot of research about the statistically high # of runners and cyclists who have Afib or other significant heart arrhythmia. And they also address concerns they have about cardiologists who do not understand physical make up of the “athlete's heart” nor the psychology of patients who are “avid” runners and cyclists who persistently harbor thoughts of getting back to their old levels of fitness and athletic abilities once the immediate problem is addressed.

I may be overgeneralizing a little here, but the authors' message is this: Even with “treatment” there is **NO** going back to old levels. This has been very very difficult for me to accept. And, if I and you do not accept that, you can quickly cause even more damage and risk sudden death. (For a contemporary example, Zinn has been raising concerns about World Tour pro cyclist Zdenek Stybar's return to racing after an ablation a few months ago.)

Many of us are addicted to high levels of riding and “training” and for lots of reasons, mostly good ones, but the price we pay often grows despite the “health benefits” we like to tell ourselves.

I am “done” in the traditional sense. Road racing and time trials are over. I won't be looking for long 7% grades to grind up. I will still do club rides but will gladly join Jean Goergen on my Specialized e-bike.

I will be fine. But I am not an outlier. I know many of you - younger and older - are like me and want to focus on the “good” rides but not the ones where we feel a little weaker. There is a danger. Don't try to “power through” everything. De-stress. De-train. Meditate. Especially as you get older. Want to continue to ride fast and conquer hills? Get an e-bike.



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