



# THE FINISH LINE



**Jessica Bibza  
prepping for the  
swim at IM 70.3  
Championships  
in St. George, UT.**

|                                 |                      |
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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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**Editor's Column**

Trying to plan for, enter and train for an Ironman branded race is getting more and more difficult. Races are being moved, rescheduled or canceled. The 2021 IM Championship is rescheduled for February 2022 in Utah. **Are people going to buy into this when they trained for and paid for a slot to Kona and end up in Utah?** The 2022 Championships are tentatively scheduled for Kona, but IM is considering making it a two day affair splitting men and women. A suspicious person would

(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.<br><br>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.  | 7:00 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<br>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). |
| <b>FRIDAY</b>    | 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                                     |
| <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.<br><br>8 am. Intermediate no drop ride. From SPB&F 4th St store<br><br>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<br><br>Mad Dogs  | Following the bike ride a 4-mile run<br><br>Mad Dogs                        |  |  |

# OCT BIRTHDAYS



Gabi Lohman's first birthday. Woof, woof.

|                  |      |                  |      |
|------------------|------|------------------|------|
| William Motter   | 2nd  | Chuck Lohman     | 11th |
| Susan Ashbaugh   | 3rd  | John Hollenhorst | 12th |
| Tim Robinson     | 3rd  | Phillip Powell   | 19th |
| Coraline Falco   | 4th  | Mark Parish      | 20th |
| David Bredlow    | 6th  | Karen Hendrick   | 21st |
| Ginger Herring   | 7th  | Paula Shay       | 21st |
| Marcello Lazzaro | 7th  | Wesley Carr      | 22nd |
| Richard Jansik   | 8th  | Laure Blume      | 25th |
| Jay Anderson     | 9th  | Cynthia Shaver   | 29th |
| Larry Collins    | 11th | Steve Gavalas    | 31st |

## **WELCOME NEW MAD DOGS!**

|                               |                       |
|-------------------------------|-----------------------|
| <b># 3934 - Mark Herlyn</b>   | <b>St. Petersburg</b> |
| <b>#3935 - Colleen Murray</b> | <b>Largo</b>          |
| <b>#3936 - Michael Simon</b>  | <b>St. Petersburg</b> |

Editor's Comments continued:

think that this is an effort to double entries and, consequently, revenue. Of course, the converse is to schedule a two day 70.3 race this year in Utah and condense it at the last moment to one day, penalizing all the women who had made travel and hotel arrangements. I remember 20 years ago completing in an Ironman or 70.3 race was a big deal and immensely rewarding. Athletes had pre race suppers to meet each other and build excitement. Everyone could expect a hat, tee shirt, medals and socks. Many had post race meals/ award ceremonies. We are now getting much less for more money. How long before triathletes rebel and just enjoy local races??

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

# UPCOMING RACES



2 Oct - IM Indiana  
Muncie, IN  
Iron Distance  
[www.ironman.com](http://www.ironman.com)



14 Nov - Miamiman Triathlon  
Miami, FL  
Half/Olympic Tri,Du,AB  
[www.runsignup.com](http://www.runsignup.com)



23 Oct - Great Floridian  
Clermont, FL  
Multiple Events - Sprint to Iron  
[www.runsignup.com](http://www.runsignup.com)



20 Nov - Suncoast  
Fort DeSoto, FL  
Olympic/Sprint Tri,Du,AB  
[www.runsignup.com](http://www.runsignup.com)



6 Nov - Iron Man Florida  
Panama City Beach, FL  
Ironman Distance  
[www.ironman.com](http://www.ironman.com)



# MAD DOG NEWS

**Congrats to local cyclist Monica Sereda who placed 4th in the Womans Road Race at the Paralympics in Japan on Sept 1st.**

**What's up with Cateye?? I needed a new bike computer with cadence and ordered one from Cateye USA (not a 3rd party). It arrived and I couldn't get to work properly, even with the help of a local bike shop. Called and e-mailed Cateye USA. No response. Got Better Business Bureau involved and their two attempts to get a response failed, putting Cateye on the "bad boy" list. Then I contacted Cateye worldwide and, again, received no response. Please consider yourselves warned!**

**Great representation of Mad Dogs at IM 70.3 Worlds in St. George, UT. Jessica Bibza, Bill Hendrick, Richard Jansik, Andy Reeder, Steve Swift, Kim Snow and future Mad Dog Jarek Szurlej! As mentioned earlier, the race was condensed to one day due to lack of participants. Kind of tough on the women that had already made hotel and air arrangements. Does IM need to take a time out and think through all this?**

**What the heck? Steve Shelton, participating in IM Indiana, reports that due to Coronavirus concerns IM will remove the changing tents. For an Ironman? Will everyone be DQ'd for nudity? Will blinders be issued?**

**How about Mad Dog Kim Snow? Back to back IM 70.3 races. First, Worlds at St. George. IM 70.3 Augusta the next weekend!**



# RACE RESULTS

All Mad Dogs are encouraged to submit race results. There is no automatic program.

## Culpepper Sprint Tri - 31 Aug

2nd Place -  
Brad Kirley

## Crystal River Sprint #2 - 4 Sep

2nd Place -  
Paula Shay

## Fort DeSoto Trilogy - 11 Sep

1st Place -  
Art Halttunen  
John Hollenhorst  
Reva Moeller  
Michael Oertle  
Emma Quinn  
Rose Marie Ray

2nd Place -  
Jay Anderson  
Tony Handler

3rd Place -  
Suzanne Brosseau  
Pam Greene  
Mike Hood  
Richard Jansik  
Joey Kharzouz

## IM 70.3 World Championships - 17 Sep

5th Place OA - Jackson Laundry (MD homestay)  
7th Place OA - Eric Lagerstrom (MD homestay)  
4th Place - Brad Kirley

Finishers -  
Jessica Bibza  
Bill Hendrick  
Richard Jansik  
Andy Reeder  
Kim Snow  
Steve Swift  
Jarek Szurlej (future Mad Dog)

## Sand Key Triathlon - 25 Sep

1st Place -  
Kim Case  
John Hollenhorst  
Colleen Murray  
Rosey Ray

3rd Place -  
Suzanne Brosseau  
Andy Meng

## IM 70.3 Cozumel - 26 Sep

5th Place OA - Nick Chase

## IM 70.3 Augusta - 26 Sep

Finishers -  
Cody Angell  
Kim Snow  
Vince Pellegri

# MAD DOG PICTURES

Karen Hendrick boosting morale at the Mad Dog Sunday morning workout at Ft DeSoto



Usual suspects at the Wednesday morning Mad Dog run



Natalie Davis out with family



New embroidered Mad Dog hats for \$20. They are going fast! Available at the Sunday morning workout at Ft DeSoto or contact President John.



# MAD DOG PICTURES



New Mad Dog Abid Khaleel from New Jersey



Joey Karzouz with Jesse Mocha

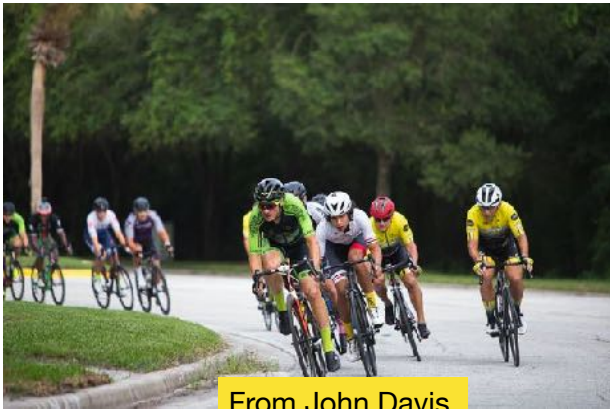


Emilce Leiva and Marcello Lazzaro with Coach Leo



More support for Leo!

# MAD DOG PICTURES



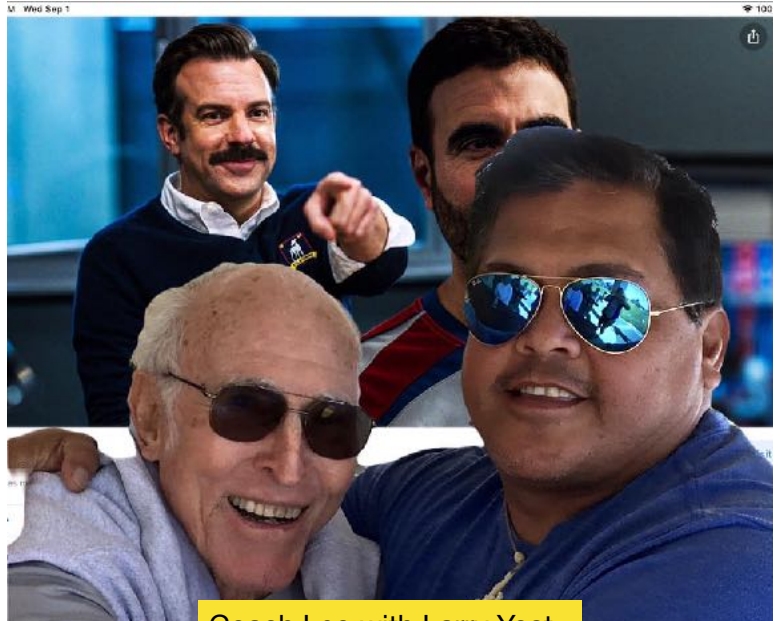
From John Davis

Last night we raced our local training criterium - Woodlands - for **Ows Leo Briceno**. All entries fees and cash winnings from every racer were donated to help with his medical bills from the collision he was in that placed him in the ICU and sadly took his mothers life. If you would like to contribute to this please don't hesitate. Here is the GoFundme link.. click it and help with what you can. Thank you very much.

<https://gofund.me/30b29aa4>



Mad Dogs Ron Young and Curly Curlyrish



Coach Leo with Larry Yost



# MAD DOG PICTURES



Ann Bradley in her Mad Dog outfit



Mad Dog Noah Pransky celebrating 2 years with NBC in NYC



Paula Shea(left) @ Crystal River

Folks, be aware of this. Lawn flamingos may seem kitschy and adorable, but they can pick a T-Rex clean in under 90 seconds at this time of year. Be careful. Use a trusted anti-flamingo spray before venturing outdoors. Let's be safe out there.



Warning from Pam Hollenhorst

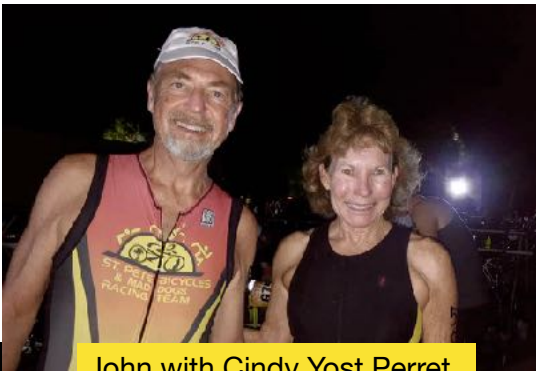


Mike Deacy with his bike buddies Laura and Mark



# MAD DOG PICTURES

## FD3 Race Photos from Pam Hollenhorst



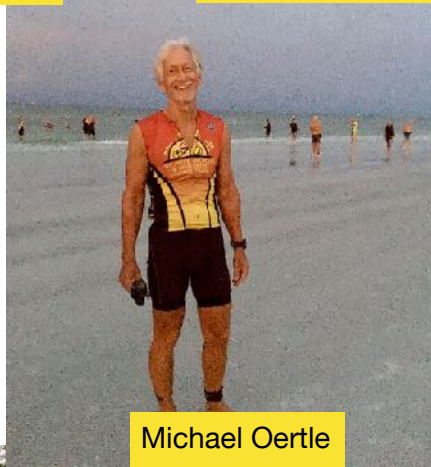
John with Cindy Yost Perret



John with Vince Pellegri



Paula Shea solo



Michael Oertle



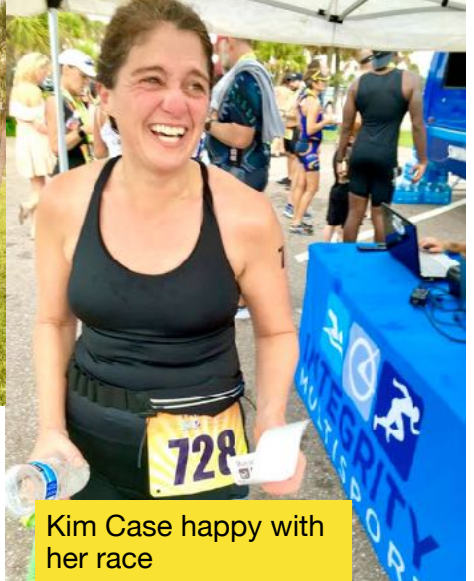
Cindy happy on the bike



Rosie Ray post swim



Z and Antwan Williams, future Mad Dogs from Orlando



Kim Case happy with her race



# MAD DOG PICTURES

## FD3 Race Photos from Pam Hollenhorst



Pam Greene gets third!



Kim Case #1



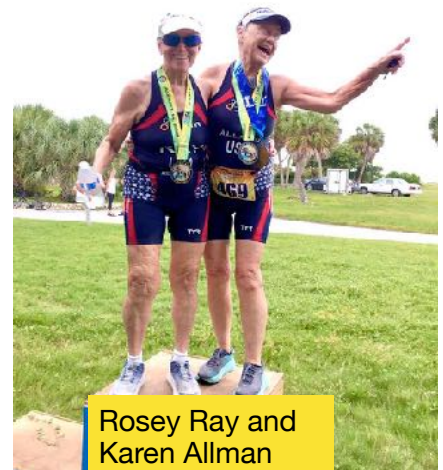
John Murray, future Mad Dog, gets second



Antwan Williams places 3rd in his first race



Joey Kharzouz also gets 3rd!



Rosey Ray and Karen Allman



# MAD DOG PICTURES



Bill Hendrick amped for IM 70.3 World Championship



Jessica Bibza prepping for the swim at IM 70.3 Worlds



Steve Swift at Worlds



Kim Snow at Worlds



# MAD DOG PICTURES



Jarek Szurlej ran into Karen Smith at 70.3 Worlds



Bill Hendrick and Jarek at Worlds



Jessica Bibza at Worlds



# MAD DOG PICTURES



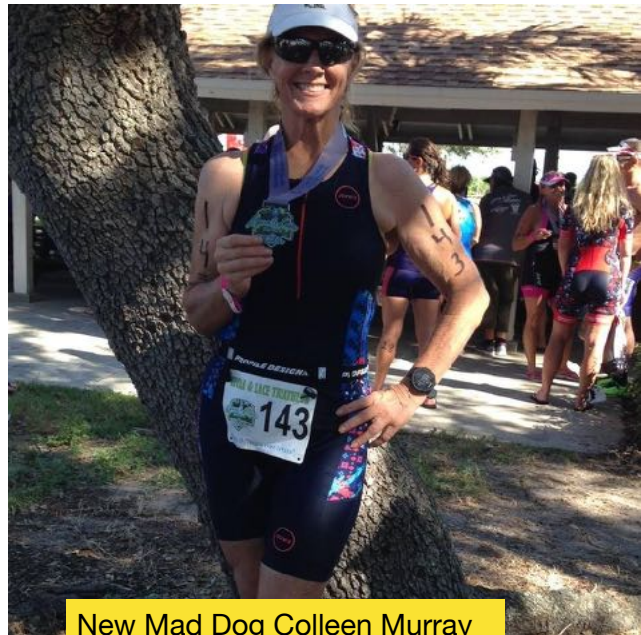
Richard Jansik with Monika Cassidy at 70.3 Worlds



Steve Swift at Worlds



At Worlds, volunteers sorting through special needs bottles found a pint bottle of Jack Daniels.



New Mad Dog Colleen Murray

## Quick Tips: Hill Running

- Use good form, not bad form.
- Intimidated by a long climb? Try not being such a big baby.
- Climbing requires more energy than running on flat roads, so pause halfway up for a meal.
- Bob and weave to keep the hill guessing.
- With every exhale, utter a motivational mantra, such as "Shut up legs"
- Roll back down. Wheee!



DUMB  RUNNER  
.com

**IRONMAN CEO: 2022 Worlds Could Move From Kona**  
Ryan Heisler [slowtwitch.com](http://slowtwitch.com) Sep 16 2021

Speaking today at the press conference for the 2021 IRONMAN 70.3 World Championships in St. George, Utah, IRONMAN Chief Executive Officer Andrew Messick stated that the company is reviewing all options for their 2022 World Championship event, including moving the race out of Hawaii.

“We’re exploring every option,” Messick said, and “that includes potentially taking the race out of Kona.”

The IRONMAN World Championships has, for its entire history, been hosted in Hawaii (in Kona since 1981). However, the 2020 edition of the event was cancelled due to the COVID-19 pandemic, and the 2021 race has been postponed to February, 2022.

Additionally, travel to Hawaii is still highly regulated. Quarantines are required for all non-vaccinated individuals, as well as those whose vaccine records the state does not accept. The current quarantine period for those who do not meet the vaccine or negative test requirement is 10 days.

It is the lack of predictability that Messick cited as the primary reason for IRONMAN to consider moving the race from Hawaii for 2022.

Messick did not specify whether or not IRONMAN was considering this move as temporary or to a rotating schedule that 70.3 Worlds currently follows, not did he provide guidance on alternate locations.

**Update: 2021 IM Worlds in Feb 2022 will take place in St. George, and the 2022 IM Worlds (maybe) moved back to Kona with men’s and womans races on different days (to make more money and inconvenience Kona islanders)**



A man in a blue t-shirt and black shorts is running on a treadmill. The treadmill is positioned inside a large, black, cylindrical cryotherapy chamber. The man is looking forward, and his motion is captured with a slight blur, suggesting he is in the middle of a run. The background is a plain, light-colored wall.

## RUBIN CRYOTHERAPY & ELITE RECOVERY

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## **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.





### **Training Tip - Why Warm Up?**

Everybody knows that we should warm up before a workout and certainly before a race. Lots of athletes do, but some don't, or if they do, the warm up is too short or maybe they're just going through the motions. The question is "Does it really make a difference?" Well, anecdotal evidence as well as scientific testing say yes. Warming up elevates body temperature, and research has shown that elevated body temperature boosts performance. It also allows you to gradually increase blood flow to your working muscles and joints which reduces the stress on your heart compared to going out fast in a race without a warm up.

These benefits are even more pronounced as we get older because the amount of lubricating fluid inside our joints decreases with age and the cartilage becomes thinner. Ligaments also tend to shorten and lose some flexibility, making joints feel stiff. As a result we become less flexible. Starting out without a proper warm up can be uncomfortable and you'll probably go out slower than usual in spite of your perceived effort.

The next question is "How much should we warm up?" While there's no absolute answer, about twenty to thirty minutes (e.g., 300-800 yards swimming, 2 to 3 miles running, or 5 to 8 miles cycling) is probably adequate. Start with some dynamic stretches, and begin the warm up slow and easy. Work on proper biomechanics for the first few minutes then gradually ease into a speed that's not quite target race pace. During the middle segment of the warm up include several short and fast pick-ups at race pace with a longer easy pace between each. On race day, aim to complete the warm up close to the start of your race. Standing around too long waiting for the start reduces the benefits as your body cools down.

Train smart. Race fast.

Frank Adornato



## Carol Jean Vosburgh Race Report

Great perk today, competing in the 16th annual Lake Lure Triathlon, held at Rumbling Bald Resort NC. This was my first triathlon in almost 3 years. It began with a 1/2 mile lake swim, 14 mile challenging bike at the base of the Blue Ridge Mountains, and ending with an uphill climb along the golf course then downhill finish on Lake Lure Beach. Kip Vosburgh was an amazing cheerleader for me (and mechanic if needed). I feel so blessed that I can compete well and bring home the gold, especially now that I am in the 75-79 age group. Life is good.



## Mad Dog Kim Snow's Race Report from 70.3 Worlds in St. George, UT

Ironman 70.3 World Championship Recap (FYI, this is a long one....)

1.2 mile swim

56 mile bike

13.1 mile run

What a day! That by far, was the hardest 70.3 course I've ever done and am so proud that I was able to cross the finish line at a World Championship race.



Swim: Started off in the last wave...the swim was going great until about 3/4 of the way through...wind, rain, lightning and white caps out of nowhere. All of a sudden I was drinking lake water like a champ.



Scariest situation I've ever had in the water. Watching women in my age group cry and scream for help, latching onto kayaks to rest and even questioning my ability to not freak out or even make it back in on my own. Thankfully, the rescue boats pulled all of us out for safety reasons and dropped us near the swim finish. Luckily, we were allowed to move on.

Bike: started off a nervous wreck as the rain was still coming down, wind was gusty and all over the place. Eased into it and the weather finally straightened up a bit. Enter Snow Canyon around mile 40/45. My quads will never be the same again.



Beautiful scenery, but holy...climbing was no joke. It just didn't end! I believe for a good while I was at about 4-5 mph, tried standing up to grind and almost fell off my bike. I couldn't feel my legs at the top



so I knew the run was going to be interesting. Now bring on the downhills



...I hit 40+mph and about ... my pants...the crosswinds were ridiculous to the point you question your ability to control your bike.

My goal at that point was to just make it back to transition safely. My hands and arms were numb from the death grip I had on my bike for 10+ miles



Run: Aaaaand now the sun decides to come out!



...Side note: so happy I decided to pack a pair of dry socks



First loop of the run wasn't too bad. Some steep hills that I decided to power walk up instead of "run", but also followed by some nice downhills to regain some lost time by walking. The aid station volunteers were simply awesome!!! Coming down (literally straight down



) to head back to the 2nd loop and I see Heather Jackson (pro triathlete) standing on the side of the road.



Idol!! (I wonder what the pros think of us mere mortals after they've already been done for hours...like how the hell are they so slow...



) Second lap...not much left in the leg tank. A lot more power walking and a lot less running as both knees were giving me the big middle finger, but met some awesome people. Finally at mile 11/12, I can hear the announcer from the top of the plateau. I can't believe I made it through the race from hell. Started thinking about mom and dad and all (damn near every one) of the events they attended as I was growing up, through college and more recently, Ironman. I still can't believe they're both gone. They had a front row seat in the biggest race I've done to date and I could feel them with me as I hit the carpet and crossed the line. If you ever see me with both hands pointed up and looking up to the sky at the finish, that's me thanking them for getting me through. They were smiling and so proud.



A huge **Congratulations**

to everyone who persevered through the crazy events of the day to cross the finish line. The women 45-49 age group...you all are warriors. We put up with some shit not only on race day, but days leading up to the event and we all handled it with class and grace. And to all my local Tampa Bay triathletes/friends...you guys are amazing and it was so nice running into you all! It was a very humbling experience and am so proud to have been invited to compete at this level of 70.3. Thank you all who have reached out via text, social media for your support and encouragement. It means the world!!



Lastly, the most massive THANK YOU to [Heather Cronin](#), for taking the time and flying out to be my Sherpa. I could not have gotten through this without your help, encouragement and support. Now let's go destroy Augusta 70.3 next weekend!





## Race Report from Eric Lagerstrom (Mad Dog homestay) from Challenge Samorin, Slovakia

That. Hurt. I can say with confidence I've never been this sore crossing the finish line, and I'm stoked. I was 8th in a very solid field of Euros. These guys can roll. Something was there in my legs that's been missing for a while, and I made it through the whole race without my hip locking up on me for the first time since 2019



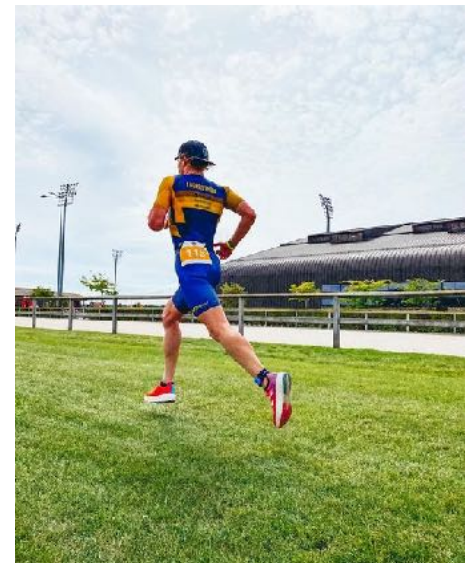
I have to say a huge thanks to Erin @ecfit\_strength for throwing me a lifeline in that arena, it means so much to have some renewed hope



As soon as I can walk, I'll go get my bike out of transition and pack up for our 20 hour travel day back to Bend and back to work



[#thattriathlonlife](#) [#challengefamily](#) oh, if you're looking for races to do, I 10/10 recommend @challengefamily and Samorin. This event is so rad.





**REEDER & NUSSBAUM, P.A.**  
*Personal Injury Law*

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**727-521-2889 CounselorsOfLaw.com**





Thanks to efforts of Mad Dog Mike Kelly, 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 - Biomechanics - Practice Makes Permanent.**

You know the saying “Practice Makes Perfect”. Well there’s another way to think about it. “Practice Makes Permanent”. Doing anything over and over will re-enforce it and make it permanent. Therefore, in everything that you do, you want to be sure your form or biomechanics is right on.

Biomechanics is how your body moves relative to its structure. It’s the interaction of your brain, muscles, and joints, allowing for optimal movement. Or put another way, it’s how your body acts and reacts to the motions and stress of the sport(s) in which you participate. With proper biomechanics your body works efficiently and economically; you perform better, faster, stronger with less stress and less injury.

How do you know if your biomechanics are correct? Ideally, if you’re early in your athletic life, work with a knowledgeable coach who can observe and analyze your movements and make suggestions for positive change. If you’ve been training and racing for years, it’s not too late to get the input and advice of a coach. Another option is to use a wall mirror or have a video taken when you’re at the gym, on a treadmill, wind trainer, or swimming in the pool. Get a critique of your form, and look for imperfections and imbalances so you know what needs improvement and where and how to make corrections.

All athletes should include biomechanics work as part of their routine schedule. And that means more than working on your form just when you swim, bike and run. Include exercises and movements that will improve your flexibility, mobility, balance, and body symmetry (e.g. yoga and pilates) as well as full body and core muscle strength exercises. Make biomechanics part of your training program and your body will thank you when you race.

Train smart. Race fast.

Frank Adornato



# *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

