



THE FINISH LINE



Coach Leo Briceno leading his Open Water Swim group.

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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
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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

I hate to start this month's column on a down note, but distant Mad Dogs might not have heard about Leo Briceno's tragic automobile accident. Leo suffered broken bones in his legs and pelvis, his arm, and will require a hip replacement. His new car was totaled, and worst of all, his Mother was killed.

Leo is a wonderful person, loved and admired by all who know him. In addition to running his Open Water Swim program and working with Stingray athletics, he shows up at a huge number of triathlons

(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 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 Mad Dogs	Following the bike ride a 4-mile run Mad Dogs		

SEPT BIRTHDAYS



Gabi Lohman's first birthday. Woof, woof.

Deborah Rothenberger	1st
Joy Edwards	1st
Linda Auer	3rd
Judy Sromovsky	9th
Michael Lydon	12th
Paul Blankenship	13th
Timothy Kennedy	15th
Scott Corkran	19th
Kristie Adams	21st
Scott Underkoffler	25th
John von Lackum	25th
Brad Kirley	26th

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**
- # 3931 - Abid Khaleel - Farmington, NJ**

Editor's Comments continued:

and other athletic events, photographing competitors and sharing his pictures with all of us. He unselfishly volunteers his time with numerous charities and inspires the rest of us with his energy and joy of life. His huge circle of friends and admirers have been generous in contributing to a "go fund me" account in his name. We wish him a rapid and thorough recovery. Our thoughts are with Coral and the rest of his family!

Mad Dogs Rule,
Chuck Lohman, Editor

UPCOMING RACES



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



25 Sep - Crystal River #3
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 - Sand Key Tri
Clearwater, FL
Oly, Sprint, Duath, Aqua bike
www.runsignup.com



17 Sep - IM 70.3 World Champ.
St. George, UT
Half Iron Distance
www.ironman.com



26 Sep - IM 70.3 Augusta
Augusta, GA
Half Iron Distance
www.ironman.com

MAD DOG NEWS

Congratulations to Mad Dogs who participated in the USAT Nationals on 7 and 8 August. Spotted were John Hollenhorst, Michael Oertle, Lenny Aron and Brad Kirley (who placed 10th in his age group for the Olympic Distance and 9th in the Sprint Distance).

Great article by the Tampa Bay Times on Mad Dog Roger Little as he prepares for his 19th Ironman World Championship in Kona! He will be the oldest competitor this year. I've included it for you later in this issue. We'll be tracking you on line, Roger, even if it has been delayed until February 2022.

Chaos in Triathlon! Covid causing huge problems. 2021 Kona delayed until at least February 2022. St. Anthony's cancelled. This year's 70.3 Worlds in Utah condensed from two days to one due to lack of participants. 2022 70.3 Worlds, scheduled for New Zealand moved to Utah (perhaps). USAT late posting race results; USAT blaming Race Directors and vice versa. CDC inoculation guidance changing on a daily basis. **Please get vaccinated!**

Oh, so you think you had a tough race....check out *The Legacy of the Norseman* in this issue, and be thankful your inner voice said, "No way."

Terrible news – Coach Leo Briceno, greatest human being you will ever meet, was involved in a car accident in which his mother was killed. Leo is recuperating in the hospital with serious injuries, supported by Coral and may be home by the time this is published. A “go fund me” account has been established in his name. Heal quickly and thoroughly, my friend.

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.

Ft. DeSoto #2 -14 August (postponed
until December 19th)

Lake Lure Triathlon - 14 Aug

1st Place -

Carol Jean Vosburgh

MAD DOG PICTURES



John and Pam Hollenhorst with Carol and Don Ardell in Madison



President John at Nationals



John Hollenhorst finishing at Nationals with a volunteer bowing down to honor him.



Lenny Aron and Michael Oertle at Nationals

MAD DOG PICTURES



Mad Dog Brad Kirley at Nationals



Michael Oertle showing off bicep while donning his wetsuit.

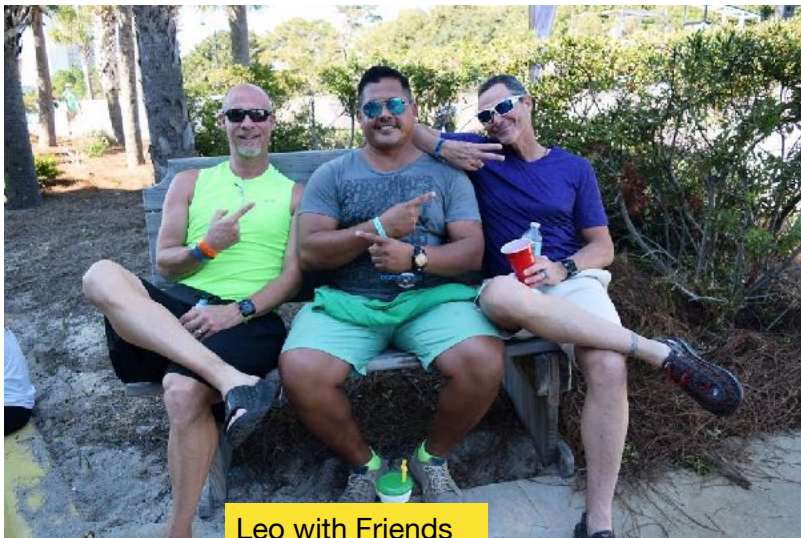


Michael and Christine Oertle at Nationals

MAD DOG PICTURES



Leo Briceno's Open Water Swim



Leo with Friends



Leo in his early triathlon days

Training Tip-Training in excessive heat and humidity.

Summer in Florida can be oppressive with temperatures and humidity off the charts. These past few weeks the temperatures and humidity readings at dawn have each been in the mid 80's with a "feels like" temperature over 90. And that's before the sun rises! As triathletes, we want to stay on our personal schedule of daily training, but occasionally mother nature does not cooperate. If the weather conditions are brutally hot, as we're experiencing this time of year, consider some of these common sense precautions to prevent a heat related illness.

1. Workouts, especially running and cycling, should be done as early in the morning as possible, before the sun gets high in the sky.
2. Continually drink liquids, before, during, and after your workouts. And not just water. Make sure you replace valuable electrolytes (sodium and potassium) by alternately drinking sports drink with water.
3. Wear loose fitting, light weight clothing and use sunscreen, even if you start training as early as sun up.
4. Expect your speed to be slower than usual and don't try to push too far or too fast. Be realistic about your fitness level and listen to your body.
5. Consider skipping a workout on blisteringly hot days or substitute an indoor, air conditioned workout. Maybe this is the day to do strength training or a spin class in the gym.

Be aware of the warning signs of heat related illness:

Heat cramps and muscle spasms are the first sign of heat related issues.

Light headedness and feeling faint is the second warning sign. These can occur if you immediately stop running and stand after a race or a long run.

Heat exhaustion, when your body temperature rises as high as 104 F is very serious.

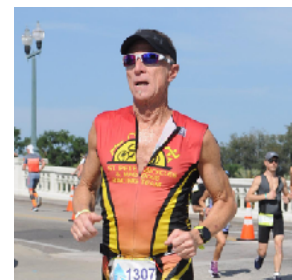
You may experience nausea, vomiting, weakness, headache, fainting, sweating and cold, clammy skin. This condition requires medical attention. If left untreated, heat exhaustion can lead to heatstroke which can be life threatening.

Get out of the heat at the first sign of any of these symptoms. Go inside to a cool room or if that's not possible sit in the shade under a tree. Drink lots of cold liquids, apply cold wet towels to your forehead and neck. If the symptoms don't pass after 20 minutes, seek medical attention.

If you're smart about training in the heat, you'll come back tomorrow stronger and faster.

Train smart. Race fast.

Frank Adornato





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Life and Culture, St. Pete Times
Hannah Critchfield (Pictures by Martha Ascenio-Rhine)

80-year-old St. Petersburg man heads to Ironman World Championships for 19th time
Roger Little will be the oldest competitor in the grueling championship event.



Roger Little, 80, poses for a portrait near the city waterfront in St. Petersburg, where he trains for triathlons. Little has participated in 400 triathlons in his lifetime, including the World Ironman Championships, 18 times. He will travel to Hawaii in October for the Ironman Championship once again, his 19th time, as the oldest person to compete in the race, which includes swimming, cycling and running grueling distances.

Roger Little's thoughts are in Kona, Hawaii, even when he isn't. But pina coladas and sunbathing are far from his mind.

The 80-year-old St. Petersburg resident is focused on the race. He knows every bump in the road under his bike tires, the precise three-quarter mark in the Kailua Bay, the exact amount of breath he can use to — playfully — tease the other runners as he rounds a bend.

“It is like the star that you're always trying to get to,” Little said. “It becomes a total obsession, qualifying for Kona.”

Kona is the site of the annual Ironman World Championships, a grueling tripartite event that features a 2.4-mile swim followed by a 112-mile bike ride — capped off by a full marathon.

Little will be the oldest person to compete in the race come October. It's his 19th time qualifying for the World Championships.

“I don't know if people are surprised when they find out what I'm doing,” said Little, who spends half of the year in Massachusetts. “Do they think I'm crazy? Maybe.”

A few years back, Little stopped competing in Ironman triathlons. But then his wife passed away six months ago.

“I am just trying to figure out what to do with the rest of my life,” he said. “So I said, well why don't I go back and jump into triathlons? That'll give me complete focus and keep me totally busy, and get my head out of losing her.”

This is who Little is: He isn't fixated on winning or — save from a desire to get to Kona — reaching a particular goal. He moves forward, like leaves pushed gently down a river, or the wheels that turn on his bike. (In their own time, they'll map out 150 miles this week.)

It's how he knows how to live.



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Ironman triathlons have long attracted senior competitors, according to Ryan Lobato, spokesperson for the Ironman company. The race has grown up with them.

“We didn’t have an over-80 age group 10 years ago,” Lobato said. “But every year, we regularly move up the categories because we have people getting older.”

Three people will be competing in the over-80 category at this year’s world championship, according to the Ironman Group, which oversees the event and is headquartered in Tampa.

Turning 81 in September, Little is the oldest, and the only senior in his age bracket representing the United States.

He'll be joined by Fidel Rotundaro, a 79-year-old Miami resident competing for Venezuela, and Tadashi Horiuchi, 80, who lives in and represents Japan.

But for Little, this year's race isn't about beating the competition, or even improving a personal best.

"At my age and rate of speed, right now I'd just be happy to finish the damn thing," he said.

These days the Ironman races have cutoff times. It wasn't always like this.

Little participated in one of the first ever Ironman triathlons, in 1982. Broadcast on TV, the race featured triathlete Julie Moss' famous crawl across the finish line, ushering Ironmans into the zeitgeist and inspiring many others to compete in future events.

"And pretty much after that, I was hooked to triathlon," Little said.

Since then, he has competed in 40 Ironman races over the last four decades as well as roughly 100 half-Ironmans and hundreds of other triathlons.

An early entrepreneur in the solar energy industry, Little would often schedule meetings with clients abroad to align with nearby Ironman events.

"I had customers in Korea, so I'd say what the hell, I'll go to Korea for a week and then I'll jump on a plane to Perth, Australia, for the World Championship this year," he recalled. "I did this my whole life. I raced everywhere in the world, all the time."

Things are different now. Little has scaled back his running from 80 miles a week to 45, and he sees fewer of the familiar faces he'd grown accustomed to greeting annually, each competition like "a big family reunion."

Little doesn't think he deserves any special accolades — he doesn't know why his body is able to do what it does. Steadfastness is just his nature, he said.

“My whole life has been more of a way of just keeping going in a straight line, rather than a targeted life,” he said. “I ran a business for 50 years and I never blinked.

“So to be able to train the way I did for 40 years and to still be doing it — I mean, I guess that’s just a character flaw,” he adds with a chuckle. This year, he’ll have to finish within 17 hours to successfully complete the race.



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(Race postponed until Feb 2022)

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.



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 up hill 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.



The Legacy of the Norseman

Zalaris Norseman Xtreme Triathlon is considered the ultimate triathlon on the planet. It's the race that any hard core triathlete should do at least once. (or not...Editor)

It was at the turn of the millennium, Hårek Stranheim wanted to organize a unique competition. This was his vision:

“I want to create a completely different race, make it a journey through the most beautiful nature of Norway, let the experience be more important than the finish time, and let the participants share their experience with family and friends, who will form their support. Let the race end on top of a mountain, to make it the toughest full distance triathlon on planet earth”.

The course runs point-to-point – or fjord to peak: Starting at sea level, with a 4 meter drop off a ferry into the Hardangerfjord, crossing the starkly haunting Hardangervidda mountain plateau, finishing at the rocky peak of Gaustatoppen, at 1,850m above sea level and 220km away. Norseman is a long day's journey through some of Norway's most spectacular scenery.

The total ascent is 5,000 meters. The water is cold, clean, and comes lightly salted. The weather can be anything from brilliantly beautiful to blasting blizzard, sometimes all in one day. If you're really lucky, you may see porpoises, orcas or reindeer.

This is the triathlon where you may find yourself all alone on a small bike on top of a big mountain plateau. Getting the sense of being marooned in a vast landscape only suited for reindeer and hard rocks. Where there's no one to who sees you, hears you or cheering you on. It's just you, your bike and the will to make it to the finish line.

Norseman is a tribute to triathlon, where you bring your best friends and family to join the party. You bring them as your support. As your safe haven. You join together as a team, where your best friend is the one handing you the bottle that makes you get up another ascent.

And when you get to the finish line, if it is on Gaustatoppen or Gaustablikk, your hard work and effort will get rewarded – Our approval of your success; a t-shirt.

But most important off all, you

can claim the title of a true triathlete: You are a Norseman.



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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.

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

