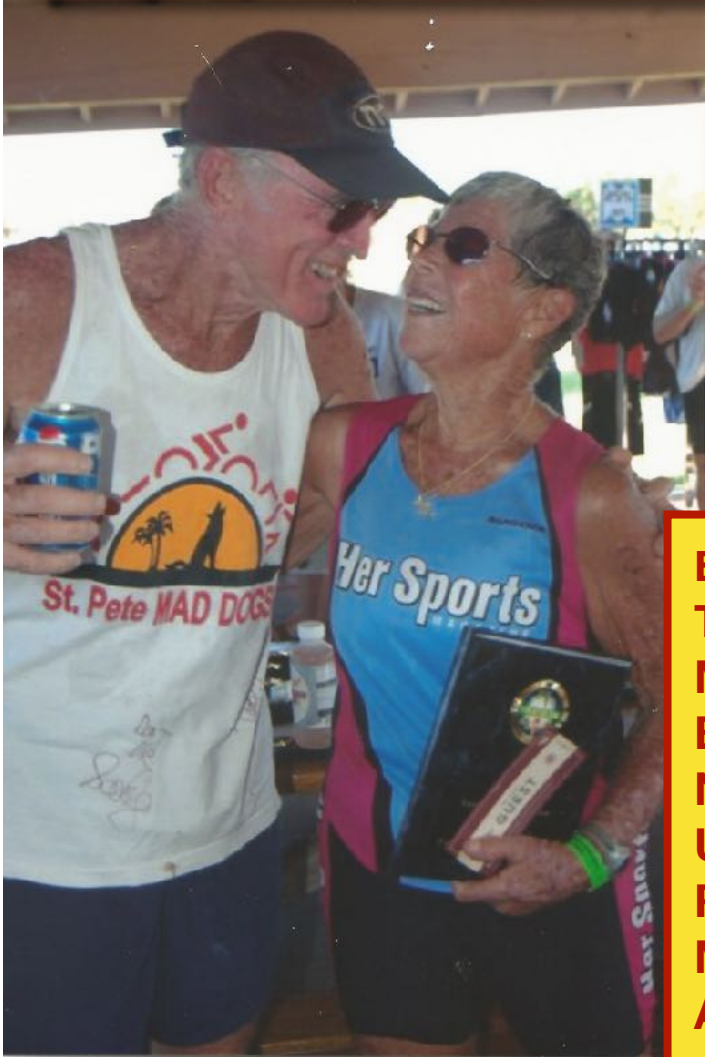




THE FINISH LINE



Larry Yost, along with his wife Jackie, will remain in our hearts always.

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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:

stpetemaddogstriathlonclub.wildapricot.org

Articles, or photos may be submitted to chuck.lohman@yahoo.com. Items should be sent by the 15th of the month preceding the issue.

Advertising checks should be mailed to: St Pete Mad Dog Triathlon Club, P.O. Box 635 St Petersburg, FL 33731-0635. Please make check payable to St Pete Mad Dogs.

ST. PETE MAD DOGS BOARD OF DIRECTORS

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Editor’s Column

Well, after a month or so of intense triathlon activity, we are faced with the reciprocal of St. Pete’s delightful Winter weather — hot and humid. As most multisport and distance athletes, the Mad Dogs begin to shift our workouts to the cooler mornings. Before Wednesday night swims we will be checking the storm radar.

This is also the time of the year when we consider traveling on adventure trips to cooler habitants. Of course one now has to deal with either high fuel prices or erratic

please go to page 7..

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. 14.5 miles 20-21 mph. 7:50 slower ride..	6 pm. From Northshore Pool Parking Lot (16 miles) St Pete Road Runners
TUESDAY		8 am. From USFSP 14.5 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 14.5 miles 20-21 mph. 7:50 slower ride..	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	8 am. From USFSP 14.5 miles 17-19 mph. 7:30 AM 3 Bridges Ride from Captiva Key Condos at moderate pace. 45 miles total, or 35 miles from 30 Ave, North.	5:15 AM. Bayway Bridge Repeats. Meet at Sun Blvd & Pinellas Bayway. (Burgasser Road Runners).
FRIDAY	8 am. Group swim @ Pass-a-Grill. Meet at Hurricaneman restaurant	8 am. From USFSP 16 miles 20-21 mph. 7:50 slower ride..	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.	6:30 AM Long run alternating from Hurley Park PAG and Northshore Pool. SP Road Runners		
		Ft De Soto 8:00, all paces, 20 miles Mad Dogs	Following the bike ride a 4-mile run Mad Dogs		

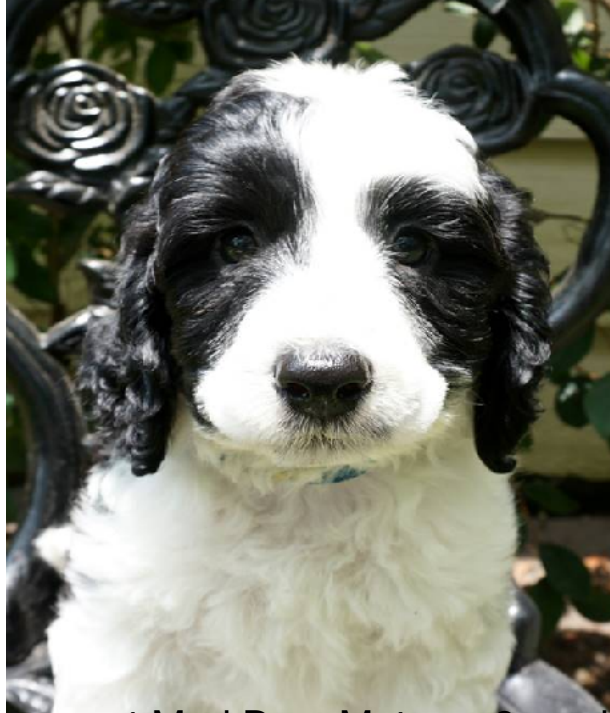
MAD DOG NEWS

As mentioned earlier, the Board of Directors desperately need someone to lead our Communications Committee. This person, with help from others will coordinate the info promulgated by this newsletter, our public and members only websites, Facebook and perhaps twitter.

Congrats to Mad Dog Andy Reeder, who followed his qualification for the 2022 IM 70.3 World Championship, by qualifying for the 2023 Worlds while racing at 70.3 Mussleman in Oregon.

“The Society that separates its scholars from its warriors will have its thinking done by cowards and its fighting by fools.”
Thucydides

AUGUST BIRTHDAYS



Youngest Mad Dog, Mateus, 8 weeks old joining the Lohmans on 2 July

Michelle Young	1st
Patrick Ruta	2nd
Glenn Warr	7th
Janet Kelly	12th
Cindy Perret	12th
Bill Hendrick	16th
Pat Brighton	17th
Dee Anna Farnell	20th
Kristen Ashbaugh	21st
Rick Campins	24th
Katie Ashbaugh	25th

WELCOME NEW MAD DOGS!

#3972 - Michael Bucholtz	- Seminole
#3973 - Summer Stimpson	- Treasure Island
#3974 - Bryan MacKenzie	- St. Petersburg
#3975 - Mark Clark	- St. Petersburg
#3976 - Terry Ellis	- St. Petersburg
#3977 - Jack Wilkinson	- Treasure Island

Editor's Comments continued:

airline schedules (or both). If you haven't already done so, I recommend investigating trip insurance. If you are one of those who enjoy at least moderate exercise, the Tampa Bay Ski and Snowboard Club sponsors a number of Bike and Barge trips through Europe. I hope to provide a trip report of our Germany, France and Luxembourg adventure next month.

Finally, we had to say farewell in July to one of our favorite long time Mad Dogs, Larry Yost. Friend and inspiration to all who knew him, he will be greatly missed by us all. Pictures and tributes may be found later in the newsletter.

Mad Dogs Rule,
Chuck Lohman, Editor

UPCOMING RACES



6 -7 Aug - USAT Nationals
Milwaukee, WI
Sprint/Olympic
www.teamusa.org



6 Aug - Top Gun Triathlon
Ft. De Soto Park, FL
Sprint - Tri/DU/AB
www.runsignup.com



21 Aug - Ft. De Soto Series #3
Ft. De Soto
Olympic/Sprint/Tri/DU/AB
www.fortdesototriology.com



18 Sep - Ft. De Soto Series #4
Ft. De Soto
Olympic/Sprint/Tri/DU/AB
www.fortdesototriology.com



24 Sep - Crystal River #2
Crystal River, FL
Sprint - Tri/DU/AB
www.runsignup.com

RACE RESULTS

All Mad Dogs are encouraged to submit race results. E-mail me at chuck.lohman@yahoo.com. There is no automatic program to search for Mad Dogs in every race. Thanks.

Heartland Triathlon - 5 Jun

1st Place -

David Longacre

Bonnie Theall

Jill Voorhis

2nd Place -

Mandy Zipf

IM 70.3 Blue Ridge - 5 Jun

Finisher -

Andres Martes Grau

Escape from Alcatraz - 5 Jun

1st Place - (Overall Top Pro)

Eric Lagerstrom (Mad Dog Homestay)

IM Des Moines - 11 Jun

4th Place -

Jessica Bibza (Slot to Kona)

FD1 Triathlon - 19 Jun

Olympic

1st Place -

Reva Moeller

Duathlon

3rd Place - (Overall)

John Hollenhorst

FD1 Triathlon - 19 Jun (Continued)

Sprint

1st Place -

Lindsay Bell

Sue Chaffman

Pam Greene

Carol Hollenbeck

Bonnie Theall

2nd Place -

Tom Bell

Suzanne Brousseau

3rd Place -

Mike Deacy

Vicky Linkovich

ITU Worlds - 25-27 Jun

1st Place -

Rose Marie Ray (Mixed Team)

2nd Place -

Rose Marie Ray (Sprint)

IM 70.3 Musselman - 10 Jul

3rd Place -

Andy Reeder (slot to '23 Worlds)

Finisher -

Kim Snow

RACE RESULTS

All Mad Dogs are encouraged to submit race results. E-mail me at chuck.lohman@yahoo.com. There is no automatic program to search for Mad Dogs in every race. Thanks.

FD #2 - 17 Jul

1st Place -

Bonnie Theall

2nd Place -

Suzanne Brosseau

Mike Hood

4th Place -

Vincent Pellegri

MAD DOG PICTURES

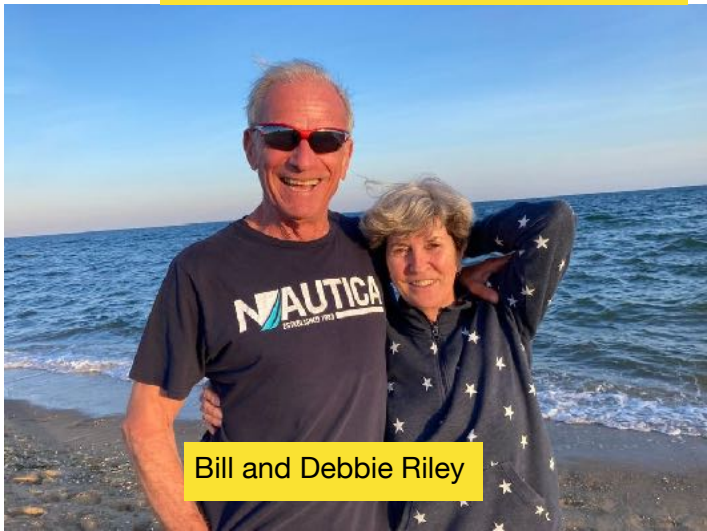
Pictures from Andres Marte-Grau in Paris and London



MAD DOG PICTURES



Noah Pransky celebrating something wearing his Mad Dog socks



Bill and Debbie Riley



Jessica Parrish

MAD DOG PICTURES

Yost Pictures from Pam Hollenhorst



LARRY YOST OBITUARY

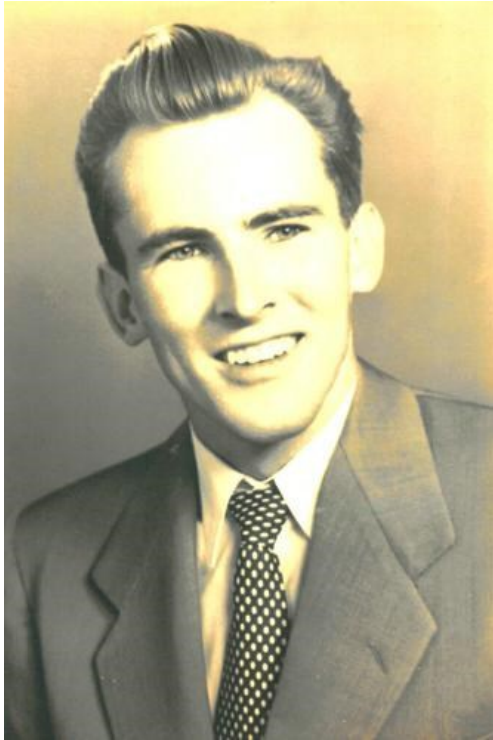
Laurance Halvard Yost was born in Hagerstown, Maryland, on February 6, 1930. He was the younger of two children born to Army Major Paul Alexander Yost and Jeanne Bailey Yost.

Larry was predeceased by his parents and his brother, Admiral Paul A. Yost, Jr. He is survived by his wife of 69 years, Jacquelyn Yost; his children Cindy Yost Perret, Joy Edwards (Steve), and Steve Yost (Debbie); grandchildren Daniel Yost (Julia) and Zara Yost (Justin), step-grandson Lindsay Perret (Leigh); great-grandson Kid Yost, and step-great granddaughters Charlotte and Alexandra Perret. moved to Treasure Island, FL where Larry and his brother Paul both attended and graduated from St. Pete High School. They spent their free time swimming, fishing, boating, and enjoying life and hijinks on the beach and the Gulf of Mexico.

Larry went to prep school at Hilder School in Washington, DC where the curriculum stressed vocabulary. There, he developed the love of new words and crossword puzzles. He attended the University of Michigan for one year before transferring to North Carolina State University. He swam on the college swim team at both schools. While still in college at North Carolina State University, he met the love of his life, Jackie, at Wrightsville Beach. If he and his best friend, Harry Layman, had turned the other direction at the beach, he would never have met her. Larry graduated from NC State with a degree in Forestry/Wood Products. At the time of his graduation, he and Jackie were already married and had their first child. He began his career in the furniture manufacturing industry at Thomasville Furniture Company.

During their life together, they lived in North Carolina, West Virginia, Florida, Virginia, Georgia, and finally Treasure Island, Florida. years (sprints, Olympic distances and Half-Ironman). He loved interacting with spectators and chatting with other athletes during the events. Socializing, laughing, telling stories, and giving back to the community gave him pleasure. Larry had a gift for wood working. He loved using his lathe and spent many hours in his workshop where he produced furniture, cabinets, plaques, frames, and knick-knacks of all kinds. His handiwork can be seen throughout his home and in the homes of family and friends.

Larry fought advanced prostate cancer for 2 years. He passed away on July 3, 2022 surrounded by the love of his family and many friends. A Celebration of his life will be scheduled at a later date. In lieu of flowers, please make donations to a charity or organization of your choice.



PASSING of A GREAT MAN, GREAT COMPETITOR, HUSBAND, FATHER, FRIEND TO MANY; We all grieve today at our loss of Mad Dog Triathlete mentor Larry Yost. Larry and his wife Jackie, shown here a few years ago in their 80's training to swim, bike, and ride, have opened their hearts and their porch every Friday morning for dozens of years to many dozens -- make that hundreds -- of Mad Dogs and Porch Sitters. The Mad Dogs mantra is "Come on out and swim, bike, and ride with us, or sit on the porch but don't HOWL." Larry and his beautiful family show us, by their example, how to live an active healthy fun life. Their love and generosity know no bounds. What a legacy Larry Yost had left. What a privilege to have known him. Tribute from Jan Pehrson

Pictures of Larry's Remembrance Celebration from Pam Hollenhorst





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Training Tip - Tempo Runs. What? Why? and How?

Tempo runs are a good way to train your body to sustain a faster running pace for a longer period of time without feeling the effects of muscle fatigue. Unlike typical speed intervals which are shorter sets run at or near anaerobic threshold heart rate, tempo workouts are longer sets run at sub-threshold heart rate. To determine your personal tempo speed, go out a little slower than your 10K race pace (10 to 15 seconds slower per mile).

The distances can vary depending upon your target race distance, but usually they range around 6 to 12 minutes each with about 5 minutes at an easy pace in-between. These are continuous efforts with no resting or walking.

A typical tempo workout would consist of three to four sets of about 6 to 12 minutes at tempo pace with 5 minutes at an easy pace. (Choose a tempo interval based upon your experience and fitness level.) If you're training for a long distance race (a marathon, 70.3, or ironman distance event), gradually increase the distances over several workouts to three sets of 2 miles at tempo pace with 1 mile easy pace between.

When you plan out your training calendar, consider including these tempo workouts every other week, perhaps alternating with higher intensity speed sets on the alternate weeks

Always start with a long warm up (a mile or more), and allow for a cool down and stretch at the end of the workout. And be sure to hydrate before, during, and after.

Tarin smart. Race fast.

Frank Adornato





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