



THE FINISH LINE



Jesse Mocha, new Mad Dog Social Chairwoman

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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 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

Although triathlons have started to get back to normal this year after dealing with the ravages of COVID, it's still been a tough year for the St. Pete Mad Dogs Triathlon Club. The Tampa Bay area managed to avoid the worst effects of two hurricanes, but we've lost a number of long time members to disease and accidents. I have tried to memorialize tributes to Larry Yost, Diane Barberian, and Jessica Bibza. To those friends, I need to add Peter Magee to this grim roll call. Please take the time to read about Peter later in this newsletter. He was a very private person, so I was able to find only 1 photo of this accomplished athlete. **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.	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. (Starts Mar 2023 with DST)	8 am. From USFSP 14.5 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	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.	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

Congrats to new Mad Dog Leo Budo who qualified for the Olympic Distance Nationals at Milwaukee next year. Watch for him at the IM Florida 70.3 race in Haines City on 11 Dec.

Question: If a person needs to do a Peloton pre-run video, goes for a run, then needs to do a Peloton post-run stretch video, are they becoming addicted? Just asking for a friend.

In the best traditions of Mad Dogs volunteering for events, we recognize Michael Oertle volunteering to help at a voting station on election Day — truly a thankless, but needed task.

We should be encouraged to learn that a number of Mad Dogs are now volunteering to serve on various team committees. Much is due to the efforts of John Hollenhorst and his team to make the club even more relevant and fun.

Director of Training, Frank Adornato, is exploring a destination race for Mad Dogs next year, perhaps at Clermont. Stay tuned.

Thanks to club secretary, Ginger Herring, for coordinating the yearly elections of our Board of Directors. Results TBA at the Annual Party on 3 December.

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

Thucydides

DECEMBER BIRTHDAYS



Edward Aguilu	1st
Brian Mackenzie	2nd
Robert Eaton	4th
Rue Morgan	6th
Andy Adams	7th
David Longacre	8th
Michael Kelly	12th
Chris Radican	12th
Jan Thompson	14th
Pam Hollenhorst	15th
Stuart Cohen	15th
Andrew Kennedy	17th
Randall Brown	22nd
Kip Vosburgh	29th

WELCOME NEW MAD DOGS!

- | | |
|---------------------------|-------------------|
| #3982 - Michael Cegielski | - St. Pete |
| #3983 - Dwane Sutter | - Apollo Beach |
| #3984 - Laura Robertson | - Treasure Island |
| #3985 - Chris Radican | - St. Petersburg |
| #3986 - San Eng | - New York, NY |

Editor's Comments continued:

As we remember these fallen friends, and raise our glasses to toast "absent companions," let's look forward to happier times at the Mad Dog Annual Party on December 3rd. Social Committee members Jesse Mocha, Karen Hendrick, Jill Voorhis, David Longacre and Ginger Herring, with an assist from Mike Deacy, have put a lot of effort into planning for this fabulous social event. Rudy Project and several businesses have generously donated items for our raffle. Prizes will also be given out to award winners from our member survey. The Board of Directors will be introduced following the recent election. **We have a complete selection of new triathlete fit kits from ALE, featuring beautiful Italian material. Don't miss the chance to determine your correct size. You can also preview several new designs and vote your preference!**

Mad Dogs Rule,
Chuck Lohman, Editor

UPCOMING RACES



2-4 Dec - Clash Daytona
Daytona, FL
Half Iron/Oly/Sprint Tri/Du
www.clash-usa.com



11 Dec - IM 70.3 Florida
Haines City, FL
Ironman
www.ironman.com



11 Dec - Key West Triathlon
Key West, FL
Oly/Sprint Tri/Du/AB
www.triregistration.com



18 Jan - Alpha Win triathlon
Sarasota, FL
Half/Oly/Sprint Tri/AB
www.events.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.

IM Florida - 5 Nov

Participants -

Sergio Asturias
Jonathan Dunford
Danny Hicks
Andres Marte-Grau
Justin Prince
Andrew Thompson

Miami Man - 13 Nov

1st Place -

Gail Lohman

Suncoast Tri - 20 Nov

1st Place -

Leo Budo (5th Overall)
Andres Marte-Grau (4th Overall)

New York City Marathon - 6 Nov

Participants -

Colleen Murray

St. Pete Runfest - 12 Nov

5 K

2nd Place -

Christine Oertle

4th Place -

Catherine deHaan

5th Place -

Paula Shea

10 K

1st Place -

Frank Adornato

Half Marathon

1st Place -

Kim Donaldson

John Hollenhorst

3rd Place -

Patricia Junqueira; Jill Voorhis

4th Place -

Lenny Aron

MAD DOG PICTURES



New Mad Dog Laura Robertson with Old Mad Dog Michael Deacy



Mad Dogs @ Runfest - Bill, Michael, Jesse, Kim, John and Lenny



Be careful surfing in California. Shark alert!



MAD DOG PICTURES

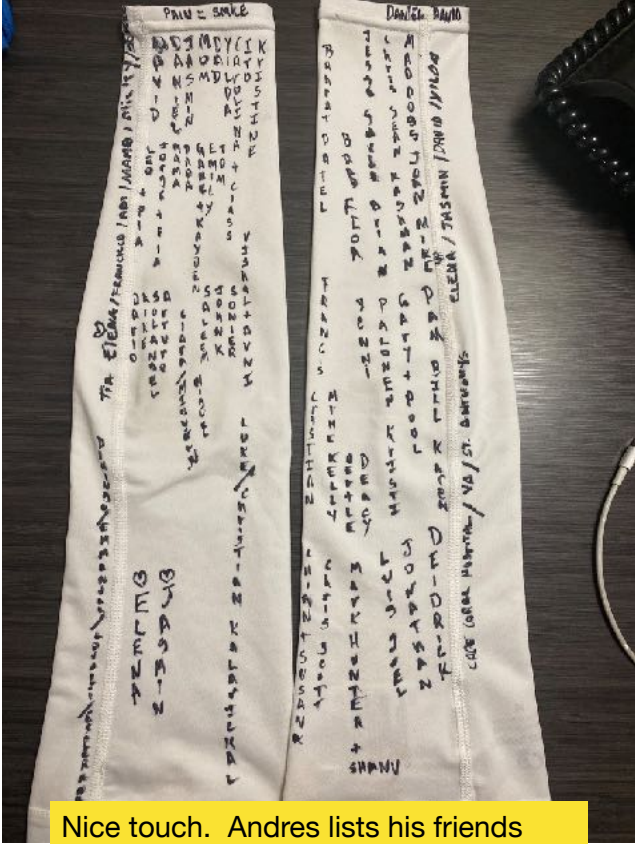


Andy Reeder and Jennan at IM 70.3 World Championships

MAD DOG PICTURES



Andres Marte-Grau and friend Sean Simmons "feeling blue" before IM Florida.



Nice touch. Andres lists his friends and family on his bike sleeves for race motivation. Among many others, I spot Mike Kelly, Mike Deacy, Bill and Karen Hendrick, Mom, Dad, Mad Dogs, John and Pam Hollenhorst and Gail Lohman.



Justin Prince and Sergio Asturias recovering after IM Florida



Andres posing with the famous Mike Reilly

MAD DOG PICTURES



Patricia Junqueira @ St. Pete Runfest

Andre Marte-Grau winning his age group and placing 4th overall at suncoast Tri



Gail Lohman's Miami Man Race Report

My race report: I drove to Miami. Stayed in a hotel. Did a race with a no wetsuit swim in a lake. Had an altercation with fire ants in transition. Got a blister. Won an elephant, traded for a giraffe. Met nice people. Then drove home all by myself. Whoever thought I could do that? Upon reflection I really am pleasantly surprised, except the part about the ants and blister.

(Editors note..."and won my age group."



Gail Lohman @ Miami Man with her elephant prize

MAD DOG PICTURES



Pictures from the SPBC annual picnic. Note: defiant rebel Mike Deacy wearing his Mad Dog kit!



Mad Dog Turkey Trotters - Jill Voorhis, David Longacre, Karen and Bill Hendrick, Cindy Perrett and Pam Greene

MAD DOG PICTURES

Who says there's no romance in triathlon? Local triathletes Dougin Walker and Jill Kralovanec, who participate in multiple Ironman triathlons throughout the year, get married during IM Cozumel (and finished together). Salud Amigos!



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I have been practicing Personal Injury law in St. Petersburg, Florida, since the mid seventies. I have lived in this area all my life except my school years at the University of Notre Dame Law School. Our practice is dedicated to serving our clients in the areas of Personal Injury, Commercial Litigation, Contractual Disputes, and Premises Liability.

Brad Kirley's Race Report from IM 70.3 Worlds

This was my 7th World's half IM 70.3 Championship, the second time it's been in Utah,

Results,

Swim 1.2 mi 50:36 42:10 min/mi

T1 14:33

Bike 56 mi 4:06:02 13.7 mph

T2 8:35

Run 13.1mi 3:03:53 14:02 min/mi

=====

Total 70.3mi 8:23:39 5 th place, Men 75-79

Pre race:

About 3 weeks before the race, I was going down stairs with two 12 packs of soda and both knees protested. The right one got over it quickly but the left really started to hurt, all the time, more and more severely. Training halted for a while. Then I decided to ride the bike and see what it did, rode 22 miles and it hurt 3/10 the whole time and that nite too. Not good, stopped training except for one swim. We flew to Las Vegas, rented a car and drove to St George, Utah for the race. I continued to baby the left knee, ie only right leg for stairs, up and down, no biking or running on it. Got my bike from Tri Bike Transport, rode it a half mile or so back to the hotel to make sure it worked ok. Knee hurt a little riding and after. Pre race VIP reception that evening, fun time, saw lots of friends we know in the tri world like Glenn Ponich who's wife runs the dog 'n pony show.

Next day we volunteered at registration and packet pick up, always fun to do.

Kevin Lewis and Sara from of the Greater Zion Convention & Tourism Office, and our German friend, Mohring Emese at the woman's start on Friday. We relaxed Thur and then Fri watched the women race. Fun to watch them race. Later Fri had to take my bike to T1 and check it in for the men's race on Sat. To bed early.

Race Day:

Up at 3:30 or so, walk down to catch a bus to T1, about a half hour ride. Get the bike ready and sit around a bit, found Donna who had arrived later on, on another bus, got to chat. I am in wave #3 and on the ramp down to the water, saw Donna and the pair from Germany (she'd raced on Fri), and one of our Utah friends. Off into the water when it's our turn.

Swim: 1.2 mi

Took me the first two buoys to get going, just couldn't get into my rhythm. Had to breast stroke, swim head out, on my back once for a bit, then finally got going.

Water not that bad, much warmer than the air. Finished in ok time for me, 50:36, a 42:10/mile pace, happy with that after the slow start swimming.

T1:

Run up to T1, change all but shorts, cold, hard to make hands and fingers work. It took forever to get changed and a long run to the bike. 14:33

Bike: 56 miles, 3,291' of climbing

The beginning of the bike was very cold, still kinda damp and wet, and the wind from my high speed as I zoomed along made it cold but the sun was out. I had put a

garbage bag inside my outside layer like the Tour de France guys do with plastic and newspapers. It helped a lot to keep the wind from being too cold as I rode along. Finally took it out at the second aid station. I also wore a swim cap thing under my helmet for warmth. Stopped at an aid station before the big climb and took that off and had a volunteer put it in my bike pocket. This course is rolly polly for a while, then later on is where most of the big hills are. The final part is in Snow Canyon and you go up and up and then it gets even steeper and up you go some more. At the top, you turn towards town and it's a super downhill going in the hi 40's easily. But some winds from the sides and traffic a lane over on both sides makes it scary, not nite time Carrier Landing scary but grip the handlebars tightly scary, no aero bars here, not even for the brave young pups.

4:06:02 13.7 mph.

T2:

Zoom into T2, they have a catcher take your bike and you grab your Run Bag and sit in chairs to change into your run gear. I had a pickle juice thing but neither I nor two strong young guys could get it open. Saw Donna on the way out, told her I was ok. 8:35

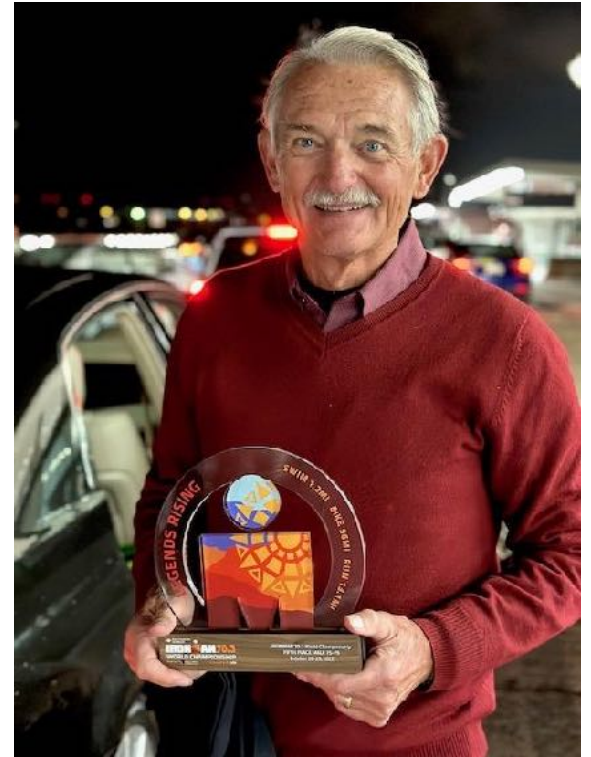
Run:

13.1 mi 704' of climbing. A two loop run, less climbing than the year before. Guess they realized just how hard that one was and decided to change it a bit. Still a lot of climbing in it tho. Felt pretty good, knee not totally happy but not too bad. Ran walked as usual. Legs threatened to lock up once or twice but never did, thank God. On the final downhill toward the finish, 3/4 mi to go, I passed one guy in my age group (had a number near mine) and in the final half mile passed another one. Passing those two put me on the podium, 3:03:53 14:02 min/mi.

Finish: 8:23:39. 5th out of 10 that started, 18 were signed up. Into the finish chute, saw Donna in there. Diana Bertsch, Sr VP of WW Championships came up and put my finisher medal on me, followed closely by Andrew Messick, CEO of Ironman, who put my finisher towel on me and then Donna came up for a hug. I found out later that Andrew had gone up into the VIP stands and got Donna and brought her down into the finish area. He asked her if she wanted to put the medal on me and she said yes, but he'd probably prefer it if you and Diana did it and he said, we can do that, gladly. Later on, the Ironman announcer Paul from South Africa came up to me and thanked me for wearing my South Africa World's jersey. Too funny. After hugs and pictures, one with the two Germans who were by the fence, after cheering me all day, Christopher and his mom, Mohring Emese from Germany. Then we moved on back to the food and finisher stuff. Talked to Brett on the phone then off to gather up my bags and bike. My Sherpa, Donna, took the bags back to the hotel and I took the bike to TBT for shipping home.

Awards:

At the awards banquet, got my 5th place award, super happy about that.



The Best Aerobar in Kona Was...

DAN EMPFIELD

Mon Nov 07 2022 Slowtwitch

The clear winner in the aerobar category went to Laura Zimmermann, according to my subjective eye. I counted all the aerobars on all the bikes of all the pros in Kona and with an honorable mention to the set-up on Magnus Ditlev's bike nothing compared to what I saw on the front end of Zimmermann's bike.

Her Scott Plasma had a wild aerobar that I could not place but I tracked it down to a gentleman named Markus Weiss, who 3D prints aerobars for various bikes. It's not his day job – Weiss is an industrial engineer by trade – but @prints4watts, his brand, is clearly a mixture of talent and passion. The process started 3 years ago, after he purchased a Cube Aerium for his own riding. "I also bought a [midrange] home 3D printer because there was no storage box available on the market. I had plenty of time because of COVID lockdown and so I designed and printed some boxes for myself and some friends.



“Over time the projects got more and more complex,” Weiss wrote me, and “the next challenge were some custom aerobars. The development started in early 2021 with some cover for original 22mm extensions like Daniela Ryf’s aero cover. But my solution wasn’t very pretty, it looked too bulky, like Daniela’s current version.” (Ryf rides a SwissSide aerobar.)

“The next step was to figure out how to integrate a sleeker internal structure. The main focus was always a 100 percent safe-to-ride solution. Just the 3D print from a home 3D printer won’t be stiff enough and it will fail at some point because of vibrations. So, I developed a quite unique concept compared to other manufacturers which have access to industrial grade 3D printers. My 3D prints ... are mounted onto two carbon fiber or stainless steel tubes which are installed inside the original clamps of the bikes.”

Weiss knows his bars are in demand and is prepared to expand, at a reasonable pace. “I got so many requests from many more Kona professionals but there was no time to finish more than two aerobars for this year’s race. I’m pretty sure next year you will see some more of my bars in the pro field.” Weiss works on one superbike design at a time, creating bars that adapt to Scott Plasma, CUBE Aerium and others. “The adaption for Trek Speed Concept SLR and Canyon Speedmax CFR/CF SLX is at the finish line. And for example some bike record holder is using the Trek,” a tongue-in-cheek allusion to Sam Laidlow. Sam, are you listening?



I stood with Jimmy Riccitello, head of IRONMAN's officials, and he looked hard at that aerobar in the pro racks the evening before the race. Zimmermann's bars came the closest to the line of what's a fairing, if I understood Riccitello correctly. But I felt Ryf's SwissSide aerobar was a violator if this bar was. That said, I side with Riccitello's decision, that both aerobars were legal. When I think of the best examples of technologies triathlon offers to the sport of cycling these bars squarely hit the bullseye.

The first 3 images here are of Laura Zimmermann and her bars. The last 2 are of Elena Illeditsch and the bars Weiss made for her CUBE Aerium. Both women competed in and finished the pro race in Kona. Here is Markus Weiss's [Instagram page for Prints4Watts](#).

Training Tip - Using Perceived Exertion in Training and Racing

There are a variety of metrics that athletes use to measure training intensity and to evaluate improvements in performance. Among them are heart rate, power (wattage) on the bike, and for some, simply time and distance. Another valuable training tool is **Perceived Exertion**.

Perceived Exertion is a subjective measurement of the degree of difficulty felt during a workout. Although it's subjective, athletes and coaches have been using this method for more than two decades, and it has proven to be a valuable training tool. There are several conventions to determine the **Rating of Perceived Exertion (RPE)**, and the easiest method is a scale of 1 to 10, where 1 is a very easy effort and 10 is extremely difficult.

Because PE is a subjective measurement, it will vary from one individual to another. The key is to think about your personal rating of PE during each and every workout - during the swim, the bike and the run. Over time your RPE will become very consistent and reliable. Also, if you wear a heart rate monitor you can correlate RPE with your Heart Rate zones.

The RPE scale provides a reasonable estimate of your heart rate while in the middle of a workout. Typically an RPE about 6 or 7 correlates to an aerobic heart rate zone 2. (a baseline conversational effort). An RPE of 8 correlates to zone 3 or a tempo effort, and an RPE of 9 correlates to anaerobic threshold high intensity efforts. This will become fairly consistent over time. RPE can also provide a valuable piece of feedback about your fitness and health, for example, a discrepancy between your usual correlation of HR and RPE. If your RPE is high and your HR is unusually low during some workouts, that could be an indication of fatigue and at an extreme, over-training.

One of the best reasons to use Perceived Exertion in training is that you will develop an **internal pace clock**. You will know how hard you are working in the swim, on the bike, and the run which can be extremely valuable on race day. In a short sprint race, you can tolerate and maintain a pace with an RPE of 8 or 9, but if you're racing long (70.3, full ironman distance, or a marathon) you may need to dial it down to an RPE of 7.5 or 8 in order to finish strong.

Train smart. Race fast.

Frank Adornato



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Training Tip - Use The Off Season To Rest and Recharge Your Batteries

For much of the northern hemisphere the winter months are non-racing months. Because of the cold and snowy weather, most triathletes back off on their training or focus on winter sports. Regardless of how you spend your off season, it's also valuable to allow some time for a physical and mental change of pace. Take some time off for rest and recovery.

This is especially important if you live in Florida where the winter weather is still mild and you can train and race year round. In Florida, we're lucky that we're not forced indoors due to the cold and snow so we tend to just keep on training. In some respects that may be good, but in the long term, it can also be detrimental. Your brain and your body need some rest. Some may disagree, but my advice is to take time off for a week or two in January or February. Markedly reduce training intensity and volume, or take some complete rest if your psyche can handle it. You'll come back fresh and invigorated, and ready to start the new season strong.

Train smart. Race fast.

Frank Adornato



Tribute to Mad Dog Peter Magee

It was with incredible sadness that we learned of the death of long time Mad Dog Peter Magee on Saturday the 30th of October. Peter was an incredible athlete, racing at the Ironman World Championships in Kona on a number of occasions, and even completing a Double Ironman Triathlon race (4.8 mile swim, 224 mile bike and 52.4 mile run). Peter was famous for riding with the St. Pete Bicycle Club on morning rides. He rode an ancient peach colored steel bike with shifters on the downtube. He wore the same white t-shirt with holes in it year round and wore swim goggles around his neck so he could swim after the ride. When folks wished him good luck before a race, his favorite retort was, "The harder you work, the luckier you get."

Below is a post from Michelle Musial on our Mad Dog website.

Hello all, It is with a heavy heart that I share the news of Peter Magee's passing. Some may already know but, Nikki wanted his fellow athletes to know.

Peter could always be seen at the pool, riding his bike or running. He was one of the best storytellers, he was a husband, a brother, a father, and, a friend to many. He battled cancer for a couple of years. Some may not have even known he was sick because he had the best attitude about life and hardships. He loved to travel and meet new people. He was a kind man and a great friend to many. If you knew Peter, go for a run, a swim or a bike in his honor! Raise a glass of beer or red wine for him! There will be a service some time in December when his family will all be in town and wish to celebrate his life.

Peter was a friend of mine and a fellow competitor since we were the same age. Below is a story of my first meeting with Peter at the Mad Beach Triathlon in 2012. In those days my nemesis was John Strait, recently moved down from Georgia, and an annual USAT All-American. As I racked my bike, I noted that John had not shown up for the race. A quick smile graced my face. Then I noted, racked next to me, a 30 year old steel bike which appeared to be a faded peach color. It had toe clips, no aero bars and shifters on the down tube. I thought to myself, "This is

great; some old guy in my age group is showing up to compete. Good for him! I hope he does well.”

We headed out for the half mile swim, and upon entering the transition area afterward, I noticed his bike was gone. I suspected the old guy got discouraged and headed home early. Returning from the 15 mile bike ride, the bike was again racked, and my next thought was, “I’m in trouble.” After the run I checked the results and saw that I was 2nd to some guy named Peter Magee. I looked him up in the Mad Dog directory and noted his Mad Dog number was **666**. Asking around, I learned that he had raced in Kona on several occasions and had completed a double Ironman Triathlon. To my chagrin, he had come out of retirement to give me a reality check.

Over the years, we got to know each well and shared wonderful memories. He was a true renaissance man, and I learned that his father was a Colonel in the German Army. An accomplished gentleman and a great athlete, I will miss him tremendously. *Lebe wohl, mein freund*, Chuck Lohman



Vintage picture of John Woodruff, Danny Nolan, Peter Magee and Brian Butler



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