



THE FINISH LINE

**Vince (VP) Pellegri
at Hair of the Dog**

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**Anyone willing to help with St. Anthony's Tri volunteers on May 1st please text me at (727) 656-8304. St. A's will donate \$500 to our club if we handle Station #1 again this year!
Chuck**



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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.

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Editor's Column

When I was in college we referred to the period between Christmas and the appearance of April Cherry Blossoms on the Capitol Mall as the "Dark Ages." Fortunately, here in Florida the "Dark Ages" finish early. On the local news, the weatherman observed that the coldest day of our year was, on the average, January 16th. Congratulations, Mad Dogs. We are over the hump!

Although triathlons are rare at this time of the year, we have a couple of other athletic events this month. On February

(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. 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. Only during Dsylvight Savings Time.	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.	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		8:30 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		

FEBRUARY BIRTHDAYS



Gabi Lohman's second birthday. Woof, woof.

David Smith	-2nd
Abid Khaleel	-5th
Alexa Lampasona	-5th
Carol Hollenbeck	-7th
Kimberly Poor	-14th
Carol McKenna	-19th
Lisa Pesta	-20th
David Siton	-20th
Dan Runyon	-24th

WELCOME NEW MAD DOGS!

MD # 3945 - John Murray	- Pinellas Park
MD # 3846 - Rick Campins	- Tierra Verde
MD # 3847 - Andrew Kennedy	- Seminole
MD # 3848 - David Beshears	- St. Pete Beach

Editor's Comments continued:

6th Fort DeSoto hosts the Chilly Willy Duathlon. The big news we hear is that, this year, the race will be USAT sanctioned. It's the largest duathlon in Florida. Get your warm run/bike outfits ready. If it's cold, we found that an undershirt beneath a trisuit and arm warmers works well. Also featured in March is the Gasparilla Classic run fest in Tampa. Speaking of runners, special congrats to John Hollenhorst and Kim Case for their great efforts at the St. Pete Beach Classic, and to Carolyn Kiper for her 17th consecutive double at the Disney Half and Full Marathons. **Anyone willing to help with St. Anthony's Tri volunteers please text me at 656-8304. St. A's will donate \$500 to our club if we handle Station #1 again this year!**

Mad Dogs Rule,
Chuck Lohman, Editor

UPCOMING RACES



6 Feb - Chilly Willy
Ft. DeSoto
5k/10 mile/5k Duathlon
www.runsignup.com



23-25 Feb - Gasparilla Classic
Tampa
5k to Half Marathon Run
www.raceroster.com



12 -13 Mar -Challenge Miami
Homestead, FL
Sprint to Half Tri/Du/AB/Swim
www.challenge-miami.com



13 Mar - Great Clermont Tri
Clermont, FL
Sprint/Oly/Half Tri/Du/AB
www.runsignup.com

MAD DOG NEWS

Tour de Pizza, founded in 2008, has reopened! Check out the details on page 19!

OK, Mad Dogs. I know one of your New Year's resolutions was to renew your Mad Dog membership. Don't miss the post-St. Anthony's party extravaganza for current members only. To make it easy, here's the link...www.stpetemaddogstriathlonclub.wildapricot.org.

Congrats to the following Mad Dogs for being named USAT All Americans:

**Jessica Bibza
Art Halttunen
Catherine Jadot
Richard Jansik**

Congrats also to Gail Lohman and Rosie Ray who topped the ranking in their age groups here in Florida.

Carolyn (Iron Legs) Kiper finished the Disney Half Marathon and Disney Marathon back to back for the 17th straight time!

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.

Disney Half Marathon - 8 Jan

Finisher -

Carolyn Kiper

Disney Marathon - 9 Jan

Finisher -

Carolyn Kiper (17th Consecutive Race)

St. Pete Beach Classic - 15-16 Jan

5K

1st Place -

Bill Riley

Carol Jean Vosburgh

2nd Place -

Mike Oertle

Fosey Ray

3rd Place -

Annette Frisch

4th Place -

Christine Oertle

5th Place -

Vicky Linkovich

10K

1st Place -

Cody Angell (Overall)

Roger Little

Markus Mitermayr

Mike Oertle

2nd Place -

Frank Adornato

Reva Moeller

St Pete Beach Classic (Continued)

Half Marathon

1st Place -

John Hollenhorst

Claudia (I'm not Patricia) Junqueira

2nd Place -

David Longacre

Finisher -

Jill Voorhis

Combined Marathon

2nd Place -

Kim Case

MAD DOG PICTURES



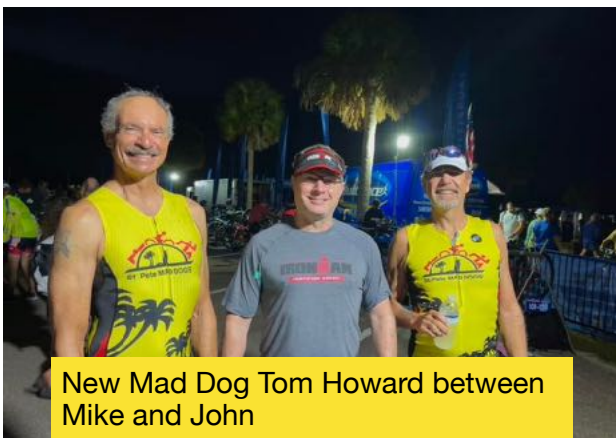
Mike Kelly, Gail Lohman and Ron Young



Swifts with Lightning Victor Hedman



Vintage picture of original Mad Dogs. Left: Jessica Parrish (#11). Center: Ralph and Katie Perry (#s 4 and 3), and Right: Tom Stevenson (#282)



New Mad Dog Tom Howard between Mike and John



New Mad Dog Renee Litton with friend

MAD DOG PICTURES

Pam Hollenhorst Pictures From the 2022 Hair of the Dog



Happy New Year from The St. Pete Mad Dogs Triathlon Club



Terry, Steve, Gail and Cathy



Either Joe Biden or Mike Kelly

MAD DOG PICTURES



Vince Pellegri



Hmmm... is John Hollenhorst drafting Roger Little?



Patty Conolly and friends



Paula Shea



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MAD DOG PICTURES



Lenny Aron



Pam Greene



Mike Oertle



John Murray



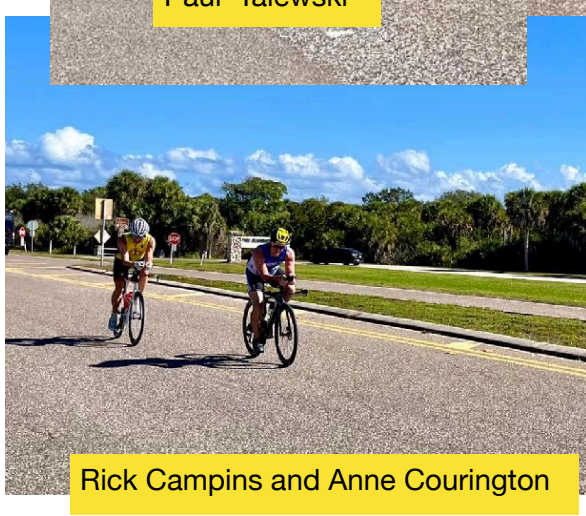
Paul Talewski



Michael Deacy



Steve Shelton

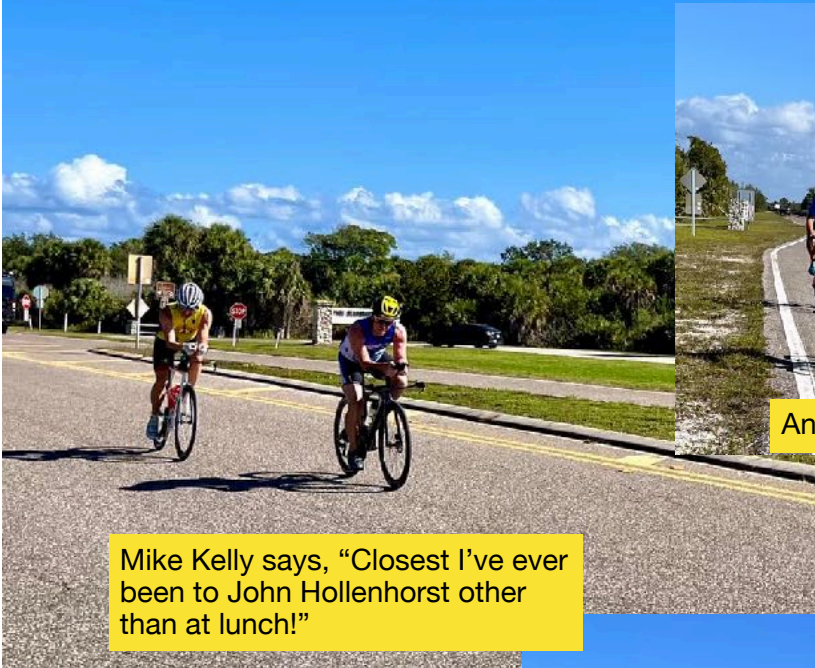


Rick Campins and Anne Courington



Cindy Yost Perret

MAD DOG PICTURES



Mike Kelly says, "Closest I've ever been to John Hollenhorst other than at lunch!"



Anne Courington



Roger Little



Scott Underkofler



Dave Randle



Chuck Lohman

MAD DOG PICTURES



MAD DOG PICTURES



Carolyn Kiper



Terry Ellis and Chuck Lohman



Who has the winning T-shirt?



Mike Kelly does!



Andrea Goldberg



Rosie Ray, Annette Frisch and Linda Lewallen

MAD DOG PICTURES

Pam Hollenhorst Pictures From the St. Pete Beach Classic



John Hollenhorst



David Longacre and Lenny Aron



Kim Case, 2nd Place in the Marathon Challenge (all four races)



Kim Case (front view)



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. The shop is closed Sunday and Monday. Next time you are riding "them thar hills" up I75, drop by and check them out.

Matt McClellan, natural body builder, entrepreneur and long time friend and supporter of the Mad Dog Triathlon Club, is reopening Tour de Pizza in early February. The new location is 170 47th Ave. NE, at the Racket Club. Inside and outside dining are featured. A recent visit revealed a framed Mad Dog cycling jersey prominently displayed. Matt has always provided discount pizzas to Mad Dog events. Try it; you'll like it!



Training Tip - Five Simple Things For a More Productive Day

Start every day with these five simple habits for a more productive day.

1. Make your bed when you get up each morning. It may sound trivial, but it's a small simple habit that starts your day with a mind set of structure, organization, and productivity.
2. Do some mobility and body balance exercises after getting out of bed. Some examples are arm swings, "golf swings", leg strides, butt kicks, side stretches, torso twists, toe touches, and a single leg stand, 15 seconds on each leg. Doing these movements will loosen stiff muscles, tendons, ligaments and joints and "get the blood flowing".
3. Drink a glass of water to re-hydrate your body after a night's sleep. (And have another glass after your breakfast and coffee).
4. Take several deep breaths to clear your mind and focus on the day ahead. Inhale on a count of "4", and exhale on a count of "8".
5. Eat a breakfast that's high in protein and low in sugar. Protein "wakes up your brain". Choose a protein shake instead of fruit juice and cereal, both of which are very high in sugar and empty calories.

Now you're all set to get out the door and have a great day!

Train smart. Race fast.

Frank Adornato



Quick Tips For A Better Swim, Bike and Run

Here are some quick tips to improve your swim, bike and run.

For the swim:

The most common problem I have seen when coaching swimmers from the pool deck is poor breathing technique. Many swimmers don't realize that they hold their breath when their face is in the water. Then they blow out of their nose or mouth explosively just before taking their head out of the water and inhaling. That one quick burst is never enough to completely empty the lungs, and as a result there just isn't enough space in the lungs to fill them up with adequate fresh air. The swimmer is always gasping for air and can never get into a comfortable rhythm.

To correct the problem and develop a good breathing rhythm, follow this simple rule: When your face is in the water, exhale continuously through your nose and mouth. The key word here is "continuously". Inhale when your face comes out of the water during the stroke recovery. Very simple and very effective. You'll see immediate results and better stamina during your swim.

For the bike:

If you want to ride faster and more efficiently, you need to work on two things: maintaining a pedal cadence around 85 to 90 rpm and turning "perfect circles" on the pedals. Practice fast pedal cadence in your training rides. Use a low to moderate gear and push as fast a cadence as you can maintain for a mile or more. Devote one or two rides a month to small chain ring and fast cadence cycling. For "perfect circles", focus on applying even and constant pressure to the pedal (and toe cleat) through the complete 360 degrees of the pedal turn.

For the run:

Do these two things when you run.

Get into a breathing rhythm with your foot strides. Exhale when one foot hits the ground. It may be every third or fourth time your foot touches down. Go with whatever rhythm is a comfortable breathing / stride pattern for you. After a few minutes, change the foot on which you're exhaling. If you've been exhaling on your right foot, switch to your left foot, and keep alternating occasionally.

Chase "mailboxes". While you're running, look ahead about 50 feet. Find an object and focus on it as you run to it. That object may be a mailbox by the side

of the road, a tree branch, a crack in the road, a shadow, or anything. See it, look at it, and run to it. As soon as you get there, immediately find another “mailbox” and run to it. You’ll find the miles go by faster and you’ll stay on pace.

And for all sports always work on proper biomechanics. You’ll perform more efficiently, more economically, faster, better and you’ll avoid injury.

Train smart. Race fast.

Frank Adornato



The Best Way to Train? It Depends.

DOUG MACLEAN

Slowtwitch Wed Dec 22 2021

Since this is my first article, I feel as if I should start with a description about my overall approach to training. I'll get into more specific topics in subsequent articles.

Let's cut right to the chase: Nobody has the one true exact right training style. If they claim to, they're either ignorant, or marketers whose only goal is moving money from your bank account into theirs.

The truth is that there is no one right and correct way to train or race. There is essentially nothing in the way of legitimate peer-reviewed studies with large sample sizes on how best to prepare for and execute a triathlon. Yes, there are studies that can be applied to various aspects of triathlon ("dehydration is bad!", "being aerodynamic on the bike is good!"), but nothing truly comprehensive that can tie everything together. As triathletes, we're all kind of our own little science experiments, learning much of what we collectively know through iterative approaches.

This has led to a world where athletes have often won world titles with seemingly very different approaches, which is fine. The problem that arises is that many people then think the current world champion has figured out the secret workouts that make you a champion. You see this play out often on the forums on this very website. Someone will make a post about the training logs of a successful athlete, and then a bandwagon forms thinking it's THE way to train.

The latest craze is over Gustav Iden and Molly Seidel and their relatively low-intensity run training. Now I have people texting me to ask if they should run slow all of the time. A few years ago, age groupers thought Sami Inkinen had the magic bullet because his volume was very low for Ironman (like 10 hours per week) but the

intensity was HIGH, and I had people asking me if they should only do high-intensity work. A few years before that, everyone was agog with Brett Sutton having his stable of dominant female athletes do massive sessions like “go run a marathon on the track, alternating 400s at IM race pace and 400s at an easy jog.” (I don’t know if that was an actual session, but you believed me when I wrote it, right? Point made.)

So as the PETA-friendly version of the saying goes, there’s more than one way to peel a potato when it comes to training strategies. But, there is ONE common thread that connects every successful athlete in how they train and race: they achieve consistency in their training. Now, consistency is a funny and loaded term. It seems simple, right? I mean, sure, I guess it is simple if you want to look at it as a general concept, but it is extremely NOT easy to accomplish (“simple but not easy” is possibly the defining phrase of triathlon). Consistency requires finding a training schedule that has you training at least 4 days per week on a long-term basis; obviously pros and “Kona level amateurs” are going to be training 6-7 days per week, but they’re not the only ones who do this wonderful sport. You’re not achieving consistency if it’s a schedule you only stick to for a couple months. Consistency is only consistency if you can stick to it month after month, and year after year. So what are the key requirements of such a schedule?

- places sport-sport specific stress on your body and mind
- allows recovery time to adapt to the training stress
- allows enough time between sessions and incorporates the necessary blend of activities required to STAY HEALTHY (sleep, soft-tissue therapy, nutrition, mental breaks, etc...)
- does NOT interfere with life at a level that causes significant strain in an important relationship in your life (whether that’s with a spouse, child, significant other, parent, employer, etc...)

Now this is where things get interesting and I’m willing to engage in a meaningful discussion on how to approach training strategies. In an ideal situation, you put your body through as much training stress it

can handle while not pushing those other areas (health, recovery, relationships) into dangerous territory.

Circling back to current cause célèbres, Iden and Seidel... is their low intensity focus a good idea? Sure, but if and only if you can stay healthy doing it AND have enough time that you can allot to it. If you can allot 20+ hours per week to low intensity training, then it can be extremely effective. But if you can only allot 9 hours per week to training, low intensity isn't going to do a whole lot for you. I mean, it'll be great for your health, but you're not really going to see high performance on race day (which brings us to another topic for another day... performing at an elite level in triathlon is not a particularly "healthy" lifestyle by many measures.) If you only have 9 hours per week that you can consistently devote to training, then a high percentage of that had better be at tempo or harder intensity if you want to see any sort of results on race day.

So where does this lead us? It leads us to what the most important training metric is. It's not volume or intensity, but rather stress, which is generally considered to be a combined metric that considers both volume and intensity. Jesse Kropelnicki used to describe it as "how much oxygen you're passing through your system." We never directly measured that, but the concept of it is useful. TrainingPeaks has managed to assign a numerical value to stress with their TSS, ATL, and CTL metrics. I don't use those a ton, but that's just personal preference. I don't have anything inherently against them, I just gauge the stress on my athletes' systems in other ways (ability to hit workout targets, HR lag on intensity changes, overall mood, and motivation levels being the primary things I look at). One of the ways we control for this at QT2 is that we increase training stress by increasing volume or intensity in a given week, but not both simultaneously (of course there are exceptions to this rule, but in general that's how we operate).

How do we turn this into real-world practical advice? First, set your logistical constraints: figure out what you cannot compromise on. In my world, you cannot compromise on your job, your family, or your

sleep. If I find out one of my athletes is only sleeping 6 hours per night, I will cut down their training as far as is necessary to allow them to get 7+ hours per night. I've done this countless times, and it's created real tension with athletes who think I'm too much of a sleep dictator. Well... too bad, right? That's just how important I think it is. And if you can't organize your life so that you get at least 7 hours per night, then you're not living in an environment where high-performance and long-term health are simultaneously achievable, and I don't want to enable anyone going down that path. After that, figure out what you can compromise on sometimes, and what in your life you wouldn't mind eliminating completely. Once that is done, we have an idea of what a realistic training volume is. Not necessarily the volume you should be doing right now, but what the ceiling is for your biggest weeks.

Once you have the volume that's logistically achievable, then THAT'S when you start talking about intensity distributions. We'll base target intensity distributions on what an athlete's priority race for the year is, and what their limiters are for that specific race distance/terrain (really digging into the particulars of this could be an entire book, so I'm just gonna leave it there for now...).

So am I willing to talk to you about training strategies and intensity distributions? Sure. But you'd better enter the conversation knowing that it's about a LOT more than just "I need to train short and hard!" or "I need to train long and slow!" Nothing you do in training matters even a little bit if you aren't achieving consistency. The real conversation is "I have X amount of hours available. What is the most amount of training stress I can fit into that without risking consistency, or making compromises on health or other important areas of my life?" I'm not interested in chasing fads. I'm interested in keeping people grounded in the fundamentals and keeping them healthy, while also subjecting them to systematic increases in training stress. If you do that, the speed development will take care of itself. Everything else is just details.