



# THE FINISH LINE



**John Hollenhorst, Mike Deacy, Sue Chaffman, Vicki Linkovich, Pam Greene and Carol Hollenbeck at Fort De Soto (photo from Pam Hollenhorst)**

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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](http://stpetemaddogstriathlonclub.wildapricot.org)**

**Articles, or photos may be submitted to [chuck.lohman@yahoo.com](mailto: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
<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. 14.5 miles 20-21 mph. 7:50 slower ride..	6 pm. From Northshore Pool Parking Lot (16 miles) St Pete Road Runners
<b>TUESDAY</b>		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.
<b>WEDNESDAY</b>	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.
<b>THURSDAY</b>	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).
<b>FRIDAY</b>	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
<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.	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. Not to mention anyone by name, but someone like J. M. Was that subtle enough?**

**Congrats to Rosie Ray who won a gold medal at ITU World Championships in the mixed team event and a silver medal in the individual sprint!**

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

# JULY BIRTHDAYS



Youngest Mad Dog, Mateus, joining the Lohmans on 2 July

Chuck Ashbaugh	2nd
Tom Howard	6th
Vicki Linkovich	12th
Pamela Greene	18th
Carolyn Kiper	18th
Maurice Kurtz	21st
Kent Gordon	25th
Danny Hicks	29th

## WELCOME NEW MAD DOGS!

<b>#3972 - Michael Bucholtz</b>	<b>- Seminole</b>
<b>#3973 - Summer Stimpson</b>	<b>- Treasure Island</b>
<b>#3974 - Bryan MacKenzie</b>	<b>- St. Petersburg</b>
<b>#3975 - Mark Clark</b>	<b>- St. Petersburg</b>
<b>#3976 - Terry Ellis</b>	<b>- St. Petersburg</b>

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. You ride on a river barge with about twenty folks and participate in guided bike tours during the day. Gail and I tried one in Southern France in 2019 with Joe and Jojo Bayliss, and will try again the summer. You don't have to be a club member. If you're interested, the link is <http://tampabaysnowskiers.com>.

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

# UPCOMING RACES



17 Jul - Ft DeSoto Series #2  
Ft. Desoto Park, FL  
Olympic/Sprint/Tri/DU/AB  
[www.fortdesototriology.com](http://www.fortdesototriology.com)



6 Aug - Top Gun Triathlon  
Ft. DeSoto Park, FL  
Sprint - Tri/DU/AB  
[www.runsignup.com](http://www.runsignup.com)



21 Aug - Ft. DeSoto Series #3  
Ft. Desoto  
Olympic/Sprint/Tri/DU/AB  
[www.fortdesototriology.com](http://www.fortdesototriology.com)



18 Sep - Ft. DeSoto Series #4  
Ft. Desoto  
Olympic/Sprint/Tri/DU/AB  
[www.fortdesototriology.com](http://www.fortdesototriology.com)



24 Sep - Crystal River #2  
Crystal River, FL  
Sprint - Tri/DU/AB  
[www.runsignup.com](http://www.runsignup.com)



# RACE RESULTS

All Mad Dogs are encouraged to submit race results. E-mail me at [chuck.lohman@yahoo.com](mailto: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)

## FDS1 Triathlon - 19 Jun

### **Olympic**

### 1st Place -

Reva Moeller

### **Duathlon**

### 3rd Place - (Overall)

John Hollenhorst

## FDS1 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

Vicki Linkovich

## ITU Worlds - 25-27 Jun

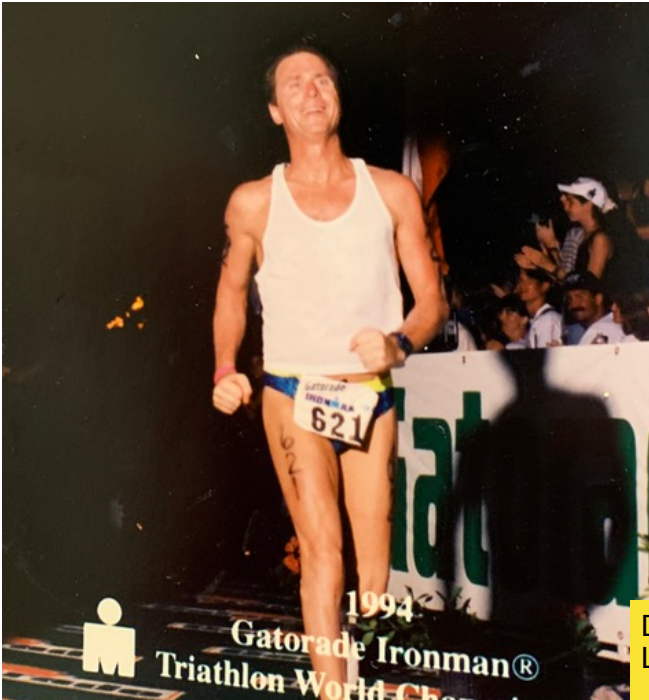
### 1st Place -

Rose Marie Ray (Mixed Team)

### 2nd Place -

Rose Marie Ray (Sprint)

# MAD DOG PICTURES



Frank Adornato in Kona



Dougin Walker, Mandy Zipf, Jill Voorhis, Jill Kralovanec and David Longacre at Heartland Triathlon



(L) Erik Lagerstrom (Mad Dog homestay) wins Escape from Alcatraz



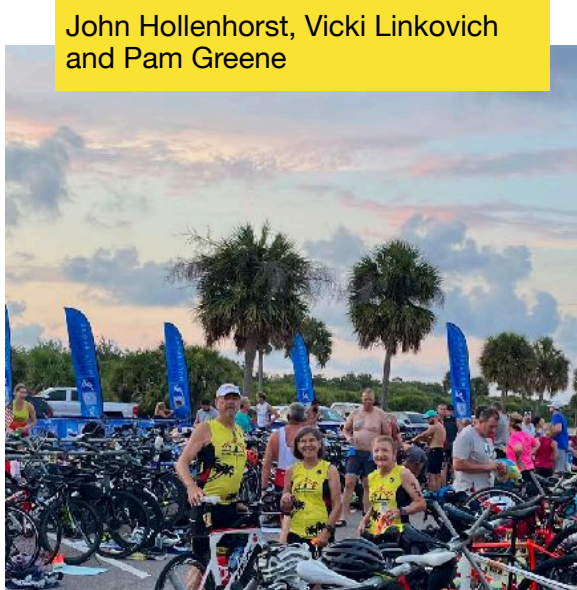
Todd and Jessica Bibza at "Field of Dreams" in Iowa

# MAD DOG PICTURES

## FDS#1 Pictures from Pam Hollenhorst



Reva Moeller



John Hollenhorst, Vicki Linkovich and Pam Greene



Pam, Vicki, Carol and Sue



Mike Deacy

# MAD DOG PICTURES

## FDS#1 Pictures from Pam Hollenhorst



John at the finish!



John, 3rd Overall



Sue Chaffman and Vicki on the podium



Mad Dog Racers

# MAD DOG PICTURES



Rosie Ray at Sprint Worlds in Montreal with friend, Diane Mohwinkel



Rosie Ray with gold medal winning team at ITU worlds



Rosie

**For those cynical souls who believe that an Iron distance triathlon has lost its challenge, I present Celtman!**

## 2022 Celtman Extreme Triathlon Images

HERBERT KRABEL

Slowtwitch Sun Jun 19 2022

With rain and heavy winds all day during the 2022 Celtman Extreme Triathlon hearty athletes with an appetite for adventure and personal challenges were rewarded with a memorable experience.

In the Braveheart movie William Wallace called those rainy and windy conditions good Scottish weather, but in real life at higher elevations the forecast called for 60mph winds with 80mph gusts and a wind chill of -12 degrees C (10 degrees F) and thus the organizers closed the mountain completely, something they had previously only done back in 2017.

Thus according to the organizing team all athletes who reached T2a (Mountain Safety Cut-Off) by 4pm were awarded the Blue t-shirt and those who reached it by 6pm were awarded the White t-shirt. On this day 88 athletes earned the coveted blue shirts with Ross Creber and Eilidh Prise grabbing the titles in 10:39:52 and 11:19:30 respectively.

54 athletes managed to finish in time to grab a white shirt, while 28 athletes did not finish that adventurous race.

Here now are images from the day by Kai-Otto Melau





## Retro Race Report Top Gun 2013

As I was looking back over the last 3 1/2 years of articles for The Finish Line, I noted that I had never written about the Top Gun Triathlon. Although there are other mid-summer races in Central Florida, we have about 2 months of a triathlon gap in St. Pete between St. Anthony's and Top Gun. I don't know about the rest of you, but I was suffering a bit of race withdrawal symptoms -- that is to say, I had forgotten how much racing hurts! The end of July is historically the hottest time of the year here, but for some reason the wind has been pretty slack on race day the last few years.

Saturday the 27th of July was race morning for about 1200 triathletes. The wind was only about 6-7 MPH out of the northwest -- dead calm for Ft. DeSoto. The weather Gods made up for that oversight by serving up the hottest day of the year so far -- 93 degrees. As usual, the meet was well attended by Mad Dogs from 14 year old Kaeleigh Morehouse to 83 year old Larry Yost and his bride Jackie.

I heard one amusing Top Gun race story that I need to share. Some of you readers may remember the epic duel in the rain several years ago between Dallas Rose and Park Alsop at New Year's Day annual Hair of the Dog Mad Dog triathlon/party. They staggered across the finish line soaked, red faced and neck and neck in an untimed, unscored and unwitnessed fun event. Their rematch, at this year's Top Gun race, after obligatory trash talking, proved to be not quite as epic. At the swim start Dallas crashed through a wave, losing both his goggles and a contact lens -- round #1 to Park. During T-2, Park racked his bike backwards, had to run around his bike to get a running shoe, back around the bike for the other shoe and then search for his number belt which was found pinned under his wheel -- round #2 to Dallas. I have to break the tie by awarding Dallas extra credit, though, for competing in the Crystal River Twilight Triathlon that same evening. I can't wait for the next rematch.



Only one thought for the race organizers -- having the same color swim caps repeated in the swim waves confused some of the newer triathletes and caused a number of disqualifications. While it is true that everyone is responsible for knowing their wave and start time, it would seem possible to pick 14 different colors. Perhaps this would be too costly for the sponsors. I admit ignorance here. In any case, I congratulate Fred and Joe for another sumptuous post race feast. My personal favorite was the strawberry shortcake.

Thanks also to St. Pete Bicycle & Fitness and Bill Jacksons for their support of the race. Mad Dogs rule!

Chuck Lohman

## Another Frank Adornato Training Tip

### Training Tip - A workout that gives you the biggest bang for the buck.

Here is one of my favorite workouts which can be applied to the swim, bike and run. **Insufficient Heart Rate Recovery Sets.** These are very tough efforts but they give excellent results. They will train your mind and body to keep going even when fatigued. This can be especially useful at the end of a long race. These efforts are not for beginners or the faint of heart (pun intended.) Make sure you have plenty of miles under your belt before trying these. Because of the high effort involved, separate the swim days, the bike days, and the run days, and schedule them for no more than once or twice a month.

### Insufficient HR Recovery Sets

Shown below for all of these is the main set of the workout. Make sure you start with a long warm up. Hydrate during the workout, add a cool down at the end, and stretch.

#### **SWIM:**

2 sets of 8 x 100 yards (or meters). Advanced swimmers can do 150 or 200 yds repeats.

Odd repeats (#1, 3, 5, 7) Start fast and go all out for the full 100. Take an incomplete rest interval (about 10 seconds). Your breathing will still be labored and your heart rate still high.

Even repeats (#2, 4, 6, 8) Start at a moderate pace and increase your speed gradually so you are at full speed by the end of the 100. Take a complete rest interval before starting the next (odd) repeat.

After the last repeat, swim 100 very easy for complete recovery.

Repeat the set.

#### **BIKE:**

2 sets of 8 x 1 mile. These are best done on a relatively straight and flat road. You can do one milers back and forth.

Odd miles (#1, 3, 5, 7) Start fast and go all out fast for the full mile. Time trial speed or faster. Take an incomplete rest interval (about 10 seconds). Your breathing will still be labored and your heart rate still high.

Even miles (#2 ,4, 6, 8,) Start at a moderate speed and increase your speed gradually so you are all out by the end of the mile. Take a complete rest interval before starting the next (odd) mile.

After the last repeat, spin easy for complete recovery.

Repeat the set.

#### **RUN:**

2 sets of 8 x 1/2 miles (or 4 minutes).

Odd repeats (#1, 3, 5, 7) Start fast and go all out fast for the full 1/2 mile or 4 minutes. 5K pace or faster. Take an incomplete rest interval (about 10 seconds). Your breathing will still be labored and your heart rate still high.

Even repeats (#2, 4, 6, 8) Start at an easy to moderate pace and increase your speed gradually so you are all out by the end of the repeat. Take a complete rest interval before starting the next (odd) repeat.

After the last repeat, walk or jog to complete recovery.

Repeat the set.

Train smart. Race fast.

Frank Adornato

Frank Adornato

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## Wednesday Mad Dog Run

Hey, Mad Dogs, do you want to run with a great bunch of people? Do you need to up the ante on your training? Are you looking to work hard and have some fun afterwards? Here's the answer to it all.

### Join in on The Mad Dogs Wednesday Morning Run

We meet every Wednesday at Addicted To The Bean, Pinellas Bayway, St. Pete (near Isla Golf and Tennis Club).

Start Time is 7:30 am.

Each week, we post a different workout on the Mad Dog's Facebook page, with options that are geared to all levels of fitness.

Some weeks we do bridge repeats, other weeks we run intervals, or you can choose your own run for the week. Whether you're training for a race or running for fitness, there's a workout for you. Some run fast, some not so much, and there's a walking group too. And we often get to see a sunrise. Everyone is welcome.

Remember to stick around after the workout for coffee at "The Bean".

Join us!



## Training Tip - What Makes You Fast

Competitive athletes are always looking for ways to get faster. Of course we train and get our speed, strength, and stamina at optimal levels for racing. But we're also always looking for that extra (legal) edge... a lighter bike, light weight bike components to shave off a few grams of weight, an aero helmet, a swim skin, carbon plate running shoes. The list goes on, and many are willing to spend exorbitant amounts of money for these advantages.

Do they really work and are they worth the expense? Maybe. Sometimes. Maybe not. As an example, does a few grams lighter weight on the bike really make a difference? I would argue that saving the few grams of weight on the bike is irrelevant, considering that the rider can weigh 130 to 180 pounds, and it could be a few pounds more or less depending upon whether he / she had a BM that morning!

I guess what I'm trying to say is that it's you, the athlete, that makes you go fast. Sure you want clean fast operating gear, but a properly trained body will give you a better return on investment than a tricked out piece of equipment.

In my opinion there are three things to do to get faster.

First, train smart. Have a training plan that includes proper volume and intensity to reach your race goals. Set up your training calendar so you hit peak fitness on race day. Also be sure to include strength and mobility work weekly.

Second, have a nutrition and hydration plan for training and race day. It's a sad day when you see an athlete racing strong only to crumble near the end of the race due to poor nutrition or dehydration.

Third, make sure your gear and everything you use for training and racing are in their best working order.

Have confidence in yourself. If you put in the time and effort, that confidence is well justified. And when you have confidence in yourself, you will perform better.

Train smart. Race fast.

Frank Adornato





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