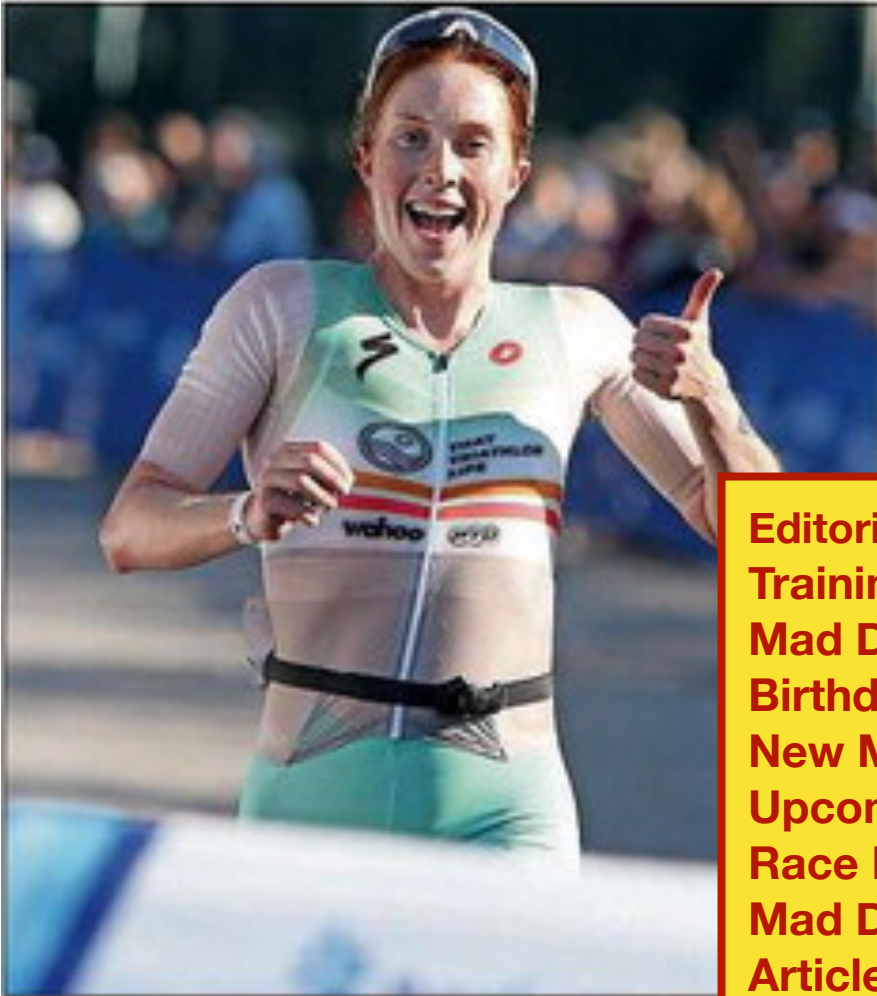




# THE FINISH LINE



**New Mad Dog  
Pro Paula  
Findley wins St.  
Anthony's  
Triathlon!**

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*Personal Injury Law*

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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 you have to admit that the period of 1 to 8 May was most exciting for all Mad Dogs! The Wednesday night bikini run/swim/party in preparation for St. Anthonys Triathlon had a large turnout as vacationers and residents along Gulf Blvd stared in amazement! At the race, despite a choppy swim, Mad Dogs were racing and overpopulating all podiums. The post race party at Tour de Pizza was also a huge success. Eric Lagerstrom, one of the pros, produced a great podcast featuring St. Peterburg and the Mad Dogs. Here is the link:<https://www.youtube.com/watch?v=qXlkTuXjtVc&t=667s>

Watch, reminisce and enjoy.  
**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..	7:30 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>		8:30 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		

# MAD DOG NEWS

**Professional Triathlete Paula Findley followed up her win at Ironman Oceanside 70.3 by winning St. Anthony's. She followed that win by promptly joining the Mad Dogs!**

**As mentioned earlier, in the Editor's Column, 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?**

**Special thanks to all Mad Dog volunteers for St. A's. Carolyn for coordinating homestays and pro pickup. Danny Nolan and Kim Donaldson for airport runs, and to Steve Shelton and Terry Ellis for organizing volunteers at our water stop (earning the club \$500).**

***"If you think technology can solve your problems, you don't understand technology – and you don't understand your problems"***

***Kate Crawford***

# JUNE BIRTHDAYS



Mark Gordan	5th
Michael Marquis	11th
Frank Adornato	14th
David Burg	17th
Jay Cooke	18th
Jessica Bibza	23rd
Tony Handler	23rd
Peter Paulin	23rd
Linae Boehme-Terrana	27th
Steve Swift	28th
Bryant Davies	29th
Scott Lucas	31st

## **WELCOME NEW MAD DOGS!**

<b>Sue Chaffman</b>	<b>- Seminole</b>
<b>Richard Sorkin</b>	<b>- Seminole</b>
<b>Samuel Grebe</b>	<b>- Tampa</b>
<b>Glenn Warr</b>	<b>- St. Petersburg</b>
<b>Michael Marquis</b>	<b>- St. Petersburg</b>
<b>Mark West</b>	<b>- St. Petersburg</b>

Editor's Comments continued:

As soon as the post race activities at St. Anthony's quieted down, a number of Mad Dogs loaded the vehicles and headed for Panama City Beach for IM 70.3 Gulf Coast. After racers racked their bikes Friday, a storm raged through town, blew down tents and scattered bikes all over transition. Competitors scrambled to find their equipment and were forced to re-rack bikes at 0330 race morning. Faced with a double red flag warning, the swim was cancelled and a time trial start was used. Despite the conditions, four Mad Dog racers qualified in their age groups for the next World Championship, which, I believe, is a modern day record!! Check out all the pictures...

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

# UPCOMING RACES



5 Jun - Heartland Triathlon  
Sebring FL  
Sprint/Olympic - Tri/DU/AB  
[www.runsignup.com](http://www.runsignup.com)



19 Jun - Ft DeSoto Series #1  
Ft. Desoto Park, FL  
Olympic/Sprint/Tri/DU/AB  
[www.fortdesototriology.com](http://www.fortdesototriology.com)



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)



# 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.

## Ironman Texas - 23 Apr

Finisher - Kent Gordon

## St. Anthony's - 1 May

### Olympic

#### Pro Home Stays

1st Place -

Paula Findley

5th Place -

Milan Agnew

Eric Lagerstrom

#### Age Group Olympic

2nd Place -

Art Halttunen

John Macedo

3rd Place -

Jessica Bibza

4th Place -

John Hollenhorst

Jill Voorhis

5th Place -

Reva Moeller

Noah Pransky

Paula Shea

#### Age Group Sprint

1st Place -

Frank Adornato

Todd Bibza

Carol Jean

## St. Anthony's (cont.)

2nd Place -

Gail Lohman

Rose Marie Ray

Jan Thompson

3rd Place -

Michael Deacy

Lin Dolen

Danny Hicks

4th Place -

Jack Eads

5th Place -

Charles Ashbaugh

Bill Henry

## IM Gulf Coast 70.3 - 7 May

1st Place -

John Hollenhorst (slot to Worlds)

Richard Jansik (slot to Worlds)

2nd Place -

Jessica Bibza (slot to Worlds)

4th Place -

Andy Reeder (slot to Worlds)

Finisher -

Steve Shelton

# MORE 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.

## National Senior Games - 10 - 20 May

### Sprint Tri -

#### 2nd Place -

Rose Marie Ray

C.J. Vosburgh

#### 3rd Place -

John Hollenhorst

Divinia Navaroli

## 5k Cycling TT

#### 1st Place -

C.J. Vosburgh

#### 4th Place -

Rosey Ray

## 10 K Cycling TT -

#### 1st Place -

C.J. Vosburgh

#### 3rd Place -

Rosey Ray

## IM 70.3 Chattanooga - 22 May

### Pros

#### 2nd Place -

Paula Findlay (Mad Dog)

#### 4th Place -

Jackson Laundry (Mad Dog Homestay)

#### 7th Place -

Eric Lagerstrom (Mad Dog Homestay)

## IM 70.3 Chattanooga - 22 May

### Finishers -

Richard Jansik

David Longacre

Jill Voorhis

## Game On Tri - 21 May

### 1st Place -

Lindsey Bell

Tom Bell

Reva Moeller

### 2nd Place -

Scott Underkoffler

### 3rd Place -

Betsy Banks (Overall)

Mike Hood

### 5th Place -

Fred Rzymek

## Dunedin Triathlon - 22 May

### 1st Place -

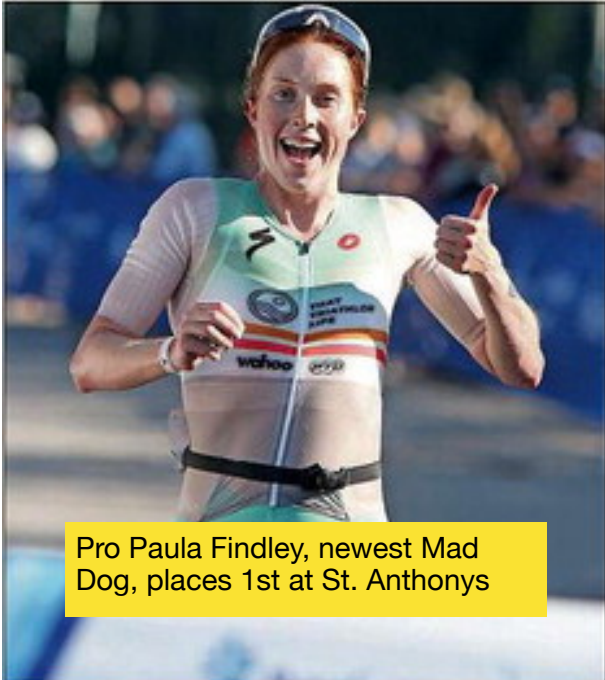
Lucinda Perret

### 3rd Place -

Suzanne Brosseau

Sue Minkoff

# MAD DOG PICTURES



Pro Paula Findley, newest Mad Dog, places 1st at St. Anthony's



Abigail Allen, daughter of Tanya and Rich Allen finishes her first triathlon at Meek & Mighty!



Maurice Kurtz in transition



Pro Home Stays Paula Findley and Eric Lagerstrom with Gabi relaxing at the Lohman's



Noah Pransky lookin' good



Noah Racing for pizza!

# MAD DOG PICTURES



Carol Jean and Kip Vosburgh  
at Senior Nationals



John Hollenhorst, Carol Jean Vosburgh  
and Rose Marie Ray at Senior Nationals

# MAD DOG PICTURES

Pam Hollenhorst/Michael Oertle Pictures



# MAD DOG PICTURES

Pam's & Michael's Pictures Continued.



# MAD DOG PICTURES

Kathy Morgan's pictures from Pre-St. As Party



# MAD DOG PICTURES

## St. Anthonys Pictures from Claudia Junqueira



Terry Ellis supporting John Macedo



Jill Voorhis



Patricia Junqueira



Mike Hood racing "old school".



Jan Thompson



Pam Greene



# MAD DOG PICTURES

## St. Anthony's Pictures from Claudia Junqueira and Leo Briceno



Rose Marie Ray



John Hollenhorst



Claudia Junqueira with Mirinda Carfrae



Leo Briceno with Carolyn Kiper



Jill Voorhis and David Longacre



Jessica Bibza

# MAD DOG PICTURES

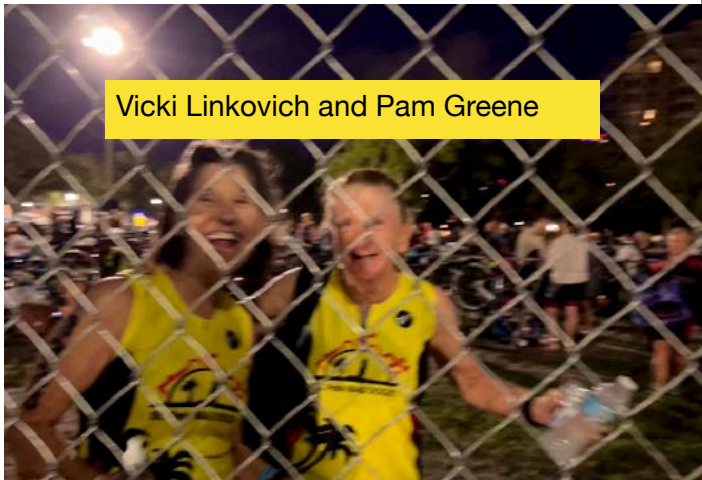
St. Anthony's pictures from Leo Briceno and Pam Hollenhorst



Michael Kelly



John Hollenhorst



Vicki Linkovich and Pam Greene



Karen Hendrick and Lenny Aron



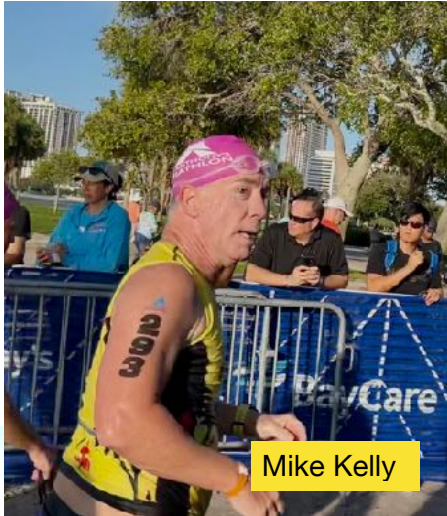
Frank Adornato and Judy Sromovsky



Kim Case

# MAD DOG PICTURES

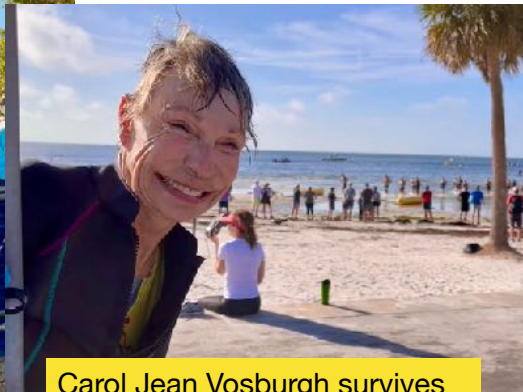
## St. Anthony's pictures from Pam Hollenhorst



Mike Kelly



Bill Hendrick



Carol Jean Vosburgh survives another swim



Karen Hendrick



Mike Deacy on the run



Pam Greene



Vicki Linkovich

# MAD DOG PICTURES

## St. Anthony's pictures from Pam Hollenhorst



Karen Hendrick, Pam Greene, and Vicki Linkovich



John Murray and Family



John Hollenhorst and Bill Hendrick



David Longacre and Jill Voorhis

# MAD DOG PICTURES

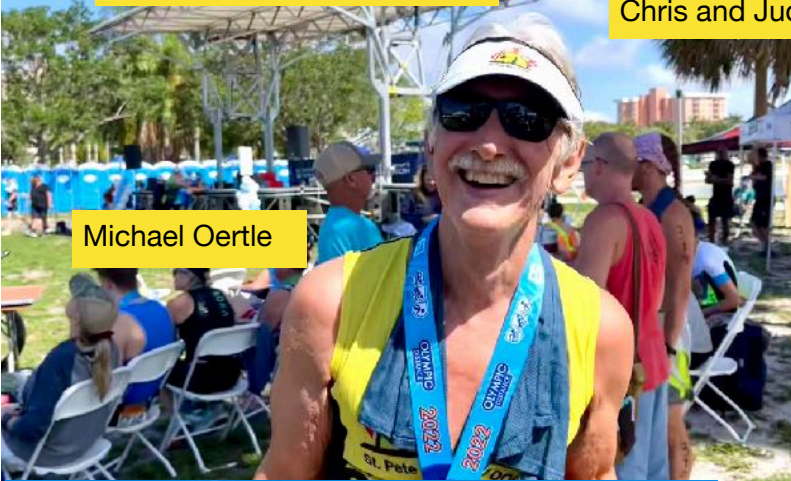
## St. Anthony's pictures from Pam Hollenhorst



Rosie Ray and Lenny Aron



Chris and Judy (wo)manning the Mad Dog tent



Michael Oertle



Steve Shelton and Terry Ellis lead our Volunteers



Andres Marte-Grau and son

# MAD DOG PICTURES

St. A's Mad Dog Post Race Party from John Hollenhorst



# MAD DOG PICTURES



Spotted by Brad Kirley in Utah



John Macedo @ St. A's



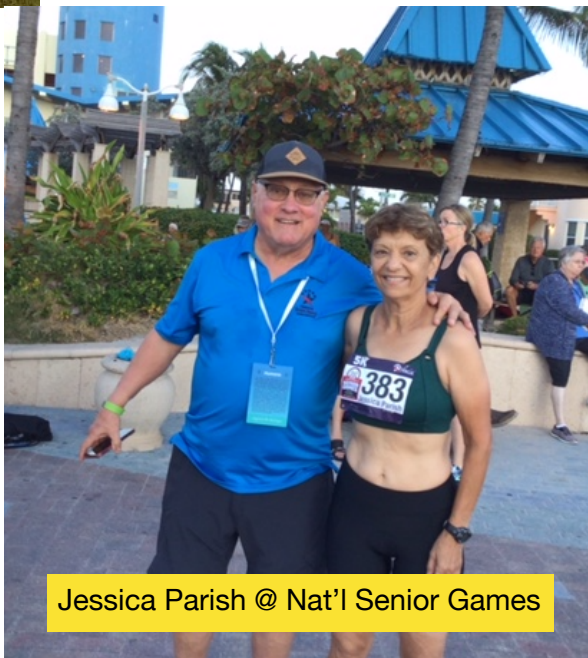
Absent Companion - Jack Shuten with Melissa



Double Red Flag for IM 70.3 Gulf Coast - swim canx



John Hollenhorst on podium at IM 70.3 Gulf coast (from Steve Shelton)



Jessica Parish @ Nat'l Senior Games

# MAD DOG PICTURES

## IM 70.3 Gulf Coast Pictures Pam Hollenhorst and Her Assistant



John Hollenhorst Bike Out



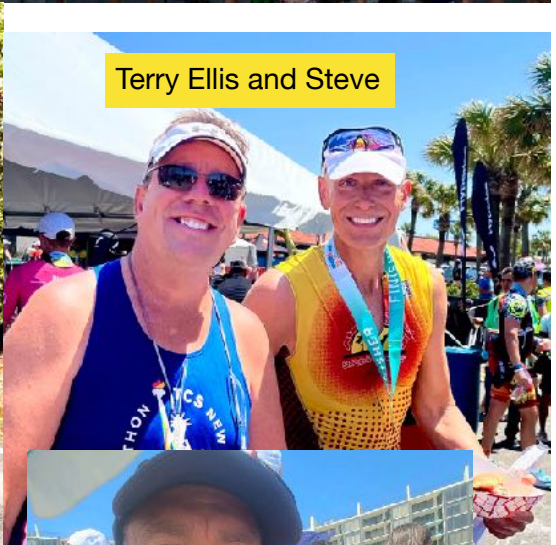
Steve Shelton Bike Out



John Hollenhorst



Steve Shelton



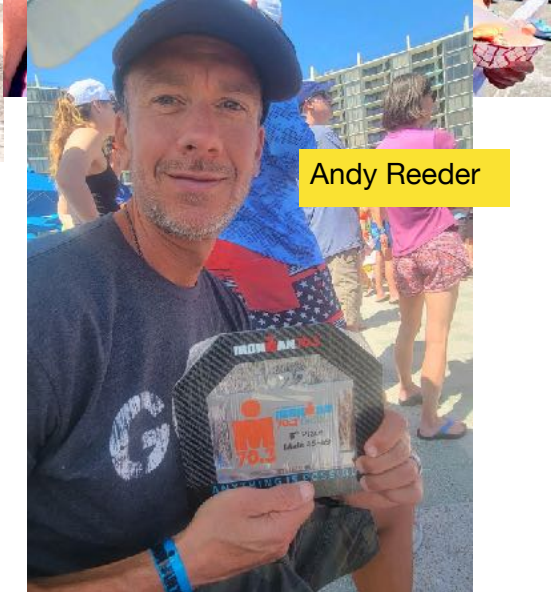
Terry Ellis and Steve



John w/unidentified Mad Dog



Jennan Reeder supporting Andy



Andy Reeder



**Jackie Yost Article from St. Pete Times**

**LIFETIMES**

# How to give it a 'tri'

The sport of triathlon has exploded in popularity over the past couple of decades.

**BY JULIE GARISTO**  
*Times Correspondent*

Novice participation in the sport has increased 94 percent since 1994, according to USA Triathlon, a national sanctioning body.

St. Anthony's Triathlon is one of the premier multisport events in the United States, offering a safe and scenic waterfront course, high-caliber competition and race management. The event's three USA Triathlon-sanctioned races include the Olympic-distance St. Anthony's Triathlon, the Sprint Triathlon and the Meek & Mighty Triathlon. Early registration is highly recommended. Visit [satriathlon.com](http://satriathlon.com) for more information.

To find out more about the St. Pete Mad Dogs Triathlon Club, visit [facebook.com/stpetemaddogs](https://facebook.com/stpetemaddogs).

Other local triathlon training groups include the Diamond Fitness Team based in Tarpon Springs out of Tarpon Total Fitness. Email [info@tarpontotalfitness.com](mailto:info@tarpontotalfitness.com) for more information.

Kennedy Law Racing, based in Clearwater, recruits members from throughout Tampa Bay. Find out more at [kennedylawracing.com](http://kennedylawracing.com).

Both St. Anthony's Triathlon event coordinators and St. Pete Mad Dogs provide volunteer opportunities.

Mad Dogs enlists volunteers to pass out medals and water to athletes who have completed the Meek



Photo courtesy of St. Pete Mad Dogs

**Jackie Yost, age 93, USA Triathlon Hall of Famer**

& Mighty Triathlon.

St. Anthony's needs doctors and non-medical personnel to guide athletes through the event check-in process (ID Check, packet, shirt & goodie bag distribution, timing chip pickup) and work other event stations. For details, visit [runsignup.com/Race/Volunteer/FL/SAINTPETERSBURG/StAnthonys](http://runsignup.com/Race/Volunteer/FL/SAINTPETERSBURG/StAnthonys).

## Jill Voorhis' Race Report from IM Chattanooga 70.3

Our Chattanooga 70.3 Triathlon race report takes on a human interest focus. A bit longer than usual...

HERE'S THE BASICS:

[David Longacre](#) and I worked pretty hard for this and are happy with our results. As the annual North American Championship, we had nearly 3500 competitors and an elite pro field.

Fast down river swim in the Tennessee River (felt pretty clean) - pretty, rolling hill bike course into Georgia and a two-loop city and parks run that was Way Hot and Way Hilly. AND HERE'S THE HUMAN INTEREST PART - per our experience and the public FB race page:

Dr David Bruce, Medical Director - "I believe 800 competitors did not finish, which was a first for the race," Bruce says. "We treated over 1000, I think it was 1100 people in the tent. We gave almost 3000 liters of fluid in the tent. That race was something like I'd never experienced."

Lauralee M - chased by a Giant Pig on the bike course.

Charlie P - 80 year-old blind competitor with athlete guide.

Penalty box volunteers - see photo - "Who would Not want to hang out with us?" :)

Kim M - hit a fallen bike bottle and crashed. Shattered her femur, elbow and broke a clavicle. Now stabilized and awaiting surgery. Her husband was overwhelmed by the compassionate athlete support at the scene and after.

Jung Li S - a fellow athlete volunteered to swim along side him... "she helped me regulate my breath and kept me calm, I would not have finished without her"

Sign guy - held up a sign on the run course, "If your relationship is still going strong, you're not training enough."

Aziz D - French triathlete "I'm definitely in love with the USA, Tennessee and Chattanooga!"

No helmet guy - left transition with everyone screaming at him, on course marshalls tried to get him to pullover, somehow he made it through the whole bike course minus the helmet. Swiftly DQ'd before the run. What was "on" his mind? Apparently not a helmet. :)



## 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 Dog's 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!



# What Makes a Race an Event?

RYAN HEISLER

Wed Apr 27 2022 Slowtwitch

As I approach spending nearly half my life immersed within the running and triathlon industries, I realize that there have been a lot of trends that have come and gone. Just in footwear alone: Nike Free and Shox; Asics Gel everything; minimalism; maximalism; new materials; and now the carbon plate age. And that's just one category!

But to stick with running for a moment, there was a watershed moment in 1998 in terms of race experience. A race director, during the lonely moments of a marathon years prior, wondered about how music during those back miles might transform the experience. That race director, Tim Murphy, took the seed of that idea and created the first Rock n' Roll Marathon in San Diego.

The rest, as they say, is history.

As we continue to go through a resurgence of enjoying the outdoors, buoyed by the pandemic, athletes continue to flock towards races that deliver an immersive event experience. In other words, most of the time it isn't enough to have cones, a timer, and a marked course. (There is a time and a place for racing for the sake of a race – but that also means that those are not likely going to be the “A-race” of someone's season.)

Instead, these are the things that transform a race into an event experience. Note that any of these criteria, on their own, might be able to elevate a race into an event. But usually it requires a cocktail of elements to bring it all together.

## THE COURSE

Arguably, the best example of this is Norseman. On its face, Norseman is absurd

That being said, a course need not be absurdly difficult in order to be able to elevate a race. It could be the scenery. It could be the roads themselves. It could be the quality of a swim venue. For me, an added benefit and potential decisionmaker are closed bike course loops. Having already used the side of my face to suddenly stop from a high rate of speed while biking, I'm just not doing races anymore that don't have at least some type of separation between traffic and cyclists.

## THE CROWD

This can often wind up going hand-in-hand with the course – if something is easier to spectate, it's going to be far easier to build a crowd that will be loud during the entire race. This is what makes big city marathons unique. This is what makes the finish lines at Kona, or on the mainland Lake Placid and Louisville so special. It's why Solar Hill elevates Challenge Roth to another level. The enthusiasm that a crowd can bring can make or break your race-day experience.

## THE SWAG

If you've been racing for a while, swag may not be a difference maker for you. But for lots of folks, swag matters. You don't need to look much further than the announcement every year of what color the Boston Marathon might be using (and heaven forbid if it is anything but the traditional B.A.A. blue and yellow). My personal favorite medal is an old Rev3 Maine lobster claw that, coincidentally, the claw opening was just the correct size to be a bottle opener. (To this day I'm not sure whether this was intentional or an oversight. But no matter – it's what made it work).

## SOMETHING FOR EVERYONE

No matter where you finish in the race, your race experience should be top-notch. Nothing drives me crazier than a race director already breaking down the majority of their equipment while racers are still out on course. You can't claim to be celebrating all of your finishers if, when your final finishers are wrapping up their race, you're also busy removing all of your branding from the finish line.

The flip side of this is also true. As much as certain race producers have done to minimize or eliminate professional racing, the front of the field is equally as important as the back. Treating your professionals like a big deal can turn into a point of pride. Lake Placid, for instance, was particularly angry when their pro race was removed, and then when it became a single gender professional field. A high quality professional field will often help snowball media exposure of the race, making it feel bigger for years to come.

This is where, I think, the PTO Tour events are going to really shine. Let's look under the hood of the US Open event, coming up this September. On the course front, you'll have a closed 80 kilometer bike course (big plus in Texas, IMO), as well as an interesting venue in the Levy Event Plaza. That location should, in theory, also help create a good community and crowd turnout. Swag is going to be sustainably sourced – a bit of an answer to questions raised on [my last article on the subject](#). And, well, of course, it being a PTO event, you can be guaranteed a top-dollar professional race.

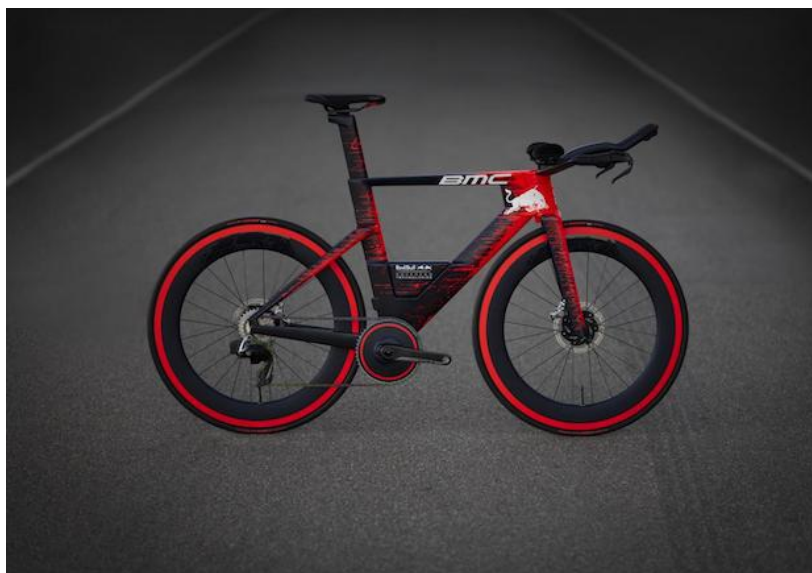
## New Bikes at IM World Championship from Slowtwitch.com



QUINTANA ROO X-PR SERIES



KRISTIAN BLUMMENFELT'S CADEX CONCEPT BIKE



BMC'S RED BULL ADVANCED TECHNOLOGIES PROTOTYPE



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