



THE FINISH LINE



Vintage picture of Brian Butler, John Woodruff, Danny Nolan @ IM World Championships (a few years ago).



Editorial -	Page 2
Training Calendar -	Pages 3-4
Birthdays -	Page 5
Mad Dog News -	Page 6
New Mad Dogs -	Page 7
Upcoming Races -	Page 8
Race Results -	Page 9
Mad Dog Pix -	Pages 10 - 16
Articles & Reports -	Pages 17- 21





REEDER & NUSSBAUM, P.A.
Personal Injury Law

727-521-2889 CounselorsOfLaw.com

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

PRESIDENT	JOHN HOLLENHORST
VICE PRESIDENT/MEMBERSHIP	CAROLYN KIPER
TREASURER	MIKE OERTLE
SECRETARY	GINGER HERRING
EDITOR	CHUCK LOHMAN
LOGISTICS	MIKE DEACY
TRAINING	FRANK ADORNATO
SPONSORSHIP	MIKE KELLY
AMBASSADOR	RUE MORGAN
AMBASSADOR	KATHY MORGAN



Editor's Column

The Mad Dog Board of Directors met several times over the last month to get ready for the 2022 season, now that most of the COVID restrictions have been modified, allowing us to begin to enjoy triathlons once more. We spent a lot of time revising the club's bylaws (last reviewed in 2013). They are posted on our website. Since the last newsletter was posted we have welcomed our new Secretary, Ginger Herring who has extensive experience with these duties in other sports clubs. Additionally, we managed to recruit Mike Kelly as

(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.	8 am. From USFSP 14.5 miles 20-21 mph. 7:50 slower ride..	7:30 am. Bayway Bridge Repeats. Meet at Addicted to the Bean coffee shop, Pinellas Bayway Plaza.
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 @ Caddy's on the Beach, Treasure Island	8 am. From USFSP 16 miles 20-21 mph. 7:50 slower ride..	
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		

MAY BIRTHDAYS

Sorry if i missed any new Mad Dogs. Technical difficulties forced the use of last year's data.



Charyse Herman - 3rd
Mark Gordon - 5th
Michael Collins - 7th
Frank Adornato - 14th
David Burg - 17th
Carica Onyshuk - 18th
Jay Cooke - 18th
Jessica Bibza - 23rd
Tony Handler - 23rd
Peter Paulin - 23rd
Monty Seidler - 25th
Allison Sutter - 26th
Sandra Elliott - 28th
Steve Swift - 28th
Bryant Davies - 29th
Samuel Veraldi - 31st

MAD DOG NEWS

Although you will be reading this after the event, Mad Dog reporter extraordinaire Noah Pransky from NYC will be returning, like the prodigal son, to St. Petersburg to participate in St. Anthony's Triathlon. It is unknown whether or not he will be accompanied by his harem.

As mentioned earlier, in the Editors 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 Congrats to Jonathan Dunford (Former Marine) who just completed his 25th consecutive Boston Marathon, qualifying him for the Hall of Fame.

Kim Brackin, swim coach, is offering free 15 minute swim critiques at her endless pool. Follow this link: <https://www.signupgenius.com/go/20f0f49abae23a1fe3-endless>

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

Kate Crawford

WELCOME NEW MAD DOGS!

Kelly Deuser	- St. Petersburg
Verena Weil Erickson	- St. Petersburg
Chris Peters	- Tampa
Kristi Leconte	- Ocala
Alanna Hollborn	- St. Petersburg
Allison Sutter	- Apollo Beach
Andy Meng	- Ellenton, FL
Tina Bastien	- Largo
Ken Barry	- Tampa
Julie Watkinson	- Tampa

Editor's Comments continued:

Director of Sponsorships. Mike has extensive experience in corporate fund raising and will be a valuable addition to the club. He also is a great stand up comedian! Our biggest need on the staff is someone to lead the Communication Committee. We need to coordinate the information in this Newsletter, our Facebook Pages and occasional e-mail blasts. Familiarity with Twitter would also be useful. Anyone interested please contact John Hollenhorst.

Our post-St. Anthony's party will be over by the time this is published, but our next big social event in planning is our Anniversary Party/ Annual Members Meeting in late Fall. Stay Tuned!

Mad Dogs Rule,
Chuck Lohman, Editor

UPCOMING RACES



1 May - St. Anthony's Triathlon
St. Petersburg, FL
Olympic/Sprint
www.satriathlon.com



22 May - IM 70.3 Chattanooga
Chattanooga, TN
Half Iron Distance
www.ironman.com



7 May - IM 70.3 Worlds
St. George, UT
Half Iron Distance
www.ironman.com



28 May - Crystal River #1
Crystal River, FL
Sprint - Tri/DU/AB
www.runsignup.com



7 May - IM 70.3 Gulf Coast
Panama City Beach, FL
Half Iron Distance
www.ironman.com



5 Jun - Heartland Triathlon
Sebring FL
Sprint/Olympic - Tri/DU/AB
www.runsignup.com



21 May - Game On Suncoast
Ft. Desoto Park, FL
Olympic/Sprint/Tri/DU/AB
www.runsignup.com



19 Jun - Ft DeSoto Series #1
Ft. Desoto Park, FL
Olympic/Sprint/Tri/DU/AB
www.fortdesototriology.com



22 May - Dunedin Rotary Tri
Dunedin, FL
Sprint - Tri/DU/AB
www.runsignup.com



17 Jul - Ft DeSoto Series #2
Ft. Desoto Park, FL
Olympic/Sprint/Tri/DU/AB
www.fortdesototriology.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.

Escape from Ft. DeSoto - 2 Apr

1st Place -

Tony Handler

John Hollenhorst

Cindy Perret

2nd Place -

Yova Borovska

Paula Shea

Mandy Zipf

3rd Place -

Owen Deckinga

4th Place -

Michael Oertle

IM Oceanside 70.3 - 2 Apr

1st Place - (Overall)

Jackson Laundry (Mad Dog Homestay)

Finisher -

Tom Kennedy

Alpha Win Tri - 2 Apr

1st Place -

David Burg

IM Republic South Africa - 3 Apr

1st Place - (Overall Woman)

Daniela Bleymehl (Mad Dog Homestay)

Zion Ultra Marathons - 10 Apr

100K -

1st Place - Christina Noordstar

50K -

1st Place - Quaint Noordstar

Half Marathon -

2nd Place - Claudia Junqueira

3rd Place - Kim Donaldson

Pinehurst Triathlon - 16 Apr

1st Place -

Brad Kirley

Boston Marathon - 18 Apr

Finishers -

Cody Angell

Jessica Bibza

Johnathan Dunford (25th consecutive)

Laura Jansik

Richard Jansik

Claudia Junqueira

Escape From Ft. DeSoto Pictures from Pam Hollenhorst



John Hollenhorst, Cindy Yost Perret and Paula Shea pre-race

John Mrosek



Paula Shea



Michael and Chris Oertle

John H.



Michael O.



Cindy P.



MAD DOG PICTURES



Michael Oertle



Kristie Illing @ Clermont 5k



Alcohol & Fats

It's a relief to know the truth after all those conflicting medical studies.

The Japanese eat very little fat and suffer fewer heart attacks than the British or Americans.

The French eat a lot of fat and also suffer fewer heart attacks than the British or Americans.

The Japanese drink very little red wine and suffer fewer heart attacks than the British or Americans.

The Italians drink excessive amounts of red wine and also suffer fewer heart attacks than the British or Americans.

The Germans drink a lot of beer and eat lots of sausages and fats and suffer fewer heart attacks than the British or Americans.

Conclusion: Eat and drink what you like. Speaking English is apparently what kills you.

VIA 9GAG.COM

On Drug A two he of a Lifes Longe labeli conta amou (1) certa evide seleni forme deter and n (2) antic Some consu antic Howe evide T consi filed



Paul (Perfect Fit) Williams @ Florida Masters Time Trial

Important research from Mike Kelly

MAD DOG PICTURES

Escape From Ft. DeSoto Pictures from Pam Hollenhorst



Christian, Shalini, Charyse



Cindy, Chris, Michael, Paula and John



Paula and Cindy



Randy Brown and John

MAD DOG PICTURES

Vintage Mad Dog Pictures



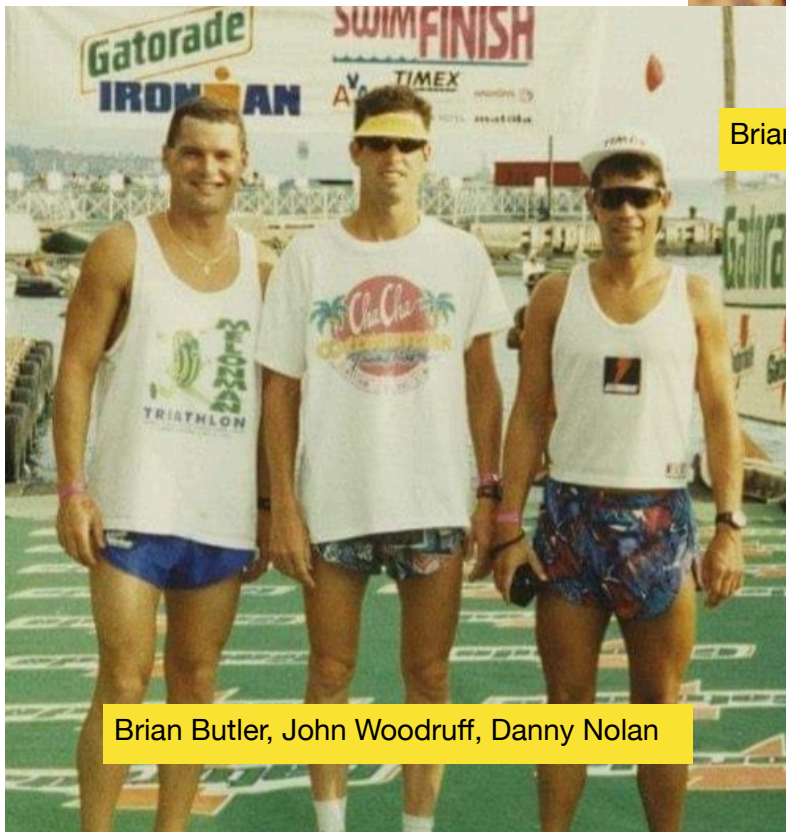
Vintage picture of (L) Jess Parrish (MD #11) and Heather Butcher at Siesta Key 5k



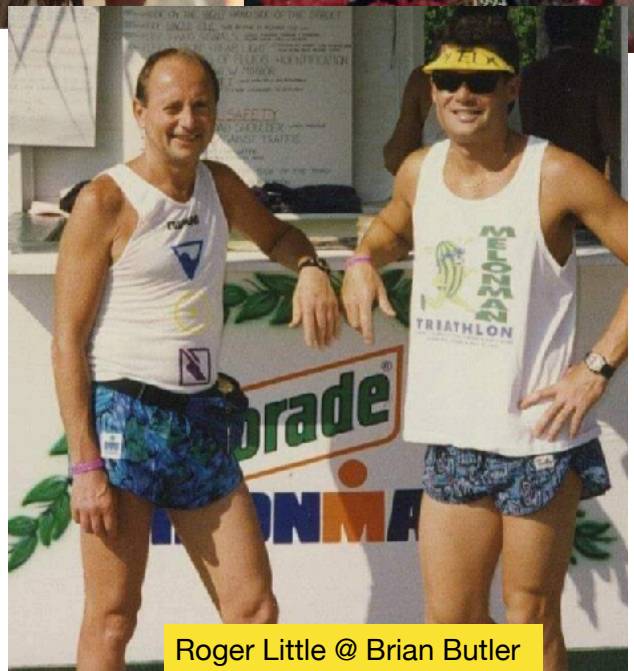
Brian Butler @ IM Canada



Brian @ 1994 Kona



Brian Butler, John Woodruff, Danny Nolan



Roger Little @ Brian Butler

MAD DOG PICTURES



Claudia Junqueira in the Zion Half Marathon



MAD DOG PICTURES



Brad Kirley



Johnathan Dunford



Sandy Weiss

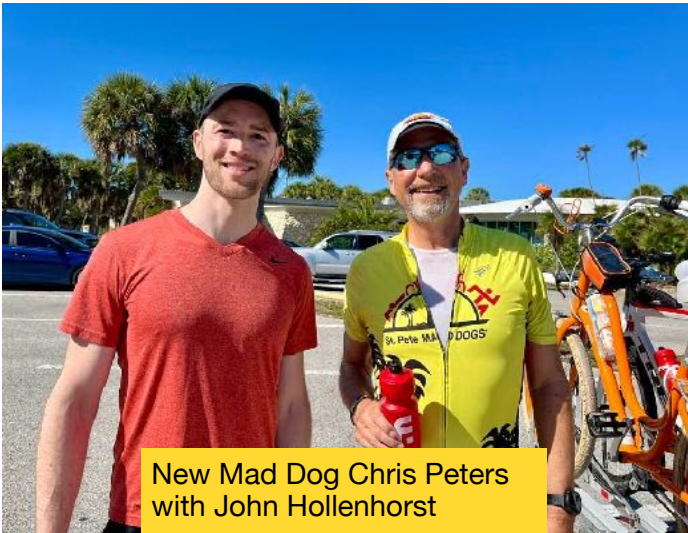
MAD DOG PICTURES



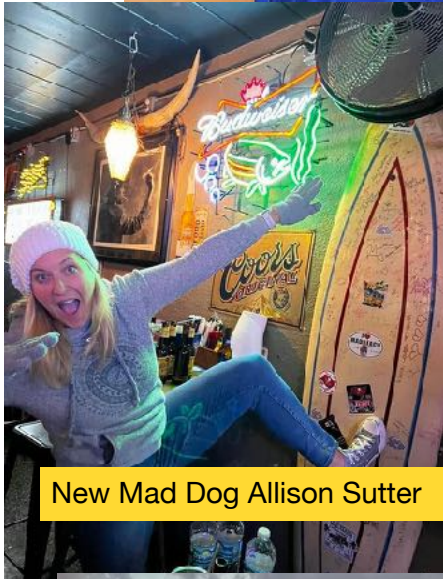
New Mad Dog Kelly Deuser with Macarena



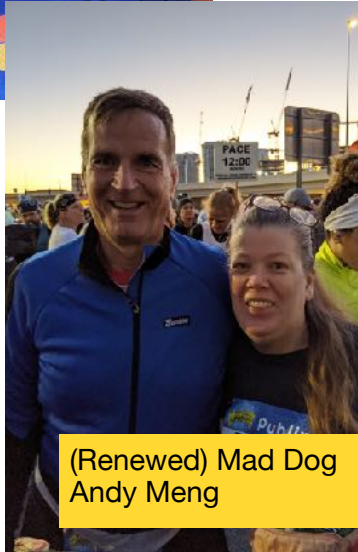
New Mad Dog Verena Weil Erickson



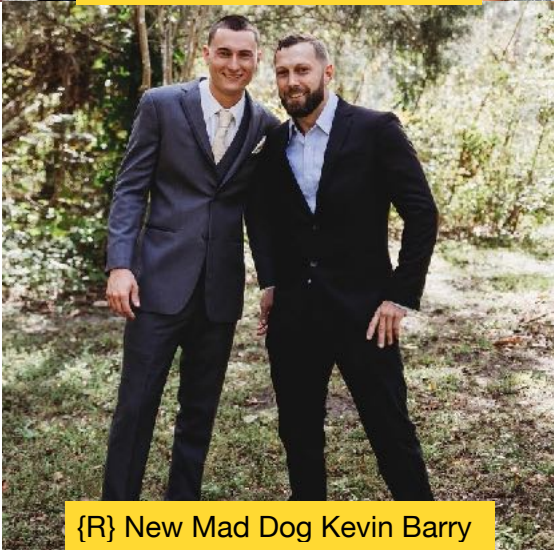
New Mad Dog Chris Peters with John Hollenhorst



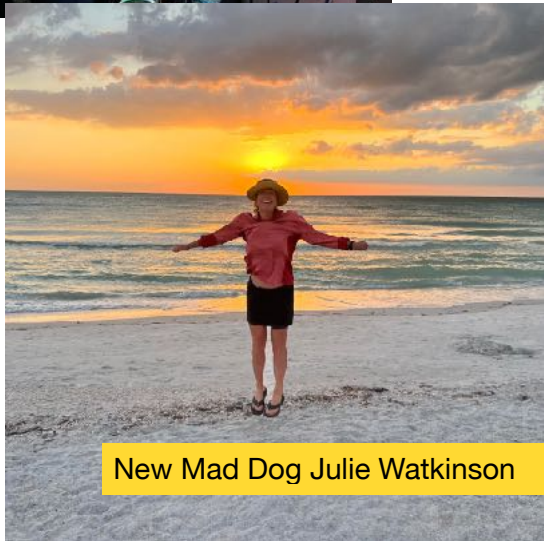
New Mad Dog Allison Sutter



(Renewed) Mad Dog Andy Meng



{R} New Mad Dog Kevin Barry



New Mad Dog Julie Watkinson

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!



CARBON PLATED RUNNING SHOES

DOUG MACLEAN Slowtwitch
Sat Mar 26 2022

If you follow pro racing at all, you may have noticed that the running times have improved markedly in the last few years. In 2009, people's heads exploded when Matt Reed ran a 1:11 at Oceanside. Sub-1:15 runs off the bike were fairly rare, let alone a 1:11. Now it seems like sub-1:15 is routine, and you have to flirt with 1:11 just to make a men's podium.

So what the heck is going on? Is it drugs? Unlikely – we'd see similar leaps in swim and bike times. And while I'd be a fool to think that no one is doping, I also refuse to believe that suddenly everyone started doping 3 years ago. (I started doing a deep dive into comparing splits among the three disciplines over the last 10 years, but quickly gave up on that idea when I considered the scope of data necessary to come to statistically significant conclusions. And then how do I account for improvements in bike tech? It was starting to feel like a statistics term paper).

Is it improvements in training technique or nutrition? No, sorry. Running is running and food is food. Maybe you can find 0.5% improvements over several years by tweaking those variables. And more often than not, revolutionary new training and nutrition techniques is a euphemism for we came up with a new doping regimen that the testers can't detect yet.

Is it "the power of belief"? Yes, that probably plays some role. The classic example of this is the 4-minute mile barrier. Nobody could run a sub-4 mile and a lot of smart people thought it may be impossible. Then Roger Bannister did it, and suddenly every elite middle-distance runner could do it. Heck, a high school runner even went sub-4 within a decade of Bannister's feat. Belief that you can get through the pain and actually achieve something is much stronger after you see someone else do it. The task goes from "impossible" to "possible," and this absolutely matters in endurance sport.

Is it the shoes? Nike claimed a 4% performance improvement with their carbon plated shoes, but of course they did, right? They're trying to make money, so they'll pay a lab to write a paper with the exact conclusions that help them make money.

But just because they're trying to make money doesn't mean they're wrong, it just means their claims should be viewed with a bit of skepticism. Given that drastically new shoe technology came out at the same time as run times improved sharply, and that every significant men's and women's running world record 5km and longer has been broken since carbon plate running shoes were introduced, Nike's claims sure seem plausible (Pardos, et al, 2021). The idea behind these shoes is that the stiff carbon plate acts to roll the foot forward through ground contact, keeps the toes straight at push-off, and has more of an energy-storing "spring effect" than traditional running shoes (Pardos, et al, 2021).

[This relatively well-known article](#) does not appear to have any authors with significant ties to major shoe companies, so I'm inclined to trust its conclusions. Cliff's notes: it comes to the same conclusion as Mars Blackmon: "It's gotta be the shoes."

Just about every major player in the distance running game has a carbon model out now (Asics, New Balance, Nike, Hoka, Adidas, Saucony, Brooks, On), and there are surely minor performance differences between the brands and models. But I'm not digging that deep, since those benefits are going to vary based on how each shoe feels to an individual and how its specific carbon plate interacts with that person's stride. I can tell you that I have a pair of Saucony Endorphin Pro 2's (as does one of my athletes), and my anecdotal conclusion is that they are magical. I'm not going to say which brand is "best", because I do believe it's individual. But I do feel comfortable saying that if you're not in carbon plated running shoes on race day, you're putting yourself at a competitive disadvantage.

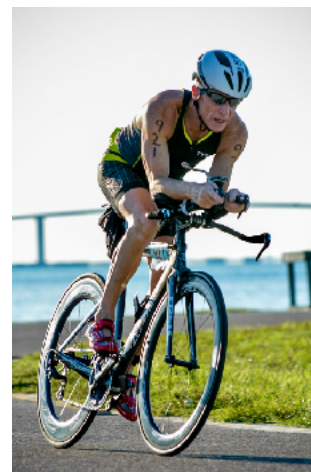
Training Tip - Get Rid of Cycling Back Pain

Lower and middle back pain is one of the most common ailments among cyclists and especially triathletes. The aero position can put a lot of stress on the back muscles as they support the torso. The good news is there are three things you can do to alleviate and even get rid of cycling back pain.

1. Most important is to make sure your bike is properly fit to your body. In this regard, two important dimensions are saddle height relative to the cockpit and the reach between the saddle and aerobars. If you're sitting too high or you're stretched out too far, you place a lot of adverse stress on your back muscles. If you are properly fit, your back is relatively flat (not arched down) and your upper arm position should be almost vertical over the aero pads, so that you are using skeletal support for your upper body.
2. Strengthen and stretch your hamstrings and glutes. These are two of your major power muscles when you ride. When either of these muscles are over-worked or are too tight, a typical result is lower and mid back pain.
3. Strengthen your core, and not just your "six pack" abs. Work all the core muscles that support your torso, including the rectus abdominals (six pack center), the obliques (side), the transverse abdominals (deep layer) and erector spinae (along the spinal column).

Train smart. Race fast.

Frank Adornato





REEDER & NUSSBAUM, P.A.
Personal Injury Law

727-521-2889 CounselorsOfLaw.com