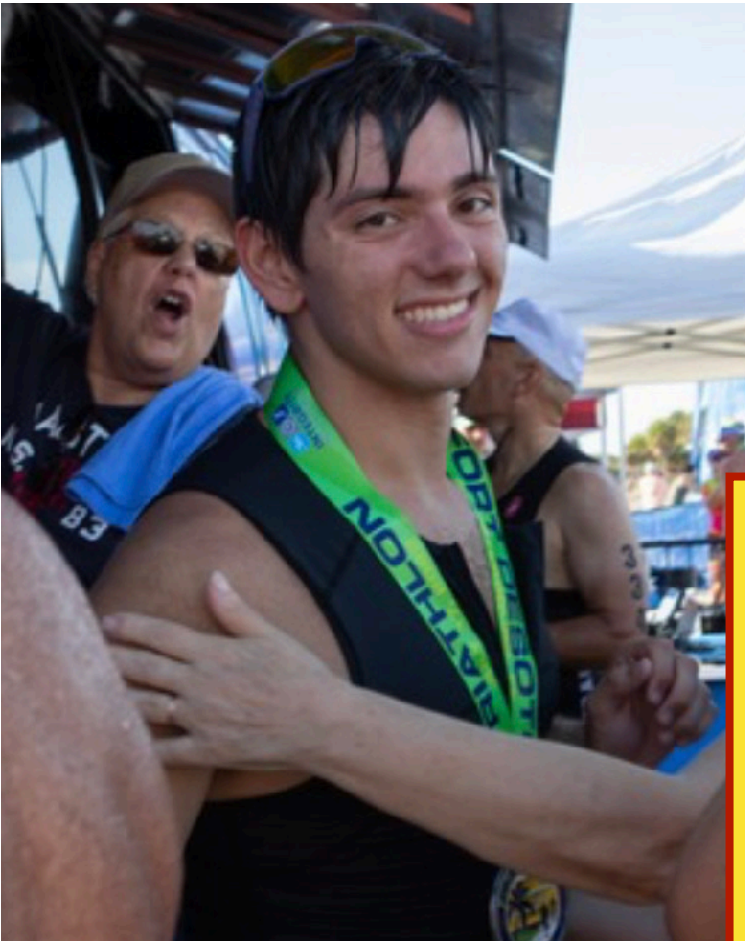




THE FINISH LINE



Leo Budo, student at USFSP, and one of our newest Mad Dogs, is already showing enormous potential. See page 12 for more details.

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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

With your permission, I'd like to begin this column with a bit of philosophy. On the 1st of September we bade farewell to Mad Dog Diane Berberian. She lived her life courageously, dealing with cancer and blindness, and never gave an inch. Many Mad Dogs, including Carolyn Kiper, Natalie Davis Elwood and the Junqueira sisters acted as partners in races with Diane so that she could compete in the sports she loved. Diane had over 1500 friends on Facebook. All of us will miss her spirit, enthusiasm and friendly smile.

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.	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

New Mad Dog Leo Budo just began competing in triathlons with the help of long time family friend Patrick Ruta. He said that his greatest concern was the swim leg because his only experience was a YMCA lesson in 8th grade. Patrick timed him in 6:00 for a 400 yard swim...next problem.. Leo competed in his first Olympic race at Tarpon Springs and finished 1st Overall in 2:02. I think we have a talented young man in our ranks.

IT'S ELECTION TIME FOR THE MAD DOGS

The Mad Dogs will be holding their election for the Board of Directors in November. The positions up for election are: President, Secretary, Editor, Director, Director. Officers positions will serve for two (2) years. The Nominating Committee is searching for members interested in serving in any of these positions. All active members in good standing are eligible. If you, or anyone you know, are interested in serving on the board, please contact Ginger Herring, Nominating Committee Chair, at gingerherring16@gmail.com.

“To be ignorant of what occurred before you were born is to remain always a child.”
Cicero

OCTOBER BIRTHDAYS



Michael Cegielski	1st
William Motter	2nd
Susan Ashbaugh	3rd
Tim Robinson	3rd
Verena Weil Erickson	3rd
Coraline Falco	4th
Ginger Herring	7th
Richard Jansik	8th
Jay Anderson	9th
Larry Collins	11th
Renee Litton	11th
Chuck Lohman	11th
John Hollenhorst	12th
Philip Powell	19th
Mark Parish	20th
Karen Hendrick	21st
Paula Shea	21st
Wesley Carr	22nd
Rose Lemahieu	22nd
Alanna Hollborn	23rd
Laure Blume	25th
Cynthia Brumfiel	29th

WELCOME NEW MAD DOGS!

#3978 - Leo Budo	- St. Petersburg
#3979 - Raymond Butts	- St. Petersburg
#3980 - Aaron Lynch	- St. Petersburg
#3981 - Jan Pehrson	- Green Cove Springs, FL
#3982 - Michael Cegielski	- St. Pete
#3983 - Dwane Sutter	- Apollo Beach
#3984 - Laura Robertson	- Treasure Island

Editor's Comments continued:

This same month Mad Dog Lenny Aron completed his first triathlon as a PCH athlete after losing his vision. His race report may be found later in this issue. I want to believe that Diane passed the baton to Lenny and is cheering him on from above!

Also in this issue is a race report from Mad Brad Kirley. Despite being the oldest competitor at IM Maryland, he finished and got a slot to Kona. After reading the report I have scheduled him for a visit with a good psychologist.

Profound sadness to report the death of Jessica Bibza in a bike accident. Please see tribute on pages 14-15.

Mad Dogs Rule,
Chuck Lohman, Editor

UPCOMING RACES



2 Oct - Sebring Multisport Fest
Sebring, FL
Olympic - Tri/DU/AB
www.triregistration.com



15 Oct - Crystal River #3
Crystal River, FL
Sprint - Tri/DU/AB
www.runsignup.com



6-8 Oct - IM Worlds
Kona Hawaii
Ironman
www.ironman.com



28-29 Oct - IM 70.3 Worlds
St. George, UT
Half Ironman
www.ironman.com



9 Oct - City Island Tri
Sarasota, FL
Sprint/Tri/DU/AB
www.runsignup.com



5 Nov - IM Florida
Panama City Beach, FL
Ironman
www.ironman.com



15 Oct - Suncoast Tri
Ft. Desoto
Sprint/Tri/DU/AB
www.runsignup.com



NOV 13, 2022
13 Nov - Miami Man
Miami, FL
Half Iron/Olympic
www.integritymultisport.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.

Leadville 100 MTN Bike Race

Finisher -

Clive Heke

IM 70.3 Augusta

Finisher -

Betsy Banks

Fort DeSoto Tri

1st Place -

Leo Budo (4th Overall)

Crystal River #2

2nd Place -

Art Halttunen

Tarpon Springs Tri

1st Place -

Leo Budo (Overall)

2nd Place -

Suzanne Brosseau

Big Cottonwood Marathon

1st Place -

Gail Lohman

Finishers -

Kerri Dienhart

Kim Donaldson

Wendy Tocha Gardner

Chicago Triathlon

1st Place -

Lenny Aron

IM Maryland

2nd Place -

Brad Kirley (Kona Slot)

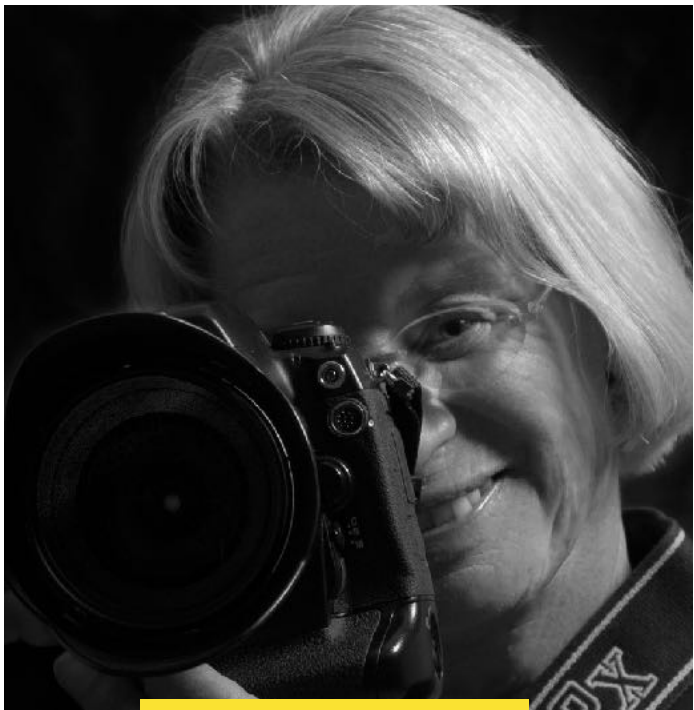
MAD DOG PICTURES



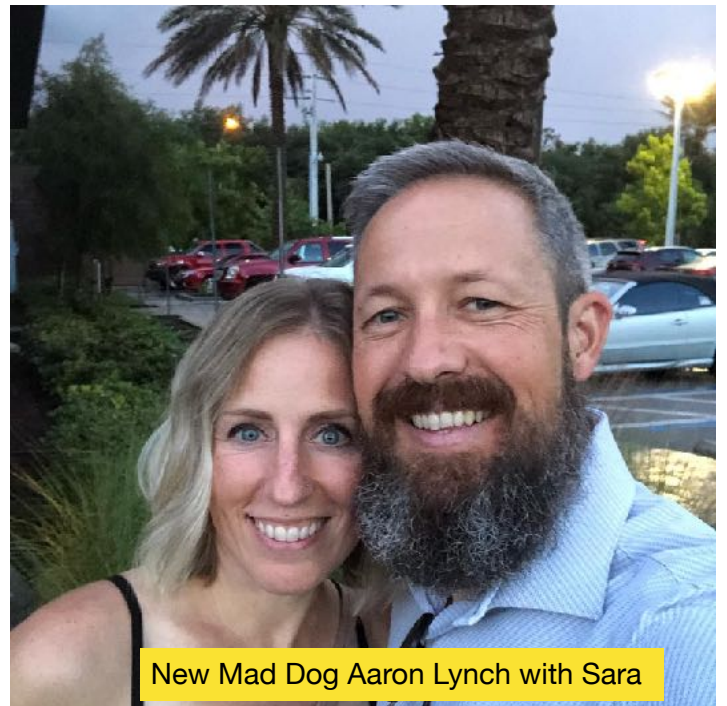
Food truck @ IM 70.3 Atlantic City from Carolyn McCartney



(L to R) Robert - prospective Mad Dog, John Hollenhorst, Aaron Lynch - new Mad Dog



New Mad Dog Jan Pehrson



New Mad Dog Aaron Lynch with Sara

MAD DOG PICTURES



Wes and Vicky Linkovich/Karen and Bill Hendrick finishing an epic ride in TN.



Mad Dogs enthusiastically welcome Jesse Mocha as Head of the Social Committee!



Initial Thursday night swim. Maurice Kurtz, John Mrosek , Steve Shelton, Terry Ellis, Frank Adornato, Gail and Mateus Lohman

MAD DOG PICTURES

Mad Dogs attack the Big Cottonwood Mountain Marathon in Utah



MAD DOG PICTURES

New Mad Dog Leo Budo



One of our newest Mad Dogs is Leo Budo, St. Pete native and USFSP student. His family owns Angelo's Italian restaurant on 1st Avenue North. Leo is rapidly dominating his age group in the Sprint and Olympic distance, and plans to step up to Half Ironman next year at Haines City. Mothers keep a close eye on your daughters!



In Memoriam Jessica Bibza

This morning we were devastated to learn of the death of our good friend, Mad Dog Jessica Bibza, during a bike ride across the Gandy Bridge returning to St. Pete. It was her final ride in preparation for the Ironman World Championships next month. It is an incredible loss of a scholar, gifted athlete, eco warrior and a friend to all. Gail and I have a personal history with Jessica having raced with her in her very first Half Iron distance race at Miami Man many years ago. Naturally, she won her age group in that first race. From there, Jessica went on to race numerous Championships at the 70.3 distance and at Kona. She had qualified for both IM 70.3 and the IM Worlds this year. We also enjoyed participating in her “Birthfest” at Madeira Beach — at least until one celebrant stepped on a Stingray, and was subsequently treated with medicinal alcohol.

Our heartfelt condolences go out to her husband, fellow Mad Dog Todd Bibza, her mother and the rest of her family. We love you, Todd.

Chuck and Gail Lohman



Jessica and Todd Bibza touring the Alps before 70.3 Worlds in Nice.



Another Retro Race Report Until I'm Told to Stop!

Mooloolaba Race Report — 70.3 World Championships

As regular readers know, this is our make up race from the 70.3 World Championship in 2015. Although Gail and I both qualified in Cozumel in September of 2014, a melanoma appeared on my left leg several months before the contest. Ironman generously deferred us both to 2016. The good news is that we both aged up; the bad news is that the most demanding training months are June, July and August in Florida. There is a yearly scheduled Ironman 70.3 there in Mooloolaba with a nice rolling bike course, but, of course, Ironman felt compelled to add some significant altitude in order to offer a “championship level challenge.” I suspect that this is a hangover from the significant drafting observed at the races held in Clearwater. The result was an 18-20 percent climb offered at about mile 33. The run also included 4 steep, but short climbs. Our preparations included a number a bike pilgrimages to Clermont (Sugarloaf Mountain) and San Antonio, as well as running bridge repeats at Misner Bridge.

Logistics: Interestingly enough, the 28 hour flights to Australia only cost about 2/3 of the price to fly to Austria. Air New Zealand offered the best deal. We always opt for travel insurance since we have elderly parents and I seem vulnerable to “training incidents.” Australia requires an entry Visa which you can purchase on line. Don't forget to let your credit card provider know where you will be traveling, and remember to arrange a travel package with your mobile phone company. Mooloolaba is about 60 miles north of Brisbane (your arrival airport). Since we haven't visited this area, and wanted to avoid renting a large vehicle to transport our bikes, I opted to use Endurance Travel, Ken Glah's company, recommended by John Macedo. This package included airport pick up and drop off, tours of the course, a bike mechanic, transportation around town and other extras. Ken's posse did a great job of transportation during the entire event.

Flight: Air New Zealand was great. Learning a lesson from Dave Proffitt during his trip to Ironman Austria, we upgraded to Premium Economy for the long leg from Houston to New Zealand. It included an extra checked bag so the bikes went for free. At the lounge before the flight the Kiwi

ladies were excited that Richie McCaw, Captain of the New Zealand All Blacks Rugby Team was on the flight. Gail, of course managed to accost him during the flight. He is said to be more popular than the Prime Minister.

Accommodations: Ocean Boulevard Apartments was one of the Endurance Travel (ET) options. We had a small kitchen, laundry room and a great view of the surf. ET transported us to practice swims, supermarket runs and Ironman events. Between our lodging and the beach was a park that looked like cross fit heaven with workouts going about 12 hours a day. Gail was mesmerized — “I want to throw that tire. I want to drag that sled.” I thought I would have to sedate her.

Language: I struggled a bit with the language there. About half the places in Australia have names with an Aboriginal origin. The race location was Mooloolaba. Apparently, the locals regularly rotate the emphasis among the four syllables just to confuse us. For the tour of the bike course, I introduced myself to the driver, saying, “I’m Chuck.” He replied, “I’m wide.” I thought he was a bit stocky, but wouldn’t have described him as wide. After a few more introductions I figured out that he actually said, “I’m Wade.” Gail asked a waitress about the difference between two chicken dishes. She said that the first item had a “burn.” After a linguistic wrestling match, we learned that she was actually saying that the first dish had a “bone.” About half of our group was from Brazil — exuberant and fun-loving as you can imagine. John Macedo and Claudia and Patricia Junqueira would have loved it.

Breakfast: We regularly had breakfast at the Milk and Bean Coffee House. On the wall they had a “suspended coffee” board with little white paper cut outs of cups affixed. The coffee was paid for in advance by customers and those less fortunate could simply pick one of the papers off the wall and get a free coffee. Nice!

Expo: As usual, one has to pass through a huge tent with Ironman branded products. We arrived early the first morning and, after registering for the race, noted a two hour checkout line. This isn’t their first rodeo — how can they continuously screw this up?

The race: Race morning the weather was great — minimal waves and a water temperature of about 70 degrees. The air temperature started in the high-50's and rose to the mid-70's. I had a bit of a slow, yet uneventful swim, but Gail went in an early wave and was caught by some aggressive young men. One tried to swim over her so she kicked him in the head, breaking her toe. Nice way to start the race! The first 25 miles of the bike course was relatively flat and many competitors drafted openly and notoriously in groups of 30 to 40. One of our friends shouted at four women that passed her in a pack. Shortly, all four went down in a crash — karma. The second half of the course featured a blind right turn into a horrendous hill with a 18 to 20 % grade. Half of the competitors around me were walking their bikes up the hill. A guy fell over in front of Gail and she had to dismount to keep from hitting him and then walk because the hill was too steep to remount.

Gail's right shifter came loose during her ride. Fortunately, she had some extra electrical tape marking her seat post and was able to stop and use that to repair her shifter. My chain locked up twice while trying to shift into the 28 cog. The first time I fell into a deep ditch with my bike on top of me. An Aussie spectator ran up and helped me get out of the ditch. After I pulled off the rear rear wheel and remounted the chain, I thanked him for the help. An official **who was too busy to hand out drafting penalties** rode up and told me I could get disqualified for outside assistance. I said (without profanity) "Oh, give me a break. Did you want me to just lie in that ditch all night?" He drove off. The second time that the chain locked up I just fell on the road and was able to recover with minor road rash and no "outside assistance." I stayed out of the 28 cog from then on. It turns out that 45 competitors were given a DNF, rather than disqualification, because they didn't complete the prescribed course. Sounds like a fiasco to me.

The end: At the beginning of the race my (optimistic) goal was to finish in the top 10. By the end of the "challenging" bike leg, I just wanted to finish with honor. By the 2nd lap of the "run" I just wanted to get to the finish any damn way I could. Abductor cramps and accumulated road rash slowed me to a walk. We both survived — Gail finished 8th in her age group and I finished 14th. There were a lot of DNF's in our age groups. Both of us had our slowest time ever. The Australian spectators, however, were the best; I can't give them enough credit!

Final thoughts: I'm not quite sure why Ironman has decided to modify the bike courses for the 70.3 Worlds. Zell am See last year included a 10 mile climb, and this year's race featured the 18 to 20% grade. I understand that too much drafting goes on with a flat course, but a normal person who doesn't cheat on the flats and can't climb like a professional Ibex will have a tough race in these Championships. We now see so many age groupers drafting on the bike leg that the officials simply can't wave yellow cards at a whole pack of 30 or 40 cyclists. Perhaps the professionals could continue to receive yellow, red and blue cards and the age groupers could be tagged electronically and given time penalties at the conclusion of the contest as in USAT races. **As things stand now, cheaters rule and honest people are penalized in Ironman races.** Just my opinion....

Chuck Lohman



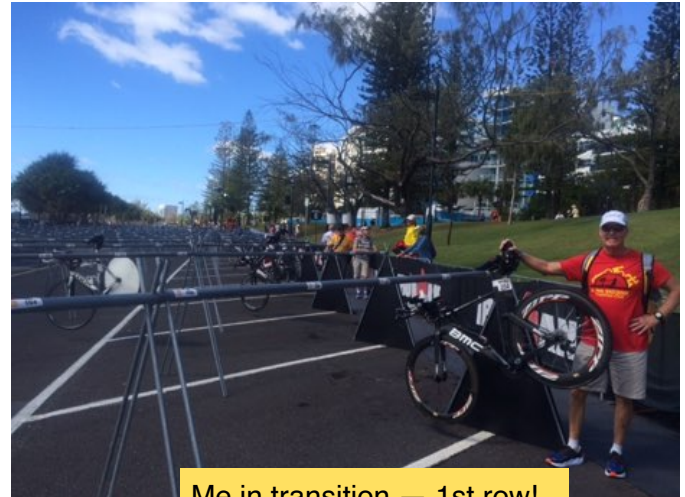
New Zealand heartthrob
Richie McCaw



Me next to an anti-shark wetsuit.
I'm not ready to test it!



Gail on a bike recon







Lenny Aron's Race Report For The Chicago Triathlon

During early 2017 I noticed my vision changing. While playing hockey I would lose sight of the puck being passed to me. During triathlons in 2018 I had difficulty seeing the buoys. I began seeing an ophthalmologist on an annual basis and in 2021 was diagnosed with Stargardt Disease. Stargardt symptoms usually appear during childhood or adolescence, in my case it took 65 years to manifest itself. The disease has progressed to the point that I cannot ride outside nor see buoys well enough to race.

Since I could no longer swim or ride I assumed triathlons were a thing of the past. During late May while talking with a friend from Chicago about my vision he mentioned a non-profit organization, Dare2Tri, which helps para and physically challenged athletes participate in triathlons. I was given the name of one of the co-founders, Dan Turn. As it happens Dan and I met approximately eight years ago when we belonged to the same triathlon club in Chicago. Dan explained how Dare2Tri could help me compete in triathlons by providing equipment and guides/pilots. In my case that would be a tandem bike as well as individuals to guide me during all phases of the triathlon.

I participated in several swimming and cycling sessions to prepare for the Chicago Triathlon held the end of August. For the swim I had to become accustomed to a tether looped around my upper thigh; my pilot had the other loop around his leg. It took a little while to differentiate between the pressure of the loop around my leg from the pull of the tether when I swam off course, which happened fairly often. With the tandem bike I had to get accustomed to being on the back and not looking over my pilot's shoulder. My job was to pedal and generate as much power as I could.

My pilot for the swim leg of the Chicago tri was Ryan a staff member of Dare2Tri. My pilot for the ride and run was Ted, a coach for the triathlon club I belong to in Chicago, Ted and I did not have to be tethered for the run. During the swim, Ryan swam a straight line as I kept going to the left. The tether prevented me from straying too far and we were second for the swim. The ride went smoothly with Ted and I having the fastest time. I had hoped to have a pace of 8:30 or faster for the run. I finished the run with a

pace of 8:38 which was good enough for the fastest time. Overall, we were able to finish first out of the four in my category.

It is great knowing that I can continue participating in triathlons. Ted and I have talked about participating in several races next season in an effort to qualify for Nationals next July. I am waiting to learn what the qualifying time will be. The qualifying time will be determined after the International Paratriathlete Championship in November. I was told this year's qualifying time for National's was 1:19, hopefully that was incorrect. I will just have to wait and see. I also hope to compete In St Anthony's next April and maybe one or two additional races in the St Petersburg area.



Race Report on IM Maryland from Brad Kirley

I was pretty well trained up for this race, just a matter of how it all goes, as always.

At the pre-race Welcome Social, I was announced as the oldest competitor and called up onto the stage and given a mug (\$18.95 value on the bottom). As I turned to walk off the stage, he called me back and said, "Give us some advice on racing so old or so long" or something like that. I tried to think quickly of what to say, came up with, "My body doesn't know how old it is, my brain does, but not my body. When it complains, I just tell it, hey, we're doing the same thing we did last year and it says, well, ok then."

Swim: They said the water was 76.0 deg so wet suit legal. Whoooo Hoooo. IM uses 76.1 as their cut off for wet suits. The water was warmer than that, I'm sure and we all agreed afterwards. I think they let it go so we could wear wet suits because of all the sea nettles in the water there. I got several on my chin and one sting on the back of my neck but not too bad.

It was a rolling start, so we lined up according to how fast you thought you'd swim. Many in the wrong place, too far up or too far back. Either way, a lot of passing going on. They funneled us into 2 lines to go into the water and instead of starting 2 every 4 or 5 seconds, they pushed us as fast as they could into the water, 2 at a time. The start is in a launch area, a funnel out for 20 yards or so, then a turn to a buoy so everyone was on the same line. I've been in many a wave start with lots of folks all in the water going at once but never, never been kicked, hit, bumped, pushed, etc as I was in this funnel start. Got my watch knocked off center, stayed on though, got kicked in the right eye. But, after a bit we spread out and then you could go on either side of the guide buoys so that spread folks out a bit until the turn buoy where all had to be left of it. (6 turns)

I had some stomach cramps on the swim but not too bad so I kept going. Nuttin else to do anyway. Got out of the 1.2 mile swim in 1 hr 35 min and 37 seconds, 2:16/100 pace. Not bad at all for me. Love a wet suit swim.

Into **T1**, full change of clothes into biking gear. 10 min 29 sec

Bike: Off on the bike. MD IM is a flat, flat race. Only 2 things to do on the bike, 1. Pedal or 2. slow down. That's it. So it sounds easy and no big hills to climb BUT instead of hills, they import winds, lotsa winds. After 15 miles or so you start the first of 2 loops. Winds in your face for most all of the first loop, then brutal winds on the second lap. Also had some stomach cramps on the bike but got thru it in pretty good time for me. 112 miles, 7 hr 11 min 16 seconds. 15.6 mph avg.

Into **T2**, full change of clothes into running gear. 13 min 14 sec

Run: Started off on the run, with the dreaded thought in my little mind, 26.2 miles to go, oh boy that's seems like a long long way at this point. The first mile went ok tho but then a half mile later, my lower back really ached, I guess from the bike, then right after that, my left leg started to hint it wanted to cramp, and then the right, not to be left out, also wanted to cramp up so I had to walk a while to get them to settle down. For the next 10 miles or so, could do the IM shuffle for short distances then walk a bit, then shuffle, then walk, etc. At a little over half way, was all beginning to hurt and I just wanted to finish under the 17 hr cut off, so I decided to walk most all of the rest of the race. Did so and was ok, miles taking between 17 and 18 min a mile to walk and doing math constantly in my tired brain, figured out I was fine to finish with plenty of time to spare.

My feet were beginning to hurt, then really hurt, seems I had blisters on both feet, about 2 1/2" in diameter, right under the balls of my feet. The left one hurt much more and seems it had not only formed but then broken so it was really sore and hurting. The right just hurt a bunch.

Ran the last 300 yards as they called out, "Brad Kirley, You Are An Ironman". Then the announcer adds, "Brad is our oldest competitor today." 26.2 miles, 7 hr, 11 min, 42 seconds. 16:48 min/mi slowest Marathon ever for me.

Total time: 16 hr, 22 min 19 sec, 2nd place in the M 75-79 age group. I told the winner I was second but he was next to last. There were 4 of us originally, then 3, and then only 2 started.

I got my medal and a second medal because I had done the half IM 70.3 in June and if you did both races, you got a second saying you were a Crabby.

I got into the chow line for some food and this guy taps me on the shoulder so I turn around and there is Andrew Messick, the CEO of Ironman who knows me. Donna had asked me if he would be there and I said, No, he goes to all the World's but so many of these other races, not many of them but there he was. Seems he was in the next town over with his brother-in-law to take his mother-in-law out to dinner for her birthday and came over to see how it was going after that. Then he saw my name on the list and so he waited for me to finish. I told him I got there as fast as I could. He asked how I did and I said I didn't know so he looked me up on his phone as he had been following me and told me I was second.

Ate and drank some water, walked a ways to a bus to near transition, then walked over and got my T bags with dirty clothes, bike stuff, etc, then over and got my bike and off to a much needed shower. That hurt as I could barely stand on my blistered feet.

Awards: Sun morning was the awards and roll down for Kona and volunteer appreciation breakfast. I got my second, was announced as the oldest in the race, 77 and the young 76 yr old that beat me got his first. The kept the two 70-74 yr olds there (4 of them but only 2 finished I think), and then they took pics of the 4 of us old 70's guys.

Roll Down: They start with the oldest so any slots not taken can be given to big age groups. Every age group gets at least one slot. They said the largest age gp was 50-54, 286 of them. So the first name called out was the guy who beat me, (by the way, he was only 2 min ahead of me after the bike cuz I'd beatin him in the swim and both T's but his bike was 23 min faster and then his run was way faster, he won by an hour and 18 min.) But he stands up and says, No, I don't want it. OK, then it rolls to Brad Kirley, Brad, you want it? I jump up and yell, YES, and the crowd cheered, the first slot going to Kona to World's. First you fill out a form on a laptop, then Pay for the 2023 race. Oh well, it's only money huh. One of the best signs along the way, Remember, you Paid For This. So true. Full IM #10 completed.

BK



Mad Dog Sponsors



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NORMATEC

Training Tip - Use Marker Sets to Measure Your Fitness Level

Using marker sets to measure your fitness level has been around for a long time. They are nothing new. The concept is simple: periodically do the same workout at the same level of effort and compare your results over time to determine if you have gone farther or faster. Including marker sets every few weeks will help you gauge if your fitness level is improving. Here's an example you can try.

Running marker set:

After a 15 minute warm up, run 3 miles on a relatively flat terrain (or on a treadmill if you really must!). Hold a steady heart rate at your high end endurance level. This is not an all-out effort, but you should be working above your comfort zone. Think 10K pace or a little slower. Once you fix on a heart rate adjust your speed up or down to keep your heart rate steady. Make a note of your elapsed time for 3 miles at that steady heart rate. Cool down for 10 minutes. Stretch.

Repeat this marker set every 6 to 8 weeks on the same course and at the same heart rate. The duration / elapsed time for the 3 mile run should decrease over the weeks and months.

You can do a similar workout on the bike or in the pool. Choose a fixed distance and a fixed level of effort, and compare your results over time.

Train smart. Race fast.

Frank Adornato





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