



THE FINISH LINE



**Salvador Dali
befriending Kim
Donaldson, Danny
Nolan and associates**

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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.

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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

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Editor's Column

In last month's column I told you that I hoped to provide a trip report of the bike and barge trip we signed up for to Germany, France and Luxembourg. Well, it didn't exactly work out. The day before our departure on July 28th, Frankfurt Airport was shut down for a ground staff strike. Since I didn't like the seats we were assigned for the flight, we got to the Tampa airport 3 and 1/2 hours early so that I could pay for an upgrade. My first clue that something was amiss, was that there were about 150 people already in line. Turns out that they were the folks from the cancelled flight on the 27th. After 45 minutes in line, we headed for TSA **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. 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..	7:00 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. 7:50 slower ride..	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

Local triathletes Paula Shea and Gail Norman competed in Ironman Alaska. Isn't the Ironman race hard enough without swimming in 56 degree water?

Speaking of swimming... I know this isn't the favorite activity for all Mad Dogs. However, CNN reports that regular swimmers have a 28% lower risk of early death and a 41% lower risk of death due to heart diseases and stroke according to a report by Swim England's Swimming and Health Commission. Don't know if this takes into account shark or alligator attacks, though.

**"If you're going through hell, keep going."
*Winston Churchill***

SEPT BIRTHDAYS



Youngest Mad Dog, Mateus, 8 weeks old joining the Lohmans on 2 July

Joy Edwards	1st
Dan & Deborah Rothenberger	1st
Linda Auer	3rd
Judy Sromovsky	9th
Michael Lydon	12th
Dan Nolan	13th
Paul Blankenship	14th
William Ulbricht	14th
Timothy Kennedy	15th
Scott Corkran	19th
Kristie Illing	21st
Scott Underkoffler	25th
John von Lackum	25th
Brad Kirley	26th
Peter McKernan	26th

WELCOME NEW MAD DOGS!

#3978 - Leo Budo	- St. Petersburg
#3979 - Raymond Butts	- St. Petersburg
#3980 - Aaron Lynch	- St. Petersburg
#3981 - Jan Pehrson	- St Pete Beach

Editor's Comments continued:

Security check. Completing that, we noted on a display board that our 6:30 PM departure time was now 11:30 - a five hour delay. About 10 PM they announced that it was further delayed to 1 AM. All the food concessions were now closed, and the passengers were staggering around looking like extras in a zombie movie. About 12:15 AM we were told told that the new takeoff time was 2:00 AM. A few minutes later, we were told that it was canceled and to proceed to baggage claim to collect our luggage and go home. At 6 AM, after 3 hours sleep, the trip leader said that Lufthansa couldn't book us and that the only option was to fly out of Venice, Florida that afternoon. This would require us to drive there and to retrieve the car after we returned to Tampa. Gail and I decided that it was getting too hard and headed for the vacation exit ramp. Best laid plans.... We'll try again next year.

Mad Dogs Rule,
Chuck Lohman, Editor

UPCOMING RACES



10 Sep - Tarpon Springs Tri
Tarpon Springs, FL
Sprint - Tri/DU/AB
www.runsignup.com



18 Sep - Ft. DeSoto Series #4
Ft. Desoto
Olympic/Sprint/Tri/DU/AB
www.fortdesototriology.com



24 Sep - Game On Tri
Clearwater, FL
Olympic/Sprint/Tri/DU/AB
www.gameonraceevents.com



24 Sep - Crystal River #2
Crystal River, FL
Sprint - Tri/DU/AB
www.runsignup.com



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

New York City Tri - 24 Jul

3rd Place -

Noah Pransky

IM Alaska - 6 Aug

2nd Place -

Gail Norman

Participant -

Paula Shea

USAT Nationals - 5 - 6 Aug

Participant -

John Hollenhorst

Top Gun Triathlon - 6 Aug

1st Place -

Todd Bibza

Patricia Junqueira

2nd Place -

Suzanne Brosseau

Michael Oertle

3rd Place -

Betsy Banks

FD Trilogy #3 - 21 Aug

Sprint Tri

1st Place -

Leo Budo

Carol Hollenbeck

Cindy Perret

Bonnie Theall

2nd Place -

Patricia Junqueira

Sue Minkoff

3rd Place -

Mike Hood

David Minkoff

Sprint Duathlon

2nd Place -

John Hollenhorst (Overall)

Aqua/Bike

2nd Place -

Reva Moeller (Overall)

MAD DOG PICTURES



Patricia Junqueira's stolen tri-bike. If found, please message her.



Jackie Yost supervising swimmers at Treasure Island Beach (from Jan Pehrson)



Mad Dog Macarena Martin Mayor prepping for Nationals

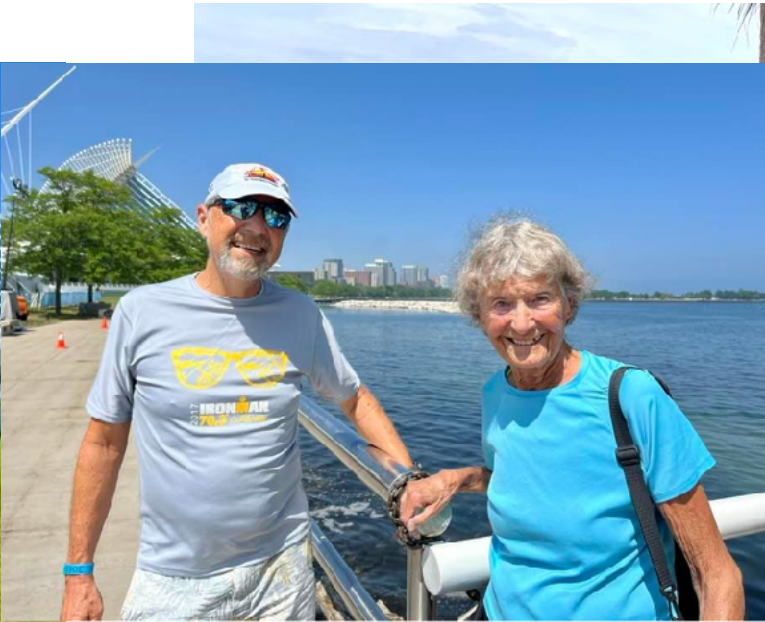


Patricia Junqueira wins her age group at Top Gun on her new bike!

MAD DOG PICTURES



Mad Dog Paula Shea @ IM Alaska



John and Pam Hollenhorst with Sister Madonna Buder at USAT Nationals

MAD DOG PICTURES

John Hollenhorst at Nationals (Pix from Pam)



MAD DOG PICTURES

Fort DeSoto Trilogy #3 Pictures From Pam Hollenhorst



John Hollenhorst, Patricia Junqueira, Paula Shea, Cindy Perret



Reva Moeller (L)



Cindy Perret



John H.



John Hollenhorst (L)



Paula Shea back from IM Alaska

MAD DOG PICTURES



Barbara Hatfield



Salvador Dali befriending Kim Donaldson, Danny Nolan and associates



Mike (old school) Hood



Claudia Junqueira and Carol Hollenbeck

With Miami Man Triathlon Looming in November, a Retro Race Report is included for your Amusement

For those Mad Dogs who either lack the luck or speed to compete in the Clearwater 70.3 World Championships in mid-November each year, there exists a very attractive alternative race: Miami Man. This race will become increasingly popular next year when the Worlds move to Las Vegas in September.

Miami Man is actually three simultaneous races; a 1/2 Iron Triathlon, a 1/2 Iron Duathlon and an Olympic Triathlon - something for everyone.

The check-in procedures on Saturday went very smoothly, and we ran into Mad Dogs Joe Ramirez and Rich Russell while going through the in-processing. The goody bag was so well packed that we needed a porter to help us lug it around. You were offered a choice of short sleeve shirts in different colors, or a black long sleeve one. Next, you could choose between a hat or a visor. The very extensive Expo had plenty of merchandise available. Race officials used the new Tri-Tats for body marking. They seemed to adhere better to the ladies than to the guys with hairy arms and/or legs.

We racked our bikes overnight with individual named and number spaces, and only six bikes per rack. It's been a long time since we had seen such a spacious setup.

The swim was in a clear, alligator free lake with a water temperature of 70 degrees. Swim caps were shaped like colorful fish complete with tail and dorsal fins. When I watched the warm up swimmers, it looked like a Nemo convention! Visibility was usually about 15 feet underwater. The 1/2 Iron distance waves kicked off at 0700 for the two lap swim, and the Olympic waves at 0800 for their single lap.

The only confusion occurred when some of the Olympic distance swimmers took off an hour early with their long distance counterparts

who were wearing the same color race hats. I guess it was a good opportunity to swim the entire course early as a recon/warm up.

Reading the schedule is soooo boring. The bike routes are relatively straightforward and flat, but subject to familiar Florida wind conditions. The run is one of the highlights of the race with laps through the Miami Zoo.

About one quarter of the route is off-road, so be prepared. As you approach the elephant enclosure on your left, remember to strike a pose for the photographer on your right. It's a great shot with the elephant in the background -- even the Clydesdales look like bantamweights. Temperatures were in the mid-70's, with intermittent cloud cover.

Both bike and run courses are well marked and well staffed with enthusiastic, well-trained volunteers. The aid stations used Cytomax, rather than Gatorade. Gail, normally very "selective" about drink supplements, pronounced it fit for human consumption.

I have to relate a race story. Gail, as you know, is normally very sweet and supportive -- at least until the gun goes off. She passed a young man limping along during the run and asked if he was OK. He replied, "My foot is hurting." Smiling sweetly, she retorted, "Hey this is a Half-Ironman. I'm hurting. Everyone is hurting. Just suck it up!" Everyone around them started yelling, "Yeah, I'm hurting too. I've got a blister. My leg hurts more than yours, etc." The poor guy started running again. Thus is born another triathlon legend. Later, Gail explained her actions as either an endorphin overload or to watching too many Geico commercials starring the former Drill Instructor psychologist.

Another interesting factor in the race is that a very large portion of the competitors are Spanish speaking. The announcer was bi-lingual, and I knew just enough Spanish to repeatedly embarrass myself trying to engage in conversations. Everyone was gracious, though, and a very proud

father from Columbia introduced me to his 14 year old son who had just completed his first triathlon.

The awards were truly unique. Instead of the usual medals or plaques, they handed out stuffed tigers, giraffes, rhinos and alligators dressed in tiny Miami Man T-shirts emblazoned with the finishers' place.

We were proud to see Heather Gollnick, MD #2437, awarded her tiger as the first place female overall. During the Award Ceremony, the sponsors even passed out free race hats and pineapples.

Finally, the post race banquet was really well done with plenty of great food for everyone. Try it, you'll like it!

Chuck Lohman

It's Time For a Woman to Run USA Triathlon

DAN EMPFIELD

Thu Aug 04 2022

Interesting take from Don Enfield at Slowtwitch.....Editor

Certain brands and orgs are consequential to what we do, among them each country's national governing body. USA Triathlon is the NGB for triathlon in the U.S., and it was a big deal when Rocky Harris took over the leadership of that org back in 2017. He distinguished himself as a reformer, a bridge builder, a modernizer and I've never seen an executive director or CEO during the almost-40 years of USA Triathlon (and its precursors) who has been so universally loved and respected. But alas, he's leaving.

Harris is taking a role with USOPC, chief of sport and athlete services. Also under his purview are all the NGBs under the USOPC umbrella. He will be judged based on the performance of our teams at the Olympics and World Championships; and by the execution of the relationships between the USOPC and the 50-or-so NGBs; and by the performance of the various training centers USOPC maintains. Under Harris is roughly half the 500-plus employee count at USOPC, and half its budget.

The last note about Rocky Harris: While he is one of a number of direct reports to CEO Sarah Hirshland, calling him the new number-2 person at the USOPC is defensible. The search for this position commenced in April and I can only imagine the number and quality of the applicants for this job. For the USOPC to choose Harris is not surprising, because of the quality of the man and of the organization. I have maintained that for the last decade USAT has been one of the top half-dozen strongest and best-run NGBs under the USOPC, and I think the choice of Harris for this post underscores that.

What happens now? One of the early decisions of consequence Rocky Harris made was to hire Victoria Brumfield, hiring her as Chief Of Staff of USAT in 2018. During the pandemic she took on additional duties. Her current title at USA Triathlon is Chief Business Development Officer & Chief of Staff. Because of my faith in USAT's Board I trust it to choose a capable leader. Just, USAT has never promoted this position from within (to my recollection). Both Tim Yount and Vic Brumfield have earned the right to be considered. I like Vic for the job because she's the person who worked side-by-side with Harris and – as good as he was – in my experience Vic was his secret weapon.

Beyond Vic's own experience and qualifications we've never had a woman run USAT and it seems time we do. (We've had women as Board chairs, but not as the CEO.) Women have been the engine fueling growth in endurance sport this century and, quite frankly, women have a skill men don't have for having fun in triathlon and for making triathlon fun. If you're in Kona, sit at mile-24 of the run for a couple of hours, right around the 12 or 13 hour mark. (It's the best place to be during that race.) Look at the faces of those nearing the finish. The men are grimacing; the women wear big smiles. And by the way, women have always produced that Kona race.

The typical path is for USAT is to hire a hard charging male who sails in to save the day from some coastal edge of the country. My instinct tells me that men have taken USA Triathlon about as far as they can take it, and it might be time to hand the baton off to someone better equipped to take it to the next level. It's the Board's choice and I trust them but if they choose Victoria Brumfield USAT gets a top quality person and a rare executive talent. And it can save money on the furniture movers.

Mad Dog Brad Kirley's Report from USAT Nationals

Here is my National's story:

Saturday was the Olympic race, .93 mi swim, 25 mi bike, 6.2 mi run cold water, 62 deg, then hot hot on the bike n run, into the 90's by the time we were done. There were 30 of us old farts in the 75-79 age gp, 21 raced, dunno about the other 9, guess they heard an SCS guy was coming so they didn't compete.

Got 9th/21 so happy with that, they go 10 deep so on the podium, whooo hooo.

Sunday was supposed to be a sprint, 750 meters swim, 13 mi bike, and 3.1 mi run, but due to heavy rains and thunder predicted, they made it a super sprint, super cuz you gotta go super fast, so was 375 yd swim, 22 mi bike, and 2 mi run.

I'm such a slow swimmer, have to have longer bike and run to make up the time. I'm behind after the swim. the super sprint doesn't give me enough time to recover, so was 14/18 who raced. A lot more signed up, later results say I was 11/30 so who knows, but not top 10 either way.

Anyway, I qualified for World's in the Olympic distance, in Spain in 2023 but not sure if we will go or not. Have to see, lotta variables to figure out.

BK

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Training Tip - Tempo Runs. What? Why? and How?

Tempo runs are a good way to train your body to sustain a faster running pace for a longer period of time without feeling the effects of muscle fatigue. Unlike typical speed intervals which are shorter sets run at or near anaerobic threshold heart rate, tempo workouts are longer sets run at sub-threshold heart rate. To determine your personal tempo speed, go out a little slower than your 10K race pace (10 to 15 seconds slower per mile).

The distances can vary depending upon your target race distance, but usually they range around 6 to 12 minutes each with about 5 minutes at an easy pace in-between. These are continuous efforts with no resting or walking.

A typical tempo workout would consist of three to four sets of about 6 to 12 minutes at tempo pace with 5 minutes at an easy pace. (Choose a tempo interval based upon your experience and fitness level.) If you're training for a long distance race (a marathon, 70.3, or ironman distance event), gradually increase the distances over several workouts to three sets of 2 miles at tempo pace with 1 mile easy pace between.

When you plan out your training calendar, consider including these tempo workouts every other week, perhaps alternating with higher intensity speed sets on the alternate weeks

Always start with a long warm up (a mile or more), and allow for a cool down and stretch at the end of the workout. And be sure to hydrate before, during, and after.

Tarin smart. Race fast.

Frank Adornato



Article by Verena Weil

The right running shoe:

Find the right model in just a few steps

Our feet, body and running style are as individual and drive the choice of the ideal pair of running shoes. With so many options and styles this choice can be confusing: narrow, wide, flat, high, a lot or little cushion, light weight, etc.

In addition, new innovations are constantly adding to the confusing array of options. Understanding what this evolution means for your shoe selection is anything but easy.

Every day when I'm out and about, I see runners wearing the wrong shoes for their running style or physical attributes.

The most common mistakes in running shoes:

- Running shoe size is too small - resulting in discolored toes or toenails or corns...
- You love the the look or the color, but the shoe does not fit the foot or purpose, but you still buys it.
- The shoe fits perfectly, but you don't like the look of it so don't buy it
- Friends wear a certain brand and rave, "You have to!!! You absolutely must have!" that's why you want to wear them. And you buy shoes even if they don't fit YOU perfectly...
- You don't want to spend a lot on running shoes, so buy the cheapest ones.

I hear that last one a lot with beginners. But they in particular need the right shoes, because their muscles, ligaments, tendons, etc. are not yet as fit and strong as those of runners who are really fit and have trained for a long time

Most running shoes last between 500 and 620 miles, depending on body weight. After that you should only go for a walk with it :)

So that you don't make the same mistakes, here are a few tip as to what to pay attention to and which criteria are important:

- size
- body shape (tall, short, heavy, thin, etc.)
- past injuries (knee issues, ankle issues, etc.)
- the running distance they are used for

- the type of surface (asphalt, trails, etc.)
- mission (training, competition, intervals on a track, etc.)
- insole needed

The search can roughly be divided into 4 steps:

1. Running style/ running technique:

It is very important whether you run neutral, or have inwards or outwards pronation. Neutral runners can wear neutral shoes and lightweight shoes very well. If you pronate outwards, you should also choose neutral, because otherwise the joints will be pushed in the wrong direction.

2. Personal Characteristics:

Normally, a light runner needs less cushioning than a heavier one. It is also important to consider whether you have had injuries or have health problems. If you already have orthopedic insoles, you should take them with you when you buy running shoes. A neutral shoe is almost always used with insoles.

3. Distance:

It is also important to distinguish between running a 5K, a marathon or even an ultramarathon. Shorter distances require shoes with less cushioning and support. If it gets "longer" it should be regular cushioning and support or a little more.

4. Surface (asphalt, track, trail):

The running shoe is fundamentally different when you run on asphalt than on dirt. A road running shoe has a lot of friction and therefore a harder, less abrasion-resistant rubber compound on the sole, a trail shoe has a softer rubber to have a grip on rocks and in mud and also a coarser profile, which in turn is worn down too fast on asphalt and less cushion. This is because it is actually made for softer ground and requires stability rather than cushioning.

- If you do a triathlon, it should the top should be very breathable so that the water you use to cool your body can drain off and not slosh back and forth in your shoe. The loop at the end of triathlon shoes also helps to quickly slip into your shoes.
- Competition shoes look great and many pros wear them. But does the shoe with a carbon plate also suit you? It is best to always be honest with yourself and your current level of performance. You can spend \$260, but you may not have to. Sometimes less is more...

How should the running shoe fit?

In the midfoot area, the shoe should fit snugly on the foot, but not constrict. It is important that you have enough space in front – the famous thumb width is a good guideline. Most runners wear at least half a size larger in their running shoes than they do in their street shoes. Usually even 1 to 1.5 sizes larger. This is because when we roll over the big toe, we slide 4 to 6mm forward, depending on the speed. So if you buy it too small, you will get blue toenails or lose them completely...

In some retail stores, you should also be careful when they push for a certain brand. Often this is because they still have an inventory that is too large and want to get rid of them first. A good running shoe seller also asks questions on the topics above first. If they don't, beware that what you are getting really fits YOUR needs.

AUTHOR

Verena Sunshine Erickson has 20 years of experience in the sports shoe industry, helping thousands of runners find the right running shoes. She received in-depth training annually by companies like Adidas, Nike, Asics, Brooks, New Balance, etc. as new products were released. If you'd like help in shoe selection, she can be reached at verena@yrpeak.com.





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