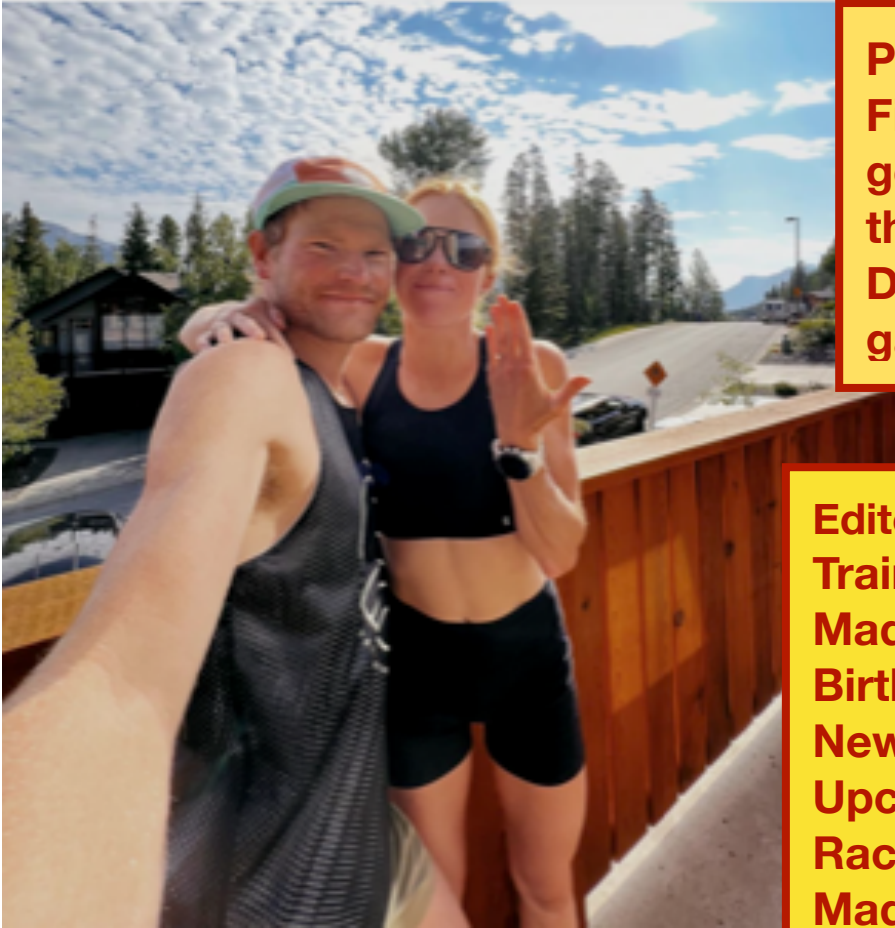


THE FINISH LINE



Pro St Pete Mad Dog Paula Findley and Eric Lagerstrom get engaged in the middle of their training run! Single Mad Dogs will have to up their game in the future.

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Bonus Cover Picture of Paula Shea and Sean Simmons at FD #2 Race from Pam Hollenhorst

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

In this issue I have included a Slowtwitch article on the retirement of Andrew Messing as CEO of the Ironman Group at the end of this year. In my opinion, the article is sort of a “hearts and roses” tribute to his efforts to deal with issues related to the COVID epidemic. No mention is made of issues arising from the decisions to split the IM and IM 70.3 fields into male and female races to double income, and to “allow” half the IM field to race in Nice, versus Kona on alternating years. Consequently, many slots are unfilled, rolling completely through age groups in qualifying races.

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, 1600 Gulf Way, Pass-a-Grille.	8 am. From USFSP 14.5 miles 20-21 mph.	7:30 am. Meet at Sun Blvd & Pinellas Bayway at Addicted to the Bean. All paces and distances.
THURSDAY	5:30 - 7:00 AM St. Pete Beach Aquatics Club coached by Leo Briceno -fee	7:30 AM 3 Bridges Ride from Captiva Cay Condos at moderate pace. 45 miles total, or 35 miles from 30 Ave N & PT at 8:00.	
FRIDAY	8 am. Yost Porch Swimmers. Meet at 143 91st Ave, Treasure Island,	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 +	
SUNDAY	SWIM	BIKE	RUN
		Ft De Soto 8:00, all paces, 20 miles	Following the bike ride a 4-mile run



MAD DOG NEWS

The Friday morning swim at Jackie Yost's house continues to grow in popularity because the water is calmer in the morning. Limited space for parking, so please consider ride sharing.

ANNOUNCING A SPECIAL SWIM TRAINING CLINIC EXCLUSIVE FOR [St. Pete Mad Dogs Triathlon Club](#) members.

Coach Earl Walton, along with Kim Bracken of Bracken Elite Swim Training (B.E.S.T.) will conduct a group clinic at North Shore Pool, Sunday August 20th, 2-4 pm. Cost is \$50.

To register, pay Kim at:

Venmo @kim-Brackin

Zelle Kim.brackin@gmail.com or 512-801-5774

Google Pay Kim.brackin@gmail.com

About coach Earl: Earl was the Global Head of Coaching and Training for Ironman and the Director of Education for USA Triathlon, where he oversaw all athlete and coaching development. He was the Founder and Head Coach of Tailwind Endurance and TriLife, two of New York's preeminent Triathlon Clubs. Earl has coached thousands of athletes to their own finish lines and atop the podiums of the world's most challenging endurance races including the Ironman World Championship in Kona, Hawaii.

**“If you can fill the unforgiving minute
with sixty seconds worth of distance run,
yours is the earth and everything that's in it.”**

Rudyard Kipling “IF”

AUGUST BIRTHDAYS



Leo Budo	17 July (Late)
Michelle Young	1st
Patrick Ruta	2nd
Glenn Warr	7th
Janet Kelly	12th
Cindy Perret	12th
Pat Brighton	17th
Dee Ann Farnell	20th
Kristen Ashbaugh	21st
Justin Prince	21st
Rick Campins	24th
Katie Ashbaugh	25th

WELCOME NEW MAD DOGS!

#4021 - Renee Talewsky	South Pasadena, FL
#4022 - Stella Bernardi	Seminole, FL
#4023 - Molly Diroce	Palm Harbor, FL
#4024 - Sarah Kelley	St. Petersburg
#4025 - Wayne Dudding	Imperial, PA

Editor's Comments continued:

Are long distance triathletes voting with their wallets? Are some thinking that doubling the number racers will dilute the concept of a World Championship?

I've also included a couple of articles on training and racing in hot weather. The first is from our own Frank Adornato and the second is from Slowtwitch e-mag. Read and heed!

Finally, I added an article on Hoka's new Rocket X2. Note the comments about T2 for you short course racers.

Mad Dogs Rule,
Chuck Lohman, Editor

UPCOMING RACES



5 Aug - Top Gun Triathlon
Ft DeSoto, FL
Sprint - Tri/DU/AB
www.runsignup.com



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



26/27 Aug - IM 70.3 Worlds
Lahti, Finland
Half Ironman Distance
www.ironman.com



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



3 Sep - Ft. DeSoto Series #3
Ft DeSoto, FL
Sprint - Tri/DU; Olym - Tri/DU/AB
www.triregistration.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.

Fort DeSoto #2 - 9 Jul

Aqua Bike

1st Place -

Paula Shea

International

1st Place -

Leo Budo

Reva Moeller

Sprint

1st Place -

Art Halttunen

Vicky Linkovich

Cindy Perret

2nd Place -

Suzanne Brousseau

Tony Handler

Bill Hendrick

John Hollenhorst

Sean Simmons (**Overall**)

3rd place -

Joy Edwards

John Mrosek

IM 70.3 Mussleman - 9 Jul

Finisher -

Steve Swift

Henderson Sprint Triathlon - 9 Jul

2nd Place -

Jack Wilkenson

Asheville Triathlon - 16 Jul

1st Place -

Jack Wilkenson

Diamond in the Ruff Intl. Dist. - 8 July

1st Place -

Brad Kirley

MAD DOG PICTURES



Justin Prince prepping for Fort Desoto #2



Brad Kirley



Jessica Parrish cross training in Wisconsin



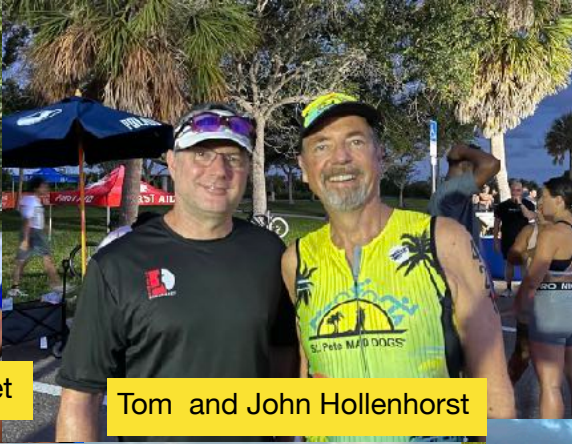
Jack Wilkenson @ Asheville

MAD DOG PICTURES

FD#2 Pictures from Pam Hollenhorst



Joy Edwards and Cindy Perret



Tom and John Hollenhorst



Cindy Perret Vicky Linkovich at Sunrise



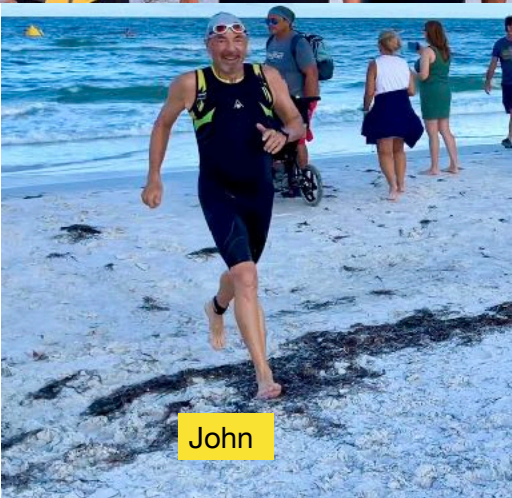
Bill Hendrick, John and Sean Simmons



Leo Budo



Paula Shea and Reva Moeller



John



Sean Simmons

MAD DOG PICTURES

FD#2 Pictures from Pam Hollenhorst



John Mrosek



Bill Hendrick



Cindy Perret



Joy Edwards {left}



Vickv Linkovich



Leo Budo

MAD DOG PICTURES

FD#2 Pictures from Pam Hollenhorst



Mad Dog Winners!



Podium Ladies



John Mrosek



Paula Shea and Sean Simmons

MAD DOG PICTURES

**Saturday night Mad Dog Rendezvous at Three Birds
from Pam Hollenhorst**



Training and Racing In Hot, Humid Weather.

Summer is here, and that means we'll be training and racing in very hot and humid weather for several months. These extreme conditions are not only uncomfortable, they can also be dangerous to your health. Exercising in hot, humid weather can rapidly raise your body's core temperature, putting you at risk of heat exhaustion or heat stroke, as well as dehydration.

The higher the heat and humidity, the harder the body has to work to keep itself cool. As the body's core temperature rises, there is a greater strain on the heart. Dehydration also occurs, causing thickening of the blood, and the heart has to work harder to pump the thickened blood throughout the body. This, in turn, can cause decreased physical and mental capability, which can sabotage your workout or race. Drinking cool liquids helps to regulate internal body heat, maintain electrolyte levels, and prevent or minimize the adverse effects of dehydration.

Dehydration by as little as 2% body weight can impair physical performance. Some of the signs of dehydration include thirst, lightheadedness, dry mouth, fatigue, dark colored and strong-smelling urine. More severe dehydration can cause nausea, vomiting, dizziness, headache, and muscle cramps.

Here are several things to keep in mind to minimize risk and stay healthy.

1. Train in the early hours of the day before the sun gets high in the sky and temperatures rise. When conditions are extreme, consider training indoors in an air-conditioned gym or at home.
2. Drink plenty of liquids - both water and electrolyte replacement drinks - all the time, not just when training. Drinking water is important, but you should not drink water to excess. It is also very important to take in sports drinks that contain electrolytes, i.e., sodium and potassium salts.
3. When racing, have a fuel and hydration plan. Before the swim start, drink a few ounces of water (plus one packet of gel). On the bike, sip a mouthful every few minutes. Alternate between water and sports drink. On the run, if you carry a hydration bottle, drink the same as on the bike. If you depend upon the aid stations for food and liquids, assuming there's one station approximately every mile, which is the norm, take in gel plus water at the even stations and sports drink plus water at the odd stations.

4. NSAIDS (anti-inflammatory drugs) such as aspirin, ibuprofen, or naproxen can worsen electrolyte (salt) loss. Use these drugs only if absolutely necessary before or during exercise.
5. In spite of the best plans, most athletes will have some degree of dehydration when they finish their training or a race. Make sure to continue to drink liquids as well as some calories after your race or workout is done.

Train smart. Race fast.

Frank Adornato



IRONMAN CEO Andrew Messick to Retire

RYAN HEISLER

Thu Jul 06 2023 Slowtwitch

Andrew Messick will retire from his roles as President and CEO of the IRONMAN Group at the conclusion of 2023, according to an announcement from IRONMAN.

Messick will retain his role on the Board of Directors and remain a stakeholder.

“Being the CEO of The IRONMAN Group has been the professional honor of my life – the most meaningful and purposeful work experience I have had -- and I am filled with gratitude for the support of my team members, our partners, and the athlete community over the past 12 years,” said Messick. “I have given all I have to this job and my life has been enriched by the opportunity to build incredible events, meet athlete community members from all over the world, and lead an incredibly dedicated group of colleagues.”

Messick has held the role of CEO since 2011, when he left AEG to join IRONMAN. Under Messick’s tenure, IRONMAN has radically transformed its business from primarily a licensing business to an event production company, in the process becoming the largest organizer of mass participation events worldwide. During the process, IRONMAN has diversified into events beyond triathlon, including into the running and trail communities with the Rock n Roll Running Series and UTMB.

Messick has also overseen IRONMAN’s transition of ownership multiple times, including to its current holding under Advance. It was Messick’s leadership that was cited as a key to Advance’s acquisition: “Our partnership with Andrew and confidence in his leadership were critical to Advance’s decision in March of 2020 to acquire The IRONMAN Group while an unprecedented and unpredictable

pandemic disruption to the live events industry was well underway,” said Janine Shelffo, Chief Strategy & Development Officer at Advance. “It is thanks to his steady stewardship that The IRONMAN Group has emerged from that disruption well poised to capitalize on the tremendous long-term opportunities we see ahead.”

IRONMAN also has developed their transfer, deferral, and payment plan policies all during the course of Messick’s leadership.

Messick concluded, “Leaving this leadership role with IRONMAN is difficult, as my love for this company runs deep. I did my first IRONMAN and IRONMAN 70.3 triathlons nearly two decades ago, long before I had any affiliation with the organization. What I have learned and seen at the races have been some of the most meaningful experiences of my life.”

Over the course of the next couple of months we will be writing a series of articles about the successes and challenges that IRONMAN faced during Messick’s leadership era.



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I have been practicing Personal Injury law in St. Petersburg, Florida, since the mid seventies. I have lived in this area all my life except my school years at the University of Notre Dame Law School. Our practice is dedicated to serving our clients in the areas of Personal Injury, Commercial Litigation, Contractual Disputes, and Premises Liability.



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What to Know About Sports Nutrition When It's Hot

MEGAN FOLEY, MS, RD

Sat Jul 08 2023 Slowtwitch

Summer is heating up, and I for one, am thrilled. The frigid winter in Salt Lake was excruciatingly long this year. However, hot weather comes with its own challenges especially when it comes to training outside. Physiological stress on the body is high while adjusting to the new, hot temperatures. So, here are a few tips to consider as we move into the full summer heat wave.

BURNING THROUGH FUEL

The increased metabolism and muscle contraction required for exercise results in increased heat production. Generally, athletes can dissipate heat through sweat production. In hot weather, core temperature rises because heat production accumulates faster than heat can be dissipated through the skin. Higher core temperatures mean higher physiological strain, and higher strain (read: intensity) results in increased reliance on carbohydrate for energy. Athletes often end up burning through their muscle glycogen stores more quickly in hot weather.

The fueling challenges don't end there. Gastrointestinal function can also be affected by heat. Blood is diverted away from the GI tract and towards working muscles and skin in an effort to regulate and cool down. Diversion of blood flow away the gut along with increased core temperatures can lead to [issues such as delayed gastric emptying, suppressed nutrient digestion, or suppressed nutrient absorption.](#)

When adapting to warm weather, it's important to stay on top of carb intake. [Small, evenly distributed intakes of around 45g carb/per hour is a good place to start.](#) Fuel early and often. Because of the increased potential for GI issues, it's best to experiment with simple carbs initially, like sports

drinks, gels, or gummies during exercise. If they're well tolerated, you can experiment with more carb sources.

STAYING HYDRATED

Higher temps means increased fluid needs. Sweat rate increases in an effort to dissipate heat. Generally, higher sweat losses are a good thing because it means the body is effectively cooling itself off, keeping the core temperature lower for longer. Athletes should increase their fluid intake to account for these losses. Go into workouts well hydrated. Although imperfect, one of the simplest ways to monitor hydration status is to monitor urine color. The goal is to have a pale yellow color. Adequate hydration allows your body to function properly while dehydration can increase the likelihood of GI distress.

Stay on top of your hydration plan. During workouts, [sodium based sports drinks tend to increase thirst and therefore increase fluid intake compared to plain water](#). If possible, keep beverages cold. This also increases palatability and your likelihood to drink. The night before a long ride, fill bottles halfway with water or sports drink, then stick them in the freezer. The next morning fill up the remaining bottle space with cold water. This delays the time for the fluids in the bottle to become hot.

Plan your training routes accordingly. Let's face it, the most ideal scenario is to carry water with you while running and out riding. Find a hydration system that works for you. As someone who dislikes carrying water while running, I try to minimize the amount I have to carry by planning routes around water fountains and gas station stops. Try to find some shade and out of direct sunlight.

While hydration is important, too much fluid intake can cause its own issues. Exercise-Associated Hyponatremia is a dangerous condition where sodium levels in the blood drop below the normal range. [Symptoms can range from mild to severe](#) including lightheadedness, nausea, headache, and in serious cases vomiting, altered mental state, seizure, coma, or even death. [The most common cause of exercise-associated hyponatremia is excessive fluid intake](#) so be sure that fluid intake during exercise does not

exceed fluid losses.

Post exercise, it's important to replenish fluids that have been lost through sweat. For every pound of body weight lost, you'll want to drink 16-24oz. Fluid intake doesn't have to just come from beverages. Foods like watermelon, cucumber, citrus, tomatoes, lettuces, and strawberries have high water contents and help with hydration.

KEEP CORE TEMPERATURE DOWN

Summer season is slushie season... and also smoothie season. One of the fastest ways to decrease body temperature is to down an icy beverage. I find smoothies to be especially helpful for athletes in the summer because high core temperatures can diminish hunger cues, and smoothies can provide the necessary carbs, proteins and fluids needed for recovery post training.

Ice is one of the best tools for athletes to use to cool down. Stick some under your hat before heading out the door. Ladies, those sports bras/tops with phone pockets, try filling those pockets with ice. You won't regret it. During training, keep yourself cool by tipping water over your head and exposed skin. This works especially well in hot dry climates (Hello, Arizona!). In areas with relatively high humidity, pre/post-cooling strategies such as ice vests or post exercise ice bath may provide more benefit. If other options aren't available, starting and ending training sessions in a well air-conditioned room can diminish rises in core temperature.

For both athletic performance and safety, it's important to try to minimize the risk of overheating. Whether you love or hate the hot weather, a thoughtful nutrition approach can help you beat the heat.

HOKA Rocket X 2 is a Rocketship

RYAN HEISLER

Mon Jul 17 2023 Slowtwitch

We have been evangelists for HOKA for at least a decade now. They were at the forefront of the maximalism movement, and in turn played a significant role in turning the running shoe world on its collective head. From the classic Bondi B through to the Clifton and even original racing shoes like the Tracer, HOKA's brand motif was pretty simple to explain: tons of cushioning in a surprisingly lightweight and stable package.

And then Nike launched the Vaporfly, and every shoe brand has been chasing the magic elixir of balancing soft, yet responsive, midsole materials combined with a carbon fiber plate to provide a faster and faster running experience. HOKA's first attempts at this type of shoe left a lot to be desired; quite simply, the ride was too harsh and unstable out of the first generations of shoes. I found the original Rocket X to be a somewhat strange shoe — it was a phenomenal shoe for treadmill running, but the speed did not translate into the outdoors. And then there was the Bondi X, which somehow managed to be both a bad HOKA and a bad carbon plated running shoe.

It was bad enough that many of HOKA's professional triathletes would wind up racing in alternative footwear. That was, until, the 2022 IRONMAN World Championships, when suddenly a lot of athletes were running what HOKA representatives were insisting was a "prototype," despite clearly having a "Rocket X 2" tag printed on them. The fire was further stoked when both Jan Frodeno and Tim O'Donnell made mention of how much they were enjoying running in this new shoe.



And now we've finally got our hands on them. We're a bit further behind than we'd normally like to be with this model. Unfortunately, for a variety of reasons, we were only able to get a pair of Rocket X 2s a bit beyond launch date — mostly because my size 13 canoes were only available post-launch, but also because someone managed to hurt himself over the winter and was prohibited from running for a while.

THE TECH TALK

First and foremost, the Rocket X 2 is unisex. Typically, in US sizing, the women's equivalent size should be 1.5 sizes larger than the men's listing (so a M6 would be a W7.5). According to HOKA, though, the Rocket X 2 is closer to a single size difference. At least from my experience, I think that's in part because the shoe runs a little on the smaller side for the men's number. It's not a full half-size small, but if

you are someone who is usually debating between two sizes — pick the larger one.

HOKA used a new generation of PEBA foam for the Rocket X 2. PEBA is the so-called “secret sauce” of this generation of footwear — it provides a well balanced cushioning experience in a lightweight package, while also providing enough responsiveness to be a good bed for the carbon fiber plate. Speaking of that plate, it sits from the mid foot forward here. Combine that with the 5 millimeter heel-toe offset and HOKA’s traditional rocker (in place on pretty much all HOKA models, as the shoes aren’t exactly flexible given their traditional midsole heights) and you get a shoe that likes to turnover quickly.

You still sit in this shoe, instead of on top of the shoe, which means despite it being labelled neutral, it provides good platform stability. (There are no medial posts or guidance systems to be found here). You’re held into that position by an extremely lightweight upper. We’re talking communion-wafer thin here. Somehow the gusseted tongue is even thinner than that.

In total, it’s a shoe that weighs in at 8.3 ounces in a men’s size 9. I did not weight my size 13s; however, I can say that HOKA’s generally scale up in weight slower than some other manufacturers, and the Rocket X 2 seemed to fit that same motif.

THE RUN

There are four shoes that I’ve had transformative experiences over the last 15 years of working in the industry — the original Saucony Kinvara; the original HOKA Bondi B; the Saucony Endorphin Pro; and this shoe.

It’s that good. Let me explain.

Let me first start with the one negative I have with this shoe — it is going to be nearly impossible for me to put on this shoe quickly in a triathlon. That upper is simply too flimsy and flexible for speed. Yes, I am sure that some of this is operator error. But seeing as I tend to get dumber as races get longer, it's not exactly promising to see me unable to put on this shoe quickly while I'm fresh and expect that this would go well during an IRONMAN transition.

That being said, once you actually get into this shoe, you're met with a relatively premium experience. That's a good thing, considering this shoe, like most carbon-plated racing shoes of today, will set you back \$250. Try-on feel gives the impression of speed — a lightweight upper with “just enough” there support in key areas that wrap around the foot, and a soft, but not spongy, feel underfoot.

It's that sensation that translates over to the road. HOKA got the magic elixir part of the equation right, as the foam and carbon plate combine for a plush running experience that also gives you plenty of pop. It reminds me a lot of some classic Mizuno running shoes that had full length wave plates, but the foams of prior years couldn't quite give the cushioning needed to offset that plate. But it makes for a shoe that feels like it wants to fly at all times.

For me, that's worth a relatively significant time savings at a given HR, to the tune of 15 seconds per mile over my “normal” stable of shoes, and even more when running downhill (which has always been a HOKA trademark experience). Now, I want to caveat that with the fact that I am a.) training more than I have in a while, and so there might be some light data noise from simple improvement, and b.) I respond very well to carbon-plated footwear that fits my foot well — I have similar experiences in Saucony's Endorphin Pro, as mentioned above. But I also can't ignore that I always run faster in this shoe at the same HR consistently. And that makes me excited to run more.

That kind of thing you can't always put a price tag on. It's at least worth trying on the next time you're looking for shoes.



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