

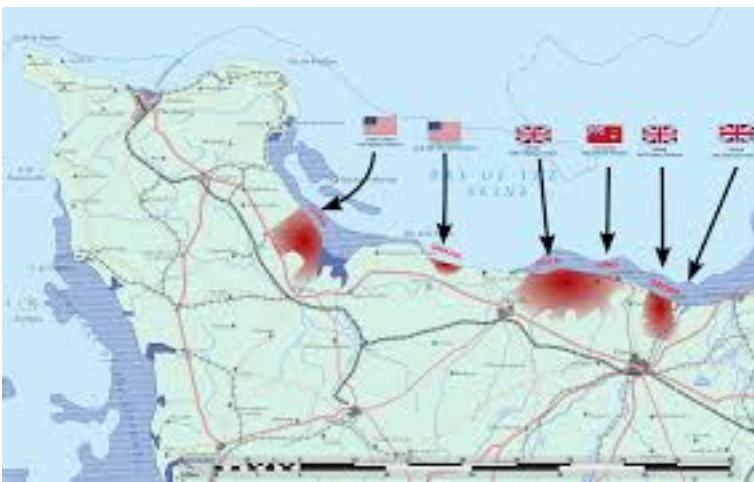


THE FINISH LINE



Mad Dog Mackenzie Bryan 1st in Miami

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Map of D-Day Landings in Normandy 6 Jun 1944, lest we forget.

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.

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Editor's Column

Mad Dog Brad Kirley forwarded an interesting article from Triathlete Magazine on exercise addiction which I reprinted in this newsletter. It's worth a read, particularly for those Mad Dogs who regularly participate in ultra distance events. For many of us it is probably worth exploring any connection with compulsive exercise and AFIB. *The Haywire Heart is also an interesting read.* Please understand that almost all experts believe that exercise is good for both physical and mental health. There is, however, such a concept as too much of a good thing.

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

23

If you are suffering from a new or nagging injury, Dr. April Shook will be providing complementary ESWT treatments at the upcoming Friday morning porch swim on **June 16th**. ESWT (acoustic compression or shock wave therapy) has great success in treating most soft tissue injuries such as: Achilles tendinitis, shin splints, patellar tendinitis, bursitis, tennis elbow, plantar fasciitis, hamstring injuries and much more! Come out and see how this incredible therapy can help speed up your recovery process.

Seen on a t-shirt in Publix recently....."No one cares, work harder."

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.

Congrats to Mad Dog pro Paula Findley who continues to place highly on the triathlon circuit.

"I think this is the most extraordinary collection of talent, of human knowledge, that has ever been gathered together at the White House, with the possible exception of when Thomas Jefferson dined alone." --"Remarks at a Dinner Honoring Nobel Prize Winners - JFK

JUNE BIRTHDAYS



Betsy Banks	4th
Jennifer Clayton	10th
Leonard Aron	11th
Andrea Goldberg	11th
Geza Feketekuty	15th
Steven S Eng	18th
Dianalynn Aguilu	21st
Jim Letzelter	21st
Bill Coggins	22nd
Jonathon Valin	24th
Mary Ann Wallace	27th
Lisa Baldwin	28th

WELCOME NEW MAD DOGS!

#4021 - Renee Talewsky

#4022 - Stella Bernardi

#4023 - Molly Diroce

#4024 - Sarah Kelley

South Pasadena, FL

Seminole, FL

Palm Harbor, FL

St. Petersburg

Editor's Comments continued:

Head's up for everyone. Frank Adornato is working on a destination race for Mad Dogs in early December at Clash Daytona. Featured will be both a Half Iron Distance and a Sprint Distance race. The swim is in the lake in the middle of the speedway. Better dust off your wetsuits — it can be chilly. Stay tuned for more info as the planning progresses.

Mad Dogs Rule,
Chuck Lohman, Editor

UPCOMING RACES



4 June - Ft. DeSoto Series #1
Ft DeSoto, FL
Sprint - Tri/DU; Olym - Tri/DU/AB
www.triregistration.com



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



10 June -Heartland Tri (Cancelled)
Sebring, FL
Sprint - Tri/DU/AB; Olym - Tri/DU/AB
www.runsignup.com



9 Jul - Ft. DeSoto Series #2
Ft DeSoto, FL
Sprint - Tri/DU; Olym - Tri/DU/AB
www.triregistration.com



5 Aug - Top Gun Triathlon
Ft DeSoto, 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.

St. Anthony's Triathlon - 30 Apr (Late)

1st Place -

Lin Dolen

2nd Place -

Sue Chaffman

PTO European Championship - 6 May

5th Place - Paula Findley (Mad Dog)

IM 70.3 St. George - 6 May

Finisher -

Andy Reeder

Key Largo Triathlon -

1st Place -

Jan Thompson

2nd Place -

Danny Hicks

Hippie Dash - 13 May

1st Place -

Michael Oertle

5th Place -

Christine Oertle

IM 70.3 Gulf Coast - 13 May

3rd Place - (Overall)

Jackson Laundry (Mad Dog homestay)

Miami 305 Tri - 21 May

1st Place -

MacKenzie Bryan

Dunedin Triathlon - 21 May

1st Place -

Tony Handler

Karen Hendrick

John Hollenhorst

Gail Lohman

Rosie Ray

Bonnie Theall

2nd Place -

Suzanne Brosseau

Mark Herlyn

Sue Minkoff

Art Singleton

4th Place -

Bill Hendrick

IM 70.3 Kraichgau - 21 May

6th Place - (OA)

Daniela Bleymehl (MD Homestay)

IM 70.3 Chattanooga - 21 May

1st Place - Paula Findley (OVERALL)

3rd Place -

Ric Jansik

Finishers -

David Longacre

Jill Voorhis

IM Brazil - 27 May

4th Place - Brittany Higgans (Pro W OA)

MAD DOG PICTURES

**St. Antonys Post Party at Tournament de Pizza
from John and Pam Hollenhorst**



MAD DOG PICTURES



MAD DOG PICTURES



MAD DOG PICTURES

Meanwhile in Florida, the alligators have developed sign making skills.



Paul Talewsky, Katie and Ralph Perry posing at Age Group Duathlon World Championships Sep 1996 in Ferrara, Italy



Jan Thompson @ Key Largo



Danny Hicks (left) @ Key Largo



Mad Dog Mackenzie Bryan 1st in Miami

MAD DOG PICTURES

Dunedin Tri Pictures from Pam Hollenhorst



Gail Lohman on top in Dunedin



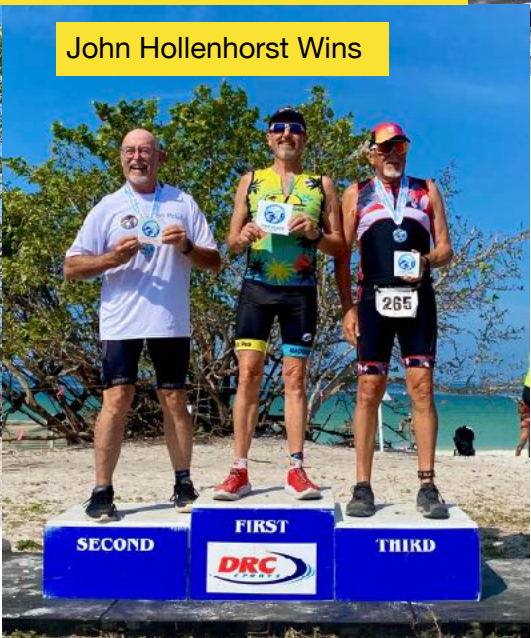
Karen Hendrick on top in Dunedin



Rosie Ray in First



Mark Herlyn 2nd Place



John Hollenhorst Wins



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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.

Bike Sprint-Ups

Here's a good cycling workout you can try when you're riding with several training partners. It's fun, and it greatly helps improve your cycling speed.

Ride in a single file pace line. All riders should be in a moderate gear for the terrain, road and weather conditions. As you're all warming up, take note of your sustained average speed. Following the warm-up, the front rider will pick up the speed by 3 to 5 mph faster than the sustained average speed that the group was holding during the warm-up.

The lead rider pulls the pack for 1 to 2 minutes. After 1 or 2 minutes, the lead rider does not drop back as he or she would do in a typical pace line. Instead the last rider sprints up to the front of the pace line and leads the pack. Every 1 to 2 minutes, the last rider in line sprints up to the front and pulls the pack. This continues as long as the group can maintain the sustained average speed.

The group should continually monitor its sustained speed. If the speed starts to drop off by 2 or 3 mph, the sprint ups should be more frequent than 2 minutes. Reduce the pull time accordingly. In general, the last rider in line call the shots on this. They're rested from being in the back of the pack and it's their call when they are ready to sprint up.

Verbal communication among the group is important, especially for the rider at the back of the group. Talk to the riders in front of you to let them know you're riding up on their left.

And as always, be aware of automobile traffic before you pull out of position and sprint to the front of the line.

Bike sprint-ups work best when there are between 3 and 6 riders. If your riding group is much larger than 6, you may want to work as two or more independent groups.

Train smart. Race fast.

Frank Adornato





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How To Tell if You're Addicted to Exercise (And Why That Might Be a Problem)

Studies show anywhere from 20 to 41 percent of triathletes are addicted to exercise - and that's not necessarily a good thing.

Triathlete Magazine APRIL 4, 2023

JILL COLANGELO

We've all had that moment of questioning our relationship with exercise. Mine happened one morning in south Florida when my training partner hopped on her bike and rode off into a torrential downpour. A wave of thoughts hit me as I sat in my car. *I should get out there. I've got to make up for this session. I will be anxious for the rest of the day. I'll have to adjust my nutrition. Maybe I should just suck it up and ride.* While it might be easy for some to simply head back home, others will not tolerate the idea of skipping that workout. We'll grit our teeth and hammer the ride, no matter what. But, it's just because we want to, not because we *have to*...right?

It's become a cliché for triathletes on social media to label themselves "endurance junkies" or talk about needing to get their "workout fix" every day. But claiming to be addicted to exercise isn't quite the virtuous Instagram flex some might think it is – and in some cases, it can signal a much bigger problem.

There is abundant research on the prevalence of exercise addiction (EA), also called "exercise dependence," in triathletes. One [study](#) of 1,285 triathletes found that 20% showed signs of EA, and that those who compete at longer distances are at greater risk. Another study on both amateur and professional triathletes found the rate of EA to be between 20-30% overall, but 41% in the professional group.

Primary EA refers to a behavioral addiction to exercise that begins with the intention of improving performance, though it often turns into an obsessive need to train. Secondary EA refers to the compulsion to exercise associated with eating disorders with the main goal of burning calories and controlling

weight. Scientifically validated [risk assessments](#) and even a [discussion](#) of EA in the International Olympic Committee's Consensus Statement on Mental Health all confirm that both types of EA are a real concern for countless athletes. Yet some of us may find it hard to believe that we can become addicted to something that seems so healthy. It's not only possible, but it also may be more likely in our community.

Getting high on tri

There are some neurobiological reasons why triathletes may be more likely to experience EA. [Studies](#) of endurance athletes demonstrate that both the high-volume training, as well as the very high dedication to the sport exhibited by most triathletes is more likely to result in dependence behaviors. This may be due to findings in emerging [research](#) that show that long hours of training may create a chemical dependency from the release of opioid-like neurotransmitters. That means that our mood may suffer without the influx of happy, calming neurochemicals until we're able to exercise. Similarly, [studies](#) have shown that the goal-achievement associated with completing workouts and competing may cause an influx of dopamine that will also keep us coming back for more. It's possible that the runner's high may have a lot in common with the high we might get from drugs and alcohol. In fact, many of the features of substance addictions are also found in EA. Athletes may experience salience when we can't stop thinking about training even when at work, with family, or during other activities. Conflict may arise when we realize that we are lying about how much we're training, exercising while injured, or even in dangerous circumstances. We may experience mood modification, *or* feeling sad, anxious, depressed, and/or sluggish until we're able to train. We build a tolerance, needing ever-increasing volumes to feel that same high. Symptoms of withdrawal come on quickly when we can't train and we may feel additionally anxious, distracted, or down. Inevitable relapse happens when we simply can't go without training, often adding even more volume and intensity. Replace "exercise" with "alcohol" in any of those

sentences, and you'll see how addiction – even to something healthy, like training – can be harmful.

The reasons we might feel compelled to exercise are not all chemical. Some triathletes use training to combat feelings of [low self-esteem](#), to not feel lonely, to [manage weight and body image](#), or to cope with [anxiety](#) and depression. Therefore, not training means not managing those issues. When faced with beating back our demons or being hounded by emotional thoughts all day, many of us quite literally choose to run. This situation is much more common than we might believe. How many of us have said that we don't feel like ourselves if we don't train on any given day? It's this feeling of "missing something" that drives our behavior.

All of these addiction factors are exacerbated by the messages that are constantly pumped out by the media. Fitness and health directives are largely directed toward the majority of the population, which tends to be more sedentary and therefore those messages are likely to encourage more physical activity, not less. [Research](#) on cultural perceptions of endurance athletes shows that fears around weight gain and body size are rampant, and a detailed [study](#) of fitness-oriented social media demonstrates that we are being conditioned to associate the pursuit of athletics with personal success, perseverance, and even sex appeal. On top of this, we're inundated with marketing messages telling us that we have [no limits](#), that [pain is good](#) for us, and that we shouldn't stop when we're tired—in fact, we shouldn't stop at all. The resulting media focus is on exercising at all costs, all the time. It's no wonder that many of us might be suffering from EA.

Red flags of exercise addiction

It may be difficult to recognize some of these features in ourselves or our training partners, but there are some red flags that we could be dealing with EA. The items in the list below are examples of just some behaviors that could be questionable, but of course, every athlete will have different experiences.

Saying yes to every invitation to exercise, even when you've completed your planned workout for the day.

Are you doing double sessions when it's not necessary? Are you adding extra walks, gym sessions, etc.?

Excessive use of fitness trackers, activity trackers, and calorie trackers to dictate training and nutrition.

Do you bike an extra quarter of a mile to make a round number? Do you find it impossible *not* to hit your planned mileage/speed/number of sessions for the week? Do you scrape a half-tablespoon of peanut butter back into the jar because it doesn't match up with the data from your tracker?

Not showing up to important meetings, canceling plans with friends and family, and/or lying about how much you're training.

Do you habitually leave meetings early to jump on your bike? Does everyone in your family know that you will not skip a long run even on a holiday? Do you routinely leave out the details for fear of a reaction from others?

Training when you're injured, sick, or should be taking a rest day.

Have you complained that you "just can't taper" and trained anyway? Do you only allow "active recovery" days instead of full rest? Have you been out exercising in a rain storm/snow storm/cold snap/heat wave?

What to do if you think you (or a friend) are addicted to exercise

It may be difficult to talk with a friend who you think might be struggling, but having an honest conversation could help that person gain perspective. A first step in understanding the risk for EA might be to take a quality self-assessment like the [Exercise Addiction Inventory](#). However, if you or a friend identify with any of the above red flags, it still might be a good idea to consult with a mental healthcare practitioner who specializes in EA. Maintaining a healthy relationship with triathlon could also mean working with a coach who can provide you with a plan that incorporates rest days with an appropriate amount of volume and intensity for your chosen goal.

In our community, athletes often get used to exercise habits that could be considered excessive. It can be difficult to step back and recognize where we might have turned the corner from “motivated” to “obsessed.” Left unchecked, EA can lead to serious injury, [Overtraining Syndrome \(OTS\)](#), hormonal disruption, worsening anxiety and depression, and even poor performance at work or in school. So go ahead and have those tough talks with your friend – or even yourself. It might just make the difference between a short fling with triathlon and a healthy long-term relationship.

Notes From IM 70.3 Chattanooga

RYAN HEISLER

Sun May 21 2023 Slowtwitch



Paula Findlay used a race-best bike and run combination to take a 5:17 victory at IRONMAN 70.3 Chattanooga. Findlay's moves on the rolling bike course saw her emerge from T2 with a more than five minute lead that she refused to give up ground on, claiming her first victory of 2023. Danielle Lewis and Jeanni Metzler battled throughout the run, with Metzler making what appeared to be a decisive move near the end of the first lap of the run. However, for the second race in a row, Metzler faltered a bit in the final few miles, with Lewis able to re-pass to claim second place. Metzler held onto third, but only just, with a fast-closing Sarah True and Skye Moench just another 20 seconds behind.

Findlay, following her victory, said, "I never take it for granted winning a race, especially with the quality of women's racing today. It wasn't perfect timing with all the travel I've done, but I made this race a priority and it

worked out.”

“This is a strong athlete’s course. I haven’t raced many of these women yet this year and I didn’t know what to expect. I wanted to get off the bike solo so I could avoid a head-to-head battle on the run.”

Is Paula Findlay the best female 70.3 cyclist right now? She put lots of time into the likes of Skye Moench (herself no slouch on the bike) and keeping Danielle Lewis and the rest of the chasers at bay. And then a dominating run to close out the win. We’re talking “gave up no time to anyone not named Sarah True” run. An extremely well-balanced performance for her first victory in six months.



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FastTT Is the Best Aerobar You've Never Heard Of

DAN EMPFIELD

Tue May 23 2023 Slowtwitch



We're living in the second mass expansion of aerobar options since the invention of the lay-down handlebar. The first big release of new product came after the Scott patent expired in the mid-2000s. Prior to that Scott and Profile Design waged a bitter and expensive patent battle and few companies wanted to test those waters. Vision did, and Syntace bought a license from Scott. But that was it. Those 4 companies – Scott, Profile, Vision and Syntace – were your aerobar options from 1987 until well after the turn of the century.

None of the principals making those 4 aerobars is a player today, that is, yes, Vision and Profile are major aerobar makers but they're now owned by extremely capable factories that make their own stuff. Scott ceased making aerobars. (Ironically, it was the aerobar idea that got them into cycling in the first place.) Syntace makes an aerobar but it's pretty much the one they made 30 years ago. Over the past 15 years the list of aerobar brands has jumped from 4 to 40 (or more), including bike companies that make their

own aerobars, like Trek and Cervelo. But all these 40 or more brands made a broadly similar design.

Then [came Speedbar](#), which made a bar unlike just about anything else (except perhaps Xentis, 15 years ago, but that's another story). Since Speedbar the mad dash is on to make a full-forearm aerobar that everybody wants to ride. The most cost-effective version has been the Metron TFE Pro from Vision, ridden by (among others) the Jumbo Visma cycling team. Its one limitation (for certain riders) is its length. It's made in S, M and L but functionally it's more like XS, S and M. We're awaiting the true size L. But it's a great bar.

Few bike brands are making their own full forearm aerobars for their own bikes and that means we're back to buying the bikes that we want, and bars that we want, and then we try to make everything work together. I've got many or most of the bars the pros are riding these days in my workshop. Among those aerobars I've been aboard this one I'm highlighting today is – to my taste – the most ergonomic and comfortable.

Sometimes I ask myself when I test bikes, saddles, handlebars, or wetsuits, or running shoes, “Do those folks who design these products actually use them?” While the question should be rhetorical the answer is not and you'd be shocked at how often the answer is, “No, they don't.” This is why shoes run badly, bikes don't fit, and contact points are uncomfortable. If the designer doesn't use – really use – the product then is it any wonder why the product just doesn't work?

I write this because the designer of the FastTT aerobar obviously rides his own product. He's Wayne Attwell, a high-ranking masters TT racer living in the middle of New Zealand's north island. If this idea of a lone Kiwi carbonsmith sounds familiar, yeah, Wayne does conjure in my mind Graeme Pearson ([Pearson Composites](#)), who infamously charged to the front of races on bikes of his own design going back to the 1990s. (Follow that link to some wild looking bikes.)

Wayne has made a set of aerobars that aren't pocket change to buy, but they're quite affordable for what they are. These bars will cost about US \$995 for a set, and they include some pretty innovative plates to interface

with various brackets. But let's stop there and talk just a bit about brackets because this is a thing you need to understand with these bars.

Historically, before the Speedbar, almost all commercially available aerobars consisted of 3 parts: the bracket or clamp; the armrest (pad + cup); and the extensions. The bracket married everything, with the cups bolting to the bracket, and a round hole to accept round extensions, and then a second round hole for the pursuit bar. You can see which bracket I'm talking about in the image below. It's the Profile Design J5, aka the Supersonic bracket, and this is (and has been) the state of the art for mounting traditional aerobars and extensions to standard pursuits bars. It's still a bracket you can use with full forearm laydown extensions if you use the right extension, like [Profile Design's 43asc](#).

What's changed is that today's new full length forearm systems often consist of one single piece that extends from the elbow to the hand-hold, where the shifters plug in, and nothing about this is round. Accordingly, the bracket that accepts this is no longer the bracket of old. The FastTT bars belong in the same family – stylewise – as the Vision TFE Pro and for that reason the bracket that works well with the FastTT is the Vision [Metron TFE Pro Adapter](#) (the other bracket in the image above). However, for the FastTT bars that you see in my images the bracket I'm using is [from Culprit Bicycles](#), though I don't see that bracket for sale on that company's site.

The FastTT's included brackets, plates and pedestals and sub-assemblies appear to me to be industry leading, or at least on a par with what's out there. Look on the [additional photos provided on the aerobar page](#) for the mounting and adapter options. More on bracket styles (because the one bracket not included is the one that affixes the aerobar to the pursuit bar): The Vision Metron TFE Pro Adapter is the bracket best for one-piece full forearm aerobars like the FastTT here. But there's another way to talk about mounting systems. The "standard" pursuit bar of which I speak has a round section for attachment to the stem, and that round section extends on either side of the stem far enough so that these brackets discussed above can bolt to that 31.8mm round section. But there is another kind of aerobar mounting system.

Some pursuit bars have the mounting system embedded. One example is the Profile Design Wing 20C+, and this is the basis for the Aeria Ultimate aerobar system. Another is the PRO Missile EVO and just above you see the FastTT aerobar mounted to this pursuit bar. (One side is mounted so that you can see what the other side of the pursuit bar looks like.) When I'm dealing with these new full forearm systems I'm usually rooting around the workshop for sub-assemblies but in this case the FastTT has enough hardware so that, combined with the PRO bar's hardware, you can wrestle this thing down. Just, there's not really a standard that I can identify for pedestal shape, bolt size, and even bolt head (e.g., flat head, button, socket cap). As we do not yet enjoy any handshaking or conformity among hardware brands, my approach is to hoard all leftover parts from every system. Keep all the parts you don't use.

This bar is flat out comfortable. It's the very best. However, there are some challenges. Wayne Attwell is not a triathlete; he's a time trialist. As such, he's made a great system for what he does. What the FastTT bar does not have, so far, is a range of front hydration options. Of course, what full forearm system does? But I will say this: The bracket and mounting system creates the impression that FastTT pays attention to user friendliness. Therefore, one expects some accommodation for front hydration. This may exist already. Look here, [and you'll see this front bottle cage adapter](#). But I don't have this product in my workshop, and I don't see it on a bike in a pic integrated with these aerobars. Yet.

You see the computer mount. I normally ride with a Wahoo ROAM but I show this bar with a Garmin 1080 as well and that Garmin doesn't quite fit (when you try to get the head unit on and off the mount). There is a pedestal available for this bar, where the head unit sits higher and that will certainly make the 1080 fit. But I have hopes for a BTA system with these bars and if my hopes are realized I wouldn't want to create a new clearance problem, so I like the head unit right where it is.

Besides comfortable, these new systems are light. The FastTT aerobars, which include extension and armrest, along with the head unit mount and the shifters (SRAM Wireless Blips) and shifter mounts (provided by KÚ Cycle) weigh in at 13 ounces. That's a tad more than your running shoes.

The only other thing I can tell you and it's true with Aerocoach, Drag2Zero, or any of the new full forearm systems: Think about the bracket. If you want a clean system, that doesn't have an empty hole for a nonexistent round aerobar extension, you're looking at something like the Vision bracket. There are few designs of this type that I've seen. Whether it's FastTT or any other brand, see if they're sending a bracket that mounts to a pursuit bar. If not – and the answer is that it's likely not coming with a bracket – you'll need to procure this yourself. Here's [where you can see](#) and, if desired, obtain these aerobars.