

THE FINISH LINE



**Mad Dog Catherine
Jadot who qualified for
IM World Championships
at IM Texas**

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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.

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Editor's Column

St. Anthony's week has been exciting and hectic for all Mad Dogs. The Wednesday night swim/Jack Shuten Bikini Run went off as usual. A number of young pros joined us for the run/swim. Several folks remarked on the large amount of seaweed present. The Board of Directors treated us by arranging a catered meal afterwards, provided by Bayou Catering, augmented by salad and dessert contributions from members.

Ah, to race day. Perhaps I'm just too old school, but I miss the wave starts by age group. That way, everyone knows where

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

Good turnout for Mad Dogs at the Boston Marathon — Claudia Junqueira, Jonathan Dunford, Laura and Richard Jansik and Kerri Deinhart. Others from our area, Gail Norman, Christina Noordstar, Dougan and Jill Schroder Walker. Jonathan finished his 26th consecutive Boston Marathon despite having a painful torn hip muscle.

Congratulations to Catherine Jadot who won a slot to the IM World Championships at IM Texas, and then volunteered for the Mad Dog Waterstop at St. Anthonys.

Mad Dogs had a great post-St Anthony's Triathlon party following the race on April 30th. In what's become a tradition (2 years :)), we partied at TOURnament DE PIZZA located at the Racquet Club of St Petersburg. Owner Matt McClellan is proud to own and operate an athlete friendly restaurant with nutritious pizzas and salads which are perfect for fueling tough workouts. Matt says it's a great location to start group rides or runs, get something to eat afterward, and you can even jump in the swimming pool behind the outdoor seating area. Mad Dogs and the professional triathletes that attended the party loved the food, service, and venue. Check it out! 170 47th Ave NE, St Pete.

"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

MAY BIRTHDAYS



David Bilyeu	2nd
Mark Gordon	5th
Gregory Glasscock	7th
Michael Marquis	11th
Frank Adornato	14th
David Burg	17th
Joan Duggar	17th
Jay Cooke	18th
Terry Ellis	18th
Tony Handler	23rd
Peter Paulin	23rd
Connor Seidenschwarz	24th
Linae Boehme-Terrana	27th
Steve Swift	28th
Bryant Davies	29th
Scott Lucas	31st

WELCOME NEW MAD DOGS!

#4015 - Alexas Fonseca	Tampa
#4016 - Matthew Soloman	St. Petersburg
#4017 - Deb Castelli Turner	North Redington Beach
#4018 - Ojas Natarajan	St. Petersburg
#4019 - John Dina	Pinellas Park
#4020 - Connor Seidenschwarz	St. Petersburg

Editor's Comments continued:

they stand with their fellow age groupers. I guess the time trial starts began with COVID, but I don't know why this remains in effect. Perhaps for safety. One Mad Dog had a great race at a recent IM race, and thought he had scored a slot to Worlds, only to see others finish ahead of him on the podium whom had started later.

On to St. Anthony's **Duathlon**... Too much wind rendered the swim unsafe. Switched to a run/bike/run. Many deferred to next year. Great turnout at the Mad Dog waterstop, earning the club \$500. thanks volunteers!

Mad Dogs Rule,
Chuck Lohman, Editor

UPCOMING RACES



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



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



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



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



21 May - Dunedin Triathlon
Dunedin, FL
Sprint - 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



27 May - Crystal River #1
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

IM 70.3 Oceanside - 1 Apr

3rd Place -

Jack Laundry (Overall MD Homestay)

5th Place -

Paula Findlay (Overall (MD))

10th Place -

Eric Lagerstrom (Overall MD Homestay)

Boston Marathon - 17 Apr

Finishers -

Kerri Dienhart

Jonathan Dunford

Laura Jansik

Richard Jansik

Claudia Junqueira

Ironman Texas - 23 Apr

Finisher -

Catherine Jadot

Meek & Mighty - 29 Apr

1st Place -

Connor Mularoni

St. Anthonys - 30 Apr

Pros

1st Place - Paula Findlay (Mad Dog)

3rd Place - Lisa Becharas (MD

Homestay)

6th Place - Eric Lagerstrom (MD

Homestay)

St Anthony's - 30 Apr

Olympic Distance

1st Place

Andres Marti-Grau

2nd Place -

Betsy Banks

Leo Budo

David Longacre

John Macedo

3rd Place -

Jill Voorhis

5th Place -

David Burg

Kerri Dienhart

Sprint Distance

1st Place -

Mark Herlyn

Roger Little

2nd Place -

Reva Moeller

Rosie Ray

3rd Place -

Diane Mohwinkel

Michael Oertle

4th Place -

Karen Hendrick

5th Place -

Kelly Deuser

MAD DOG PICTURES



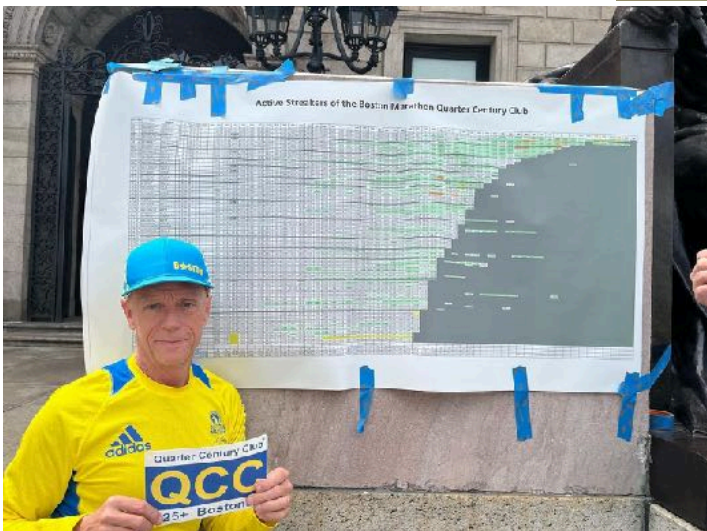
Mad Dogs Cathy Morgan and Noah Pransky



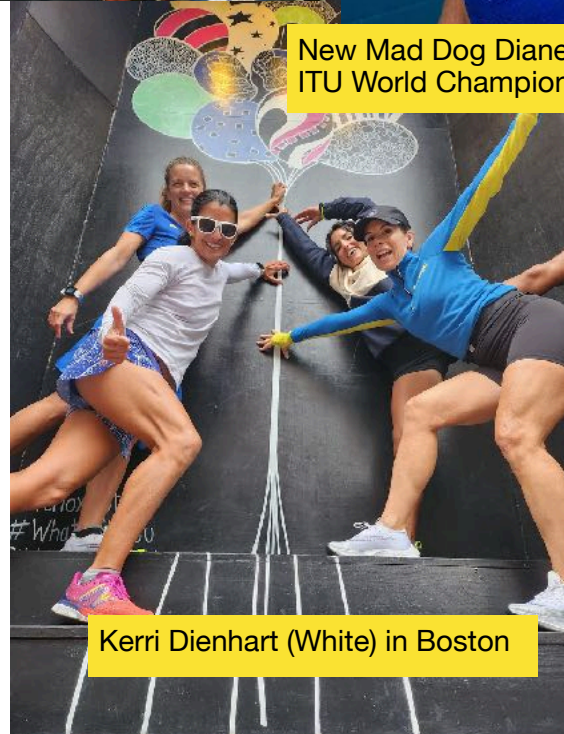
New Mad Dog Joey Eggimann



New Mad Dog Diane Mohwinkel - ITU World Champion in 2022



Jonathan Dunford @ Boston Marathon. Notice the Quarter Century Paper 25 Consecutive Bostons!



Kerri Dienhart (White) in Boston



Laura Jansik (Ctr) and Richard Jansik (L)



Claudia Junqueira at Boston Marathon

MAD DOG PICTURES



Carol Jean and Kip Vosburgh in Naples during their often postponed round the world cruise.



Debbie and Bill Riley during their Winter visit to St. Pete to escape Boston snow.



MAD DOG PICTURES



Gail Lohman w/ Pros Erik Lagerstrom and Paula Findley pre race



New Mad Dog Matthew Soloman



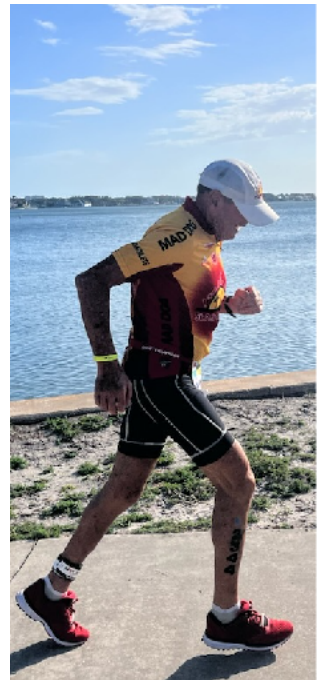
Paula Findley



Eric Lagerstrom



New Mad Dog Deb Castelli Turner



Roger Little

MAD DOG PICTURES

When a woman asks you to guess her age, it's like deciding whether to cut the blue, red, or green wire to diffuse a bomb.



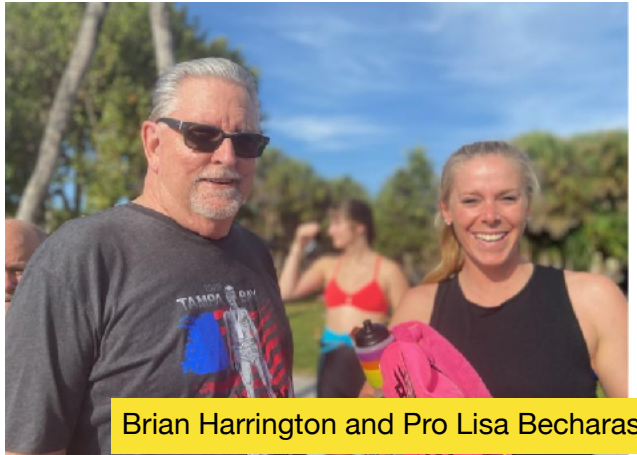
Rue Morgan with Harkins family



Mad Dog Catherine Jadot



Keri Dienhart, Kathy Morgan and Zeina Abdo



Brian Harrington and Pro Lisa Becharas

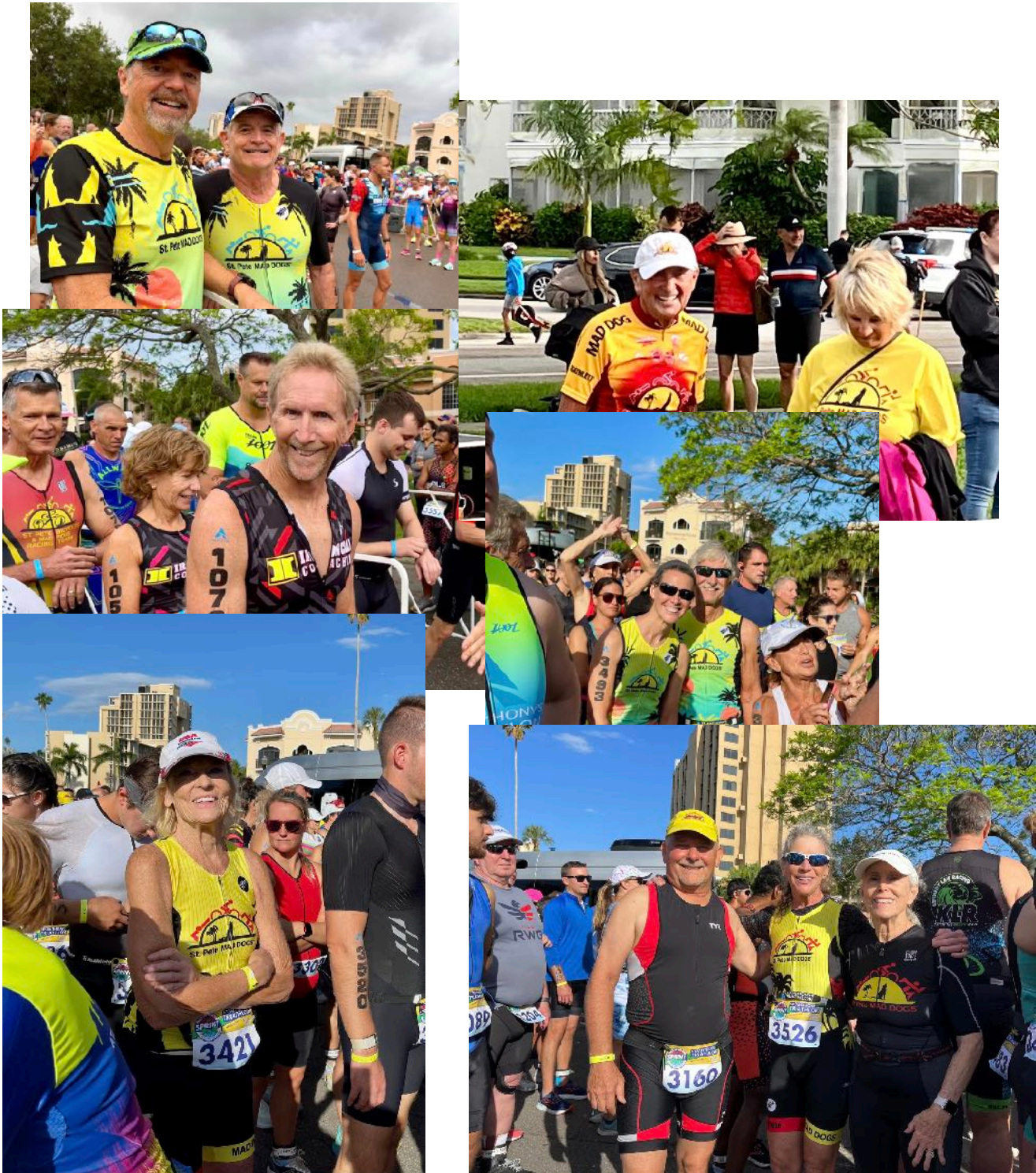
MAD DOG PICTURES

Misc. St. Antonys Pix from Frank Adornato



MAD DOG PICTURES

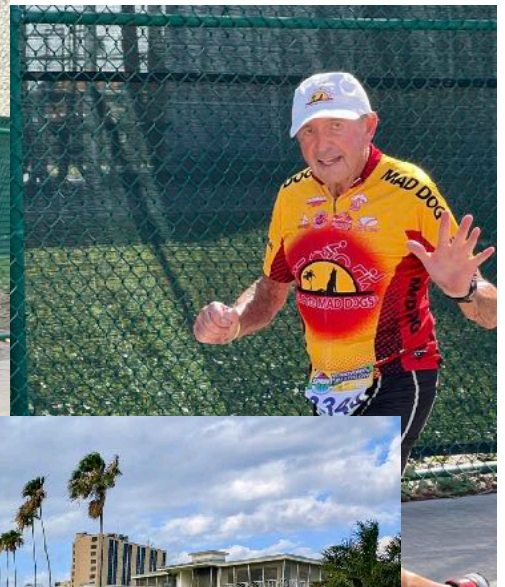
St. Antonys Pictures from Pam Hollenhorst



MAD DOG PICTURES



MAD DOG PICTURES





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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.

Long-Term Review: Position One's Triathlon Bib Short

RYAN HEISLER

Thu Mar 30 2023 Slowtwitch

A lot of times when we review products for Slowtwitch, we're reviewing something with curb appeal. Bikes, wheels, electronics, wetsuits, super shoes — you name it, we usually deep-dive on it — and we'll do our best to bring that product to life. And the analytics don't lie — Slowtwitchers love some bike porn.

This...is not one of those reviews.

Instead, we're looking at one of the necessities. At least, in my opinion, one of the necessities — recent polling elsewhere in triathlon have shown the vast majority of triathletes are eschewing this product in favor of wearing tri shorts all the time. This despite the fact that the additional padding, pockets, and shoulder straps all conspire to make for a more comfortable riding experience, whether indoors or out.

I'm talking, of course, about the mighty bib short.

Why do I use the term mighty above? Because a bad pair of shorts will ruin a ride faster than a flat tire on a tubeless ready wheel can. Chafing, saddle sores, bad seaming — you name it, the result of a poor short fit will wreck your day. On the flip side, a good short has a thankless job. You won't remember your ride because your shorts were comfortable. You'll remember it for the people you rode with, the terrain you rode over, or the scenery surrounding you. You'll get done, toss your shorts in the wash (and hopefully, treat them correctly in the laundry), shower, and move on.

I'm not going to try to pretend that [Position One](#) is looking to change that mindset with the introduction of their apparel line, and more specifically, the [Triathlon Training Bib](#) that I've been ride-testing the last few months. The goal remains the same: a high-quality short that means you're not cutting short your ride due to self-inflicted discomfort. But it does raise a question that probably needs some additional exploring.

Are shorts just as important as bike saddles when it comes to comfort on the bike?> Let's explore that a little bit.

Side note: I was provided these shorts for review as part of a partnership agreement between Slowtwitch and Position One.

TECHNICAL INFO ON THE TRIATHLON TRAINING BIB

As we touched upon in our article covering the launch of Position One, the company has taken a bit of a new approach when it comes to building a bib short. Primarily, they've focused much of their effort on chamois design and materials in order to better serve athletes riding in the aero position – namely, triathletes. They've reviewed bike geometry and positioning to understand how athletes will rotate forward on the bike, and where pressure points will be for these athletes.

In turn, Position One came to two conclusions – first, that the position of the chamois in a traditional bib short was oriented too far rearwards to be of use to athletes who ride in this steeper position. Second, the chamois were too narrow to mate with modern triathlon split-nose saddles – such as those from, for instance, ISM, or BiSaddle, or any number of other manufacturers. This combination would create something that [Position One dubs “the Pain Zone.”](#) Solving it was the mission statement.

Their answer was to create a variety of chamois sizes and shapes, positioned correctly within each subsequent size of short, to be able to mate with the pressure points and saddle shapes that athletes who ride more forward positions will encounter. Namely, most of us triathletes. Consequently, whether Dan Kennison and team knew it or not, they're also solving for a fair number of road and gravel riders as well who find themselves far forward on the saddle – a not uncommon place for many triathletes to be when they swap disciplines. You can take a triathlete off of a tri bike, but you frequently can't take that rider DNA out of them.

The rest of the short features premium Italian fabrics. Notably, these are not sublimated fabrics – more on that in a minute on how that impacts fit and finish on the short. Cost for the shorts reviewed here sits at \$173.50, which puts it almost squarely at the median price of \$175 for most name-

brand shorts while I was recently shopping for shorts for myself, and significantly less than some comparable shorts from Castelli, Assos, and Rapha.

FIT AND FABRICS

I'm 6'3" (that's 190.5cm for the metrically inclined out there). Weight fluctuates within 10 pounds of 182 depending on time of the year and a variety of other factors. I'll usually wear a 33 or 34 inch jean waist, with a 34 inch inseam. Speaking super generally, I'm going to be either a medium or a large in generic sized apparel, with the biggest determining factor usually being length.

The Position One shorts fit most similarly to my [De Soto 400 mile bib short](#). That means that the leg gripper comes up a little bit further on the thigh. If you have less femur length than I, these will probably wind up hitting just above the knee. It is a touch shorter than I prefer out of a short, but it's also not so short that I'm going to complain or fellow riders will complain that I'm being indecent.

The shoulder straps are nearly perfect length for me. For as tall as I am, I have a shorter torso relative to my height, and so straps need to be long without being loose. Alternatively, though, I frequently run into straps that are too short, with Castelli being the worst offender. Sizing up fixes the strap length, but then the legs are loose. So in order words – if Castelli fits you really well, you may not fit as well in Position One.

Leg grippers are well done and unobtrusive, in my opinion. The stitching along the leg on my pre-production sample was slightly rough. However, two subsequent production samples (a men's cycling bib and a women's cycling short) showed no signs of the same issue. The rest of the panels are well constructed and Goldilocks-weight: not too compressive, not too loose. Just right.

RIDING IN THE SHORTS

Over the last few months, these shorts have seen a lot of different saddles and rides. From indoors on Zwift on my winter riding beater to my new

gravel bike and then on a triathlon bike, the Position One shorts have racked up some quality miles. As noted before – I tend to be pretty far forward on a saddle, regardless of the bike. Probably comes from having started off my adult riding career on a triathlon bike almost fifteen years ago.

Regardless of the saddle, I've found that Position One has indeed solved the so-called "Pain Zone" – at least for me. Without getting too personal, I almost always will develop an issue on the right side with extended riding – just one of those "yeah, you get used to it" annoyances. It hasn't mattered the saddle, the chamois cream, the short – that's always been the riding equivalent of a wetsuit hickey for me.

That annoyance never showed up while riding in these shorts. Period.

I found the difference in shorts to be most stark while riding indoors. I am a prolific sweater. It's not uncommon for me to finish a Zwift race with a puddle of standing water beneath me – and that's with two towels on the bike, an additional one for my head, at least one fan going and the basement door open. I'm also, admittedly, hard-headed when it comes to spending any more on the indoor set-up. There are no rocker plates, no fancy mats, etc. It's a KICKR, rubber flooring from Home Depot, a couple of fans, and the unofficial computer of Slowtwitch (MacBook Air M1) powering Zwift. That general lack of movement will usually unearth any kind of fit or form issue. And not one popped up during all of the rides I've done in this short.

The only negatives I can spy are three fold. First, as of this writing, there isn't a custom program on offer to be able to have a design done for your team or coaching business. Second, you can get this short in any color you want so long as that color is black. Considering the price point, competitors in this space will usually have at least one additional color option. And lastly, sizing is limited to straight sizes – four for men, four for women. Given that the company has only been available at retail for a few months, we'll revisit this sizing question after the company has had more time under its feet to see if it will offer extended sizes.

Overall, though, I've been more than pleased with the performance and durability of these shorts. They've easily replaced everything except a pair of [WYN Republic shorts](#) in my go-to pile, and are my absolute favorite indoor riding shorts. So long as you fit into one of their size offerings, this is a sweet spot of performance and value.

Running Sprint-Ups

Here's a great running workout you can try when you're training in a group. It's fun, it helps the miles to pass by quickly, and it greatly helps improve running speed. These run sprint-ups work best when there are at least three runners.

After a long warm up, the group moves into a single line with several feet between each runner. The lead runner "pulls the pack" for 1 to 2 minutes, and then the last runner in the line sprints up to the front and leads the pack. Every 1 to 2 minutes, the last runner in line sprints up to the front. After the sprint-up when each runner gets to the front of the line, that runner should slow the pace back down to the group's sustained pace. This continues as long as the group can maintain a consistent pace.

The group should continually monitor its pace. If the speed starts to drop off noticeably, take a walk / jog rest interval. When heart rates and breathing are back to normal, continue the sprint-ups protocol.

Verbal communication among the group is important, especially for the runner at the back of the group. Talk to the runners in front of you to let them know you're running up to the front.

One of the challenges of this workout is that not everyone runs the same pace. When a faster runner is at the front, the followers may need to push harder to stay together, or the faster runner may have to dial it down a little when he /she is in the lead. It's worth repeating that verbal communication is important to keep the group working together. And keep in mind that these are not all-out speed intervals, but more like tempo sets.

As always, be aware of automobile traffic before you pull out of position and sprint to the front of the line. Finish with a cool down jog and stretching.

Train smart. Race fast.

Frank Adornato





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Collin Chartier Banned 3 Years for EPO

RYAN HEISLER

Mon Apr 24 2023 Slowtwitch

IRONMAN's partner for its anti-doping program today announced a three year sanction against American athlete Collin Chartier.

According to the release from the International Testing Agency, which was recently appointed by IRONMAN to handle results management and investigations of anti-doping cases, Chartier tested positive for EPO during an out of competition test on February 10th, 2023.

Per the WADA code, Chartier was entitled to a one year reduction of the automatic four-year suspension by not challenging the results of the adverse finding. Chartier's ban will run until March 26th, 2026.

In a statement on Instagram, Chartier said that he began using EPO in November "after feeling like I have lost my way in this sport." He stated that he has no plans to return to professional triathlon following the ban.

"I made a terrible choice, and now I will face the consequences, own it, and move on."

Chartier had a breakthrough 2022 season, with victories at IRONMAN Mont Tremblant and the inaugural PTO US Open. He is currently the 14th ranked male professional by the PTO.



Perfect Fit Fix Ride is driven by a mission of service. We are not perfect, but it's a goal, a verb more than an adjective. We work to perfect your fit, your bike, and your riding in every way we can. We've been on this mission for thirty years, learning, gathering experience, failing, succeeding, struggling, overcoming, answering this calling that is bigger than ourselves.

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