

THE FINISH LINE



**Post Race Supper After
Mad Dogs Swarm IM
70.3 Wilmington**

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Kelly Deuser @ Game On Triathlon



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 Dogs swarmed IM 70.3 Wilmington!! At least 18 Mad Dogs headed up to Wilmington, NC to compete in this popular long distance race. Mad Dog historians (that’s you, Kathy) may want to verify this, but it’s the largest contingent of our club’s racers at a major event in many years. Three teams raced, adding fun and camaraderie. Special kudos to President John Hollenhorst who won his age group resulting in a slot to next year’s Worlds in New Zealand — hopefully, the first of many Mad Dogs.

Included in this issue is a Tampa Bay

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

Reading about the rare appearance of flamingos at Clearwater Beach during Hurricane Idalia, I learned that a group of flamingos is called (what else) a flamboyance.

Well done to John Hollenhorst and Mike Deacy for arriving at Jackie Yost's home the morning after Idalia to help with clean up. Mad Dogs helping other Mad Dogs!

Help us build a stronger club

The Mad Dogs have been on a roll lately—lots of top placings in races, great social events, and plenty of new members! To build on this momentum, the board of directors is increasing emphasis on sponsorships and advertising. We need your help!

First class events like our Anniversary Party, St Anthony's Post-Race Party, and Hair of the Dog cost money, as do the various operational expenses of the club. "Back in the day" the Mad Dogs had many sponsors and advertisers because our members actively sought out opportunities among the businesses we patronized. Bike shops, running shoe stores, physical therapists, and many businesses where we spend money supporting our triathlon life style, are a natural source for sponsors and advertisers, as they want to reach more of our members.

When you patronize such businesses, be sure to mention the Mad Dogs and triathlon. Ask if they'd like to reach out to our hundreds of members, promote their business and support our local club, the largest in the area. If their answer is yes, pass their contact information to any board member. We'll take it from there. We can promise prime placements in our monthly newsletter (reaches hundreds of members each month), business names can be posted

on banners and tee shirts, as well as our recommending their business at our training and social events.

Working with us works for everyone. For example, Paul Williams of Perfect Fit Fix Ride says he has seen a notable expansion in his business after hosting a bike fitting demonstration and following up with advertising in our newsletter. And our members have benefited with better comfort and speed/efficiency on their bike rides. Let's help supportive businesses with spreading the word of their products and services while also benefiting the club!

Recap: If you can interest a business in working more closely with the Mad Dogs, get their contact information to one of our board members and we'll follow up. We can tailor deals to meet their requirements!

WELCOME NEW MAD DOGS!

#4035 - Anne Bramman	St. Petersburg
#4036 - Al Cannon	St. Petersburg
#4037 - Theresa Zahghi Cannon	St. Petersburg
#4038 - Ian Briggs	Largo
#1684 - Kat Kestie (long time Mad Dog - recent renewal)	St. Petersburg

Editor's Comments continued:

Times article about a gentleman's struggles with learning to swim late in life. A few Mad Dogs, I'm sure, can relate to this. Additionally, please find a piece on changes to the Ironman Worlds qualifying. It explains (or rationalizes) changes to get additional women qualified for the event in Nice for 2024.

Upcoming in the next couple of months is the Last Chance Triathlon at Ft. DeSoto on Nov 19th, Miamiman on the 12th, and IM 70.3 Florida in Haines City on Dec 10th. The latter is a chance for Mad Dogs to join John Hollenhorst for a trip to New Zealand next year. I'm sure John will offer to buy the first round upon arrival in Taupo.

Mad Dogs Rule,
Chuck Lohman, Editor

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.

IM 70.3 Lake George - 8 Sep

5th Place -

John Macedo

Tarpon Springs - Tri/Du 30 Sep

1st Place -

Pam Greene

Bonnie Theall

2nd Place -

Paula Shea

4th Place -

Grant Millar

Game On - Tri/Du - 1 Oct

1st Place -

Kim Case

Kelly Deuser

Richard Jansik

2nd Place -

Reva Moeller (Overall)

New York City Triathlon - 1 Oct

2nd Place -

Brad Kirley

Ironman World Champs - 14 Oct

Finisher -

Catherine Jadot

IM 70.3 North Carolina - 21 Oct

1st Place -

John Hollenhorst

Finishers -

Kim Case

Danny Hicks

David Longacre

Jesse Mocha

Andy Reeder

Andrew Thompson

Jill Voorhis

Team Two Mikes and a Swimmer

- Mike Deacy

- Michael Oertle

- Corey Case

Team Steel Magnolias

- Cindy Yost Perrit

- Paula Shea

- Karen Hendrick

Team GLAM

- Pam Greene

- Vicky Linkovich

- Karen Mathews

Marine Marathon - 28 Oct

Finisher -

Claudia Junqueira

UPCOMING RACES



4 Nov - Ironman Florida
Panama City Beach, FL
Ironman Distance
www.ironman.com



1-3 Dec - Clash Daytona
Daytona, FL
Tri/Duathlon - Half/Sprint Dist.
www.trireg.com/clash-daytona



12 Nov - Miamiman
Miami, FL
Tri/Du/AB Olympic & Half Iron
www.runsignup.com



10 Dec - Key West Triathlon
Key West, FL
Tri/Duathlon - Olympic/Sprint Dis.
www.triregistration.com



19 Nov - Last Chance Triathlon
Ft DeSoto, FL
Sprint - Tri/DU/AB
www.runsignup.com



10 Dec - IM 70.3 Florida
Haines City, FL
Half IM Distance
www.ironman.com



19 Nov- Ironman Cozumel
Cozumel, MX
Ironman Distance
www.ironman.com

NOVEMBER BIRTHDAYS



Todd Bibza	1st
Carrie Hanley	1st
Steven Kovac	5th
St. Pete Mad Dogs (30th)	6th
Mark Herlyn	7th
Paul Thibault	7th
U.S. Marine Corps (248th)	10th
Paul Andrews	13th
Zeina Abdo	14th
Carol Jean Vosburgh	15th
Brian Kelly	18th
Michael Deacy	29th

MAD DOG PICTURES



Sandy Weiss and JoJo Bayliss



Kelly Deuser @ Game On Triathlon



Justin Prince rocking his orange shoes at Tarpon Springs.



Curlyrish and Ron Young at Barcelona Beach

MAD DOG PICTURES

IM 70.3 Wilmington from Pam Hollenhorst



Downriver swim course



Mike Deacy finishing bike



Kim Case



John Hollenhorst in the zone



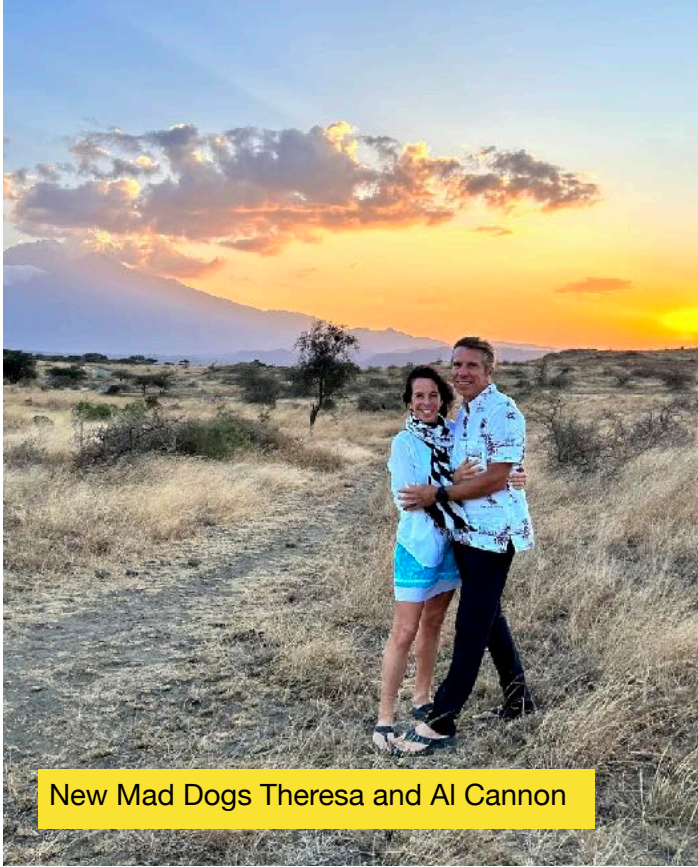
Michael Oertle

MAD DOG PICTURES

IM 70.3 Wilmington from Pam Hollenhorst Post Race Supper



MAD DOG PICTURES



New Mad Dogs Theresa and Al Cannon



New Mad Dog Ian Briggs



New and Former Mad Dog Kat Kesty, MD

MAD DOG PICTURES



Catherine Jadot @ Kona



Randy Brown @ Finland 70.3 Worlds



Jesse Mocha and Jordan



Training Tip - Cycling - Isolated Leg Training Drills.

Isolated leg training (ILT) is an excellent drill to improve 360 degree power on the pedal stroke, cadence, leg strength and ultimately, bike speed. Also called single leg drills, here's how to do them. After a warm up period on the bike, unclip one shoe from its pedal and rest that shoe on the chain stay or anywhere away from the chain or wheel spokes. Spin with the other foot for 30 seconds or longer. Re-clip the shoe back in and spin with both feet for about a minute before unclipping the opposite shoe and spinning single leg with that foot. Repeat these four to six times on each foot.

Unless you're very capable on your bike, it's best to do these drills on a stationary trainer rather than the open road. Resistance or gearing should be moderate - not too easy nor too difficult, allowing for 80 rpm during the single leg phase. During the two legged recovery phase, spin faster, at 90+ rpm. Your pedaling should be smooth and not jerky; exert equal pressure on the pedals throughout the pedal turn. Think "perfect circles".

Do these drills once a week or every other week and you'll see overall improvement in your pedal cadence and leg power.

Train smart. Race fast.

Frank Adornato



Kathryn Morgan

Night before November 6, 1993

Today is October 5, 2023. I have decided to write this story, "How did this Happen". I really had no future thought or expectations of some type of Triathlon Club.

The club officially started November 6, 1993".

Next month the club will celebrate its 30th Anniversary.

It started with 10 people handing me 20.00 dollars at Katie & Ralph Perry's home one Saturday evening.

I keep monthly calendars dated back to the 1980's. It keeps me organized. I write down upcoming appts., events, & races.

Today I pulled the 1993 calendar and flipped to November.

November 6, record is (Rest). No mention of starting a Triathlon Club. It just happened. Yes, the thought had been there.

Now about the new club " St. Pete Mad Dogs Triathlon Club.

Rue was 50 Years Old and Kathy was 48 Years Old when the club started. No expectation, No board members, No bi-laws, No copyrights, No bank account.

"Just a bunch of Fun Loving Triathletes who like to Train,Race and Howl". (Over 4,000 triathletes have passed through this club).

One month from now on November 6, 2023 our " St. Pete mad Dog Triathlon club", will celebrate its 30th anniversary.

WHO WOULD HAVE THOUGHT-THE REST IS HISTORY.

Rue & Kathy Morgan Ralph & Katie Perry

Story by Rue Morgan (80 Years Old).

Great Memories



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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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John Macedo Race Report IM 70.3 Lake George

Lake George Triathlon - after last year's fiasco of ending up off the bike course and being lost for a while, I wanted a do-over... with much better results this time! I think I was 3rd in the race off the bike, got passed a couple of times, once in transition (of course 😞) and once on the run. Pretty happy with 5th in the end. This race doubles as a Northeast Collegiate Triathlon Conference race (different results and wave though), and it was fun mixing it up with some of the Collegiate / West Point folks on the bike.





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The Only Constant of IRONMAN World Championships is Change

RYAN HEISLER

Slowtwitch Wed Oct 25 2023

Earlier this week IRONMAN announced changes to the women's qualification cycle for the 2024 IRONMAN World Championships in Nice, France. Like most things related to IRONMAN, the changes were met with mixed reaction, such as a [thread on our forum that now has over 100 responses in it](#). That said, if you take a longer look at IRONMAN's own history, these changes fit directly into that narrative. And furthermore: they're good for the sport.

WHAT CHANGED

To recap: for 2024, there are new pathways for women to qualify for the IRONMAN World Championships in Nice. These pathways supplement the existing qualification method of finishing in a high enough position within your age group at an IRONMAN race; slots are awarded based on proportional allocation off of number of starters per age group. These slots can, and have, rolled down through age groups, for both men and women; as in, either slots roll towards lower classified athletes, or nobody takes the slot in its entirety.

Now, for the three "new" methods:

Top 10 in Age Group at Kona: The top ten finishers in each age group from this month's IRONMAN World Championships will be offered a 2024 worlds slot. A validation race is required (meaning yes, you still need to go do another event), but it takes the qualifying pressure off of the table. Notably, these slots can't roll -- meaning if someone in the top 10 doesn't take the slot, that slot doesn't go to athlete in 11th place.

IRONMAN 70.3 Events: Selected IRONMAN 70.3 events will have invitational slots on offer. These slots will reward the top five finishers in each age group. And no, those slots won't roll through age groups, either.

All World Athlete Rankings: Top of age group athletes in the finalized 2023 All World Athlete Rankings will be offered a Nice entry; again, these will not roll, and they require a validation race.

In the announcement, IRONMAN CEO Andrew Messick said that these changes were a response to what they saw transpire at the 2023 IRONMAN World Championships. "In looking beyond traditional qualifying slot allocation, we will recognize exceptional skill, ability, and dedication, while also maintaining the integrity of the VinFast IRONMAN World Championship as the ultimate stage for the fastest and most competitive athletes in the sport. The 2023 women's VinFast IRONMAN World Championship showcased this, and we are excited to provide additional qualifying opportunities to attract more athletes that can perform at a world championship level to the 2024 VinFast IRONMAN World Championship in Nice next September."

WHAT'S OLD IS NEW AGAIN

I put "new" in quotes before because, as mentioned, these changes align with the precedent of qualifying for the IRONMAN World Championships. As Dan mentioned in [his piece about respecting IRONMAN's own history](#), change is the constant. We went from an event with zero qualification method at all -- zero, you just had to get your entry in on time -- to being able to qualify at all types of triathlon events. We are not that far removed from being able to qualify at large Olympic-distance events.

We're even closer to our own history with regard to being able to qualify at IRONMAN 70.3 events. It is only in the last decade, with the addition of more and more full-distance races, that IRONMAN World

Championship slots stopped being awarded at races like Eagleman. Heck, there are still limited slots available in Hawaii. This isn't a bug of the system. It's a feature. Change happens.

WHY NOW

IRONMAN's instituting these changes in part because they have a demographic dilemma. North America has the greatest number of women participating in IRONMAN events. The United States also sent the largest number of athletes to Nice for the men's World Championship race this year. For there to be a successful event, North American women are going to need to show up in numbers similar to those of men -- roughly half the field.

And the qualification cycle, as it stood, was...messy.

As [Kelly O'Mara wrote over at Triathlon-ish](#), the qualification cycle in North America is simply over concentrated in the back half of 2023. Given Kona's date, you would expect fewer women to race events like California, Florida, and Arizona. And at least in the case of California, that came to pass, with less than 25% of the field being women.

There's also a sense of trying to push on the concept of who "deserves" to race an IRONMAN World Championship. (Nobody deserves anything, but that's a story for another time.) Despite the extraordinary statistics around swim course completion under cutoffs and the overall course finish rate, IRONMAN was sensitive to the concept that there were women who had not "properly" earned their slot by being fast enough. All three of these new changes are to specifically target the top of the top end of the field, with "normal" qualification cycles (which, note, some full distance IRONMAN races will have fewer slots for women than initially announced) filling the rest of the ranks.

Ultimately, I side on having more women racing at championship level events. We've seen this pay dividends with events like the US Marathon Trials, where there's greater interest with larger fields. And hopefully, as Dan wrote last fall, "The optics of a world championship, with thousands of women both age group and pro swarming any Mediterranean location for this race could be a Title IX moment for that region.

I will certainly want to be there to spectate that."

Article from the Tampa Bay Times 21 Oct 23

BY ZACH PRZYSTUP
Guest Columnist

The calendar may have flipped to autumn, but I'm still clinging to my summer's crowning achievement: At the tender age of 37, I finally learned how to swim freestyle.

Which raises the question: What took so darn long?

I'm painting with a broad brush here, but like many children from nonwhite households (I'm half-Japanese, half-Polish), learning to swim was simply not a priority. A recent study from Northwestern University found that "less than 4% of white parents reported never learning to swim, compared to 26% of Black parents and over 32% of Latino parents."

This disparity has significant downstream effects, as "children are less likely to swim when their parents can't swim." Count me among that group — my mom, who is from Japan, never learned how to swim. I should mention here that she did graciously shuttle me to countless soccer, basketball and baseball games throughout my youth. And she made sure I had at least the occasional swim lesson, which meant I could tread a bit of water and splash my way across the pool, but nothing approaching real swimming proficiency or confidence.

My lack of prowess in the pool didn't really bite until my freshman year of college at Notre Dame, when, to my horror, I learned that the university issues a swim test (a swim test!) to all freshmen. Imagine hanging out in Speedos with 200 of your new coed peers. Then imagine failing the test in front of them. That was me.

The remedy was mandatory swim class. Joining me were football players who sunk like weights and those who had likely never lifted one — think "Jeopardy" meets jocks on kickboards. For added

punishment, classes were held in the middle of the snot-freezing, snow-blowing, soul-crushing South Bend, Indiana, winter. I'm still thawing out. Also, I didn't learn how to swim freestyle.

That sad state of affairs held for nearly 20 more years.

What changed? As a family, we've spent much of the past two summers at the pool. Seeing all those kids zip across the lanes while I sat bobbing in the water made me painfully aware of my ineptitude. One day, while watching my 6-year-old's rapid progress during swim lessons, something in me snapped: I determined that I could, I would, I must learn how to swim freestyle, correctly, down and back across the pool; 50 meters.

After splashing around futilely for a couple of weeks, I enlisted the help of the swim coach. This required some pride swallowing: She was at least 15 years my junior and also taught my boys' "Little Chompers" class, but at times, steely determination can require the embrace of embarrassment.

Two drills; they were the turning point. After a few days, I made it across the pool — 25 meters. A week later, 50 meters. I worked my way up to 10 laps, then 15, then 20.

What did I learn during my summer of swim?

Swimming is hard, but it can also be quite pleasant. Unlike running, which treats your knees like jackhammers, swimming exhausts every part of your body, from your lungs to your toes, in the best way possible. At an outdoor pool, the breeze ripples the surface, the sun shines on your shoulders, and trees sway and birds streak across the sky as you come up for air. It beats doing dumbbell curls in a musty gym.

Also, your mid-30s are an opportune time to learn something new. You've likely already reinvented yourself as a parent, spouse, uncle or aunt, son or daughter. Might as well continue the transformation.

Always wanted to learn an instrument? Start a beginner piano book. Trying to get in shape? A 10k is reasonable. Never done an Iron Man? Let's not get crazy.

Through swimming, I relearned the satisfaction that comes from setting a new goal and seeing it through to completion. It was refreshing, renewing, invigorating, a useful counter to my mid-30s chore cycle — lunch-packing, carpool lanes, soccer practice, groceries, dishes, laundry. All of which are important and necessary, but they're not exactly the spice of life.

On my last swim of the season, I received one of the most gratifying compliments of my life. A lifeguard noted that my breaststroke, which I'd thought was poetry in motion, was "illegal," but then, almost as an afterthought, uttered the following three words: "Freestyle looks good."

Freestyle looks good. After 37 years, freestyle looks good.

Which has me thinking about an indoor pool membership. The Paris Olympics are just 10 months away.



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Synergy was created by Stefan Laursen when he was 13 years old and needed a wetsuit to compete in his first triathlon. He couldn't afford to buy a suit, so he bought the materials and made his own at his Waldorf school. Therein began his love for the sport as he spent the next few decades innovating wetsuit designs.

At 16, Stefan turned professional and a few years later placed 2nd in the USA Professional USAT Championship. As other swimmers and professional athletes sought his wetsuits, Synergy has become an established brand whose primary vision is about inventing new technologies and designs that truly benefit athletes and elevate performance.

See St. Pete Mad Dog Members Only Website on Facebook for significant discount on Synergy products.



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