

# THE FINISH LINE



**Betsy Banks and Rick Jansik Qualify for IM Worlds at Chattanooga!**



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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.**

**Club Contact Information:**

**Website:**

**[stpetemaddogstriathlonclub.wildapricot.org](http://stpetemaddogstriathlonclub.wildapricot.org)**

**Articles, or photos may be submitted to [chuck.lohman@yahoo.com](mailto:chuck.lohman@yahoo.com). Items should be sent by the 15th of the month preceding the issue.**

**Advertising checks should be mailed to: St Pete Mad Dog Triathlon Club, P.O. Box 635 St Petersburg, FL 33731-0635. Please make check payable to St Pete Mad Dogs.**

**ST. PETE MAD DOGS BOARD OF DIRECTORS**

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**Editor's Column**

Mad Dogs have been busy and productive in September. Mad Dog pro Paula Findlay won 70.3 Augusta. Mad Dog homestay Jackson Laundry won 70.3 Michigan and placed second at 70.3 Augusta a week later. Mad Dogs swarmed the podium at Ft De Soto #3 early in the month and Crystal River last weekend. Notably, both Betsy Banks and Richard Jansik qualified for Ironman Worlds while racing at IM Chattanooga! It's been quite a while since Mad Dogs accomplished this double.

**please go to page 7..**



# TRAINING CALENDAR

|                  | SWIM  | BIKE   | RUN   |
|------------------|---|--|---|
| <b>MONDAY</b>    | 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                        |
| <b>TUESDAY</b>   |   | 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.                  |
| <b>WEDNESDAY</b> | 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. |
| <b>THURSDAY</b>  | 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. |   |
| <b>FRIDAY</b>    | 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   |
| <b>SATURDAY</b>  |   | 8:00 am. From Northshore Pool. Rides staged by speed: 16-18MPH, 20MPH, 22 MPH, 24 MPH +                                  |   |
| <b>SUNDAY</b>    | <b>SWIM</b>   | <b>BIKE</b>  | <b>RUN</b>  |
|                  |   | 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!**

**#4031 - Anthony Coy**

**St. Petersburg**

**#4032 - Gabriela Rego**

**Tampa**

**#4033 - Caylee Ward**

**St. Petersburg**

**#4034 - Chris Kenny**

**St. Petersburg**

Editor's Comments continued:

In this month's issue I included two articles from Slowtwitch. First about how Continental has come to dominate the bicycle tire domain. Second, an article by a finisher at the first IM Worlds held in Nice, FR. Also, for the first time ever, I printed not one, not two, but three race reports from Mad Dog racers.

In the Mad Dog News section please read our plea for all Mad Dogs to help us find additional sponsors to help defray expenses at our festive events.

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](mailto:chuck.lohman@yahoo.com). There is no automatic program to search for Mad Dogs.

## FD3 at Fort DeSoto - 3 Sep

1st Place -  
John Hollenhorst  
Pam Greene  
Jesse Mocha  
Reva Moeller  
Cindy Yost Perret  
2nd Place -  
Tony Handler  
Vicky Linkovich  
Gail Lohman  
Grant Millar  
3rd Place -  
Suzanne Brousseau

## IM 70.3 Michigan - 16 Sep

1st Place - (Overall)  
Jackson Laundry (Mad Dog homestay)

## IM Chattanooga - 24 Sep

2nd Place -  
Richaed Jansik (slot to Worlds in Kona)  
Finishers -  
Betsy Banks (slot to Worlds in Nice)  
John Allen

## Crystal River #2 - 24 Sep

1st Place -  
JoJo Bayliss  
Sandy Weiss  
2nd Place -  
Art Halttunen  
5th Place -  
David Burg

## IM Augusta 70.3 - 24 Sep

1st Place - (Overall)  
Paula Findlay  
2nd Place - (Overall)  
Jackson Laundry (Mad Dog homestay)  
Finisher -  
Leo Budo  
Steve Swift

# UPCOMING RACES



1 Oct - Game On Suncoast  
Ft DeSoto, FL  
Sprint - Tri/DU; Olym - Tri/DU/  
AB



4 Nov - Ironman Florida  
Panama City Beach, FL  
Ironman Distance  
[www.ironman.com](http://www.ironman.com)



14 Oct - Crystal River #3  
Crystal River, FL  
Sprint - Tri/DU/AB  
[www.runsignup.com](http://www.runsignup.com)



12 Nov - Miamiman  
Miami, FL  
Tri/Du/AB Olympic & Half Iron  
[www.runsignup.com](http://www.runsignup.com)



14 Oct - Great Floridian  
Clermont, FL  
Iron to Sprint Tri/AB/Du/Runs  
[www.runsignup.com](http://www.runsignup.com)



19 Nov - Last Chance Triathlon  
Ft DeSoto, FL  
Sprint - Tri/DU/AB  
[www.runsignup.com](http://www.runsignup.com)



14 Oct - Ironman Worlds (Women)  
Kona, Hawaii  
Ironman Distance  
[www.ironman.com](http://www.ironman.com)



19 Nov- Ironman Cozumel  
Cozumel, MX  
Ironman Distance  
[www.ironman.com](http://www.ironman.com)

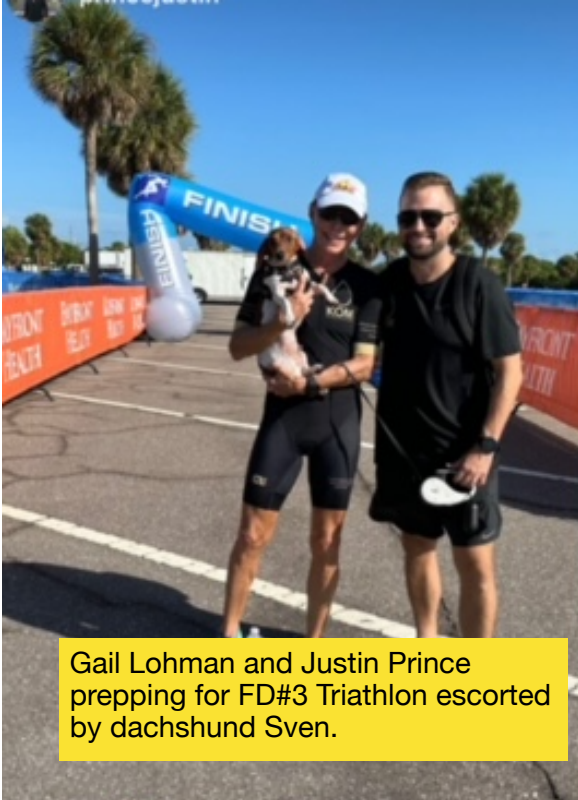


# OCTOBER BIRTHDAYS



|                          |      |                  |      |
|--------------------------|------|------------------|------|
| Michael Cegielski        | 1st  | Ian Seecof       | 14th |
| Mathew Solomon           | 2nd  | Mark Hernick     | 17th |
| Susan Ashbaugh           | 3rd  | Phillip Powell   | 19th |
| Verena Sunshine Erickson | 3rd  | Mark Parrish     | 20th |
| Tim Robinson             | 3rd  | Annette Frisch   | 21st |
| Cindy Hernandez          | 7th  | Karen Hendrick   | 21st |
| Ginger Herring           | 7th  | Paula Shea       | 21st |
| Richard Jansik           | 8th  | Wesley Carr      | 22nd |
| Jay Anderson             | 9th  | Wayne Dudding    | 22nd |
| Larry Collins            | 11th | Rose Lemahieu    | 22nd |
| Renee Litton             | 11th | Stella Bernardi  | 24th |
| Chuck Lohman             | 11th | Lillian Barrett  | 26th |
| Timothy Carswell         | 12th | Cynthia Brumfiel | 29th |
| John Hollenhorst         | 12th |                  |      |
| Ojas Natarajan           | 12th |                  |      |

# MAD DOG PICTURES



Gail Lohman and Justin Prince prepping for FD#3 Triathlon escorted by dachshund Sven.



Mad Dogs Terry Ellis and Steve Shelton receiving their blue noses during a ceremony for crossing the Arctic Circle during a Northern Europe cruise.



Looks like Todd (the lion hearted) Bibza is ready for war. Perhaps we should check CNN for news.



Jesse Mocha



# MAD DOG PICTURES

**More Pictures from Terry Ellis and Steve Shelton's Excellent Adventure in Viking Land**





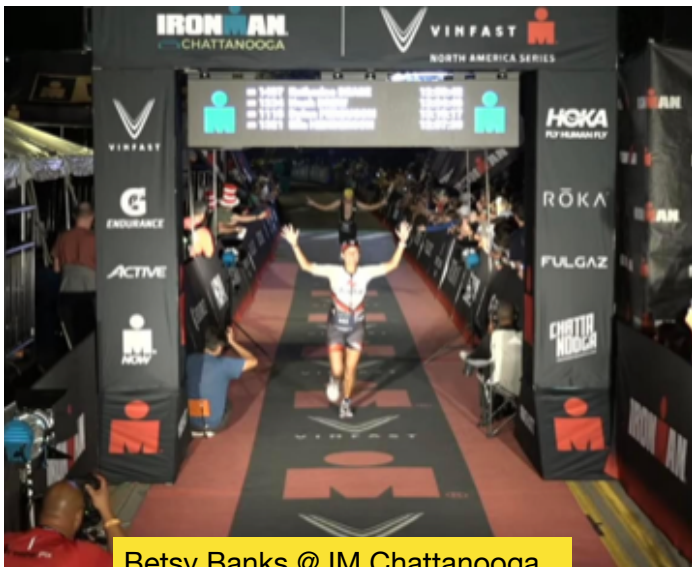
# MAD DOG PICTURES



Debonair Michael Oertle representing the Mad Dogs (chein enrage) in France!



Maurice Kurtz sunsetting in Kona



Betsy Banks @ IM Chattanooga



John Allen @ IM Chattanooga

# MAD DOG PICTURES

## FD #3 Pictures Shared By Pam Hollenhorst



Pam Greene and Vicky Linkovich



John Hollenhorst and Carolyn Kiper



Gail Lohman from the back



Renee Litton



Cindy Perret



Gail Lohman from the front



# MAD DOG PICTURES

## FD #3 Pictures Shared By Pam Hollenhorst



Vicky Linkovich



Scott (Viking) Underkoffer



Pam Greene



John Hollenhorst



Jesse Mocha  
Joy to the World



Renee Litton



Vicky Linkovich



# MAD DOG PICTURES

## FD #3 Pictures Shared By Pam Hollenhorst



John & the Ladies Postrace



John on top



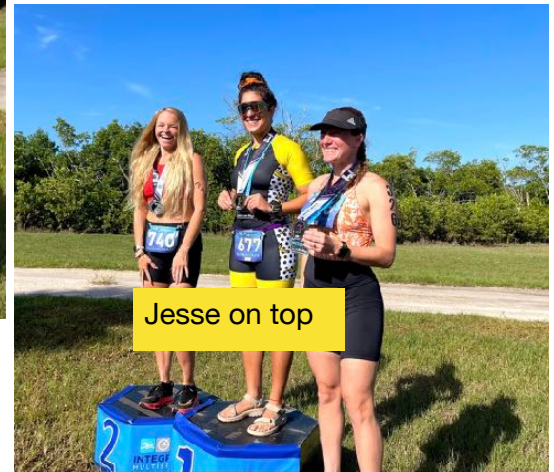
Cindy on top



Vicky second



Pam on top



Jesse on top



Grant second



# MAD DOG PICTURES

## FD #3 Pictures Shared By Pam Hollenhorst



Grant Millar and John Hollenhorst



Justin Prince and Gail Lohman



Paula Shea



Ace photographer Pam Hollenhorst



Team Hollenhorst



# MAD DOG PICTURES



Sandy Weiss @ Crystal River #2



John Hollenhorst and Randy Brown



3 Mad Dogs and 1 Happy Dog at the Tuesday morning run



Sign spotted on San Antonio River Walk



## Chattanooga Race Report from Betsy Banks

Wow! What a weekend! John and I raced our first full distance Ironman at IM Chattanooga. 2.4 mile swim, 116 mile bike, and 26.2 mile run. We trained A LOT this summer, putting in many miles in some intense heat. Through [TriDot Triathlon Training](#), and with the help of Coach [Jeff Raines](#), I felt well prepared. There were a lot more hills than we're used to, (and I think they actually grew on the second loops), but we pushed through and finished strong! The cherry on top, I qualified for Ironman World Championships 2024 in Nice, France!! Woo Hoooo!!



## Chattanooga Race Report from Richard Jansik

I'll try to describe this year's Ironman journey without whining too much about injuries because I have had such great results in all of my races despite the setbacks. The knee has been talking to me for a few years now but I have been able to push through the pain; the nagging hamstring problem comes and goes and insists on forcing me to pause from needed training. A bike crash and fall running in the last couple of months are just added bonuses to overcome and have made me question why do I even try? It's the results of course.

I don't usually get nervous before race day but this past week was different. I had a sick feeling all week before making the drive to Chattanooga and I think it was just me worrying I was not ready to take on a full Ironman. My bike has always been my strength but even that was in doubt since before this year my knee didn't hurt while biking but lately it has been a little painful. Now I am asking it to hold up for 116 miles on the bike then go out and run-walk 26 miles.

Race morning, I was up and had a little breakfast, filled my water bottles and packed few things for the trip to transition and the swim start. I said goodbye to Laura and Lalli and headed to transition. Everything looked good, I checked the wheels, tires, put the bike Garmin on the bike and just then realized I left my watch (Garmin) on the charger back in the room. This is why you go to transition early and lucky for me the hotel is just around the block. I called Laura and told her I was coming back, got up to the room, grabbed my watch and phone and headed to the bus for the ride to the swim start. I got on the bus and pulled out my phone and realized it was not my phone, it was Laura's. I am sitting on the bus with two phones and the guy sitting next to me said "if it's your wife's phone you better get it back to her". I got off the bus and headed back to the room and saw the look on Laura's face and it was telling me to just wave bye and get back to the bus. Off the bus and I find a spot to wait for the swim to start. I was close to the front with probably just a couple hundred people in front of me which means I will be in the water quickly. I felt good, the butterflies were gone and it was go-time, I got to the waters edge and jumped in and just like that I am moving down river. I could tell the current was fast by how quickly I went by the buildings on the riverbank and it seemed like no time I was passing the swim start for the 70.3. The river is wide and since I was close to front at the start there were not many people around me so no need to do much sighting ahead until I came up to the bridges, though I did run into one of the buoy's it was reassuring to know I

was on course. My left hand always goes numb about 1 mile into the swim and this time it was probably the worse I ever had. I had to concentrate a lot to get a good pull of water as I took each stroke and try to manage to swim in a straight line. I got to the swim exit and was surprised to see 45 minutes on my watch, I thought to myself how is that possible? This is why I love this race; a fast current and a wetsuit even means a weak swimmer like me can go fast. In training I only swam about once a week this summer since the water in the pool was so hot due to the pool pump breaking down and the sun made it feel even worse, I probably spent more time on my WaterRower at home than in the pool. I ran to the wetsuit strippers and up the ramp and saw Laura, did a little wave and went to transition for my bike bag. I got my gear on, ran to the bike and did my running leap on the bike and off I went.

The legs felt really heavy so I gave them a few miles before I put the power down which for this race is about 70-75%. The weather was great, it was cool and the first lap of the course was mostly shaded. My knee tendonitis is bad, I feel it all the time, my shoulder tendonitis is bad as well, it was really hurting from the swim and I think this is why my arm and hand go numb when swimming, I spent many miles sitting up to take some weight off of it and shake it out. As I started the second lap, I caught up to #67, I knew he was in my age group and that he was a fast runner and the only reason I caught him was that he stopped at one of the aide stations to pee so I was about 5 minutes ahead of him at this point and I think he knew it since we switched places back and forth for the next 50 miles. I got to transition and grabbed my run bag heading to the transition tent. It felt good to sit on something other than my bike seat so I took it a little slow putting on my socks and shoes. I grabbed my hat, sunglasses and number belt and out the tent for some sunscreen.

I saw Laura, she said I was first in age group off the bike but I knew #67 was right behind me as we exited the tent. I waved to Laura and headed up the road. I knew I was going to be a sluggish even though I was good on my nutrition. Not helping was the fact that I just ran a marathon two weeks before and also felt the lingering effects of my accidents, I was not in marathon running shape today so I just did what I could and took it a mile at a time, didn't stress myself with the need to run every mile and walked the water stops and more at times when the Knee hurt a lot. The weather was great, the sun was warm but it wasn't a 110-degree heat index with 98% humidity, I was thankful for that and used it to try and push myself when I could. One lap done and I see Laura, she is smiling so it means I am still doing okay and push on for the last 13 miles. Those last



few up and downhills really hurt, it wasn't just the knee but the quads and lower back that hurt by the time I hit mile 20. I am at the 25-mile marker and just up the bridge and down to the finish line. I was so happy to be finished and all I could think about was getting off my feet.

I see Laura and she still has a big smile; she says I am in 2nd place and at this point we just wait to see if there are any faster runners behind me.

Last year I was 2nd at the finish line but ended up 3rd place by 49 seconds so we knew better than to celebrate too early. So, 15 minutes go by I pick myself up off the ground and feel 2nd place is secure with my best full Ironman finishing place.

At this point I really had no desire to go to Kona, Hawaii for the Ironman World Championships, it was always a goal but somehow going just didn't have its appeal anymore. I figured I would do a coin flip if there was a slot and yes there were two for my age group. I got to the awards ceremony and I am getting texts from friends telling me to go to Kona and the two guys at my table said go. Laura was like if its your goal to go just take it. I figured I had one more out and that was to talk to the 3rd place guy. When we were getting photo's, I asked him if he had ever been to Kona and he said no, so I asked him if he wanted to go and he said no; 4th place had already disappeared. That was when I decided it was mine to take and maybe it was what I needed to finally close out the Ironman chapter of my life. So, I am going to Kona, Hawaii.

[Laura Sgroi Jansik](#) has been there with me since my first Ironman in 2010, she knew Kona was always a goal but it wasn't until 7 years ago when [Jon Noland](#) started coaching me that I thought I had a chance. Then they came out with the Legacy Program, 12 Ironman's in 12 years and a trip to Kona. Unfortunately, my Legacy trip to Kona turned into a trip to Nice, France and I turned that down. I will never judge anyone for using Legacy but it does feel much more satisfying to earn it this way.

[Laura Sgroi Jansik](#) has made many long trips with me in the car up and down the highway, I know it is hard sitting there for 8 hours at a time so I want to thank her the most for being my Sherpa. She is there to encourage me, yell at me and hug me at the finish, there isn't anyone else I would want on this journey.

Jon Noland didn't coach me for this race because I didn't feel I could follow the plan, but he was there every step of the way. He taught me how to race, even when not running at 100% I knew that I could finish this race because he gave me the confidence in myself. I look forward to getting back on plan for an epic year next year which will hopefully include the Boston Marathon and the Ironman World Championships.

Thank you Outspokin Bikes and the guys at the shop. The BMC was put in for an overhaul earlier this year and the bike rode flawless. Once again, I had the fastest bike split in age group and 75th out of 1200 overall. I am happy to be part of the Waterfall Race Team and look forward to wearing the team racing kit in Kona with my other Waterfall Teammates.





## Leo Budo's IM 70.3 Augusta Race Report

“Been dreaming of the payoff. Through the struggles and the trade offs” Took on my very first Half Ironman in Augusta, and I gotta say... it was the most mentally challenging race I had ever done so far in my athletic career. Starting off in the swim, I felt great. Was moving very fast through the water, passing people left and right and had finished the 1.2 mile swim in 26 minutes.

Coming out of the water, I quickly run over to transition 1 and began throwing on my cycling gear for the ride. I knew I had to buckle down, because this was going to be a fun 56 miles.

The bike to put it simply was absolutely amazing. Such an amazing performance for 56 miles, arguably my best one in a race. Felt great with the beautiful weather of Augusta. My confidence grew the closer I was getting to the finish. All I had left was the bike.

After getting off the bike and starting the run, I still felt great. But, after 3.5 miles, this where the wheels fell off. Unfortunately going hard in the swim and bike came bike to bite me, cramping up every half mile to point where I was walking and on the ground. As much pain I was in, I fought tooth and nail to make it to the finish line where I was greeted by an amazing crowd and my supporters also coming 14th out of 65 for my age group. Not bad for a newbie.

It was both a humbling and a wonderful experience to race my first 70.3. I look forward to tackling on the 70.3 distance more in the future. Up next, Long Course Nationals in Daytona! Thank you so much to everyone for all the support! It truly is a blessing to receive all the amazing messages with love and support! Take care everyone, and as always, till next time!



## Training Tip - Ditch The Crunches For a Strong Core

When people think of exercises to strengthen and tone their core muscles, they often think of crunches or sit-ups as the “go-to” workout. In fact, crunches are not the best exercises to do, for several reasons. The major reason not to do crunches is that they strain your back muscles and they can cause the discs in your back to bulge, causing lower-back pain and potentially causing a herniated disc. In addition, crunches don’t target all of the abdominal and core muscles. For a strong core, you need to work all of the **four muscle groups in the torso**: the **rectus abdominus** - your middle “six pack” muscles, the internal and external **obliques** on the sides of the rectus abdominus (prevents “love handles”), the deeper **transverse abdominus** (TvA) muscles which play a pivotal role stabilizing the torso, and the most often overlooked muscles in the back - the **erector spinae** which run up and down on either side of the spine. These steady the spine and improve posture.

Some fitness trainers will argue that crunches, if done correctly, are good for abdominal strength. But there are so many other exercise options, that it’s not worth the risk of a painful back. Some very good exercises for the core are face down planks and side planks, push-ups, walk-ups, bridges, hip thrusts, cable wood chops, as well as lunges and squats.

Also be aware that no amount of ab work by itself will give you a toned torso. If you’re not eating a healthy diet and fitting in cardio exercise, you may have toned ab muscles but they’ll be hidden behind the belly fat.

Train smart. Race fast.

Frank Adornato





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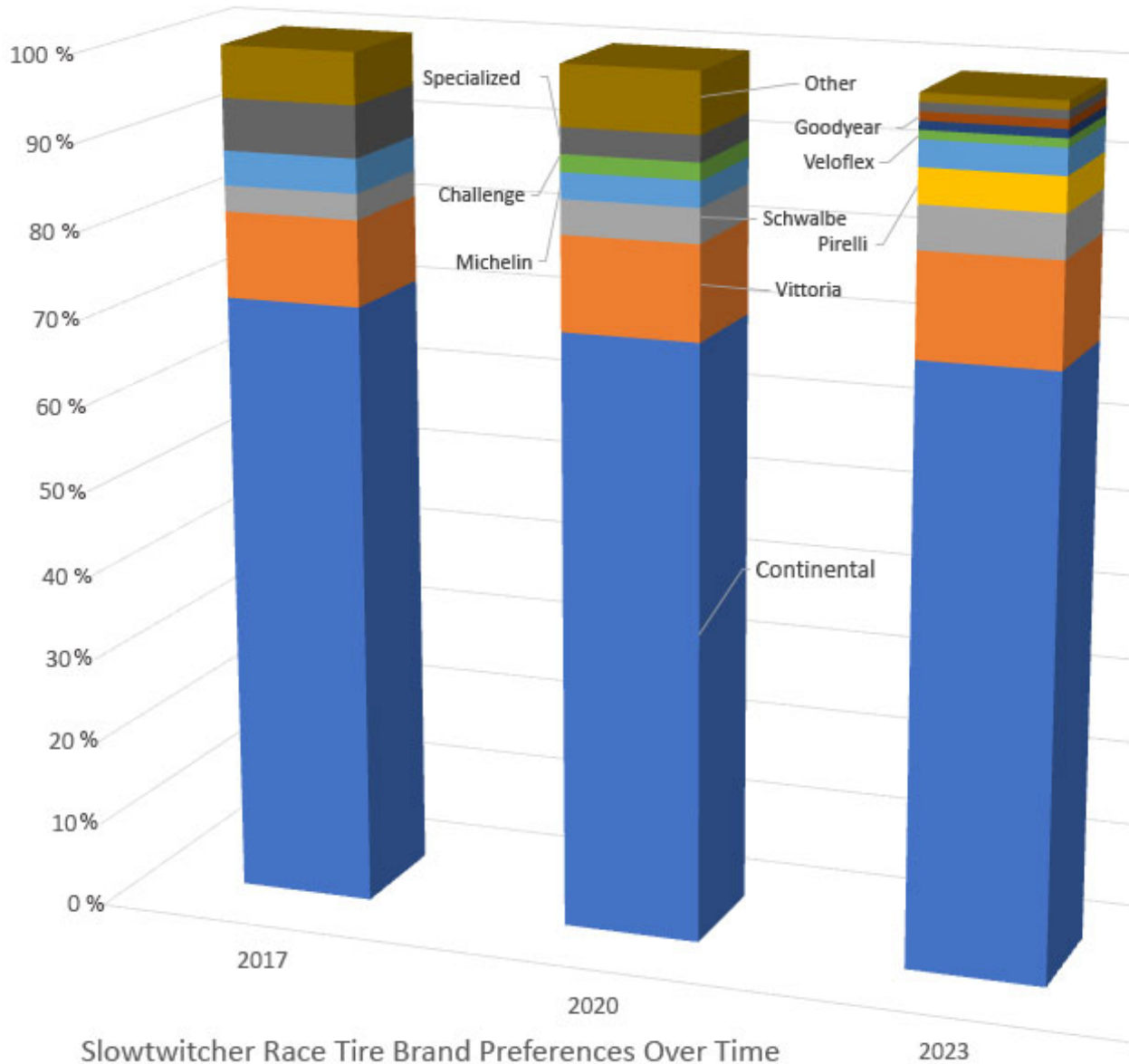
**I have been practicing Personal Injury law in St. Petersburg, Florida, since the mid seventies. I have lived in this area all my life except my school years at the University of Notre Dame Law School. Our practice is dedicated to serving our clients in the areas of Personal Injury, Commercial Litigation,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



# Continental Murders the Competition

DAN EMPFIELD

Wed Aug 30 2023 Slowtwitch



I'm beginning to think Continental could shoot somebody on Fifth Avenue and you would still buy their tires.

There's an even chance I'm getting canceled now on social media for my impolitic or, in this case, politic figure of speech, but edgy jokes aside can we agree on the striking brand attachment between Slowtwitchers and

Continental? Not just in market share, but in the miraculous durability of the number: Seventy percent. Not sixty-seven. Not seventy-three. Seventy percent of you will race on Continental tires; and in 3 polls over 6 years it's been exactly that number or percentage points from it.

To be clear, Continental didn't murder anyone or anything except its competition and it's always done that according to the rules of fair business play. It continues to make and ship tires that are fast, aero, fairly-priced and widely available. It hits the sweet spot over and over again, especially in triathlon, and the two cases in point are the acceptably flat-resistant Grand Prix 5000 S TR, and the slightly-less hardy but lightning fast Grand Prix 5000 TT. That latter tire was a particular favorite among the pros in Kona in 2022 and will no-doubt again be a popular tire in Nice next week.

Beyond this, it continues to earn this loyalty from Slowtwitchers in the face of some really compelling tire launches in this and recent years. The fastest-rolling tire on the Bicycle Rolling Resistance leaderboard is the Veloflex Record TLR. Second is the Vittoria Corsa Speed. The aforementioned Grand Prix TT TLR sits in 3rd place, and just behind it is the Schwalbe Pro One TT.

If you look at all of these, the Corsa Speed and the TT seems to be pretty much a fair fight, about even in Crr and in puncture resistance. It's a pick 'em. A toss-up. (Each have a total puncture score of 33; each is within 1/10 of a watt of the other.) When I go to the single most likely place you'll buy your tires, [biketiresdirect.com](http://biketiresdirect.com), I see that the Conti sells for about \$105 and the Vittoria for \$95. And yet...

Seventy percent of you will buy Continental tires for racing; and 12 percent Vittoria. Let's consider what else might be in play.

Were it me, and were I racing in (say) the IRONMAN World Championships in Nice next week, I wouldn't race either of these tires. I'd race a somewhat more durable version. In Vittoria it would be the newly released Corsa Pro, the tire underneath the victor in this year's Paris Roubaix and the tire used by most Vittoria riders in that race (notwithstanding the fact that the yet more durable Corsa Pro Control is the supposed Classics race tire). That tire in a 28mm width is a 9.9w tire at 90psi with a total puncture score of 46.

The S TR is a 9.1w tire, same pressure and width. But the S TR has a total puncture score of 36 (25mm) and 34 (28mm). In other words, you get a tire that's barely more puncture resistant than Conti's TT.

It would then seem to me that Vittoria's new Corsa Pro should've carved out a niche specifically in AG triathlon, where there isn't a van following you to change out your flatted wheel. Or, consider the Challenge Criterium in 25mm. It's also a tubeless tire, a handmade 350tpi construction, with a Crr of 9.9w and a total puncture score of 61! It requires latex to seal the sidewalls and it's a bit of a process to get that done but, like the Vittoria Corsa Pro, it's a cotton sidewall and you get that ride quality that tells many oldsters (like me) that there's extra speed in the supple ride whether that drum tester picks it up or not.

That said, Challenge can't seem to catch a break with you all. I believe that Challenge suffers from have a reputation of hard-to-mount handmades, but I also believe that was back in the days before ETRTO's tighter guidance on wheel spec. This allowed Challenge (if I can speak for them) to make a tire to precisely fit a conforming wheel, rather than slightly undersize the tire for those wheel makers who slightly undersized their wheels.

To the best of my knowledge, all the tires I've written about above from Continental, Schwalbe, Vittoria, Veloflex, and Challenge are hookless bead compatible.

Where you buy your tires? I asked this question of you all [in a forum thread](#). Here's the less scientific answer (# of votes in parentheses next to each tire seller):

[Biketiresdirect.com](#) (11): These folks also own Western Bike Works and Trisports.com. they sell all kinds of stuff but really specialize in tires.

Amazon (10): A number of our readers are reticent to buy tires here for fear of counterfeits.

LBS (6): Bless your hearts, folks. I didn't know as many folks would still patronize the LBS for tires.

eBay (5): Some shops also sell there using eBay stores.

[Merlin Cycles](#): Another UK site.

[Excel Sports](#) (3): Longtime Boutique Front Range bike parts and

accessories seller

[Bike24.de](#) (3):

[Backcountry](#) (3): Which also owns Competitive Cyclist

[Slowtwitch Classified Forum](#) (2): It was suggested we identify tire buyers/sellers and place them in a common thread or place.

[Chain Reaction Cycles](#) (2): Also includes Wiggle. These and ProBikeKit used to be big exporters to the US, creating huge upheavel. PBK is closing and Chain Wiggle may not be quite the export-to-US force it once was.

[Bikecloset](#) (2)

[Sigma Sports](#) (1): There is Sigma Sport, the German manufacturing of sports electronics, and there is Sigma Sports, the UK-based bike retailer. This is the latter.

[Tree Fort Bikes](#) (2)

[BikeInn](#) (1)

[Jenson USA](#) (1)

From the tire brands themselves (1)

# An Age Groupers Perspective on Nice

JASON KASPRZAK Slowtwitch

Tue Sep 12 2023

Let me start off by saying that no, I haven't raced in Kona. But I did race the 2021 IRONMAN World Championships in St. George last year. Nice was to be my 8th IM. I've also qualified and attended three IRONMAN 70.3 World Championships, including the 2019 edition also in Nice.

## PRE-RACE

I got into town on Wednesday with a couple days to relax and sightsee after a couple days in Paris taking the TGV (high speed rail) into town. It's a direct train with a travel time of about 6 hours. They are super comfortable and a great way to travel in Europe. Nice is a gorgeous town on the Mediterranean. You have a couple options to get there, there is a large airport with direct and connecting flights to the US or as I already mentioned, fly into Paris and take the TGV. Housing is plentiful (and most places I looked at had no minimum stays), terraces abound and are a nice perk given the amazing weather that's typical in Nice.

There was a nice buzz in town coming into the weekend, the local people I talked to seemed happy to have us there and very friendly, and most everyone speaks at least some English. The town is large enough so as to not feel too triathlon-centric. Speaking of sightseeing, Nice is a great take-off point to visit other Cote d'Azur towns and Monaco, to either do before the event or to extend the trip afterward. I can't speak to how kid-friendly things are, but there is the beach, but be aware the beach isn't what you would think of. It's small pebbles. Bring water shoes or sandals. However I can say the town is definitely great for couples, with lots of restaurants and bars, museums, and shopping.

The expo was nice, but not huge. I got to see my first Vinfast car in-person. The banquet was average at best. I found the food disappointing, especially for France. I understand it's challenging to cook for 2000+ people at once, but still felt they could have done better. The program was ok, there was some odd choreography with luggage and chairs, a nice singer and an ok Cirque du Soleil-styled act. Then they went into the

speeches and videos, which featured lots of history and – the elephant in the room – comparisons to Kona. Historically, Nice was the “other” major race of the year. I recommend reading *Iron War* by Matt Fitzgerald if you want a good history of the dynamic between the two races.

## RACE LOGISTICS AND RACE DAY

Bike and gear check-in on Saturday was super quick and efficient. Transition was very narrow and very long. Race day started with the pro athletes, and then age-group waves with an in-water start – not the time trial starts we had at the World Championships in St. George or the 70.3 Worlds I’ve done. The non-wetsuit swim didn’t surprise me with the practice swims earlier in the week and having been in Nice in 2019 for 70.3 WC. The swim course was unique with the “M” shape. (editor’s note: It’s not the first time – we had this shape at the re-located IRONMAN Florida event in Haines City, just had to do it twice). No showers coming out of water, which would have been nice given the (to me) high salinity of the water.

The bike course is beyond beautiful and its beauty is equally matched with its brutality. Biking through small towns perched on the side of the Maritime Alps is magical, the number of random people on the side of the road or in towns cheering us on with “allez, allez, allez” or “bravo” was nice and encouraging. My biggest beef with the course are the downhills. Even as someone that considers himself a good bike handler the narrow twisting roads were not super fun for me. Add in the speed bumps and humps, and there were lots of ejected gear and a number of crashes.

The run course is the complete opposite of the bike. It’s pancake flat with 4 out-and-back’s. The nice thing, though, was the amount of crowd support with the condensed course and the ability to see friends and supporters multiple times. It also brought about a different challenge for the pros and top-end age groupers as they could play mind games seeing each other multiple times per lap. And, as always, the volunteers were amazing.

Invariably the question everyone has is “did it feel like a world championship race and event?” I can’t speak to the Kona comparison, but



the course is definitely worthy of the World Championship name. Combine a non-wetsuit ocean swim, a highly challenging and technical bike course, and a very exposed arguably slightly easier flat run course and it makes for a great combination. The overall experience felt world-class. It was definitely a notch up from a “regular” IRONMAN. And it felt to me more like a “world championship” than the experience St. George last year. Time will tell if people embrace it as on par with Kona.

I hope they do, change is good. It’s an amazing venue and course.

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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.

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