

THE FINISH LINE



David Longacre and Jill Voorhis after a long, hot August bike ride.



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Tim Kennedy and Carolyn Kiper with a better August Training Plan.

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

Another black eye for Ironman? Many of you have probably heard of the tragic loss of two competitors during the swim leg of Ironman Cork. An included article from Slowtwitch sheds further light on the incident. It seems conditions were so bad the day of the 70.3 event that it was postponed and run concurrently with the Ironman competition the next day. Water conditions were so bad that both swims were shortened.

Triathlon Ireland officials still found the conditions to be unsafe and would not sanction the event. Nevertheless, Ironman

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

Todd Bibza's IM 70.3 Championship Race Report

Ironman 70.3 World Championship complete! Jessica made her presence known right from the start producing a rainbow as the race began (just like at Kona). I was happy with my finish especially since I have only run 3 miles in the last 6 months due to ankle and Achilles issues.

I had a good swim and ventured out on the bike course where it rained the entire course causing many to DNF because of the cold. I was crushing the bike up until mile 46, when an older rider veered off his line (maybe to avoid a puddle) and crashed me going 28 mph. I crashed my head /helmet into the pavement as I slid across the concrete and my bike when flying into a ditch. Road rash on my shoulder, hip, both knees, my bad ankle and a slight concussion but lucky it wasn't worse - but it killed my mojo. After pulling grass and weeds out of my cassette and derailleur and putting back on my chain, I found the bike to be rideable. Still had to go find my helmet visor which flew off. So after about 5 minutes to recover I was back at it. No way I was not going to finish!

The first loop of the run went fairly well as my ankle didn't hurt but I did have 2 cramping attacks. It wasn't until miles 6-9 that the cramps became debilitating to where I couldn't run at all so I tried my best effort of speed walking. I still played to the crowd and smiled the whole time because that's what we do...give energy and get it back ten fold. After drinking some Coke (nectar of the Gods), I had the ability to at least run / walk. Seeing that I still had a chance to break 6 hours, I pushed myself the last 4 miles. I carried the picture of Jessica in my visor the entire run. This was HER race so I hope I made her proud. I sure do miss her. [#livelikejessica](#)

Shout out to my best friend Greg for being my Sherpa.



WELCOME NEW MAD DOGS!

#4026 - Anthony Coy	Parrish, FL
#4027 - Haywood Crowder	Tampa
#4028 - Cindy Hernandez	St. Petersburg
#4029 - Karen Matthews	St. Petersburg
#4030 - Erinne Mickle	St. Pete Beach

Editor's Comments continued:

went ahead with the swim. I'm sure this decision will be thoroughly investigated by several agencies. Since the swim portion of the event has been cancelled in a number of triathlons due to dangerous conditions, it will be interesting to see how all this plays out.

Also heard that a woman died in the swim at IM 70.3 Worlds, although the water conditions seemed fine. RIP.

Congrats to Paula Findlay, Brad Kirley and Todd Bibza for their performances at IM 70.3 Worlds in Finland.

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.

Late change from USAT

Alpha Ocala - 1 Apr

1st Place - Mackenzie Bryan (Overall)

Top Gun Triathlon - 5 Aug

1st Place -

Catherine Jadot

Sean Simmons

2nd Place -

Tony Handler

Suzanne Brousseau

3rd Place -

Kim Case

Kerri Dienhart

Art Halttunen

USAT Nationals - 5 Aug

Participated -

Mackenzie Bryan

Leo Budo

Brad Kirley (qualified for Worlds)

John Macedo (qualified for Worlds)

Grant Milar

Michael Oertle

Womens Pro Triathlete Open - 5 Aug

3rd Place -

Paula Findlay (\$\$\$)

Leadville 100 MTB Race - 12 Aug

Finisher -

Clive Heke

IM 70.3 World Championship - 25 Aug

5th Place -

Paula Findlay (Overall)

Brad Kirley

Finisher -

Todd Bibza

UPCOMING RACES



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



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



10 Sep- Ironman Worlds (Men)
Nice, France
Ironman Distance
www.ironman.com



14 Oct - Crystal River #3
Crystal River, FL
Sprint - Tri/DU/AB
www.runsignup.com



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



14 Oct - Great Floridian
Clermont, FL
Iron to Sprint Tri/AB/Du/Runs
www.runsignup.com



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



14 Oct- Ironman Worlds (Women)
Kona, Hawaii
Ironman Distance
www.ironman.com

SEPTEMBER BIRTHDAYS



Joy Edwards	1st
Linda Auer	3rd
Sandy Weiss	8th
Judy Sromovsky	9th
Michael Lydon	12th
Dan Nolan	13th
Paul Blankenship	14th
William Ulbricht	14th
Timothy Kennedy	15th
Kristie Illing	21st
Scott Underkoffer	25th
Brad Kirley	26th
Peter McKernan II	26th

MAD DOG PICTURES

Mad Dogs competing at 2023 USAT Nationals



Leo Budo



John Macedo (L)



Brad Kirley



Grant Milar



Michael Oertle



Mackenzie Bryan

MAD DOG PICTURES



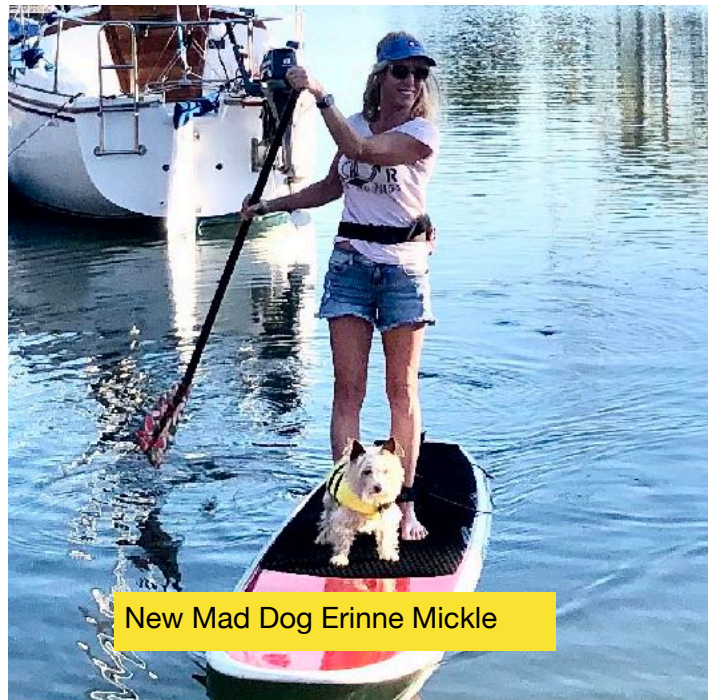
David Longacre and Jill Voorhis after a tough ride



John Macedo at Nationals (3rd from Left)



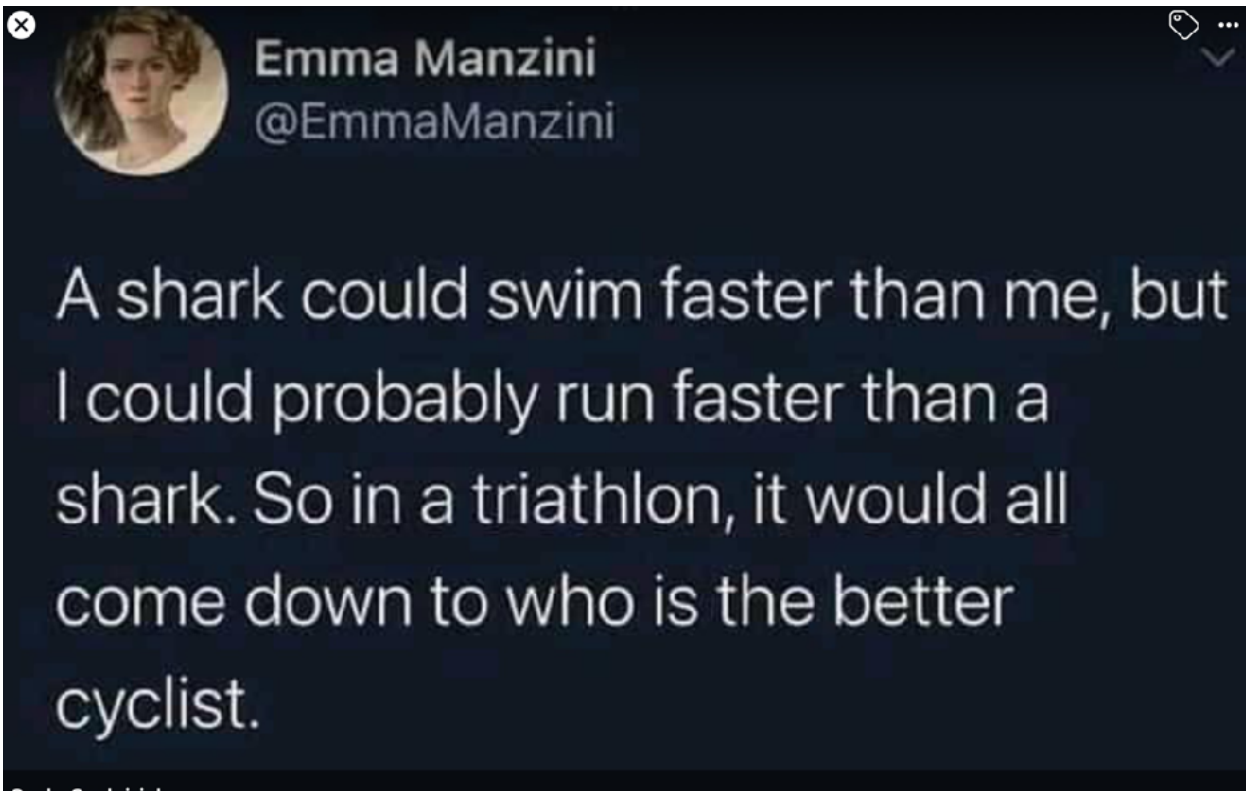
Carolyn Kiper and Tim Kennedy training hard this summer in Italy



New Mad Dog Erinne Mickle



Who knew?



Brad Kirley's IM 70.3 Championship Post Race Report

So last nite, Donna and I are walking up to the awards banquet and end up walking next to a young couple, say early 20's. The gal is carrying 2 signs like the ones they use for the pro transition areas. I asked to see what she had and she shows them to me, 1 Taylor Knibb. She gets #1 cuz she is the defending champ, having won in Utah last year.

My chin hits the pavement and I freeze in total shock. Finally I am able to recover and say "Congratulations on your win, you've had quite a few months now." She smiles and sez thank you and I ask if I can get a pic with her. Sure she says so the below happens.

Then we walk on up, about 3/4 of a mile to the Awards Banquet. We chat with her along the way, and at one point she asks where we live. Lake Anna in the middle of VA we say and she says I know that I'm from No VA area. Seems she has done some Kinetic races, brags the first time she ever beat her mom was one of those races. Her mom's bike was shipped to a race so she rode a mt bike and got beat by her kid. Mom now lives in Md somewhere she says. She tried to come up with the race, we ran thru a bunch of them and then she says Culpeper. And she knew Greg Hawkin's name as the head of Kinetic and says she did some VA/MD races back in the day. Small world huh.

At the huge hall where the Banquet was, lots of ways to get in, I told her I bet the pro's went in the VIP entrance so we went there and several people grabbed her to talk so I went and checked on where she had to go in and it was there so I told her and we parted ways.

The female and male winners give a short talk, at 25 she is already a polished speaker and gave a wonderful talk, thanking all kinds of people and her fellow competitors. Quite a young lady. We Americans should be so proud of her, she's already qualified for the Olympics next year, the first to make the tri team.

BK



Training Tip - Broken 300's Swim Workout

If you want to improve your speed at longer swim distances, broken sets are a good way to do that. This workout not only improves your speed, it also trains your mind and body to push through fatigue. Here's the workout.

Start with a warm-up of 500 yards (or meters). As always, during the warm up, focus on your biomechanics and technique. Make sure you're efficient with the five elements of the arm stroke, kicking, and breathing.

After the warm-up, do the following workout:

4 x 50 at a solid but controlled speed - Perceived Exertion (P.E.) of 8 (scale of 1 to 10).

2 x 100 at a Perceived Exertion of 8 to 9.

Main set:

4 x 300 broken, as follows.

Swim the first 250 at P.E. of 9; you're in control but a little bit out of your comfort zone. After the 250, take a very brief and incomplete rest interval of 10 seconds and then swim the last 50 at a P.E. of 9.5 to 10 - all out. Take a complete rest interval between sets - 60 seconds or more as needed. Repeat for total of four sets. Optimally, your swim pace for that last 50 should be equal to or faster than the pace for the first 250.

Cool down 500 with alternate strokes, e.g. breast and back stroke.

Total workout = 2600 yards.

Include this workout once a week or every other week. And as you get stronger, you can increase the distance to broken 400's and 500's.

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.

Vacation Report from Ginger Herring



Ginger and Don rebooked the river cruise that was cancelled because of the Pandemic. It was booked 14 months ago. We flew into Paris and discovered it was the same day as the finish for Tour de France. What a wonderful surprise. Ignoring my family's warnings not to wander off on my own, I walked from our hotel to the Arch de Triumph and found the perfect spot to see the bikers. What a perfect way to start a vacation. How lucky was I!
Ginger



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The Weekend Wrap: Norseman and Racing in Milwaukee

RYAN HEISLER

Sun Aug 06 2023 Slowtwitch

NORSEMAN 2023: MOTHER NATURE IS UNDEFEATED

Let's lead off with the icon, the one and only Norseman, which celebrated its 20th anniversary this year. Typically Norseman drives one of our most popular threads in the forum, for both comments as well as page views. This year, despite being a part of Sebastian Kienle's retirement tour, there wasn't even a thread -- instead, most discussion centered on the US Open.

My, how times have changed.

Jon Breivold took his third straight win this weekend, passing the aforementioned Kienle on the bike before continuing to build his lead on a modified run course. With cool, damp conditions and significant thunderstorms roaring across the valley, race organizers used their non-mountaintop finish in the interest of athlete safety.

Afterwards, Kienle was full of praise for the Norseman team. "I'm officially a Norseman ambassador after this experience in Norway. The people, the Norseman crew, my support team, Team BOB, and the other supportive athletes were amazing," he said. "This was my first race with support, and it was great. In retrospect, I should have done races like Norseman earlier in my career, so my advice to up-and-coming pros is to try races like Norseman and experience something completely different in a very positive way."

Slowtwitcher Allan Hovda took third.

In the women's race, Flora Colledge bided her time on the bike before launching herself on the run through the field, arriving to the front of the race at Zombie Hill and solidifying her margin of victory.

MEANWHILE, IN MILWAUKEE

Of course, the reason that Norseman wound up being more quiet than you would have typically seen was because of the PTO US Open. Ultimately, the professional racing was pretty compelling -- and more on that in a moment.

But that's nowhere near the most important story coming out of Milwaukee this weekend. Instead that honor goes to USA Triathlon's National Championship events. Because it gives us an indication that triathlon might be healthier as a sport than IRONMAN's recent calendar moves have made some feel.

USA Triathlon announced that there were more than 6,000 athletes

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participating this weekend. That number initially did not pass my smell test -- it felt like that was probably the total count of entries across all of the events taking place this weekend (combined, there were age group Olympic and sprint distance events, along with youth and junior races). We did some digging, and then got confirmation from USAT that the 6,000 figure was indeed all entries combined. The total of unique entrants was less than that.

It's roughly 5,400 unique athletes racing at USAT Nationals this weekend.

That's frankly a staggering number, given the doom and gloom that has been pervasive online over the last few months. Demographics were also more promising, with nearly equivalent numbers of athletes from M30-34 through M55-59, and F40-44 being the most popular

women's category, at least for the Olympic distance event. What it shows, in this author's opinion, is that athlete's are still willing to put forth a chunk of vacation time for a destination race venue. It's just that they may not be doing that multiple times in a given year, like they had previously. And that's where IRONMAN's schedule reduction makes sense, too -- it probably does not make sense to have ~15 full distance races and over 60 70.3s when athletes are filling out their calendar in a more diverse way.

We just might be healthier as a sport than we think. And, as it turns out, fast is in fact fun.

GRADING THE US OPEN

Some quick hits out of my notebook:

Jan Frodeno Woke Up and Chose Violence: Frodeno had a chip on his shoulder all week, even comparing Kristian Blummenfelt to "the boy who cried wolf" for the number of races Blummenfelt had said pre-race he would win this year, and has failed at doing so. And then Frodeno entered full "f*ck around, find out" mode after he was hit in the swim by one Blummenfelt.

"When Kristian punched me [during the swim] on way to the first buoy, I was like, dude, you can have the changing of the guard, but the throne will stay with me," said Frodeno post-race. And that he did, sticking to the front of the race and then easily distancing himself during the run. If this is the Frodeno we're getting in Nice for his finale, toss out the record books now.

About Blummenfelt: KB continues to prove to be mortal, cramping again coming off the bike, then again midway through the run. It seems like the strategy of being a jack of all trades with distances and bike positions may be turning him into a master of none. This particular episode felt more self-inflicted than others; tactical choices on the bike, along with positioning on board, seemed to lead to the first round of cramping. Then again a tactical choice trying to lift pace to pass Mathis Margirier, when he was already outrunning him, saw him cramp again.

Jason West: World Class Runner: Step aside, Patrick Lange and Gustav Iden. Make room for West, whose 56:21 run at this distance would have translated to an otherworldly 1:05/1:06 half marathon split. That's just absurdly fast. Unfortunately we didn't see much of West's first few laps of the run as he began charging through the field, but we did see him catch Blummenfelt and then snap the elastic in the final 300 meters to take second place.

Taylor Knibb's Grand Victory: I wrote in my notebook "Race over" when Knibb built a minute lead on the bike. She's just that damn good. Similar to her other middle distance victories, Knibb came to the front very early on and then controlled the race from there. It's a dominant way to race, and she's still on the comeback trail from surgery to fix a non-union fracture that forced her to re-learn to walk. That's scary for the rest of the women's field.

Ashleigh Gentle and Paula Findlay Also Deliver: Had I done a pre-race prediction article, this was my podium, and in this order. Gentle is another one of the best runners at this distance, and Findlay's a well-rounded athlete who is almost always near the front but is usually at her absolute best with a slightly more challenging course. It was an easily predictable podium; still interesting to watch the race dynamics unfold as to how we got here, but not a shocking result by any stretch.

Broadcast Grade: B- Here's what the PTO gets right with their media product -- the looped courses make for easy tracking and monitoring distance left to go; their top 10 leaderboard on screen is strong; the video quality is generally high; and the platform itself seems quite stable and doesn't freeze or lag like, say, an Outside Watch broadcast can from time to time.

But is that really that much of an improvement over, say, an IRONMAN regional championship or above race? Or the quality of broadcast that Challenge had for Roth? Or even what CLASH has had for their Daytona race in the past?

In my opinion, no, it isn't. It's a perfectly acceptable 2023 triathlon broadcast. But if that is the product that was supposed to be a game-

changer for triathlon...I'm still very, very skeptical. It's a broadcast that appeals to the existing geeks of our sport (which, count us among them).

My suggestions to the PTO for the Asian Open would be: first, a two-person booth with defined roles would help give the broadcast a little more breathing space (I almost wonder if Jack Kelly and Mirinda Carfrae would make a good pairing alone for that, similar to the dynamic Carfrae has shown with Greg Welch or Matt Lieto this year). Second, use the media budget from producing "hype" videos to create better pre-packaged content that can run during some of the down times during the swim or bike to ease the burden on your commentary pairing. And lastly, please get cameras on the middle of the pack so we can watch stuff like Jason West's charge to the front, rather than the last few minutes of it when he's knocking on the front of the field's door.

Ultimately I want the PTO to get this right and make me eat a healthy amount of crow. Hopefully that will start with a confirmed 2024 schedule sooner than later.

Two Athletes Die During IM Cork

RYAN HEISLER

Slowtwitch Mon Aug 21 2023



Two athletes died during the swim portion of this weekend's IRONMAN event in County Cork, Ireland. According to multiple reports, Ivan Chittendan and Brendan Wall were rescued from the water in separate incidents but were pronounced dead at the scene.

Causes of their respective deaths are unknown at this time. However, adverse conditions faced all athletes at the event this weekend. Poor weather and water conditions on Saturday led to a postponement of the half distance event, which was determined to be run concurrently with the full distance race on Sunday. Sunday's water conditions also proved challenging, with IRONMAN officials determining in conjunction with local water safety teams to shorten the swim in the interest of athlete safety.

A spokesman for IRONMAN said the following: "IRONMAN Ireland officials and the specific on-swim safety team carried out all standard safety protocol checks that are completed at every race and determined water conditions were safe for the swim to take place."

According to Triathlon Ireland officials, though, conditions even in the shortened swim were challenging enough for them to declare that they could not sanction the event.

In a statement, Triathlon Ireland said, "For the Ironman Cork event, in line with normal practice, Triathlon Ireland technical officials attended before the start of the race to review the conditions and carry out a water safety assessment. Due to adverse conditions on the day, Triathlon Ireland technical officials confirmed to the race organisers that it was not possible to sanction the race. As there is an investigation ongoing, at this stage it would not be appropriate for us to make any further comment only to state that Triathlon Ireland will provide any assistance that the authorities require."

IRONMAN added: "Our thoughts continue to be with the family and friends of the two athletes who passed. We are providing ongoing assistance to their families and we will continue to offer them our support as they go through this very difficult time."

This is the second high-profile fatal incident to take place at European IRONMAN events this season, following the horrific collision of a media motorcycle with an age group athlete at IRONMAN Hamburg.

Irish police continue to investigate Sunday's incident.



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