

THE FINISH LINE



Noah Pransky returns from New York City to pose with Kathy Morgan at the famous Wednesday Night Swim.

Editorial -	Page 2
Training Calendar -	Page 3
Mad Dog News -	Page 4
New Mad Dogs -	Page 5
Race Results -	Page 6
Upcoming Races -	Page 7
Birthdays -	Page 8
Mad Dog Pix -	Pages 9 - 13
Articles & Reports	Pages 14 - 36



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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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

I'm sure that many Mad Dogs noted that your editor disappeared for 12 days in late February and early March. Well, maybe not. In any case, a friend of mine invited me to join him, and a number of intrepid travelers, on a safari to South Africa. With Gail's approval, and the fact that I had never been to this part of the world, I accepted. In full disclosure, I am not a hunter. I just decided to take some photos and keep a journal. I know this includes no triathlon reports or training tips, but I was encouraged by John Hollenhorst to publish the paper. Who am I to gainsay the president?

please go to page 5..

TRAINING CALENDAR

	SWIM	BIKE	RUN
MONDAY	5:30 - 7 am St. Pete Beach Aquatics Club coached by Leo Briceno (fee)	8 am. From USFSP- 6th Ave & 2nd St S. (SPBC)16 miles 20-21 mph. Coffee after ride.	
TUESDAY		8 am. From USFSP- 6th Ave & 2nd St S. (SPBC)16 miles 18-19 mph. Coffee after ride.	5 pm. Track workout coached by Joe Burgasser. SPC Track 5th Ave and 70 St N.
WEDNESDAY	6 pm. Mad Dog OWS. Meet at Hurley Park. Pass-A-Grille. Resumes after Yearly Time Change.	8 am. From USFSP- 6th Ave & 2nd St S. (SPBC)16 miles 20-21 mph. Coffee after ride.	7:30 am. Mad Dog Run. Meet at Addicted to the Bean - Sun Blvd & Pinellas Bayway.
THURSDAY	5:30 - 7 am St. Pete Beach Aquatics Club coached by Leo Briceno (fee)	8 am. From USFSP- 6th Ave & 2nd St S. (SPBC)16 miles 18-19 mph. Coffee after ride.	
FRIDAY	8 am. Group swim Sunset Beach. Meet at Yost's 143-91 Ave S.	8 am. From USFSP- 6th Ave & 2nd St S. (SPBC)16 miles 20-21 mph. Coffee after ride.	
SATURDAY		8:30 am Club Rides. from Northshore Pool. Staged by speed. 16-18 mph. 20 mph. 22 mph. 24 mph. 4/20/24 Start at 0800	6:30 am from Fit 4 Life 75th Ave. SPB. SPRR
SUNDAY		8:00 Brick. Meet at Ft de Soto Gift Shop parking lot. 20 miles, no drop.	6:30 am long run alternating from Hurley Park PAG and Northshore Pool. SPRR.

MAD DOG NEWS

Please read the notice in this issue that **Carolyn Kiper** is looking for Mad Dogs to help with hosting a young pro for St. Anthony's. We're famous for this courtesy, and the pros have remarked that no one else in the world does this. It's a good chance to meet a young athlete with whom you will remain friends for years.

Also, please remember that **Paul Talewsky** is looking for a few good and women to help with the Mad Dog aid station for St. Anthony's Triathlon. The club makes \$500 for covering this station. Paul can be reached at talewskyp@hotmail.com.

Now that we have leapt ahead by an hour for Spring, note that the Wednesday night open water swims at Pass-a-Grill Beach are reinstated. The Wednesday before St. Anthony's triathlon features many Mad Dogs, several professionals and the famous bikini run honoring Jack Shuten. Mark your calendars!

Michael Kelly will be glad to learn that there are no question April Fools jokes on the cover of the newsletter this year.

Plan on being at the Mad Dog After Party for St. Anthony's.

Date/time - 28 April 2024 from 4 to 6 PM

Place - 3 Daughters Brewery, 222 22nd St. South

VIP Area in the Nook/Taco Bar/Cash Bar

Questions? Contact Ginger at

Gingerherring16@gmail.com

WELCOME NEW MAD DOGS!

#4050 - Justin Valentine

#4051 - Michael Buscaino

#4052 - Danny Arnold

#4053 - Sarah Khoshnood

#4054 - Beth Schaller

St. Petersburg

St. Petersburg

St. Petersburg

Tampa

Murfreesboro, TN

Editor's Comments continued:

I think it will be interesting for you to enjoy this adventure vicariously without having to deal with 15 hour flights, angry Cape Buffaloes, a nasty Caracal and an aggressive King Cobra. At least I hope so.

I trust that all Mad Dogs have continued their training throughout the Dark Ages of December through February and are ready for the race season. Be sure to watch our members only Facebook page, and on page 4, for details on our famous post St. Anthony's party. The Social Committee has worked hard to make this annual event another smashing success!

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.

Clash Miami - 9/10 Mar

Pro Race

4th Place -

Paula Findley (Overall)

Sprint

3rd Place -

Justin Prince

Duathlon

1st Place -

Patti Spence (2nd Woman overall)

Clermont Tri - 10 Mar

1st Place -

Paula Shea

UPCOMING RACES



6 Apr - Escape from Ft. DeSoto
Ft. DeSoto, FL
Sprint Tri/DU/AB
www.runsignup.com



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



28 Apr - St. Anthony's Triathlon
St. Petersburg, FL
Olympic/Sprint Tri
www.runsignup.com



19 May - Dunedin Rotary Tri
Dunedin, FL
Sprint Tri/Du/AB
www.runsignup.com



4 May - 70.3 N. American Champs
St. George, UT
Half Iron
www.ironman.com



25 May - Crystal River #1
Crystal River, FL
Sprint Tri/Du/AB
www.drcsports.com



11 May - IM 70.3 Gulf Coast
Panama City Beach, FL
Half Iron
www.ironman.com

APRIL BIRTHDAYS



Kelly Deuser	1st
Paula Vieillet	1st
Terry Stewart	10th
Noah Vallant	12th
Sarah Zumbrum	12th
Winston Allen	13th
Michael Bardecki	15th
Rod Coggin	15th
John Johnson	15th
Sarah Barrett	21st
Bill Kolar	23rd
Rose Marie Ray	26th
Michael Oertle	27th

MAD DOG PICTURES



Gail Lohman and Brad Kirley celebrating his Kona Car



Patti Spence 2nd overall at Clash Miami



Noah Pransky is back! Posing with Gail at Wednesday night swim.



Justin Prince with Bob Babbit

MAD DOG PICTURES

When people ask why I go to the gym 6 days a week but still have a terrible diet



Humor from Brad Kirley



Gail Lohman survives Lucky's Lake swim



Jack Finucan

Kathy Morgan & Noah Pransky



MAD DOG PICTURES

**Celebration of Jackie Yost's Award & Birthday
from Pam Hollenhorst**



MAD DOG PICTURES



Leo Budo recovering from bike accident

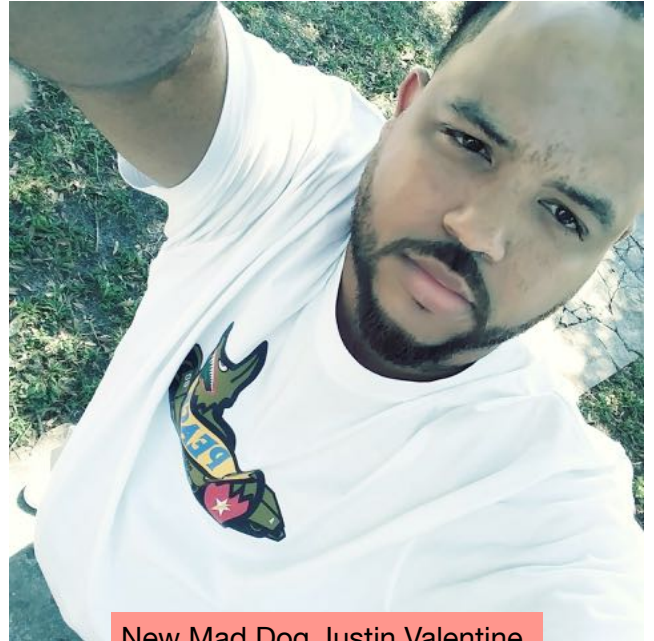


Paula Shea @ Clermont

MAD DOG PICTURES



Fast girls in Heros Race



New Mad Dog Justin Valentine



New Mad Dog Sarah Khoshnood (I think)



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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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Training Tip : Ride Faster on the Bike - Work on Form and Function

Training Tip - The Pre- Race Taper

You've trained hard for your race and it's time for your pre-race taper. But what's the right taper for you and how much should you do or not do?

It's important to remember that the pre-race taper is not "one size fits all". The type and duration of a taper plan is dependent upon the distance of the race, the relative importance of the race, and the athlete. You want your body to be rested but not stale on race morning. In general, you should always taper before a target "A" race. Short tapers are probably adequate for short distance races. Older athletes may require longer tapers than younger athletes. And one last thought. The taper isn't just about you physical training. Race preparation includes your nutrition and hydration plan, as well as proper amounts of sleep and rest.

As a rule of thumb:

- Allow 10 days to 2 weeks taper for an Ironman distance race.
- Allow 5 to 7 days for a 70.3 or Olympic distance race.
- Allow 3 days for a sprint race.
- No weight training during the taper period. Weight training breaks down muscle and this is not the time to do that. But do continue stretching and mobility work everyday.
- Reduce training volume to about 80%. During the taper, less is better than more.
- Reduce but don't eliminate high intensity work. High intensity sets should be shorter in duration with longer recovery intervals.
- Take a day of complete rest two days before race day.
- Do a very short and easy workout the day before the race, early in the morning if possible.
- The food you're eating pre-race week should be comfortable in your GI system. Test pre-race meals in training. This is not the time to try new foods.
- Reduce calorie intake since you are training less and burning fewer calories.

The primary goal of the pre-race taper is to be rested and in peak condition on race day. You want to wake up on race morning knowing you have prepared yourself properly and that you are ready to race. Stay calm, focused, and positive in your attitude. Race day is what it's all about!

Train smart. Race fast.

Frank Adornato



TRAINING TIP - Dealing with Pre-Race Anxiety

Virtually everyone I know gets some degree of pre-race anxiety in the 24 hours leading up to a race. People worry about so many things - the course, the weather, a mechanical bike problem, lines at the port-a-potty. And the list goes on and on. It's normal to experience this and it's usually not a big deal, unless you let it grow in your mind and ruin your race day experience.

Here are several things you can do to minimize and eliminate your pre-race anxiety.

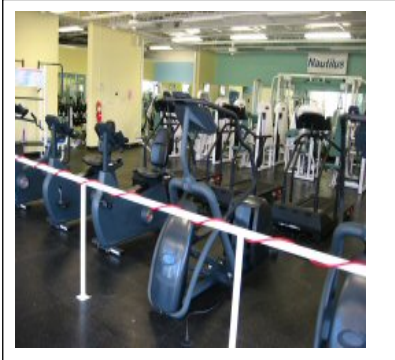
- **Reduce the unknowns.** If it's at all possible, visit the race site weeks before the event and familiarize yourself with the course. Then visualize the course when you're training on your home turf. This eliminates a big unknown in your mind and gives you a sense of comfort on race day.
- **Nothing new on race day.** Use and test all of your race gear, food and liquids, as well as the clothing you'll wear on race day.
- **Be confident in yourself.** Be mentally and physically prepared, rested and ready to race. You know you've put in the time and effort.
- **Focus on the things you can control** and don't sweat the things that are beyond your control, such as weather. If it's cool or hot, humid or rainy, remind yourself that all the athletes are dealing with the same weather conditions. Focus on the job at hand, and adjust if necessary for the weather. For example, use caution on the bike especially on turns if the roads are slick from rain; take in adequate fluids, including electrolyte replacement drinks to avoid dehydration when it's very hot and humid; apply sunscreen to reduce sunburn on cloudless days.
- **Calm yourself.** If the anxiety won't subside or if you start to feel a little panicky, step away from the crowd and allow a few minutes before the race start to relax using breathing exercises. During that time, standing or sitting down, close your eyes and take several very deep breaths. Inhale completely for a count of "4" or more, pause, and exhale slowly for a count of "8". Repeat this several times.

Now get up and have a safe, fun, and rewarding race!

Train smart. Race fast.

Frank Adornato





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Mad Dog
MB's Only

Paul Talewsky is looking for a few good and women to help with the Mad Dog aid station for St. Anthony's Triathlon. Below are a few pictures from last year's event. The club makes \$500 for covering this station. Paul can be reached at talewskyp@hotmail.com.





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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Into Africa

Feb 21. In mid-February 2024, Alex, a friend, neighbor and former Marine invited me to join him on a 12 day safari to South Africa. Let me start by emphasizing that although I enjoy target shooting, I plan to simply observe wildlife, learn more about an area that I have never visited, and enjoy the camaraderie of fellow adventurers.

My friend, who went on safari two years ago, is my source of info about what equipment and clothing to bring. The trip itself appears a bit involved. Alex will fly us from St Pete to Atlanta in his aircraft. In Atlanta we'll meet the other travelers and switch to a Delta 15 hour flight to Johannesburg (J-burg). Upon arrival, we then catch a local flight down to Port Elizabeth. Finally, a 2 1/2 hour vehicle convoy to the Baviaans River Camp -- our initial South African home.

Feb 22/23. First, the cast of characters. Only first names will be used in order to protect the guilty. I've already mentioned Alex, the trip leader. His 14 year old son, Alessandro, accompanied us. Jason, heavily tattooed, is Alex's best friend, a manufacturer of parts for weapons and an experienced shooter. He also owned and sold several auto dealerships. Mark, an engineer with a degree from MIT, builds 50 cal sniper rifles, is impossible to embarrass and is a pilot. Stephen owns a machine shop, is the biggest supplier of Glock pistol parts, and is also a pilot. He started in 8th grade buying a welding device and building a motorcycle from scratch. He's also the only guy I know that can go to a Thai restaurant and order his food "Thai hot." If we had held a contest for who talked the most, Jason and Mark would have competed for the gold medal. Mark won in a rout. Final group member is me. Quiet. Not a gun nut. No pilot, but mature adult. Chuck.



(L to R) Stephen, Alessandro, Alex, Mark, and Jason

Taking several different flights, we rendezvous in Atlanta. The flight to J-burg was a brutal 15 hours after a 75 minute delay. A local “expediter” met us at the airport and facilitated us through the customs maze with all the weapons and ammunition. The hotel was a lovely villa styled arrangement. Everyone tried desperately to adjust to the time change.

24/25 Feb. After a communal breakfast, our “expediter” picked us up and headed back to the airport. We were delayed for several minutes by a herd of cattle crossing the road. We repeated the intricate ballet of checking bags, weapons and ammunition. Of some interest, to me anyway, was the large number of German tourists without a single person wearing ear phones and listening to music. I also didn’t see a single African male wearing the intricate Rasta hairstyle so common here in the states. The women, however were coiffured much like those here in Florida.

After a short flight to Port Elizabeth, we had a 2 1/2 hour vehicle ride to the camp. Much of the terrain resembled Western Colorado. About 400 yards short of camp we saw three giraffes gliding along beside the road. I was too surprised to take a picture. Incidentally, one of my friends back home lent me his expensive camera to enable me to better record our adventure. I found it, however, too cumbersome to handle a set of binoculars, a rifle for self protection and a large camera while on the move. I had to rely on my cell phone for most photography instead. We met our driver and Professional Hunter (PH), Sean, who is a farmer and supplements his income by working with us.

26 Feb. We rolled out of camp about 7:30 and hunted for 5 hours. Mostly driving down dirt roads through the hills. We would spot some promising game at perhaps 800 yards and, if downwind, begin a stalk in the open ground. Rigby the beagle accompanied us everywhere. The animals were alert and could see as well as we could. After lunch we prepared to go out again about 3:30 PM. Worst joke of the day at lunch -- 2:30 is the best time to see a dentist (tooth hurty). Interesting fact....while driving down a dusty road on a plateau, I noticed a falcon flying parallel with us about 20 yards away. When I asked what it was doing they said that the bird eats insects and that we were stirring them up for the bird.

Returning to camp after sundown, we were blocked by about 20 antelope -- another example of how tame they are within a mile of our lodge. All teams were greeted by the owner of lodge, Andrew Pringle. Turns out he is the 7th generation of Scottish Pringles here in South Africa and his property is one half million acres. I can’t imagine the difficulty of getting settled here back in the 1820’s with the tensions between the British, the Boers and the original inhabitants. They all still speak with a Scottish accent.

27 Feb. Spent 5 hours trying to sneak up on Cape Buffaloes. No success. I guess the Capes are smarter than we are today. Gut check. As we were ascending and descending these rocky roads with a deep vertical drop on one side, our PH, Sean, was driving, chatting and looking for animals with his binoculars. With white knuckles, Alex and I considered getting out and walking instead.

Later, the team had an incredible detailed discussion about weapons during lunch. I learned that “Kevin “ has 3 PH-32s (wows around the table). So now you all know! I decided that the green cap I brought with me had a crown that was too shallow because it kept blowing off in the wind. Picked up a more appropriate hat for the bush with a Hornady logo on it. Problem is that Hornady is an ammunition manufacturer. I’m going to try and pass the logo off as one used by a cattle breeder when Gail asks.

I awarded myself an afternoon off for my knees to recover. Several species of antelope, a kudu and a family of warthogs wandered by. Even though it was dusk I managed to get some pictures. I learned that warthogs have to go down on their front knees to munch grass! Hope to get some photo shots soon of the family of three giraffes.

28 Feb. This morning all four teams. consisting of a PH, 2-3 hunters, 2 trackers and Rigby, a very excited beagle, drove over to Cowie preserve, with more vegetation due to greater rainfall. Our group had successful encounters with a huge gnarly looking warthog and a stately lechwe with Rigby’s help. As the temperature was quickly rising, we decided to have a quick lunch and head back to camp. The PHs recommended a pizza place where we had one of the worst versions I have ever tasted. I received dismay from those of Italian heritage for including pineapple on my order. I replied that I had done it to honor my wife’s two trips to IM Worlds in Kona, The PHs heartily concurred with me. As I finish today’s update, 3 large female Nyalas with vertical stripes are strolling about 10 feet from my back door.

29 Feb. As the temperature is due to reach 100 degrees today, the hunters left about 0615 in their rat patrol vehicles and plan to return about 1030 for the day. I decided to venture outside the compound to explore. Elsa, the huge mastiff and her scruffy little companion of indeterminate vintage named Junior, ran up wagging their tails and joined me for the walk. We noted a group of gazelles walking by who apparently didn’t view us as a threat. Perhaps they weren’t aware of my years as a Marine. My relentless search for the family of giraffes was fruitless, but I shall persevere.

Fortunately, at breakfast, Jason used sugar in his coffee. This absolved me for including pineapple on my pizza the day before as Jason caught untold (well deserved) grief as a dilettante. Boys will be boys.

I remarked to the PHs that it seemed interesting that there was such an abundance of herbivores running around without many predators. They said that jackals were only a threat to the young if left unprotected. The main threat to adult cattle was the caracal, a vicious cat about the size of a lynx.

Talked to Guy, a PH, this morning who was a grizzled veteran of the Rhodesian/Zimbabwe War of yesteryear. Interesting account of particular interest to this veteran of Vietnam. Paradoxically, after the Matabele had dominated the Shona for centuries, that the Shona (with the backing of China) defeated the Matabele (backed by Russia) and installed Robert Mugabe as the new despot of Zimbabwe, whose preoccupation was to make himself rich rather than improve the lot of the population. Many believe that the masses of the natives were probably better off under the British. OK, enough of politics.

This morning we had our most dangerous situation of the week. Alex encountered a huge Cape Buffalo in a thicket and closed within 21 yards before taking a shot. Two other bulls suddenly appeared to shock everyone. All three buffalos then veered dangerously toward the rest of the group who were watching without rifles and had to hide behind a rock while Alex and his PH resolved the situation. One of our group tried to run to the truck for his rifle and his PH screamed at him to get back under cover before he was attacked by the three bulls. Alex and his PH eliminated the threat. The whole adventure was filmed, and the group returned with wide eyed accounts of the excitement. Alex revealed that his watch recorded a sudden spike from 80 bpm to 163 bpm.

During the After Action Report, we learned that another team, who went out on their own, got chased by a King Cobra. It was nip and tuck because no one was carrying a pistol. All parties escaped unscathed.

In the afternoon I went for a refreshing swim in the host's pool. Climbing out of the pool, I was greeted by a baboon trotting by. We chose to ignore each other. Later I learned that baboons are considered vermin, getting into houses to cause damage, and occasionally attacking dogs.

1 Mar. One has to remain flexible at all times. Last night I retired at 10 PM, and the plan for this morning was to meet for breakfast at 7 AM and leave thereafter. Fortunately, I was awake and dressed at 5:55 when Alex knocked on my door and told me that the plan changed at 11PM last night to a 6 AM departure. I grabbed my hat, binos, rifle and jogged to the vehicle.

I should probably describe the vehicles. Generally, they are Toyota or Land Rover 4X4 cab trucks. In back there are grab bars forming a cage on all four sides. The African sighters and the tracking beagle, Rigby, ride in back. We ride in front with rifles pointed down between our legs for safety. As we drive through the countryside, one of the

sighters taps on the roof and points. We debark with our rifles and search with binoculars. These trackers and the PHs can spot something in the trees a half mile away and call out species, sex, and age of the animals. Unreal.



At one point we came up to a gate and needed pass through. On the other side were about 200 merino sheep looking at us. One of the sighters jumped out to open the gate. As he did so the sheep conducted a jail break with Marinos racing down both sides of us and even under the truck. Everyone exited the truck and conducted a sheep roundup before continuing on our way. Anyway, we just observed this morning and drove back to camp before it got too hot.

Miscellaneous thoughts....I noticed our Shona sighters were completely covered, protecting them from the sun. When I asked our PH about it, he revealed that the Shona are relatively light skinned compared to their traditional enemies the Zulus. They are protecting themselves so that they don't get dark enough to be mistaken for a Zulu. With the former apartheid as background, I need to emphasize how respectfully everyone treated the staff with effusive " please" and "thank you." It was much more courtesy than normally shown to any restaurant employees in the States.

I also learned that the smaller herbivores are called ewes and rams, while the larger ones are called cows and bulls. Also, the correct pronunciation of the striped horse-like creature is "Zaybra." They, however, remain mares and stallions.

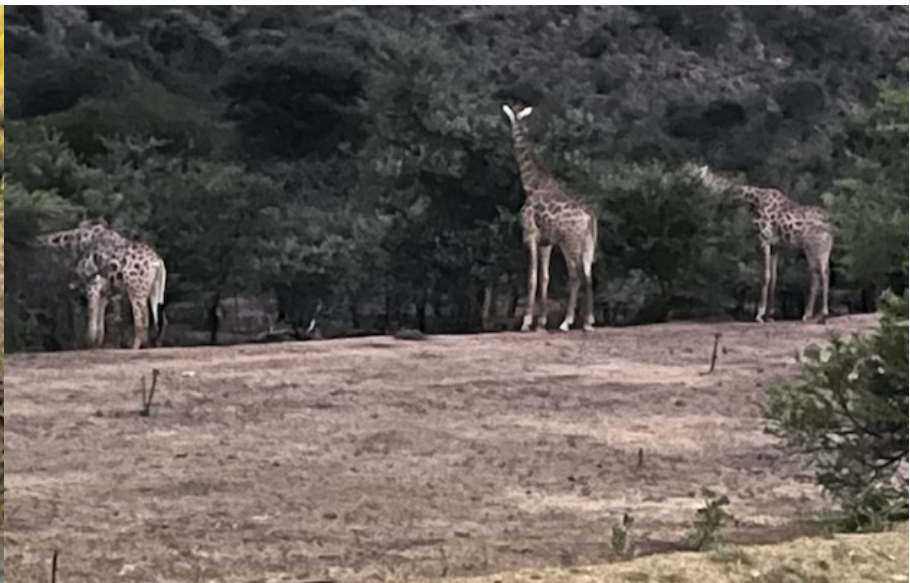
Back for lunch, and a 30 minute argument about the viability of a 20 round magazine for a 50 cal rifle. I think all four of the people in the whole world who care about this are



seated at our table.

This afternoon we were surprised by an unexpected

thunderstorm followed by a double rainbow. Everyone is packing their bags tonight in preparation for transit to another camp about 3 1/2 hours away. New adventures which I will happily share. Success! I got a picture of the three giraffes at dusk.



2 Mar. Transition day as we head east to Camp Kei. The drive was advertised as 3 1/2 hours and turned into 4 1/2 hours. Most of the terrain was similar to the Great Plains at home. Dry rolling hills interspersed with clumps of conifers. The first

30 minutes and last hour was over rocky dirt roads; the rest over asphalt two lane highways.

Occasionally, we saw small villages of houses that I would estimate were about 600 to 800 sqft. From a distance they appeared to be a riot of colors like a Haitian primitive painting. Up close they were kind of sad looking. No apparent zoning laws are in effect. We noticed numerous group of people standing alongside the road. Our PH said that due to a lack of public transport they would just hitchhike and hope for a ride. He said that there are occasional “taxis” that are actually 16 passenger vans. We saw one that debarked 36 people. It was like the telephone booth stuffing craze by teenagers of yesteryear. Epic!

Upon arrival at Camp Kei, we stored our luggage, ate a quick lunch and did a recon of the new area. It was much less hilly and had significantly more trees and bushes due to greater rainfall. I did not miss the rocky switchbacks and vertical drop offs at Camp Baviaans.



(The “sundowner”)

About 7 PM all vehicles met at a site with a beautiful view of the Kei River valley. We enjoyed a “sundowner“ which included a campfire, adult beverages and adventure stories (some of which were probably true). Supper wasn’t served back at camp until 9PM. This schedule is killing me!

3 Mar. The last safari day. It was a crazy drive. Due to the close vegetation, we were startled by groups of 8-10 antelopes racing across the dirt road right in front of us. At one point we came around a corner and there were about 10 Cape Buffaloes staring at us from

20 yards away. They didn't look happy that we were there. I did get a quick picture before the driver hit the gas. The last time that Alex visited the area, their truck was attacked by a Cape with a bad attitude.



Later we spotted a herd of Wildebeest. I was told that the original Boers called them wild beasts because they run in a circle chasing their tails. Last, we spotted a herd of “Zaybra”. I admit to always thinking of them as cute striped horses. I'll spare my readers the details, but they can be quite dangerous. Lastly, when I learned that leopards had been spotted in the vicinity, I kept my head on a swivel and carried a rifle at all times. No big cat hugs from me. We returned safely to camp and were rewarded with a thunderstorm followed by a night of gentle rain.

Throughout the period, several of the PHs accompanied us and recorded the events. Crusader Safaris will then edit the results and provide a video of the entire visit. I can hardly wait.

To end the evening, the PHs conducted a session of awarding fines. First, a PH would relate a mistake of his client. The client had a choice of either (1) downing a shot of bourbon or (2) drinking a can of beer through a Kudu horn. The client would return the favor for his PH. Funniest was when a PH mocked his client for falling down when crawling through some barbed wire. The Ph then acted out the scene for benefit of the audience. As he did so, the PH tripped and broke his big toe. Karma. Finally, one of the photographers (the former Rhodesian soldier) paid his fine by drinking a “boot beer.” To do this he took off his dirty hiking field boot, filled it with beer and downed it. I guess you had to be there to appreciate it.

We will make an approximately 4 hour displacement tomorrow to civilization at Port Elizabeth . We look forward to it with great anticipation!

4 Mar. We depart about 9AM. The first 45 minutes were on rough country roads before we reached good highways. I watched the African landscape roll by quickly while listening to famous arias on the Beats that Gail gave me for the trip. Sounds incongruous, but it worked! Just passed over a river named Great Fish??

We arrived safely at Port Elizabeth where we will meet the aircraft for departure to Johannesburg tomorrow. Oops. When we landed, we learned that we were no longer in Port Elizabeth. While in the air, the government had changed its name to Gqeberha. Remember what I said earlier about being flexible?

Later that evening, Alex treated us all to supper at an upscale restaurant where the waitresses wore long blue gowns. To be honest, we appeared a bit scruffy in comparison. To make amends, we changed from normal field etiquette by actually waiting to dive into the food until everyone was served. It was like a pack of wild wolves had suddenly evolved into civilized pets.

5 Mar. As we headed to lunch, we asked the driver to translate his name into English. His answer was, "Happy man." For the journal, I offered to change it to "Killer of lions." He told us that he was religious, so I changed it back. The restaurant had a sign posted that said, "We love children, but please keep your them at your table or we will give them a shot of espresso and a new puppy." Perhaps we should import this warning to the US.

Next a short convoy to the airport and tedious check in of bags and rifle cases. Uneventful flight to Johannesburg, and a miracle happened; my bag was the first off the carousel. I almost forgot; Jason and I sat next to a German family traveling with two little girls who were incredibly well behaved. I had to congratulate them on their accomplishment. Smiles all around.

Finally, we must again run the gauntlet to pick up the rifles and repeat the procedure to recheck them for the Delta flight. We're not looking forward to the 5 hour layover at the airport.

Actually, it was only a 2 hour layover because 3 hours were spent working our way through passport check, baggage check, security check and a second passport check. At least 60 people cut the line claiming they were late for boarding. Incredibly, after sitting in a staging area for an hour, we had a more detailed security check and had to empty liquids purchased after the first security check before we could board. My wallet was even thoroughly ransacked. It must be easier to get into CIA headquarters.

Arriving at Atlanta, we did the familiar bag carousel search, customs inspection and recovery of weapons tango. Unfortunately, we learned that my luggage and Alex's had been left in J-burg due to weight/fuel restrictions. It was delivered to us, however, the next day. We then met Alex's pilot, loaded gear and flew home.

Final thoughts:

1) Most exciting moment: The 29 Feb encounter with the three runaway Cape Buffalos in the wooded draw.

2) Most memorable experience : The incredible bonding and camaraderie between the visiting Americans and the local Professional Hunters through moments of shared danger, companionship and just plain fun. All in all, a unique and jolly adventure.

Chuck Bwana Lohman

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What every TRIATHLETE (yes that's you) should know

10% Rule

1. Never increase your volume by more than 10% per week
2. Always warm up with easy cardio before you ever stretch for a MINIMUM of 10 minutes at 50-60% of max HR. The more intense the workout the more of a warm up you will need
3. 10% of your total volume of training should involve functional training like lateral movement patterns, balance exercises, and dynamic stretches in an effort to optimize performance and avoid injury. This is best before and after each workout.
4. If you are attempting to change your form apply the 10/10/10 method. For 10 days practice the new form for 10 minutes in front of the mirror twice a day.
5. On a super hot humid day (above 86 degrees and higher than 80% humidity) add almost 10% additional time to your normal pace.
6. Ice for acute injuries and heat for a chronic injury. It's best to apply Ice or heat for 10 minutes every hour.
7. When you change any equipment, like shoes, bike saddle, or bike you should ease gradually into using the new equipment for the first 10 days. If you have a 5 mile run and you are wearing new shoes then just run 2 miles and change shoes for the remainder, gradually increasing the volume in which you use the new equipment each workout for the first 10 days.
8. Drink your body weight - here in hot humid FI in the summer time and as active as you are you should drink your body weight in ounces of water a day so if you weigh 120 lbs you should drink 120 ounces of water a day. During training of 60 minutes or more, START with 10% of your daily water goal per hour.
9. If you are coming back from an injury (more than a week off from training) you should not do any speed work until you have at least 4-6 easy effort training sessions under your belt and $4+6=10$ so there you go the 10% rule is in effect.
10. Training with the use of a heart rate monitor is essential. Your maximum HR is a bio marker and has nothing to do with your age or your fitness level. If you have been accurately tested for your maximum heart rate this means that if you are running at 80% of max HR you will then FEEL like you are at 80% of perceived maximum effort. Typically your effort from run to bike and run to swim will vary by 10%. So if you are biking at 80% of max HR then you will feel like you are at 90% of perceived maximum effort. And if you are swimming at 80% of max HR it will feel like 90% of perceived maximum effort. Trust me on this. Note the better condition you are in for each discipline, the lower this 10% gap is.

10 more tips!

1. Carry a stick. Use a massage stick to activate your muscles as part of your warm up routine
2. For optimal recovery or problem tight muscles use a foam roller as part of your post workout routine
3. Coconut water (the real stuff) is the healthiest thing you can drink when you need more than water.
4. Know the difference between pain and discomfort. I consider something painful when it causes me to alter my normal form. If you feel a nagging pain stop and take 24 hours off of all activity you do in which you feel the pain. If pain persists then take 48 hours off. You may need to take 10 days off to get rid of a nagging pain. You don't want the nagging pain to turn into an injury.
5. When feeling under the weather it's best to exercise at low intensity 50-70%maxHR or 50-70% of perceived maximum effort.
6. When you are on antibiotics do not do any speed work or explosive exercises like plyometrics as antibiotics can temporarily compromise the integrity of the tendons and ligaments so risk of injury is greater
7. When feeling a virus coming gargle with salt water every hour to fight it off
8. Sleep is as important as training. As an athlete you need 8-9 hours of solid sleep per night
9. Recover with raw fruits and veggies after a workout. Daily you need to eat 4 fist size servings of raw fruit and 5 fist size servings of raw vegetables. This will help you flush the lactic acid (which is what creates muscle soreness) from your muscles.
10. Research states one should replace running shoes every 300-500 miles to avoid injury. Personally, I replace my shoes every 500 miles.

Adopt a Pro!

...but just for the weekend.

St. Anthony's Triathlon is so often the launch pad for the careers of many professional triathletes. But, until they start getting to the podium in their races, they have a lot of expenses with very little income.

This is where YOU can help.

By hosting a professional triathlete for the St. Anthony's Triathlon weekend you'll be helping them to keep their expenses low. But many have told me that with their constant travel, they do get tired of staying in hotels and really appreciate the interaction with others who appreciate the sport.

Responsibilities

The race organization will take care of getting the athlete from the airport to your home and will also get them back to the airport after the race. You may be able to help out by taking them to the grocery store. While they may love to sit down and have a meal with you, they often make their own meals, especially the evening before the race. If you live close to the race site (within 2 or 3 miles), that may be all you need to do. If you live further away, you may need to help them to get to the Saturday Pro meeting (although, even an Uber/Lyft would work).

Duration

Most of the athletes will arrive Thursday evening or Friday morning. Most will depart on Sunday evening or Monday morning.

Benefits

Most of these athletes use homestay programs whenever they can and are quite comfortable with this arrangement. This is a great opportunity for you to talk with these youngsters and get tips on training, nutrition, and conditioning. It's also good to just get to know them, how they are managing their careers, what their goals are, and so much more. Then, if you are like me, you'll eventually have a whole bunch of "kids" from all around the world!

If you are interested in hosting, please contact Carolyn Kiper at cskipper@gmail.com or call/text 727-459-8064.

Mad Dog Sponsors



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