

THE FINISH LINE



The Hollenhorsts join Andres Marte-Grau at his Mardi Gras themed Birthday Party! Say that fast three times.

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Happy St. Patrick's Day!

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

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.

ST. PETE MAD DOGS BOARD OF DIRECTORS

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Editor's Column

I found an interesting article on training which I reproduced in this issue. Most of us started triathlon training by simply exercising in all three sports by how we felt. I plead guilty to this regimen. As we learned a bit more, or began using a coach, we graduated to heart rate zones for training and racing. Increasing in sophistication (we thought) we substituted power to the mix. Anyway, this article describes how some professionals are combining heart rate and power. It's all too confusing to me, but I thought it might interest you.

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 (during EST). Club Rides. from Northshore Pool. Staged by speed. 16-18 mph. 20 mph. 22 mph. 24 mph. | 6:30 am from Fit 4 Life 75th Ave. SPB. SPRR |
| SUNDAY | | 8:30 am. SPBC ride. From St. Pete Library 9th Ave N & 37 St. | 6:30 am long run alternating from Hurley Park PAG and Northshore Pool. SPRR. |

MAD DOG NEWS

Mad Dogs were sad to hear that All-American **Dougin Walker** from KLR had a bike accident and is recovering from a broken collarbone. We wish him a quick and complete recovery. His co-rider, **Gerry Magliulo** suffered extensive road rash. No word on condition of their bikes.

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.

Mad Dogs had a great time hanging out at the Cage Brewery for the monthly get together. We were joined by **Scott DeRue**, new CEO of Ironman. Interesting that he arrived with one pullover and left with another. **Carolyn Kiper** may be able to shed some light on this mystery. I note that **Jill Voorhis** and **Jesse Mocha** tied for most photogenic, appearing in many of the recorded photos. Great to see the **Morgans** (Mad Dogs #1 & 2) and **Jackie Yost** there!

Happy St. Patrick's Day to all actual Irish and to one day Party Irish.

“May love and laughter light your days,
And warm your heart and home,
May good friends be yours,
Wherever you may roam.
May peace and plenty bless your world,
With joy that long endures.
May all life's passing seasons
Bring the best to you and yours.”

WELCOME NEW MAD DOGS!

| | |
|--|-----------------------|
| #4043 - Daniel Alvarez-Mollinet | St. Petersburg |
| #4044 - Mark Clark | St. Petersburg |
| #4045 - Mark Butt | Bradenton |
| #4046 - Kyle Kelleman | St. Petersburg |
| #4047 - Jeff Coffey | St. Petersburg |
| #4048 - John B. Griffin, Jr. | Lutz, Fl |
| #4049 - Alexandra Placke | St. Petersburg |

Editor's Comments continued:

For a long time the Board of Directors have looked for someone to help with the task of securing advertising and sponsorship for the club in order to help finance our social events and to increase our visibility. The club would like to enthusiastically thank Kelly Deuser and Paula Shea for volunteering as co-chair persons to handle this task. Also kudos to Ginger Herring for raising her hand to assist in coordinating volunteers for events, in addition to her duties as Club Secretary. These folks help the Mad Dogs to remain fun, viable and visible!

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.

Best Damn Race - 27 Jan

1st Place -

Patti Spence (Grandmaster Women)

Chilly Willy Duathlon - 4 Feb

1st Place -

Pam Greene

2nd Place -

Patti Spence (Overall Women)

Vicki Linkovich

3rd Place -

Lindsay Bell

4th Place -

Tom Bell

Hilton Head Half Marathon - 10 Feb

1st Place -

Patti Spence

St Pete Distance Classic - 11 Feb

1st Place -

Linda Musante

2nd Place -

Pam Greene

4th Place -

Karen Matthews

Tim Robinson

Mesa Marathon - 11 Feb

1st Place -

Betsy Banks (Qual for Boston)

Gasparilla Dist Classic - 24/24 Mar

1st Place

Linda Musante

2nd Place

John Hollenhorst

Claudia Junqueira

Patti Spence

UPCOMING RACES



9 Mar - Clash Miami Triathlon
Homestead-Miami Speedway, FL
Half Iron
www.clashendurance.com



10 Mar - Great Clermont
Clermont FL
Olympic Tri/Du/AB
www.runsignup.com



29 Mar - Alpha Win Ocala
Ocklawaha, FL
Sprint/Oly/HalfTri/Du/AB
www.alpha.win/event.com



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



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

MARCH BIRTHDAYS



| | |
|-----------------|------|
| Cassidy Knipp | 1st |
| Sean Simmons | 2nd |
| Patti Spence | 2nd |
| Rik Hanley | 3rd |
| Amanda Skillman | 3rd |
| Diane Spicer | 4th |
| Robert Vigorito | 8th |
| Tom Kennedy | 15th |
| Gail Lohman | 23rd |
| Pat Ryan | 24th |
| Paul Talewsky | 24th |
| Rene Valiant | 24th |

MAD DOG PICTURES



Patti Spence overcomes the weather to place 2nd overall in the Chilly Willy Duathlon



Frank Adornato

February 5 at 9:39 AM

Here' the workout for this coming Wednesday Mad Dog Run.

Tempo sets. After your warm up, run 3 to 4 x 10 minutes at 20 seconds slower than 10K race pace. 2 min Rest Interval at an easy pace.

We meet at Addicted To The Bean. Starting times are 7:30 am and 8:00 am. Join in with either group.

Stick around after the workout for coffee. Don't forget to wear your Mad Dogs attire and get a 10% discount for

MAD DOG PICTURES

Pictures from the Mad Dog Hang Out at Cage Brewery 4 Feb



Special Guest was Scott DeRue, new CEO of Ironman. Somehow Carolyn Kiper ended up with his pullover.

MAD DOG PICTURES

**Andres Marte-Grau's Birthday Party with a Mardi Gras Theme
Pictures from Pam Hollenhorst**



MAD DOG PICTURES



MAD DOG PICTURES



Patti Spence at Hilton Head Half Marathon



Maurice Kurtz @ St Pete Classic



Karen Matthews, Paula Shea and Pam Greene @ St. Pete Classic



Pam Hollenhorst and Steve Shelton at Wed run



Harrington Law Group
5420 Central Avenue, St. Pete
(727) 515-9397 bch8@verizon.net
www.BCHFirm.com

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

Form - Three things for better biomechanics and efficiency on the bike:

1. **Get a bike fit** to ensure the frame and geometry of your bike are perfect for your body size. You'll ride faster, more comfortably, with less risk of pain and injury.
2. **Make "Perfect Circles" on the pedals.** Apply equal force on the pedals through the entire 360 degrees of the pedal turn. Think of the chain ring as a clock. Push down from 12 o'clock to 4 o'clock. "Wipe the bottom of your shoe" as you would on a floor mat from 4 o'clock to 8 o'clock. Pull up from 8 o'clock to 11 o'clock. And go "over the top" at 12 o'clock. Whenever you're on a training ride, mentally concentrate on just one foot at a time, and focus on each of the 4 segments of the "clock" for about one minute. You'll know you've mastered "perfect circles" when your feet will feel light on the pedals throughout the pedal turn.
3. **Spin cadence and gear selection.** Shift gears throughout your ride in order to maintain a pedal cadence between 85 and 95 rpm's on flat and rolling roads, and 60 to 70 rpm's when climbing hills. Practice. Practice.

Function - Drills for better speed:

1. **1-2-3's.** After a long warm up, do 6 sets of the following:

Segment 1 - ride progressive speeds going from a low gear (LG) up to your biggest gear (BG) for two minutes. Your effort should be very hard at the end of the segment.

Segment 2 - back off two or three gears to a time trial gear (TTG) and hold your fastest speed possible for three minutes or more.

Segment 3 - Recovery for 1 minute easy spinning.

2. Insufficient Heart Rate Recovery Sets

After a long warm up, do 8 repeats of 3 to 5 minutes each.

Odd repeats (# 1, 3, 5, & 7) start all-out fast and hold your fastest speed to the end.

Take a short incomplete rest interval (e.g. 10 to 20 seconds). Your heart rate will still be high and your breathing not back to normal when you start the even repeats.

Even repeats (# 2, 4, 6, & 8) start at a moderate pace and gradually increase your speed so you're going all-out at the end. Take a complete rest interval allowing your breathing to return to normal and your heart rate to go down to the low end of your aerobic range.

Train smart. Race fast.

Frank Adornato



Paul Talewsky is looking for a few good men 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.



Heart Rate Makes a Comeback

DAN EMPFIELD

Tue Feb 06 2024 Slowtwitch

Written on the Slowtwitch Reader Forum in 2018: “Heart rate is only a surrogate for the power zone. It can be affected by hydration, fatigue, caffeine so it isn't as helpful as just training by the power zones determined by your FTP test.” That was one of many posts reflecting the mood of our readers. Heart rate was old school. That 15-year argument was won by the train-by-power folks (certainly in cycling, and even in running there’s a strong train-by-power contingent). If you were foolish to argue on behalf of HR somebody would post saying the 1980s called and wants its training method back. But...

That antiquated and vanquished arbiter of effort – heart rate – is rising from its grave.

The heart rate (HR) apologist would concede that heart rate is affected by temperature, humidity, fatigue, hydration. But that apologist would point precisely to this as the reason you use HR as a gauge of effort, in a workout and in a race. Heart rate is the absolute measure of fatigue. Not of power. And not of blood chemistry. But fatigue as measured by HR is a close analog to blood chemistry.

Here’s the converse to the power argument: HR is not derivative. It is not a contrivance. It does not need to be normalized for weather conditions. It does not need to be calibrated. It does not vary based on the quality of the tech and the manufacturer. And there’s another factor requiring normalizing of power, which we’ll get to. It isn’t as if athletes are throwing off power and rushing to heart rate. More like there’s a gradual reentry of HR into the training regimen, because power alone has occasionally led athletes to less-than-ideal outcomes.

“The metrics I currently use are power, HR, Moxy, lactate and RPE,

wrote Lionel Sanders to me last week. “I would say they all have value if you are able to properly interpret the data. I did not wear HR for most of the early part of my career, but I now wish I did so that I could look back and interpret that data better. I still think power is excellent, and I use it every day in training. My screen that I use when riding (both intervals and easy) has three metrics: lap time, Moxy data, and lap average power. I don't really use HR much during practice, but I do log it and use afterwards in analysis to get a better sense of what the intensity actually was, and my readiness and recovery level going in, and how stressful the session potentially was.”

“I think I’m probably in a bit of a transition,” wrote Taylor Knibb when I asked her. “I would say that I train a lot with power, to make sure I’m getting the right intensity and achieving the aim of the session. My new coach has me take lactate measurements and also looks at heart rate to confirm that.”

Looking at “heart rate to confirm” lactate measurements. What does that mean? We’ll get to that in a moment.

Lactate is for sure the hot metric right now for the highest-level athletes. But real-time lactate isn’t typically something an athlete uses during training all the time. You use it to establish your training zones, such as AT or MLSS (depending on the system you’re using). A lactate step test is not pleasant – neither the workout nor the 5 or so times you puncture your skin. Once that test is done you know your lactate threshold and the goal is to increase that threshold (the work you can do before your blood lactate increases beyond a certain point) which is also system dependent but is generally between 3 and 4 millimoles per liter. Now that you know your threshold your training program (of your choice) has you do X number of workouts at lactate threshold, Y number of workouts below that, and Z workouts above it.

But you aren’t measuring your lactate continuously during your training, so you use a proxy metric to tell you when you’re in the zone you want to train in. Heart rate or power is that proxy. The problem

with power is that it is variable, depending on the platform and activity. By “platform” it’s your stationary smart trainer and any difference in power meter model across your bicycles. By activity it’s that your average power during (say) a mountain bike ride may be different than during a road bike ride if performing that ride inside a given zone is your goal.

Beyond that, challenging atmospheric conditions ratchet down your capacity to perform. We know this. Part of that is reflected in your lactate threshold, which is [reduced as temperature goes up](#). Over the course of my reading it appears to be reduced [as temperature goes down](#) as well (due to vasoconstriction). The one arbiter that always tells the truth is HR, which is a [reliable reflection of lactate accumulation](#). But HR is a little laggy. Still, it's laggy only by a few seconds and the literature thinks it's a close analog to lactate accumulation. In sciency terms the heart rate deflection point (HRDP) pretty reliably [tracks with lactate threshold](#). You can actually figure out, on the cheap, what your lactate threshold is by paying attention and trying to identify your HRDP. There’s a protocol for this and you probably have heard of it. It’s the Conconi Test.

For some in triathlon who came from activities other than cycling heart rate remains an important, and perhaps preeminent, metric.

“To add some context to my thoughts I only started cycling in 2015 and 16 and was using power almost immediately,” wrote Kat Matthews to me. “However, I have been running since I was a child and training to heart rate. So, heart rate has always been my benchmark for everything, always reliable (especially in the early days of less reliable power meters).

“I do bias HR over power on most days, especially when training fatigue is heightened. I will always have power targets in mind but it is HR that controls the session, aerobic hours and higher intensity, e.g., I go into a session aiming for 320w in a HR range of 170-180 but if my HR is holding at 170 then I go harder and if it creeps above 180 I ease

off, regardless of the rep power.”

“For aerobic [non-interval] rides I will have average HR showing on the computer as well as average power and again I will have a personal goal for power but if my HR creeps up too much I will ease off. The third factor I use is RPE, in a way to triangulate these [other two metrics]. In racing, all the above applies, the same as training.”

Lionel Sanders looks at HR after the workout, but power is preeminent during the workout. Kat Matthews looks at power during the workout but HR also, and HR is preeminent. Which is better? I don't know. If you normalize your power number based on your HR, that argues for Kat's approach.

Jordan Rapp splits the difference, relying on HR at low-intensity efforts and power for high-intensity workouts. "I'd say HR for low intensity and lactate for high intensity. And power is basically just there to serve as a proxy for lactate because it's really inconvenient to do lactate testing in the field.

"I do think heart rate has certainly come back into vogue. I mean, I never – literally, never – wore a heart rate monitor from 2005 until like 2014. And even when I did, it was kind of useless to me because I was so grounded in pace and power. But now I do care about heart rate more because I've come to see how it fills in some of the gaps.

One way to look at it might be to imagine your car's engine. It produces X amount of horsepower. You can make it produce that horsepower by simply stepping on gas pedal and maybe your best visual gauge in your car's cockpit is your turbocharger's boost. You can drive around just looking at that boost number and step on the accelerator enough to keep that boost pressure at 20psi. But you also have gauges that reflect the stress on your engine. Lactate accumulation is your oil temperature. Heart rate is your coolant temperature. If you insist on training to your boost and ignore the temperature gauges outcomes are predictable and if it's hot outside

both your car and your body will overheat. Then your “boost” will go down regardless of how hard you mash on the pedal.

When real-time blood lactate measurements become ubiquitous in the endurance training world, HR will have a new metric with which to compete. Until then, if you ask the 1980s nicely it might let you use its training metric.

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.



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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