

THE FINISH LINE



**The real
Richard Jansik -
who knew?
Swim goggles
too tight?**

*Join Us For The Wednesday
Swim/Social at Pass-a-Grill
Beach @ 6:00 PM*

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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: www.stpetemaddogs.com E-mail: info@stpetemaddogs.com

Articles, or photos may be submitted to the Editor @ newsletters@stmaddogs.com. Items should be sent by the 15th of the month preceding the issue.

Advertising requests should be submitted to Chuck Lohman @ advertising@stpetemaddogs.com. For questions, please e-mail him.

Advertising rates are as follows:

Space Page	1/2 page	Full
Width x Height	7 1/2" x 5" x 10"	7 1/2" x 10"
Cost per Issue	\$30	\$50

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

ST. PETE MAD DOGS BOARD OF DIRECTORS

BOD@STPETEMADDOGS.COM

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EDITOR'S COLUMN

It's not too early to be thinking about St. Anthony's Triathlon in late April. Carolyn Kiper has a long established homestay program for young professional triathletes on their way up. This is a great opportunity to not only assist a young pro in the sport that we all love, but a chance to establish a bond for the future. As an example, Gail and I once hosted Sam McGlone from Canada who went on to place 2nd in Kona. St. Anthony's staff will deliver them to your home and transport them back to TIA.

(continued on page 4)

TRAINING

Upcoming Training Sessions (all show and go)

SWIMMING

Every Tuesday & Thursday 6:30 - 8PM

Northshore Pool w/ Coach Joe Biondi \$9 per session

Every Wednesday 6PM beginning March 15th.

Open water at Pass-a-Grill Beach. Bring a snack to share!

Every Friday 8AM Group Swim at Sunset Beach.

Meet at Larry and Jackie Yost's, 143 91st Ave S (727) 367-2504

Also: www.stpetemasters.org for Masters Swimming

BIKING

see www.stpetecycling.com for daily rides

Mon - Fri 8:00AM

Group Ride from USFSP crosswalk 16 miles at 20-21 MPH

Wed is official Mad Dog ride - wear your colors!

Every Saturday 8:30AM

Group Rides based on speed from Northshore Pool South Parking Lot

Every Sunday 8:30AM

St Pete Library Advanced Training Ride 9th Ave N and 37th St.

RUNNING

Every Monday 6PM

Individual/Partnered Run (6 miles) Northshore Pool South Parking Lot

Local Bike Shop Events



From the Central Ave. Store (727) 345-5391 Every Saturday 8AM Women only ride. 10-30 miles



From the Palm Harbor Store (727) 786-6889 Every Saturday 8AM - 3 ability groups - about 40 miles



From the Clearwater Store (727) 723-2453 Every Friday - 5:30 AM 17 mile Clearwater Bridge Ride. Group #1 at 20-22 MPH. Group #2 at 22-25 MPH. Lights required.

From the Tampa Store (813) 831-1414 Tuesday and Thursday - 5:00 AM Training Bike Ride about 90 minutes at 22-30 MPH. Lights required.

Saturday - 7:30 AM 20 mile no drop bike ride at 15-20 MPH depending on abilities. Some instruction provided.

WELCOME NEW MAD DOGS!

3740 - William Motter - Portland, OR

Carolyn's contact information is on page 12. We always need Mad Dogs to help staff our water stop about 400 yards from Northshore Aquatic Center. This is also a great spot to cheer competitors as they approach the finish line. If you're not racing, it's a great chance to give back to the sport. Check social media for the times and locations of the Mad Dog parties that weekend.

Chuck Lohman, Editor

MAD DOG NEWS

Great article on Jackie Yost published in Tampa Bay Times on March 3rd! An inspiration for us all. She and husband, Larry, recently won their age groups at the Gasparilla 8K. See page 15 for a copy of the story.

Thanks to Tom Kennedy for his generous donation of a “surfski” to Clearwater Beach lifeguards to aid rescues.

Attention all Mad Dogs! In order to keep our club vibrant and relevant, we need volunteers to help plan events and help out with local races. If you are not participating in a competition, please consider helping out with the race. As an example, we need someone to head up the Mad Dog water stop at St. Anthonys. I know you all enjoy our parties and the Wednesday night swims, but the Board of Directors simply cannot do everything. If you don't have the time to be a Board Member, at least plan on helping out with just one event a year. We appreciate your help!

Thanks to Rosie Ray for negotiating a great deal with Desoto Sports for the Mad Dogs — 40% off. Details later in this issue on page 13. Think about it! One purchase at this discount could more than pay for a MD membership.

St. Anthonys Week Schedule:

Wed 26 April - 6PM Pass-a-grill Beach Annual Bikini Run for charity (about 1 mile); open water swim, bring food to share for party! Run starter will be none other than Hizzoner Al Johnson, new mayor of St. Pete Beach!

Sat 30 April - Meek & Mighty Triathlon for kids and beginners.

Sun 31 Apr - AM St. Anthonys Sprint and Olympic races. 2 PM Mad Dog Epic Post Race Party at the Hollander Hotel (421 4th Ave N, St. Pete)

APRIL BIRTHDAYS



Paula Vieillet	1st
Kathryn Van Pelt	2nd
Jenny Carter	3rd
Markus Mittermayr	4th
Joel Blakeman	6th
Susan Parks	6th
Dave Proffitt	6th
Bernie Brown	8th
Glenn Jacobs	8th
Terry Fluke	9th
John Geigley	9th
Don Lepore	9th
David Scherer	9th
Jayson Liddle	10th
Pete McConnell	12th
Noah Vallant	12th
Winston Allen	13th
Michael Bardecki	15th
Rod Coggin	15th
Mickey Rzymek	15th
Michael Maddux	16th
April Hill	19th
Debbie Jeffries	19th
Dale Marden	19th
Bryan McGuire	19th
Linda Musante	20th
Jenn Olvedy	20th
Cary Stokes	20th
Benjamin Johns	21st
Rebekah Miller	21st
Frank Schroeder	21st
Diane Stokes	21st
Chuck Ford	22nd
Stephen Ceglarski	24th
Scott Gunsallus	24th
Barbara Hatfield	24th
Melody Janson	25th
Patrick Leader	25th
Bethany Wharrie	25th
Rose Marie Ray	26th
David Sideri	26th
Caylin Dailey	27th
Courtney Blum	29th
Bruce Day	29th
Amy Carte	30th
Ashley Folkes	30th

UPCOMING RACES



1/2 Apr - HITS Triathlons
Ocklawaha, FL
Sprint to Full IM distance
www.hitstriathlonseries.com



30 Apr - St. Anthony's
St. Petersburg, FL
Sprint/Olympic Distance
www.satriathlon@baycare.org



1 Apr - Escape From Ft. DeSoto
Fort DeSoto, FL
Sprint/Olympic Distance



7 May - Longboat Key Tri
Long Boat Key, FL
Sprint/Olympic/Duathlon
www.lbktriathlon.com



9 Apr - IM 70.3 Florida
Half Ironman Distance
Haines City, FL
www.ironman.com



13 May - IM 70.3 Gulf Coast
Panama City Beach, FL
Half Ironman Distance
www.ironman.com



29 Apr - Meek & Mighty
Super Sprint Distance
St. Petersburg, FL
satriathlon@baycare.org



27 May - Crystal River #1
Fort Island Gulf Beach
Sprint Tri/Duathlon
www.drcsports.com

RACE RESULTS

THE INTIMIDATOR - 18/19 MARCH

Sprint - 18 March

1st Place -

Gary Bonacorsi

Olympic - 19 March

5th Place -

David Minkoff

ESCAPE FM FT. DESOTO - 1 APR

Sprint -

1st Place -

Yova Boroska (OA)

Gail Lohman

Bob Ranta

Carol Jean Vosburgh

Sandy Weiss

Mandy Zipf

2nd Place -

Lindsey Bell

Dallas Rose

Jill Voorhis

3rd Place -

Owen Deckinga

Richard Hendry

Chuck Lohman

Noah Pronsky

John Von Lackum

ESCAPE (CONTINUED)

4th Place -

Frank Adornato

Art Singleton

5th Place -

Tom Bell

Gary Bonacorsi

Olympic

1st Place -

Linda Musante

Kent Rodahaver

MAD DOG PICTURES

Jackie Yost's Birthday Pictures
by Jessica Parrish, MD #11



MAD DOG PICTURES

Pictures of a few brave Mad Dogs at the first Wednesday night Polar Bear swim (I don't see anyone swimming)

Credits to Kathy Morgan MD#2



MAD DOG PICTURES



Brittany Higgans @ IM 70.3 Puerto Rico

Dave Orlowski during a recent visit to Clearwater



Johanna Bayliss & Gina Hubany



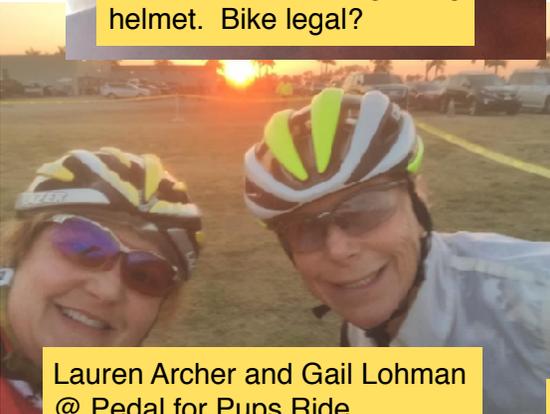
Steve Swift's new Lightning helmet. Bike legal?



The real Richard Jansik — who knew?



Steve Swift with friend @ Dallas Half Marathon



Lauren Archer and Gail Lohman @ Pedal for Pups Ride



Jonathan Dunford, Wendy Tocha & friends @ Sarasota Half



custom painted bike & helmet

Some the professional triathletes who have participated in the homestay program.



Above: Craig Alexander and Julie Dibens
Below: Mirinda Carfrae and Rene Vallant



Host a Pro Triathlete

St. Anthony's Triathlon will take place on Sunday, April 24 and will feature professional triathletes from around the world. St. Anthony's has one of the best-known homestay programs in the world! This program is designed to match the professional triathlete with an individual or family in the local area willing to host the triathlete during their stay.

Most of the triathletes arrive on Friday and depart on Sunday after the race or some time on Monday. However, we do have some triathletes looking for a longer stay (2 weeks) in order to continue training and then go to another nearby race.

We are currently looking for anyone interested in hosting a professional triathlete.

This is your opportunity to make new friends, even life long friends! I, myself, have been hosting these athletes for over 15 years and many of them are now like family! Many of you may have met **Rene Vallant**, who first came through our homestay program in 2003. He had such a great experience and loves our triathlon community - so much that he has been here every year for 13 years!

If you are interested in hosting an athlete, please contact me - **Carolyn Kiper**. You can send me an email at cskipper@gmail.com or give me a call at 727-459-8064.

Details of Emilio DeSoto's e-mail to Rosey Ray:

Hi Rosie,

Thanks for your reply. The discount we will offer your team is for everybody, even if someone has not ordered a uniform. Once you have submitted your uniform order, and artwork, and placed your non refundable deposit, then basically we consider the deal done. Once that happens the 40% discount on our products including T1 Wetsuits is very easy from there. Here is how it will work:

1. I will ask you to send me an excel spreadsheet with the names and email address for each member.
2. Each member of your club will receive an email from me that will have instructions and a discount code that will allow them to order directly from our website and receive 40% off their order.
3. The code will be unique to your club and will be "attached" to the email addresses on the list. By "attached" I mean that the members will only be able to order from the email address they have given to us. If they do not give us their email, they will not be able to get the discount. The only thing their emailer address will be used for is for this discount and for De Soto emailers announcing new products, special offers, and sales. They are typically sent once or twice a month, that is about it. There is an unsubscribe button at the bottom of every emailer so if your members want to unsubscribe, they can, but if they do, their email is removed from our discount engine and they no longer qualify for the discount.
4. You can assure your members of that we do not sell, trade, give away or otherwise distribute the email addresses in any way.

Kind regards, Emilio



**St Pete Mad Dog First Annual Bikini Fun Run
Honoring Jack Shuten**

**April 26, 2017 6:00PM
Pass A Grille Hurley Park**

Donations Accepted to Benefit Local Charities



Treasure Island triathlete, 88, credits family support in Hall of Fame career

By Divya Kumar, Times staff writer
Thursday, March 2, 2017 8:15am



TREASURE ISLAND — The walls of Jackie Yost's home are lined with the countless ribbons, medals and trophies she and her husband have won in triathlons and Ironman races, 15ks and fun-runs.

"After a while, you just don't know where to put them," she said with a shrug.

Yost, who actively trains and competes in triathlons at age 88, recently was inducted into the USA Triathlon Florida Region Hall of Fame. It surprised Yost, who ran her first triathlon at 65.

"What I do is so simple and most people should do it," she said. "It's not extraordinary for me. Sometimes people will ask to take a picture with me and I'll say, 'Well, why?' "

Every morning Yost and her 86-year-old husband, Larry, are up at 5:15. On weekends, they go on long runs and golf. On Mondays, they swim and bike. Tuesdays, they do gym workouts and track training. Wednesdays are similar to Mondays. Thursdays are their long running days and more gym training.

But Fridays are Jackie's favorite days. A few years ago she started an open swim, inviting anyone to join them for a swim near their Treasure Island home. About 25 people usually come.

"It's so important to have a partner," she said, looking at her husband.

"You've got to have someone in your corner."

"There are some mornings you get up and say, 'Ooh, I don't want to,' and this one over here says, 'Oh yes you are.' And vice versa."

Since she was young, she knew she liked being active. Jackie met Larry 66 years ago. She was a recreation center director in Winston-Salem, N.C.. He was a swimmer at North Carolina State. They dated for a couple of years and then got married.

A basketball player in high school, she played intramural and studied recreation in college. Then she worked as an athletic director and coach. When her kids were young, she was a stay-at-home mom, but said she lived vicariously through their dance, swim meets and baseball.

She and her husband began running more, running their first triathlon in 1993 with their daughter Joy.

"We had no idea what it would be like," Jackie said. "We just swam and biked and ran. To our surprise, every single one of us came in first in our age divisions."

Joy, who has run several marathons with her parents and siblings, said her mom's athleticism shaped all of their paths. Joy studied recreation in college too.

"I grew up in a family that held sports as a part of your being, as a way of life," she said.

Joy met her husband, Steve Edwards, when they were training with the same marathon coach.

Steve and Joy live next to the Yosts. Marrying into the family, Steve said, was like an athletic dream come true.

"A lot of people carve out a lifestyle and carve out time for fitness," he said.

"In this family, physical fitness is the lifestyle."

When Steve and Joy decided to get married in 1993, the overriding problem was to schedule their wedding around race dates.

Eventually, they decided to keep it casual and do it in Jackie and Larry's back yard. They told their friends they could run, bike or swim up to the wedding in their gear.

Training and competing has become a family affair. The entire family has registered in races, once being 100 years older collectively than any other participating team.

Injuries can be a problem.

Jackie had open heart surgery once and broke her shoulder in a bike accident. Larry broke his ribs when he fell on the highway. Joy fell off her bike and needed surgery in September. Steve had knee surgery in December and once ran the Bay to Bay race in a body cast after he was hit by a car a month earlier. Larry still reminds him he beat Steve in that race. "It's really a culture," Steve said. "Some people think we're half crazy. Even doctors who aren't athletes sometimes seem critical of our choices, but doctors who are understand. It's a way of life."

It has not always been easy, Larry said.

"You start to find your old friends start to disappear," he said. "You have nothing in common with them anymore."

But to Jackie, it's worth it.

She worries when she hears of schools cutting physical education programs or sees kids who don't play outside enough.

"So many times as people grow older, they don't want to get involved in sports because they're a little ashamed they never learned when they were

young," she said. "It's so important for young people to get out there and get out of the house and get playing."

Hector Torres, chair of the USA Triathlon Florida region, said Jackie has been influential in getting more women in the area involved in participating in triathlons, hosting women's clinics and races.

"She could be hurt, she could be in pain, she could be having a rough day and she'll have a smile on her face," Torres said. "She keeps on going. That should be an example to people in Florida and around the world. It's never too late to get yourself involved or in shape."

She said she knows a day will come where she won't be able to be as active as she is now, and she's not looking forward to it.

"From cradle to grave, I want to be playing. I've been a playgirl all my life," she said with a laugh. "I've liked being active and I'm most happy when I'm outside."

This article was taken from the Slowtwitch web site. Some of it is pretty technical. The bottom line is that many of us have our seats too high. Slightly too low is better than slightly too high. Chuck

Your Seat's Too Low? Good For You

JORDAN RAPP
Sun Feb 26 2017

Without question, the unofficial motto of the Slowtwitch forums is, "Your seat's too high." While this has become a bit of an inside joke, there's a fundamental truth in this quip that's worth discussing further. The best height for one's saddle is the right height. But the second best seat height is one that's too low. Rightness of saddle height does not exist on a bell curve. A saddle that is only slightly too tall is substantially more problematic than a saddle that is even a great deal too low. And the research bears this out.

Even with a saddle height that is overwhelmingly low, performance does not degrade a great deal. You'll generate less power, and it might be slightly worse for triathletes because a too-low saddle height will also end up closing off your hip angle, but what you won't do is increase your risk of injury. A saddle that is even slightly too tall can lead to all kinds of problems from the annoying-but-minor, like saddle sores from shifting left-to-right to prevent reaching, up to more significant issues in the SI-joint, the hamstrings and calves, and more.



This is why the right way to determine your proper saddle height is to start with a height that is very obviously much too low (say $0.70x$ inseam length; no one's saddle is this low) and to incrementally raise it until you are happy. If you start with a saddle height that is too high - especially quite a bit too high - the sense of relief from lowering it can cloud your judgement about what's appropriate. If you start with a saddle that's too high, you may lower it but still end up with a saddle that's too high, and that's a problem. If you start with a saddle that's too low, you may raise it but still end up with a saddle that's too low, but that's okay.

This is especially true because the tallest you will ever want your saddle is probably the height that you pick when you are doing a bike fit. 100 miles into an Ironman bike ride, when you are tired, and sore, and dehydrated, and ready to get off your bike, that saddle height is going to seem much too low when you are fresh and pedaling in the comfort of a fit studio. It's not uncommon for Grand Tour cyclists to finish a three-week race with a saddle height that is 10mm - or more -

lower than what they started the race with due to fatigue and muscle damage. This is another reason why having a saddle height that, during your fit or when you first start spinning, seems to low is not only not a problem, it's actually advisable.



But this is Slowtwitch, where, in addition to everyone's seat being too high, our second unofficial motto is, "In The Lavender Room We Trust, all others bring data." Really, we don't trust anyone, and everyone needs to bring data, but that doesn't sound quite as good. So let's look at what the research says here.

The first study is, "[Acute Effects of Small Changes in Bicycle Saddle Height on Gross Efficiency and Lower Limb Kinematics](#)" by V. Ferrer-Roca et al [full text available]. This study did not focus on what is a "correct" saddle height; it operates under the assumption that, in the case of well-trained cyclists (n=14), saddle height is necessarily appropriate. Which makes sense. I've never been a fan of saddle-height-as-a-function-of-trochanter-height or any of the other static metrics. They simply don't account for variances in either pedaling

dynamics (toe-pointer versus heel-dropper) or in simple - and too often overlooked - personal preference. The study conducted three randomized trials of 6min at a constant (though not self-selected) cadence of 90rpm and an intensity of approximately 70-75% VO₂Max. Saddle height was preferred saddle height, 2% higher, and 2% lower. For more people, a 2% change in saddle height is dramatic. In my case - saddle height of 823mm - that's over 16mm, which is enormous. A saddle that is 2% low is really low. Likewise, a saddle that is 2% high is really high. The findings?

Gross efficiency was significantly lower and oxygen consumption (v_{O_2}) was significantly higher when raising the saddle (GE = 19.9 ± 1.5%; V_{O_2max} = 43.8 ml/kg/min) than when lowering it (GE = 20.4 ± 1.3%; V_{O_2} = 42.8 ml/kg/min).

GE (%): 20.4±1.3 -- 20.3±1.8 -- 19.9±1.5

VO₂: 42.8±4.9 -- 43.3±4.9 -- 43.8±4.9

You can see here that gross efficiency is virtually unchanged when the saddle is lowered, even by an extreme amount. In fact, the highest GE and the lowest VO₂ was reported with the lowest saddle height, indicating that even for these cyclists, Slowtwitch knows best. Their saddles are too high.

Another interesting finding was that, as Dan and I have repeatedly seen during fit workshops, the body "protects" the knee and hip angle by increasing the ROM of the ankle. In all trials, hip angle deviated by less than 1° (on average) from preferred; knee angle deviated by about 1°; but ankle angle deviated by about 2°. This is especially true for a saddle that's too high. In this case, the body just really seeks to prevent overextending at the knee and hip. For bike fitters, this means that focusing on the ankle can be the most reliable way to work with a client to help zero in on the correct seat height; someone who "reaches" with the foot is almost certainly sitting with too tall a saddle.

Hip Angle ROM: 45.8 ± 3.1 -- 46.0 ± 3.2 -- $46. \pm 2.9$

(2% low, preferred, 2% high)

Knee Angle ROM: 74.1 ± 5.6 -- 75.5 ± 5.1 -- 77.3 ± 4.3

Ankle Angle ROM: 10.6 ± 4.7 -- 12.3 ± 4.2 -- 14.8 ± 7.2

This finding is supported by a larger analysis of the research to date, presented by B. Sather & D. Dutto in their presentation, "[Effect of Seat Height on Cycling Efficiency](#)." This gives a nice review of many other studies on the subject for those who want to dive even deeper. Sather & Dutto mention the findings of Peveler's 2008 study [see Addendum below], "[Effects of saddle height on economy in cycling](#)" [PubMed]:

VO₂ was significantly lower at 25° knee angle compared to both the 35° knee angle and the Hamley method of 109% of inseam.

And Price and Donne's 1997 study, "[Effect of variation in seat tube angle at different seat heights on submaximal cycling performance in man](#)." [PubMed]:

104% of trochanteric height (knee angle 157.5°), VO₂ and heart rate significantly higher and power efficiency significantly lower than both 96 (146.4°) and 100% (knee angle 136.9°)

Taken together, the science is pretty clear. Your seat actually is too high... Yet again, the wisdom of crowds - at least a crowd of STers - proves it's worth.

[Addendum 2017.02.27] As was rightly pointed out in the comments below, Peveler's study actually showed an decrease in VO₂ with a taller saddle height. I mixed this up because I'm used to the FIST standard of using the included knee angle, where a small number is a more bent leg; the use of the external knee angle still throws me sometimes, because I find it illogical. That said, I did mix this up. The

conflicting results here are addressed in Stefanov and Kolev's 2016 study, "[Cyclists Saddle Height Importance on the Results of Bicycle Ergometer Test - 'Astrand and Rhyning.'](#)" This looked at 70% and 100% saddle height and found the same conclusion as Ferrer-Roca et al. Lower saddle height resulted in lower VO₂. But Stefanov and Kolev explain this as an artifact as to how VO₂ is calculated.



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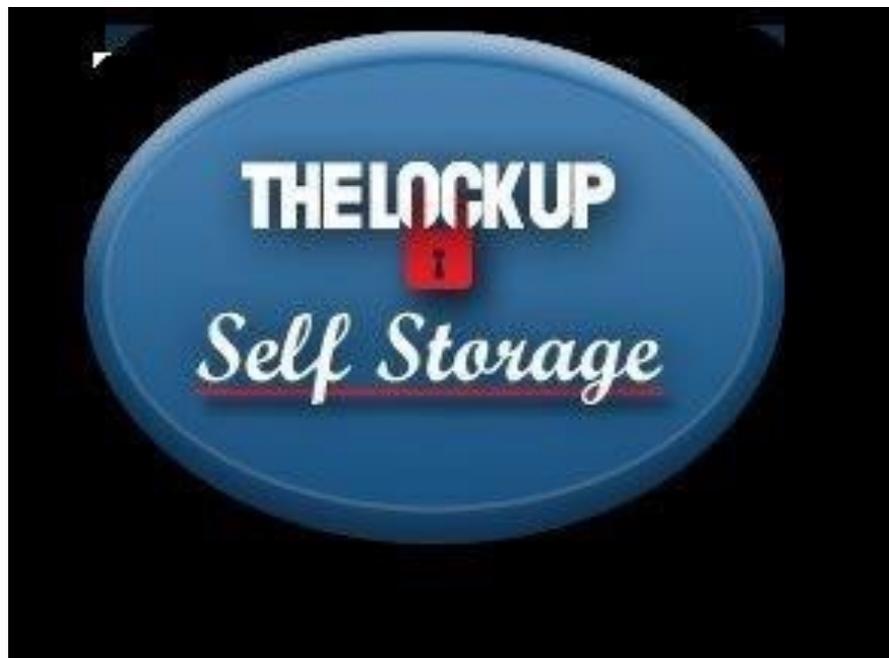
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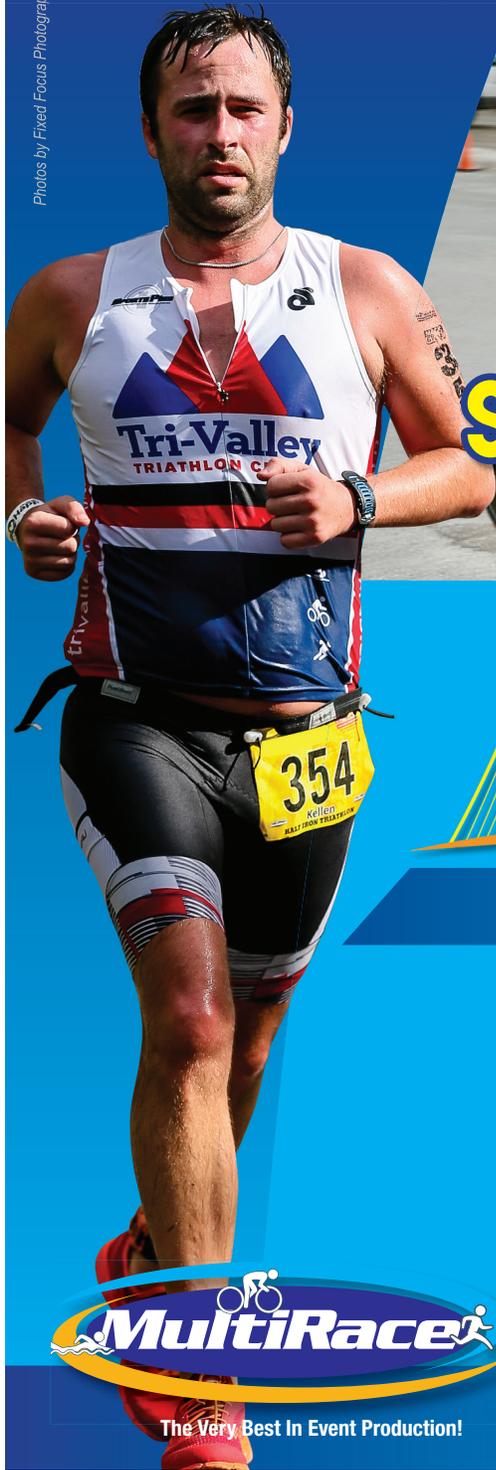
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