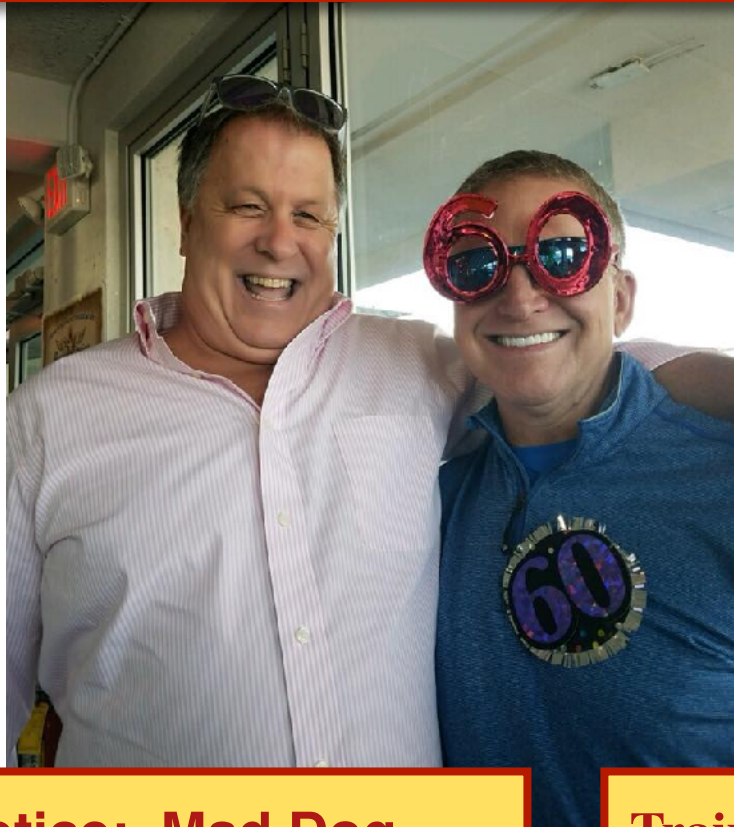




THE FINISH LINE



Mad Dogs Dave Orłowski and Tom Kennedy on the occasion of Tom's 60th Birthday. Who's counting?

Notice: Mad Dog Membership Rates Going Up To \$100 Per Year!!

(April Fools!)

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IMATHLETE

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"	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 Mad Dogs.

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EDITOR'S COLUMN

For those of you who haven't heard, our Treasurer, Dave Proffitt, has been having medical difficulties. After running the Gasparilla half marathon, he came down with the flu bug prevalent this year. A few days later, he awoke to find that he couldn't walk. Spending some time in a hospital, he suffered excruciating pain in his joints. He is presently being treated with antibiotics to fight the infections. I know you all join me in wishing Dave a quick and complete recovery.

(Please go to page 4)

TRAINING CALENDAR

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.

Every Tuesday 5PM.

Track workout coached by Joe Burgasser. St. Pete College Track near 5th Avenue and 70th Street North.

see. fnrs@aol.com.

Local Bike Shop Events



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



From the 4th Street Store. Every Sunday @ 1030. Beginner Road Ride; no drop. Helmets required. Instruction offered and questions answered.

From the 4th Street Store. Every Sunday @ 0800. Intermediate Road Ride; no drop. Helmets Required. A little more speed than the beginner ride.

From the 4th Street Store Every Tuesday @ 0600. Base miles ride. Intermediate ride @ 22-25 MPH. Route includes Pinellas Point, Pass-a-grill, and Ft. DeSoto. Helmets required.

WELCOME NEW MAD DOGS!

#3760 - Neil Ellis - St. Petersburg

#3761 - John Geoghagan - St. Petersburg

#3762 - Christian Mills - St. Petersburg

(continued from page 2)

This brought home a couple of things to me. First don't dodge next year's flu shot because you're too busy, or because it's too much trouble. Second, be thankful for every healthy, safe day you experience. Sometimes we take too much for granted.

Mad Dogs Rule,

Chuck Lohman, Editor

MAD DOG NEWS

Any Mad Dogs entering Multirace events (FD3, Miamiman, etc.) use MADDOG18 for 10% discount!

Sunday evening, the 11th of March, Mad Dogs held a commemoration ceremony at Pass-a-grill Beach to emplace a bench to honor the memory of Jack Shuten. It was very well attended despite the chilly weather. We placed the bench next to that of Roger Burke who was similarly honored. Pictures and a letter from Melissa Shuten are included later in this issue. Thanks again to Rosie Ray for coordinating the fund raising for the bench.

Volunteers. This is the time of the year when we need Mad Dogs to step up. As you know, we are approaching St. Anthony's triathlon. Carolyn Kiper coordinates the homestays for young professional triathletes and needs your assistance. The Mad Dogs have forged many friendships with these young athletes, and have made life-long friendships. Look for Carolyn's contact info later in the newsletter.

Additionally, I am looking for volunteers to help me man the Mad Dog waterstop by the Northshore pool. It's a fun event, and helps the club financially since the Race Director compensates us for our race help.

UPCOMING RACES



8 Apr - IM Florida 70.3
Half Iron Distance
Haines City, FL
www.ironman.com



6 May - Longboat Key
Sprint/Olympic/Duathlon
Sarasota, FL
www.lbktriathlon.com/



14 Apr - Escape from Ft. DeSoto
Sprint & Olympic Distance Ft.
Desoto, FL
www.getregistered.com



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



28 Apr - Meek & Mighty
Sprint Distance
St. Pete, FL
www.teamusa.org



20 May - Dunedin Triathlon
Sprint/Duflathlon
Dunedin, FL
www.trisignup.com



29 Apr - St. Anthony's
Olympic/Sprint
St. Pete, FL
www.runsignup.com



20 May - Chattanooga 70.3
Half Iron Distance
Chattanooga, TN
www.ironman.com

RACE RESULTS

Clermont Sprint - 17 Mar

1st Place -

Tony Handler

Clermont Olympic - 18 Mar

1st Place -

Gail Norman

3rd Place -

Park Alsop

APRIL BIRTHDAYS



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

Tentative St. Anthony's Week Plan

- 1) Wednesday 25 April 6:00 PM. Pass-a-Grill Beach. Swim practice for St. Anthony's Triathlon and Shuten Memorial Bikini Fun Run. Bring cash because St. Pete Bike and Fitness has donated items for raffle! Thanks to Mark Yeager!
- 2) Friday night 27 April 6:00 PM. Vinoy Park. In conjunction with the free concert, Susan Daniels will provide a tent, tables and chairs for the Mad Dog Triathlon Club. Bring food to share!
- 3) Saturday 28 April 7:00 AM. Northshore Pool. Meek and Mighty Triathlon. Be there to support and cheer for future Mad Dogs. Volunteers are encouraged to join me in the Transition Area.
- 4) Sunday 29 April 0630 AM. St. Anthony's Triathlon. Volunteers are encouraged to join me at the Mad Dog water stop, near Northshore pool. Susan Daniels will donate \$750 to the Mad Dogs for providing this service.
- 5) Sunday 29 April 2:00 PM. Joint post-race party at the Hollander Hotel, 421 Ave. North, St. Pete, hosted by the Mad dogs and St. Pete Bike and Fitness.

MAD DOG PICTURES

Celebrating Jackie Yost's 90th Birthday (Pictures courtesy of Jessica Parrish)



Jackie, Larry, friends and family

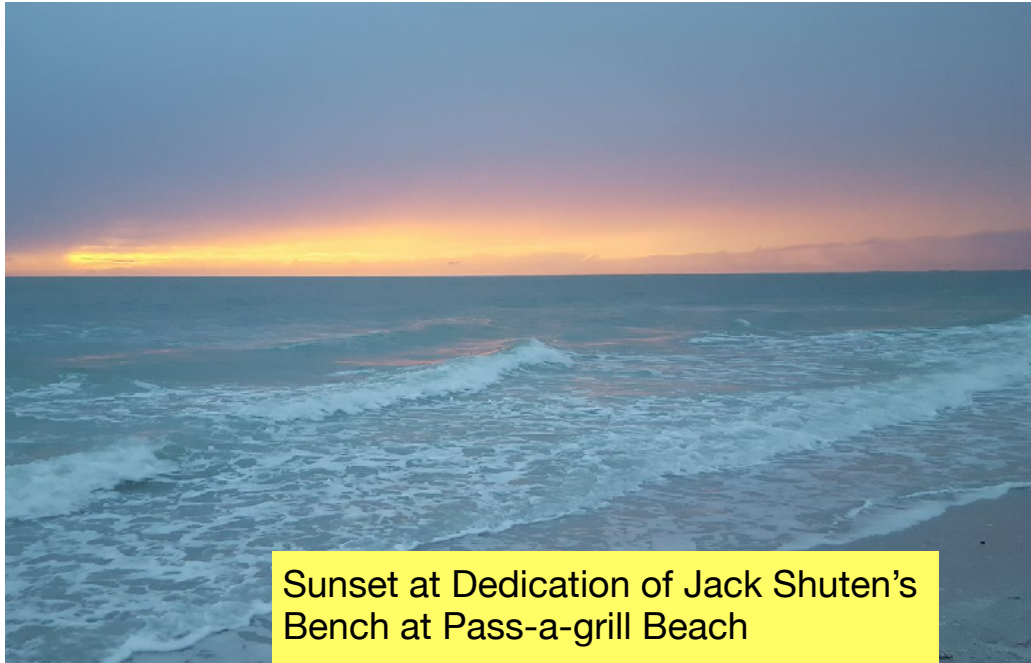


Jackie (dual threat) Yost on left playing basketball at 15 years



Awesome Birthday Cake

MAD DOG PICTURES



Sunset at Dedication of Jack Shuten's Bench at Pass-a-grill Beach



Jack Shuten
SP Mad Dog 2981
*The sunset each day is when
heaven reaches down to earth
and reunites us all again.*

Jack's Bench

MAD DOG PICTURES

Open Letter from Melissa Shuten to attendees at Jack's Ceremony.

Thank you to everyone for being here. I really appreciate the support of friends and family over the past year.

The location of this bench has so much meaning to all of us. Jack loved it here. Ove the years, we made so many great friendships here in Pass-a-grill. So many miles swam and run. So many cheetos eaten and beers consumed.

Jack was a life long athlete, even though he has so much success with his diving, it was triathlons that were his passion. He loved everything about the sport. The training, the events and the friends.

It's so wonderful to see his friends here from different times of his life. Friends that knew him form his Gumbos days, friends that he knew from the beach, Mad Dogs friends, and of course, family. Jack loved all of you.

I am so happy to have this bench as a place to come and reflect, watch a sunset.....hopefully with a greenflash.

The beach is a healing place. I learned a lot about life living with Jack his last six months. I think if Jack has any advice to give us all, it would be to forgive, be kind and appreciate the life that you have.

MAD DOG PICTURES



Mad Dogs Dave Orlowski and Tom Kennedy on the occasion of Tom's 60th Birthday. Who's counting?



Alan Jernigan, the Adornatos , and Pepper Jernigan

SEEKING MAD DOGS TO HOST A VISITING PRO TRIATHLETE

One offering of the St. Anthony's Triathlon that sets this race apart from many others is the outstanding homestay program. This would not be possible without YOU! The homestay program is designed to integrate visiting professional triathletes into the local community. This serves several purposes:

1) Much like starving artists, the homestay program reduces the cost for travel and accommodations and makes it possible for many of these professional triathletes to participate in the St. Anthony's Triathlon when they might otherwise not be able to.

2) The professional triathlete gives back to the local triathlon community by sharing their experience and racing tips with their homestay providers and also by speaking at local venues such as the St. Pete Mad Dog member meeting, at the St. Anthony's Expo, and at local running and cycling shops.

These athletes sincerely appreciate the assistance from our local community! Most are just happy to have a place to lay their head. Even the big name triathletes have expressed that they are tired of traveling and staying in hotels and really love having families to interact with. They are used to homestayng and are surprisingly comfortable. They require very little assistance and appreciate a home cooked meal when possible!

If you would be interested in hosting a professional triathlete, please contact Carolyn Kiper at cskiper@gmail.com or 727-459-8064.

Most athletes arrive on Thursday, April 26 and depart on Monday, April 30. Some may arrive earlier or stay later depending on their racing plans.

Here are just a few of the athletes that I have hosted (from top left to right, then bottom left to right). Florian Kriegl, Rene Vallant, Jan Frodeno, Julie Dibens, Fraser Cartmell, Jillian Petersen, Vincent Reiss)





Frank Adornato's Off Season Training Tips

Training Tip - Stay Fast as you Age

Are you approaching or older than 40 and worried about getting slower? You're not alone. Three things will happen to all of us as we get older. Loss of muscle mass. Loss of bone density. Loss of balance. As an athlete these three factors can have a negative impact on speed and agility. But the good news is you can slow down the aging process and maintain speed (as well as good health).

There are two things you can do to keep you in the game: full body strength training and core strength training. Both have been shown to help maintain lean muscle mass and strong bones. Balance issues are caused by several things, but your core muscles are a pivotal factor, and a strong core will help maintain good balance.

Bottom line: Add or continue strength training at the gym two to three times a week. And of course, keep up your cardio work. Running, cycling, swimming, speed work, long distance work, etc. All are important to your racing.

Train smart. Race fast.

Frank Adornato

To see all my training tips and videos, visit www.triitall.com

Frank Adornato's Off Season Training Tips

Training Tip - Two-A-Day Runs

Are you training for a long race and dreading those multi-hour long runs? Your legs and body get beat up, and there's not always enough time in your busy schedule to fit in that one long run. Here's a possible solution. Running twice a day on some days may help with your training. Two-a-day running will help to boost your weekly running miles, they are easier on your muscles and joints, and you can push the pace on your second shorter distance run. That can help you achieve a PR. And by shortening the time between runs in a single day, you're training your body to recover faster.

How you structure your runs depends upon your goals. In general you can split your runs in half; one in the morning and the second run in the afternoon. If you want to improve your long distance speed, the first run should be longer (2/3 target distance) at conversation pace. The second run will be shorter (1/3 target distance) but at a faster pace.

Note: You still need to do single long distance runs as part of your training plan. Two-a-day's are not for every runner and they should not be used as an escape from your long runs. Consider it a tool in your bag of training tricks.

Train smart. Race fast.

Frank Adornato

To see all my training tips and videos, visit www.triitall.com



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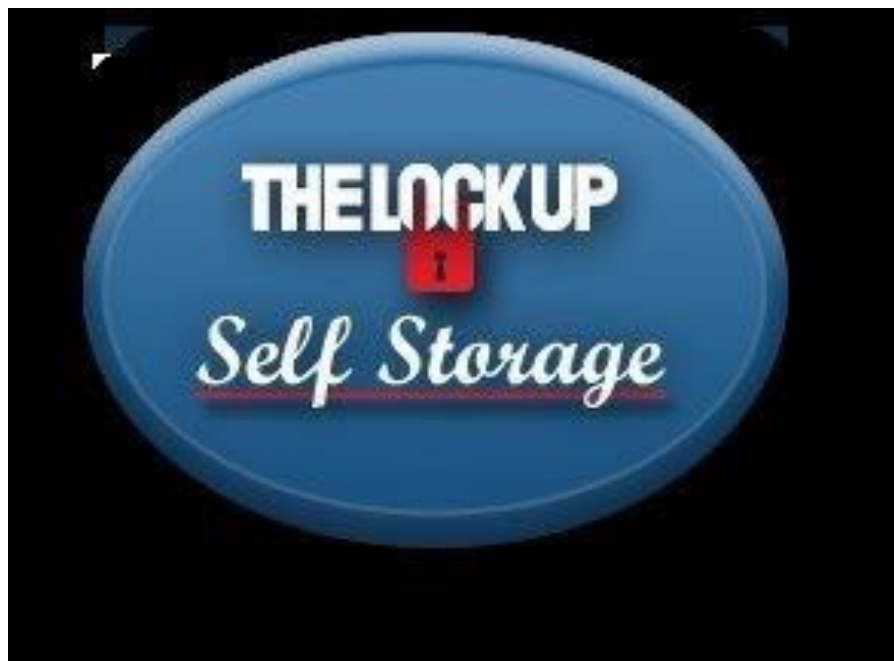
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