



THE FINISH LINE



Mad Dog Noah Pransky with a friend near Capetown!

Training Calendar -	Pages 3-4
New Mad Dogs -	Page 5
Mad Dog News -	Page 6
Upcoming Races -	Page 7
Birthdays-	Page 8
Race Results -	Page 9
Mad Dog Pix -	Pages 10 - 12
Articles & Reports -	Pages 13 - 22
Advertisements -	Pages 23 - 26



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	1/2 page	Full
Page		
Width x Height	7 1/2" x 5"	7 1/2" x 10"
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The St. Pete Mad Dog Triathlon Club has reached a new level! First Zone 3 asked to sponsor the club and has offered significant discounts for their equipment to members. Next, St. Pete Bike and Fitness offered to sponsor the post-St. Anthony's Triathlon Party. Finally, our new partner, Destination Miles (a travel company specializing in athletic events) also asked to join St. Pete Bike and Fitness as a party sponsor. They also offered to pick up the tag for adult refreshments.

(Please go to page 5)

TRAINING CALENDAR

	SWIM	BIKE	RUN
MONDAY	5:30 - 7:00 AM St. Pete Beach Aquatics Club coached by Leo Briceno	8 am. From USFSP 6th Ave & 2nd St. South. 16 miles 20-21 mph.	6 pm. From Northshore Pool Parking Lot (16 miles)
TUESDAY	6:30-8 pm. Northshore Pool. Coach Joe Biondi \$9.00 session	6 am. Base miles 22-25 mph ride from SPB&F 4th St. store. 8 am. From USFSP 16 miles 18-19 mph.	5 pm. Track workout coached by Joe Burgasser. SPC Track 5th Ave and 70 St N.
WEDNESDAY	6:00 pm. Pass-a Grill Swim Starting 03/13/19. Meet at Hurley Park.	8 am. From USFSP 16 miles 20-21 mph. Wed is Mad Dog ride. Wear your colors.	7:30 am. Bayway Bridge Repeats. Meet at Sun Blvd & Pinellas Bayway.
THURSDAY	6:30-8 pm. Northshore Pool Coach Joe Biondi \$9.00 session 5:30 - 7:00 AM St. Pete Beach Aquatics Club coached by Leo Briceno	8 am. From USFSP 16 miles 18-19 mph.	5:15 AM. Bayway Bridge Repeats. Meet at Sun Blvd & Pinellas Bayway. (Burgasser Group).
FRIDAY	8 am. Group swim Sunset Beach. Meet at Yost's 143-91 Ave S.	8 am. From USFSP 16 miles 20-21 mph.	5:30 AM. Snell Isle Bridge to USF and back. (Burgasser Group).
SATURDAY		8: 00 am. From Northshore Pool. Rides staged by speed: 16-18MPH, 20MPH, 22 MPH, 24 MPH	

TRAINING CALENDAR

Table 1-3

SUNDAY	SWIM	BIKE	RUN		
		<p>8:30 am. Advanced ride. From St. Pete Library 9th Ave N & 37 St.</p> <p>8 am. Intermediate no drop ride. From SPB&F 4th St store</p> <p>10:30 am. Beginner no drop ride. From SPB&F 4th St store.</p>			

WELCOME NEW MAD DOGS!

# 3804	Cory Kapas	St. Petersburg
# 3805	Tasha Futch	Hawthorne, FL
# 3806	Michale Oertie	St. Pete Beach
# 3807	Lucille Shockley	(TBA) Florida

(continued from page 2)

We still need Mad Dogs to help Carolyn Kiper host young pros racing at St. Anthony's with her homestay program. Her contact info is on page 6. Tim Hudson also will need help at the Mad Dog waterstop near Northshore Pool. Last year a number of folks racing the Sprint Distance walked over to the aid station after their event to pitch in (thanks, Danny and Kim). Also please encourage family members who are not racing to assist Tim. Volunteers can sign up officially on the St. A's website, or just show up.

Mad Dogs Rule,
Chuck Lohman, Editor

MAD DOG NEWS

As you all know, St. Anthony's Triathlon is scheduled this year for April 28th. Details about the famous Mad Dog post race party will be forthcoming soon on social media.. We need assistance in a couple of areas:

- 1) Tim Hudson has volunteered to head up the Mad Dog waterstop for St. Anthony's. If you can help this year, please contact Kathy Morgan @ kathymorganmd2@yahoo.com.**
- 2) Carolyn Kiper organizes the homestays for young professionals. Gail and I have hosted for many years and find it extremely rewarding to establish a relationship with a young pro and then follow them through their career. You can reach Carolyn @ cskiper@gmail.com. St. A's will pick up pro at airport and deliver them to you.**
- 3) Mad Dogs have found two sponsors to host our St. Anthony's post race party! First is our old friend, Mark Yeager at St. Pete Bike and Fitness. The second is our new partner, Destination Miles, www.DestinationMiles.com, which sponsors trips for athletes to many exciting locations. Let's support these generous sponsors!**

"A pessimist sees the difficulty in every opportunity: an opportunist sees the opportunity in every difficulty."

Winston Churchill

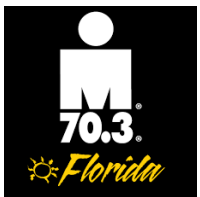
UPCOMING RACES



13 Apr - Escape from Ft. DeSoto
Sprint Tri and Sprint Duathlon
Fort DeSoto
www.thunderboltmultisport.com



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



14 Apr - IM 70.3 Florida
Half Iron Distance
Haines City
www.ironman.com



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



27 Apr - Meek and Mighty
Super Sprint Distance
St. Petersburg
[www.baycare.org/
stanthonystriathlon](http://www.baycare.org/stanthonystriathlon)



19 May -Dunedin Rotary Tri
Sprint Distance
Dunedin, FL
www.runsignup.com



28 Apr - St. Anthony's
Olympic and Sprint Distance
St. Petersburg
[www.baycare.org/
stanthonystriathlon](http://www.baycare.org/stanthonystriathlon)

APRIL BIRTHDAYS



Paula Vieillet 1st
 Kathryn Bumgarner 2nd
 Markus Mittermayr 4th
 Joel Blakeman 6th
 Susan Parks 6th
 Dave Proffitt 6th
 Shirley Bassett 7th
 Steve Wilsey 7th
 Bernie Brown 8th
 Adam Kinney 9th
 Terry Fluke 9th
 Pete McConnell 12th
 Noah Vallant 12th
 Winston Allen 13th
 Michael Bardecki 15th

Rod Coggin 15th
 Cary Stokes 20th
 Frank Schroeder 21st
 Diane Stokes 21st
 Mark Barnett 22nd
 Bill Kolar 23rd
 Scott Gunsaulis 24th
 Barbara Hatfield 24th
 Rose Marie Ray 26th
 Brian Touhey 26th
 Michael Oertie 27th
 Michele Veilleau 27th
 Bruce Day 29th
 Lucille Shockley 29th

RACE RESULTS

IM New Zealand - 1 Mar

Finishers -

Jill Kralovanec

Tom Kennedy

iM 70.3 Puerto Rico - 17 Mar

3rd Place -

David Frazer

Finisher -

Park Alsop

HITS OCALA - 30/31 Mar

1st Place -

Paula Shay

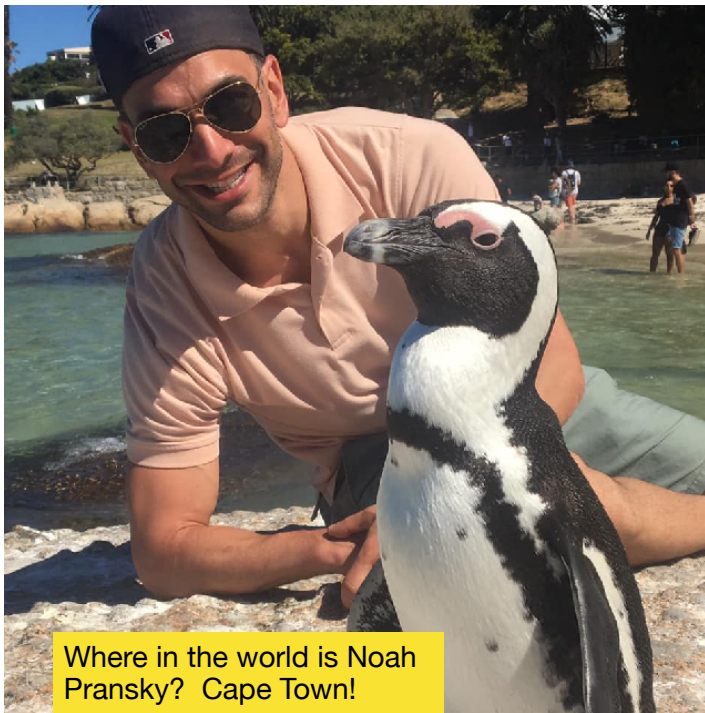
MAD DOG PICTURES



Combined Team of Mad Dogs and St. Pete Bike Club successfully assault Clearwater Bridges!



Whwere in the world is Noah Pransky? Realxing in Borneo!



Where in the world is Noah Pransky? Cape Town!



Where in the world is Noah Pransky? Hawaii, in a board meeting!

MAD DOG PICTURES



Ben and Yova Carlson with Ben's sister



Tom Kennedy @ IM New Zealand

Pauls Shay @ Sand Key swim



I was told that one of these two is Bill Riley



C. J. Vosburgh back after back surgery!

MAD DOG PICTURES



David Frazer (R) @ IM 70.3 Puerto Rico



New Cervelo P3X. Could the arm pads be a little lower??

Tentative Schedule for St. Anthonys

Wednesday - 24 April 6PM - Meet at Pass-a-Grill Beach for open water swim and the famous Mad Dog 1 mile bikini run.

Friday - 26 April 12 PM to 6 PM - Expo and packet pickup.

Saturday - 27 April - 6AM - Meek & Mighty Tri @ Northshore Pool

- **12 PM to 5 PM** - Expo and packet pickup.
Rack Bikes in transition area.

Sunday - **6:15AM** form for Olympic Swim Start
- **2PM** Party @ Yard of Ale 260 1st Ave N
St. Petersburg

Tip - Training Solo vs in a Group. Question: which is better - training solo or in a group? Here are a few pro's and con's to both.

- Solo allows you to train around your family and work schedule. Squeezing in an early morning session before work may be your only choice some days. That's better than skipping your workout completely because the group is going out at a time when you can't go.
- Solo you can follow your workout plan or the plan your coach gave you. You're paying good money, so do what the coach tells you to do.
- Solo you can follow your target heart rate, intensity, target pace, etc. and not that of the group.
- Group training adds accountability. You feel you have to show up.
- In a group you may push yourself more than if you're working out solo. Sometimes, this is a good thing. But don't make every group workout a race day effort.
- In addition to the camaraderie of the group, you can share ideas and techniques, and learn from each other.
- Group workouts can be fun!

If you have the opportunity to train with a group, such as the St. Pete Mad Dogs, take advantage of all that can offer. But also remember that there are days when training solo may be the prudent thing to do.

Train smart. Race fast.

Frank Adornato



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

Training TIP - Bike Workout 1-2-3's

Here's a short, simple yet effective bike workout that you can stick in the middle of your ride. This workout will help you improve cadence speed and efficiency, and in turn, overall bike speed. It's called a Progressive "1-2-3" Variable Gear Ladder and here's how it works.

After a long warm up, do 6 sets of the following:

1 minute progressive speed going from a low gear (LG) up to a big gear (BG) within the minute. Start at a gear that allows you to go through four or five gear changes in the minute and tops out on your biggest gear at the end of the minute. Your effort should be very hard at the end of the minute.

After the minute, back off two or three gears to a time trial gear (TTG) and hold your fastest speed possible for **2 minutes**. Pedal cadence for this segment should be at or greater than 90 rpm.

Rest for **3 minutes** easy spinning.

Repeat for a total of six sets.

If the 1-2-3's become too manageable, change the ratio to 1-3-2, or 2-3-1.

Train smart. Race fast.

Frank Adornato



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

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 homestay 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 cskipper@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.



Renee Vallant, Jan Frodeno, Fraser Carmell, Julie Dibens, and Jillian Petersen.

This is from a blog by Pro Triathlete Jackson Laundry. This year he will compete in his 3rd St. Anthony's. He is a former Mad Dog Homestay.

2018 REFLECTIONS, 2019 MOTIVATIONS

What a season it has been. Certainly my best yet, with significantly better results than 2017. This year has left motivated and wanting nothing but better performances in 2019. Here is a look back at some highlights and low points of 2018, and what I have learned that will help me achieve 2019 goals.

It feels like ages ago that I rushed for the ocean and dove in to my first race of the season, Ironman 70.3 Campeche, Mexico. I had a good swim, only 52 seconds behind the leader in a non wet suit swim. The first half of the bike was great, I rode my way all the way up to the front of the race, only to go backwards the rest of the day, ending up in 7th. I didn't pace realistically for the fitness I had in March, especially considering the debilitating heat, lesson learned.

Six weeks later I lined up in St. Petersburg, Florida, for the Saint Anthony's Triathlon. I missed the lead group and led the chase pack for the whole swim, coming out 1'17" down in 9th place. Rode my way into 3rd, and ended up 4th after being passed early in the run by Jason West. This result was similar to my 2017 race, and left me hungry for something better to prove that I had built upon my 2017 fitness.

Chattanooga 70.3 was next. This was an hugely motivating result for me. I had a great swim coming out only 42 seconds behind the leader. I rode well, passing everyone ahead of me except Starky, who was nearly 7 minutes ahead of me to start the run. Many fast runners were close behind, but I had a breakthrough run of my own, 1:16:27, to hold

on to second place. I finished 48 seconds behind Starky, This result validated my belief that I belong at the front of the race.

Ironman 70.3 Raleigh was next on the calendar. Having finished 3rd there in 2017, I knew the course well and it was a good one for me. I swam with the main pack, only Matt Chrabot swam alone off the front, 1:06" ahead. I worked hard early on the bike to drop the big group I swam with, then I bridged up to Matt. We rode together from 30km until 80km, where I put in a big surge and held a 1 minute lead to start the run. I ran well on the hot course, slowly getting away from Matt for my first 70.3 win. My dad also finished his first ever 70.3, ending up 2nd in his age group. I'm sad to see that this race is cancelled, as it was my best result 2 years in a row. It seems that the tougher courses are all less popular and get cancelled. I'd like to see that change. I challenge age group athletes to jump at the chance to test themselves on hilly and hot courses.

Ironman 70.3 Mont Tremblant was a great swim for me, I stayed with the lead group of 6, which whittled down to 3 throughout the ride. Lionel stormed past us half way through the bike and went on to win. Brent and Rudy ran away from me and I settled for 4th for the 2nd year in a row.

The New York City Triathlon was my most disappointing result of the season. I battled all day to try to stand on the podium, and lost focus when Jason West passed me with 2 miles to go. I got passed again in the last half mile which shouldn't have happened. I eased off the gas and paid the price, finishing 5th. It's not over till it's over, and I need to keep the pedal to the floor until the positions are set in stone, that's a mistake I will not make again.

Ironman 70.3 Santa Rosa was next up. The swim was cancelled due to heavy fog, but the time trial start bike-run format suited me well. I had the 2nd fastest bike behind only Sam Appleton, and a PR run of 1:15:33 to come in 2nd once again.

At Ironman 70.3 Steelhead, my weakness of choppy water swims was exposed. I finished the swim in 9th place, nearly 3 minutes behind leader Eric Lagerstrom. I rode well and quickly moved in to 4th place where I would stay for the rest of the race. The group of 3 guys including Andrew Starkowicz just kept getting further away, and I just didn't have the legs to make up 6 minutes on the run. Choppy water swims have always been a weak point for me, and I plan to make that a big training focus for 2019. Also, as my career progresses, I can choose races more based on what courses suit me, rather than how cheap is the race to get to, so I'll likely avoid choppy swims and flat bike courses when possible until this weakness has become a strength.

Next was Escape Nations Triathlon. I was stoked for another crack at the now retired Cam Dye, but the race was cancelled due to flooding. I quickly refocused on training, and won the Barrelman Triathlon the next weekend on tired legs. It was a good battle with Taylor Reid nipping at my heels all day, and great to get the win at this awesome local event.

The next weekend was Ironman 70.3 Augusta. A stacked field as per usual, I often thrive when given the chance to bring out my best against tough competition. I had a poor swim start but recovered well, I came out in 6th, 1:09 back of the leader. I put in a big effort at the start of the bike and bridged up to the two guys off the front, Hunter Lussi and Tim O'Donnel. The three of us built up a 3:40 lead on the chasers, Tim had an incredible run for the win, and I ran well to hang on for another 2nd place finish. The icing on the cake was earning my qualification for the 2019 Ironman 70.3 World Championship.

I had a 6 week break before my last race of 2018, Ironman 70.3 Santa Rosa. I felt I got into my best shape of the season. Some bad luck and also mistakes made were overcome to finish 4th yet again, 26 seconds back of 3rd place after my 2nd best run split of my career. I'll be more diligent to try to avoid getting sick when traveling in 2019, as

this was the second time I was sick this year. I'll also expect chaos at South American races and be as prepared as possible when it ensues. I still know what I was capable of that day and I'll bring that with me into next season.

Overall, the 2018 story was: Hit and miss on the swim, Consistently strong rides, and much better runs than 2017 . Here's how I will build on this for 2019.

2019 PLAN AND GOALS

For 2019, I plan to carry out my season as 3 blocks of races. My early season block will be early April to mid May with 4 races. I still haven't finalized the races, but I will definitely go back to St. Anthony's and Chattanooga 70.3. The mid season block will be from late June to Late July with another 4 races. I'll be back to some familiar races, Mont. Tremblant, NYC, and Santa Rosa, and 1 more race if I can make it fit. The last block will start with Ironman 70.3 World Championship in early September, and I'll add 1-4 races after that depending what opportunities arise and how my body feels at that point in the season.

In terms of performance, I'd like to be more consistent in the swim. I need to be very motivated and focused on the start line to give myself the chance to make the lead group, I feel I went in too relaxed at some races in 2018 which may have cost me in the swim. I rode well in 2018, the consistency was there, I hope to just add a few more watts from more built up fitness. My main improvement will likely be in aerodynamics. I will be working with STAC in their virtual wind tunnel to optimize equipment and positions. I think I can ride significantly better in 2019 with lots of little things adding up to make a significant difference. The run will continue to improve, I think I will run 1:14, and maybe 1:13 in 2019. Of course, this depends entirely on the course, conditions, and race tactics. Running faster relative to the field is the primary run goal.

My results based goals for 2019 build upon what I accomplished this year and in 2017. I finished 19th at Worlds in 2017, I'd like to get top 10 in 2019. This year, I had 1 Ironman 70.3 win and 3 2nd place finishes for 4 total podiums. I'd like to build on that and get 6 or more podiums and 2 or more wins. I also won the Niagara Falls Barrelman Triathlon in 2018, I'd like to win that race again, and race at least 2 local Multisport events to support Triathlon in Ontario.

I've been incredibly lucky to have so much support this year, and since I started in this sport. Thank you to all my Sponsors who have helped me get to where I am today. I couldn't do this without you guys!

I can't wait to see what 2019 brings, thanks for all the support!



Coming down the finish chute at Ironman 70.3 Chattanooga. Photo by Finisher Pix

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