



THE FINISH LINE



Sandy Singleton Weiss wins 1st Place for best transition area at Ft. DeSoto Practice Triathlon!

*Join Us For A Pass-a-Grill
Swim Every Wednesday Night
@ 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	1/2 page	Full
Page		
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.

ST. PETE MAD DOGS BOARD OF DIRECTORS

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EDITOR'S COLUMN

The Mad Dogs are happy to learn that John Hollenhorst has volunteered to join the Board of Directors to promote better communications. He plans to update our Facebook page to present more current events. He has valuable experience with this effort with a former triathlon club in Wisconsin. Additionally, Frank Adornato has volunteered to to publicize training opportunities for Mad Dogs in the area. i'm sure you have seen his personal training tips and suggestions in the newsletters earlier this year.

(Please go to page 4)

TRAINING CALENDAR

	SWIM	BIKE	RUN
MONDAY	5:30 - 7:00 AM St. Pete Beach Aquatics Club coached by Leo Briceno	8 am. From USFSP 16 miles 20-21 mph.	6 pm. From Northshore Pool Parking Lot (6 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 20-21 mph.	5 pm. Track workout coached by Joe Burgasser. SPC Track 5th Ave and 70 St N.
WEDNESDAY	6 pm. OWS. Hurley Park. Pass-A-Grille.	8 am. From USFSP 16 miles 20-21 mph. Wed is Mad Dog ride. Wear your colors.	NEW. 7:30 am. Hill repeats or beach run (alt weekly). Meet at Sun Blvd & Pinellas Bayway. (near Isla del Sol) STARTING 7/18.
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 20-21 mph.	
FRIDAY	8 am. Group swim Sunset Beach. Meet at Yost's 143-91 Ave S.	8 am. From USFSP 16 miles 20-21 mph.	
SATURDAY		8 am. From Northshore Pool	
SUNDAY		8:30 am. Advanced ride. From St. Pete Library 9th Ave N & 37 St. 8 am. Intermediate no drop ride. From SPB&F 4th St store 10:30 am. Beginner no drop ride. From SPB&F 4th St store.	

WELCOME NEW MAD DOGS!

- #3774 - Angelina Daetz - Seminole**
- #3775 - Bill Coggins - Tampa**
- #3776 - Nancy “Charley” Turon - Bradenton**
- #3777 - Thamos Stratman - Seminole**
- #3778 - Jay Cooke - St. Petersburg**
- #3779 - Lorri Deland - Tampa**
- #3780 - Mark Hernik - St. Petersburg**
- #3781 - Steve Shelton - St. Petersburg**

(continued from page 2)

Board Member Carolyn Kiper continues her efforts on two important projects: (1) in conjunction with Dave Proffitt and Tim Hudson, she is looking to see if there is a better alternative to our present website. Technology is moving quickly and we want the Mad Dogs to be on the leading edge. (2) She is also working hard with St. Pete Bike and Fitness to design new common race uniforms as well as bike kits. Stay tuned for details and pictures!!

Mad Dogs Rule,
Chuck Lohman, Editor

MAD DOG NEWS

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

Best of luck ot Mad Dogs racing at USAT Nationals in Cleveland this month. I know about Rosey Ray, John Macedo and Danny Nolan. Sorry to any I missed.

Congrats to German Daniella Sammler (Mad Dog homestay) who won Challenge Roth, establishing a new women's record of 8:23:51!

Congrats to Mad Dog Clive Heke who won his age group in the Freedom Fest Triathlon and got a slot to the World Xterra Championship in Maui.

Much thanks to Stephanie Mischke and Aaron Freedman for allowing us to store our Mad Dog merchandise in their warehouse at Total Air free of charge!

Mad Dog Don Ardell is publishing a new book about senior athletes called Not Dead Yet. The website is www.notdeadyetthebook.com is you're interested.

**“Glory is fleeting, but obscurity is forever.”
*Napoleon***

UPCOMING RACES



11-12 Aug - USAT Nationals
Sprint @ Olympic Distance
Cleveland, OH
www.teamusa.org



8 Sep - Tarpon Springs
Sprint Tri/Du
Tarpon Springs, FL
www.active.com



18 Aug - Tri Ft. Desoto #2
Sprint/Olympic/Duathlon
Ft. DeSoto, FL
www.fortdesototriathlon.com



15 Sep - Tri Ft DeSoto #3
Sprint/Olympic/Duathlon
Ft. DeSoto, FL
www.fortdesototriathlon.com



1 Sep - Crystal River #2
Sprint Tri & Du
Crystal River, FL
www.active.com



22 Sep - Siesta Key Tri
Sprint Distance
Siesta Key, FL
www.runsignup.com



1 Sep - IM 70.3 Worlds
Half Ironman
Mandela Bay, South Africa
www.ironman.com



29 Sep - Crystal River #3
Sprint Tri & Du
Crystal River, FL
www.active.com

RACE RESULTS

Challenge Roth - 1 Jul

1st Place -

Daniella Sammler (Overall)

(Mad Dog Home Stay)

FD# #1 - 7 Jul

Olympic Distance

1st Place -

Steve Swift

Vicki Linkovich

2nd Place -

Reva Moeller

3rd Place -

Ben Carlson (Overall)

5th Place -

Natallie Davis

Sprint Distance

1st Place -

Carol Hollenbeck (Masters)

John Hollenhorst

Carolyn Kiper

2nd Place -

Suzanne Brousseau

3rd Place -

Pam Greene

4th Place -

Sandy Weiss

World Duathlon Champs - 7 Jul

5th Place -

Celia Dubey

Top Gun Triathlon - 21 Jul

1st Place -

Frank Adornato

Cody Angell (Overall)

Ben Carlson

John Hollenhorst

Gail Lohman

John Macedo (Masters & 3rd OA)

Linda Musante

Rosie Ray

Bonnie Theall

2nd Place -

Suzanne Brousseau

Richard Jansik

John Von Lackum

3rd Place -

Jay Anderson

Maurice Kurtz

Noah Pransky

5th Place -

Kent Rodahaver

Paula Shea

Art Singleton

AUGUST BIRTHDAYS



Patrick Ruda	- 2nd
Edward Evanouskas	- 4th
Gina Hubany	- 11th
Janet Kelley	- 12th
Megan McKenna	- 12th
Cindy Perret	- 12th
Bill Hendrick	- 16th
Pat Brighton	- 17th
Noah Pransky	- 18th
Dee Anna Farnell	- 20th
Kristan Ashbaugh	- 21st
Pamela Lee	- 22nd
Katie Ashbaugh	- 25th
Kim Donaldson	- 25th
Danielle Crawford	- 29th

MAD DOG PICTURES



Mad Dogs join St. Pete Bike and Fitness for a practice triathlon Jun 30th to prepare for FD3 #1



Same practice tri; Sandy Weiss wins 1st Place for cutest transition area!



Daniella Sammler (Mad Dog homestay) wins Challenge Roth!

MAD DOG PICTURES



Richard and Laura Jansik at Pass-a-Grill Beach



Clive Heke wins his age group and qualifies for Xterra Worlds in Maui



Michael Bardecki's next tri kit? Cute, but not approved by either Mad Dogs or SPB&F



MD #11, Jessica Parrish enjoying 64 degrees weather in Wisconsin.



John Hollenhorst #1 in FD3



Carolyn Kiper <L> & Pam Green <R> at FD3



Doctor Scott Rubin @ Top Gun



Carol Hollenbeck #1 in FD3

MAD DOG PICTURES

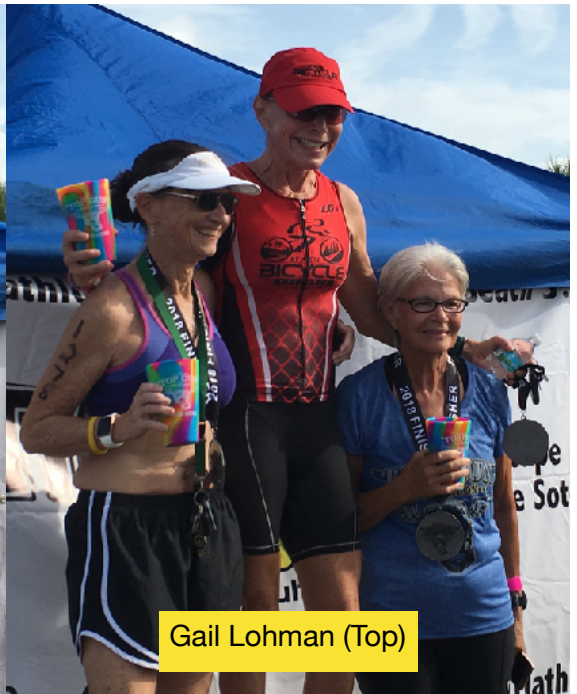
Top Gun Triathlon Pictures (most from Park Alsop)



Noah Pransky



John Hollenhorst (Top) & Maurice Kurtz (Right)



Gail Lohman (Top)



Frank Adornato (Top)



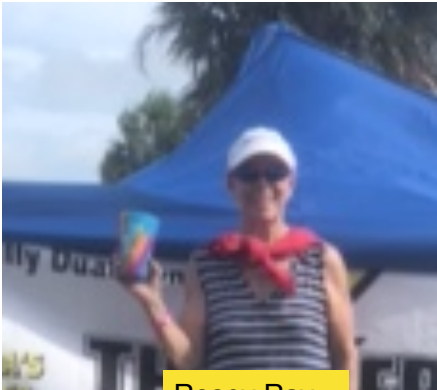
Gail Lohman, Kent Rodahaver & Maurice Kurtz



Kent Rodahaver

MAD DOG PICTURES

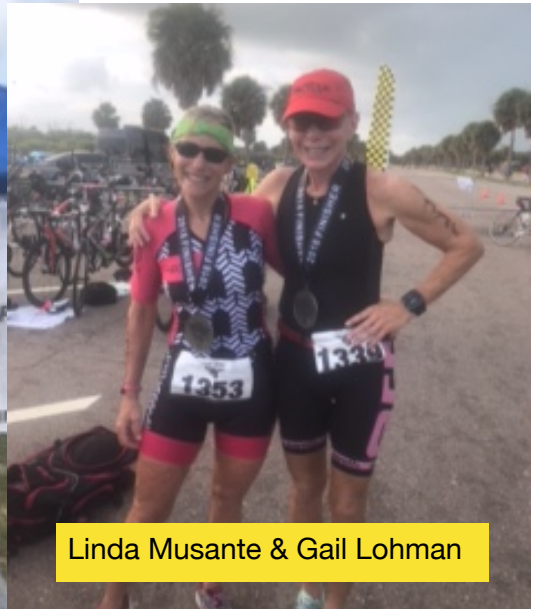
More Top Gun Pix



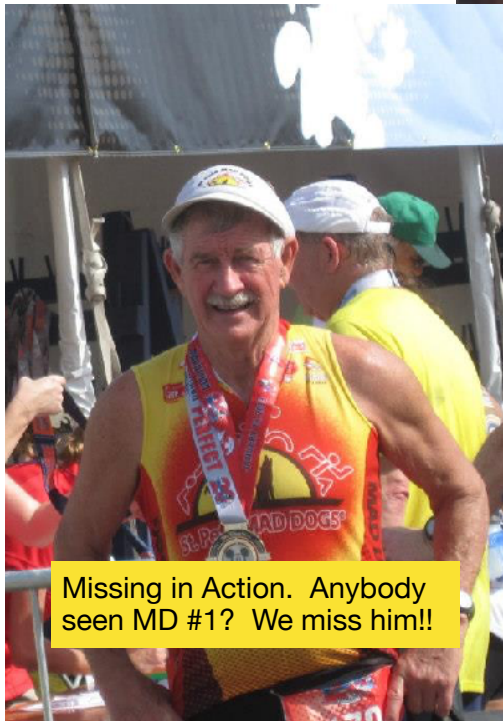
Rosey Ray



John Von Lackum (L)



Linda Musante & Gail Lohman



Missing in Action. Anybody seen MD #1? We miss him!!



Kim Donaldson @ Ft. DeSoto



Johanna Bayliss with Benny. Check out that bicep!

Training Tip - HAVE A VISION

When you take on the challenge of a big race, there are volumes of information that you can follow in order to succeed. One piece of advice that you should apply early and often in your preparation is to have a vision of yourself achieving your goal. This doesn't have to be a religious experience. Just mentally "see" yourself going strong and fast, and completing the race. Have a mental picture of you crossing the finish line or standing on the podium accepting your trophy.

Many coaches use visualization techniques as part of mental race preparation. One technique that I think is very important when planning for a big "A" race is to visit the race site weeks ahead of race day if it's at all possible. Go over the entire course as part of physical and mental training. Swim, bike, run on as much of the course as is practical. If it's a long course race, you may want to do this in pieces over two or more days, or at least drive part of the course in your car and pay attention to terrain, hills, and landmarks. Then when you're back home training on your own turf, visualize yourself on the race course on race day. While this may seem trivial, it will give you added confidence by reducing the anxiety of the unknown.

Train smart. Race fast.

Frank Adornato



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

Training Tip - TAKE A MENTAL INVENTORY

There are several techniques you can use to stay on pace at the end of a run. I've written in the past about "mailboxes" and setting up a breathing rhythm with your foot stride. These are tried and true methods to keep going, and here's another.

When you start to feel sluggish or your brain is telling you to slow down or walk, spend a few minutes and take a mental inventory of your body. Start at your head and think about how you feel. Then move down each body part - the neck, shoulders, arms, back, hips, quads and hamstrings, knees, calves, ankles and feet, and do the same thing. Think about how each body part is moving and how it feels. Assuming you're not injured, you can reassure yourself that there's no pain. Maybe some discomfort from your running effort, but everything is normal. You'll know that you're OK and you can keep on going. Next thing you know, you're crossing the finish line and you've had a great run!

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