



# THE FINISH LINE



The cover boy this month is our new Mad Dog Triathlon Club President, John Hollenhorst. Please see his biography on page 13 of this issue.

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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](http://www.stpetemaddogs.com) E-mail: [info@stpetemaddogs.com](mailto:info@stpetemaddogs.com)

Articles, or photos may be submitted to the Editor @ [newsletters@stmaddogs.com](mailto: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](mailto: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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Congratulations to John Hollenhorst who was nominated and subsequently elected as President of the St. Pete Mad Dog Triathlon Club. We are extremely grateful to Tim Hudson who has served faithfully in the position for many years, and will remain on the Board of Directors. John is an active participant in local triathlons and has qualified for the 70.3 World Championships in Nice, France.

In the race results section, we are trying hard to cover every race we can, but

(Please go to page 5)

# TRAINING CALENDAR

	SWIM	BIKE	RUN
<b>MONDAY</b>	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) St Pete Road Runners
<b>TUESDAY</b>	6:30-8 pm. Northshore Pool. Coach Joe Biondi \$9.00 fee	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.
<b>WEDNESDAY</b>	6:00 pm. Mad Dog OWS Swim Starting 03/13/19. Meet at Hurley Park.	8 am. From USFSP 16 miles 20-21 mph. <b>Wed is Mad Dog ride. Wear your colors.</b>	7:30 am. Bayway Bridge Repeats. Meet at Sun Blvd & Pinellas Bayway.
<b>THURSDAY</b>	5:30 - 7:00 AM St. Pete Beach Aquatics Club coached by Leo Briceno - fee 6:30-8 pm. Northshore Pool Coach Joe Biondi \$9.00 fee	8 am. From USFSP 16 miles 20-21 mph.	5:15 AM. Bayway Bridge Repeats. Meet at Sun Blvd & Pinellas Bayway. ( Burgasser Group).
<b>FRIDAY</b>	8 am. Group swim Sunset Beach. Meet at Yost's 143-91 Ave S.	8 am. From USFSP 16 miles 17-19 mph.	6:30 AM From Fit4Life 75th Ave. St. Pete Beach SPRR
<b>SATURDAY</b>		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		
		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.	6:30 AM Long run alternating from Hurley Park PAG and Northshore Pool. SPRR		



# WELCOME NEW MAD DOGS!

**#3836 - Tyner Hill - St. Pete**

(continued from page 2)

please feel free to e-mail your results, particularly from more remote races. In the photo section of the newsletter please find several pages of pictures of participants in the FD3 #1 race at Ft. DeSoto as well as several mini race reports. I've also added another of my Retro Race Reports, an essay entitled, "Are All Triathletes Crazy?" Of course, most readers already know the answer to that question!

Mad Dogs Rule,  
**Chuck Lohman, Editor**

# MAD DOG NEWS

Mad Dogs had a great time racing and celebrating at the FD3 #1 race at Fort DeSoto on July 13th. Despite windy conditions, heat and humidity, the Mad Dogs were exceptionally well represented on the podium. Please check latter in this issue for pictures and mini-race reports.

As announced on social media by John Hollenhorst the new T-shirts for St. Pete Bikes and Mad Dogs were ordered recently. They will be awarded to new Mad Dogs and available for purchase to established members.

Congratulations to Tom Kennedy for completing Ironman Spain on the heels of the “Epic” Ironman Cork!

Want to win a free entry (\$100 value) for the Fort De Soto FDS3 race September 14th? We'll enter your name in a drawing for every new Mad Dogs member you recruit until the end of August. To enter, email John at [jhollenhorst@sbcglobal.net](mailto:jhollenhorst@sbcglobal.net) with the name of the new member after they have registered. It's that easy! Do a friend a favor and get them running with the Mad Dogs. Registration at <http://stpetemaddogs.org>

*The society that separates its scholars from its warriors will have its thinking done by cowards and its fighting by fools. Thucydides*

# UPCOMING RACES



3 Aug - Fort DeSoto #2  
Olympic/Sprint/Tri/Du/Aqua  
Fort DeSoto  
[www.triregistration.com](http://www.triregistration.com)



7 Sep - IM 70.3 Worlds  
Half IM Distance  
Nice France  
[www.ironman.com](http://www.ironman.com)



4 Aug - Siesta Sprint  
Sprint Distance Tri/Du  
Sarasota, FL  
[www.runnersignup.com](http://www.runnersignup.com)



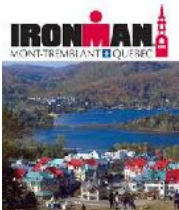
14 Sep - Fort DeSoto #3  
Olympic/Sprint/Tri/Du/Aqua  
Fort DeSoto  
[www.triregistration.com](http://www.triregistration.com)



10-11 Aug - USAT Nationals  
Sprint/Olympic Distance  
Cleveland, OH  
[www.teamusa.org](http://www.teamusa.org)



21 Sep - Siesta Key Triathlon  
Sprint Distance  
Sarasota, FL  
[www.runnersignup.com](http://www.runnersignup.com)



18 Aug - IM Mont-Tremblant  
IM Distance  
Mont. Tremblant, Canada  
[www.ironman.com](http://www.ironman.com)



28 Sep - Crystal River #3  
Sprint Distance Tri/Du/Aqua  
Crystal River, FL  
[www.runnersignup.com](http://www.runnersignup.com)



31 Aug - Crystal River #2  
Sprint Distance Tri/Du/Aqua  
Crystal River, FL  
[www.runnersignup.com](http://www.runnersignup.com)



29 Sep - IM Chattanooga  
IM Distance  
Chattanooga, TN  
[www.ironman.com](http://www.ironman.com)

# AUGUST BIRTHDAYS



Patrick Ruta	2nd
Deonna Roberts	3rd
Edward Evanouskas	4th
Gina Hubany	11th
Janet Kelly	12th
Megan McKenna	12th
Cindy Perret	12th
Bill Hendrick	16th
David Rhodes	16th
Pat Brighton	17th
Noah Pransky	18th
Alan Ranciato	18th
Dee Anna Farnell	20th
Kristen Ashbaugh	21st
Katie Ashbaugh	25th
Kim Donaldson	25th
Lourdes Putnam	28th

# RACE RESULTS

**(2 Late Posts)**

**Clermont Sprint - 16 March**

2nd Place -

David Burg

**HITS Ocala - 30 March**

1st Place -

David Burg

**Challenge Roth - 6 July**

3rd Place -

Daniella Sammler (Pro) MD Homestay

**FD3 #1 - 13 July**

1st Place -

John Macedo (Masters)

Karen Smith (Masters)

Richard Jansik

Carolyn Kiper

Phil Lacey

Dallas Rose

Rosey Ray

Kosty Surkov

Jackie Yost

2nd Place -

Suzanne Brousseau

John Hollenhorst

Mike Hood

Chuck Lohman

Gail Lohman

Reva Moeller

3rd Place -

Carol Hollenbeck (Overall)

Dawn Clark

5th Place -

Steve Swift

**IM Spain - 14 July**

Finisher -

Tom Kennedy

**Top Gun - 20 July**

1st Place -

Celia Dubey (Overall)

Carol Hollenbeck

Carolyn Kiper

David Longacre

Janet Thompson

2nd Place -

Suzanne Brousseau

Dallas Rose

3rd Place -

John Von Lackum

4th Place -

Art Singleton

Jill Voorhis

**IM Lake Placid - 28 July**

Finisher -

Rose Doyle



# MAD DOG PICTURES



Tom Kennedy @ Utah Beach in Normandy



Diane and Cary Stokes hiking in Vermont



Ironman Austria file photo

End of swim @ IM Austria



Dsniela Sammler and son after her 3rd place finish @ Challenge Roth. #MD Homestay



# MAD DOG PICTURES



John Hollenhorst with Sister Madonna Buder



Jessica and Mark Parrish hangin' with the Wisconsin Badger



Rosey Ray, Coach Leo, Gail Lohman, Mike Hood, Chuck Lohman



Mad Dogs congratulate Wendy Tocha on her recent marriage



# MAD DOG PICTURES

Pictures From FD# #1 at Ft. DeSoto submitted by several sources



Chuck Lohman



Gail Lohman



Mike Hood



John Hollenhorst



Karen Smith



Jackie Yost



# MAD DOG PICTURES

More Pictures From FD# #1 at Ft. DeSoto from Laura Jansik



Richard Jansik



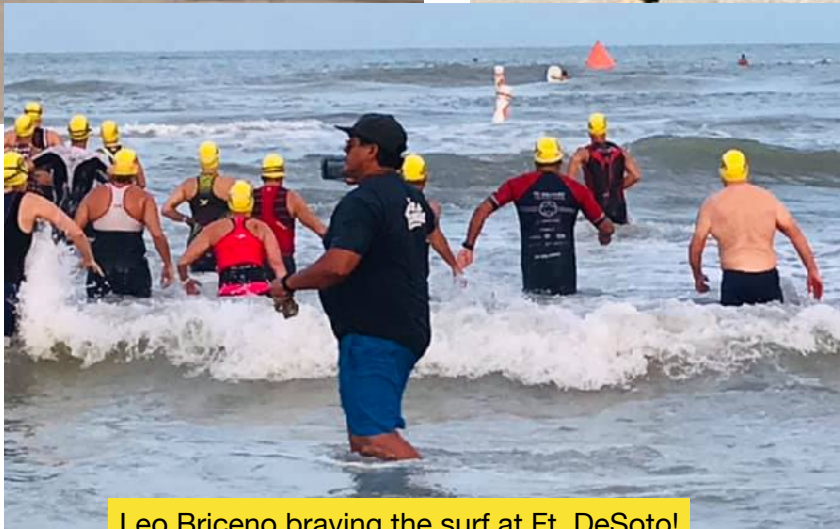
Dallas Rose



Richard Jansik



Lohmans



Leo Briceno braving the surf at Ft. DeSoto!

# MAD DOG PICTURES



Noah Pransky precariously wearing his Mad Dog colors. Please don't jump,



Tom Kennedy finishes IM Spain in 14:43:51



(L to R) Steve Swift, mystery back, Rick Jansik



Carolyn Kiper wins her age group again!



John Von Lackum



### Mini Race Reports From FD# #1 at Ft. DeSoto 13 July

Man, up since 4am, did the triathlon starting at 7:10am, got home around 10:30am. Ate lunch and took a 20 min. epsom salt jacuzzi bath. I feel like it should be at least 4pm but it's only noon!! BTW, my triathlon sucked. As soon as I got off the bike for transition both hip joints starting aching terribly. I couldn't bend down to undo my cycling shoes. When I tried to sit the hips just gave out and I plopped down hard on the asphalt. Difficult to stand up for the run but I did and had a lousy run. But, it's my first International distance tri so I can't complain. I should only be able to improve after this one! **Tim Robinson**

I had a great race today, and got some pretty cool "bling" too! Every finisher got the bicycle medal (the wheels turn, and the BMC is an exact replica of that ridden by my St Pete Bicycle and Fitness " Mad Dog" teammates Chuck and Gail Lohman), and I managed to get 2nd place in men 55-59. (I should have gotten third but Art Singleton got a flat tire - that stinks, he was riding strong and I probably wouldn't have caught him on the bike, definitely not on the run. You gotta keep the air in the tires, Art!) Looking forward to the next race in the series in August! **Mike Hood**

Whewww! What a day! 3rd Sprint Tri down, 3 to go. 3rd place in my age group. My fastest open water swim and fastest 5k run in a Tri race. Came up a little short on my max power output on the bike and kinda made a couple errors in transition. Great race for me though. Awesome to get to cheer on my teammates and friends too! Best cheerleader and most epic Mom in existence was able to attend as well. Plus we got to hang out and eat awesome food together for the remainder of the day. After almost 37 years of living in Pinellas, I was finally able to experience dinner and a stroll on the waterfront of St. Pete on a Saturday night. Living my best life. And loving every minute, front crawl catch, pedal stroke, and stride towards the best version of myself! **Justin Jordan**



### **John Hollenhorst, Our new Mad Dog President**

John Hollenhorst has been an active Mad Dog since 2017, the year he and his wife Pam escaped Wisconsin and spent the month of March in St. Pete Beach. “Why don’t we stay longer so you can do St. Anthony’s?” seemed like a good idea, and that experience led to an even better one: “Let’s move here.” The Sunshine City vibe and its active community proved irresistible.

Although relatively new to Florida, John is an experienced competitor from Madison, home of IM-MOO. The training season is a bit short up there, but Athlinks lists 235 races on his profile, including six Ironmans and five Boston Marathons. He is currently training for his 29th half ironman, the 70.3 Worlds in Nice this September.

If you’ve been active in the club, you already know that John has been involved in organizing and promoting numerous activities. He volunteered to help with communications, developed club sponsorships, coordinated social events, and established a Facebook group to announce weekly training opportunities in the SPB area where he lives.

The Hollenhorsts are retired, John from magazine publishing and Pam from the University of Wisconsin Law School. They appreciate the natural beauty of the area, the friendly residents from all over, and the opportunities to enjoy an active life outdoors.

“Pam and I love the Gulf Coast, appreciate the warm welcome we have received at Mad Dog events, and enjoy meeting new people. As incoming president, I plan to build on the strong work of my predecessors by adding to member benefits, promoting participation in social and race events, welcoming new members, and elevating our presence online and in the greater triathlon community.”



## RETRO RACE REPORT CHUCK LOHMAN

### Are All Triathletes Crazy?

At the 2012 awards dinner for Gail's race in Kona I ran into a guy with his arm in a sling. I asked him, "What happened?" He replied that he crashed on a training ride on the Queen K a few days before the race and separated his shoulder. I said, "What a shame. You train hard, qualify for Kona, fly here and then can't do the race." He responded, "Oh, I did the race. I just swam left handed, rode the bike and ran with my arm in a sling (with 50 MPH cross winds)." **Are all triathletes crazy?**

A friend of ours, Mad Dog Laura Segrera, broke her back in a bike accident last year. On the comeback trail, she competed in the Rev3 half iron distance in Venice on 28 October. The swim was cancelled due to gale force winds. At mile 40 on the bike she was forced into the curb by a passing cyclist, crashed, broke her left wrist, her right ring finger and tore a ligament in her thumb. Since her bar end shifter was broken, she finished the bike in one gear, spent 40 minutes in the medical tent getting splinted and bandaged, and then finished the race with a 1:52 half marathon placing third in her age group. **Are all triathletes crazy?**

Recently I called Mad Dog Lewis Bennett to check on his condition after a recent health issue. As we were chatting he reminisced about an Augusta 70.3 race a few years ago. He managed to scratch his cornea during the swim and rode the bike half blind. After a short medical treatment in T2, while donning his sunglasses for the run, he stuck the end of his glasses in the same eye. Naturally, he finished the half marathon run like a Cyclops.

## **Are all triathletes crazy?**

You probably are asking yourself why I am relating this list of melancholy, masochistic misadventures. As you may recall, in last month's Kona report, I described sailing over my handlebars and tearing a rotator cuff. I lamely and prematurely said that this accident had ended my triathlon season. It must have been jet lag. What was I thinking? How could I miss Miamiman in November with only one bad shoulder? Well, of course I was going to do the race. How could I face Laura and Lewis otherwise?

The real point of all this blather is that I think there exists a real business opportunity for a Tri-shrink right here in St. Petersburg. They could work in the same office with the orthopedic doctors and rehabilitation specialists. I am sure they would be busy, if not overwhelmed.

## **Miamiman**

I received a call today from a Plebe year roommate whom I last saw almost 50 years ago. He now lives in Miami, is a venture capitalist, is writing a textbook on mathematics, and is former college professor. Apparently, we have little in common. Nevertheless, we made plans to meet for supper the night before our Miamiman race. I thought it will be fun, except that I will need some sort of computer app to translate math to English.

We survived the mathematical dinner, including lectures on tax policy and a plan to construct a modern new port in Corpus Christi, Texas. Somehow, Gail and I felt inadequate. Anyway, we arrived at the Miami Zoo Sunday morning ready to ramble, I mean rumble.

We set up, greeted our fellow competitors, met an old friend from Virginia and headed for the swim start. It really looked like a nice day except for the 17 MPH steady wind. Gail had a good swim and I had an average dog paddle while favoring the bad shoulder. The bike course was challenging. In addition to the wind, cars and trucks were allowed on the course. There were many instances of vehicles stacked up behind slower cyclists in earlier waves. I don't know if passing vehicles on the right is a two minute penalty, but, if so, my time would have been much slower. The run through the zoo was great, as always. Each aid station was themed. For me, the most memorable was the Super Hero station manned by Superman, Bat Woman and several others.

The awards ceremony featured stuffed animals for prizes presented by a rhino and a giraffe in costume. Other Mad Dogs who scored stuffed animals were Brittany Pierce (3rd overall) and George McCreary. I noticed that women are much better than guys at receiving awards. They naturally know how to assume cute poses and seem to be thoroughly enjoying themselves. The guys look like they are being led into the classroom for a final exam in a tough course. Once again, Miamiman lived up to it's reputation as a great venue. Even the race bib numbers were cute. It is always a fun way to end the season. Bring on the off-season!! We are ready for it.

Mad Dogs rule in Miami, Chuck Lohman

## **Training Tip - Mid-Season Recovery**

We're just past the mid year and if you've been training steadily since January, now may be a good time to take a short mid-season recovery break. Most serious triathletes know the value of periodization in which you alter the volume and intensity of workouts to reach peak performance. Usually the sequence is repeating micro cycles of 2 to 3 weeks building intensity and volume followed by one week of recovery at lower volume and intensity. What many triathletes don't appreciate is that you can't do this continually all year long. On the macro scale you need a mid season break. Just a few days or a week of rest at very low intensity, low impact exercise will help your body recover and you'll bounce back refreshed and ready to pick up where you left off. The exact timing of a mid season recovery will depend upon your race schedule, but don't ignore it.

Train smart. Race fast.

Frank Adornato



### Training Tip - Focused or Distracted? Which Is Better?

What do you think about during a race? Do you focus on what you're doing, or do you allow your mind to drift and be distracted away from the discomfort that your muscles feel? Some athletes may wonder which is better. I recommend some of both. It seems obvious that staying focused is very important, but letting in an occasional brief distraction will help you race better.

Before and during a race, focus on what you are doing now. Don't dwell on your previous miles, whether your performance was good or bad, and don't anticipate or worry about the many miles ahead of you.

For example, in the swim, think about your breathing rhythm, your kick, and a powerful in-sweep. As you exit the water, think about your transition. What landmarks should be looking for to locate your bike? Mentally start the process of changing over from swimmer to cyclist. On the bike, check if your cadence and gearing are where they should be? Are you working at the right effort? In the run, are you running at the right pace for a fast finish? Can you be running faster?

Once or twice in the middle of your race take a mental inventory. This will help you focus on how your body is performing and also serve as a brief distraction. Do a mental check of how each body part feels. Start at your head, then neck, shoulders, arms, etc. and work your way down each body part. Differentiate discomfort from pain. After you've completed the inventory and you know that you're functioning as best you can, use that confidence to keep going strong.

If fatigue, heat or boredom start to set in, think about something pleasant for a short while. This will be a personal thing. It may be a swim in a cool lake, skiing down a mountain in the snow. Use whatever works for you. But the operative word here is "short". Don't get lost in the distraction for too long. Other helpful distractions are running "mailboxes" and thinking about the people that will be waiting and cheering for you when you cross the finish line.

Combining the right balance of focus and distraction will make for a fast and an enjoyable race.

Train smart. Race fast.  
Frank Adornato



### **Training Tip - Insufficient Heart Rate Recovery Sets**

Here's a workout you can add to your training schedule to strengthen your heart and lungs, and to teach the body how to keep going through fatigue. This is not a beginner's workout. You should have many miles under your belt before you attempt it. And the benefits can be huge, especially in the late stages of a long race. Here's how it works:

After a long warm up, do 8 repeats of 2 to 4 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. 20 to 30 seconds). Your heart rate will be moderately high and your breathing not back to normal when you start the even repeats.

Even repeats (# 2, 4, 6 & 8) start at a moderate speed and gradually increase 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 down to the low end of your aerobic range.

Repeat the odd/even segments 4 times.

If you want to add training time after the eighth repeat, stay in your low end aerobic heart rate zone and do a long cool down to finish.

You can adapt this workout to the swim, the bike and the run. For example, 200 meter repeats in the swim, one mile repeats on the bike, and 1/4 mile or 1/2 mile repeats on the run.

Schedule this workout no more than once or twice a month. If you do this workout for two or all three sports, allow at least several days between each workout.

Train smart. Race fast.

Frank Adornato



To see more of my training tips and videos, visit [www.triitall.com](http://www.triitall.com)



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