



# THE FINISH LINE



**Frank & Judy Adornato are really “big” Buccaneers Fans**

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*Join Us for Bridge Run  
Repeats Every Wednesday  
Morning @ 7:30 AM*



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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## EDITOR'S COLUMN

We appreciate Frank Adoranto for stepping up to head the volunteers for the St. Pete Run Fest. Frank was assisted by a great group of volunteers from the Mad Dogs and St. Pete Bike and Fitness. Thanks to all for the great effort to help this event run smoothly.

I wanted everyone to know that a few years ago we had a misunderstanding with the owner of the Tavern at Bayboro concerning a bill for several year's events held at the facility. Tim Hudson took the lead and resolved the situation to the satisfaction of all. Thanks, Tim.

(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)
<b>TUESDAY</b>	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.
<b>WEDNESDAY</b>		8 am. From USFSP 16 miles 20-21 mph. <b>Wed is Mad Dog ride. Wear your colors.</b>	7:30 am. Bayway Bridge Run. Meet at Sun Blvd & Pinellas Bayway.  6:00 pm. Tavern at Bayboro. Various distances and speeds. Starting 10/31/18.
<b>THURSDAY</b>	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.	
<b>FRIDAY</b>	8 am. Group swim Sunset Beach. Meet at Yost's 143-91 Ave S.	8 am. From USFSP 16 miles 20-21 mph.	
<b>SATURDAY</b>		8: 30 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.			

# WELCOME NEW MAD DOGS!

**#3789 - Steven Etherton - St. Pete**

**#3790 - Donna Godsey - Atlanta, GA**

**#3791 - Judy Adornato - St. Pete**

(continued from page 2)

As described on the next page, we have reached agreement with DeSoto Sports on the design for a new triathlon uniform for both the Mad Dogs and St. Pete Bicycle and Fitness. We plan to demo it at the Anniversary Party on Dec 1st. Fit kits for both men and women will be located at St. Pete Bike and Fitness store on 4th Street. The outfits will be available for ordering at an on line store, and will also be stocked at the St. Pete Bicycle and Fitness. Thanks to Gail Lohman and the Board of Directors for making this happen.

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

# MAD DOG NEWS

**Advanced 1st look at the new Mad Dog/St. Pete Bicycles Tri Top. We plan on having matching tri shorts and one piece suits!**



FORZA TRI JERSEY MEN'S (FTJ)

FRONT

BACK



**Customer/Team Name: St. Pete Bicycles & Mad Dogs**

**Version #: 5 11-21-18**

Zipper: Hidden

Stitching Color: Black

-  Red 1807
-  Yellow 108
-  Black

*Customer is responsible for the accuracy of the artwork on the concepts. Please check all logos, colors and valid information closely since no changes may be made after approval. Delivery of finished apparel by scheduled delivery date depends on down payment, art approval, and receipt of complete final order with sizes, 6-8 weeks before the scheduled delivery date. Please reference Pantone Solid Coated colors rather than the visual appearance of the colors on your monitor or printer. While every effort is made to match custom colors, due to the variable nature of the sublimation process, we cannot guarantee an exact color match. Please respond with "I accept" to approve this concept.*

# UPCOMING RACES



01 Dec - Tri Key West  
Olympic/Sprint/Duathlon  
Key West, FL  
[www.trikw.com](http://www.trikw.com)



6 Jan - HITS Sarasota  
Half/ Olympic/Sprint Distance  
Sarasota, FL  
[www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)



8/9 Dec - Challenge Daytona  
Half Iron / Sprint Distance  
Daytona Raceway, FL  
[www.Challenge-Daytona.com](http://www.Challenge-Daytona.com)



18-19 Jan - St. Pete Beach  
Classic  
5K/10K/Half Marathon  
St. Pete Beach, FL, FL  
[www.stpetebeachclassic.com](http://www.stpetebeachclassic.com)



16 Dec - Christmas Tri and Du  
Sprint Distance  
Naples, FL  
[www.eliteevents.org](http://www.eliteevents.org)



27 Jan - Chilly Willy Duathlon  
Sprint Distance  
Ft. DeSoto, FL  
[www.chillywilly.racehawk.com](http://www.chillywilly.racehawk.com)

# DECEMBER BIRTHDAYS



Edward Aguilu -	1st
Alberto Fuentes II -	4th
<b>Rue Morgan -</b>	<b>6th</b>
Barbara Burke -	7th
Ryan Kelly -	7th
David Longacre -	8th
Jan Thompson -	14th
Allen Jernigan -	18th
Neil Ellis -	19th
Randall Brown -	22nd
Cathy DeHaan -	22nd
Thomas Revenel -	27th



# RACE RESULTS

## **IM Florida - 3 Nov**

4th Place -

Richard Jansik

Finisher -

Rose Doyle

David Frazer

## **IM 70.3 Buenos Aires - 4 Nov**

4th Place -

Jackson Laundry (OA)  
(Mad Dog Homestay)

## **Miamiman - 11 Nov**

2nd Place -

Reva Moeller

Gail Norman

## **Longboat Key Sprint - 18 Nov**

1st Place -

Jay anderson

Don Ardell

## **St. Pete Run Fest - 18 Nov**

### **Half Marathon**

1st Place -

John Hollenhorst

Gail Lohman

## **St. Pete run Fest (Continued)**

### **10 K**

1st Place -

Annette Frisch

4th Place -

Lisa Kaschak

### **5K**

2nd Place -

Cathy DeHann

# MAD DOG PICTURES



Melissa Harasz in Canada. Brrrrrr



Paul Norris and his "penny farthing" sighted at Paciugo's



Jackson Laundry (L) and Nick Chase happy in Buenos Aires



Richard Jansik with 4th Place Award at IM Florida. A pair of big sunglasses with an IM logo?? Come on, Ironman; loosen those pursestrings a little!

# MAD DOG PICTURES



Fred Rzymek displays Veteran's Day Creds



Mad Dog Paula Shea (center) @ St. Croix Coral Reef Swim



Gina Hubany gathering wood for the long, cold winter in St. Pete



Nataiie Davis's new pup, Jackson

# MAD DOG PICTURES



Sandy Weiss and Gail Lohman in St. Pete Runfest Half Marathon



Huge thank you to Mad Dog and St. Pete Bicycles volunteers at the St. Pete Runfest, and to Frank Adornato for leading the effort!



John Hollenhorst 1st Place @ St. Pete Run Festival.



Vintage picture @ Clermont Triathlon. Rue, Cathy, Susan Daniels and the usual suspects.

## Training Tip - Take Advantage of the “Off Season”

For most of the United States, the months from December through February are “off-season” months. There are very few races scheduled in most states, and we’re all celebrating one or more holidays. It’s cold and the roads are probably icy or snow covered. Training outdoors can be difficult if not dangerous, but you can still make the most of the “off season” months. Here are several key things to consider this time of year.

- Assess your strengths and weaknesses from the past race season, and work to improve those areas of your fitness that need work.
- Work on technique and biomechanics to make your body more economical and efficient.
- Hit the gym and work on core and full body strength three times a week.
- Stretch daily... yes, every day!
- Do the majority of your cardio work at lower levels of intensity to improve your aerobic capacity, i.e., your body’s ability to utilize oxygen as a fuel source. Higher intensity sets should be short with long rest intervals.
- Get some rest. Little or no training. I recommend 10 days to 2 weeks of complete or “active” rest around the end of the year. It’s good for the mind as well as the body.

If you’re lucky enough to live in Florida or any place where the winters are mild, you should still think of the winter months as a time to re-assess and recover. And especially the last bullet item. The weather may allow us to train year round, but our minds and bodies need a short recovery period. And when it’s time to resume training in the new year, you’ll be psyched and ready to Rock ‘n Roll!

Train smart. Race fast.

Frank Adornato



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

### **Training Tip - Staying Fit During The Holidays**

You train to stay competitively fit throughout the year, but the holiday season between Thanksgiving and New Years can be the hardest time of the year to maintain your fitness. There are lots of holiday parties, and with all that's going on you may skip some of our workouts, too. Here are a few easy-to-follow tips to keep from putting on some extra pounds, and still have an enjoyable holiday season.

Before you go out to a party, drink a full glass of water and have a small healthy snack, e.g., a handful of cashews.

Drink a glass of water for each glass of wine or cocktail at the party.

Portion control is important. Enjoy the holiday treats but not to excess. Party hors d'oeuvres pack on more calories than a sit down meal. They are usually high in fat and calories, and we tend to eat much more as we talk and go through the party hours.

After a big meal, it's a good idea to walk about 10 minutes or more before going home and to bed. That short walk will burn some calories and settle your stomach for a good night's sleep.

The bottom line is don't be a scrooge but don't overdo it either.

Train (and eat) smart. Race fast.

Frank Adornato



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## **Training Tip - Flexibility, Mobility, Balance, and Symmetry**

Stretching daily is vital to good health for everyone, and most especially for competitive athletes. It helps us maintain flexibility, mobility, balance, and symmetry which are vital to speed and endurance. As our body ages, the ligaments and tendons that hold our joints together become “stiff” and gradually, going almost unnoticed, our range of motion decreases. This is most evident first thing in the morning. And this phenomenon can start as early as when we reach our 40’s, so it’s never too early to begin.

By stretching in the morning, you improve blood circulation and brain activity, decrease body aches and pains, and increase your energy level. Regardless of how much athletic activity you do during the day, that first stretching session will help you feel better and get you going out the door. While morning is best, if morning stretching is not your cup of coffee, choose whatever time of day works for you, and keep at it daily.

There are two basic types of stretching exercises: static and dynamic. Static stretches hold a position that is minimally challenging usually for 20 to 30 seconds. Dynamic stretching, also called active stretching, involves joint movement and it’s best done prior to your workouts to prepare the joints and muscles for exercise. There are many dozens of stretches that you can do. Here are just a few examples: arm swings, leg strides, butt kicks, neck stretches, knee-to-chest pull, the simple toe touches which help loosen hamstring, stretches for the glutes, hips and hip flexors. Also try single leg stands and single leg swings for balance. You can work your muscles with a roller stick, stretch bands, and much more. The options seem endless and you can find a lot of specific examples on Google and YouTube. Whether you take ten minutes or thirty minutes a day, do it every day.

Train smart. Race fast.

Frank Adornato



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## Richard Jansik's IM Florida Race Report

# Panama City Beach to Haines City

This race was probably going to be cancelled due to the devastation in Panama City Beach from Hurricane Michael. World Triathlon Corporation had so many weather issues cancelling races or just swims this year I suppose they felt they had to do something. When I first heard they moved the race to Haines City I wasn't thinking much about it since I had just finished Ironman Louisville only a week before. I mentioned the move to Laura and thought about (out loud) how easy it would be to knock out Ironman #11 and get myself closer to a Legacy slot to Kona, and she kind of nodded her head and didn't say no, so I sent an email to WTC and asked them if they were going to open entries since for sure there would be quite a few transfers to Texas and some no-shows. They sent me an email back with a link to sign up and I thought to myself "oh crap what did I do"? I am sure Laura was cringing inside but graciously agreed for me to sign up with the hope this Ironman journey of mine will be over sooner than later.

The tough part about this was wondering if I had the fitness to race another Ironman three weeks after I finished IM Louisville. I didn't want to get my hopes up to be competitive but something I do before every race is to see who else is signed up as competition. There were a good eight other top five finishers that I could see on the entry list so as always I figured if I can get myself off the bike in a good position I can hold on with a decent run. I was having some back problems and my calves were still pretty sore a week after the Louisville so I wasn't sure how fit I would be on race day.

On race morning it was a little warm and humid just like the 70.3 they hold in April. I was okay with that especially with the forecast that it would be a cloudy day with the possibility of showers in the afternoon.



The race was wetsuit legal which eased my mind of swimming 2.4 miles after getting in just one open water swim since June before the red tide picked up on the local beaches. I lined myself up at the back of the 1:00 – 1:10 group and waited my turn to get in the water. The water felt good rushing through the wetsuit, standing around for a half hour in the 70 degree weather with all that neoprene made it quite warm. I started my swim in the middle of the group trying to draft off the other swimmers but it was a log jam so I moved to the right side of the group and sighted off them as we made our way to the first of eight turns on the course. As I approached the bottom of the **M** there was a long floating buoy and three other buoy's about 10 yards apart creating a passage, apparently you are supposed to swim between them as a timing spot but I couldn't get around the turn due to the log jam of people and had to go to the right side of the first buoy, there was a girl sitting there yelling at people but there was little you can do as you swim by it. I was headed to the last leg of the first loop when I swam head first into the front of a kayak, I said "son of a bitch" out loud and heard someone say "I'm sorry!" My head was throbbing but all I could think was keep moving. I got close to the exit of the first loop and tried to see where the arch was to run through, as I looked forward to sight I got a mouth full of water and started choking as I ran my way up to the beach to start the second loop, I wanted to grab a cup of water but I wasn't done coughing the water out of my lungs so I just ran back in to the water moving forward. I was okay making what I felt was a good pace, I made the second turn to the middle of the course and the water got very rough as the movement of 2500 people in such a small lake churned up the water like a washing machine. The last stretch to the swim finish I made sure I didn't get close to any kayaks and ran up the beach through the arch and to the wetsuit strippers, I laid on my back and the volunteers quickly stripped it off.

I was happy to see Leo with his hand out to pull me back on my feet. I predicted a 1:20 on the swim but managed a 1:12 thinking maybe it was a little short but my Garmin misfired on me and I have no data to confirm the distance.

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I made the 100 yard dash to get my bike gear bag and then another 100 yard dash to the building they had set up for us to change clothes. I got my shoes, helmet and arm covers on and made my way out to the bike which was a good 200 yards running on the sidewalk. The good part was that it gave me time to adjust everything to include putting my gloves on and pulling up my arm covers. I wear gloves and arm covers to keep the sun off me.

I get to my bike, hit the power button my Garmin, I wave to Sonja Olson who was standing on the other side of the fence and headed out to the road. I jump on the bike and hit start on the Garmin and I am off. I actually like the bike course, the roads are a little rough but it starts

I get to my bike, hit the power button my Garmin, I wave to Sonja Olson who was standing on the other side of the fence and headed out to the road. I jump on the bike and hit start on the Garmin and I am off. I actually like the bike course, the roads are a little rough but it starts off relatively flat for the first half of the loop then there are some good hills the other half. At the 70.3 I did a 2:28, so I predicted I could bike the two loops in at least 5:15. I felt pretty good but had to remind myself to keep an eye on the power meter and not get too aggressive but I wanted to take advantage of the flat and then slow it down for the hills. The first lap went pretty well except for the aches and pains in my back and shoulders as well as some cramping of the inside of my left thigh. I stood up on the peddles and stretched as much as I could and pushed on. As I got to the 80 mile mark and the second lap I started to pass some people on their first lap, I felt for those people and thought about how they looked to be suffering already being just 30 or so miles into the bike leg and they are still a long way from the 26.2 mile run. Around mile 95 there was nobody in sight, at one point I thought something was wrong since I couldn't see anyone in front or behind me but I knew I was going in the right direction. I got to the left turn at mile 110 to head back to transition and could see a few people on the first out and back section of the run, some

of them were already walking up the hill. That was not encouraging at all. I made sure I stood up and stretched the legs and did some spinning to wake everything up before I get off the bike. I made my way to the dismount line and everyone is yelling at me to slow down, I thought I was fine but quickly realized I was rolling downhill and coming in hot and ended up sliding the back tire to a halt, I paused for a moment to make sure I could stand and pulled my leg over the bike and ran into transition to see Yelena Maloney reaching out to take my bike, she encouraged me on and I gave her a quick thank you and off I went for the 300 yard dash to the tennis courts for my run bag and then back into the transition building to get my running gear on. I managed a 5:12 on the bike and that was right on target to set me up for the run.

Once inside the transition room I was happy to see Jon Noland, he grabbed my gear bag and helped me get everything in order while I put my socks and shoes on. I was thinking how nice it was to be able to put my socks on without help, a far cry from IM Louisville just three weeks before. Jon asked me how I felt and I think I told him everything hurts, he told me I am doing well and to get on my feet and keep moving forward. I headed out of the building and up the road for the first of many hills. As I ran up I saw Laura, she said I was in 2nd place and that 1st place was only 4 minutes ahead of me. All I could think was how bad I felt already and waved. The first part of the course is a 3.5 mile out and back with some rolling hills. I was okay until I hit mile two and the line of people walking. One guy was in my age group and I thought great he is probably close to me in time so I'll just keep an eye on him. At mile 2.5 there was Miranda Lessie encouraging people on the course, she took a few pictures of me and told me I looked good. I gave a short wave and on I went. At mile 3.5 I was back near the main event area and Laura ran up to me again, I was going up another hill and could hardly feel my left foot as I felt my sciatica kick in, she said I was in 3rd place and to keep going, I told her I am trying but I had no energy.

Around mile 4 I stopped, I put my hands on my knees and tried to gather myself for the next 22 miles. I honestly couldn't quit so I talked myself

into just finishing the best I could. I was willing to let it all go and get to the finish line even if I had to walk. I decided my race strategy would be to run the flats and downhills and walk the up hills. It was pretty warm out and the sun kept peeking through the clouds making me feel worse than I already did. At mile 6 there was the Base Performance group and it gave me a little push to get up the next hill without walking all the way up. Moving along Kenneth Jones comes riding up to me on his bike and we talked for about a half mile, I told him he was the smart not to bite on the offer to sign up after IM Louisville. I appreciated the distraction as he found me on all three laps to see how I was doing. I got to mile 7.5 and the next hill and a water station, Steven Swift was there and I walked and talked to him before I hit the downhill back to the main event area to start the second lap.

As I ran through a gauntlet of people I could see Laura, John and Bryan Palas at the Moxie tent. I can always tell when I am still in it by the way Laura looks at me and she said “keep moving you are doing well”. That was a good indication that maybe the others in my age group were doing as bad or worse than I was and maybe the run-walk strategy was going to work to keep me in it. Some cloud cover came in and it started to feel a little nicer out, the wind picked up and I thought it was going to rain but it pushed by without giving us any relief. As I topped the hill at mile 16 I could see a big rainbow and the guy next to me said the finish line was at the end of it and all I could think was I wish there was a new set of legs there for me. At mile 17 I saw Steve Swift again and he filled me in on our fantasy football league, my team is playing his and I was winning, I thought to myself at least I have that going for me today. Back to start lap three and Laura, Jon and Bryan were encouraging me to push on and said that I was still in it. That was a shock, but a great feeling to know that the others in my age group were not doing any better than I was. As I got to mile 20 Jon was out there on his bike, he told me to pick someone to run with that was keeping a good pace or was at least running. I was next to one guy and he says don't pick me, I am about to walk again. I think it at least helped him run another 100 yards or so. I kept the legs going and ran up what was a long small hill to mile 22 and the Base Performance gang, they cheered me on and pushed me up the road as I got in a shot of nutrition for the last few miles to the finish. I ran most of

it, but still walked the harder hills, the last one is at mile 25 near Steve and I collected myself for the last mile and the finish. I got to the bottom of the hill and asked one of the volunteers which way to the finish and she told me through her megaphone just up the sidewalk and right, all I could think was holy crap that was loud. I did get a big cheer from the people giving out the special needs bags and that gave me good momentum to push up the little hill to the finish line. I was still a few hundred yards from finishing and there were people running by me that were only in their 3rd mile, I gave them a smile and did a couple of high fives.

Into the finish line chute and it was really bright, lots of energy with people slapping the banners on the fence, it felt good and I thought how happy I was to keep moving after I stopped at mile four contemplating a DNF. I got across the line and I saw a lot of familiar faces, Beth Shaw gave me my medal and Brian Constantine was my volunteer helper to get my finisher gear. There were quite a few of my Tribal and Outspokin Multiport teammates there congratulating me and asking me what I needed. Everyone was out volunteering. I really just wanted to sit down. All I can say is Wow! What an epic day on one of the worse Ironman race courses you could ever imagine. From the M shaped swim in a crappy little lake, to the bike course and its rough roads, and to top it off the run course that found every hill to run up and down in Haines City. I do give World Triathlon (Ironman) credit for their quick action to not cancel the race and move it in such a short period of time. Speaking of short notice, the City of Haines City and its residents did a fantastic job accepting all the triathletes invading their city. I need to thank all the volunteers that without hesitation signed up to take care of the athletes on race day. There were many recognizable faces on the course from Tribal and Outspokin Multisport as well as the Brandon Area Runners. I know I say this race after race but a very special thanks to my wife Laura to agreeing, all be it hesitantly to let me race another Ironman this year, on our anniversary no less. In the end it will get us closer to meeting and finishing my Ironman goal.

Richard Jansik Pictures by Sonja Olsen and Laura Jansik



## Nick Chase Race Report From IM 70.3 Buenos Aires, South American Championship

### How to Navigate 70.3 Buenos Aires

Honestly, this race was more of an impulsive decision based on some nudging by Jackson Laundry, the desire for adventure and some key aspects which made this race appetizing. For one, South America is only 1 hour ahead of Florida's time zone, so it wouldn't be a terrible jet lag scenario. Also, at the time, the travel arrangements didn't seem too daunting – Hell, they never do months out from a race. I managed to find a direct flight to Argentina via Miami (4ish hour drive) for around \$800 with 2 one-way rental cars for under \$100 – sounds good eh? Well, it really wasn't a bad deal considering I would be splitting a seriously awesome AirBnb location with Jack once we were set in country.

So the trip made sense, it wasn't so expensive and the payout was great though 10thplace. Hell, even before IRONMAN Louisville I felt like I should certainly be able to nudge out 10thplace. Training was going well; the Florida weather was getting tolerable and overall I was feeling strong. After IM Louisville went south I was even more motivated to get here and rip it. Before I get to the overall race result and course details let me run you through some very very important aspects any triathlete must know when racing in Buenos Aires.

#1 – **Rent a Car** – The transportation system here (Uber, Taxi, Bus) is incredibly complicated for a foreigner to navigate. I say that because for 6 days we only came across 7 people who actually spoke English, zero of them being an Uber driver or Taxi driver. Heck, without Uber we would have been totally screwed, even though that was a bit of a s\_\_\_ show too. Anyway, a car would have eliminated 90% of the ass-pain because the airport is nearly 1 hour from the race site, the race expo was 30 min from the race site and if you want to swim, plan on 30 min each way too. A car would have really made our experience nice however there is a cost there too and associated risk because people do drive a bit nuts. However, if you're aggressive and good in a clutch – a car is the way to go. It's also important to know we

stayed 500 meters from transition which made race day extremely awesome – but groceries, the pool, expo and eating in general a pain in the teat. Luckily we grabbed a ride with Barney Matthews for the expo since he rented a car – otherwise it would have sucked again.

**UBER** – I think there is a lot of tension with Uber drivers and local cab drivers. Almost every driver messaged me beforehand asking for the location we were heading, almost like they didn't know how to use the app and some even wanted me to pay cash after the ride was over. Now, they were generally safe and it was ridiculously cheap (6-8\$ for 30 min drive) but there was a lot of waiting around and multiple cancelations.

**#2 – Stay near or at Nordelta Centro Commercial** – Basically Nordelta is a huge double layered security-type community. They check your license when you enter and each community has a set of guards to verify you're not a Narco (I guess). Either way, it's one of the safest communities in Buenos Aires and compared to the surroundings, it's a whole new world. Jack found a 1 bedroom apartment which we made work with a floor mattress and honestly, it saved the trip from being a total pain at all times. We were still nearly 1 mile from food or groceries and couldn't ride our bikes anywhere because honestly, they would have been stolen if left even marginally attended. If you have a car and stay at a hotel or Airbnb near Nordelta you're set. You can even drive to the nice 50m Pool if you need to.

**# 3 - Arrive Friday** – I came in weds evening which mean I still had to do some training before the race. Luckily I brought my feedback sports travel trainer because without that it would have been really unsafe to ride for 90min outside. A few more days at home would have been great for pre-race and yes it's cutting it close to race day but honestly, getting to a pool for 2 days of swimming was just ugly. The pools were barely swimmable, hot and again – no one speaks English. We were incredibly lucky to arrive within 10 min of the pool opening since we had no idea on their hours. Also, they charge only 250 pesos for attending and swim caps are mandatory. Anyway, the probability of being annoyed about everything here would have been cut down. I mean we had 2 levels of security to go through every time we wanted to leave and most people had no clue who we were so they had to call our airBnb host each time....but I get why it's necessary .



#4 – **Food** – We always managed to find good food and groceries. We went to a grocery store called Jumbo which was great as the Walmart was absolutely terrible. We also came across a few health food stores, bakeries and healthy places – and it was incredibly cheap. Each meal for two only cost \$17-\$22 and we never left hungry. Buying groceries for 5 days was nearly \$78 but really had to be done – overall it was a great place to eat and find new food. I would say the most common food is a burger, steak, pastries and tons of café's.

### **The Race...**

Honestly, if you would have asked me if I would come back when I finished this race it would have been a huge NO but now it's just a "maybe". I mean there were so many issues I'm sure the site-team had to deal with I cannot imagine how frustrated they must have been so they did a great job putting on this race in a very complicated area.

### **Pre-Race**

As I mentioned before we went to 2 pools (list pools) and they were just tough to manage but really, it's all they have here so it was nice to at least swim. The expo was in a place called the Docks and it was super nice, the pro meeting was a bit basic and for a championship race, I was a bit let-down with the set-up. The briefing went off okay but the head referee for IRONMAN wasn't even there and really....which is odd for a championship race. There is a lot of money up for grabs so you'd think the extra attention would be put on the rules. Thankfully there was a warm up swim the day before the race but honestly, I don't think it was worth it or a smart call. The water was seriously some of the dirtiest I've ever been in. Totally brown sludge everywhere with tastes of fuel and fertilizer made it something gross that is still affecting me even now. Anyway, the race-site was cool with a great spread, lot's of security and overall they did put on a great event AT the actual race.

**Swim** – We had a water temperature of 20.9 or so, nearly 1 degree and we'd have been non-wetsuit. It was a bit warm at the end but I guess a wetsuit prevented more bodily contact with that water. So, the big problem of the day started with the swim. We had our warm up, que'd up at the start line while some dude finished his warm up within 10 sec of the gun start. Seriously, this guy went out about 150m within 2min of the start for a warm up – sigh. Anyway, as the announcer is counting down and all these guys are creeping

forward before the start – about 5 dudes took off and got about 2 body lengths out before the rest of us went off the cannon. That was totally crap and honestly, made it a bit tough to nail the right position. Oh well right, those guys should be DQ'd but....that'll never happen. I ended up grabbing a set of bad feet, meaning the dude was being dropped by the group and when I went to pass the gap was just 4 body lengths too long....sigh....all alone, 1 min off the group. It didn't really matter because it all came together on the bike.

**Bike** – Transition was pretty long and we had our stuff in the blue/red bags and yes, I ran by my helmet bag for another 30 sec loss. I came onto the bike course in top 10 and quickly applied some watts, but didn't really like the way they felt. A few weeks prior at IRONMAN Louisville I was ripping 310ish watts for at least 30 min at the start and felt unstoppable but 290 felt like a freaking grind. Also, my stomach felt like it was either a puke situation or maybe I magically ate a pizza in transition. Seriously, my belly was a messy bloat fest but yes in fact, it did go away with some massive burps. Honestly, I knew this race was going to be a bit dirty on the bike. 2,000+ athletes on a course where we share 1 lane at a time. It was going to be SOO packed on the 2nd lap. The roads were mostly crap, full of big speed tables and thick painted white lines....but not as bad as it was in Peru. I kinda liked it being a bit hectic but that's just me. Positions 6-12 basically came together by the middle of the last lap and honestly I have no idea how no one crashed. We were blasting by people going 5 mph slower and 3 abreast, barely staying in our lane, avoiding oncoming traffic. It was super super sketchy on the second lap. I'm pretty sure I saw about 3-4 pelotons of Age Group athletes and yes, even a pace line. I started feeling better after 60k and power was manageable but still super low and it's all I could manage. I think there were 9 x 180 degree turns which put us all at a dead stop, meaning this course is not fast....or actually safe. But if you're smart, shoot the gaps and avoid water bottles on the ground – all good. I'm 100% sure the top 10 guys all had gone off course at least once....unless they had the lead moto.

**Run** – Off the bike I was just not confident but knew I was gonna give her. I'm gonna be super honest and say my run fitness on the back half of this year is just not good – for whatever reason. I have been racing a lot, traveling a lot etc but man – I just have been shit off the bike since August. Back to the drawing board eh? It's something that is of the utmost importance for 2019 or

I'm like, retiring. I was good for about 5k and then I just didn't have any juice in the legs. Energy was fine and my head was clear but my HR was 180 and I was stuck at 4:25 min/km and feeling busted up below the hips. I saw the top 10 run away from me and then eventually ran into Barney, who was dealing with some stomach issues. We ran in the last 3km together chatting and honestly, I'm super glad he was there. Man, I finished 11th and 1 position outside of the money and a small bonus.....so my airfare would have been covered. I think that's the biggest bummer since that was like....all I needed to do, finish top 10. I love this sport and appreciate more than anything this opportunity but man, I was a bit deflated moving into IRONMAN Arizona in 12 days or so.....I need some mojo in the next few days. Oh and the run course was great btw – super super awesome volunteers.

Putting a race on in Buenos Aires must have been such a huge challenge and I know everyone did their best to make the course great – so I'm very thankful for that. I just wish they referee's would have brought back the swim due to the false start, the bike course would have been a bit safer and the first aid station on the run wasn't like...over 3km away. I'll be back for this race IF we have the same place to stay AND have a rental car – otherwise, man it's just a tough one to get to but that means only the determined athletes will make it. Jackson also managed to sell his bike to an Argentinian so that's great. The bottom line is, the people here were absolutely accommodating and friendly, willing to help us even though my Spanish was very sparse. If you can learn some before you get here, it'll help you tremendously. Thank you Argentina – I'll be in Chile racing in Dec so....I'll be nearby soon!



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