



THE FINISH LINE



Nick Chase receiving a motivational butt slap from Cody Angell at the St. Pete Run Fest Half Marathon.



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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 Page	1/2 page	Full
Width x Height	7 1/2" x 5"	7 1/2" x 10"
Cost per Issue	\$30	\$50

Advertising checks should be mailed to: St Pete Mad Dog Triathlon Club, P.O. Box 635 St Petersburg, FL 33731-0635. Please make check payable to St Pete Mad Dogs.

ST. PETE MAD DOGS BOARD OF DIRECTORS

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EDITOR'S COLUMN

We were pleased and gratified at the turn out for the Anniversary Party in November. It was great t see original Mad Dogs Rue and Cathy Morgan and "two digit" Dogs Danny Hicks and Jan Thompson at the party. We were pleased that triathletes from KLR accepted our invitation to join the festivities. We plan on continuing to reach out to other teams to attend future events like Hair of the Dog. We believe that these social events will make the entire triathlete community

(Please go to page 4)

TRAINING

Upcoming Training Sessions (all show and go)

SWIMMING

Every Tuesday & Thursday 6:30 - 8PM

Northshore Pool w/ Coach Joe Biondi \$9 per session

Every Wednesday 6PM beginning March 15th.

Open water at Pass-a-Grill Beach. Bring a snack to share!

Every Friday 8AM Group Swim at Sunset Beach.

Meet at Larry and Jackie Yost's, 143 91st Ave S (727) 367-2504

Also: www.stpetemasters.org for Masters Swimming

BIKING

see www.stpetecycling.com for daily rides

Mon - Fri 8:00AM

Group Ride from USFSP crosswalk 16 miles at 20-21 MPH

Wed is official Mad Dog ride - wear your colors!

Every Saturday 8:30AM

Group Rides based on speed from Northshore Pool South Parking Lot

Every Sunday 8:30AM

St Pete Library Advanced Training Ride 9th Ave N and 37th St.

RUNNING

Every Monday 6PM

Individual/Partnered Run (6 miles) Northshore Pool South Parking Lot.

Every Tuesday 5PM.

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

see. fnrs@aol.com.

Local Bike Shop Events



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



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

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

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

WELCOME NEW MAD DOGS!

#3753 - Ryan Kelly - St. Pete

#3754 - Charles White - Gulfport

#3755 - Alberto Fuentes II - Apollo Beach

#3756 - David Longacre - St. Pete

(continued from page 2)

stronger and will contribute to the popularity and visibility of the sport. In the spirit of giving back, the Board of Directors and reps from St. Pete Bicycle and Fitness joined to man an aid station at the St. Pete Run Feat Half Marathon and 5K Race. It was great to see a large number of Mad Dogs competing in the races!

Mad Dogs Rule,

Chuck Lohman, Editor

MAD DOG NEWS

Congrats to Dave Proffitt, Richard Jansik, Park Alsop, and George McCreary for their finishes at Ironman Florida. Also notable was the KLR Team that had 17 Ironman veterans and 15 first timers finish the race. I heard the conditions were nearly perfect for the race!

Thanks to Rosie Ray for pressing forward to emplace a Commemorative Bench at Pass-a-grill Beach to honor Jack Shuten, former Mad Dog president.

Save the date! Get ready for our annual untimed, all events optional Hair of the Dog non-competitive triathlon and party at North Shore Pavilion, Fort DeSoto Park. The event starts at 12 ish PM on New Years Day. Just bring a dish to share and a clean T-shirt to be donated to charity. We plan to invite other tri teams in the area to join us for the celebration! New Mad Dogs look for Chuck or Gail Lohman to pick up your welcome aboard t-shirts.

If anyone learns of a distance race in the United States that doesn't have Carolyn Kiper as a participant please let me know. I think she's covered them all this year.

DECEMBER BIRTHDAYS



Edward Aguilu	12 1
Jo Fosse	12 2
Alberto Fuentes II	12 4
Rue Morgan	12 6
Barbara Burke	12 7
Jim Cunningham	12 7
Ryan Kelly	12 7
David Longacre	12 8
Steve Pohlmann	12 10
Miles Drenth	12 13
Jan Thompson	12 14
Allen Jernigan	12 18
Brian Hurley	12 20
Randall Brown	12 22
Cathy deHaan	12 22
Kip Vosburgh	12 29
Lorraine Hurley	12 30

UPCOMING RACES



9 Dec - Tri Key West
Olympic/Sprint/Duathlon
Key West, FL
www.trikw.com



1 Jan 18 - Hair of the Dog Party
and Untimed Fun Tri
Ft. DeSoto, FL
www.stpetemaddogs.org



10 Dec - Powerman Florida
Classic/Sprint Duathlons
Silver Springs, FL
www.3disciplines.com



6-7 Jan - HITS Naples
Naples, FL
Sprint to Full Distance
www.hitstriathlonseries.com



17 Dec - Christmas Triathlon
Sprint/Duathlon
Naples, FL
www.eliteevents.com



12-14 Jan - St Pete Beach
Classic 5k to Half Marathon
St. Pete Beach, FL
www.stpetebeachclassic.com

RACE RESULTS

Ironman Florida - 4 Nov1st Place -

Jerry Magliulo

2nd Place -

Gail Norman

Finishers -

Park Alsop

Richard Jansik

George McCreary

Dave Proffitt

New York City Marathon - 5 NovFinisher -

Carolyn Kiper

Miamiman Triathlon - 12 Nov2nd Place -

Reva Moeller

Half Iron Nationals - 12 Nov2nd Place -

Frank Adornato

Nat Glackin

4th Place -

Jessica Koelsch Bibza

70.3 Los Cabo - 12 Nov5th Place -

Jackson Laundry (Pro)

St. Pete Run Fest 1/2 Marathon- 19 Nov1st Place -

Kim Donaldson

John Hollenhorst

2nd Place -

Jonathon Dunford

Kate Greenbough

John Macedo

3rd Place -

Wendy Tocha

4th Place -

Clare Kelley

5th Place -

Nick Chase (OA)

Ironman Arizona - 19 NovFinishers -

Sandy Singleton

Jennifer Hutchinson

Steve Swift

Dave Weismintal

MAD DOG PICTURES



Richard and Laura Jensen



Steve Swift @ IMAZ



Kip and Carol Jean Vosburgh



Sandy Weiss @ IMAZ



Jennifer Hutchinson @ IMAZ

MAD DOG PICTURES

**Pictures from the Annual Chili Cook-off
Credits to Kathy Morgan and Gina Hubany**



MAD DOG PICTURES

Anniversary Party with Co-Host KLR Pictures by Jackie Doucette



MAD DOG PICTURES

St. Pete Run Fest 1/2 Marathon Pictures



Noah Pranski (Center) with friends



Nick Chase receiving a butt slap from Cody Angell



Corola Reimer pacing T-Rex



Mad Dog Water Stop @ St. Pete Run Fest

Jackson Laundry Preliminary Race Report from IM 70.3 Los Cabos

Relaxing after a good race to end my season, 5th place today at [#ironman70.3](#) LosCabos! I had a good swim, out 1 minute behind the leaders. I had a strong bike, catching @tointri and @kevincollington after about 40 minutes, then working with them for the rest of the ride. We came off the bike in 3rd-5th places, those two ran away as I stayed within myself for an even split run, coming across in 5th!



Richard Jansik's Ironman Florida Race Report

Ironman Florida: Panic, a Penalty and Pain.

RICHARD JANSIK·TUESDAY, NOVEMBER 7, 2017

Up Saturday morning at 4:30am and I am back to Panama City Beach for a little redemption for the fiasco I experienced back in 2012, needless to say it wasn't a very good race so I am going back with a full summer of training under my belt, I was ready to go. This race is in its 17th (?) year and it has not changed much. The transition area is too crowded for the 3000 participants and their Sherpa's which makes getting anywhere (especially the swim start and finish line) a challenge.

The swim is self-seeded so no need to rush to the swim for a spot in line, I dropped my morning bag and found my place at the 1:10 – 1:15 goal time. The gun went off and the line moved slowly to the beach, this was a lot better than the mass start they used to do. Back in 2012 I got clobbered as 3000 people tried to get into the water at one time. This year there were almost no waves and the tide was up a bit so no need to walk or run 50 yards out past the shallow area like we had to do in our practice swim the day before. The first lap was uneventful, I worked my way around a lot of people and kept my eye on the buoys as they went by looking for the red one and the first turn. At the end of the first lap you run up on the beach and then a short run back into the water, this gave me a bit of a

break to stretch the shoulder and grab a cup of water. At this point we are swimming out and the sun is coming up so if you are a left side breather like me you really need tinted goggles. Another good lap and up on the beach to the swim out, I ran to the wetsuit strippers and I see Leo [Ows](#) [Leo Briceno](#) there and do my best “dead cockroach” to get the wetsuit off, I jump up on my feet and head to get my bike gear bag and to changing tent.



I got inside the tent and looked into my bag and to my horror I had the wrong bag, actually I had the right bag it just had all my run gear in it. Stupid, stupid, stupid me, after 8 Ironmans I put the wrong gear in the wrong bag so I had to run out of transition to the 'run gear' area and trade bags. I ran back in and changed my cloths and headed out to the bike. This added an extra 3-4 minutes to my transition time. I ran to my bike and rolled out of transition. At that point I just shook it off and concentrated on settling in for the 112 miles.

Down the road along the beach to the main course out of town I worked on passing the faster swimmers and keeping an eye on my power meter. I made the right turn out of town from the beach and put in some nutrition. There was almost no wind out so I just counted down the miles until I got to around mile 30 and I heard something behind me and looked back to see the storage container that sits behind my seat sliding down the road and my spare tubular tire coming out. The riders behind me did a good job dodging it, I contemplated going back after it but decide it was better to just keep going. Big mistake, a motorcycle came up to me and gave me a 5 minute penalty. I guessed it was an equipment penalty since the referee didn't really say or show a card. I stopped at the penalty tent at mile 56 and served my penalty with about 10 other guys, I guess they were cracking down on everyone and everything so I didn't feel as bad. So half way on the bike and I am already 8 minutes behind where I should be but then I was ahead of my bike time goal so I figured it wouldn't hurt too much as far as the bike leg goes. The sad part is that this makes two races in a row that I was penalized after never receiving one in

any of my previous 25 Ironman (half and full distance) races.



Back on the road and everything was good, still not much of a wind so I didn't have to put too much effort in keeping my speed up, I wasn't anywhere near my goal power of 215 watts and I was still keeping a 22-23 MPH average after changing directions on the course. Miles 70 – 90 did have some hills but nothing that were too difficult, at mile 82 you make a U-turn and head back to the beach. It was around mile 85 I started to cramp, my left thigh cramped so bad I had to coast and stand up stretched it out. Fortunate for me another water stop came up and I grabbed a bottle of water and Gatorade, I

ate an energy bar and took a gel. The cramps were on and off but seemed to be better, at least they did not get to the point that I couldn't peddle and had to stop. I rolled into transition and handed off the bike and carefully ran over to get my bag, it wasn't hard to find my run bag since it was the only blue one among a sea of red ones. Into the changing area and I changed kit's for the run.

Out to the run course I surprisingly felt okay and tried to settle into a pace at around 9 minute miles to warm up the legs. I was good until mile 4 and the cramps came back so I slowed it down a little and shortened my step until I made it to mile 6 and both legs started to cramp again. I walked a bit and then ran off and on until mile 10 and then had to walk again to mile 13. I got to the turn-around and stopped to talk to Laura, she encouraged me to move on and I just couldn't focus so I sat down and then laid on my back for a couple of minutes, she and another guy who had come over to help me suggested I take a gel and then I got back on my feet. I have never wanted to quit a race as bad as I wanted to at that point but thanks to Laura I got the legs moving and after a few minutes was able to start a slow run. After a couple of miles I felt better and ran until the cramps came back, on top of that my right I.T. band started to tighten up and that really worried me. The sad part about this is when I could run the legs felt good enough to get back on pace around 9 minute miles but the cramps came back after a half mile or so. When I got to the 20 mile mark and the turn-around point it was like zombie land out there. The sun and heat was relentless and it took a toll on everyone. It was all downhill from that point and I actually felt okay at times and ran when I could so it was at least a good feeling to know if it wasn't for the cramps I had trained the legs to run.



I got to mile 25 and felt I could run the last mile to the finish, the best part of the day was of course making the right turn to the finish when everyone around you is making a left for their second lap. Into the finish area and it wasn't like Louisville or even Boulder, in those races I would get chill bumps and some adrenaline but not in this race. I got in the finish chute, high five some people, waved to the announcer and I was done with Ironman number 9.

The finish line area was so congested I couldn't find Laura, she had trouble negotiating all the barriers that made the area hard to get around. Once she found me I was sitting on the curb stretching out my legs and just taking a moment to sit in one place. After a bit I got up to find my morning bag and get my bike out of transition and head back to the motorhome to shower and eat something.

My goals for the race:

Swim: Goal 1:15 – Actual: 1:14:28 (right on the nose and 7 minutes faster than 2012)

Bike: Goal 5:15 - Actual 5:07:06 (better than expected even with a 5 minute penalty (2012 time: 5:12:39))

Run: 4 hours - Actual 4:38:53 (painful)

Overall finish: Goal 10:45 and top ten age group – Actual 11:13:39 and 8th place AG finish (My second best finish time for an Ironman event and 13 minutes faster than IMFL in 2012)

311 of 3002 overall

8 of 140 age group

A special thanks to my wife [Laura Sgroi Jansik](#) for once again putting up with me and my training plan, taking care of the house, the dog and cats, and of course making me the best fed man in Tampa Bay. She is truly my better half and I love her for everything she does. We spent our anniversary and her birthday away from home just for this race. I don't ask for a lot do I? Sherpin Aint Easy!

Thank you to the Maloney's and Russell's who drove to PCB to cheer on their Tribal and Outspokin Multisport teammates on. Good luck next year [Terrance Maloney](#).

Thank you to my coach Jon Noland. What a year, 1st place age group at the Chattanooga 70.3; 4th place at IM Boulder and now an 8th place at a highly competitive IM Florida. I am very happy with my year and look forward to working with you again next year. #Tribalmultisport <https://www.tribalmultisport.com>

Thank you [Val Tavanese](#) and Outspokin Bike shops. What can you say about [Ows Leo Briceno](#). I'm sure I don't have to tell those of you who know Leo how great this guys is. He was everywhere this past weekend, always there to help when you needed it and giving encouragement on the course throughout

the day. La Familia! #Outspokinmultisportteam <http://www.outspokin.net/>

Once again thank you to the *Base Performance Team* who saved me on the run course with their Base Hydro and Base Amino. If they were not on the course I don't think I could have recovered from the worse of the cramping without it. #Baseperformance <https://www.baseperformance.com/> *Swiftwick Socks*, my feet were good to go during the bike and run. Not a blister to be found on my feet this year even after my shoes got wet from dumping water on my head to cool me down. #Swiftwicksocks <https://www.swiftwick.com/> Thank you to my lunchtime cycling friends on MacDill AFB for following me around base all year and pulling me when I needed a break as I completed my training plan.

Congratulations to my fellow Tribal Multisport teammates [Sonja Olson](#) for completing her first Ironman and to [Pamela Swing Baller](#) for her 7th place AG finish.





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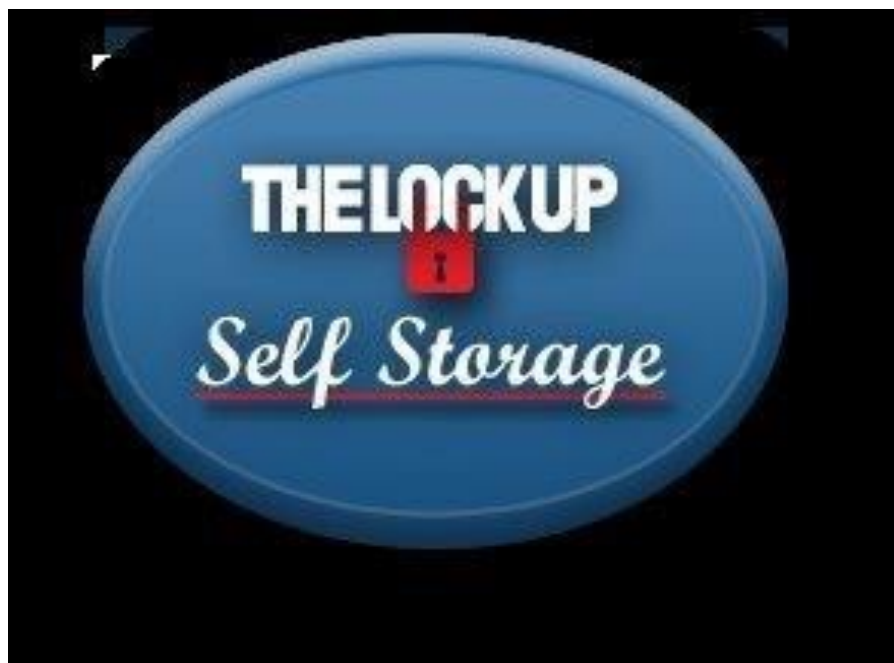
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