



THE FINISH LINE



**Claudia Junqueira
Crusing through
the Miami 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

Well, friends and fellow triathletes, I've finally reached the point that we all dread. After 18 challenging and fun-filled years it's time to retire gracefully from the sport I love — triathlon. After the 2011 bout with ventral fibrillation that ruined Gail's Ironman race in Kona, I had 4 1/2 uneventful years before the defirillator began to go off during some workouts. During the last year and a half, it has caused me to withdraw from a number of triathlons. Several cardiologists I respect are concerned that an episode in open water could prove fatal.

(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!

#3760 - Neil Ellis - St. Petersburg

#3761 - John Geoghagan - St. Petersburg

#3762 - Christian Mills - St. Petersburg

(continued from page 2)

Since an episode during a run or bike would simply be uncomfortable, they cleared me to continue to train and compete in those events. In order to stay in touch with all my Mad Dog friends, I'm going to try duathlons. I don't plan to "go quietly into the night." So, if you don't see me at the swim start, don't worry. I'll still see you at the finish line!

Mad Dogs Rule,

Chuck Lohman, Editor

MAD DOG NEWS

Claudia and Patricia Junqueira finished the Disney Marathon qualifying for both Boston and New York Marathons! Also congrats to Carolyn Kiper who completed both the Half Marathon and Marathon on consecutive days.

Congrats to our local 2017 USAT All Americans:

Cody Angell	Celia Dubey
Ben Carlson	Gail Lohman
Nat Glackin	Linda Musante
John Hollenhorst	Gail Norman
Richard Jansik	
Chad Siple	

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

FEBRUARY BIRTHDAYS



Vance Eaddy	1st
David Smith	2nd
Bob Murray	4th
Samuel Glass	5th
Alexa Lampasona	5th
Larry Yost	6th
Luther Dore	12th
Ben Broadwater	13th
Gina Smith	16th
Wayne Shriver	17th
Tom Bell	18th
Carol McKenna	19th
Lagan Carr	20th
Lisa Pesta	20th
Davis Sitton	20th
Bo Webster	22nd
Dan Runyon	24th
Joseph Szarko	24th
Doug Bush	25th

UPCOMING RACES



11 Feb - SPBC Spring Classic
Rides from 20 to 100 Miles
Bradenton, FL
www.stpetecycling.com



12 Mar - Lake Manatee Tri
Olympic Distance
Lake Manatee
www.raceroster.com



16 Feb - Ultraman Florida
Double Iron Distance
Orlando, FL
www.ultramanflorida.com



18 Mar - Florida Challenge
Half Iron/Du/Aquabike
Clermont, FL
www.runsignup.com



24-25 Feb - Gasparilla Classic
5K to Half Marathon
Tampa, FL
www.tampabayrun.com



19 Mar - Great Clermont Tri
Olympic/Du/Aquabike
Clermont, FL
www.runsignup.com

RACE RESULTS

HITS Naples - 6-7 Jan

Disney Half Marathon - 6 Jan

Finisher -

Carolyn Kiper**

Disney Marathon - 7 Jan

Finishers -

Claudia Junqueira

Patricia Junqueira

Carolyn Kiper **

St. Pete Bch Classic - 12-14 Jan

1st Place -

Janna Angell

Cathy DeHaan

John Hollenhorst

Sandy Weiss (5K+10K)

2nd Place -

Cody Angell

Billy McKnight

Rosey Ray

3rd Place -

Annette Frisch

Jackie Yost

4th Place -

Pam Greene

5th Place -

John Atkins

Bob Ranta

Frogman Swim - 21 Jan

Finishers -

John Atkins

Ken Bowen

Dawn Clark

Steve Swift

(please forgive any omissions)

Chilly Willy Duathlon - 28 Jan

1st Place -

Frank Adornato

Cathy DeHaan

John Hollenhorst

2nd Place -

Pam Greene

John Von Lackum

3rd Place -

Lindsey Bell

Gary Bonacorsi

5th Place -

Tom Bell

Art Singleton

MAD DOG PICTURES

Hair of the Dog Photos Tony Scott



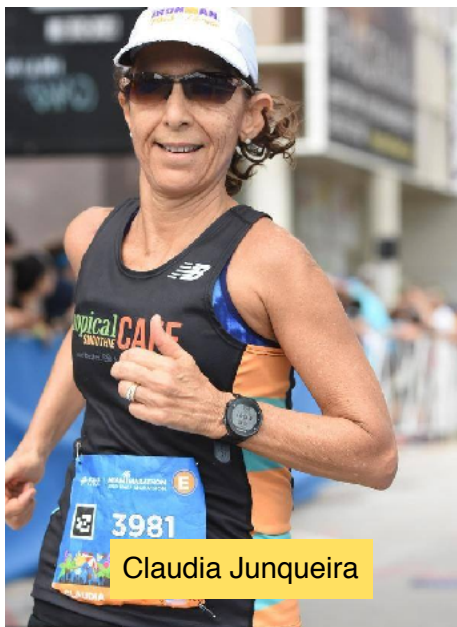
Tony Scott, Fox and Sherri Mikita-Olsen



Sherri's son earns his shirt for swimming



Four intrepid swimmers this year led by Scott Underkoffler!



Claudia Junqueira

MAD DOG PICTURES



Participants in the 2018 Tampa Bay Frogman Swim.. Swimmers raised about \$650K this year setting a new record while crossing Tampa Bay in 57 degree temperature.



John Hollenhorst (center) and Gary Bonacorsi (Right) at Chilly Willy Duathlon



Tony Scott and John Macedo

MAD DOG PICTURES



Claudia and Patricia Junqueira bundled up for the Disney Marathon



Mad Dog Treasurer Dave Proffitt (Right) during his U.S. Army days



Rosie Ray, Jackie and Larry Yost, and Annette Frisch



(L to R) Gail Lohman Allan Jernigan, Dave Proffitt, Pepir Jernigan and Coach Leo

Frank Adornato's Off Season Training Tips

Training Tip - Make The Most of your Off-Season

November, December and early January are typically off-season for triathlon training and racing. Here are a few things you can do to make the most of these next few months.

- Work on your biomechanics. You'll race faster, be more economical and less prone to injury.
- Spend more time in the gym. Training for full body and core strength are often given short shift in the peak training months. Use this time to build strength, and focus on those muscle groups where you know you need to improve. And make a New Years resolution to continue the strength work throughout the year.
- Rest. Take some time off to rest and recover both mentally and physically. You'll come back stronger after the New Year.
- And lastly, it's OK to eat an extra Christmas cookie!!

Train smart. Race fast.

Frank Adornato

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

Frank Adornato's Off Season Training Tips

Training Tip - Aim High

The problem with most people is not that they set their goals too high and miss them. The problem is that they set goals that are too low and they hit them.

This is the time of year when many athletes are planning their races for the coming season. No matter what your sport, let 2018 be the year that you aim outside of your comfort zone. Wherever you put yourself in the athlete food-chain, don't short-change your abilities. Whether it's a new race, a longer distance, or a personal best, go for it. Make the commitment, know what you need to do to prepare properly, set up a few milestones so you can measure your progress along the way, and do it.

One year from now, at the end of the season you'll know that you did your absolute best. What you don't want, is to have hit a goal, but deep down in your heart, you wonder if you could have done better.

Aim high. You'll be glad you did!

Train smart. Race fast.
Frank Adornato

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Frank Adornato's Off Season Training Tips

Training Tip - Faster transitions.

A triathlon can be won or lost by as little as a minute or even a few seconds, and that small time difference can be the result of a fast (or slow) transition. There is no pause button in the time trial format of a triathlon, so you need to perfect your transitions from swimmer to cyclist (T1) and cyclist to runner (T2) by working on two things.

First is the brick workout. Include a training brick (i.e., a back-to-back workout in two sports with minimal to no rest) each week or every other week in your schedule. The most common is the bike to run, but it's also important to do a swim to bike brick occasionally. If you've not done any bricks, start with short distances and gradually build to target race distance. In the beginning, your quads and hamstrings will feel like marshmallows so start slow with short strides and after a few minutes your legs should "open up" and you can increase your speed and stride length. There are differing opinions about how far you need to run in a brick. If you're training for a sprint or middle distance race, 30 minutes is adequate, but plan to go longer if a 70.3 or full ironman is in your plans.

Second, is logistics or the efficiency with which you grab your gear and get out of the transition area. To get this right you should go through the entire transition process for T1 and T2, step by step. Lay out your gear in the order you will need it and practice practice practice. Some key points: Make sure your bike is in the right gear before you rack it. Hang your helmet on the aerobars with sunglasses inside it. Short races - no socks on the bike. If you wear socks on the run, put them inside your running shoes so they're at your fingertips just before you slip into your shoes. Also put your race number belt and hat or visor in your shoes. Save some precious seconds by heading out as soon as our shoes are on. You can put on your hat and race number belt while you're running out of the T2. The goal is to be fast. Get in and get out.

Train smart. Race fast.

Frank Adornato

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Thinking About Selling?

Selling your home in a way that will attract the best price within your desired time frame requires a comprehensive marketing plan.

My proven strategies get your home sold fast at the best possible price.



Proud Member St Pete Mad Dogs
Multi Ironman Finisher



Kent Rodahaver

Certified Luxury Property Specialist

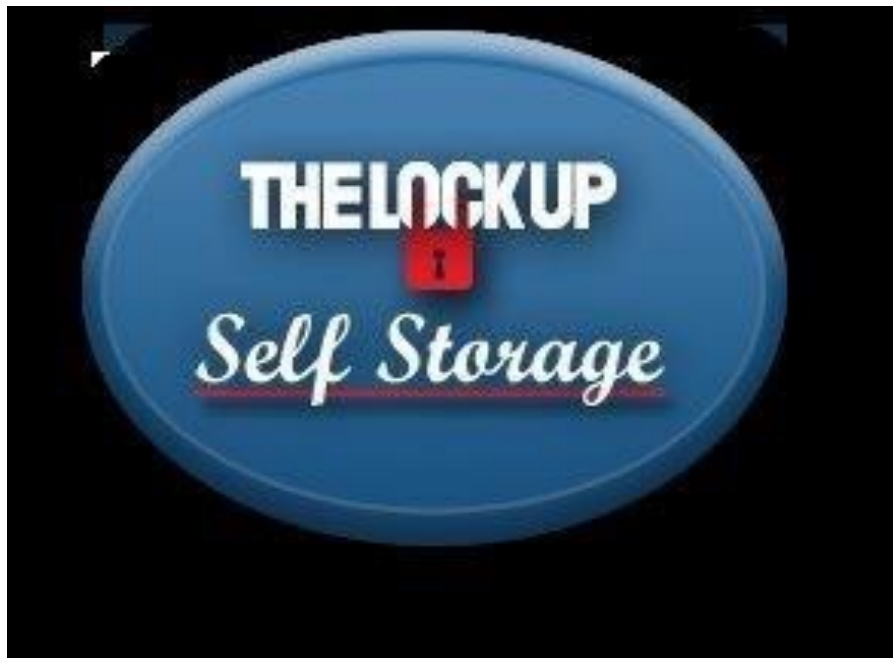
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