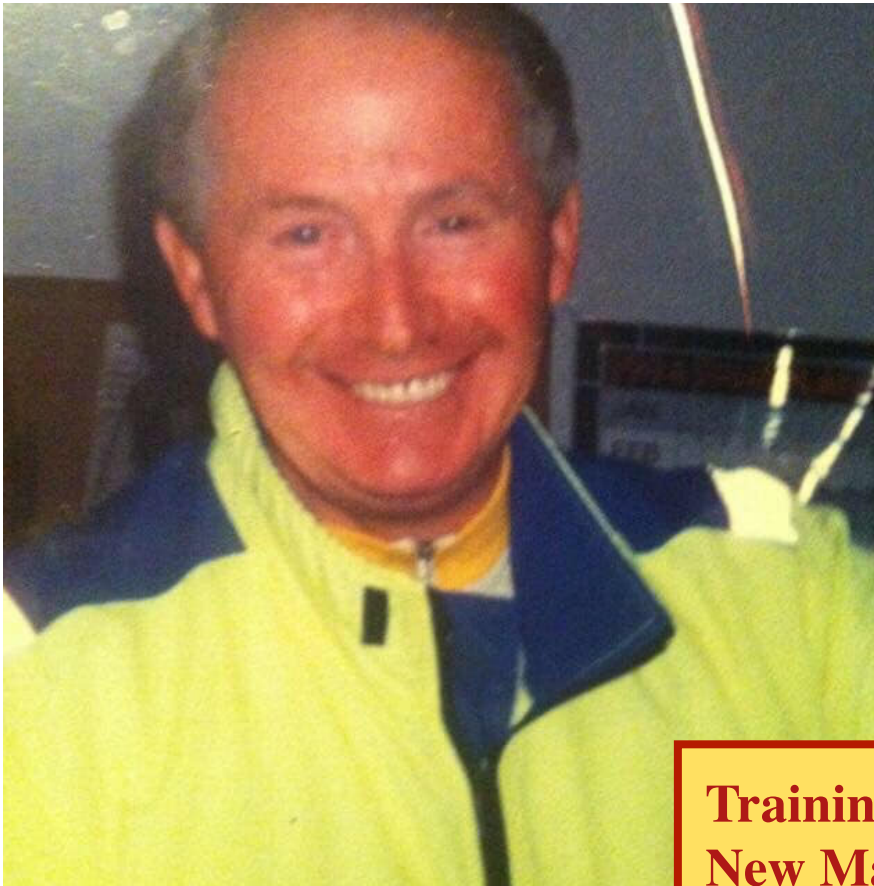




THE FINISH LINE



Bill (Boston Bill) Hansbury passed away recently. All Mad Dogs will miss your great smile and mischievous sense of humor, Bill. Rest in Peace, our friend. See page 16 for a tribute.

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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.

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BOD@STPETEMADDOGS.COM

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EDITOR'S COLUMN

As you have probably seen in e-mails and Facebook posts, Zone 3 has asked to be a Mad Dog sponsor. They are opening a store here and will offer Mad Dogs a substantial discount (make sure to renew your membership) on their products. Additionally, they are attending the "Hair of the Dog" party/practice triathlon on New Year's Day with lots of swag to give away. Thanks to John Hollenhorst for coordinating this project.

Check out the Mad Dog USAT All-Americans for 2018 on page 10!!

(Please go to page 5)

TRAINING CALENDAR

	SWIM	BIKE	RUN
MONDAY	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)
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 18-19 mph.	5 pm. Track workout coached by Joe Burgasser. SPC Track 5th Ave and 70 St N.
WEDNESDAY		8 am. From USFSP 16 miles 20-21 mph. Wed is Mad Dog ride. Wear your colors.	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.
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 18-19 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: 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!

# 3792	Lorie Keogh	Tampa
# 3793	Sandra Elliott	St. Pete Beach
# 3794	Tim Robinson	St. Petersburg
# 3795	William Biel	St. Petersburg
# 3796	Judy Sromovsky	St. Petersburg
# 3797	David Donohue	Tampa
# 3798	Rene Aguero	St. Petersburg
# 3799	David Donohue	Tampa
# 3800	Adam Kinney	Tampa

(continued from page 2)

As described elsewhere, 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. The outfits are shown on page 11. 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 on line at the St. Pete Bike web site, Thanks to Gail Lohman and the Board of Directors for making this happen.

Mad Dogs Rule,
Chuck Lohman, Editor

MAD DOG NEWS

Frank Adornato found an article in the December 2018 issue of Triathlete magazine describing the 6 can't miss winter triathlons. One of the listed events was the Mad Dog "Hair of the Dog" event on the 1st of January at noon!

Mark Yeager, St. Pete Bike and Fitness, is offering a 10% discount on clothing and equipment to all current, paid up Mad Dogs. Make sure your membership is up to date.

The new Mad Dog/St. Pete Bike uniform "fit kits" are available at Mark's store. Mad Dogs can place the order for the uniforms at his store through 31 Jan 2019. On that date we place the order, and the DeSoto kits should arrive by mid-March. Discounted pricing will be announced by e-mail and on Facebook. Don't miss out on these beautiful kits! Order at <https://www.stpetebicycleandfitness.com/product-list/clothing-1194/st-pete-mad-dogs-tri-1288/>.

John Hollenhorst has coordinated with Rich Allen of Zone 3 to become a sponsor of the Mad Dogs. They are designing swim caps with the new logo for us. They are offering significant discounts to us on their products. The details of the discount will be promulgated by e-mail to current members. Don't miss out!

UPCOMING RACES



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



18-19 Jan - St. Pete Beach Classic
5K/10K/Half Marathon
St. Pete Beach, FL, FL
www.stpetebeachclassic.com



6 Jan - HITS Sarasota Half/ Olympic/Sprint Distance
Sarasota, FL
www.hitstriathlonseries.com



27 Jan - Chilly Willy Duathlon Sprint Distance
Ft. DeSoto, FL
www.chillywilly.racehawk.com



13 Jan - Frogman Swim
5 K
Tampa Bay
www.tampabayfrogman.com



9 Feb - SPBC Spring Classic
20/36/60/100 miles
Palmetto, FL
www.stpetecycling.com

JANUARY BIRTHDAYS



David Hill	1st
Linda Lewallen	5th
Dorina (Angie) Daetz	9th
Tim Hudson	11th
Kelly Valliancourt	12th
Grant Millar	14th
Virginia Edmonds	17th
Marcus Winters	18th
Jessica Parrish	23rd
Robert O'Brien	28th
Matt Abbey	28th

RACE RESULTS

**NO RACE RESULTS TO REPORT
THIS MONTH**

Congratulations to the Mad Dog USAT 2018 All Americans

Cody Angell

John Atkins

Jessica Bibza

Ben Carlson

Kim Donaldson

Carol Hollenbeck

John Hollenhorst

Richard Jansik

Gail Lohman

John Macedo

Gail Norman

Bob Ranta

Mad Dog's/St. Pete Bike New Uniforms.

Order at <https://www.stpetebicyclevelandfitness.com/product-list/clothing-1194/st-pete-mad-dogs-tri-1288/>.



ANNIVERSARY PARTY A SMASHING SUCCESS!

Much thanks to :

John Hollenhorst for organization.

Mark Yeager for co-hosting, and for merchandise for the raffle.

Jenn Olvedy for organizing the raffle.

Gina Hubany for a massage donation from Alternate Therapy Center.

Gail Lohman for publicizing the new look racing uniforms.



Carol Ardell, John Hollenhorst and Gail Lohman



Mad Dog #1, Rue Morgan



The Morgans



Carolyn Kiper and John Macedo



Yosts with Clare Kelley



Mark Yeager and Danny Nolan

MAD DOG PICTURES

More Anniversary Party Pictures



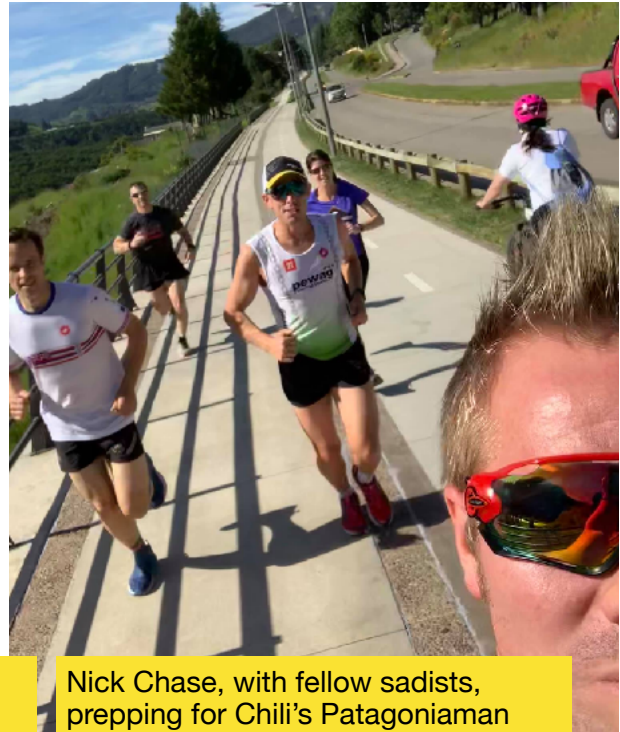
MAD DOG PICTURES



Laura Sgroi Jansik



Rosie Ray wins 1st Place in 5k and 10 k time trial at FL Senior



Nick Chase, with fellow sadists, prepping for Chili's Patagoniaman Triathlon



Carolyn Kiper runnin' in the rain



Sandy Weiss and Mark Yeager



William "Boston Bill" HANSBURY

HANSBURY, William "Boston Bill"

Born 1937, died approximately December 8, 2018, peacefully in his sleep at home in St. Petersburg, Florida. Born and raised in Chelsea, Massachusetts, he married and raised a family in Avon, Massachusetts, where he worked for many years as a salesman. An avid runner and cyclist, he ran the Boston Marathon 14 times.

In 1993, he moved to St. Petersburg and started a small company called Boston Bill Sunglasses, which is still run by his former partner, Sandra Chewning. Bill traveled the country selling his sunglasses at bicycle, running, and triathlon events. He became a well-loved local figure in his community and was known in the neighborhood as "The Mayor of Beach Drive," often holding forth from his favorite chair at Paciugo Gelato and Caffè; in Downtown St. Petersburg.

Deeply invested in bicycling and bike activism, he served as president of the St. Petersburg Bicycle Club, advocating for the rights and safety of cyclists. After he lost a lower leg to amputation in 2007, he continued cycling up to 200 miles per week.

Amputation brought new meaning to his life. He sometimes said that losing a leg was the best thing to happen to him. He found his calling assisting other amputees after a chance encounter with a young boy on the way to amputation surgery. Their story was featured on ESPN, NPR, People magazine, and the TLC show "Answered Prayers."

After this encounter, Bill founded the Boston Bill Foundation, providing the funds to supply prosthetic legs to people who were unable to afford them. As a volunteer patient advocate, he would regularly visit hospital patients after amputation surgery and spend hours talking with them and encouraging them to get a prosthetic leg and walk again.

"It was a mission for him," said Mike at St. Petersburg Limb & Brace. Bill also helped the homeless get new legs. Mike explained, "He would find

indigent people on the street, he would wheel them in, and we would help them out."

Bill's own prostheses will be repurposed for people in need. As he often told amputees, "When you die, make damn sure you bring that leg back here. Do not get buried with it, because it is not doing anybody any good in the ground." His demeanor could be gruff, but he got things done and was beloved by many in his communities. As one amputee put it to the Tampa Bay Times, "I consider Boston Bill an angel. But, you know, with rusty wings."

In 2007, Bill joined Amputees Across America and crossed the United States on a bicycle, traveling from California to Florida to raise awareness about amputees and active lifestyles. He covered 3,500 miles and chronicled his journey on the blog "Across America by Bicycle." He kept up with his athletic activities to the end. At the time of his death he was in training to hike the Appalachian Trail and hoped to become the oldest amputee to make the journey. He believed in reincarnation, so perhaps he will get another chance.

He is survived by his ex-wife, Jacklyn; two sons, Griffin and Thomas Hansbury; two grandchildren, Christopher Hansbury and Nicole Reilly; and three great-grandchildren; along with eight nieces and nephews.

Published in the Tampa Bay Times on Dec. 14, 2018



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

Training Tip - Rebuild Your Aerobic Base

The off-season winter months are a good time to rebuild your aerobic base, also called aerobic capacity. As endurance athletes, your muscles use oxygen as their primary fuel. Whether you race sprint triathlons or ironman distance, 5K or marathons, oxygen is your primary fuel source. A high aerobic capacity optimizes the flow of oxygenated blood to muscle tissue, which translates to better performance. One way to do this is to spend a larger percentage of your training time in the off-season doing low intensity steady state work at a lower heart rate (75 to 80% of your maximum heart rate). This time of year about 80+% of your total training hours should be steady state and less than 20% higher HR work. Some athletes find it counter-intuitive to train slow in order to go fast. But think of it as building a solid foundation for a building. Working to improve your aerobic capacity for 4 to 8 weeks now will build a foundation for the higher intensity training you'll be doing in the spring and summer race season.

Train smart. Race fast.

Frank Adornato

Training Tip - Re-evaluate your biomechanics regularly.

I learned first hand that it's valuable to double check your form and biomechanics periodically. After a recent group run, we were talking about how many of us have different strides. One runner commented that I landed high on my forefoot. I was a little surprised since I considered myself a mid foot runner. I checked it out during my next few runs and realized she was right. Unknowingly, my stride and foot strike had changed. I readjusted and sure enough, some annoying ankle and foot pain that I'd been experiencing for months has gone away after a few weeks. (Thanks, Gail.)

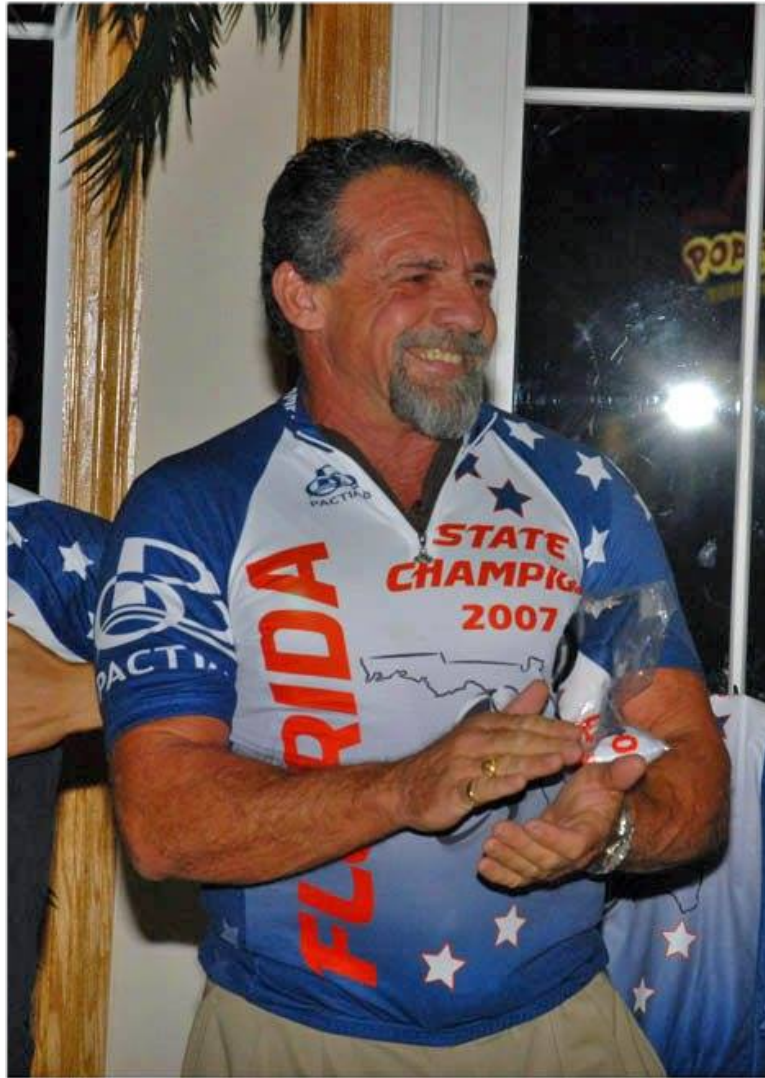
The moral of the story is stay alert to, and constantly re-evaluate your form in the swim, the bike and the run, and make sure your biomechanics are right-on.

Train smart. Race fast.

Frank Adornato



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



Michael McCollum, longtime member of the cycling community in St. Petersburg, national-class bicycle racer, coach, husband and father, passed away today after a short illness. Mike spent many years working with Team MAJIC (Masters and Juniors in Cooperation), a team he founded, helping many young cyclists as they first entered the sport. Some of his team members went on to win state and national championships. Mike was a colorful character - and I always enjoyed riding with him, racing with him, and grabbing coffee downtown after the rides. He often came across as bigger than life - but I think that's just how he lived. We've lost a true original, someone who always stood out. Our hearts go out to his wife, **Victoria**, and their families. John Sinibaldi — 11 Dec 18



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