



THE FINISH LINE



Vintage Picture circa 1995 of Mad Dogs racing for China City. (L to R) Susan Daniels, Jack Pyle, Laura Kaleel, Claudia Junqueira, Tansy Moon and Danny Nolan

*Join Us For The Wednesday
Swim/Social at Pass-a-Grill
Beach @ 6:00 PM*

Training Calendar -	Page 3
New Mad Dogs -	Page 4
Mad Dog News -	Page 5
Birthdays -	Page 6
Upcoming Races -	Page 7
Race Results -	Page 8
Mad Dog Pix -	Pages 9 - 12
Articles & Reports -	Pages 13 - 15
Advertisements -	Pages 16 - 20



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

BOD@STPETEMADDOGS.COM

- | | |
|---------------------------|----------------|
| PRESIDENT | TIM HUDSON |
| VICE PRESIDENT/MEMBERSHIP | CAROLYN KIPER |
| TREASURER | DAVE PROFFITT |
| SECRETARY | GAIL LOHMAN |
| EDITOR | CHUCK LOHMAN |
| BOARD MEMBER | ALLEN JERNIGAN |
| BOARD MEMBER | PEPIR JERNIGAN |
| BOARD MEMBER | ROSIE RAY |
| BOARD MEMBER | GINA BARDECKI |
| AMBASSADOR | JENN OLVEDY |
| AMBASSADOR | RUE MORGAN |
| | KATHY MORGAN |



EDITOR'S COLUMN

Thanks to Claudia Junqueira for contributing some vintage photos of Mad Dogs in early races. I had never been aware of the China City team (due to my extreme youth). If you hadn't heard, long time Mad Dog Tom Singletary had a medical incident and is recovering in Tampa General Hospital. All of us wish him the best for a quick recovery! As the Tour de France begins on July 1st, many of us will be glued to our TVs over the next 3 weeks. *Para frente e para cima!*

Chuck Lohman, Editor

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

Local Bike Shop Events



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



From the Palm Harbor Store (727) 786-6889 Every Saturday 8AM - 3 ability groups - about 40 miles



From the Clearwater Store (727) 723-2453 Every Friday - 5:30 AM 17 mile Clearwater Bridge Ride. Group #1 at 20-22 MPH. Group #2 at 22-25 MPH. Lights required.

From the Tampa Store (813) 831-1414 Tuesday and Thursday - 5:00 AM Training Bike Ride about 90 minutes at 22-30 MPH. Lights required.

Saturday - 7:30 AM 20 mile no drop bike ride at 15-20 MPH depending on abilities. Some instruction provided.

WELCOME NEW MAD DOGS!

#3709 - Andy Butterfield - St. Pete Beach

#3710 - Mark Patterson - Ellicot City, MD

#3711 - Steve Wilsey - St. Petersburg

#3712 - Scott Grinnen - Warren, PA

MAD DOG NEWS

Jackson Laundry (Mad Dog homestay for St. Anthony's this year) continues to excel on the pro circuit - 2nd at IM 70.3 Puerto Rico, 4th at St. Anthony's, 8th in North America Pro Championships, and 3rd at IM 70.3 Raleigh.

Tough day at Mad Beach race this year. Bike leg cancelled due to heavy rain. Swim leg was supposed to be 400 meters and was measured at least 600 meters. In any case, the 5K run was on hard packed sand this year.

For long term planners, the HITS Naples Jan 6-7 2018 and HITS Ocala 31 Mar 2018 are offering Mad Dogs a 10% discount. Use MADDOGSAVES when entering.

Madness strikes in St. Pete! My sources tell me that Steve Swift, Fred Rzymek, Art Singleton, Noah Pransky, Melissa Harris, Phil Harris and Casey Arnold all entered Escape From Alcatraz this month. 55 degree water with strong currents; hilly bike and sand stairs on the run! Where's the race report?? Oops, swim cancelled for first time ever. Poseidon unhappy?

Congratulations to Mad Dog Steve Swift who just retired from the U.S. Navy after a 30 year career.

Also, British Mad Dog, Diane Weaver, completed a Channel Swim as part of a four person team. Swim on, Diane!

JULY BIRTHDAYS



Paul Mazziello - 1st
Chuck Ashbaugh - 2nd
David Grote - 2nd
Kevin Dooley - 3rd
Stephen Bacon - 5th
Jil Voorhis - 11th
John Thompson - 12th
Vivki Linkovich - 12th
Jim O'Connor - 13th
Jayne Zampelli - 15th
Rick Zambelli - 17th
Lindsey Bell - 18th
Nicholas Chasev - 18th

Pamela Greene - 18th
Carolyn Kiper - 18th
Rudy Lindner - 20th
Maurice Kurtz - 21st
Kyah Morgan - 22nd
Annie Ryan - 22nd
Nema Runyon - 22nd
Janee Hoge Lampasona - 23rd
Kent gordon - 25th
Algis Vosylius - 25th
Danny Hicks - 29th

UPCOMING RACES



8 Jul - Ft. DeSoto Series #1
Olympic/Sprint/Duathlon
Fort DeSoto, FL
www.multirace.com



19 Aug - Ft. DeSoto Series #2
Olympic/Sprint/Duathlon
Fort DeSoto, FL
www.multirace.com



22 Jul - Topgun Triathlon
Sprint/Olympic Distance
Fort DeSoto, FL
www.topguntri.racehawk.com



2 Sep - Crystal River #2
Sprint Distance
Crystal River, FL
www.drcsports.com



5 Aug - Tri Sarasota
Sprint/Olympic/Duathlon
Sarasota, FL.
www.multirace.com



9 Sep - Tarpon Springs Triathlon
Sprint Distance
Tarpon Springs, FL
www.TarponSpringsTriathlon.com



12 Aug - Clermont #3
Sprint/Duathlon
Clermont, FL
www.runnersignup.com



07 Oct - Lycra & Lace
Women's Sprint
Fort DeSoto
www.lycraandlacetri.racehawk.com

RACE RESULTS

Madeira Beach Tri - 4 Jun

1st Place -

Suzanne Brosseau

Ben Carlson (Elite)

Pepir Jernigan

Jill Kralovanec

Rosey Ray

Jill Voorhis

Jackie Yost

Larry Yost

2nd Place -

Jay Anderson

Yova Borovska (OA)

Cathy Dehaan

John Von Lackum

3rd Place -

Gary Bonacorsi

Karen Lopez

Chad Siple (OA)

Raleigh 70.3 - 4 Jun

3rd Place -

Jackson Laundry (OA)

(Mad Dog Home Stay for St. A's)

Dunedin Triathlon - 11 Jun

1st Place -

Jill Kralovanec (Masters)

2nd Place -

Yova Borovska (OA)

Suzanne Brosseau

Ironman Boulder - 11 Jun

4th Place -

Richard Jansik

Heartland Triathlon - 18 Jun

1st Place -

Lin Dolan

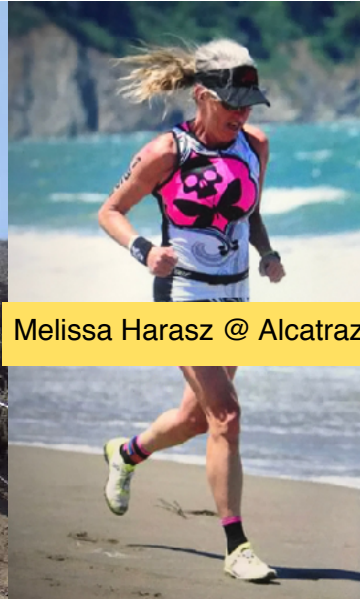
Jackie Yost

Larry Yost

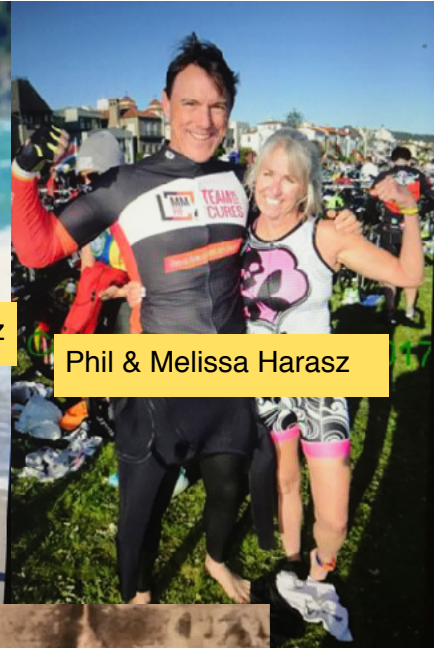
MAD DOG PICTURES



Sand ladder at Alcatraz



Melissa Harasz @ Alcatraz



Phil & Melissa Harasz

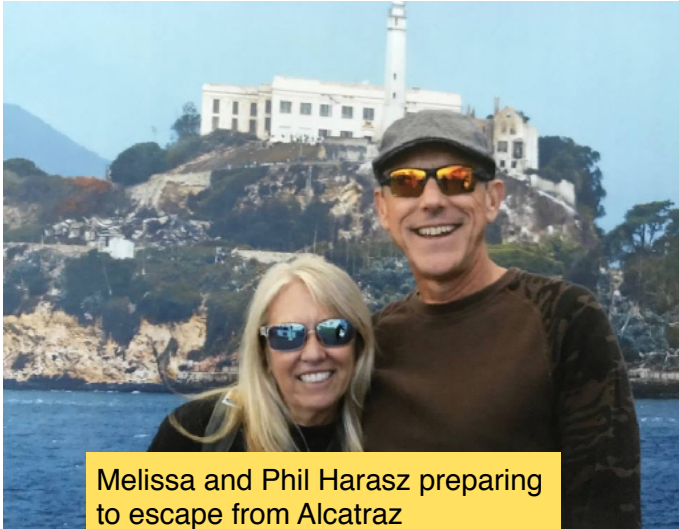


Frank Adornato in clothes!



Claudia Junqueira and Laura Kaleel circa 1995

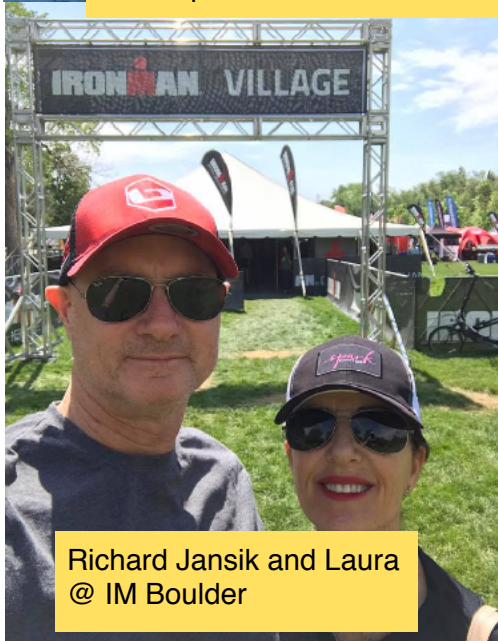
MAD DOG PICTURES



Melissa and Phil Harasz preparing to escape from Alcatraz



Art Singleton ready to Escape



Richard Jansik and Laura @ IM Boulder



Richard Jansik 4th @ IM Boulder



Fred Ryzmek @ Escape from Alcatraz



Erik (Surfer Dude) Lagerstrom @ Escape (another Mad Dog home stay from St. A's)



Linda Musante and Lynn biking across the Rockies

MAD DOG PICTURES



Vintage Picture circa 1995 of Mad Dogs racing for China City. (L to R) Susan Daniels, Jack Pyle, Laura Kaleel, Claudia Junqueira, Tansy Moon and Danny Nolan.

MAD DOG PICTURES



Gail remembering Roger Burke at his bench



Celia Dubey wins Duathlon Nationals



Claudia and Patricia Junqueira racing in Brazil in the early days



Apparently, Tom finally passed the bar.

Copy of a newspaper report from Tyron, NC

Carol Jean Vosburgh experienced her first double win at the Middle Tiger Triathlon June 3rd, Duncan NC. She not only won age group gold, but also won a special award for being the oldest competitor. This USAT sanctioned event consisted of a pool swim, followed by a challenging 15 mile bike leg, and 5K partial cross country trail run. Interestingly, even with the 60 years age difference between the oldest (72) and youngest (12), there was little time difference between. Carol Jean is motivated to inspire and encourage other seniors to get out there and do all they can, while they can and just try!



This is a copy of a blog by Jackson Laundry, Canadian Professional Triathlete, as he describes his race at St. Anthony's. Since many of you competed there, I thought you might find it interesting. Chuck Lohman

There are few Olympic distance races left with significant prize money for professionals, but the iconic St. Anthony's Triathlon has maintained their prize purse which makes it a competitive and exciting race every year. It was a no brainer for me to sign up for the race and see how I stack up against some of the best Olympic distance specialists around.

Preparations leading up to the race went smoothly and were made much easier by my amazing home stay hosts Gail and Chuck Lohman. They drove me to and from the race site and toured me through the bike course twice, as well as the run course. I went into the race feeling well rested and ready to roll!

The swim ended up being shortened due to rough water in the latter portion of the swim course. It resulted in about a 900m swim (including lots of running through shallow water), followed by about a 600m run to transition. I had a bad start to the swim, I went too far to the left and by the time I got to the first buoy I was way behind the leaders. I swam alright for the rest of it, but got out of the water in 22nd place, 51 seconds behind the leader! I definitely need to practice swimming in rough water more. Speed in the pool does not always translate to speed in the open water, especially in wavy conditions. I had a strong run to transition and by the time I got to the bike mount I had passed several more guys and was in about 15th place. On the bike I immediately felt strong, so I got to work on moving up the field. My coach [James Loaring](#) had suggested starting the bike above my anticipated average effort to bridge up to the faster swimmers, and then settle down the effort a little bit once I had caught them. Its not always that a plan goes off without a hitch, but in this case it certainly did. I passed most of the field in the first 10km, and only Andrew Yoder matched my pace. I was in 2nd place by about 25km into the bike! Cameron Dye was still up the road. Eric Lagerstrom, Andrew Yoder and I all stayed fairly close together for the rest of the bike and we dismounted within a couple seconds of each other.

I had a good transition and started the run right behind Eric. His pace was strong but I held on for the first kilometer or so. I had a stitch in the right side of my abdomen which seemed to hamper my stride just a bit, and I knew I wasn't going to be able to hold that pace for the full 10km. I settled into a sustainable effort, and at about mile 2 Jason West passed me and was really moving. I didn't try to stay with him.

After this rough patch at mile 2, I forced my turnover to speed up just a bit, to try to get out of the rut I was in. At the half way turnaround I started feeling good. By counting my strides (3 steps to the second) I estimated that the hard charging Taylor Reid was about 45 seconds back. I stayed focused, and I could tell I was running well because Eric and Jason were no longer pulling away quickly. With a mile to go I heard someone say "he's coming you better hurry up!". I picked up the pace but didn't dare look back. With about 1km to go, someone else said "he's right behind you!", and as we got closer to the finish, it seemed I was reminded by everyone that he was there. Despite my gradual acceleration the entire last mile, Taylor caught me just as we turned into the finishing stretch. This was about a 200m run into the finish, and as soon as he went by he put in a big surge. There was no time to think about strategy, just GO! I matched his pace and pulled up beside him, then he surged again and we were in a shoulder to shoulder sprint. With 50m to go I thought I might not be able to hold the pace, but with 30m left I somehow found another gear for 1 huge push to the finish. He couldn't match the pace and I finally pulled ahead through the line. I have never had such a close battle like this in any race, and I'm glad I got to experience it. Of course, I'm glad I won the sprint and got some redemption on Taylor who destroyed me at Ironman 70.3 Puerto Rico!



Jackson in red and black kit leaving T1.

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

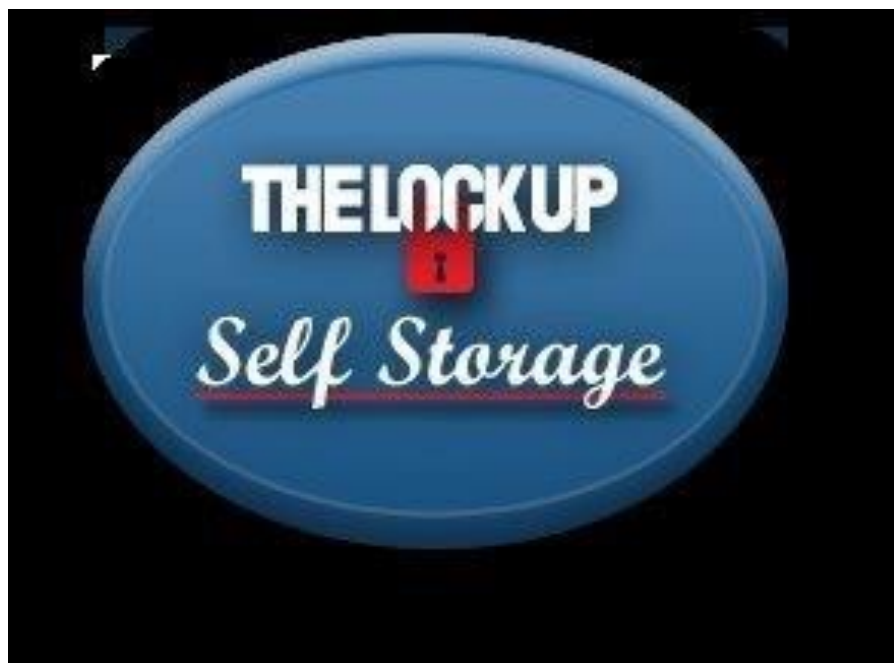
727-301-7300

KentRodahaverRealtor.com

[Facebook.com/RealtorKent](https://www.facebook.com/RealtorKent)

KentRodahaverRealtor@Gmail.com

Contact me for a personal, no obligation consultation on your home's value and to learn more how we can develop a successful custom marketing plan.



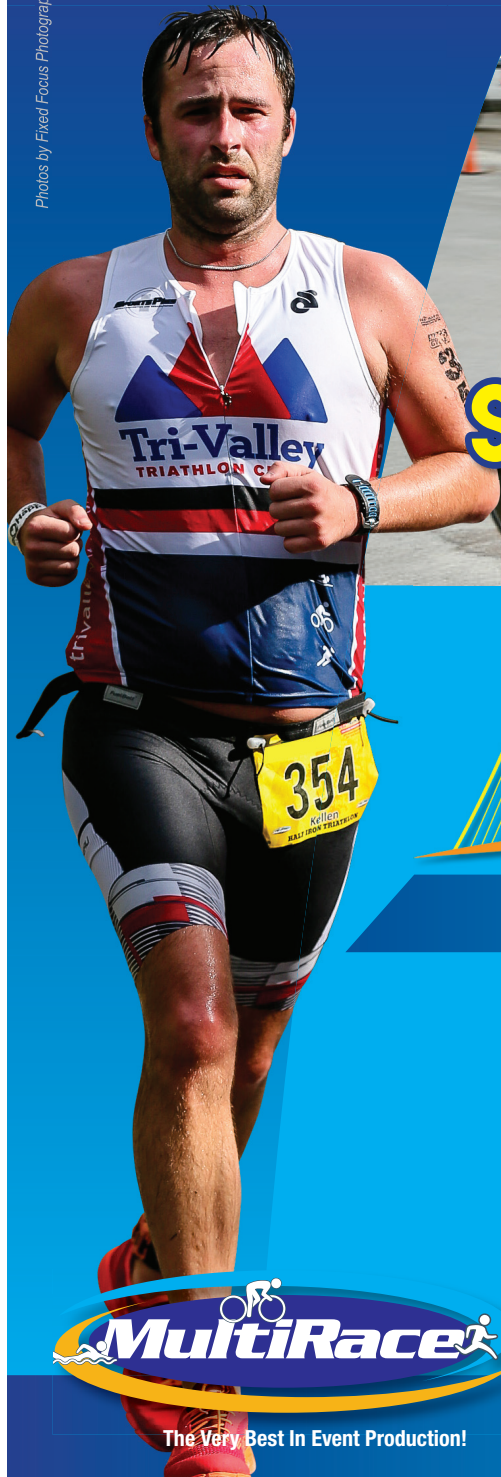
1700 1st Avenue South
St. Petersburg, FL
(727) 502-0044



Runfest is November 19th. They feature a half marathon and a 5k. For a Mad dog discount use the code **MadDogs17**. Website for more details is www.stpeterunfest.org.

TRIATHLON \ DUATHLON \ AQUABIKE

Photos by Fixed Focus Photography



**WEST COAST
SUMMER SERIES**



TRIFORTDESOTO
SPRINT | INTERNATIONAL

JUL 8 \ AUG 19 \ SEP 23

Beautiful Gulf Coast Swim

Car-Free Bike Course

Multi-Terrain Running Course

Digital & Print Results at Finish Line

Finisher Medals & Shirts to All

*Use code **MADDOG17** and save!*



The Very Best In Event Production!

WWW.MULTIRACE.COM



Premier Bike Transport

Your Road To The Race

HELLO MAD DOGS!

I want to introduce myself and say that I am happy to be working with The St Pete Mad Dogs to support your triathlon goals. I provide fully assembled bike and gear transport services to a variety of race destinations.

Here are some of the highlights of my service:

- Your bike is transported fully assembled. No need to remove pedals, bottles, race wheels or CO2 cartridge, ship it like you race it!
- Look at the costs associated with travel by air (bike box, larger rental vehicle, oversized bag fees, the need to purchase new CO2 cartridges at the race site, bike dis-assembly and re-assembly, etc.) you will actually find me to be a very affordable option.
- Less down time from your bike. I serve a smaller area than the big companies so I don't need as much time to get your bike to and from your race.
- If you have a question, you can contact me directly

2017 EventSchedule

- ♦ [Chattanooga, TN 1/2 Distance Triathlon](#)
[May 21, 2017](#)
- ♦ [Raleigh, NC 1/2 Distance Triathlon](#)
[June. 4, 2017](#)
- ♦ [Omaha, NE - Age Group National Championships](#)
[Aug. 12-13, 2017](#)
- ♦ [Chattanooga, TN 1/2 Distance Tri World Championships](#)
[Sept. 9, 2017](#)
- ♦ [Madison, WI Full Distance Triathlon](#)
[Sept. 10, 2017](#)
- ♦ [Chattanooga, TN Full Distance Triathlon](#)
[Sept. 24, 2017](#)
- ♦ [Augusta, GA 1/2 Distance Triathlon](#)
[Sept. 24, 2017](#)
- ♦ [Cambridge, MD Full Distance Triathlon](#)
[Oct. 7, 2017](#)
- ♦ [Louisville, KY Full Distance Triathlon](#)
[Oct. 15, 2017](#)
- ♦ [Wilmington, NC 1/2 Distance Triathlon](#)
[Oct. 22, 2017](#)
- ♦ [Austin, TX 1/2 Distance Triathlon](#)
[Oct. 29, 2017](#)
- ♦ [Panama City Beach, FL Full Distance Tri](#)
[Nov. 4, 2017 \(Concierqe Service\)](#)
- ♦ [Tempe, AZ Full Distance Triathlon](#)
[Nov. 19, 2017](#)

As a Member of St Pete Mad Dogs, get \$20 off the cost of transport. Use Coupon Code **MadDog** at checkout.



I'm Steve Begnaud and I am Premiere Bike Transport. I answer the phones, reply to emails and make sure that each and every bike is handled with care.

www.premierbikettransport.com

info@premierbikettransport.com

(352) 429-3022



SCOTT RUBIN, D.C., CCSP

Provider for US Olympic training team center USOC
ART - Acupuncture - Kinesology - Pilates
Graston - SFMA - TPI Certified

www.rubinhealthcenter.com
727-822-1555 St. Petersburg Florida

All Mad Dog members receive \$45.00 massage and free myofascial taping prior to any competition.

The advertisement for Reeder & Nussbaum, P.A. features two portraits of the attorneys, Andrew D. Reeder and Marc B. Nussbaum, on either side of a central logo. The logo consists of a scale of justice above the text "REEDER & NUSSBAUM, P.A." in a bold, red font, followed by "PERSONAL INJURY ATTORNEYS" in a smaller, black font. Below this, the phone number "727.521.ATTY (2889)" is displayed in a large, red font, and the website "www.CounselorsOfLaw.com" is in a smaller, black font. At the bottom, a red banner contains the text "PERSONAL INJURY | AUTO & MOTORCYCLE ACCIDENTS | WRONGFUL DEATH & NURSING HOME ABUSE" in white, uppercase letters. Small captions "ANDREW D. REEDER" and "MARC B. NUSSBAUM" are placed below their respective portraits.