



THE FINISH LINE



Vintage Mad Dog picture. Katy Perry, Anne Jorgensen, Rue Morgan and Ralph Perry.

*Join Us For A Pass-a-Grill
Swim Every Wednesday Night
@ 6:00 PM*

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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" x 10" | 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

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EDITOR'S COLUMN

To continue the thoughts from last month's column, Carolyn Kiper is working closely with the representative from St. Pete Bike and Fitness to design a new set of joint triathlon uniforms and bike outfits. I'm really looking forward to seeing what they come up with.

Dave Proffitt, Tim Hudson, Carolyn Kiper and John Hollenhorst are looking at our website, hosted by Wild Apricot and seeing if it can be improved. They are also looking at alternate hosts for comparison. We are also evaluating our efforts on Facebook to see if they can be revised.

(Please go to page 4)

TRAINING CALENDAR

Upcoming Training Sessions (all show and go)

SWIMMING

Every Tuesday & Thursday 6:30 - 8PM

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

Every Monday & Thursday 5:30 - 7 AM

St. Pete Beach Aquatics w/ Coach Leo Briceno (New)
Watch for Mock Tri before Top Gun!

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

Every Saturday 8:00AM (Summer)

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. frnrs@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

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!

#3772 - Matt Vermeer - Clearwater

#3773 - Kenn Burnett - N. Myrtle Beach, SC

(continued from page 2)

Training is an area in which we think we can expand opportunities for Mad Dogs. As you may have seen on Facebook, St. Pete Bike and Fitness invited the Mad Dogs to join them for a practice triathlon to get ready for the FD3 series at Ft. DeSoto on July 7th. Additionally, KLR is expanding training events in the St. Pete area and invites Mad Dogs to attend at no cost. We hope to be able to post a schedule of those events next month. As you can see, your Board of Directors, and other volunteers are hard at work to constantly improve the opportunities for the Club.

Mad Dogs Rule,
Chuck Lohman, Editor

MAD DOG NEWS

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

"Your body is like a lawn mower. If you take care of it and use it, it's amazing how long it will last." - *Bill Bell, Mad Dog #443* (Said at age 92, in Feb. 2015)

Congrats to Tom Kennedy and Kim Snow for completing Ironman Boulder — tough race. Tom completed his 18th Ironman!

Brit Mad Dog Diane Weaver is doing another English Channel Swim on August 2nd. This time to help raise money for a friend with cancer. Also racing IM Vichy 3 weeks later for the same cause.

**“We shall not fail or falter, we shall not weaken or tire.”
*Winston Churchill***

UPCOMING RACES



1 Jul - IM Austria
Iron Distance
Klagenfurt, Austria
www.ironman.com



21 Jul - Top Gun
Sprint/Olympic Distance
Ft DeSoto, FL
(web add too long. Google it!)



2 Jul - American Sprint
Sprint Tri & Du
Naples, FL
www.raceentry.com



11-12 Aug - USAT Nationals
Sprint @ Olympic Distance
Cleveland, OH
www.teamusa.org



7 Jul - Tri Ft DeSoto #1
Sprint/Olympic/Duathlon
Ft. DeSoto, FL
www.fortdesototriathlon.com



18 Aug - Tri Ft. Desoto #2
Sprint/Olympic/Duathlon
Ft. DeSoto, FL
www.fortdesototriathlon.com

RACE RESULTS

**Dunedin Triathlon - 20 May
(late result)**

1st Place -
Rosie Ray

Cent. FI Series #1 - 2 Jun

1st Place -
Tony Handler

Raleigh IM 70.3 - 3 Jun

1st Place -
Jackson Laundry (OA)
(Mad Dog Home Stay)
Gail Lohman
Gail Norman
4th Place -
John Hollenhorst

Heartland Olympic - 10 Jun

2nd Place -
Park Alsop
Jill Voorhis
3rd Place -
Bonnie Theall

IM Boulder - 10 Jun

Finishers -
Tom Kennedy
Kim Snow

Jacksonville Sprint Tri - 16 Jun

1st Place -
Kim Donaldson

Challenge Heilbronn 70.3 - 17 Jun

1st Place -
Daniela Sammler (OA)
(Mad Dog Home Stay)

Furman U. Triathlon

1st Place -
Carol Jean Vosburg
3rd Place -
Kip Vosburg

Ironman 70.3 Mt. Tremblant - 24 Jun

4th Place -
Jackson Laundry (OA)
(Mad Dog Home Stay)

Siesta Key Woman's Tri - 24 Jun

3rd Place -
Carolyn Kiper

JULY BIRTHDAYS



| | | | |
|-----------------|-------|----------------------|-------|
| Paul Marzzillo | -1st | Teddy Arsenault | -20th |
| Chuck Ashbaugh | -2nd | Rudy Lindner | -20th |
| David Grote | -2nd | Maurice Kurtz | -21st |
| Kevin Dooley | -3rd | Rod DeKanel | -22nd |
| Steven Bacon | -5th | Kyah Morgan | -22nd |
| Jill Voorhis | -11th | Nema Runyon | -22nd |
| Vicki Linkovich | -12th | Jenee Hoge Lampasona | -23rd |
| Jim O'Connor | -13th | Thomas Stratman | -24th |
| Janye Zampelli | -15th | Kent Gordon | -25th |
| Rick Zampelli | -17th | Algis Vosylius | -25th |
| Pamela Green | -18th | John Geoghagan | -26th |
| Carolyn Kiper | -18th | Danny Hicks | -29th |

MAD DOG PICTURES



Gail w/ the father of Jackson Laundry whom we hosted at 2017 St. A's



Laura Jansik #1 in guess what race.



Gail Lohman, Linda Musanti and Gail Norman @ IM Raleigh 70.3



JoJo Bayliss & Gail at Raleigh

MAD DOG PICTURES



Mad Dog Tom Kennedy prepping for IM boulder at altitude



Carolyn Kiper with Pila Cadena. Don't see Pila's bike.



I think this is Angelina Daetz and Noah Pransky. Either practicing yoga or dog worshipping.



Richard Jansik at guess where



Carolyn Kiper and Natalie Davis at Siesta Key

MAD DOG PICTURES



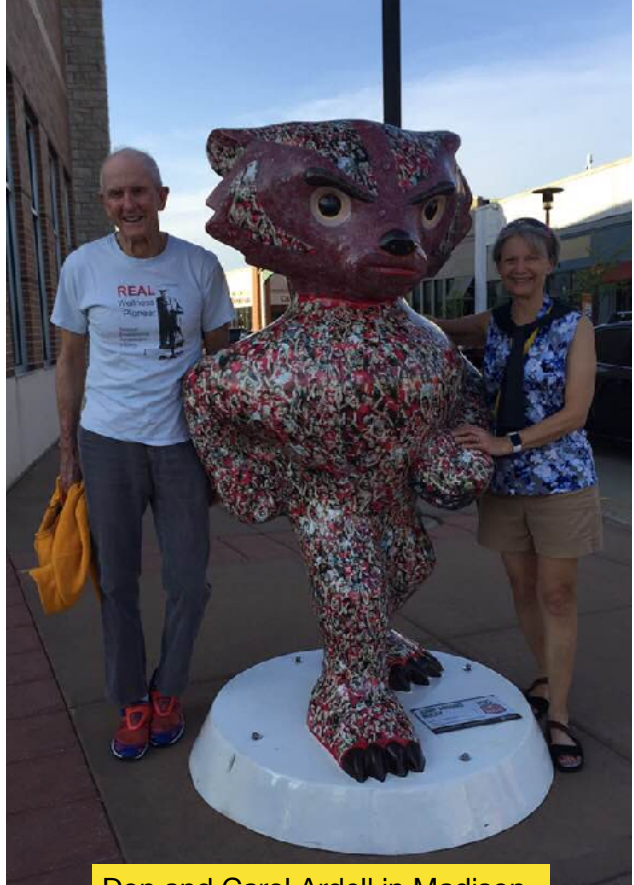
Mad Dog Tony Scott (center) celebrates his birthday with friends



Mad Dog home stay Daniela Sammler wins Challenge Heilbronn!



Carolyn Kiper @ Siesta Key



Don and Carol Ardell in Madison with U of W mascot.

MAD DOG PICTURES



St. Pete Bike Club on Day #1 of Bike Virginia. Vicki Linkovich is there somewhere. Looks like fun!



Vintage Mad Dog picture. Katy Perry, Anne Jorgensen, Rue Morgan and Ralph Perry.



Vintage Mad Dog picture. Kathy Morgan & friends.



Kip & Carol Jean Vosburg @ Furman U. Swamp Rabbit Triathlon

Training Tip - Some Nickel Knowledge.

Here's a little nickel knowledge. Nothing earth shattering, but a useful tip. If you're out cycling on the road, and you get a flat, you probably use a CO2 cartridge to inflate the new tube. Be aware that the next day, that newly repaired tube may be flat. Don't panic. Don't change the tube again. Just re-inflate the tube with your regular foot pump and you should be good to go. Apparently a CO2 inflated tube, will deflate faster than a tube inflated from a foot or hand pump. I'm not sure why. I've read lots of theories - some possible and some absurd - ranging from semi permeable membranes, molecular size of COs vs O2, solubility of the rubber with CO2, polar qualities of the molecules, and a more likely reason being the freezing temperature at inflation. Maybe none of these are correct, but the leakage issue is real. All of this being said, a CO2 cartridge on a road ride or in a race is the faster way to go. Just be prepared to re-inflate the tube the next day.

Train smart. Race fast.

Frank Adornato

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



Training Tip - Staying properly hydrated and fueled during training and racing.

Staying properly hydrated and fueled during training and racing is key to finishing strong. Here are some basics to keep in mind:

For short workouts, up to one hour. Carry water and sip occasionally, especially if conditions are hot. In milder temperatures, some athletes prefer not to carry water, but I'd rather carry a small bottle in case I need it.

For high intensity workouts, for races, and for anything over an hour, alternate water with sports drink and gels to replenish electrolytes and for calories. Depending upon your body size, consider taking in between 150 and 250 calories an hour, but not more than that. Whatever you eat and drink, take it in as small amounts every 15 to 20 minutes. Ingesting too much at one time can lead to GI distress. This is one instance when less is better.

And one important last point, whatever you plan to eat and drink, practice with it when you train. Make sure it sits well in your system. Nothing new on race day!

Train smart. Race fast.

Frank Adornato

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Training Tip - Falling, Large Spoons and Butterflies Will Help You Run Better

If you think about falling, large spoons and don't squash the butterflies, you'll run better. Got your attention? OK. Here's where I'm going with that.

Your body position when running should be comfortable, not forced, and you also want to be as aerodynamic as possible. Whether you're a seasoned runner or just starting, try this. Start by standing upright and lean forward from your ankles, not from the waist. As your body starts to fall forward, take one step to prevent yourself from falling over. Your foot should strike the ground mid-foot and under your chest; not out in front of your body. Think of this as "controlled falling". You're now in the proper body and foot position for running. Your body, while leaning forward just a little bit, is relatively straight; not bent over at the waist nor leaning back. Your neck should be in a neutral position, i.e., you are looking forward and at the ground about 20-30 feet in front of you (not straight down at your feet). Keep your shoulders relaxed and allow your arms to swing as if each elbow was in a large spoon. Your hands come up chest high and they are in a loosely closed fist as if you are holding a butterfly in each hand without crushing it. Try it. You'll find that you'll be running more comfortably, more efficiently and probably a little faster.

Train smart. Race fast.

Frank Adornato



IRONMAN BOULDER 2018 RACE REPORT FROM KIM SNOW

Ironman Boulder:

-Swim was great! Gorgeous sunrise. The water temp was around 70 degrees and smooth as glass. Huge fan of the rolling starts. Every breath I took was a view of the mountains, so it couldn't have been a more scenic swim. Best part of the day for sure.

-Bike was great!...until about mile 70. Temps had risen into the mid to upper 90's, windy and there was NO shade to be found. Hit every aid station for the remainder of the bike for at least 5 min to try and cool down, shoving ice down my clothes and drinking a ton of water to try and stay hydrated, watching the time tick away.

-“Run” was great!...until about mile 8. Too much heat and water on the bike made my stomach turn upside down, so nutrition plan went south pretty quick. Luckily I met up with a random stranger and we kept each other going for about 13 miles. What a lifesaver! Made it to the finish a lot later than I had planned, but none the less, it was a humbling finish.

Sometimes it's the experiences that challenge you the most mentally and physically, that turn out to be the best victories. Thank you to everyone who supported me through this journey! [#IMBoulder](#) [#OMT](#) [#TRITMI](#)



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
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Kent Rodahaver

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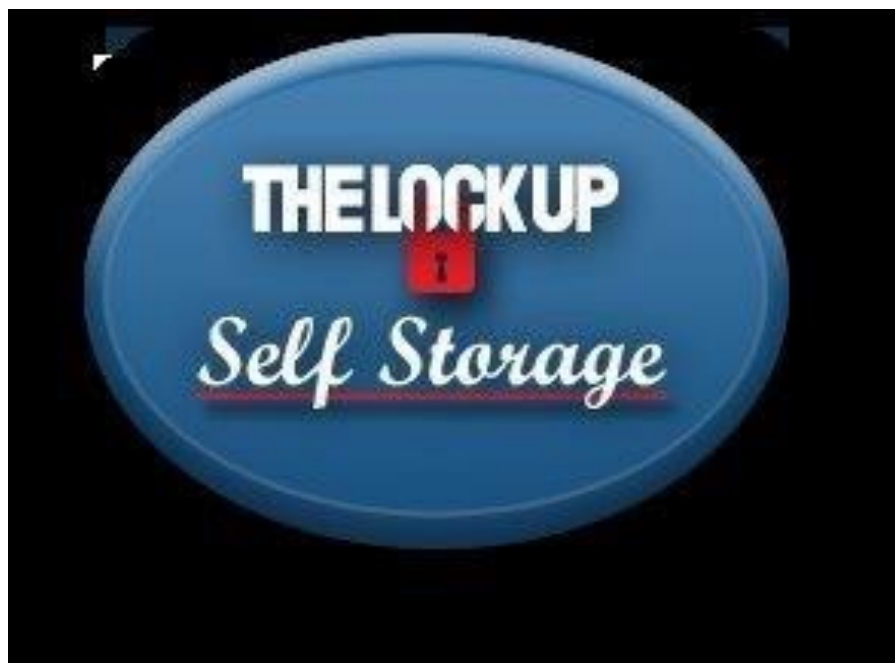
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All Mad Dog members receive \$45.00 massage and free myofascial taping prior to any competition.

The advertisement for Reeder & Nussbaum, P.A. features two men in suits, Andrew D. Reeder on the left and Marc B. Nussbaum on the right. In the center, there is a logo of a scale of justice. Below the logo, the text reads "REEDER & NUSSBAUM, P.A. PERSONAL INJURY ATTORNEYS" in bold, black font. The phone number "727.521.ATTY (2889)" is displayed in a large, bold, red font, followed by the website "www.CounselorsOfLaw.com" 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.

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