



# THE FINISH LINE



Enhanced picture of the April Mad Dog Bikini Run created by Pam Hollenhorst.

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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.**

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**Articles, or photos may be submitted to the Editor @ [newsletters@stmaddogs.com](mailto: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](mailto: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.**

## **ST. PETE MAD DOGS BOARD OF DIRECTORS**

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As we move into the most busy part of the 2019 triathlon season, your Board of Directors is working hard to respond to ideas and requests of all members of the Mad Dog Triathlon Club.

In the Mad Dog news section of the newsletter, I talk about the response to the members desire to have new casual podium shirts and how we are meeting that goal.

In the race results section, we are trying hard to cover every race we can, but

(Please go to page 5)

# TRAINING CALENDAR

	SWIM	BIKE	RUN
<b>MONDAY</b>	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)
<b>TUESDAY</b>	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.
<b>WEDNESDAY</b>	6:00 pm. Pass-a Grill Swim Starting 03/13/19. Meet at Hurley Park.	8 am. From USFSP 16 miles 20-21 mph. <b>Wed is Mad Dog ride. Wear your colors.</b>	7:30 am. Bayway Bridge Repeats. Meet at Sun Blvd & Pinellas Bayway.
<b>THURSDAY</b>	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.	5:15 AM. Bayway Bridge Repeats. Meet at Sun Blvd & Pinellas Bayway. (Burgasser Group).
<b>FRIDAY</b>	8 am. Group swim Sunset Beach. Meet at Yost's 143-91 Ave S.	8 am. From USFSP 16 miles 20-21 mph.	5:30 AM. Snell Isle Bridge to USF and back. (Burgasser Group).
<b>SATURDAY</b>		8: 00 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!**

**#3822 - Tamala Mullins - St. Pete**

**#3823 - Zeina Abdo - St. Pete**

**#3824 - Deonna Roberts - St. Pete**

(continued from page 2)

please feel free to e-mail your results, particularly from more remote races. This month I have perused some old race reports that I wrote before becoming Editor of this newsletter. I decided to republish a few as Retro Race Reports (RRR). The first of these RRR's appear in this issue, a description of the Galveston IM 70.3 race in 2012. Hope you enjoy our adventure. Also, an account of Don Ardell's first triathlon!

An additional thanks to Pam Hollenhorst for her creative efforts on this month's cover.

Mad Dogs Rule,  
**Chuck Lohman, Editor**

# MAD DOG NEWS

Many Mad Dogs have voiced interest in obtaining new St. Pete Bike and Mad Dog Team T-shirts. We have placed an order for these shirts and will continue to award them to new Mad Dogs and to offer them for sale to interested others. Many thanks to Mark Yeager of St. Pete Bikes, Brian Harrington of Harrington Law, Gina Hubany of Alternative Therapy Center and InVigorate for acting as sponsors for the shirts. John Hollenhorst and Gail Lohman led this effort. Also, thanks to Mike Deacy for his offer to store the shirts!

Congrats to Mad Dogs John Hollenhorst and Mike Deacy who, for some unfathomable reason, signed up for and completed "Ride the Rockies" in June. We anxiously await their trip report!

Congrats to Team KLR for their showing at IM Cork. Rain, 20 MPH winds, temps in the 50's and rough seas forced cancellation of the swim. In addition to the course warming tents, many locals pulled bedraggled, frozen triathletes into their homes during the race. *The tougher the course, the greater the glory.* See results of survivors on page 9. Tom Kennedy's race report — "It was epic!"

John Hollenhorst has been nominated to relieve Tim Hudson (who will remain on the BoD) as President of the Mad Dogs. Please look for a Club e-mail blast with this proposal and respond if you wish to compete for the position.

# UPCOMING RACES



7 Jul - IM Austria  
Ironman Distance  
Klagenfurt, AU  
[www.ironman.com](http://www.ironman.com)



4 Aug - Siesta Sprint  
Sprint Distance Tri/Du  
Sarasota, FL  
[www.runnersignup.com](http://www.runnersignup.com)



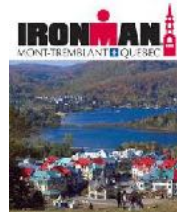
13 Jul - Fort DeSoto #1  
Olympic/Sprint/Tri/Du/Aqua  
Fort DeSoto  
[www.triregistration.com](http://www.triregistration.com)



31 Aug - Crystal River #2  
Sprint Distance Tri/Du/Aqua  
Crystal River, FL  
[www.runnersignup.com](http://www.runnersignup.com)



20 Jul - Top Gun  
Sprint Tri/Du  
Fort DeSoto  
[www.topguntri.racehawk.com](http://www.topguntri.racehawk.com)



18 Aug - IM Mont-Tremblant  
IM Distance  
Mont. Tremblant, Canada  
[www.ironman.com](http://www.ironman.com)



3 Aug - Fort DeSoto #2  
Olympic/Sprint/Tri/Du/Aqua  
Fort DeSoto  
[www.triregistration.com](http://www.triregistration.com)



7 Sep - IM 70.3 Worlds  
Half IM Distance  
Nice France  
[www.ironman.com](http://www.ironman.com)

# JULY BIRTHDAYS



Paul Mazzillo	1st
Chuck Ashbaugh	2nd
David Grote	2nd
Jill Voorhis	11th
Vicki Linkovich	12th
Jim O'Connor	13th
Jayne Zampelli	15th
Rik Zampelli	17th
Pamela Greene	18th
Carolyn Kiper	18th
Maurice Kuttz	21st
Kyah Morgan	22nd
Nema Runyon	22nd
Tasha Futch	24th
Kent gordon	25th
Algis Vosylius	25th
Danny Hicks	29th



# RACE RESULTS

**IM 70.3 Japan - 8 Jun**

4th Place -

Brittany Higgins (Pro)

**Escape From Alcatraz - 9 Jun**

Finishers -

Jenna Heke (Caspar)

Kent Rodahaver

**Heartland Triathlon - 9 Jun**

1st Place -

Bonnie Theall

2nd Place -

Jill Voorhies

3rd Place -

David Longacre

4th Place -

John Von Lackum

5th Place -

Jay Anderson

**IM 70.3 Mount Tremblant - 23 Jun**

1st Place -

Jackson Laundry (pro MD homestay)

3rd Place -

Eric Lagerstrom (pro MD homestay)

**IM Cork - 23 Jun**

1st Place -

Jerry Magliuolo

Gail Norman

5th Place -

Park Alsop

Survivors - (KLR)

Susan Haag

Tom Kennedy

Jill Kralovanec

Dugan Walker

Christopher Welch

**Sirens Tri & Du - 23 Jun**

2nd Place -

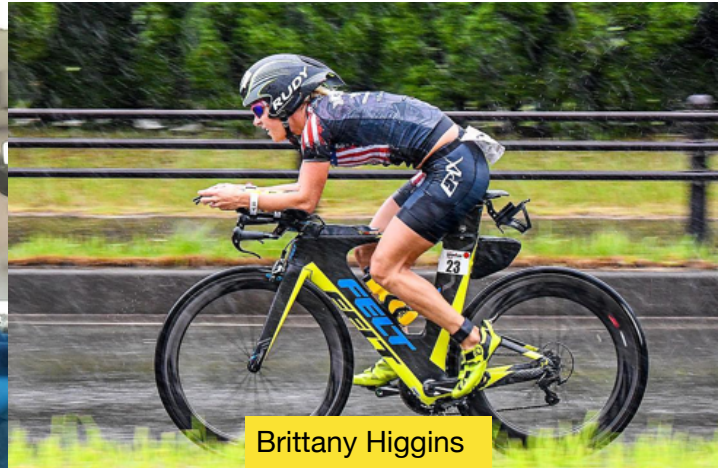
Suzanne Brousseau

Jenn Olvedy (OA)

# MAD DOG PICTURES



Kent Rodahaver with Andy Potts @ Escape from Alcatraz



Brittany Higgins



John Hollenhorst and Mike Daecy carbo loading prior to riding the Rockies

ST. ANTHONY'S TRIATHLON

Team Gail's Males

Govnight Finish Six 2019

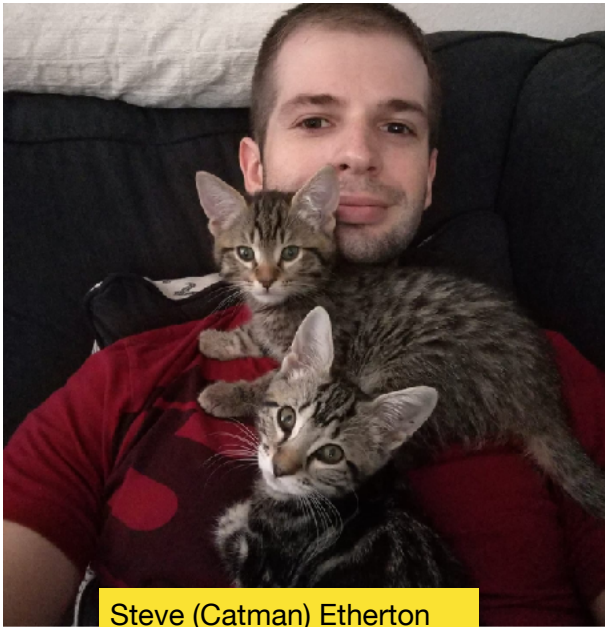
SWIM	00:25:17	FINISH
BIKE	01:16:29	02:26:13
RUN	00:44:42	

David Joffe riding 2nd leg for Gail's Males @ St. A's



Coach Leo and Dave Proffitt

# MAD DOG PICTURES



Steve (Catman) Etherton



Kosty Surkov (R)



Claudia and Patricia Junqueira @ Rio Marathon



Wed. morning bridge repeats group. John Hollenhorst, Bill Biel, Frank Adornato Gail Lohman, Sandy Elliott, and Frank. Be there or be sorry!



Natalie Davis flying the colors at the pool

# MAD DOG PICTURES

Photos from the St. Pete Bikes and Mad Dogs Mock Tri @ Ft. DeSoto on June 22nd. Thanks to Mark Yeager and Ben Carlson for their support.



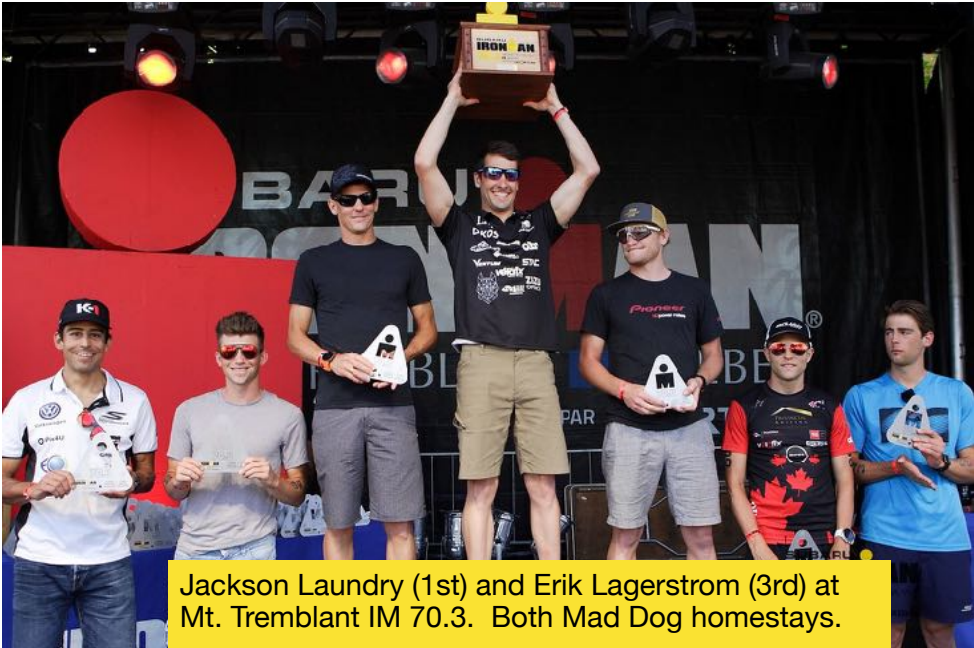
# MAD DOG PICTURES



The Fareses sporting Mad Dog colors during their Greek vacation! Sent by Patti.



John Hollenurst, Bill Biel and Gail Lohman brunching during a bike ride



Jackson Laundry (1st) and Erik Lagerstrom (3rd) at Mt. Tremblant IM 70.3. Both Mad Dog homestays.

## **Don Ardell shares his first triathlon experience**

**I'm not sure if there is a wellness lesson, principle or even a moral to the story of my first triathlon, but just the same I thought I would share the tale with you.**

**The U.S. Triathlon Association, of which I and nearly everyone who does triathlons is a member, has decided to produce a first-ever yearbook-one that will profile members of the organization. (There were 174,787 members at the start of 2014, so the yearbook is likely to be a hefty opus, even if only half the members go to the trouble of filling out the requested bio data.)**

**I don't plan to buy it (\$80) but inclusion is free. So, why not? I sent in all the requested data.**

**The survey contained a request for a comment about "your favorite race memory." This is what I contributed-and every word is true, to the best of my ability to recall, which some consider suspect.**

**In 1982, I traveled from my home in the SF Bay area to Kansas City to give speeches on the benefits of wellness lifestyles to staff and the community as part of a K.C. hospital's promotion of their new wellness center. My third book (at that time), entitled Planning for Wellness, had just been published, and the organization arranged many book signings. It so happened that a popular triathlon was set for that weekend, and they asked if I could participate to help promote my talks. Being a serious runner at the time, I said, "Sure. What's a triathlon?"**

**The idea of a mile swim and 25 mile bike seemed a bit much, though I loved the idea of doing a 10K (I was running a 33 minute 10K at the time). Furthermore, I had been a lifeguard in high school and I owned a bike growing up-so how hard could it be?**

**REAL hard, as it turned out. The borrowed equipment was awful (the bike was ancient and weighed as much as a motorcycle) and I soon discovered that nearly 25 years was too long between swim training sessions. I started in the first wave (to embarrassing fanfare that raised expectations that the wellness expert might be a serious tri stud) but, after hapless flailing, dog paddling, backstroking and holding on to boats, I exited the water with the last wave. The bike was an ordeal. Finally, hours later, it was time to run.**

**Despite the previous exertions, I did 34 minutes-and decided I was going to become a triathlete. I would learn to swim and bike, if it took years. Well, 30-some years later, I'm starting to get the hang of it.**

**That's my best memory, if not my best race.**

**Be well and, whether doing a triathlon or just hanging out, look on the bright side of life.**

## Galveston 70.3 Race Report (From 2012)

Every once in a while Gail and I get the urge to try a different race -- for 2012 it was Galveston 70.3. We decided to fly rather than drive 11 hours. At Tampa International we learned that things had gotten a little more complicated than we remembered.

**Battle of the Bike Bag, Part I.** United apparently has decided that only bikes can go in the bike bag -- a complicating factor for triathletes. We had to explain that you need a helmet, bike pump, bike shoes, etc. to actually ride the bike. After 20 minutes the agent reluctantly took us over to TSA and would not give us boarding tickets until the bags had been searched/x-rayed. In any case, we flew into Houston, rented an SUV and drove an hour and fifteen minutes to Galveston. The race venue was centered in Moody Gardens, a large, beautiful resort. We headed over to the Expo/Registration which was similar in size to St. Anthony's. I caught Gail flirting with Chris Lieto and snapped a picture as evidence. During the bike check-in, I met Tom Waldrop, and Gail met Mary Holbolt, both ranked #7 in the US in our respective age groups -- the podium was beginning to fill up before the race start! We also ran into Mad Dog Linda Musante setting up her bike. Since the race was the US Professional Championships, there was a large pro field including Lance Armstrong.

The swim is in a protected bayou, salt water and 71 degrees, and featured an in water start with five minutes between waves. The transition area was less than 100 yards from the water exit. The bike course was a relatively flat out and back course with little protection from the wind. Seventy-five percent of the roads were in beautiful condition. The three lap run included many twists and turns, but we figured we would just be following the crowd by that time.

As you know from past reports, every one of our races features drama (or in this case trauma). The walk from the transition area to the swim start was about a half mile with a number of dark twisting trails from which to choose. About half way, Gail tripped and fell suffering a "chip" fracture of her big toe. Since she already had a torn meniscus and

sore achilles tendon, things were looking ominous. Doctors at the scene said they really couldn't do anything for her. Any normal, sane person would have packed it in; Gail just got mad. Although aqua-challenged, we both had decent swims followed by sub-par bikes in windy conditions. Gail was in some pain as her toe swelled to fill the bike shoe; fortunately her running shoes had a generous toe box. The run was hot and humid, but living in St. Pete is good preparation for those conditions. On the second lap of the run, on one of the switchbacks, I saw my friend, Tom Waldrop, about 100 yards ahead of me. My confidence soared until I realized he was on his third lap and about 50 minutes ahead of me. Fortunately, there was plenty of ice and refreshment on the course so we finished the run without incident. The best news was that our nutrition plan for the bike-run portion of the race really went well. We both finished 3rd in our age groups, and were elated to learn that Linda Musante had won hers. Margie Shapirio, a friend from Virginia, finished 5th among the pro women and took home \$2500.

We dragged ourselves and our gear back to the room, and I lay down on the floor with my feet up while Gail headed out to look for ice to treat her various wounds. Unfortunately, she didn't take a room key. When I heard her pounding on the door I tried to get up, but both legs cramped. I finally did the low crawl across the floor on my stomach using my arms, rolled over on my back and opened the door with my feet. I'm glad that wasn't recorded on film or it would be an instant U-tube viral hit. The rumor was that Gail used up all the ice in Galveston, and the hotel needed to send to Houston for a resupply.

The next morning we were stunned to watch a major thunderstorm with wind gusts to 60 MPH roll through almost exactly 24 hours after race start -- catastrophe averted! As the storm abated, we headed back to Houston International where we engaged in **The Battle of the Bike Bag, Part II**. This time the bike bag police forced us to remove dirty triathlon clothing, race nutrition and all Gail's potions and lotions and put them in our carry on luggage. Of course this caused problems with TSA at carry on screening, so these items had to be removed and



examined by hand. They even did an explosives check on the Carbo-Pro powder. I guess all this is necessary since 9/11, but it has convinced us to either drive to away triathlons or ship our bikes from now on. With the advantage of hindsight, flying SWA to Houston Hobby airport would have been cheaper and more convenient since it's 25 miles closer to the race venue.

We both thought Galveston 70.3 was a well organized and supported race, with the lone exception of running out of post race food before 3PM (I was in wave 18 of 20). It's a good alternative for opening the triathlon season if a long distance race is in your plans. We look forward to seeing everyone at St. Anthony's, as always. Gail will be the one hopping on one leg, although she hasn't decided which one to use yet.

Mad Dogs Rule, Chuck Lohman, MD #2027

## **VICTORY! IRONMAN 70.3 MONT TREMBLANT RACE RECAP**

### **By Jackson Laundry**

What an incredible day it was for me at Ironman 70.3 Mont Tremblant. The whole experience is something I will never ever forget. Winning is always exciting, but winning in Mont Tremblant is a whole new level. Here's how the whole thing went down.

The lead up to the race went as well as I could have hoped. I had a 5 week gap between Chattanooga and Mont Tremblant, so I had a good chance to build up fitness. I made some changes to my bike position shortly after Chattanooga. Firstly, I raised my hands higher to get a bit more aero as determined by the STAC virtual wind tunnel. Also, I moved my seat forward and a bit lower in an attempt to gain more comfort in my lower back later in the race. These changes showed promise in this training block, I had some of my best bike workouts ever for power and also in terms of speed. The swim and run training also went well, though there was nothing unusual to report there.

Travel and prep for the race went perfectly. Montana and I did the drive over 2 days, stopping overnight in Belleville to visit my mom and step dad. This really made the trip relaxing and fun on the way there. We settled in at our home stay with Bob, and Montana helped with a lot of preparations before the race to make it as stress free as possible. I'm always much more at ease with her company and help at races. This allowed me to get to the start line calm and focused on the task at hand.

The swim was a bit different than most years because there was actually a bit of chop on the water. Nothing crazy, but I knew it would make it tougher for me to get in that lead group as I did the last 2 years. Unfortunately the start didn't go well for me at all, the race announcer decided that the crowd should count down from 10. Of course, everyone counts way too fast and got to 0 about 2 seconds before the official start horn. Most of the guys started early so I lost a few steps there. After that it went fine, but I just missed a faster group in front. I settled onto some feet and used it as an opportunity to

expend a bit less effort than usual in the swim. This worked quite well as I got out of the water with a relatively low heart rate, right behind Taylor Reid. He and I seem to swim together every time! Coach James was standing at the fence right beside my bike as I did my transition, he said “90 seconds down from Lagerstrom, 70 seconds from McMahon and a few others”. I was ready to crank the bike, expecting to have to work very hard to get to the front.

As soon as I got on and got my feet in my shoes, I knew I would have a good ride. The power and speed just came easily. It was a bit more windy than usual for Mont Tremblant, I figured that would make the bike tougher which I could use to my advantage. I went to work and it didn't take long before I could see the leaders ahead. Taylor Reid was hanging out behind me but I didn't want to burn a match trying to drop him while I still had so much racing left to do. At 20k I was getting close enough to see a group of 4 riders and 1 off the front, and I saw that Reid had fallen off the pace behind me. I could tell it was Yoder ahead, McMahon, Lagerstrom, Lussi and 1 other behind. Around the 25k mark, I went by the group of 4 and instead of putting in a big surge, I just rode solid at near FTP for a few minutes, until I caught Yoder. I looked back and the group of 4 were gone. At the 33km turn around, Yoder and I had 20 ish seconds on the rest. I settled in to an even time trial pace and at the 62km turn around, our lead was up to around 90 seconds. Coming through town at 72km, I got a nice boost from the cheering crowds, this race has amazing spectators! I also got a time split from James again, “1:50!”, along with some other muffled noise. At the last turn at 81km, Yoder was still right there, and the rest were over 2 minutes back. In the last 9km mostly downhill section I kept it solid, but also was able to recover a bit on the downhills, I knew I would still need a good run with the guys charging from behind. I didn't know the exact gap when I dismounted, but I figured it was around 2:15 to 2:30, turns out that was a perfect guess. I rode 2:06:31.

I had a good transition, just a few seconds slower than the other top guys which is great for me, I choose to wear socks and most other

pros don't. Onto the run I felt strong and smooth, I focused on staying smooth and relaxed, not going out too hard. I saw James within the first 300 meters or so, this time he didn't have a split, he just said "uhhhhh...amazing!". Turns out the other guys weren't off the bike yet. I saw Montana about 1km into the run, she said "This is your race!!!". I didn't want to get too excited yet, though that was a big confidence boost for me. I love running from the front because I have the luxury of choosing my own pace. I was happy when I got past the first 4.5km which is quite hilly, the middle part is flat paved trail, great for finding your rhythm. I did just that, settling in to my pace, probably around 3:25/km on the flat section. At the half way turn around, I counted to see what the lead was, as always, its about 1 second for 3 steps (for me) so its easy to count. It was 65 steps back to Yoder so about 2:10, and 75 steps back to McMahon and Lagerstrom, so about 2:30. This was a big positive moment for me because now I knew I just had to keep it together for the win! My legs started really feeling heavy with 5km to go. Those last 5km are really hilly, but I just kept pushing through the pain. Everyone on course was cheering as I went by. which is a huge boost especially as it gets really hard! I never once eased off until the last 800 meters so or when I could see nobody behind.

The last minute or so was the most fun I've ever had in a race. I tried to hit as many high 5's as possible and really soak it in! There's nothing like the adrenaline rush of winning a race especially with fireworks and so many people cheering!

I immediately went over to Montana after I crossed the line and gave her a big sweaty hug, and took a few seconds to let all the emotions out (yes that means crying!). So much hard work, dedication and focus goes into these races and when it all pays off like that after such a hard effort, its pretty overwhelming.

I had to quickly get it together for the finish line interview, and to congratulate my competitors who made me work so hard for the win. Brent came across 2nd, this was the first time I've ever beat him, he's an incredible Canadian athlete and one of my idols in the sport! Eric

was 3rd, he has also kicked my ass many times and is a crazy fast guy when he's on point, good to see him back on the podium after a rough start to the season. Andrew came 4th also on his way back to the top the past couple years. Taylor was visibly disappointed in 5th, though I was glad to see he had a great run to make up several places, that guy is a fighter and he will have more podiums and wins soon! Big congrats to all the pro men for the great battle, and the pro women for putting on a show in such a start studded line up. Congrats to all the age groupers who took part in such an awesome race!



## **Training Tip - "Easy Monday."**

Most working triathletes train hardest and longest on the weekends when they have more free time. So when Monday rolls around, you're sometimes a bit fatigued and the Monday workout can be a drag. One part of your brain says take the day off, and another part of your brain says workout anyway. Good news! It's OK to go easy on those Mondays. If you have a different weekly schedule, your easy day may be a day of the week other than Monday. Regardless, think of it as an active recovery day. Anywhere from a light volume day to a complete rest day may be what your body needs to recharge. Those easy Monday's won't push your conditioning back, and if you're just putting in "junk miles" you're not gaining anything. And then you'll be ready to resume your normal training routine on Tuesday. In fact you'll probably train and race better for it.

Train smart. Race fast.

Frank Adornato



To see all my training tips and videos, visit [www.triitall.com](http://www.triitall.com)

## **Training Tip - Don't Under-train the Swim.**

I have read too many coaching tips to newbie triathletes that advise swimming twice a week with three or four bikes and runs a week. The argument given is that the swim is the shortest part of the race, and usually you don't win a triathlon with a strong swim. I disagree. There are several important reasons to train for the swim as vigorously as you do all other aspects of triathlon.

Swimming is highly dependent upon proper biomechanics. If your stroke and kick are efficient, you'll swim fast with less fatigue. To get your form right, you need to practice a lot - three or more days a week. Work on biomechanics as well as speed and endurance sets. These all go hand-in-hand.

While a fast swim may not win the race (or your age group), a weak swim can lose it. Even if you don't have the fastest swim, if you are properly trained, you'll come out of the water with plenty of energy for a fast bike and run. If you come out of the swim fatigued, you'll be playing catch-up for the rest of the race.

The swim leg may be a short 30 minutes or less, but many triathletes - novices and veterans - continually deal with the nerves of open water swimming and the fear of drowning. Proper training volume and intensity builds confidence and reduces that fear.

Train smart. Race fast.

Frank Adornato



To see all my training tips and videos, visit [www.triitall.com](http://www.triitall.com)

## Training Tip - Balance

When I was in Kona a few years back, I was asked by a local newspaper reporter, what did I consider to be the most important message to convey to my clients about their triathlon training. I immediately answered “Balance”. He was a little surprised by my answer, since, as he said, triathlon is thought to be such an extreme sport.

Exactly. Triathlon challenges a person’s mental and physical limits, and without balance, a triathlete will not achieve peak conditioning in all three sports, and over time he or she may suffer injury or burn-out.

The components of balance that triathletes should strive to achieve are:

1. **Adequate volume and intensity** when training in the swim, bike and run. It’s obvious to most people that you need to put in the training time and cover the distances in the three disciplines so that your body can complete the race, whether it’s a sprint event or an Ironman. But it’s not enough to do all your workouts at lower heart rates. You also need to include adequate higher heart rate workouts for muscular and cardio respiratory strength.
2. **Strength training.** Full body and core workouts will develop muscular power and strength. This translates to speed and endurance for the triathlete. Relying on just the cardio workouts in the pool or on the road is not enough.
3. **Stretching.** Probably the most ignored component of a training plan. Stretching daily will help keep your muscles and joints limber, as well as help you avoid injury.
4. **Nutrition.** There’s truth to the proverb “You are what you eat”. Eating healthy every day is a key component of fitness. In training and on race day, endurance athletes need a balance of carbohydrates, protein, and healthy fats.
5. **Rest and recovery.** The body must recover so it can grow stronger. Strategically planned rest and recovery time is critical during every training week, prior to racing and after racing. And don’t ignore your body’s need for adequate sleep.
6. **Spouse, family and friends.** They’re your support crew. Don’t ignore them or underestimate how important they are to your life.

When applied properly, these components of a training plan will get you physically and mentally fit, and in peak condition on race day. Equally important, a balanced program will keep you healthy, fit and injury free for the short term and the long haul.



Train smart. Race fast.

Frank Adornato



To see all my training tips and videos, visit [www.triitall.com](http://www.triitall.com)



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