



# THE FINISH LINE



**Richard Jansik  
winning his age  
group at IM 70.3  
Chattanooga**

*Join Us For The Wednesday  
Swim/Social at Pass-a-Grill  
Beach @ 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](http://www.stpetemaddogs.com) E-mail: [info@stpetemaddogs.com](mailto:info@stpetemaddogs.com)**

**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 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](mailto:BOD@STPETEMADDOGS.COM)**

- |                           |                |
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**EDITOR'S COLUMN**

For those planning their race schedules close to home this summer:

**4 Jun** - Mad Beach - 1/4 mi swim; 10 mi bike; 5k run all in sand.

**18 Jun** - Heartland in Sebring - 1/4 mi swim; 14 mile bike; 5k run on hard surface.

**8 Jul** - FD3 #1 - 1/4 mi swim; 10 mi bike; 5k run (half in sand). Olympic - double the sprint distance.

**22 Jul** - Top Gun - Same as FD3#1 above.

**19 Aug** - FD3 #2 - Same as FD# #1.

**9 Sep** - Tarpon Springs - 1/4 mi swim; 11 mi bike; 5k run on hard surface.

**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](http://www.stpetemasters.org) for Masters Swimming

### BIKING

see [www.stpetecycling.com](http://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!**

- # 3741 - Debbie Crawford - Savannah, GA**
- #3742 - Anne Grabowski - Minneapolis, MN**
- #3743 - Noah Pransky - St. Pete**
- #3744 - (Previously Assigned)**
- #3745 - Glenda Sparrow - St. Pete**
- #3746 - Mary Sullivan - N. Chelmsford, MA**
- #3747 - Steve Wilsey - St. Pete**

**23 Sep** - FD #3 - same as #1 and #2.

**7 Oct** - Lycra & Lace Women's Tri - Same as the FD# series.

Of course there are many other triathlons from Crystal River to Clermont to Miami from June through November, but I just wanted to highlight those within an hour's drive.

**Chuck Lohman, Editor**



# MAD DOG NEWS

1) Congrats to Jackson Laundry (Mad Dog homestay for St. Anthonys) who placed 8th of 37 in the Men's Pro Championship in St. George 70.3, after a 4th at St. Anthonys. It was the 23 year old's second 70.3 race. Incidentally, Jackson's 2 favorite discoveries in the U.S. were Mango Gatorade and Sweet Baby Ray's Barbrque sauce.

## 2) ST. ANTHONYS WEEK MAD DOG RAFFLE RESULTS!!

Ft. DeSoto Multirace #1 - July 8th - Tony Scott

Ft. DeSoto Multirace #2 - August 19th - Chuck Lohman

Ft. DeSoto Multirace #3 - September 23rd - Mary Cunningham

Sarasota Triathlon - August 5th - Carolyn Kiper

Free Ride from Premier Bike Transport - Tom Kennedy

3) Large Mad Dog contingent at Chattanooga 70.3 — Allen & Pepir Jernigan, Dave Proffitt, Kim Donaldson and Richard Jansik. Congratulations to Kim and Richard who qualified for slots to the 70.3 World Championship which takes place in (where else?) Chattanooga.

# JUNE BIRTHDAYS



Sorry, June babies, no results available this month.

# UPCOMING RACES



8 Jul - Ft. DeSoto Series #1  
Olympic/Sprint/Duathlon  
Fort DeSoto, FL  
[www.multirace.com](http://www.multirace.com)



19 Aug - Ft. DeSoto Series #2  
Olympic/Sprint/Duathlon  
Fort DeSoto, FL  
[www.multirace.com](http://www.multirace.com)



22 Jul - Topgun Triathlon  
Sprint/Olympic Distance  
Fort DeSoto, FL  
[www.topguntri.racehawk.com](http://www.topguntri.racehawk.com)



2 Sep - Crystal River #2  
Sprint Distance  
Crystal River, FL  
[www.drcsports.com](http://www.drcsports.com)



5 Aug - Tri Sarasota  
Sprint/Olympic/Duathlon  
Sarasota, FL.  
[www.multirace.com](http://www.multirace.com)



9 Sep - Tarpon Springs Triathlon  
Sprint Distance  
Tarpon Springs, FL  
[www.TarponSpringsTriathlon.com](http://www.TarponSpringsTriathlon.com)



12 Aug - Clermont #3  
Sprint/Duathlon  
Clermont, FL  
[www.runnersignup.com](http://www.runnersignup.com)



07 Oct - Lycra & Lace  
Women's Sprint  
Fort DeSoto  
[www.lycraandlacetri.racehawk.com](http://www.lycraandlacetri.racehawk.com)

# RACE RESULTS

## Longboat Key Triathlon - 7 May

1st Place -

Mike Mabry

2nd Place -

Jay Anderson

## Gulf Coast 70.3 - 13 May

1st Place -

Gail Lohman

Linda Musante

Gail Norman

5th Place -

Jill Kralovanec

## Chattanooga 70.3 - 21 May

1st Place -

Richard Jansik

2nd Place -

Kim Donaldson

## Crystal River #1 - 27 May

1st Place -

Chad Siple

2nd Place -

Cody Angell

Mandy Zipf

3rd Place -

Gary Bonacorsi

Karen Hasque

4th Place -

Bo Webster



# MAD DOG PICTURES



Carolyn Kiper and Wendy Tocha @ Meek & Mighty



Johnathan Dunford & Wendy



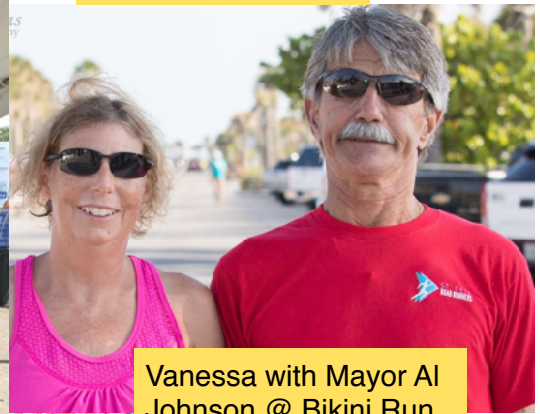
Wendy & Coach Leo



Anthony Sullivan ready for St. A's



Brady Moran @M&M



Vanessa with Mayor Al Johnson @ Bikini Run



Pros @ Mad Dog pasta party



Maurice Kurtz @ St. A's



# MAD DOG PICTURES



Annette Frisch, Milly Hamilton and Cathy DeHaan @ St. A's



Tiffany Weidner and Sandy Weiss @ St. A's. 1st Pace Relay



Linda Musante runnin' out



Gina Hubany @ St. A's



Awesome tri suit!



Rosie Ray



Photographer Joe Mestas w/ winner Cameron Dye



# MAD DOG PICTURES



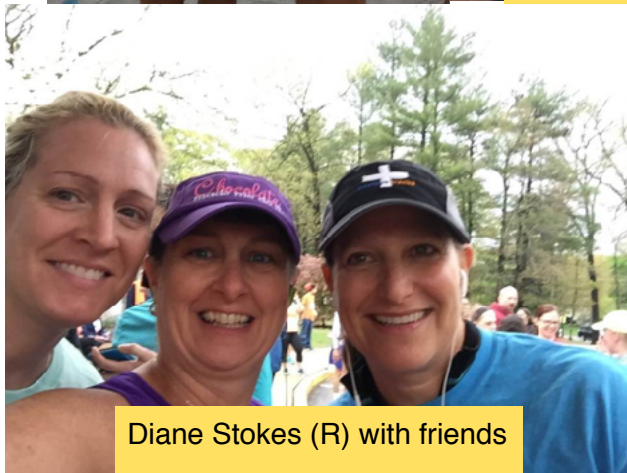
Carolyn Kiper w/ friend



Noah Pransky w/ friend



Gail Lohman with pros Erik Lagerstrom & Jackson Laundry



Diane Stokes (R) with friends



Brit Mad Dog Diane Weaver training for her Channel swim in 52 degrees water.



Coach Leo & Jenn Olvedy



Park Alsop, Linda Musante, Gail Lohman & Mandi Zipf @ PCB 70.3



# MAD DOG PICTURES



Kyah Morgan with St. A's president Scott Smith



Winners @ FL 70.3. Gail Lohman and Linda Musante



Sandy Weiss @ GC 70.3



Allen & Pepir Jernigan going the distance



Richard Jansik @ St. A's



Kim Donaldson (R) with Laure Blume @ IM 70.3 Chattanooga

# What's Up With Ironman?

First, let me begin this article by emphasizing that the following is strictly my opinion, and not in any way attributed to the Saint Pete Mad Dog Triathlon Club.

I just don't understand what's happening with the Ironman brand. When Gail and I began competing in their races 18 years ago, the races were special. Gear bags were generous, race shirts were memorable, pre and post race meals were well done. The competitions were special and, generally, a cut above most local races. Theirs was the mojo, the challenge and the goals of many age group triathletes. We saw, however, gradual declines at Ironman and 70.3 races over the years as the Corporation used their power to gradually take over other races and then cut costs to save money.

The latest casualty is the venerable Gulf Coast Triathlon held in Panama City Beach. It used to be a great race with a catered supper, live music and awards ceremony the evening after the race at a local restaurant. Then Ironman took over. On the 11th of May this year competitors arrived at registration and were given numbers to put on their gear bags for transition — but no bags on which to place the numbers. The men's race shirts were a seafoam green and the women's were a drab grey. Cheap visors and sunglasses were included, but no commemorative water bottle. If anyone wanted nice, but overpriced, keepsakes they could purchase them at the Ironman Store.

Even in World Championships there is little effort to enforce the drafting rules on the bike leg for the amateurs. Cheaters are rampant and unpunished. Competitors who race fairly are thus penalized.

I'm not sure how much longer the tri-community will put up with this shabby treatment. Is anyone surprised that more and more of Ironman's races are not fully subscribed? Many of us are looking at Challenge races as an alternative for long distance triathlons.

Chuck Lohman, Editor

Below is Richard Jansik's Race Report From IM 70.3  
Chattanooga copied from his Facebook Post.

## 2017 Chattanooga 70.3 Race Report

RICHARD JANSIK·TUESDAY, MAY 23, 2017

I went into the race with the mindset that last year's first place age group finish was a fluke due to slow competition but I realize now that was not true.

Saturday I was preparing my bike for the race and changing from training wheels to race wheels when I couldn't get the cassette on the disc to change gears right. After working on it for about 30 minutes I decided to take it down to the mechanics at the expo to see what they could do. A couple hours later they called me and asked if I had charged the battery for the Di2 system and I said yes, just a couple of weeks ago. They couldn't get it to shift either. It would shift up and down but hesitate at about 2 and 7 gears down, then all of a sudden jump to the top or bottom. I had this problem about a year and a half ago, in that case the rear derailleur was going bad and I had to buy another one. The problem is that its 1st generation Di2 and there were only two for sale at the time for \$600 each. I soon realized I would have to deal with it as it is and hope for the best.

The weekend forecast was 100% chance of rain for Sunday so we all thought for sure it would be a rainy event. Fortunately for us the rain moved through early and when I got up Sunday morning at 3:30am the rain was pretty much over. I had my breakfast and grabbed my gear to be at transition when it opens at 4:30am. As soon as I had my gear laid out I headed to the buses for the ride to the swim start. I was about 50th in line until they started announcing over the loud speaker that this is a seeded start and people started moving to the front. By the time the race started I was about 400th in line. The cannon went off for the pros at 0650 and we (age groupers) started moving towards the dock but we didn't go off at 0700 as scheduled.



Apparently the rivers current was moving faster than expected and the pros took longer going upstream to get to the right turn. In this case the race director made the decision to exclude the upstream swim for age groupers and just have everyone cut across the river and head downstream. This took a good 600 yards off the swim and really didn't hurt too many feelings unless you are a good swimmer. I got into the water and headed across but had some trouble (along with many others) to get to the first buoy as the current pushed us to the right, I made it to the buoy but could not get around the left side due to the log jam of people so I cut to the right side. Going downstream was awesome, I felt good once I got into a rhythm and sighted for the stairs out to transition. It took me 18:41 minutes to swim for what ended up being a 1400 yard swim.

Transition was quick as I had a good spot in the middle of the first row that allowed me to run right to the bike out. It was a mess at the start, two people fell in front of me and there were water bottles everywhere. Once I got past the mayhem I headed up the road and took in some nutrition, unfortunately the first railroad tracks I crossed I lost three of my gels, fortunately I had a few others tucked in my pockets for the run. I used the first 10 miles to get used to the messed up shifting. It wasn't too bad but people probably thought I was some squirrel because the rear derailleur was clicking and jumping around but then I was passing them and I didn't care at that point. I got to mile 26 and the first climb, I had was prepared to be in the right gear so I spun up the hill with little problem and headed down the road. It wasn't about a mile later downhill when none of the shifting would work, front or back. Fortunately for me it was stuck in my "sweet spot gear" which was about four gears from the bottom. I was able to push up hill and spin and coast down the other side without much problem, the great thing was that there were no big hills left on the course. I approached transition, jumped off the bike and ran to my position for a quick change. Everything was good until I noticed that I didn't put my socks out so I just put my shoes on and headed for the short run out.

Out of transition I saw Laura and she said I was in 1st place. I thought to myself great, now I have to work hard to keep it. I let the legs settle into an easy pace before I hit the first hill about 1/2 mile in, when I looked at my watch for the first time I saw that I was doing a 7:30 pace and thought I should slow down a bit. I got to the crest of the hill and decided to push a little, a 7:30 pace felt good so I decided to go with it as long as my heart rate didn't get too high. The weather was almost perfect, there was total cloud cover and a little breeze so I felt good about my pace. As I neared the end of the first lap I saw Laura at the top of the bridge and she said I was still in first but the second place guy was catching me and only 20 seconds behind. This motivated me to keep pushing, I was still running a 7:30-7:45 pace except up the few steep hills where I paced myself so not to get the heart rate up. I got to mile 9 and this guy comes by me and says "great run, keep it up". I looked down at the age on his calf and it was 55, this was the guy catching me. I saw him go up the path and thought to myself second is still better than being off the podium, I will keep my pace and run my race. We got to the steep hill at mile 10 1/2 and I could see this guy come to a walk at the top and thought ok, I will push up the hill a little harder and stay behind him. We crossed the bridge and he didn't speed up on the downhill and then we crossed back to the other bridge to go back to the finish line which is a little more than a mile out. He was just about 50 yards in front of me and he slowed down again until he got to the crest of the bridge about 3/4 of the way up. I decided to stay right behind him as we made the left u-turn to the finish and he almost came to a walk. We were about a 1/2 mile from the finish and I decided to go for it and I sprinted by him. I didn't even look back.

I found Laura at the finish line and she said I was in 2nd place and I thought I was ok with that after all the problems I had with the bike as it could have been worse. It wasn't long before they updated the standing and she said I moved back up to 1st place by 8 seconds. So, I was able to defend my title and to justify to myself that I was legitimately number one for two years in a row. It is a great feeling to know that all the time spent training has paid off in a way that I could have never imagined.

The lanyard around my neck is of Navy SEAL PO1 Jared W. Day who was killed on August 11, 2011 after an RPG hit the helicopter he was flying in Afghanistan. Jared is the epitome of a hero who volunteered to serve his country and gave the ultimate sacrifice. I will carry his memory with me at Ironman Boulder as well.

As for the race of course I did not do it alone. Laura, my wife, best friend and biggest supporter has a lot to do with my success. She understands my goals and gave me the time to train and fed me well so I didn't miss a beat.

My coach Jon Nolan, once again he set me up with the right training plan for success, he told me to complete my training everyday and all you have to do is execute, that I did. Despite the shifting problems I had my fastest bike split in a 70.3 by 7 minutes as well as my fastest run by 8 minutes. I would have never thought I could go that fast on a bike for the distance and still run a 1:41 half marathon. My PR for a standalone 1/2 marathon is just 1:36. [https://](https://www.tribalmultisport.com/)

[www.tribalmultisport.com/](https://www.tribalmultisport.com/)

Val at Outspokin Bicycles and the guys in the Tampa store; through the thousands of miles I rode my bike training and I never had a problem until the electronics and derailleur failed me. La Familia!

<http://www.outspokin.net/>

Base Performance was spot on for my nutrition, I used their Base Hydro and Base Amino before, during and after the race. [https://](https://www.baseperformance.com/)

[www.baseperformance.com/](https://www.baseperformance.com/)

Swiftwick Socks, I lost my socks in transition but they felt so good after the race. <https://www.swiftwick.com/>

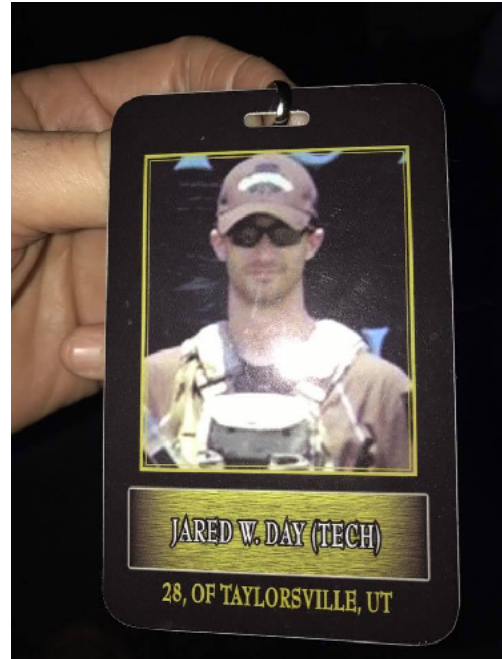
Gina Hubany at Alternative Therapy Center in St Pete, thank you for working on all my tired aches and pains for the last 7 years. [http://](http://www.alternativetherapycenter.net/...)

[www.alternativetherapycenter.net/...](http://www.alternativetherapycenter.net/...)

My Tribal and Notorious Multisport teammates as well as the guys I ride with on MacDill AFB; thank you for your support and encouragement. All weekend their support, encouragement and camaraderie made me feel relaxed and race ready.

My next race is the June 11th Ironman in Boulder, Colorado. Even though this was only a 70.3 it gave me the confidence that I can go to IM Boulder and compete with the best in my age group at the full

Ironman distance. IM Boulder and compete with the best in my age group at the full Ironman distance.







# 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.

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**TRIATHLON \ DUATHLON \ AQUABIKE**

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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](http://www.stpeterunfest.org).

## 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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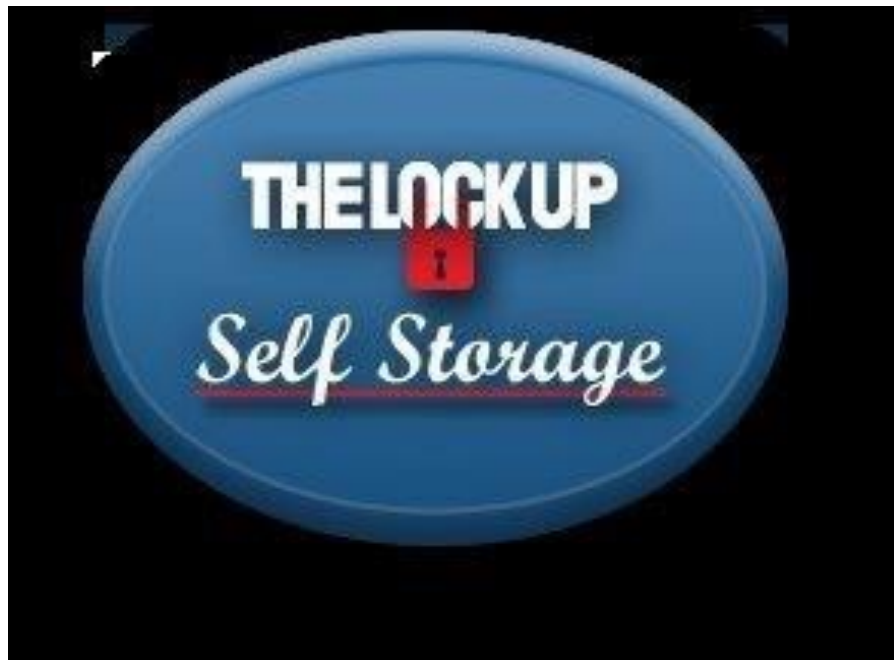
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