



THE FINISH LINE



Chris Ballard showing off his hops at St. Anthony's!

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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.

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.

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Space	1/2 page	Full
Page		
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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
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	6:00 pm. Pass-a Grill Swim Starting 03/13/19. Meet at Hurley Park.	8 am. From USFSP 16 miles 20-21 mph. Wed is Mad Dog ride. Wear your colors.	7:30 am. Bayway Bridge Repeats. Meet at Sun Blvd & Pinellas Bayway.
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.	5:15 AM. Bayway Bridge Repeats. Meet at Sun Blvd & Pinellas Bayway. (Burgasser Group).
FRIDAY	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).
SATURDAY		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 included a race report from Pro Jackson Laundry at the 70.3 Pro Championships at St. George. Additionally, I found a report from Kim Snow on her race at Ironman Santa Rosa. Hope you enjoy them both.

Thanks to Leo Briceno for his St. Anthonys pictures and Frank Adornato for his many training articles!

Finally, as we start another Summer, I wish you happy vacations, competitive races and long lasting friendships.

Mad Dogs Rule,
Chuck Lohman, Editor

MAD DOG NEWS

Congrats to Richard Jansik on placing 4th in his age group at IM 70.3 Chattanooga with a blazing time of 4:35!

Many Mad Dogs have voiced interest in obtaining new St. Pete Bike and Mad Dog T-shirts. We hope to find a good source for these shirts and 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 are leading this effort.

A large contingent of about fifty triathletes from KLR are entered in Ironman Cork on June 23rd. All Mad Dogs wish them the luck of the Irish!

**“May the road rise up to meet you,
May the wind always be at your back,
May the sun shine warm upon your face,
and the rains fall soft upon your fields.”**

(except on the bike leg of the race)

UPCOMING RACES



2 Jun - Mad Beach Aquathon
Swim/Run/Swim/Run
Madeira Beach, FL
www.thunderboltmultisport.com



7 Jul - IM Austria
Ironman Distance
Klagenfurt, AU
www.ironman.com



9 Jun - Heartland Tri @ Du
Sprint & Olympic Distance
Sebring, FL
www.runnersignup.com



13 Jul - Fort DeSoto #1
Olympic/Sprint/Tri/Du/Aqua
Fort DeSoto
www.triregistration.com



23 Jun - Sirens Triathlon
Women Only Sprint Distance
Sarasota, FL
www.runnersignup.com



20 Jul - Top Gun
Sprint Tri/Du
Fort DeSoto
www.topguntri.racehawk.com



23 Jun - IM Cork
IM Distance
Cork, Ireland
www.ironman.com



3 Aug - Fort DeSoto #2
Olympic/Sprint/Tri/Du/Aqua
Fort DeSoto
www.triregistration.com

JUNE BIRTHDAYS



Stephanie Willis	7th
Joseph Conrad	12th
Tony Scott	12th
John Macedo	15th
Christine Walker	16th
Dianalynn Aguilu	21st
Bill Coggins	22nd
SaDonna Asberry	24th
Stephanie Mitchke	27th
Mary Ann Wallace	27th
Lisa Baldwin	29th

RACE RESULTS

IM 70.3 St. George - 4 May

3rd Place -

Jackson Laundry (Pro) MD Homestay

Finishers -

Jessica Bibza

Todd Bibza

Nick Chase

HURRICANE MAN SWIM - 4 MAY

1st Place-

Emma Quinn

2nd Place -

Dawn Clark

Finnishers -

Anne Page

Fred Rzymek

IM 70.3 Gulf Coast - 11 May

1st Place -

Gail Norman

6th Place -

Carolyn Kiper

Dunedin Sprint - 19 May

1st Place-

Celia Dubey

Suzanne Brosseau

2nd Place -

Bonnie Theall

Dunedin Sprint - 19 May (Cont.)

3rd Place -

Jay Anderson

4th Place -

John Hollenhorst

Art Singleton

IM 70.3 Chattanooga - 19 May

2nd Place -

Jackson Laundry (Pro) MD Homestay

4th Place -

Richard Jansik

MAD DOG PICTURES

ST. ANTHONYS PICTURES FROM COACH LEO BRICENO



Nick Chase



Leo Briceno and Patrick Mularoni



Natalie Davis



Jackie Yost



Gail Lohman



Leo and Susan Daniels

MAD DOG PICTURES

ST. ANTHONYS PICTURES FROM COACH LEO BRICENO



John Macedo



Tim Robinson



Chuck Lohman



John Hollenhorst



Omar Malik



Leo and John



Leo and Tina Walker

MAD DOG PICTURES



Michael Oertle @ St. A's



Brit Mad Dog Diane Murphy (I think)



Jack Laundry (Mad Dog homestay) 3rd place pro @ IMNA Championships



MARK YEAGER - TRIATHLETE !!



MAD DOG PICTURES



New Mad Dog Steve Etherton



Steve Etherton, Alexa and Mike Deacy



Don Ardell crushing the field at Duathlon Nationals



Chris Ballard showing off his hops at St. A's finish



Johanna Bayliss



Joe Bayliss

MAD DOG PICTURES

Jenn Olvedy and her mom.



Tim Robinson @ St. A's



Jim and Mary Cunningham



Richard and Laura Jansik



John Hollenhorst and Bill Hendrix

MAD DOG PICTURES

MAY 9, 2019

A BATTLE FOR THE PODIUM AT IRONMAN 70.3 ST. GEORGE, NORTH AMERICAN CHAMPIONSHIP

Jackson Laundry Race Report

Before I even get to St. George, I should acknowledge that I also raced the St. Anthony's triathlon 6 days prior. I had a great time in St. Petersburg with Nick and Karen Chase, and had an okay race to finish 4th for the third time in a row. Nick finished 5th, and it was a lot of fun standing side by side with a good buddy at the awards presentation! Good friend of mine and teammate Ben Rudson competed as well and it was his first pro race, he crushed in finishing 11th and right in the mix across all 3 sports! I will be back with the goal of finally cracking the podium next year. The race left me hungry for a better result the following weekend in St. George, and I knew my taper was focused on getting more out of myself in 6 days time.

Nick, Karen and I flew to Vegas where we met up with Montana, from there we drove up to St. George. It was a great lead in to the race, very low stress which is always a huge advantage. Montana and I stayed with Dean and Carolyn Cooper who were amazing hosts and that made our lives that much easier. On race day, I got to the swim start feeling well rested and ready for the battle ahead.

I had a good start, swimming between Nick Chase and another swimmer of similar ability to me. I always feel like it's slower to swim side by side with someone so I spent those 300m desperately trying to break free from the other 2. I finally moved ahead and started to pass guys from 300m to 1000m into the swim. At that point I ended up on Ben Hoffman's feet where I remained until the end of the swim. The effort was solid, though I knew we didn't make the lead group since there was a big gap in front of Ben. We ended up getting out in 5th and 6th, about 15 seconds behind Andrew Yoder, and 1:20-1:40 behind the three leaders including Eric Lagerstrom

and Rudy Von Berg. I saw Kienle not too far behind me as I ran towards the bike, and knew it wouldn't be long before I saw him out on the bike course.

I had a great transition, passing both Hoffman and Yoder, this allowed me to start the bike at a reasonable pace, I had a feeling those two would start out strong and there was no point in trying to break away from them with a few riders still ahead of us. Hoffman quickly passed me and smashed the first climb and I decided to let him go. This ended up being the theme for me early in the bike, as Kienle also went by. Yoder and Kilshaw caught me and I worked with them for a while at a more reasonable effort, 277 average and 294 normalized for the first 37 minutes, That is when we caught the group ahead of Hoffman, Lagerstrom, and Kienle. I was on the front when we caught up and Kienle had just gotten a 5 minute penalty, he was exchanging words with the official at a fairly slow pace as I caught up and I moved to the side to make the pass. When I got about 2 meters from his back wheel, he stopped yelling at the official and started sprinting up the road, I had to put out 729watts for 5 seconds in order to get past his front wheel otherwise I would have been at risk of getting a penalty myself. For me that is a bit of a match to burn as I'm not exactly a sprinter, but I seemed to recover from it quickly.

The rest of the bike was relatively uneventful, I worked with the group, being careful not to go too hard before the snow canyon climb. When we got their, Bart Aernouts and Sam Long caught us, and crushed the climb moving into 2nd and 3rd respectively. I rode well up the climb that seemed to never end, and managed to stay with Yoder as I had for most of the bike. After the climb, Hoffman had a great descent into transition, passing Yoder and I and Moving into 4th place. I was in 5th with Kilshaw right on my heels and Yoder not far behind. Although my bike time was slower than in 2017 on the same course, I know a had a better ride with a few watts more power, and a much smaller deficit to the leaders bike split. The conditions seem to have been slower as everyone who raced both years biked much slower in 2019 than 2017. I started the run 6th after a fairly slow transition, taking the time to put on socks. It was a very tight race, there were 6 of us from 2nd-7th within 2:20, Von berg had a commanding lead of nearly 4 minutes.

The run starts with 5km of all uphill running, then there is a short downhill followed by another 1km uphill. I could see everyone from 2nd to 5th ahead of me stretched out along the climb, everyone seemed to be evenly spaced and running almost the same speed. I knew I needed to go out strong to get myself into the mix for the podium, and I slowly closed the gap and caught Aernouts and then Hoffman around mile 3. I ran in 4th for a long time, Kilshaw in 3rd and Long in 2nd weren't giving an inch, and Hoffman and Aernouts started bridging back up to me at the midpoint of the run.

Around mile 6, Aernouts went by, putting me in 5th. At the second turn around at mile 7.5 or so, Hoffman was right behind me and Kienle was also within a minute. This was the darkest moment of my race, the possibility of finishing 7th was looming, with 2 World class veterans bearing down on me. I knew I had to go with Hoffman when he caught me at mile 8, and he put in a big surge when he did. This somehow made me feel better, as I saw that as a sign of weakness. He was trying to break me mentally with a bluff, I thought, he would have just maintained his pace if he was confident in the legs he had left. I matched his pace, and when the surge subsided, I maintained the pace and dropped him. This was a huge confidence boost, and right then I saw that Long and Kilshaw were together, and both coming back to me slowly. I put a target on their backs and worked hard to close that gap from mile 9 to 11. I finally did, but then we hit a steep downhill where they got a couple seconds ahead again. It leveled off a bit and with 1.5 miles to go, it was now or never. I caught Long and ran right through him, then it was just Kilshaw running between me and the podium. I closed that gap at mile 12, then it was only 1.1 miles of hard running. My legs were wrecked, quads started feeling weak, and 1.1 miles downhill is not exactly easy on the quads. I had to forget about the rest of the day, and pretend it was just a 5 minute hard interval, like I've done hundreds of times in training. I told myself to break it up and run hard for 30 seconds, then figure out the rest after that. So, that's what I did, I counted to 30 and the footsteps in my ear faded, then another 30, and another, and another, and another.... with 200 meters to go, my friend Tristan was just starting his run and let me know there was lots of space behind me, music to my ears! I was able to really enjoy the finish chute, coming in 3rd, and clearly I was pretty fired up!. This podium was the sweetest, having been the hardest race I've done from wire to wire. Montana was right there at the finish which was a really special moment for me, after all, it's the only time she lets me

go near her when I'm all sweaty! She is so supportive of me and it's always extra sweet when I have a good day with her there to experience it with me.

I quickly went into recovery mode after the race with Ironman 70.3 Chattanooga 2 weeks later. Over the next couple days we went to The Grand Canyon, did some light training, and played a few holes of golf with Dean and Carolyn. Now It's time for me to get back at it and go for the win at Ironman 70.3 Chattanooga!



Training Tip - Determining Your Personal Rate of Dehydration

Everyone knows you need to drink liquids to replace the sweat that is lost during exercise. There are some very useful general guideline you can follow for short, middle and long distance workouts. However, if sweat loss is a major concern for health or competitive reasons, you can calculate your individual sweat rate. Knowing your personal rate of dehydration will tell you how much to drink before, during and after your workouts. Here's how to do it.

1. Schedule a one hour run or bike workout.
2. Before you start, weigh yourself in the nude or in dry underwear.
3. During the workout be aware of how much liquid you drink.
4. After the workout, towel off any perspiration, remove your sweaty clothes, and weigh yourself again (wearing whatever you wore or didn't wear in the pre-workout weigh-in).
5. Calculate your weight loss. Each pound lost equates to 16 oz. of water lost.
6. Replace that amount of liquid as soon as possible.

Your hourly sweat rate or Personal Rate of Dehydration is the above amount + whatever volume you drank during the workout.

To avoid dehydration, plan to drink enough water and sports drink to keep pace with your calculated sweat rate. One important note - drink in small amounts over time. Taking in too much too fast may result in stomach upset.

You can do the same test for swimming. You'll probably find that while you do sweat when you swim, it's at a lesser rate. It's just an important to keep a bottle handy for a pool workout and sip water between sets. Obviously this isn't possible for an open water swim, but you should drink right before and after your swim.

Train smart. Race fast.

Frank Adornato



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

Training Tip - The Ups and Downs of Running Hills

With only a few exceptions, going up and down hills is inevitable where ever you run. Some people hate hills, others not so much. But if you know how to run them, both the up and the down, you'll realize that hills aren't so bad. Here are a few tips for running hills.

Running up hills.

1. Lean into the hill a little bit.
2. Let your knees come up higher and land on the balls of your feet, i.e., the padded portion of the sole between the toes and the arch.
3. Swing your arms as you do when running flat; think of your elbows swinging in giant spoons and rock your hands up chest high.
4. Keep your neck in a neutral position, same as running flat. Look straight ahead and down just a little bit.
5. Work on a breathing rhythm, exhaling on pace with your foot strikes.
6. Don't stare at or obsess about the peak of the climb. It'll be there waiting for you when you get to the top.

Running down hills.

1. Keep your body vertical and neck neutral. Don't lean back and don't look down at your feet.
2. Land mid foot, not on your heels.
3. Stay light on your feet and let gravity help carry you down.
4. Swing your arms same as running flat. If it's a steep downhill, hold your arms out like wings and you'll be able to descend faster.

Practice hill running as part of your training routine, and you'll be a stronger competitor.

Train smart. Race fast.

Frank Adornato



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Kim Snow's Race Report from IM Santa Rosa

Ironman Santa Rosa 2019...brief recap:

First off, thank you to everyone who checked in/followed and left messages of encouragement and congratulations. It means more than you know, so thank you for your support! 🙏❤️ A goal I set for myself about 4 years ago was to finish 5 Ironman races...and Saturday I reached that goal.



SWIM (2.4 mi): 66 degree water temp, but with the help of a good wetsuit, 2 caps and a little pee 🙈😄, it felt pretty good. I was stuck in a somewhat physical group with lots of elbows and feet flying around, but made it out without any bloodshed 😄 Overall, a really pretty swim.

BIKE (112 mi): Scenery was amazing...for the amount of time I could take my eyes off the crappy roads. Even the potholes had potholes and I was ready to get off my bike and call it a day around mile 46. It was that bad. Luckily I didn't lose anything off my bike (that I'm aware of...) like a lot of people did, but that course was nothing short of unsafe and dangerous in a lot of areas. If I had a dime for every bad word that came out of my mouth after hitting an unmarked bump, rut or pothole, I'd be semi rich

right now. 😄 Decent gain of just over 4000' of elevation. Other than that, the weather couldn't have been more perfect...sunny and low/mid 70's.

RUN (26.2 mi): It was a very pretty run alongside a beautiful creek...lots of shade and quite peaceful. Half of the course was on an unpaved trail and the other half was paved. My marathon split was pretty sad (won't be going to Boston anytime soon...😄), but considering what a mental battle (for me) it is after mile 15 or so, I was proud of what I accomplished. There were so many times I wanted to just stop and walk and basically give in, but my goal was to see a "5" in front of that split. In order to see that, I needed to keep "running"...and I did.

My goal obviously was to finish, which I did...14:09. I'd have liked to have been in the 13 hour time frame, but looking back now, I honestly don't see here or there where I could have shaved 10+ minutes off my time. Overall, I'm happy with everything I accomplished and I'm glad this one's over. I trained and raced with friends and made some new friends along the way,

which made this experience one I'll never forget. THANK YOU Celeste, Margie, Gerard & Mari for being crazy awesome mates & Kristen and Francine for being here to support us along the way. 🙏🙏 Praying for an #IMDSM in 2020 so I can come home to race! 🙏🏊🚴🏃



Kim Snow at Start



Kim Snow at Finish



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