



# THE FINISH LINE



**Gary Bonacorsi (R) with Ron, owner of the Ironman store in Kona displaying a Mad Dog flag!**

*Join Us For The Wednesday Run  
| Social at the Hanger, St. Pete  
Airport @ 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" 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**

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**EDITOR'S COLUMN**

It's not too early to be thinking about St. Anthony's Triathlon in late April. Carolyn Kiper has a long established homestay program for young professional triathletes on their way up. This is a great opportunity to not only assist a young pro in the sport that we all love, but a chance to establish a bond for the future. As an example, Gail and I once hosted Sam McGlone from Canada who went on to place 2nd in Kona. St. Anthony's staff will deliver them to your home and transport them back to TIA.

(continued on 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!**

**Diane Stokes- St. Petersburg (3734)**

**Cary Stokes - St. Petersburg (3735)**

**Kevin Dooley - St. Petersburg (3736)**

**Samuel Glass - St. Petersburg (3737)**

**Paul Hollern - Land O' Lakes (3738)**

**Debbie Voiles - Tampa (3739)**

Carolyn's contact information is on page 12. We always need Mad Dogs to help staff our water stop about 400 yards from Northshore Aquatic Center. This is also a great spot to cheer competitors as they approach the finish line. If you're not racing, it's a great chance to give back to the sport. Check social media for the times and locations of the Mad Dog parties that weekend.

Chuck Lohman, Editor

# MAD DOG NEWS

Many thanks to Jenn Olvedy for her great initiative to get the Mad Dogs a 40% discount to the HITS races in Ocala on the 1st and 2nd of April. One great feature of these races is the run which takes place on a path through the woods. Full and half distance the first day; and sprint and olympic the second day.

In return for advertising their races, Multirace — which sponsors the 3 Ft. DeSoto races on July 8th, August 19th and September 23rd has given Mad Dogs a discount code to use when registering — (MADDOG17). They also have given us a number of free entries to raffle. The races include a Sprint Distance, an Olympic Distance and a duathlon — something for everyone!

Congratulations to Mary Cunningham for finishing the Michelob Ultra Challenge as part of the Gasparilla Distance Classic! She finished all 4 races over two days, totaling over 30 miles! Also kudos to Tom Singletary for finishing every Gasparilla 15K since it's inception.



Mary Cunningham with Meb and Vicky Linkovich

# MARCH BIRTHDAYS



Lauren Cathelineau	1st
Wayne Hzniewicz	1st
Linda Steward	2nd
Rik Hanley	3rd
Christina Pinola	3rd
Amanda Skillman	3rd
Stephen Michelini	4th
Diane Spicer	4th
Doug Peterson	5th
David Toms	5th
Marc Fleckner	7th
Bob Brubaker	8th
Pat McGuire	8th
Robert Vigorito	8th
Ami Kanaby	9th
Bogey Bereza	10th
Ann Marie Cunningham	10th
Guillermo Abadia Piccone	12th
Dianne Villano	12th
Ron Winner	12th
Peter Carabetta	14th
Sara Mahoney	14th
Jennifer Wallace	14th
Dennis Houseman	15th
Tom Kennedy	15th
Patricia Fradley	16th
George McCreary	16th
Cheryl Peltz	17th
Danice Street	17th
Elizabeth Wells	18th
Janell L. Cory	19th
Karen Lopez	19th
Geri Lodato	21st
Ron Frers	22nd
Gail Lohman	23rd
Monica Unger	24th
Nina Boone	24th
Suzanne Brosseau	24th
Hamilton Coffey	24th
Peggy Lucey	24th
Pat Ryan	24th
Rene Vallant	24th
Pete Wilkins	24th
Tara Croft	26th
Charlie Alfrey	27th
Monte Hoge	28th
Wolfgang Scholl	29th
Daniel Bode	30th
Brian Wilder	30th
Jeff Copeland	31st
Dennis Gatto	31st
Joe O'Connor	31st
Dennis Peterson	31st

# UPCOMING RACES



6 Mar - Lake Manatee Tri/Du  
Bradenton, FL  
Olympic Distance Tri/Du  
[www.raceroster.com](http://www.raceroster.com)



1 Apr - Escape From Ft. DeSoto  
Fort DeSoto, FL  
Sprint Distance  
[www.escapetriathlon.racehawk.com](http://www.escapetriathlon.racehawk.com)



19/20 Mar - Intimidator Tris  
Clermont, FL  
Sprint to Half IM/Aqua bikes  
[www.sommersports.com](http://www.sommersports.com)



29 Apr - Meek & Mighty  
Super Sprint Distance  
St. Petersburg, FL  
[satriathlon@baycare.org](mailto:satriathlon@baycare.org)



1/2 Apr - HITS Triathlons  
Ocklawaha, FL  
Sprint to Full IM distance  
[www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)



30 Apr - St. Anthony's  
St. Petersburg, FL  
Sprint/Olympic Distance  
[satriathlon@baycare.org](mailto:satriathlon@baycare.org)



10 Apr - IM Florida 70.3  
Haines City, FL  
Half IM distance  
[www.ironman.com](http://www.ironman.com)

# Race Results

## Gasparilla Distance Classic

### 15 K - 25 Feb

4th Place -

Jonathon Dunford

5th Place -

Annette Frisch

Bob Ranta

### 5 K - 25 Feb

2nd Place -

Yova Borovska (Carlson)

### 8 K - 26 Feb

1st Place -

Cathy DeHaan

Jackie Yost

Larry Yost

3rd Place -

Brittany Higgans (Pierce) (OA)

Richard Jansik

### Half Marathon - 26 Feb

4th Place -

Frank Adornato

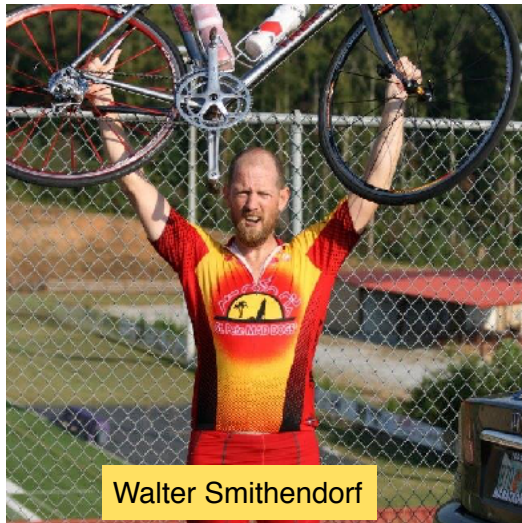
Clare Kelley

5th Place -

Laura Jansik



# MAD DOG PICTURES



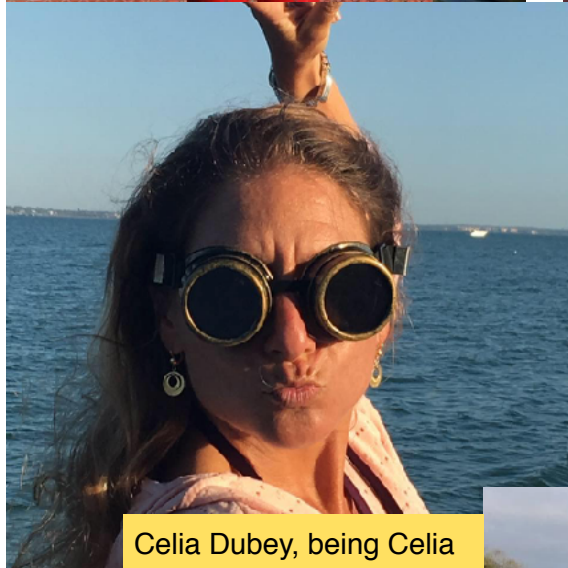
Walter Smithendorf



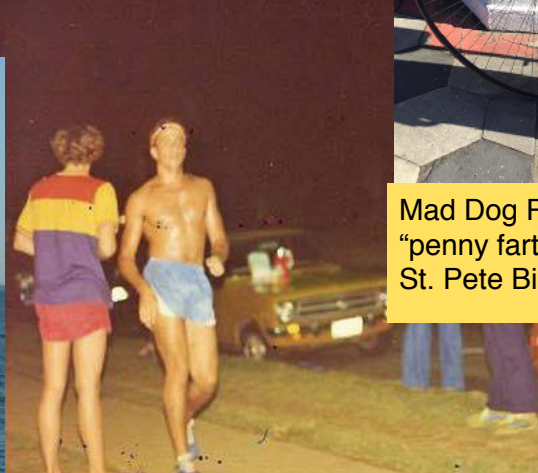
Lisa Pesta



Mad Dog Paul Norris shows off his "penny farthing." Also rode it in the St. Pete Bike club 60 miler!



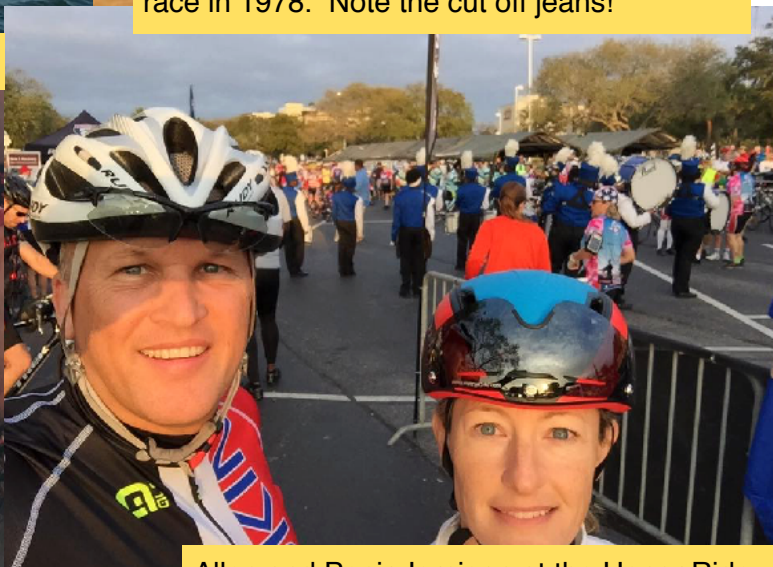
Celia Dubey, being Celia



Dave Orlowski competing in the first Ironman race in 1978. Note the cut off jeans!



Jenn Olvedy (left)

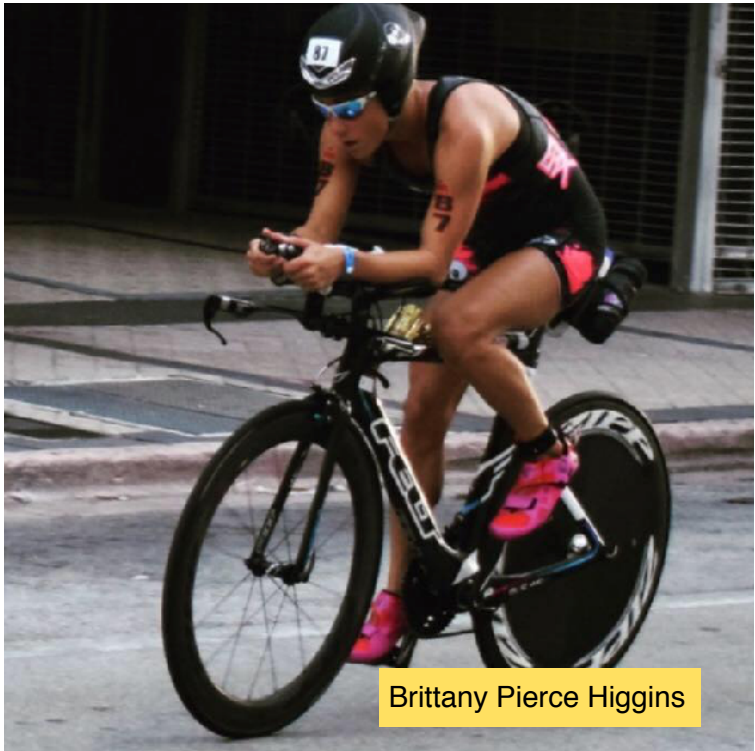


Allen and Pepir Jernigan at the Honor Ride

# MAD DOG PICTURES



Nick Chase, "it's been a whale of a day."



Brittany Pierce Higgins



Coach Leo, Nick Chase and John Atkins



Rosey Ray skiing in California

# MAD DOG PICTURES



**Firestone**  
GRAND PRIX OF ST. PETERSBURG

## 5K RUN

**MBA**  
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**FIFTH ANNUAL**  
FIRESTONE GRAND PRIX  
OF ST. PETERSBURG 5K RUN  
FRIDAY, MARCH 10  
6:15 P.M.  
GRAND PRIX COURSE



**CHASE THE NIGHT. ON TRACK.**

**REGISTRATION INCLUDES:**

- CUSTOM RACE BIB
- CHIPPED TIMING
- DRY-FIT RACE SHIRT
- CUSTOM FINISHER'S MEDAL

PROCEEDS TO BENEFIT THE  
POLICE ATHLETIC LEAGUE OF ST. PETERSBURG.

**VISIT**  
GPSTPETE5K.COM  
TO REGISTER

**ENTRY FEE:**

Kathy Morgan noted Gina Hubany (#26) above.



Gary Bonacorsi (R) with Ron, owner of the Ironman store in Kona displaying a Mad Dog flag!



Poster of the first Ironman Triathlon after move to Kona in 1981.



Laura and Rick Jansik @ Gasparilla

Some of the professional triathletes who have participated in the homestay program.



Above: Craig Alexander and Julie Dibens  
Below: Mirinda Carfrae and Rene Vallant



## Host a Pro Triathlete

St. Anthony's Triathlon will take place on Sunday, April 24 and will feature professional triathletes from around the world. St. Anthony's has one of the best-known homestay programs in the world! This program is designed to match the professional triathlete with an individual or family in the local area willing to host the triathlete during their stay.

Most of the triathletes arrive on Friday and depart on Sunday after the race or some time on Monday. However, we do have some triathletes looking for a longer stay (2 weeks) in order to continue training and then go to another nearby race.

**We are currently looking for anyone interested in hosting a professional triathlete.**

This is your opportunity to make new friends, even life long friends! I, myself, have been hosting these athletes for over 15 years and many of them are now like family! Many of you may have met **Rene Vallant**, who first came through our homestay program in 2003. He had such a great experience and loves our triathlon community - so much that he has been here every year for 13 years!

If you are interested in hosting an athlete, please contact me - **Carolyn Kiper**. You can send me an email at [cskipper@gmail.com](mailto:cskipper@gmail.com) or give me a call at 727-459-8064.

The following article was copied from Complete Tri Magazine. Thought it might be of interest to our newer triathletes (and older ones like me who have forgotten too much! )

## HOW TO SHAVE 5 MINUTES OFF YOUR SPRINT TRIATHLON TIME

ByADMIN on FEBRUARY 12, 2017

Main Side



If we were to suggest you should reduce five minutes off your triathlons, most people immediately think of training harder so they can go faster. Training is core to your triathlon experience, and we don't disagree. But what happens when you have hit the peak of your training, or you have no hours left in the week to get more workouts in, or more intensity in?

We think that we've found a way for anyone to shave five minutes off their sprint triathlon time.

In a typical local sprint triathlon, finding a way to cut five minutes off of your time could easily mean an improvement of 20 to 25 places in the final results. In a large race, that five-minute improvement could make a 70 place difference. It almost begs the question, why wouldn't you

do whatever you can to shave those five minutes off your sprint triathlon time?

To be sure, this is no substitute for training your tail off. If you sign up to do a triathlon, we think you should try to maximize your potential, whether you are a newbie or an elite. But we also know that for many people, finding a few triathlon hacks to get those extra minutes off will help you have the peace of mind that you did all you could.

Here are our twelve little things to do in order to eliminate those five minutes from your next race.

- 1 Find a Good Transition Spot (40 seconds).** Your transition spot is not just a trivial matter — it is basically your home base for the entire race. Make sure that you can secure a good spot, and you will easily see 30 seconds fall off of your time (more at a large race). What is a good transition spot? That depends on bit on the layout of the race and the transition area. You want to find something that is a bit in the traffic. The further away from the traffic you are, the further away from your entry and exit points



will be as well. We

Transition areas can be large, so plan your route and try to snag a better location.

think that the best transition spots are the ones near the bike-out or bike-in – the areas where you will be exiting or entering the transition area on your bike leg. This allows you to prevent what could be a clunky run through the transition area with your bike. It also allows you to have a very easy-access spot while you are tired from either the swim or the bike. Try not to be flung way

back away from the traffic. While it is calmer back there, it probably is several seconds out of the path you need to be in.

- 2 Examine Your Transition Area Exits and Entrances (20 seconds).** Taking a good walk-through of your transition area – or two, or three – will help you really understand what needs to happen when you are transitioning. What’s more, you will be very tired at these stages in the race, so having done it before will likely allow you to be much more direct in your path, even if you are suffering from a little oxygen debt when you are doing it. Running in circles trying to find your spot is a great way to waste 30 seconds.
- 3 Have Your Transition Spot Well-Marked (10 seconds).** This goes along with #2 above, but can further shave a few seconds off of your transition. Being able to spot your transition area from several yards away will make your path much more direct. We see lots of people tie a balloon to their transition rack, but we prefer the more subtle approach of bringing a brightly-colored towel that will stand out in the crowd, and double as a great way to dry your feet off after the swim.
- 4 Create a Quick Escape from your Wetsuit (40 seconds).** A bad removal of a tri wetsuit can singlehandedly drop you back in your placings, not to mention be a major momentum-killer. Make sure you have practiced taking your wetsuit off and can do it quickly, even when fatigued. We recommend a few things when it comes to the wetsuit removal. First, setup your wetsuit zipper strap so it is looped near your upper back and very easy to grab. Second, when you are in the final few yards of the swim, pull your wetsuit neckline down and let some water into your torso area. This will allow the wetsuit to slide off more easily. Sounds crazy, but it works! Third, get your wetsuit pulled down to your hip area while you are running to your transition spot. Doing all of these can really add up – we think an easy 30 to 40 seconds for most age group triathletes.
- 5 Use a Triathlon Top that Zips (20 seconds).** This applies to triathletes who are not racing in a triathlon suit, which alleviated the need for a separate top. We like a triathlon top that has a zipper in the front, either to zip all the way down or at least a good 6-8 inches. Why? Thinking about how wet you will be after

the swim. A wet body and a shirt with a small neck hole means that you will be wrestling to slide the top on for a few seconds. It is no exaggeration to say that we have personally lost 20 seconds trying to right a tri top that gets doubled-up when we attempt to put it on wet.

- 6 Put Your Helmet on, and Buckle it, Before you Leave Your Transition Spot (15 seconds).** Many triathletes think they will save time by buckling their helmet while they are moving. It doesn't work. You need two hands, and it only takes a couple seconds if you do it right. Most race officials will stop you from mounting the bike if they notice that you have not buckled properly, and that will cost you valuable seconds.
- 7 If You Use Socks, Have Them Rolled up and Ready (20 seconds).** Most newer triathletes wear socks, which we recommend. Just be sure they don't slow you down in the transition. Have them inside-out, rolled-up so you can simply stick your toes in them and then unroll them up your foot. Like



the shirt issue, Plan your bike ride accordingly, including getting the right nutrition setup correctly.

your feet will be damp even if you try to dry them. Wrestling with your socks can easily eat up 20 seconds – we have seen it happen.

- 8 Attach Your Garmin to Your Bike (20 seconds).** If you use a watch for timing yourself, have it mounted (or simply buckled) to your bike, instead of trying to put it on your wrist during the ride or before. You can get all the info you need with the watch



hanging from your handlebars, and you can always put it on your wrist easily during the run. We have seen many triathletes fiddling with their Garmin or other timing watch while going about 5 mph for the first minute of the bike leg.

**9 Tape Your Nutrition to your Bike's top Tube (20 seconds).**

This is also in the category of not having to slow down on the bike to do things, like #7 above. If you use gel packs or other rapid nutrition, tape them to your bike's top tube with electrical or other strong tape. You just top the very top, so that you can take one hand and easily rip the rest off when you need it – already opened and ready to slam. This will allow you to keep your speed up, something you couldn't do if you had to dig in your pocket and then use both hands to open the packet.

**10 Use Speed Laces (30 seconds).** During Transition 2, most delays tend to be caused by shoes. There really isn't that much else that can go wrong. Having to lace up and tie your shoes is a hassle, and will cause you to lose momentum and even stiffen up a bit. Use speed laces – they go by many names – Yankzz,



Locklaces, etc.

Use speed laces once and you will probably be hooked forever.

– and pull your shoes on in mere seconds. You will be off and running before you know it.

**11 Hydrate Early on the Bike (45 seconds).** It is amazing how one forgets to hydrate while on the bike ride – we have done it ourselves. But getting water in your body, especially *early* in a bike ride, will help you finish the bike strong and go into the run feeling good. The key is to try to pound water in the first half of the bike, so it can work its way through your stomach and into your system. We far prefer this to slamming water in T2, right at the spot where the water will cause stomach cramps on the run. Drink it during the first half of the ride, and you will be feeling great when you hit the run.

**12 Negative Splits on the Run (15 seconds).** We certainly did not invent negative splits – marathoners have been studying them for years. Having the discipline to start the run just a little slower than you might feel like, but then increasing in speed throughout the race, will likely result in one of the strongest final miles you have had. You will certainly make that time back up, probably to the tune of 15 seconds or more.

There you have it, 12 steps to shaving five minutes off of your next race. Best of all, we didn't even tell you to train more. Add that to the mix, and you will find yourself finishing in a new league of racers. It is more than doable.

## 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**

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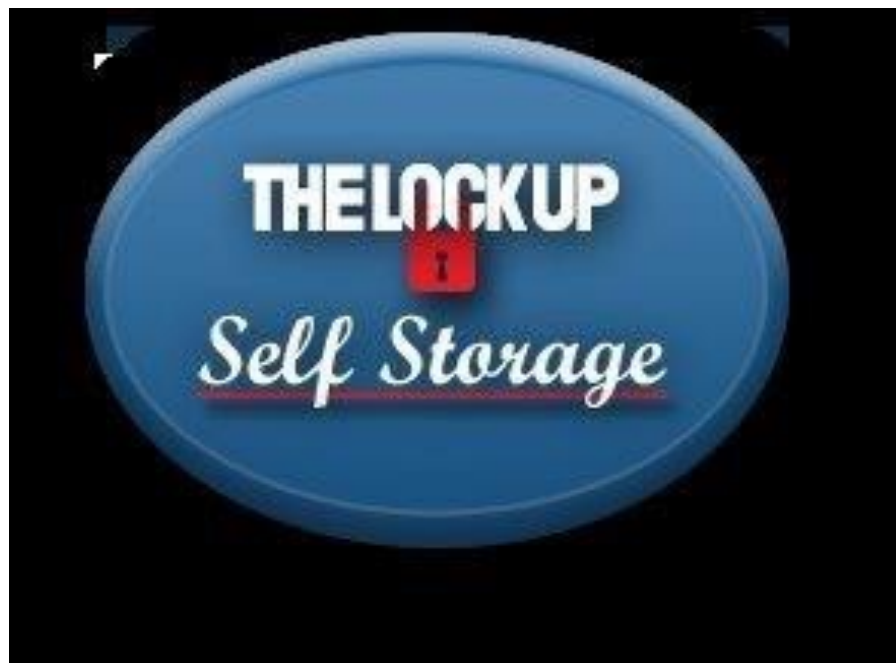
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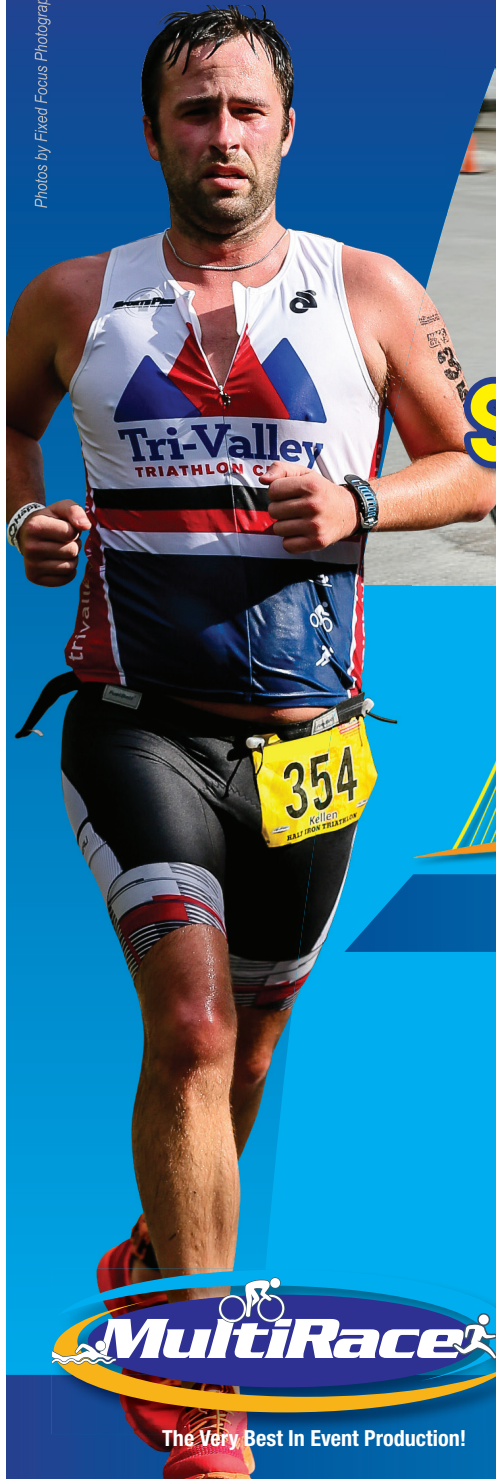
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