



# THE FINISH LINE



**Ed Del Favero  
sporting finishers  
medals from all four  
races at Gasparilla!  
Storage room  
anyone?**



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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:**

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**EDITOR'S COLUMN**

February has been a pretty quiet month for most triathletes (thankfully). The big local event for most of us was the Gasparilla Distance featuring a 5k, 8k, 15k and half marathon over the two day weekend. There also seemed to be special recognition for those completing various combinations of the races. Of special notice was long time Mad Dog and Ironman finisher, Tom Singletary. Many of you are familiar with the unfortunate medical episode he suffered last year.

(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.

#### Every Tuesday 5PM.

Track workout coached by Joe Burgasser. St. Pete College Track near 5th Avenue and 70th Street North.

see. [fnrs@aol.com](mailto:fnrs@aol.com).

## Local Bike Shop Events



From the Central Ave. Store (727) 345-5391 Every Saturday 8AM Women only ride. 10-30 miles)



From the 4th Street Store. Every Sunday @ 1030. Beginner Road Ride; no drop. Helmets required. Instruction offered and questions answered.

From the 4th Street Store. Every Sunday @ 0800. Intermediate Road Ride; no drop. Helmets Required. A little more speed than the beginner ride.

From the 4th Street Store Every Tuesday @ 0600. Base miles ride. Intermediate ride @ 22-25 MPH. Route includes Pinellas Point, Pass-a-grill, and Ft. DeSoto. Helmets required.

# **WELCOME NEW MAD DOGS!**

**#3760 - Neil Ellis - St. Petersburg**

**#3761 - John Geoghagan - St. Petersburg**

**#3762 - Christian Mills - St. Petersburg**

(continued from page 2)

Nevertheless, Tom (former Marine that he is) was determined to keep his streak of 41 consecutive Gasparilla races intact. Using his walker, he completed the 5k race — an awesome accomplishment, Tom. Well played. We're all proud to know you!

Mad Dogs Rule,

**Chuck Lohman, Editor**

# UPCOMING RACES



11 Mar - Lake Manatee Tri  
Olympic Distance  
Lake Manatee  
[www.raceroster.com](http://www.raceroster.com)



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



17 Mar - Florida Challenge  
Half Iron/Du/Aquabike  
Clermont, FL  
[www.runsignup.com](http://www.runsignup.com)



14 Apr - Escape from Ft. DeSoto  
Sprint & Olympic Distance  
Fort DeSoto, FL  
[www.getregistered.com](http://www.getregistered.com)



18 Mar - Great Clermont Tri  
Olympic/Du/Aquabike  
Clermont, FL  
[www.runsignup.com](http://www.runsignup.com)



28 Apr - Meek & Mighty  
Sprint Distance  
St. Pete, FL  
[www.teamusa.org](http://www.teamusa.org)



31 Mar - HITS Ocala  
Sprint to Iron Distance  
Ocklawaha, FL  
[www.hitstriathlonseries.co](http://www.hitstriathlonseries.co)



29 Apr - St. Anthonys  
Olympic/Sprint  
St. Pete, FL  
[www.runsignup.com](http://www.runsignup.com)

# MAD DOG NEWS

The 24th and 25th of February was the weekend for the Gasparilla Distance with various road races from 5K to Half Marathon. In addition to the results page, I wanted to recognize Vicky Linkovich and Wendy tocha for finishing in the top 10% of very large age groups. Longtime Mad Dog Tom Singletary should receive special recognition for overcoming his severe medical crisis and completing the 5K race for the 41st consecutive time. Good job, Marine!

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

# RACE RESULTS

## Gasparilla Distance Classic 24-25

Feb

### 5K

1st Place -

Bill Riley

### 8k

1st Place -

Cody Angell (4th Overall)

Cathy deHaan

2nd Place -

Annette Frisch

Pam Greene

### 15K

1st Place -

Bob Ranta (oldest male)

2nd Place -

Frank Adornato

Joe Burgasser

4th Place -

Wendy Tocha

### Half Marathon

1st Place -

John Hollenhurst

2nd Place -

Christina Noordstar

4th Place -



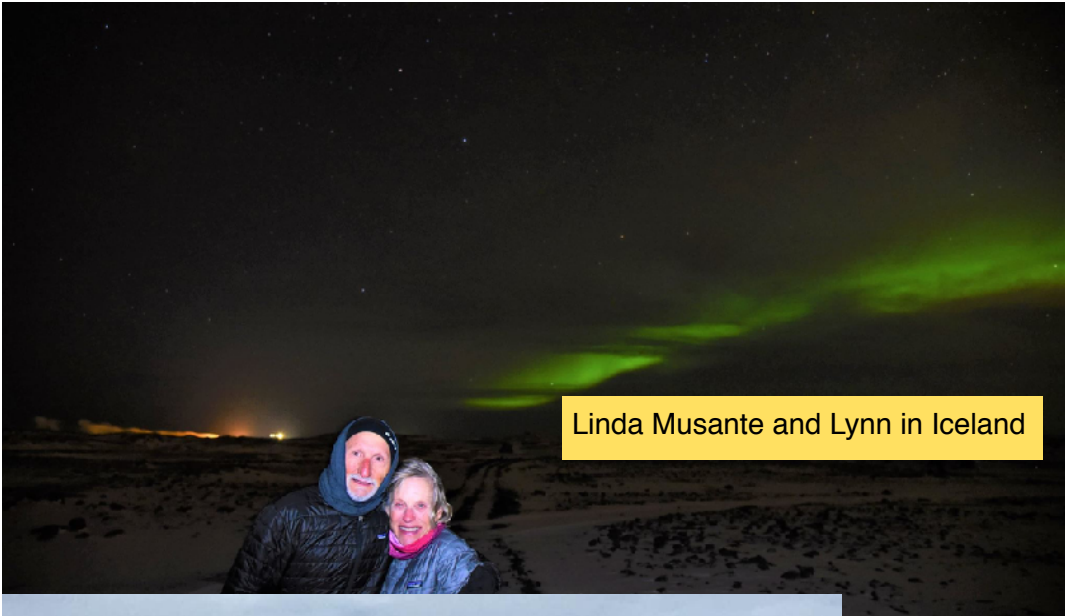
# MARCH BIRTHDAYS



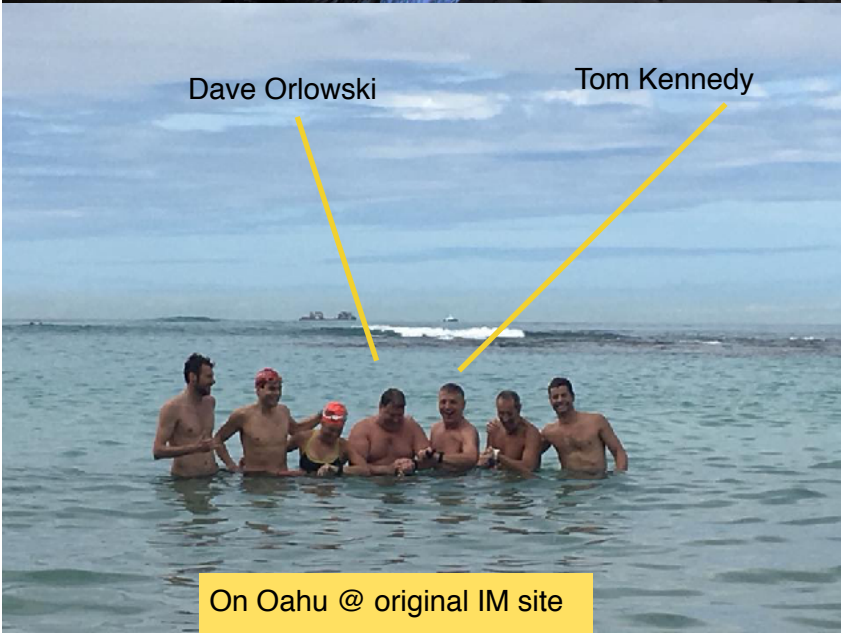
Rik Hanley	1st
Amanda Skillman	3rd
Diane Spicer	4th
Christian Mills	7th
Mary Sullivan	9th
Margie Jennelle	11th
Guillermo Abadia	12th
Tom Kennedy	15th
Karen Lopez	19th
Jackie Yost	19th
Ron Frers	22nd
Gail Lohman	23rd
Nina Boone	24th
Peggy Lucey	24th
Pat Ryan	24th
Rene Vallant	24th
Tara Croft	26th
Monte Hoge	28th
Bill McKnight	29th
Daniel Bode	30th
Brian Wilder	30th



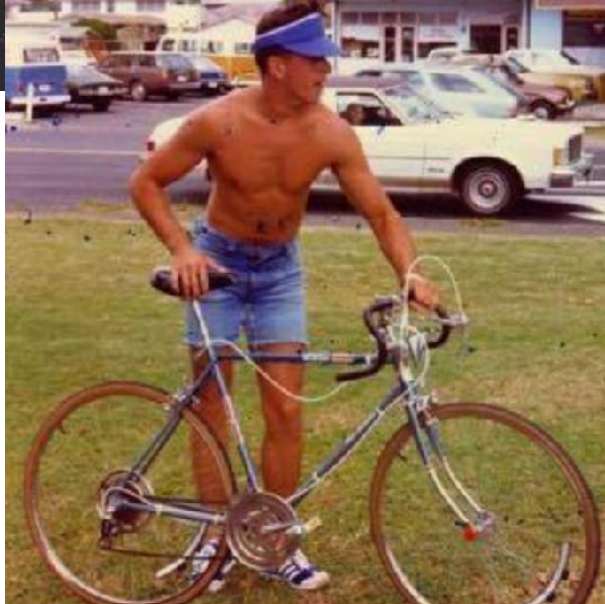
# MAD DOG PICTURES



Linda Musante and Lynn in Iceland



On Oahu @ original IM site



Dave Orlowski competing in the first Ironman. Note the cut off jeans to carry cash for chow!

# MAD DOG PICTURES

Name	SWIM (Phon-Tan)	BIKE (P.T.)	MARATHON (PT)	OVERALL
1. Gordon Haller	⑧ 80:40	① 6:56	① 3:30	11:46:58
2. John Dunbar	② 60:15	② 7:04	② 4:03	12:20:27
3. Dave Orlovski	⑦ 69:15	⑤ 7:51	④ 4:59	13:59:13
4. Sterling Lewis	④ 62:30	③ 7:47	⑥ 5:15	14:04:35
4. Ian Emberson	③ 61:40	③ 7:47	⑥ 5:15	14:04:35
6. Tom Knowle	⑮ 135:05	② 8:19	③ 4:13	14:45:11
7. Henry Forrest	⑩ 96:42	⑨ 8:47	⑤ 5:06	15:30:14
8. Frank Pay	⑬ 104:20	⑧ 8:45	⑧ 6:09	16:38:31
9. John Collins	⑨ 91:15	⑪ 9:15	⑨ 6:14	17:24:22
10. Archie Hapai	① 57:35	⑥ 8:06	⑫ 8:20	20:03:28
11. Dan Hendrickson	⑩ 95:35	⑬ 11:39	⑩ 6:48	21:00:38
12. Harold Irving	⑤ 65:30	⑫ 11:04	⑪ 8:08	

FINISHERS

OAHU, HI FEBRUARY 18, 1978

Official finisher list from 1st Ironman



# MAD DOG PICTURES



Ed Del Favero sporting finishers medals from all four races at Gasparilla! Storage room?



Wendy Tocha completing the 5K, 15K and Half Marathon at Gasparilla



Sandy Weiss and Tiffany Weidner painting instead of working out!



Sally Smith and Jill Kralovanc at Gasparilla

## Nice Article on Bill Riley in Tampa Bay Times of 25 Feb 18

TAMPA — **Bill Riley** is still at it, which is amazing because he's 81.

A very, very fast 81.

Riley, for instance, ran Saturday's Publix Gasparilla Distance Classic 5K in 26 minutes, 19 seconds, more than 10 minutes ahead of his next age group competitor (80-84).

According to the "*Runner's World* Age Graded Calculator" — which *Runner's World* says is "a way of putting all race participants on a level playing field regardless of age" — Riley's adjusted time would be 16:05.58. That would have placed him second overall to Tampa's 27-year-old **Taylor McDowell**, who won in 15:58.

No doubt Riley, who lives half the year in St. Petersburg and half in Cape Cod, Mass., would be even faster if not for a partial knee-replacement surgery in 2015. The surgery sidelined him for a while and led him to a little more biking and swimming and less running.

"I had to adjust," said Riley, who is down to about 20 miles running a week and up to about 80 miles biking.

What's next? How about June 15 at the annual race up Mount Washington, which is 7.6 miles up a tremendously steep incline, which takes competitors about the same amount of time to finish as a half-marathon.

"It's a challenge," Riley said. "It's a great experience."

It will be another on a long list of Riley accomplishments, which includes around 50 marathons, six Ironmans and many, many age-group race victories.

On Saturday, Riley finished 813th in the 5K, which isn't too bad considering he beat 12,373 other participants, 99 percent of whom were younger than him.

## Frank Adornato's Off Season Training Tips

### Training Tip - High Volume vs. High Intensity Training

High volume (HV) vs. high intensity (HI) training. Which gives the best results? What are the pro's and con's? Many competitive athletes have used one or the other exclusively and have been successful on the world's stage. There are dozens of peer reviewed scientific articles published with a mix of results, and the question remains for most of us: What is the best training plan for me?

Decades of research have shown that HV training remodels the heart to become stronger and a more efficient pump. HI training has been shown to be superior in getting oxygen into the muscle and clearing out metabolites. Utilization of oxygen (VO<sub>2</sub> max) can be improved with either method, but more so with HI training. Other things to consider. HV training is more effective if weight loss is the goal. HI training is more time-efficient if lack of training time is a concern. As far as health safety is concerned, both training methods presents some health (read cardiac) risks so make sure to get regular medical check ups.

As you'd expect, the optimal training plan should include a combination of both high volume and high intensity work. How much? Developing a properly balanced training schedule can be tricky, but here's a guideline to use. If you train six days a week, two or three of those days should include some amount of high intensity efforts with segments at or above your anaerobic threshold heart rate. One important point is don't get caught training in the middle. High intensity should be very high, almost exhaustive. And high volume efforts should be at low levels of exertion.

Train smart. Race fast.

Frank Adornato

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

### 3 Mistakes at the Gym That are Hurting Your Run

Over the last decade or two, it has become apparent to most that strength conditioning can significantly improve your runs and keep you healthier, so you are able enjoy this hobby or passion for a long time. This has caused many more people to start workout routines at the gym, which is wonderful to see. While it is exciting to see people with more enthusiasm to better themselves at the gym, it is unfortunate to see that energy go misguided. At best they are doing nothing to help their performance and at worst, they are setting themselves up for an injury that will take them away from the passion they love. Therefore, I have outlined three things everyone should know before they start a workout routine.

The most important factor that determines if an exercise is useful for improving your running performance in the beginning stages of your workout program or what I refer to as the *“foundation phase”* is; does it improve your mobility or stability? The exercise must challenge the specific muscles that are recruited to stabilize and maintain optimal posture throughout your gait during your stride. Running forces you to recruit your core muscles and stabilize your body in multiple planes, while withstanding tremendous forces up to 3x your own body weight at a given moment. If just one of the over 600 muscles in your body is limited in strength or flexibility it will be exposed under these harsh forces and thus causing a domino effect of compensatory movement patterns throughout the rest of your kinetic chain. This means every single machine in the gym is useless for improving your running performance (during your initial *“foundation phase”*). This is because a machine is resistance fixed in one plane of motion and requires no stability from the body. The machine only isolates one or two muscles at a time throughout a stable and fixed plane of motion, and therefore has no functional carryover for improving your stability or performance of your run. At the very least, one should replace the machines with very light weight dumbbells or resistance bands while using a stability ball to replace the fixed bench of seated exercises. During standing exercises use a Bosu ball or Dynadisks to replace the stable ground. However, I cannot emphasize enough to start VERY light with your resistance, as you will have to spend SO much extra energy and concentration that will greatly challenge your proprioceptive system just to maintain proper posture. It is EXREMELY important that form is not compromised for extra weight or reps. Always stop when form degrades, otherwise you engrain faulty movement patterns. This is worse than not going to the gym at all.

Not only are most people doing little to nothing to improve their stability and mobility, but they are decreasing it with their current routines at the gym. The fact is almost everyone of us has a limitation in our stability and/or mobility somewhere in our bodies. Some are more unique than others however, many people have very similar patterns of dysfunction that affect the same parts of the body. The most commonly overactive or tight muscles in people are the pecs (chest), the lats (back), anterior delts (shoulders), quads/hip flexors (top of the legs), I.T. bands and calves. Ironically, some of the most used machines in the gym target these very muscles. This only exacerbates the tightness of those muscles and perpetuates their patterns of dysfunction, which over time actually hurts your performance rather than improving it.



Over a long enough period of time these imbalances will not only hurt your performance, normal movement pattern to compensate for it. This places excessive stress on joints and surrounding tissue that were not designed for this extra load. Over a long enough period, this will cause overuse injuries; tendonitis, bursitis, chronic low back pain & shoulder impingement, I.T. Band syndrome (runners knee), Plantar Fasciitis, Patellar tendentious, just to name a few.

So, rather than getting on these machines you are much better off finding a foam roller, myo-stick, myo-ball or any other form of self-myofascial release (SMR) tools that you have available to you at the gym or at your home and work on releasing these over-active muscles before you begin to attempt any exercises. In fact, you should ALWAYS perform myofascial release and then stretch all over-active muscles first, then attempt to strengthen your under-active muscles afterwards. This greatly increases the odds of you being able to recruit the weak or “under-active” muscle during an exercise. Typically, an over-active muscle will usually be recruited during a movement even if the movement is designed to activate your weak muscles. The over-active muscles are “bullies” and always want to take over, easy to see why we call them over-active. However, by myofascial releasing them and then stretching first before exercise, they are less active and less likely to be unintentionally recruited. This greatly improves your odds of actually getting somewhere with your training program.

So, you know to SMR and stretch your tight muscles now, you know to work on your stability now rather than using a machine, and you know the proper order to perform your routine now. You are all ready to go now right? Sorry, not just yet. Even with all of the valuable information I have just given you there is still one very imposing obstacle standing in your way. The absolutely most important component of your training routine that still needs to be addressed; the execution of your exercises. Even armed with all the right equipment, all the right exercises, and all the right knowledge, without flawless execution of these exercises you don't stand a chance! So, what should we do? Quit working out? I am certainly not advocating this at all, and I do not want to frustrate you either. Rather, I am truly trying to drive home the most important message of this article; which is you must execute everything you do with perfect form, and total concentration to ensure you facilitate the results you are hopping for. For some of the more advanced athletes out there or people with a lot of experience that means buckling down and focusing on the exercise and the exercise only, not thinking about work or what's for dinner after your workout, or just going through the motions. However, the majority of you out there this means seeking out professional help to assist you with a program design and at least several sessions to help you learn the proper mechanics of these new movements.

Getting proper direction to guide your efforts at the gym would save you time and energy, improve your performance and most importantly keep you safe at the gym and on your runs. Remember an ounce of prevention is worth a pound of treatment. Get a workout program specifically designed for you that takes into account your individual imbalances and injuries, which will not only improve your performance, but it will improve your overall health!

Written by: Shawn Kennedy  
727-256-3331 727-631-3415  
Shawnsynergy714@gmail.com



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.

# Thinking About Selling?

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My proven strategies get your home sold fast at the best possible price.



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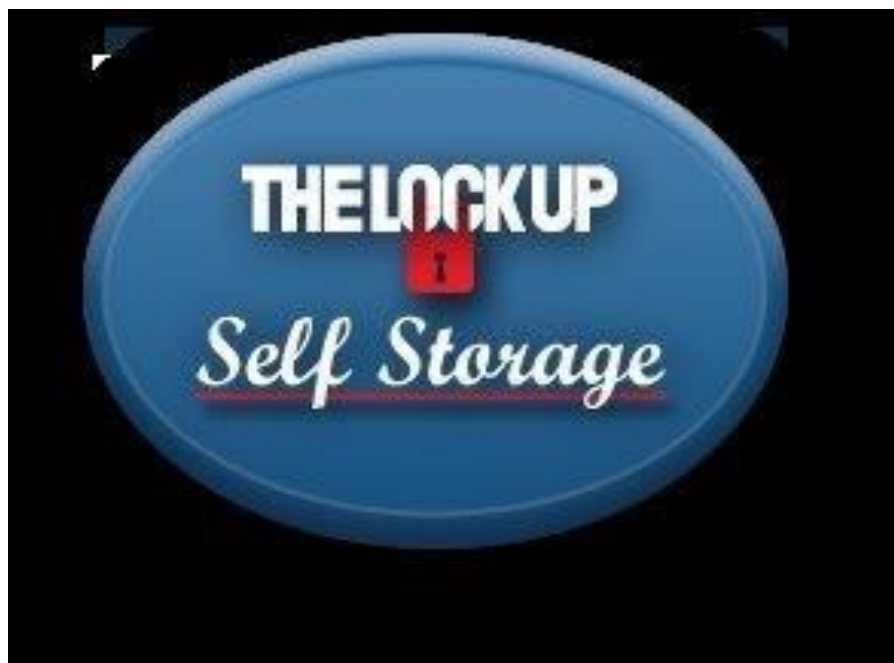
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