



THE FINISH LINE



**Rene Vallant,
Carolyn Kiper
and Natalie
Davis @ IM 70.3
Haines City**

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*Join Us For The Wednesday
Swim/Social at Pass-a-Grill
Beach @ 6:00 PM*



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 E-mail: info@stpetemaddogs.com

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.

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

ST. PETE MAD DOGS BOARD OF DIRECTORS

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EDITOR'S COLUMN

I'm pleased to report that the new computer system of reminding Mad Dogs to renew membership is very successful. We've even had members lapsed for a decade rejoin. I am also happily surprised at the number of new members joining from remote locations all over the United States. Check out the new members on page 4. Looks like the Mad Dogs are as vibrant as ever. We hope that everyone enjoyed the festivities during St. Anthony's Week. Gina Hubany and Jenn Olvedy deserve your special thanks!

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 for Masters Swimming

BIKING

see 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**

We appreciate the response to our call for volunteers. As a result of helping St. Anthonys, by manning the Mad Dog water stop, they will donate \$750 to the club. What a great turnout for the Wednesday night swim! Race week we raffled off 4 free race entries courtesy of Multirace (page 23), and a free bike transport to a race from Premier Bike Transport (page 20). Thanks to everyone's generosity, the Bikini Run in Jack Shuten's honor raised \$125 for Goodwill.

Chuck Lohman, Editor

MAD DOG NEWS

1) Mad Dogs were pleased to welcome back Pewag Mad Dog Rene Vallant for a two week visit. We all enjoyed meeting his new Austrian triathlete, Christopher Primik. Christopher thoroughly enjoyed his visit which included leading a Mad Dog Wednesday night swim and bike rides with John Macedo. He plans to return to St. Pete for three weeks in November for training.

2) Congratulations to local athletes who completed the Boston Marathon: Joe Burgasser, Pila Cadena, Johnathan Dunford, Laura Jansik, Richard Jansik, Jill Kralovanec, Christina Noordstar, Gail Norman, Wendy Tocha and Albert Wieringa (1st in A.G.)

3) By now everyone should have heard about the great discount deal with DeSoto negotiated by Rosie Ray. Below is a review by Gail Lohman of one of their products.

“I usually don't write reviews, but I feel compelled to share my thoughts about the DeSoto 400-Mile FEMME Cycling Shorts because they are so perfect in every way, and, because Emilio DeSoto has extended an amazing discount to active Mad Dogs. This doesn't happen often so I wanted you to know that these are the best version of the best cycling (and long course tri shorts) ever made. The material is compressive, but not tight. There are no leg grippers, yet somehow the legs fit perfectly and stay in place - no riding up. There is a comfort waist band - 2/3" wide and NO MUFFIN TOP!!!! There are leg pockets for quick access. Finally, the most comfortable, seamless cycling pad ever. You really could ride a MINIMUM of 400 miles in these shorts. Treat yourself to a pair. They are worth the price (and Mad Dogs even get a discount). They should be on your Mother's Day list, your Birthday list, your Christmas list or your 'just because' list...you will thank DeSoto and me, of course, for telling you about them.”

Hugs, Gail

4) Special thanks to Gina Hubany for hosting the St. A's pre-race pasta supper and for providing 2 of her therapists at Alternative Therapy for post race pain relief. All this while competing in the Olympic Distance Race. Well played, Gina!

MORE MAD DOG NEWS

5) In addition to those on the results page, the following Mad Dogs were spotted participating in the St. Anthonys races (sorry for any omissions)

Women -

Yova Borovska, Natalie Davis, Cathy DeHann, Brittany Higgans, Gina Hubany, Pepir Jernigan, Jill Kralovanec, Carolyn Kiper, Vicky Linkovich, Reva Moeller, Davenia Navaroli, Wendy Tocha, Jill Voorhis, Sandy Weiss, and Mandy Zipf.

Well done, ladies!

Men -

Dan Chechele, Art Halttunen, Bobby Eggimann, Allen Jernigan, Maurice Kurtz (who complained when the swim was shortened), George McCreary, Noah Pransky, Nick Price, Dave Proffitt, Andy Reeder, Patrick Ruta, Steve Sexhauer, Steve Swift, and Bo Webster.

Well done, gentlemen!

6) Congrats to two of our Mad Dog home stay pros - Eric Lagerstrom (2nd Place) and Jackson Laundry (4th Place). Nice payday for those two!

MAY BIRTHDAYS



Chris Steffen	1st	Howard Cloke	17th
David Bilyeu	2nd	Steven Czarnecki	17th
Sue Dupont	3rd	Joan Duggar	17th
Sue Massanari	4th	Melissa Pine	18th
Hartley Mellish	4th	Karen Monkus	19th
Sue Denihan	5th	Roger Burke	22nd
Kristy Parker	5th	Steven Harrah	22nd
Robert Melsom	7th	Tony Handler	23rd
Steve Armstrong	8th	Jessica Koelsch	23rd
Darry Jackson	9th	Peter C. Paulin	23rd
Chris Polaszek	9th	Eric Dann	24th
Robert Stewart	9th	Allison Linares	24th
Barbara Sauer	10th	Monty Seidler	25th
Jean Goergen	11th	Roger Slusser	25th
Miranda Lessie	12th	Nancy Dinucci	26th
Frank Adornato	14th	Linae Boehme-Terrana	27th
Monrico Lehnert	15th	Steve Swift	28th
Kristy Murphy	15th	John Cappa II	29th
Keith Runyan	15th	Bryant Davies	29th
Sue Auger	16th	Christine Moorby	29th
Frazier Keck	16th	Bill Riley	29th
Labrisha Scott	16th	Pauline Rupp	29th
Greg Stanek	16th	Lisa Wannemacher	30th
Shirley Taylor	16th	Scott Lucas	31st
David Burg	17th	Frankie McDermond	31st
Janice Clifton	17th	Sam Veraldi	31st

UPCOMING RACES



7 May - Longboat Key Tri
Long Boat Key, FL
Sprint/Olympic/Duathlon
www.lbktriathlon.com



11 Jun - Dunedin Triathlon
Dunedin, FL
Sprint Distance
www.DunedinTriathlon.com



13 May - IM 70.3 Gulf Coast
Panama City Beach, FL
Half Ironman Distance
www.ironman.com



18 Jun - Heartland Triathlon
Sprint/Olympic Distance
Sebring, FL
www.heartlandtri.org



27 May - Crystal River #1
Fort Island Gulf Beach
Sprint Tri/Duathlon
www.drcsports.com



8 Jul - Ft. DeSoto Series #1
Olympic/Sprint/Duathlon
Fort DeSoto, FL
www.multirace.com



4 Jun - Madeira Beach
Madeira Beach, FL
Sprint Distance
www.madeirabeachtri.racehawk.com



22 Jul - Topgun Triathlon
Sprint/Olympic Distance
Fort DeSoto, FL
www.topguntri.racehawk.com

RACE RESULTS

Escape from Ft. DeSoto - 1 Apr (late additions)

1st Place - Steven Bacon
2nd Place - Peggy Lucey
3rd Place - Noah Pransky

IM South Africa - 2 Apr

Finisher - Tom Kennedy

Meek & Mighty - 29 Apr

1st Place - Kyah Morgan
2nd Place - Ben Cubito
3rd Place - Anna Cubito
5th Place -
Julia Mularoni
Taylor Mularoni

St. Anthonys - 30 Apr

Olympic Distance

1st Place -
LinDolan
Gail Lohman
2nd Place -
Frank Adornato
John Macedo
Linda Musante
Kent Rodahaver

Olympic Distance (Continued)

3rd Place -
Chuck Lohman
Lizzy Wells
4th Place -
Richard Jansik

Sprint Distance

1st Place -
Rosey Ray
Janet Thompson
2nd Place -
Kim Donaldson
Mac Sexton
3rd Place -
David Grote
4th Place -
Mona Petrou
5th Place -
Joey Eggimann
Kyah Morgan

MAD DOG PICTURES



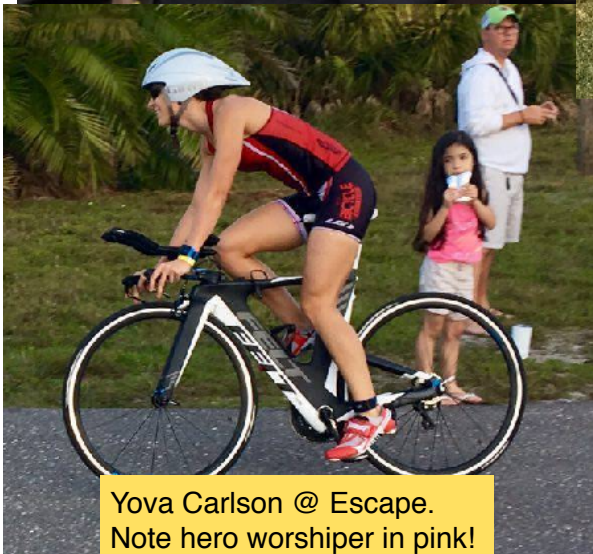
Art Singleton & Sandy Weiss @ Escape



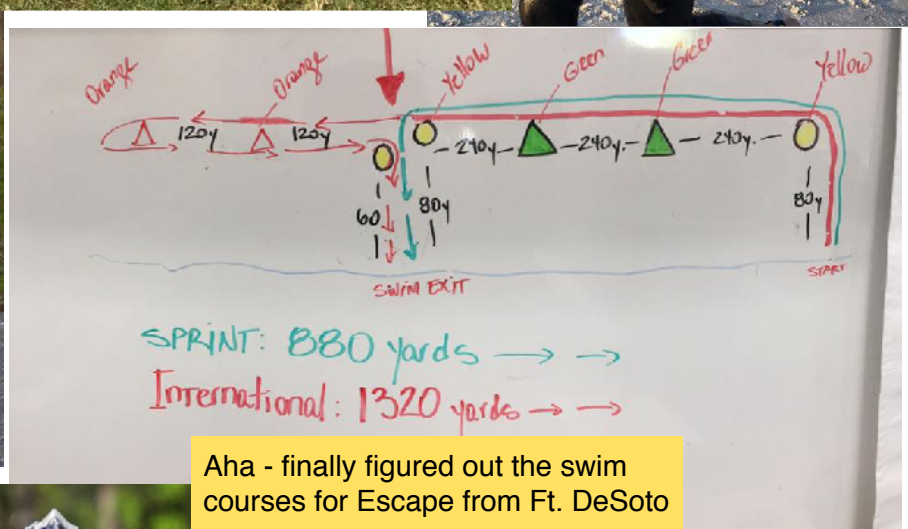
Gail Lohman @ friends @ Escape



Linda Kennedy @ Sandy Weiss @ Escape



Yova Carlson @ Escape. Note hero worshiper in pink!



Aha - finally figured out the swim courses for Escape from Ft. DeSoto



Coach Leo and Monica Cassidy @ packet pickup



Richard Jansik



Linda Kennedy, Gail Lohman & Mandy Zipf

MAD DOG PICTURES



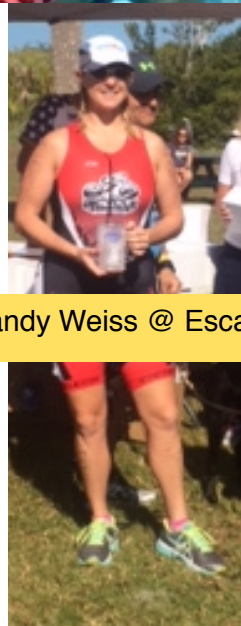
Mad Dog Mermaids @ Northshore - Claudia Junqueira, Lisa Abraham, Melissa Harasz, Gail Lohman and Kim Donaldson (by Kathy Morgan)



Welsh/US Mad Dog Clive Heke - new American citizen!



Mike Mabry, Chuck Lohman & Frank Adornato @ Escape



Sandy Weiss @ Escape

MAD DOG PICTURES



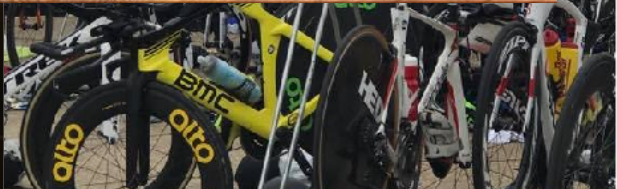
Wendy Tocha & Joe Burgasser heading for Boston Marathon



Know anyone who fits this shirt?



Rene (Gator) Vallant with Carolyn Kiper and Natalie Davis @ FL 70.3 Haines City



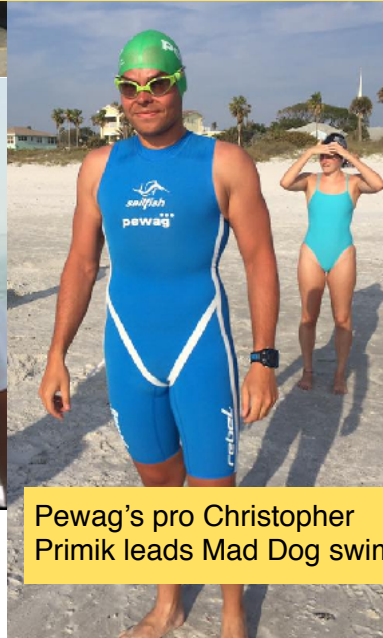
Nick Chase w/ new yellow BMC at IM 70.3 Galveston



New Mad Dog Noah Pransky



Jim Cunningham with his sister



Pewag's pro Christopher Primik leads Mad Dog swim

MAD DOG PICTURES



Check out this bike @ IM Texas!



Rosie Ray in new MD uniform



Steve and Chris Swift

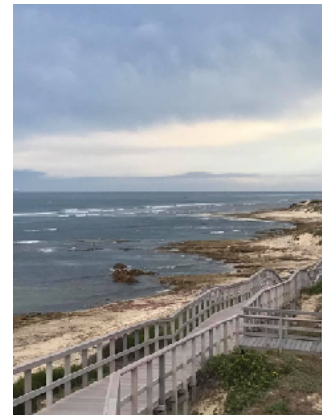
MAD DOG PICTURES

Bikini Run Madness in Jack's Memory!



Tom Kennedy's Race Report From IM South Africa

So a brief Ironman South Africa Race Report. A salty and cold but beautiful swim in the open Indian Ocean, the most beautiful bike course ever tracking along the desolate cliff side southern shores of Africa, followed by a four loop marathon through the spectator-filled beachfront streets of Port Elizabeth. For me, this was the perfect race. Not a single complaint other than the Vervet monkey that cut in front of me on the bike- actually that was the best part.



Vervet Monkey

Chad Siple wrote this race report on last year's Mad Beach Race. I thought it had a lot of good information about the race, and wanted to include it for those interested in racing this year on June 4th. Chuck

“The Chad Report”

CHAD SIPLE · TUESDAY, MAY 24, 2016

Hey peeps, I've had an idea for a while that I finally decided to follow through with, and that is writing a race review for most every and all races that I do. Not a blog about my day and performance, no one wants to read that crap, but an actual unbiased review of the race, based on my experiences as a competitor. Just going to throw this out there and see what you all think. It just so happens that Mad Beach was the first race I decided to review, and I hope you find it informative and even a little entertaining. For those of you that know me well, yes I have filtered my sarcastic cynical sense of humor to better appeal to the masses, but I think you'll still get a hint of personality. Now, lets see if I can figure out a good way to post it...

“THE CHAD REPORT”

What?

31st Annual Madeira Beach Triathlon

When?

Sunday May 22, 2016

Where?

Archibald Park, 15100 Gulf Blvd, Madeira Beach Florida

Race Director/Organization

Fred Rzymek/Racehawk

Let me begin with a quick disclaimer, as this is my first attempt at writing any sort of race report or review, so let's not allow my inexperience and crude methods to be a reflection of the race itself! Having said that... What

can an athlete expect when they compete in the Madeira Beach Triathlon? Well, I just did it, so allow me to enlighten you...

Registration

Nothing noteworthy here, just your standard practice of go online, fill out your info, and pay up! Smooth sailing and no issues for online registration, and I believe there may have been some late registration available on site this year during packet pick up. Don't count on late registration being available though, this is a popular race with a limited entry field that commonly sells out as race day draws near. You don't have to sign up a year in advance or anything, but don't procrastinate too long. Besides, you can usually save a few bucks by registering early.

Packet Pick-up

I would advise actually reading the information online and getting the address for the recreation center where the expo and packet pickup take place. You could also probably just follow the signs (that I ignored) that say "EXPO/RACE PACKETS." Or, you can circle around for a while like I did, thinking you know where you are going, and wondering when all this new stuff got built?? I missed this race last year and apparently there's been some new construction! Parking was a little tricky for packet pickup, as a nearby little league game seemed to be occupying most available spots, but fortunately there was a pretty quick turnover of athletes coming and going, and it wasn't much trouble. The Rec center has a large indoor common area which housed a cozy expo area with a handful of local businesses in attendance, as well as the usual arrangement of tables, friendly volunteers, and manilla envelopes that comprised the meat and potatoes of packet pickup.

The goody bag wasn't all that, but there was a bag of chips! (literally, there were chips in there). A tech T-shirt, some flyers, and the usual sample of bio freeze were most of the contents. As for race gear, just your standard paper bib number for the run, another swim cap to add to the collection, a reasonably-sized bike number sticker (thumbs up for no parachutes!!!) and a slightly awkward disposable style timing band/chip. Everything you needed, nothing you didn't.

RACE MORNING

Parking

There's a great story here that you couldn't make up even if you tried! More on that later.. But designated areas near the Winn Dixie parking lot were assigned to accommodate the athletes. In the past, (as in, the past 30 years...) athletes including myself have just sort of parked wherever in the Winn Dixie lot, and although there were designated areas, I think some folks just went with habit and parked there haphazardly like they always have (perhaps you can see where this is going). It's a short walk across the street to transition, only a few minutes to walk over. Early bird always gets the best spots, but you aren't screwed if you hit the snooze button an extra time. Also, Publix is a good place to shop for groceries. Just sayin'...

The potty situation

I'll have to be honest here, we're talking 4 porto-potties and 2 (one male, one female) small public restrooms to accommodate those that have to go on race morning (which is everyone, at least once). That's not very good odds! Lines were pretty long, perhaps a few more facilities are in order. Or try to plan a pit stop on the drive to the race.

Transition

Nice clean set up surrounded by temporary fencing, pavement is relatively new and easy on bare feet, and bags could be stashed in a center "island" negating a return trip to the car. Quick and easy "ins" and "outs," and a compact (but not cramped) area left no viable excuses for a slow transition time :).

Swim start

This year the swim course was arranged point to point to go "downhill" with some longshore current and a little chop that was present on race morning. 1/4 mile swim just meant walk 1/4 mile down the beach to the start, and swim back to transition. Now for the funny story... 3 minutes prior to race start we learn via loudspeaker announcement that Winn Dixie has decided (for the first time in 31 years) that they don't approve of where some of the athletes had parked, and would begin towing vehicles. Now picture the majority of the athletes running down the beach and across the street in swim caps, goggles, lycra, and bare feet to "rescue" their vehicles. Any frustration just had to be dismissed by witnessing such a spectacle. Seriously, that s&*t was hilarious! It caused about a 30 minute delay to the race start and made a memory, that's for sure. I imagine we will all be a bit more attentive next year as to where we leave our vehicles. I don't think anyone actually got towed.

Swim course

One can never count on perfect conditions in open water, and for this race we had some north-westerly wind flow overnight that put a little bump in the water. The course was well marked and arranged to go with the current, and made for a pretty fast swim, although I think it was maybe just a little longer than 1/4 mile ;). The bump was enough to provide a challenge for some athletes, but lifeguards and safety personnel were adequate, including Madeira Beach Fire/Rescue with a PWC and properly trained amphibious medics. Exiting the water was a quick and easy run up the beach and over the boardwalk into transition.

Bike Course

This bike course is a counter clockwise loop (4 left turns) and can be very fast! It does have just a few small challenges worth noting for anyone who has not raced it before. To begin, directly out of transition in the first few hundred meters are some mild speed tables to bump over. They are really no problem whatsoever.... unless (for those athletes who affix their shoes to the bike in transition) you are staring at your feet trying to put your shoes on, while lightly gripping the bars with one wet hand and forget about them. Just keep your head up :). Next up is one of two draw bridges with metal grating to ride across. This is not a place to attack or make a pass, but also not a place deserving of panic. Get out of aero, click a gear harder and keep pedaling with steady pressure, you'll have much better balance and control. Release the death grip and stay loose, and don't fixate your eyes on the grate in front of you. Eyes up, pedal (steady) through it and you'll be fine. It's a very short draw span.

Now for a left turn just after about the first mile or so (Duhme Road), and a long false flat basically all the way to park blvd, where you make another left. The first bit of park boulevard has a small dip and rise, but after going under the overpass, its game-on rolling slightly downhill with no turns all the way back towards the beach to the second and final drawbridge. This bridge also has a metal grate span and just needs to be crossed cautiously. After the bridge is your last (downhill) left turn on to gulf blvd. This year we had a nice tailwind here, and the last few miles on gulf were a lot of fun! Dismount at the line and right back in to transition. Course is advertised at 9.8 miles and I recorded within 1/10th of that on the bike computer.

Run course

This run is 100% on the sand once you leave the comfort of transition, so don't expect any 5k personal best! This is just part of what makes this race what it is, and everyone runs the same course and has the same challenge for this out-and-back beach run, so just suck it up and enjoy the view :). Once out of transition and down to the shoreline, you can find a line in fairly hard packed sand, but be mindful of adding extra distance on yourself by running zig-zags along the shoreline in pursuit of better terrain. Yes, the turn-around seems like forever, but it's really only about a mile and a half, and the whole time you'll be high-five distance away from your fellow athletes coming and going, so you won't be lonely! The finish line chute is pretty much sugar sand and reminds you why most everyone else stayed in bed that morning, but if this was too easy, we wouldn't be wasting our time with it, now would we?


After Party/awards

I'll admit I can't report well on what was offered for post race food, as I have some annoying food intolerances that pretty much always keep me out of the snack tent. However, I saw some tasty looking wraps, and plenty of cookies and treats. I also heard plenty of Sierra Nevada being cracked open, and I myself made multiple trips to the Rita's Italian ice booth. Several local teams were in attendance with pop-up tents and plenty of camaraderie, and many athletes were taking advantage of post race massage. Results were posted pretty quick, and awards went smooth, with age group top 5 finishers taking home what looked like a stylish commemorative metal beer mug as an award.

THE SHORT VERSION

All in all, a fun sprint race that's been around for 31 years, is well run, and is definitely worth doing. The gulf is usually pretty flat in May, but be prepared for the open water, and know that adequate safety personnel are there to support you. Be prepared for crossing the bridge grates on the bike, but don't let them scare you away from this race. Be prepared for a sunny 5k on the beach with all of your fellow athletes and don't forget that we are doing this for fun!! :). And I'm sure we'll all pay a little more attention to the parking situation next year, and hopefully find a few more porto-potties in transition in the morning??

Chad Report... Over...



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 \(Concierge Service\)](#)
- ◆ [Tempe, AZ Full Distance Triathlon](#)
[Nov. 19, 2017](#)

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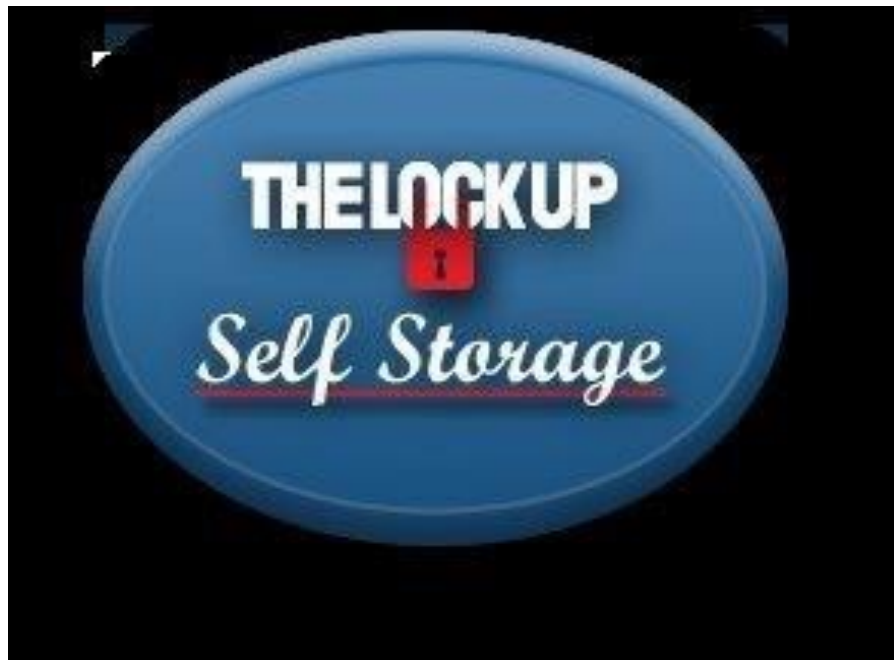
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Runfest is November 19th. They feature a half marathon and a 5k. For a Mad dog discount use the code **MadDogs17**. Website for more details is www.stpeterunfest.org.

