



THE FINISH LINE



Noah Pransky reporting from Fort DeSoto!

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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 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	1/2 page	Full Page
Width x Height	7 1/2" x 5"	7 1/2" x 10"
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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.

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EDITOR'S COLUMN

The Mad Dogs have survived another St. Anthony's week. Thanks to Jenn Olvedi for arranging the "after party" at the Ringside Cafe. We appreciate Mark Yeager from St. Pete Bike and Fitness for co-hosting the event with us and splitting the costs. This not only helps us to have a nicer party, but also helps to build relationships within the triathlon community. We also applaud the volunteers that helped out at the waterstop near Northside Pool.

(Please go to page 4)

TRAINING CALENDAR

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.

Every Tuesday 5PM.

Track workout coached by Joe Burgasser. St. Pete College

Track near 5th Avenue and 70th Street North.

see. 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!

#3763 - SeDonna Asberry - Tarpon Springs

#3764 - Bill Hendrick - St. Petersburg

#3765 - Grant Millar - St. Petersburg

#3766 - Bill Coggins - Tampa

#3767 - Bryan Touhey - St. Petersburg

#3768 - Jarrod Bell - Tampa

(continued from page 2)

Carolyn Kiper, as always, coordinated the homestays for the professional athletes. As you can see, the Board of Directors has a lot on their hands this week, particularly those who also race. We would immensely appreciate any Mad Dogs who would help to organize one event, or even just assist on one event per year. Thanks for helping to keep us relevant!

Mad Dogs Rule,

Chuck Lohman, Editor

MAD DOG NEWS

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

Thanks to the following for donations they made to our St. Anthony's raffle prizes:

- **St. Pete Bike and Fitness for gift cards and a complimentary bike fit.**
- **Feet First for gift cards.**
- ***Multirace* for free entries to the FD3 series races at Ft. DeSoto.**
- **Gina Hubany of Alternative Therapy Center for a complimentary massage.**
- **Paul Williams (paulsperfectfit.com) for a complimentary bike fit.**

Congrats to all Mad Dogs participating in the 2018 Boston Marathon. Special "paws up" to Jonathon Dunford for finishing his 21st edition of the race!

**"We shall not fail or falter, we shall not weaken or tire."
*Winston Churchill***

UPCOMING RACES



6 May - Longboat Key
Sprint/Olympic/Duathlon
Sarasota, FL
www.lbktriathlon.com/



3 Jun - Madeira Beach
Sprint
Madeira Beach, FL
www.secure.getregistered.com



12 May - Gulf Coast 70.3
Half Iron Distance
Panama City Beach, FL
www.ironman.com



3 Jun - Raleigh 70.3
Half Iron Distance
Raleigh, NC
www.ironman.com



20 May - Dunedin Triathlon
Sprint/Duathlon
Dunedin, FL
www.trisignup.com



10 Jun - Heartland Tri
Sprint/Olympic/Duathlon
Sebring, FL
www.runsignup.com



20 May - Chattanooga 70.3
Half Iron Distance
Chattanooga, TN
www.ironman.com



24 Jun - Siesta Key Womens
Sprint Distance
Sarasota, FL
www.trisignup.com

RACE RESULTS

Mooresville, NC 5k Race - 31 Mar

1st Place -

Don Ardell

HITS Ocala Olympic - 31 Mar

3rd Place -

John Atkins (overall)

IM 70.3 Haines City - 8 Apr

3rd Place - Gail Norman

5th Place - Rick Jansik

Duathlon Nationals - 8 Apr

1st Place -

Don Ardell

Celia Dubey

Karen Hasque

4th Place -

Cody Angell

Escape From Ft. DeSoto - 14 Apr

1st Place -

Don Ardell

Yova Boroskva

Kim Donaldson

John Hollenhorst

Roger Little

Gail Lohman

Mandy Zipf

2nd Place -

Noah Pransky

Bob Ranta

Sandy Weiss

Escape (continued)

3rd Place -

Ben Carlson (Overall)

Tony Handler

Jill Voorhes

5th Place -

Art Singleton

IM Texas - 28 Apr

Finisher - Tom Kennedy

St. Anthony's - 29 Apr

1st Place -

Lin Dolen

John Hollenhorst

Kaeleigh Moorhouse

Rosie Ray

Larry Yost

2nd Place -

Roger Little

Gail Lohman

Sue Minkoff

Anne Page

3rd Place -

Tony Handler

John Macedo

Kent Rodahaver

Diane Stokes

Jackie Yost

4th Place -

John VonLackum

Jill Voorhis

Bo Webster

5th Place - Richard Jansik

Mandy Zipf

MAY BIRTHDAYS



Frank Adornato	14th
David Burg	17th
Joan Duggar	17th
Tony Handler	23rd
Peter Paulin	23rd
Jessica Koelsch	23rd
Monty Seidler	25th
Steve Swift	28th
Bryant Davies	29th
Scott Lucas	31st



Betsy Banks, Semper Fi



Brit Mad Dog Diane Weaver training with her dog.



Don Ardell @ USAT Nationals



David Frazer with a manatee; hope Ann isn't jealous

MAD DOG PICTURES



Frank Adornato looking for a new challenge



Watch out for the resurfacing project on 22nd Street S



Bad dog



Noah Pransky @ Escape From Ft. DeSoto

MAD DOG PICTURES



John Hollenhorst @ Escape



Kim Donaldson, Yova and Ben Carlson, Gail Lohman, Mike Hood and Sandy Weiss



Don Ardell & Bob Ranta



Roger Little & Tony Handler



Gail Lohman

MAD DOG PICTURES



John Hollenhorst, with Pam, enjoying a glass of pale Gatorade



Wendy Tocha in Boston



Fierce Gail @ Escape



Happy Gail @ Escape



Celia Dubey (Please don't ask)

MAD DOG PICTURES

Jack Shuten Memorial Bikini Run Pictures (From Pam Hollenhorst)



MAD DOG PICTURES



Jennifer Hutchinson's team ready for Meek & Mighty



St. Anthony's Retro Picture posted by Susan Daniels. How many Mad Dogs do you recognize?

MAD DOG PICTURES

St. Anthony's Pictures



Kelly Deuser



Eric Lagerstrom, Gail Lohman & Ryan Fisher



Steve Swift



Mad Dog Waterstop (thank you volunteers)



Mary Sullivan, Diane and Gary Stokes



John Hollenhorst wins again!



Connor Mularoni, newest Mad Dog



John Hollenhorst & Sister Madonna Buder @ Post Party

What to say about this race: Yuk!

RICHARD JANSIK · TUESDAY, APRIL 10, 2018

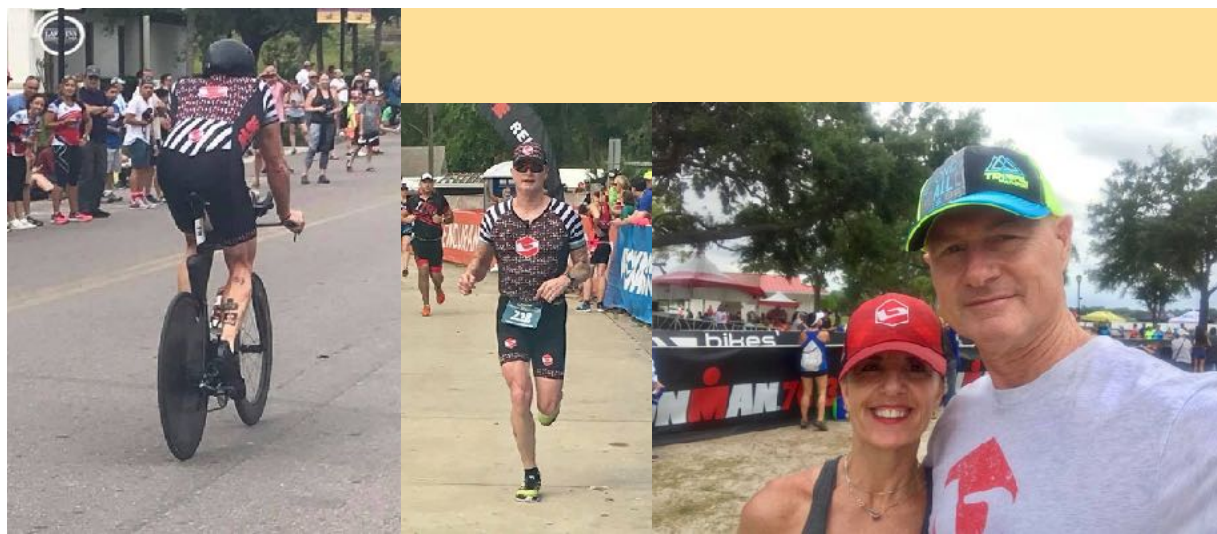
I raced the Ironman 70.3 Florida this past weekend, this is a race I would have never signed up for except that World Triathlon comped me a race for missing out of the 70.3 Worlds last September during Hurricane Irma. I really dislike this course and the venue but I figured why not, it's almost free. One thing I can say about Haines City is that the residents and the people in the surrounding area seemed to be welcoming to the event. After a couple of good half marathons to start the year I was feeling like superman until about three weeks ago when my hamstring bite me. I spent most of the time since nursing it back to health and eventually taking 10 days off with no running before race day. Jon and I came to the conclusion that this race was not our focus in the long run so I basically planned to go out to have a great swim and bike and see how the hamstring felt as I go through the 13.1 miles on the run.

Race morning I arrived and to my surprise it was wetsuit legal at 75.9 degrees. They must have really been digging for that cool spot in the lake but I will take it when I can get it. The swim was self-seeded so I decided to line up with the 35-37 minute group (my goal was 35 minutes since my best swim was 39:48 in this lake), at that point it seemed like there were a lot of fast swimmers out there because more than half the field was in front of me. I tried to look past the others and think about my race and how to execute. Once in the water I focused on a good start and tried to ignore the weeds that were stuck to my Garmin watch as I moved forward, after a couple hundred yards I knew I made a mistake as I spent the first half of the swim going around the slower people and wasted a lot of time maneuvering through them. I tried to look at the bright side that for once I felt fast in the swim leg of a triathlon.



As I approached the finish of the swim I grabbed a hand full of weeds again so I decided to stand up and run until I stepped into a big hole and my calf cramped on me, this is the picture Laura took of me and the look on my face is 'oh shit I fell in a hole and ouch my calf is cramping'. Luckily the calf let go and I was able to run out and get to transition. I ran up the hill and concentrated on getting the wetsuit off as there were no strippers. I had a 36:22 swim and that is over a 3 minute personal best in this race for me so I felt pretty good about that.

I ran out of transition and jumped on the bike heading down the road as the shield on my helmet started to fog up because I was breathing so hard and I had to stick my finger inside to clear it off. I figured it would clear up after a while but it took almost 20 miles and a lot of finger waving to clear it as I looked through the small vent holes at the top to find my way down the course. I was doing pretty well on time as I pushed it a little since the first half of the course is easier than the second half. I focused on going around all those fast swimmers and decided after 30 miles it was time to concentrate on my power meter more than feel. My goal time on the bike was 2:25 @ 85% FTP and in the end I finished at 84% and a 3 minute personal best (from 2014) on the bike at 2:27. After the race there was a lot of conversation about drafting and the lack of officials on the course. I think I saw one motorcycle ride by so it was wide open for a draft fest around the course. Its funny how they couldn't get officials to marshal the bike course but they had plenty of people to give out penalties on the run course for accepting water from spectators or family members. Rules are rules I guess.



Into Transition 2 and put on my running gear and this was when I started to think about my hamstring and what my approach would be as I started. Jon and I talked and the plan was to think about the big picture and my goals for the year. This was not a priority or "A" race for me so the goal was to feel out the hamstring as I go through the first mile (and the first hill). The hamstring felt okay so I decided not to look at my watch and just ran easy until I got past the first set of hills. Everything felt good as I went up second big hill but I think being scared of pushing it too hard kept me from attacking the hill like I would in any other race so I took small quick steps up and then easy down. The first of three laps was slow but good, I stopped by Laura and she yelled at me to keep going but I needed to stretch out the hamstring and move on to the next lap. The course was already looking like zombie land as the heat and the hills were taking its toll even before most people got half way through their first lap. The second lap for me was a little harder and the legs were feeling tired, the hamstring started to get tight so I stopped again at the end of the second lap (and Laura yelled at me again to keep moving) and stretched it out before I started the last lap. I was down to running 9 - 9:30's and at that point it was to just get to the finish line and call it a day. The clouds helped a little but there is no escaping the heat and humidity except for the kind neighbors living on the run course who turned on their garden hoses as we ran by. I crossed the finish line and felt really bad, it had been a while since I felt this way at the end of a race and all I could think was I will never go back to Haines City, even if it's for free. The ironic part of this is that I still had a 1 minute personal best on the run from the last time I did the race in 2014.

This race has always kicked my @ss but I actually had a 12 minute overall personal best time for the race. In the end I was 5th place in age group, yes a podium but one that I didn't feel all that good about. Fortunately for me others suffered far worse as I passed two age group guys in the last lap of the run to get on the podium. 2nd through 7th place were only 6 minutes apart, and the 1st place guy was 30 minutes ahead of me, this guy is always in a league of his own but I shouldn't have been that far behind him. In the end I should have been a 2nd place finisher but the worry about the hamstring didn't allow me to give the race 100%. It is what it is.

As always Laura was my rock and stayed out there for 11 hours until I could pick up my award and head back home. Sherpin Aint Easy! Once again

coach Jon Noland's race strategy worked and I think I survived without doing any damage to the hamstring. I will know a lot more in a couple of days when the muscle soreness goes away. I kept up with my nutrition and no kidding Base Performance has not let me down in a race since I started using their products two years ago.

It was great to see all the Tampa Bay area athletes from the Tribe, KLR, Goat Fit, BSR, Moxie and of course our friend Leo out on the course. I was happy to contribute some good Tri Club points for my Outspokin Multisport Team.

Time to prep for St Anthony's, hopefully in three weeks I can put this hamstring problem behind me and get in some good runs before race day, then it's on to the Chattanooga 70.3.



Frank Adornato's Training Tips

Training Tip - Wristband HRM vs. Chest Strap HRM.

Most athletes wear wristband GPS watches / heart rate monitors instead of the uncomfortable chest strap varieties. Several recent magazines have had articles asking the question: How accurate are wristband HRM's compared to chest strap HRM's?

I tested this on myself running on several different days with a Garmin Forerunner 235 on my left wrist and a Polar FT1 (with a chest strap) on my right wrist. Some runs were at a steady pace and others were high intensity intervals. My results confirm that there is some inaccuracy.

During the first 1/2 mile of running the Garmin was consistently about 10 bpm higher than the Polar. Once I settled in to a steady pace, the two HRM's were comparable +/- one bpm.

During interval workouts (speed sets or hill repeats) the Garmin and Polar were not the same, and the Garmin typically displayed higher heart rates by as much as 10 bpm.

My conclusions are:

If you are looking to fine tune your high intensity training, the wrist strap HRM may not give you precise accurate feedback. For general training runs however, these are OK.

If your cardiologist has given you specific heart rate ranges and a maximum training heart rate for medical reasons, use the chest strap variety.

Train smart. Race fast.

Frank Adornato

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

Race Report From Don Ardell

National Duathlon Championship Races, April 7 & 8, Greenville, SC

I found the opportunity to compete in at least one national championship race as an octogenarian before retiring irresistible, so I bought a cheap seat on Allegiant Air and flew nonstop to Greenville, S.C. for the National Duathlon Championship weekend. Though conditions were cold and damp, the events were well managed by USAT and the local sponsoring organizations. The bike course was safe but challenging (all on two closed highways). Kudos to all involved.

Top finishers in each age group earned a spot on Team USA that will compete next year at the ITU Multisport World Championships Festival in Pontevedra, Spain.

Tip to MadDogs tired of taking their bikes apart at home and back together again at the race site, and repeating the process after the race and at home, and paying the airlines a king's ransom coming and going - rent a bike at the location. I paid a grand total of \$60 for a 2018 Trek Emonda ALR4. All that you need are your pedals and helmet. The bike was splendid - as nice a ride as my own, though I did miss my down bars a little.

On a tragic note, a popular veteran competitor, Anne Viviani, who finished third in a standard race Saturday in the 65-69 age group, lost her life Monday morning when a deer collided with the vehicle in which she and her husband were traveling home on I-85 just a few miles from the race venue. I knew Annie - a delightful, positive and talented person. Life is so very random. Those of us who have lived long are very fortunate not to have fatally been in the wrong place at a very bad time.



Anne Viviani

Chad Siple wrote this race report on Mad Beach Triathlon several years ago. 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 3rd. 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...



SCOTT RUBIN, D.C., CCSP

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All Mad Dog members receive \$45.00 massage and free myofascial taping prior to any competition.

The advertisement for Reeder & Nussbaum, P.A. features two portraits of the attorneys, Andrew D. Reeder and Marc B. Nussbaum, in suits. In the center, there is a logo of a scale of justice. Below the logo, the text reads "REEDER & NUSSBAUM, P.A. PERSONAL INJURY ATTORNEYS" in bold, black font. The phone number "727.521.ATTY (2889)" is displayed in a large, bold, red font, followed by the website "www.CounselorsOfLaw.com" in a smaller, black font. At the bottom, a red banner contains the text "PERSONAL INJURY | AUTO & MOTORCYCLE ACCIDENTS | WRONGFUL DEATH & NURSING HOME ABUSE" in white, uppercase letters.

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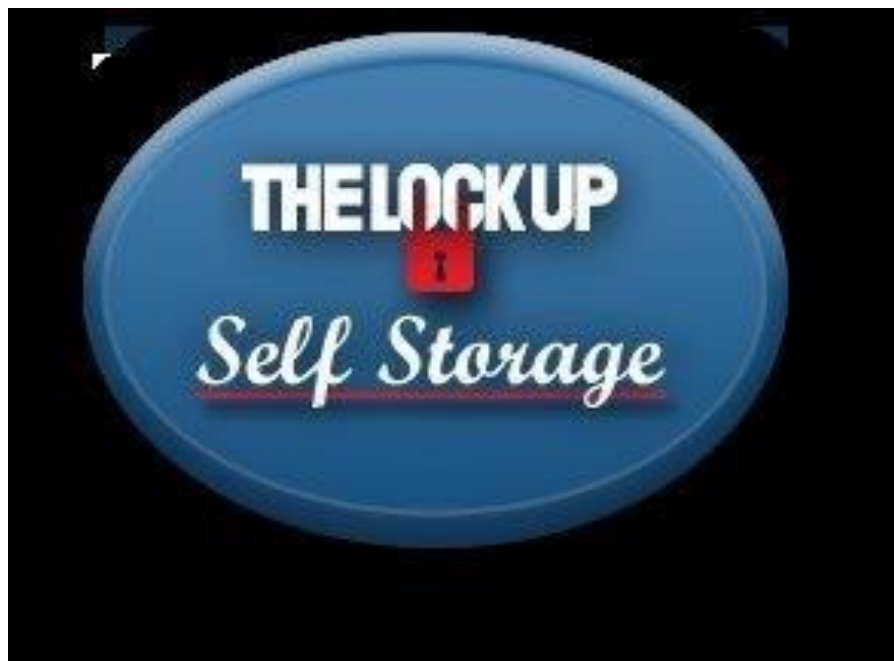
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