



# THE FINISH LINE



Mad Dog Couples on the podium @ Escape from Fort DeSoto. Jessica and Todd Bibza, and Jill Voorhis and David Longacre. Sorry, couldn't find a picture of Tom and Lindsay Bell.

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Established on November 6, 1993, the St Pete Mad Dogs Triathlon Club is a not for profit organization designed to promote the sport of triathlon. The club is comprised of fun loving triathletes who train, race and howl together, with members of all levels of experience and expertise.

The Finish Line is a medium for communicating the latest club news, as well as an informal source for what's happening in the sport of triathlon as it affects us. Articles published in The Finish Line may contain opinions of the author, not necessarily the club.

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Articles, or photos may be submitted to the Editor @ [newsletters@stmaddogs.com](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	1/2 page	Full
Page		
Width x Height	7 1/2" x 5" x 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 Mad Dogs.

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What a great St. Anthony's Triathlon week! The Wednesday night Jack Shuten Bikini run was great fun and a successful fund raiser for CASA. We had probably the best turn out in years with several pros, sponsors Zone 3, and long time Mad Dog Dave Orlovski joining the run/swim/party. As always, appreciated the support of St. Pete Beach mayor, Al Johnson.

Saturday's Meek and Mighty transition area was well supported by St. Pete Bike and Fitness and the Mad Dogs. Joe Bayliss did a great job of herding cats!

(Please go to page 5)

# TRAINING CALENDAR

	SWIM	BIKE	RUN
<b>MONDAY</b>	5:30 - 7:00 AM St. Pete Beach Aquatics Club coached by Leo Briceno	8 am. From USFSP 6th Ave & 2nd St. South. 16 miles 20-21 mph.	6 pm. From Northshore Pool Parking Lot (16 miles)
<b>TUESDAY</b>	6:30-8 pm. Northshore Pool. Coach Joe Biondi \$9.00 session	6 am. Base miles 22-25 mph ride from SPB&F 4th St. store.  8 am. From USFSP 16 miles 18-19 mph.	5 pm. Track workout coached by Joe Burgasser. SPC Track 5th Ave and 70 St N.
<b>WEDNESDAY</b>	6:00 pm. Pass-a Grill Swim Starting 03/13/19. Meet at Hurley Park.	8 am. From USFSP 16 miles 20-21 mph. <b>Wed is Mad Dog ride. Wear your colors.</b>	7:30 am. Bayway Bridge Repeats. Meet at Sun Blvd & Pinellas Bayway.
<b>THURSDAY</b>	6:30-8 pm. Northshore Pool Coach Joe Biondi \$9.00 session 5:30 - 7:00 AM St. Pete Beach Aquatics Club coached by Leo Briceno	8 am. From USFSP 16 miles 18-19 mph.	5:15 AM. Bayway Bridge Repeats. Meet at Sun Blvd & Pinellas Bayway. (Burgasser Group).
<b>FRIDAY</b>	8 am. Group swim Sunset Beach. Meet at Yost's 143-91 Ave S.	8 am. From USFSP 16 miles 20-21 mph.	5:30 AM. Snell Isle Bridge to USF and back. (Burgasser Group).
<b>SATURDAY</b>		8: 00 am. From Northshore Pool. Rides staged by speed: 16-18MPH, 20MPH, 22 MPH, 24 MPH	

# TRAINING CALENDAR

Table 1-3

SUNDAY	SWIM	BIKE	RUN		
		8:30 am. Advanced ride. From St. Pete Library 9th Ave N & 37 St.  8 am. Intermediate no drop ride. From SPB&F 4th St store  10:30 am. Beginner no drop ride. From SPB&F 4th St store.			

# WELCOME NEW MAD DOGS!

- #3808 - Ginger Heering - St. Pete
- #3809 - Anna Bailey - St. Pete
- #3810 - Samuel Veraldi - Raleigh, NC
- #3812 - Kim Carlin - Toronto, Canada
- #3813 - Jean Thibault - Tampa
- #3814 - Dawn Newland - St. Pete
- #3815 - Karen B. Smith - Tampa
- #3816 - Paul Triska - Palm Harbor
- #3817 - Stephanie Triska - Palm Harbor
- #3818 - "Zo" Lorena Flores - St. Pete
- #3819 - Victoria Lin - Seminole
- #3820 - William Meadows - Tampa
- #3821 - Philip Lacey - St. Pete

(continued from page 2)

Sunday's Mad Dog water stop was well attended and led by Tim Hudson. Thanks to all who showed up to help! Race conditions were good except for a rough swim for those doing the Olympic Distance. Finally, the post race party at Yard of Ale, led by John Hollenhorst, was a smashing success. Thanks to Destination Miles for the raffle prizes. Note the surge in new Mad Dogs listed above!

On a personal note I was gratified for medical permission to come out of "retirement" and race again. It was great to be on the starting line once more with the Mad Dogs!

Mad Dogs Rule,  
**Chuck Lohman, Editor**

# MAD DOG NEWS

- **Congratulations to Mad Dog Dr. Sandy Weiss for successful defense of her Doctors dissertation!**
- **Good job to Carolyn Kiper, Natalie Davis, Tim Kennedy and Chris Poor for finishing IM 70.3 Haines City on a tough day!**
- **Wendy Tocha, Jonathan Dunford and Laura Jensik finished another Boston Marathon with other area athletes despite very threatening inclement weather.**
- **Don Ardell and Celia Dubey won their Age Groups at Duathlon Nationals for the 2nd year in a row. See Don Ardell's entertaining racereport on page 18. Don's newly published book, Not Dead Yet, about tips from senior World Champions, including Dave Scott, is available on [amazon.com](http://amazon.com).**
- **There were so many Mad Dogs on the podium this month that for the first time in history I had to publish 2 pages of results!**

“ A pessimist sees the difficulty in every opportunity: an opportunist sees the opportunity in every difficulty.”

Winston Churchill

# UPCOMING RACES



5 May - Longboat Key Tri & Du  
Sprint & Olympic Distance  
Longboat Key, FL  
[www.runedia.mundodeportive.com](http://www.runedia.mundodeportive.com)



25 May - Crystal River Race #1  
Sprint Distance (Tri & Du)  
Crystal River, FL  
[www.trisignup.com](http://www.trisignup.com)



11 May - IM 70.3 Gulf Coast  
Half IM Distance  
Panama City Beach, FL  
[www.ironman.com](http://www.ironman.com)



2 Jun - Mad Beach Aquathlon  
Swim/Run/Swim/Run  
Madeira Beach, FL  
[www.thunderboltmultisport.com](http://www.thunderboltmultisport.com)



19 May - IM 70.3 Chattanooga  
Half IM Distance  
Chattanooga, TN  
[www.ironman.com](http://www.ironman.com)



9 Jun - Heartland Tri @ Du  
Sprint & Olympic Distance  
Sebring, FL  
[www.runnersignup.com](http://www.runnersignup.com)



19 May - Dunedin Rotary Tri  
Sprint Distance  
Dunedin, FL  
[www.runsignup.com](http://www.runsignup.com)



23 Jun - Sirens Triathlon  
Women Only Sprint Distance  
Sarasota, FL  
[www.runnersignup.com](http://www.runnersignup.com)

# MAY BIRTHDAYS



Frank Adornato -	14th
Keith Runyan -	15th
David Burg -	17th
Joan Duggar -	17th
Jay Cooke -	18th
Stephen Sexhauer -	18th
Jessica Bibza -	23rd
Tony Handler -	23rd
Peter Paulin -	23rd
Monty Seidler -	25th
Stephanie Triska -	25th
Steve Swift -	28th
Bryant Davies -	29th
“Zo” Lorena Flores -	31st
Scott Lucas -	31st
Samuel Veraldi -	31st



# RACE RESULTS

## Challenge Salou - 7 Apr

### 2nd Place Pro -

Danielle Sammler (Mad Dog Homestay)

### 4th Place Pro -

Jackson Laundry (Mad Dog Homestay)

## Escape from Ft. DeSoto - 13 Apr

### Duathlon

#### 1st Place -

Jessica Parrish

### Triathlon

#### 1st Place -

Frank Adornato

David Longacre

Bob Ranta

Mandy Zipf

#### 2nd Place -

Cody Angell

Lindsay Bell

Jessica Bibza

Todd Bibza

Kelley Deuser

Gail Lohman

Jill Voorhis

#### 3rd Place -

Tom Bell

Roger Little

Bonnie Theall

#### 4th Place -

John Hollenhurst

#### 5th Place -

John Atkins

## Duathlon National Champs - 14 Apr

### 1st Place -

Don Ardell

Celia Dubey

## Ironman 70.3 Haines City -

### 3rd Place -

Park Alsop (qualified for slot to Nice)

## Ironman Texas - 27 Apr

### Finishers-

Rose Doyle

David Frazer

Chris Poor

Laura Segrera

# RACE RESULTS #2

## St. Anthonys - 28 Apr

### Olympic

#### 1st Place -

Gail's Males Relay Team

#### 2nd Place -

Frank Adornato

Roger Little

#### 3rd Place -

Kaeleigh Morehouse

John Macedo

Emma Quinn

#### 4th Place -

Kent Rodahaver

#### 5th Place -

Nick Chase (profrrssional)

Carolyn Kiper

Jill Voorhis

## St. Anthonys - 28 Apr

### Sprint

#### 1st Place -

Dawn Clark

Lin Dolen

Tony Handler

Gail Lohman

Rosie Ray

Larry Yost

#### 2nd Place -

Frank Adornato

Roger Little

Jackie Yost

Chuck Lohman

#### 3rd Place -

Celia Dubey

#### 4th Place -

Claudia Junquiera

#### 5th Place -

John Van Lackum

# MAD DOG PICTURES



(Tall) Steve Shelton, (Jersey) Steve Etherton, and (GLo) Gail Lohman @ Wednesday night Pass-a-Grill swim



Dr. Sandy Weiss and Larry after her successful Doctorate dissertation!



Kim Donaldson



Paula Shay



The whole crew

# MAD DOG PICTURES



Race director Fred Rzymek racing old school. Dave Scott aerobars?

what was I thinking....



Mike Hood, Kim Donaldson, Chris Ballard, Kelly Deuser and Gail Lohman



Jessica and Todd Bibza



Frank Adornato, John Hollenhorst, Kim Donaldson, Kelley Deuser and Gail Lohman

# MAD DOG PICTURES



Jill Voorhis and David Longacre



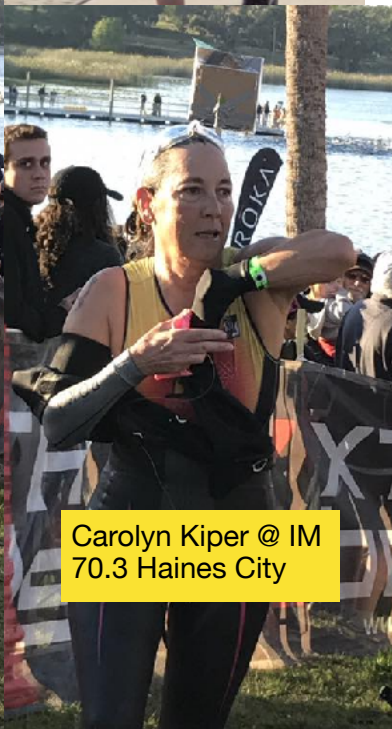
Chris Poor finishing IM 70.3 Haines City



Boston Marathon watch party - John and Pam Hollenhurst and Al Johnson



Natalie Davis @ Haines City

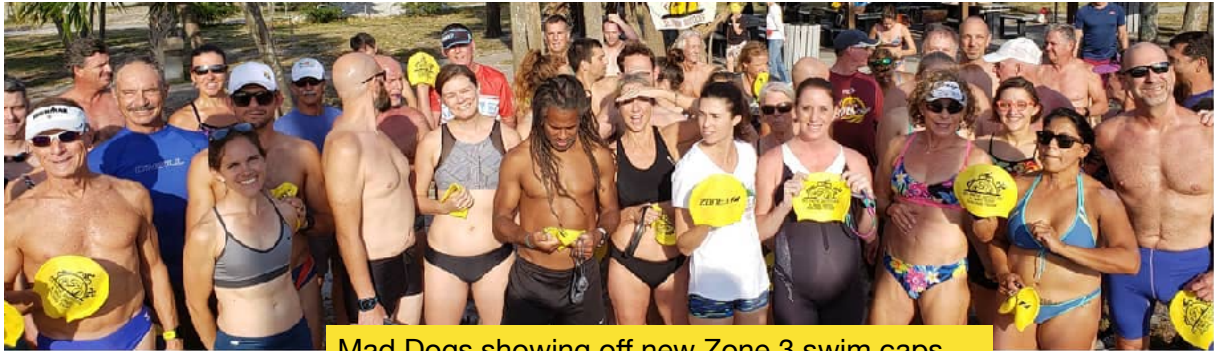


Carolyn Kiper @ IM 70.3 Haines City



Wendy Tocha and Jonathan Dunford with Bill Rodgers

# MAD DOG PICTURES



Mad Dogs showing off new Zone 3 swim caps



Jack Shuten Bikini Run to benefit CASA



Laura Jansik showing off @ Boston Marathon!



Tim Robinson models his new Mad Dog Trisuit



Dave Orlovski and Gail Lohman

# MAD DOG PICTURES



Jill Voorhis and David Longacre



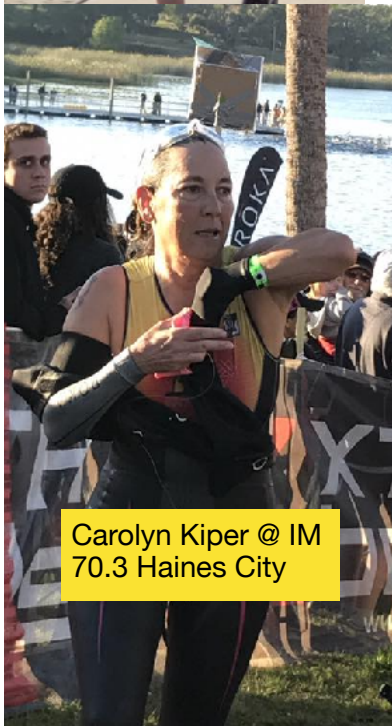
Chris Poor finishing IM 70.3 Haines City



Boston Marathon watch party - John and Pam Hollenhurst and Al Johnson



Natalie Davis @ Haines City



Carolyn Kiper @ IM 70.3 Haines City



JoJo Bayliss and Chris Ballard "Killer Bees"

# MAD DOG PICTURES



Tom Kennedy, Dave Orlovsky, Chuck Lohman & Tim Hudson @ Pass-a-Grill for pre - St. A's swim



Tom Kennedy with the Angells of St. Pete Running Company



Gail's Males Relay Team takes 1st @ St. Anthony's. Scott Dias, Patrick Mularoni and David Joffe



Claudia Junquiera informs Danny Nolan, "Yes, you do have to swim to do a triathlon."



# MAD DOG PICTURES



Mary Sullivan and Diane Stokes, sad about leaving St. Pete



Bill Biel and Steve Shelton at St. A's



Steve Shelton, Steve Etherton and Chris Ballard at Yard of Ale



Unknown Mad Dog at post race party

## USA Duathlon National Championships - Observations on the 2019 Races

### Don Ardell

#### [Complete Results](#)

**GREENVILLE, S.C.** — Neither high winds nor rain nor heat nor gloom of threatened tornadoes stayed 500 or more couriers of the duathlon variety from the rather swift completion of their appointed rounds at the USA National Championships in Greenville, South Carolina last April 13 and 14.

A sparsely attended draft-legal sprint event was held on the morning of the first day. For this, the weather was lovely. The non-draft standard-distance race was on Sunday morning. For this, too, the weather was lovely.

But by midday Sunday, while the entire region was being blasted by thunderstorms and tornadoes, everyone knew the weather would not be lovely for the non-draft sprint - and it was not. But, it could have been much worse, and for that all were grateful. Many were also grateful when the announcement was made, minutes before the race start, that the run and the bike legs were shortened in order to get everyone off the course before the expected *end-of-the-world-as-we-know-it thermonuclear vortex thunderstorm* arrived.

Did this animate the assembled athletes? Evidently, because the winners, Todd Buckingham and Cassidy Hickey, won the overall men's and women's races under 22 and 25 minutes, respectively. Others, particularly those half a century older than Mr. Buckingham and Ms. Hickey, took a bit longer to cross the line and seek shelter before the forecasted nature's blitzkrieg. I spoke with a couple of religious fundamentalist competitors who suggested, and I think actually hoped, that the weather event might in fact be the long promised *Rapture*.

In any case, USAT staff and local organizers did a remarkable job bringing it all off safely and no one was injured on the course or observed being taken up in the clouds.

For all three races, top finishers in each age group earned the opportunity to spend a lot of money for the opportunity getting to and competing on the US duathlon team at the 2020 ITU Multisport World Championships in Almere, the Netherlands.

- **Don's newly published book, [Not Dead Yet](#), about tips from senior World Champions is available on [Amazon.com](#).**

## **Training Tip - Do A Post Race Analysis (But no excuses)**

If you want to race better in any sport, it's valuable to look back on your recent races and analyze what you did well and what you didn't do well. Be honest with yourself. Evaluate how was your performance at the start, middle and end of the race. Regardless of how you finished - middle of the pack or a podium finish, the question you want to answer is "How can I race better next time?" But don't make this a whining session. Don't look for excuses such as blaming your bike, or bad weather. And this isn't about the "other guy". Make this about you and your performance. After an honest appraisal, work on those areas that need improvement. Training volume and intensity, race taper, nutrition and hydration, race day strategy and execution. Do it right, do it often, and you'll be a better competitor.

Train smart. Race fast.

Frank Adornato



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

## The Pre- Race Taper

You've trained hard for your race and it's time for your pre-race taper. But what's the right taper for you and how much should you do or not do?

It's important to remember that the pre-race taper is not "one size fits all". The type and duration of a taper plan is dependent upon the distance of the race, the relative importance of the race, and the athlete. For example: You should always taper before a target "A" race. Short tapers are probably adequate for short distance races. Older athletes may require longer tapers than younger athletes.

As a rule of thumb:

- Allow 10 days to 2 weeks taper for an Ironman distance race.
- Allow 5 to 7 days for a 70.3 or Olympic distance race.
- Allow 3 days for a sprint race.
- No weight training during the taper period.
- Continue to stretch everyday, even on the rest days.
- Reduce training volume to about 80%.
- Reduce but don't eliminate high intensity work. High intensity sets should be shorter duration with longer recovery intervals.
- Take a day of complete rest two days before race day.
- Do a very short and easy workout the day before the race, early in the morning if possible.
- Reduce calorie intake since you're training less and burning fewer calories.

The primary goal of the pre-race taper is to be rested and in peak condition on race day. You want to wake up on race morning knowing you have prepared yourself properly and that you are ready to race. Stay calm, focused, and positive in your attitude. Race day is what it's all about!

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## Training Tip - High Intensity Training

High intensity interval training - HIIT - should be a major component of every workout program. HIIT improves endurance as well as speed. How to do it, and how much to do will vary with the athlete's fitness level and race goals, but here are some basic things to consider when planning your workouts. These are general guidelines. For a more detailed workout plan, get the input of a certified coach.

1. Virtually all workouts, excluding recovery days, should have some amount of HIIT included. That includes swimming, cycling and running.
2. The high intensity segment should be at or very close to your high end heart rate; a maximum effort. The low intensity segment or rest interval should be an easy effort that allows heart rate and breathing recovery. Don't get "stuck in the middle" in your workout intensity efforts.
3. The duration of both segments will vary based upon the goals of each particular workout.
4. Between 10% and 20% of your total workout time should be high intensity efforts, broken into segments of 30 seconds to 2 minutes. The rest intervals should be of equal or greater duration.
5. Always start your workout with a long warm up and finish with a cool down. And keep in mind that the recovery interval is as valuable to your fitness and performance improvement as is the high intensity interval.

Train smart. Race fast.

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