



THE FINISH LINE



Carolyn Kiper in Kona with Tim Don and Julie Dibbens

*Join Us for Bridge Run
Repeats Every Wednesday
Morning @ 7:30 AM*

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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"
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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EDITOR'S COLUMN

New first for the Newsletter! Included is a combined travelog and race report from Nick Chase covering a trip to Iceland and Augusta 70.3. Don't miss it!

Thanks to John Hollenhorst and Jenn Olvedi for arranging the annual anniversary party at Caddies' on Central, and for St. Pete Bike and Fitness for co-sponsoring the event.

We appreciate Frank Adoranto for stepping up to head the volunteers for the St. Pete Run Fest. Frank would really appreciate

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TRAINING CALENDAR

	SWIM	BIKE	RUN
MONDAY	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)
TUESDAY	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.
WEDNESDAY		8 am. From USFSP 16 miles 20-21 mph. Wed is Mad Dog ride. Wear your colors.	7:30 am. Bayway Bridge Run. Meet at Sun Blvd & Pinellas Bayway. 6:00 pm. Tavern at Bayboro. Various distances and speeds. Starting 10/31/18.
THURSDAY	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.	
FRIDAY	8 am. Group swim Sunset Beach. Meet at Yost's 143-91 Ave S.	8 am. From USFSP 16 miles 20-21 mph.	
SATURDAY		8: 30 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!

#3785 - Ricardo Sanz - St. Pete

#3786 - Caroline Meers - Tierra Verde

#3787 - Edward Evanoskas - Bristol, CT

#3788 - Gabriel Picone - Tampa

(continued from page 2)

any Mad Dogs who can volunteer their time to help him out.

We have finally reached closure on the design logo for the new joint triathlon uniforms with St. Pete Bike & Fitness. Hope to have a demo uniform to display at the Anniversary Party. Thanks to Carolyn Kiper and Gail Lohman for leading this effort.

Mad Dogs Rule,
Chuck Lohman, Editor

MAD DOG NEWS

St. Pete Mad Dogs Anniversary Party, co-hosted by St. Pete Bicycle and Fitness, is scheduled for 2PM to 6PM on December 1st at Caddy's on Central. As always, reps from St. Anthony's Triathlon will be there to offer us our traditional discount. Ensure that your dues are up to date, and bring a friend to sign up if you can. Thanks to Mad Dog John Hollenhorst for his efforts to arrange this event.

Thanks to Frank Adornato for volunteering to lead the Mad Dog volunteers at the St. Pete Run Fest on November 18th. Please consider helping him out, as this is one of two large events where we traditionally provide help to the community. Contact Frank @ m.frank@triatl.com.

**Starting Wednesday - October 31st! It's back to The Tavern for the Mad Dog Wednesday Night Group Runs (if Halloween permits.)
The Tavern at Bayboro - USF St. Pete Campus -
Every Wednesday Night starting at 6:00 PM!**

“Perfection is not attainable. But if we chase perfection, we can catch excellence”

— Vince Lombardy

UPCOMING RACES



3 Nov - IM Florida
Iron Distance
Panama City Beach, FL
www.ironman.com



01 Dec - Tri Key West
Olympic/Sprint/Duathlon
Key West, FL
www.trikw.com



10 Nov - Miamiman
Half/Olympic/Tri/Du/Aquabike
Miami, FL
www.multirace.com



8/9 Dec - Challenge Daytona
Half Iron / Sprint Distance
Daytona Raceway, FL
www.Challenge-Daytona.com



18 Nov - IM Cozumel
Iron Distance
Cozumel, MX
www.ironman.com



16 Dec - Christmas Tri and Du
Sprint Distance
Naples, FL
www.eliteevents.org



18 Nov- Longboat Key Tri/Du
Sprint/Olympic Distance
Longboat Key, FL
www.longboatkeytriathlon.com

RACE RESULTS

Lycra & Lace Tri - 6 Oct

1st Place -

Gail Norman

Jackie Yost

2nd Place -

Cathy deHaan

3rd Place -

Suzanne Brosseau

Sandy Weiss

4th Place -

Pam Greene

Clare Kelley

5th Place -

Vicky Linkovich

IM 70.3 New Orleans - 21 Oct

1st Place -

Jessica Koelsch Bibza

Great Floridian 1/3 - 20 Oct

3rd Place -

Art Singleton

Maui Xterra Worlds - 28 Oct

Finisher -

Clive Heke

IM World Championship - 13 Oct

2nd Place -

Jeff Cuddleback

Finisher -

Art Halttunen

Tom Kennedy

Richard Weinbrandt

IM Louisville - 14 Oct

4th Place -

Richard Jansik

Finishers -

Dave Milleman

Tracy Milleman

NOVEMBER BIRTHDAYS



Carrie Hanley	-1st
Curt Bryan	-5th
Stephen Kovac	-5th
Gabriel Picone	-6th
Paul thibault	-7th
Melissa Ravenel	-10th
Lin dolen	-11th
Brian Kelly	-18th
Ron Myklebust	-18th
Richard Russell	-18th
Bill Bell	-19th
Art Singleton	-20th
Janice Smith	-21st
Joel Royston	-27th
Michael Deacy	-29th

MAD DOG PICTURES



Paula Price Shea training



Sandy Weiss (L) at Lycra & Lace Tri



New Mad Dog Emma Quinn <R>, 1st place woman in a local race



Vintage picture of Dave Scott and his hero, Tim Hudson



Carloyn Kiper in Kona with Tim Don and Julie Dibbens

MAD DOG PICTURES



Kona underpants run (an obvious attempt to imitate the Mad Dog bikini run)



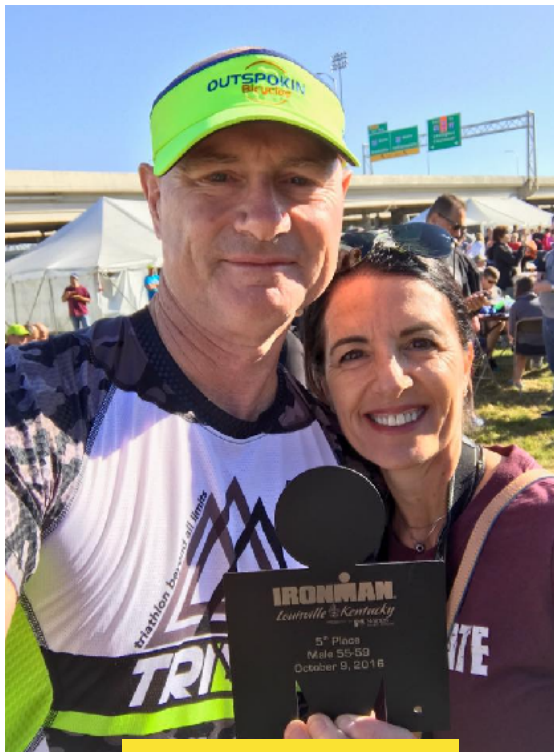
Carolyn Kiper in Kona with Andrew Starkykowicz. Ironman Groupie #1



Jill Kralovanec @ IM Louisville



Iron Groupie #2. Gail with Mark Allen in 2012



Richard & Laura Jansik @ IM Louisville



Frank & Judy Adornato with Vincent Jackson - Go Bucs

MAD DOG PICTURES



Carol Jean and Kip Vosburgh with Ron Quincel of St. Pete Bicycle Club @ Gran Fondo SC

Sometimes You Eat The Bear. And Sometimes The Bear Eats You.

We all have training days when we feel great. Your body performs perfectly. You feel like you can eat a bear. And then a week or two later, doing the same workout, same intensity, same weather and road conditions, and you are toast. You just don't have it that day. It's discouraging but it happens. But what's important is to figure out why it happened so you can prevent it from happening again.

When you have had a bad workout, look back at your training log. If you wear a smart watch or other similar device, you probably have reams of information collected and stored. Look over that information plus other factors that might impact how how well you perform. Such as:

- weather conditions
- what you ate and drank the day before or that morning
- how much sleep you got, and was it restful sleep
- resting heart rate
- any aches and pains
- any unusual emotional stress
- etc.

You may see trends over the short term or long term, and this will give you a clue why you had a bad day training, or conversely why your training went so well. And equally important, when you know what works and what doesn't work, you can repeat the good stuff as race day approaches and have a great race.

After all is said and done, on race day you want to eat the bear, not have the bear eat you!

Train smart. Race fast.

Frank Adornato



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

Iceland Tour Report and Augusta 70.3 Race report from Nick Chase

I'm guessing you've heard Iceland is beautiful, amazing and somewhere you should definitely visit. I'm here to tell you that it's just so much more than that. After IRONMAN 70.3 Steelhead I ripped on over there via WOW airline where I think I paid around \$320 for a one-way ticket (bags, bikes, food). I believe the flight was around 9 hours but it could have been 10 since I really can't remember (google says 10 hours). Anyway, Iceland can be best viewed with your own eyes so put it on the top of your list and find some great prices on tickets.

22 Days in Iceland

Last year I had the pleasure of racing Challenge Iceland, which was sadly erased from history after it was canceled for 2017. Now, you can't even see the results...so it's like we never raced. During that trip, I was paired with two lovely hosts who made my trip remarkable. Not only were they cool with Karen making a surprise birthday trip to visit, but they also gave us the best taste of Iceland we could imagine. (link to the last blog) So if Challenge Iceland is canceled, why did I go? Honestly, I just made a good excuse and didn't think twice. I'm racing an extreme 140.6 distance triathlon, Patagonman, in December. I figured I might as well try and place myself in the wind, rain, and cold temps while knocking out a huge adventure. Karen and I ran the Reykjavik Half Marathon and a week later I ran another 1/2 Marathon in the Westman Islands. I feel like I could probably write a small book on this 22-day journey since the people and memories are both vivid and unforgettable. I guess I just want anyone who reads this to get beyond these awesome pictures I'm posting here. Make your own trip to Iceland!

- Week 1 -

Since I arrived on a Tuesday and Karen was coming on a Thursday AND I was still incredibly sore from the previous 70.3, I laid low and once again found my way around our local hangouts. First I HAD to get some

of the best sourdough bread I've ever had from Brod & co. Then I just tried to spend some time swimming, stretching and taking in the crisp, clean air. The temperature would be in the 40's in the am and maybe reach a high near 58 during the day. It was perfect running weather, especially since Florida had been feeling like 90-100 degrees each day according to the heat index. My luggage for this trip was mainly warm cycling clothes since I knew I would be spending a lot of time in the cold and most likely wet weather. Either way - my legs were trashed but I really wanted to give her a solid push since the weather was so nice.

Reykjavik Half Marathon - I really wanted to run a 1:16 and for about 16 kilometers I was on point. However, I think since I really wasn't expecting much, I also slacked on my preparation for this race, mainly dealing with hydration. When I limped her in at 1:18 I was in all sort of muscular pain...like my engine ran out of oil. I did my best to get in some near-beer, get my dry clothes on and warm up but I just couldn't. I had a 1-mile walk back to the house where I really thought I was going to have an issue. I couldn't feel my hands and my shiver-level was damn near 500%. All I could think was "great, now I'm going to be sick for a week". After a 30-minute scolding shower and a 2-hour nap in my Pewag puffy jacket I was finally warm. After my INFINIT Mud shake, I was even better - for real!! So I went out hard with a great group of runners, learned a bit about pain management and overall - had a nice day. I think I finished 11th. Oh, and Karen hit up the 10k with Steinunn while Yngvi grabbed some awesome race pictures.

Week 2 -

I knew we didn't want to simply explore Reykjavik like our last trip, I wanted to visit some cool pools and see some new sights. We decided that since I wanted to check out a pool in Hfsós, we would head north and visit the second largest city in Iceland, Akureyri! I rented a car and we ripped up there in about 4 hours or so. I was able to connect with a super fit athlete, Gunnar, who proceeded to kill me on a trail run not 2 days after my half marathon. I repeatedly told him when we were talking "I'm really going slow, maybe even 5:30min/km or more" however,

everyone wants to beat up the pro triathlete. The next morning we proceeded to take 2nd KOM on a grueling, steep 8' part of the trail....so I was pretty much-questioning retirement. The downhill portion was even more embarrassing since Gunnar pretty much gapped me by 1km per minute going downhill...he was like a freaking mountain goat. After the run he proceeded to blow my mind by telling me he had an Air Bnb in Hfsós AND he would help us change our manual transmission Kia to an automatic (so Karen could SAG my bike ride) since he knows everyone in Akureyri. I mean holy crap I meet the most amazing people! Before we headed out of town we ate some expensive, mediocre sushi, bought awesome hand-made sweaters and plotted a course around one of my new favorite bike-routes.

As you can see from the pictures - it was an unforgettable ride. We rode north around the peninsula and after only 2 hours I was ready to get in the car. After the morning run and lame hotel breakfast, I was a bit under-fueled and super tired of riding through freezing, dark tunnels. I wanted coffee and chocolate from the next town! You can see from the pictures yet again, it was just epic - amazing chocolate and food and then finally Hfsós pool....nestled on the side of a cliff. Oh, and the pictures of us walking on the rocks was Karen's idea to walk along this 2 mile-long rock beach until we got to the other side so we could say we did it....and walk back. Needless to say 1 mile in, I was turning back and pretty freaking tired since it was 10pm. It was still something I'll never forget though, we had a lot of fun nearly rolling our ankles, throwing rocks and estimating how much further we had to go.

Week 3 -

Our trip North lasted only 3 days but we really milked out every bit of fun we could. Once back in Reykjavik we decided to have some local pizza, more walking around town, a few easy runs and some ice-cream from Valdi's. Karen had to rip on back to Florida so I was again flying solo for another week or so. The next adventure beyond the long solo bike rides and group rides + swimming, hot tub, cold tub + 2 hour runs + 48-degree

ocean swims - was still going to be MORE epic. I wanted to run a half marathon on the Westman Islands with Steinnun and Yngvi. This would have been a seamless 30-minute ship ride but the weather was incredibly extreme so we had to use a port further away...making the journey last 3 hours!!!! I have NEVER been in such heavy ocean swells, it was just freaking awesome and nope...I didn't puke (even though 180 of the 200 people did). The key is to go outside and get your body used to the rolls while viewing the sea...it really helped. We arrived super late and couldn't really see anything but in the morning I was just blown away with how stunning the sights were and just how freaking hilly this run course would be. The half marathon would have normally had around 50 people but since no one really wanted to ride 3 hours on a boat but a few crazy people, there were like 16 people. We ran in what felt like tropical storm winds, often times being stopped in place while running uphill. Next came the small stinging rain but I'll tell ya what - I'd do it over and over again. It was super fun and since only 16 people showed up, I could def win that race! Oh, and the regular winner (an Olympian) decided to push his little boy in a stroller for 10k so....thanks for that. Not long after the race was over, we were back on a 3-hour ferry ride...again. The sea was even more terrible but yet again, I was playing Lt. Dan on the boat with a death grip to the railing while we rolled back and forth. I was supposed to ride 3 hours before the run but with all of the crap logistics we had to deal with, it was impossible. I was going to ride home from the port but after 30 minutes of riding, questioning if I would be home before midnight...I had to call for a ride and managed to ride 1 hour 15 minutes...where I was blown off the road 2X.

Iceland really welcomed me with open arms. I was training with Kona qualifiers, amazing trail runners and marathoners. The food was never anything but amazing since it was mostly home-cooked and honestly, I cannot wait to be back with my Icelandic friends once again. As a matter of fact, Karen and I are begging them to come to stay with us in Florida so we can repay them somehow.

10 things you need to know about Iceland

- It's very expensive - I filled up a Jeep Grand Cherokee with gas for \$140 and a BLT and espresso will run you about \$30....oh and sushi for 2 was 100\$ (no apps, no alcohol)
- Eat at Brod & co - For real the best bakery...probably worldwide
- Bring a bathing suit - Geothermal pools and amazing swimming at every corner
- Buy a sweater - seriously, you have to wash them with shampoo...it's real freaking sheep hair
- Get out of Reykjavik - Why? I think there are a million reasons.....
- Most Icelandic swimmers don't have pool etiquette - I had to "sight" during most all solo swims in the 50m pool because people would hop in and just float....without warning.
- Rent a bike - You can explore all of Reykjavik almost by bike
- Bring running shoes - you can run, hike explore and there is fresh water everywhere
- Jump in the Ocean - It's soooo freaking cold but there is likely a geothermal hot tub nearby (everyone does it)
- Admire the big trucks - Seriously, there are Land Cruisers and Land Rovers everywhere with tires that dwarf me - I want one...I want one...I WANT ONE!

70.3 Augusta 2018

I'll keep this pretty brief since it's more of a stepping-stone race which honestly, could have gone either way in terms of awesome or mediocre. For anyone interested, here is what was like, going on pre-race.

- For one, that whole cold-weather training thing I did in Iceland was just peachy, except for when I came back to Florida. The literal bitch slap left my struggling on the regular. Not only was the humidity something I had all but forgotten while in Iceland, only taking my arm warmers off one time, the red-tide was creating some breathing problems. So, the heart rate is skyrocketing, I can't breathe and I basically feel like I'm falling apart. Looking back, I def tried to make the best of it and overall I think my attitude was decent, often times hitting the trainer or treadmill to try and convince the problems of the outside world. Either way, I needed to

get my ass ready for Augusta, which would most certainly be nearly as hot/humid/stinky/sticky.

- Since IRONMAN Austria was a bust and honestly left me more confused than ever, the overall goal, even through 70.3 Steelhead, was to get ready for IRONMAN Louisville. Not that I'm super awesome at longer distances over 70.3's but I need to have some better performances to show progress. This year was supposed to contain 3 IRONMAN events and now I'm down to the last main chance to make it count. I feel like Augusta was the perfect food for the next race, even though I wasn't really on my game mentally or physically, so I'm making oatmeal cookies out of oats....(see what I did there).

- PRE - RACE -

The 8ish hour drive with my lovely wife was just swell. Seriously, we made some awesome time even after the Panera stops! We even arrived 1 day early to meet up with our dear old pal, Jackson Laundry (who drove 19 hours because he's cheap). So this was House #1, which we had for 1 night and it was just super awesome and located in North Augusta, South Carolina (I know...wtf). Jackson and I knocked out our Friday am, sweat-filled sessions then packed up house #1 and headed over to house #2. I rode 40 miles of the course and was actually pretty excited since the 2018 bike course is an improvement (well, after mile 4 at least). House #2 was 20 minutes from the race site located in Martinez, GA. We had a sweet house, plenty of room and we needed it since Ivan, my teammate was coming to finish off his last bit of Kona prep. The final key to this puzzle was linking up with TRIBAL Multi-Sport Athletes. I had about 5 athletes racing and Jon/Beth had another 7 or so combined so we were rolling deep.

The pro-meeting, final sessions and race recon went smoothly since we're all OCD and have everything pre-planned days in advance. The shopping was complete, the 50 items needed to race were organized and then it was time to watch movies and get fat. I'm not sure why, but each and every taper brings a whole lot of stiffness, despite Epsom

baths, foam rolling and movement. It kinda sucks but at least I know what to expect.

Swim/Bike/Run recap in 1 paragraph

I went out too hot on the swim and kinda lost some pretty solid position. My goal was to stick with Jackson and Ivan but I kinda went off like a champagne cork. I even remember seeing those guys go by me as I was struggling to pull it back together. Sometimes it's just something you have to do...see what it takes to pop and like, don't do it again. I also have determined I just don't like down-river swims since everyone is still bunched together for the bike. By mile ten there were like 12 of us and 2 Moto's keeping us from drafting. This meant a shit load of accordion-type riding and after a few miles of that I moved to the 4th wheel and avoided that nonsense. There were attacks and such but after 10 miles and with a group that size, we were pretty set. If you don't get away within the first 2-3 miles it likely won't happen. Since this race has a fast, flat course I figured I'd just turn off my brain and wait for the run. The bike course really wasn't bad for the 40-mile section of hills. There were some new roads and 1 or two areas that made you wish you'd had lower tire pressure. For some reason, when we all ran into transition, 50 age group swimmers were still coming out of the water, scrambling for their bikes. It was a mess and I really think they need to work faster at getting these people in the water faster - that's a LONG day if you don't start until 9:30!! The run was eventually a grind lacking any sort of enthusiasm or drive. I tried changing my stride, pumping the arms like a madman but in the end, gave in to the heat and finished 16th. Of course, Jackson took 2nd and Ivan took 3rd, totally inspiring and crushing at the same time. You know, after all of the hard work I've been putting in - I just dream of those days when it consistently comes together.

Next up I'm headed to Lake Toxaway North Carolina for some awesome weather, solitude before IM Louisville and some mountains/lake training. After that...70.3 Buenos Aires and finally for my finale in 2018 Patagonman Extreme Triathlon in Chile!

Nick Chase's Pictures



John Macedo's Race Report from IM 70.3 Cascais Portugal

Ironman Cascais 70.3! Well organized, great weather and bike course that included a loop around a Formula One racetrack. 4th in age group out of the water, a little slow on the bike pacing, leading to an off-the-bike half marathon personal best of 1:30, and 6th place AG finish. **(4:40 for 6th Place! Wow!**



Richard Jansik's IM Louisville Race Report

One more time back to IM Louisville where it all started for me in 2010 on my Ironman adventure. It was supposed to be a one and done but then I got a crazy idea to try and qualify for the Ironman World Championships in Kona.

The weather leading up to the week of the race changed quite a bit especially when it came to when the rain would start. We arrived in Louisville on Friday and it was cool and cloudy with a forecast of lite rain in the evening. From there it just looked really bad as the chance of rain on race day went up to 90%. For the most part I don't mind riding in the rain since we did this all summer. It was going to be the cold which would make the biggest impact.

Sunday morning we woke up at 4:45 am, the temperature was 50 degrees and there was a light rain. At 5:45 Laura and I headed to transition to set up my bike and make a few changes in my bike and run bags. I knew it was better to have too much clothing in the bag than not enough. After I went through body marking I made my way to the swim line which is self-seeded now, this makes a big difference when it comes to arriving at the swim start since it used to be that we got there very early to get as close to the front of the line as we could, now there is no hurry as you just get in the right group according to your predicted swim time. We arrived about an hour before swim start so we claimed our spot on the sidewalk and waited. Just after the pro men went off they delayed our start since the pro men were unable to swim up river. Apparently the current was so strong they had them swim back to the start and the decision was made to restart the race and have everyone swim a mile of the course that went directly downstream, basically cutting off the portion of the swim that goes up and around the island.

The gun went off again and I made my way to the water, I jumped in and headed for the first buoy which came up pretty quick, it wasn't until I got to the first bridge that I realized just how fast the current was. It went by so quick I almost ran into the next buoy coming up. I concentrated on

staying left of center as the exit was coming up and you surely didn't want to swim by it and try to get back to the stairs. I got to the volunteer and reached out my hand and he pulled me up and out. That guy was awesome! I ran to the wetsuit strippers got up and headed to the transition tent.

I got into transition and found an empty chair to sit in and get myself together. As I dug through the bag I pulled out my helmet, shoes and extra clothing. I started with the shoes and socks but I couldn't get my socks on, they were pretty tight and my hands were numb so it was a challenge try to hurry up and get it done. This would be just round one of two when it comes to problems getting my socks on. I was getting frustrated so I stopped a minute and slowed everything down to get my things in order. I got my shoes on, an extra cycling jersey over my one piece tri kit, arm covers a rain jacket and gloves. On with the helmet, I headed out from the tent to my bike. I had a great spot for my bike only feet away from the exit, it's just a 100 yard dash down to the street and the bike mount. On the bike and off I went.

The rain was coming down and I tried to get settled in but noticed my Garmin was not registering my power meter so I had no idea how hard I was pushing or how fast I was going because the Garmin was only giving me an average speed. I am not sure how I got to this data screen but I couldn't change it because I couldn't push the buttons with the gloves I had on. I just kept riding looking at my average speed and thought I was doing ok on the flat portion of the course averaging around 20.6 mph. I rolled into the first water stop and reached out for a bottle and lost it because I couldn't feel the bottle through the gloves and the fact my fingers were numb. I was able to grab a banana and drank some fluids out of the water bottle I had between my tri bars. It was a constant rain which made it really scary going downhill, not so much that the roads were wet, it was the other cyclist that were going real slow and riding in the middle of the lane trying to stay out of the water running down the road. It was at that point that I knew it was going to be a long slow day as my average speed went down to 19.6. I couldn't feel my legs much less my toes, everything was wet except my head and upper body as my

helmet covered my face and ears, the rain jacket was the savior of the day as it kept my upper body warm enough I didn't get too much of a chill. I couldn't believe some of the other cyclists out there wearing next to nothing on the bike, not even sunglasses or a face shield. One guy had a mountain bike and running shoes. I just shook my head and thought it's hard enough without the rain and cold but to try and bike 112 miles like that was crazy. I started the second loop and it was then that I noticed a lot people stopped on the side of the road waiting for help. First it was one or two people then at the water stops there were groups of people standing around trying to warm up. The attrition was hitting hard around me but I was able to keep going all be it at a slow pace. I was around mile 70 when I started to get really tired, I had that feeling you get when you are driving your car on a long trip and you can't keep your eyes open. It really scared me and the first thing I thought was to get in some nutrition in me so I ate a Base bar, a gel and drank some of my Base mix I had in a bottle. It was kind of funny as I attempted to squeeze the fluid in my mouth and put most of it on the shield of my helmet. I thought I was okay but had another scary moment when I no kidding, hit a bump and woke myself up going downhill. I struggled to stay awake from about mile 70 to the finish. If you look at my split times you can see where I slowed around mile 72.

I got to mile 95 and the last stretch of road along the river back to transition and there was nobody around me. I looked back and there was nobody behind or in front of me. I thought they stopped the race until finally a guy came by me about a mile out. As I approached the bike dismount line I got my feet out of my shoes and peddled in to a stop, as I pulled my leg over the bar I could hardly feel my legs. I saw Laura and she looked concerned, all I could do was shake my head and keep moving. It was then that a shot of adrenaline hit me and I ran up to the transition and handed off my bike. As I got to the volunteers for my run bag it was a muddy mess, I had socks on and there was no place to run without squishing through the mud and water. I got in the tent and started shedding off my rain jacket, arms covers and socks for dry cloths. I decided to keep my tri kit on as well as the bike jersey since it was still raining out and I figured anything I put on was just going to get wet again. I did put dry arm covers on and a cold weather cap for my

head. It wasn't until I tried to put my socks on that the problems started. The socks were compression type and I couldn't get them on my feet. A volunteer came over and helped me but they were on upside down and we had to start over. I finally got my socks on I slipped my shoes on and all I could think was how nice it felt to have dry feet. I ran out of the tent to the port-a-pot then off to the run course.

It was good to see familiar faces again as I saw Laura, Terrance and my Daughter Peyton who came down from Indiana to watch. Laura yelled at me that I was in 8th place which was a big surprise to me. I figured I was totally out of it and was just going for a finish. My first 1.3 miles it says I ran sub seven minute average which doesn't surprise me, I was so happy to be on my feet and actually feel them under me. It was cold out but I like running in the cold, there was still a little drizzle of rain which turned into a misty fog but the temps were still in the low 50's. My goal pace was to run at an 8:45 pace and I did realize I was going too fast so I decided to settle into an 8:30 pace until the turn-around at mile seven. I knew I had to keep my pace under nine minute miles through the first half of the run and actually did pretty well knocking off a couple miles around the 8:20's. As I approached mile five I could see the [#BasePerformanceTeam](#) tent and they encouraged me to push on as Danny Freeman ran alongside me taking some video. This woke me up again and I was able to push through the next few miles at a pretty good average. As I approached the seven mile mark and the first turn-around I still felt good, I concentrated on keeping my pace under nine minute miles and was surprised to see I was still running in the 8:30's. At this point I think I drank more Red Bull and Coke than anything else. I tried the chicken broth which was nice and warm but once it hit my stomach it was like a rock, I grabbed a cup of water and a banana to settle it down and that helped. At about mile 14 I came to the loop to start the second lap and could see Laura and Peyton. Laura kept yelling at me to keep going and don't stop like I usually do and move forward. I still felt pretty good even though my splits fell to the 9's because the calves were getting tight. With all the IT band and hamstring problems I had this year I started to get worried and just waited for one to bite me. I got to mile 17 and both calves were really getting tight so I walked through a water stop to stretch

them out a bit. It helped me a lot and I pushed on to the last turn-around at mile 19.5. I was running around the 9:30's but that was okay as I approached the Base Performance tent again I heard someone say I was in 4th place. This was a total shock to me as I figured I was way out of the top 10. Once again I got a little rush and headed for the last 3 miles not even taking in fluids from the water stops. I made the left and right turns to the finish line and lined myself up on the left side of the road to hit the finish chute and a volunteer tried to steer me to the second lap side and I said no way and held two fingers up. I got to the red carpet and the lights were so bright I couldn't see much but I could hear the people cheering as I raise my arms up. It's the best finish line in Ironman next to Kona of course but it goes by too quick. At this point I was just so happy to stand in one place and not worry about having to move again.

One of the volunteers came over to help me and handed me a Mylar blanket to keep warm. He handed me a finisher medal, hat and t-shirt. I grabbed a Coke and I could see Laura and Peyton on the sideline with a big smile. This was my 10th Ironman and 7th at IM Louisville. I met just one of my goals Sunday and that was to finish my run under 4 hours. I am really happy about that but of all the things to slow me down was my bike which I counted on to get me up front in so many other races. I can "what if" all day but that won't change the fact that you can't change the weather. I spent all summer wishing for cooler weather and in a way my wish got answered. I didn't think the rain would be that much of a factor but it is what kept me out of reach of that Kona slot I have worked so hard for. Once again it just wasn't meant to be but I can't be too unhappy with being on the podium again in 4th place.

I say this year after year but a special thanks to my wife Laura for putting up with my training plan, taking care of everything at home and making me the best fed man in Tampa Bay. She is truly my better half and I love her for everything she does.

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