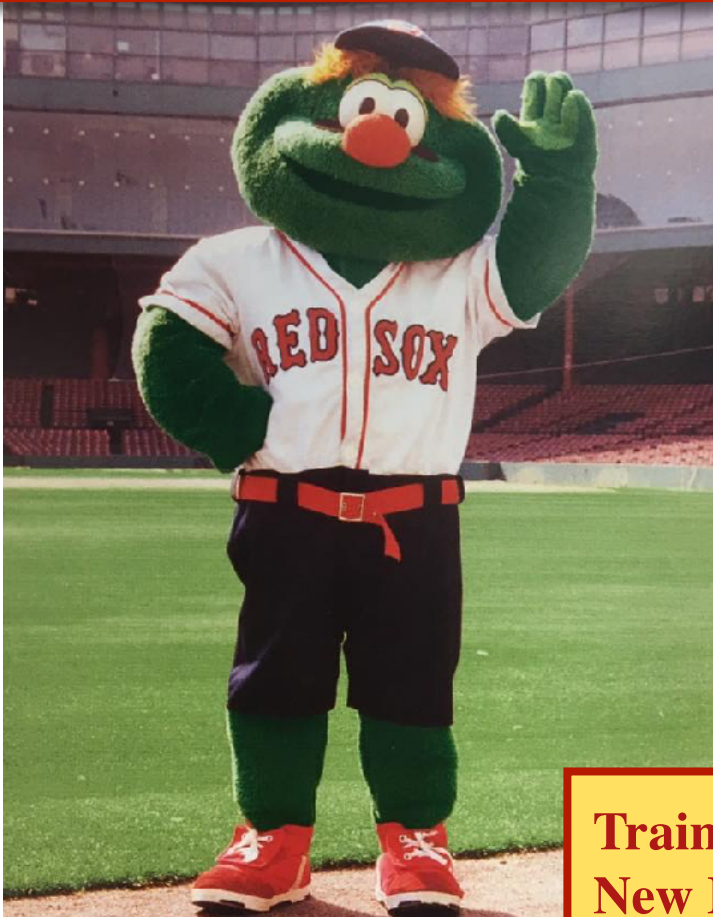




THE FINISH LINE



Former Bosox mascot, Greenie. Mad Dog Noah Pransky - who knew??

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

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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 Page	1/2 page	Full
Width x Height 10"	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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BOD@STPETEMADDOGS.COM

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EDITOR'S COLUMN

Well, it's been a pretty eventful month. We all met a new acquaintance named Irma. As the storm approached Saturday morning and was projected to come ashore near Naples as a Cat 3 hurricane, amny of us had a hard decision to make. (1) hope it continued on that track and missed Tampa Bay to the east, or (2) worry that it might shift further to the west and inundate our homes. As we learned with great relief, we "only" had to deal with 80 to 90 MPH winds and avoided serious storm surge. (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!

#3750 - Mark Barnett - St. Pete

#3751 - John Hollenhorst - Tierra Verde

#3752 - David Ruelas - St. Pete

We were treated to a “reverse surge” as Tampa Bay emptied out for the first time in most people’s memory. For most of us, downed trees, minor damage to our homes and several days without electricity were all we had to suffer. This time we avoided the severe damage that occurred in South Florida and Puerto Rico. I think the good news is that many of us became much closer to our friends and neighbors and realized what are the really important things in life!

Chuck Lohman, Editor

MAD DOG NEWS

Great to see Mad Dog Tom Singletary visiting at at Paciugos after the morning bike ride on Saturday Sep. 5th. He has made good progress since his medical emergency and we all hope for a full recovery. Tom announced his goal is to compete in the Gasparilla 5k next year.

Congrats to Rosey Ray and John Macedo who represented USA and the St. Pete Mad Dogs at the ITU World Championships in Rotterdam.

Save the date! Chili Cookoff and last openwater Mad Dog swim of the season on November 1st. Stay hungry ladies and gentlemen.

The FD3 race wiped out by Hurricane Irma has been rescheduled for 21 October.

If you go to the St. Pete Mad Dogs Facebook page, there is a terrific video posted by Kathy Morgan and filmed by Bela Molnar. It's called Iron Dogs and features many vintage Mad Dogs from their earlier years; enjoy.
www.facebook.com/kathryn.morgan.961?fref=search

OCTOBER BIRTHDAYS



William Motter	2nd	Mark Parrish	20th
Susan Ashbaugh	3rd	Annette Frisch	21st
Richard Jansik	8th	Paula Shea	21st
Bill Noel	8th	Wesley Carr	22nd
Jay Anderson	9th	Michelle Kitzmiller	23rd
Larry Collins	11th	Laura Blume	25th
Chuck Lohman	11th	Thomas Wells	28th
John Hollenhorst	12th	Cynthia Shaver	29th

UPCOMING RACES



07 Oct - Lycra & Lace
Women's Sprint
Fort DeSoto
www.lycraandlacetri.racehawk.com



21 Oct - Ft. DeSoto Series #3
Olympic/Sprint/Duathlon
Fort DeSoto, FL
www.multirace.com



07 Oct - Sarasota/Bradenton Tri
Sprint Distance
Sarasota
www.teamusa.org



21 Oct - Great Floridian
Iron - 2/3 - 1/3 Distance
Clermont, FL
www.greatfloridian.com



7 Oct - Tarpon Springs Triathlon
Sprint Distance
Tarpon Springs, FL
www.TarponSpringsTriathlon.com



21 Oct - IM 70.3 North Carolina
Half Iron Distance
Wilmington, NC
www.ironman.com



14 Oct - Ironman Worlds
Iron Distance
Kona, Hawaii
www.ironman.com



22 Oct - IM 70.3 Miami
Half Iron Distance
Miami, FL
www.ironman.com



15 Oct - Longleaf Triathlon
Sprint/Olympic Distance
New Port Richey
www.longleaftriathlon.com



29 Oct - IM Florida
Iron Distance
Miami, FL
www.ironman.com

RACE RESULTS

FD3 #2 - 19 Aug (late mention)

1st Place - John Hollenhorst
(New Mad Dog)

Crystal River - 2 Sep

1st Place - Chad Siple (OA)
2nd Place - Gary Bonacorsi

ITU Worlds - 17 Sep

5th Place - Rosey Ray
7th Place - John Macedo
11th Place - Celia Dubey

IM 70.3 Augusta - 24 Sep

5th Place - George McCreary

IM Chattanooga - 24 Sep

Finisher - Tom Kennedy

MAD DOG PICTURES



Mad Dog Noah Pransky. Who knew he was Wally in an earlier life?



Celia Dubey at ITU Worlds

From: [BAA Registration](#) >

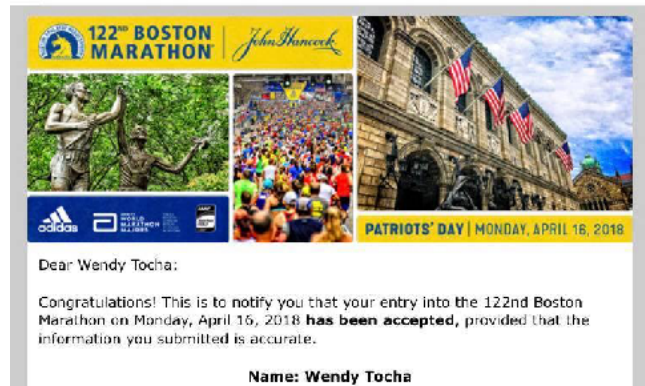
To: [Wendy](#) >



[Hide](#)

2018 Boston Marathon Confirmation of Acceptance

September 15, 2017 at 7:51 PM



Wendy Tocha is in!



(L-R) Kelly Deuser, Kathy Morgan, Gail Lohman, Maureen Lenihan, Carolyn Kiper

MAD DOG PICTURES

Pictures from Kathy Morgan's Pre-Birthday Party



John Macedo's Pre-race Report from ITU World's in Rotterdam

Last night my bike came in (shout out to [#icelandair](#))! As some may know, my story of escaping hurricane Irma to race Age Group triathlon worlds here in Rotterdam and arriving without a bike was picked up by the local radio station RTV Rijnmond, and the subsequent piece led to many offers of assistance. Thanks [Niels van Hattem](#) and RTV Rijnmond for running the story, [Martijn Keijsers](#) and the Dutch federation, Delta Pro Cycling Rotterdam, Daan Hagenstein who reached out to me directly, and the many others who contacted the radio station. Special thanks to [Kees De Gruiter](#) for tirelessly putting in the time to orchestrate all of this!

On a more somber note; in the end all turned out well for me, both here and back at home. Let's remember all of those who were not so fortunate, in particular the hardest hit in the Florida keys, and in many Caribbean islands including St Maarten/St Martin, US/British Virgin Islands, Anguilla, Barbuda, and Turks and Caicos, who really need our help right now. Happy Racing!

John Macedo's Post-race Report from ITU Worlds in Rotterdam

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Rosey Ray's Race Report from ITU Worlds in Rotterdam

Had a great triathlon and got 5th place in my age group. Best swim and run and it was a lot of walking and running for long transitions between events. Long day with long waits for our 3:25 PM start. Sticky heat pads saved me for cold water swim which i really enjoyed with Ian Ray and Pam Ray Chancey

John Macedo's Pictures From ITU Worlds in Rotterdam



Article by Rue Morgan Written in the Early Days of ironman

Really, just how far is an Ironman?

Let's say you start the swim at St. Petersburg North Shore Pool parking lot. swim down North Shore Drive around the curve past the Snell Island Bridge on coffee Pot Bayou and zig onto 22nd Avenue north going west. remember, you don't have to stop for stop signs and red lights. The 2.4 mile mark is located on 11th Street. It would take Tim Kennedy about 50 minutes, but for most of us a bit longer.

At 11th Street and 22nd Avenue North, you mount your bicycle and head west. Take I 275 north. There is not much traffic crossing Howard Frankland bridge, so continue north through Tampa until you merge onto I 75. As you travel north you will see Exit 59 which would take you to the San Antonio hills. Pass Exit 61 to Clermont. As you approach the Ocala Exit you have swum 2.4 miles and biked 112 miles.

After exiting at Ocala, transition to running shoes. Take Highway 441 because ther is nicer scenery and fewer 18 wheelers. As you approach a sign stating "Gainsville 5 miles," you will have completed your 140.6 mile Ironman. It's time to celebrate and maybe take in a Gator football game.

Training Base + Nutrition + Mindset = Completion



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.



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Your Road To The Race

HELLO MAD DOGS!

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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 Event Schedule

- ♦ [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

As a Member of St Pete Mad Dogs, get \$20 off the cost of transport. Use Coupon Code **MadDog** at checkout.



I'm Steve Begnaud and I am Premiere Bike Transport. I answer the phones, reply to emails and make sure that each and every bike is handled with care.

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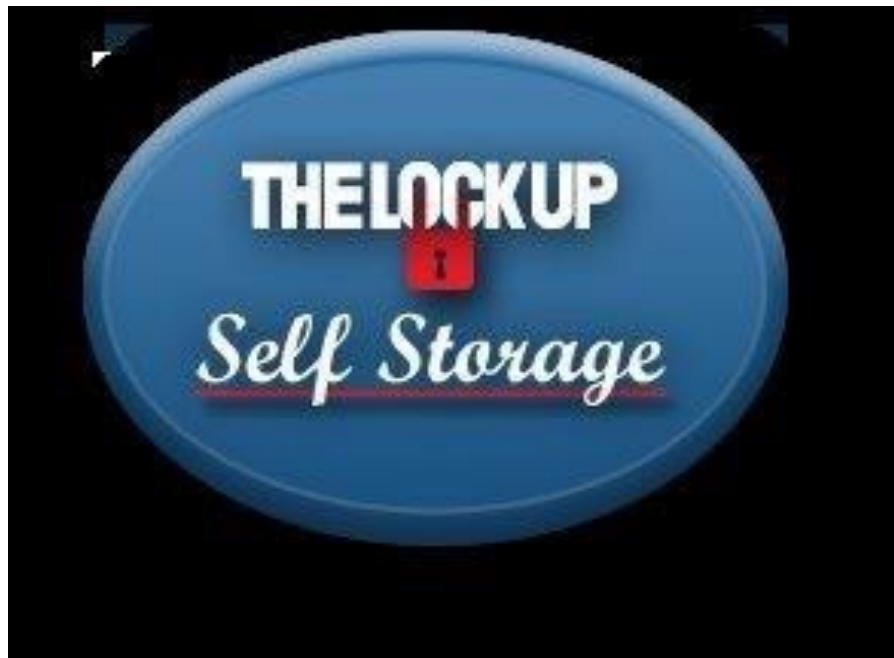
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