



# THE FINISH LINE



**John Hollenhorst  
qualifies at Augusta  
for 70.3 Worlds in  
Nice, France**

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



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"	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

Well, the Red Tide has certainly put a crimp in our Mad Dog open water swims this summer. We're hoping it will recede before our annual chili cook-off scheduled for October 24th. Stay tuned for the latest news on our Facebook page.

We continue our efforts toward crafting a logo for our new Mad Dog/St. Pete Bike and Fitness tri outfits. As you can imagine, it's a bit of a challenge to create a new logo with equal billing for both entities.

(Please go to page 4)

# 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 16 miles 20-21 mph.	6 pm. From Northshore Pool Parking Lot (6 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 pm. OWS. Hurley Park. Pass-A-Grille. 24 OCT - Famous Chili Cook-off to end season <span style="color: red;">May be canx due to red tide</span>	8 am. From USFSP 16 miles 20-21 mph. <b>Wed is Mad Dog ride. Wear your colors.</b>	<span style="color: red;"><b>NEW. 7:30 am. Hill repeats or beach run (alt weekly). Meet at Sun Blvd &amp; Pinellas Bayway. (near Isla del Sol) STARTING 7/18.</b></span>
<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.	
<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.	
<b>SATURDAY</b>		8 am. From Northshore Pool Rides staged by speed: 16-18MPH, 20MPH, 22 MPH, 24 MPH	
<b>SUNDAY</b>		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!**

**#3782 - Emma Quinn - Tampa**

**#3783 - Richard Becker - Tampa**

**#3784 - Amy Ranieri - Tampa**

(continued from page 2)

We have several different artists working on this project and hope to have some creative samples soon. John Hollenhorst is looking for a major sponsor to lower uniform costs and Mark Yeager, owner of St. Pete Bike and Fitness, plans to stock the one and two piece tri-kits and, perhaps, bike jerseys.

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



# MAD DOG NEWS

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

**We were very sorry to hear about Jackie Doucette's bike accident. All Mad Dogs wish her a quick and complete recovery!**

**Congrats to Tom Kennedy for yet another Ironman finish — this time IM Wisconsin. Great job, Tom!**

**A number of Mad Dogs entered this year's Ironman Chattanooga, only to learn that the swim had been cancelled due to dangerous water flow rates, floating debris and high ecoli readings. Tough break if this was your "A" race this year.**

**"They say that nobody is perfect. Then they tell you practice makes perfect. I wish they'd make up their minds."**

*— Winston Churchill*

# UPCOMING RACES



6 Oct - Lycra & Lace  
Sprint Tri for women only  
Ft. DeSoto, FL  
[www.chillywillyduathlon.godaddysites.com](http://www.chillywillyduathlon.godaddysites.com)



20 Oct - Great Floridian Fest  
Iron/ 2/3 Iron/ 1/3 Iron/ Sprint/  
Duathlons/ Aquabikes  
Clermont, FL  
[www.greatfloridian.com](http://www.greatfloridian.com)



13 Oct - Longleaf Tri & Du  
Olympic/Sprint/Tri/Du  
New Port Richie, FL  
[www.longleaftriathlon.com](http://www.longleaftriathlon.com)



21 Oct - IM 70.3 New Orleans  
Half Iron Distance  
New Orleans, LA  
[www.ironman.com](http://www.ironman.com)



13 Oct - IM World Champion  
Iron Distance  
Kona, HI  
[www.ironman.com](http://www.ironman.com)



3 Nov - IM Florida  
Iron Distance  
Panama City Beach, FL  
[www.ironman.com](http://www.ironman.com)



14 Oct - IM Louisville  
Iron Distance  
Louisville, KY  
[www.ironman.com](http://www.ironman.com)



10 Nov - Miamiman  
Half/Olympic/Tri/Du/Aquabike  
Miami, FL  
[www.multirace.com](http://www.multirace.com)

# RACE RESULTS

## Crystal River - 1 Sep

1st Place -

Bo Webster

2nd Place -

Bonnie Theall

4th Place -

Art Singleton

## 70.3 Worlds - 2 Sep

1st Place -

Jerry Magliulo

## Tarpon Springs - 8 Sep

1st Place -

Suzanne Brosseau

Reva Moeller

Bonnie Theall

2nd Place -

Ben Carlson (overall)

Noah Pransky (5th overall)

4th Place -

Mike Hood

5th Place -

Art Singleton

## IM Santa Cruz - 9 Sep

1st Place - (overall)

Eric Lagerstrom (MD Homestay)

## IM Wisconsin - 9 Sep

1st Place -

Gail Norman (Kona Qualifier)

Finishers -

Tom Kennedy

Jill Kralovanec

## FD3 #3 - 15 Sep

**Duathlon**

1st Place -

Noah Pransky (overall)

Jessica Parish

## FD3 #3 - 15 Sep (continued)

**Sprint**

1st Place -

Carol Hollenbech (overall)

Angelina Daetz

Carol DeHaan

Pam Greene

John Hollenhorst

Jackie Yost

2nd Place -

Kim Donaldson (overall)

3rd Place -

Jay Anderson

Suzanne Brosseau

5th Place -

Mike Hood

Maurice Kurtz

**Olympic**

1st Place -

Vicky Linkovich

2nd Place -

Reva Moeller (overall)

Johanna Bayliss

Kent Rodahaver

## IM 70.3 Augusta - 23 Sep

2nd Place -

Jackson Laundry (overall) (MD homestay)

3rd Place -

John Hollenhorst

## Crystal River #3 - 29 Sep

**Sprint**

2nd Place -

Bo Webster

**Duathlon**

4th Place -

Jessica Parrish (overall)

# OCTOBER BIRTHDAYS

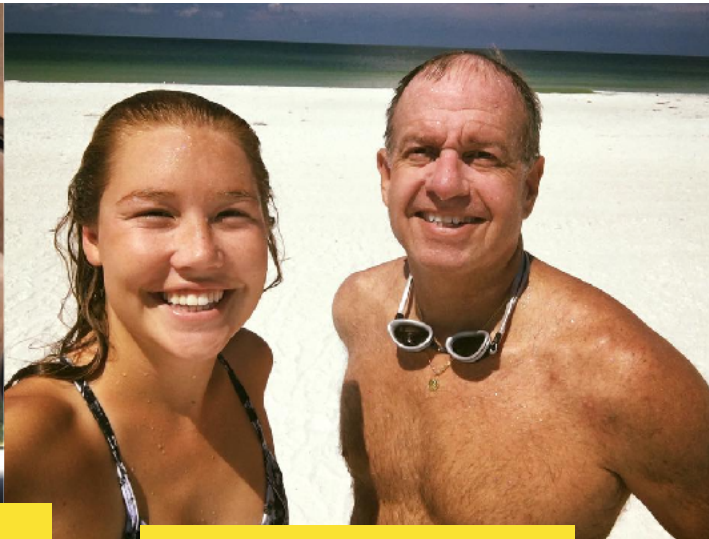


William Motter	2nd	Mark Parrish	20th
Susan Ashbaugh	3rd	Annette Frisch	21st
Richard Jansik	8th	Paula Shea	21st
Bill Noel	8th	Wesley Carr	22nd
Jay Anderson	9th	Michelle Kitzmiller	23rd
Larry Collins	11th	Laura Blume	25th
Chuck Lohman	11th	Thomas Wells	28th
John Hollenhorst	12th	Cynthia Shaver	29th

# MAD DOG PICTURES



Jessica Koelsch Bibza hanging with the elephants before 70.3 Worlds in South Africa



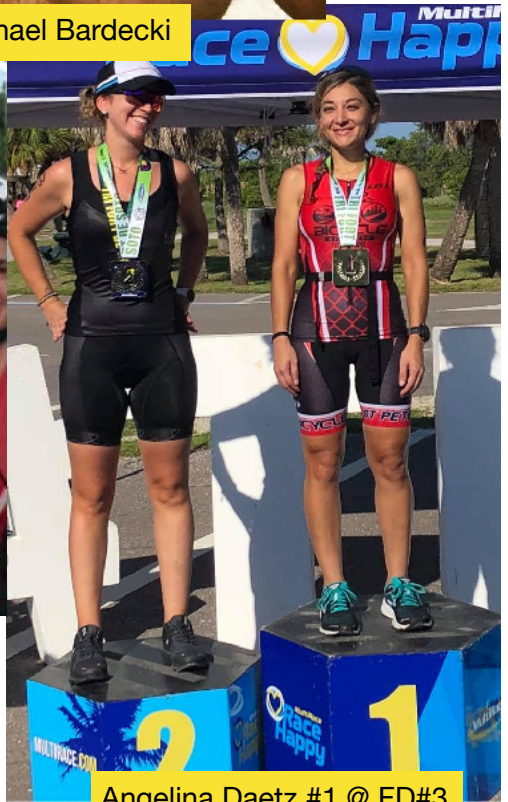
Lizzy Wells & Michael Bardecki



Mike Hood racing retro @ Tarpon Springs



Kent Rodahaver, Mike Hood & Johanna Bayliss @ FD #3



Angelina Daetz #1 @ FD#3



# MAD DOG PICTURES



Mike Hood's pup Mimi scores @ FD #3



John Hollenhorst qualifies at Augusta for 70.3 Worlds in Nice, France



Jessica Parish atop podium at FD #3



## Training Tip - Strategic Walking in a Marathon

If you can truthfully say that you never walk in a marathon, you need not read any further. If however, you're one of the other 99% who walk for part of the last few miles, here's a training tip that will help you have a better race.

An informal survey showed that more than 19 out of 20 runners who had completed multiple marathons with finish times between 3 hours and 4 ½ hours walked an average of 13 minutes in every race, and most of it was in the last few miles. If you're going to walk part of the marathon, as most people do anyway, I suggest that you will benefit from a plan of strategic walking.

The concept that I call strategic walking is not my creation. I read about it in a runners advice column more than a decade ago. At the time, I just tucked it away in my mind, but when I became injured while training for a marathon years ago, I decided to try it. It worked well for me and I have used it for all my long training runs and races, and with good results. The concept is simple: walk 30 seconds at each mile starting at mile 2. Since most long distance races have aid stations at each mile, plan to walk your 30 seconds at each aid station when you fuel up. The important thing is to discipline yourself to walk for no more than 30 seconds. Also, don't wait until the middle of the race to start walking. By then, fatigue will have set in, and it will be too late to reap a benefit. Practice this in your long training runs.

Because the walk is short, and since you're still making some forward progress, your mile splits will stay on target or faster, and the brief rest to your heart, lungs, muscles and joints, will greatly reduce the fatigue or crash some runners experience around mile 22. Many of my clients have used this strategy with success. In my own experience with strategic walking, I can maintain my projected pace per mile for the entire race, and when I used strategic walking at the Kona Marathon, I took first place in my age group.

While strategic walking may not be for everybody, you may want to consider it as you prepare for your next marathon or Ironman. You'll have more consistent mile splits through to the end of the race and you may have a better overall finish time. Don't be surprised if you run a P.R.!

Train smart. Race fast.

Frank Adornato



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

### **Training Tip - Dealing With Post-Race Depression**

If you have ever suffered from Post-Race Depression, you're not alone. It's a common problem among athletes, and it makes sense if you think about it. Getting ready for your big "A" race of the season was probably a major part of your daily routine for a while. It may have been all-consuming, analyzing the competition, the race course, what you'll eat and drink, how well will your bike perform, how well will you perform, and lots more. And then the race is over. As it turns out, everything did go well, and you're ecstatic with your race finish. Now it's a few days after the race, and you suddenly realize that you don't know what you're going to do with all your time and energy. You get moody and depressed. Your appetite's gone or maybe you're eating too much and you're convinced you're getting fat! You don't sleep well. Your spouse and kids avoid you like the plague because you're so cranky! Sound familiar? At least part of it? Well that's probably post-race depression.

I've been through it, and I'm sure many of you had been through it as well. It lasts a while ... maybe a few weeks. It won't kill you (although your spouse and kids might want to put a major hurt on you.) But you can avoid it, and here are some ideas to help.

First, just knowing and acknowledging that it might happen will help minimize the likelihood of getting depressed. Second, share your race experience with friends or relatives if they say they're interested. But don't overdo it and cause everyone to get bored with you. That will only make your situation worse. Third, and most important, soon after the race start thinking about another goal or project. It may be another race in the future, or it may be something that's totally unrelated to racing. You don't have to work out the details at this point; just start the process of goal setting.

And while all this is going on, don't hesitate to smile to yourself as you re-live the great race experience you had.

Train smart. Race fast.

Frank Adornato



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### **Training Tip - Post Race Recovery Do's and Don'ts**

After a big race your body needs some amount of rest and recovery. How much depends upon the race distance, but assuming you go all-out when you race (which you should), there's a lot of stress on your muscles, joints, heart and lungs. So even a short race takes a big demand on your body and requires some amount of recovery before you get back to your regular training routine. Here are some Do's and Don'ts to follow.

Immediately after your race, adhere to the "60 minute window". Make sure you eat a meal that's 4:1 carbohydrates to protein to replenish depleted muscle glycogen. You want to eat this meal as soon as possible after the race and not more than one hour after.

Do continue to drink plenty of liquids throughout the day.

Don't rush to drink that beer! Allow your body to get fully rehydrated. Wait several hours if you want to celebrate with a beer, wine, or other alcoholic drink.

Do have a meal high in protein for your post race dinner.

Do get a massage. You deserve it and your body will thank you.

Don't start running too soon. Take one or more days rest from running, and if you raced a marathon, 70.3 or 140.6 ironman distance, take three to four days off from running . Gradually get back to training in the following sequence: swimming, cycling, and then running.

Post race depression can be a real thing, especially after an end of season "A" race. Enjoy the sense of accomplishment. Relish the moment. But it's also a good idea to start planning your next big race, even if it's next season.

Train smart. Race fast and get some rest.

Frank Adornato



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

**Training Tip - Biomechanics - Practice Makes Permanent.**

You know the saying “Practice Makes Perfect”. Well there’s another way to think about it. “Practice Makes Permanent”. Doing anything over and over will re-enforce it and make it permanent. Therefore, in everything that you do, you want to be sure your form or biomechanics is right on.

Biomechanics is how your body moves relative to its structure. It’s the interaction of your brain, muscles, and joints, allowing for optimal movement. Or put another way, it’s how your body acts and reacts to the motions and stress of the sport(s) in which you participate. With proper biomechanics your body works efficiently and economically; you perform better, faster, stronger with less stress and less injury. How do you know if your biomechanics are correct? Ideally, if you’re early in your athletic life, work with a knowledgeable coach who can observe and analyze your movements and make suggestions for positive change. If you’ve been training and racing for years, it’s not too late to get the input and advice of a coach. Use a wall mirror or have a video taken when you’re at the gym, on a treadmill, wind trainer, or swimming in the pool. Get a critique of your form, and look for imperfections and imbalances so you know what needs improvement and where and how to make corrections.

All athletes should include biomechanics work as part of their routine schedule. And that means more than working on your form just when you swim, bike and run. Include exercises and movements that will improve your flexibility, mobility, balance, and symmetry (e.g. yoga and pilates) as well as full body and core muscle strength exercises. Make biomechanics part of your training program and your body will thank you when you race.

Train smart. Race fast.

Frank Adornato



## IM 70.3 Steelhead Race Report from Mad Dog Nick Chase

I'm sure it's no surprise that **70.3 Steelhead**, for me, was just peachy - 6th Place Male Pro -. For once, I had a bit of an upper hand. It all started with the swim. First off, this course is just great. The beautiful beach front, rolling hills and challenging run in my home state really make for a solid challenge. I really nailed my nutrition this time as well with my custom INFINIT Mix on the bike in 2 bottles and a 3rd bottle of Jet Fuel. On the run I basically survived on Coke....

Having raced here 3 times now, I definitely respect just how volatile this lake can be. The first year I raced as an age grouper it was a point to point. That was cool but a pain in the ass when you have to walk 1.2 miles in the sand. The next year I believe it was canceled (the swim), last year it was a bit choppy but wetsuit legal and this past Sunday was a bit of a swell session, however only a few white caps off the beach. All that being said, let's focus on why the swim gave me an advantage.

- I like swimming in water with a bit of a 1-2 foot swell OR completely flat. When it's super small chop it's a bit annoying and you just can't breathe but can still hold rhythm. The bigger swells that force you to often roll down and then breach over top of the next wave, really suit my style. My swim stroke is definitely more power driven and as I'm not the skinniest out there, I could carry momentum without losing as much steam.

For that reason, I knew the typical swim packs would break up and we'd be pretty tight in smaller groups. I mean, one second you were headed towards a buoy, the next you're perpendicular and headed out to sea. Plus, I kept mistaking kayaks or other objects as buoys. All that matters in this situation is stroke + breath timing. If you do it well, you'll avoid the

tragic breath of water while you're begging for air. All in all, I've heard it called the "hardest swim ever" with 20 ft waves but honestly, I loved it.

### **The New 70.3 Steelhead Bike Course**

There is no doubt the bike course is fast and in my opinion, the new course is even better since it eliminated a lot of the more questionable roads. Sure, the turnaround area is a bit interesting but it still works well for general flow. My bike started out solid, however, I kept seeing 320+ watts while we were building up momentum in the first few corners. I've learned that you can certainly get away with riding near 100% FTP for the first 5-10' as you settle into your group or break-away while still sustaining a solid overall average around 295 watts for the whole bike leg.

It was me and Taylor Reid working for a bit until Jackson Laundry motored on by. I made the mistake of letting the gap get a bit too large before starting to chase and before I knew it I was working just a bit too hard for that point in the race (without getting any closer) and I backed it off. Around 25 minutes later Taylor and TJ rode up and we actually worked nicely until 25 miles or so when Taylor was given a 5 min penalty- which I understand but...it was just unlucky. We had a moto with us the whole time and as we rounded a corner at high speed and went uphill, we tend to bunch up for a brief minute as we sort ourselves out. The referee cited him straight away and then it was just Tj and I (after the mid-point penalty tent). My power backed off a bit as I let some more space between TJ and I zooming into T2 and honestly, I just wasn't sure how the run was going to play out since it's always been kinda shit for me.

### **The Breakaway Wins!**

I had a pretty solid gap from 7th/8th/9th place but heck, I had no idea it would shake out the way it did. I was essential, off the front, biding my times as the peloton of 3 gradually reeled me in. within the last mile I still had 100 or so seconds on them but when you have 3 guys pushing each



other and one guy trying to survive, those 3 usually end up moving much faster. In the end, I almost got caught up giving my parents a high-five running through the shoot and had a pretty solid sprint finish to hold onto 6th place. All in all – I just couldn't be happier to make my way into what I consider, a pretty damn good spot moving forward. It was a hot day, the run course is hilly AF but overall - I wasn't too far behind the average pro run time.

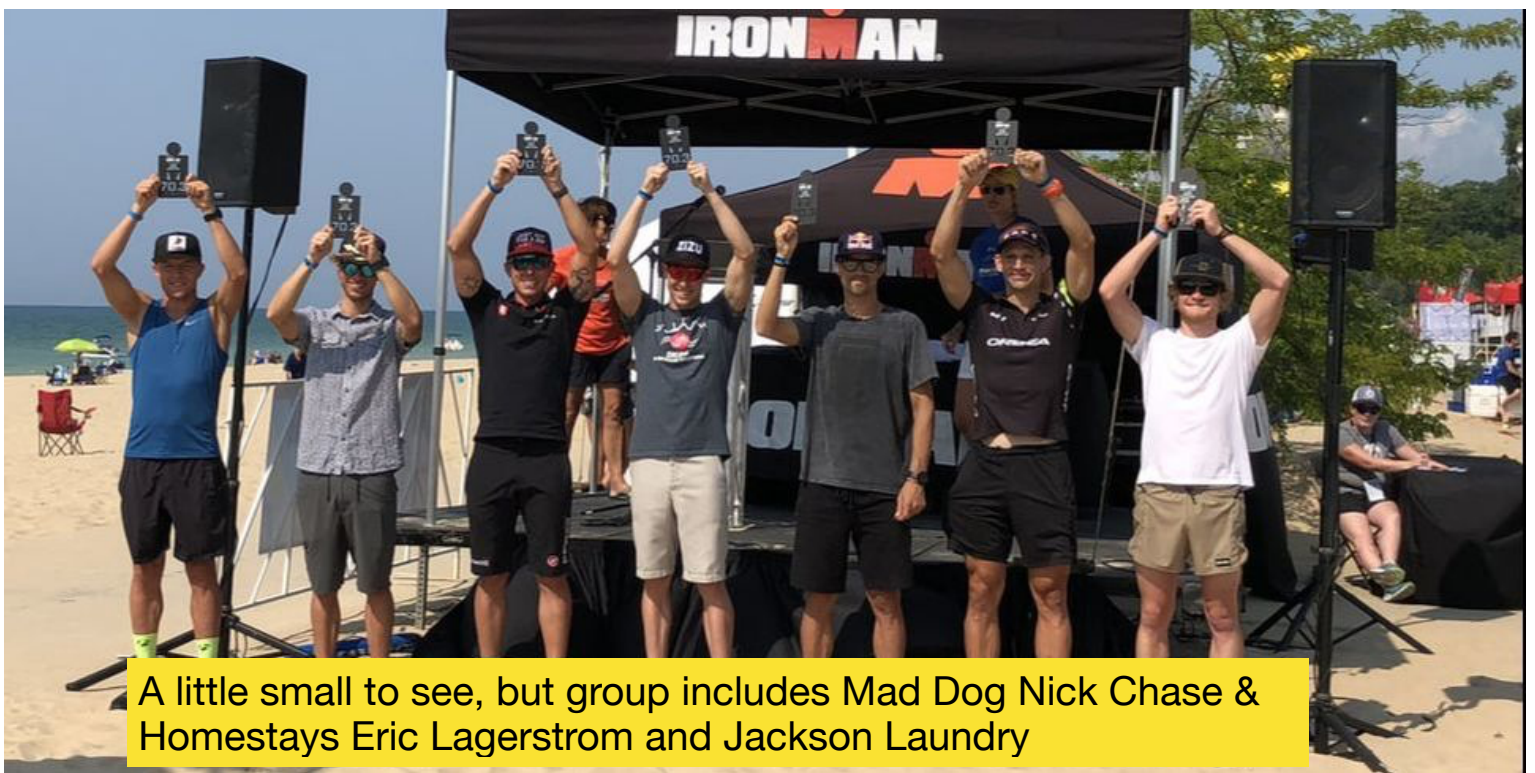
### **Some Final Thoughts...**

My season really hadn't gone the way I'd hoped it would, with **70.3 Texas**, **70.3 Victoria** and **70.3 Chattanooga** having their own variations of issues while St. Anthony's showed some solid promise. However, I've worked out a few kinks which have really helped.

- **My bike position** has just been impossibly aggressive since I've gotten the Storck this year. I've moved the saddle 100 times, adjusted the height and until I was in Austria and fit by someone who really impressed me, I was not biking well on race day. My back would seize up after 45 minutes of sustained power over 300 so something really needed to change. Now, my position just feels so much nicer and my hip/back angles are much more ideal for power production and I'm still super aero.
- **My blood work** was terrible only 6 weeks ago. Since then I've really boosted iron intake, zinc and I'm working to try and understand what's going on with my hypothyroidism. I often eat much less than my training partners but I just end up being "thicker" but now, since seeing a bit of estrogen dominance, I've got to put more emphasis on methods to fix that...which are still in the works.
- **Confidence** – after 8 days in Guelph Ontario with some stellar athletes, I really had some breakthrough sessions on the bike and swim. I mean my running was good too but still not as good as it has been in the past. I'm improving but yes, the run is just a very delicate area my team and I are working to improve.
- **The power of the Rip hat** – Jackson and I were both out for a rip so .... The hats had to have helped.

Currently, I'm in Iceland for a bit, working on some cold weather prep for Patagonman in December. Mainly, I need some more extreme cold water confidence...so that's the goal. Next up is 70.3 Augusta, IRONMAN Louisville, 70.3 Los Cabos and finally, Patagonman in Dec ....

And then training camp in Tenerife early Jan and 70.3 Dubai Feb!  
BOOM!



A little small to see, but group includes Mad Dog Nick Chase & Homestays Eric Lagerstrom and Jackson Laundry



Nick's old position, since modified by Pewag



Nick's 4:06:30 Finish



## Race Report from Eric Lagerstrom (Mad Dog Homestay)

Stoke is at maximum! Got a gap early in the swim managed to stay out front all day!! It was a pretty painful way to race, and I only felt safe once I could see the finish line. [Ben Hoffman Racing](#) was tracking me down all day and from the second I got out of the water I was bracing for him to come rolling by. Racing the best brings out the best. Big congrats to [Justin Metzler Triathlete](#) , stoked to be on a podium with you 🦊👊

Race Photos by [Justin Luau](#)

Something that stood out to Paula and I on the race course was the cheers and support from the age group athletes racing. What a sweet sport 👍👍





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