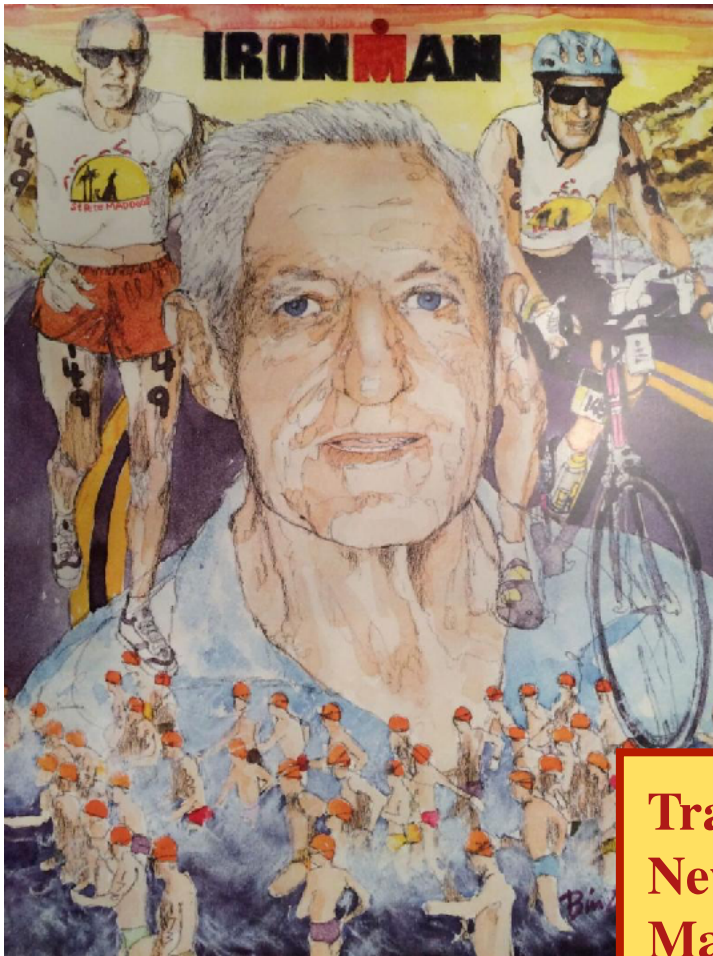




THE FINISH LINE



**Triathlete Jim Ward
(Mad Dog #10)
inducted this year
into the USAT Hall of
Fame.**

*Join Us For A Pass-a-Grill
Swim Every Wednesday Night
@ 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	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

Some of the readers may be familiar with the longstanding issue we have had with the Tavern at Bayboro. For a number of years we held events like the Anniversary Party and Wednesday night Winter runs there. We were uncomfortable since we had never received a bill. We felt that this situation made fiscal planning difficult. After numerous attempts, we finally received a very large bill with no itemization — we believed this violated standard business practices. Through the efforts of Tim Hudson, it appears that we have reached a solution acceptable to both parties, and can clear the books Good job, Tim.

TRAINING CALENDAR

	SWIM	BIKE	RUN
MONDAY	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)
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 20-21 mph.	5 pm. Track workout coached by Joe Burgasser. SPC Track 5th Ave and 70 St N.
WEDNESDAY	6 pm. OWS. Hurley Park. Pass-A-Grille.	8 am. From USFSP 16 miles 20-21 mph. Wed is Mad Dog ride. Wear your colors.	NEW. 7:30 am. Hill repeats or beach run (alt weekly). Meet at Sun Blvd & Pinellas Bayway. (near Isla del Sol) STARTING 7/18.
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 20-21 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 am. From Northshore Pool	
SUNDAY		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)

Board Member Carolyn Kiper continues working hard with St. Pete Bike and Fitness to design new common race uniforms as well as bike kits, but as you can imagine it is a challenge to merge two teams logos into one uniform with equal billing for both. We expect that the new uniform for the joint Mad Dog/ SP Bike and Fitness Racing Team will be acceptable to all. Some wit opined we should call ourselves the St. Pete MF's (of course for Mad Dogs & Fitness, or Mighty Fast)

Mad Dogs Rule,
Chuck Lohman, Editor

MAD DOG NEWS

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

Congrats to Diane Weaver, Brit Mad Dog, for a successful team swim across the English Channel - brrr. She also completed IM Vichy. Her quote upon finishing this double, "I'm just glad to be alive!"

Congrats to Tom Kennedy for completing Ironman Copenhagen. I need a Mad Dog to volunteer to keep track of his Ironman completions for me!

**"Glory is fleeting, but obscurity is forever."
*Napoleon***

UPCOMING RACES



1 Sep - Crystal River #2
Sprint Tri & Du
Crystal River, FL
www.active.com



22 Sep - Siesta Key Tri
Sprint Distance
Siesta Key, FL
www.runsignup.com



1 Sep - IM 70.3 Worlds
Half Ironman
Mandela Bay, South Africa
www.ironman.com



29 Sep - Crystal River #3
Sprint Tri & Du
Crystal River, FL
www.active.com



8 Sep - Tarpon Springs
Sprint Tri/Du
Tarpon Springs, FL
www.active.com



6 Oct - Lyra & Lace
Sprint Tri for women only
Ft. DeSoto, FL
www.chillywillyduathlon.godaddy.com



15 Sep - Tri Ft DeSoto #3
Sprint/Olympic/Duathlon
Ft. DeSoto, FL
www.fortdesototriathlon.com



15 Oct - Longleaf Tri & Du
Olympic/Sprint/Tri/Du
New Port Richie, FL
www.longleaftriathlon.com

RACE RESULTS

29 July - IM Switzerland

2nd Place -

Gail Norman

Finisher -

Jill Kralovanec

4 Aug - Jacksonville Sprint

1st Place -

Kim Donaldson (Masters)

Danny Nolan

4 Aug - Ironman Estonia

Finisher -

Tom Kennedy

10-11 Aug - USAT Nationals

1st Place -

Don Ardell

5th Place -

Rosie Ray

11 Aug - IM 70.3 Steelhead Professional

1st Place -

Eric Lagerstrom (MD homestay)

4th place -

Jackson Laundry (MD homestay)

6th Place -

Nick Chase (MD)

18 August - FD3 #2

Aqua Bike

2nd Place -

Phil Lacey (Overall)

Sprint Distance

1st Place -

Kin Donaldson (Masters)

John Hollenhorst

Gail Lohman

18 August - FD3 #2

Sprint Distance

1st Place - (continued)

Jackie Yost

Larry Yost

2nd Place -

Carol Hollenbeck (Overall)

Art Singleton

Sandy Weiss

3rd Place -

Suzanne Brousseau

Mike Hood

4th Place -

Pam Greene

Carola Riemer

5th Place -

Angelina Daetz

Olympic Distance

1st Place -

Frank Adornato

Vicki Linkovich

Reva Moeller

2nd Place -

Kent Rodehaver

19 Aug - IM Copenhagen

Finisher - Tom Kennedy

19 Aug - IM Mt Tremblant

Finisher - Laura Segrera

26 AUG - Ironman Vichy

Diane Weaver

SEPTEMBER BIRTHDAYS



The Editor sincerely regrets the inadvertent misspelling of Patrick Ruta's name in a recent issue. The buck stops here.

Linda Auer -	3rd
Bryce Carr -	6th
Robert Reeves -	6th
Sandy Weiss -	8th
Greg Retter -	10th
Pepir Jernigan -	11th
Kenn Burnett -	12th
Danny Nolan -	13th
Paul Blankenship -	14th
William Ulbright -	14th
Tim Kennedy -	15th
David Ruelas -	15th
Carolyn Vander Velde -	18th
Liz Vander Velde -	18th
Scott Corkran -	19th
Heidi Hoffman -	19th
Kathy Morgan -	20th
Scott Underkoffler -	25th
John von Lackum -	25th
Peter McKernan II -	26th

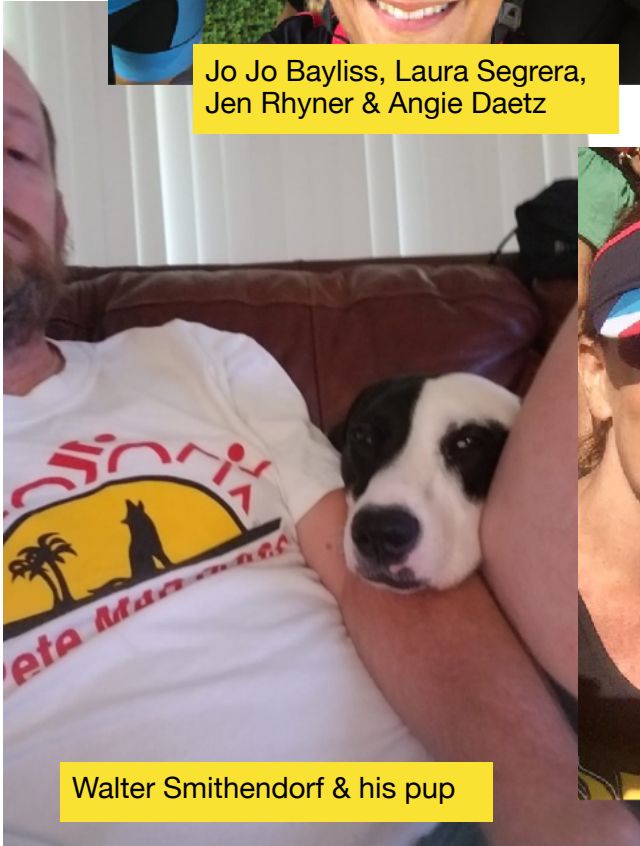
MAD DOG PICTURES



Jo Jo Bayliss, Laura Segrera, Jen Rhyner & Angie Daetz



Don and Carol Ardell @ U WISC campus



Walter Smithendorf & his pup



Tina Walker, Danny Nolan & Kim Donaldson @ Manitou Incline

MAD DOG PICTURES



Carolyn Kiper with new friend she met on a run



Brit Mad Dog Diane Weaver swimming the English Channel



Lizzie Wells & friends remembering the Alamo!



Danny Nolan atop the podium in JAX

MAD DOG PICTURES



Kim Donaldson atop the podium in JAX



Kent Rodahaver with an owie during FD#3 Mock Tri



Don Ardell. I think he's smiling because the swim was cancelled and the race became a run-bike-run, his specialty.



Rosie Ray @ Nationals award ceremony (Right)



Don Ardell wins Nationals (again)



Brit Mad Dog Diane Weaver with friend prepped for IM Vichy

MAD DOG PICTURES



Gail Lohman and John Hollenhorst atop the podia @ Ft. DeSoto

Sandy Weiss on right



Frank Adornato running to 1st Place @ FD3 #2



Mad Dog Carol Hollenbeck on the podium (Right)



Stephanie & Jaylyn Mischke and Aaron Freedman in Islamorada. Wonder if Aaron ran there!

MAD DOG PICTURES



Mad Dog Tom Kennedy finished 2 IM races in two weeks.



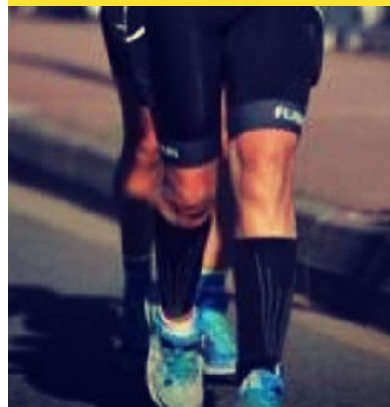
Tom Kennedy and Dave Orlowski with friend and former local triathlete Anders Heidermann, now living in Copenhagen.



Diane Stokes (L) and relay mates at IM 70.3 Maine



Brit Mad Dog Diane Weaver @ Ironman Vichy



Training Tip - The “60 Minute Window” – Training and Race Recovery

Intense exercise (high volume or high intensity) and racing deplete muscle glycogen, the body’s primary source of fuel. Maintaining glycogen stores reduces fatigue and keeps up energy levels. In order to replenish muscle glycogen, it's important to eat an adequate amount of carbohydrates and protein immediately after exercise. The optimal timeframe is within 30 minutes, but not later than 60 minutes after completing your workout or race. Replacing lost muscle glycogen immediately will help prevent muscle fatigue and you’ll feel better later in the day and the next day. Waiting longer than one hour reduces the effectiveness of that meal.

As soon as possible after your workout, eat a meal that's 300 to 400 calories, depending upon your body size, and aim for a 4:1 ratio of carbohydrates to protein.

If a balanced meal isn’t readily available, a recovery supplements such as Endurox R4 and even chocolate milk will give you the carbs and protein you need for recovery.

Train smart. Race fast.

Frank Adornato



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

In Memoriam - Tom Knoll, Mad Dog

As some of you may have heard, Tom Knoll, Mad Dog and a participant, with fellow Mad Dog Dave Orlosky, in the First Ironman competition in Hawaii recently passed away. Below is an interview which was published on Slowtwitch:

Tom Knoll was one of the 12 amazing folks who started and finished the 1978 Ironman Hawaii. Tom came from a running background and finished 6th on that day. He is currently running across the United States with his son Warren Knoll in the 2008 Freedom Run across America, with all proceeds going to 3 different charities. We wanted to know about his Ironman experience and his current running adventure.

ST: Tom, you are one of the original twelve 1978 Ironman finishers. Can you take us back and tell us why you decided to do the event?

Tom: Well that was back in 1978. We got together and came up with the idea. We trained a couple of months for the event, 15 of us started and 12 finished. And now this is a multi million-dollar corporation.

ST: What was your athletic background?

Tom: I was a runner doing marathons, 100k and 100-mile races and other ultra marathons.

ST: Did you do anything specific to get ready for that 1978 Ironman?

Tom: Oh yeah, every day, all three. I was working 8 hours a day going to college. I was up at 5:30 in the morning to run and also ran at noon. At night I went out to Lanikai, which is in Hawaii. I biked out, swam, and then biked back and that was every day. The hardest part about doing an Ironman is all the training because you do all 3 disciplines every day.

ST: Can you describe for us how your Ironman day went in 1978?

Tom: I went out and took it easy on the swim, because I figured if I got through that the rest would be easy. I really took it easy and of all 15 who finished the swim I came in last with breaststroke and sidestroke. Then I got on the bike and the bike went well. After that I ran the 3rd fastest marathon of the day and finished in 6th place.



(L to R) Dave Orlowsky, Tim Hudson, Tom Knoll



Training Tip - Simulate Your Race

One key component of race preparation for an important “A” race is to do a simulated race day.

As valuable as this can be, if not done right, there could be some downsides. Here are some important points you need to consider, regarding how, where, and when you do the simulation session:

- The simulated race should be as close as possible to the actual race distances.
- Do the simulation race at least four to six weeks before the actual race date to allow adequate recovery.
- Allow yourself a short taper (two to three days) beforehand.
- Ideally do the simulation on the actual race route, or if that’s not practical, approximate the course as closely as possible in terms of terrain.
- Start the workout the same time as on race day.
- Wear what you will wear for the race.
- Eat your pre-race dinner and breakfast.
- Eat and drink what you plan to use as your fuel for race day.
- Go by Perceived Exertion not heart rate. Use your internal pace clock as you will do on race day. Don’t pace yourself by heart rate. If you choose to wear your HR monitor, use it for feedback after the workout.
- For an ironman triathlon split the workout into two days as follows: Day 1 swim 2.4 miles; bike 70 miles; run 10 miles. Day 2 bike 42 miles and run 16 miles.
- Take several recovery days before resuming your regular training.

A race simulation will give you valuable feedback about how your body will react to the stresses of race day, and it will also give you the confidence to race at your best.

Train smart. Race fast.

Frank Adornato



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

Training Tip - Weight Training

Everybody should do it, but many endurance athletes don't, fearing it will make them bulky and hamper athletic performance. Not true. Weight training (aka strength training or resistance training) increases the strength and size of muscles, and depending upon the types of movement, you can target specific muscle groups. Other benefits include strengthening bones (which prevents osteoporosis), reducing body fat, improving posture and overall balance, and reducing the risk of injury.

During a weight workout, you actually break down muscle fiber. It's during the recovery period after the workout that you get the benefits. After each workout, your body repairs or replaces damaged muscle fibers and increases the thickness and number of muscle fibers to create muscle hypertrophy (growth).

There are two general types of muscle fibers: slow-twitch (type I) and fast-twitch (type II). Slow-twitch muscles fibers enable endurance activities such as running, and fast-twitch muscles are used in powerful bursts of movements like sprinting, but they can't support long endurance efforts because they fatigue quickly

If your sport is predominantly short sprint efforts, you want to develop your fast twitch type II fibers by lifting heavy weights that allow only a few repetitions per set (5 to 8 reps), and doing multiple sets. For the majority of endurance athletes (runners, triathletes, cyclists) you should develop your slow twitch type I muscle fibers by working out with weight amounts that allow you to do 12 to 14 reps per set. In either case, be sure to use enough weight to achieve muscle fatigue at the end of each set. Depending upon your sport and your athletic goals, you may want to schedule a combination of both workouts on different days to develop fast twitch and slow twitch muscles fibers.

Include weight training two to three times a week in addition to your swimming, cycling and running.

Train smart. Race fast.

Frank Adornato

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This is an excerpt from Don Ardell's new book. Since many of you knew Jim Ward (Mad Dog #10), I wanted to share it. Jim was inducted posthumously into the USAT Hall of Fame.

How Old is Too Old? Jim Ward

The question is generally posed in a more indirect way by some of my more sedentary chronological peers, but occasionally after a few drinks an old friend bluntly asks, "Aren't you getting too old to be running marathons and competing in triathlons?" The question always reminds me of Satchel Paige. For readers too young to remember Satchel Paige, he was probably the oldest major league baseball player of all time, and he certainly had the most durable pitching arm. Beside Satchel, Nolan Ryan is a young pup. Satchel pitched for several decades in the old Negro League before the color bar was lifted, but he never knew how old he was, or when he was born. When he was finally brought up to the major leagues, he was probably well over forty and maybe close to fifty. But when the press asked him how old he was, Satchel replied with a question, "How old would you be if you didn't know how old you was?" Not knowing his age, Satchel never thought he was too old to play baseball or pitch in any league. Satchel just expected his body to do what his mind told it to, and it did.

I was born on August 31, 1917, so I know that I am 78 years old. But when asked, "Aren't you getting too old to be competing in marathons and Ironman triathlons? I reply as Satchel did with a question, "How will I know what too old is before I am too old?" Not too old is the man who was asked on his 100th birthday at what age a man loses his interest in sex. He replied, "Don't know. Haven't found out yet." If you think you are too old for something, you probably are. If you don't think you are too old, you probably aren't. The key that opens the door to all sorts of seemingly impossible achievements is the mind.

There are four factors that affect a triathlete's longevity and ability: genetic inheritance, training, nutrition, and mental attitude. Many people think that the most important enabling or limiting factor in determining one's athletic ability and longevity is genetic inheritance. Genes are certainly important. When I was a kid, my parents encouraged me to take music lessons on the piano and the violin, but it was all in vain. I tried, but succeeded only in convincing my teachers that I had no musical aptitude. I didn't inherit the music gene. When it comes to health and endurance, however, we have all known people who overcame inherited weaknesses. We learned in school that President Theodore Roosevelt was weak and sickly as a child, but he overcame these weaknesses, was in robust health by the time he led the "Rough Riders" cavalry regiment up San Juan Hill in the Spanish-American War, and became one of our most vigorously active presidents. In any event, none of us can do anything about the genes our parents bestowed on us. We can, however, improve our endurance by conditioning our bodies through training and good nutrition and by developing the right mental attitude.

Our mental attitude will enhance or reduce our ability as triathletes and our longevity in the sport. So what is the right mental attitude that is going to help us become better triathletes? It's sort of like art---we can recognize it when we see it, but we can not easily describe what it is. Words like confidence, determination, self-discipline, experience, focus, perseverance, enjoying challenges and taking risks, having pre-race routines, knowing how to pace yourself, knowing race strategy, calmness under pressure, setting reasonable goals and planning feasible programs to achieve those goals, etc. all come to mind in trying to describe the right mental attitude. I think it encompasses all of these, and more

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When someone older than us completes an endurance event, most of us think that "If he can do it at that age, so can I." As the oldest participant at the Ironman Triathlon, I happen to be at the apex of the age group pyramid, but multi-Ironman finishers Norton Davey and John Manning are less than a year younger than I. All three of us have triumphed over each other in one event or another, and any one of us is capable of winning our age group at the Ironman. Slightly younger are a number of other Ironmen, also capable of winning. We all tacitly know that we keep one another going. So long as one of us can do it, so can the rest of us. It's the mental factor. Hopefully, we'll all just keep going...and going....and going..., and never find out how old too old is. But, reason tells us to be realistic, so let's see what conclusions we can draw from looking at some great endurance athletes who continued to compete until well into their eighties.

Johnny Kelley, 88, is a perennial marathoner who ran the Boston Marathon more than 60 times, won it in 1935 and 1945, and placed among the top ten finishers 18 times. Johnny became a runner in high school in 1923, represented the U.S. three times in the Olympics, and stayed with the sport all his life. Johnny ran his last complete marathon a few years ago, but he continues to train and compete in shorter races.

Ed Benham, also 88, competed in his first race astride a horse. After a successful career as a jockey, Ed spent the rest of his working years training younger jockeys. He kept fit after retiring by jogging along the beach near his home in Ocean City, Maryland. When he was 70 years old, he entered his first road race, a ten-miler. Ed not only beat an age group peer in that first race, but then went on to place first in his age group in virtually every other race he ever entered for the next twelve years. In his mid-seventies he competed in a 5K, a 10K, and a marathon in three successive days, setting new age group records in each of them. Ed set dozens of world, national and course records in his 70s and early 80s, frequently breaking his age group record in marathons by more than an hour. I lost track of Ed a few years ago, right after he got married.

Johnny Kelley and Ed Benham were both physically fit all their lives, and competed as runners until well into their eighties. Ed Root, also 88, of Ormond Beach, Florida, was not always physically fit. Ed retired from the U.S. Army as a master sergeant and then worked as a civilian until age 60, when he was diagnosed in his retirement physical examination as a "chain-smoking chronic alcoholic with emphysema." Ed stopped drinking and smoking and took up running, a sport in which he had participated in high school. He continued running for 15 years, finishing his last marathon at age 74. When he developed a stress fracture at age 75, Ed Root started swimming and biking regularly in order to keep in shape. After the stress fracture healed, he became a triathlete. In 1994 at age 87, Ed Root won the Tri-Fed/USANational Sprint Championship at St. Augustine, Florida, in the 80-plus age group. In May 1995 after 12 years as the oldest triathlete in the world and the best in his age group, Ed Root at age 87 finished the Cyprus Gardens Triathlon and then retired from the sport.

These three 88-year-olds were all pioneers in demonstrating that as it ages the human body can tolerate and benefit from vigorous training and competition. They did what they thought they could do, and cut back only when they found their bodies no longer responding to the orders of the mind. They could do what they did because they focused on the positive aspects of the exercise rather than the difficulties of pushing an aging body. In doing so, they got a lot more out of life than their more sedentary chronological peers. Based upon the

experience of these three outstanding older athletes, one might conclude that the mid-to-late-eighties is the age limit to which the human body can be pushed in hard, competitive endurance sports. Perhaps, but let's look at an exception.

Dr. Paul Spangler did not achieve his goal of finishing a marathon after his 100th birthday, but he came close to it.

A brain surgeon who started running in competition at age 67, Paul kept competing and setting national and world records as a runner for almost 30 years until he dropped dead while running at age 96.

Was he too old at 96, but not too old at 95?

Regardless of the answer, Paul Spangler told me at the World Association of Veteran Athletes Track and Field Meet in Melbourne, Australia in 1987 that he usually swam after his early morning run in order to improve his overall physical fitness. Did the swimming add to his longevity as a runner? I'll bet it did.

At the World Championship Triathlon in Cancun, Mexico, in November 1995, I was very impressed by the obvious strength of Roman Jezek, 81, of Canada, who won the world triathlon championship in the 80-plus age group. I expect to see Roman around for some years to come, and suspect that four years from now he will probably be the first world champion triathlete in the 85-plus age group. Roman came to triathlons from a swimming background.

John Sinibaldi, 83, of St. Petersburg, Florida, was a member of the U.S. Olympic Cycling Team in 1932 and 1936, and is today a very active cycling competitor and winner in his age group. If John took up swimming at the same time that I started to train on the bicycle, John, and not I, would be the oldest finisher at the Ironman Triathlon, because John is so strong on the bike that he could have walked the run course and still beat the cutoff time.

What do these older athletes have in common besides great endurance and a "can do" mental attitude that contributed to their longevity in athletics? As far as body types are concerned, Johnny Kelley, Ed Benham, and Ed Root are all lean and light. Ed Benham weighed about 112 pounds as a jockey and as a runner. Kelley and Root are taller, but not a great deal heavier. Dr. Paul Spangler was much taller and about medium build. Roman Jezek and

John Sinibaldi are both much heavier and very muscular. So body type is not a major determining factor.

Johnny Kelley's training consisted primarily of running, and his running times were great, but he slowed down appreciably after his 73rd birthday. At age 73, however, Ed Benham was just beginning to make a name for himself as a runner. Ed broke all sorts of records after that age. I think he benefited from the variety of training he had as a jockey and a trainer, just as a triathlete benefits from cross training. Benham was also very strong for his size, and his strength helped his running. When he was my house guest about twelve years ago, I saw him do at least fifty pushups as part of his warmup before we went for a run. The cross training as a triathlete certainly helped Ed Root, who won a national triathlon championship 27 years after the doctors pronounced him a physical wreck.

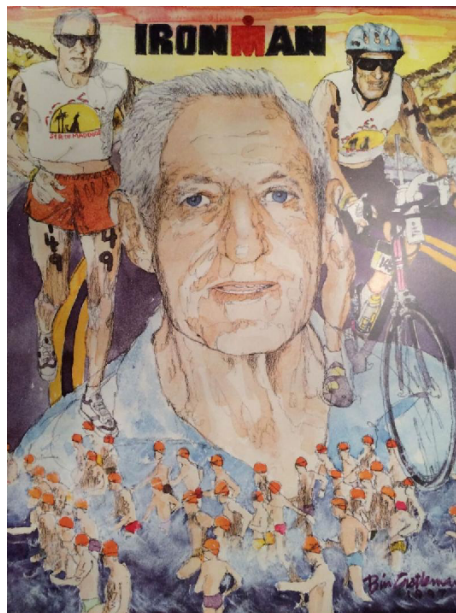
Running builds endurance, but endurance is only one of the three main components of physical fitness. Strength and flexibility are the other two. I suspect that Dr. Spangler's swim after his morning run probably contributed to his athletic longevity, because it exercised different muscles and added strength and flexibility to his running endurance. Since it is a non-weight-bearing sport, swimming also takes away some of the strain that running puts on the hip, knee, and ankle joints. I have seen many swimmers in their eighties and nineties, but very few runners that age, so I believe swimmers have more longevity in their sport than runners.

Before concluding, let's rephrase the question to make it more specific. How old is too old for the Ironman, triathlon's toughest test as we age? Barring injuries, I think I can complete the Ironman at age 80 within the allocated 17 hours. If I fail, others will succeed. All they will need, if otherwise properly conditioned, is the conviction that they are not too old. It's that mind-set that will make the difference. Can it be done at age 81 or higher? Only time will tell.

How old is too old for the international distance triathlon? I look forward to finding out in the year 2002 whether it can be done at age 85, but I suspect Canada's Roman Jezek will beat me to it. Whether it can be done at an older age will depend on the cutoff time.

How old is too old for the sprint distance triathlon? Ed Root's record - age 87 - will be beaten. If anyone ever breaks 100, however, I'm sure it will be a member of the more durable sex, a female triathlete. If I'm still around to place a bet, my money would be put on someone like Sister Madonna Buder, because she somehow seems to be able to summon a little Divine assistance whenever she needs it.

On the basis of my admittedly limited empirical observation, I believe that our multi-sport activities (aerobic cross training plus weight lifting for strength and stretching for flexibility) will enable triathletes to compete in triathlons at older ages than participants in most individual sports, with the possible exception of swimming. By combining triathlon body conditioning with the right mental attitude and good nutrition, triathletes will be setting records for longevity in our sport for years to come. I believe we can go much further than we have to date. We are still pioneering to determine what the human body can endure as it ages.



Jackson Laundry (Mad Dog Homestay) from IM 70.3 Mont-Tremblant

My first career 70.3 win in Raleigh gave me the confidence boost I needed heading in to 70.3 Mont-Tremblant. Lionel Sanders was of course the big favourite, but there were several others with a legitimate shot at the podium. Brent McMahon, Rudy Von Berg, Taylor Reid, Matt Russel and many other talented athletes were ready to roll, and I was hoping to earn my spot on the podium to improve upon my 4th place finish last year.

Ironman 70.3 Mont-Tremblant has to be the coolest pro race I have ever done. The pros are treated like rock stars by the race director and local community. There were also two jet fly overs done before the race, one at the end of the national anthem, and one moments before the start cannon went. This gave me the adrenaline rush I needed to have a great start, and I settled in to the lead group without any trouble. I stayed there for the whole swim, and got out of the water in 6th place about 10 seconds behind the leader. This was my best swim ever and it put me in a great spot to start the bike.

I had a good transition and quickly caught up with the leaders, Rudy Von Berg, Brent McMahon, Antoine Jolicouer DesRoches, and Sam Betten. Hunter Lussi Passed me after about one kilometer and quickly went to the front of the group. We all tried to keep pace as he was very aggressive for the first 20km or so. I was able to move past Antoine and Sam as they couldn't hold the pace. I went by Rudy and Brent as well, though they were able to endure the watts thrown down by Hunter early on. At the turn around which was about 35-40km in, I passed Hunter and saw Lionel about 30 seconds behind us. I ended up staying at the front until Lionel went by about 10km later, he put in a huge surge and I considered trying to stay with him, but decided it was not likely wise and let him go. Hunter led most of the rest of the bike until the hilly section in the last 20km where Brent showed his

legs were feeling good by passing the group. At the final turn around, I saw that we had several minutes on the closest chaser, and that the podium spots would surely go to Lionel and two others from our group. Hunter had some kind of mechanical issue near the end of the bike and I passed Brent to lead our group into transition, with Lionel just under 2 minutes ahead.

I got out of transition just ahead of Rudy and a few seconds ahead of Brent. Rudy quickly went by and I knew his pace was too rich for me to try to hang with him. I was feeling strong but had to be realistic. Brent caught me shortly after, and I had no choice but to try to hold on to his pace and hope it would relent eventually. Running with him felt like a constant acceleration, there was no way to settle into a rhythm or try to recover, he was just too fast. After 5km of that, I couldn't hold on any longer without risking a catastrophic last 10km, so he gradually disappeared into the distance along with my chance at a podium. At the 10.5km turn around, I saw that there was over a 6 minute gap back to 5th place, but I still ran hard for the last half of the run and right through the line in order to minimize the gap to the leaders.

I have mixed feelings about the race (results here). Objectively it was a good performance, with a great swim, and a very good bike and run . I had my second fastest run split ever, and my power numbers were right up there along with my best performances. The overall time was 3:48:40, which is my second fastest 70.3, and typically would be good enough for a podium spot at most races. But I'm now at the point where I am dissatisfied with fourth place. Lionel, Rudy, and Brent all had great races and deserved to beat me without question, but perhaps there is some way I could have gotten a lead on Rudy and Brent to start the run. I need to have confidence that I can put in a big surge on the bike and drop guys who are stellar runners. It likely wouldn't have worked since they both rode very well and probably had more in the tank to stay with me if needed, but I didn't even try it which is what disappoints me. I will have to use this as a lesson for future races where a similar situation will surely present itself.

Overall, It was a really fun trip and I highly recommend the race. It was especially fun because Montana got to come with me, and so did my friend Curtis. We also had a great home stay host Bob Gilmour who put up with all three of us for the weekend. Thanks for the support guys! I had a quick recovery and just enough time for a bit of sharpening before the NYC Tri the very next weekend.



Jackson Laundry (Mad Dog Homestay) from New York City Triathlon

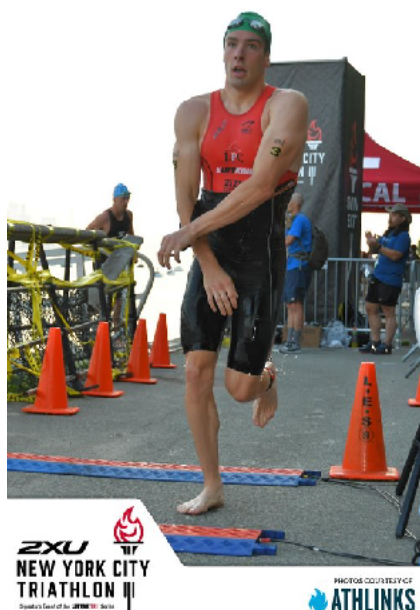
NEW YORK CITY TRIATHLON

I had a great week of recovery and sharpening in between Mont-Tremblant and NYC Tri. The trip went smoothly with my buddy Garrick Loewen and his girlfriend Morgan, and we were able to get our race prep training in without any major issues in the big city. The day before the race was a bit busy with the shake-out run at 9am, my interview with Bob Babbitt at 11:30am, the pro panel at 2pm and the pro meeting at 4pm. We were able to stay off our feet for the most part, and I didn't view the busyness as a disadvantage since everyone was in the same boat. The race had slightly different rules this year since it is no longer a USAT event, but the rules were similar to Ironman rules so I was familiar with how it would work.

We dove off the dock and into The Hudson River. Cam Dye and Ben Kanute quickly gapped the field and left a large chase group behind. I was near the back of that group until Spencer Ralston passed me and I got on his feet. We gradually passed most of the group and I got out of the water right on his feet in 6th place, with Garrick right behind me. We were only about 20 seconds back from Kanute and Dye.

I had a strong run to transition (which is about 600 meters away), I was able to get on my bike in 4th place, right beside Jason West and Spencer, about 5 seconds behind Austin Hindman and 20 seconds behind Dye and Kanute. I started the bike with a big surge to get away from the fleet afoot Jason West. I went up the steep hill quickly and caught Austin about 1km later. I could see Cam and Ben up the road about 20 seconds and I was focusing on trying to prevent them from getting too far away. I managed to bike strong for the whole ride and only lost 35 seconds to Cam who had the fastest ride of the day.

That put me just under 1 minute behind them to start the run, which was certainly my best bike and run combo for an Oly Tri. Jason was 1:53 behind me, and I knew that with a good run he and I would be very close at the finish.



I felt pretty decent to start the run, I like starting the run on my own so I can get into my own rhythm and find the pace that I feel is right. I didn't feel overly strong, but I kept a fast turnover and could tell I was running pretty well. The hills on that run course are non stop after the first mile, so it is hard to find a rhythm, but I kept trying to push hard up the hills and let me legs go on the descents. I started tiring around half way but pushed through, I was still running fairly well. At mile 4, Jason West came flying past me. This was a huge turning point in the race for me. I thought I was running not bad (and

later analysis reveals I was running decently), but when he went by it really took the wind out of my sails. I knew I was relegated to 4th and basically threw in the towel. I ran at more of a tempo effort for the next mile thinking I had 4th locked up, but a shoulder check at mile 5 revealed that I had company. This made me immediately regret having let off the gas earlier, but it wasn't too late, and I picked up the pace. Santiago still caught me with about 800 meters to go and went by with a surge. He got a gap of about 10 meters, I don't know why I let him get away, I just didn't seem to have the will to fight for it. I did reel him back in enough to give myself a chance with a finishing kick, but couldn't find my sprinting legs either and gave up at the finishing chute.

This is my most disappointing lapse in mental strength of my career. I think a few things contributed to such a bad last 2 miles of the run, but there is no excuse for throwing in the towel like that. I am glad Santiago was there having a good run right to the finish because he taught me a

lesson. I will never ease up in a race again until I'm 100% sure nobody can catch me, period. If someone does catch me, I have to fight right to the line. That was 2 examples of mental weakness in one race, I will do everything I can to not let that happen ever again. Kudos to him for having a good day and to the top 3 for showing me where the bar is once again.



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