

THE FINISH LINE



**John Macedo,
Rene Vallant
and David
Fraser in Kona**

*Join Us For The Wednesday Run
| Social at the Hanger, St. Pete
Airport @ 6:00 PM*



Training Calendar -	Page 3
New Mad Dogs -	Page 4
Mad Dog News -	Page 5
Upcoming Races -	Page 6
Birthdays -	Page 7
Race Results -	Page 8
Mad Dog Pix -	Pages 9 - 12
Articles & Reports -	Pages 13 - 18
Advertisements -	Pages 19 - 21

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.

Note: Payment is due on the 15th of the month prior to publication. **Payment for five consecutive issues of advertising entitles the advertiser to a FREE sixth month.**

ST. PETE MAD DOGS BOARD OF DIRECTORS

BOD@STPETEMADDOGS.COM

- | | |
|---------------------------|----------------|
| PRESIDENT | TIM HUDSON |
| VICE PRESIDENT/MEMBERSHIP | CAROLYN KIPER |
| TREASURER | DAVE PROFFITT |
| SECRETARY | BOB MACDONALD |
| EDITOR | CHUCK LOHMAN |
| BOARD MEMBER | ALLEN JERNIGAN |
| BOARD MEMBER | PEPIR JERNIGAN |
| BOARD MEMBER | JIM CUNNINGHAM |
| BOARD MEMBER | GAIL LOHMAN |
| AMBASSADOR | RUE MORGAN |
| AMBASSADOR | KATHY MORGAN |



EDITOR'S COLUMN

Reprinted from the Mad Dog website... Today we would all like to remember Jack Shuten who has been a very big part of the Mad Dogs Club and the Mad Dog Family. Jack fought the battle with cancer with strength and courage like the Ironman he was till the end and will always be remembered for his great love for the sport and never give up attitude. For those who didn't know Jack, he contributed a lot to the Club over the years with endless enthusiasm for the Mad Dogs and the sport of triathlon along with his wife Melissa. (Please go to page 4)

TRAINING CALENDAR

Upcoming Training Sessions (all show and go)

SWIMMING

Every Tuesday & Thursday 6:30 - 8PM

Northshore Pool w/ Coach Joe Biondi \$9 per session

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

RUNNING

Every Monday 6PM

Individual/Partnered Run (6 miles) Northshore Pool South Parking Lot

1st and 3rd Thursday 7:30 AM

Running Drills at Field south of Northshore Pool (45-55 min) <https://www.facebook.com/groups/254578011396466/>

led by Ben Carlson

Every Wednesday 6PM beginning November

Fun run and social @ The Hanger, St. Pete Airport, 540 1st Street SE, St. Petersburg.

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!

#3719 - Barbara Hatfield - St. Petersburg

#3720 - Gary Marchman - Sun City Center

#3721 - Chad Lee - Apollo Beach

#3722 - Karen Lopez - St. Petersburg

Continued from page 2.

Always promoting the Mad Dogs and making things fun for everyone whether it was publishing the newsletter, planning events, taking pictures, volunteering, promoting his own race, etc. he was always there to help out and support and, of course, racing and tackling an Ironman, always with a smile on his face. A great guy who will always be with us. Our heart and prayers go out to his wife, Melissa.

(Please note the tribute to Jack on pages 12-13)

Jack — Athlete, entrepreneur, friend, leader. You will be missed!

Chuck Lohman
Editor

MAD DOG NEWS

- **Best of luck to British Mad Dog Diane Weaver as she retires from the Metropolitan Police after a 25 year career.**
- **Condolences to Debbie McSorely Riley whose step father recently passed away.**
- **Congratulations to Lew Friedland #1722, former Mad Dog president, who was inducted into the Ironman Hall of Fame at Kona this year.**
- **Welcome back to Diane Lajoie, who raced for the first time in 5 years at Longboat Key and placed 2nd in her age group.**
- **Mad Dog and original Ironman competitor Dave Orlowski is on the comeback trail, racing with Johanna Bayliss and John Atkins at Ironman North Carolina in October!**
- **Rene Vallant, Ella and son, Noah, plan on returning to St. Pete from Austria to celebrate the Holiday Season from 23 December to 6 January. Mad Dogs can't wait to see them again!**
- **Heads up for the Annual Mad Dog Anniversary Party in mid-November. We may shift it to a new location TBA.**

UPCOMING RACES



5 Nov - IM Florida
Ironman
Panama City Beach, FL
www.ironman.com



2 Dec - Key West Triathlon
Olympic/Sprint Key
West, FL
www.multirace.us



13 Nov - Miamiman
Half & Olympic Distance/Du
Miami, FL
www.multirace.us



11 Dec - Powerman Florida
Long/Short Duathlons
Cocoa Beach, FL
www.powermannorthamer..



20 Nov - IM Arizona
Ironman
Tempe, AZ
www.ironman.com



18 Dec - Christmas Sprint
Sprint Tri & Duathlon
Naples, FL
www.eliteevents.org



27 Nov - IM Cozumel
Ironman
Cozumel, MX
www.ironman.com

NOVEMBER BIRTHDAYS



Carrie	Hanley	1st
Jitendra	Khare	1st
Mary	Thomas	3rd
Stephen	Kovac	5th
Thomas H.	Singletonary	7th
Joshua	Thee	9th
Aaron	Dobiesz	10th
Melissa	Ravenel	11th
Peter	Angood	11th
Lin	Dolen	11th
Deborah	Riley	13th
David	Bel	14th
Carol Jean	Vosburgh	15th
Sarah	Yost	16th
Brian	Kelly	18th
Ron	Myklebust	18th
Bill	Bell	19th
Art	Singleton	20th
Janice	Smith	21st
David	Moran	27th

Race Results

IM Kona - 8 Oct

Finishers -

Traveller Hill
Christian Hirner (Pewag)
Tom Kennedy
Jessica Koelsch
John Macedo
Stephan Schmidt (Pewag)

Lycra & Lace - 8 Oct

1st Place -

Brittany Pierce (OA)
Jennifer Hutchinson (Masters)
Jill Voorhis

4th Place -

Pepir Jernigan

IM Louisville - 9 Oct

5th Place -

Richard Jansik

Finishers -

Casey Arnold
Kim Snow

Crystal River #3 - 9 Oct

1st Place -

Chad Siple
Karen Hasque

3rd Place -

Bo Webster

Longboat Key - 16 Oct

2nd Place -

Diane Lajoie
Roland Lajoie

3rd Place -

Art Singleton

Longleaf - 16 Oct

1st Place -

Reva Moeller

2nd Place -

Suzanne Brousseau

IM North Carolina - 22 Oct

Finishers -

John Atkins
Johanna Bayliss

Great Floridian - 22 Oct

1st Place - Chad Siple (4th OA)

5th Place - Owen Deckinga

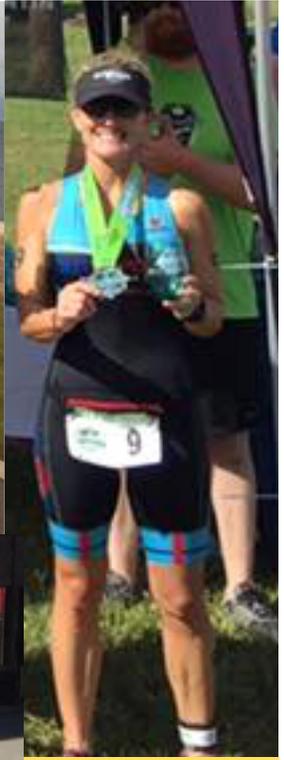
MAD DOG PICTURES



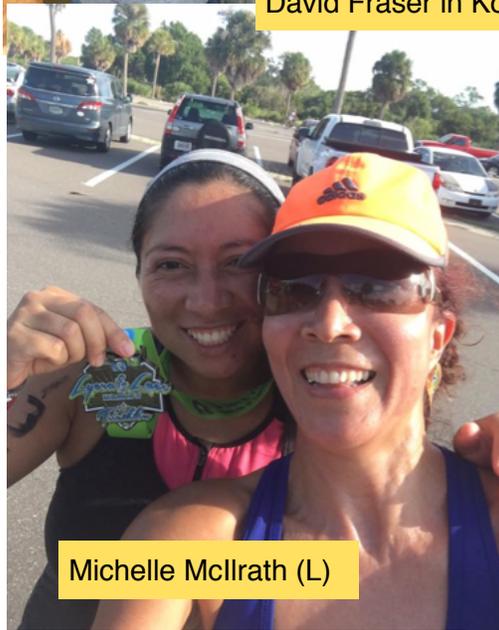
John Macedo, Rene and David Fraser in Kona



Jenn Olvedy is hurricane ready



Pepir Jernigan @ Lycra & Lace



Michelle McIlrath (L)



Jill Voorhis (L)



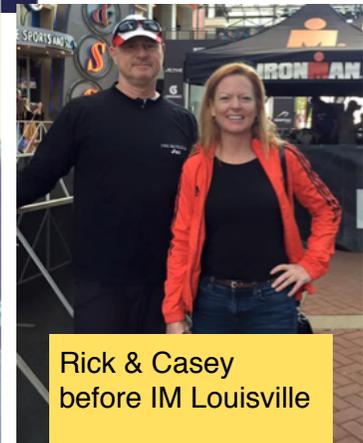
Rick Jansik @ IM Louisville



Casey Arnold @ IM Louisville



Brittany Pierce @ Lycra & Lace



Rick & Casey before IM Louisville

MAD DOG PICTURES



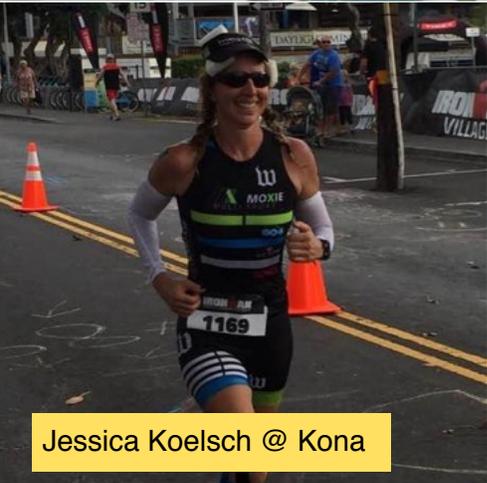
John Macedo swim @ Kona



John Macedo run @ Kona



Jessica Koelsch @ Kona



Jessica Koelsch @ Kona



Lew Friedland #1722, former Mad Dog President, inducted into the Ironman Hall of Fame this year.



Ben Goettler and "brother" raising money for the frogman swim



Carol McKenna 2nd @ 70.3 FL



Diane & Roland Lajoie @ LBK



Nickey Ezell & Traveller

MAD DOG PICTURES



Betsy Banks & John Allen



Johanna Bayliss ready for IMNC



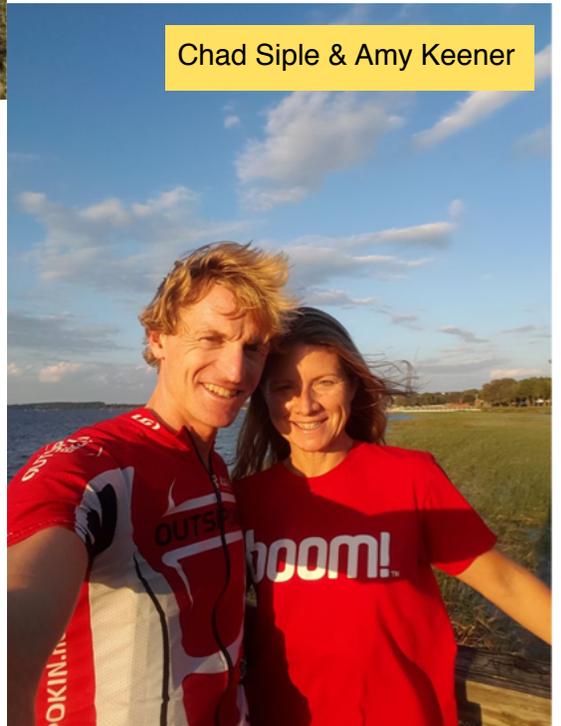
John Atkins ready for IMNC



Dave Orlowski & friend



Chad Siple podium (L) @ Great Floridian



Chad Siple & Amy Keener

Great turn out for the Annual Chili Cook off!



Tribute to Jack Shuten

**RIP Jack Shuten, a great husband, friend, athlete and an ironman.
God bless! Leo Briceno**

**I didn't get to know you long, but having had the chance to do so
was a blessing in itself. The shirt says it all. The world lost a good
one yesterday. Tri-on my friend and rest in peace! David Moran**

**RIP Jack Shuten...You have impacted so many of us with your great
attitude, fun and jovial nature, big smile, caring heart, and exceptional
athleticism. My heart aches for Melissa - She is a beautiful pillar of
strength. Please keep her and their friends and family in your prayers.
Good bye my friend. Kent Rodahaver**

**When the light in your eyes began to slowly fade,
I cannot tell a lie, I was afraid.
I didn't want my friend to leave, telling you to hold on.
I tried not to believe that you would be gone.
I lost my last hope as you slipped away,
and my soul needed to cope
with the loss of my friend this day.
I saw you, my friend in a vision in my head,
you told me what to do, you told me not to dread.
"I will always be there even if I am not,
to listen and to care." That's what you said.
I can now happily smile and not keep it inside,
because all the while I know you will be by our side.
As is yours, my soul is at peace my friend.
Because for us, we will meet again. Richard Jansik**



Ironman Hottanooga (2016): The Devil wears lycra Marty Gaal Blog (Son-in-Law of Brian Harrington)

Ironman Pukeanooga is another notch in the old Stupid S__t I Have Toughed Out To Prove My Worth utility belt. You have already read the reports, but it was hot. Not just un-seasonally warm. The average high temp on this day is 80 degrees. We went right past warm, into hot, and blasted into scorching, with an unexpected record high of 97 degrees.

The humidity averaged 57% with a high of 87%. The heat index of 97 + 87% humidity is over 150 degrees. The heat index of 97 with 57% humidity is 116 degrees. While we did not have maximum temps or humidity the entire day, any stretch in these conditions was devastating. There was little to no cloud cover for most of the day.

More than 25% of the starting field dropped out during the race or didn't make the time cutoffs. Simply put, it was awful.

But enough complaining. Everyone had to deal with the same conditions. At least it wasn't windy!

I was as well prepared as I could get. I stayed focused, in the moment, on top of my game, on top of my efforts, my power; my inner demons quieted by the oppressive silence of my robotic like focus on performance and execution. I was a stormtrooper of determination and well rehearsed action. I was a Jedi Master of fluid, nutrition, sodium, and putting ice in my hat like a MF Yoda.

The Sun laughed and shit down a rain of sunbeams. I melted like a cheap plastic toy under the happy assault of a curious child with a can of aerosol and a lighter. Flame on! Done!

But that was just the last few miles. I held it together well through about mile 15. So let's start at the beginning.

The swim is down river with a mild current. I swung towards the middle to avoid the crowds and gain clear water. I swam at a medium to medium fast effort and won the Roka age group swim split award for men 45-49. Yay! Exited the swim feeling like I didn't work too hard. Perfect. Robot. Focus. Laser beams. Sunshine. 46:11.

The bike ride is 115.8 miles or so according to most GPS units. My goal was to ease into the first few miles then hold a steady effort at about 70% of my power

threshold. I finished just slightly higher than that with a 72% average and 74% normalized power - variability index of 1.03. My TSS for the ride was 292 which is just a tick on the high side of what I was shooting for. Effort wise: completely harmless. Didn't push a thing and felt smooth throughout the ride. Had a mostly clear ride after shaking out a few drafters in the first 30 miles. Very mild winds if anything.

Bike nutrition: I took in 4,800 mgs of sodium + 1,500+ potassium and supplemental electrolytes + 2,500 calories via Gatorade endurance, Carbo Pro, 3 Power Gels, 2 bonk breakers, 1 pack of cliff bloks, 9 or 10 x 20 ounce bottles of fluid, and thermolyte tablets.

The bike was the best kind of bike - completely uneventful. One slowdown due to a very cautious driver ahead of me. No mechanicals. No issues. Almost no other competitors nearby. Wonderful, steady, boring.

My mind was a computer. Check the power. Internal system check. Drink. Eat. Check the power. Internal system check. Stay aero. Eat. Drink. Repeat. Laser. Robot. Focus. 5:28.

Could feel the heat coming down for the last 12 miles. Big stretch of open highway. Heat sink. Stay focused. Want to take my helmet off. Stay focused. Laser beams. Robots. Ice in my veins.

Onto the run. I changed into an old OSB running top I had cut short to keep as much skin aerated as possible. In hot/humid conditions I sweat like a pig and excrete a ton of minerals doing so. My achilles heel. I didn't want skintight material soaked with sweat boiling me any more than necessary.

Blah blah blah blah. I ran around 9 minute pace with 1 minute or so walk breaks at each aid station. I loaded up with ice in my hat, 2 cups of fluids, the occasional gel or cliff blok. I was taking in 4-5 oz of cola or Gatorade Endurance at each stop + additional water. About 40 ounces an hour. Still not enough. I had a thermolyte salt tab every 20-30 minutes. Still not enough. ~600mg sodium/hr or more. I grabbed some base salt from the course and started to supplement with that. I had a 10 ounce bottle to sip on in between stations. Not enough. I held "steady" through mile 15 with minimal walk breaks.

My logic had been to load up on the bike with everything so that I could avoid stressing my stomach on the run with all this junk.

Not enough. :) Someone forgot to tell me the temperature would break records and the humidity would reach eighty per-bleeping-cent. Gahh!

Let me describe the course for a moment.

The first four miles of each of the two loops are on a large exposed highway. No shade. Boiling hot. I ran through here around 2pm the first time and 4pm the second time. The second time was hotter than the first. I started to crumble. I could feel my body overheating. It was excruciating. I began to suffer from heat exhaustion. Not the mental "it's sooo hot, waaah" but the rapid pulse, dizzy, beginnings of nausea and twinges of muscle cramps. This is indicative of electrolyte depletion, let alone dehydration.

So began the slow rundown to a run-walk, then a walk-run-walk, then a miserable dizzy walk. I continued to attempt to refuel at the aid stations and use the base salt as a supplement. I had run out of my thermolyte tabs. I saw my wife and son at ~mile 19. I wanted to stop and hug them and go home with them. It was still so - bloody - hot. I had six more miles. If I could run-walk I'd be done in an hour 15. I stayed focused. I started to run over the bridge. I started to puke. Loud, awful, painful retching. I threw up everything from the last 2-3 miles. I caught my breath and started to run again.

We hit the hill. I tried to take some more salt and drink. I walked a little. I had to sit down and throw up again. My legs cramped while vomiting. I stood outside myself for a moment and saw a pathetic creature lying in the dirt, puking and grabbing his legs. I stood up and got over the hill. I sat down to drink some more water and take a short rest break.

I walked again. I threw up again. I tried to run. Total leg cramps. I wanted to cry.

Laser. Robot. Focus.

3 more miles. 20 minutes on a good day. I walked. Aid station. I got a cup of ice water and sat down. 2 miles to go. I sat and drank my ice water and watched the runners go by. I didn't throw up. I sat for 13 minutes and didn't care about my time, or my race, or what other racers might think. I thought about getting some of that fluid in my system so I could keep moving. I asked God to let me drink this one f___ cup of ice water without throwing it up. Please God, I said, let me drink this one stupid cup of water. So I don't pass out and hit my head on the concrete. So I can go home and play with my son. Just this cup. I felt better. I started walking up the hill.

I threw up. I sat down to recover. I started walking again. Maybe some of that fluid got in me, because I felt slightly better. The sun had stopped beating us up and the temps were coming down. I felt OK again. I made it to mile 25. I sucked

on two ice cubes along the pedestrian bridge. I was thinking positive. Home stretch.

I threw up. With 25.5 miles down, I had to stop and puke those two ice cubes out.

Laser. Robot. Focus.

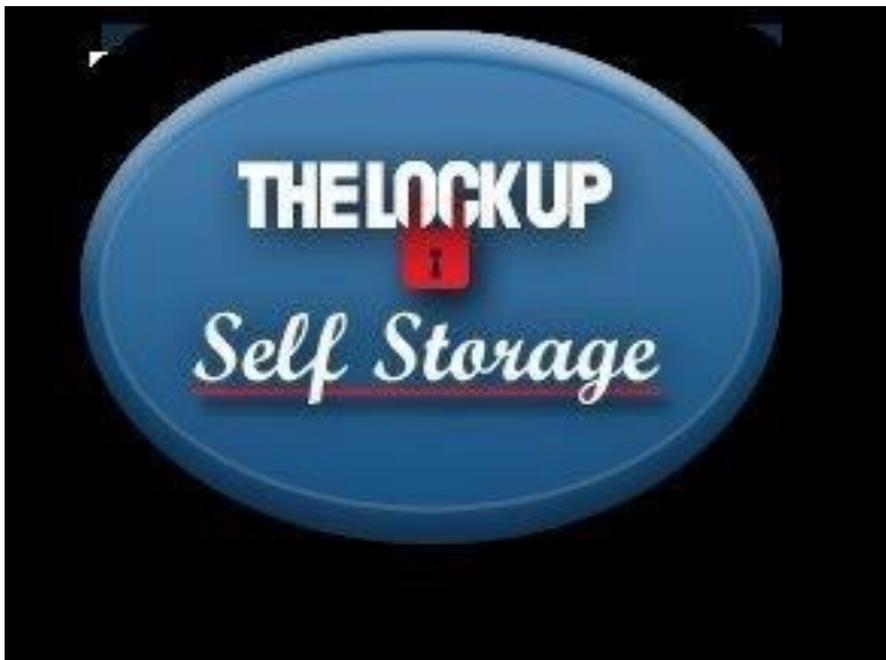
Like many people, I found the reserves to run through the finish line, a smile plastered on my face. I slapped hands. I absorbed the moment. I stopped to kiss my wife, who had tears of concern in her eyes. I wanted her to know I was OK. I was OK. I finished.

It was my slowest marathon time and slowest Ironman, but I finished. 12:07.11.

The world kept turning.

In hindsight, if I had to do it again, I would hammer the swim and bike and sit this marathon out. It was really very difficult. I don't mean to make light of those that finish or the effort involved to get to this point, but there are too many fun things in life to spend time intentionally suffering for vanity and glory.

You. Are. An. Ironman.



1700 1st Avenue South
St. Petersburg, FL
(727) 502-0044

Thinking About Selling?

Selling your home in a way that will attract the best price within your desired time frame requires a comprehensive marketing plan.

My proven strategies get your home sold fast at the best possible price.



Proud Member St Pete Mad Dogs
Multi Ironman Finisher

Kent Rodahaver

Certified Luxury Property Specialist

727-301-7300

KentRodahaverRealtor.com

[Facebook.com/RealtorKent](https://www.facebook.com/RealtorKent)

KentRodahaverRealtor@Gmail.com

Contact me for a personal, no obligation consultation on your home's value and to learn more how we can develop a successful custom marketing plan.





SCOTT RUBIN, D.C., CCSP

Provider for US Olympic training team center USOC
ART - Acupuncture - Kinesiology - Pilates
Graston - SFMA - TPI Certified

www.rubinhealthcenter.com
727-822-1555 St. Petersburg Florida

All Mad Dog members receive \$45.00 massage and free myofascial taping prior to any competition.

The advertisement for Reeder & Nussbaum, P.A. features two portraits of the attorneys, Andrew D. Reeder on the left and Marc B. Nussbaum on the right. In the center, there is a logo of a scale of justice. Below the logo, the text reads "REEDER & NUSSBAUM, P.A." in a bold, red font, followed by "PERSONAL INJURY ATTORNEYS" in a smaller, black font. The phone number "727.521.ATTY (2889)" is displayed in a large, bold, red font, and the website "www.CounselorsOfLaw.com" is shown in a smaller, black font. At the bottom, a red banner contains the text "PERSONAL INJURY | AUTO & MOTORCYCLE ACCIDENTS | WRONGFUL DEATH & NURSING HOME ABUSE" in white, uppercase letters.

Are You Ready for Fall Tri Season?



YEAR END DEALS ON TRI GEAR

- Triathlon Bikes
- Triathlon Apparel, Shoes, Helmets
- **MENTION THIS AD FOR Special MadDog Wheel Deal**

EVERYTHING TRI

- ★ Experienced, top notch service techs
- ★ Bike rentals, packing, & shipping
- ★ Experienced bike fitting service

www.chainwheeldrive.com

Clearwater | 1770 Drew Street | 727.441.2444
Palm Harbor | Tampa Rd & US 19 | 727.786.3883



chainwheel
DRIVE