

# THE FINISH LINE



Gail Lohman and Frank Adornato model the new Mad Dog/St. Pete Bicycle one and two piece race kits.

**ZONE3** 

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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](http://www.stpetemaddogs.com) E-mail: [info@stpetemaddogs.com](mailto:info@stpetemaddogs.com)

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:  
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Please make check payable to St Pete Mad Dogs.

## ST. PETE MAD DOGS BOARD OF DIRECTORS

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Congratulations to all intrepid Mad Dogs (and other Duathletes) who braved the wind, rain and cold at the 2019 Chilly Willy Duathlon. You may have a future career at the U.S. Postal Service! Although the Race Director (wisely) shortened the course, participating athletes gained moral superiority over those of us who remained home, warm and dry.

For those triathletes who want to branch out to other sports, don't forget the St. Pete Bike Club's Spring Classic with ride distances from 20 to 100 miles. (Please go to page 5)

# 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 6th Ave & 2nd St. South. 16 miles 20-21 mph.	6 pm. From Northshore Pool Parking Lot (16 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>		8 am. From USFSP 16 miles 20-21 mph. <b>Wed is Mad Dog ride. Wear your colors.</b>	7:30 am. Bayway Bridge Run. Meet at Sun Blvd & Pinellas Bayway.  6:00 pm. Tavern at Bayboro. Various distances and speeds. Starting 10/31/18.
<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: 30 am. From Northshore Pool. Rides staged by speed: 16-18MPH, 20MPH, 22 MPH, 24 MPH	

# TRAINING CALENDAR

Table 1-3

SUNDAY	SWIM	BIKE	RUN		
		<p>8:30 am. Advanced ride. From St. Pete Library 9th Ave N &amp; 37 St.</p> <p>8 am. Intermediate no drop ride. From SPB&amp;F 4th St store</p> <p>10:30 am. Beginner no drop ride. From SPB&amp;F 4th St store.</p>			



# WELCOME NEW MAD DOGS!

# 3801	Mark Panuthos	Seminole
# 3802	David Rhodes	St. Petersburg

(continued from page 2)

Bob Roll, TDF announcer, will join us for the ride on February 9th as will Bobby Julich! Additionally, runners should consider the Gasparilla Classic on 23-24 February. there are 4 races — a 5K, 8K, 15 K and a half marathon. Something for everyone. Or, for Carolyn Kiper, a chance to enter 4 races in 2 days. **Remember, deadline for ordering the new race kits is the end of Jan (issue published a bit early)** Link <https://www.stpetebicycleandfitness.com/.../st-pete-mad-dogs.../>.

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

# MAD DOG NEWS

We bid fond farewell to Mad Dog and Channel 10 news reporter Noah Pransky who plans to travel for the near future. We were always fascinated to see his entourage at the Wednesday night swims during the summer. Best wishes, and we hope for a reunion in the future.

Mark Yeager, St. Pete Bike and Fitness, is offering a 10% discount on clothing and equipment to all current, paid up Mad Dogs. Make sure your membership is up to date.

John Hollenhorst has coordinated with Rich Allen of Zone 3 to become a sponsor of the Mad Dogs. They are designing swim caps with the new logo for us. They are offering significant discounts to us on their products. The details of the discount will be promulgated by e-mail to current members. Don't miss out!

## Congrats:

- Vicky Linkovich on a new PR in the Half Ironman distance
- Carolyn Kiper on completing the Goofy Challenge (back to back Marathon and Half Marathon.
- Frank Adornato for top combined 5K and 10K in his age group at the St. Pete Beach Classic.

Don Ardell has suggested that the Mad Dogs formalize a team at this year's USAT Nationals. Anyone interested may reach him @ [awr.realwellness@gmail.com](mailto:awr.realwellness@gmail.com). Thanks, Don!

# UPCOMING RACES



9 Feb - SPBC Spring Classic  
20/36/60/100 miles  
Palmetto, FL  
[www.stpetecycling.com](http://www.stpetecycling.com)



23-24 Feb - Gasparilla Classic  
Half Marathon/15K/8K/5K  
Tampa, FL  
[www.publix.com](http://www.publix.com)



10 Feb - Tri Your Heart Out  
Sprint Distance  
Sarasota, FL  
[www.runsignup.com](http://www.runsignup.com)



16 Mar - Florida Challenge  
Half Iron/Sprint Distance  
Clermont, FL  
[www.runsignup.com](http://www.runsignup.com)



15 Feb - Ultraman Florida  
Ultra Distance  
Orlando, FL  
[www.ultraman.com](http://www.ultraman.com)



30 Mar/1 Apr - HITS Ocala  
Full/Half/Olympic/Sprint  
Ocklawaha, FL  
[www.hitstriathlonseries.com](http://www.hitstriathlonseries.com)

# FEBRUARY BIRTHDAYS



<b>Vance Eaddy</b>	<b>1st</b>
<b>David Smith</b>	<b>2nd</b>
<b>Alexa Lampasona</b>	<b>5th</b>
<b>Larry Yost</b>	<b>6th</b>
<b>Luther Dore</b>	<b>12th</b>
<b>David Donahue</b>	<b>14th</b>
<b>Carol McKenna</b>	<b>19th</b>
<b>Logan Carr</b>	<b>20th</b>
<b>Lisa Pesta</b>	<b>20th</b>
<b>Bo Webster</b>	<b>22nd</b>
<b>Dan Runyon</b>	<b>24th</b>
<b>Doug Bush</b>	<b>25th</b>
<b>Emma Quinn</b>	<b>27th</b>

# RACE RESULTS

**HITS Sarasota - 6 Jan**

1st Place - Vicky Linkovich

**Spring Marathon Mania - 6 Jan**

1st Place - Kim Donaldson (Female O/A)

**Goofy Challenge - 12-13 Jan  
(half + full marathon)**

Finisher - Carolyn Kiper

**Tampa Bay Frogman Swim - 13 Jan**

Finishers -

Ken Bowen

Dawn Clark

Tim Robinson

Steve Swift

**St. Pete Classic - 19/20 Jan****5K**

1st Place - Bill Riley

2nd Place - Frank Adornato

3rd Place - Cathy DeHaan

**10K**

1st Place -

Frank Adornato

Cody Angell

Gail Lohman

2nd Place -

Jackie Yost

3rd Place -

Billy McKnight

**St. Pete Classic - 19/20 Jan (cont.)****Half Marathon**

1st Place - John Hollenhorst

**Chilly Willy Duathlon - 28 Jan**

1st Place -

Cathy DeHaan

Steve Etherton

John Hollenhorst

Roger Little

Bob Ranta

2nd Place -

Carol McKenna

Alyssa McKeowan

3rd Place -

Mike Hood

John Von Lackum



# MAD DOG PICTURES

**Mad Dog “Hair of the Dog” Party/Mock Triathlon  
pix by Pam Hollenhorst**



Swim Start from Cathy Morgan



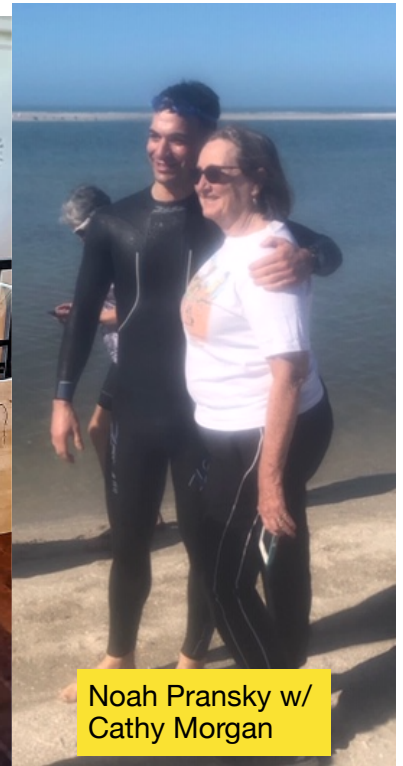
# MAD DOG PICTURES



Mad Dogs John Hollenhorst, Gail Lohman, Ella Vallant and Mike Deacy



Gail Lohman with friend, Ella, at yoga class.



Noah Pransky w/ Cathy Morgan



Mad Dog #1 after 20th consecutive Disney Marathon



Bike for anyone nostalgic about the demise of the VW Beetle



Alyssa McKeowan <L>  
@ Chilly Willy



Brit Mad Dog Diane (Polar Bear) Murphy out for a swim in 40 degree F water.



# MAD DOG PICTURES



Frank Adornato @ St. Pete Beach Classic



Carolyn Kiper w/ friend @ Goofy Challenge



Gail and Frank model the new Mad Dog/SPB tri kits



John Hollenhorst @ Chilly Willy



Steve Etherton



Mike Hood <R>



Carol and Don Ardell in Gulfport - not Madison

**Live Life Full. Die Empty.**

Heavy stuff, huh? I was at the Ironman awards dinner a bunch of years ago, and a Hawaiian priest opened the ceremonies with prayers and words of congratulations for all of the athletes who had competed the day before. More than once he repeated: “Live life full. Die empty.” At first his words took me back, as I’m sure they did many others at the dinner. Sobering thoughts for an awards dinner. But as he went on to explain, when you think about it, these words express the philosophy that we as athletes live by. Train hard and get in peak condition for your racing so that when you race, you give it your all – 100%. Cross the finish line with nothing left. Leave it all on the race course. You’ve heard, and probably said these words yourself. I’m sure most, if not all of you, can relate to and understand this mind set.

Another broader interpretation of this philosophy is to accept and achieve new things in life. Taking on new challenges is part of living a full life. As we move into the new year and the 2019 race season, some of you may be considering new challenges; more difficult races. Maybe a P.R. at a race you’ve done before, or a first marathon or an Ironman triathlon. You may have said “I want to do that race some day”, but you never seem to commit. Well, maybe that “some day” is now. Maybe it’s time. If a new challenge is out there waiting for you, commit to it. Do it. In all likelihood, it will take extra work, but you’ll be a better person for having accomplished it.

The priest went on to say in his comments that we should live our lives following this philosophy. No would a’ could a’ should a’. This ain’t no dress rehearsal! Get out there and do it.

Train smart. Race fast.

Frank Adornato



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

## TRAINING TIP - IMPROVE YOUR SWIMMING ENDURANCE

As I've mentioned before, the off season is a good time to work on your aerobic capacity, i.e., optimizing your body's ability to utilize oxygen as a fuel source. Here's a simple swim set that will improve your endurance. Always do a long warm-up and a cool-down before and after each workout.

After your warm up (500-1000), swim 6 x 100 at a steady and sustainable pace, at moderate to vigorous intensity. This is NOT an all-out set. Take only 20 seconds rest between each 100, and check your heart rate. It should be in your Aerobic zone + / - a few beats (about 75% of your maximum HR). If your heart rate is too high or if it increases towards the end of the 6 repeats, you went out too fast. If your heart rate is too low, repeat the set after a few days at a faster pace. Once you know your aerobic swim pace, add one 100 each week up to 10 x 100, while keeping your heart rate in your Aerobic zone. If you feel the need to swim more yardage, add them at the end of the set.

If you combine this endurance set with your other weekly swim workouts, you'll find that you are swimming stronger and faster at the end of your workouts, and more importantly at the end of your races.

Train smart. Race fast.

Frank Adornato



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



## Tribute to Mad Dog Tom Knolls by Dave Orlowski

Today is Tom Knolls Celebration of Life. Sadly I am unable to attend after just getting out of hospital the past couple days so will say it here. Tom lived Life. He was a Father, Decorated retired Marine Master GySgt, Original Ironman from first race in 1978, raised millions of Dollars in his many years of running for Charity and to me He was a Dear friend since 1977 when I met him as a young Marine in Hawaii. The saying "To know Tom is to Love Tom". Tom will be buried today with full military honors at Arlington Cemetery.. RIP my Friend you will always be remembered. Semper Fi !!





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