



THE FINISH LINE



**Kim Donaldson and
Danny Nolan, Who
Qualified for Xterra
Worlds in Maui!**

*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"
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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

First, I want to thank several Mad Dogs for unselfishly volunteering their services to help the Club. Frank Adornato, a regular contributor to this newsletter agreed to join the Board of Directors. Frank has competed in triathlons since 1985, including 5 Ironman races. Additionally, John Hollenhorst and Tina Walker have each said they would be glad to take the lead on a project each year. The Board welcomes their assistance which helps to keep our club relevant and moving forward.

Secondly, you may have noticed that during the last year we have made

(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 Wednesday 6PM beginning March

15th. Open water at Pass-a-Grill Beach. Bring a snack to share!

Every Friday 8AM Group Swim at Sunset Beach.

Meet at Larry and Jackie Yost's, 143 91st Ave S (727) 367-2504

Also: www.stpetemasters.org for Masters Swimming

BIKING

see www.stpetecycling.com for daily rides

Mon - Fri 8:00AM

Group Ride from USFSP crosswalk 16 miles at

20-21 MPH **Wed is official Mad Dog ride**

- wear your colors!

Every Saturday 8:30AM

Group Rides based on speed from Northshore

Pool South Parking Lot

Every Sunday 8:30AM

St Pete Library Advanced Training Ride 9th Ave N and 37th St.

RUNNING

Every Monday 6PM

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

Every Tuesday 5PM.

Track workout coached by Joe Burgasser. St. Pete College Track near 5th Avenue and 70th Street North.

see. frnrs@aol.com.

Local Bike Shop Events



From the Central Ave. Store (727) 345-5391 Every Saturday 8AM Women only ride. 10-30 miles)



From the 4th Street Store. Every Sunday @ 1030. Beginner Road Ride; no drop. Helmets required. Instruction offered and questions

From the 4th Street Store. Every Sunday @ 0800. Intermediate Road Ride; no drop. Helmets Required. A little more speed than the beginner ride.

From the 4th Street Store Every Tuesday @ 0600. Base miles ride. Intermediate ride @ 22-25 MPH. Route includes Pinellas Point, Pass-a-grill, and Ft. DeSoto. Helmets required.

WELCOME NEW MAD DOGS!

#3766 - Kelly Valliancourt - Clearwater

#3767 - Nancy (Charlene) Turon - Bradenton

#3768 - Thomas Stratman - Seminole

#3769 - Christopher Poor - Tampa

#3770 - Emily Green - St. Petersburg

#3771 - Donna (Angelina) Daetz - Seminole

(continued from page 2)

overtures to other triathlon clubs to join with us at social events like the Anniversary Party, St. Anthonys post party, the "Hair of the Dog," and the regular Wednesday night swims. St. Pete Bike and Fitness has asked if we would like to help design a joint race jersey, and we are exploring that possibility. Kennedy Law Racing wants to schedule workouts in the St. Pete area and inquired if we would be interested in joining them. Nothing has been yet agreed upon, but this is the future trend of triathlon clubs, working together to foster friendships and grow the sport. As one of my former Battalions Commanders once said, "If you are not growing and getting better, you are falling behind."

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 Ben Carlson for winning the Hippie Dash in Gulfport.

Farewell to Lauren Archer who is leaving for a 10 month assignment in Guantanamo Bay. We'll miss you, Lady.

Good luck to Eric Lagerstrom (Mad Dog home stay) who won St. Anthonys and is competing in Escape From Alcatraz this weekend.

**“We shall not fail or falter, we shall not weaken or tire.”
*Winston Churchill***

UPCOMING RACES



3 Jun - Madeira Beach
Sprint
Madeira Beach, FL
www.secure.getregistered.com



30 Jun - Youth Triathlon
Various Distance by Age
Seminole, FL
www.getseminole.com



3 Jun - Raleigh 70.3
Half Iron Distance
Raleigh, NC
www.ironman.com



2 Jul - American Sprint
Sprint Tri & Du
Naples, FL
www.raceentry.com



10 Jun - Heartland Tri
Sprint/Olympic/Duathlon
Sebring, FL
www.runsignup.com



7 Jul - Tri Ft DeSoto #1
Sprint/Olympic/Duathlon
Ft. DeSoto, FL
www.fortdesototriathlon.com



24 Jun - Siesta Key Womens
Sprint Distance
Sarasota, FL
www.trisignup.com



21 Jul - Top Gun
Sprint/Olympic Distance
Ft DeSoto, FL
(web add too long. Google it!)

RACE RESULTS

St. Anthony's Triathlon - 29 Apr

(late result)

1st Place -

Jan Thompson

Gulf Coast 70.3 - 12 May

1st Place -

John Hollenhorst

Xterra Oak Mtn. Triathlon - 19 May

2nd Place -

Kim Donaldson

Danny Nolan

(Qualified for Worlds in Maui)

Ironman 70.3 Chattanooga - 20 May

2nd Place -

Jackson Laundry (OA) MD Homestay

4th Place -

Richard Jansik

Dunedin Triathlon - 20 May

2nd Place -

Ben Carlson (Overall)

Park Alsop

4th Place -

Jill Kralovanec

Art Singleton

Crystal River #1 - 26 May

1st Place -

Celia Dubey (OA)

Cody Angell

2nd Place -

Chad Siple (OA)

Bo Webster

Mandi Zipf

JUNE BIRTHDAYS



Stephanie Willis - 7th
Joseph Conrad - 12th
C. Franz - 15th
Christina Walker - 16th
Andy Butterfield - 17th
Beverly Clarke - 17th
Dianalynn Aguilu - 21st
Mark Paterson - 21st
Bill Coggins - 22nd
SeDonna Asberry - 24th
Stephanie Mischke - 27th
Mary Ann Wallace - 27th
Lisa Kaschak - 28th

MAD DOG PICTURES



Suzanne Mannino & Jessica Parish



Jackie and Larry Yost with Sandra and Greg Chewing



Gail Lohman's closet



Sully at St. A's



Eric Lagerstrom. So this is how you run!

MAD DOG PICTURES



Sister Madonna Buder and Jackie Yost on St. Anthony's podium.



Don and Carol Ardell keeping cool in Madison. Did they leave St. Pete a little early?



Richard Jansik @ St. A's



Great shot of Mad Dogs @ St. A's. Credit to Laura Jansik

MAD DOG PICTURES



David Frazer & John Macedo



John Hollenhorst chasing the beefcake brothers @ Gulf Coast



Kim and Danny @ Xterra



Tim Hudson at Vail? Good form.



Kim Donaldson and Danny Nolan, who qualified for Xterra Worlds in Maui!



John Hollenhorst - Age Group winner at Gulf Coast 70.3

MAD DOG PICTURES



Classic VW spotted at the "Hippie Dash" in Gulfport



If you are racing for PEWAG prepare to drink beer!



Ben Carlson (OA winner), Angelina Daetz & Gail Lohman at the Hippie Dash

Race Report From Don Ardell. Required reading for those thinking of doing an early season triathlon up north.

Yesterday was the first 2018 triathlon here in Madison. In Florida there are races year round, but here in the Arctic Zone May is shockingly early for such a thing according to those who live here.

We're still loving our time in Madison, but it's a little early for triathlons despite great weather in recent weeks. A good friend from Milwaukee, Bill Gaertner, came over to join us for the race.

The evening before was a dark and stormy. The morning was much the same. The air and water temperatures, which had been warming, dropped precipitously and, at race time, the air temperature was 49 (9.4), the water temp 59 (15) and it was windy. The rain was heavy, then light, then heavy again. Just before the swim, it was light and hope seemed to float. However, wind gusts were common and, as usual, dark clouds were seen as an omen by craven pessimists.

We arrived at the site with everything needed to go for glory, to have fun and to get a great workout. However, we were somewhat innocent of the conditions that awaited outside a warm automobile. Our car, packed the night before, was toasty warm from a sheltered garage, so the occasional light rain noted while driving to the site in the countryside suggested no worries. Skin had not been exposed to the great WI May outdoors. What a shock when we got out to unload the bikes.

Utilizing the accumulated wisdom of nearly 80 years, I decided, with no reservation, vacillation, hesitation or uncertainty, that I would selflessly, heroically and with great personal sacrifice,

forego my chance for fun to support my companion tri warriors in their quest for, well, whatever motivated them to still undertake the challenges awaiting the brave and bold.

BTW, this was a hometown race, not certified by USAT.

Carol sailed through the short swim (1/4 mile) with her new spiffy wetsuit, noting later that the water felt warm after shivering at the lakefront awaiting the start. But, less than halfway into the bike, heavy rain fell, the wind picked up and Carol, poorly clothed for the ordeal, got soaked on the ride. From start to finish, the bike leg went from frigid to worse than frigid. I wore about six layers of clothing, plus a raincoat and an umbrella - and was a bit chilled. Carol was shaking when she somehow set off on what would be a mud fest of a 5k run through farmland - and things got intolerable before the second mile. I was waiting at the finish, but Carol did not show up when expected. Eventually, I got a text message - she was in the car, having abandoned the course. When I reached the car, I found a trembling waif - it took running the engine while parked with full heater blasting for about 20 minutes before the shaking and chattering subsided - and hot coffee and dry clothes helped, too.

Our friend Bill was doing the duathlon - he had a better time of it, that is, until he slid and met the pavement just a mile or so into the bike. He looked like a war victim when we spotted him - the ambulance folks covered half his head in bandages and his face was pretty cut up. However, after showering and re-bandaging, his appearance improved substantially and he was in good spirits the rest of the day.

Both are in awe of my wisdom. I feel pretty good about it too.

Don

Training Tip - Include Some High Intensity Efforts In Your Long Workouts

Most runners and triathletes include at least one long workout a week in each sport. For some athletes, going long means plodding out the miles to cover the maximum time or distance for whatever race they're training for. But you can get better results out of your long days by incorporating some higher intensity segments in the middle of your workout. These can be short efforts, such as 1/4 mile swing pace on the run, 1/2 mile time trial repeats on the bike, 1 minute push pace in the swim, and my favorite: 2 minute mixed LT sets. How you design these high intensity segments will depend upon your race goals and fitness level, but in general, you should spend only a small percentage of the long workout at or near your lactate threshold heart rate, and between sets allow adequate recovery time at a slower pace.

A race isn't a steady effect. There are often patches of higher intensity, and these efforts in training will prepare you better for the challenges on the race course.

Train smart. Race fast.

Frank Adornato

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

Bri Gaal's (Brian Herrington's Daughter) Ironman Texas 2018 Race Report

Well, writing a race report for an Ironman is literally not something I thought I would ever do. But here it is.

How did this happen

Good friends (bad friends?) got me to pull the trigger. Beer was involved but not much so can't really use that as an excuse. I have never really wanted to do an Ironman, but the stars aligned that I would have an almost full time training partner (Carrie) and the timing worked out where I felt I could actually fit all this training in. It was now or never. Marty's excellent coaching got me to the start line feeling confident and injury free.

Pre-Race

The travel, logistics, bags, packing, nutrition - these are all a royal PITA.

Swim: 1:01:17

Carrie and I were separated after dropping off our special needs bag because of bad communication and bathroom needs within our group of 7. Nooooooooo. I surprisingly ran into Marty at the start who I was not expecting to see and he was able to call Whit and tell him where I had seeded myself for the rolling start. But it got crowded quick and I couldn't find her. I'm sure the people around me must have thought I was the most fidgety person as I was constantly spinning circles and standing on my tip toes looking for her. We were set to go off at 6:40am and at 6:38am I feel a tap on my shoulder! CARRIE! (she immediately got smothered in a hug - emotions were high). She said she spotted me because I was the only one (spinning circles) while everyone else was focused and looking straight ahead. We entered the water together and swam almost stroke for stroke the entire way. We had heard that the swim here was rough, but we stayed way to the right and didn't find it too bad at all. On the return trip things got a bit more crowded as we were surrounded by people swimming about at our same ability but nothing terrible. The final turn into the canal was a bit more rough as it was narrow and shallow and more like a washing machine. All this stuff doesn't bother me, though. I can only point to the many, many open water swims I've done throughout my whole life. Growing up in Florida doing triathlons in the ocean has some advantages - particularly when they NEVER cancelled swims back then. All in all I felt like the swim was super easy and enjoyable. I got out feeling like I hadn't done much at all, which was exactly my goal for this part.

T1: 4:10

This was so amazing being in there early and having a personal assistant. I asked her to do things like take my socks out of my shoes and my sunglasses out of their case. She even put my socks on my feet like I was a 3 year old while I put my helmet on!

Bike: 5:11:57

My #1 goal for the bike was to keep my power at 70% or under of my ftp. Whenever I saw it get above 70% I told myself to back off. 112 miles is a long time to be on the bike and I knew how easy it would be to go too hard at the beginning and pay for it later (and I remember Marty clearly doing this at the Great Floridian back in 2004 - that was a mistake I was not going to make). Coming out around an hour in the swim means you get passed by lots and lots of people. I didn't worry about that at all. I only worried about keeping that power number in check.

The first 18ish miles you wind around town until you get to the Hardy Toll Road which is completely closed off to traffic for 20miles. You do a down and back twice so you get 80 miles of mostly flat roadway with only 3 u-turns. We had little wind out there this year (it started to pick up at the beginning of the second lap) but all this meant supah-fast bike times. If you haven't heard by now, there were also MASSIVE draft packs that formed. For me, I would let them swallow me up and spit me out. This was not very hard to do as they were moving faster than I would've been so once I was out of them, I could go back to my own thing. I guess for someone who is faster this tactic would've been harder to do, but for me this worked. At Chattanooga 70.3 last year, it was not the case - I felt that there was almost nowhere to go, but I just didn't feel like it was like that out there. And it's very easy to see the people who won't make that decision to back off and race on their own. Most of the packs were men, but there were always, always a handful of women who were tucked in there getting sucked along at a faster time than they most certainly could really ride (and then of course they came off the bike with fresher legs). It's hard to not let this bother you, but my goals didn't involve a Kona spot or a podium finish. They were much more intrinsic. And I did not train this hard and spend all that \$\$\$ and to come all this way to sit in a draft pack.

I felt great on the bike. Keeping my power where it should be and getting all my nutrition certainly helped. The miles clicked off and soon I was at 100 and getting off the toll road to head back into town. This was probably the worst part of the bike course, the last little bit back to transition. Ironically, I

was completely by myself through this part. It was so weird to be in this huge race by myself for the last 10 miles. And yes, that was only 10 miles. Turns out the bike course was 'only' 110 miles.

T2: 3:54

Again, rock star treatment in the changing tent. I had a semi circle of 5 women around me asking what I needed. The volunteers were simply amazing.

Run: 4:17:51

Time to go do my first marathon! The first 3 miles I had a knife-like cramp in my side. I could only drink water at the aid stations not sure what else to do to get rid of it. I knew stomach troubles were possibly going to be a problem as I just in general don't have the strongest stomach. I never got nauseous or sloshy stomach, it just *hurt*. Also - the weather. I keep hearing, oh wow you guys had such amazing weather. Let's be clear here. It was a high of 84 with zero cloud cover. The humidity was ok (in the 60% range) but this is by no means a 'cool' day. I think what people mean is it could've been so much worse (agreed) but it got very hot out there. My entire jog/walk was a pretty typical first IM marathon, I think. I jogged to each aid station and walked though getting all the water/ice/coke/gatorade I could. Sometimes I walked a little extra. I took one bathroom break that was a "don't trust that fart" scenario. The run course was awesome, though! I thought 3 loops might be monotonous but the volunteer and spectator support was truly amazing. There was hardly any length of time that you didn't have someone cheering for you. There were some serious low points for me out there, however. At mile 7 I couldn't fathom how I was going to run another 19.2 miles. My right hamstring tried to fully cramp on me about 2 dozen times. In all honesty, I never felt good the entire run. But I just put my head down and got to the next aid station. I high fived everyone who offered. I hit any poster board that promised me I would power up if I did. I stomped on chalk drawings on the ground just so I could hear the girl there yell, "BOOM!" every time. I wish I could've run faster, and I certainly know I'm capable of it, but not that day. I did what I could with the hand I was dealt.

The Finish: 10:39:08

I had a few people around me as we were nearing the finish line so I slowed up a bit to get a bit of space for my own finish picture. Of course I end up with "I'm-foreign-and-need-to-wave-my-flag-guy" in front of me. And Mike Reilly didn't even say my name as I crossed the line but I did it. I did the damn thing! And no, I didn't trip right after the finish line, that was just my

leg giving out on me. That's also the quickest way to get a bunch of volunteers to rush at you, in case you're wondering.

Post Race

I had a fantastic time and have zero regrets. I'm so glad I signed up for it and did it. BUT. I'm still one and done. IronBri OUT!!!! ;)

Training Tip - Running Shoes Two-fers

Is it really a good idea to have two pair of running shoes and to alternate between them on your training runs? Definitely yes. Regardless of your body size and weight, the type of runner you are, the mileage you run, etc., having two pair of running shoes and alternating between them is better for you, and your shoes will serve you better. (As a triathlete, you probably have additional pairs of racing shoes too, and the same rule of thumb may apply.)

1) If your body is used to running in the exact same shoes all the time, even if they are the perfect fit (which may not be the case), it will compensate for possible muscle imbalances which will create stride issues and eventually pain. 2) Skipping one or two days, allows enough time for your shoes to dry properly if they get wet from rain or sweat. and 3) Your shoes need time for the cushioning to bounce back. This can take up to 24 hours.

On the other hand, however, two-fers won't extend the actual life of a pair of shoes. Running shoes have a lifespan of 350 to 500 miles. After that you're better off replacing them with one (or two) new pair. If you're an avid runner, whether for fitness or competition, your feet and joints will thank you.

Train smart. Race fast.

Frank Adornato

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



Frank and Judy Adornato

Tony Handler's Triathlon Journey

In 1983, after being diagnosed with Pancreatic cancer, I was told I had 2 years to live. That sucks to hear when you are 45 years old with a wonderful wife and 3 teen aged sons. While in the hospital, I saw the Ironman on TV and decided that if I get out of here I was going to fight that 2 year prognosis by getting in shape to do Triathlons.

I did get out and I set 3 goals for myself:

1. To do an Ironman at age 60
2. To do 300 tri's
3. To do a 70.3 for each birthday in my 70s

I have the first 2 goals done:

1. I did the first Ironman at age 61 (missed 60 due to an injury) and another at 62 just to prove that the first wasn't a fluke.
2. I did my first triathlon in 1985 and in the next 33 years and surviving 5 more different cancers and 21 surgeries, on April 29th, I placed 3rd in my 75-79 age group at St Anthony's which was my 300 th tri. (includes 27 at St Anthony's)
3. So far I have done 8 of the 70.3s , so have 2 more to go to finish that birthday goal.

As an early Maddog member (#240) , I have known many members that provided the inspiration to keep me going, especially Jackie and Larry.

The moral of this story is: Whether it is fighting cancer battles or athletic accomplishments

DONT EVER, EVER GIVE UP !!!!!!!!!!!!!!!!!!!!!!!



Tony Handler

IM Chattanooga 70.3 Race Report

RICHARD JANSIK · TUESDAY, MAY 22, 2018

So you wake up the Friday morning before your Sunday race to make the 600 mile drive to Chattanooga and your car will barely start. What do you do? You grab your compact battery jumper and you hit the road. So we made it with no problems there and back with a couple of jump starts of course. The question is how does a 3 year warranted battery go bad in 18 months? The good thing is I got home, drove to the auto parts store and got a new battery. It's a successful weekend, transportation wise and race finish.

This is the year at Chattanooga I find out if the last two years of finishing 1st in age group were just a fluke or was I really the best. Of course I was the best in my age group in 2016 and 2017, but how long do you defend the title? Coach Noland said finishing first two years in a row is amazing, finishing three years in a row is mostly unheard of. Thank you for that as it took a lot of pressure off me to finish as best I can and see where we end up. As race day came the weather report was like a roller coaster, one thing we knew was it was going to be warm, but then there was the chance for rain that went from 60-40-80-40% in a matter of a few days. I don't mind the rain so much as the heat and humidity as I don't race well when it gets hot out. In this case I decided I was going to push the bike split and do my best to survive the run. This was probably everything I trained against but I decided to put all my weight on my strength, the bike.

It wasn't too long before the national anthem was sung and the pro's went off at the cannon. The swim start is one of the best in Ironman as they steadily move people down to the water. A few high five and knuckle punches and we were off. I jumped in and moved to the side to clear my goggles and get some water in my wetsuit. As we went upstream the group was moving really well and made me happy that people seemed to have seeded themselves well for the start. Upstream then a right turn to the other side of the river and another right and we are headed downstream. There are three bridges to swim under and the first one came up fast, I had hoped it was just me swimming fast as

I was passing people throughout the whole swim. Just past the last bridge and I caught myself almost swimming by the exit and made a sharp left turn to the stairs and reached out for an arm to grab on to. The swim is great but, they need to put one more step on the stairs as I had to get up on my knee before I could pull my legs up. Out of the water and peel off my wetsuit as I run to the strippers, they yell at you to lay on your back with your feet out and they peel the wetsuit off you and then grab your arm so you can get to your feet. Up the ramp for the first hill of the day to T1 transition and my bike.

I get to my bike and I am happy to see that there are still a lot of bikes on the rack, even the competition next to me. A quick transition I grab my helmet and put my shoes on and run to the exit trying to avoid others as I make my way to the bike mount line.

Easy on the bike and up the road I get to the first railroad track and lose one of my [#BasePerformanceTeam](#) water bottles. No sweat I have another one but this means I have to slow longer at the next water station to make up for what I lost. I am about 20 miles in and [John Burger](#) rolls up next to me yelling something about blocking and drafting and that I need to slow down. At first I didn't know who it was but recognized my old BMC that I used on the course last year. I just told him to give me my bike back and waved as I moved ahead. I felt good so I kept pushing along. I was at the mid way point and had passed a lot of people and wondered if I was going too hard as nobody had passed me. The legs were still feeling pretty good and I was keeping up with my nutrition. As we made the last right turn to head back into town there were only 7 miles to go and the weather was still good, no rain, no wind and just a little bit of cloud cover. I got to mile 50 and came up on [Ted Westerheide](#), I waved as I went by and made my way through a few turns, as I got to a few turns, as I got to a left turn Ted comes by me and stuffs the corner and I had to make a wide turn through the cones and thought "what the hell?" As I re-passed him and headed down to finish the last couple of miles I saw my water bottle sitting on the curb with a couple dozen others. There was a lot of money in water bottles sitting there, one thing I did notice was the bike repair kits were picked up. \$\$\$

I get to the bike dismount and run in to my position and Ted runs in behind me, his position is right next to me and I see he sits down to put his shoes on as I jump around trying to get my socks on my feet standing up, next time I will have to try that. I get my shoes on, pick up my hat with my number belt and sunglasses in it and make my way to the run out with Ted right behind me.

Its uphill the first two miles so I let the legs settle in and think about last year how nice and cool it was and how I worried about running too fast, this time I was worried about running too slow. I just try to keep the feet moving and take in fluids and gels as I get to the worst hill before we cross the bridge. I keep from walking up and shuffled my feet to the top and then take the right turn across the first bridge. I was doing okay and felt good with a little breeze in my face as I made the couple of right turns then a left to head over the foot bridge and this is where I saw [Laura Sgroi Jansik](#). She encouraged me to push on and not stop like I did at Haines City so I motored on as 1st place female Pro Heather Jackson went by me on her last lap.

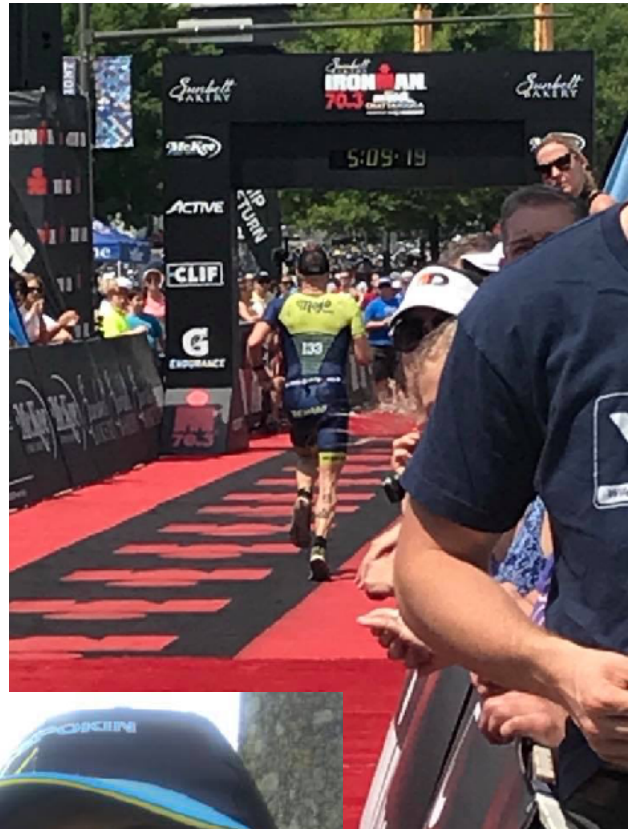
The bridge isn't as steep as the picture makes it look but when you have tired legs and you think to yourself you have to run over it one more time its a little defeating especially now that the sun has decided to appear. I was good with the cloud cover but now the sun made it feel so much warmer. I hit the start of the next lap and the first guy in my age group passed me like I was standing still, I knew who he was and decided it is what it is and concentrated on making it to the next aid station where I took a lot of ice and water. About the time I left the aid station another guy passed me and he wasn't moving so fast so I just kept him in sight and ran to the steep hill and over the bridge to the last couple of miles. One more time up the wood bridge and to the left turn to the finish. I was about to crest the hill and [Yelena Maloney](#) came running by me and she encouraged me to follow and there was no way, or at least until I got to the last turn to the finish which was mostly down hill. There was one guy with me and he was 18 years old, we ran most of the last 1/2 mile together, we knuckle punched and then I lost him as we approached the finish line.

I looked up at the clock and did some math and was pretty happy with my finish time of 4:48:28, my fastest 70.3 to date. I wasn't happy with my run at 1:52 which was 11 minutes slower than last year. Of course it was about 15 degrees cooler last year. All in all it was a good day, I looked at the finish times and I was in 3rd place for about 15 minutes then moved down to 4th in age group. Still a good race for me as I improved my swim by 5 minutes over 2016 and had my best overall time for a complete 70.3.

I sat on a bench near the finish and one of my age group friends [Robert Taylor](#) had just crossed the finish line so I called him over and he sat down. He looked beat, but of course if you just finished IM Texas a few weeks ago you would be as well. Robert is a triathlon coach in South Carolina. He is off to the Raleigh 70.3 in a couple of weeks so I wish him luck as well as his [#ERorPRteam](#).

As always I want to thank [Laura Sgroi Jansik](#) for being the best wife (sherpa) I could ask for. She got up early to do her training just so she could be on the course to cheer me and all our friends as we went from Swim-Bike-Run. Thank you for your continued support for my crazy goals. Oh and off course thank you [Lalli Jansik](#), the best traveling hound ever. (All photos courtesy of [Laura Sgroi Jansik](#))







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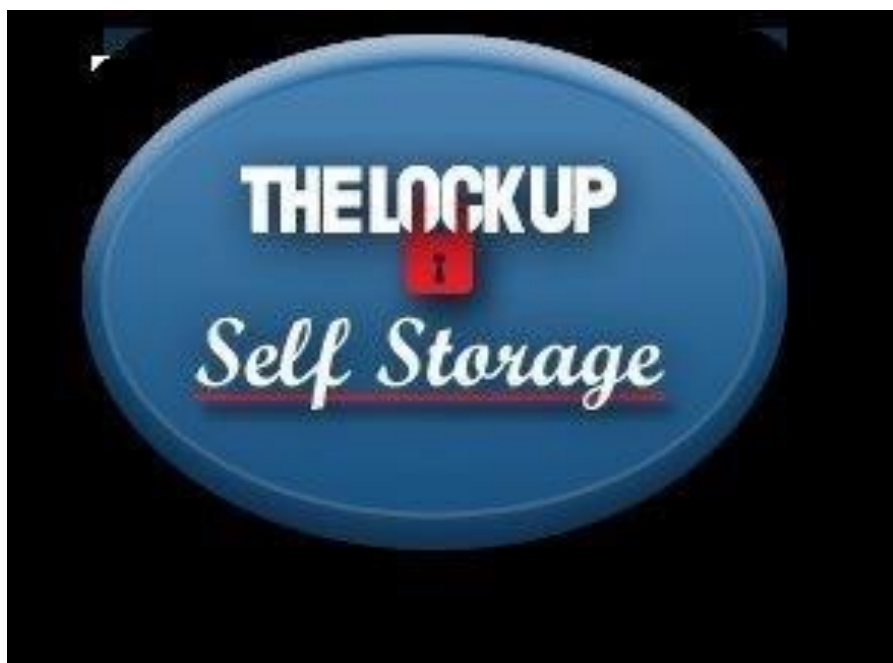
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