



THE FINISH LINE



Kerri Dienhart of Destination Miles organizes an “Aging Up Party” for Jonathon Dunford. Is this a new trend?

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TRAVEL WELL! RACE BETTER!

Established on November 6, 1993, the St Pete Mad Dogs Triathlon Club is a not for profit organization designed to promote the sport of triathlon. The club is comprised of fun loving triathletes who train, race and howl together, with members of all levels of experience and expertise.

The Finish Line is a medium for communicating the latest club news, as well as an informal source for what's happening in the sport of triathlon as it affects us. Articles published in The Finish Line may contain opinions of the author, not necessarily the club.

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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.

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Page		
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As November arrived most Mad dogs were happy to welcome in a little cooler weather. Another plus was the annual arrival of athletic snow birds. First the Canadian cyclists, Norm and Herb arrived to join the daily peloton with the St. Pete Bike club. Next, Petra, the German cyclist, joined us for the rides. Mid November featured the return of Charles (Max) Sexton from his Maine summer retreat and C.J. and Kip Vosburgh from North Carolina. Finally, Roger Little has been spotted at North Shore Pool.

(Please go to page 5)

TRAINING CALENDAR

	SWIM	BIKE	RUN
MONDAY	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) St Pete Road Runners
TUESDAY	6:30-8 pm. Northshore Pool. Coach Joe Biondi \$9.00 fee	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.
WEDNESDAY	6:00 pm. Mad Dog OWS Swim Starting 03/13/19. Meet at Hurley Park. Over for the season.	8 am. From USFSP 16 miles 20-21 mph. Wed is Mad Dog ride. Wear your colors.	7:30 am. Bayway Bridge Repeats. Meet at Sun Blvd & Pinellas Bayway.
THURSDAY	5:30 - 7:00 AM St. Pete Beach Aquatics Club coached by Leo Briceno - fee 6:30-8 pm. Northshore Pool Coach Joe Biondi \$9.00 fee	8 am. From USFSP 16 miles 20-21 mph.	5:15 AM. Bayway Bridge Repeats. Meet at Sun Blvd & Pinellas Bayway. (Burgasser Group).
FRIDAY	8 am. Group swim Sunset Beach. Meet at Yost's 143-91 Ave S.	8 am. From USFSP 16 miles 17-19 mph.	6:30 AM From Fit4Life 75th Ave. St. Pete Beach SPRR
SATURDAY		8: 00 am. From Northshore Pool. Rides staged by speed: 16-18MPH, 20MPH, 22 MPH, 24 MPH +	

TRAINING CALENDAR

Table 1-3

SUNDAY	SWIM	BIKE	RUN		
		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.	6:30 AM Long run alternating from Hurley Park PAG and Northshore Pool. SPRR		

WELCOME NEW MAD DOGS!

#3848 - Kim Snow - St. Petersburg

#3849 - Scott Barnas - Roswell, GA

#3850 - Robert Eaton - Lake Worth, FL

(continued from page 2)

Still missing are Bill and Debbie Riley from Cape Cod. We anxiously await our annual reunion with them.

Several items on the social agenda...The Mad Dog Anniversary party is scheduled for December 7th at Caddies on Central from 2 to 6 PM. For members of the St. Pete Bicycle Club, their annual bash at the Yacht Club is December 8th. It's also time to mark your calendars for the famous Mad Dog Hair of the Dog Party/practice triathlon at Fort DeSoto at noon on January 1st. Great chance for new Mad Dogs to get experience and tips from Old Dogs. **Don't forget your \$5 entry fee to the Fort.**

Mad Dogs Rule,
Chuck Lohman, Editor

MAD DOG NEWS

All Mad Dogs unite in thanking Kerri Dienhart of Destination Miles for her generous donation in support of the Mad Dog Anniversary Party. The cover page of this issue also highlights her innovative “Aging Up” birthday party to honor Jonathon Dunford. Male triathletes in the 60-64 age group beware — there is a new sheriff in town! Could this start a new tradition?

Jerry Maglioulo’s quest for glory continues. After winning both the 2019 IM 70.3 World Championship in Nice and IM World Championship in Kona, he showed up at the starting line for November’s IM Florida, and won again. C’mon, Jerry. Give some guys in your age group a break!

Large numbers of Mad Dogs spotted in uniform at the St. Pete Run Fest. Keep up the good work!!

Being an athlete is a state of mind, which is not bound by age, performance or place in the running pack. Jeff Galloway

UPCOMING RACES



01 Dec - Long Boat Key Sprint
Sarasota, FL
www.imathlete.com



5 Jan - HITS Sarasota Half/Olympic/Sprint
Sarasota, FL
www.hitsendurance.com



7 Dec - Tri Key West Oly/Sprint/Aqua/Duathlon
Key West, FL
www.triregistration.com



18-19 Jan - St. Pete Beach Classic
5K/10K/Half Marathon
St. Pete Beach, FL, FL
www.stpetebeachclassic.com



14/15 Dec - Challenge Daytona Half/Sprint/Aqua/Duathlon
Daytona Beach, FL
www.challenge-daytona.com



26 Jan - Chilly Willy Duathlon
Sprint Distance
Ft. DeSoto, FL
www.chillywilly.racehawk.com



17 Dec - Christmas Tri/Du Sprint tri & Duathlon
Naples, FL
www.eliteevents.org

DECEMBER BIRTHDAYS



Edward Aguilu	-1st
Robert Eaton	- 4th
Scott Barnabas	- 5th
Rue Morgan (MD#1)	- 6th
David Longacre	- 8th
Miles Drenth	- 13th
Jan Thompson (MD #27)	- 14th
Neill Ellis	- 19th
Randall Brown	- 22nd
Cathy DeHaan	- 22nd
William Meadows	- 24th

RACE RESULTS

All Mad Dogs are encouraged to submit race results. There is no automatic program to search for Mad Dogs in every race. Thank you.

World Xterra Championships - Oct 27

Finisher - Clive Heke

Ironman Florida - 2 Nov

1st Place -

Gerry Magliulo

Finishers -

Rose Doyle

Tom Kennedy

Jill Kralovanec

Paula Shay

Dugan Walker

Miamiman Half Iron - 10 Nov

(USAT National Long Dist Championship)

Finisher -

Steve Shelton

Miamiman Aquabike - 10 Nov

(USAT National Aqua Championship)

8th Place -

Phil Lacey

St. Pete Runfest - 17 Nov

5K

4th Place -

Annette Frisch

10K

1st Place -

Jill Voorhis

2nd Place -

David Longacre

Half Marathon

1st Place -

Claudia Junqueira

Gail Lohman

John Macedo

2nd Place -

Kerri Dienhart

John Hollenhorst

4th Place -

Patti Spence

Finishers -

Lots of Mad Dogs!

Longboat Key Sprint - 17 Nov

2nd Place -

Art Singleton

3rd Place -

Bill Coggins

5th Place -

Andy Meng

Ironman Cozumel - 24 Nov

2nd Place -

Gail Norman

MAD DOG PICTURES



Gina Hubany presented with a new Pinarello from Paul Williams at Perfect Fit in honor of her unselfish donation of a kidney to a friend. She makes all Mad Dogs proud!



John Hollenhorst, 1st senior grand master at local race



Mad Dog runners at local race



Coach Leo with Unicorn Girl

MAD DOG PICTURES

Steve Shelton @ USAT Long Distance Championship



Tim Robinson @ mystery location. Note the snow.

MAD DOG PICTURES



Frank Adornato either discovered or founded this establishment in the British Virgin islands



Carola Reimer and Jonathon Dunford @ St. Pete Runfest



Michael Ortie @ Runfest



Natalie Davis @ Runfest

MAD DOG PICTURES



John Hollenhorst @ Runfest



Rue Morgan and Danny Hicks finishing Great Floridian a few years ago



David Longacre and Jill Voorhis modeling the new Mad Dog bike kits. See Carolyn Kiper if interested!

Training Tip - Aging Up

Getting old is part of life. Some people can deal with aging better than others, and we as athletes especially have to learn to adapt as we get on in our years. With each decade our bodies show signs of decline. Sometimes this decline can be obvious, other times it can be so subtle we don't realize it's happening. If you want to stay healthy, fit and competitive, here are some things that can make a difference.

In your 40's - muscle mass starts to decline. Losing strength may be imperceptible at first, but it's happening. Strength training twice to three times a week should be a high priority to maintain muscle and bone strength. If you don't include strength training in your weekly routine, start now.

In your 50's - muscles, ligaments, and tendons start to lose elasticity. Exercise-related injuries become more common. Make range of motion exercises a priority. Stretch regularly to stay mobile. Warming up and cooling down are also more important than in past years.

In your 60's - balance can become an issue, in addition to the above concerns. Work on mobility, balance and body symmetry. Movements such as single leg stands, leg swings and plyometric exercises can help.

In your 70's or older - if you're still athletically active, congratulations! However, many of the issues above will become more pronounced. Priorities should be strength training, long warm up and cool down, and longer recovery periods between workouts. With decreased blood circulation and sweat rate, you may also become more susceptible to hypothermia in the cold and heat stroke in the summer. Hydrate early and often.

Don't dread aging. Embrace it, adapt, and remember that it's better than the alternative!

Train smart. Race fast.

Frank Adornato



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

Training Tip - Sleep. The Underrated Training Tool

As multisport endurance athletes, we all know the benefits of interval training. A combination of high intensity efforts with a rest interval in between can improve fitness and performance. It's the right mix of the two that works. But as typical Type A personalities, we sometimes push too hard in our training without taking adequate recovery periods. Long swims, long bike workouts and long runs fill our training calendar. But we often forget to make time for rest and recovery. And sleep is the best recovery we can get.

Repeatedly, science has shown that most adults typically need between 7 and 8 hours sleep a night. But many of us squeeze a mere 5 or 6 hours into a hectic schedule of work, family and training. That accumulation of sleep deprivation over a long period of time can lead to chronic low energy levels, impaired alertness, reduced immune system function, sickness and ... this one will hit home ... poor race performance.

So make time for rest and recovery during your workouts and allow time for a full night's sleep.

Train smart. Race fast.

Frank Adornato



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Training Tip - Two Restful Recovery Positions.

Here are two great recovery positions to use when your legs and back feel beaten up from a long run or any long strenuous workout. These are also good anytime your back and legs are strained, such as after a long flight or car trip. Both positions alleviate strain on your back and pelvis, facilitate venous drainage which also helps reduce swelling, promote healthy blood circulation, and stretch the hamstrings.

The first is called **Legs Up a Wall.**

Start by setting up a comfortable spot right next to any wall. Lay down a blanket or yoga mat so that you'll be comfortable. Sit down and shimmy your hips as close to the wall as possible, then lie down and start walking your feet up the wall until your body is as close to an L-shaped position as possible. Make any adjustments to facilitate a more relaxed space - place a pillow under your head, or let your arms rest on your belly or out to the sides. Then focus on your breathing. I like a 4-count inhalation and an 8-count exhalation. Close your eyes and relax for 5 to 10 minutes.

Here's another ... **Legs on a Chair.**

Place a blanket or yoga mat on the floor directly in front of a chair. Lie down on the blanket and bring your legs up onto the seat of the chair. Adjust your position (or the height of the chair) so that your knees are at a 90 degree angle. Close your eyes and let your your entire body relax into the blanket for 5 to 10 minutes.

When you are ready to come out of either position, bring your knees towards your chest and roll to one side, then press yourself up to sitting and eventually a standing position.

Try one or both of these. I know you'll feel the benefits right away.

Train smart. Race fast.

Frank Adornato



Just in time for the holidays!

The Mad Dogs have created a Team Portal where you are able to order apparel on an ongoing basis. Orders should be placed by the 15th of every month. Items will be shipped between the 15th and 20th of the following month. Plan to order by October 15th to receive items before December 25. November 15th may be possible but there is no guarantee.

Click on the link (or type this into your browser address bar):

<https://www.rocketciencesports.com/team-portals/spmdtc.html?p=1>



Mens/Womens Bike Jersey - \$50



Mens/Womens Bike Shorts - \$75



Mens/Womens Tri Top - \$65
Womens' Tri Top has built in bra.



Mens/Womens Tri Shorts - \$65



Mens/Womens Long Sleeve Tech Shirt - \$50



Mens/Womens Hoodie Tech Shirt - \$50

Is there anything else you would like to see? Send an email to cskipper@gmail.com We can arrange to have any of the following items:

- Arm Warmers (\$30)
- Cycling Vest (\$60)
- Swimsuit/Jammer \$50 - \$70
- Polo Shirt \$60
- Running Shorts \$50
- Running Singlet \$40

On the portal, you may need to resize your screen to improve the appearance. On a Mac, press **cmd +** to make the screen larger or **cmd -** to make it smaller. Click on each item for details and size charts.



DECEMBER DOWNTIME

December has arrived with its typical howling winds and temperatures occasionally falling into the frigid 50's. I don't think anyone, though, will be ice skating on the lakes in Placido Bayou. One of the best and the worst things about living in Saint Petersburg is the weather. Dedicated triathletes can and do train year round, smugly smiling while watching the national weather news. This, of course, means no recovery time between seasons -- a recipe for injury, or at least a performance plateau. This is particularly true for senior triathletes.

I read with close attention and great admiration Don Ardell's "A Real Wellness Perspective for MAD DOGS Who Might Be In Danger of Aging" in The Finish Line published last year. I believe his central theme was "Enjoy what you **can** do rather than regret what you **cannot**." Nevertheless, there are those among us (your correspondent and his wife, for instance) who are determined to wage war against the inexorable effects of aging, and will not go quietly into the night.

This got me thinking about how to enjoy triathlon competition for as many years as possible. Most experts agree that with aging the following occurs:

- 1) More recovery time is necessary after hard efforts.
- 2) Maximum heart rate slows, providing less oxygen to the muscles.

First let us address item #1. Gail and I believe that we ought to schedule a down month at the end of a busy season -- maybe even two months. This is not easy for us. Following the same logic, one should consider setting up their weekly training schedule so that they don't have the hardest efforts on consecutive days. Further, many schedules for triathletes in their twenties and thirties are constructed with 3 weeks of increasingly difficult efforts followed by 1 recovery week. Senior athletes might consider a 2 to 1 ratio rather than 3 to 1.

On to item #2. Don Ardell described experiencing "more or less the same level of exertion" as when younger. I think that many senior athletes, unlike Don, are afraid to really push themselves lest they "damage something."

Although I may be running half mile intervals at a slower pace than I used to run marathons, I truly believe that regularly pushing yourself to the limits can slow the inevitable effects of aging. Who wants to get into a Zone 1 rut? **Accelerate to actualize!** Remember when you were a kid? Speed is fun, even if that speed is not as speedy as it once was.

Speaking of fun, Mad Dogs will gather at noon on New Years Day for the **Annual Hair of the Dog Party/Triathlon at North Beach Fort DeSoto**. Don't miss this fun-filled event! For new Mad Dogs, this is a great chance to practice and get hints from experienced triathletes.

I also once had the chance to talk with Roger Little a few years ago, ranked #1 in his age group by USAT, and asked him about his plans for the upcoming season. I wish I had a recorder with me. His plans included, I believe, the Boston Marathon, St. Anthony's 5120, St. Croix 70.3, World Long Course ITU, USAT Nationals in Milwaukee, World Championship 70.3 in Las Vegas, Ironman World Championship in Kona, and Ironman Cozumel. Roger, please forgive me if I omitted any major races. **Forget everything I said earlier about senior triathletes needing recovery!**

Finally, I hope everyone had a great Thanksgiving, are at least thinking about their gift lists for the upcoming Holiday Season!

Mad Dogs Rule!

Chuck Lohman

This an interesting blog by Nick Brodnicki, a former pro triathlete and Mad Dog homestay for St. Anthonys. I think he has some interesting and profound thoughts for triathletes.

Build to Fail

[Nick November 26, 2019 3 Comments](#)

Here is one of my more impressive failures in life.

After dedicating 9 years of my life to the art and science of being the best possible triathlete I could be I failed to race fast enough in the end to retain my elite license. I could not continue racing in the professional field. I simply could not execute well enough after a decade worth of work on a singular focus.

While having that singular focus on being an elite athlete, over a 9 year period, I lived in three states, worked with four coaches, met and married Christa, started a coaching business and went into remission from Meniere's Disease.

Until I formally started on a path of sticking my neck way out into the wind with endurance sports I was stuck in a city with no jobs for me, unending relationship drama, life stress I couldn't cope with and absolutely no direction.

Let's be clear, I did race in the professional field of many triathlons over the years. This is a huge win. However, much of that journey to each of those start and finish lines was full of failure.

Chief among my failures was not appreciating the moments I was in.

Failing to understand how to be present and how to focus on being the best I could be (not being the best others could see).

I failed to understand how to grow from my failure.

I obsessed over outcomes and how people perceived them. Despite no one really paying attention anyway.

My focus was never on having fun. I didn't spend time thinking about what I was enjoying about the process. Everything was a means to an end. Go faster, win races. And yes, I typically failed at the singular focus I was engaged with.

What failing meant

We are the sum of our life experience. The things we experience. The knowledge we gain. The success AND failure.

The few times I experienced success while racing I simply reinforced a myriad of terrible ideas and tactics. I learned nothing.

While it has taken me a long time to appreciate my years of continued failures in racing, I am now a much more rounded person because of them. I'm a more empathetic coach. I have much more context.

Failing at racing for so many years has brought me to where I am right now. For the better.

To quote a coach who has seen his fair share of success and failure over the years...

Where else would I rather be, than right here, right now?

Marv Levy (former Buffalo Bills coach)

Apply the failure

I want you to build to fail. You need to build yourself up so you can fall flat on your face. Intense sounding, amiright?

Why on earth do I want you to build to fail? The answer is resilience: to build the capacity to recovery quickly from difficulty. The ability to spring back into shape.

In endurance training and in life, we want resilience. The only way to truly build that is to fail. Repeatedly. And build from that.

It is impossible to live without failing at something unless you live so cautiously that you might as well not have lived at all, in which case you have failed by default.

J.K. Rowling

Fail first

Fail first. Said another way, do things that scare you, take chances, go out on a limb, make yourself uncomfortable. Do things that will potentially or ultimately end up as a failure.

The first part of that last paragraph sounds reasonable, the second part sounds harsh. You and I have been conditioned over the years to think in failure-averse ways. We've been taught that failing is bad.

Failing is synonymous with not doing well in school, not reaching initial goals (outcomes) and not achieving something everyone thought you should. Failure is consistently reinforced as a negative part of our lives (unless you work in the tech space).

I challenge you to think of failure as a positive part of your growth process.

I have had the hardest time sharing over the years because of a fear of failure. That I would fail to resonate with people. I would fail to say something that mattered. I would fail my own expectations, however unrealistic they were (and are).

At various points in my life this fear of failure has severely stunted my growth process. This was most prevalent during my triathlon career.

Failure is about iteration

Failure is truly about trying different things. Understand what does and does not work. Take the example of J.K. Rowling, she was rejected a dozen times before someone realized what Harry Potter could be.

Think about your favorite athletes, do you know how many times they have failed to win? Failed to complete a workout? Failed to hit a goal? (Struggled through a 50 mile ultra with severe injury issues....)

We all fail. And we should. So that we can understand what does not work. To fail is to be human. Failing is the natural building process to learn about optimization, success and achievement. Most failures are already incredible achievements in themselves.

But here's the thing. You should fail AND you should do something with that failure. Learn from it. Build on it.

Building on failure

With the right attitude, the more you fail the more you build resilience. That learning process is essential to be your best.

Each failure is a stepping stone you need to reach your true potential, whatever that might be. And regardless of whether or not that potential is the ideal you have in your mind.



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