

# THE FINISH LINE



**Nick Chase placing 3rd at IM Chattanooga. His best professional finish!**

**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"
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Well, it appears that we have survived the hottest part of the year. Late September had arrived with drier, cooler, and much appreciated weather. I note lots of races coming up in October before this racing season winds down.

Two well known local athletes in the area have indicated that they plan to join the Mad Dogs. Fitness guru and triathlete, Kim Snow (see page 18) and local attorney Joe Bayliss (husband of JoJo) will make great additions to our triathlon club.

(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) St Pete Road Runners
<b>TUESDAY</b>	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.
<b>WEDNESDAY</b>	6:00 pm. Mad Dog OWS Swim Starting 03/13/19. Meet at Hurley Park.	8 am. From USFSP 16 miles 20-21 mph. <b>Wed is Mad Dog ride. Wear your colors.</b>	7:30 am. Bayway Bridge Repeats. Meet at Sun Blvd & Pinellas Bayway.
<b>THURSDAY</b>	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).
<b>FRIDAY</b>	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
<b>SATURDAY</b>		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!**

**#3838 - Luke Galloway, MD - St. Petersburg**

(continued from page 2)

During September, Gail and I joined the Tampa Bay Ski and Snowboard Club for a bike and barge trip through southern France led by Joe Bayliss. I am happy to report that it was our first vacation in 25 years that didn't include a race! Many pictures of the event (from Hector Carillo and JoJo Bayliss) are included in this issue. Jessica and Todd Bibza rode some famous climbs from the TdF, prior to her race in Nice and shared some photos. Frank and Judy Adornato toured the southern Mediterranean and sent me some pictures of their voyage.

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

# MAD DOG NEWS

**Carolyn Kiper has established a new contact for Mad Dog racing kits and workout gear with Rocket Science. See page 17 for details.**

**Congrats to Mad Dogs Jessica Bibza and John Hollenhorst for surviving a very challenging 70.3 world Championship course in Nice, France. At least if they had to hurt, it was a beautiful place in which to hurt!**

**Condolences to our brothers and sisters from the KLR team who traveled to compete in Ironman Korea, only to be faced with race cancellation due to a typhoon.**

**Best of luck to Emma Quinn who is running the Marine Marathon and hoping to make the All-Marine Team.**

**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



5 Oct - Lycra & Lace  
Sprint (Women Only)  
Fort DeSoto  
[www.lycraandlacetri.racehawk.com](http://www.lycraandlacetri.racehawk.com)



2 Nov - IM Florida  
IM Distance  
Panama City Beach, FL  
[www.ironman.com](http://www.ironman.com)



12 Oct - IM World Championship  
IM Distance  
Kona, HI  
[www.ironman.com](http://www.ironman.com)



10 Nov - Miamiman  
Half/Oly/Aqua Bike/Du  
Miami, FL  
[www.multirace.com](http://www.multirace.com)



13 Oct - Fondo Clermont  
Cycle 30/50/75 miles  
Clermont, FL  
[www.runnerssignup.com](http://www.runnerssignup.com)



17 Nov - Long Boat Key  
Olympic/Sprint/Du  
Sarasota, FL  
[www.imathlete.com](http://www.imathlete.com)



19 Oct - IM 70.3 Wilmington  
Half IM Distance  
Wilmington, NC  
[www.ironman.com](http://www.ironman.com)



24 Nov - IM Cozumel  
IM Distance  
Cozumel, MX  
[www.ironman.com](http://www.ironman.com)



19 Oct - Great Floridian  
1/3 to Iron Tri/Du/Aquabike  
Clermont, FL  
[www.runnerssignup.com](http://www.runnerssignup.com)

# OCTOBER BIRTHDAYS



William Motter	2nd
Susan Ashbaugh	3rd
Tim Robinson	3rd
Ginger Herring	7th
Richard Jansik	8th
Jay Anderson	9th
Steven Etherton	10th
Larry Collins	11th
Chuck Lohman	11th
John Hollenhurst	12th
Mark Hernick	17th
Phillip Powell	19th
Mark Parrish	20th
Paula Shea	21st
Wesley Carr	22nd
Michelle Kitzmiller	23rd
Laura Blume	25th
Cynthia Shaver	29th

# RACE RESULTS

## IM 70.3 Zell Am See, Austria - 1Sep

1st Place -

Daniella Sammler (OA) Mad Dog Homestay

## IM 70.3 Worlds - 7 Sep

Finishers -

Jessica Bibza

John Hollenhorst

## Fort DeSoto #3 - 14 Sep

### Aquabike

1st Place -

Phil Lacey

### International

1st Place -

Riva Moeller

Gail Norman

3rd Place -

Jessica Bibza (Overall)

### Sprint

2nd Place

Tony Hamdler

John Hollenhorst

Mike Hood

Carolyn Kiper

3rd Place -

Davinia Navaroli

4th Place -

Jay Anderson

Suzanne Brosseau

## Siesta Key - 22 Sep

1st Place -

Suzanne Brosseau

## IM 70.3 Rio de Janeiro - 22 Sep

1st Place -

Patricia Junqueira

## Crystal River #3 - 28 Sep

1st Place -

Dalla Rose

2nd Place -

Park Alsop

3rd Place -

Bonnie Theall

4th Place -

Mandy Zipf

5th Place -

Todd Bibza

## IM Chattanooga - 28 Sep

3rd Place -

Nick Chase (Overall Pro)

4th Place -

Richard Jansik

Finisher -

Laura Segrera

## IM 70.3 Augusta - 28 Sep

Finishers -

Carolyn Kiper

Tim Kennedy

Kim Snow

# MAD DOG PICTURES

**PICTURES FROM ZONE 3 GRAND OPENING  
CREDITS TO KATHY MORGAN**





# MAD DOG PICTURES



Daniela Saamler Bleymehl (Mad Dog homestay) celebrating her win at 70.3 Zell am See, Austria



Kathy Morgan (MD #2)



Carolyn Kiper with friend.



Frank Adornato wearing the colors



Frank and Judy on their Mediterranean vacation



Coach Leo and Kim Snow in support @ IM 70.3 Augusta



John Hollenhorst finishing 70.3 Worlds in Nice



# MAD DOG PICTURES

## September Bike and Barge Trip from Lyon to Nice with Tampa Bay Ski and Snowboard Club



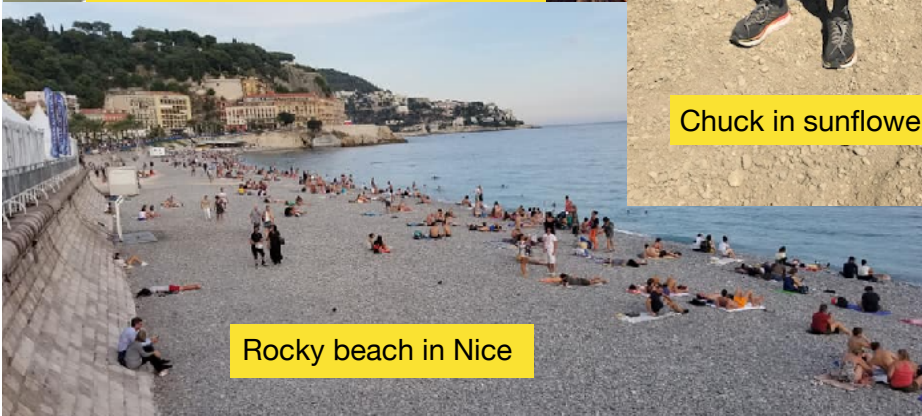
Chuck and Gail Lohman showing the colors aboard the barge



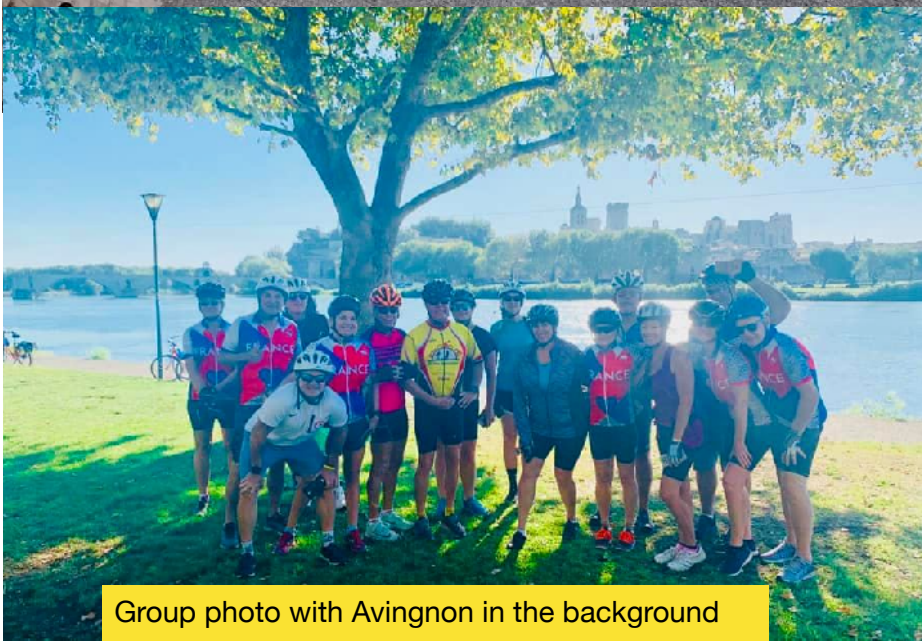
Chuck in sunflower field



James Kennedy was our guide (posted for lady Mad Dogs)



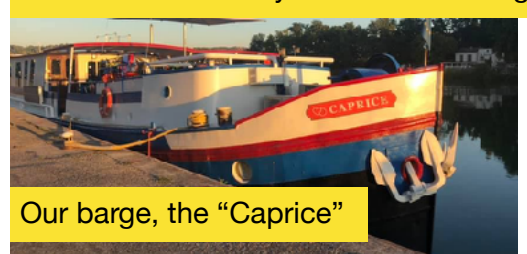
Rocky beach in Nice



Group photo with Avignon in the background



Jo and Johanna Bayliss at wine tasting



Our barge, the "Caprice"



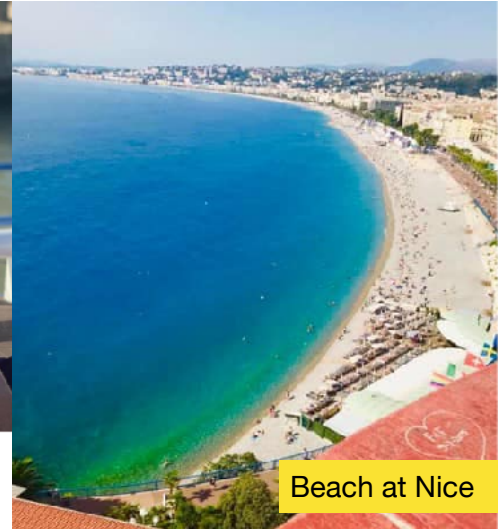
## September Bike and Barge Trip from Lyon to Nice with Tampa Bay Ski and Snowboard Club (cont.)



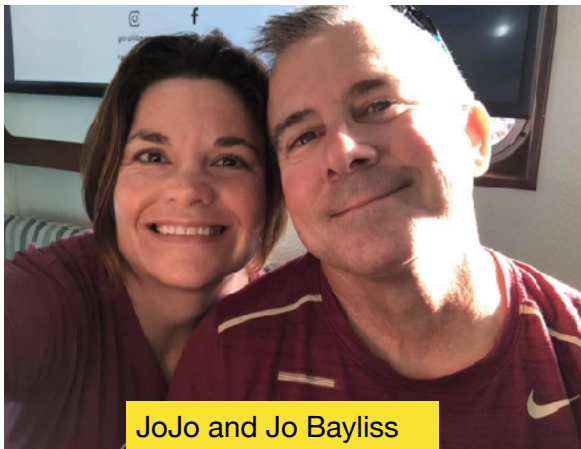
Hector encountering a vicious guard dog.



Gail and Chuck on the barge



Beach at Nice



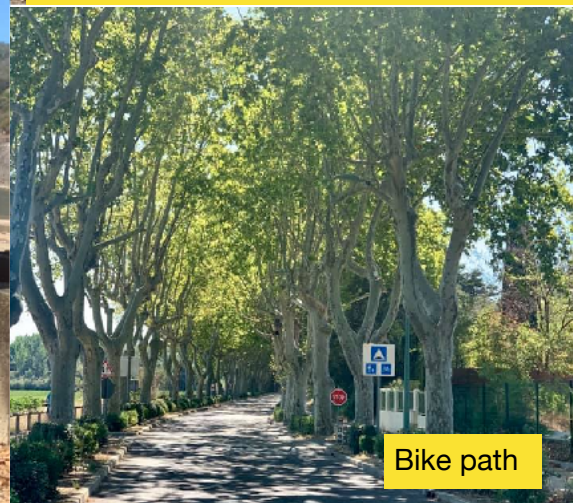
JoJo and Jo Bayliss



Two of the famous white horses of Provence.



B&B Team at the Aqueduct



Bike path

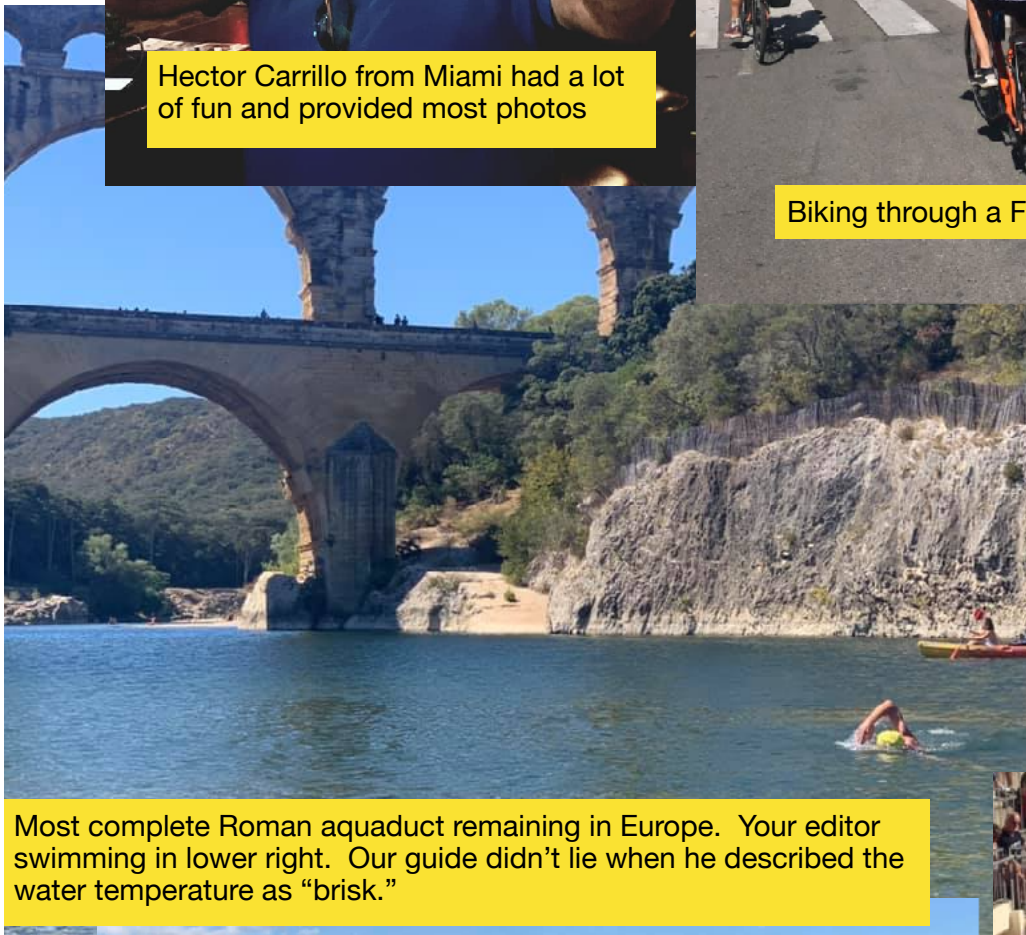




Hector Carrillo from Miami had a lot of fun and provided most photos



Biking through a French village



Most complete Roman aquaduct remaining in Europe. Your editor swimming in lower right. Our guide didn't lie when he described the water temperature as "brisk."



Famous white horses near Arles, France. All are owned, but allowed to roam free.



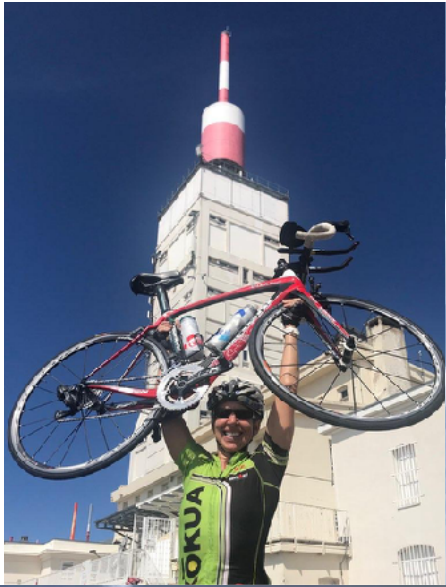
Castle in Algues-Mortes



French "bullfight" where object is to grab a ribbon between the bull's horns. Score - bulls 3 matadors 0!



## Jessica and Todd Bibza touring the Alps before 70.3 Worlds in Nice.







John Hollenhurst@ 70.3 worlds in Nice, France



Chris Poor @ Escape to Miami



Patricia Junqueira with family in Rio de Janeiro. Sugarloaf in background.



Nick Chase after 3rd Place @ IM "Nooga"



Steve Shelton after PR @ Berlin Marathon



Patricia wins her age group!

# 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 15<sup>th</sup> of every month. Items will be shipped between the 15<sup>th</sup> and 20<sup>th</sup> of the following month. Plan to order by October 15<sup>th</sup> to receive items before December 25. November 15<sup>th</sup> 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](mailto: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.





## **The Mad Dogs would like to welcome a local well known triathlete and business woman to our ranks - Kim Snow**

Kim is the owner of Mission Fitness DTSP, a private fitness studio located near the Edge District in Downtown St. Pete.

Kim has 12 years of personal training experience and 3 years of Triathlon Coaching experience through USAT. She has a Bachelor of Arts degree and a minor in Athletic Training from the University of Northern Iowa.

Kim is a Certified Personal Trainer through the American College of Sports Medicine, a Senior Fitness & Fitness Nutrition Specialist through the American Council on Exercise, a USAT Level 1 Certified Coach through the US Olympic Committee & is certified in First Aid/CPR/AED through the American Red Cross.

Kim has over 30 years of experience in competitive athletics including Volleyball, Basketball, Track & Field, Softball. She continues to be very active in running and triathlon from short to long distance. To date, Kim has completed 10+ Half Ironmans and 5 full distance Ironmans. In her free time, she enjoys working out, reading, traveling, spending time with friends and watching Iowa Football.

Kim specializes in:

- Coaching Running/Triathlon (all distances)
- Strength & Conditioning
- Fitness Nutrition
- Weight Loss
- Senior Exercise/Parkinson's
- 





# 2013 AUGUSTA 70.3 -- THE KINKY BOOTS BOOGIE RETRO RACE REPORT

Since Gail likes to race long course triathlons as much as she enjoys shopping, and I prefer races under 3 hours, we try to compromise on at least one Half Ironman race a year -- this year's target was Augusta 70.3. Gail and her new training partner, Linda Musante, love to assault the hills of San Antonio -- the race in Augusta is a perfect excuse (if one is needed). During a recent ride with the "Cupcakes" they began comparing notes on the number of bikes they had collected and opined that they should open a used bike shop. They would parade around in kinky boots (per the play "Kinky Boots" in NYC) to attract attention while their husbands did all the work. Warning to all males -- if invited on a Cupcake Ride, strap on your big boy bike shorts and be afraid, be very afraid. On the other hand, I'm prepping for Augusta 70.3 by executing the "less is more" plan and attending a Marine Corps Basic School 45th year reunion in Las Vegas three days before the race. *Semper Fidelis!*

St. Pete Mad Dogs were well represented in Augusta as we were joined by Glen Gullickson, Linda Musante, Brittany Pierce, Nat Glackin, Wendy Tocha, Kitty Myers, Carol McKenna, Rose Laurence and Steve Swift. Maurice Kurtz was unable to make the trip, so he competed solo in the St. Petersburg 70.3 (his own race) at the same time. Linda Osmundson acted as remote race referee and official timer, since she was cycling in North Carolina that day. The portion of the 8 hour drive through Georgia was like entering a 150 year old time warp -- cotton fields from horizon to infinity, rebel flags along the highway and gas stations offering only regular and diesel fuel. A lot more pickup trucks than BMWs on the road. Local federales pulled over many cars heading north for speeding with tri bikes displayed -- beware!

As many of you have heard, the swim in Augusta 70.3 is wet suit legal and down river with a 2 MPH current. The bike course looks daunting on the elevation map, but most hills are only about a 2-3% grade -- no Alp D'Huez here. The flat run is a two lap tour of Augusta. Logistics need to be studied since the transition area is 1.2 miles south of the swim start and the finish is about 1 mile north of the start, and there is no parking near the transition area. Race morning and we are amped! Air temperature was 62 and water temperature 69. Great, except they allowed no warm ups for the swim. This

was strange after all the articles from USAT and WTC about the importance of a warm up. The decision led to a number of athletes having problems, including Gail and me. About 400 yards into the swim Gail decided to ditch her long sleeved top. Fortunately, Carol McKenna was swimming nearby to assist. I found I couldn't control my breathing (first time ever) doing freestyle, so I switched to breaststroke. Bad news was that I lost a lot of time to my eventual age group winner; good news was that I set a new PR for 1.2 mile breaststroke!

Most folks enjoyed the bike course, but got a little bored running back and forth through the town. It was probably good for spectators, though. In the interest of complete disclosure, Gail's San Antonio hill training plan was more effective than my *Semper Fidelis* reunion plan. Imagine that! The race was well organized and the volunteers numerous and enthusiastic. Post race food was OK, but not up to Ft DeSoto standards. I missed the strawberry shortcake. Linda Musante, Brittany Pierce, Nat Glackin and Gail earned slots to next year's 70.3 Championship at Mt. Tremblant, so Mad Dogs were well represented.

### **Mad Dogs Ruled at Augusta, Chuck Lohman**

## Training Tip - Train Naked

Got your attention? Good.

Virtually every triathlete trains and races against the clock. In both training and on race day, you probably know your splits down to the second for each and every workout. Technology lets us track and analyze everything - speed, heart rate, distance, power, maximums and averages, etc. etc. etc. This feedback can be very useful and it makes us better competitors. But once in a while, it's just plain nice to get out there without a watch or bike computer and just GO. Swim, bike and run just for the pleasure of it, and don't think about speed, time or distance. Remember why you got into this sport in the first place. Train naked and enjoy it.

Train smart. Race fast.

Frank Adornato



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

## Training Tip - Get Rid of Cycling Back Pain

Lower and middle back pain is one of the most common problems among cyclists and especially triathletes. The aero position can put a lot of stress on the back muscles as they support the torso. Good news! There are three things you can do to alleviate and even get rid of cycling back pain.

1. Make sure your bike is properly fit to your body. In this regard, two important dimensions are saddle height and the reach between the saddle and aerobars. If you're sitting too high or you're stretched out too far, you place a lot of avoidable adverse stress on your back muscles.
2. Strengthen and stretch your hamstrings and glutes. These are two of your major power muscles when you ride. When either of these are over worked or are too tight a typical result is lower and mid back pain.
3. Strengthen your core, and not just your "six pack" abs. Work all the core muscles that support your torso, including the rectus abdominals (six pack center), the obliques (side), the transverse abdominals (deep layer) and spinal erectors (along the spinal column).

Train smart. Race fast.

Frank Adornato



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

## Training Tip - Training in The Dark

It's that time of year when there are fewer hours of daylight, and many of us are training in the dark, at dawn or dusk. If this is you, make sure you're visible to others, especially to cars and trucks. Use blinking lights and reflectors so that you can be seen from a distance. Blinking lights are better than steady lights because they'll quickly get a driver's attention, and they differentiate us from other cars and motorcycles. On a bike, mount a white light in the front and a red light in the back. And a side note, I suggest using lights every time you ride, even in daylight hours. As a runner, don't rely only on reflectors. They're good, but a blinking light on your shirt or hat will make you visible at a farther distance than a reflector alone.

Also, remember to always ride in the same direction with traffic and follow the rules of the road. As a runner you should run facing traffic so you see cars coming at you. You would think these are very well known practices, but I'm still surprised when I see runners and bikers going the wrong way on a shoulder or a road.

Be safe. Be visible. Be vigilant.

Train smart. Race fast.

Frank Adornato



To see more of my training tips and videos, visit



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