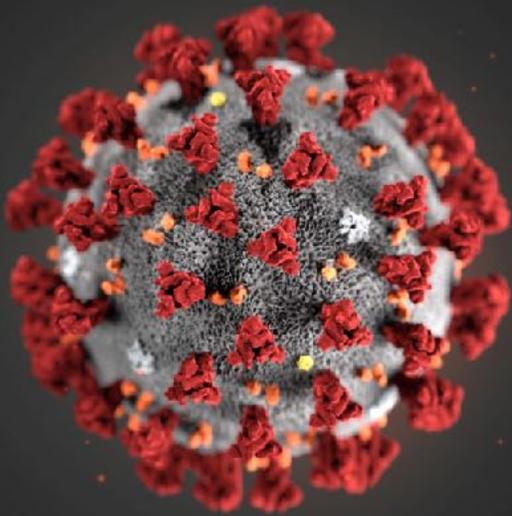




# THE FINISH LINE



**Coronavirus - responsible for complicating training and cancelling races. Please go away and don't return!**

<b>Editorials -</b>	<b>Page 2</b>
<b>Training Calendar -</b>	<b>Pages 3-4</b>
<b>Birthdays-</b>	<b>Page 5</b>
<b>New Mad Dogs -</b>	<b>Page 6</b>
<b>Mad Dog News -</b>	<b>Page 7</b>
<b>Upcoming Races -</b>	<b>Page 8</b>
<b>Race Results -</b>	<b>Page 9</b>
<b>Mad Dog Pix -</b>	<b>Page 10</b>
<b>Articles &amp; Reports -</b>	<b>Pages 11 - 20</b>
<b>Advertisements -</b>	<b>Pages 21 - 25</b>



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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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:

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Page		
Width x Height	7 1/2" x 5"	7 1/2" x 10"
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OK, Mad Dogs are we having fun yet? Most of us can continue to train running and biking by modifying our routine and taking precautions. The closure of swimming pools and beaches have made swim training a bit more difficult. The best place we have found is going to Northshore Park and swimming the St. Anthony's sprint course venue. Down and back approximates the Olympic distance. Let's keep this a Mad Dog Secret!

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

# 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 03/11/19. Meet at Hurley Park. <b>Start of the season.</b>	8 am. From USFSP 16 miles 20-21 mph. <b>Wed is Mad Dog ride. Wear your colors.</b>	7:00 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		

# APRIL BIRTHDAYS

**Using last year's Birthdays. Sorry if I missed any new Mad Dogs  
Technical Issues**



Paula Vieillet	1st	Michael Bardecki	15th
Tyner Hil	4th	Rod Coggin	15th
Markus Mittermayr	4th	Kim Carlin	18th
Joseph Dominguez	5th	Bill Kolar	23rd
Joel Blakeman	6th	Barbara Hatfield	24th
Luke Galloway	6th	David Randle	25th
Dave Proffitt	6th	Rose Marie Ray	26th
Shirley Bassett	7th	Bryan Touhey	26th
Ryan Smith	7th	Michael Oertle	27th
Terry Fluke	9th	Michele Veilleux	27th
Pete McConnell	12th	Lucille Shockley	29th
Noah Vallant	12th		

## **WELCOME NEW MAD DOGS!**

**# 3877 - Lenny Aron - Chicago**

**# 3878 - Ryan Smith - Tampa**

# MAD DOG NEWS

**First Wednesday night swim went well before the virus attack. Thanks to Claire Kelley for the Pad Thai and sweets, and to Pam Hollenhorst for the fabulous pasta salad!**



**We shall not fail or falter. We shall not weaken or tire.  
*Winston Churchill***

# UPCOMING RACES

**To Be Announced!**

# RACE RESULTS

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

**Due to the COVID 19 issue, all races in the area have been cancelled or postponed. Below are retro results report from last season. Happy memories!**

## **Escape from Ft. DeSoto - 13 Apr**

### **Duathlon**

*1st Place -*

Jessica Parrish

### **Triathlon**

*1st Place -*

Frank Adornato

David Longacre

Bob Ranta

Mandy Zipf

*2nd Place -*

Cody Angell

Lindsay Bell

Jessica Bibza

Todd Bibza

Kelley Deuser

Gail Lohman

Jill Voorhis

*3rd Place -*

Tom Bell

Roger Little

Bonnie Theall

*4th Place -*

John Hollenhorst

*5th Place -*

John Atkins

## **Duathlon National Champs - 14 Apr**

*1st Place -*

Don Ardell

Celia Dubey

## **Ironman 70.3 Haines City - 14 Apr**

*3rd Place -*

Park Alsop (qualified for slot to Nice)

## **Ironman Texas - 27 Apr**

*Finishers- Rose Doyle*

David Frazer

Chris Poor

Laura Segrera

# MAD DOG PICTURES



John Hollenhorst after the club's Wednesday morning



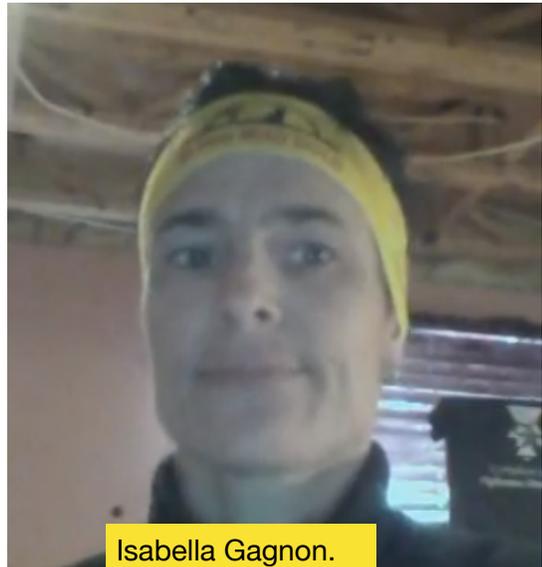
Bill Biel proudly representing the Mad Dogs on a recent trip to Utah with his wife Sherri.



Vintage Picture of Patricia Junqueira racing Kona. Note the 4 spoke Synergy Wheels.



Tim Kennedy and Linus inspecting plumbing problems



Isabella Gagnon. Ready to train.

## Retro Article from Several Years Ago

### Are All Triathletes Crazy?

At the awards dinner for Gail's last race in Kona I ran into a guy with his arm in a sling. I asked him, "What happened?" He replied that he crashed on a training ride on the Queen K a few days before the race and separated his shoulder. I said, "What a shame. You train hard, qualify for Kona, fly here and then can't do the race." He responded, "Oh, I did the race. I just swam left handed, rode the bike and ran with my arm in a sling (with 50 MPH cross winds)." **Are all triathletes crazy?**

A friend of ours, Mad Dog Laura Segrera, broke her back in a bike accident last year. On the comeback trail, she competed in the Rev3 half iron distance in Venice on 28 October. The swim was cancelled due to gale force winds. At mile 40 on the bike she was forced into the curb by a passing cyclist, crashed, broke her left wrist, her right ring finger and tore a ligament in her thumb. Since her bar end shifter was broken, she finished the bike in one gear, spent 40 minutes in the medical tent getting splinted and bandaged, and then finished the race with a 1:52 half marathon placing third in her age group. After looking at a post race photo I can only surmise that she will sign up for her next race by holding the pen between her toes! **Are all triathletes crazy?**

Recently I called Mad Dog Lewis Bennett to check on his condition after a recent health issue. As we were chatting he reminisced about an Augusta 70.3 race a few years ago. He managed to scratch his cornea during the swim and rode the bike half blind. After a short medical treatment in T2, while donning his sunglasses for the run, he stuck the end of his glasses in the same eye. Naturally, he finished the half marathon run like a Cyclops. **Are all triathletes crazy?**

You probably are asking yourself why I am relating this list of melancholy, masochistic misadventures. As you may recall, in last month's Kona report, I described sailing over my handlebars and tearing a rotator cuff. I lamely and prematurely said that this accident had ended my triathlon season. It must have been jet lag. What was I thinking? How could I miss Miamiman in November with only one bad shoulder? Well, of course I am going to do the race. How could I face Laura and Lewis otherwise?

The real point of all this blather is that I think there exists a real business opportunity for a Tri-shrink right here in St. Petersburg. They could work in the same office with the orthopedic doctors and rehabilitation specialists. I am sure they would be busy, if not overwhelmed.

Mad Dogs Rule,

Chuck Lohman

## Training Tip - Listen To Your Feet

If you have ever watched the final miles of the marathon portion of an Ironman race, you probably saw some athletes struggling and running with their head down, their torso bent forward at the waist, and their feet scraping along the ground as they painfully made some semblance of forward motion. This is called the Ironman shuffle. It's caused when the hip flexors experience extreme fatigue and as a result, the legs lose their ability to lift properly. While this is an extreme example, if you have limited flexibility in your hip flexors, your running stride will suffer.

In a recent training tip, I discussed the role that the hip flexors and glutes play in leg turn over, foot push-off, and range of motion in the leg stride. The hip flexors are a group of muscles located deep in the groin and hip area. These muscles are responsible for posture and leg swing mobility, including leg lift. Regardless of what distance you're racing, you need to stretch and strengthen these muscles as part of your normal training routine.

Wanna know if your running stride is good or bad? Listen to your feet when you run. If you're running properly, your "stick time" or the amount of time your feet are in contact with the ground should be quick. Touch and go. And you should not hear any scraping sounds. It should feel like you have a spring in your step. If you do hear your shoes scraping the ground, your feet are sliding too much and you're wasting energy and speed. To correct this problem focus on your foot push-off from the ground as well as the range of motion of your stride. And work on those hip flexors!

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 - Race cancelled? How to stay motivated and race ready**

The entire country - and the entire world - is in a battle to rid us of the Coronavirus. Events are being cancelled everywhere, and in our little corner of the world, races are being cancelled or postponed into the future. So what do we do to stay motivated and race ready?

For starters, you need to re-boot your training and your race goals. Look ahead to a date when it's reasonable that races will resume on the calendar. Find either another race at the same distance or a race at any distance, and train toward that new goal race. If it's a shorter distance race, give yourself an added challenge; aim for a PR.

Depending upon how far into the future that new race is, you may need to adjust your training calendar. As part of the new timeline, it's a good idea to take a few days off to recalculate your new training calendar. You've probably been training hard for several months already, and to just continue training with a distant future goal is not a good tactic. Never-ending training will lead to physical and mental burnout. A brief rest will serve as a fresh starting point for your revised season.

Also to help stay motivated for the short term, organize a time trial or virtual race with training partners. There are many opportunities in the Mad Dogs training week to make that happen.

Train smart. Race fast.

Frank Adornato



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

## 10 Things to stay sane during Covid-19

*By Nick on Mar 21, 2020 02:47 pm*

I recently wrote about [doing small things](#) to stimulate positive growth. In that spirit, I've been working really hard the last two weeks to create a positive growth environment around me while under a '[shelter in place](#)' order. Here are 10 things I'm doing to stay sane during COVID-19. Maybe they can help you grow.

Please note, I'm not perfect. You're not perfect. This list is about helping you with ideas. Not telling you that you're failing if you can't do these things. It's about the baby steps.

Refuse to buy comfort food.

The very few times Christa and I have gone to the grocery store in the last two weeks she has told me to pick out any snacks I want. I haven't picked out a single one. They are Just. Not. Worth it. Crappy food will not solve this for me or you or anyone else.

I suggest staying away from the junk food. When you do get to the grocery store buy the fruits and veggies, whole grains and healthy fats that help promote good health and zippy brain activity. Don't add food that causes inflammation and sugar spikes to an already stress-filled environment.

Find a new, fun recipe to try every day if you're into that thing (that's Christa's thing!). You can make healthy pizza and yummy popcorn desserts that don't break the bank and provide you with long lasting energy. Google is your friend here. And, honestly, if this one is a bit too difficult for you, I suggest buying only 1 comfort food instead of 5. Baby steps!

**Get out and move every day.**

Movement stimulate the body (duh!) and mind. Extra blood flow is good. There isn't a person in this world that doesn't know that exercise is good for you (and if you didn't know, well, now ya know). The [American Heart Association](#) prescribes 150 minutes per week of exercise for most adults. That's not hard to do with a few walks per week.

I spend every morning working out, whether under a 'shelter in place' or not. Having to stay home all day is no excuse. And I've got plenty of ammo for the excuse gun too. I'm a high-risk for COVID-19 with my [Pulmonary Embolisms](#), I'm rehabbing shredded tendons and, well, stress!

Wake up early or wait for dusk when less people are around (social distancing!) and go for a 10-30 minute walk. Take your camera and take some pictures. Call a loved one on the walk. Just move your body to help with the stress level (and stay sane).

**Don't change your schedule.**

Wake up at a same time every day. Go to sleep at the same time every day. Just do it. Stick to a schedule and make sure the kids do too, to stay sane.

The more regularity you keep to your schedule the better. Think about each day like you would a normal work day. Because it is. Well, it's not normal, but the idea is to make work as normal as you can. And you CAN do it.

I wake up every morning by 6am with thanks to the two large, fluffy alarms standing on my bladder. We all eat a quick breakfast and then it's bath time for the children while I either get on my bike trainer or start my physical therapy. Every day, without fail. After bath time and a workout it's my turn to get showered, followed by some pets (cats petting me) and I start work.

If you've got the kids at home write the schedule on a white board, a piece of paper, or maybe the wall. Kids like structure because it helps them understand what to expect. Adults like structure because it's harder to procrastinate on Facebook when you know you need to be on a call or petting that cat at a certain time.

**Focus on hygiene.**

Shower! Wash your hands! Don't touch anyone who you don't live with. Follow guidance from the [World Health Organization](#) and the [US Centers for Disease Control](#).

If I do happen to leave our apartment I am careful to wash my hands immediately upon reentry in our clean zone. Christa and I bring hand sanitizer with us when we grocery shop and we keep our distance from everyone.

We all know a good soak or shower helps you feel fresh and clean. Stay sane by rinsing off all your stress and anxiety!

**Connect with people.**

If you're reading this you own a phone or laptop or tablet. You should reach out to someone you haven't talked to in a while. If you're feeling overwhelmed there is a really good chance the person you're thinking of is too. Reach out to them.

Not only does connecting with someone help both of you feel better but you could gain more insight on staying informed. Especially when talking with family and friends it's interesting to learn what is happening around everyone else.

I'm working hard to reach out to someone new every day to say hello and see how they are doing. Remember, we are all in this **together**. Now go put a 30-minute call on your schedule for the day.

**Explore a passion or hobby.**

I've been focusing on my [photography](#) more. I love capturing what I call [moments of awe](#). Those moments, when you see them, you just smile... or cry or laugh. Creating snapshots of joy!

So what have you been putting off? There is always something you've had just nestled in the back of your head and now is the time to give it a shot. Youtube and blogging and wood carving and basket weaving all await your undivided attention.

## **Document what's going on around you.**

I enjoy writing to work through problems and I'll occasionally post [YouTube](#) videos. This is as good a time as any to find an interesting way to document the world around you. Maybe it's a good time to try scrapbooking?

And don't give me any lip about not having the materials or the gear, you can make anything you want with whatever you have laying around the house. Do you have cell phone with video capabilities? How about extra wrapping paper? Old coloring books? Maybe extra printer paper or plain 'ol cardboard boxes? OMG, you can make a sock puppet show about COVID-19, put in on YouTube and go viral. Forget about going back to your day job. You're welcome, just thank me later.

## **Stay informed.**

Yeah, I know, I know. The news is fake. Who can trust Facebook? What is Twitter? It's hard to stay sane with modern media. I don't want to hear it.

### **Stay informed to stay sane.**

Check out different news sources, get a handle on how different networks report on the same exact story wether on TV or in print. Everyone has an angle, hopefully you find the sources that provide you the angle of unadulterated information.

Even better, do what I do, primarily use medical-based sources for your news. Focus on the [WHO](#), [CDC](#), your local state/county/city health department. Check out this tracking map from [Johns Hopkins University's Center for Systems Science and Engineering](#).

## **Share some love.**

Tell people you love them. Send someone a virtual hug. This tip is self explanatory.

**If you need it, someone else probably needs it even more.** ← This right here is the part that speaks to me most.

That's it, party people. 10 things to stay sane during COVID-19. These are all ideas I try to practice every single day but am ramping into overdrive during this current pandemic situation. My opinion is that you should too. If we all take ownership over these 10 things, shelter in place like we should (in most areas), and let the professionals take care of the sick peeps, things should work themselves out sooner than later. Do something small for each of these this weekend. Help make this all end a little bit sooner and stay a bit more sane in the process.

Today is a good day to stay sane.

**Nick Broadnicki is a former Pro Triathlete and, with his wife, Christa, a Mad Dog Homestay for St. Anthony's several years ago. I always find his blogs interesting.**

## **Training Tip - Stay properly hydrated and fueled during training and racing.**

Staying properly hydrated and fueled during training and racing is key to finishing strong. Here are some basics to keep in mind.

Before you start your workout or before the race gun goes off, start with a full tank. Make sure you have taken in adequate liquids; usually water is all you need. (Take note: your morning coffee doesn't count! Caffeine is a diuretic and causes the excretion of liquids as urine.)

For short workouts, up to one hour. Carry water and sip occasionally, especially if conditions are hot. In milder temperatures, some athletes prefer not to carry water, but I always carry a small (8 to 10 oz.) bottle. I use a belt and the bottle fits comfortably and snug in the small of my back.

For high intensity workouts, for races, and for anything over an hour, alternate water with sports drink and gels to replenish electrolytes and for calories. Depending upon your body size, consider taking in between 150 and 250 calories an hour, but not more than that. Whatever you eat and drink, ingest it in small amounts every 15 to 20 minutes. Ingesting too much at one time can lead to GI distress. This is one instance when less is better.

And one important last point, whatever you plan to eat and drink in a race, practice with it when you train. Make sure it sits well in your system. Nothing new on race day!

Train smart. Race fast.

Frank Adornato



To see more of my training tips and videos, visit



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