



THE FINISH LINE



Mad Dog Kim Snow, Fitness Trainer, shares her strength training tips in this issue.

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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.

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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 @

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Editor's Column

In spite of the COVID second wave, it appears that triathlon directors are moving full speed ahead with events. Ironman Florida, earlier this month had 1104 competitors, and at least that many in the 70.3 race the same day. Ironman Cozumel on the 22nd had 771 amateur finishers. Challenge Daytona has 2329 triathletes entered for just the triathlons, not including the Aquabike and the Duathlon.

(continued on page 6)

TRAINING CALENDAR

Temporarily Suspended

	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 17-19 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 Ending 10/28/20. Meet at Hurley Park. End of the season.	8 am. From USFSP 16 miles 20-21 mph. Wed is Mad Dog ride. Wear your colors.	7:00 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 @ Pass-a-Grill. Meet at Hurricaneman restaurant	8 am. From USFSP 16 miles 17-19 mph.	6:30 AM From Fit4Life 75th Ave. St. Pete Beach SPRR
SATURDAY		8:30 am. From Northshore Pool. Rides staged by speed: 16-18MPH, 20MPH, 22 MPH, 24 MPH + Groups of ten dispatched)	

TRAINING CALENDAR

SUNDAY	SWIM	BIKE	RUN		
		<p>8:30 am. Advanced ride. From St. Pete Library 9th Ave N & 37 St.</p> <p>8 am. Intermediate no drop ride. From SPB&F 4th St store</p> <p>10:30 am. Beginner no drop ride. From SPB&F 4th St store.</p>	<p>6:30 AM Long run alternating from Hurley Park PAG and Northshore Pool. SPRR</p>		

DECEMBER BIRTHDAYS



Edward Aguilu -	1st
Scott Barnas -	4th
Robert Eaton -	4th
Rue Morgan (MD #1)	6th
Andy Adams -	7th
David Longacre -	8th
Jen Zoby -	10th
Michael Borrero -	11th
Miles Drenth -	13th
Jan Thompson -	14th
Paulina Murrath -	15th
Lillian Koziol -	17th
Lynette Estrada -	21st
Randall Brown -	22nd
Cathy deHaan -	22nd
William Meadows -	24th
Adriana Anderson -	26th
Ashby Sallenger -	29th
Lorraine Hurley -	30th
Sarah Portella -	30th

WELCOME NEW MAD DOGS!

3909 - David Bredow - Palm Harbor

3910 - Lynn Estrada - Miami

3911 - Lamany Kelavong - St. Pete

Editor's Comments continued:

We wish all competitors, including those in local events, the very best for a safe race. I guess we will have to wait about two weeks after the event to see how things work out. As the various vaccines are distributed and administered, I'm sure we all hope for an easier 2021. I personally am looking forward to joining all Mad Dogs for our regular social events as soon as possible! I miss seeing all of you.

Mad Dogs Rule,
Chuck Lohman, Editor

UPCOMING RACES

Tentative Dates for Local Races



4/5/6 Dec - Challenge Daytona
Oly/Half Dist Tri/Du/AB
Daytona, FL
www.challenge-daytona.com



18 April 2021 - IM 70.3 Florida
Half Ironman Distance
Haines City, FL
www.ironman.com



5 Dec - Key West Tri
Olympic/Sprint Distances
Key West FL
www.trikw.com



9 Jan - Sand Squirrel Off-Road Du.
Sprint/Extreme Distance
New Port Richie, FL
www.endeavorracing.com



6 Dec - Longboat Key Rock Tri
Half/Oyl/Sprint Tri/DU/AB
Longboat, FL
www.findmeraces.com



10 Jan - HITS Triathlon Series
Sprint/Olympic/Half Distance
Sarasota, FL
www.hitsendurance.com



13 Dec - Topgun
Sprint Distances - Tri/DU/AB
Ft. DeSoto
www.thunderboltmultisport.com



31 Jan - Chilly Willy Duathlon
Sprint Distance
Fort DeSoto
www.thunderboltmulisport.com

MAD DOG NEWS

News is a bit slow this month, so I'm providing some info that you can use in your next game of Trivial Pursuit.

Bird Plurals:

Conspiracy of Ravens

Murder of Crows

Flamboyance of Flamingos

Padding of Ducks

Waddle of Penguins

Party of Peacocks

Looming of Owls

Kettle of Hawks

Next month we'll explore mammal plurals!

"If you're going through Hell, keep going."

Winston Churchill

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.

Ironman Florida - 7 Nov

1st Place - Arthue Halttunen

5th Place - Richard Jansik

Ironman 70.3 Gulf Coast - 7 Nov

1st Place - Gennaro Magliulo

2nd Place - Danny Hicks

Ironman Cozumel - 22 Nov

Finisher - Rose Doyle

MAD DOG PICTURES



Kip and Carol Jean Vosburgh

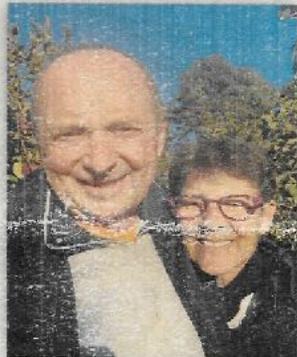
MAD DOG PICTURES



Mark Yeager and Debbie get married!

All Mad Dogs were very sad to learn of the passing of Roger Little's cherished wife, Caro Lyn. RIP

IN LOVING MEMORY



Caro Lyn Little

September 16, 1941 – November 13, 2020

Lyn was open, generous, and kind. She was strong and energetic. Lyn was the center of a wonderful life she created for her family. She had a special connection to each one of her grandchildren, which brought her so much joy. She was committed to the care and attention of many horses and dogs that also were part of her life. She loved the beautiful flower gardens she grew around her home in Bedford, Massachusetts. She was fascinated with the hummingbirds that the gardens attracted and looked forward to watching them every summer. She picked baskets of apples from her orchard and put them at the end of the driveway for neighbors and friends to enjoy. Lyn was known for her friendliness and kind heart. She was always a lady.

Fitness Article from Mad Dog Kim Snow

The Importance of Strength Training

As triathletes, we've all heard that strength training is important. And it is. Very important, as a matter of fact.

Here's a realistic scenario I'd like to share with you all. Since hopefully most all of us are healthy and active, take a moment to think if you suddenly became ill or injured. Sometimes we take for granted what we're blessed with until it's taken away from us. The following story I'd like to share with you is something I learned about life in general and the importance of maintaining a physically strong body.

Last year, I lost my Mom to Parkinson's. During the almost 18 years I watched her disease progress, I harped and nagged on her to add strength training into her daily routine. Unfortunately, she and I did not share the same genes when it came to exercise. So for years, I watched her strength decline to the point she couldn't get out of her chair or off the toilet at all without assistance. It made me very sad to think that if she would have just taken the time and made the effort to build or at least maintain some physical strength, her mobility and quality of life may have been much better. She was only 76.

I'm not telling you all this for sympathy. I'm telling you all this because I watched someone who meant the world to me decline more rapidly than necessary because she, until it was too late, didn't value or understand the importance of strength. So as lucky as we are and blessed to be able to do what we do, at the end of the day, we are human beings. We aren't invincible and stuff happens, as many of us know. Look at strength as your own personal insurance policy.

If you are looking to start a strength training program or clean up the one you currently have, there's a few tidbits I'd like to share with you on my approach to making this the most effective for your training schedule.

- I believe strength training 2-3 times a week for at least 30 minutes is ideal.
- Sit down, look over your schedule and plan which days will work best to add in strength training. For example, I choose to focus on strength training upper body/core on the days I swim; lower body on the days I bike and run. That way, even though I'm training 5-6 days a week, those muscle groups are essentially getting a day of rest.
- Commit to making this a lifelong habit. I see too many athletes who only strength train during the off season. They try to do too much in a short period of time and end up injured. At some point in life, our competitive triathlon days will end. It's crucially important to maintain our strength throughout life. (Refer back to the story of my Mom...)
- My strength training program revolves around progressive overload. This essentially means changing your training over time so your body is continuously incentivized to adapt. I teach 5 core lifts which tie into 5 movement categories as well as 7 accessory exercises to compliment the core lifts. Lifting weights with purpose and an understanding of your desired outcome builds a greater overall performance profile.

If you haven't incorporated strength training into your weekly routine, I highly suggest you find a way to do it. By implementing a consistent, year around strength training program, here are just a few of the benefits you'll see as triathletes:

- Helps to offset the risk of injury by reducing the asymmetries typically seen in triathletes.
- Increases your work capacity, allowing you to train and compete at near threshold levels for longer.
- Makes your muscles larger (no, not like a bodybuilder...) helping you to produce more power as you swim, bike and run.
- Tap into those power generating type II muscle fibers that seem to remain unused when only sticking to your endurance plan.
- Increased muscle mass leads to increased calorie burning at rest, helping you look and feel like the highly trained athlete you work so hard to be.

If you or someone you know (triathlete or not) is interested in starting a strength training program, I am more than happy to help! I work

with both triathletes and the general population, but we also have several trainers at Mission Fitness DTSP who can build a custom strength training plan to fit your needs. As always, Mad Dog Members receive a discounted rate. For more info, please contact me at:

kim@missionfitnessdtsp.com

kim@kimsnowpersonaltraining.com

(319)230-5002

My goal in business and in life is to not watch one more person struggle to maintain quality of life because of lack of strength. Triathlete or not.



Training Tip - Triathlon Off Season Rest (In a COVID Year)

For much of the northern hemisphere the winter months are non-racing months - except for 2020 when most of the year was non-racing! That being said however, as we move into the months of December and January many triathletes are wondering if they should be in off season mode or not? Since we haven't raced, should we just continue training for next year? My advice is to take some time during these few months to rest and recover physically and mentally, even if you haven't raced at all. In all likelihood, you've been training hard to maintain your competitive fitness, in anticipation that you might race sometime during the year. Whether you raced or not, you've probably pushed yourself in training. On top of that, there has been an unusually large amount of stress and uncertainty about how 2020 was going to shape up. Our minds and bodies are tired. Use this time as an opportunity to reset yourself mentally, physically and emotionally. A short reboot this year-end holiday season will reap many benefits in 2021.

This is especially important if you live in a warm climate like Florida. You're not forced to train indoors due to the cold and snow so the tendency is to just keep on training. While that may seem like a good thing, it can be a detriment. Your body and mind need some recovery time. Take off about two weeks sometime between late December and early February. During that time, markedly reduce your training intensity and volume, or take some complete rest if your psyche can handle it. And enjoy the holidays! You'll benefit from the short period of recovery and you'll be ready to tackle next season's training and racing schedule with gusto.

Train smart. Race fast.

Frank Adornato
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**ESPN Article Published 31 Oct 2020
by Aiswarya Kumar**

What does the future of road racing look like during a pandemic?

Step, step, step.

Sara Hall could distinctly hear her feet making contact with the road -- every single time -- like somebody had attached a mic to them.

It was the first mile of the 2020 London Marathon on Oct. 4, and Hall, 37, had a lonely realization: Silence was going to be the only constant during this race. No fans to scream encouragement at her when she felt sorry for herself, no landscapes to keep her company when she felt lonely on the course. Just her, the 10 other elite runners, and the 1.34-mile (2.15-kilometer) loop that had been cleared for the marathon.

Her husband and coach, Ryan Hall, the only other person in her running bubble, stood by the beginning of the loop, and she looked forward to seeing his face every time she did a lap. When she was seconds away from making her personal best -- the sixth-fastest time in U.S. history -- he yelled out, "You have it, 40 seconds for the last mile!"

And like some energy force had suddenly taken over her, she grunted and pushed one last time, sprinting the last 150 meters -- and 20 seconds -- all the way to the finish line. She finished second to Kenya's Brigid Kosgei, running a 2-hour, 22-minute marathon.

"I would get to this mindset where I'd feel so sorry for myself -- like why am I here running this one-mile loop -- and then I'd

constantly talk to myself: 'You should be so thankful that you get to participate in a marathon during a global pandemic,' and that really kept things in perspective," Hall said.

The coronavirus pandemic has already changed road racing, maybe irrecoverably. It's a sport that brings together tens of thousands of everyday athletes in tandem with elite runners -- on a single course, often for the duration of a day. So while just about every major sport has been able to return to more-or-less similar settings compared to those before a COVID-19 world, it still seems unthinkable to organize a marathon while keeping thousands of people safe. Plus, mass cancellations of races means millions of dollars lost in registration fees and in race-day earnings for organizers, small businesses and the city where the race is held.

After a seven-month hiatus, the London Marathon was the first world major marathon to take place during the coronavirus pandemic. The race was restricted to elite athletes who were put in bubbles, in an athlete-only hotel surrounded by 40 acres for the runners to train for a week before the race. Rapid testing was conducted twice upon arrival and twice during the week of the bubble. The runners and their coaches were given a contact tracing band that turned colors if the runners moved to within six feet of another person.

The race itself was a loop around St. James Park in London, closed to spectators. To prepare, Hall changed her entire training method back home in Arizona, and instead of picking routes that mirrored the typical hills and plateaus of the London course, she trained on looped roads. During the race, Hall was given her own portable bathroom to use. "Imagine that in a pre-COVID race -- one has to stave off competition to pee on time," she said with a laugh afterward.

And for the thousands of non-elite runners? The London Marathon opened up reservations to run virtual races at the same time as the elite athletes -- 47,000 spots from 109 countries -- and within weeks, it was sold out.

"The marathon-running community really wants this. They want something to hold on to while going through this ordeal," Hall said.

Virtual racing has been the lifeline of the road racing industry during the pandemic. The New York City Marathon, originally scheduled for Nov. 1, is a virtual race this year, and 27,000 runners will select a course of their choice to complete between Oct. 17 and Nov. 1. Their race will be monitored through live location-sharing technology. While there won't be a crowned winner with a trophy or prize money, there is a leaderboard that tracks everyone's virtual results.

Though it's very different from the road racing experience, people still love sharing their progress and pumping each other up through the process, said Jim Heim, race director for the New York Road Runners.

There has also been more conversation between the elite (or semi-elite) runners and the everyday runners during the pandemic. American long distance runner Stephanie Bruce has been posting videos and photos of her training schedule every week on Instagram to get runners to train with her and to feel connected.

Bruce, who is running the NYC Marathon virtually on Sunday, has picked a three-mile loop in her hometown in Flagstaff, Arizona, and, because she knows the New York race route so well, she has spent time visualizing parts of the three-mile loop as some of the

hills and dips that she would have encountered had she run the race through the five boroughs.

"Regardless of how the race went or the result, you get stronger and you learn more about yourself with every training cycle, so with every cycle, you're building momentum for your own running -- that's how I view the past few months of virtual racing," Bruce said.

And as small, in-person races are starting to make a comeback -- the NYRR organized a pilot race in Central Park with 200 runners at the end of September -- the future of road racing will probably look smaller, socially distanced and with a hybrid virtual component, Heim said.

"In marathon running, we just congregate and run together, but how people are organized is changing. Three to four runners per batch, allowing time for runners to get a head start before letting the next batch of runners get to the finish line -- it's very different from what we've done historically, but if that's what we need to do to make a race happen, then that's what we will do," Heim said. "Starting small and learning and growing is where we are as a running community."

But in the meantime, the financial hit to the industry is substantial. Marathon organizers get the vast majority of their revenue from registration fees, and bigger marathons bring in millions of dollars to the cities where they are held. In 2019, 17.6 million runners registered for a U.S. road race, [according to trade group Running USA](#). The NYRR estimates that the NYC Marathon's economic impact is more than \$400 million a year. On Wednesday, it was announced that the 2021 Boston Marathon, originally scheduled to take place in April, has been postponed to the fall -- which also postpones the ability for the organizers and

the city of Boston to make hundreds of millions of dollars. (In 2018, the estimated economic impact to the Boston region was \$201 million, according to the Greater Boston Convention & Visitors Bureau.)

It will take awhile for race organizers and local economies to dig themselves out of this hole, Heim said. "We had to take the elevator down, but we're going to have to take the stairs back up," Heim said, adding that this saying became the cornerstone of their approach toward the future of road racing

Despite the complicated future that lies ahead, both amateur runners and elite runners seem to agree on one thing: They'll do anything in their power to keep doing their sport. If that means virtual races for the time being, or running more than 19 laps of a one-mile loop to finish a race, then that's what they're going to do.

"I am going to picture myself running through Queens. I am going to picture First Avenue [being] so loud, like the fans are there to cheer me on, because I know I will come back one day ... and just imagine how sweet that feeling is going to be when we can actually line up in Staten Island and take off from there," Bruce, 36, said. "After everything we'd have been through this year with the virtual marathon, that will make it sweeter when we can get back to the course one day."



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Fuel plan for race day (and long workout days)

As you've no doubt heard before, eating before and during races – and on long hard training workouts – can mean the difference between a successful day and a DNF. But it's not only eating that's important. What you eat and how much you eat is also critical. I can tell horror stories from clients about pre-race sushi, Mexican food, and a ham and mayo sandwich in a Special Needs bag! But I'll save those for another day.

During long workouts and races, your body burns between 500 and 1000 calories per hour, but it cannot digest more than 250 to 350 calories per hour. Why can we easily digest a 1000 calorie meal at the dinner table, but no more than 350 calories in a race?

The reason, stated simply, is that there's a battle going on in your body when you eat during a race. Blood which carries vital nutrients and oxygen is rushing to your working muscles to keep you moving in the race. When you eat, some blood must be diverted to the stomach and small intestines to help with digestion. This causes a conflict, and ultimately the muscles' need for blood supply wins out over the stomach's needs. Without optimal blood supply, stomach emptying is slow and if you eat too much too quickly, or if you eat slowly digested foods high in fat, the food will sit in you stomach, slosh around and lead to GI problems – definitely not a good thing during a race!

It's critical therefore to start each race with a “full tank” from a proper pre-race meal. And during the race, ingest small (the key word here is “**small**”) amounts of calories per hour as readily digestible food and drink. The best form for this is sports drinks and gels since they are very quickly digested and absorbed into the bloodstream.

For example, in a long race such as an Ironman or 70.3:

- Starting the week before race day, eat meals high in complex carbohydrates and protein and low to moderate in healthy fat.
- On race morning, eat a 750 calorie breakfast (mostly carbohydrates and protein) 2 hours before the race start.
- During the pre-race preparation, sip water. That's it.
- About 10 minutes before the swim, eat a packet of gel & wash it down with water.
- Drink only water for the first 10 or 15 minutes on the bike to allow your stomach to settle after the swim.
- During the bike and run eat about 100 -125 calories every 20 to 30 minutes.
- For me, a good plan is to alternate every ten to fifteen minutes with one gel pack and water (about 100 calories), and next, sports drink and water (about 25 calories).

Train smart. Race fast.

Frank Adornato

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Training Tip - Off Season 40/20 Workout

Even though there was virtually no racing this crazy year, as we move into December and January, we're entering the triathlon "off season" period. Typically during the off season we reduce our cardio training, and work on strength and biomechanics. It's a change of pace before we resume training for next year's races. If you want to mix things up a bit during this period, here's a good strength and conditioning workout to try. You can do this workout in a gym or in your home.

Start with ten minutes of warm up movements, such as arm swings, leg strides, butt kicks, neck and shoulder stretches, hamstring stretches, toe touches, leg swings front-to-back and side-to-side, etc. Get the blood flowing and break into a mild sweat. After the warm up, start the main set which is 18 minutes divided into 6 sets of three minutes each. Each three minutes is a 40/20 split of work and rest as shown below.

To do the 40/20s, you will do as many repetitions of each exercise as you can in 40 seconds without getting sloppy. Maintain good form and control. And then rest for 20 seconds. Repeat each exercise for three minutes.... That's one set.

Be disciplined about the 40/20 timeframe; try not to take longer than 20 seconds rest within a set. If you feel that 20 seconds isn't a long enough rest, reduce the number of repetitions that you do within the 40 seconds. Ideally, the 40/20 should be continuous throughout the entire workout. If you really need to take a longer rest, do it only between sets, not between exercises.

- Set # 1. Push ups. 40/20 x 3
- Set # 2. Seated Knee Tucks. 40/20 x 3
- Set # 3. Military Shoulder Press with DB. 40/20 x 3
- Set # 4. Lunges with DB. 40/20 x 3
- Set # 5. Good Mornings with DB. 40/20 x 3
- Set # 6. Goblet Squats with a DB. 40/20 x 3

When you're done, cool down for about 10 minutes with static stretching.

Train smart. Race fast.

Frank Adornato



Race Report from IM Florida 2020 by Pamela Archuletta

Completed Ironman Florida Saturday and am still on cloud 9! This is my second Ironman finish, but it's the first one that included the swim (the swim last year in IM Louisville was cancelled due to algae, but it was an amazing day nonetheless!). I concentrated on one discipline at a time starting with the swim.

It was exciting to swim in the ocean (Gulf of Mexico). The breaks were high, but I was able to walk through them. Once I got going, it was choppy, even more so the second time around. Negative thoughts started trying to creep their way in at the beginning, but I was able to nip that in the bud with positive thoughts like "I'm a freaking mermaid, I'm going to indisputably be an Ironman today!"

After I got into my rhythm I was riding those waves, like a boss.



I was able to sight well and make adjustments as necessary quickly. The water was clear and I didn't see one jellyfish. I swallowed about 6 good gulps of water, but it could have been a lot worse given the magnitude of the waves. There was a short exit and beach run between loops. I took the time to readjust my goggles as they moved a little on the 1st loop before going back in for loop 2. Though I was the last person to enter the water, I was not the last one to exit. I enjoyed the swim, and felt safe because God was watching over us, and there were plenty of volunteers in the water looking out for us.

Swim pace 2:40/100, time 1:46:32

They had showers at the exit for us to rinse off the salt, but I used the beach shower first as it had more pressure, then used the ones they had set up for us. I did a full change at T1. There were no changing tents so I had to do it in the open without exposing myself. My shower toga worked out great! It took me 25:17 minutes though.



.

The bike was supposedly going to be flat and fast, but there was a significant amount of headwind for a good part of the course. Even still, I enjoyed the ride. I was praying I would have no mechanical issues, and I didn't.



I felt my nutrition/hydration was on point and drank some extra water to combat the heat and humidity. My legs felt great after the bike, and ready to get at the run, but I felt a little dizzy. I thought oh no please don't let me go down. Luckily I didn't. Bike pace 16.9 mph, time 6:36:31.

T2 wasn't much better. I did another full change which took me 25:28.



Part of the issue was we had to leave our gear in bags until immediately needed. We couldn't lay things out in an organized fashion ahead of time like we usually do.

I took my pre-run nutrition, and headed out deciding to ease into it because of the light headed episode earlier. I felt fine, but decided to run at a pace I felt I could sustain for at least 20 miles. I ran the whole way until mile 25+, but did have to stop at times to refill my bottle, pour water on myself, reup my nutrition at special needs, used the rest room twice though I probably could have gone the whole race without doing so. I didn't have any GI issues like I did last year on the run.



Though we were told not to bring anyone to the event because of COVID, there were people cheering for us along the run which I really appreciated. Even the clown dressed like pennywise.



I saw several people I know along the run course which made me so happy, and gave me a needed boost. I also met and chatted with some nice people on the run. Run time 6:08:52, finish time 15:22:38. It was a great day indeed! Ironman did a great job of keeping us distanced and minimizing contact. We had to wear masks in transition and at vendor village, and were temperature screened every

time we reentered the venue. The volunteers were so helpful, kept things on track, and were very encouraging. The other competitors were encouraging as well! I got to meet some people I knew only through FB which was awesome! I'm very grateful I got to do this race. Thank you IMFL, the race director, volunteers, and Panama City Beach for making this happen!





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