



THE FINISH LINE



Triathlon training at the Hollenhorsts during the pandemic.

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

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

Club Contact Information:

Website: www.stpetemaddogs.com E-mail: info@stpetemaddogs.com

Articles, or photos may be submitted to the Editor @ newsletters@stmaddogs.com.

Items should be sent by the 15th of the month preceding the issue.

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“Thank you for your service”

I've heard this phrase many times directed at me in appreciation for 27 years spent in the Marine's infantry. It has been warmly received by many of us who were once scorned. I think that perhaps this expression may have become a little overused. For example, watching last year's Army-Navy football game, I heard the announcer thank all the Cadets and Midshipmen for their service. It occurred to

(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 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 03/11/19. Meet at Hurley Park. Start 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 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

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>		

2019 Birthdays

MAY BIRTHDAYS



Frank Adornato - 14th

Keith Runyan - 15th

David Burg - 17th

Joan Duggar - 17th

Jay Cooke - 18th

Stephen Sexhauer - 18th

Jessica Bibza - 23rd

Tony Handler - 23rd

Peter Paulin - 23rd

Monty Seidler - 25th

Stephanie Triska - 25th

Steve Swift - 28th

Bryant Davies - 29th

“Zo” Lorena Flores - 31st

Scott Lucas - 31st

Samuel Veraldi - 31st

WELCOME NEW MAD DOGS!

3877 - Lenny Aron - Chicago

3878 - Ryan Smith - Tampa

Editors comments continued....

to me that they were simply college students on full ride scholarships, including room and board, and all their contributions to the Nation's security were far in the future.

But, I digress....my real purpose here is to transfer/add our Nation's thanks to those who are in the front lines facing the COVID-19 virus — medical professionals, first responders, teamsters delivering much needed goods, store employees and all others risking their health to keep the country moving forward in our time of crisis. They are currently our front line warriors. If you come in contact with any of these folks, please thank them for their service.

Mad Dogs Rule,
Chuck Lohman, Editor



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MAD DOG NEWS

All Mad Dogs look forward to the safe openings of our pools and beaches. Dry land exercises are rapidly getting old.

Many of us are looking forward to how Ironman and USAT will hold their World and National Championships with insufficient competitions to qualify. It will be interesting, but is certainly above our pay grade to answer. Actually, most of us are just looking forward to entering a triathlon this year!

All of us are wishing Jackie Yost a quick recovery without complications from the injury on her right shin.

**“ If you’re going through Hell, keep going.”
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!

St. Anthony's - 28 Apr, 2019

Olympic

1st Place -

Gail's Males Relay Team

2nd Place -

Frank Adornato

Roger Little

3rd Place -

Kaeleigh Morehouse

John Macedo

Emma Quinn

4th Place -

Kent Rodahaver

5th Place -

Nick Chase (professional) Carolyn

Kiper

Jill Voorhis

St. Anthony's - 28 Apr, 2019

Sprint

1st Place -

Dawn Clark

Lin Dolen

Tony Handler

Gail Lohman

Rosie Ray

Larry Yost

2nd Place -

Frank Adornato

Roger Little

Chuck Lohman

Jackie Yost

3rd Place -

Celia Dubey

4th Place -

Claudia Junquiera

5th Place -

John Van Lackum

MAD DOG PICTURES



Triathlon Training at the Hollenhorst's



Vintage Picture of Mad Dogs at Clermont from the 90's. Danny Hicks, Rue and Kathy Morgan, Janel, Tony and others.

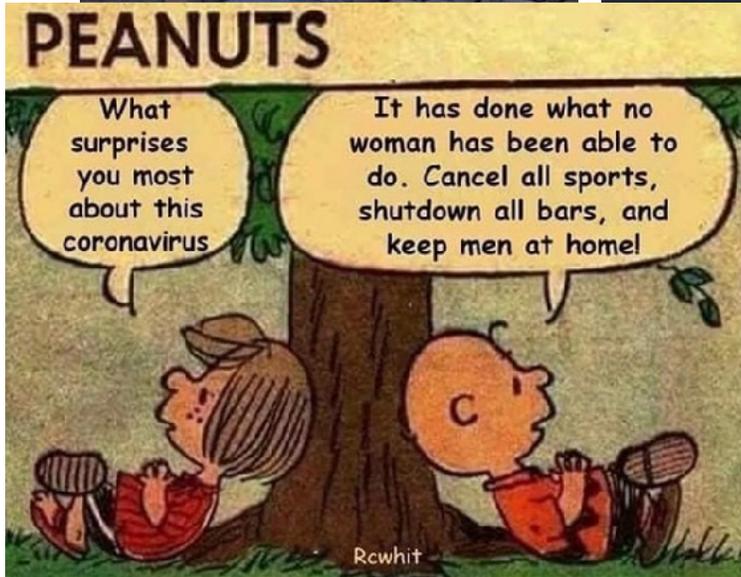


Mike Hood demonstrating kilt stretching.



Vintage picture of Nick and Brittany with Pizza Matt

MAD DOG PICTURES



Erik Lagerstrom and his Aussie friend with Gail Lohman



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Training Tip - Stretch Cords for Strength Work.

With gyms and weight rooms being closed for the foreseeable short term, many of us are looking for alternatives to do our strength work. Stretch bands or cords are a good replacement for dumbbell / barbell work and they actually offer some advantages over traditional weights. Working with cords will not only strengthen and stretch, but they also improve joint mobility, body symmetry, range of motion, and balance. You can work all of the various muscles groups that target swimming, cycling and running. If you go on-line or to YouTube, you will find many exercise series. Here's one [video](#) for swimming you may find useful.

Whatever exercises you do, follow several important fundamentals:

- Maintain good posture and biomechanics through all movements.
- Move slowly and maintain the integrity of your core muscles.
- Perform 12 to 15 reps of each exercise to fatigue.
- Stretching the cord increases the load on the muscle and joint, so use a light to medium resistance cord.

Train smart. Race fast (hopefully soon!)

Frank Adornato



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

Article Submitted by Mad Dog Ginger Herring

Life today is scary

Life today is scary. This virus we call Corona, or COVID-19, has tipped our world upside down. Like standing at the start of our first marathon, we are anxious. We are afraid of what lies ahead. We are worried that we won't be able to make it all the way. Then the gun goes off and we are launched into the race of our lifetime.

At first it feels like an adventure. We're exploring new roads, discovering new ways to shop, new ways to cook a meal, new ways to run, walk, bike or swim while staying 6 feet apart. It feels like we can do this. Watching old TV shows like I Love Lucy, Roy Rogers, or Carol Burnett is fun. And watching old movies like the black and white Earl Flynn adventures, or The Thin Man are unlike any movie we watch today. Even watching reruns of basketball and football games are entertaining.

But now we're getting a bit bored with the reruns of basketball and football games and we've run out of old television shows. The race is getting a little harder. We have the stay-at-home order now so we don't go out for groceries. Instead, we have them delivered. We can no longer go to the gym, or to meetings, or to your monthly game night with friends. Finding new things to do is hard. It's getting more difficult to put one foot in front of the other. But we don't give up.

We discover Zoom and join in a Zoom happy hour, or a Zoom meeting. We discover at-home exercises on demand. We have facetime family chats. That can't replace a real hug, but we're excited to try new ways to connect. It feels like we might be half way through the race, so we take a deep breath and continue moving forward. We know that someday we'll look back and feel proud that we had the courage and determination and dedication to do what was necessary to conquer COVID.

Now we are hitting the wall. We. Are. Bored! We are eating more, getting grumpy, impatient and wondering if this will ever end. We are tired of the challenge, tired of hearing the Virus updates, tired of being afraid we'll get sick, and we just want to quit. It's like when spectators on the sidelines tell us, "You're almost there" and "You're looking good". Well, we know we are not almost there and not being able to get our hair done we know we don't look good.

The athlete in us kicks in, however, and we catch our second breath. We get a little more pep in our step. We start thinking about what we are grateful for as we pass through the wall. We start to focus on all the things we still have and still can do instead of focusing on the things we no longer have and no longer can do. We are thankful for the sunrises and sunsets, the dolphins and manatees. We still hear the birds sing and the neighbor practicing his music. We know our race is tough right now but we also know we got this.

We might not be almost there, but I think we are getting close to the finish line. There is no giving up now. Start thinking of how you'll celebrate. Maybe you'll have a belated Easter Brunch, or belated birthday celebration. Maybe you'll go out to eat, every day for the next month, or go to the movies, or plan another trip to replace the one that was cancelled. Keep thinking of great you'll feel when you do cross that finish line.

That day will come. Soon we'll hear people cheer. Soon we can run or swim or bike with our friends. Soon we'll be able to hug our family. Soon we can have a real live happy hour. Soon.

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.

You Need New Goals

One of the chief complaints I see from athletes [right now](#) is about a lack of motivation. Everything you have been working toward (in the short term) has been canceled so you find it hard to keep the training mojo flowing.

So what you're saying is that you need new goals.

To set the stage, the [Oxford Dictionary's](#) definition of a goal is "the object of a person's ambition or effort; an aim or desired result". Put in other words, an expectation of an outcome you are working toward. In light of our current pandemic, not only do you need to reassess how you set goals but you need new goals. You can no longer work toward those outcomes you thought you'd have rapidly approaching.

Long terms goals

Ideal goal planning should include a rough semblance of a 3-5 year plan, a 1-2 year plan, and a plan for the current year you are in. This structure gives you macro to micro level focus. With this range you can switch between the different goals to help with motivation.

The most important goals should be your long term goals. Maybe you want to qualify for the Boston Marathon or Ironman World Championships in a few years. Perhaps you're looking to lose 30 pounds or run your favorite local 5k for string of successive years. And maybe you just want to stay healthy enough to always be able to join the local group ride.

These are your long term goals, these can change but not usually in a drastic way. Long term goals should be dictating your overall approach to each individual season.

Short term goals

This is where most of the trouble starts to creep in, especially when we start focusing on the really short term. Goals in a 1-6 month training cycle often constitute the really short term. These goals tend to be the focus of most athletes immediate ambition and drive. The push to get out of bed before your kids is often easier when you know you have a race in 4 weeks and you want to crush your age group.

When I see you commenting on facebook groups that you don't have any motivation to train right now, this is what you're focusing on.

I want you to take a step back for a moment. Think about anything other than fitness and workouts. Maybe your job or your kids or a volunteer activity you participate in. **Why do you show up?** What are your reasons for going to work, feeding your kids nutritious food, or cleaning up that abandon lot in your neighborhood?

Do you show up every day because your kids need to be healthy in 4 weeks? Or because you need that next paycheck? Ok, that's a trick question. Of course you show up for those reasons but those are not the real reasons.

You show up because you want to see things **grow** over a long period of time.

If you are reading this I'm going to assume you want your kids to grow up and go to college or find a solid trade or have a family of their own. It's highly likely you want a fulfilling career or to manage a team or to make enough money to retire comfortably. These are **some** of the reasons

you show up every day. **You show up every day to parent and work and life because of long terms goals** (not short term).

You need new goals

If you haven't realized this by now, your motivation should be predominately driven by the long term. We all know motivation on the short term doesn't work for someone like an Olympian (I mean, come on, they just had the Olympics postponed for a year after 3.5 years (and longer) of getting up every day to do something they weren't sure they'd even qualify for... and some athlete haven't even had the opportunity to qualify yet!). Take this example to heart regardless of how much you don't want to compare yourself to an Olympian.

When it comes to your fitness and racing, you need new goals around motivation and dedication.

I want to circle back to the definition of a goal. A goal is "the object of a person's ambition or effort; an aim or desired result". How do you reframe your goals, your ambition, the reason for your effort, to motivate you to show up every day? Even when your short term, changes drastically.

What do you really desire?

Does what you desire align with your core values? Do your goals create lasting ambition? Is this a time to rethink what your goals really are? Be honest, are you willing to put in the required effort to see those desired results?

Here is something you need to hear. I needed to hear this and desperately searched for years to find someone to say it to me. **You can change your goals.** Your desires can change. The ambition you once had to race Ironman can change and that is OK. No one is judging you.

Like the burning self hate I had for myself when I had the inward dialog that racing triathlon wasn't for me anymore, [I understand](#) that this is hard. Most things worth doing are not going to be easy. Changing goals is scary and depressing and can be downright annoying. But you need new goals if you can not show up every day despite the obstacles you face in the short term.

Message me. I'd love to tell you that you need new goals and that it's OK to need new goals.

Think long term and positive growth. Think goals that fit your ambition and help you show up every single day.
Today is a good day for new goals.

Training Tip - Make your workout great

The restrictions that are currently in place to curb the spread of coronavirus have given all of us a lot of challenges. On the athletic front, motivation to stay in shape can be a big problem. Some people are hunkering down and doing very little exercise (not good!), while others are trying to maintain their fitness levels as best they can. Whether you're planning to compete as soon as the race calendar re-opens or just trying to stay fit, keep in mind that exercise also strengthens your body's immune system to keep us healthy and hopeful virus-free.

Here are several tips for a great workout. Whether it's a swim, bike or run, follow these tips and you'll have a great workout.

1. Have a plan. What's your goal for today's workout? How much and how hard? Speed work, hills, long endurance effort, etc.?
2. Have a light meal before and have enough water and sports drink to get you through to the end of the workout.
3. Warm up with dynamic stretches or easy movements. Save the static stretches for the end of the workout. Do some arm swings, torso twists, leg swings, high knees, butt kicks. Get the blood flowing through your entire body.
4. Focus on good technique starting during the warm up and throughout the workout.
5. Train to extremes; don't get stuck in the middle. Hard efforts should be at high end heart rates and easy efforts should be at a comfortable low heart rate.
6. Cool down and stretch when you're done. Static stretches are good.
7. Have a recovery meal within 60 minutes of finishing and preferable sooner. Aim for several hundred calories with a ratio of 4:1 carbohydrates to protein.

Train smart. Race fast.

Frank Adornato
www.triitall.com



Training Tip - Ditch The Crunches

When people think of an exercise to strengthen and tone their abdominal muscles, they often think of crunches or sit-ups as the go-to workout. In fact, crunches are probably one of the worst exercises to do ... for several reasons. The major reason not to do crunches is that they strain your back muscles and they can cause the discs in your back to bulge, causing lower-back pain and potentially causing a herniated disc. In addition crunches don't target all of the abdominal and core muscles. For a strong core, you need to work all of the abdominal muscles in the trunk: the rectus abdominus (your middle "six pack" muscles), the internal and external obliques on the side of the rectus abdominus (prevents "love handles"), and the deeper transverse abdominus(TvA) muscles which play a pivotal role stabilizing the torso.

Some fitness trainers will argue that crunches, if done correctly, are good for abdominal strength. But there are so many other exercise options, that it's not worth the risk of a painful back. Some very good exercises for the core are face down planks and side planks, plank jacks, push-ups, walk-ups, as well as lunges and squats, if done correctly.

And also be aware that no amount of ab work by itself will give you a toned torso. If you're not eating a healthy diet and fitting in cardio exercise, you may have toned ab muscles but they'll be hidden behind the belly fat.

Train smart. Race fast.

Frank Adornato



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