



THE FINISH LINE



Roger Little at Dig Me Beach, as he qualifies for yet another IM World Championship!

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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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advertising@stpetemaddogs.com. For questions, please e-mail him.

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Editor's Column

This month I want to delve into a couple of new areas that might be of interest to Mad Dog readers. First, if one has not been swimming competitively since the age of 6, many will eventually have issues in the swim leg of a triathlon. Last month I printed the results of a Zoom conference on the subject. This month I included an article by Dan Empfield on slowtwitch.com. It is good info for everyone from beginners to "senior dogs."

(continued on page 6)

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 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 Meet at Hurley Park.	8 am. From USFSP 16 miles 20-21 mph.	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 17-19 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 20-21 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		
		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		
		Ft De Soto 8:00, all paces, 20 miles	Following the bike ride a 4-mile run		

JULY BIRTHDAYS



Gabi Lohman's first birthday. Woof, woof.

Chuck Ashbaugh	2nd
Jill Voorhis	11th
Vicki Linkovich	12th
Jennifer Lucy Miller	13th
Jim O'connor	13th
Jayne Zampelli	15th
Pam Greene	18th
Carolyn Kiper	18th
Maurice Kurtz	21st
Kyah Morgan	22nd
Ron Young	23rd
Waidson Durante	25th
Kent Gordon	25th
Algis Vosylius	25th
Grant Allen	28th
Danny Hicks	29th
Corey Case	30th

WELCOME NEW MAD DOGS!

- # 3925 - Rafael Nieves - St. Pete**
- # 3926 - Catherine Jadot - St. Pete**
- # 3927 - Brad Kirley - Orange, VA**
- # 3928 - Brett Baker - St. Pete**
- # 3929 - Keith Haddad - Tarpon Springs**

Editor's Comments continued:

In an effort to introduce new Mad Dogs to the club, I've tried to capture pictures of our new members. Most of them are purloined from Gail Lohman's Facebook account. I was also able to round up a number of Mad Dog race reports this month ranging from terse to extensive. Hope you enjoy them. Since I am out of the racing business for the time being due to cardiac issues, I have to live vicariously.

Mad Dogs Rule,
Chuck Lohman, Editor

UPCOMING RACES

Tentative Dates for Local Races



14 Aug - Ft. DeSoto Trilogy #2
Ft DeSoto FL
Tri Sprint/Intl - Int AB - Sprint Duathlon
www.fortdesototriology.com



4 Sep - Crystal River #2
Crystal River, FL
Tri Sprint
www.drcsports.com



14 Sep - Ft. DeSoto Trilogy #3
Ft DeSoto FL
Tri Sprint/Intl - Int AB - Sprint Duathlon
www.fortdesototriology.com



25 Sep - Crystal River #3
Crystal River, FL
Tri Sprint
www.drcsports.com

MAD DOG NEWS

With the St Anthony's Triathlon postponed until the first weekend in October, the race organization has a question for you. Would you be able to host a visiting professional triathlete in you home for the weekend? Athlete requests are already coming in, but we are hesitant to make any commitments until we hear from past and future homestay providers. Please contact Pro Athlete Coordinator Carolyn Kiper, Mad Dog #983 at cskipper@gmail.com. This a great chance to meet young pro triathletes and welcome them to St. Pete!

Another Mad Dog, Andy Reeder, scores an invitation to IM 70.3 Worlds in St. George, joining Bill Hendrick, Richard Jansik, Jessica Bibza, Kim Snow, Steve Swift and Brad Kirley! Good luck and get ready for those mountains!

Gail Lohman and John Hollenhorst have entered IM 70.3 Cozumel in September. Good chance to qualify for IM 70.3 Worlds 2021 in New Zealand. Great venue and relatively inexpensive all inclusive hotels. Any other Mad Dogs want to join the party?

Roger Little wins his age group at IM Hawaii 70.3 and a slot to the Ironman Worlds in Kona. One of a very few Half IMs that offer an Ironman allocation.

Interesting observation from Brad Kirley at Eagleman...Ironman is short of competitors at the 70.3 Worlds in Utah so they gave out an extra 200 slots at Brad's race, including 2 in the Male 75-79 age group. Slots rolling down to 27th place. Could it be the venue? Problems for foreign competitors to get into the country? Who knows.

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.

Crystal River #1 - 29 May

1st Place -

Celia Dubey (overall woman)
Cody Angell (2nd Overall)
Jay Anderson

Ironman 70.3 Hawaii - 5 Jun

1st Place -

Roger Little (Slot to IM Worlds)

New York City Triathlon - 6 Jun

3rd Place -

Noah Pransky (toasting w/champaign)

Pensacola Triathlon - 6 Jun

1st Place -

Jessica Bibza (F. Masters)
Todd Bibza (M. Grand Masters)

Ironman 70.3 Eagleman - 13 Jun

1st Place - Brad Kirley

Heartland Triathlon - 13 Jun

1st Place -

Bonnie Theall

2nd Place -

David Longacre

IM 70.3 Des Moines - 20 Jun

3rd Place -

Jackson Laundry (Pro MD homestay)

9th Place -

Nick Chase (Pro Mad Dog)

Finisher -

Kim Snow (Got slot to Worlds)

Fort DeSoto #1 - 26 Jun

1st Place -

Emma Quinn (overall woman)

Art Halttunen

John Hollenhorst

Reva Moeller

Adriana Anderson

2nd Place -

Jay Anderson

Tony Handler

3rd Place -

Suzanne Brosseau

Pam Hollenhorst

Richard Jansik

5th Place -

Mike hood

Joey Kjarzouz

Sirens and Mermen - 27 Jun

1st Place -

John Hollenhorst

Pam Hollenhorst

Adriana Anderson

2nd Place -

Suzanne Brosseau

MAD DOG PICTURES



New Mad Dog Brad Kirley



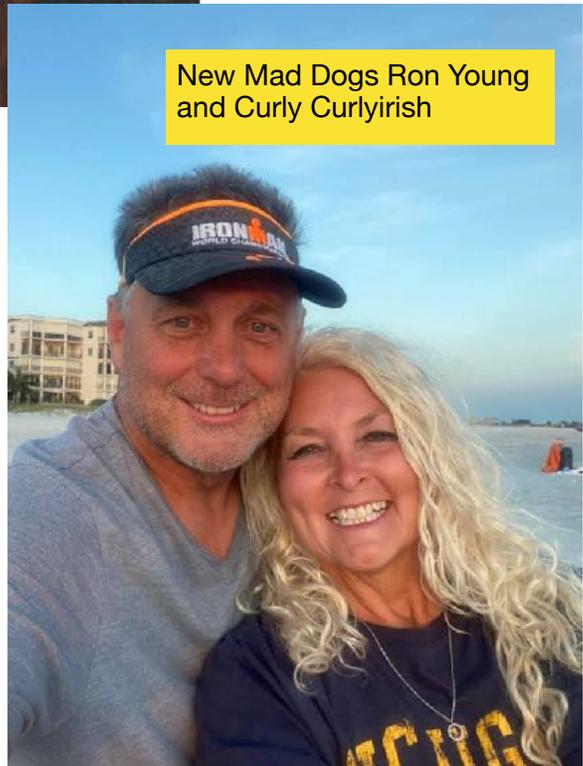
Pre race photo of Roger Little at Dig Me Beach on Kona



New Mad Dog Macarena Mayor



British Mad Dog Diane Weaver



New Mad Dogs Ron Young and Curly Curlyrish

MAD DOG PICTURES



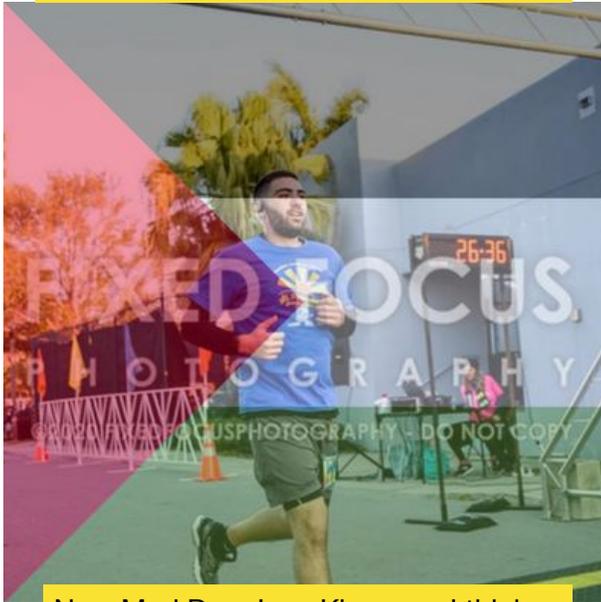
Mad Dog Noah Pransky celebrating his finish at the NYC Triathlon. Champaign at the awards ceremony??



New Mad Dogs Marcello Lazzaro and Emilce Leiva



Pro Jackson Laundry (Mad Dog homestay)



New Mad Dog Joey Kharzouz I think.



New Mad Dog Waidson Duarte

MAD DOG PICTURES

Pictures from Pam Hollenhorst at FD #1



MAD DOG PICTURES



Eagle Scout Hollenhorst reports. Sleeves a bit short?



Retro picture of Roger Little with Brian Butler



Todd and Jessica Bibza

Croatian Life Guards. How about St. Pete Beach, Mayor Al Johnson?



Mad Dog



Mad Dog Rose Doyle (L) wearing her MD hat atop Pikes Peak

Brad Kirley's Ironman Tulsa Race Report

Tulsa IM

5/23/2021

Race:

The forecast was for rain most of the day and, unfortunately, they were right. We rode buses from T2 out to the swim area, about a 29 mile ride, going straight out. The trip back would be 112 miles as it would it's way north and around, not directly back to town. Set up T1, checked the bike and went to the pro area and saw Meredith Kessler to thank her for the book she sent me. She said she got my thank you note and loved the picture I sent her with Rinny, her, and me at Eagleman long ago. We wished each other luck and then we all walked about a mile over to the swim start area. There we donned our wet suits and left our Morning Clothes Bags and entered the swim corral to await the start of the race.

Swim:

The start was what they call a time trail start. We funneled down to 4 lines and every 5 seconds or so, they start another 4 racers. Into the water and off you go, 2.4 miles to go. As I was moving down toward the start, Mike Reilly, the voice of Ironman was along the side, fist bumping people. As he fistbumped me, he looked at me and realized how old I was (looked), and said to me, "How old are you?" 76 I said and he grabs his mike and says into it for all to hear, "Look at this guy, 76 years old and racing today".

I felt pretty good and smooth and alternated breathing some just so parts don't get so sore. About 2 miles in, as I went to take a stroke with my right hand, I hit something and stopped and looked over, there was a lady who had swum into me from the right and as my hand came out of the water, I hit her in the head. She looked up, stunned, and her goggles all katty wampus. She started to put her goggles back on, I yelled, "sorry" and swam on. Towards the end, I kept thinking the next bouy was the turn into the finish but kept turning out to be another orange one, not a red turn one. Finally, red and into the end of the swim. Up a boat ramp, rough black top, hard to run on, could only walk as it hurt my tender feet so much. Quick change and pack the wet suit and goggles into the Bike Bag, grab the bike and start out. I stopped to get some salt tablets out from my jersey, took forever to get them out but out of T1 in pretty good time. Great swim time for me since I've been swimming slower these days.

Swim 2.4 miles, 1 hr 38 min 33 sec, 41:04 min/mi, or 2:20/100 yds
T1 10:17

Bike:

The rain was coming down now, medium sprinkle, as I started out, up the hill away from the water. It rained hard, soft, medium, sprinkle, for the first 50 miles. The roads were the roughest roads I've ever ridden on. I started counting people changing tubes from flats and lost count at just over 30. Rough, wet road. The first 50 miles have a lot of climbing, then it is more level for a while. I never saw a dry road until about mile 80 and then it started raining again about mile 100. There is just under 5,000 ft of climbing on the bike. For the first 100 miles, I could ride it sitting down, able to push hard and climb. After mile 100, there are three climbs where I had to stand up to get up them on my tired legs. Light rain as the bike came to an end.

Bike 112 miles, 7 hr 45 min 13 sec, avg 14.45 mph

T2 7:28

Run:

Light rain as I started the run but it let up pretty quickly and stopped for the rest of the run. At about a mile or so in, I ran into my Coach's hubby, Marc and two other guys (one she coaches and his friend), Gary and Jim. They were waiting for me to come along and hooted and hollered at me. We hi 5'd and it was a nice lift with a marathon staring me in the face. After about a mile and a half or so, we entered a park where there were parallel paths, normally one for bikes and one for runners and walkers. We went out on one and back in on the other, two loops. On my first loop, there were hundreds of people lining the sides of the paths, picnics, blankets and chairs, kids, music, dogs, all having a great time as we ran by. Many of the kids hi 5 you as you run by. Several had signs that said TOUCH HERE FOR POWER. I always did but it really didn't work tho the kids love it when you hit their sign. One of the signs said IF IT WAS EASY, THEY'D CALL IT GOLF. One gal had a sign that said RUN FAST, I JUST FARTED. She was pretty so I didn't believe her.

I was wearing one of my shirts with NAVY BRAD on it and I got a lot of GO BRAD, GO NAVY, and GO NAVY BRAD as I ran by folks. It helps, gives you a little lift as you plod along. I had to take a bathroom break at mile 3, bummer cuz it cost me about 2 ½ minutes and that pushed me just over 16 hours in the end but at the time, it was NOT AN OPTION, lol. On the second loop, the legs were getting very tired, my right hammy was starting to hurt and I was just plain tired but I knew I had plenty of time to make the 17 hr cut off so I walked a lot more on lap 2. There were fewer people now too, so a lot fewer calls to push you on and it had gotten dark. A lot of people, as they go by me, say things like way to go, you are my hero, etc cuz I had 76 on my leg, my race age. They often say, "I hope I'm still racing when I'm your age" and I always reply, "I hope you are too, and I hope I'm still racing you."

As I left the park area, I had about a mile and a half to go to get to the finish line. After about a ¼ of a mile, there came Marc, walking up a little hill. We talked as I walked/ran along and he said the others were waiting a ways back but the scooters wouldn't go any farther, some sort of cut off line. We soon came upon the other 2 guys and Coach Christina Dorrer. She had raced, gone to her hotel nearby, showered, had a nap, dinner, few drinks, etc, and then came out to cheer me in. I asked for one of them to lend me their scooter but NO, nobody would so I had to run/walk myself the final way in. As I came into the finish chute, they filmed me. Pretty kool, tho I look like I'm 96 not 76, hunched over as I shuffle along.

It's how I have to run, lean way forward and the legs go faster so I don't fall over. There are bright lights shinning on you for the finish photos and the chute is lined with people, all cheering you in. You'd think I was winning, not coming in 1,565th. Mike Reilly called me in, the customary "Brad Kirley, 76 years old, you are an Ironman."

Run 26.2 miles, 6hr 21 min, 28 sec, 14:29 min/mi.

Got my finisher hat, T-shirt, medal, picture, food and met the group outside the finisher area. Stayed with them for a bit then took a bus up the hill back to T2 to take care of the bike and Transition bags.

Finish time 16 hr 2 min 56 sec, 2/3 Men 75-79. 1,208th Men, 1,565 Overall,

AS it turns out, I beat the winner in the swim by about 33 min, and in T1 and T2 too but he is a rocket on the bike and run. Beating me by an hour and 40 min. Someone I know says he's a Minister, with connections if you know what I mean so it's really not a fair race. He also won

Kona in 2019 with a great time. And he's 2 years older than I am. The great part is, cuz he is so good, he was already qualified for this year's Kona so I got the roll down and am going back to the World's Ironman Championship in Oct.

He and I were both there in 2017 when he came in 17th/33 in the Men 70-74 age group, and I came in 19th and he only beat me by 24 minutes. So, somehow, he got a LOT faster in the last 4 years, tho not in the swim, lol, I got him there. There was an 80 yr old guy in the race but he DNF'd for some reason. In my 75-79 yr group, there were 4 of us signed up but only 3 of us raced. The third guy was 53 min behind me at the finish. I never saw either of them during the race.

So now my training begins for Utah 70.3 Half Ironman Championships in Sept and the Kona World's Ironman Championships in Oct with a few other races in between to keep me fresh.

Travel out:

This was the trip from hell getting to and from Tulsa. In case I forget, remind me to NEVER fly out of Richmond if there is any other way. I had a late flight on Thur before the race, going thru Chicago. When I got to Richmond, the first two long term lots were closed, dunno why, and the third was off somewhere in the tulies, so I opted to upgrade myself to the daily lot, next to the terminal. Got parked, short walk into the terminal, over to United, checked in and my flight was delayed. Uh OH, not good. I tried to find other options but there were none. A nice agent lady tried too, nothing. She said the flight from Chicago to Tulsa was also delayed so maybe! She was at the gate too and kept looking at things, as we both watched her monitor. The plane hadn't even left Newark yet and it's after the time we should have taken off. The Chicago flight is still delayed, but not as much as this one. The nice lady checks if I have to stay in Chicago overnite and the next flight to Tulsa is the next morning but only has one seat left on it so that's not looking good and if I don't get that, then I don't get there on Fri, and there is no registration on Sat so I'm out of luck if that happens. Finally the flight leaves Newark, gets to Richmond, several wheel chair people to get off, takes forever to turn the aircraft around and we leave, over an hour and a half late. I fret all the way to Chicago, is the next flight delayed enough for me to make it, how far is that gate going to be, can I make it if I run, worry, worry, worry. We finally land and I turn my phone on, get two immediate txt's from United. First one, you are arriving at gate F15. Second one, your delayed flight to Tulsa is leaving from gate, drum roll please, gate F15. It's the same dam plane and crew, who knew??? I start to breathe a little. Off the plane, lots of tri folks waiting for the plane. Then they say, new gate, E 5 so we all walk way over to gate E 5. Get there and they say, new gate, F 15, so back we go to where we started. Load up, same plane, same crew, I'm in the seat behind my first seat.

We get to Tulsa, late of course now, but my bag made it fine. Go to the rental car places, all closed, sign says go to the parking lot. Go out there and a booth is serving my Budget, but also Avis and some other no name brand. Long line and two ladies working the thing. Line moves slowly and then, one of the ladies closes up her window and leaves. What the Hell??? Then the other lady says, "I only have 3 more cars." Maybe 15 of us in line, and I'm number, nother drum roll please, I'm number 3. Lots yell out, "I have a reservation!" and the lady goes, "Don't care, only have 3 cars left." I get up there, she takes my CC and Dr license and types forever like they do, hands back my cards, and then a set of keys and the paperwork and says, "It's a Ford Ranger and I don't know where it is." I look out and there are a few cars out there, not is service she said when asked about them, but I don't even know what a Ranger looks like. Click the fob and a truck over in the corner lights up. Off I go to the hotel. No problems at the Marriott Courtyard, thank goodness. Nice little gal with bad teeth, named "Life", checks me in and gives me a Gatoraide for my troubles. The next day I gave her an atta-girl with the hotel General Manager for being the nicest thing at the end of a terrible day.

Trip home:

I go Mon am and get my 2nd place medal, and head off to the airport. My flight isn't until 1:30 pm but maybe I can get an earlier flight. There is a 9:30 and I get standby on that, get on and get to Denver but no way to get to Richmond any earlier than my flight so I have 7 hrs and 30 min to kill. Ugh. Big airport so lots to wander around tho legs not really wanting to wander too much. Get to my gate, long before my flight, and the sign says some other city. There is a Customer Service desk next door so I go to the nice lady and say, "Where is my flight?" She says, moved to another concourse, far, far away. It's a long walk and a train ride to get there. My legs groan. I grumble to her. She types. Says having United send you a \$25 coupon (and they did). And also, here is a \$10 coupon for lunch, good for 24 hours. I thank her, walk along and get a nice ice cream with whipped cream for my walk. I swing back by her and show her my ice cream with whipped and she smiles a big smile. The flight is on time, get my now 2 bags, get my truck, drive home, and got to bed at 2 am. What a trip, a trip from Hell, but, goin to KONA so all's well that ends well.

Training Tip - Running “Mailboxes”

When you’re in the middle of a run and your body is telling you to slow down or walk, but you know you want to keep going, try running “mailboxes”; this technique will help you stay on pace.

The concept isn’t new; it’s been used for decades. Here’s how it works. Look a short distance ahead of you and focus on an object or marker. Pick something about 40 or 50 feet beyond you. Not too far away. Maybe it will be a mailbox at the end of a driveway, or a tree, a telephone pole, a crack in the street, a leaf or a branch by the side of the road, a shadow, ... whatever. See it. Look at it. And run to it. As soon as you reach that marker, immediately find another one and run to it. And then another, and another. Remind yourself that it’s just a short distance, and you know you can run that short distance without slowing down.

If you’re in a race, use these small markers between the aid stations, and then let the aid station be a major milestone. But keep going from one “mailbox” to the next. Don’t slow down or walk. Each of these small markers will add up to a complete and satisfying run.

You can use this same technique on the bike and swim. It will keep you on pace. Try it.

Train smart. Race fast.

Frank Adornato



Roger Little's Ironman Hawaii 70.3 Triathlon

Every year thousands of triathletes compete to qualify for the Ironman World Championships in Kona Hawaii in October. To qualify requires you to win your age group in a qualifying event. Ironman has 170 events worldwide that you can qualify at. On Saturday June 6, Roger Little qualified by winning his age group at the Ironman Hawaii 70.3 Triathlon in Kona.

This event consisted of a 1.2mile open ocean swim followed by racing a bike 56 miles through windy hills and finishing with a 13.1mile half marathon run on a golf course.

The swim was in a choppy, wavy Pacific Ocean with strong currents. My wave started at 6:30am. With the sun just rising, I was solar blind on the return half and struggled to see the buoys. It took me about an hour to complete the swim.

The bike course was 56 miles up down the hills to the most northern town of Hawi and then back down again all in high head winds, tail winds and buffeting cross winds. There were times, with speeds greater than 35 mph, I was fighting cross winds that seemed to be trying to blow me off the road into piles of sharp lava rocks. I hung on as tight as I could to keep from crashing.

The run was a 3 loop half marathon through a golf course. The sun was intense. The temperature was 90 degrees when I ran in early afternoon, it seemed much hotter than St Pete. There were sharp up and down hills throughout the run. My quads were aching on every down hill from all the biking.

I finally finished after about 8 hours of racing and gallons of Gatorade, Coke and Red Bull. I was totally smoked after all of that heat, salt water, wind and running in volcanic ash, but I was happy to learn that I had won my age division and qualified for the full Ironman in October. Although there were only 4 of us in the 80 to 85 year old age group, I was the only one to finish the race.



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Training Tip - The Ups and Downs of Running Hills

With only a few exceptions, going up and down hills is inevitable wherever you run. Even in Florida we sometimes encounter bridges and hills. OK - it's not the Rockies! Some people hate hills, others not so much. But if you know how to run them, you'll realize that hills aren't so bad. Here are a few tips for running up and down hills.

1. Lean into the hill a little bit. Don't overdo the leaning position. This is only a subtle change in position from your normal running body position.
2. Let your knees come up higher and land on the balls of your feet, i.e., the padded portion of the sole between the toes and the arch.
3. Exaggerate your arm swing; think of your elbows swinging in giant spoons and rock your hands up chest high.
4. Keep your neck in a neutral position, same as running flat. Look straight ahead and down just a little bit. Don't look down at your feet.
5. Work on a breathing rhythm, exhaling on pace with your foot strikes.
6. Don't stare at or obsess about the peak of the climb. It'll be there waiting for you when you get to the top.

Running down hills.

1. Keep your body vertical and your neck neutral. Don't lean back and don't look down at your feet.
2. Land mid foot, not on your heels. Leaning back and landing on your heels causes a braking action and increases the impact on our lower back.
3. Stay light on your feet and let gravity help carry you down.
4. Swing your arms same as running flat. If it's a steep downhill, hold your arms out vertically like wings with your palms open, and you'll be able to descend faster.

Practice hill running as part of your training routine. Include some progressive hill repeats in your training schedule. Start at a moderate pace and increase your speed as you get closer to the top of the climb. Keep going over the top for several seconds before you coast down hill for your rest interval. 6 to 8 hill repeats make a great workout and you'll be a better competitor.

Train smart. Race fast.

Frank Adornato



WEDNESDAY'S MAD DOG RUN -THE TWO BRIDGES RUN.
OVER AND BACK ON THE BAYWAY BRIDGE. THEN RUN THROUGH BAHIA DEL MAR (LONG LAKE LOOP) TO THE TIERRA VERDE BRIDGE. UP, OVER AND BACK. THEN FINISH ON THE TRAIL BACK TO THE BEAN. (OPTIONAL RUN BACK THROUGH BAHIA DEL MAR TO ADD ANOTHER MILE)

THE GROUP LEAVES PROMPTLY AT 7:00 AM FROM ADDICTED TO THE BEAN. RUN AT YOUR OWN PACE. STICK AROUND AFTER THE RUN FOR COFFEE.



Richard Jansik's Chattanooga 70.3 Race Report

COVID, the dirty word for over a year which has plagued every aspect of our lives. It seems small to complain about your race being cancelled when people are dying of it but those of us who put a lot of time and energy into our sport it means something as well. So, we dealt with the cancellations, deferrals and virtual races and once again we are back to the starting line and looking at our competitors face to face. Let's go!

The Chattanooga 70.3 was not on my calendar for 2020, I was supposed to go to St George, Utah for the full Ironman in April but of course it was cancelled and I deferred to IM Florida. When the race director rescheduled Chattanooga for October 2020 I jumped on the chance to race and signed up just to have it cancelled and rescheduled for May 2021. After a few months of race cancellations you pretty much just get used to it and go with the flow, as disappointing as it was what can you do? So, 2021 comes around and it looked like everything was opening up, fortunately living in Florida we had the opportunity to race early in the year, one exception would be the Gasparilla Distance Classic, that decision to go virtual will go down as the big fat failure of 2021 for the Tampa Bay running community.

My year started off with constant hamstring problems, one leg would cause me problems, I would get over that and then the other so it was a good two months of no running which had me quite worried I would go into another race season with no running fitness. By mid-March I finally got over the injuries and was on my way to getting into my training plan and be ready for Chatt 70.3. I had a solid two months of training and I was feeling pretty good about my chances to have a good race. The City of Chattanooga was pretty much open as far as COVID restrictions, no mask were required to go in and out of businesses so it was quite disappointing that the hotel I stayed in was not providing the "normal" services such as daily room cleaning and breakfast. The same goes for the race itself, they had all these COVID provisions for distancing but when there are 3000 participants this did not work. We had to have an appointment for packet pick up and to drop off our bike to transition the day before the race but there were still a lot of people gathered in groups.

Race morning I got up and had a little breakfast before the short walk to transition. I get there and it's a mass of people, there were very few wearing masks which was okay for me and it actually made the atmosphere feel almost normal. That was a calming feeling that maybe we are getting past what was the "new normal" for the past year. I laid out all equipment and chatted with my neighbors a bit waiting for the announcement to move to the swim start. The race director still had the plan to walk everyone up to the swim start in ability groups, I think the first group was 25 minutes or faster, so I waited for the next group 25-35 minutes. We had to walk to the swim start 1.4 miles up the road, if this was the race directors idea of social distancing even before the COVID restrictions were lifted it ended up to being for not. By the time we got to the swim start it was a mass of people wandering around using the port-o-pot and prepping for the race. As I was walking I see Robert Taylor, he is the guy (2021 Kona qualified) I figure is my competitor for the day and we chat a bit before reaching the swim start area. He and I are fairly even on the swim, I usually bike faster but he is a faster runner so I expected him to come running by me by the second lap on the run. In the end he finished 5 minutes behind me. I didn't even know where my 25-35 group went except that everyone was standing around waiting for instruction. I moved over to the truck used to gather the morning bags and I heard the starting gun go off and all I could think was oh shit I better get in line. There were some volunteers trying to get everyone to line up but there was not enough room to "distance" so we ended up moving the crowd forward as it funneled into a building used for a rowing team then went out to the doc which we jumped off and started the swim.

I made my way to the dock and didn't even think about my watch until I got into the water, I looked at it and decided it wasn't important enough to worry about now and just headed down stream. The swim was nice, I stayed to the right of everyone and sighted off the others as we made our way down, I also sighted off the island to the right of me and the bridge ahead of me just to make sure I didn't run into one of the pillars. It was a pretty uneventful swim, the water was cool and I felt like I was moving pretty well compared to the people I was passing. As we got close to the swim finish the kayaks narrowed the

swim lane and pushed us left to the stairs, I reached the stairs and volunteer grabbed my hand and helped me get up except I could only get my knee on the first step and then I was able to get on my feet. I ran up the sidewalk pulling my wetsuit down to my waist and headed up to transition. Normally they would have wetsuit strippers but not this time. I know why they didn't plan for it (COVID) but they could have changed plans when the restrictions were lifted.

Up to transition and I get to my bike, sit down and pull my wetsuit off, dry my feet and get my cycling shoes and helmet on my head, grab my bike and off to the road. Not too many people so I do my run and mount the bike, clip in and off I go. It was kind of cool for me, I think it was around 65 degrees, being wet and the cool/dry air felt refreshing so I am not complaining especially with the warmer than usual forecast for the rest of the morning. Down the road I settle in, get a gel and drink some Base Performance Rocket Fuel. The first 5 miles we are getting out of the city and then hit the Georgia State line, how nice it was of Georgia to pave the first 10 miles. So nice and smooth it made me feel really fast and I took advantage of it with no wind and a nice road I was averaging 24.5 at the time. I knew this was a bit fast but my power meter said I was right on target so I pushed it until I started to hit the hills. At mile 26 there is the first of two small gear climbs, the second half of the bike course is actually the easiest so I maintained a good pace and kept an eye on my power meter. I felt good but around mile 45 I noticed I was starting to sweat so I made sure I got plenty of fluids through the aide stations. At this time I was keeping a constant 23.3 MPH average which was a little slower than two years ago (2:22) but I was still going to be on my target for a 2:25 finish time.

Off the bike and into transition, it was a long run around the perimeter of transition just to get to my bike rack. I racked the bike and sat down to get my socks and shoes on. I had a small rock in my bike shoe so I wanted to make sure I had nothing in there for the run. Out of transition and I am looking for some sunscreen but nothing was available, no water either. Down the street a half mile and back I see my daughter Peyton, I wave and head up to the first hill and to the main road. It was just after 10am and the sun was already hot, the

first water stop was about a mile and half into the run and I needed something to drink. The air was warm and dry, I didn't think it was too bad but I could feel the legs were cooked from the bike and from there it was all about keeping the legs going. I looked at my watch and I was right on pace at 8 minute miles but a couple miles later I was around 8:30 and I had not even gotten to the hard part which took us up and over the bridges. I was doing okay, grabbing water when I could get it off the table. There were fewer people at the aid stations which meant the ones there were working their butts off trying to keep cups on the table. As I got to the second lap the crowds got bigger and the ability to grab and go some fluids was nearly impossible without stopping and reaching in. By the time I got to mile 10 and nearing the bridges again my pace had slowed to 8:45, I was really disappointed but it is what it is and I kept moving forward. Up the wooden foot bridge and I was less than a mile to the finish, it is always nice to make the left turn to the finish instead of the right turn for another lap. As I am running downhill I see other participants just a ½ mile into their run and I thought to myself how hot it was going to be for them. I get to the finish line and look for my daughter and she tells me I am in 2nd place. I know its too soon to celebrate but after a few minutes I hear Robert Taylor's name called and I feel that 2nd place is mine.

The swim was okay but it being longer than usual messed up my race. I guess it's a bit of payback when the swim was shorted a few years ago and I got 1st place by 15 seconds over another guy who was definitely a better swimmer. Maybe I would have been first this time if the swim had been shorter but who knows, I won't take anything away from PJ Arling (1st place), he had a good run as well so it may have been the same outcome. I have never been 2nd, I had a couple of 1st places and a bunch of 4th's and 5th's so I am thankful that I have the ability to even be there for a podium spot. I qualified for the 70.3 World Championships in St George, Utah, I really had to think about this one since I was already signed up for the Augusta 70.3 which is just one week after St George. Laura pointed out that there would be a problem getting my bike back from St George unless I carried it myself so there was no way I wanted to worry about the logistics of that and wonder if I could even be in

shape for Augusta in just one week. So, I accepted my slot to the 70.3 WC and will try to defer Augusta to next year. I have qualified for the 70.3 WC each of the last 6 years but was never able to go due to the travel distance or in the case of 2017 when Hurricane Irma hit Tampa and I couldn't leave home. I am not sure how well I will do but being able to race against the best of the best in my age group will surely figure that out for me.

BIB 708
NAME Richard Jansik
CATEGORY M60-64
RANK 188
GENDER PLACE 163
CAT. PLACE 2
SWIM 00:37:37
BIKE 02:26:17
RUN 01:54:15
FINISH 05:05:45.0



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Training Tip - Broken 300's Swim Workout

If you want to improve your speed at longer swim distances, broken sets are a good way to do that. Here's a workout to try.

Start with a warm-up of 500 yards (or meters). As I always say, during the warm up you should focus on your biomechanics and technique. Make sure you're efficient with the five elements of the arm stroke, the kick, and your breathing.

After the warm-up, do the following workout:

4 x 50 at a solid but controlled speed - 8 out of 10 effort (Perceived Exertion)
Next, 2 x 100 at a Perceived Exertion of 8.

Main set:

4 x 300 broken, as follows. Swim the first 250 at Perceived Exertion of 9; stay in control but a little bit out of your comfort zone. After the 250, take a very brief and incomplete rest interval of 10 seconds and then swim the last 50 at a P.E. of 9.5 to 10 - all out. Rest interval between sets is 60 seconds. Repeat for total of four sets.

Cool down 500 with alternate strokes, free, breast, and back stroke

Total workout = 2600 yards.

As you get stronger, you can increase the workout to broken 400's and 500's.

Train smart. Race fast.

Frank Adornato





Surviving and Prevailing in Open Water

DAN EMPFIELD

Mon Jun 21 2021 Slowtwitch.com

Here is what a Slowtwitcher wrote on our Reader Forum recently:

“I started swimming freestyle a few years back having never really learned as a child so it is all still a bit unnatural and new to me. I'm able to swim 750-meters-plus in a pool nonstop (not particularly fast but can do it) but seem to get a barrier to swimming nonstop in an open water environment and have to stop after 100 or 200 meters and breast stroke for a minute, compose myself, and start again.”

People get themselves in trouble when they panic, and they panic when their counterfactual fears overwhelm all their accumulated knowledge, and their demonstrated competence.

Let's list some of those fears, see if we can dismantle the scaffolding that upholds our fears, and once we've dealt with our fears let's talk about how to make the open water a joyous place and a strategically advantageous race environment.

I can't see the bottom!

This might seem trivial to you, but a lot of AOS (Adult Onset Swimmers), and even those who came to triathlon as pool swimmers, discover only during a race that this is the first time they haven't seen the bottom. I can't imagine being troubled by the inability to see the bottom during a race. But I've been unable to see what's below me for 55 years, so, that disorientation caused by not knowing what's beneath you is foreign even to my imagination. But if this describes you, know this: it's abated by acclimation. As you spend time in the open water, you become inured to this.

I can't believe I'm this far from safety!

The race may also be the first time you've been more than 12 and-a-half yards from dry land. I could imagine it's a little freaky to stop swimming, look back at the shore, and see it so.... far... away! In fact, in most races

you're almost never more than a few minutes swimming from shore. You can tread water, or float on your back, for many hours. You have proven to yourself in the pool that, muscularly, you can easily swim for well over an hour. You've developed a skill resume that amply demonstrates that you are in no danger when you're a few hundred yards from shore, but having that knowledge in your conscious brain does not always translate to the fear that sits down on your brain stem. So... this is another case where acclimation inoculates you from the brain stem fears that might pop up during a swim.

It's bumpy out here!

Open water is also the only time you're likely to experience swells or bumpy water – you're not going to get choppy water in a pool with lane lines. I've been in the open water thousands of times, and that includes very choppy water. I've never encountered chop that a reasonably executed freestyle stroke can't handle.

There are sea creatures!

Yes. Land creatures too! If you go running or mountain biking in the woods there are mountain lions. However, the rate at which nature revolts is infinitesimally small, so as to approach zero. I could go through the statistics, but you know them. This is part of that calculus, where you need to make a decision. I've spoken to many people who know their fears are irrational, yet choose to remain imprisoned by them. I can't help you with this. I can only tell you that I chose to explore the wild and beautiful places – both on and off shore – and the wager has paid off for me.

That water is cold! If you are in a competition pool heated to a competition temperature, you're swimming in 79° F water. You're probably swimming in 81° to 83° water because most community pools serve a number of needs, which include water therapy, water yoga, recreational swim and the like, and low-80s is the détente that all community pool swimmers uneasily agree to live with. I swam an open water race last week, and the water was 61°. Did it bother me? No. But it was nothing like the pool I swim in. It can be unnerving to immerse yourself in very different water than what you're used to, if that experience is new to you.

That water tastes funny! You know when you go to someone's house for a visit, and that house smells different than yours? In fact, your house doesn't have a smell. To you! But it does to others. Pool water has a taste, you just don't know what that taste is, because it's like your home – that taste is the neutral taste that you can't perceive. Open water is like someone else's home. When I did that open water race I refer to just above, it was in the ocean and I could smell the brine, and the mussels attached to pier pylons. When I was younger, growing up in Huntington Beach, California, one could taste the oil in the water, from time to time. (Less so now.) Rivers and lakes have their tastes, and when you swim open water all your senses – texture, taste, smell, sight, and even sound – are triggered.

Equipping yourself

The thing about life rafts, as long as they hold air they are pretty much impossible to sink. You can place a human in a life raft in the middle of a squall and there is almost no danger. You are like that life raft. It is almost impossible to sink a human, if that human has even just basic open water familiarity. You have the capacity to endure tides, swells, chop, and a significant distance from shore. But you are actually more than a life raft. As inflatable boats go, you're more like a Zodiac. It almost doesn't matter how angry the sea, human swimmers have the capacity not just to survive and prevail, but they have a pretty decent propulsion system.

Of course all that is cognitive. It's hard to abate the brain-stemmy fears with classroom education. Irrational fear is fear nevertheless. If you're not made eager, but fearful, of the majesty and enormity of open water, what can you do?

First, of course, is to (as they say) dip your toe in the water. Just, in this case the open water (assuming you're able to swim a decent distance, with decent competence, in the pool). You will solve a lot of the line item fears above just by getting in the open water and swimming. If you live in an area populated by triathletes, there are probably open water swim sessions proximate to you. You will need to ask around. Ask members of the local triathlon club. Call up local race directors. Just keep calling and asking. Or place a post on our Reader Forum, tell us where you're at, and ask.

The wall is a rest:

Every 25 yards or 25 meters or 50 meters you get a rest. You may not think so, but, every time you stop, touch the wall, and go, that's a little bit of a rest for your arms, and that's the case even if you're turning as fast as you can. This is why it's good practice to learn how to flip turn (even if you turn badly, and you certainly will for a while.) Even when you flip turn you do get a little bit of a break from pulling water, but the break is shorter than if you "open" turn (or else good swimmers wouldn't flip turn), and that muscular break is offset by the hypoxic nature of the flip turn. Accordingly, at some point, you'll want to suck it up and learn this skill.

Learn to sight: Practice sighting when you swim. I look up once every 12 or 15 strokes, unless I'm attached to some fast swimmer's feet (drafting him or her), in which case maybe now it's once every 50 strokes. Learn to sight without breaking your stroke cadence.

Think about your goggles: Triathlons take place in the morning, and you may find yourself looking right into the rising sun during your swim. My favorite lens for almost all conditions is ROKA's Dark Amber. However, You may want to consider something like a Light Amber to have in your swim bag, in case you're on a low-light condition. June Gloom out on the Pacific Coast? In the early morning? No rising sun to consider? Light Amber. But if it's very bright, Dark Amber.

Fix your pull to the right (left): You won't know if your swim stroke arcs you to the right or left until you swim in open water. That line at the bottom of the pool keeps you straight. If you arc to one side when you swim in the open water, it is almost certainly going to be the side you breathe on. We'll have plenty to write about soon on how to fix that.

Spectate the tides and currents; ask the lifeguards: Here is what I pray for when I race: huge waves, big side currents, rip currents. Anything that freaks out my competitors; or that take my competitors by surprise because they just haven't thought to notice or to ask. We hear about the "deadly rip currents" that occur at the beach. Why are they deadly? Because they sweep riders out to sea. That open water race I did last week, I was one of the few people to recognize and swim directly out through a rip current. It was like swimming on one of those people movers that take you from

terminal to terminal in an airport. If there's a side current, fine, then it becomes a geometry problem. If you look at the ocean (or river), look at whether the foam on the surface is moving, ask the local lifeguards, then challenging conditions became things you want, not a thing you avoid.

When racing

In a race, start at the side: I don't know about you, but I find mud wrestling and open water swimming incompatible activities, when engaged in simultaneously. The easiest way to make sure you don't find yourself in a group mud-wrestle in the middle of the swim is to not be in the middle of the swim. Start at the edge of the swim. I'm a pretty good swimmer, and that's what I do. If you're watching the track & field Olympic Trials (in any country) what you're likely to see is a mad sprint for the first 100 meters, regardless of distance, from 1,500 meters to 10,000 meters. For some reason these athletes consider it really important to get into the right spot right away, and then they settle into their actual, real pace. It's just like that in an open water swim. Even if you're faster than 90 percent of the swimmers in a wave, 50 percent of those swimmers will swim faster than you want to over the first 200 meters, and that means it'll be a scrum. Just swim to the side of that scrum before you slot into a stream of swimmers as that blob becomes a thin line. Best, if you can, to have that blob visible to you, so, I generally prefer to line up on the right edge of the start line, because I'm a left-side breather.

Become a competent tactical breather: Okay, this is advanced. But it's not physically hard. It doesn't take athleticism you don't have. What I'm talking about is the ability to take consecutive breaths. I [write about this here](#), and will write about it again soon. As with flip turns, it's just a case of practice. I find that the capacity to breathe on both sides, and to not only breathe on the unnatural side, but to take a consecutive breath, greatly opens up my capacity to prevail in the open water. This is a big deal when you're around other swimmers, because you're going to lose a breath now and then, and the ability just to take an immediate breath on the other side is huge. You'll also find that it's convenient to breathe on both sides when there's a swell or a chop that hits you on your normal breathing side; and

when you need to sight other swimmers, to make sure you're not swimming to Easter Island while everyone else is making for the orange buoy.

Warm up: Unless it's just not possible, I do a nice long warm up in the water before I race. If it's not possible, I do some sort of warm up on land, to get my heart going. During the warm up, if you swim back the way you swim out, then I swim out and stop and look back at the finish, so that I can see what it is I'm sighting as I'm swimming toward the finish.

Every swimmer is either better or worse in the open water swimmer than he or she swims in the pool. Which will you be? A lot of that is just a decision you make and at the risk of sounding annoyingly new age, you almost just need to speak it into existence. Making friends with open water, getting to know it, is a decision before it is anything else. The cognitive you must demonstrate to the guttural, reflexive you that the open water is not a threat, and you do that by engaging the open water in a safe environment, with others, not biting off more than you can chew. Once your fears abate, or become manageable, once you feel that you belong in the open water, then you're not on the defensive. You can begin to control the process. You can learn to navigate the surf; to draft swimmers in the open water; to use currents to your advantage.

Yoga for Mad Dog Triathletes

5:30-6:00pm
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and throughout the
summer.

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warmup and ask questions
about how yoga can help
you take the breaks off
those tight muscles.

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