



THE FINISH LINE



Mike (Gator) Deacy with 2nd place finisher at the Lucky's Lake Swim

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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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Editor's Column

This month I turned 75, metaphorically rounding third base in the game of life. If you permit me, a few reflections are in order. I remember my first exposure to the St. Pete Mad Dogs Triathlon Club. Gail and I, in our second year of triathlon, decided to sign up for Ironman Austria on the advice of some friends. During race preparation we saw some participants wearing T-shirts saying, "If you can't race with Mad Dogs stay on the porch and don't bark." We inquired into their attire and were indoctrinated on the spot. Returning home to Virginia, we decided to

(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. 7:50 slower ride..	Recovery Day
TUESDAY	6:30-8 pm. Northshore Pool. Coach Joe Biondi \$9.00 fee	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. (During Daylight Savings Time)	8 am. From USFSP 16 miles 20-21 mph. 7:50 slower ride..	7:30 am. Bayway Bridge Repeats. Meet at Sun Blvd & Pinellas Bayway at Addicted to the Bean coffee shop. All paces and distances
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. 8 am. 3 bridges ride, meet at 30th Ave N and Pinellas Trail, 35 miles	Recovery Day
FRIDAY	8 am. Group swim, Caddy's on the beach, Treasure Island	8 am. From USFSP 16 miles 20-21 mph. 7:50 slower ride..	
SATURDAY		8:30 am. From Northshore Pool. Rides staged by speed: 16-18MPH, 20MPH, 22 MPH, 24 MPH +	

TRAINING CALENDAR

	SWIM	BIKE	RUN		
SUNDAY		<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>Ft De Soto 8:00, all paces, 20 miles</p>	<p>8 am Ft De Soto: Following the bike ride a 4-mile run</p>		

NOVEMBER BIRTHDAYS



Gabi Lohman's first birthday. Woof, woof.

Todd Bibza	1st
Carrie Hanley	1st
Stephen Kovac	5th
Mark Herlyn	7th
Paul Thibault	7th
Mike Hood	8th
Zeina Abdo	14th
Carol Jean Vosburgh	15th
Brian Kelly	18th
Karen B. Smith	18th
Michael Deacy	29th
Art Singleton	30th

WELCOME NEW MAD DOGS!

#3934 - Mark Herlyn	St. Petersburg
#3935 - Colleen Murray	Largo
#3936 - Michael Simon	St. Petersburg
#3937 - John Rafter	Highlands, NJ

Editor's Comments continued:

to join the club remotely. Sixteen years later we decided to retire in St. Pete for closer association. We never regretted the decision. We got to know Kathy and Rue Morgan, the founders, and enjoyed the leadership of Jack Shuten and our current President, John Hollenhorst. Our thanks to these leaders for carrying the torch forward as the club evolved. Participating in the sport for 22 years now, I have become convinced that standing on the podium is less important than the deep friendships we forge in the sport. You will be remembered not for your victories but for the love and support you have shown for others.

Mad Dogs Rule,
Chuck Lohman, Editor

UPCOMING RACES



6 Nov - IM Florida
Panama City Beach, FL
Iron Distance
www.ironman.com



4-5 Dec - Challenge Daytona
Daytona Beach, FL
Sprint & Olympic Tri/Du
www.challenge-daytona.com



14 Nov - Miamiman Triathlon
Miami, FL
Half/Olympic Tri,Du,AB
www.runsignup.com



4 Dec - Key West Triathlon
Key West, FL
Multiple Events - Sprint/Olymp
www.trikw.com



20 Nov - Suncoast
Fort DeSoto, FL
Olympic/Sprint Tri,Du,AB
www.runsignup.com



12 Dec - IM 70.3 Florida
Haines City, FL
Half Iron Distance
www.ironman.com

MAD DOG NEWS

Congratulations to Steve (Lean Machine) Shelton on finishing his first Ironman at IM Indiana! Congrats also to Mad Dog Tom Kennedy for finishing yet another Ironman race there. I've lost count, however, of his current total! Jessica Bibza placed 3rd, and Adriana Anderson placed 5th in their respective age groups.

Jill Voorhies won her age group at IM 70.3 Memphis! On to St. George for 70.3 Worlds next year!

Congrats to (future) Mad Dog Jaromir Szurlej who ran 2:55 at the Boston Marathon.

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.

IM Indiana - 2 Oct

3rd Place -

Jessica Bibza
Gail Norman

Finishers -

Tom Kennedy
Steve (Lean Machine) Shelton

IM 70.3 Memphis - 2 Oct

1st Place -

Jill Voorhis

Finishers -

Stuart Cohen
David Longacre

IM Chattanooga - 2 Oct

5th Place -

Adriana Anderson

Chicago Marathon - 10 Oct

Finisher -

Steve (Lean Machine) Shelton

IM Waco - 23 Oct

Finishers -

Adriana Anderson
Andres Marte

MAD DOG PICTURES

Sand Key Tri pictures from Pam Hollenhorst



Rosie Ray, Karen Allman and Paula Vieillet



Kim Case



John Hollenhorst with Rosie Ray



Lenny Aron with John



Keith Haddad, John, Lenny and Pam Hollenhorst



Andy Aquabike Meng

MAD DOG PICTURES

Vince Pellegri First 70.3 at Augusta



Colleen Murray @ Sand Key Tri



Ron Young and Curly Curlyirish



Brad Kirley @ IM 70.3 Worlds



John Hollenhorst and Keith Haddad @ Sand Key 11

MAD DOG PICTURES



Mad Dog Jessica Parish (2nd from R) leads a Sunday ride in Paradise.



Steve (Lean Machine) Shelton finishing his first Ironman at Indiana



Jessica Bibza at IM Indiana swim



Rose Doyle posing with a friendly Grizzly Bear

MAD DOG PICTURES



New Mad Dog Michael Simon



Adriana Anderson at Ironman Chattanooga, her 24th Ironman race!



David Longacre and Jill Voorhis carbo loading



Steve (Lean Machine) Shelton finishing the Chicago Marathon in Mad Dog gear

MAD DOG PICTURES



Steve Shelton and Terry Ellis at the Chicago Marathon



Mike (Gator) Daecy with 2nd place finisher at the Lucky's Lake Swim



Jarek's finisher medal at Boston



New tat for Steve (Lean Machine) Shelton



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A man in a blue t-shirt and black shorts is running on a treadmill. The treadmill is positioned inside a large, black, cylindrical cryotherapy chamber. The man is looking forward, and his motion is captured with a slight blur, suggesting he is in motion. The background is a plain, light-colored wall.

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Adriana Anderson's IM Chattanooga Race Report

Ironman #24 is in the books

! What an epic day and a hard fought finish!



After a great swim and strong bike I had some painful blisters on the run!



Since I signed up for this race in June, I am super happy with how it turned out! I stayed in the zone, gave it my all and finished with a smile.



This medal was well-earned guys! Thank you to @mattanderson7075 for the unconditional support, my parents, kiddos, family, coaches and all of you my super friends for the amazing notes and support! Love you all!



Training Tip - 6 Things to Focus on in the Off-Season.

In the triathlon off-season (around November through February), there are none or very few triathlons. You may not be racing but there are still some things to focus on to stay in shape and improve your overall fitness. Use this time to build muscle, improve mobility, body balance, and strength. All of this will help you become a better overall athlete.

Here are six specific things to focus on so you'll be stronger, fitter and faster next race season.

1. Get some well deserved rest. Take some time off, and additionally consider reducing your weekly workout schedule to four or five days a week instead of six. You've no doubt pushed your body hard for many months, and some rest and recovery will definitely reap benefits next season.
2. When you do swim, bike and run, focus on technique and body mechanics. Now is not the time to do high intensity efforts. Lower heart rate work will improve your aerobic capacity, i.e., your body's ability to optimally utilize oxygen as an energy source.
3. Hit the gym and do strength work. You should have been working on strength year round, but if you haven't, this is the time to do it. In general work to improve muscle tone and strength, not muscle bulk. And if you have a weak muscle group or a body imbalance, work to correct that.
4. Work on your flexibility, mobility and balance. Yoga and Pilates are two excellent options.
5. Consider non-triathlon sports such as gravel biking, skating, or if you live in or visit colder climates, try snow shoeing or cross country skiing. Different sports use different muscle groups. Mix it up a bit and have some fun with it.
6. Monitor your calorie intake. You're exercising less and burning fewer calories. You don't want to put on unwanted pounds.

Using the off-season wisely will make you a healthier athlete and a better competitor next race season.

Train smart. Race fast.

Fran Adornato



Introducing the Budget Challenge Series

RYAN HEISLER

Wed Oct 06 2021 Slowtwitch

We know that there are many barriers to entering triathlon. There's temporal barriers, socioeconomic barriers, physical limitations (hello, learning to swim), and more. It's why triathlon skews heavily towards the white male athlete in the 35 to 54 age bracket.

So we're here to try and break down one of those barriers: cost. As an industry, we tend to focus on the latest and greatest -- particularly on the bike, but for swim and run gear as well. We have a perception issue on distance being a measure for success. How many times have you heard from athletes who've been racing for a while that "I'm only doing a half Ironman this year"? Or from non-racers asking "have you done that race in Hawaii?"

In this series, we'll be looking for the deals: underrated events that you should target that have great price points, as well as new or used equipment that is worthy for a few years of use and can grow with you if you're deciding to hang out in the sport for a while. With this installment, I wanted to focus on a distance that I think is the most difficult to execute properly in triathlon for the established athlete, and also tends to be a gateway into the sport for those coming to triathlon with an athletic background: the Olympic distance triathlon.

I also wanted to focus on an all-in budget of \$3,000. Why this number? Because that's what our industry has decided would be the number you'll spend for an "entry-level" new triathlon bike. So if we can spend our pennies wisely, we should be able to get everything we need *and* a race entry for that number. Let's get cracking.

The Gear Needed

--Race Entry

- Swim Goggles
- Swim Suit (for practice)
- Tri Suit
- Helmet
- Sunglasses
- Bike
- Socks
- Bike Shoes and Pedals
- Race Number Belt
- Run Shoes

RACE ENTRY: CRANBERRY TRIATHLON FESTIVAL

New England is somewhat spoiled with a few long-standing independent events -- just to name a few, you have the Pumpkinman Triathlon Festival, the Pat Griskus Olympic and Sprint Triathlons, Lobsterman and the Boston Triathlon by the ethos team, and Rev3 being back in New England. However, the one New England race producer that does a better job at welcoming newcomers to the sport than anybody is Mark Walter and the team at Sun Multisport Events.

[His race at Cranberry](#) has everything you could ask for for a beginner: a swim in a warm, protected lake (which also helps the budget, because you very much do not need a wetsuit for this race); a non-technical bike course; a mildly rolling run; and a massive post-race celebration in non-COVID times. There's a good reason why athletes with dozens of races under their belt carve our space on their race calendar to race Cranberry. It's just that good of a race. And at \$129 for your registration, it's a deal in a market where prices can often be in the \$150 to \$200 range.

SWIM GOGGLES: SPEEDO VANQUISHER 2.0

I'm a big fan of nothing new on race day. That means for swim races, training, and for triathlons, I like to have the same goggle on. I also am a firm believer that if you're going to improve in a triathlon swim, you need to think a little bit like a swimmer. To that end, I really like [the Vanquisher 2.0](#).

You can get it in hundreds of different colors or google tints, and it is slightly more forgiving on the face than a pair of Swedes. At \$18.99, they also don't break the bank like a lot of the "open water specific" or polarized sets do.

SWIM SUIT: DOLFIN GRAB BAG JAMMER

We've all seen the triathlete at the pool who is wearing their tri kit or shorts to the pool. Obviously don't assume that they don't know better; after all, someone might be testing their kit out to see if it works during the swim. But, if after striking up a conversation, you discover they are new to the sport and are only swimming in their tri kits, do them a favor: send them to SwimOutlet, pick and of the grab bags, and go. All of my training suits [come out of the Grab Bags](#). I find Dolfin to be the most comfortable for newer athletes, as their waist sizing is slightly more traditional as opposed to the "swim four sizes smaller than your pants sizing" that you might go for a competition suit. And, again, it's inexpensive comparatively at \$13.95 to \$22.

TRI SUIT: DE SOTO MOBIUS TRI SUIT

When I first got into triathlon, I remember thinking that one-piece tri suits were a terrible idea. And it wasn't until I'd been in the sport for a couple of years before I got my first pair of bib shorts, and it was a complete revelation -- if it's comfortable for a pair of cycling shorts, why wouldn't it be comfortable for my triathlon kit, too? I've almost exclusively raced in a one-piece suit since. [De Soto's Mobius](#) gets the nod here for having a decent fleece pad, compression where you want it, and comfortable sizing for a variety of athletes. At \$130, it also costs what you can often wind up spending just for a pair of shorts these days.

HELMET: GIRO ISODE MIPS

Head protection is critical. Obviously, you aren't allowed to race without a helmet. But considering that you're going to be doing a fair amount of training out on the roads (as, for this exercise, we're not buying a trainer nor a subscription to Zwift), let's do one better. Although the jury remains out as to whether or not MIPS provides value at preventing concussions and other traumatic brain injuries, we'll err on the side of caution and go for a helmet with it. [The Isode offers MIPS](#), good ventilation, and a relatively lightweight, all in a sub-\$60 package.

SUNGLASSES: GOODR BFGS

\$35 for polarized sunglasses? Sign me up. Goodr's exploded onto the inexpensive sunglasses scene 6 years ago, and continues to innovate their product line. For those of us with massive heads -or- for those folks who simply like a larger glasses style, [the BFGS offer classic Goodr looks](#) and an improved fit. Having worn Goodr's to my 70.3 PR, they're fine for most triathlon courses; they're good to block the wind and keep up to about 40 MPH.

BIKE: SCOTT PLASMA 20

Now, I know what you're thinking: "It's your first triathlon. Why are you buying a triathlon bike?"

Here's the assumption I made in the course of writing this article: that you're committed to trying triathlon for more than just one event, but you want to do it on a budget. And if that's the case, you're going to want the best tool for the job that you can afford.

I have always been more comfortable in some type of aero position on board a bike than anywhere else. Even on my drop-bar bikes, I'll still gravitate towards putting the forearms on the bars (unless I am in a pace line, I don't have a death wish). This is more true now, as my thoracic vertebrae aren't shaped properly anymore thanks to three fractures seven years ago. Aero it is.

In my mind, then, if you're looking to enter the sport on a budget and you want a triathlon bike, you go for a used bike. And if you want a used bike that has been treated well, you have two options: either the [Slowtwitch Forums](#), or you go to [The Pro's Closet](#). And if you're truly new to the sport, you should probably go with The Pro's Closet.

When I undertook this assignment, there were almost 200 different triathlon bikes to choose from, all ranging from \$1,200 up to \$8,500. Any budget can be met. Additionally, all bikes undergo a thorough inspection and are rated off of the condition of the drivetrain, frame and more. There's a 30-day

return window. There's even pricing guaranteed on certain bikes for what the trade-in value will be a year after purchase, in case you decide you want to upgrade again. It makes a used purchase truly hassle-free.

Obviously, there are some drawbacks: it's tough to get fit for a used bike purchase. I know my fit numbers, but that's only through years of experience. You may need to build in pricing to get a fitting before you go through this route. (If that's the case, I recommend Dave Luscan, who offers virtual fittings.) But assuming you know what you're looking for, this is a great option.

With that in mind, I went hunting for a narrow-tall bike; my limiter is always reach. The Scott Plasma has always been a favorite bike of mine, whether in top-line spec or in the more pedestrian versions. This one came with a Profile Design cockpit and a reliable Shimano drivetrain with Ultegra cranks and 105 derailleurs. Yes, folks. 105. It's more than enough. And at \$1800, an absolute bargain for a great bike. In fact, it was such a deal I wound up keeping the bike after the review, trading in a bike to keep the Plasma.

SOCKS: SWIFTWICK ASPIRE

[Simple. Thin. Made in America. \\$15.](#) What more could you want?

BIKE SHOES AND PEDALS: SHIMANO SH-IC1 SHOES AND RS500 PEDALS

One of the things I hear from new athletes all of the time is the shock that pedals aren't included with their new bike purchase. To be honest, I was one of those people; when I bought my first "real" bike in 2011, I was amazed I needed to spend a bunch more money on pedals.

Little did I know that the shop only carried Ultegra and Dura-Ace pedals, and I could have opted for something far less expensive than that. The RS500 gives you the same SPD-SL set-up at a much friendlier pricepoint. As for shoes, I also went for Shimano -- the IC1 is technically an indoor cycling shoe, but the mesh upper and single-strap will also work for triathlon. That mesh upper should also make it more accommodating to wider feet, something that can be a challenge at lower pricepoints.

Combined, you're looking at \$165 for both the shoes and the pedals.

RACE NUMBER BELT: ORCA RACE BELT

Some may argue the necessity of this. I am of the mindset that if you're spending more than \$40 on any article of clothing, you shouldn't be safety pinning a bib through it. Not when you can spend all of \$10 on one of these and save your stuff.

RUN SHOES: SAUCONY KINVARA 12

Last but not least, we're going with a non-super shoe that feels great for both everyday running and still feels light and responsive when you decide to race in it. [The Kinvara kickstarted a revolution in 2008](#), bringing us from minimalism to a cushioned but low offset running experience. Many brands can trace their existence today to what the Kinvara helped bring to the table. The current iteration may not be the darling of races anymore (that's what the Endorphin line-up is for) but it's still a great option that is nearly \$100 less than the current generation of carbon-plated footwear.

TOTAL SPEND: \$2,477

The above total includes some mild rounding up of prices to the nearest dollar. But that still leaves us with over \$500 remaining in your budget. It means you could try a race, discover you love it, and decide that maybe you do want a wetsuit. Or maybe you want to just race a bunch more and enter a few more events. Or get a coach for a couple of months, or...

The choice is yours.



Thanks to efforts of Mad Dog Mike Kelly, the Mad Dogs have a new sponsor - VO2 Max Cycles in San Antonio, FL. The owner, Pierre Beaulieu, is offering Club Members a 15% discount on purchases (there may be a few exceptions, like items already on sale). VO2 Max cycles is located at 32755 Pennsylvania Ave. San Antonio, FL 33575. Phone is (352) 534-0888. Web site is www.vo2maxcycles.com. The shop is closed Sunday and Monday. Next time you are riding "them thar hills" up I75, drop by and check them out.

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 7:30 AM FROM ADDICTED TO THE BEAN. RUN AT YOUR OWN PACE. STICK AROUND AFTER THE RUN FOR COFFEE.



Racing in the Age of COVID: Be Flexible

RYAN HEISLER

www.slowtwitch.com

Wed Sep 29 2021

We're now entering month 19 of the COVID-19 pandemic. If you told me in March 2020 that we'd still be seeing large-scale events shutdown at this point, such as the [Marine Corps Marathon](#) going virtual for the second consecutive year, I would have eaten my hat. (If you follow me on Twitter, you know I've gotten very good at this over the last eight weeks.)

But here we are. Races are still having permits pulled at the last minute. IRONMAN drew much scorn for condensing the IRONMAN 70.3 World Championships in St. George down to a single day and not offering impacted female athletes, whose race date had changed from Friday to Saturday, any recourse. My wife and I just completed putting on our first in-person race in two years this past weekend, and admittedly, some of those RD skills were a little rusty. That all being said, there's a bunch of lessons for athletes and fellow race directors alike.

Race and Produce Locally

This should be the age of grassroots events. Smaller races should be thriving -- after all, it is easier to get permitting done during a pandemic when you're talking about 250-500 people instead of 2,500-5,000.

Our half marathon is roughly two hours from our house, but it was truly local to us when we lived in Connecticut. And it helps support small businesses and charities within the borders of the state. We drew more than 75% of the registered field from less than 50 miles of the race site. By emphasizing the local feel, it helps fill your field.

A Note on Travel

If you're going to travel for a race -- whether that's 100 or 1,000 or 10,000 miles from home -- you need to book refundable travel. Look no further than what happened in St. George -- with 4 weeks to go, IRONMAN had to

condense the event down to a single-day. There was a vocal outcry from many women who had planned to race on Friday and fly out midday Saturday. This was, obviously, no longer an option. And if you booked non-refundable plane tickets, it was time to pay for significant re-booking fees. And hotels. And rental cars...

Now, look. I'm not going to fault IRONMAN for condensing the race to a single day, nor am I going to fault them for condensing down to Saturday (good luck convincing your host community that they should have everything shut down on a weekday). Some of this lies with the athlete's responsibility. That being said, I also think that IRONMAN should have shown some form of consideration to athletes impacted, especially with 70.3 Worlds returning to St. George the following year.

But the point stands: refundable hotel rooms. Choose airlines without rebooking fees. The situation remains too fluid to be able to completely commit to anything.

Choose Your Races Wisely

If you are gung-ho about racing right now, you need to choose your events wisely. Certain locations in the United States are far more likely to permit large events than others. I would not at all be surprised, for instance, for the Boston Marathon be forced to pivot to all virtual like Marine Corps just did. But I would expect any event in Florida to go forward.

In that case, then, you need to pick out a location where you are sure an event will go off, or you need to find a race producer that offers the degree of flexibility you seek. Although IRONMAN has allowed most athletes to defer or transfer when an event is cancelled due to events out of their control, there haven't been refunds. If that's a solution you seek, [CLASH Endurance](#) and their events offer a money-back guarantee if their events are cancelled due to the pandemic.

And Lastly, Don't Be a Dick

This really should go without saying. Unfortunately, though, both athletes and race directors alike probably need to hear it again.

Athletes -- race directors are trying. Yelling at volunteers or race staff because the race is sold out, or because the post-race food isn't the same as it always was, is not going to get you anything. And you're the one who is going to look like an asshole.

Race Directors -- your athletes are your customers. Although the customer is not always right, remember that people have many choices when it comes to events. You can't always find new people to replace your current customer base. Be flexible. We offered a no questions asked "if exposed to COVID in the two weeks before the race, receive a deferral to 2022." We still made money on the event. You can do this.

Happy racing, everybody.