



THE FINISH LINE



**New Mad Dog
Treasurer
Michael Oertle
and his wife,
Christine.**

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**Anyone willing to volunteer for
St. Anthony's Tri aid station on
May 1st please email team
leaders Steve Shelton and Terry
Ellis at: fsuguy29@yahoo.com.**



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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:

stpetemaddogstriathlonclub.wildapricot.org
Articles, or photos may be submitted to chuck.lohman@yahoo.com. Items should be sent by the 15th of the month preceding the issue.

Advertising checks should be mailed to: St Pete Mad Dog Triathlon Club, P.O. Box 635 St Petersburg, FL 33731-0635. Please make check payable to St Pete Mad Dogs.

ST. PETE MAD DOGS BOARD OF DIRECTORS

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Editor's Column

As far as racing goes, March was a pretty quiet month. April, however, will be a different story. April 2nd features an earlier than normal Escape from Ft. DeSoto. Since the Gulf waters are still cool, this will almost surely be a wetsuit legal swim. For the rest of the month, Wednesday night Mad Dog swims become very popular as prep for St. Anthony's on May 1st. For new racers, don't miss Frank Adornato's open water swim clinic at the next Wednesday swim for helpful hints on positioning at the start and avoiding melees.

(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. 14.5 miles 20-21 mph. 7:50 slower ride..	6 pm. From Northshore Pool Parking Lot (16 miles) St Pete Road Runners
TUESDAY		8 am. From USFSP 14.5 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, Pass-a-Grille.	8 am. From USFSP 14.5 miles 20-21 mph. 7:50 slower ride..	7:30 am. Bayway Bridge Repeats. Meet at Addicted to the Bean, Pinellas Bayway. Various distances and paces.
THURSDAY	5:30 - 7:00 AM St. Pete Beach Aquatics Club coached by Leo Briceno -fee	3 Bridges Ride, 8:00 30th Ave N and Pinellas Trail, 36 miles	
FRIDAY	8 am. Caddy's on the Beach, Treasure Island, coffee afterward at Yost's	8 am. From USFSP 16 miles 20-21 mph. 7:50 slower ride..	6:30 AM From Fit4Life 75th Ave. St. Pete Beach SPRR
SATURDAY		8:30 am. From Northshore Pool. Rides staged by speed: 16-18MPH, 20MPH, 22 MPH, 24 MPH +	

TRAINING CALENDAR

SUNDAY	SWIM	BIKE	RUN		
		8:30 am. Advanced ride. From St. Pete Library 9th Ave N & 37 St.	6:30 AM Long run alternating from Hurley Park PAG and Northshore Pool. SP Road Runners		
		Ft De Soto 8:00, all paces, 20 miles Mad Dogs	Following the bike ride a 4-mile run Mad Dogs		

APRIL BIRTHDAYS



Gabi Lohman's second birthday. Woof, woof.

Markus Mittermayr	4th
Joel Blakeman	6th
Luke Galloway	6th
Dave Proffitt	6th
David Beshears	7th
Noah Vallant	12th
Winston Allen	13th
Mark Danzi	18th
Bill Kolar	23rd
Rose Marie Ray	26th
Michael Oertle	27th

WELCOME NEW MAD DOGS!

MD # 3951 - Bryant Holmes

MD # 3952 - Paul Andrews

MD # 3953 - Paul Zicuis

MD # 3954 - Rose Lemahieu

MD # 3955 - Mark Danzi

- Fayetteville, NC

- St. Petersburg

- Valrico, FL

- St. Pete Beach

- Tampa

Editor's Comments continued:

Steve Shelton, as mentioned on the cover, is still looking for volunteers at the Mad Dog waterstop located near the Northshore Pool. Your help is critically needed. Volunteers are also invited to join us at the post-St. Anthony's party, one of the yearly highlights of our calendar. **Any Mad Dog whose membership has lapsed is reminded to renew since this is an entrance requirement.** Race participants are reminded that our club tent will be located on the run path just North of Northshore Pool. Families and Dogs who are not racing are invited to hang out there!

Last note: John Hollenhorst will be publishing a notice in the near future for any Mad Dogs interested in a position on the Board of Directors.

Mad Dogs Rule,
Chuck Lohman, Editor

UPCOMING RACES



2 Apr - Alpha Win Triathlon
Ocklawaha, FL
Sprint/Olympic/Half Iron
www.alpha.win/event



7 May - IM 70.3 Gulf Coast
Panama City Beach, FL
Half Iron Distance
www.ironman.com



2 Apr - Escape from Ft DeSoto
Ft. Desoto Park, FL
Sprint
www.runsSignup.com



21 May - Game On Suncoast
Ft. Desoto Park, FL
Olympic/Sprint/Tri/DU/AB
www.runsSignup.com



30 Apr - Meek & Mighty Tri
St. Petersburg, FL
Sprint
www.satriathlon.com



22 May - Dunedin Rotary Tri
Dunedin, FL
Sprint/DU/AB
www.runsSignup.com



1 May - St. Anthony's Triathlon
St. Petersburg, FL
Olympic/Sprint
www.satriathlon.com



22 May - IM 70.3 Chattanooga
Chattanooga, TN
Half Iron Distance
www.ironman.com



7 May - IM 70.3 Worlds
St. George, UT
Half Iron Distance
www.ironman.com

MAD DOG NEWS

OK, Mad Dogs. I know one of your New Year's resolutions was to renew your Mad Dog membership. Don't miss the post-St. Anthony's party extravaganza for current members only and volunteers at the Mad Dog waterstop by Northshore Pool. To make it easy, here's the link...www.stpetemaddogstriathlonclub.wildapricot.org.

Speaking of renewals, we would like to welcome back Bob (Vigo) Vigorito, MD #92, who recently renewed his membership. Bob is well known for directing the Eagleman 70.3 race, and currently is associated with the Pan-Florida Challenge.



A Mad Dog salute to Steve Shelton and Terry Ellis for organizing the Waterstop for St. Anthony's on 1 May, which will earn the club \$500. If you can help, please e-mail them at fsuguy29@yahoo.com. We're looking for Mad Dogs who are not racing, families, or students needing public service credits. Volunteers are invited to the post-race party!

Michael Oertle has volunteered to relieve Dave Proffitt as Mad Dog Treasurer. Welcome to the Board of Directors, Mike, and thank you for stepping up!

RACE RESULTS

All Mad Dogs are encouraged to submit race results. E-mail me at chuck.lohman@yahoo.com. There is no automatic program to search for Mad Dogs in every race. Thanks.

Sarasota Sprint (Draft Legal) - 12 Mar

2nd Place -

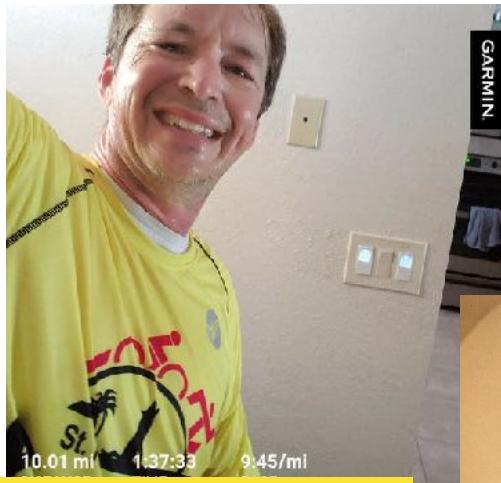
Cody Angell

MAD DOG PICTURES

**Jackie Yost and Paul Talewsky Birthdays Celebration
from Pam Hollenhorst**



MAD DOG PICTURES



MAD DOG PICTURES



New Mad Dog Mark Danzi



New Mad Dog Paul Zuicus



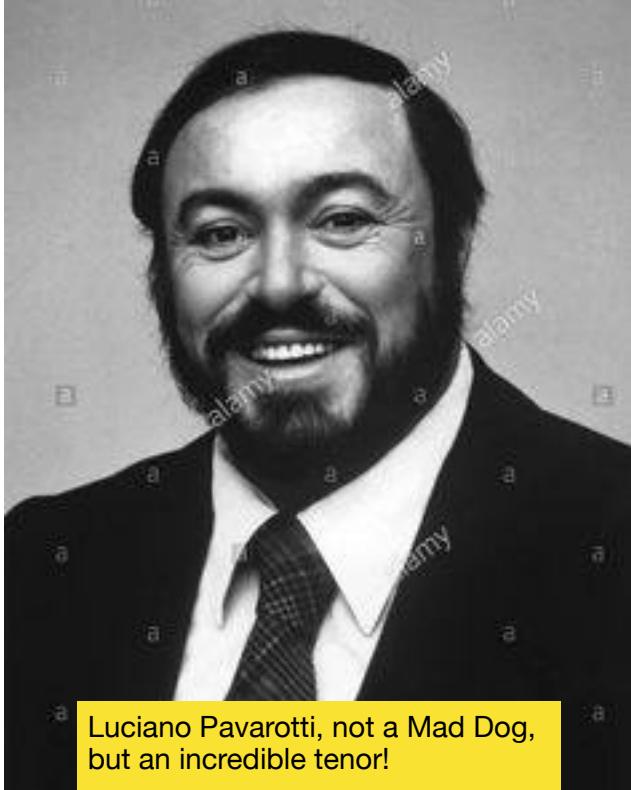
R to L - Carolyn Kiper, Natalie Davis, Diane Berberian, Diane's friend.

MAD DOG PICTURES

British Mad Dog, Diane Weaver. "Sun's out, guns out."



Luciano Pavarotti, not a Mad Dog, but an incredible tenor!



Looking forward to seeing you Mad Dogs at St. A's



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Retro Race Report on Gulf Coast 70.3 2010

Since the Gulf Coast 70.3 is taking place right after St. Anthony's this year, with a number of Mad Dogs competing, I am republishing a race report from the 2010 race.

The morning of 7 May 2010 found Gail and I heading west on I-10 toward Panama City Beach – affectionately known as the Redneck Riviera!

This vacation community on the shore hosts Ironman Florida in November and the Gulf Coast 1/2 IM distance race each May. The swim and run courses follow the same trace while the bike course for the May race follows the Ironman course for the first and last 20 miles. This makes the Gulf Coast Triathlon an ideal prep for anyone entering the Ironman Florida competition. Apparently, word has spread throughout the Southeastern US because the turn out in the “senior” age groups is large, talented and growing.

While waiting in line for the pre-race pasta supper we met Mad Dogs Danny Hicks (MD 26) and Jan Thompson (MD 27). They claimed to be Original Gangsters, having attended one of Rue and Cathy Morgan’s initial Mad Dog organizational meetings.

Susan and Chuck Ashbaugh also joined us at the table. We thoroughly enjoyed supper, stocking up on chocolate chip cookies from the dessert table. On one of our cookie resupply trips we spotted Clare Kelley (MD 2389) and Reva Moeller (MD # 2408) at a nearby table.

On May 8th, “the dawn broke crisp and clear.” As we arrived on the beach, we noted the same 15–20 MPH winds and choppy 4–5 foot sea conditions that we faced 2 years prior. At least there were no oil slicks with which to contend. The water temperature was 77 degrees, barely clearing the legal wetsuit limit. While warming up, we spotted Val Tavanese of Outspokin Bicycles (MD # 2647).

We struggled against the current for 900 yards, rounded a couple of buoys, and looked forward to an easier swim on the way back -- not so fast. We ran

into a rip current while heading back to the beach, disorienting everyone. After the race, we downloaded the data from Gail's Garmin GPS and noted that she swam two complete circles on the way back in! Both our swims were about 5 minutes slower than 2008.

The bike course was delightfully uneventful with no flat tires, broken spokes or crashes. Gail and I rode the 2nd leg of the race carefully, watching our heart rate monitors to avoid painful leg cramps later in the race. Although the wind was constant, it only seemed to affect us along the beach road, when we were wobbled by gusts between the large hotels and condos.

Out of T2, the Florida sun made its appearance with a vengeance. Our caution on the bike leg paid off, as we were able to finish the run without the dreaded leg cramps. The volunteers, particularly during the run, were terrific. At about the 10 mile point they would pour ice water over your head and shoulders on request—a great and appreciated innovation.

The post race supper and awards ceremony was held at the Spinnaker Beach Club at 6 PM, so everyone had a chance to shower, change clothes and begin to feel human again. Almost all Mad Dogs present were award recipients, led by Jan Thompson's winning her age group and Gail placing second in hers. My apologies in advance if I missed any other Mad Dog competitors.

Although the swim is often challenging, we all felt that this 1/2 IM course ranks up there with Clermont and Miami Man in terms of volunteer support, value for your hard earned dollar and fun. Now, if it were only a 90 minute drive from St Pete.....

Chuck Lohman MD 2027 & Gail Lohman MD 2028

St. Anthony's Aid Station

Did we mention, Mad Dogs Steve Shelton and Terry Ellis have volunteered to lead the Mad Dog Aid Station for St. Anthony's Triathlon on May the First (earning the Club \$500)? They need volunteers to help them. Steve's email is fsuguy29@yahoo.com. Mad Dogs not racing, family members, school kids needing to earn community service credits for school, anyone wanting to party — we need you to step up to have fun and help the club!



Steve Shelton and Terry Ellis
at the Chicago Marathon

Rolling with the Punches of 2021

ERIKA ACKERLUND

Mon Mar 14 2022 Slowtwitch

Racing can be nerve-wracking. International racing during COVID brings extra stress. Add on a multiple-month injury and confidence will be low. Then try to do your best while your bike frame breaks three times and is lost by the airlines all in one year.

I wanted to share the story of all the crazy things that happened during my 2021 season. It's a reminder that preparing for races can be far more convoluted than following a perfect training plan. As a reminder (or for those new to my series here on Slowtwitch), I am a professional triathlete, the newest member of the US National Team racing on the World Triathlon draft-legal circuit, and below are the insider details on how my last season went.

My first race of 2021 was the Huatulco World Cup in Mexico last June. As race week wore on, my expectations for the race were decreasing rapidly. For starters, I was at my first race in June because of a pubic symphysis injury that I'd picked up during the winter. Essentially, the joint at the front of my pubic bones wasn't being stabilized well enough which led to a whole lot of pain and not a lot of running. I'd done my first set of strides just four weeks before the race. It wasn't ideal preparation, but I flew there healthy enough to try.

Then I got off the airplane to find my bike broken. It wasn't until the morning of the race that I got a hold of the bike I was going to race on and could set it up to fit me as well as possible. Needless to say, come 6 PM when our race finally started, I was tired and stressed. My expectations for how I would race on a borrowed bike and with little run training were low. Even so, I lined up and give myself a chance. Fast forward one hour and I'd finished 6th, my second best World Cup finish ever.

I'd learned my lesson in Huatulco about making space for good to happen even when things seem to be falling apart around you. I also didn't expect to go through another situation like that for the rest of the season.

I was very wrong.

Come August I was off to Montreal, Canada for a WTCS race. We all knew that we'd be showing up to quarantine in a hotel room for 3 days with just our bike and trainer for exercise. Not a great situation, but it was suddenly far worse when my bike didn't arrive.

I was on the phone with airlines for many hours that week and my boyfriend spent an entire day at the airport back home working with the baggage office to find my bike and have it re-routed to me. Multiple times I thought my bike was coming to Montreal, but it never showed up. I also wasn't allowed out of the room to go to the airport. In the end, the day before the race I was set up with a loaner bike, did a 30 min test ride, and raced on it the following day.

Post-race I just wanted to go home and relax. That's when the real craziness started. I showed up at the airport to fly home and first checked with the baggage desk to see if they could locate my bike. Miraculously I actually found my bike in a pile of lost luggage there in the Montreal airport. Great news, except that by the time I had checked my bike in to fly home I missed the plane by just a couple minutes. I was re-routed with an overnight stop and made it home a day later than anticipated and in low spirits. When I finally got home, I went to unpack my bike and... it's broken. Again.

At this point I want to give both USAT and Ventum a shout out. They came to my rescue big time. I was training in Park City and went to the Ventum shop in person to be set up on a new bike. Given the global bike shortages, I lucked out that there was a bike in stock at all. I also reverted to a fully hard bike box. Setting it all up did take time though, and I spent that training block riding various bikes with imperfect fits,

no power, and poor gearing for Park City's steep roads. It was far from ideal training. Five days before flying to my next set of races I was finally on the new Ventum. Their mechanics did a great job of copying my previous fit measurements as close as possible so luckily I was able to feel comfortable enough on the bike before leaving for Europe.

With a new bike and box, I was hoping I'd broken the curse of 2021. I got through my races in Europe, grabbed my first WTCS top 10, and made it home with everything in one piece. At this point it was fall and my end of season race plans were continually changing with countries sending quarantine information last minute for races. Changing race schedules gets extra complicated when living in short term rentals based around racing. I ended up having to move into a hotel room for my final training time.

While figuring all that out, I began feeling a small hitch in my pedal stroke now and then. I took my bike down to the shop and got news that I had not seen coming. What I'd felt riding was the sleeve around the bottom bracket coming detached from the frame, rendering the frame useless. I was told it's a very uncommon problem that on rare occasions just happens. Ventum saved the day again and I got on yet another new bike, this time two days before leaving for my final race of the season in Abu Dhabi. That bike and I made it to the race and are amazingly still safe and sound now four months later.

So there you have the story of how my season included one long injury and riding five different bikes in the six total races I did. All of it in addition to the craziness of travelling during COVID.

My stress levels were maxed out. For months.

A couple key points I learned: 1) know your bike fit dimensions and understand them in case you have to ride a different bike, 2) put Air Tags in your luggage so you know where your bags are if an airline loses them, 3) if you're on the start line you might as well go for it.

Despite all that happened, I still had to line up and race my best. That's why I wanted to share my story. I hope it's a reminder to us as fans that races and results reflect a larger picture than just how training has gone. More so, I hope it's a reminder to us as athletes to always give yourself a chance for something good to happen.

Training Tip - 8 Things to Do to Make the Most of Pre-Race Week

You've been training hard for your next big race and it's the week before race day. Here are 8 things should you do (and not do) to make the most of pre-race week. The goal is to be rested but not stale on race morning.

1. Start a pre-race taper to reduce the volume and intensity of your training. Exactly how and what you do during your taper depends upon the race distance and your race goals, but you should reduce - not eliminate - high HR efforts and include long complete recovery between each segment.
2. If you're planning a marathon, 70.3 or a full ironman, all of your very long distance training should have been done several weeks before. This is not the week to run 20 miles or bike a century.
3. Discontinue all strength work because weight training breaks down muscle. Focus instead on mobility and stretching.
4. Eat smaller meals and fewer calories. You're working less and burning fewer calories. You don't want to put on extra pounds that week. Meals should consist of lean protein, some complex carbohydrates and a moderate amount of healthy fat. Avoid sugars, processed foods, and fried foods. Keep it healthy and fresh.
5. Stay hydrated all day every day and reduce or avoid alcohol consumption.
6. Check all of your race gear and race clothes. Make sure everything is working 100% and that you've tried, tested and worn what you'll use and wear on race day, including on-the-course nutrition. If a bike tune-up is in order, have that done a few weeks before the race so you can ride a few times and make sure everything is working properly. **NOTHING NEW ON RACE DAY!**
7. Get plenty of sleep during the week.
8. The night before the race, lay out and pack all your gear so you're not rushed on race morning. Eat an early dinner, take a short walk after dinner, and go to bed early. Wake up confident, rested and knowing you are race ready.

Train smart. Race fast.

Frank Adornato

