

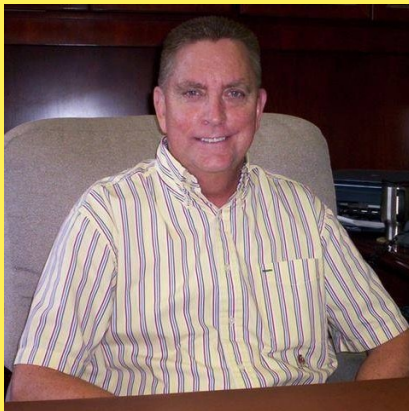


# THE FINISH LINE



**John Mrosek having more fun than anyone else at St A's**

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**Happy May Day!**



**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.**

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**Editor's Column**

Apparently, May is some sort of unofficial party month. May Day celebrations throughout ancient Europe and the British Isles traditionally augered the transition from Spring to Summer. It involved dancing, singing and enabled young villagers to engage in activities...well, I'll leave that to your imagination.

Our Mexican friends, not to be outdone, celebrate May 5th as the day the Mexican army defeated the French occupiers of their country in 1862. The struggle continued until the United States provided aid to Mexico and The French ultimately withdrew.

**please go to page 5..**

# TRAINING CALENDAR

	SWIM	BIKE	RUN
<b>MONDAY</b>	5:30 - 7 am St. Pete Beach Aquatics Club coached by Leo Briceno (donation fee)	8 am. From USFSP- 6th Ave & 2nd St S. (SPBC)16 miles 20-21 mph. Coffee after ride.	
<b>TUESDAY</b>		8 am. From USFSP- 6th Ave & 2nd St S. (SPBC)16 miles 18-19 mph. Coffee after ride.	5 pm. Track workout coached by Joe Burgasser. SPC Track 5th Ave and 70 St N.
<b>WEDNESDAY</b>	6 pm. <b>Mad Dog OWS.</b> Meet at Hurley Park. Pass-A-Grille. <b>Resumes after Yearly Time Change.</b>	8 am. From USFSP- 6th Ave & 2nd St S. (SPBC)16 miles 20-21 mph. Coffee after ride.	7:30 am. <b>Mad Dog Run.</b> Meet at Addicted to the Bean - Sun Blvd & Pinellas Bayway.
<b>THURSDAY</b>	5:30 - 7 am St. Pete Beach Aquatics Club coached by Leo Briceno (donation fee)	8 am. From USFSP- 6th Ave & 2nd St S. (SPBC)16 miles 18-19 mph. Coffee after ride.	
<b>FRIDAY</b>	8 am. Group swim Sunset Beach. Meet at Yost's 143-91 Ave S.	8 am. From USFSP- 6th Ave & 2nd St S. (SPBC)16 miles 20-21 mph. Coffee after ride.	
<b>SATURDAY</b>		8:00 am .Club Rides. from Northshore Pool. Staged by speed. 16-18 mph. 20 mph. 22 mph. 24 mph.	6:30 am from Fit 4 Life 75th Ave. SPB. SPRR
<b>SUNDAY</b>		8:30 am. SPBC ride. From St. Pete Library 9th Ave N & 37 St.	6:30 am long run alternating from Hurley Park PAG and Northshore Pool. SPRR.

# MAD DOG NEWS

St. Anthony's Triathlon features a huge effort on the part of the Mad Dogs in addition to the race itself. Honor Roll as follows:

**Carolyn Kiper** for organizing the transportation and housing for promising young professionals who otherwise would have difficulty affording the race.

**Paul and Renee Talewsky** for organizing the Mad Dog water stop which not only provides drinks and raucous cheering for racers but earns the club \$500 from the race director.

**Ginger Herring** for researching and choosing the venue for the post race party that we all enjoyed at the 3 Daughters Brewery.

**Michael Deacy** and his team for setting up the Mad Dog tent as a rally point before and after the race.

**Pam Hollenhorst** for serving as the Mad Dog photographer so that we can all revisit the biggest race of our year.

**John Hollenhorst** for being John, and for coordinating the entire effort with leadership and enthusiasm.

## **Local triathletes needed to volunteer with Special Olympic Florida triathlon program**

Special Olympics Florida is offering their athletes (people with intellectual disabilities) a chance to learn, train and race triathlon. This year we have 5 area athletes competing in the St. Anthony's triathlon. See this [article](#) for details. We need more unified partners to pair up with athletes at monthly practices and races.

If you are interested in learning more about how you can guide an athlete please call or email Kim Case at 914-924-1606, [ks51@nyu.edu](mailto:ks51@nyu.edu). She can answer questions, give you more details, and make sure you get the forms to sign up.



## **WELCOME NEW MAD DOGS!**

**#4053 - Sarah Khoshnood**

**#4054 - Beth Schaller**

**#4055 - Tim Booth**

**#4056 - Jenny Steffes**

**#4057 - Aaron Carroll**

**Tampa**

**Murfreesboro, TN**

**St. Petersburg**

**St. Petersburg**

**St. Petersburg**

Editor's Comments continued:

Interestingly, wikipedia says that this Holiday is celebrated more enthusiastically here in the United States than in Mexico, and that beer sales are on a par with the Super Bowl. Mad Dogs, don't miss the opportunity to continue this tradition!

I guess, just to continue the tradition, we enjoyed another windy day at St. Anthony's Triathlon. Everyone except Kelly "swimmer girl" Deuser was grateful for the abbreviated swim. I noted that participant numbers were back up to 3698, just like the pre-COVID days. Great to see all the Mad Dogs competing and supporting. Hope everyone was able to find their bike in the transition area.

Mad Dogs Rule,  
**Chuck Lohman, Editor**

# RACE RESULTS

**All Mad Dogs are encouraged to submit race results. E-mail me at [chuck.lohman@yahoo.com](mailto:chuck.lohman@yahoo.com). There is no automatic program to search for Mad Dogs.**

## **Singer Island Half Marathon - 30 Mar**

1st Place -

Patti Spence

## **Escape from Ft. DeSoto - 6 Apr**

1st Place -

Art Halttunen

Vicki Linkovich

Andres Marte-Grau

Reva Moeller

Paula Shea

Jill Voorhis

2nd Place -

Pamela Greene

3rd Place -

John Hollenhorst

4th Place -

Randall Brown

## **IM Oceanside 70.3 - 6 Apr**

3rd Place -

Paula Findlay (Overall)

Jackson Laundry (Overall)

(MD Homestay)

## **IM 70.3 Texas - 7 Apr**

Finishers -

John Allen

Betsy Banks

Mandy Zipf

## **Boston Marathon - 15 Apr**

Finishers -

Kerri Deinhart

Jonathan Dunford

Laura Jansik

Claudia Junqueira

## **Pinehurst Triathlon - 13 Apr**

1st Place -

Brad Kirley

## **Mullet Man Tri - 20 Apr**

3rd Place -

Anthony Coy

## **St. Anthonys - 27/28 Apr**

**M&M**

1st Place -

Pam Hollenhorst

4th Place -

Christine Oertle

**Olympic**

1st Place -

Linda Musante

3rd Place -

Vicki Linkovich

John Macedo

4th Place -

Art Halttunen

# RACE RESULTS Cont.

All Mad Dogs are encouraged to submit race results. E-mail me at [chuck.lohman@yahoo.com](mailto:chuck.lohman@yahoo.com). There is no automatic program to search for Mad Dogs.

## St. Antonys Triathlon - 28 Apr

### Sprint

#### 1st Place -

Tony Handler

Reva Moeller

Cindy Perret

#### 2nd Place -

Frank Adornato

Todd Bibza

Gail Lohman

Janet Thompson

#### 3rd Place -

Cody Angell

Sue Minkoff

Rose Marie Ray

#### 5th Place -

Pam Greene

# UPCOMING RACES



4 May - IM 70.3 North American Championship  
St. George, UT  
Half Iron



25 May - Crystal River #1  
Crystal River, FL  
Sprint Tri/Du/AB  
[www.drcsports.com](http://www.drcsports.com)



11 May - IM 70.3 Gulf Coast  
Panama City Beach, FL  
Half Iron  
[www.ironman.com](http://www.ironman.com)



9 Jun - IM 70.3 Eagleman  
Cambridge, MD  
Half Iron  
[www.ironman.com](http://www.ironman.com)



19 May - IM 70.3 Chattanooga  
Chattanooga, TN  
Half Iron  
[www.ironman.com](http://www.ironman.com)



23 Jun - Babes Triathlon  
Tierra Verde, FL  
Sprint  
[www.runsignup.com](http://www.runsignup.com)



19 May - Dunedin Rotary Tri  
Dunedin, FL  
Sprint Tri/Du/AB  
[www.runsignup.com](http://www.runsignup.com)

# MAY BIRTHDAYS



David Bilyeu	2nd
Mark Gordon	5th
Gregory Glasscock	7th
Michael Marquis	11th
Frank Adornado	14th
David Burg	17th
Terry Ellis	18th
Jay Cooke	18th
Kyle Kellermen	20th
Connor Seidenschwarz	24th
Linae Boehme-Terrana	27th
Daniel Alvarez-Molinet	28th
Steve Swift	28th
Bryant Davies	29th
Scott Lucas	31st



# MAD DOG PICTURES



Ows Leo posing with Gail Lohman and Sandi Weiss



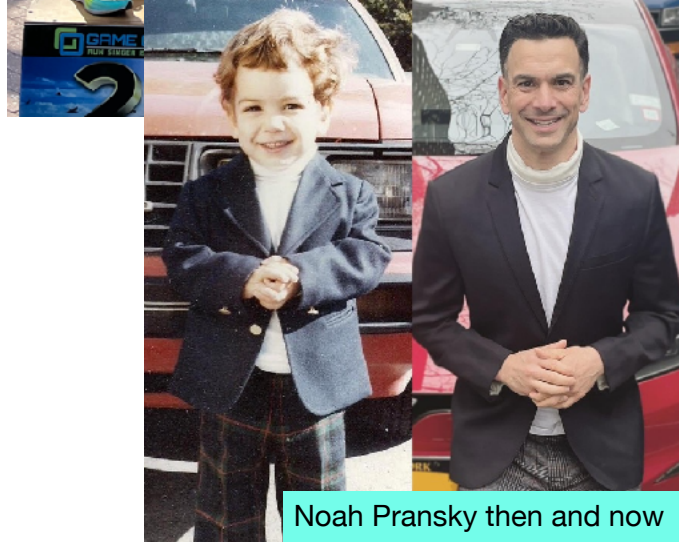
Vintage picture of Mike Kelly racing "several" years



Patti Spence 1st Place at Singer Island 1/2 Marathon



Brad Kirley @ Pinehurst Triathlon



Noah Pransky then and now



**As many of you know, the Hendricks are moving to Tennessee to be closer to family. They have been a vital part of the Mad Dog training, racing and social scene for many years. We wish them the very best!**







Anthony Coy @ Mullet Man



New Mad Dog Jenny Steffes

# MAD DOG PICTURES

## Escape From Ft DeSoto Pictures from Pam Hollenhorst



Vicky (who needs a wetsuit) Linkovich



Andres (the flash) Marte-Grau



John (hollerin') Hollenhorst



Reva Moeller and John finish together



Randy (the hood) Brown



John (monster) Murray



# MAD DOG PICTURES

## Escape From Ft DeSoto Pictures from Pam Hollenhorst



John M., Paul, John H. and Andres



Coach Leo Brisceno



Scott (horny) Underkoffler



Paula, Reva and Pam





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**I have been practicing Personal Injury law in St. Petersburg, Florida, since the mid seventies. I have lived in this area all my life except my school years at the University of Notre Dame Law School. Our practice is dedicated to serving our clients in the areas of Personal Injury, Commercial Litigation, Contractual Disputes, and Premises Liability.**



# MAD DOG PICTURES

Mad Dog Social Event 13 Apr by Pam Hollenhorst





# MAD DOG PICTURES

Mad Dog Social Event 13 Apr by Pam Hollenhorst





# MAD DOG PICTURES

Pre-St. Anthony's Swim/Bikini Run/Party  
Pictures by Pam Hollenhorst





# MAD DOG PICTURES

## St. Anthony's Pictures From Pam Hollenhorst (Most)



Day 1 - Pam Hollenhorst and Christine Oertle represent Mad Dogs on the podium



Capt. Paul Talewsky and his volunteers @ Mad Dog water stop



Linda Musante and Vicki Linkovich on the podium



# MAD DOG PICTURES

St. Anthony's Pictures From Pam Hollenhorst and others



Rosie Ray 3rd



Cindy Perrett



John Hollenhorst and the "Olympians"





# MAD DOG PICTURES

St. Anthony's Pictures From Pam Hollenhorst & others





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# MAD DOG PICTURES





# MAD DOG PICTURES

St. Anthony's Pictures From Pam Hollenhorst & others





# MAD DOG PICTURES

St. Anthony's Pictures From Pam Hollenhorst & others



Gina working the SPBC water stop in her Marti Gras top





## Training Tip - Train Smart To Be Confident on the Beach

Some folks race triathlons for a podium finish. Others race to beat the clock for a personal best, and others race for the camaraderie. Whatever your reasons are, you want to be prepared for the challenge. You need to put in the time and effort in swimming, cycling, and running, plus stretching, strength training, and eating healthy. All this training will not only make you race ready; you will also be physically fitter and healthier.

Physical training for a triathlon is not easy. There are no short cuts. You need to train smart and have a plan which includes the right amount of volume and intensity. One basic rule of thumb for a typical training week is to schedule three days in each discipline. (This may vary from one triathlete to another.) Some workouts should be short, some middle distance and others long distance. Aim for about 20% of your overall training to be at high intensity levels called “High Intensity Interval Training” - HIIT. The intensity of these efforts is very high at 80 to 90% of your maximum heart rate. They are done as multiple short duration repeats with an equal rest interval between. As little as 60 seconds per interval up to several minutes for each interval will be beneficial depending upon the race goals and the condition of the athlete. Another important rule of thumb is to increase training volume by no more than 10% per week. Following the 10% rule will help avoid injury.

Training smart will improve your physical performance. It will also give you added confidence in your ability to do well. And the two feed off of each other.

Bottom line: If you’ve trained properly, when you’re standing on the beach on race morning waiting for the starting gun to go off, you’ll know deep in your heart that you are ready. You have put in the time and effort, and you are able to have your best race possible. That confidence, plus all your hours of training will give you the fuel you need to have a great race.

Train smart. Race fast.  
Frank Adornato





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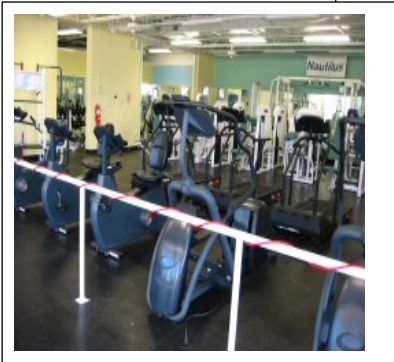
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Synergy was created by Stefan Laursen when he was 13 years old and needed a wetsuit to compete in his first triathlon. He couldn't afford to buy a suit, so he bought the materials and made his own at his Waldorf school. Therein began his love for the sport as he spent the next few decades innovating wetsuit designs.

At 16, Stefan turned professional and a few years later placed 2nd in the USA Professional USAT Championship. As other swimmers and professional athletes sought his wetsuits, Synergy has become an established brand whose primary vision is about inventing new technologies and designs that truly benefit athletes and elevate performance.

**See St. Pete Mad Dog Members Only Website on Facebook for significant discount on Synergy products.**





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