



The

Finish Line

Volume 16, Issue 7 - August 2010



Riley Duval

NEW Mad Dog #3273

Granddaughter of Pete Dubbeld

MAD DOGS are fun-loving triathletes who train, race and howl together!

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 informational source for what's happening in the sport of triathlon as it affects us. Articles published in "The Finish Line" may contain opinions that are not necessarily of the club as a whole.

**Club Contact Information:
St. Pete MAD DOGS Triathlon Club**

P.O. Box 635
St. Petersburg, FL 33731-0635
Hotline: (727) 582-1910
Website: www.stpetemaddogs.com
E-Mail: info@stpetemaddogs.com

Articles, photographs and submissions should be submitted via email to the editor at newsletter@stpetemaddogs.com no later than the 15th of each month. "The Finish Line" is published 11 times per year (there is no January edition/December member meeting.) Space for ads is always available.

Advertising requests should be submitted to Rue Morgan at advertising@stpetemaddogs.com, or advertising questions may be directed to him at 727-823-4938. Payment is due prior to publication. All payments should be made and sent to:

Pay to the order of: St. Pete MAD DOGS
Attn: Newsletter Advertising
P.O. Box 635

St. Petersburg, FL 33731-0635
The Finish Line can accept submissions as .docs, .jpgs, .gifs, or any other file format that can be converted by Microsoft Office.

Advertising rates are listed below (sorry, the club cannot accept merchandise, race entries or any other form of bartering in lieu of Payment):

Space	Width" x Height"	Cost Per Month
1/2 Page	7.5" x 5"	\$ 60
Full Page	7.5" x 10"	\$ 100
Flyer	8.5" x 11"	\$ 150

Flyers: All Flyers must be standard 8.5"x11", 20# paper (no cardboard, please). Flyers (700 copies) are to be printed at advertiser's expense and must be mailed directly to Rue Morgan (727—37th Ave. NE, St. Petersburg, FL 33704) and received no later than the 15th of the month prior to publication with check enclosed. Make the check payable to the St. Pete Mad Dogs.

Note: Payment is due on the 15th of the month prior to publication. Prepayment for 5 months of advertising entitles the advertiser to a FREE 6th month. Advertisements must run currently for this pricing to apply.

Thank You to Our Club Contacts & Coordinators:

Membership Assistants: Barbara Burke & Rose Hoge
USAT Club Liason: Brian Harrington
Newsletter Committee: Lisa Kaschak and Tim Hudson
Merchandise: Merchandise@stpetemaddogs.com
Coordinators: Barbara Burke, Wesley Carr, Rose Hoge, Carolyn Kiper, Bela Molnar, Kathy Morgan, Katie Knight-Perry and Jackie and Larry Yost.
Public Relations & Media: Tim Hudson
2010 Madeira Beach Triathlon Coordinator: Pam Brown

The St. Pete MAD DOGS 2009 - 2010 Board of Directors—BoD@stpetemaddogs.com

President	Tim Hudson	President@stpetemaddogs.com
Vice President	Carolyn Kiper	Membership@stpetemaddogs.com
Treasurer	Rue Morgan	Treasurer@stpetemaddogs.com
Secretary	Keith Nelson	Info@stpetemaddogs.com
Board Member	Barrie Coates	Info@stpetemaddogs.com
Board Member	Barbara Towey	Info@stpetemaddogs.com
Board Member	Annette Frisch	Info@stpetemaddogs.com
Events Director	Michelle Bushoven	Events@stpetemaddogs.com
Newsletter Editor	Nicholas Godbey	Newsletter@stpetemaddogs.com

From the President



I hope that everyone is enjoying their summer and the racing season!

Those of us in the St. Pete/Tampa Bay area are very fortunate to have races within driving distance every weekend, so there is plenty of action.

As I've said in the past, those of us in this area do not realize how blessed we are to live in an area where we can just step out our doors to train anytime and have so many opportunities! We have great year-round weather; We have a plethora of training partners & groups to train with. Races year round and a great club with activities constantly going on- what more can you ask for! We also have many members traveling to the longer distance Ironman races just about every weekend as they continue to grow around the world adding races at different destinations. So it doesn't matter if you like racing locally or want to make a mini vacation out of it you have plenty of choices.

Speaking of that! The Wednesday Night Mad Dog Open Water swims continue to have large crowds every week. If you haven't been going, then be sure and come out. The great thing about the swim it is that there are swimmers of all levels and skills, so there is always someone nearby no matter your speed. You can also get a run in and then hang out for food and drink afterwards.

As this issue goes to press the USAT elections open up with long time Mad Dog member Brian Harrington (MD # 152) running as the President for the Florida Region. Many of you know Brian as the "Voice of Triathlon" being the announcer at many events throughout the area.

Brian is one of the good guys in the sport and has been a long time supporter of the Club and triathlon in the area for many years, so I hope that you casted your vote for Brian! Read more about Brian on page 11.

If you happened to notice in our newsletter this month we have a new location for our Luau this year! We will be having our annual Luau on Saturday September 18th at The Windjammer Club at the Coast Guard Station in St. Pete. This is the same location that we have had the St. Anthony's Post Race Party and Christmas Party the last few years, so get your reservations and plans in early for what promises to be a great event!

A few other important reminders you can read about in this month's issue:

- Ralph G. Perry Award 2010 - Be sure and get your vote in for your choice for the nominee for the 2010 Ralph G. Perry award recipient. (Page 6)
- Volunteers- We're also still looking for volunteers to help out with the Luau and Christmas Party committees, etc..., so please contact Michelle Bushoven at events@stpetemaddogs.com if you can help out.
- IM 70.3 Homestays - This year we will be working with Ironman once again to provide Pro Triathlete homestays for the Ironman 70.3 World Championship in November in Clearwater just as we have in the past. If you have any interest and availability, please contact me. (Page 4)

Until Next Month!
See You at The Races!

Jim

Training and Events Calendar

Upcoming Training Sessions:

All training sessions are "Show and Go" Workouts.

Every Tuesday & Thursday, 6:30PM
Triathlon Stroke Technique

Self-Guided Workout

Northshore Pool

(Address listed above.)

Admission Price: \$3-\$5

Pool is heated; pool deck is not.

Every Monday, 6PM

Individual/Partnered Run (6 Miles)

Northshore Pool

South Parking Lot by Softball Field

901 North Shore Drive N.E.

St. Petersburg, FL 33701

Every Wednesday, 6PM

Official Mad Dog Group Swim, Run & Grill Social

Frank T. Hurley Park

1501 Gulf Way

Pass-A-Grille Beach, FL

Bring a dish or beverage to share.

Volunteers for the grill are always appreciated.

www.stpetemaddogs.com

Call Hotline at 727-582-1910

Every Friday, 8 AM

Group Swim Sunset Beach

Yost Residence

143 91st Avenue, Treasure Island, FL

Contact Larry Yost at 727-367-2504

Every Friday, 6PM

Group Run (6-9 Miles)

Tavern at Bayboro

121 Seventh Avenue South

St. Petersburg, FL 33701

Contact Jack Eads at 727-577-7745

Every Saturday, 8:30AM

Group Bike Ride

North Shore Pool

(Address listed above.)

www.stpetecycling.com or

www.stpetemaddogs.com

Every Sunday, 8:30AM

St. Pete Library Ride

9th Avenue North & 37th Street

3745 9th Avenue North

St. Petersburg, FL 33713

www.stpetecycling.com

Upcoming Races & Club Events:

The next **MAD DOG Member Meeting** will be:

Thursday, August 26th, 2010, 7PM,
St. Anthony's Resource Center—2nd Fl.
500 MLK/9th Street North

St. Petersburg, FL 33705

After the meeting we socialize at the Tavern at Bayboro on the USF— St. Pete campus. Free domestic beverages to those who attend the meeting.

August 29th, 2010

The San Francisco Triathlon at Alcatraz

Marina Green

Marina Blvd & Fillmore St.

San Francisco, CA 94123

www.tricalifornia.com

USAT Sanctioned Yes/ Or \$10 1-Day Pass

Distances:

1.2 mile swim/ 25.3 mile bike/ 7.5 mile run

August 29th, 2010

7:00am

Miami Nice Triathlon II

City of Miami Marie Stadium

3501 Rickenbacker Cswy.

Miami, FL 33149

www.miaminicetri.com

USAT Sanctioned Yes/ Or \$10 1-Day Pass

Distances:

Sprint: Swim 750 meter Swim / 12.4 mile Bike / 5k Run

Olympic: 1500 meter Swim / 40k Bike / 10k Run

Limited to the first 1,000 participants

September 11, 2010

Morton Plant Mease Foundation's 5k / Kiddie Dash

7:30AM

MPM Wellness Center

455 Pinellas Street

Clearwater, FL

Fri. - Sun. Sept. 10th thru Sept. 12th, 2010

The Triathlon at Pacific Grove

Lover's Point Park

Forest Ave. & Ocean View Blvd.

Pacific Grove, CA 93950

www.tricalifornia.com

USAT Sanctioned Yes/ Or \$10 1-Day Pass

Distances:

Saturday: 10k run

Olympic- 1.5K swim / 40K bike / 10K run

Sunday: 5k run
Sprint- 0.25 mile swim/ 12.4 mile bike/ 2 mile run

September 19, 2010

Sand Key Triathlon

Sand Key County Park

1060 Gulf Blvd.

Clearwater, FL 33767

Fee: \$65 early, until May 1, 2010

Check out the website at

www.trithisinc.com for more

details. Sign up now while fees are still low!!!

October 2, 2010

Disney Wine and Dine Half Marathon

Orlando, FL

*** The Mid Florida Chapter of the National MS Society has 18 open slots remaining***

Registration for the National MS Society's team is \$130 with a commitment to raise a minimum of \$850 (the registration fee does count toward each individual's fundraising goal). With the \$850 fundraising fee, you get:

- Race Registration
- Commemorative *Champion*® Tech Shirt
- Goody Bag
- Personalized Bib (*Must register by August 2, 2010 for name to appear on bib*)
- Inaugural half marathon finisher medal
- Access to the exclusive after-hours *Epcot International Food & Wine Festival*
- One (1) Complimentary "Taste" and one (1) complimentary "Sip" at the Finish Line Party
- One night's stay (Saturday, October 2, 2010) at a Disney All-Star Resort
- Team MS Tech Shirt

For more information, contact:

Olivia Moriarty

Walk Manager

National MS Society

Mid Florida Chapter

2701 Maitland Center Pkwy. Ste 100

Maitland, FL 32751

... Continued on Page 14

Foster Grant
IRONMAN
WORLD CHAMPIONSHIP 70.3

**Homestays Needed for the Foster Grant Ironman
World Championship 70.3- November 2010!**

We are currently seeking Mad Dogs & fellow triathlon supporters in the area who are interested in opening up their homes and hosting a visiting Professional Triathlete for the Foster Grant Ironman World Championship 70.3 in Clearwater on November 13, 2010.

The Mad Dogs were one of the pioneers of the Pro Homestay program with St. Anthony's many years ago and continue it with the Ironman 70.3. Ideally your home should be located in the Clearwater/Clearwater Beach area or nearby.

Since some triathletes might come in early to train, we will also take names from those living in St. Petersburg, too. This is a great opportunity and a wonderful experience for anyone to host these world-class professional triathletes. Being a host is fun and truly rewarding. Those that have done it before continue to do it year after year (& if you need any references we have plenty). If you are interested, please contact **Tim Hudson** at timhudson@aol.com. We will need to know how many athletes you can host, your preference, if any, (male or female), etc...

Thanks in advance to everyone!

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Clearwater | 1770 Drew Street | 727.441.2444
Palm Harbor | Tampa Rd & US 19 | 727.786.3883



IRONMAN® 70.3® SERIES

Since its inception in 2006, the Ironman 70.3 Series has become the fastest growing triathlon series in the world. There are more than 43 qualifying events that culminate each November at the Foster Grant Ironman World Championship 70.3 in Clearwater, Florida.

2010 EVENTS

Spec-Savers Ironman 70.3 South Africa
 Agrosuper Ironman 70.3 Pucón
 Ironman 70.3 Geelong
 Ironman 70.3 China
 Aviva Ironman 70.3 Singapore
 Rohto Ironman 70.3 California
 Odysner Ironman 70.3 New Orleans
 Memorial Hermann Ironman 70.3 Texas
 Ironman 70.3 St. Croix
 Rohto Ironman 70.3 Florida
 Ironman 70.3 Austria
 Rohto Ironman 70.3 Hawaii
 Powerbar Ironman 70.3 Switzerland
 Ironman 70.3 Moosman
 K-Swiss Ironman 70.3 Kansas
 Ironman 70.3 Boise
 Ironman 70.3 Eagleman
 Ironman 70.3 U.K.
 Ironman 70.3 Buffalo Springs Lake
 Amica Ironman 70.3 Rhode Island
 Ironman 70.3 Radno
 Ironman 70.3 Vineman

DATE

Jan. 17
 Jan. 24
 Feb. 7
 March 14
 March 21
 March 27
 April 18
 April 25
 May 2
 May 16
 May 30
 June 5
 June 6
 June 6
 June 6
 June 12
 June 13
 June 20
 June 27
 July 11
 July 18
 July 18

2010 EVENTS

Ironman 70.3 Antwerp
 Ironman 70.3 Petrajaya
 Whirlpool Ironman 70.3 Steelhead
 Viterra Ironman 70.3 Calgary
 Rohto Ironman 70.3 Boulder
 Sparkassen Finanzgruppe Ironman 70.3 Germany
 Ironman 70.3 Lake Stevens
 Ironman 70.3 Timberman
 Cobra Ironman 70.3 Philippines
 Ironman 70.3 Brazil
 Subaru Ironman 70.3 Muskoka
 Ironman 70.3 Japan
 Ironman 70.3 Cancun
 K-Swiss Ironman 70.3 Branson
 Ironman 70.3 Syracuse
 ESI Ironman 70.3 Augusta
 Ironman 70.3 Austin
 Rohto Ironman 70.3 Miami
 Ironman 70.3 Taiwan
 Foster Grant Ironman World Championship 70.3
 Ironman 70.3 Asia-Pacific Championship

DATE

July 25
 TBD
 July 31
 Aug. 1
 Aug. 8
 Aug. 15
 Aug. 15
 Aug. 22
 Aug. 22
 Aug. 28
 Sept. 12
 Sept. 19
 Sept. 19
 Sept. 19
 Sept. 19
 Sept. 26
 Oct. 17
 Oct. 30
 TBD
 Nov. 13
 Dec. 5

REGISTER TODAY AT IRONMAN.COM

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Luau! Luau!

Once again, it's that time of the year for the Mad Dogs' Legendary "Welcome to Kona" Luau! We will be having our annual Luau on Saturday, September 18th at The Windjammer Club at the Coast Guard Station in St. Petersburg, so get your reservations in now for what promises to be an extraordinary event!

For those new to the club, the Luau started out many years ago as a send off for those Mad Dogs going to Kona. In fact, the Mad Dogs are known worldwide for staking out Hot Corner in Kona.

The Luau has now developed into an annual celebration and party for all members where we honor all Ironman race finishers for the current year & those going to Kona for the year and have a great time in a festive atmosphere.

In addition to the party, we will also recognize the winner of the 2010 Ralph G. Perry Award. This award is given annually to a Mad Dog member that exemplifies and has given back to the club and sport of triathlon through their deeds. The deadline to submit nominations for the 2010 is September 1st, so be sure and get your entry in. See below for more information on the Ralph G. Perry award, as well as, ways to submit your nomination and a list of past winners.

THE 2010 RALPH G. PERRY AWARD - MAD DOG OF THE YEAR

Each year at our Annual Luau, The Board of Directors and members of the St. Pete Mad Dogs Triathlon Club acknowledge the contributions of Ralph G. Perry, Mad Dog #3, to our triathlon club and to the sport of triathlon.

Ralph was one of a small group of local triathletes who founded the St. Pete Mad Dogs. Ralph enjoyed a voracious triathlon lifestyle, finishing a number of Hawaii Ironman events, as well as hundreds of smaller races. But he didn't just "do" races. He was just as devoted to the club and to the sport of triathlon. He was very active in the early years of the club, shaping the traditions, events and activities that are still a large part of the club.

Ralph has defined the complete the St. Pete Mad Dog member through his participation and service. Ralph passed away on December 16th, 1999, and the St. Pete Mad Dogs continue to strive on in his spirit. Each year the "Ralph G. Perry Award" is presented to a member who best embodies the characteristics of giving, eagerness to encourage, and the love of the sport that Ralph so generously displayed.

The membership is encouraged to submit nominees for this award using the following format while addressing these qualities:

- Devotion & dedication to the sport of triathlon
- Willingness to mentor by encouraging others by example and a positive attitude
- Service to the Mad Dogs.

Nominations may be emailed and sent (no later than September 1st), turned in at the August membership meeting or mailed to:

Email: RGP@stpetemaddogs.com
Subject line: 2009 Perry Award

US Postal Service:
St. Pete Mad Dogs
Attn: Perry Award Nominations
PO Box 635
St. Petersburg, FL 33731

Prior Award Winners

2000: Roger Burke, Mad Dog #9
2001: Kathy Morgan, Mad Dog #2
2002: Bela Molnar, Mad Dog #44
2003: Donna Tudor, Mad Dog # 773
2004: Carolyn Kiper, Mad Dog #983
2005: Janell Cory, Mad Dog #17
2006: Larry & Jackie Yost, Mad Dogs # 119 & #120
2007: Angela Hawkes, Mad Dog #1661
2008: Lisa Kaschak, Mad Dog #132 & Barbara Burke, Mad Dog #2409
2009: Tim Hudson, Mad Dog #1040

Best In Show

RACE RESULTS 5-DEEP ARE ACCEPTED AT RACERESULTS@STPETEMADDOGS.COM
ANY ERRORS OR OMISSIONS ARE NEVER INTENTIONAL.

Omitted results from last month

Madeira Beach Triathlon
Madeira Beach, FL
May 23, 2010

5th Place
Michael Lydon

6th Annual Orlando Triathlon
at Baldwin Park
Orlando, FL
May 23rd, 2010

3rd place
Pixie Rubin

Dunedin Triathlon
Honeymoon State Park,
Dunedin, FL
June 6th, 2010

1st place
Cathy deHaan

2nd Place
Bill DeMambro

Ironman Coeur d'Alene
Coeur d'Alene, ID
June 27, 2010

Finishers
Pete Doyle

Crystal River Triathlon
Crystal River, FL
July 3, 2010

1st Place
Bill Donahue
Robert Brockett
Karen Alexeev
Kristen Donahue

2nd Place
Gary Bonsignori

3rd Place
Pat Swere
Frankie McDermond
Diane Spicer

4th Place
Walter Inman
Susan Ott

Crystal River Twilight Triathlon
Crystal River, FL
July 24, 2010

1st Place
Robert Brockett

3rd Place
Carl Allison
Diane Spicer
Danny Stevens

4th Place

Fred Rzymek

5th Place
Pete Doyle

Ironman Austria
Klagenfurt, Austria
July 3, 2010

Finishers
Dave Orlovski
Clive Heke
Jenna Casper

Ironman Lake Placid
Lake Placid, NY
July 25th, 2010

Finishers
John Macedo

YTS (Youth Triathlon Series) #3
Bob Sierra YMCA
Jun 13 2010

3rd place 8-year-old female
Erika Meya

Seminole "Tri" if You Dare
Jun 20 2010

2nd place, 8-year-old female
Erika Meya

Ocean Deck Triathlon
Daytona Beach, FL
June 4th, 2010
&
Rice & Rose/Tigershark Tri #1
Daytona Beach, FL
June 20, 2010

1st Place
Jack Finucan
Jan Thompson

Every Dog Has Their Day

MAD DOG BIRTHDAYS AUGUST 16, 2010 - SEPTEMBER 15, 2010

All Birthdays compiled by membership@stpetemaddogs.com—any omission is never intentional.

**INDICATES AGE GROUP CHANGE*

- | | | |
|---|--|---|
| 8/17 Vladimir Blecic
Pat Brighton
Mark Moon
Stacey Underwood | 8/30 Ryan Hoge | 9/10 Phyllis Goodlad |
| 8/18 Marc Dannis | 8/31 Laura Segrera | 9/11 Becky Weiss |
| 8/19 Jill Eddy
Phil Jones | 9/1 Phil McDonald
Karen Alexeev
Joy Edwards
Rachel White | 9/12 Kara Deschenes
Michael Lydon |
| 8/20 Riley Dauval
Dee Anna Farnell
Marc J. Massanari
Daniel Singleton | 9/3 Linda Auer
Michael B. Fox | 9/13 Antonio Gayoso
Philip Harasz
Jill McCroskey |
| 8/21 Kristen Ashbaugh
Eric Biles
Alan Tudor | 9/4 Pamela Galbraith | 9/14 Paulie Blankenship
Julia Brinkley |
| 8/22 Michel Clark | 9/5 Beth Wohlwend | 9/15 Gwen Darrey
Toni Gibbs
Timothy Kennedy |
| 8/24 Donna Stewart | 9/6 Vere Bellian
Margaret Collins
Michelle McGuire
Robert Reeves | |
| 8/25 Katie Ashbaugh
John Sampedro | 9/7 Andi Bisson | |
| 8/26 Dave Orlowski
Louie Rice | 9/8 Michael Lynch
Tom Montgomery | |
| 8/27 Bob Dittmar | 9/9 David Borota
Paul Norris
John Voorhis | |
| 8/29 Bonnie Condon | | |



MAD DOGS: SHOW YOUR POWER! USAT ELECTION VOTE STARTS AUGUST 1

GO TO USATRIATHLON.ORG., AND VOTE FOR YOUR MAD DOG BOARD REPRESENTATIVE: Brian Harrington

I've had the privilege of serving you as the Florida Region representative on the USAT National Board of Directors for the past four years. I've been honored by the other board members by being voted their President. My last eligible term to serve is being voted on between August 1 and October 1. I have an opponent. I don't want to campaign negatively, and won't. I do feel I have fairly and honestly represented the interests of our Triathlon Club, and the Florida triathletes on the national board. I have no personal agenda; I don't operate a for profit business dependent on Triathlon; I'm not a coach, although with both my daughter and son in law Brianne and Marty Gaal are certified coaches, I certainly understand the issues for coaches.

My history with the Mad Dogs goes back to the beginning of the club. Prior to it's existence, one of my jobs working with the St. Anthony's race was "professional's coordinator," a nice way of saying babysitting the visiting pros and finding them home stays. With the advent of the Mad Dogs, Kathy Morgan and other Mad Dogs have taken over this fun responsibility. At various times with St. Anthony's, I have served as Bicycle coordinator, Race Director, Community Director coordinating all city services; and have in recent years announced the race. Yeah, I'm the guy gently prodding everyone out of transition; reminding you not to use Ipods, how to have a safe and enjoyable race; to be nice to fellow triathletes; and to remember to thank volunteers and police.

During my tenure on the national board of directors, and especially this year serving as your President, I have been actively involved in many important issues for our sport: we're actively moving forward to finally fix the USAT website, to own our own site (currently, we're limited as to what we can do with the website that is owned by the USOC); we're pushing forward to expand youth focus, with an eye towards being a player on the national scene in the fight against childhood obesity. Indeed, the fastest growing segment of our membership is the youth category. I've met personally with the President of ITU, Marisol Casado, in Madrid, with the goal of mending past broken fences with our world governing body. We are pushing for and will be having before year end a world rules conference, putting representatives of ITU, USAT, and WTC (World Triathlon Corporation) together to work towards uniform rules wherever practicable.

USAT membership continues to grow, even in these troubled economic times; we are the fastest growing membership of all the Olympic sports. During my tenure on the board, we have seen great strides in our publication, "Triathlon Life," which if you've been in the sport for more than the past five years, you'll remember when our publication was little more than a smudgy newspaper type newsletter that could barely be read, and largely with uninteresting information. That has changed dramatically. I understand that our sport and lifestyle is more than one narrow interest: we have athletes whose goal is to compete on the world stage and in the Olympics; we have people like me, who see ourselves as participants, interested in a good healthy lifestyle and the ability to hang out with similar positive attitudes; we have many who started as participants in sprint races, who gravitate naturally to the half and full ironman distance events for the challenge; we have duathletes, adventure racers; aquathon, exterra; literally a vast number of ways to participate in the multisport lifestyle.

I want to continue to serve my fellow Mad Dogs; I want to finish my job on the national board. This is the final term I will be eligible for. I urge all Mad Dogs to participate in the voting process. Historically, voting in this election is embarrassingly light. As a result, the potential exists for a small special interest to control the outcome. My goal with this election is to see the Florida Region have the best voter turnout ever recorded by any region.

In the eyes of triathletes around the nation, Florida Triathletes are ROCK STARS! Prove it, by taking the few minutes it takes to go on the USAT website, and exercise your right to vote. Remember, all annual dues paying members are eligible to vote. Have your USAT membership card available, and vote as early after August 1 as possible.

Whatever the outcome, it's truly been an honor serving all of the Florida Region including the many fine triathlon clubs we have in the State including the Hammerhead Triathlon Club in Jacksonville, which this year hosted a youth triathlon with nearly 1,000 participants, and of course, my beloved St. Pete Mad Dogs.

Brian Harrington, Mad Dog #152





In this month's race report, Jenna Casper and fiancée, Clive Heke report from Ironman Austria, as they look to conquer the Ironman circuit again after last year's successful run at Ironman Brasil.

-Editor

I cannot tell you enough how lucky we have been! We had the unbelievable chance to sit at the head table with the race director, others and the Original Ironman Dave Orlowski, whom I met last year during Ironman Brasil. Dave has taken such good care of us and I kept in contact with over the past year. He has introduced us to so many people and helped us make contacts with people for almost every Ironman race in the future.

Race Day:

This is such a dream! There is so much to do today, besides keep the nerves down... ha! We haven't slept at all, it's very hot here and no air conditioning. We are both still suffering from jetlag... ugh!

It was so funny last night at the pre-race party that the party ran out of water, but had plenty of beer! I love Austria!!! Below, is a list I copied from the race website that contained info from this year's race.

Sunglasses with an **ATTITUDE.**



Boston Bill

why do so many cyclists and runners
wear Boston Bill Sunglasses?

Put'em on you'll see.

At all fine bicycle and running stores.

*The owners of Boston Bill Sunglasses, Sandra(MD#62) and
Greg Chewning, wish you a great season!*

I found it fascinating, but also frustrating that I didn't see any of the grilled chicken on the run aid stations!!! Ha ha...not! I did however, enjoy a slice of pizza at mile 22 on the run!!! We had such a fantastic race and party and cannot wait to do it again next year... yikes! We are now trying to get back to reality, wedding planning, and get over jet lag too!!!

Pictured to the right is Ironman Austria's race director Stefan Petschnig (Mad Dog #1499), my friend Kelly that we met in Brasil last year who was also doing the race, Original Ironman Dave Orlovski (Mad Dog #2360), Me (Jenna, Mad Dog #2511) and Clive (Mad Dog #2543).



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2010 race: fully booked with 2800 athletes - in 62 minutes

Besides IRONMAN Florida, IRONMAN Austria is the biggest race of the world series.

Consumption at aid stations:

Water: 25.000 litre
Coke: 8.000 litre
Electrolyt-drinks: 10.000 litres
60.000 cups
15.000 bottles
Energy bars: 10.000 pcs
Energy gels: 10.000
Bananas: 3 tons
Oranges: 1,5 tons
2.000 portions grilled chicken
2.000 pcs pizza
50.000 sponges for athletes
3.331,5 m² area of tents

At the Pasta Party on Friday before the race athletes are consuming about 2 tons of pasta and 800 heads of lettuce.

Numbers:

About 100.000 spectators on race day in the IRONMAN City and along the race course.

20.000 noisemakers.

6 speakers and DJs are entertaining the spectators more than 17 hours nonstop.

3 video-walls, 120.000 watt sound machines and more than 40 km cables are utilised.

Tourism:

Each of the 2.200 athletes out of 43 nations is bringing 3 to 4 companions. The resulting 7.000 persons are bringing about 42.000 overnight stays in Klagenfurt and surrounding area. The durance of stay is about 7.9 days and 8.9 overnight stays. The economic benefit is 9.4 mio Euros.

Budget:

2,2 Mio. Euro (in 1st year 300.000 Euros)

Demographic numbers:

Average age of participants: 38 years
83% of the participants are between 25 and 44 years
male: ca. 90%, female: ca. 10%
family status: ca. 60% married, ca. 30% singles, ca. 10% divorced
education: ca. 20% compulsory school, ca. 55% school leaving examination, ca. 25% university degree

Prize money for Top 10 men and women:

US\$ 50.000

Kibbles n' Bits

2010-2011 MAD DOG DIRECTORY! ADVERTISING SPACE AVAILABLE!

It's that time once again! We are now in the process of putting together our new St. Pete Mad Dogs Membership Directory. This is one of our most popular features with members, as they can keep it in their car or desk for easy reference to our advertisers and members for services. It's been proven that our members are very loyal and support those, that support them. So you don't want to miss out getting your advertisement in our upcoming directory! All members and any new members get a copy, so it is a great deal in which you reach a dedicated targeted audience. Be sure and get your ad in now! For more information e-mail Rue at advertising@stpetemaddogs.com.



MAD DOG MARRIES!

Speaking of BoD members...



Former Mad Dog President, Gina Waters (Mad Dog #2295) became Gina Shields on July 18th, as she married Walt Shields in a ceremony in Key West, Florida.

Said Gina of her day, "We had so much fun! My son Chris (Mad Dog #2191) and his friend, Dave, came down with us and comprised our 'wedding party'! It was overcast and super windy, but it was the most fun!" Congratulations Walt & Gina!!!



WE WANT YOU!

Elections for the Mad Dog Board of Directors are coming up! If you would like to help out or know of someone, let us know. As always we are looking for fun, energetic people to serve on the board and /or one of our committees.

There are many different ways you can get involved: events, website, newsletter, merchandise, membership, youth, etc. It's fun and a great way to get to know others out there in the triathlon community and club. Board member nominations will take place at the September membership meeting and the election will be held at the October meeting.

So if you would like to serve on the BOD or know someone that would like to, let us know. Not ready for a board pace yet, but want to still contribute??? There are always a number of volunteer opportunities available. Speak to a current BoD member to find out more.

MAD DOG HEADING TO NYC MARATHON!

Congratulations to Anna Thayer (Mad Dog # 3112) who recently received the opportunity to run the 2010 NYC Marathon this November!

In order to do so, Anna will be raising money for the LIVESTRONG foundation. Anna is looking for Mad Dog support to help her reach her goal. If you are willing to help her out, checkout the link to her LIVESTRONG Page by going to:

<https://www.kintera.org/faf/donorreg/donorpledge.asp?event=325632&supld=297996631&msource=MARATHN10BF>

According to Anna, "I am VERY excited to be given this opportunity! I am thankful EVERYDAY that I have two legs and a healthy body to allow me to run (and swim/bike!). I am running for those who would do ANYTHING to put their running shoes back on but are unable to, due to illness/cancer/injury".

New Dogs In The Pound

#3269 Jan Pehrson
Sausalito, CA

#3270 Jennifer Sullivan
Safety Harbor, FL

#3271 Margaret Collins
Poinciana, FL

#3272 Jacqueline Dupuis
Tierra Verde, FL

#3273 Riley Duval
St. Petersburg, FL

#3276 Angela Irwin
St. Pete Beach, FL



Training and Events Calendar

... Continued From Page 3

October 2, 2010

Susan G. Komen Race for the Cure

Vinoy Park

7:30am

700 Bayshore Drive NE

St. Petersburg, FL

10K, 5K, 1Mile and Fun Run

October 15-16, 2010

1st Annual Capital 2 Coast Relay

Number of Teams: 250 teams for the Inaugural year.

Distance of the Race: 223 miles - The LONGEST relay race in the US...

START - AUSTIN, TX (State Capital)

FINISH - Corpus Christi, TX (USS Lexington on the Beach)

Start Times: 9 am – with waves of teams leaving every 15 min. Teams will leave based on their 10K times, with the faster teams starting later and the slower teams going first so that all finish around the same time.

End of Race: 8:30pm on Saturday, October 16, 2010. This will account for a 9.5 min/mile pace for a team that starts at 9am on Friday, they will still

make it in time. All teams must be able to finish the race in under 35 ½ hours.

Cost: \$1200 per team – nonrefundable or transferable, must be ONE check (or CC) for the entire team.

www.capitaltocoastrelay.com

October 23, 2010

10th Annual Suncoast Triathlon

7:30am Start

Location:

Ft De Soto Park,
St Petersburg, Florida

Shelter #5

Distances:

1/3 mile swim/10 mile bike/3.1 mile run

www.suncoasttri.com

2009 attendance 650 Race sold out

USAT Sanctioned

Sunday October 24, 2010

1st Annual Longboat Key Triathlon

7:00am Start

Location:

Longboat Key Club and Resort
220 Sands Pointe Rd

Longboat Key, Florida 34228

www.longboatkeytriathlon.org

Distances:

.5 mile swim / 20 mile bike / 5 mile run

USAT Sanctioned Yes/ Or \$10 1-Day Pass

Proceeds from event to benefit Longboat Key, Lido Key, St. Armands Key Chamber of Commerce

December 5, 2010

1st Annual Tri Key West

Key West Marriott Beach Side Hotel
3841 North Roosevelt Blvd

Key West, Florida 33040

www.trikw.com

USAT Sanctioned Yes/ Or \$10 1-Day Pass

Distances:

Olympic- 1.5K swim / 40K bike / 10K run

Sprint- 0.75K Swim / 20K Bike / 5K Run

Weekend Long Expo December 4-5

Section 5: Ironman Information:
Please list any Ironman distance (or double) triathlons you've competed in:

I am a : Pro Triathlete USAT All American 2007-09 Olympian

Section 6: Reference:
Who referred you to the Mad Dogs?

Mad Dogs you train, race & howl with?

Anything else you'd like to share?

Section 7: The Waiver. This section must be signed before the application can be accepted. *(If under 18, a parent or legal guardian MUST sign.)*

I do hereby waive and disclaim, for myself, my heirs, and assigns, any and all claims for personal injury or property damage which may occur in connection with any St. Pete MAD DOG Triathlon Club activity. I will be completely responsible for myself, any guests and any minor under 18 whom I may bring or allow to participate in a club activity. This statement also pertains to travel to and from club functions.

Date: _____ Signed: _____

Date: _____ Parent/Legal Guardian (U/18): _____

Section 8: Dues:

Description	Amount	Quantity	Total (U.S. Dollars, Please.)
Single NEW Member	\$35	_____	\$ _____
Single RENEWAL	\$25	_____	\$ _____
Family NEW Membership	\$50	_____	\$ _____
Family RENEWAL	\$30	_____	\$ _____
Additional T-Shirt	\$10	_____	\$ _____
Donations:	Any amount appreciated!	Thank You!	\$ _____
CASH OR CHECK #:			\$ _____ (Total—Non-Taxable)

Section 9: Newsletter:

How would you like to receive your newsletter? Our E-Newsletter is available in pdf format via our website (www.stpetemaddogs.com), can be downloaded the last Thursday of every month (except December).
 Mailed version, Black & White I'll just download the Full-Color E-Newsletter .pdf from the website.



St. Pete MAD DOGS
 P.O. Box 635 • St. Petersburg, FL 33731-0635
 Please make checks payable to & send to:
 St. Pete MAD DOGS

Section 1: This information will be published in the directory. Please print clearly (All Mad Dogs must have completed 1 triathlon to qualify):

Name (First, Last, MI): _____

Mailing Address: _____

City: _____ ST/P: _____ Zip: _____

Tel: (____) _____ E-Mail: _____

Triathlete Spouse: _____ D.O.B.: _____ Shirt Size: _____

Triathlete Family Member: _____ D.O.B.: _____ Shirt Size: _____

Triathlete Family Member: _____ D.O.B.: _____ Shirt Size: _____

Triathlete Family Member: _____ D.O.B.: _____ Shirt Size: _____

Please check here if you would like to receive club updates via e-mail:

Section 2: This information will NOT be published in the directory:

D.O.B.: _____ Shirt Size: _____ USAT #: _____

Employer (Circle if Self): _____

Occupation (Circle if Retired): _____

List Last Triathlon Event for Each Potential Member: _____

(Note: Club rules state members must have completed a triathlon of any distance.)

Section 3: A few optional questions. Feel free to attach another sheet of paper:

What other sports are you involved in? _____

Are there any accomplishments you'd like to share? _____

Do you have a talent or skill you would be willing to volunteer to the club? _____

Section 4: We're a volunteer organization. How could you help?

- Board of Directors Newsletter
- e-Services Special Projects
- Event Planning Telephone Call-Outs
- Fund-Raising/Sponsorship Wednesday Night Grill



The Finish Line

St. Pete MAD DOGS Triathlon Club
P.O. Box 635
St. Petersburg, FL 33731-0635
www.stpetemaddogs.com

PRSRRT STD
U.S. POSTAGE
PAID
PERMIT #100
TAMPA, FL

MD #2861 Gregory Glasscock (center) in action at the Tri if You Dare Triathlon. Gregory set a new course record of 18:47, in route to winning his age group.



Go to www.Active.Com (Keyword: Mad Dogs) to join and receive an official member t-shirt, directory, newsletter subscription, club discounts, invitations to special events—and more! Call our Mad Dog at Hotline: 727-582-1910 • www.StPeteMadDogs.com