



The

# Finish Line

Volume 16, Issue 2 — March 2010



## **Survival of the ... Warmest???**

The Mad Dogs brave the 20 degree weather at 4:45am to gather for a photo before the 2010 Disney Marathon.

Read this month's race reports beginning on page 9.

***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**

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Newsletter Editor	Nicholas Godbey	Newsletter@stpetemaddogs.com

# From The President



triathlon season is now upon us!

We have many events planned coming up including:

- The Mad Dog Lottery Drawing and Party for The Foster Grant Ironman World Championship 70.3 in Clearwater scheduled for November 13, 2010! The party and lottery drawing for the 2010 70.3 Championships will be held on Saturday April 10th from 1-2 PM (Of course you can stick around to enjoy more food & drink) in at The Courtside Grille in St. Petersburg. In addition to the lottery there will be some Ironman giveaways & great food & drink. We had a full house every year at the lottery party, so get there early and don't miss any of the action and the chance of a lifetime to compete in the 2010 Ironman Championship 70.3 !

Also, there will be 1 slot to the Ironman 70.3 Championship that will be auctioned off to the highest Mad Dog bidder with all proceeds to go to the "Challenged Athletes Foundation-Florida" charity, a wonderful charitable organization that helps challenged and disabled athletes of all ages. So in addition to being able to compete in the IM World Championship 70.3 you will be helping a great cause.

- St. Anthony's Triathlon Weekend: Starting with the return of the awesome St. Pete Mad Dogs Pre Race Welcome Reception & Dinner on Friday April 23rd hosted by Harper Partners, Inc. (& Mad Dog Bob Bitterli!) and ending on Sunday with the famous after race & awards party at The Windjammer Club in St. Petersburg on the waterfront at the Coast Guard base . (Check website for updates & see calendar for more info). We will also be having special events,

Greetings! I truly hope that everyone is now getting back into their training modes and working off those holiday/winter pounds as another

food, demos at the two Wednesday night swims preceding St. Anthony's and will have a "special guest" at the Thursday night membership meeting. Check out the website and look for e-mail updates for details to follow.

Be sure and sign up now for the 2010 Mad Dog Madeira Beach Triathlon scheduled for May 21st-23rd this year. Both days sold out early last year! If you are not competing then please volunteer. This is your club's race and should support it and all the hard work Pam Brown and the race committee do.

Also I just wanted to mention that I had the pleasure of running with CAF athlete & spokesperson Scout Bassett at Gasparilla . If you haven't seen or read her story, you should it is truly heart wrenching. At an early age, Scout lost her right leg due to severe burns. Later she was abandoned at a Chinese orphanage to endure hardship, abuse and child labor. During those years Scout hoped for something to change her fate, but her dreams seemed a lifetime away. Then when she least expected it, a miracle occurred and she was adopted by an American family at the age of seven, taking her from no or a tragic future to a world of opportunity. Scout is now attending UCLA on a full scholarship. With help from CAF, her parents and prosthetist, Scout actively competes in triathlons & running events. Always positive & full of energy, Scout is truly an inspiration. To volunteer is great, but to volunteer &/or give to a cause where you can see that it truly changes someone's whole life from tragic to positive just brings a certain feeling and thankfulness for things that many of us take for granted.

Also, coming soon look on our website for updates for the return to Pass-A-Grille Beach for World Famous Wednesday Night Mad Dog Swims on March 17th!

Until Next Month Stay Positive, Have Fun & Keep Up The Howling!

*Tim*

# Training & 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

### Beginning March 17th

### 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](http://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](http://www.stpetecycling.com) or

[www.stpetemaddogs.com](http://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](http://www.stpetecycling.com)

## Upcoming Races & Club Events:

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

Thursday, March 25th, 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.

Saturday, March 6th, 2010

### 5th Annual Lowry Park Zoo's

### ZooZoom Race

7:30am

1101 W. Sligh Avenue

Tampa, FL 33604

This is a "fund-racing" event that will raise revenue to support the animals of the Lowry Park Zoo. This 5k race takes you thru the zoo and along the scenic Hillsborough river. Visit [www.lowryparkzoo.com](http://www.lowryparkzoo.com) for more registration details.

Saturday, March 6th, 2010

### Belleair Classic 5k/10k Road Race & Brick-4-Breakfast

The "Brick-4-Breakfast" is a great training opportunity for all of those that are participating in St. Anthony's in April as our distances are equivalent to that of St. Anthony's ride and run. There are only 175 spots available for the "Brick" event, although the 5k/10k are open to greater numbers of participants.

Visit [www.belleairclassic.com](http://www.belleairclassic.com) for more information.

Sunday, March 7th, 2010

### 7th Annual Florida's Great Escape Triathlon

10:00am

Lake Louisa State Park

Highway 27

Clermont, FL

[www.floridasgreatescape.com](http://www.floridasgreatescape.com)

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

Race Day registration: Unknown

Distances: Swim 1 Mile, Bike 18 Miles, Run

5miles

Saturday, March 13th, 2010

### Tour de Village 2010

### 5K Run and 1 Mile Fun Walk

at Carrollwood Village Millennium

Garden

(4535 West Village Drive, Tampa, FL 33624)

5K Run 8:30am start; 1 Mile Fun Walk

9:30am start

813/842-7066

[www.carrollwoodvillage.com](http://www.carrollwoodvillage.com)

Saturday, March 13, 2010

### Founder's Day 5K and 1 Mile Family Fun Run/Walk

Registration 7:00am / Race Time 8:00am

All Ages Welcome

Zephyrhills High School

6335 12th Street

Zephyrhills, FL

Registration Cost/Deadlines:

Early Registration \$25.00 (by March 8)

Race Day: \$40.00

T-shirts guaranteed to all those who are pre-registered!!

HOW TO REGISTER:

Visit the East Pasco Family YMCA

or online at

[www.tampaymca.org/foundersday5k](http://www.tampaymca.org/foundersday5k)

Sunday, March 14, 2010

### Squiggy Classic Adventure Race

6 Hr "Classic", 2 Hr "Dash", and Squiggy

Junior Kids Race

Morris Bridge Park, Tampa

Mtn Biking, Trekking/Trail Running,

Canoeing

<http://wecefar.com/squiggy>

Saturday, March 27, 2010

### East Pasco YMCA Spring Sprint Triathlon

Registration 6-7:30am, Race Time 8:30am

Ages 14 and up • Individual and Relay

East Pasco Family YMCA

37301 Chapel Hill Loop, Zephyrhills, FL

Distances: 300-Yard Pool Swim • 11-Mile

Bike • 5K Run

Registration Cost:

Early Registration \$55.00 (by March 22)

Race Day: \$65.00

Relay Early Registration: \$95.00 (by

March 22) Relay Race Day: \$105.00

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

HOW TO REGISTER:

Visit the East Pasco Family YMCA

or online at

[www.tampaymca.org/eastpscotri](http://www.tampaymca.org/eastpscotri)

... Continued on Page 13

# New Dogs In The Pound

#3197 Erika Meya  
Seminole, FL

#3202 Sherry Soper  
Lithia, FL

#3198 Dan Capozelli  
West Brandywine, PA

#3203 Roger Slusser  
Largo, FL

#3199 Chad Lane  
Dunedin, FL

#3204 Jill McCroskey  
Seminole, FL

#3200 Chris Ciaccio  
St. Petersburg, FL

#3205 Phil McDonald  
Tampa, FL

#3201 George Jennings  
Largo, FL

#3206 Bill McKnight  
Tampa, FL

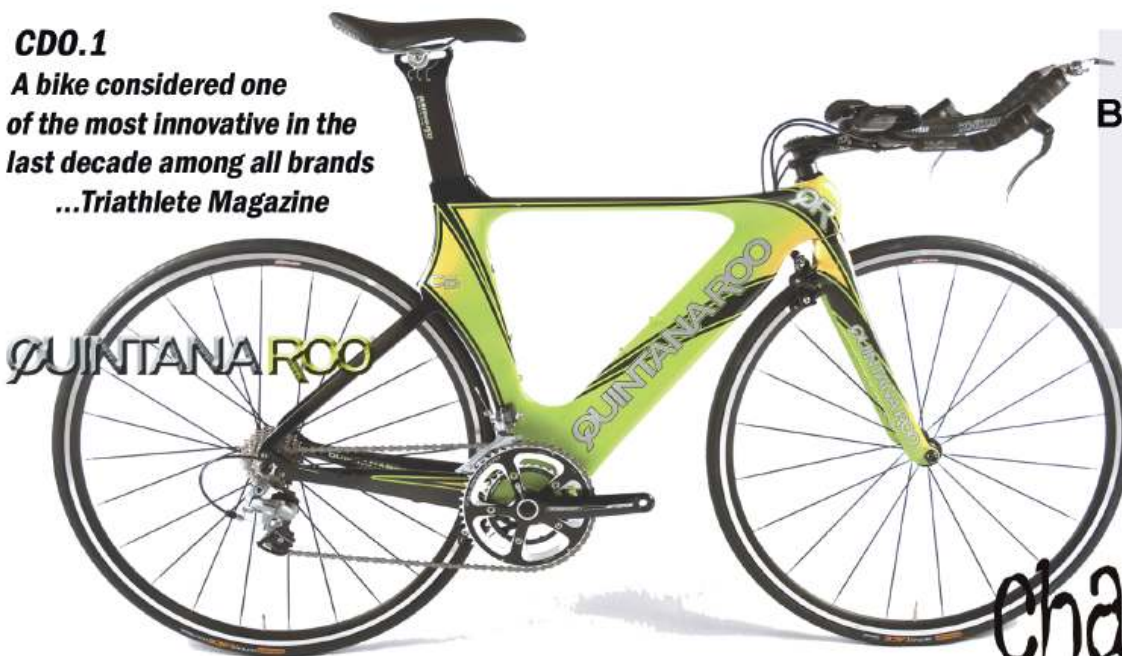


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Palm Harbor | Tampa Rd & US 19 | 727.786.3883

chainwheel  
DRIVE

# 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 now 40 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 Pucon  
 Ironman 70.3 Geelong  
 Ironman 70.3 China  
 Aviva Ironman 70.3 Singapore  
 Rohto Ironman 70.3 California  
 Ochsner 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 Mooseman  
 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 Racine  
 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 Putrajaya  
 Whirlpool Ironman 70.3 Steelhead  
 Viterro 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. 19  
 Sept. 26  
 Oct. 17  
 Oct. 30  
 TBD  
 Nov. 13  
 Dec. 5

**REGISTER TODAY AT IRONMAN.COM**

# Best In Show

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

**Chilly Willy Duathlon**  
**Ft. DeSoto Park**  
**St. Petersburg, FL**  
**14 February 2010**

**1st Place**

Bob Ranta  
Roger Little  
Anders Heidemann  
Carol Jean Vosburgh  
Celia Dubey

**2nd Place**

Marty Gaal  
Jill Voorhis  
Gail Lohman  
Cody Sanford  
Bryan Prushinski  
Nola Johnson

**3rd Place**

Charles Lohman  
Bob Moorehead  
Joy Johnson

**4th Place**

Dave Gresko  
Jessica Mundie  
Morris Johnson

**5th Place**

Terry Repp  
Luther Dore  
Park Alsop

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Sandra and Greg Chewning  
would like to wish you a great 2010 season!

# Group Riding Principles

by Mike McCollum

1. No sudden moves. Do not suddenly turn right, left, speed up, or slow down. It is inefficient and dangerous. Sometimes the rider in front of you will make a sudden move. Be on your toes so if this does happen you do not overreact and endanger the riders behind you.
2. Be smooth. Almost all riders new to pacelines feel that it is their duty to show they can keep up, so they work harder and speed up when they reach the front. This is wrong. The front rider should relinquish the lead by moving over to the side and slowing down slightly. Backing off by about 1 MPH is usually sufficient. The rider assuming the lead should maintain the same speed as the previous front rider, not increasing speed.
3. Give others a turn. The idea is not to prove how strong you are by hogging the front, but to ride and work together as a group, and feel comfortable changing positions. There will be plenty of time to test your strength. On the other hand, you should always try to pull through if you are not tired.
4. Ride as close to the rider in front of you as comfortably and safely as you can.
5. Do not overlap wheels. Ride behind the rider in front of you. If you are overlapping the wheel in front of you, and the front rider moves over slightly and touches your wheel, your front end will become unstable, and you will go down. The rider in

front of you probably will be able to maintain control.

6. Pull off in a consistent direction. When riding in a group, riders relinquish the lead by "pulling off" either to the left or right. Maintain whichever direction the group is using.
7. When you drop back to rotate, ride close side-by-side as well as front-to-back. This is much more efficient.
8. Warn of hazards on the road by calling them out and pointing. If there is plenty of time, everyone can avoid a hazard. If there is not much time to avoid glass or a hole, it is often safer to ride straight than violate rule #1: no sudden moves.
9. Use your brakes as little as possible. Braking is dangerous for the rider in back of you, who may be less than 6 inches behind your rear wheel, and much closer than that if you brake!
10. Don't exhaust yourself by pulling too long in the front. If you are weaker than the other riders in the group, take the front, but only for a few pedal strokes. Do take your turn in front to practice technique.
11. Don't fool with water bottles when you are leading. Wait until you've pulled off. Also, try to be in the right gear, and do not change gears when you are leading.

More experienced riders will often yell commands or advice to you. To the beginning group rider, these "barks" often seem rude and angry. It is just that there is not sufficient time for explanation. No meanness is meant, and such yells and screams should not be taken personally. Mostly it's just someone trying to help.

*Fun-loving TRIATHLETES who train, race, and howl together.*

# Every Dog Has Their Day

## MAD DOG BIRTHDAYS

MARCH 16, 2010 - APRIL 15, 2010

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

*\*INDICATES AGE GROUP CHANGE*

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3/16	Melissa Dipple* Patricia Fradley George McCreary	John Farese Andrea Risi	4/5	Matthew Depenbrock Valerie Hingson Jeanne Townsend Bob Wagoner	
3/17	David Weismantel	3/27	Mark Cook Jonas Hedman Lisa Jamison	4/6	Thomas R. Collentine
3/18	Joan Macuso Linda Osmundson Ryan Repp	3/28	Lara Butler Monte A. Hoge Lisa Plescia*		Jacob Singleton
3/19	Al Browne* Ivette Compton* Tristan O'Connell* Gary Steffen Jackie Yost	3/29	Derek Hess* Bill McKnight Wolfgang Scholl*	4/7	Shirley Bassett Teresa Przetocki Dick White
3/21	Geri Lodato Patrick Mannion* Kelly Murphy	3/30	Enee Abelman Daniel Bode Kathleen Kaye Brian Wilder Marilyn Zook	4/8	Bernie Brown Glenn Jacobs Doug Zook
3/22	Ron Frers			4/9	Mark Aleksin Joseph Stowell *
3/23	Paul Lawler Gail Lohman Craig Phillips*	3/31	Dennis Gatto* Bela Molnar* Sharon Norfleet-Long	4/10	Melissa Cosser
3/24	Nina Boone Suzanne Brosseau Peggy Lucey Pat Ryan Paul Talewsky* Mary Tucker*	4/1	Hazel Schroeder	4/11	Michelle Palaganas
3/25	Ian Ray	4/2	Harold Singer	4/12	Pixie Rubin
3/26	Tara Croft	4/3	Julie Dibens* Dana Krueger Robert Meya	4/13	Winston Allen*
		4/4	Markus Mittermayr	4/14	Sean Donoghue Maureen McGuire*
				4/15	Michael Bardecki Rod Coggin Shana Harrington Mickey Rzymek

# Monthly Race Report:

## Hair of the Dog 2010 and The Walt Disney World Marathon Weekend

In this month's race report we feature a double dose of racing. First, Chuck and Gail Lohmann are back again to recount all of the details of (a true Mad Dog staple) the 2010 Hair of the Dog triathlon. And secondly, Melissa Pine braves the eliminates in Orlando, FL at the 2010 Disney Marathon. -Editor

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### 15th Annual Hair of the Dog Madness

At noon on the 1st of January, several hundred intrepid Mad Dogs ignored posted signs of "all dogs must be leashed" and gathered at Ft. DeSoto Park, as they have since 1996, to celebrate the New Year by doing what triathletes do best -- party. This legendary, untimed and unrecorded event served to remind everyone of what it means to be a Mad Dog.

On this chilly, windy day, despite large icebergs and a rumored Orca sighting, participants braved the one inch of crashing surf and swam (or jogged around) the North Beach Lagoon. After a quick bike/run, survivors celebrated their annual victory over Mother Nature and enjoyed a delightful repast. The Cooks Platoon, led by Michele Bushoven (MD 2089), did a splendid job of producing almost unlimited amounts of hamburgers and hot dogs. Rue Morgan (MD 0001), as always, led the festivities even though he had to fly back from vacation on New Year's Eve to do so.

While everyone else was having fun getting ready for the party, Park Alsop (MD 2709) and Dallas Rose (MD 541) were preparing for their annual "Tough Man" duel. It almost didn't come off this year, as Dallas had some issues that cut into training time and Park almost slept through the swim. Park came dashing up to the lagoon late to see that Dallas had taken off with the leaders. Despite an overwhelming lead, and in the spirit of the true competitor he is, Dallas rode the 10 mile loop on a fixed gear bike to allow Park to catch up (in the interest of complete disclosure, his race bike had been damaged). Unfortunately, everyone was eating and drinking when the pair finished, and the final dash to the finish line was unrecorded. Rumor has it that an employee at Outspokin Bicycles may be able to shed some light on the results.

Speaking of Outspokin, many thanks to owner Val Tavanese (MD 2647) for her generous contribution of raffle prizes, including a free Retul bike fit! St. Pete Bicycle & Fitness and Clearwater Halfathon also donated much appreciated support.

# 2010 Walt Disney World Marathon Weekend

Submitted by Melissa Pine, Mad Dog #2984

As a newcomer to Florida, this was my first Disney marathon experience (and only my 2<sup>nd</sup> marathon) so I was unsure what to expect. Needless to say I had high hopes for the “Magical Place where Dreams Come True!” Though my “dreams” didn’t come true per se, nor did I break any records, it was another wonderful endurance experience with friends and family - a remarkable blend of sport and camaraderie, a personal challenge realized, and another exceptional Mad Dog adventure that keeps us all coming back for more!



The weather forecast for Disney weekend was extremely cold, which required a little more planning than usual for a Florida race. We all made sure to have gloves, scarves, hats, and plenty of layers in tow! We were ready for the challenge!

The journey started the day before the race when my dad who was visiting from Canada, and I headed to Disney World. The Expo was held at the Wide World of Sports Complex. Being my first time at this complex, it was nice to see the venue and memorabilia of some of my favorite sports figures. Considering there was over 55,000 participants in race weekend, the expo was very well organized, and packet pickup went smoothly. We spent some time walking around inside and commenting on how strange it was to see everyone bundled up in ski jackets in Florida! The booths were great, so I picked up a much needed new pair of runners (but not to wear on race day of course!...“Nothing new on race day”...) and some nutrition for the race.

The next step was to get settled in at the Mad Dog hotel of choice for Disney weekend, the Travelodge (otherwise known as the “Big Orange” for obvious reasons!), and from what I learned, this place has a long legacy of fun memories and unforgettable races for the Mad Dogs! Remarkably, Rue (Mad Dog #1) has 17 years of Disney marathon memories to share! The camaraderie from the Mad Dog group was outstanding and we all got together for pre-race carbo-loading, and storytelling! Huge thanks to Rue and Kathy for the pre-race dinner! I guarantee that yummy homemade pasta sustained me through the last few miles! It was fun to hear both the fond memories and “war stories” of past Disney marathons (and Goofy Challenges), from Carolyn, Robin, Wendy, Rue and Kathy! Good times.

To say that race morning started out bitterly cold would be an understatement! That’s probably a big statement coming from someone who grew up in Canada! The Mad Dogs left the hotel at 3:45am and headed to the race start. After sitting in our cars for over a half hour to stay warm and avoid braving the frigid temperatures, we made our way towards the start line. With plenty of layers, and wrapped in garbage bags, we started the mile hike in the dark to the start line. Though everyone looked stiff from the cold, I was so impressed with the spirit of the runners! The temperature at the start was barely 20 degrees, yet nothing was going to stop all these athletes from putting to the test all the hours of training and months of running! There were people from all over the world, and everyone was there to accomplish the same goal! The positive energy and camaraderie, despite the conditions, are what these races are all about!

The fireworks went off and the race started! The excitement from the runners and the crowds that lined the streets was electric! Most of us Mad Dogs were separated early on in our corrals, so it would be at least another 4 or 5 hours until we’d all be reunited again. I ran with my garbage bag covering me for about 3 miles...then felt warm enough to unload the plastic. It was an incredible feeling to run through Epcot Center in the dark at 5:30am and relish the unique, serene atmosphere of Disney World before any visitors entered the Park!



After getting through Epcot at mile 3, it would be another 7 miles until we reached Magic Kingdom. I think most people were happy to be running just to stay warm at this point! At mile 10 we reached Magic Kingdom and it literally gave me goose bumps (though I probably already had plenty from the cold!) when the crowd was cheering us through and I could see the famous castle up ahead!

For a moment I felt like a little kid on their first trip to Disney! Being new to Florida, my last trip to Magic Kingdom had been when I was 5 years old, and I barely remember any of it, so it was definitely a memorable experience to run inside the castle and out the front

gates!! It was fun to see runners stopping to take pictures with their favorite Disney characters along the race course...however I opted to just keep going to minimize the frostbite!

At mile 13, finally at the halfway point, I decided to remove one of my pant layers. Then at mile 18 I removed my outer hooded sweatshirt! (Yes it really took that long to unload the layers!) I remember looking around at the other runners and being amazed to see that their sweat had completely turned to ice on their clothes! At that point I realized just how cold it was! Animal Kingdom was another highlight of the race where the music and sights were definitely uplifting, particularly after some long stints in parking lots, back roads, and highways. All throughout the course, the Disney staff was very supportive, and it was evident that a lot of hard work and planning had gone into making this course "magical."

Probably my most memorable moment was the famous "Victory Lap" which is the last mile of the marathon through the World Showcase at Epcot. We entered the Park at mile 25, and after 4 hours of battling the course and the conditions, I will never forget the incredible feeling of relief to know that this was the LAST MILE!

Again the crowds were cheering, the music was uplifting, and overall I could sense the Finish was near! From this point onwards it was a mad dash to the end! Catching the first glimpse of the Finish Line in the distance is an incredible feeling for any race, and it certainly was very high on my list of incredible feelings that day! It was inspiring to see large bleachers full of cheering supporters, and crowds lining the finish chute. Another marathon was COMPLETE, and one of the coolest medals I've ever seen was placed around my neck. There's nothing like a golden Mickey medallion to cure the aching muscles!



When the race was all over everyone quickly sought hot showers and warmth at the "Big Orange." We shared some race stories, said our goodbyes, and concluded the weekend at Disney. We marveled at the medals that Keith, Carolyn, and Robin received for the Goofy Challenge! Great job to all the "Goofy" finishers - all that hardware is a little motivation for next year perhaps?? A great time was had by all.

Marathons are an interesting parallel to life – you have good miles, and bad miles, miles when you think you can't go anymore, and miles that whiz by with ease, times when you need to lean on others for inspiration and strength, and times when others are depending on you for

the same...but in the end, it's ALL worth it! "It's not the destination, but the journey."

# MAD DOG PROFILE: PETER CARABETTA



My name is Peter Carabetta and I am Mad Dog #2514. I currently live in Melbourne, FL with my wife Nita.

Since I started doing triathlons, I've learned better nutrition, scheduling with work, family and, of course, training. Since it's inception, I have always enjoyed volunteering at the Clearwater 70.3 World Championship. I have really enjoyed getting to see the pros compete from start to finish; what an awesome experience!

I know when I retire as a driver with FedEx, I'll be able to travel and have more training time. Over the years I have met so many interesting people and friends. One of my ultimate goals is to move to St. Pete & spend more time getting involved with the Mad Dogs.

**In an email-to-email interview with Peter, we asked him the following questions about his time in triathlon. Here is what he had to say...**

**1. How did you get started in triathlons? Where and when was your first race?**

About 15 yrs ago at the Sail Fish Tri ( or Sun Fish Tri ) on Hutchinson Island on my friends 3-speed Schwinn bike.

**2. How many races have you completed?** I never kept track of the number of races. I usually average about 4 -6 per year, which range from sprint to Ironman distance.

**3. When did you become a Mad Dog, and what persuaded you to join the club?** I became a Mad Dog 3 years ago, when both my sister & brother-in-law decided to move from Connecticut to Florida and landed in St. Pete. That was all it took to persuade me to join the Mad Dogs.

**4. What has been your favorite race venue to date?** St. Anthony's is by far the best race. If I don't race it, I'll volunteer for it. Either way its a great experience.

**5. What do you consider to be your greatest accomplishment in triathlon?** My 5th place finish at IM Louisville was my greatest accomplishment in triathlon.

**6. What is your best triathlon memory?** My best & long lasting memory was attending the Louisville IM post race awards & thinking that awards went only 3 deep. What a great surprise to find out my name was listed as the 5th place finish receiving an IM award.

# Kibbles n' Bits

## Mad Dog #1042 Nick Radkewich appears on the Competitors Radio Show February 7, 2010.

Nick went on the Competitors Radio Show with hosts Bob Babbitt and Paul Huddle, where he spoke about launching his new triathlon coaching program, Avenger Racing, and the program's website... [www.triavenger.com](http://www.triavenger.com).

"After 8 years of focusing on life outside of triathlon, I am looking forward to sharing my 25 years of triathlon experience with junior, age group and elite athletes. I am also looking forward to working with other triathlon coaches to better prepare future World Championship and Olympic team members. My focus will be coaching and consulting, there are no competition goals. I look forward to training recreationally and participating in the 35-39 age group at select events this summer. Currently, I am serving on the USA Triathlons 2010 Pan Am Games and 2012 Olympic Games Team Selection Committee and look forward to working with USA Triathlon on further projects."

More information about the Competitors Radio Show and downloads are available at the show website: <http://competitorradio.competitor.com/>

## Oceana looking for volunteers to race at Nautica South Beach Triathlon.

Oceana, a charity partner of Nautica, will be fielding a team of athletes at the Nautica South Beach Triathlon on April 11. They are putting together a team of athletes who will help raise money for their ocean conservation programs. In return for your help, you would be eligible to get some nutrition/training guidance, apparel and VIP amenities on race day. In addition, the best fundraiser gets a \$500 Nautica gift card as a grand prize!

About Oceana:

We're a four-star charity that works to save marine species like sharks and sea turtles, protect important habitats and reduce pollution. All proceeds from the fundraising go directly to Oceana.

Anyone interested in taking part, whether you have already signed up for the race or not, can contact Jonathan Frank at [jfrank@oceana.org](mailto:jfrank@oceana.org).

## Training & Events Calendar

... Continued From Page 3

April 3, 2010

### The 18th Annual Hare Racing Event - Family Event Benefiting The Epilepsy Services Foundation Inc.

Epilepsy Services Foundation  
4618 North Armenia Avenue  
Tampa, FL. 33603-2706  
[www.epilepsysf.org/hare-racing-experience.htm](http://www.epilepsysf.org/hare-racing-experience.htm)

Contact:

Thomas Orth  
Executive Director  
[www.epilepsysf.org](http://www.epilepsysf.org)

Saturday, April 10th, 2010

### The 23rd Escape from Ft. DeSoto Triathlon

7:00am  
Ft. DeSoto Park  
3500 Pinellas Bayway South  
Tierre Verde, FL  
[www.escapefromftdesoto.com](http://www.escapefromftdesoto.com)  
USAT Sanctioned? Yes / Or \$10 1-Day Pass  
There is NO RACE DAY REGISTRATION  
Distances: Swim .5 Mile, Bike 10 Mile, Run 4 Mile

April 10th, 2010 1:00 PM - 2:00 PM

### 2010 Foster Grant Ironman 70.3 Championship Lottery and Party

Where: Courtside Grille  
110 Fountain Parkway North,  
St. Petersburg, FL 33716  
(Off of Ulmerton Road)

Phone: 727-561-7433  
(See the Mad Dog Website for the flyer and more info.)

Saturday, April 10, 2010

### Croom Quest Multi-sport Race

Off-road Triathlon Style Event (with paddling instead of swimming)  
6-8 Hr "Quest" and 2-3 Hr "Quickie"  
Croom/Withlacochee State Forest,  
Nobleton  
Trail Riding, Paddling, Trail Running on  
Marked Course  
<http://wecefar.com/croomquest>

Saturday, April 17th, 2010

### Dod Run Dog 5K/10K Race

8:30am  
Ft. DeSoto Park  
3500 Pinellas Bayway South  
Tierre Verde, FL

Put your pooch on the podium!

Sign up for DogRunDog on [Active.com](http://Active.com) today. Bring your buddies and get the special "pack price".

Stop by their website [www.dogrundog.com](http://www.dogrundog.com) and vote for the Morris Animal Foundation study we'll sponsor this year. Your dog can make a difference when you run with us!

Sunday, April 25th, 2010

### St. Anthony's Triathlon

7:00am  
Spa Beach @ The Pier/Straub Park  
615 2nd Avenue Northeast /  
400 Bayshore Drive Northeast  
St. Petersburg, FL  
[www.satriathlon.com](http://www.satriathlon.com)  
USAT Sanctioned Yes/ Or \$10 1-Day Pass  
REGISTRATION IS SOLD OUT  
THERE IS NO RACE-DAY  
CHECK-IN  
MANDATORY BIKE CHECK-IN  
SATURDAY  
Still looking to be involved in one of the country's premiere races??? Mad Dogs know the best spot... Register as a volunteer!



Get ready as we celebrate the 25th Anniversary Madeira Beach Mad Dogs Triathlon on May 21-23, 2010! This is one of the longest running and biggest sprint triathlons in the South. This year's edition includes a whole exciting weekend of racing and fun with some extra special surprises and events planned for this gala anniversary year.

- May 21st- Buzz Hoge Memorial 5k Beach Run
- May 22nd- Youth/Kid's & Mini Adult's Triathlon
- May 23rd- Triathlon and " The Legendary Mad Dog Post Race Party" with live music, drink, food and more!

Are Race Expo Will Be Available All Weekend Long! Registration is now open and both races on Saturday & Sunday sold out last year, so register early and don't get shut out this year! Register Now at Active.com! For more information visit the race website.



**Are you ready to get back  
into the open water?  
Is it time to get back into  
the open market?**

It would be safer to get into the cold, shark infested, open water  
than to get into the open market

Find out how you can protect your assets from the unknown by  
using new cutting edge financial tools

**Contact Jack Shuten Mad Dog #2981  
the "Tax Free Retirement Planning Specialist"  
727-823-1500 or [www.mymoneyflorida.com](http://www.mymoneyflorida.com)**

**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 Size: _____	\$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.

- I am filling this out as a (check one):
- NEW Single Member Application
  - NEW Family Membership Application
  - RENEWAL of Single Membership
  - RENEWAL of Family Membership
  - UPDATE (Address, Name Change, etc.)

Please make checks payable to & send to:  
St. Pete MAD DOGS

P.O. Box 635 • St. Petersburg, FL 33731-0635



**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](http://www.stpetemaddogs.com)

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TAMPA, FL

**Always out to lend a hand, a group of Mad Dogs volunteer at a waterstop for the inaugural Women's Running Magazine Women's Half Marathon in St. Pete, FL.**



**Go to [www.Active.Com](http://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](http://www.StPeteMadDogs.com)**