



The

Finish Line

Volume 16, Issue 4 - May 2010



**Celebrating Wendy Johnson
Mad Dog #1009**

See her tribute beginning on page 14

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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From The President



It is with deep sadness that I write this month's letter as long time Mad Dog member and friend Wendy Johnson (MD #1009) finally succumbed to cancer on April 20th after a long fought battle of over a year. Many of you knew Wendy as a local race promoter of The St Pete Beach Classic, Bay to Bay Run (Bringing it back after an absence of many years) and other events. If you lived in the St. Pete/Tampa Bay area and involved in any endurance sports and didn't know Wendy you were one of very few. Wendy didn't want anybody to be stranger and was also the first to introduce herself if she didn't know someone and get acquainted. The first time I met Wendy I think we talked a half hour or more and by the end she knew where I was from, went

to school, etc. and she told me all the same. She truly liked people and liked to know everyone personally and know about them. Jeff Klinkenberg wrote a wonderful article on Wendy in The St. Pete Times calling her a take charge Good Samaritan. Which I think is a great description of Wendy. She seemed to always like to be the one take charging and the one arranging and doing it all. Yet she was always caring and giving and whenever she would learn someone was sick or in trouble she was always the first to be there offering her help and assistance. Many of us in the triathlon and endurance sport community will sadly miss seeing Wendy's smiling face at the events and training, but she will be remembered by us all for many years for all that she did.

**... Continued on
Page 22**

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

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, May 27th, 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.

Sunday, May 16th, 2009

6:00am

Ironman 70.3 Florida

Orlando, FL

www.floridahalfironman.com

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

Distances: 1.2 mile swim / 56 mile bike / 13.1 mile run

Mandatory bike check-in on Saturday, May 15th. This race is sold-out, but don't miss a chance to see the hottest triathlon distance race today in your own backyard.

May 29, 2010

Open Water Swims #1

Clearwater Community Sailing Center
1001 Gulf Blvd.

Clearwater, FL 33767

Fee: \$25 early, \$35 race day

Swim start: 7:30 am Distance: 1-mile

Register for all 3 and save \$10.00

June 19, 2010

Open Water Swims #2

Clearwater Community Sailing Center,
1001 Gulf Blvd.

Clearwater, FL 33767

Fee: \$25 early, \$35 race day

Swim start: 7:30 am Distance: 1-mile

Register for all 3 and save \$10.00

Sunday, June 27th, 2010

6:50am

5th Annual Morton Plant Mease Triathlon

Sand Key Park

1040 Gulf Blvd.

Clearwater, FL

Promoter: St. Anthony's Triathlon

www.mpmf.org/triathlon/home.asp

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

There is NO race day registration.

Distances: Swim 1/3 mile / Bike 13 miles / Run 5k

July 17, 2010

Open Water Swims #3

Clearwater Community Sailing Center
1001 Gulf Blvd.

Clearwater, FL 33767

Fee: \$25 early, \$35 race day

Swim start: 7:30 am Distance: 1-mile

Register for all 3 and save \$10.00

July 24, 2010

2nd Annual Jr Top Gun Triathlon

8:00am Start/Athlete Clinic required 7:15-7:45am

Location:

Ft De Soto Park, St Pete, Florida

Shelter #5

Youth Triathlon Distances:

7-10 age group 100 yards swim/3 mile bike/ 1/2 mile run

11-14 age group 200 yards swim/6 mile bike/ 1 mile run

www.jrtopguntriathlon.com

USAT Sanctioned

July 25, 2010

The Inaugural Schools Out Triathlon

Sand Key County Park

1060 Gulf Blvd.

Clearwater, FL 33767

Fee: \$65 early, until April 15, 2010

Check out the website at

www.trithisinc.com for more details. Sign up now while fees are still low!!!

July 31, 2010

10th Annual Top Gun Triathlon

7:00am Start

Location:

Ft De Soto Park, St Petersburg, Florida

Shelter #11

Distances:

1/4 mile swim/10 mile bike/3.1 mile run

www.topguntriathlon.com

2009 event sold out attendance 950

USAT Sanctioned

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!!!

New Dogs In The Pound

#3223 John Atkins
St. Petersburg, FL

#3229 Catherine Jooste
Tampa, FL

#3235 Melissa Boyer
Lithia, FL

#3224 Tiffany Felton
St. Petersburg, FL

#3230 Chris Connors
Belleair Beach, FL

#3236 Howard Cloke
Lithia, FL

#3225 Mark Nicely
Safety Harbor, FL

#3231 Shaun Regan
Tampa, FL

#3237 Matthew Wohlend
St. Petersburg, FL

#3226 Annette Dayton
St. Petersburg, FL

#3232 Dean Davis
Fort Myers, FL

#3238 Mary Grace
Wohlend
St. Petersburg, FL

#3227 Roy Buttermore
St. Petersburg, FL

#3233 Stephen Ceglarski
Boston, MA

#3239 Samuel Wishard
St. Petersburg, FL

#3228 Bob Brubaker
Clearwater, FL

#3234 Kristen Powers
St. Petersburg, FL



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\$25 OFF

A BG Data Fit

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Clearwater | 1773 Crew Street | 727.441.2444
Palm Harbor | Tampa Rd & US 19 | 727.766.3883



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 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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The Annual Mad Dog 70.3 World Championship Race Party and Lottery Drawing.

The Mad Dogs Lottery Party and Drawing for 25 lucky Mad Dogs to receive entry to the 2010 Foster Grant Ironman 70.3 World Championship took place on April 10th. Over 100 excited Mad Dogs filled the Courtside Grille in St. Petersburg for food, drinks and all the usual howlin' that the Mad Dogs are known for.

After the socializing, the party moved out to the patio for the drawing and the anticipation levels grew high as the entries were drawn and lucky winners were announced. This year's lucky winners were:

- | | |
|--|---|
| <ul style="list-style-type: none">• Michael Bardecki• David Bel• Sofia Bereza• Stanley Fivecoat• David Frazer• John Glasscoat• Brian Gove• Justy Guenther• Jaih Jackson• Richard Jansick• Kirstin Johnson• Alisa Kapchinski• Clare Kelly | <ul style="list-style-type: none">• Reva Moeller• Jeffrey Mount• Jim Musial• Melissa Pine• Kent Rodahaver• Shannon Shearer• John Smith• Dean Sweetapple• Matthew Thomas• Matthew Weidner• Larry Witt• Rue Morgan |
|--|---|

The Mad Dogs would also like to thank and congratulate Mad Dog member Brian Stancari, who was the winning bidder for the CAF-Florida charity slot. Brian's winning bid was \$1,800, with all proceeds going to CAF-Florida!

And, for those of us who have never earned one of these lucrative spots... on the following page, last year's CAF high bid winner, Matt Weidner, recalls what it was like to win the auctioned spot and what it was like to get the opportunity to race at the 70.3 World Championships. Enjoy!

One of the Lessons I've Learned...

One of life's lessons I learn again and again is that being around people better than me makes me a better person.

As an attorney, practicing law around brighter, more experienced lawyers hones my professional skills and makes me a better lawyer. Being with a mate whose life skills and outlook are brighter and better than mine in turn makes my life brighter and better. And so it goes with training and triathlon. Swimming, biking and running with bigger, badder, faster people has certainly made me (at least a tiny bit) faster but more importantly it's made me a much better person.

Last year, the Mad Dogs gave me the phenomenal opportunity to race with the baddest, hardest working, most inspirational people in the sport of triathlon and, because triathletes are among the top of the human achievement pyramid, it's not a stretch to say that those athletes are among the baddest, most hard working and most inspirational people in the world. I got that opportunity to when I won a slot to the Ironman 70.3 World Championships in Clearwater.

If Kona is triathlon's Holy Land then the 70.3 World Championships is at the very least earning its place as hallowed ground. Olympians, collegiate stars, endurance athletes and short course champions from around the world now focus their entire year on training to win in Clearwater! And while I certainly appreciate the incredible athleticism on display by the world class athletes that qualify into the world championship race, the baddest, most hardworking and inspirational people I was referring to above are the challenged athletes who we have the honor to share our race courses with—not just at the Clearwater 70.3 World Championships, but in every Ironman and increasing at our local events.

At the 2009 Mad Dogs 70.3 Lottery Party I didn't win one of the coveted Mad Dogs lottery slots but that gave me the great opportunity and privilege to support the Challenged Athletes Foundation (CAF) by bidding on the single lottery slot CAF auctioned off. The mission of the Challenged Athletes Foundation is to make sure that athletes that have physical challenges but who also have the heart, gut and determination to challenge themselves are given the support they need to compete right alongside all the other determined competitors. Through the tireless efforts of the CAF organization, challenged athletes compete in triathlons like the Clearwater 70.3 and other races and events around the world.

That really is one of the most beautiful and inspiring things about triathlon. There is no other sport and frankly not many other forums in this world where the barriers are removed and we're all thrown into the mix together to compete (with ourselves) and to crush and destroy (our own notions about our limitations.) I became so inspired by the challenged athletes I met and raced with in 2009 and that inspiration helped me develop profound respect for the leaders of this sport that made it so inclusive from the beginning and who keep working to expand the opportunities to compete to everyone. We should all reach out to challenged athletes and those who just need a kick or inspiration to get fit and encourage them to come race with us. Importantly, we've got thousands of men and women who've served our country and come home with the wounds of war and many live right here in the Tampa Bay area. Let's show these honorable members of our community just how grateful we are by getting them more involved in our events.

... Continued on Page 22

Best In Show

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

Escape to Miami Olympic Miami, FL

2nd place
David Burg

Tri-Cooter Sprint Triathlon Inverness, FL

1st place
David Burg

YTS #1 Temple Terrace, FL March 13, 2010

1st Place
Kyle Deschenes
Trey Smith (3rd Overall)

3rd Place
Courtney Smith

Miami International Triathlon Miami, FL March 14, 2010

2nd Place
Art Halttunen
Susan Wallis

3rd Place
Paul Hough

Escape from Fort Desoto Triathlon St. Petersburg, FL April 10, 2010

1st Place
Charles Andstadt
Dave Gresko
Terry Stenger
Roger Little
Bob Ranta
Kristin Donahue
Jennifer Hutchison
Claudia Junqueira
Gail Lohman
Carol Jean Vosburgh
Laure Blume (Masters)
Lance Chambers (Masters)
Kyle Deschenes
Brian Zipler
Caroline Condon
Dean Davis
Dan Chechele
Elizabeth Kostreva

2nd Place
Dawn Pelletier
Clare Kelley
Jan Thompson
Al Browne
Charles Sexton
Cody Sanford
Jon Dangler
Morris Johnson
Al Browne
Trey Smith
Courtney Smith

3rd Place
Lisa Kaschak
Lindsay Bell
Erin Downs
Taylor Scott
Bob Moorehead

Zack Quilty
Adam Hasebrook
Bob Wagoner
Steve Strange
Danny Hicks
Mark Aleksin
Reva Moeller
Margaret Johnson
Krista Eyler
Courtney Condon
David Frazer
Amanda Reed
Richard Jansik
Michael Lydon
Tammie Wonning
Karen Alderman
Carol Mckenna

4th Place
Gary Bonacorsi
Lu Dore
Cheryl Durstein-Decker
Joy Shapiro
Joey Steele

5th Place
Andrew Hasebrook
Anders Heidemann
Charles Lohman
Mark Parrish
Jay Anderson



Every Dog Has Their Day

MAD DOG BIRTHDAYS

MAY 15, 2010 - JUNE 15, 2010

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

**INDICATES AGE GROUP CHANGE*

- | | | | | | |
|------|--|------|---|------|--|
| 5/16 | Sue Auger Debbie Edwards Frazier Keck Greg Stanek Shirley Taylor | 5/29 | John Cappa* Jack Finucan Ashley Prossick Bill Riley Pauline Rupp Jack Stevens* | 6/8 | Dorothy L. Malley Rob Rivas |
| 5/17 | David Burg Howard Cloke Gregory Glasscock | 5/30 | Sherry Perkins Lisa Wannemacher | 6/10 | Zachary Hoge Paul Ingham Tracy Johns David Schick* Shannon Shearer* |
| 5/18 | Melissa Pine Stephen Sexauer | 5/31 | Annaklara Doel Frankie McDermond | 6/11 | Kevin Doel* David Gresko Tiger Mills |
| 5/19 | Sandra Ebert Terry Latham* Rose McCoy Karen Monkus* | 6/1 | Johnny Allbritton Jennifer Allbritton Veronica Geist Michael Marenovic* Jo Shelburn | 6/12 | Melissa Blair Joseph J. Conrad Eve Dietrich Krista Eyler Kathy Johnson Tony Scott Kenneth Strickland |
| 5/22 | Roger Burke | 6/2 | Tony Myers | 6/14 | Jack Chambers* Jim Condon Noel Keesling Mona Petrou |
| 5/23 | Tony Handler Jessica Koelsch Peter C. Paulin Darlene Van Houten | 6/3 | Carole Torreano | 6/15 | Walter Davin Clive Heke* Kyle Jackson* John Macedo* Erin Seaverson |
| 5/24 | Vic Lampasona Tim Maglione Mark Prossick | 6/4 | Brian Harrington Alisa Pachella Travis Skaggs* Matthew Thomas | | |
| 5/25 | Brianne Gaal Roger Slusser* | 6/5 | Gordon Benedict* Teresa Hopkins | | |
| 5/26 | Jeannie Silbert | 6/6 | Jonathan Bowman Beth Judson- Moodenbaugh John Malley Larry S. Reed | | |
| 5/27 | Christine Donoghue Aimee Marinelli Ellie McCoy* | 6/7 | Charlie Anstadt Rod McDonald Jessica Reinhart | | |
| 5/28 | Katie Knight-Perry* Zakkary Whitelock | | | | |



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.



Evaluating your first race of the season

By Jennifer Hutchinson

Triathlon season officially kicked off this past month. For those doing early season races, how did it go? Regardless of the distance of your first race, ask yourself: How did it feel? Are you satisfied with your energy level and pacing throughout the event? Did you feel strong in all three disciplines? If you felt good and strong from start to finish, Congratulations you were prepared! If you struggled a bit during the race, then that's an indication you can do things better. Here are a few tips to help you evaluate your first race of the season.

1. Review your splits. How did you measure up against your peers? Did one discipline greatly outshine another? Were you a "rock star" swimmer only to get passed on the bike and the run or were you a rock in the swim and having to play catch up by hammering the bike and handing on for the run? What about your transition times? Were they quick and efficient or were they so long you could have had breakfast?

2. Identify your strengths and your limiters. Successful triathletes tend to be the most

balanced triathletes. They spend more time and energy on their weaker areas in an effort to make a limiter into a strength. If you look at your splits and see that your swim is in the top 10% of your age group, then you would identify this as a strength. If your bike or run time ranks at the 50% mark then that would suggest one of those are a limiter and holding you back from a well balanced race.

3. Devise a plan. Its easy to train the disciplines that you do well and it can be a challenge to know what you need to do to make your limiter into a strength. The good news is there are a number of ways you can create a road map to even better triathlon performances. For those on a tight budget, the Internet has a number of free or low cost training plans you can follow. There are also some good books you can use to guide you through your first or second racing season. Training with buddies can also help you raise your game; Mad Dog events are a great way to meet like-minded athletes. Another option is to get a coach. There are a number of really good coaches out there

that cater to all levels and abilities so ask around and find the best one to meet YOUR needs and budget.

4. Have fun. Triathlon should be about the fun and good-hearted competition. The surest way to suck the fun factor out of training and racing (over the long haul) is put too much pressure on yourself. Remember, the first few races of the year are to blow out a few "cobb webs" and learn (or relearn) what it means to string the swim+t1+bike+t2+ run together for a successful strong race. If your first race did not go well don't beat yourself up, just focus on being better prepared next time.

Got questions or a topic you would like to read more about? Submit your sports nutrition, triathlon training and racing questions to Jennifer Hutchison at eSportsRD@aol.com.

Jennifer Hutchinson, RD, CSSD, CSCS, LDN is a USA Triathlon Elite Level III Coach and Board Certified Sports Dietitian. She provides coaching and nutrition services to athletes of varying abilities including highly motivated beginners, junior and collegiate athletes in addition to Elite/ Professionals. A veteran of the sport, Jennifer uses her experience as a competitive age group athlete (3 x time Ironman World Championship Qualifier & Finisher) and the powerful combination of being both a Registered Dietitian and USAT Elite coach to provide athletes with a practical application of sports nutrition and training principles. To learn more about Jennifer go to www.IronCladCoaching.com.

LOCAL PIZZAMAN BECOMES INTERNATIONAL SPOKESPERSON for PIZZA INDUSTRY

Matt McClellan, Superman of Pizza



Before Pizza Diet



30 Days



After Pizza Diet (60 days)

Matt McClellan, owner of Tour De Pizza created an all pizza diet in which he lost 25 pounds, lowered his cholesterol 86 points, dropped his blood pressure to 118/80 and lost 10 percent body fat in just 30 days. Matt's 30 Day Pizza Diet has been featured on numerous National and International TV, Newspaper, and Radio Stations. As Matt continues his quest to change the Pizza Industry on a Global scale he calls St. Petersburg HOME!

30 Day Pizza Diet as seen on:

Fox News, NBC Daytime, TBT, St Pete Times, 10 Connects, PMQ Magazine, 97 Fisher and BOY, Ron and Ian 620 WDAE Sports Animal, RatBoy and StayPuff 93.3 FLZ.

more to come....



Tour De Pizza's Tour Across America



EAST COAST GREENWAY

- 30 Day Pizza Diet
- 1200 Miles in 30 Days
- Change the Image of Pizza Worldwide
- Support Local Pizzerias Across the Country

This is Matt McClellan and I am gearing up for my 30 day bike ride to the Pizza Capital of the World. My promotional "TOUR" will begin in St. Petersburg, FL. on June 5th, 2010 and conclude in NY City on July 4th, 2010. For 30 days I will eat ONLY pizza at local pizzerias, conduct all media circuits in each market, and attempt to change the image of pizza from a junk food to a health food.

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Remembering Wendy Johnson

This tribute to Wendy Johnson is courtesy of former Mad Dog Rich Fowler (#1731). Rich, who now resides in Ohio and writes for HFP Racing, wrote the following article in his weekly column for HFP.

If you didn't know Wendy personally, please take the time to read about one of the most influential and positive people in the sport of triathlon. - Editor

HFP Racing - A view From The Hill

Usually writing is like therapy for me – as I love to write this column, and I love to talk to every triathlon freak I see. You're all nuts, and I love ya! Today however, it hurts to write, and I am having trouble seeing the words on my screen through the tears in my eyes.

The triathlon world lost one of its Queens this week, and not only was she a great lady, she was my friend, she had a huge impact on my life, and I miss her already. Permit me to tell you a story...

About 12 years ago a work associate of mine announced that she was quitting the software business and starting her own triathlon and road race company in Florida. I was sorry to see her make that decision as she was a great salesperson (especially since as her sales manager she made me look good!), but I also knew that with her drive and determination she would make anything work that she put her heart behind. She did put her heart and energy into it – and Motion Sports Management was not only born, it launched, with Wendy Johnson at the helm.

One of the services that MSM offered was personalized coaching for both tri newbies and veterans, and she suggested (in her not so subtle Alabama style) that my lazy butt would benefit from it. That was a very dark time in my life, and I needed some sort of motivation, so I said sure, coach me. Realize that I had never run a step before this, and I didn't know how to swim. Wendy took me under her wing, got me on a program of weights and running and biking, and I did my first 5K at 300 pounds in 44 minutes. Most importantly, I was hooked, and she was proud of me. She saw potential where I didn't.

Fast forward a few years and me a few pounds lighter (ok – 75 pounds lighter) and I did my first full marathon with Wendy in the crowd. She was still proud of me, but still pushed me to learn to swim and be a "real triathlete". She helped me buy my first tri bike, and I went to the Dannon duathlon with Wendy and her husband Al the next year, and they took the time to teach me to swim in the lap pool in their backyard. They regularly set me (and any tri friend I sent their way) up with room and board for a variety of Florida races, and some of the best memories and pictures I have are from the Hair of the Dog New Years Day Triathlon howling with Wendy and the St. Pete Mad Dogs.

Wendy was also the “wedding planner” for Chelle and me – as she and Al were gracious enough to let us invade their home and use the beach in their front yard for our marriage ceremony. Wendy and Mabelle set about doing all the little things that I wouldn’t (and didn’t) think of, and Al and I sat in the ocean breezes and drank Coronas. More pictures with that great big Wendy smile. Blur and blink.

It was a little over a year ago that Al sent an email saying they found a mass in Wendy’s brain, but that they had good doctors and a good prognosis, and we’d see them soon. Fast forward 14 months and nearly a dozen significant surgeries later, and even the best medicine in the world can’t beat brain cancer yet.

Countless races, countless bottles of wine shared with countless friends, and pain too big to count later – Wendy lost her battle with cancer Monday night and crossed that finish line we’re all headed towards. Al tells us that she lived these past months like she raced: She prepped as much as she could, she fought hard, she fought smart, and she didn’t let the pain or the pressure get to her. Just like the triathlete she is and taught us to be, she used her body up and still wanted to go on – her body just wouldn’t let her.

A dedicated triathlete, USAT Official, race director, wedding planner, wine connoisseur, and friend; Wendy was a bright ray of Florida sunshine into many lives, and had a positive and long lasting impact on me personally. We don’t know if she made difference in the world or not, but she made a world of difference in my life, and for that, and for Wendy, I am eternally grateful.

Al will provide details for memorials and the like, but I know it’ll make her smile down from the Big Transition Area in the sky if you’ll just take a newbie under your wing and help them become a triathlete realizing their potential. That was her mission and she executed it perfectly. Thanks Wend.

Wendy – we love you, we miss you, and we expect you to have snagged a really good spot at that Heavenly Transition Area. Save me a spot next to yours, and I’ll see you on that Race Day next.

Blur and blink.
Rich



Mad Dogs encounter the “Mad Lithuanian”

by Chuck and Gail Lohman

There we were, pedaling away on our Computrainer mounted bicycles, legs burning, sweat drenched, with a plastic device in our jaws invented by the Spanish Inquisition. Dr. “T”, the Mad Lithuanian, kept raising the wattage and repeating, “Very nice, you are doing an excellent job.” Was this a nightmare? Had we been kidnapped by endorphin terrorists? Why were we doing this?

As all Mad Dogs know, training in three different disciplines for triathlons of various distances can be a complicated and difficult business. You’ve heard the expression, “There is no such thing as a good bike leg, if you are unable to run well afterward.” Gail and I were particularly interested in trying to determine the fastest pace that we could maintain on a bike without wasting ourselves for the run distances from a Sprint Triathlon to a Half Ironman. Although there are field tests to establish approximate exercise zones for both running and cycling, we were looking for the most accurate possible test.

We began our quest by calling various schools and medical professionals in the area. Either the tests were not being given or were prohibitively expensive. Park Alsop at Outspokin Bicycles, mentioned that he had heard of someone at a local College who might be administering the tests. This led us to Dr. Nauris Tamulevicius, affectionately known to his students as Dr. T (for obvious reasons). He is an outgoing, engaging professional with an encyclopedic knowledge of Exercise Physiology. We learned that his background in Sports Medicine was with Lithuanian sports teams including their Olympic Team at Atlanta. It was during this visit that he fell in love with the United States and a couple of years later moved here permanently.

Dr. Tamulevicius offers both the VO₂ max and the lactate threshold tests for a very reasonable cost. The former determines the maximum aerobic capacity and corresponding running pace/cycling power (separate tests). The latter determines the optimum heart rates for training and racing. He offers a discount for taking both tests. The payment is in the form of a

contribution to Barry University with whom he is an Assistant Professor. The tests were administered at the Exercise Physiology Lab of St. Petersburg College (Gibbs Campus) here in town.

Afterward, Dr.T sat down with us and reviewed the results with detailed recommendations for both training and racing at the various triathlon distances. Gail and I agreed that it was a great prelude to the triathlon season and a valuable experience that would enable us to train smart with focus, rather than just train hard. All local Mad Dogs should consider this great opportunity for insight into training and racing. Dr. T can be reached at (727) 480-0289 or at NTamulevicius@mail.barry.edu.

Running and Cycling Testing *Special Introductory Offer :*

VO2 Max Test: \$135.00

- Determine maximum aerobic capacity and corresponding running pace/cycling power, which are vitally important in the quest for race victory

Lactate Threshold Test: \$90.00

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- Optimize racing efforts with running pace or cycling power (FTP) using blood lactate levels

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- (Includes Body Composition Analysis)

All Funds raised will be used for educational purposes of the Graduate Students at Barry University HPLS/St. Pete

Test will be supervised by PhD Exercise Physiologist



**Call to Schedule:
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Photo by Nick Cardello

Exercise Physiology Lab/ Barry University
TE Building, Room TE-234
SPC St. Petersburg/Gibbs Campus
6605 Fifth Avenue North
St. Petersburg





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.



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Kibbles n' Bits



While in Jacksonville getting treated for prostate cancer at the University of Florida Proton Center - 8 week program - I decided to enter the Riverside Run for Cover 5K two days before my treatment ended.

To my surprise... I finished 3rd for my age group and received a plaque on April 3rd. I'm sure my "Dog" training has helped me in both causes.

Best regards and glad to be home.
Markus Mittermayr
MD 1831

Mad Dog Could Set Milestone



Dr. John C. Taylor, 88, a Mad Dog member from Atlanta, GA, might become the first person in the United States to complete a triathlon in his 90's. What's astonishing about this, is that Dr. Taylor did not begin competing in triathlon until he was 60, but the ever active Mad Dog has been going for the last 28 years.

According to Dr. Taylor, "In 36 more days (May 7, to be exact), I will celebrate my 89th birthday". By USA Triathlon guidelines, this will classify him as 90 years old at the beginning of the new year.

How big of an accomplishment could this be? The folks at USA Triathlon are watching! In fact, USA Triathlon has told Dr. Taylor that at this point they can only find 12 people in 85-89 age group that did at least one triathlon this year. However, only 1 or 2 have completed the necessary two or three triathlons minimum to qualify for their rankings. The newest rankings will be coming out soon, so Dr. Taylor will know shortly about his possible chance at history. Dr. Taylor recently sat down with the folks at Endurance Planet to talk about the possibility of being the first to reach this mark. To hear the interview, go to the Endurance Planet website and click on the "My Story" section.

The following was printed in the St. Pete Times by Terry Tomalin, Times Outdoors-Fitness Editor. The article features a Q&A session with the newly elected President of USA Triathlon's Board of Directors (and Mad Dog) Brian Harrington.



Brian Harrington, a longtime Tampa Bay area triathlete and announcer at St. Anthony's Triathlon, was recently named president of the USA Triathlon board of directors. Harrington, 59, has three grown daughters and two granddaughters, several of whom are also accomplished triathletes. He has been a trial lawyer in St. Petersburg since returning from law school at Notre Dame in 1974. He did his first triathlon in 1989 after serving as race director for the early version of what is now the St. Anthony's Triathlon.

How has the local triathlon scene changed since you first started competing?

In 1989, we had approximately 500 athletes for the then-Tampa Bay Triathlon; at this year's St. Anthony's Triathlon, there will be 4,000 on Sunday, and another 800 in the Saturday kids' and first timers' race at North Shore Pool. USA Triathlon now sanctions over 2,500 races in the United States, and since 2000, triathlon has been an Olympic Sport.

Do you think triathlons play an important role nationally?

Since I've been representing the Florida region on the national board of directors, I've come to realize just how important our sport and our healthy lifestyle can be to our country, especially to its youth, which is in the midst of an obesity epidemic. People who are dedicated triathletes find their lifestyle is healthier, the people they interact with more positive, and are more successful in their careers.

Is Florida a player on the national triathlon circuit?

Florida is the only state with its own representative on the national board of directors and that doesn't even include the western portion of the panhandle, which is a part of another region. That's because we are a hotbed for the sport, having enough annual members in USA Triathlon to justify such representation.

How does our area rank?

The Tampa Bay area is itself a hotbed, having enough races throughout the region to allow athletes to race within driving distance of their homes nearly every weekend of the summer.

Has St. Anthony's helped put the Tampa Bay area on the international triathlon map?

St. Anthony's has repeatedly been selected as one of the top Olympic distance races in the world, and is perennially ranked as one of the top 10 races in the United States. We annually have one of the finest professional fields; the pros love racing here, and love the hospitality they receive from the home stay program provided by the St. Pete Mad Dogs Triathlon club. It is not just a top national race, but a destination race; regularly drawing age group athletes from nearly every state and 30 foreign countries, providing a nice financial boost to the community in a time between winter and summer visitors.

What about the future?

I see the sport and the lifestyle continuing to grow. The fastest growing group in USA Triathlon is our youth; college competition is also burgeoning, with several hundred universities now having triathlon clubs, including all the service academies.

What do you want to accomplish as president of USA Triathlon?

I hope to continue to take steps to enhance the growth of our sport at all levels; with an emphasis on helping our youth to learn the means to grow up healthy, both physically and emotionally; while developing through a new foundation the means to bring the fun and enjoyment of our sport to everyone in our country. Triathlon is the fastest-growing sport in the Olympic family; we are working to have additional Olympic competition, such as team scored competition, similar to the current collegiate team championships, selected as an additional Olympic event. We also have projects under way to assist the growth of the paratriathlon sport, to make it a part of the paralympics.

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From The President

... Continued From Page 2

The triathlon season kicked off here locally in the St. Pete/Tampa area with The Escape From Ft. DeSoto Triathlon put on by veteran race promoters Fred Rzymek & Joe Fernandez, which had a great turnout and post race food & beverage and lots of Mad Dogs racing.

Congratulations to all the Mad Dogs that won lottery slots to The 2010 Foster Grant Ironman 70.3 World Championship that same day. Also congratulations to Brian Stancari for being the high bidder for the CAF charity slot for which all proceeds go to CAF.

Thanks to Ironman for their support! Of course as we go to press St. Anthony's Triathlon is approaching & probably has already occurred as many of you read this. I know it will be a great success as Race Director Philip LaHaye along with able assistance from Susan Daniels & Mimi Wilmoth have been working hard and burning the midnight oil in preparation for this year's event. So, I hope everyone has/had a great time there and I'm sure there will be photos & updates in next month's newsletter as The Mad Dogs are always out in force and have an awesome time at St. Anthony's.

Don't forget on June 21-23 we have our own club's Madeira Beach Mad Dog Triathlon which celebrates its 25th Anniversary this year! Pam Brown has been working overtime with the St. Anthony's race mgmt team for what should be the best one ever! We expect another sell out crowd, so I hope that you got your entry in.

Until Next Month
See You at The Races & Keep Howling!

Tim

... Continued From Page 7

As I trained in earnest for the 2009 World Championship Race, I endeavored to remind myself every day just how precious this life is and what a gift it is to wake up every day and be able to swim, bike and run. I use the time I spend doing these things to constantly remind myself of this gift and that too has made me a better person. I'm grateful for the support of Gail and Chuck Lohman who looked after me when we raced together in Cancun. To Cathy and Rue Morgan for making every Wednesday night swim a warm and welcoming time and to Tim Hudson and all the other leaders and members that make the Mad Dogs such a positive and worthwhile group.

I'm coming back to race in the Clearwater 70.3 World Championships again in 2010. This time the triathlon lottery gods smiled upon me, and another fine Mad Dog had the opportunity to support CAF and their mission with his generous lottery contribution. He's already pumped up about the race and about supporting Mad Dogs and CAF by competing on the world stage.

The Mad Dogs certainly are a fine group of fun people and we all become better people as we train, race and howl together!



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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.



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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

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Professional triathlete Mirinda “Rinny” Carfrae (left) takes a quick moment for a photo op with Mad Dogs Tiffany Felton and Matthew Weidner at the April Mad Dog Membership Meeting.



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