



The

Finish Line

Volume 16, Issue 9 - October 2010



DAVE DICKSON... YOU ARE AN IRONMAN!!!

Mad Dave Dickson finishes his first Ironman distance race all smiles as he crosses the line at Ironman Louisville.

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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
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Board Member	Barbara Towney	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



We have a few upcoming events that I want to mention:

Ironman 70.3 Championship

– Be sure and come out to this world class event right in our hometown November 13th, either as a spectator (Wear that Mad Dog Gear!) or as a volunteer. If you want to volunteer go to: <http://ironman.com/events/ironman70.3/worldchampionship70.3/clearwatervolunteers>.

Also, if you interested in hosting a pro triathlete for a homestay, e-mail me.

Anniversary Party & 2011 St. Anthony's Sign Up

Coming up in November (November 20th) we have The Mad Dogs Annual Anniversary Party, which is The Party of the Year for many St. Pete and Tampa Bay area multisport athletes with attendance of 300+ the last several years. It's seems like you see everyone in the area there plus many out of towners. It's a great event with live music, food, drink and plenty of social taking place outdoors and indoors at The

Tavern at Bayboro in St. Pete. Once again any current Mad Dog member will be able to enter the 2011 St. Anthony's Triathlon at the Party prior to registration opening to the general public on December 1st. This is a great opportunity as St. Anthony's traditional sells out as it opens on-line. They'll also be exciting giveaways. So be sure not miss this event as you can sign up for St. Anthony's and celebrate the year and have great time with all your friends.

In addition there are still a few remaining local triathlons in the area with The Suncoast Triathlon at Fort DeSoto wrapping up the local triathlons at the end of October.

We will once again, as always, provide coverage of the Ironman World Championships in Kona, Hawaii next month!

Remember The Mad Dogs are "Fun Lovin Triathletes" Who Train, Race & Howl Together!

Until Next Month,
Aloha!

Tim

Training and Events Calendar

Upcoming Training Sessions:

All training sessions are "Show and Go" Workouts.

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 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 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, October 28th, 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.

Wednesday, October 27, 2009

Annual Mad Dog Chili Cook-off and The Last Wednesday Night Group Swim & Social

6:00pm
Frank T. Hurley Park
1501 Gulf Way
Pass-A-Grille Beach, FL
(We will have Wednesday swims every week in October, then we switch to The Tavern at Bayboro- USF St. Pete) It's gonna be a hot one! Bring a crock pot of your best chili or sides like cheese and chives as we say goodbye to sultry summer nights and move our stomping grounds to downtown St. Pete. Don't miss one of the biggest and most informal social events of the season!

Every Wednesday, 6PM

(Starting Nov. 3)

Official Mad Dog Group Run & Social

Tavern at Bayboro
121 Seventh Avenue South
St. Petersburg, FL 33701
Everyone who **WEARS A MAD DOG LOGO** (or is a guest) is good for one domestic beverage. Food is available for purchase for about \$5 a sandwich and 75 cents per beer.

Unless you have a USF decal, park in Tavern spots only.

www.stpetemaddogs.com
Call Hotline at 727-582-1910

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

Saturday, November 13th, 2009

7:00am

Ironman 70.3 World Championships

Pier 60
Clearwater, FL
www.ironman.com/worldchampionship70.3
USAT Sanctioned Yes/ or \$10 1-Day Pass
Distance: 1.2 swim/ 56 bike/ 13.1k run
Entry by qualification only.

REGISTRATION IS SOLD OUT

THERE IS NO RACE-DAY

CHECK-IN

MANDATORY BIKE CHECK-IN

FRIDAY

Still looking to be involved in one of the country's premiere races??? Register as a volunteer! Visit the above website and click on the volunteers link.

Saturday, November 20th, 2009

2:00pm

16th Annual Mad Dog Anniversary Party

The Tavern at Bayboro
121 7th Avenue South
(USF St. Pete Campus)
St. Petersburg, FL 33701
www.stpetemaddogs.com
Meet and greet the former and incumbent Board of Directors, enjoy live music, purchase Mad Dog gear and best of all - if you are a current or new member (you can renew on-site or join up) **SIGN UP EARLY FOR THE ST. ANTHONY'S TRIATHLON!**

... Continued on Page 17

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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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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Race Report -- 2010 Lake Lure Triathlon

Submitted by Carol Jean Vosburgh Mad Dog #213



This year was the 6th Annual Lake Lure Triathlon, held August 28th in NC. It is a weekend of athletic competition called the Hickory Nut Gorge Olympiad. The triathlon is 1/3 of the 3 races in 3 days challenge. The challenge begins with a Friday night 10K run. The triathlon is part two of the challenge on Saturday morning. And finally, Sunday morning presents an event called Race to the Rock, you have a choice of a 5K Run or 7K bike up Chimney Rock Mountain in Chimney Rock State Park. You have the option of doing 1, 2 or all 3 events.

I only chose to participate in the triathlon. It is without a doubt the most scenic sprint triathlon I've ever participated in. It's home to beautiful Lake Lure and Chimney Rock State Park in NC. There is no lack of beauty to amaze the senses. The triathlon is hosted by a resort which is nestled at the base of the majestic 2,800-foot Rumbling Bald Mountain on the north end of Lake Lure. Scenes from the movie "Dirty Dancing" were filmed on this lake!

The triathlon began with a 500m lake swim from a sandy beach. The mountain water was clear and smooth as glass; probably around 78 degrees. The 25k bike course was very hilly and challenging, but I was rewarded with breath-taking views, as it rolled through the countryside at the base of the Blue Ridge Mountains. The 5k run was a steady uphill that paralleled up a lush valley around Bald Mountain Golf Course and then a gentle downhill to a beach finish beside Lake Lure.

I've participated in over 100 triathlons. For a sprint triathlon, I found this to be almost breath-taking. It was very well organized, amenities were outstanding, entrance fee very reasonable, and the course was safe and well marked. There were close to 400 participants and I am excited to say I did finish 1st in my age group (65-69). Next year, I may include Sunday's event, Race to the Rock, cycling the 7K. I'd love to have some Mad Dogs join me next year!

Addendum to the story:

What a difference 6 days can make. Six days after the Lake Lure Triathlon, I was cycling with 1 mile to go, as an oncoming car turned left and cut me off.



In an instant, my life changed. My bike and I hit the side of the car, flying over the hood, landing in gravel. This accident resulted in a fractured and chipped tibia plateau, surgery, and crutches for 6 weeks, then rehab and PT. I'm blessed my injuries were not worse and the my prognosis is good. I should be able to ride and run again. My formula for the future is: event+reaction=outcome. Yes, I have a great and positive attitude and that will be my outcome.

Best In Show

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

Omitted Results From Last Newsletter

Morton Plant Mease Triathlon
Sand Key Park, Clearwater, Florida
June 27, 2010

1st Place
Sandy Guenzel

Top Gun Triathlon
Fort Desoto Park, St. Petersburg, Florida
July 31, 2010

2nd Place
Rick Jansik

Publix Family Fitness Tri
Fort Desoto Park, St. Petersburg, Florida
August 21, 2010

1st Place
Virginia Poyner

2nd place
Tiffany Felton

Lake Lure Triathlon
Lake Lure, NC
August 28, 2010

1st Place
Carol Jean Vosburgh

Ironman Canada
Penticton, B.C. Canada
August 30, 2010

Finishers:
Ward Edwards
David Deschenes

Ironman Louisville
Louisville, KY
August 30, 2010

1st Place
Linda Robb (Hawaii Qualifier)
Lewis Bennett (Hawaii Qualifier)
Leslie Gerlach (Hawaii Qualifier)

4th Place
Jessica Koelsch (Hawaii Qualifier)

Finishers:
Claudia Junquiera
Patricia Junquiera
Lisa Charest
Keith Nelson
Rick Jansik
Dan Fluet
Scott Cockran
Dave Dickson
Tye Gruss
Miranda Lessie

2010 ITU Duathlon World Championships
Edinburgh, Scotland
September 3-5, 2010

2nd Place
Roger Brockenbrough

5th Place
Virginia Coyner

Tarpon Springs Rotary Triathlon
Howard Park; Tarpon Springs, Florida
September 11, 2010

1st Place
Dallas Rose
Jon Dangler
Tom Prenderegast
Mark Parish
Hal Cook
Cathy DeHaan
Celia Dubey
Jill Voorhis

2nd Place
Tiger Mills
Katherine VanAllan
Suzanne Brosseau
Tiffany Felton

3rd Place
Claudia Williams
Diane Spicer

4th Place
Frankie McDermond
Margo Benning

5th Place
Thomas Hoffman

Florida Challenge 70.3
Clermont, Florida
12 Sept 2010

2nd Place
Dean Sweetapple



Team USA Shines at Age Group World Championship

U.S. athletes grab 25 medals, nine world titles.

BUDAPEST, Hungary - Team USA capped an impressive week of international multisport action with nine world titles and 25 medals in Sunday's ITU Age Group Olympic-distance World Championship.

The 25 medals are the most by an American triathlon contingent on European soil since Team USA garnered 28 medals in Manchester, England, in 1993. In all, the American age-groupers combined for 52 medals, including 15 gold, over the course of the last five days in the aquathlon, sprint and Olympic-distance world championship events. Additionally, the standout U.S. paratriathletes added eight medals and four world championships on Saturday.

Earning gold for Team USA Sunday were Jennifer Walz (F18-19, Savannah, Ga.), Kathrine Warren (F20-24, Goleta, Calif.), Susan Griffin-Kaklikian (F55-59, Castle Rock, Colo.), Elizabeth Brackett (F65-69, Chicago, Ill.), David Roadhouse (M65-69, Wilmette, Ill.), Graciela Val (F70-74, Evanston, Ill.), William Marshall (M70-74, Santa Rosa, Calif.), Roger Brockenbrough (M75-79, Pittsburgh, Pa.) and Dean Davis (M80-84, Fort Meyers, Fla.).

"The bike is where I really put the hammer down, and I had a strong run," said Roadhouse, who earned his fourth world championship and second consecutive. "I was fourth out of the water, but I think I really made up for it on the bike and the run." He covered the Olympic-distance (1.5k swim, 40k bike, 10k run) course in 2:14:32.

In addition to Roadhouse, Brackett and Brockenbrough repeated as world champions from Gold Coast, Australia, a year ago. Brockenbrough earned his fourth Worlds gold in 2:40:46, while Brackett finished in 2:51:06.

Griffin-Kaklikian earned a pair of gold medals this week after taking the 55-59 age group in the aquathlon and Olympic-distance triathlon championships. She crossed the line Sunday in 2:15:53.

While success on the racecourse is certainly a key element of Team USA, many athletes keep returning to world championship events because of the respect and friendship built amongst the athletes. "The camaraderie for Team USA was phenomenal," said Susan Langheim, of Springfield, Ill., who raced in the 50-54 age group in her first ITU World Championship. "Unbelievable friendships were made and it was a heart-warming experience."

John Randolph of Naples, Fla., who was 16th in the 55-59 age group, enjoyed the spectacular race venue, as well as the crowd support in his first international race. "The scenery along the course was fantastic, especially the cathedral," he said. "There were so many friendly people along the way. It is now a personal goal of mine to come back (to compete in future ITU Age Group World Championships) and see the different venues."

Team USA members also have proven themselves willing to lend a hand to a fellow triathlete in need, as Allison Stewart, of Lexington, Ky., found out when sprint competitor Caitlin Scheder-Bieschin, 17, of Cotati, Calif., loaned her bike to Stewart, whose bike was shipped and never arrived in Budapest.

"Even though I had never met Caitlin she was kind enough to let me borrow her bike. It was a little big, but I couldn't have raced without it." Stewart also added, "It was fun out there and we received lots of support from everyone. The run was especially great."

Walt Rider, of Germantown, Tenn., grabbed 14th in the 55-59 age group and overcame the chilly start to enjoy the race experience in his third world championship event. "The water was a little cold, and it took a minute to get used to it. But other than that it was a great course," said Rider.

"It was great to see all the Team USA people out here," Rider added. "It was also wonderful get all of this support from USA Triathlon."

Mad Dogs Medaling:

- **Karen McKeachie (Ann Arbor, Mich.), 2:18:33 Female 55-59**
- **Roger Little (Bedford, Mass.), 2:29:27 Male 70-74**
- **Roger Brockenbrough (Pittsburgh, Pa.), 2:40:46 Male 75-79**
- **Dean Davis (Fort Meyers, Fla.) Male 80-84**



U.S. Triathletes Capture Seven Titles, 21 Medals at World Championships

Americans strike gold in paratriathlon, sprint events

BUDAPEST, Hungary - American athletes combined for seven world titles and 21 medal-winning performances Saturday in the ITU Paratriathlon World Championship and the ITU Age Group Sprint World Championship in soggy conditions along the Danube River.

The ITU Under-23 World Championship followed with Lauren Goldstein-Kral (Shaker Heights, Ohio) posting a ninth-place showing to lead a group of seven up-and-coming U.S. athletes.

Team USA Sprints to 13 Medals

Donald Ardell (St. Petersburg, Fla.) was a repeat winner in the male 70-74 age group, while Jessica Imm (Davenport, Iowa) and Tracy DiSabato-Aust (Sunbury, Ohio) claimed their first ITU medals with gold in the female 25-29 and 50-54 age groups, respectively, in the ITU Age Group Sprint World Championship.



In all, the U.S. raced its way to 13 medals - three gold, four silver and six bronze - in the sprint event, which consisted of a 750m swim, 20k bike and 5k run.

Ardell, who now owns four world championship medals, logged a time of 1:25:12 and moved from fourth to first on the run to close the event, while Imm's mark of 1:09:49 was the top time by an American female and ranked 15th overall. DiSabato-Aust, who finished in 1:12:50, took over the lead on the bike and topped the 50-54 age group by 2 minutes.

A pair of athletes captured their second medals of the week in Budapest, as Shelly Bloom (Durham, N.C.) won bronze in the female 55-59 age group after doing the same in Wednesday's ITU Aquathlon World Championship, and aquathlon world champion Jody Kelly (Austin, Texas) was third in the female 70-74 category Saturday.

In addition to Ardell, silver medalist Betsy Henderson (Roanoke, Va.) was a repeat medalist in the female 55-59 age group after taking bronze a year ago.

After heavy early morning showers, the age-groupers caught a break when the rains let up, but the weather still played a role in each of the day's events. "It was challenging course," said Elise Schillmoller (Miami, Fla.), who was 12th in the 30-34 age group and 47th overall in the women's race. "I'm from Florida so the weather was a little bit challenging for me. I had to be careful out there, especially on the bike."

But the outstanding crowd support from U.S. supporters and the fans of other nations helped Team USA overcome the weather. "It's also really cool having the spectators - people you don't even know cheering for USA - cheering for you. It's a very neat situation to be in," said Lauren Bussian (Haymarket, Va.), who finished sixth in the 16-19 age group.

Ronnie Anderson (Milwaukee, Wis.), the No. 2 U.S. finisher in the 45-49 age group, agreed. "With the crowds around here and ... them yelling in all sorts of different languages, it's pretty awesome, and every time you hear someone yell out you just want to crank it up."

Mad Dogs Medaling:

- **Celeste Callahan (Colorado Springs, Colo.), 1:38:41 Female 65-69**
- **Donald Ardell (St. Petersburg, Fla.), 1:25:12 Male 70-74**



Team USA Earns Four Titles, 14 Medals at Duathlon Worlds

Bixenstine, Davidson, Fossum, Grosicki claim gold in Scotland

EDINBURGH, Scotland - Paced by world champions Edwin Bixenstine, Ann Davidson, Pat Fossum and Gregory Grosicki, Team USA age-groupers racked up 14 medals Saturday at the 2010 ITU Duathlon World Championships at Holyrood Park.

The United States' vocal contingent of more than 230 athletes - ranging in age from 18 to 84 - made up more than one-fourth of the field of 800-plus competitors in the run-bike-run event, which featured a 10-kilometer run, a 41.6-kilometer bike and a 5-kilometer run.

Grosicki (Fairfax, Va.), 22, was victorious in the male 20-24 age group, and his time of 2 hours, 6 minutes, 29 seconds was the fastest of the day for the U.S. and the 10th-fastest overall.



The senior member of Team USA, Bixenstine (Kent, Ohio), 84, built on his 2010 U.S. national title with the male 80-84 crown in 3:44:10 for his fifth straight duathlon world championship.

Also a winner at USA Triathlon's 2010 National Duathlon Festival in April in Richmond, Va., Davidson (Portland, Ore.), 47, claimed the female 45-49 world title in 2:24:58.

Fossum (Montgomery, Ala.), 75, earned the female 75-79 championship in 4:07:15 for her third all-time world title. She also claimed a duathlon world title in 2006.

In addition to the quartet of gold medalists, Anne Mitchell (female 55-59, Bala Cynwyd, Pa.), Marge Rajczewski (female 70-74, Ballston Lake, N.Y.), Roger Brockenbrough (male 75-79, Pittsburgh, Pa.) and Edward Maruna (male 80+, Arvada, Colo.) earned silver for the U.S.

Additionally, the USA claimed six bronze medals on the day: Dave Riffe (male 50-54, New Stanton, Pa.), Stacy Creamer (female 50-54, New York, N.Y.), Betsy Henderson (female 55-59, Roanoke, Va.), Steve Ruckert (male 60-64, Woodbine, Md.), Terry Miffleton (female 60-64, Richmond, Va.) and Barb Morgan (female 65-69, Tioga, Pa.).

Brockenbrough, Mitchell and Morgan also claimed U.S. duathlon titles earlier this year.

Team USA will be back in action Sunday at the 2010 ITU Duathlon World Championships for the elite, under-23 and junior championships.

Mad Dog Medaling:

Roger Brockenbrough (Pittsburgh, Pa.), 3:07:35 Male 75-79

Race Report --

2010 ITU Duathlon World Championships

Submitted by Celia Dubey, Mad Dog #2305

HOLY SCOTLAND!!!!

That was the most challenging course I have ever raced in my entire life! Each lap was well over 75% up hill and I am not kidding. We went all the way to the top of Arthur's Seat. If anyone has ever been here you know how steep that is. Well we crested Arthur's Seat (the highest point in Edinburgh) 5 times on the bike and ran more than half way up to it 6 times on the run. I was going 4 mph on the last lap of the bike up the hill. Thank God for the Scottish guy playing the bag pipes on the top of the hill. He was a delightful distraction from the pain of climbing that mountain. It was painful all the way up & cold at the top. And yes, I wished I brought my rode bike and wore leg salsa. I did not have the right gears at all. Please don't ask me why I did not give Chainwheel drive the course profile and ask for their help to gear my bike correctly. I did think about it but failed in getting it done. I finished 23rd. It is my "PW", personal worse. I have never finished that bad, even at world's but being that I am a girl from Florida that prefers the flat road and the heat, I did "du" my best. I've enjoyed this trip a lot. Oh and yes Joel did finally get here. He was not able to get in to London till late last night so he was stuck in London till this morning when he took the first flight in. My start time was 10:15 so there I am running the first 400 meters of the first run, and I see Joel waving his arms in the air cheering me on as if I was in first place. I was glad to finally see him. The course was lots of loops so I was actually able to see him more than a dozen times on the course.

On my first full day here, I made friends with this crazy American guy from Richmond so to start my experience in Edinburgh we ran one loop of the bike course and let me tell you the course is extremely hilly and it truly freaked me out how hilly the course is. I knew deep down I had not trained for these hills and brought the wrong bike but what the heck, I said to myself I am here so I'll just "du" my best. Thank God, what distracted me from this crazy course was this guy from Richmond. He is a trip and self diagnosed with ADHD. But I don't think any Dr. would argue as a conversation with this guy was like watching TV with some one with Turretes syndrome holding the remote control. This guy gave me quite the education on "legal and not so legal race stimulants" that people are using. He is really in the know as he is a former pro cyclist and I am just shocked at what some people do to be competitive in this sport at this level. It's funny how some of these people are so intense, taking everything so seriously, especially the Germans.

Laura & Nicole fellow team USA team mates with Celia Dubey. Behind us is Arthur's Seat which we summated 5 times on the bike.



...Continued Next Page

The next day along with some other team-mates that I met in the years past we toured the amazing Edinburgh castle and then enjoyed the Parade of nations and opening ceremonies with bagpipes and Scottish dancers. Saturday was the race. You heard about that already so I won't bore you with those grueling details again, but I pasted them below in case you did not get that note. After the race, I watched my other fellow team members race for a bit since Joel had to join a conference call and that night we did a ghost tour by night with some fellow team USA members.

Scotland has quite the tainted past with ugly stories of witch hunts and abuse of prisoners & the poor in this under ground system below The Royal Mile. On Sunday Joel & I toured the Dynamic Earth (a very cool view of the earth through time in this futuristic complex), the castle again since Joel missed it on Friday, some shopping on The Royal Mile, lots of walking on Princes Street, and then we finished our trip watching the most amazing fireworks show we have ever seen. As the ceremonial close to the month of festivals in Edinburgh, they put on an amazing fireworks show & concert from the castle. So we actually skipped the race celebration to go see the fireworks. All in all it was a great trip with fun experiences and I am so thankful that Joel was able to finally join me. Better late than never!



**Joel and Celia Dubey enjoy
The Royal Mile in Edinburgh Scotland**

Some Observations from my time in Scotland...

I find that the Scots...

- Are very friendly
- Are fast talkers - I think I am giving Americans a bad name for our hearing abilities or they think I am deaf as I keep saying "excuse me?", "can you repeat that?"
- Are really into their reality TV. That's all there is here....
- Version of cops is much milder than ours. I mean even when a Scot curses, he sounds classy.
- Have the prettiest & greenest grass I have ever seen.
- Don't really value dental hygiene or perhaps they lack good dental health plans.
- Must be deficient in Vitamin D. No one in the UK is tan. Hollywood Tan or Planet Beach would do great here.
- Have the nicest & biggest cabs. I can fit my bike and bike case in the cab with me no problem.
- Have the nicest cab drivers and actually drive very tame, although they drive on the wrong side of the street.
- Like stone. There are stone castles, stone walled side walks, stone arch ways, & stone buildings with spires on every corner. The Architecture is beautiful but all looks the same after a while.
- Make the best porridge in the world. Porridge is their word for Oatmeal. And every time I eat it I feel like Goldie locks eating the bear's porridge. Yummyyyy!

...Continued Next Page

Now just so you understand I have been staying in The Athletes Village. I must say out of my 5 world championships this is one of the coolest set ups. Edinburgh is very picturesque with the endless green hills, the tall spires, the blue ocean in the back ground, stone castles everywhere, and the Scots are very friendly.

What makes it so cool is that the ITU (International Triathlon Union) has set up the dorms at The University of Edinburgh as The Athletes Village since school is out right now. Competitors from all over the world are all over campus with their tricked out bikes and going on runs. Everyone is talking all sorts of different languages. My first breakfast here in the cafeteria was a wild experience. There was a chatter of all different languages and everyone wearing their countries colors. Of course, I was wearing a hello kitty shirt, but I did have my Team USA jacket in hand. I sat with some guys from Team Spain and practiced my Spanish. Later in the day I helped a girl from Team Italia find race packet pick up. She spoke Italian to me and I spoke Spanish to her and we were able to understand each other just fine. The folks I can not understand at all are the folks from Belgium, so needless to say I have not made many friends with Belgians. But it has been a great experience interacting with so many different people from all over the globe. So I thought I would come up with a list of superlatives and name the country as I observe the people and share them with you. I hope this does not offend anyone as it's all in good fun.

International Superlatives:

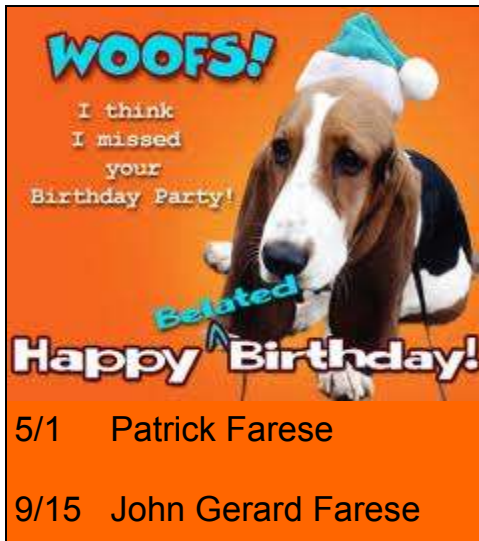
- Italians - Most fun & most flirtatious for the men for sure
- Spanish - Most beautiful language spoken
- Mexicans - Fastest Talkers
- British - Most reserve
- Americans - Most arrogant for sure.....
- Brazil - Loudest
- Scottish - Palest
- Irish - Most beautiful eyes
- Australians - Best Looking
- Belgians - Hardest language to understand
- South Africans -Most diverse
- Germans -Most Intense. They don't smile at all
- French as in France - Most Snobby
- Canadians - Nicest Team uniforms and garb. They are tricked out in some nice team Canada threads for sure.

Celia Dubey 2007 USAT Duathlon national champion F35-39 is owner of Total Fitness Health Club and Spa. Celia coaches kids and adults in triathlon and is founder of The Total Fitness Triathlon Club which hosts several group training sessions weekly in North Pinellas, including open water swims, group rides and runs.

Every Dog Has Their Day

MAD DOG BIRTHDAYS OCTOBER 16, 2010 - NOVEMBER 15, 2010

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



10/23 Michelle White

10/24 Frank Mullen
Jason Powers

10/25 John Ratier

10/26 Dan Fluet

10/27 Tanya Gerrard

10/28 Ralph Evans
Thomas Wells

10/29 Chuck Dawson
Cynthia Shaver
Melissa Shuten

10/30 Susan Curtain
Molly Gerrard
Sherri Mikita-Olsen

10/31 Charles Segal
Jason Sweetapple*

11/1 Clare Kelley*

11/2 John Resendes Jr.*

11/3 Lisa Lee*
Carola Riemer
Paul Straubinger

11/4 Albert E. Andersen Jr.
Chris Ciaccio
Taylor Whitelock

11/6 Amy Ingham

11/7 Jeffrey Darrey, Jr.
Javier Obermayer
Thomas H. Singletary
Deborah Umlauf

11/8 Billy Bumanglag
Marty Gaal

11/9 Susan Bradley-Cox
Caroline McCoy

11/10 Hal Cook

11/11 Lin Dolen*

11/12 Dennis Earley

11/13 Deborah Riley

11/14 Kelbe Alsop
David Bel*
Sophie Bel

11/15 Erin Downs
Laurie Laurino
Samantha Ring*
Carol Jean Vosburgh*



10/16 Alisa Kapchinski*

10/18 Paul Spence
Barry Westmark
Genesis Whitelock

10/19 Jim Sheets*
Joe Steinman*

10/20 Shannon Halstead
Evan Kostreva
Frederic McCoy
Mark Parish

10/21 David Alexander
Kate Brass
Tiffany Felton
Annette Frisch*
Joanne Holmes

10/22 Michelle Bonfe
Wesley Carr
Dayle Harrison

New Dogs In The Pound

#3298 Joe Ramirez
Seminole, FL

#3299 Guido Serletic
Fleming Island, FL

#3300 Christy Nelson
St. Petersburg, FL

#3301 Megan McKenna
Tierra Verde, FL

#3302 Robert Ruth
St. Petersburg, FL

#3303 Michael Martykan
St. Petersburg, FL



#3304 Tyler Martykan
St. Petersburg, FL

#3305 Dayle Harrison
Largo, FL

#3306 Susan Popa
Clearwater, FL

#3307 Rhonda Wiles
Tierra Verde, FL

#3308 Wendy Ley
St. Petersburg, FL

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Kibbles n' Bits

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

MAD DOG YOUTH COMPETES AT YOUTH ELITE NATIONAL CHAMPIONSHIPS

John Gerard Farese, Mad Dog #2143, finished 8th in the 2010 Youth Elite National Championship held in San Diego, CA on August 14th. The competition had distances of 375 m Swim, 10K Bike, 2.5K Run. John finished with a time of 34:20. Congrats John!!!



Annual Mad Dog Chili Cook-off and The Last Wednesday Night Group Swim & Social

When: Wednesday, October 27th, 2010 @ 6:00pm

Where: Frank T. Hurley Park
1501 Gulf Way
Pass-A-Grille Beach, FL

It's gonna be a hot one! Bring a crock pot of your best chili or sides like cheese and chives as we say goodbye to sultry summer nights and move our stomping grounds to downtown St. Pete. Don't miss one of the biggest and most informal social events of the season!



The Great Floridian Triathlon is coming up in Clermont, Florida on Saturday, October 23rd. Once again Mad Dog # 724, Joan Duggar will be heading up the annual Mad Dog Waterstop which has become a staple at the GFT race. She is looking for volunteers to come up and join her for all of the fun and excitement.

If you are interested in volunteering, please contact her at 352-552-8280 or email her at joan@fitnessmajic.com. Joan is looking for ideas for this year's theme for the waterstop. Each year a contest is held for the best decorated waterstop.

Speaking on experience, I volunteered for the 2008 race and it was the best fun I had had in a while. This is definitely one of those "Mad Dog" things you should get involved in.

Training and Events Calendar

... Continued From Page 3

Thursday, November 25th, 2010

St. Pete Times Turkey Trot

Clearwater High School
540 S. Hercules Ave.
Clearwater, FL

Proceeds from the Turkey Trot will be donated to many area charities, including West Florida Y Runners Club, Big Brother/Big Sisters of Pinellas Co. and the Children's Heart Foundation.

Distances include 10K, 5K and 1 mile. Prices are \$15 before race day and \$20 the day of the race.

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

Saturday, January 1, 2011

Hair of the Dog 2010

12:00pm (Noon)
Fort De Soto Park, FL



Join us at Ft. DeSoto Park's North Beach.

The triathlon starts at high noon, and consists of (approximately) a quarter mile swim, 10-mile bike, and 5K run (traditionally untimed.) Entry fee is one old (but clean) t-shirt. Bring your drink of choice and a dish to share. State park rules say no dogs and no alcohol, so if you bring either, be discreet

in an opaque cup and on a leash under the shelter.) The #1 rule?

Have fun! If You Can't Race With the Mad Dogs, Stay On The Porch and Don't Bark!

January 6-8, 2011

Walt Disney World Marathon

Weekend

For the past sixteen years Mad Dogs have been staying at The Big Orange Travel Lodge Suites (Heated Pool - Hot Tub.) 1-800-457-8483: Call now for your reservation. Ask for the special Mad Dog rate.



Contact Info:

Travel Lodge Suites East Gate Orange

5399 West Irlo Bronson
535 & 192

Kissimmee, FL 34746 US

Telephone: 407-396-7666

Fax: 407-396-0696

E-Mail: luccarob@cdthotel.com

www.travellodge.com

Mad Dog Coordinators: Contact Rue and Kathy Morgan at kathy-morganmd2@yahoo.com or call

727-823-4938.

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Aaron D. Freedman

Mad Dog # 1745



In the next issue of "The Finishline"...

Ralph G. Perry Award Winner: Gail Lohman

The 2010
Mad Dog Luau

Race Reports
and more...

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Address: 409 Executive Park
Asheville, NC 28801
Email: annejohnpage@yahoo.com
Cell: (828)734-1475
Home: (727)258-4221



ANNE M. PAGE, CNHS, RCC
BROKER ASSOCIATE
(MAD DOG # 12)

My expertise allows me to select and interview Real Estate Agents, worldwide, so as to assist my clients in every way possible when they are searching for a home!

"One can never consent to creep when one feels an impulse to soar."
(Helen Keller)

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)
(Payable to St. Pete MAD DOGS)			\$ _____

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



The Finish Line

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Carol Jean Vosburgh (Mad Dog #213) takes a moment for a photo in front of scenic Lake Lure after the 6th Annual Lake Lure Triathlon. Read her coverage of the race in this month's Race Report on 6.



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