



# THE FINISH LINE



**Carolyn Kiper and Tim Kennedy at the famous Chili Cookoff!**

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Established on November 6, 1993, the St Pete Mad Dogs Triathlon Club is a not for profit organization designed to promote the sport of triathlon. The club is comprised of fun loving triathletes who train, race and howl together, with members of all levels of experience and expertise.

The Finish Line is a medium for communicating the latest club news, as well as an informal source for what's happening in the sport of triathlon as it affects us. Articles published in The Finish Line may contain opinions of the author, not necessarily the club.

Club Contact Information:

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Articles, or photos may be submitted to the Editor @ [newsletters@stmaddogs.com](mailto:newsletters@stmaddogs.com).

Items should be sent by the 15th of the month preceding the issue.

Advertising requests should be submitted to Chuck Lohman @ [advertising@stpetemaddogs.com](mailto:advertising@stpetemaddogs.com). For questions, please e-mail him.

Advertising rates are as follows:

Space	1/2 page	Full
Page		
Width x Height	7 1/2" x 5"	7 1/2" x 10"
Cost per Issue	\$30	\$50

Advertising checks should be mailed to: St Pete Mad Dog Triathlon Club, P.O. Box 635 St Petersburg, FL 33731-0635. Please make check payable to St Pete Mad Dogs.

## ST. PETE MAD DOGS BOARD OF DIRECTORS

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As I write, we are closing out the Pass-a-Grill open water Wednesday night swims with the famous Chili Cook Off. Another season in the books! The Mad Dogs were well represented recently at Ironman 70.3 Wilmington. Participants emerged from the swim to enjoy the 49 degree temperature while biking in wet gear. Please see page 9 for results.

Mad Dog snowbirds are returning to Tampa Bay. Don and Carol Ardel were recently spotted in gulfport.

(Please go to page 5)

# TRAINING CALENDAR

	SWIM	BIKE	RUN
<b>MONDAY</b>	5:30 - 7:00 AM St. Pete Beach Aquatics Club coached by Leo Briceno	8 am. From USFSP 6th Ave & 2nd St. South. 16 miles 20-21 mph.	6 pm. From Northshore Pool Parking Lot (16 miles) St Pete Road Runners
<b>TUESDAY</b>	6:30-8 pm. Northshore Pool. Coach Joe Biondi \$9.00 fee	6 am. Base miles 22-25 mph ride from SPB&F 4th St. store.  8 am. From USFSP 16 miles 18-19 mph.	5 pm. Track workout coached by Joe Burgasser. SPC Track 5th Ave and 70 St N.
<b>WEDNESDAY</b>	6:00 pm. Mad Dog OWS Swim Starting 03/13/19. Meet at Hurley Park. <b>Over for the season.</b>	8 am. From USFSP 16 miles 20-21 mph. <b>Wed is Mad Dog ride. Wear your colors.</b>	7:30 am. Bayway Bridge Repeats. Meet at Sun Blvd & Pinellas Bayway.
<b>THURSDAY</b>	5:30 - 7:00 AM St. Pete Beach Aquatics Club coached by Leo Briceno - fee 6:30-8 pm. Northshore Pool Coach Joe Biondi \$9.00 fee	8 am. From USFSP 16 miles 20-21 mph.	5:15 AM. Bayway Bridge Repeats. Meet at Sun Blvd & Pinellas Bayway. (Burgasser Group).
<b>FRIDAY</b>	8 am. Group swim Sunset Beach. Meet at Yost's 143-91 Ave S.	8 am. From USFSP 16 miles 17-19 mph.	6:30 AM From Fit4Life 75th Ave. St. Pete Beach SPRR
<b>SATURDAY</b>		8: 00 am. From Northshore Pool. Rides staged by speed: 16-18MPH, 20MPH, 22 MPH, 24 MPH +	

# TRAINING CALENDAR

Table 1-3

SUNDAY	SWIM	BIKE	RUN		
		8:30 am. Advanced ride. From St. Pete Library 9th Ave N & 37 St.  8 am. Intermediate no drop ride. From SPB&F 4th St store  10:30 am. Beginner no drop ride. From SPB&F 4th St store.	6:30 AM Long run alternating from Hurley Park PAG and Northshore Pool. SPRR		

## **WELCOME NEW MAD DOGS!**

**#3840 - David Randall - St. Petersburg**

**#3841 - Samantha Drake - St. Pete Beach**

**#3842 - Jeanette Michell - Lake Worth, FL**

(continued from page 2)

Check social media for plans for the annual Mad Dog Anniversary Party. We'll post plans as soon as they are firmed up.

Kim Snow is setting up a program of off season strength training for Mad Dogs, and gave a great presentation at the Chili Cookoff. Stay tuned for details.

Finally, your Board of Directors want to wish everyone a wonderful Thanksgiving! Chow down and look for Kim's workouts to recover.

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

# MAD DOG NEWS

**Carolyn Kiper has established a new contact for Mad Dog racing kits and workout gear with Rocket Science. See page 17 for details.**

**Mad Dogs congratulate local triathlete Gerry Magliuolo who placed 1st in his 75-79 age group in both the IM 70.3 World Championships in Nice and the Ironman World Championships in Kona this year. Remarkable achievement!**

**Mad Dogs had a great turnout for IM 70.3 in Wilmington, NC. Participating were Jessica Bibza, Bill Biel, Steve Etherton, Bill Hendrick, John Hollenhorst, Gail Lohman, David Longacre and Jill Voorhis. Participants described a downriver swim (no warmups), a rough bike course with no passing zones over bridges and a scenic run course to finish things out. For several of our athletes, this was their first 70.3 race. Congratulations to all!**

**Mad Dogs Betsy Banks, Emma Quinn and Steve Swift completed this year's Marine Corps Marathon despite heavy rain. The tougher the conditions, the greater the glory! (Marines are amphibious)**

**Being an athlete is a state of mind, which is not bound by age, performance or place in the running pack. Jeff Galloway**

# UPCOMING RACES



2 Nov - IM Florida  
IM Distance  
Panama City Beach, FL  
[www.ironman.com](http://www.ironman.com)



24 Nov - IM Cozumel  
IM Distance  
Cozumel, MX  
[www.ironman.com](http://www.ironman.com)



10 Nov - Miami Man  
Half/Oly/Aqua Bike/Du  
Miami, FL  
[www.multirace.com](http://www.multirace.com)



7 Dec - Tri Key West  
Oly/Sprint/Aqua/Duathlon  
Key West, FL  
[www.triregistration.com](http://www.triregistration.com)



A 3 DAY, 300+ MILE COAST TO COAST  
TRIATHLON JOURNEY ACROSS FLORIDA!  
Nov. 16-12, 2011 REGISTRATION NOW OPEN!  
[xtremetriathlon.com](http://xtremetriathlon.com)

15 Nov - FL Extreme Triathlon  
Swim 6/Bike 245/Run 50.3 (Mi)  
Crystal River, FL  
[www.floridaextremetriathlon.com](http://www.floridaextremetriathlon.com)



**CHALLENGE  
DAYTONA**  
wearetriathlon!

14/15 Dec - Challenge Daytona  
Half/Sprint/Aqua/Duathlon  
Daytona Beach, FL  
[www.challenge-daytona.com](http://www.challenge-daytona.com)



17 Nov - Long Boat Key  
Olympic/Sprint/Du  
Sarasota, FL  
[www.imathlete.com](http://www.imathlete.com)



17 Dec - Christmas Tri/Du  
Sprint tri & Duathlon  
Naples, FL  
[www.eliteevents.org](http://www.eliteevents.org)

# NOVEMBER BIRTHDAYS



Carrie Hanley	1st
Nancy Orbe	3rd
Stephen Kovac	5th
Gabriel Picone	6th
Paul Thibault	7th
Lin Dolen	11th
Zeina Abdo	14th
Brian Kelly	18th
Ron Myklebust	18th
Richard Russell	18th
Karen B. Smith	18th
Bill Bell	19th
Carolyn Meadows	19th
Art Singleton	20th
Donna Godsey	24th
Michael Deacy	29th

# RACE RESULTS

**All Mad Dogs are encouraged to submit race results. There is no automatic program to search Mad Dogs in every race. Thank you.**

## **IM 70.3 Augusta - 29 Sep (late)**

4th Place -

Karen Smith

## **Lycra & Lace - 5 Oct**

1st Place -

Suzanne Brousseau

Annette Frisch

Jackie Yost

2nd Place -

Rosey Ray

Paula Shay

4th Place -

Kerri Dienhart (Overall)

## **IM World Championships - 12 Oct**

1st Place -

Gerry Magliuolo

8th Place -

Gail Norman

9th Place -

Daniela Bleymehl (Pro Female)

(Mad Dog homestay)

## **Tradewinds Triathlon - 13 Oct**

3rd Place -

Frank Adornato

## **IM 70.3 Willmington - 19 Oct**

1st Place -

Gail Lohman

2nd Place -

Jessica Bibza

John Hollenhorst

Finishers -

Bill Biel

Steve Etherton

Bill Hendrick

David Longacre

Jill Voorhis

# MAD DOG PICTURES



Richard Jansik @ IM Chattanooga. Photos from Laura Sgroi Jansik



Bryan and Awilda Harrington. Handsome couple representing Mad Dogs on their cruise liner.

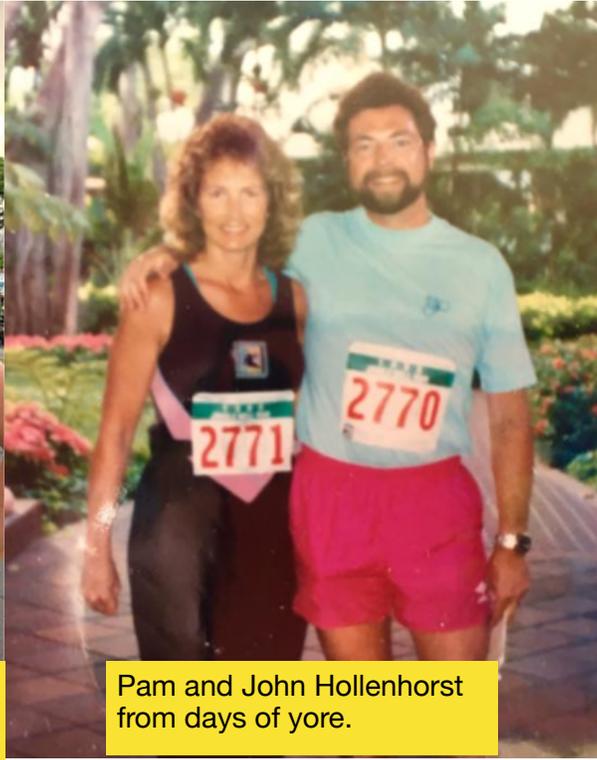


Any Mad Dog ever felt this way?

# MAD DOG PICTURES



Craig Alexander, former IM World Champion and Mad Dog Homestay, greets his Mad Dog friends from Kona



Pam and John Hollenhorst from days of yore.



Molly Hayes & Jackie Yost at Lycra & Lace



Jessica Bibza, Bill Biel, Gail Lohman & John Hollenhorst @ IM 70.3 Wilmington. Photo from Pam Hollenhorst.

# MAD DOG PICTURES



John Hollenhorst at the Yosts' Friday Swim



Leo Brisceno, Rick and Laura Jensik



Kim and Chris Poor at NLD



Gail Lohman presenting her award to Doc Rubin for his help in her race preparation.



Rosie Ray with family at National Senior Games in Houston

# MAD DOG PICTURES

**Photos From the Chili Cookoff**  
**Credits to Cathy Morgan and Frank Adornato**



# MAD DOG PICTURES



# MAD DOG PICTURES



## Race Report From Frank Adornato on Tradewinds Columbus Triathlon

Knowing that I'd have to skip several of my usual mid summer triathlons due to vacation travel in July and August, I did an on-line search for a race in October. I found the Tradewinds Columbus Day Triathlon in Pompano Beach. It's the third race of a Trilogy put on by Rob and Mercedes Childers, the same people who do Miami Man, FD3 and others. Knowing their reputation for well organized races, I signed up. The race was Sunday October 13th, a sprint held entirely within Tradewinds Park. (FYI they also have a duathlon and aqua bike at the same time.)

We drove down to Pompano Beach on Saturday morning and checked in at a local Marriott Residence Inn - clean, inexpensive and only a 9-minutes drive to the race venue. Later in the afternoon we drove to the park to check out the race site. The transition area and all signage were already set upon so we got a good feel for what the race course would be the next day.

Race morning was clear with low humidity and not too hot. Of course at the time of year sunrise didn't happen until about 7:20 am so race start was before sun-up.

The 1/4 mile point-to-point swim was in a clean and calm lake. Our wave started promptly at 7:04 am; a little bit dark, but there was some light emerging from the soon-to-rise sun. There was a short run to T1 and then we were off on the bike. The course was two loops for a fast 10 mile ride with zero vehicle traffic. The run was also two loops on a paved trail, partly shaded under trees with two water stops on the loop. The award ceremony started promptly, and as an added bonus, they awarded the older age groups first! By 9:30 we were driving back to our hotel for a shower, breakfast and a late check-out.

There were about 250 athletes at the race and it's a grass roots event. Nothing very fancy but well organized. You can argue that a 4 hour drive for a race that lasts a little more than an hour isn't worth the trip, but this year, this race filled the bill for me. If you're looking for a race to fill a void in your end of season calendar, this is a good one to do.

Frank Adornato

# Frank Adornato Race Report (continued)

(Pictures by Judy Adornato)



## Training Tip - Benefits of Cross Training

It's a "no-brainer" that there are many health benefits to sports and exercise. Multiple studies over the years, have shown that people who exercise regularly stay healthier and biologically younger than their sedate chronological peers. But there is a down side. Depending upon the activity, there is the possible risk of injuries. Putting aside traumatic injuries such as a bike crash, overuse disorders such as runner's and cyclist's joint pain and swimmer's shoulder are all too common over time. But they can be avoided.

Cross training can significantly reduce that risk of injury. In one large cross-sectional study conducted recently, when injuries in single sport athletes were compared to those seen in multiple sport athletes, there was a large reduction in the latter group. The greatest reduction in injuries was seen in triathletes who included strength training in their schedule of swimming, biking and running. If you're not cross training routinely, you should start now. And with the winter months approaching it's the perfect time to focus on strength training.

Train smart. Race fast.

Frank Adornato



To see all my training tips and videos, visit [www.triitall.com](http://www.triitall.com)

## **Training Tip - Sleep. The Underrated Training Tool**

As multisport endurance athletes, we all know the benefits of interval training. A combination of high intensity efforts with a rest interval in between can improve fitness and performance. It's the right mix of the two that works. But as typical Type A personalities, we sometimes push too hard in our training without taking adequate recovery periods. Long swims, long bike workouts and long runs fill our training calendar. But we often forget to make time for rest and recovery. And sleep is the best recovery we can get.

Repeatedly, science has shown that most adults typically need between 7 and 8 hours sleep a night. But many of us squeeze a mere 5 or 6 hours into a hectic schedule of work, family and training. That accumulation of sleep deprivation over a long period of time can lead to chronic low energy levels, impaired alertness, reduced immune system function, sickness and ... this one will hit home ... poor race performance.

So make time for rest and recovery during your workouts and allow time for a full night's sleep.

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# Just in time for the holidays!

The Mad Dogs have created a Team Portal where you are able to order apparel on an ongoing basis. Orders should be placed by the 15<sup>th</sup> of every month. Items will be shipped between the 15<sup>th</sup> and 20<sup>th</sup> of the following month. Plan to order by October 15<sup>th</sup> to receive items before December 25. November 15<sup>th</sup> may be possible but there is no guarantee.

Click on the link (or type this into your browser address bar):  
<https://www.rocketciencesports.com/team-portals/spmdtc.html?p=1>



Mens/Womens Bike Jersey - \$50



Mens/Womens Bike Shorts - \$75



Mens/Womens Tri Top - \$65  
 Womens' Tri Top has built in bra.



Mens/Womens Tri Shorts - \$65



Mens/Womens Long Sleeve Tech Shirt - \$50



Mens/Womens Hoodie Tech Shirt - \$50

Is there anything else you would like to see? Send an email to [cskipper@gmail.com](mailto:cskipper@gmail.com) We can arrange to have any of the following items:

- Arm Warmers (\$30)
- Cycling Vest (\$60)
- Swimsuit/Jammer \$50 - \$70
- Polo Shirt \$60
- Running Shorts \$50
- Running Singlet \$40

On the portal, you may need to resize your screen to improve the appearance. On a Mac, press **cmd +** to make the screen larger or **cmd -** to make it smaller. Click on each item for details and size charts.



## TRAINING TIP - Dealing with Pre-Race Anxiety

Virtually everyone I know gets some degree of pre-race anxiety in the 24 hours leading up to a race. People worry about so many things - the course, the weather, a mechanical bike problem, lines at the port-a-potty. And the list goes on and on. It's normal to experience this and it's usually not a big deal, unless you let it grow in your mind and ruin your race day experience.

Here are several things you can do to minimize and eliminate your pre-race anxiety.

- **Reduce unknowns.** Visit the race site weeks before the event and familiarize yourself with the course. Then visualize the course when you're training on your home turf. This eliminates a big unknown in your mind and gives you a sense of comfort on race day.
- **Nothing new on race day.** Use and test all of your race gear, food and liquids, as well as the clothing you'll wear on race day.
- Be mentally and physically prepared, rested and ready to race. You know you've put in the time and effort. **Be confident in yourself.**
- **Focus on the things you can control** and don't sweat the things that are beyond your control, such as weather. If it's cool or hot, humid or rainy, remind yourself that all the athletes are dealing with the same weather conditions. Focus on the job at hand, and adjust if necessary for the weather. For example, use caution on the bike especially on turns if the roads are slick from rain; take in adequate fluids, including electrolyte replacement drinks to avoid dehydration when it's very hot and humid; apply sunscreen to reduce sunburn on cloudless days.
- **Calm yourself.** If the anxiety won't subside or if you start to feel a little panicky, allow a few minutes before the race start to relax using breathing exercises. During that time, standing or sitting down, close your eyes and take several very deep breaths. Inhale completely for a count of "4" or more, pause, and exhale slowly for a count of "8". Repeat this several times.

Now get up and have a safe, fun, and rewarding race!

Train smart. Race fast.

Frank Adornato



To see all my training tips and videos, visit [www.triitall.com](http://www.triitall.com)

## Carolyn Kiper's Race Report From IM 70.3 Augusta

Here is my (not so) quick race report on 70.3 Augusta and the record breaking heat (heat index of 100+):

Heard at breakfast the day before the race... "put ice in your pants". 🥰

Heard the morning of the race from a guy who forgot his hotel room key and was asking the front desk for another. "My room is number 3130". The front desk clerk was thinking about how they only have 11 floors or so.

The athlete... "oh, sorry, that's my race number"! 🤦

Pre-race: Seriously, [Ows Leo Briceno](#) is EVERYWHERE! Thanks for the pre-race kiss! I needed that!!

Swim: why do people fib about their ability?! I passed pretty much everyone, and I'm not THAT great a swimmer!

Bike:

- omg that was SO hot. 🔥
- If there is 450 feet LESS climbing than last year, while is it MORE hilly!!



- I've NEVER been that hot during the bike ride.
- A girl passed me on the bike and warned me about how much salt I already had on me and to be sure to get more salt before the run!
- Ow! Charley horses in my calves almost brought me to a complete halt within the last five miles of the bike ride. Pretty much everyone passed me at that point.

Run:

- Where are my legs?!
- Yay for icy pops!!! (Right, [Christine Ebling Cassara](#)??)
- I can feel me legs again!
- Am I there yet?

Post race:

- What? Who gets hand cramps? THIS girl! (I had cramps in my left hand, Tim had cramps in both hands after the race. That's a first).

So, not the fastest time, not the highest place, but the highest%! Top 18% in my age group (7 of 38). Home with my kitties, epsom salts bath, steak dinner, and a big smile! Ah... life is good!

## **Richard Jansik's Race Report from IM Chattanooga 2019**

I am not sure what possessed me to sign up for an Ironman known to be one of the hottest in the series. I guess thinking I would have to train in the heat all summer, how much worse can it be? To tell you the truth it wasn't so much the heat I was worrying about but running the hills on the other side of the bridge. The other three Ironman courses I have run have all been mostly flat, there is over 700 feet of elevation gain on each of the two laps and most of it is on the other side of the bridge. For most of the year I have been nursing my right knee and I was a bit concerned how it would be after 116 miles on the bike. Maybe this wasn't the right course to test it? The southeast had record breaking heat all week and race day was not going to be any different. The one bright side was that it is a dry heat and I will take that any day over the humidity that we suffer with all summer. Walking around transition everyone is carrying a water bottle and finding some shade as they check in for the race and maybe attend a pre-race briefing.

One thing **Laura Sgroi Jansik** and I enjoy is volunteering to hand out medals at the finish line for the IronKids races. What a blast to watch the kids of all ages run for their medals.

Race morning it is up at 4:45 am so I can be out the door at 5:30 to check my gear into transition. It's nice that the race doesn't start until 7:30 so I can sleep in a little longer than I would have at other races. Self seeding for the swim helps as well, there is no competition to get in line at the front. On the bus to the starting line and its nice and calm. people are sitting around and there are no lines at the port-o-pot so I take advantage of that then find my place in the 1:00 to 1:10 swim line and wait until 7:30. It took me ten minutes to get to the water from the spot I was in, that was fine, my plan was to let a lot of people go ahead and I can use them as a guide to get down river. This is the best part of being a left side/only breather, I can stay right and sight off the people on the left. I think this is the only race I have been to with self seeding that people actually got it right. I had to go around very few slower swimmers than in other races. I made sure I didn't run into any canoes as I did at last years IM Florida/Haines City.

I felt good considering my last nine Ironman and half Ironman distance races have all been wetsuit legal. I was wearing my one piece Base Performance team kit under my Roka one piece skinsuit with short sleeves

and the temperature felt good. I just concentrated on doing a quick sighting and keep my form. The left hand was going numb about half way and I could feel my fingers flutter in the water when I wasn't paying attention to keeping my hand position right. By the time I got to the finish I could barely feel any fingers on my left hand. I am not sure if its the discs in my neck or my shoulder that causes it but I was able to manage a good swim at 1:04.19 which was right at my goal time of 1:05.

I got my bike gear bag and into the changing tent and see Matt and Charlie (Base Performance teammates) so I sat next to them getting my gear together. One decision I made before race day was to go with a different helmet than my usual aero helmet. I figured it was going to be too hot for my full aero helmet which does not have good ventilation. All I could think about was me cooking in that thing for over 5 hours and decided to go with the somewhat aero but still well ventilated helmet. I know it didn't slow me down but it was the right call whether it lost me a few seconds or not.

I got my face covered with sunscreen and I was off. I got settled in and downed a gel and drank some Base Performance Rocket Fuel. It wasn't long before I had a problem with the little black piece on the face shield that sits on your nose, it was flapping around so I tried to position it back in the groove it sits in. Doing that and going up and down the hills was a near disaster as the windshield came off and I was able to grab it before it went flying off and on to the road. By the time I got the rubber piece back in position the face shield was matted by my sweaty fingerprints but it is what it is at that point and I wasn't going to mess with it anymore. I found a guy doing a good pace so I decided to use him to pace me, as we went up the road I stayed my 6 bikes lengths back out of the draft zone but one guy we passed decided he wanted in so he passed me and pulled behind the guy I was following. I laid back and a few miles later I could hear a motorcycle coming and took a quick look back and yes it was a course marshal, I yelled at the guy in front of me but he didn't hear me. They sat back behind me for a bit and watched him then they waved me by and as I looked back they showed him the card for a 5 minute drafting penalty. Bummer for him but you take a chance and sometimes it doesn't work out. My goal was to push the first loop of the bike which was about 60 miles and ease back on the second loop.

I was doing a good 22.5 mile per hour average and decided it was time to start looking at my power meter. I wasn't too far off my goal power of 75%

so I eased off just a bit and made sure my nutrition was good and I stayed hydrated. My average speed went down to 21.7 but that was okay as I had hoped to average around 21 for the race. After the second loop I made the right turn to home for the last 14 miles and was happy to have a bit of a cross tail wind. I could only see a couple of riders ahead of me, as I pulled up next to the first guy I asked him where everyone else was and with a smile he said “they are all finished.” Not quite.

Into transition I grab my run bag and head for the tent, I took my time to get my socks and shoes on and clear all the empty gel packets out of my pockets. As I was running out of transition I saw **Laura Sgroi Jansik** and she gave me a thumbs up, I knew then I was 1st coming off the bike but didn't know how long I could hold the other guys off.

My plan was to run the first 8 miles to the steep incline and then run across the bridge to the first hill. I managed to meet those goals only walking to get some ice and something cold to drink at the aide stations. I was surprised about how good the legs felt, if it wasn't for the heat I would have been fine but the sun beat on my back and I had to get something to cool it off. As I crossed the first bridge to the steep hill, I knew I couldn't run up it so I leaned forward and kept the arms moving walking as fast as I could until I reached the top. At the top it was a party, there were people drinking and bar-b-qing, It was fun to see them enjoying themselves as the smoke from the grille blew across the race course. I crested the hill and ran down to the bottom, this was the first time I could feel my knee getting sore so I concentrated on small steps to ease the pounding. Now for an easy incline but it was starting to get hard and I ran and walked up to the next water station and around the corner to see the next incline and I walked that. Some more walking and running until the next water stop and then walk up the next hill. I got to the top and you can see the river from there which is the 11.5 mile mark. I ran downhill to the water stop and ran to the bridge to get back to the other side and start lap two. I got halfway up the bridge and I see #2000, Rodney Adkison was the guy I thought would win the race, he won the 70.3 back in May and is a great all around athlete but today he was hurting worse than me.

I walked with him for a couple of minutes and we talked about how bad the heat sucked and nursing injuries, it was about that time I saw **Laura Sgroi Jansik** and she gave me a look like I was crazy. I looked at Rodney and wished him luck and got the legs going again to start lap two (he finished 11th). I was surprised that I was able to run between water stops again but

then this is the flattest part of the course. My stomach was growling so I grabbed half a banana and some coke as I made my way to the next water stop. By that time my stomach was angry, I can usually eat banana's on the course but this one was not good. I kept waiting to lose what I had inside of me but luckily it settled down and I moved forward. About mile 17 #213 came running by me and I knew it was Steve Galat who I figured to be 1st or 2nd place (he finished 1st). I let him go (lol) and concentrated on getting back to the bridge which meant I was just a 10k from the finish line. Up the steep incline and over the bridge I was happy that I was able to run to the base of the hill and walked my way up past the bar-b-que and run down the other side. I managed to see **Pamela Swing Baller** going up hill, I gave her a quick cheer to move forward and prepared myself for the last 4 miles. The second time around was a little easier now that I knew what was in front of me. I ran most of the long incline and up a small hill then walked to the top and a short run to the next water stop. After that was the last steep hill so I walked it and high five a couple of drunk guys at the bar-b-que and prepped myself for the last two miles. Just before I made it to the bridge to go back over the river the first place 60-64 (age group) guy ran by me but stopped for a minute to massage his hamstring. Steve Oehrle, he just aged up and was going to get himself a trip to Kona. He had been nursing injuries for the last couple of years but it seems he has shaken most of that off.

I ran up the bridge and saw **Laura Sgroi Jansik** near the top and she was yelling at me to go, I figured I was close to someone so I pushed up the hill and to the turn home as someone asked if I needed my special needs bag, I just waved them off and took the left turn to the last 1/2 mile. I have made that turn 5 times before but after a 70.3, it's a pretty sweat feeling as you forget every painful muscle in your body and sprint as fast as you can to the finish line. As I got to the red carpet I was pretty much alone, I thought about walking the last 10 yards or so to the finish but reality kicked in and I kept running to the timing mat. I took a few steps and moved to the side so I was out of the way and looked up to see my helper get me my finishers gear and some water. At that point all I wanted to do was sit and I found a nice piece of grass and laid down. All in all a pretty good day, everything went as planned and more. I didn't want to get my hopes up for a podium spot but I finished fourth. I have to say I didn't hate this course, the hills on the run were tough but I thought they would be a lot worse than they were. Considering **Jon Noland** and I decided to keep the long runs to about 15 miles in order to nurse the knee it was a pretty good day.

Photos by Laura Sgroi Jansik





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