



THE FINISH LINE



**Pack of Mad
Dogs at Ft. De
Soto Chilly Willy**

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**Anyone willing to volunteer for
St. Anthony's Tri volunteers on
May 1st please email team
leaders Steve Shelton and Terry
Ellis at: fsuguy29@yahoo.com.**



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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:

Website:

stpetemaddogstriathlonclub.wildapricot.org

Articles, or photos may be submitted to chuck.lohman@yahoo.com. Items should be sent by the 15th of the month preceding the issue.

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.

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Editor's Column

With triathlons far and few between in these Winter months, Mad Dogs are turning to running and duathlon events. Two local events sported large turnouts for our local heroes and heroines. Al Johnson and John Hollenhorst put tremendous effort into making the St. Pete Beach Classic in January a great event. Lots of Mad Dogs ended up dominating the podium. Chilly Willy lived up to its name with un-Florida conditions.

(continued on page 6)

TRAINING CALENDAR

	SWIM	BIKE	RUN
MONDAY	5:30 - 7:00 AM St. Pete Beach Aquatics Club coached by Leo Briceno	8 am. From USFSP 6th Ave & 2nd St. South. 14.5 miles 20-21 mph. 7:50 slower ride..	6 pm. From Northshore Pool Parking Lot (16 miles) St Pete Road Runners
TUESDAY		8 am. From USFSP 14.5 miles 17-19 mph.	5 pm. Track workout coached by Joe Burgasser. SPC Track 5th Ave and 70 St N.
WEDNESDAY	6:00 pm. Mad Dog OWS Meet at Hurley Park. Only during Dsylvight Savings Time.	8 am. From USFSP 14.5 miles 20-21 mph. 7:50 slower ride..	7:00 am. Bayway Bridge Repeats. Meet at Sun Blvd & Pinellas Bayway.
THURSDAY	5:30 - 7:00 AM St. Pete Beach Aquatics Club coached by Leo Briceno -fee	8 am. From USFSP 14.5 miles 17-19 mph.	5:15 AM. Bayway Bridge Repeats. Meet at Sun Blvd & Pinellas Bayway. (Burgasser Road Runners).
FRIDAY	8 am. Group swim @ Pass-a-Grill. Meet at Hurricaneman restaurant	8 am. From USFSP 16 miles 20-21 mph. 7:50 slower ride..	6:30 AM From Fit4Life 75th Ave. St. Pete Beach SPRR
SATURDAY		8:30 am. From Northshore Pool. Rides staged by speed: 16-18MPH, 20MPH, 22 MPH, 24 MPH +	

TRAINING CALENDAR

SUNDAY	SWIM	BIKE	RUN		
		8:30 am. Advanced ride. From St. Pete Library 9th Ave N & 37 St.	6:30 AM Long run alternating from Hurley Park PAG and Northshore Pool. SP Road Runners		
		Ft De Soto 8:00, all paces, 20 miles Mad Dogs	Following the bike ride a 4-mile run Mad Dogs		

MARCH BIRTHDAYS



Gabi Lohman's second birthday. Woof, woof.

Rick Hanley	- 3rd
Andrea Skillman	- 3rd
Diane Spicer	- 4th
Bill Hamblin	-10th
Tom Kennedy	- 15th
Gail Lohman	- 23rd
Paul Talewsky	- 24th
Rene Vallant	- 24th

WELCOME NEW MAD DOGS!

MD # 3945 - John Murray	- Pinellas Park
MD # 3846 - Rick Campins	- Tierra Verde
MD # 3847 - Andrew Kennedy	- Seminole
MD # 3848 - David Beshears	- St. Pete Beach
MD # 3949 - Christine Oertle	- St. Pete Beach
MD # 3950 - Andrea Goldberg	- St. Pete

Editor's Comments continued:

Finally, the Gasparilla Classic in February featured many Mad Dogs braving the I-275 Frankland Bridge to Tampa and back for both packet pick-up and competition. The next big local race is the Escape from Ft. DeSoto scheduled for 16 April. Traditionally, many of us have used this race as a useful prep for St. Anthony's two weeks later. I sincerely hope these events feature group starts and post race parties. It will be a distinct pleasure to get back to triathlon normal.

Mad Dogs Rule,
Chuck Lohman, Editor

UPCOMING RACES



12 -13 Mar -Clash Miami
Homestead, FL
Sprint to Half Tri/Du/AB/Swim
www.challenge-miami.com



12 Mar - Great Clermont Tri
Clermont, FL
Sprint/Oly/Half Tri/Du/AB
www.runsignup.com



13 Mar - Draft Legal Triathlon
Sarasota, FL
Sprint
www.srqtrifest.com



2 Apr - Alpha Win Triathlon
Ocklawaha, FL
Sprint/Olympic/Half Iron
www.alpha.win/event



16 Apr - Escape from Ft DeSoto
Ft. Desoto Park, FL
Sprint
www.runsignup.com

MAD DOG NEWS

OK, Mad Dogs. I know one of your New Year's resolutions was to renew your Mad Dog membership. Don't miss the post-St. Anthony's party extravaganza for current members only. To make it easy, here's the link...
www.stpetemaddogstriathlonclub.wildapricot.org.

Mad Dog Mike Kelly passed the word that Pierre Beaulieu, owner of VO2 Max Cycles in San Antonio, went into cardiac arrest and was air lifted to Orlando. Pierre is a great friend to Mad Dogs, and we wish him a rapid and complete recovery.

A Mad Dog salute to Steve Shelton and Terry Ellis for organizing the Waterstop for St. Anthony's on 1 May. If you can help, please e-mail them at fsuguy29@yahoo.com.

Dave Proffitt, our Treasurer, has informed the Board that other duties force him to resign the position. Much thanks to Dave for his efforts and professionalism. We need a club member to help with this position. Dave will aid with the turnover.

Check out this ABC link on Mad Dog Roger Little! <https://youtube/5NRmQC6Y6xE>

USAT recalculated the 2021 All-American rankings in February and Mad Dog Gail Lohman has been added to the list.

Our glory is not in never failing, but in rising every time we fail. Confucius

RACE RESULTS

All Mad Dogs are encouraged to submit race results. E-mail me at chuck.lohman@yahoo.com. There is no automatic program to search for Mad Dogs in every race. Thanks.

Clash Daytona Tri - 4 Dec

1st Place -
Tony Handler

Chilly Willy Duathlon - 6 Feb

1st Place -
Kim Case
John Hollenhorst
2nd Place -
Lenny Aron
Lindsey Bell
Owen Deckinga
Andres Marte-Grau
Jesse Mocha
4th Place -
Frank Adornato (1st in 75-79)
Pam Greene

Gasparilla Distance Classic - 26/27 Feb

Half Marathon

3rd Place -
John Hollenhorst
Laura Jansik
Rick Jansik

15 K
2nd Place -
Reva Moeller

5K
Finisher -
Tom Singletary (Completed every GDC),
this year with a walker!

MAD DOG PICTURES



Mad Dog Noah Pransky (upper left) at Mount Hood to Coast Relay



Your Board of Directors hard at work at Tour de Pizza. They are looking for a site to hold the St. Anthony's post race party. Think they found it!



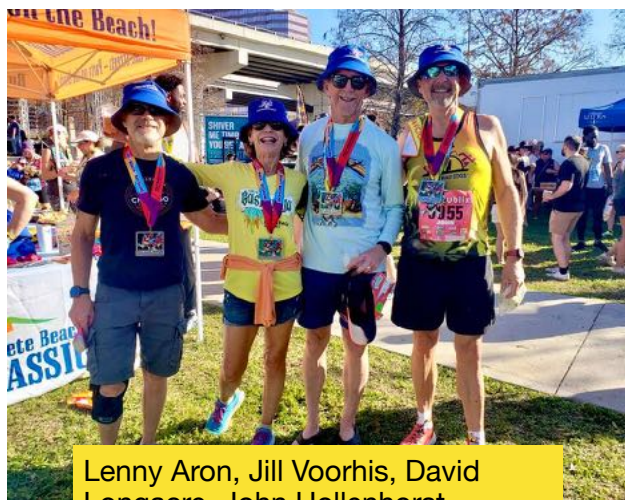
British Mad Dog Daine Murphy Weaver swimming with a swan in February. Brrrr



New Mad Dog John Murray

MAD DOG PICTURES

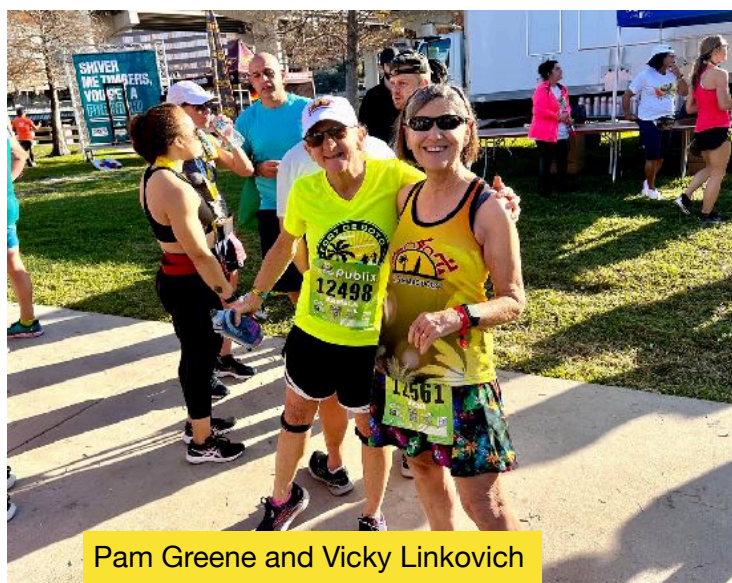
Gasparilla Photos from Andrea Goldberg



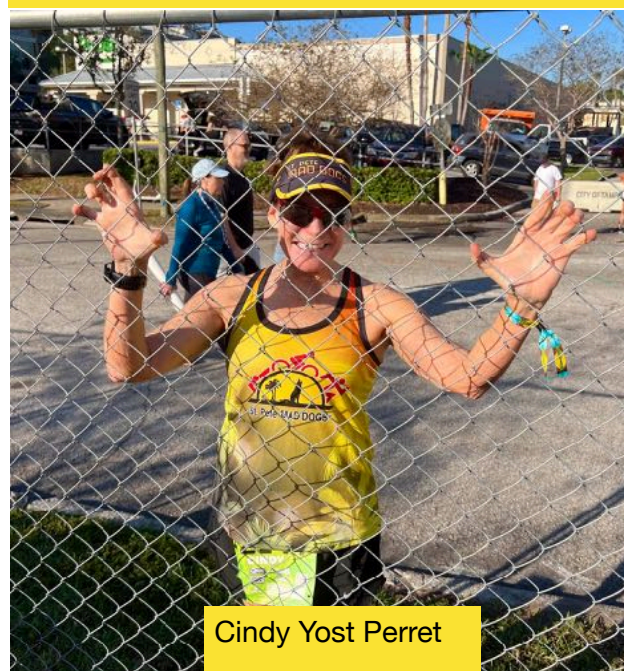
Lenny Aron, Jill Voorhis, David Longacre, John Hollenhorst



John Hollenhorst, Patti Spence, and Bill Hendrick



Pam Greene and Vicky Linkovich



Cindy Yost Perret

MAD DOG PICTURES

Chilly Willy 2022 Pictures from Andrea Goldberg



Mad Dog Pack Picture



Kim Case



Jesse Mocha



Lenny Aron, John Hollenhorst
and Andres Marte-Grau

Chilly Willy 2022 Pictures from Andrea Goldberg



Lenny Aron and John Hollenhorst



Lenny Aron, Tim Robinson and John Hollenhorst



John finishing



New Mad Dog Rick Campins
with Agatha

Mad Dog John Murray's Ultra Marathon Race Report

Today I did my first ultramarathon, the Clearwater 50km ultramarathon. I've never done a marathon, so I figured it would be a good idea to do an ultramarathon.



Ultramarathons are any running races longer than a marathon, which is 26.2 miles. This was 31.2 miles (50 km). The course was a two loop course going over the Clearwater Pass Bridge, The Clearwater Memorial Causeway Bridge and the Bellair Causeway Bridge with a bonus for the ultramarathon of going over the pedestrian overpass over West Bay on the Pinellas Trail twice on a little out and back section to get the distance in on the second lap. The half marathon did one loop of the course, the full marathon did two loops and the ultra added the aforementioned out and back section to the second loop. My watch seems to think I had 1,014 feet of elevation gain during my run walk.

It was a chilly start at 36°F, but I was fairly well dressed for it and once things got moving I was OK. I had my Team Type 1 leg warmers, and sweat pants on to keep my legs warm and long sleeve shirt, a short sleeve shirt and Team Type 1 arm warmers on to keep my core and arms warm. Gloves, a cycling head cap, wool hat and wide brimmed hat to try and keep the sun off kept my hands and head warm. The neck gaiter I brought along to try and keep my face covered from the cold and sun ended up being useless as it wouldn't stay up. The race started right around sunrise, so I started with my sunglasses on top of my head, but managed to unknowingly lose my wide brimmed hat when putting my sunglasses on. Fortunately, several runners around me alerted me and helped me retrieve it.

I was undertrained for this event, but figured I probably had enough fitness to complete it. My longest training run was 18 miles and instead of getting 3 to 4 biking and/or running sessions in each week it was more like 1 or 2 running sessions and sometimes a biking session. I still optimistically believed I would do ok if I kept my heart rate in check through the first lap or 20 miles or so. Of course, I didn't do as well at that as I would have hoped, but I had delusions of grandeur. It also didn't help that my heart

rate strap came unhooked within the first 5 miles or so and I'm pretty sure there were times when my wrist based heartrate monitor wasn't giving me good data.

Did I mention the first mile ended on the other side of the first bridge? As we exited the park with the Start/Finish line was, the course took a left and immediately headed over the first bridge. I started with the 4:30 marathon pacer, but she quickly ran up the bridge and away as I was trying to keep my heart rate down. I stopped briefly at several portable toilets early on, but the lines were two or three deep so after wasting a few minutes at each one I decided to move along. In hindsight, I should have just waited at the first one I stopped at or just sucked it up until things thinned out later. I walked every hydration station (every 1.5 to 2.5 miles) as I knew this was going to be a long day and figured it would help save my legs and help manage my heart rate.

Things felt decent enough through the first lap (13 miles). I think miles 14 and 15 I was running too hard because my heart rate monitor probably wasn't reading accurately. It felt a little bit hard on the perceived level of effort scale, but my heart rate wasn't that high so I thought I was fine. The wheels started to come off a bit around mile 20 and I think my harder than I should have efforts around miles 14 and 15 probably contributed. I took a dump at the portable toilet near the ultra turn around and refilled my hydration pack a little bit at the water station there around mile 22. At this point I still believed I was going to finish strong by running the last 5 or 6 miles. Hahaha... I think it was on the out and back for the ultra that I tried to eat my last peanut butter and jelly sandwich. I was able to consume most of it, but I was really struggling to eat it at that point in the race. I was probably behind on my fluids. I ended up doing a lot of walking for the last several miles as I knew I wasn't going to hit my time goals, but I also knew I wasn't really in danger of getting swept by the sweepers.

My blood sugars behaved pretty well and I learned quite a bit. I finished, didn't end up in the hospital and managed a PR (Personal Record) at the marathon and 50km distances (your first one is always a PR!).

For the data nerds:

Distance: 31.22 miles (50.2 km)

Time: 6:08:07

Average Pace: 11:48 min/mile (7:19 min/km)

Place: 47/62 (82 bibs assigned, only 62 completed)

Age Group: 4/5 (Total of 6 in Age Group, 1 DNF)

St. Anthony's Aid Station

Mad Dogs Steve Shelton and Terry Ellis have volunteered to lead the Mad Dog Aid Station for St. Anthony's Triathlon on May the First (earning the Club \$500). They need volunteers to help them. Steve's e-mail is fsuguy29@yahoo.com. Mad Dogs not racing, family members, school kids needing to earn community service credits for school, anyone wanting to party — we need you to step up to have fun and help the club!



Steve Shelton and Terry Ellis
at the Chicago Marathon

Training Tip - Cycling - Isolated Leg Training Drills.

Isolated leg training (ILT) is an excellent drill to improve 360 degree power on the pedal stroke, cadence, leg strength and ultimately, bike speed. Also called single leg drills, here's how to do them. After a warm up period on the bike, unclip one shoe from its pedal and rest that shoe on the chain stay or anywhere away from the chain or wheel spokes. Spin with the other foot for 30 seconds or longer. Re-clip the shoe back in and spin with both feet for about a minute before unclipping the opposite shoe and spinning single leg with that foot. Repeat these four to six times on each foot.

Unless you're very capable on your bike, it's best to do these drills on a stationary trainer rather than the open road. Resistance or gearing should be moderate - not too easy nor too difficult, allowing for 80 rpm during the single leg phase. During the two legged recovery phase, spin faster, at 90+ rpm. Your pedaling should be smooth and not jerky; exert equal pressure on the pedals throughout the pedal turn. Think "perfect circles".

Do these drills once a week or every other week and you'll see overall improvement in your pedal cadence and leg power.

Train smart. Race fast.

Frank Adornato





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The Swim Goggles You Choose

DAN EMPFIELD

Slowtwitch Thu Jan 20 2022

What brand of goggle do you use? How has this changed over the 8 year gap between our polls? Also, which models do you use? A lot of that is answered in a [thread on our Reader Forum](#) where you talk about the brands and models you wear.

A number of you who are competitive pool swimmers said you train and race in different goggles. Some who are triathletes or open water racers also use a different goggle for each activity. There are 5 goggle brands that dominate: Speedo, Aqua Sphere, TYR, ROKA, and TheMagic5, in that order.

Speedo goggles are cheap, ubiquitous, available, comfortable. It's often the Speedo Vanquisher you choose, or the Speed Socket. These are both pretty minimalist. You can get the Vanquisher in prescription lenses. Speedo crept up a little since 2013, rising in user preference among Slowtwitchers who took our poll from 19 to 22 percent.

Aqua Sphere has dropped a bit in user preference here, from 22 percent to 14 percent. In 2014 the Kayenne was a big fave among our readers, but the goggle is not inexpensive and other companies have not stood still in their product development since that time. TYR took more of a drop, not because it stopped making good goggles but because – I suspect – it's interest in triathlon waned and users noticed. If you go to its site now and look for sponsored athletes, who you see are swimmers and Crossfitters. Its goggle share among our readers (who took our polls) has fallen by half, from a brand-leading 27 percent to 13 percent.

Just behind TYR is ROKA at 11 percent and that brand was not in existence when we polled in 2013. I suspect the [R1](#) may be the flagship goggle, but I swim in the [F1](#). Fitting my face is a tough job for any goggle, and the F1 handles that. My goggle, once upon a time, was the TYR Tracer and you can see a bit of similarity in the style of that goggle and the ROKA F1. The TYR that comes closest today is probably the Tracer-X Racing

Nano which – like the ROKA F1 (pictured above) – has 5 replaceable nosebridge widths for my beady, deep-set eyes.

[TheMagic5](#) is another goggle that wasn't around 8 years ago when we polled, but has jumped up in popularity and it sits at 9 percent preference among our readers. With this goggle, there's an app you use to measure your face and the goggle arrives ready to fit accordingly. From \$65 to \$175 this goggle isn't for those with thin wallets, but the goggle is one of those sensual products that makes sport much better or much worse, depending on your relationship to your goggle. Triathletes – and perhaps Slowtwitchers in particular – are the sorts of folks who'll spend on a goggle to get the experience they want.

Speaking of non-standard goggles for which our crowd is a market, out of the 840 or so who've taken our flash poll as of this writing, FORM goggles were the choice of 36 of them, which is 4 percent. Since 73 of our users (so far) have elected TheMagic5, and you know what they cost, FORM goggles are not out of the financial reach of our users. What sets this goggle apart is its heads up display. Here are some data points: the last time we polled this, in 2018, 30 percent of you had all your social training needs met. Of the other 70 percent of you who lacked a satisfactory group social relationship, more of you wanted a master's swim team than wanted a regular group ride, or run, or a tri club, or anything else. Because of this, here's the truth, for good or ill: 78 percent of you swim alone. Only 13 percent of you are on a formal swim team, masters or otherwise. For folks who fall in this category, a feedback device – a heads-up display, audio prompts – could be of real value. I can imagine, were I a coach of such folks, real benefits to the use of device like this.

Back to goggles, about 7 percent of you chose Swedes, and I left this pretty generic. The original Swedes were made by [Malmsten](#), and they've been the goggle of pure competitive pool swimmers since their intro in 1975. The skeptic would say that if you take the tires off your bike and ride the bare rim, that wheel is a Swedish goggle. But racers love them. Just about every goggle brand catering to competitive swim teams has a version of the Swede, and 7 percent of you answered Swede and I hope you chose this if you use that style of goggle, even if it's not made by Malmsten.

The goggles you chose in 2013 were TYR, then Aqua Sphere, then Speedo. In 2013 if you swam, and if you took our poll, just over half of you swam in either TYR or Aquasphere. Today 28 percent of this cohort swims in these two brands. Where did that 22 percent go?

Among the Slowtwitchers who took the poll, and who swim, 25 percent chose 1 of 3 brands that weren't around in 2013: ROKA, TheMagic5, and FORM. It's not quite that simple, but, I think a lot of folks who used typical, lower cost (\$15 to \$35) goggles either moved across to ROKA, or up in price to TheMagic5 or FORM.

Our polls show that if you don't pay attention to triathletes, you may pay a brand price. I say "may" because I don't see much evidence that Speedo cares about triathlon and it does fine. Speedo is the Nike of goggles: You're big enough to rate among triathletes even if you don't know how to spell triathlon. Our poll also shows that – as with bikes and run shoes – many of you will pay a lot more than the base price for functionality if there is a tangible return for the money you spend. Finally, on the topic of price, our poll seems to show that even a well-distributed budget product like Sporti didn't resonate with Slowtwitchers in 2013 and it doesn't resonate with them today.

Training Tip - Drink Wine and Eat Chocolate

Here's a nutrition tip many athletes will love to hear. Drinking some red wine and eating a little dark chocolate every day can be for good for your health and fitness. Both contain antioxidants which contribute to better overall heart health, reduced LDL ("bad" cholesterol), improved blood flow, and reduced risk of cancer. These health benefits of red wine and dark chocolate have been known for a long time.

Wine contains a powerful antioxidant called resveratrol. This plus other antioxidants found in wine are credited with these positive health attributes. Resveratrol is found mostly in the skin of the grape, therefore red wine is better, but white wine is good too. (White wine has less resveratrol than red wine because white wine is fermented mostly without the skin.) One to two (6 oz.) glasses of wine per day is recommended.

Almost everybody loves chocolate, and eating a little dark chocolate every day is good to do. Unprocessed dark chocolate with 70% or more cacao is best. This variety is lower in fat and sugar. It contains a good dose of flavanol, another antioxidant that helps the heart. If the package says "processed with alkali" or "dutch" processing, it will contain less flavanol. Sweet chocolates are usually higher in fats and sugar. White chocolate and milk chocolate fall into this latter category. Stick with dark chocolate.

This is all good news, but there are some caveats. Drinking too much of any alcohol has the reverse effect and increases your risk of high blood pressure, obesity, and other health related problems. And as you'd expect, drinking too much wine and eating too much chocolate will boost your calorie intake.

So when you have a little red wine left in your glass at the end of your dinner, finish it with a square of dark chocolate. It's a fine way to end your evening.

Train smart. Race fast.

Frank Adornato





Thanks to efforts of Mad Dog Mike Kelly, the Mad Dogs have a new sponsor - VO2 Max Cycles in San Antonio, FL. The owner, Pierre Beaulieu, is offering Club Members a 15% discount on purchases (there may be a few exceptions, like items already on sale). VO2 Max cycles is located at 32755 Pennsylvania Ave. San Antonio, FL 78255. Phone is (352) 534-0888. Web site is www.vo2maxcycles.com. The shop is closed Sunday and Monday. Next time you are riding “them thar hills” up I75, drop by and check them out.