



THE FINISH LINE



**Betsy Banks and
John Allen at
Ironman 70.3
North Carolina**

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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: www.stpetemaddogs.com E-mail: info@stpetemaddogs.com

Articles, or photos may be submitted to the Editor @ 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. For questions, please e-mail him.

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Page		
Width x Height	7 1/2" x 5"	7 1/2" x 10"
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Mad Dogs.**

ST. PETE MAD DOGS BOARD OF DIRECTORS

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EDITOR'S COLUMN

The Mad Dog Board of Directors met on the 16th of October. Following is the main item discussed:

Anniversary Party. We plan to return to Caddy's on Central Ave. since most Mad Dogs present liked that venue. Gina Hubany, aided by Jenn Olvedy, volunteered to head it up and are working on a date. Non Mad Dogs attending will be encouraged to join or reup. Other non members will be charged \$10 to cover expenses. In an effort to bring the triathlon community in the Tampa Bay area together, we will invite the KLR team to join us and share (Please go to page 4)

TRAINING

Upcoming Training Sessions (all show and go)

SWIMMING

Every Tuesday & Thursday 6:30 - 8PM

Northshore Pool w/ Coach Joe Biondi \$9 per session

Every Wednesday 6PM beginning March 15th.

Open water at Pass-a-Grill Beach. Bring a snack to share!

Every Friday 8AM Group Swim at Sunset Beach.

Meet at Larry and JackieYost's, 143 91st Ave S (727) 367-2504

Also: www.stpetemasters.org for Masters Swimming

BIKING

see www.stpetecycling.com for daily rides

Mon - Fri 8:00AM

Group Ride from USFSP crosswalk 16 miles at 20-21 MPH

Wed is official Mad Dog ride - wear your colors!

Every Saturday 8:30AM

Group Rides based on speed from Northshore Pool South Parking Lot

Every Sunday 8:30AM

St Pete Library Advanced Training Ride 9th Ave N and 37th St.

RUNNING

Every Monday 6PM

Individual/Partnered Run (6 miles) Northshore Pool South Parking Lot

Local Bike Shop Events



From the Central Ave. Store (727) 345-5391 Every Saturday 8AM Women only ride. 10-30 miles



From the Palm Harbor Store (727) 786-6889 Every Saturday 8AM - 3 ability groups - about 40 miles



From the Clearwater Store (727) 723-2453 Every Friday - 5:30 AM 17 mile Clearwater Bridge Ride. Group #1 at 20-22 MPH. Group #2 at 22-25 MPH. Lights required.

From the Tampa Store (813) 831-1414 Tuesday and Thursday - 5:00 AM Training Bike Ride about 90 minutes at 22-30 MPH. Lights required.

Saturday - 7:30 AM 20 mile no drop bike ride at 15-20 MPH depending on abilities. Some instruction provided.

WELCOME NEW MAD DOGS!

#3750 - Mark Barnett - St. Pete

#3751 - John Hollenhorst - Tierra Verde

#3752 - David Ruelas - St. Pete

(continued from page 2)

expenses. If this party is successful, we may consider expanding this initiative to include other triathlon teams in the area for St. Anthonys festivities. As you know, although many members proudly wear our club's uniforms and clothing to races, the St. Pete Mad Dogs are primarily a social club rather than a racing team with professional coaching and significant store discounts. The Board believes that including other clubs (that will share expenses) is a great way to foster friendships across the triathlon community. Details of the **18 November Anniversary Party** at Caddy's on Central Avenue will be updated on social media.

Chuck Lohman, Editor

MAD DOG NEWS

Ran into Mad Dog Tom Kennedy at the last FD3 race at Fort DeSoto. Learned that Tom has completed 5 Ironman races already this year, and has signed up for Ironman Argentina on the 2nd of December! Looks like he has caught the dangerous “Dave Orlowski disease”. Please keep Tom in your thoughts.

**If you go to the St. Pete Mad Dogs Facebook page, there is a terrific video posted by Kathy Morgan and filmed by Bela Molnar. It's called Iron Dogs and features many vintage Mad Dogs from their earlier years; enjoy.
[www.facebook.com/kathryn.morgan.961?ref=search.](http://www.facebook.com/kathryn.morgan.961?ref=search)**

There was a large contingent of Mad Dogs racing IM 70.3 North Carolina October 21st. Participating were John Allen, Betsy Banks, Steve Swift, David and Tracy Milleman, Kim Snow, Jenn Olvedy, Tom Arnold and Beth Shaw. Sorry if I missed anyone.

Dave Proffitt is joining 34 racers from KLR at IM Florida on the 5th of November. Sixteen are doing their first Ironman!

Save the date!! A joint Mad Dog/KLR Anniversary Party at Caddy's on Central Ave. has been organized by Gina Hubany for 18 November. Details to follow!

NOVEMBER BIRTHDAYS



Carrie Hanley	1st	Ron Myklebust	18th
Paul Straubinger	3rd	Richard Russell	18th
Mary Thomas	3rd	Chris Sands	18th
Chris Ciaccio	4th	Eric Schlueter	18th
Curt Bryan	5th	Jim Stevens	18th
Stephen Kovac	5th	Bill Bell	19th
Paul Thibault	7th	Andrew Davis	19th
Joshua Thee	9th	Art Singleton	20th
Hal Cook	10th	Nat Glackin	21st
Aaron Dobiesz	10th	Donald Jordan	21st
Melissa Ravenel	10th	Kristy Neuenschwander	21st
Peter Angood	11th	Janice Smith	21st
Lin Dolen	11th	Susan Wallis	21st
Vashun Rodriguez	11th	Tom Knoll	23rd
Connie Mendoza	13th	Sandy Guenzel	24th
Deborah Riley	13th	Vivian Boniuk	25th
David Bel	14th	Michele McCutcheon	26th
Laurie Laurino	15th	Tim Runyon	26th
Melanie Ozor	15th	Drew Villamagna	26th
Carol Jean Vosburgh	15th	David Moran	27th
Sarah Yost	16th	Joel Royston	27th
Tom Dolecki	17th	Glenda Sparrow	27th
Terry Golden	18th	Gray Dunlap	28th
Brian Kelly	18th	Paul Timm	29th
		Gavin Howell	30th

UPCOMING RACES



04 Nov - IM Florida
Iron Distance
Miami, FL
www.ironman.com



9 Dec - Tri Key West
Olympic/Sprint/Duathlon
Key West, FL
www.trikw.com



12 Nov - Miamiman
Half Iron/Olympic/Duathlon
Miami, FL
www.multirace.com



10 Dec - Powerman Florida
Classic/Sprint Duathlons
Silver Springs, FL
www.3disciplines.com



19 Nov - IM Arizona
Iron Distance
Phoenix, AZ
www.ironman.com



17 Dec - Christmas Triathlon
Sprint/Duathlon
Naples, FL
www.eliteevents.com



26 Nov - IM Cozumel
Iron Distance
Cozumel, MX
www.ironman.com

RACE RESULTS

Tarpon Springs Triathlon - 7 Oct1st Place -

Yova Borovska (OA)

Jill Kralovance (GrMtrs)

Catherine Vander Velde

2nd Place -

Chad Siple (OA)

Gary Bonacorsi

Catherine deHann

3rd Place -

Jay Anderson

Susan Brosseau

4ht Place -

Ben Carlson (OA)

Ironman Maryland - 7 OctFinishers -

Michael Bardecki

P.J. O'Donnell

Diane Stokes

Sarasota Draft Legal - 7 Oct1st Place -

Don Ardell

Nat Glackin

Chicago Marathon - 8 OCTFinisher - Karen Monkus**Ironman Worlds - 14 Oct**Finishers -

Jill Kralovanec

Jerry Magliulo

Longleaf Triathlon - 15 Oct1st Place

Rod De Kanel (OA)

Suzanne Brosseau

Reva Moeller (Masters)

Noah Pransky

2nd Place-

Jay Anderson

3rd Place -

Steve Sexauer

Ironman Louisville - 15 OctFinisher -

Tom Kennedy

Longboat Key - 15 Oct1st Place -

Rod Coggins

Vicki Linkovich

3rd Place -

Art Singleton

FD3 #3 - 21 Oct1st Place -

Yova Brorovska (OA)

Ben Carlson (OA)

Suzanne Brosseau

Cathy deHaan

Chuck Lohman

Gail Lohman

3rd Place -

Gary Bonacorsi

Great Floridian Sprint - 21 OctFirst Place - Tony Handler

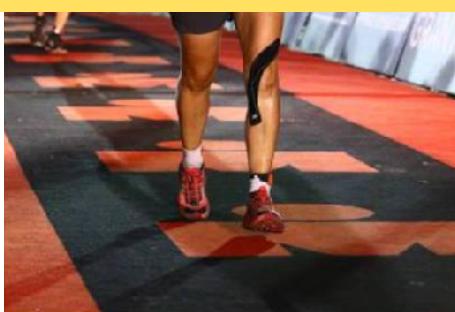
MAD DOG PICTURES



MAD DOG PICTURES



Diane Stokes finishing IM Maryland



Vintage picture from 1996 by Debby McSorley.
Debby, Bill Riley, Katie and Ralph Perry in Kona.



Jonathon Dunford, Kim Donaldson, Bryan McGuire and Gail Lohman



Betsy Banks and John Allen
@ IM 70.3 North Carolina



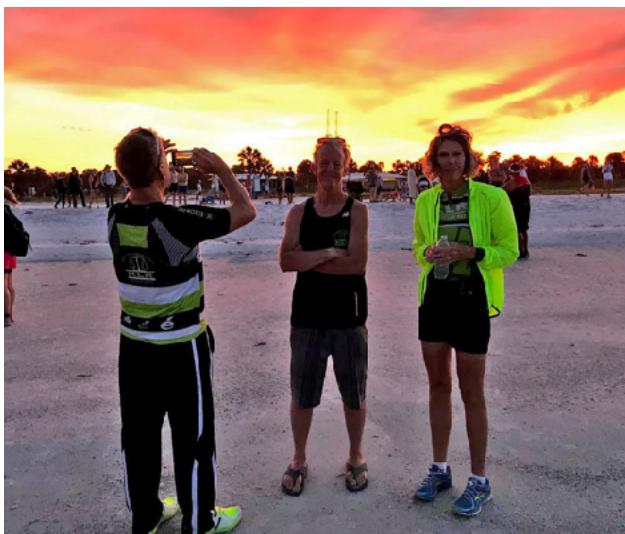
Recognize him? Tim (The Shark)
Hudson at Pass-s-grill Beach

MAD DOG PICTURES

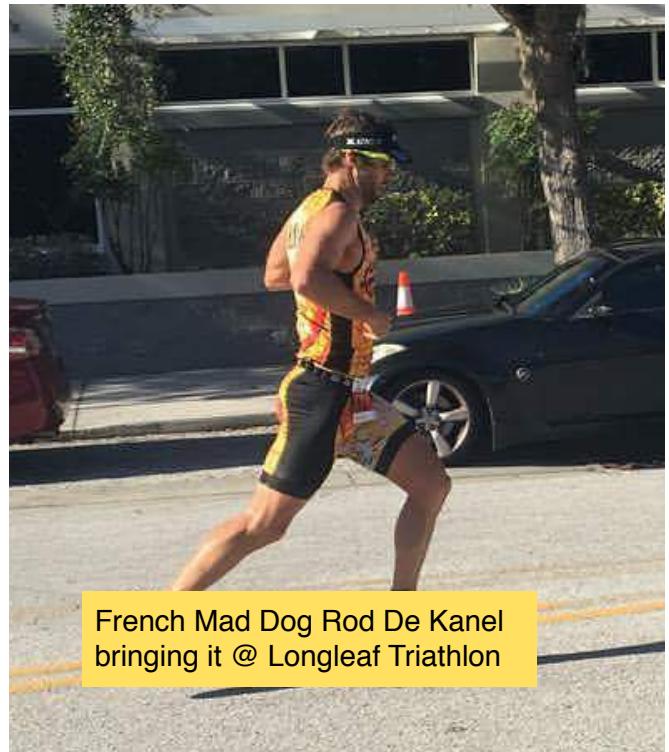


Mad Dogs Tom Kennedy and Dave Orlowski at Ironman Louisville

Whenever I see someone
biking faster than me,
I assume they aren't
going as far.



Great sunrise shot at the FD3 #3 race at Fort DeSoto



French Mad Dog Rod De Kanel
bringing it @ Longleaf Triathlon

Jill Kralovanec's Race Report From IM Kona

It's only 3:30 here and I have only slept 3 hours but I am still on a high - lol. I will try not to make it too long!

This has been a long dream of mine as many of you know. I felt like I was so prepared and ready to have the race of my life. However... you just never know what can happen on race day and you have to adjust. But for Ironman #20, this was the perfect location!

I know there are some that felt that I shouldn't be here because I didn't actually qualify for it. Fair enough but I will say the same with this race as I have said with Boston. The experience is amazing and you should get here any way you can! You do not want to miss out!

Would I have still wanted to participate if I knew what the outcome would be ahead of time? Without a doubt. You have to make the most of the situation and being a lemonade person, that's exactly what I did 😊😊

Ok, where shall I start?

I guess the beginning of the race - lol. I was so excited (I never get nervous). I went with [Jerry](#) to body marking and to get our bikes set up. We didn't have access to our gear bags the morning of the race. I found a nice guy on the rack next to me to pump my tires 😁😊 We finished up in there and went out where [Dougin](#) & June were waiting. They helped us out our speed skins on and we watched a Hawaiian lady sing the national anthem and then Jerry and I went back in. (The kids were still asleep but woke up in time to see me start.

We got in the water and treaded for about 10 minutes before the start. They fired an actual cannon - so cool but made me jump!

Since the females all had their own wave, it was pretty small since we only made up 27% of the total field.

The water temp was perfect and I felt great! It was a great swim for me. I swam easy and got out of the water and headed to the change tent. The volunteers are always so wonderful and there was no shortage of that here! I made sure to have them sunblock me well on the way out. They did miss a few spots 😢😅 So now my Ironman stamp is back and part of my back on the shoulders are red. Oh well.

The beginning of the bike course was going well and I feel like it was going to be a good day. It always is if you don't have any issues with your bike. It

was nice and sunny and we rode part of the windy part on Thursday so I was all set. Or so I thought 😢😁

Heading out of transition I saw Ryan. I always appreciate all the spectators at Ironman events. To be out there all day like that - just wow! I went up and turned a corner and saw Dougin and the kids and 3 giant heads of me

😂😂 Pay backs from when I did that to him at the last of his 52 marathons but it was cute. Sydney picked out the picture 😊😊

So off I go! The scenery was amazing and I was chugging along at a pretty good pace. And then came the climb to Hawi. Like I said in the other post - whoa. It seems endless and the wind was unbelievable. Much worse than the area where we rode. I was going like 10 mph and just trying to stay upright with the strong cross winds.

When we got to the turn around, I was so happy thinking we would have a nice break and I could make up some time. Not the case 😬😳 We did get to go downhill, but again, the crosswinds were unbelievable. I remembered Rinny telling me the day before that she has seen pros get blown off of their bikes in that wind. I thought about when it happened to me at Ironman Florida a few years back and tried to secure myself (meaning death grip) the best I could. I counted about 4 really close calls but I managed to get through it.

Still chugging along, but very slowly, I got passed by so many people but there was nothing I could do. About mile 80, my quads were letting me know that they weren't happy. Well, sorry guys, but you still have 26.2 miles to run after this so I can't have that. The last 32 miles the wind had switched so we pretty much had a headwind in both directions in that area. Apparently the pros try hard to get through there before the wind switches. I was not so lucky.

I thought about my Wednesday ride buddies at that point and wished they were there to pull me through it! I knew Jerry would be catching up to me eventually. It finally happened at mile marker 100. I was so happy because he was injured going into this race and wasn't sure how he would do. Well, if you know Jerry - he is 74 and an amazing biker! And he also always cries wolf - lol. Meaning we hear all the excuses on our rides and he still kicks our butts!

I finished the bike leg and handed my bike to the catcher. When I got off my bike, I could barely walk. My quads were letting me know again that they weren't

happy about this. I have never had this happen before and it made me nervous. I had to hang off the fencing for a little bit. My legs did not want to move at all.

I really thought that was going to be it for me. Then all I could think about was how there was no way I could dnf in this race. I thought about Kimberly's parents and how happy they would be to accept the medal knowing I ran this race in memory of their only child and she is not forgotten. But I felt like there was nothing I could do.

A volunteer came over and asked if I was ok. I told her I couldn't walk. She called another guy over and he stayed with me and took my bike shoes off for me. He told me it would be a lot better if I could try to walk and that it was just bad cramps and they had Gatorade in the change tent. He walked with me and told me he was only allowed to help me if I stopped. He wasn't allowed to help me walk.

I couldn't believe how much pain I was in and wondered how on earth I was going to make it through the marathon. Time-wise I was fine but wasn't sure how it would go.

I went to the change tent and again - amazing volunteers. She put my running shoes on for me and even my bib. I didn't even take my gu with me because I knew I wouldn't take it. You would think after so many races I would have my nutrition down - nope. had some Gatorade and was on my way.

The guy that walked with me was waiting outside the tent to make sure I was ok. So sweet of him. Usually my first mile of an Ironman is pretty quick because I am so happy to finally be off the bike after 112 miles. Not today. I tried a slow jog, but my quads kept reminding me that at any moment, they could retaliate so I better listen.

Ok, ok, you guys win. But I am going to make it though this run. I saw Dougin & the kids and the giant heads of me again -

Lol. They were cheering me on 😊😊 They told me that Jerry wasn't far ahead. I had high hopes of catching him and just spending the rest of the run course with him. I was so glad he was doing as well as he could with his injury.

I saw Ryan again on another section and we took a selfie - lol. I told him I was struggling and he also assured me that jerry was just up ahead. I tried another slow jog. It lasted maybe a quarter of a mile - maybe. I calculated and even with my bad math, I figured that I could pretty much walk the

marathon and finish before the cut off. Something I had never come close to have to worrying about but I had to today.

It was starting to get dark and the sunset was amazing. I just took it all in and enjoyed the course and the experience for longer - lol. On the second part of the course - running on the Queen K to the energy lab - it was pitch black 😢😢 I am not a fan of the dark at all 😥😥 and all I had was a tiny glow stick. That wasn't going to work for me. I found someone with a head lamp and caught up to her. She was walking also.

I told her about my dark phobia and asked if I could hang out with her. She told me

she would be walking and I was fine with that. We were only at mile 11 - ugh. We calculated again to make sure about the time because now it was a real thing. I picked up a stray 😊😊 or she picked me up. Either way, we were happy to have each other's company.

Through the energy lab we went. It was also very dark there but they had lights at the aid stations at least. We spotted jerry in one of the lighted sections. I exchanged a quick hug with him. He was going to make it too and I was so happy for him!

As we came out of the energy lab and were heading back, I saw Dougin. It was about mile 21. He knows how I hate the dark and sydney was worried so he came to look for me. He wanted to make sure I made the cut off. My friend was slowing down and I was getting nervous. I felt ok as long as I was walking and I kind of wanted to pick up the pace from a 20 minute mile to 18. Still, even at 20, we would be fine.

When we got back to where it would be light the rest of the way, she told me she was going to slow down a little. I told her I would wait but she told me she was fine and to go ahead. I felt kind of bad leaving her but she insisted.

There is a huge downhill just before mile 25. As I was walking down it, there was a girl bent over and having quad pains. She couldn't move. 😞😞 she was so close and I stopped to help her. She put her arm over my shoulder and I put my arm around her waist and helped her down the hill. I walked with her for a little bit and she thanked me and told me she was going to slow a little and for me to go ahead.

At mile 25 [Sydney](#) popped out onto the course with a big smile and a 'hi mom' and gave me a hug 😊😊 then she went back to the side and said 'see you at the finish line!' I was walking at a pretty good pace (for me - lol).

Like 17:36. I was actually not feeling so bad. I was thinking about how it was going to be going up the ramp to the finish and remembered Drew saying the day before 'why do they make you run up that ramp at the end of all that?' Good question 😂😂

I rounded the last corner and again - amazing spectators everywhere. They were encouraging me to run because I only had about 200 yards left. I wondered if I should take the chance. I saw dougin just before going through the chute. He handed me a chocolate milk to run through with😊😊

Then, my favorite part of an Ironman -

High fiving everyone as I run through the chute. And I actually did run - and float. I didn't even think or worry about my quads and they behaved - lol. I thought about how we usually shower and come back to the finish for the last hour of all the Ironmans we have done. Another one of my favorite parts.

I thought about all my teammates that will be doing Ironman Florida in a few weeks - their first one and how excited I am for all of them.

I thought about Kimberly and how happy I was to be able to finish and give her parents my medal in memory of her.

Up and over the finish I went with plenty of time to spare. Daniella Ryf - the female winner of the race, was there to give me my shell necklace (The medals were in another location). The male and female winners of the race come back during the last hour to do that. So cool to have that experience! She gave me a big hug and we congratulated each other. Then I saw Nicole! That was awesome 😊😊 She took pictures of us and then my catcher escorted me out with him.

As we were walking out, I had 2 random people ask if they could take a picture of me drinking my chocolate milk - lol. I thought that was cute 😊😊

My catcher told me I seemed like I was fine. I was more than fine. I didn't have the race of my life, but I made the best of it - lemonade 😊😊 or as [Angelo](#) always says with me - rainbows and butterflies.

I found sydney & Dougin (Drew had gone to bed - which I told them to do when I saw them on the run course). But sydney wanted to stay up.

I loved having all of them here. I loved being able to earn that medal for the Hamptons.

I loved having Dougin there as my wonderful Sherpa.

I loved it when Sydney told me she got teary eyed when I ran through the finish.

Ironman #20 in the books. 😊😊

Thank you again for all the texts and messages and well wishes, thoughts and prayers. I definitely needed them for this one!

And [Raymond](#), I did have that song stuck in my head a few times during the day! 😂

Jerry Magliulo's IM Kona Race Report

what a day!

Three weeks before the race i developed piriformis syndrome (pain in the butt) from a long ride with a dropped saddle. I had to stop training and tapering. It was still painful enough that I briefly considered not doing kona, but you know that wasn't going to happen. After Jill and all of us took the required pre race pictures, I got in the water for the men mass start.

Im a poor swimmer, but the water was pleasant and buoyant. I had an easy relaxed swim and it actually made my "pain in the butt" feel better. Got out of the water and helped by a volunteer (all of them were the best ever) I quickly got my bike stuff on and rushed to the bike wanting to make up the

time I gave away in the water

Off I went hard on the pedals. on the first left turn my bike slid out from under me and I took a hard crash on my "pain in the butt" side. The rear tire had flat and was almost off the rim. I had a hard and long time getting it off and replacing the tube. Got back on the bike started going hard to make up more time. 10 miles down the road it became hard to pedal and to my dismay I had another flat on the same, brand new, tire. The only race i ever got flats is kona both now and two years ago, even though the race streets are immaculate. The second flat was a challenge to change since I had lost the levers to take the tire off at the last flat. It took a long time, but somehow I did it and was on my way again. The silver lining, if there was one, was that the "pain in the butt" paled compared to the pain on the hip from

the crash.

The wind in your face and sideways was brutal and for most of the ride. sometime You had to pedal hard downhill to go 17 mph. the Times that it was at your back and you could cruise at thirty plus miles an hour you had to hold the bike hard so that the occasional side blastes wouldn't tear the bike out from under you.

Off the bike unto the run. I knew I was in deeper trouble with the first step. My crash pain and my "pain in the butt" formed an alliance to help me raise my threshold of pain.

First time ever I had to consider the cut off time of the ironman race. Pain was shooting through my body with every left foot strike. I had 26.2 miles to run.

I don't really know how I managed to get it done. Seeing Jill on the course, and her encouraging words, was always a boost and so were all the wonderful volunteers. And yes Ryan and his wife, all over the course with encouraging words, thank you Ryan, and my wife seemed to have multiplied herself to to be all over simultaneously.

I finished it, nowhere near the podium like I would have wanted in this iconic and vey hard to qualify for race, but thankful to be here, thankful for all my friends, thankful for my wife and family, and vey importantly thankful for KENNEDY LAW RACING that has revitalise the quest for IRONMAN.



Premier Bike Transport Your Road To The Race

HELLO MAD DOGS!

I want to introduce myself and say that I am happy to be working with The St Pete Mad Dogs to support your triathlon goals.

I provide fully assembled bike and gear transport services to a variety of race destinations.

Here are some of the highlights of my service:

- Your bike is transported fully assembled. No need to remove pedals, bottles, race wheels or CO2 cartridge, ship it like you race it!
- Look at the costs associated with travel by air (bike box, larger rental vehicle, oversized bag fees, the need to purchase new CO2 cartridges at the race site, bike dis-assembly and re-assembly, etc.) you will actually find me to be a very affordable option.
- Less down time from your bike. I serve a smaller area than the big companies so I don't need as much time to get your bike to and from your race.
 - If you have a question, you can contact me directly

2017 Event Schedule

- ◆ [Chattanooga, TN 1/2 Distance Triathlon](#)
[May 21, 2017](#)
- ◆ [Raleigh, NC 1/2 Distance Triathlon](#)
[June 4, 2017](#)
- ◆ [Omaha, NE - Age Group National Championships](#)
[Aug. 12-13, 2017](#)
- ◆ [Chattanooga, TN 1/2 Distance Tri World Championships](#)
[Sept. 9, 2017](#)
- ◆ [Madison, WI Full Distance Triathlon](#)
[Sept. 10, 2017](#)
- ◆ [Chattanooga, TN Full Distance Triathlon](#)
[Sept. 24, 2017](#)
- ◆ [Augusta, GA 1/2 Distance Triathlon](#)
[Sept. 24, 2017](#)
- ◆ [Cambridge, MD Full Distance Triathlon](#)
[Oct. 7, 2017](#)
- ◆ [Louisville, KY Full Distance Triathlon](#)
[Oct. 15, 2017](#)
- ◆ [Wilmington, NC 1/2 Distance Triathlon](#)
[Oct. 22, 2017](#)
- ◆ [Austin, TX 1/2 Distance Triathlon](#)
[Oct. 29, 2017](#)
- ◆ [Panama City Beach, FL Full Distance Tri](#)
[Nov. 4, 2017 \(Concierge Service\)](#)
- ◆ [Tempe, AZ Full Distance Triathlon](#)
[Nov. 19, 2017](#)

As a Member of St Pete Mad Dogs, get \$20 off the cost of transport. Use Coupon Code **MadDog** at checkout.



I'm Steve Begnaud and I am Premiere Bike Transport. I answer the phones, reply to emails and make sure that each and every bike is handled with care.

www.premierbiketransport.com

info@premierbiketransport.com

(352) 429-3022



Runfest is November 19th. They feature a half marathon and a 5k. For a Mad dog discount use the code **MadDogs17**. Website for more details is www.stpeterunfest.org.



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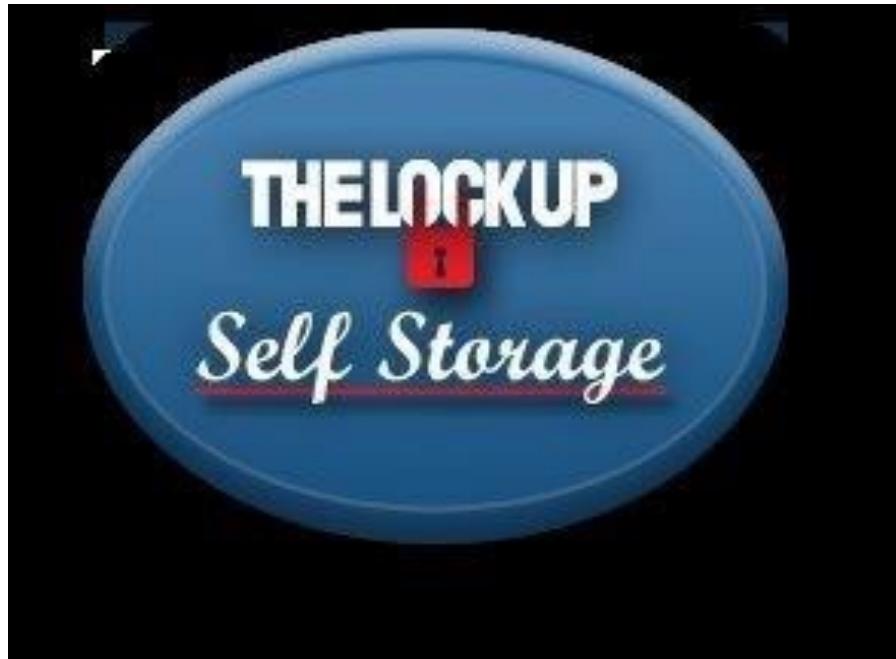
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Multi Ironman Finisher

Contact me for a personal, no obligation consultation on your home's value and to learn more how we can develop a successful custom marketing plan.



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