



The

Volume 14, Issue 7 • August 2008

Finish Line



**Forever an Iron Inspiration:
Babette Kulka, Mad Dog #1517
1943-2008**

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 (Volunteer: Janell Cory)
 Website: www.stpetemaddogs.com
 E-Mail: info@stpetemaddogs.com

Articles, photographs and submissions should be submitted via e-mail 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
 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. Full-page flyers can be submitted as .pdfs.

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
1/4 Page	5" x 3.5"	\$40
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 may be printed at advertiser's cost (full rate still applies) and must be received no later than the 15th of the months in order to be included in our mailing (no less than 700 copies.)

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 concurrently for this pricing to apply.

Checks are made payable and sent to: St. Pete MAD DOGS
 P.O. Box 635 · St. Petersburg, FL 33731-0635

Thank You to Our Club Contacts & Coordinators:
 Alan Tudor (Message Board Moderator)
 Barbara Burke & Rose Hoge (Membership Assistants)
 Brian Harrington (USAT Club Liason)
 Roger Burke (Club Level 1 Coach)
 Coordinators: Barbara Burke, Wesley Carr, Angela Hawkes, Rose & Buzz Hoge, Tim Hudson, Carolyn Kiper, Bela Molnar, Kathy Morgan, Katie-Knight Perry and Jackie Yost.
 2008 Madeira Beach Triathlon Coordinator: Pam Brown

The St. Pete MAD DOGS 2007-2008 Board of Directors—BoD@stpetemaddogs.com

President	Tony Moré	President@stpetemaddogs.com
Vice President	Gina Waters	Membership@stpetemaddogs.com
Treasurer	Hartley Mellish	Treasurer@stpetemaddogs.com
Secretary	Clare Ward	Phone or U.S. Post
Director	Nung Bedell	Webmaster@stpetemaddogs.com
Director	Larry Yost	Larry@stpetemaddogs.com
Director	Carl Elston	events@stpetemaddogs.com
Director	Rob Littke	Merchandise@stpetemaddogs.com
Newsletter Editor	Kirstin Johnson	Newsletter@stpetemaddogs.com

From The President

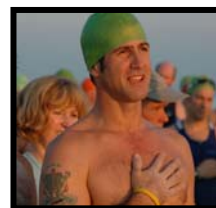
Fellow Mad Dogs,

Triathlon is such an important part of all our lives. One of the best things about triathlon is the chance of training and racing surrounded by friends. It is a close knit community. Sadly, two amazing athletes and friends are no longer with us: Babette Kulka and Christine Rusher were friends of many Mad Dogs and they will be missed.

The season is in full swing and I hope everyone is reaching their goals and looking forward to the upcoming member meetings and events.

The St. Pete Mad Dogs Annual "Welcome to Kona" Luau - September 20, 2008 is at Cha Cha Coconuts. It should be an amazing party with a top of the world view which compliments the top of the world Ironman achievements we will be recognizing that night. It's enough to inspire each of us who haven't tackled an Ironman yet to sign up and show up! Hopefully your triathlon dreams will become a reality!

*Tony
Moré*



Training & Events Calendar

Every Sunday, 8:30 AM (Sharp!)

St. Petersburg Library Ride

3745 9th Street North
(Corner of 37th Street & 9th Avenue N.)
St. Petersburg, FL 33713
www.stpetecycling.com

There are two routes and three levels of ability (including a "daisy-picker" slow-paced ride).

The next three entries take place at:

North Shore Pool
901 North Shore Drive N.E.
(North of The Vinoy)
St. Petersburg, FL 33701

Monday through Friday, 7AM & 8:30 AM

St. Pete Cycling Club Morning Rides

North Shore Pool Parking Lot
www.stpetecycling.com

Helmets are required. Please check their website for specific speeds and distances.

Every Monday, 6 PM

Mad Dogs Snell Isle Run

North Shore Pool Parking Lot
www.stpetemaddogs.com
Club contact: Jack Eads (727) 577-7745
Varying abilities and distances, but the group standard tends to be a 6-mile loop around Brightwaters.

Every Tuesday & Thursday, 6:30 PM – 8 PM

Triathlon Stroke Technique/Swim Training

North Shore Pool
(727) 893-7727
www.stpete.org
Fee: \$5.00

Every Wednesday, 6 PM

Wednesday Night Group Run & Social

Frank T. Hurley Park
1501 Gulf Way
Pass-A-Grille Beach, FL
Please keep in mind the parking meters run until 8PM. Now that we're in the Dog Days of summer, we're going to start slacking off on that hot, greasy grill and start relying on pot-luck: bring a small dish to share. We will always provide paper plates, napkins, and plastic cutlery.

Every Friday, 6PM

Friday Night 15K

The Tavern at Bayboro
121 7th Avenue South
(USF St. Pete Campus)
St. Petersburg, FL 33701
www.stpetemaddogs.com
Contact: Jack Eads (727) 577-7745

Unless you have a USF parking decal, be sure to park **only** in the spaces marked "Parking for Bayboro Books/Tavern Only".

Every Saturday, 8:30 AM

Group Bike Ride

North Shore Pool
(Address listed above.)
www.stpetecycling.com

www.stpetemaddogs.com

Upcoming Races & Club Events

The next **Mad Dog Member Meeting** will be:
Thursday, August 28, 2008, 7PM

St. Anthony's Resource Center—2nd Floor
500 9th Street North
(Next to St. Anthony's Hospital)
St. Petersburg, FL

Please arrive early (6:30PM) to assemble the newsletter. After the meeting we socialize at the Tavern at Bayboro (see address above). Free domestic beverages to **those who attend the meeting.**

Race Cancelled July 13, 2008

Morton Plant Mease Triathlon

No rain date in 2008.
Please see <http://www.mpmf.org/triathlon/home.asp> for details.

Saturday, August 2, 2008—7:30 AM

7th Annual Top Gun Triathlon

Ft. DeSoto State Park – North Beach
3500 Bayway Drive
St. Petersburg, FL 33715
Promoter: Fred Rzymek & Joe Fernandez
www.topguntriathlon.com
USAT Sanctioned: Yes / Or \$10 1-Day Pass
Race Day Registration: Good luck with that: it usually sells out. Register now.
Distances: Swim ¼ mile, bike 10, run 3 miles.

Saturday, August 9, 2008—7:00 AM

Babes & Bums Sprint and "Tri Fever" Family

Land O' Lakes Recreation Center
3032 Collier Parkway
Land O' Lakes, FL 34639
Promoter: Athletes Who Care
www.AthletesWhoCare.com
USAT Sanctioned: Yes / Or \$10 1-Day Pass
Race Day Registration: Not Indicated
Sprint Distances: 5K Run, 10.5 mile Bike, 1/8 mile Pool Swim
Mini Distances: 1 mile Run, 4 mile Bike, ¼ mile Pool Swim

Saturday, August 9, 2008—8:00 AM

20th Annual Tarpon Springs Rotary Triathlon

Fred Howard Park
1700 Sunset Drive
Tarpon Springs, FL 34689
Promoter: Rotary Club/Suzanne Henslee
www.RacesAreGreat.Com or Active.Com
USAT Sanctioned: Yes / Or \$10 1-Day Pass
Race Day Registration: \$70 Individual
Distances: Swim ¼ mile, Bike 10.5 miles, Run 3 miles

Sunday, August 10, 2008—7:00 AM

Youth Triathlon Series #4: Tarpon Total Fitness

Fred Howard Park
1700 Sunset Drive
Tarpon Springs, FL 34689
Promoter: Suzanne Henslee/Park Alsop
www.RacesAreGreat.Com or Active.Com
USAT Sanctioned: Yes / Or \$10 1-Day Pass/
Or \$5 Junior
Race Day Registration: Yes
Distances: Various Mini-Sprint

Saturday, August 16, 2008—7:00 AM
Publix Family Fitness Weekend: Sprint Triathlon, Duathlon & Kids Du

Ft. DeSoto State Park – North Beach
3500 Bayway Drive
St. Petersburg, FL 33715
Promoter: Exclusive Sports Marketing
www.familyfitnessweekend.com
USAT Sanctioned: Yes / Or \$10 1-Day Pass
THERE IS NO RACE DAY REGISTRATION FOR THE ADULT SPRINTS TRI & DU
Various events and distances.

Sunday, August 17, 2008—7:30 AM

Central Florida Triathlon Series #3

Waterfront Park
East Avenue & Eighth Street
Clermont, FL 34711
Promoter: CFT Sommer Sports
www.triflorida.com
USAT Sanctioned: Yes / Or \$10 1-Day Pass
Race Day Registration: \$60 Individual
Distances: ¼ mile Swim, 8 mile Bike, 5K Run

Saturday & Sunday, August 23 & 24, 2008—7:30 AM

Fall Tri Festival

Moss Park
12901 Moss Park Road
Orlando, FL 32832
Promoter: Buttar Sports Marketing
www.buttar.com
USAT Sanctioned: Yes / Or \$10 1-Day Pass
Race Day Registration: \$80 Individual
Distances: Various Sprint & Olympic

Saturday, August 30, 2008—7:30 AM

Crystal River Triathlon Series #3

Fort Island Gulf Beach Park
16000 West Fort Island Trail
Crystal River, FL 34429
Promoter: DRC Sports
www.drcsports.com
USAT Sanctioned: Yes / Or \$10 1-Day Pass
Race Day Registration: \$65 Individual
Distances: Swim ¼ mile, Bike 15 miles, Run 3 miles

Monday, September 1, 2008

Ralph G. Perry Nominations Deadline

Send to: RGP@stpetemaddogs.com
See flyer insert for details.

Sunday, September 7, 2008—7:00 AM

Youth Triathlon Series #5

Palm Harbor YMCA of the Suncoast
1600 16th Street
Palm Harbor, FL 34683
See previous YTS entry for details.

September 20, 2008

St. Pete MAD DOGS

"Welcome to Kona" Annual Luau

Cha-Cha Coconuts at The Pier
800 2nd Avenue Northeast
St. Petersburg, FL 33701
See flyer insert for details.

Happy Birthday!

Birthdays are compiled from Membership@StPeteMadDogs.com. Any omission is never intentional.

*Indicates Age Group Change	8/11	*Katie Brinkley	Jodi Vetter		
8/2	Patrick Ruta	8/12	*Cindy Perret	8/21	Alan Tudor
	*Andrew Condon		Bridget Whitelock		Stephen Bregler
	*Mike Nisbett	8/13	Karen Cervone-Nitz		*Gretchen Herbst
8/3	Jim Gariboldi		*Colleen Reppert	8/22	Maria Dambeck
	*Alyssa McKeown	8/14	Vivian Derussy		Jake Blanchard
8/4	Edward Evanouskas		Becky Kitten		Diane Elsen
	Ren Hardman Schrock		Daphne Belt	8/24	Dawn Clark
	Jerry MacDonald	8/15	Patrick Whelan		*Katie Kesty
8/5	Sandra Seimetz	8/17	*Laurie Deer		Heather Perkins
8/6	*Diana Staneszewski		Pat Brighton		John Sampedro
8/7	Mike Reilly		Nung Bedell		Mike Weston
	Kathleen Johnston		Stacey Underwood		Alec Hirsch
	Anders Heidemann		Paul Kowalski		Jeffrey Chapman
	*Bruce Dorman		Charles Bohlen	8/26	*Louie Rice
8/9	Chas Carrington		Steven Laber		Dave Orlovski
	Charles Futrell	8/18	Troy Fitzgerald		John Hanna
	Julie Duregger	8/20	*Dee Anna Farnell	8/29	Rose Hoge
8/10	*Pete Dubbeld		Marc Massanari		Bonnie Condon
	Allen Hughes		Tom O'Neill	8/30	James P. Gills
	Kristin Perry		Linda Ramirez		Ryan Hoge



Local Triathlete Missed by Many

Compiled from BeginnerTriathlete.com, Terri Doyle, Suzanne Henslee, and the ClarionLedger.com

Christine Rusher, a local triathlete with many Mad Dog and triathlete friends, passed away on July 14th, 2008. Her family made the ultimate sacrifice after emergency cranial surgery to alleviate pressure, when sadly it became apparent she had already crossed the finish line.

Christine, 41, moved to Valrico from Biloxi, Mississippi and was an avid volunteer and advocate in the communities she lived in: she was a Boy Scout leader, an active member of Nativity Catholic Church, and involved in the hearing impaired community. She was also a member of TriAmigos.

"[She was] a wonderful and beautiful person, Christine Rusher. She was a local triathlete a huge supporter of St. Anthony's," said Terri Doyle, Mad Dog #2640.

Suzanne Henslee, local race director for YTS and Mad Dog #1606, added, "This is terrible. Christine was so good to me and so helpful at last year's Ironman 70.3 Championship."



Christine deeply affected another burgeoning community, that of the online triathlete. As an active and engaged member of BeginnerTriathlete.com (where she went by the Peanuts name "Lucy"), her struggle and subsequent passing generated a tremendous outpouring of support and postings. A virtual online vigil of prayer was held as her condition remained uncertain. A member, identified as "AnnaBananaMC" posted, "I'm praying for that miracle; we all lose with Lucy gone from our lives. She's touched so many in big and small ways."

Christine was remembered by local athletes in a 5K race on July 18th. Steve Dunn, President of the FishHawk Road Runners Club and owner of the "Hit the Trails" running store and race series posted, "Christine has been a friend of mine for a couple of years and a club member. She was always wearing a smile and I will miss her. Understand that I will do everything in my power to get her family the largest proceeds from this race."

Christine was a loving wife and mother and is survived by her husband, Thomas, and two sons, Christian and Dylan.



The summer Olympics are fast approaching and all eyes are set on Michael Phelps. But recently, another epic swim event has taken place and featured one of our own **Mad Dogs!**

The *Manhattan Island Marathon Swim*, July 5 featured the top open water swimmers from around the world. With 26 solo swimmers and 10 relay teams of 2, 4 or 6 persons.

Timothy Kennedy, Mad Dog #2314 was at the start of this... the world's longest open-water swimming race at 46km (28.5 miles).

Kennedy had a goal of completing the counter-clockwise circumnavigation of Manhattan in eight hours or less. With some effort, he reached the finish line in seven hours, fifty-one minutes and twenty eight seconds... only 20 minutes behind the winner. The top 10 solo finishers and 3 relay

Another Way to Tour New York ... Swim it!

teams all came into South Cove within a 25 minute time span — sometimes within seconds of one another. Kennedy's time put him at 6th place overall, 3rd place male, and 1st in his age group.

He did try to enjoy the sites, like swimming by the Empire State Building (twice), the United Nations Building, the Brooklyn Bridge, and the Yankee Stadium.



The conditions throughout the swim vary constantly. There are strong currents to battle at the start. Then the swimmers go with the fast currents in the East River, then onto the stagnant water of the Harlem. If you don't reach certain locations at the right time, the tides can turn against you making the swim difficult or even impossible to finish.

Then there is the river traffic with the ferry's and water taxi's, both make for very choppy water. A swimmer may even be held up by a passing ferry allowing the competition behind the opportunity to close the gap. Each swimmer is accompanied by a power boat with 2 crew members, an independent



observer, and a kayak. The crew members supporting Tim included his daughter Lauren Kennedy (who lives in Manhattan) and his girlfriend and fellow Mad Dog, **Carolyn Kiper, Mad Dog #983**. The observer monitors the swimmer and relay teams to ensure that rules are followed and to monitor each swimmer for fatigue or hypothermia. The crew and kayak are there to support the swimmer including providing food and drink. The swimmer is must not touch either the kayak or the boat.

Kennedy consumed sports drinks, power bars, a rice concoction, glucose and ibuprofen to get him through the near 8 hours of constant swimming. His training varied from one to two swim workouts *per day* with a peak of **60,000 meters (40 miles) per week**.
How much do YOU swim?



Zipp Mavic Bontrager Profile Zoot DeSoto Sugoi Sidi Specialized First Endurance Hammer

Get Fitter. Get Faster. Go Further

Ironman Winning Kuota Bikes at CWD

Performance Bikes
Great On-Site Selection

Chainwheel Drive

- Tri Clothing & Shoes
- Fast Wheels
- Nutrition for Performance

www.chainwheeldrive.com

Clearwater | 1770 Drew Street | 727.441.2444
Palm Harbor | Tampa Rd & US 19 | 727.786.3883

Mad Dog Member Profile: Park Alsop

How did you get into triathlon and what lead you to become a Mad Dog?

I started into triathlons in the early 1980s very close to the actual inception of the sport. I was a competitive age grouper and raced many of the initial area races including the first Tampa Bay Triathlon (Now St Anthony's), Super Energy Triathlon (one of the first Ft DeSoto Triathlons) and also followed the USTS circuit nationwide. After a 10 year hiatus from the sport I re-entered triathlons in 2007 along with my 2 boys, Kelbe age 10 and Kobee age 9. To continue our excitement I wanted us all to belong to a triathlon club and the logical choice was Mad Dogs.

What inspired you to step up to the plate and take on the responsibility of transitioning to Youth Triathlon Series (YTS) race director?

Watching my sons race their first triathlon in 2007 along with watching the other youth competitors was such an inspiration that I immediately offered my volunteer help as I wanted to be a part of this outstanding opportunity for children. After volunteering in 2007 and YTS 1 in Crystal Beach in 2008. Suzanne Henslee (the originator and director of YTS and multiple other multi sport competitions in the area) approached me about becoming Race Director of the YTS series. I jumped at the opportunity: I believe

offering triathlons to youth is such a great portal to keeping children active and directing them into a healthy lifestyle along with being a part of the great non-profit we support, LiveStrong.

What races are left in YTS?

The goal of YTS is to offer a triathlon to children each month of the triathlon season. Our next race is YTS 4 in Tarpon Springs and Adult Super Sprint on Aug 10th. Sept 7th is our annual Palm Harbor YMCA triathlon (YTS 5) and Oct 4th is the series finale YTS 6 at East Lake Woodlands. At YTS 6 we will also be awarding prizes to point series winners for the YTS series. I guarantee anyone volunteering will feel the excitement and pride of being a part of these young athletes as they strive towards their development and goals in our sport.

Is there a big difference between a youth triathlon & working an adult sprint event?

The largest difference between an adult and a youth triathlon is the amount of coverage we supply. Our goal is to have a volunteer within sight throughout the entire race so if our children have any problems there is somebody immediately at their side. Our goal



is to introduce this sport safely to our youth athletes and to make them feel completely comfortable in every step of their race. Including human buoys in the water, extra hands in transition to not only help but also educate the children on the proper procedures and give them security throughout the race. The smiles and excitement we see from our triathletes at the finish line is the measure of our success.

At the end of the YTS series, what are your plans, how will you celebrate or take down time?

There will be very little down time after our series this year as we are already planning and strategizing for the 2009 season. One of our major goals for YTS is to reach out to all areas of our community to offer triathlons. We are looking towards not only North Pinellas County, but also South Pinellas, Pasco and Hillsborough in the coming years.

Please feel free to contact me about volunteering or with any questions at lovetotri@tampabay.rr.com and visit our website at <http://www.racesaregreat.com> for more information about YTS.

Benefactor Mortgage Company LLC Tampa Bay's Charitable Mortgage Company

Benefactor Mortgage Company LLC is committed to helping you find the right mortgage product for your needs. We understand that every borrower is different, and we offer a variety of products to meet your individual requirements. We make the process of securing a mortgage simple and straightforward by offering you the latest in financial tools that enable you to make sound financial choices.

Visit our new website at www.benefactormortgage.com

LOW RATES

Interest rates are at historic lows.

Whether you are refinancing an existing loan or purchasing a new home, now is the time to take advantage of the recent cuts in interest rates.

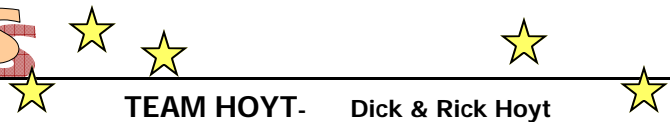
Call Benefactor Mortgage today!



Stop by and see us at 259 4th Avenue N.
Or call Timothy Kennedy at 727-458-7897
timothykennedy@gmail.com

Race Results

Race results 5-deep are accepted at raceresults@stpetemaddogs.com—
Any errors or omissions are never intentional.



Ironman Coeur d'Alene
Coeur d'Alene Idaho
June 22, 2008.

1st Place: Carole Torreano *Kona Qualifier*
2nd Place: Heather Gollnick, Pro
5th Place: Leslie Gerlach

Finishers:

Lewis Bennett	Claudia Junquiera
Jeff Chapman	Bryan Prushinski
David Blackwood	Jonathan Dunford

TEAM HOYT- Dick & Rick Hoyt

Triathlete Hall of Fame 2008 (Inducted)
Omar N. Bradley "Spirit of Independence Award" 2008 (Awarded)
for outstanding organizations & citizens

Key Biscayne Triathlon Trilogy
Miami, FL
June 22, 2008

1st Place:
Mary Ann Wallace

Moss Park Sprint Triathlon
Orlando, FL
7/19/2008

1st Male 45-49 Adam Bonsignori
2nd Male 55-59 Jack Finucan

UCF Triathlon/Orlando
6/22/2008
3rd - Male: Jack Finucan, MD #395

Baldwin Park Triathlon/Orlando
6/29/2008
1st - Male: Jack Finucan, MD #395

Miami Trilogy
July 20th, 2008

5th Place: Vikki Moore

Crystal River Sprint Triathlon #2
Ft. Island Gulf Beach
July 5, 2008

1st Place:
Gary Bonacorsi
Robert Stevens
Pam Kallio

2nd Place:
Fred Rzymek
Mark Parisian
Chris Pyhel

3rd Place:
Patricia Hoffman

4th Place:
Al Steele

5th Place:
Katherine Van Allen

Amica Rhode Island 70.3
Providence, RI
July 13, 2008

1st Place:
Lisa Bentley (Pro-Overall)
Jeff Cuddeback

2nd Place:
Linda Musante

3rd Place:
Steve Mandel

4th Place:
Kathy Frailing

Tri If You Dare Kids Triathlon
Seminole, FL
June 30, 2008

1st Place:
John Farese
Jessica Henslee
Grace Rose
Zack Quilty
Reagan Quilty
Emerson Quilty
Zane Holmes
Gregory Glasscock

2nd Place:
Libby Rose
Maddison Holmes

3rd Place:
Ryan Hoge
Savannah Holmes

4th Place:
Kobee Alsop
Kyle Jackson

5th Place:
Patrick Farese

Tradewinds Triathlon
Coconut Creek FL
July 4, 2008

1st Place:
Mary Ann Wallace

Maverick Triathlon (aka Crazy Dicks)
Sarasota, FL
June 21, 2008

3rd Place — Al Steele

Ironman Switzerland
Zurich, Switzerland
July 13, 2008

1st Place – Joe Bonness

Lifestyle Realtors-Beaches Fine Arts
Sprint triathlon #3
Ponte Vedra Beach
July 12, 2008

4th Place — Al Steele

48th United States Mountain Running Championships 7.7 mi. "One Hill" Average grade 11.5%
1st in AG - BILL RILEY - 1:31.41
Natl. Mtn. Running Champion
New course record (old record 1:34.53 2007)

NEW MEMBERS! Thanks to everyone for signing up, we look forward to training together.

Randy Buckspan	St. Petersburg	#2860
Gregory Glasscock	St Pete Beach	#2861
Gloria Marchese	Tampa	#2862
Laura Algren	Redington Shores	#2863
Vicki Linkovich	St. Petersburg	#2864
Justin Lukaszewicz	Orlando	#2865
Diana Staneszewski	Tampa	#2866
Barbara Griffin	St. Petersburg	#2867
Tom Dolecki	Odessa	#2868
Kailey Ryan	Largo	#2869
Catherine Bunch	St. Petersburg	#2870
Joan Flaherty	St. Petersburg	#2871
Vanna Edwards	Brandon	#2872
Scott Corkran	Clearwater	#2873
David Kightlinger	St. Petersburg	#2874
Ron Winner	Hyannis, MA	#2875



Babette Kulka, Mad Dog #1517: Forever an Iron Inspiration

Compiled from: GoBabette.com,
IronmanLive.com, CarePages.com :
BabetteKulka, Sun-Sentinel.com

“I want you to know I am having a wonderful time! I love water when it is like this. I want to play!” Those were the last joyous words spoken June 25, 2008 before **Babette Kulka, Mad Dog #1517**, was separated from her friend in 3-4 foot seas with strong currents. After every effort to resuscitate her, the 65-year old Ironwoman passed away the next day at Memorial Regional Hospital in Hollywood, Florida.

“Nobody knows what really happened,” said longtime friend Beverly Clarke (Mad Dog #1463.) “It was just one of those crazy accidents... She was a woman that was full of energy. She could wrap any teenager 10 times around her little finger with her athleticism.”

Babette was born on St. Patrick's Day in 1943, and moved to Florida from New York in the mid-1980's. She took up swimming and biking in the fifth decade of her life, even becoming a Life Guard at the local Jewish Community Center. “[She] was a unique person. When one thinks of a 65 year old Jewish woman, they would never conjure up the picture of Babette,” posted Debra Fox, on Babette's Care Page.

Indeed, she was unique even among triathletes, not merely for her endurance at an age when others had long since retired to the porch, but for her Iron will. Wrote Kevin MacKinnon on Ironmanlive.com, “In 2003 Babette Kulka hobbled to the finish line of the Ford Ironman World Championship on a broken ankle. Two years later she returned to Kona and got to the line with 13 minutes to spare.”

“I remember Kona 2003 she was determined to finish the race after missing the bike cut off the year before. Everyone was pulling for her. As I was on the run portion I saw Babette returning to transition on her bike, I looked at my watch and was relieved to see she made it....only to see her the next morning with a cast on her leg. She had fallen and

broken her ankle [during the race,]” says Melissa Dipple, Mad Dog #474.

Donna Tudor, Mad Dog #773, reminisced, “Babette signed up to ride her bike across America, I was her mentor. Alan and I had just ridden our bikes the year before, so they put us in touch with each other and we instantly became friends. But it was Babette who was the real mentor. She was the real inspiration. She visited us in Tampa and joined the Mad Dogs immediately. She was infectious and everyone quickly fell in love with Babette. She shared her dreams of Kona with us. Then one day at the half Ironman in Panama, we watched her as she won her first slot to go to Kona. I'll never forget that day. Everybody in the room stood up and applauded her as she **s c r e a m e d** with excitement. She had such tenacity.”

“I was in Kona with The Mad Dogs in 2005 and remember Babette being so lively and positive,” said Tim Hudson, Mad Dog #1040 and former club president. “We cheered her from the Hot Corner and ran to the finish line as she made the cut off that year in Kona and finally achieved her dream of finishing the Ironman Championships. She was truly an inspirational person and great competitor that defined the terms of never giving up and always thinking positively.”

At Ironman Wisconsin in November 2007, Babette qualified yet again for the 2008 Ironman World Championship. She proudly stated to friends that she would not be competing this year because her daughters had amazing miracles of their own she was looking forward to: both are with child and due just as she would have been preparing for Hawaii.

Devoted family, daughters and grandchildren to be, as well as too many friends to count survive Babette. As she wrote in her blog (www.gobabette.com):

“Friends make my triathlon training fun! You know who you are; I am afraid I might leave someone out if I list your names. Thanks for the miles and the memories!”



From Mad Dog #9

The first time Our Paths Crossed with Babette Kulka was at the 1999 Senior Games in Lake Wales Florida where Babette and I were competing in the cycling event.

During this event she struck up a conversation with Barbara about having signed up to do Gulf Coast ½ Ironman Triathlon in Panama City. Barbara recalls that she was apprehensive about doing the distance and told Babette, that the worst thing that could happen is you don't finish. But if you don't go, and tri, you will never know and it will always be in the back of your mind.

After my event, Barbara introduced me to Babette and during our conversation she learned that I was an official finisher of the Hawaii Ironman in 1992. I told Babette that most people do not have regrets for what they did, but rather for things they did not tri to do. Fortunately, we must have rented some space in her head because she decided to go for it.

Well, as it turned out, she met a few other Mad Dogs at Gulf Coast. Donna and Alan Tudor, were there doing the race as well. They hung out together and a friendship developed. The outcome of the race was certainly unexpected. Babette came in 3rd in her age group, and because the other two women declined the Hawaii Ironman slot, Babette had her first entry into Hawaii. We would continue our mini East coast West coast friendship, seeing Babette at various races and enjoying each others company and always her smiling face.

Little did we know that our paths would cross again only this time at the Hawaii Ironman in 2003.

In 2005 Babette sent us a tape and a wonderful letter covering her 2005 journey from winning her Ironman Lottery slot to becoming an official Hawaiian Ironman Finisher as her dream became a reality because we all believe that anything is possible.

We had the opportunity to send this video to Babette's children Paula and Amy at their request and they wrote back to us stating that “She is training in heaven now and will guide her new granddaughters from there.”

Barbara and I know our paths will cross again with you Babette and until then you will always remain a beacon of light for us and so many others, as we all live out our dreams on Planet Earth. We have been blessed to know and race with you and as you know, the St. Pete. Mad Dogs Tri Club is all about A FAMILY of FRIENDS

Farewell

Babette Kulka M.D. # 1517

PS Please save me a spot on your paceline in heaven as you join up with our fellow Mad Dogs who have gone before you.

**Roger J. Burke
Mad Dog # 9**

GFT Waterstop: Incentives for a Howling Waterstop!



In keeping with tradition, the St. Pete MAD DOGS have agreed to support the waterstop one mile prior to the finish of the Great Floridian Triathlon, held this year on Saturday, October 25, 2008. Gina Waters, VP of Membership and Waterstop Coordinator in years prior, appointed Angela Hawkes as Waterstop Coordinator this year.

ANGELA SHARED... "After volunteering for the event for many years, and speaking with Gina, we agreed the Halloween theme works best. THIS gives our volunteers the freedom to treat this as a Halloween Party, and dress in costume!"

This year brings another bonus: for those who recruit at least two dedicated and dependable volunteers willing to show up on-site race morning (yes, right after race start) and stay for the duration of the Iron-event are eligible for a drawing for either a free GFT or a free Florida Challenge entry. There is no club cash prize for "best waterstop", so this is a different way for Fred Sommer to return value to the clubs who participate: the Mad Dogs, in return, pass that on to their active volunteers.

For those who have never been, Clermont is approximately 90 minutes

from the Tampa Bay Area. The MAD DOGS typically camp out the night before at the waterstop, with access to bathroom facilities. The club is known for providing hot dogs, hamburgers and frosty beverages to volunteers who donate their time for this Iron-Distance event.

If interested in volunteering, submitting a volunteer crew for race entry drawing, or helping to plan on a committee, please contact Angela at spmd1661@triathlete.com.

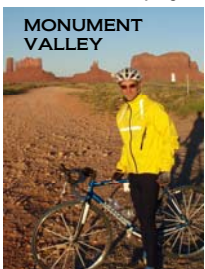


OCEANSIDE START

Submitted by Bo Webster MD #827

Team Macular Regeneration completed the 2008 Race Across America (RAAM) just before midnight June 19 after 8 days, 6 hours and 28 minutes of unforgettable experience. Team riders, Bob Ebert, 52, and Jim DeLuca, 41, of Spring Hill, Brian Wilder (MD#2638), 57, of St Petersburg, and Bo Webster (that's me MD#827), 64, of Odessa got everything they had hoped for and more...

We had some unexpected rider difficulties and some predicted crew difficulties that made our (my) 18 mph goal for RAAM impossible. After a period of no one riding in a thunderstorm and seeing 2 funnel clouds at Pratt, Kansas, Brian's front wheel got caught in angled railroad tracks flipping him to the ground after the team had been warned to ride more to the side of the road. He sustained two broken ribs, one with a 3/8" gap, and a cracked helmet, but rode immediately after the crash and after about 6 hours of sitting out of rotation while x-rays were



MONUMENT VALLEY

REGENERATION'S RAAM RACE REPORT!

taken, pain medication was obtained and dosage optimized. Outside of Jefferson City, MO, Bob hit a grate at the edge of the road while changing his biking gloves, lost control and flipped (luckily) into grass at the side of the road. His tire blew out and he sustained a hairline crack in his left wrist. After a delay for x-rays and a cat scan, he was put in a soft cast for riding, while the other riders continued to rotate. At Greensburg, IN, I had started a 2-time station, 95-mile solo leg at 3:30am to put us back into normal 6-hour, 2 men on, 2 men off rotation. At fifteen miles into the ride I hit an unmarked median strip while executing a left turn and went down sustaining road rash on 4 spots on my right side. Still being able to complete that ride was my victory within the victory of completing RAAM. Jim wasn't totally spared by RAAM. His first nighttime training ride he hit an armadillo on the Suncoast Trail, crashed and couldn't ride for a week.

Before we left Oceanside, CA, I met a guy doing the 2-person mixed Race Across the West. He had finished on 4-person mixed RAAM teams in '05 and '06 and predicted a "cracking" of our (anybody's actually) 8-person crew on the 3rd night of riding. He was right. We had bickering among the crew and more than one occasion where physical contact from a navigator was required to keep a driver awake at the wheel.

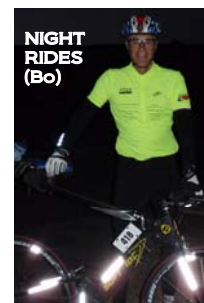
We had 3 hours with no one riding because of weather and 6 or more riderless hours while giving the crew additional rest. These down-times showed in the individual time station avg. speeds of less than

15mph, but we showed our talent with some individual time station avg. speeds that matched the best teams.

I am very proud of our team, riders and crew. Injured riders persevered and the crew mended under crew chief Zoltan Serfozo's impressive leadership. He has now served in what may be the most difficult job in the world. Give Z some patronage at his Extreme Bicycles on Northcliffe Blvd in Spring Hill. He will tell you about RAAM from a different perspective.

Like Willy Patty's hat says "RAAM 2008 ... This Ain't No Tour". It was a dream come true for me made possible by "tough as nails" fellow riders and the "finest" crew in RAAM. Willy says some funny, bawdy and often important things and was an excellent assistant crew chief. When I, in my frequently boastful way, said the other riders and crew were there because it was I who started the team, Willy profoundly countered, "You wouldn't be here, Bo, if it wasn't for us."

Merchandise sponsors of the team were Boston Bill Sunglasses, Extreme Bicycles, Suncoast Trailside Bicycles and Temple Terrace Schwinn. The team has raised about \$11000 as of the end of June for the Macular Degeneration Foundation at eyesight.org. The teams' share of that money just begins to make a dent in the teams' expenses for 3 support vehicles and 12 individuals. Keep those tax-deductible donations coming in. With one in three over 75 afflicted with macular degeneration, it's in all of our interest to **find a cure.**



NIGHT RIDES (Bo)



- New Membership Application
- Renewal Form
- Information Update

St. Pete Mad Dogs
 P.O. Box 635
 St. Petersburg, FL 33731-0635

Section 1: This information will be published in the Mad Dog Directory. Please Print Clearly:

Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

E-mail: _____

Home Phone: (_____) _____

Spouse's Name: _____

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) _____

Your Last Triathlon Event? _____

Date: _____ Location: _____

Section 3: A few optional questions. Feel free to attach another sheet of paper:

What other sports are you involved in? _____

Are there any special accomplishments you would like to share with us? _____

Are there specialized talents or skills you would be willing to volunteer to the Mad Dogs? _____

Section 4: We're a volunteer, not-for-profit organization. How could you help?

- Newsletter Picnics & Parties Membership
- Telephone Call-Outs Board of Directors Fund-Raising/Scholarship
- Special Projects Other: _____

Section 5: Ironman Information

Please list any Ironman distance (or double) triathlons you have competed in: _____

Section 6: Reference

Who referred you to the Mad Dogs? _____

Who do you train, race or howl with that is a Mad Dog? _____

Section 7: Miscellaneous

Is there anything else you would like to tell us? _____

Section 8: 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 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 10: Dues

New Membership (Includes T-shirt) Renewal, Mad Dog # _____

Single (\$35) Family (\$50) Single (\$25),

Donations appreciated - _____ Family (\$30) # _____

US DOLLARS PLEASE # _____

Please make your checks payable to the **St. Pete Mad Dogs** # _____

Mail to: St. Pete Mad Dogs, P.O. Box 635

St. Petersburg, FL 33731-0635

Section 11: Newsletter

How would you like to receive your newsletter?**E-mail version Electronically receiveable via St. Pete Mad Dogs web site.**

Color with bonus pages.

Mailed version, black & white. E-mail version: Color with bonus pages.

Before selecting the internet newsletter, go to www.stpetemaddogs.com and click on The Finish Line—then select the month to view. Dial-up users may have difficulty selecting the month to view.

St. Pete Mad Dogs are fun-loving triathletes who train, race and howl together!



St. Pete MAD DOGS

The Finish Line

St. Pete MAD DOGS Triathlon Club
P.O. Box 635
St. Petersburg, FL 33731-0635
www.stpetemaddogs.com

PRSR STD
U. S. POSTAGE
PAID
PERMIT #100
TAMPA, FL

Note:

Our next membership meeting will be Thursday, Aug 28, 2008 at St. Anthony's Resource Center, 2nd floor (500 MLK/9th Street North—St. Petersburg, FL). See inside on page 3 for more information.



The newsletter deadline is always the 15th of each month. Comments or questions about this publication may be sent to:
newsletter@stpetemaddogs.com.

Mad Dogs have a long tradition of honoring triathletes who go the distance...
join us at the Luau, September 20th!

Pearl Beach '94

