

Training & Events Calendar

Kibbles 'N Bits

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 (Rain or Shine)
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. Please bring a small dish to share.

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

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, September 25, 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 (6:25 PM) 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.

Saturday, September 13, 2008—7:30 AM
Downtown Orlando Triathlon
Lake Underhill
4355 Lake Underhill Road
Orlando, FL 32803
Promoter: Central Florida Sports Commission
www.downtownorlandotriathlon.com
USAT Sanctioned: Yes/Or \$10 1-Day Pass
Race Day Registration: \$80
Distance: Swim 1/4 mile, bike 11.7, run 4.

Saturday, 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.

Sunday, September 14, 2008—7:00 AM
Escape to Siesta Triathlon & Duathlon
Siesta Key Public Beach
960 Beach Road
Sarasota, FL 34240
Promoter: Thierry Rouillard, MD# 314
www.tntraces.com
USAT Sanctioned: Yes/Or \$10 1-Day Pass
THERE IS NO RACE DAY REGISTRATION
Tri Distance: Swim 1/4 mile, bike 13, run 5K. Duathlon: Run 1 mile, bike 13, run 5K.

Sunday, September 21, 2008—7:15 AM
Sand Key Triathlon
Sand Key Park
1060 Gulf Blvd.
Clearwater, FL 33767
Promoter: Bev Buysse, MD #1944
www.trithisinc.com
USAT Sanctioned: Yes/Or \$10 1-Day Pass
ALL NOVICES MUST PICK UP PACKET ON 20th
Distance: Swim 1/3 mile, bike 11, run 5K.

Saturday, October 4, 2008—7:00 AM
Youth Triathlon Series Season Finale #6
East Lake Woodlands and Country Club
Pool & Tennis Center
500 East Lake Woodland Drive
Oldsmar, FL 34677
Promoter: Suzanne Henslee & Park Alsop
www.RacesAreGreat.com
USAT Sanctioned: Yes
Race Day Registration: \$35
Distances: Swim 100 yards, Bike 4 miles, run 1/2 mile (may vary among age).

Websites We're Addicted to:



www.chainlove.com

More addictive than its inspiration Woot!, the site offers drool-worthy deals on all things bicycle related. Drawback? Potential carpal tunnel from hitting the refresh button too many times, and the shipping costs can make it just as spendy as going to one of our fine local bike shops.

iamTri.com

MySpace and Facebook are great for the average Gen Y looking for real life replacement therapy, but this site takes Social Networking/Web 2.0 to a new level for intelligent triathletes seeking to share information in a comfortable cyber community. It's the official social network site for IRONMAN.



FitDay.com

Mad Dog #1545, Jennifer Hutchison, recommends this site as a good start for those considering a nutritionist. Here you can log your height, weight, goals, create a daily food log, and have a fast way of putting weight control at your fingertips. The site gets high marks for separate tabs that even log activity, moods, and journal thoughts. Best of all? It's FREE.



www.USATriathlon.org

Even old dogs need to keep tabs on new tricks, and a smart triathlete knows the best way to do that is to keep periodic watch on the official website of the governing body of our sport. There are all sorts of resources, rule references, and some of the best age group and Olympic coverage on this very extensive website.

Event Finder Sites:

www.TriFind.com

www.Active.com

Calendar.slowtwitch.com



IRONMAN® 70.3® SERIES

2008 EVENT SCHEDULE

- SOUTH AFRICA IRONMAN 70.3 (Jan. 13)
- PUCON IRONMAN 70.3 (Jan. 20)
- GEELONG IRONMAN 70.3 (Feb. 10)
- IRONMAN 70.3 CALIFORNIA (March 29)
- CHINA IRONMAN 70.3 (April 20)
- ST. CROIX IRONMAN 70.3 (May 4)
- IRONMAN 70.3 FLORIDA (May 18)
- AUSTRIA IRONMAN 70.3 (May 24)
- IRONMAN 70.3 HAWAII (May 31)
- SWITZERLAND IRONMAN 70.3 (June 1)
- IRONMAN 70.3 BOISE (June 1)
- EAGLEMAN IRONMAN 70.3 (June 8)
- U.K. IRONMAN 70.3 (June 15)
- KANSAS IRONMAN 70.3 (June 15)
- BUFFALO SPRINGS LAKE IRONMAN 70.3 (June 29)
- BARCLAYS NORTH IRONMAN 70.3 (July 6)
- FOSTER GRANT IRONMAN 70.3 RHODE ISLAND (July 13)
- VINEMAN IRONMAN 70.3 (July 20)
- NEWFOUNDLAND IRONMAN 70.3 (July 27)
- WHIRLPOOL STEELHEAD 70.3 (Aug. 2)
- ANTWERP IRONMAN 70.3 (Aug. 3)
- GERMANY IRONMAN 70.3 (Aug. 10)
- TIMBERMAN IRONMAN 70.3 (Aug. 17)
- SINGAPORE IRONMAN 70.3 (Sept. 7)
- MONACO IRONMAN 70.3 (Sept. 7)
- MUSKOKA IRONMAN 70.3 (Sept. 14)
- BRAZIL TELECOM IRONMAN 70.3 (Sept. 14)
- CANCUN IRONMAN 70.3 (Sept. 21)
- LONGHORN IRONMAN 70.3 (Oct. 5)
- IRONMAN WORLD CHAMPIONSHIP 70.3 (Nov. 8)

Photo by Bakke-Svensson/Ironman

REGISTER TODAY AT IRONMAN.COM

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Foot & Heel Pain: Plantar Fasciitis

By Dr. Tim Runyon, Mad Dog #1574
Tampa Bay Sports Medicine Center
Office: (727) 894-0794
www.drrunyon.com

Heel pain is most often caused by plantar fasciitis—a condition that is sometimes also called heel spur syndrome when a spur is present. Heel pain may also be due to other causes, such as a stress fracture, tendonitis, arthritis, nerve irritation, or, rarely, a cyst.

Because there are several potential causes, it is important to have heel pain properly diagnosed. A podiatric foot and ankle surgeon is best trained to distinguish between all the possibilities and determine the underlying source of your heel pain.

What Is Plantar Fasciitis?

Plantar fasciitis is an inflammation of the band of tissue (the plantar fascia) that extends from the heel to the toes. In this condition, the fascia first becomes irritated and then inflamed—resulting in heel pain.

The symptoms of plantar fasciitis are:

- Pain on the bottom of the heel
- Pain that is usually worse upon arising
- Pain that increases over a period of months

People with plantar fasciitis often describe the pain as worse when they get up in the morning or after they've been sitting for long periods of time. After a few minutes of walking the pain decreases, because walking stretches the fascia. For some people the pain subsides but returns after spending long periods of time on their feet.

Causes of Plantar Fasciitis

The most common cause of plantar fasciitis relates to faulty structure of the foot. For example, people who have problems with their arches—either overly flat feet or high-arched feet—are more prone to developing plantar fasciitis.

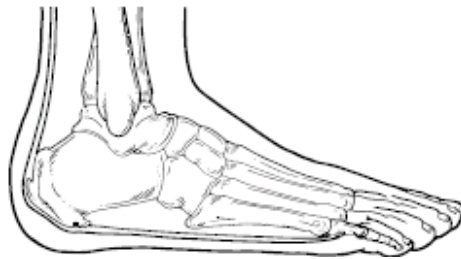
Wearing non-supportive footwear on hard, flat surfaces puts abnormal strain on the plantar fascia and can also lead to plantar fasciitis. This is particularly evident when a person's job requires long hours on their feet. Obesity also contributes to plantar fasciitis.

Diagnosis

To arrive at a diagnosis, the podiatric

foot and ankle surgeon will obtain your medical history and examine your foot. Throughout this process the surgeon rules out all the possible causes for your heel pain other than plantar fasciitis.

In addition, diagnostic imaging studies such as x-rays, a bone scan, or magnetic resonance imaging (MRI) may be used to distinguish the different types of heel pain. Sometimes heel spurs are found in patients with plantar fasciitis, but these are rarely a source of pain. When they are present, the condition may be diagnosed as plantar fasciitis/heel spur syndrome.



Treatment Options

Treatment of plantar fasciitis begins with first-line strategies, which you can begin at home:

- **Stretching exercises.** Exercises that stretch out the calf muscles help ease pain and assist with recovery.
- **Avoid going barefoot.** When you walk without shoes, you put undue strain and stress on your plantar fascia.
- **Ice.** Putting an ice pack on your heel for 10 minutes several times a day helps reduce inflammation.
- **Limit activities.** Cut down on extended physical activities to give your heel a rest.
- **Shoe modifications.** Wearing supportive shoes that have good arch support and a slightly raised heel reduces stress on the plantar fascia. Your shoes should provide a comfortable environment for the foot.
- **Medications.** Nonsteroidal antiinflammatory drugs (NSAIDs), such as ibuprofen, may help reduce pain and inflammation.
- **Lose weight.** Extra pounds put extra stress on your plantar fascia.

If you still have pain after several weeks, see your podiatric surgeon, who may add one or more of these approaches:

- **Padding and strapping.** Placing pads in the shoe softens the impact of walking. Strapping helps support the

foot and reduce strain on the fascia.

- **Orthotic devices.** Custom orthotic devices that fit into your shoe help correct the underlying structural abnormalities causing the plantar fasciitis.
- **Injection therapy.** In some cases, corticosteroid injections are used to help reduce the inflammation and relieve pain.
- **Removable walking cast.** A removable walking cast may be used to keep your foot immobile for a few weeks to allow it to rest and heal.
- **Night splint.** Wearing a night splint allows you to maintain an extended stretch of the plantar fascia while sleeping. This may help reduce the morning pain experienced by some patients.
- **Physical therapy.** Exercises and other physical therapy measures may be used to help provide relief.

Although most patients with plantar fasciitis respond to non-surgical treatment, a small percentage of patients may require surgery. If, after several months of non-surgical treatment, you continue to have heel pain, surgery will be considered. Your podiatric foot and ankle surgeon will discuss the surgical options with you and determine which approach would be most beneficial for you.

Long-term Care

No matter what kind of treatment you undergo for plantar fasciitis, the underlying causes that led to this condition may remain. Therefore, you will need to continue with preventive measures. If you are overweight, it is important to reach and maintain an ideal weight. For all patients, wearing supportive shoes and using custom orthotic devices are the mainstay of long-term treatment for plantar fasciitis. ▲



Dr. Runyon treats a patient on a medical mission in Peru last year.

Best in Show: Race Results

We compile 5-Deep in Age Group; any omission is never intentional. Send results to RaceResults@stpetemaddogs.com.

Ironman USA
Lake Placid, NY
July 20, 2008

Finishers:
Gary Courtney
Chuck Moonen
Willis Michaelson

Nature Coast
Twilight Triathlon
July 26 2008
Crystal River, FL

1st Place:
Robert Brockett
Mark Parisian
Danny Stevens, Jr.
Elina Garrison

2nd Place:
Jim Garrison
Gus Rodriguez

Congrats to John-Gerard Farese, who competed in the Youth Elite National Championships in Colorado Springs, finishing (at age 12) 3rd among 13-15 and 27th draft-legal.

Top Gun Triathlon
August 1, 2008
St. Petersburg, FL

1st Place:
Alexandria Lechner (OA)
Kathy Frailing (Masters)
John-Gerard Farese
Dan Chechele
Jon Dangler
Larry Bass
Chuck Lohman
Charles Lasley
Rick Downs
Erin Kowal
Renee Tillwick
Clare Kelley
Linae Boehme-Terrana

2nd Place:
David Noyes
Roland Lajoie
Amy Keener
Melissa Dipple
Gail Lohman
Katie Knight-Perry

3rd Place:
Clive Heke
Bill Terlop
Jeanne Townsend
Jennifer Hutchison
Suzanne Brosseau
Millie Hamilton

4th Place:
Ryan Repp
John Voorhis
Liz Sylves
Diane Lajoie
Kathy Morgan

5th Place:
Richard Townsend
Tony Handler
Patricia Farese
Terry Repp

Tarpon Springs
Rotary Triathlon
Tarpon Springs, FL
August 9th, 2008

1st Place:
Holly Petrak
Celia Dubey

Patricia Hoffman
Suzanne Brosseau
Bonnie Theall
David Burg
Terry Stenger
Charles Lasley
Hal Cook

2nd Place:
Christina Noordstar
Dawn Pelletier
Philip LaHaye
Robert Brockett
Robert Repp

3rd Place:
Katherine VanAllen
Sue Minkoff

4th Place:
Amy Keener
Dawn Clark
Libby Burke
Chris Corbo
Thomas Hoffman

5th Place:
Scott Hagenbuch
Tom Prendergast

Zipp Mavic Bontrager Profile Zoot DeSoto Sugoi Sidi Specialized Shimano Hammer Nutrition

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By Brian Harrington, Mad Dog #152
Vice President,
USAT National Board of Directors
Bch@tampabay.rr.com

Shame on us! Right from the get go, I know most of you starting to read this are saying: "He's not talking about me!" You're correct, but please, read on anyway. This is directed to a very small but disappointingly, a growing number of triathletes, and we all need to be aware to keep this from getting worse.

One of the reasons I have so enjoyed being a part of the triathlon lifestyle is the quality of the people who populate our sport. Now? Not so much. We, or at least some of us, have become so self centered and so boorish, that we apparently think nothing of verbally abusing our volunteers and race officials. Cases in point, at pre-race packet pickup before a recent triathlon, the following occurred:

1. People trying to register or pick up for others; then arguing with and berating the staff on site when they, correctly, wouldn't allow it. Example of the *correct* way: **Kathy Morgan** — Mad Dog #2, competing in her first race in twelve years (Yay Kathy!!) — did not ask Rue to pick hers up; they both came. When asked for her USAT card, she politely and graciously asked for a one-day waiver form as the epitome of a good sport.

2. Mad Dogs (yeah, it's not just "them" it's "US" as well) trying to skate through the process with such lame comments like "I've been doing this a long time," or "The race director knows me," as if that's good enough to come through the line without proper ID's and USAT cards.

3. Forgetting your USAT card (come on, how difficult is this; we even provide you with a fob for your key chain), and then acting as if it's the volunteer's problem and responsibility to deal with, not your own.

Lest these examples sound a little petty, how about this one: an athlete leading a pack off course in the swim was about to head on the following wave, so kayaker **Darry Jackson** (Mad Dog #1215, who volunteers his kayaking team routinely) moved to "block" the athlete before he hurt himself or others. Of course the athlete yelled, "Thanks," to Darry, right? **WRONG!** He yelled, all right, but it was a string of words not fit to be printed in this newsletter, including accusations that Darry was ruining his race, and keeping him from competing, but said in far more off color language.

There are two reasons why experienced kayakers at races may be in your way: 1) for your safety, as in this case; 2) if they are in the midst of a rescue, perhaps saving your friend's LIFE. Either way, it's not cool to yell at anyone involved in the race.

If you really get irritated with a system, a race, a volunteer, or an official--before yelling, here's what I suggest: volunteer for an event, and see what it's like from the non participant's perspective. See how early they arrive on site for you, how much they give for you, how valuable their presence is for your race, then the next time you race you can yell: you can yell, "Thank you for being there for me!"

Again, most of us are good people, well-intentioned and possess good manners. Let's remember to spread the word that bad behavior at the races is not cool.

Brian Harrington is a St. Petersburg trial attorney whom most know in multi sport in Tampa Bay as "the voice of triathlon." Brian has been involved in multi sport for over twenty years and can still be found participating from time to time. He has worked on all styles of road and cycling races, but his passion and expertise is the sport of triathlon.
— www.RacesAreGreat.Com



Got A Minute?

*Member Meeting synopsis by Clare Kelley,
Secretary, St. Pete MAD DOGS
Additions made by Newsletter Staff.*

In case you missed the July meeting (7/31/08):

- The BoD presented an expense budget to the membership.
- The BoD made a motion to not send a Mad Dog ambassador to Kona this year; it passed.
- The Board announced resignations from Tony More (President) and Kirstin Johnson (Newsletter Editor) had been requested. This is in accordance with the Club By-Laws; that Board Members must reside in the Tampa Bay Area. Motions for Gina Waters to step up to the presidency, and Carl Elston to V.P. of Membership were made and passed. Thanks to Tony and Kirstin: we look forward to your return from D.C.. Gina and Carl—thanks for stepping up!
- Guest Speaker (thank you to): Trigger Point Therapy

