The Finish Line

- **The Mission of Zoomers is to promote health and inspire fellowship by providing quality events for our community.**
- **Visit Zoomers online at zoomersrun.com for upcoming race information, past newsletters and other useful information**

A wonderful conclusion to the Youth Fun Run Series. Thank you Dug and Marti for your leadership and enthusiasm.

Thank you to Active Suncoast

Southwest Florida Running and Triathlon Club
Zoomersrun.com

Is there someone you would like to see in the Spotlight?

Email suggestions to ZoomersNewsEditor@gmail.com

Southwest Florida Running and Triathlon Club
Zoomersrun.com

ZOOMERS SOUTHWEST FLORIDA RUNNING & TRIATHLON CLUB

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zoomersmembership@gmail.com

RRCA ROAD RUNNERS CLUB OF AMERICA CERTIFIED COACH

COACHING & TRAINING

If you are interested in improving your running, and would like to get a coach, there are several RRCA Certified Coaches in the local area. Our listing below does not indicate endorsement by the Zoomers Running Club of any specific program. It is a way for you to become aware of what coaching and training programs are available to you. The listing indicates the Coach's name, their home base, and an email ad-

Looking for a coach?

Below are Zoomers members who are coaches in running, biking or swimming

Ms. Michele Galluppi
Port Charlotte, FL,
RRCA Running Coach
happy66rose@gmail.com

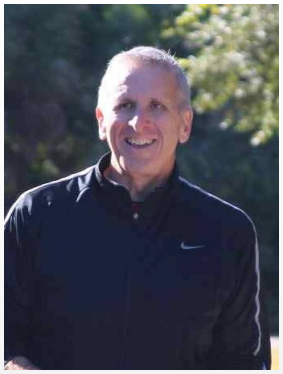
Heather Butcher
Multi Sport Coaching
941-416-4492
hbtrisport@aol.com

Dee Stout
RRCA Running Coach
dee.stout4@comcast.net
941-276-5671

US Masters Swimming Level II Coaches

Danielle Chance, danielle.chance13@yahoo.com

Shelley Vakil, Shelleyv5@comcast.net



President's Message
by Ed Gillen

It's July! Happy birthday to our nation.

One of my favorite shows over the summer is America's Got Talent (AGT). I'm always blown away by the various talents these contestants possess. The show also brings onto the stage individuals who may get the giant 'X' from one of the judges. The judges are there to judge and some are brutally honest. No matter what their talent, all the individuals have the courage to step onto that live stage and national televised audience and I admire them for that.

Members of Zoomers have talent too! I'm always impressed by the weekly accomplishments that I read and see on social media. Olympic Tri, 100 mile run, Ironman, 60 mile bike ride, 7 mile swims, sprints, PRs, first … Like those individuals on AGT, it takes courage just to step up to the starting line. I know our members possess other talents too because getting to that starting line requires planning if goals are to be accomplished. We need our members with all these talents to step up to a different type of starting line - - to run for office to guide the direction of our club. Although nominations are given in October and the vote is not until November, I'm calling on you to consider taking on a leadership role as a member of Zoomers Board of Directors. If interested, please contact me and I'd be happy to talk to you. Trust me, you won't get a 'X' from me if you step out on that stage.

In closing, thanks for being a member of Zoomers and see you at the finish line.

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Punta Gorda, FL 33950

SPONSOR SPOTLIGHT

REAL BIKES ENGLEWOOD

Sales, Service & a Passion to Ride

461 S. Indiana Ave, Englewood, FL 941-445-735

www.realbikes.com & realbikesenglewood@gmail.com

This month's sponsor spotlight is Real Bikes Englewood located in beautiful Englewood, FL. Real Bikes is owned and operated by Melody and Gary Vasbinder. Their store has been in existence for five years and they offer a host of services from basic bike tune-ups to full bike rebuilds. The store also carries an assortment of name brand bicycles, bike clothing and accessories. Melody and Gary have been Zoomers sponsors for three years. They have devoted countless hours to educate our members on bicycle specifications, performance and riding skills. They are also very active in sponsoring and volunteering at many local community events. Melody and Gary were asked what they would like Zoomers members to know about their business, they responded with "we love our sport and have a passion for our community. We want to share our passion with riders of all experienced levels. We strive to give everyone who walks Into our business a great experience." Active Zoomers membership holders receive 10% off bicycle parts and accessories.

Stop-in and visit Real Bike Englewood today! Please "like" them on facebook and checkout their group rides.

TRICK OR TROT 5K TRAIL RUN

Presented by Zoomers

Saturday, October 21, 2017, 8:00 AM

Ann Dever Park, 6791 San Casa Drive
Englewood, FL 34224

REGISTER ONLINE at RunSignUp.com

Awards for best Overall, Youth, Masters, Grand & Sr. Grand Master, Veteran Masters and top 3 Male / Female in each age group.

To benefit The Zoomers scholarship fund.

Southwest Florida Running and Triathlon Club

Prizes for costume contest!

COMMUNITY SERVICES DEPT.

	Shirt		No-Shirt	
	Adult	Youth	Adult	Youth
Before Oct 13th	$25	$18	$20	$13
Zoomers Members	$20	$13	$15	$8
Day Of Registration (no shirts)	N/A	N/A	$30	$30
Optional Donation To Scholarship Fund	$_____			
Total Enclosed	$_____			

Make Non-Refundable Check Payable to: Zoomers
Mail to: Zoomers PO Box 380276 Murdock, FL 33938

(PLEASE PRINT)

FIRST NAME: _____ **LAST NAME:** _____ **MALE** ☐

ADDRESS: _____ **CITY:** _____ **STATE:** _____ **ZIP:** _____ **FEMALE** ☐

DATE OF BIRTH: _____ **AGE ON RACE DAY:** _____ **EMAIL:** _____

PHONE: _____ **EMERGENCY CONTACT:** _____

GENDER SPECIFIC PERFORMANCE SHIRT GUARANTEED ***IF REGISTRATION RECEIVED BY OCTOBER 13TH***.

T-SHIRT SIZE (CIRCLE ONE): ADULT: [XS] ***WOMEN'S ONLY*** [S] [M] [L] [XL]

Waiver and Release

I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision on a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including but not limited to: fall, contact with other participant, the effects of the weather, traffic and conditions of the course, all such risk being known and appreciated by me. Having read this waiver and knowing these facts and in consideration on your accepting my entry, I for myself and anyone entitled to act on my behalf waive and release Charlotte County BBC, Zoomers and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on part of the person and entities named in this waiver. I certify that I am 18 years of age or older, or that I am the parent/guardian of the entrant and am granting permission for him/her to participate. Race is chip-timed. **NO REFUNDS.**

Signature: _____ Date: _____

(Signature of Parent/Guardian if under 18)

ZOOMERS NIGHT & PICNIC

at CHARLOTTE STONE CRABS

TUESDAY, JULY 18, 2017, 6:35 pm

Take me out to the ball game, take me out to the crowd … let's support our local team vs. the Tampa Yankees at Charlotte Sports Park. Watch the game, eat and drink, meet fellow club members and have some Zoomers fun.

DETAILS: Price includes a 'reserve' level ticket to game and all-you-can-eat picnic for 2 hours (30 minutes before start of game to 1 1/2 hours after start of game). We will meet at our picnic area at 6:00. **MENU**: Hot dogs, BBQ pulled pork, pasta salad, baked beans, chips, cookies, soda, water and BEER! Game starts at 6:35 p.m.

COST: Zoomers dues-paying members: $14. ☐ All Others: $17. ☐

HOW MANY ATTENDING?: _____

NAME(S): _____ _____

PHONE: _____ **EMAIL:** _____

Return Form and Check Made Payable to 'ZOOMERS' by July 14, 2017 to:

ROXANNE GILLEN

1282 GREEN OAK TRAIL

PORT CHARLOTTE, FL 33948

ZOOMERS MONTHLY BUSINESS MEETINGS

- Do you want to be involved in what is happening in your club? Please join us on the first Wednesday of each month for the Zoomers Business Meeting. It is currently being held at the Charlotte County Chamber of Commerce at 6:30 pm.
- At these meetings, we discuss what is happening in the club, what past races were like and what races we have coming up. You will learn how it all works behind the scenes and also be able to voice your opinions, concerns or maybe you have an idea for something new?
- Come join us and see what it's like.
- Next Business Meeting is July 5, 2017

RUNNING WAREHOUSE

Membership Report

Welcome to our new members

Peter Ameglio

Gail Boyle

Marissa Boyle

Miranda Boyle

Eric Bush

Marcia McDaniel

Carly Pethick

Collin Smith

Suzie Smith

Nikki Tusia

Erika Wallace

Lee Wallace

Lani Williams

Tina Williams

Valerie Williams

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Trifitsports.com

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*Foreclosure Clean-up
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Members of Charlotte County Chamber of Commerce and FSPA
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www.pelpools.com

ZOOMERS MultiSport Series 2017

4/01/17 Escape from Fort Desoto

4/02/17 Storm Challenge

4/02/17 Lake Avalon Reverse Tri/DU

4/09/17 FGCU Eagle Sprint Tri

4/30/17 St. Anthony's Tri Sprint & Int

6/04/17 Naples Fitness Challenge

6/18/17 Heartland Tri Sprint & International

6/25/17 Siesta Key Tri/DU

7/02/17 American Tri/DU

7/8/17 Ft. Desoto Tri. Sprint/International and Duathlon #1

7/15/17 Englewood Triathlon

8/19/17 Ft Desoto Tri. Sprint/International and Duathlon #2

9/2/17 Venice Tri

9/10/17 Captiva Tri

9/23/17 Ft. Desoto lll Sprint/International and Duathlon #3

9/30/17 Siesta Beach Tri – Sprint

10/07/17 Lycra and Lace Women's Tri

12/17/17 Christmas Tri Sprint and Duathlon

If you need anything during the season, the Race Series Committee is here to help you…

Jessica Oldfather Pat Vasquez Dave Pierce Melinda Hooper

Go to www.zoomersrun.com for more info and to Opt In **

**For dues paying active members

SPLASH-N-DASH HOSTED BY TRIMONSTERS
THE VENICE YMCA TRIATHLON

DATE: SATURDAY, Sept. 2, 2017
LOCATION: SHARKY'S PIER
(1600 Harbor Dr. Venice, FL)

Registration Fee $20 Mail in
Register before June 30, 2017

Registration Fee $25 Mail in
Register before July 31, 2017

Registration Fee $30 Mail in
Register before Aug 30, 2017
Do not post mark after Aug 30, 2017

Packet pickup will be Thursday, Aug. 31, from 3 - 7 p.m. at Real Bikes Venice (581 U.S. 41 Bypass, Venice) AND Friday, Sept. 1, from 3 - 7 p.m. at Bicycles International (1744 S. Tamiami Trail, Venice). Packet pickup begins again at 6 a.m. on race day.

6-10 yrs:100 meter swim & 1/2 mile run
11-17 yrs.: 200 meter swim & 1 mile run
Finisher medals & T-shirts for ALL Participants.

MUST ARRIVE NO LATER THAN 7AM DUE TO ROAD CLOSURE
BEGINS AT 9AM SHARP!

Register online @ https://runsignup.com/Race/FL/Venice/VeniceYMCASplashNDash
For more information Contact Heather Butcher @ hbtrisports@aol.com

Make Non-refundable check payable to: Sky Family YMCA/Venice YMCA/Venice Triathlon,

RACE & MULTI-SPORT DISCOUNTS FOR

ZOOMERS MEMBERS

As a member of this club, you get discounts for the following races:

RACES

7/23/17—Beer and bacon $5 off

8/29/17—Pirate treasure $2.50

10/19/17—941 Classic $5 off

***10/21/17 – Trick or Trot 5k, Englewood, FL $5.00 discount**

MULTI-SPORT Races

***7/8/17 – Englewood Tri, Englewood, FL - $10.00 discount**

***9/2/17 – Venice Tri, Venice, FL - $10.00 discount**

9/23/17 – Swim for The Alligator Lighthouse (swim only), Islamorada, FL – 25% discount

10/7/17 – Lycra & Lace Women's Tri, Tampa FL – 10% discount

***Zoomers* race series**

Race savings pays for an annual Zoomers membership.

Signup through runsignup.com All Multi-Sport events using code Zoomers17

All Zoomers Sport owned events discount TBA

Contact Zoomersvicepresident@gmail.com for specific race discount code

Art of Acupuncture
Venice
www.VeniceFLacupuncture.com

the YMCA
CHARLOTTE COUNTY
FAMILY YMCA
FOR YOUTH DEVELOPMENT®
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FOR SOCIAL RESPONSIBILITY
PORT CHARLOTTE
PUNTA GORDA
NORTH PORT

Cape Haze Pioneer Trail fun ride

Running tidbits

> Steve Spence , Olympian athlete , won the Mile at the Pete Wright Memorial All-Comers meet in 4:55.7 Tuesday night, keeping his impressive sub-5 streak alive. Incredibly, 2017 marks the 42nd straight year Spence has run a Mile in less than 5 minutes!

ULTRA is any distance beyond a marathon 26.2 miles. A baby ultra is usually set at 50k or 31 miles. There are only about 5,000 in the US (.0015%0 and 8,000 (.0001%) of runners in the world who have completed a 100 mile race.

Florida has had 1,313 finishers (.0070%) check out the other states follow the link below.

https://ultrarunning.com/featured/which-state-has-the-most-ultrarunning-finishers-as-percentage-of-population/

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Florida Compassion Foundation
Where caregivers find hope.

Upcoming Races!!!

July

July 4, 2017—Firecracker 5k

July 15, 2017—Beat the Heat 5k (Fort Myers)

July 23, 2017 – Will Run for Bacon 4 Mile

August

Pirate Treasure Trot 5K 8/29

For more information on local races and links, go to

http://zoomersrun.com/races/

www.zoomersrun.com

DARA B. SORAH, CPA, P.A.
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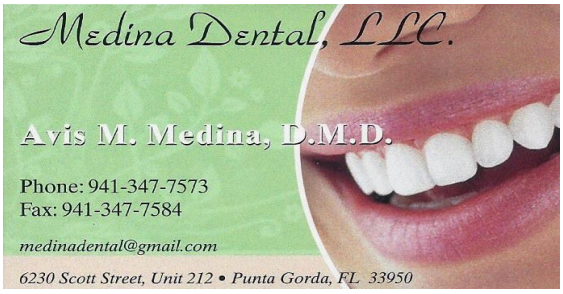

Southwest Florida Running and Triathlon Club
Zoomersrun.com

July 4th-Firecracker 5k

Last run for the kids 2016-2017 race series.

There will be a bowling/award party on July 15th

from 3:00pm-6:00pm.

This event is free to kids series participants

$10 for any Zoomers adult member wishing to attend

2017-2018 series begins with the Pirate Treasure Trot 5K 8/29

Reminder:

((everyone needs to Opt-IN for the new year))

GulfView Medical Institute

Jennifer L. Gilpin, ARNP

941.505.2100 *Fax* 941.505.6100 www.gulfviewmedical.com
713 E. Marion Avenue, Suite 1211 Punta Gorda, Florida 33950

A new approach to health.

Southwest Florida Running and Triathlon Club
Zoomersrun.com

Kids Race Series 2017 - 2018

((((((ALL DATES SUBJECT TO CHANGE))))))

2016-2017 Race Series Rules & Races are the same for this year!!

((everyone needs to Opt-IN for the new year))

Pirate Treasure Trot 5K 8/29

Trick or Trot 5k– 10/21

Myakka River Zoomers 5k- 11/11

Frosty 5k –12/16

Andrew Monroe 5k –01/07

Walmart 5k 1/20

ScrubJay 5k - 02/10 Free for kids

Boca Grande 5k– 02/25

Life in the Sun 5k 10k– 03/10

Pine View Python 5k – 4/14

Englewood 5k 5/19

Publix Family 5k 5/19

Firecracker 5k– 7/4

For links to race registrations go to:

http://zoomersrun.com/kids-race-series/

FITNESS QUEST INC.
Physical Therapy

8 Quick Tips for Training in the Heat

from Ironman by Amy Stone (Amy Stone is an age-group IRONMAN triathlete and an IRONMAN Certified Coach)

When Tri training and racing it is impossible to avoid not training in the heat of the summer. Take precautions and be prepared. Before, during and after training be sure to do a self check-in; know the warning signs and danger zones for yourself.

Many IRONMAN races are either in the late summer or early fall, which means some intense weeks of training will be smack dab in the middle of the hottest months of the year. The heat puts extra stress on the body in a rested state, let alone when you're tackling a hill climb. Understandably, heat plus intense exercise can equal a recipe for disaster. Your muscles can begin to breakdown; your heart rate could increase to a dangerous level which makes it difficult for your body to function properly and will set you on a path towards heat illness instead of the finish line. Training in summer heat and humidity can be tricky—but with some basic know-how and the right planning, you can tackle those extra sweaty training sessions with ease. Here are our top eight tips for training in the heat:

1. Get acclimated: If you know that you are going to be racing in the heat or humidity try to do some shorter training sessions in similar conditions to learn how your body reacts.

2. Prepare for the distance: Hot and humid conditions aren't necessarily the time to attempt a record-setting pace or a distance greater than what you've already completed. Heat and humidity increase the challenge and stress of the workout, so it's important to consult with your coach often on your training plan and make sure you are fully prepared for the obstacles that lie ahead.

3. Begin hydrated: Start your workout well hydrated, don't overdo it though, because being over-hydrated can cause just as many issues as being under-hydrated. An easy guide for hydration is the urine test—if your urine is pretty pale or clear the night before a training session, or if you have to empty your bladder immediately when you wake up the next day your hydration levels are in good shape. However, if your urine is on the darker side you'll want to increase your fluid intake throughout the day to get back on track. Generally, consuming half of your weight in ounces of water per day is good place to start. (Ex. 100 lbs. = 50 oz. water/day)

4. Perfect your fuel plan: Plan for your hydration and sodium needs for the duration of your workout to ensure you'll have adequate energy stores to make it through the workout, as well as the rest of your day. Conducting a sweat rate test to estimate your hourly fluid needs during exercise can be helpful. This gives you an estimate of how much fluid you will need to drink while you are training. Training in the heat requires additional sodium and minerals—plus, most coaches now recommend drinking a sport drink that incorporates sodium and electrolytes like Gatorade Endurance formula, during warm weather workouts.

5. Stick to a fluid schedule: Failing to schedule and ultimately implement your fluid intake during training or a race can become costly. Don't let yourself bonk out over something that is so easy to control. Setting a timer to remind you to drink your fluids is extremely helpful when training in hot and humid weather. When it's extremely hot outside it's easy to forget about your plan, but many athletes set a timer to alert them every 10 to 15 minutes and will check on the hour how much fluid they have consumed to make sure they aren't falling behind.

6. Dress appropriately: When training or racing in the heat it's important to wear the right threads. Technical fabrics that wick the water and sweat away from your skin will help to keep you comfortable throughout your session or race. Use a well vented helmet to allow air flow to reach your head on the bike and a visor— if possible— on the run to allow heat to escape while shading your face. Don't forget to apply sunscreen for the long days in the sun—but don't apply any to your forehead because when you sweat it will get into your eyes and sting—this is when wearing a visor comes in handy.

7. Beware of heat distress: Everybody handles heat differently. It's good to be familiar with how you handle the heat and to be familiar with the symptoms of heat distress so you can do a self-check along the way. Here are a few things to ask yourself: Are you dizzy or disoriented? Are you sweating and have you peed recently? Do you feel like you have a fever? Can you gather saliva in your mouth to spit? Are your eyes dry? Do you have liquid sloshing in your belly? Are you cramping and nauseated? When you know the symptoms you can be on the lookout for them and prevent something as serious as a heat stroke before it begins.

8. Monitor your heart rate: If your heart rate is higher than normal for the effort you are exerting or lower than normal, it could be a sign of trouble. Of course, you have to know your training zones for this to work, but a heart rate monitor can be a great tool to help you determine if the heat is throwing you out of whack.

Kids summer run fun

WE ♥ VOLUNTEERS

Zoomers is an organization that "runs" on volunteers. We ask our members to give back to our club so that we can continue to give back to our community. Volunteering is a gift to our community. Just as your Zoomers membership provides discounts and other benefits, volunteering can pay off too! If you volunteer at four (4) Zoomers-owned event, Zoomers adult race, tri series or Kids race series or race that Zoomers has been requested to provide volunteers, you will receive a 1-year long individual membership (6 events for a 1 year family membership up to 4 members). **In addition, if you refer a business to become a sponsor, you will receive credit for 1 event.** DON'T FORGET, volunteering is also a requirement for our Zoomers Scholarship.

Please check the listing of Zoomers kids, adult and tri race series at www.zoomersrun.com Here are upcoming volunteer opportunities:

Wheels & Wings – July 9, 2017

Zoomers Trick or Trot 5k Trail Run - - Oct. 21, 2017

Myakka Half/5k - - Nov. 11, 2017 Z

oomers Turkey Raffle Run - - Nov. 19, 2017

Habitat for Humanity Turkey Trot – Nov. 23, 2017 I

INTERESTED IN VOLUNTEERING? Contact Ed Gillen at zoomerspresident@gmail.com

FLORIDA HANDCENTER

Zoomer's L👣K Who?

JULY Birthdays!!

Peter		Ameglio	7/10
Stephanie	Stephanie	Atallian	7/9
Herbert		Berst	7/25
Indira		Casa	7/7
Karen		Chancey	7/23
Tracy		Croy	7/13
Tina		Elkins	7/22
Holly		Fisher	7/8
Edward		Gillen	7/28
Jennifer		Gilpin	7/16
Emma		Harrington	7/30
Kathy		Hendricks	7/20
Dawson		Howard	7/16
Janice		Jankowski	7/8
Christine		Lowe	7/6
Karys		Nelson	7/24
Adam		Nogle	7/5
Zoe		Ortiz	7/7
Kylie Jayne	Kylie Jayne	Robbins	7/5
Thierry		Rouillard	7/25
Yulinar		Sproat	7/26
Rusty		Starcher	7/13
Marti		Stetter	7/2
Mark		Stueve	7/21
Alison		Suckling	7/19
Jacob		Triola	7/1
Katherine	Katherine	Triola	7/25
Shelley		Vakil	7/17
Luois	Van Der Veen		7/30
Brittany		Weiss	7/14
Kari		Wilbanks	7/20
Tina		Williams	7/28

Lucy Linet
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2017 Adult Zoomers Race Series

1/8 – Andrew Memorial 5k

1/21 – Walmart 5k

1/28 – Hands Across the Harbor 5k & 1/2

2/5 – Sarasota Music Half

2/11 – Scrub Jay 5k/10k

2/26 – Boca Grande 5k

3/5 – Sharks Tooth 10k

3/11 – St. Patty 8k

3/25 – FOP Fallen Heroes 5k/10k

4/2– Smoothie King 5k

5/29 – Memorial Day 5k/10k

5/20 – Family Fun Day 5k

7/4 – Firecracker 5k

7/23 – Will Run for Bacon 4 Mile

8/19 – Pirate Treasure 5k

9/9 – Remember the Fallen 5k/10k

10/15 – Run941 5k Classic

10/21 – Trick or Trot 5k (Zoomers Scholarship Fundraiser)

11/11 – Myakka 5k & 1/2

11/23 – Turkey Trot 5k

12/16 – Frosty 5k

Alex's Pool Heating & Air Conditioning, LLC

ZOOMERS VISORS FOR SALE!

Zoomers has a new shipment of regular Zoomers visors and adjustable visors. These are Headsweats performance headwear – the most popular visor in the triathlon industry and trusted companion of thousands of runners and triathlon finishers. Wear your Zoomers visor proud.

To order, contact Zoomerspresident@gmail.com

MASTERS swimming

CCS Blue Finns

Location: South County Pool
670 Cooper Street
Punta Gorda, FL

Practice Times: Tuesday-Friday 6:30am-7:45am
Saturday 7:00am-8:30am

Registration Fees: $20 (one time fee for shirt/cap)
$50/month

***Certified Coaches, On Deck Coaching, Drill & Speed Work, Goal Setting & Much More! Join today!**

Leader Board

2017 Adult Race Series

AGE	Female	Male
15-19	Dariella Costa	Shane Otway
20-24	Katelyn O'Brien	
25-29		
30-34	Heidi Federici Jodie Hawkins	
35-39	Jessica Oldfather Mariryan Heschmeyer	Steve Holmes
40-44	Adrienne Andreae	Mike Clauser
45-49	Christina Coogan	Paul Cignarale
50-54	Roxanne Gillen Diana Squires	Yale Houghton
55-59	Deb Dyer	Chris Wagner
60-64	Judith Goike	John Peacock
65-69	Buteena Pfeffer Linda Kennedy Lan Repinski	Bruce Gaspar
70-74	Mary Bonetz	Billy Squires
75-79	Carol Westerman	Don Fialka
80+		

For Full results, Rules and Regulations on the 2017 Adult Race Series and also the qualifying Races along with an option to OPT IN to the Race Series, please go to:

http://zoomersrun.com/2017-race-series-results/

TREASURER'S REPORT FOR May 2017

STATEMENT DATE: May 31, 2017

Beginning Balance $23,847.76

Ending Balance $23,584.19

Respectfully submitted by Patti Wargo, Treasurer

Charlotte Optical Inc.
Karin Jacobs
Licensed Optician
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Closed 12:00 - 1:00 Daily
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Fax: (941) 258-9078
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CharlotteOptical@yahoo.com ∞ www.CharlotteOpticalinc.com

2017 Race Series!

NEW Rules and Regulations for the 2017 Race Series!!

** You will only be competing against fellow Zoomers in the Race Series

** No Points for Overall or Master Categories. Age Group Only

** 1st—2nd—3rd place Zoomers Age Group Awards at the end of season

Race Series Points will be awarded as follows:

8 pts 1st Place in Zoomer's age group Male and Female

6 pts 2nd Place in Zoomer's age group Male and Female

4 pts 3rd Place in Zoomer's age group Male and Female

2 pts completing the Race

For the full details and qualifying races, go to:

http://zoomersrun.com/2017-race-series/

ZOOMERS SOUTHWEST FLORIDA RUNNING & TRIATHLON CLUB

P.O. Box 380276, Murdock, FL 33938, www.ZoomersRun.com

First Name	Last Name	Date of Birth

1. _____

2. _____

3. _____

4. _____

Street Address_____ City, State, Zip_____

Home Phone_____ Work/Cell

Membership Fee: Please check one:

- ☐ New Membership
- ☐ Renewal of active membership
- ☐ Returning member (membership expired)
- ☐ Check box to get newsletter by mail
- ☐ I'm interested in volunteering

Circle Amount	Single	Family	Student
1yr	$20	$25	$5
2 yr	$35	$45	$10
3yr	$50	$65	$15

☐ Business Membership $75 for one year

Release: I know that running, biking, swimming & volunteering to work at Club Events & road races is a potentially hazardous activity & that I should not enter & participate unless I am medically able & properly trained. I agree to abide by any race official relative to my ability to safely complete the run. I assume all risks associated with running this event including but not limited to: falls contact with other participants, the effect of the weather, including low or high temperatures &/or humidity, traffic & the conditions of the course, all such risks being known & appreciated by me. Having read this waiver & knowing these facts & in consideration of your accepting my entry, I, my-self & anyone entitled to act on my behalf waive & release the Road Runners Club of America, the Zoomers Running Club and its Officers, Members & Volunteers, & all Sponsors, their representatives, employees & successors from any & all claims & liabilities of any kind arising out of my participation in any Club event or carelessness of the per-sons named in this waiver. Further, I grant to all of the forgoing to use any photographs, motion pictures, recordings or any other record while participating in Club events for legitimate purposes.

Signature of Primary Member: _____ Date: _____

Referred by : _____ _____

Sign up online https://runsignup.com/Club/FL/Murdock/ZoomerssouthwestFloridaRunningTriathlonClub

Zoomersrun.com

P.O. BOX 380276

MURDOCK, FL 33938

MY BUDDIES PET CARE
3681 Tamiami Trail, Port Charlotte, Fl, 33952
Phone: 941-258-3647 | Email: MyBuddiesPetCare@gmail.com

ZOOMERS
Southwest Florida Running and Triathlon Club
Zoomersrun.com

HAVE YOU MOVED? PLEASE BE SURE TO UPDATE YOUR CURRENT ADDRESS, PHONE NUMBER AND E-MAIL ADDRESS SO THAT ZOOMERS CAN KEEP YOU UPDATED TOO!

Are you on Facebook? Check out or pages and keep up with what is happening in Zoomers…

https://www.facebook.com/ZoomersNewsPhotos

https://www.facebook.com/groups/Zoomersrun/

Need people to run with? Zoomers Facebook is the place to go. Members are posting where they are running so you can join.

Look for information on the Zoomers Facebook Page!!

ZOOMERS
Southwest Florida Running and Triathlon Club
Zoomersrun.com

DURTI RUNNERS
RACE TIMING @ DURTIMING.COM

ISLAND GIRL IMAGES

We hope you have enjoyed this edition of The Finish Line. Join us again in August.

From the Editors Desk

If you would like to submit an article to The Finish Line Newsletter, please email it in Word format to ymgailcow@yahoo.com by the 20th of the month preceding this monthly newsletter.

Please submit to newsletter by July 20th for the August issue.

We welcome you to share your personal experiences (running or otherwise), family vacations, photos, etc.

Please do keep in mind there is a 300 word limit on all articles.