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**

Welcome 2018

Time to set new goals, new challenges and welcome new friends !

What does 2018 hold for YOU?

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

Email suggestions to ZoomersNewsEditor18@gmail.com

Southwest Florida Running and Triathlon Club
Zoomersrun.com

Southwest Florida Running and Triathlon Club
Zoomersrun.com

ZOOMERS SOUTHWEST FLORIDA RUNNING & TRIATHLON CLUB

PRESIDENT
Pat Vasquez
Zoomerspresident@gmail.com

VICE PRESIDENT
Talley Carpenter
Zoomersvicepresident@gmail.com

TREASURER
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zoomersnewseditor18@gmail.com

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WEBPAGE DIRECTOR
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Adult Race Series Chair
Jessica Oldfather
ZoomersRaceSeries@gmail.com

Kids Race Series Chair
Dug and Marti Stetter—Zoomersyouth@gmail.com

MEMBERSHIP & MARKETING DIRECTOR
Lori Vasquez
zoomersmembership@gmail.com

COACHING & TRAINING

If you are interested in improving your performance and would like to hire a RRCA coach, Multi-sport (swim, bike, run) Coach or Swim Masters Coach please contact one of the following coaches:

Heather Butcher
Multi Sport Coaching
RRCA Certified
USAT Level 1 Coach
Youth and Junior Certified Coach
ACE Certified Personal Trainer
941-416-4492 or
hbtrisport@aol.com

US Masters Swimming Level II Coaches
Danielle Chance Danielle.chance13@yahoo.com
Shelley Vakil Shelleyv5@comcast.net

President's Message January 2018

Happy New Year to all of our Zoomers members. With the New Year we have a new Board of Directors:

President – Pat Vasquez

Vice President – Talley Carpenter

Secretary – Gail Marinari

Treasurer – Becky Krueger

Membership and Marketing – Lori Vasquez

Website Director - John Libonati

Returning as Committee members are:

Race Series - Jessica Oldfather, Dave Pierce, Melinda Hooper and Pat Vasquez

Kids Race Series – Dug and Marti Stetter

Special Events Chair – Roxanne Gillen

As the new President I would like to Welcome the new board members and thank the returning members for their service to Zoomers.

In 2017 our club had one of its best years by increasing the number of members to 427 and adding 15 new Business Members/Sponsors. We also had new singlets and Tri Kits made. It was very cool to see all the Zoomers Purple at races! The year was also filled with amazing feats by our members from completing their first 5k, running the Boston Marathon, 100+ mile Ultra Marathons, first Sprint Triathlon, first half and full Ironman or competing in multi-sport National and World Championships.

We look forward to a fun and healthy 2018. We have a few new events in the planning stages along with keeping our current events like the Awards Banquet in January, Anniversary Run/Ride in May, Trick or Trot in October, Turkey Raffle run and our High School Scholarship award. We will continue our Running Race series, Multi Sport Series and Kids Race Series. Remember to go to Zoomersrun.com to OPT IN for the race series you would like to participate in.

In closing I would like to Thank Ed Gillen for his multiple years of service in various positions on the Zoomers Board of Directors; and for directing races and hundreds of other duties he volunteered to do for Zoomers and our running community. I would like to also thank Patti Wargo for her time as our Treasurer. You both will be missed, we look forward to seeing you at races and Zoomers events.

Happy New Year,

Pat Vasquez, President

High School Student Spotlight

This month we are spotlighting 2 high school students, Joseph and Alexis Smith are brother and sister, and both students have been Zoomers members for 2 years. Their parents' Sheila and Micah Smith adopted Joseph into the family 3 1/2 years ago from Uganda. Joseph is 15 years old and in the 9th grade at North Port High School.

Before Joseph was adopted he lived in Uganda with his grandmother. He has been running since he was a young child. Instead of walking Joseph would run everywhere, he even ran back and forth to school. For fun he played soccer, which is different here in the U.S where kids play competitively.

Joe competed on the North Port High School Varsity Men's Cross Country Team this fall. He was their MVP Runner at the end of the Season. He plans to run for the track team in the spring.

Joe's favorite event is the 800 meter race. In the 8th grade, at Woodland MS, he made it all the way to the State Meet and won the 800m race!

Joe's longest distance race he was a 10K. His PR for the 1 mile is 5:07, 2 mile PR is 10:49, 3 mile PR is 17:46 and the 10k PR is 40:00. He enjoys competing in high school events, and running local 5K races with his big family.

Alexis Smith is 15 years old, also attends North Port High School and is in 10th grade.

Alexis has been running since the age 5, as both her parents are runners and so are her younger brothers and sisters.

Alexis is very involved in sports at North Port High School, she runs for the cross country team, plays on the soccer team, the weightlifting team and runs on the track team. Alexis is also part of FAC Crash Youth Group.

During the fall North Port holds an invitational Cross Country 5k, 65 high school teams are invited. This is Alexis favorite race she said because it is a huge race, a fast course and they have a DJ which the athletes enjoy dancing after the race.

Her longest distance ran is 8 miles.

Her PRs are One mile: 5:58, Two mile: 13:52, 5k: 21:25.

When asked why she enjoys running her reply was: "it's a way to meet new people, running with family, competing with her teammates and being able to have a healthy competition between others".

---Denise Costa---

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 January 3, 2018

Membership Report

Welcome to our new members

Adrian, Gwendolyn, Lauren, Brad and Breigh Garrod

Amanda Shedlock

Barb Roughton

Bill Jenkins

Bill Taylor

Billy Mullis

Danette and Daniel Helgemo

Juan Hidalgo

Mary Elizabeth McGaha

Nancy and Ray Stevens

Robert Ashodian

Scott McGaha

Vanessa Mastropola

Virginie Breuer

NEW BUSINESS MEMBER

Everything Punta Gorda

(Greg & Deb Dyer)

Welcome, Zoomers Kids!!

2017-2018 Kids Race Series for those 14 and under.

Race Series will begin in Aug 2017 and finish up in July 2018

If you are in a Family Membership (in good standing) your kids are already in, for the 2017 -2018 Race series coming up

You must fill out the Opt-in Form for this year 2017-2018 zoomersrun.com/kids-race-series/

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

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

Pirate Treasure Trot 5K - 8/19

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

Guns & Hoses -3/24

Pine View Python 5k – 4/14

Englewood 5k—5/19

Publix Family 5k - 5/19

Firecracker 5k -7/4

Please email us if you have any questions Zoomersyouth@gmail.com

SPONSOR SPOTLIGHT

Medina Dental, LLC

6230 Scott Street Unit 212
Punta Gorda, FL 33950
PH: 941-347-7573 FAX: 941-3477584

www.medinadental.com

Hours: Monday-Thursday 8:00 A.M. to 5:00 P.M., Friday 8:00 A.M. to 1:00 P.M.

This month's sponsor spotlight is Medina Dental, LLC., located in Punta Gorda. Medina Dental is owned by Dr Avis Medina and Zoomers incoming Treasurer Rebecca Krueger. They have owned and operated the business for 8 years. 2018 will be their 2nd year sponsoring Zoomers and Rebecca's first year as a Zoomers board of directors.

Medina Dental is a general and family dentistry office treating children and adults. They perform tooth colored fillings, crowns, extractions, prophylactic cleanings, deep cleanings, dentures, bridges, some root canal treatments and restore implants. Digital radiographs and in-office teeth whitening is also available.

Medina Dental is an in-network provider for most PPO insurance plans. Just give them a call and they'll be happy to assist you with all your Dental needs.

Welcome and Thank you 2018 Zommers Sponsors

FLORIDA HAND CENTER

TriFit Sports
Trifitsports.com

Real Bikes
ENGLEWOOD
RealBikesEnglewood.com

RUNNING WAREHOUSE

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Port Charlotte, FL 33948
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Fax (941) 624-3285
Cell (941) 889-8753
patrick.vasquez@century21.com
century21almar.com
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larry@pelpools.com
941-697-0236

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*Filter and Pump Repair
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Preferred Rate for Zoomer Members

Call or email today for a free estimate

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www.pelpools.com

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Sales and Repairs
~ ONSITE ~

941-254-3146
Bryan Minos
sales@southwesttoolsandfasteners.com
3941 Tamiami Trail Suite 3157 #316
Punta Gorda, FL 33950

Allstate.
You're in good hands.

MICAH SMITH
941-423-1686
NORTH PORT

CCS Blue Finns

GulfView Medical Institute PL

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.

Welcome and Thank you 2018 Zommers Sponsors

Zoomers Singlets for $20

Contact Ed Gillen at edgillen7@gmail.com

MEN'S SIZES: SMALL, MEDIUM, LARGE, XL

WOMEN'S SIZES: XS, SMALL, MEDIUM, LARGE, XL

Upcoming Races!!!

Jan. 6, 2018 – Facial Hair for Cancer 10k/5k

Jan. 6 &7, 2018 – HITTS Triathlon Series

Jan. 7, 2018 -Andrew Monroe Memorial Scholarship 5k

Jan. 13, 2018 - Ringling Bridge 4mile/1 mile

Jan. 13, 2018 – YMCA Resolution Run 5k

Jan. 14, 2018 – Naples Half Marathon

Jan. 27, 2018 – Hands Across the Harbor 5k/half marathon

For more information on local races and links, go to

http://zoomersrun.com/races/

www.zoomersrun.com

ZOOMERS SOUTHWEST FLORIDA RUNNING AND TRIATHALON CLUB

November 30, 2017 TREASURER REPORT

BEGINING BALANCE	**$22,677.63**
REVENUE	1,429.00
EXPENDITURES	1,101.40
NET REVENUE	327.60
ENDING BALANCE	**$23,005.23**

Running Friends: Racing, training and supporting

Running right up until the end of the year

Smiles and friends

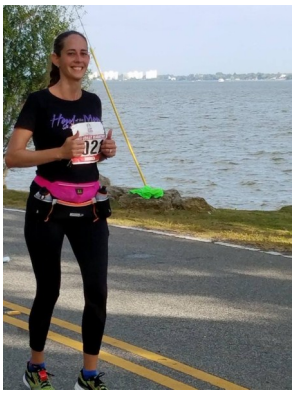
Zoomers is an organization that "runs" on volunteers. We ask our members to give back to our club so that we can continue to give back to our community. Volunteering is a gift to our community. Just as your Zoomers membership provides discounts and other benefits, volunteering can pay off too! If you 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:

INTERESTED IN VOLUNTEERING? Contact Pat Vasquez Zoomerspresident@gmail.com

Zoomers member: Andrea Wigert



1. **What got you running or how and when did you start?** In 2014 I registered for a 6-week Yogi Runners course held by the "Foot Landing" and the "Yoga Sanctuary." Jonathan Nusbaum was one of the running coaches and invited me to a weekly Pub Run. I was nervous and didn't know anybody on my 1st night but people were friendly and I quickly made friends. I went from never running to running 5k - marathons.

2. **What is your favorite distance to run?** I like half marathons, they are hard for me but it's a reasonable distance.

3. **How do you fuel before a race?** I found for me its very import to stay hydrated; therefore I drink tons of water the day before. The night before I eat dinner early and I really do well with salmon, I feel energized the next day. In the morning before a race I eat oatmeal.

4. **Share you most memorable run or race.** My 1st marathon "Space Coast Marathon" November 2016 was very memorable. The coarse was the prettiest I have ever seen. I love running along the water. I was really proud of myself for completing it. I still can't believe I ran 26.2 miles! My parents and husband came to watch me (it was great having a cheering squad) and I know they were proud of me too!

5. **Are you training for anything if so what race?** I'm training for my 2nd marathon, A1A in Ft Lauderdale in Feb. 2018. I am nervous but excited all at the same time.

6. **What are your running goals for 2018?** My goal for 2018 is to complete this marathon injury free. I'd like to stay active in running and enjoy some fun races with my running friends. There is still so much for me to learn and I am enjoying becoming a better running each year. I wonder, does it ever get easier????

7. **What advice would you give to someone starting out new to running?** Find a running group or/and club. It's great to have other people motivate and encourage you. It's fun! I'm more likely to show up for a run if I know people are expecting me.

8. **What do you do in your spare time?** I run, do yoga, workout at the gym, and work, my husband and I own a Bonsai nursery in North Fort Myers which keeps us both very busy.

ZOOMERS PRE-SEASON MULTI-SPORT CLINIC

SWIM, BIKE, RUN

WHO: Zoomers Active Membership Holders (only) & Business Sponsors

WHAT: Zoomers Pre-Season Multi-Sport Clinic

WHERE: South County Regional Park Pool, 670 Cooper St, Punta Gorda, FL 33950

WHEN: Saturday - January 20, 2018, HOURS: 7:00 am to 11:00 am

WHY: Kick-off the 2018 Multi-sport season (swim, bike, run). Promote comradery and assist with individual training goals.

HOW: Charlotte County Swim Master Coaches, Danielle Chance & Shelley Vakil will conduct a 1 hr swim clinic focusing on form, cardio & distance. Bike is a 13 mile ride grouped by ability. Run is a 1 mile loop around S. County Regional park focusing on form and/or speed. Participants may do as many loops as they'd like. Do one, two or all three events.

HOW MUCH: This is a no cost event for Zoomers members. Zoomers will provide coffee, donuts, water and sports drinks to participants.

WHAT TO BRING: Swim - Bathing suit, googles, swim cap, towel, kickboard, pull buoy. Bike – road/tri bike, helmet, gloves, safety gear, bike shorts/shoes, sunglasses, water bottle. Run – running attire. **RSVP:** Please RSVP by clicking the "going" on the event in fb or email Zoomersmembership@gmail.com

Zoomer's L K Who?

January Birthdays!!

Darielle	Costa	2-Jan
Trudy	Lutz	4-Jan
Courtney	Swickert	4-Jan
Bruce	Gaspar	5-Jan
Stephen	Helgemo	5-Jan
Stephen	Lybrand Sr	5-Jan
Marc	Roberts	6-Jan
Miles	Isley	8-Jan
Mariryan	Heschmeyer	10-Jan
Grayson	Kruger-Medina	10-Jan
Jesse	Roberts	10-Jan
Ron	Davis	11-Jan
Nick	Mays	12-Jan
Anna	Coldiron	14-Jan
Jerelyn	Clauser	15-Jan
Lori	Vasquez	15-Jan
Ray	Vigeant	16-Jan
Heidi	Maddox	17-Jan

Nathan	Bulda	18-Jan
Lisa	Faucon	21-Jan
Lisa	Hardy	23-Jan
Joseph	Moffa	23-Jan
William	Rennie	23-Jan
Jeffrey	Coopes	24-Jan
Tonia	Cunningham	24-Jan
Merly	Rennie	24-Jan
David	Albanese	26-Jan
Roxanne	Gillen	27-Jan
Debi	Lantzer	29-Jan
Chad	Belcher	30-Jan
Mark	Castle	30-Jan
Christine	Kist	30-Jan
Katrina	Machado	30-Jan

2018 Adult Zoomers Race Series

1/27/18—Hands Across the Harbor 1/2 and 5k

2/11/18—Sasquatch 15k Trail Run

2/25/18 - Boca Grande 5k

3/3/18—Sharks Tooth 10k

TBA Smoothie King 5k (new name announced soon)

4/28/18—Holly Morgan Fischer Memorial 5k

Firecracker 5k

Remember the Fallen 5k and 10k

Trick or Trot 5k

11/10/18—Mayakka 1/2 and 5k

12/15/18—Frosty 5k

Rules can be viewed on the Zoomers website. To participate in the series you must OPT IN

zoomersrun.com/opt-into-2018-adult-race-series/

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

Jessica Oldfather Pat Vasquez Dave Pierce Melinda Hooper

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!**

DISCOUNTS

FOR *ZOOMERS* MEMBERS

As a member of this club, you can get discounts off the following races/events/attire:

Resolution Run 5k in Venice, FL - Sat January 13, 2018: $5.00 off

Zoomers Multi-Sport Clinic – Sat January 2018, FREE – signup on facebook.

Zoomers MyKakka What Chee Run, FREE – Sun January 2018, signup on facebook

Scrub Jay 5k 10k in Osprey, FL - Sat February 10, 2018: $5.00 off

7th Annual Superhero 5K and Fun Run in Sarasota, FL - Sat February 17, 2018: $5.00 off

Bucs on the Run in Punta Gorda, FL - Sat February 24, 2018: $5.00 off

Shark's Tooth 10K in Venice, FL - Sat March 3, 2018: $5.00 off

9th Annual Life in the Son 5K/10K is certified by USATF in Sarasota, FL - Sat March 10, 2018: $5.00 off

Feet Across Riverwood 5k in Port Charlotte, FL - Sun March 11, 2018: $5.00 off

Publix Family Fun Day 5K/10K in North Port, FL - Sat May 5, 2018: $5.00 off

Sand Bar Half Marathon & 5K in Englewood, FL - Sat May 12, 2018: $5.00 off

Sand Bar Half Marathon & 5K in Englewood, FL - Sat May 12, 2018: $10.00 off

SUP & RUN 5K in Sarasota, FL - Sat May 19, 2018: $5.00 off

Heartland Triathlon in Sebring, FL - Sun June 10, 2018: 10% off

Siesta Key Sirens Women Triathlon in Sarasota, FL – Sun June 28, 2018 10% off
Myakka River Half Marathon /10K/ 5K - 4th Annual "Run for the Memories"- presented by Publix in Sarasota, FL - Sat November 10, 2018: $10.00 off

- 10% off any MULTI-Race.com - Contact Pat or Lori Vasquez
- 10% off any Sommersports.com Owned event—Contact Pat or Lori Vasquez
- 15% off Runningwarehouse.com - Contact Pat or Lori Vasquez
- Xterrawetsuits.com - Contact Pat or Lori Vasquez

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

From the Editors Desk

2018 here we come!

Are you ready for a new challenge?

Are you ready to set goals?

Let us hear what your challenges and goals are for 2018

Email zoomersnewseditor18@gmail.com

If you would like to submit an article to The Finish Line Newsletter, please email it in Word format to zoomersnewseditor18@gmail.com by the 20th of the month preceding this monthly newsletter.

Please submit to newsletter by January 20th for the February 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.

~Gail Marinari ~

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

Southwest Florida Running and Triathlon Club
Zoomersrun.com