APRIL 2017

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 http://www.zoomersrun.com for upcoming race information, past newsletters and other useful information**

Swim Clinic by Trifit Sports
by Roxanne Gillen

On March 12th, a group of Zoomers got together with Trifit Sports coach Heather Butcher and Alligator Swim winner Julie Salvetti for a swim clinic at the San Casa pool in Englewood. The clinic was very informative and Heather and Julie kept in fun. We learned the importance of doing drill work and they had us do 8 different drills (bobbing, kicking on your side, switch six, shark fin, fist drill, catch, tricep drill, and single arm drill). If you are looking for a customized training program, visit Heather at http://www.trifitsports.com

Southwest Florida Running & Triathlon Club / ZoomersRun.com

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

Email suggestions to ZoomersNewsEditor@gmail.com

ZOOMERS SOUTHWEST FLORIDA
RUNNING & TRIATHLON CLUB
P.O. BOX 380276

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Zoomerspresident@gmail.com

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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 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

Looking for a coach? Below are Zoomers members who are coaches

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

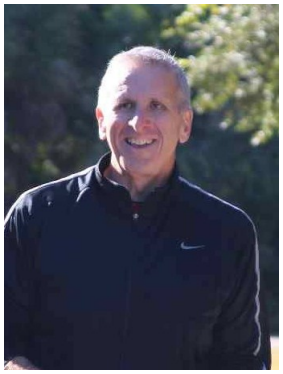
Heather Butcher
Multi Sport Coaching
941-416-4492
hbtrisport@aol.com

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

Did you move?? Did you move??

Please be sure to keep Zoomers updated with your current

Address, phone number and email address,
So that Zoomers can keep YOU updated too!!



Charlotte Optical Inc.
Karin Jacobs
Licensed Optician
Mon. - Fri. 8:30 - 5:00
Closed 12:00 - 1:00 Daily
PH: (941) 625-9077
Fax: (941) 258-9078
18401 Murdock Circle, Ste. A ~ Port Charlotte, FL 33948
CharlotteOptical@yahoo.com ~ www.CharlotteOpticalinc.com

President's Message
by Ed Gillen

I hope you are making plans for the 21st anniversary run on April 30th. We had so much fun last year that we want to make this an annual event to celebrate who we are. Who we are is a running and triathlon club. Our board has been working toward recognizing our multisport members. In 2016 we started our Tri series and recognized award recipients at our awards banquet this past January. Our club is now an official USA Triathlon club! What does this mean for our club? Well, it allows us to have insured group swims and bike rides as well as hosting multisport events. In order to put on these events, we will need leaders to organize and direct them. I want to thank Lori Vasquez for organizing the swim, bike and run 'Zoomers March Madness Multi-Sport Day.' I also want to thank Pat Vasquez for completing the process to make us a USAT club.

Have you participated in any of our Zoomers group runs? Group runs are a way for us to meet fellow club members, introduce non-club members to our club and, yes, run! We encourage our club members to host a group run. If you know of a good run route and want to share it with others in the community, let me know.

As always, we appreciate your support of Zoomers. Healthy, happy and safe running.

Florida Compassion Foundation
Where caregivers find hope.

Southwest Tools & Fasteners
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~ ONSITE ~
941-254-3146
Bryan Minos
sales@southwesttoolsandfasteners.com
3941 Tamiami Trail Suite 3157 #316
Punta Gorda, FL 33950

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 is 21! We will be celebrating by holding a 21st-anniversary group run, walk at Babcock-Webb on Sunday, April 30, 2017, at 7:30 a.m. You will be able to choose from a variety of distances. Participants will receive a commemorative gender-specific running shirt, light refreshments and drinks. The 'course' is a beautiful 5-mile out and back road alongside gorgeous Webb Lake. Water stops will be provided.

Cost: $10.00. Zoomers is absorbing the cost of RunSignUp registration and parking fees at Babcock/Webb.

Register at: https://runsignup.com/zoomersanniversaryrun

RUNNING
WAREHOUSE

Art of Acupuncture
Venice
www.VeniceFLacupuncture.com

Scholarships

Zoomers Announces 2017 Scholarship

Zoomers is pleased to announce that it is accepting applications for its 2017 Scholarship. Zoomers will award up to $1,000 to the eligible recipient. To be eligible, applicants must meet the requirements, complete the application and application should be received no later than April 30, 2017.

Click Here to Download in PDF
http://zoomersrun.com/wp-content/uploads/2017-Zoomers-Scholarship-Requirements-and-Application.pdf

Questions?
Contact Pat Vasquez @ ZoomersVicePresident@gmail.com

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 May 3, 2017

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

April Membership Report

WELCOME TO OUR NEW MEMBERS

Bryon Coker
Mary Anne and Rose Hatch
Rose Hatch
Eddie Koor
Jeff Koor
Jenny Koor
Tommy Koor
Erica Lesak
Carrie and Frank Leontitis
Dale Linet
Heidi Maddox
Jackie and Nick Mays
Kevin Russel
Edward and Susan Tamberino
Brian Triola
Jacob Triola
Katerine Triola
Olga Triola
Camden Wozniak
Cindi Wozniak
Conner Wozniak
Derrick Wozniak

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

Upcoming Races!!!

April

4/02/17 Smoothie King

4/08/17 Pine View Python 5k KIDS

4/22/17 Gator Wilderness Camp Trail Run 5k & 10k

4/01/17 Escape from Fort Desoto Tri

4/02/17 Lake Avalon Reverse Tri/DU

4/09/17 FGCU Eagle Sprint Tri

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

May

May 13, 2017 - Turtle Trot 5k (Lovers Key)

For more information on local races and links, go to

http://zoomersrun.com/races/

www.zoomersrun.com

DARA B. SORAH, CPA, P.A.
CERTIFIED PUBLIC ACCOUNTANT AND CONSULTANT
DARA B. SORAH, CPA
1435 COLLINGSWOOD BLVD. SUITE G
PORT CHARLOTTE, FL 33948
Ph (941) 979-8860 Fax (941) 889-7155
dsorah@darabsorahcpa.com

Real Bikes ENGLEWOOD
RealBikesEnglewood.com

KIDS RACE SERIES 2016-2017 RACE ROSTER

~~Remember the Fallen 5k- Sept 10, 2016~~

~~Trick or Trot 5k– Oct. 22, 2016~~

~~Charlotte County Sheriff's 5k run 4 the Animals– Oct 29, 2016~~

Myakka River Zoomers Kids only 5k- Nov. 12, 2016

Frosty 5k –Dec. 17, 2016

Andrew Monroe 5k – January. 8, 2017

Boca Grande 5k– Feb. 26, 2017

Life in the Sun 5k 10k– March. 11, 2017

Harbour Heights 5k – April. 1, 2017

Pine View Python Run 5k – April. 15, 2017

Doo Rag May. 13, 2017

Publix Family Fun Day 5k May 20, 2017

Firecracker 5k– July 4, 2017

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

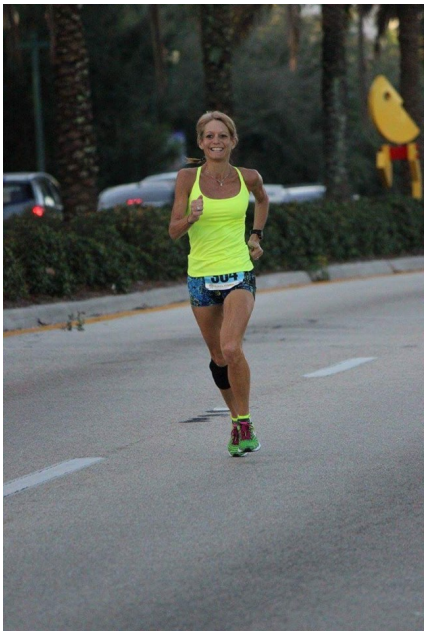
For links to race registrations go to:

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

Good Luck Zoomers Running Boston

Marion Conklin

Betty Staugler



Julie Berling

Sherry LaBree

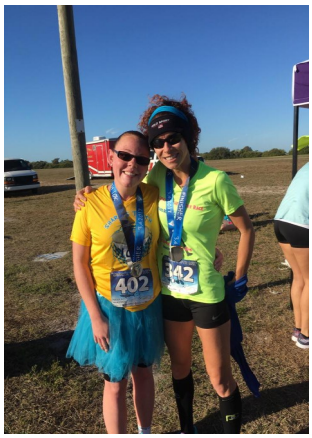
TREASURER'S REPORT FOR March 2017

STATEMENT DATE: March 31, 2017

BEGINING BALANCE	**$25,165.27**
REVENUE	$533.00
EXPENDITURES (CLEARED)	$177.65
STATEMENT ENDING BALANCE	$25,520.62
UNCLEARED EXPENDITURES	$2,285.42
NET REVENUE	($1,930.07)
ENDING BALANCE	**$23,235.20**

Respectfully submitted by Patti Wargo, Treasurer

Racing, having fun and smiling

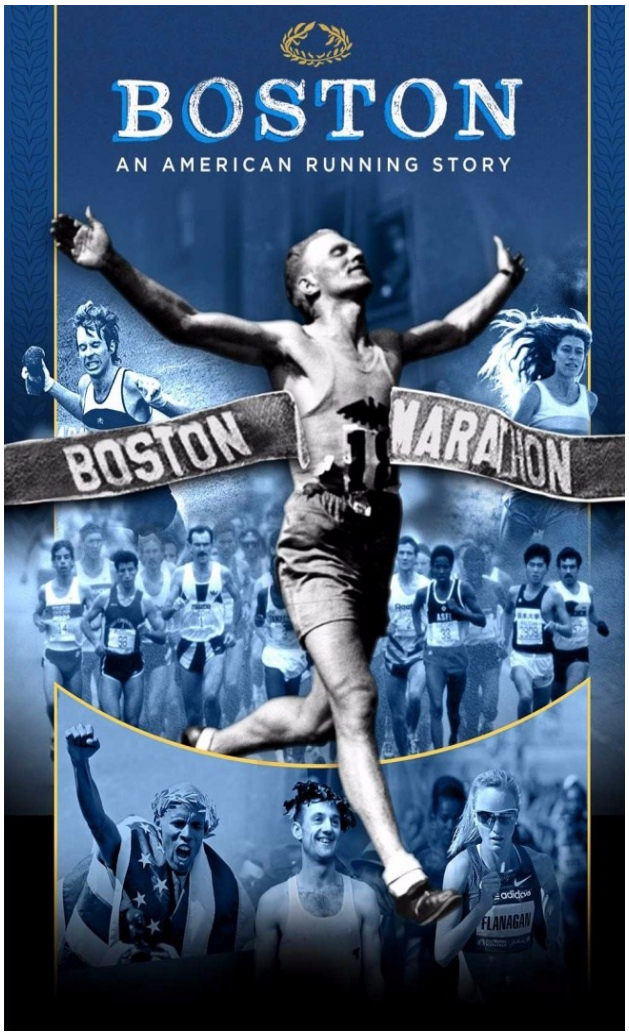


Zoomers Night at the Movies

Join your fellow club members celebrate the Boston marathon. A number of club members will be going to Regal cinema in Port Charlotte – April 19th, 7:30 viewing. This is a special one night Fathom event and tickets are available at: https://www.fathomevents.com/events/boston
Put zip code 33948 in search box.

BOSTON: An American Running Story, tells the story of the oldest annually contested marathon in the world from its humble origins starting with only 15 runners to the present day. Evolving from a working man's challenge to welcoming foreign athletes and eventually women, the Boston Marathon is the stage for many firsts and helped pave the way for the modern marathon.

Following the tragic events of 2013, BOSTON records the preparations and eventual running of the 118th Boston Marathon one year later, when runners and community gather in support of one another for what will be the most meaningful race of all. BOSTON is more than a running documentary, it is a timeless story about triumph over adversity for runner and non-runner alike.



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). 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:

Memorial Day 10k/5k - - May 29, 2017
Zoomers Youth Fun Run Series (every Thursday in June)
Zoomers Trick or Trot 5k Trail Run - - Oct. 21, 2017
Myakka Half/5k - - Nov. 11, 2017
Zoomers Turkey Raffle Run - - Nov. 19, 2017
Habitat for Humanity Turkey Trot – Nov. 23, 2017

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

Zoomer's L K Who?

APRIL Birthdays!!

Tarin Houghton 1-Apr

Scott Schwalm 3-Apr

Jim Kress 4-Apr

Brenda Smith 4-Apr

Xander Cignarale 6-Apr

Cassie Collins 7-Apr

Valerie Cotton 7-Apr

Shelby Otway 8-Apr

Emily Rumisek 8-Apr

Heather Butcher 9-Apr

Rebecca Bialy 10-Apr

Jessica Oldfather 10-Apr

Joseph Smith 12-Apr

Janice Belcher 12-Apr

Col. JackLa Plante 12-Apr

Christopher Harrington 13-Apr

Lukas Johnsen 13-Apr

Shirley McCarty 13-Apr

Dave Rose 13-Apr

Ken Vanderberg 16-Apr

Carol Westerman 19-Apr

Jennifer Engelauf 21-Apr

Dave Pierce 21-Apr

Hernan Morales 22-Apr

Marion Conklin 23-Apr

Keith Robert 24-Apr

Christopher Murray 25-Apr

John Peacock 26-Apr

Linda Britt-Smith 30-Apr

Susan Gaire 30-Apr

Lucy Linet
Travel Consultant
Cell: 941-661-4203
linetsparadisevacations@yahoo.com
www.linetsparadisevacations.agentstudio.com
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You're in good hands.
MICAH SMITH
941-423-1686
NORTH PORT

Zoomers March Madness Multi Sport Day

by Lori Vasquez

The Zoomers March Madness Multi-sport day was a huge success. Twenty-seven members attended the event. The morning kicked off with a one-hour swim session hosted by Zoomers sponsor, Charlotte County Blue Fins Masters, swim coaches. Members received individual attention on swim drills and technique. Swim portion was followed by a 13.5 mile bike ride which incorporated intervals for speed and stamina training. Following the bike, members ran three 1-mile laps around South County Park, some ran at their own pace, others did builds or intervals. Thank you to the sponsors who supported the event by providing great giveaways and door prizes: All-State Insurance, Charlotte County Blue Fins Masters, Charlotte County YMCA, Charlotte Optical, Florida Hand Center, Linet's Paradise Vacations, Medina Dental, My Buddies Pet Care, Pat Vasquez @ Century 21 and Real Bikes Englewood. We look forward to doing more team building training clinics.

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

6/24 – I Run for Beer

7/4 – Firecracker 5k

7/23 – I Run for Bacon 4 Mile

8/19 – Pirate Treasure 5k

TBD – 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

TBD – Chick-Fil-A 5k/10k

TORCH
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torchbistro.com
2113 Tamiami Trail
Punta Gorda, FL 33950

St Patrick's Day 5k Fun Run

Shamrock 5k Fun Run
by Ed Gillen

On Thursday, March 16th, Roxanne and I got a jump on St. Patrick's day by attending the Shamrock 5k Fun Run presented by Fleet Feet Sports Sarasota. The event promised a fun 5k route with 'refreshment' stops along the way, an event 'Kiss Me I'm a Runner' green shirt and beer and food post run for $10. The evening was cool and a crowd of about 250 runners and walkers, including a number of Zoomers, came out to participate. It was a huge sea of green as we all headed out towards the intercoastal and through Sarasota neighborhoods.

Leader Board

2017 Adult Race Series

	Female	Male
Overall		
Masters		
Grand Masters		
Senior Grandmasters		
Veterans		
20-24	Katelyn O'Brien	
25-29		
30-34		
35-39	Jessica Oldfather	Dustin Hawkins
40-44	Jennifer Gilpin	Mike Clauser
45-49	Christina Coogan	Paul Cignarale
50-54	Roxanne Gillen	Yale Houghton
55-59	Deb Dyer	Quentin Gordon
60-64	Judith Goike	Mark Stueve
65-69	Buteena Pfeffer	John Bates
70-74		
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/

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
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Phone: 941-258-3647 | Email: MyBuddiesPetCare@gmail.com

ZOOMERS
Southwest Florida Running & 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

DURTI RUNNERS
RACE TIMING @ DURTIMING.COM

ISLAND GIRL IMAGES

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

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 April 20 for the April 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.