DECEMBER 2019

THE FINISH LINE

Saturday, January 11, 4:30 to 7:30pm

The Waverly

2095 N Beach Rd, Manasota Key

Join Zoomers for an evening of recognition of our members

Sign up at: https://runsignup.com/Race/FL/Englewood/ZoomersAnnualBanquet

MEMBER RRCA

- **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**

USA TRIATHLON OFFICIAL CLUB

Southwest Florida Running and Triathlon Club
Zoomersrun.com

BOARD OF DIRECTORS

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Chris Fleeman—ZoomersVP@gmail.com

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WEB DIRECTOR
John Libonati - Zoomerswebdirector@gmail.com

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KIDS RACE SERIES CHAIR
Dug and Marti Stetter- Zoomersyouth@gmail.com
MULTI-SPORT RACE SERIES CHAIR
Pat Vasquez - Zoomerspresident@gmail.com

ZOOMERS COACHING & TRAINING

Heather Butcher
Multi Sport Coaching
RRCA Certified
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Personal Trainer
941-416-4492 hbtrisports@aol.com

US Masters Swimming Level I & III Coaches
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Tina Elkins
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386-503-6551 tinamelkins@gmail.com

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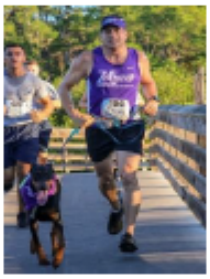

Dec 2019 Presidents Message

November was a good month for Zoomers. The Turkey Raffle Run was a success with many members winning some great prizes. Zoomers was well represented at various Turkey Trot races across the area. Including the 21st Annual Habitat for Humanity Turkey Trot in Punta Gorda.

There is only 1 race left in the Zoomers Adult race series and you need to complete at least 6 races to qualify for a prize. The last race in the series is the Active Suncoast Frosty 5k on 12/21. Please email Zoomersraceseries@gmail.com if you have suggestions for next year's race series. Remember, we can only pick so many which is why we select the most popular and the races that support Zoomers. We are still looking for race series committee members, please contact Chris Fleeman at Zoomersrc@gmail.com if you're interested.

This is my last Presidents message. I would like to thank the Board of Directors, Becky Krueger, Karin Jacobs, John Libonati, Chris Fleeman and especially my wife Lori Vasquez for making Zoomers one of the largest and in my opinion the best club in the area. We have grown to as many as 700+ members and over 45 sponsors in the last 2 years. Our committee members continue to work hard and make our club even better. Race series Coordinator and Trick or Trot Race Director Jessica Oldfather. Race series committee Melinda Hooper and Dave Pierce. Dug and Marti Stetter for the kids race series and their many contributions to the club. Discount coordinator Jodie Hawkins and Special Events Coordinator Stacey Holmes. Thanks to Tina Elkins for taking over newsletter and Denise Costa for doing the member spotlights. I would also like to thank our sponsors for donating their money, prizes for events and their time. Finally, thank you to our 690+ members who have helped, volunteered and raced throughout the year. I look forward to the new ideas and energy of the new board. I wish Chris Fleeman, Steve Holmes, Sherry LaBree, Karin Jacobs, Bill Mullis and John Libonti continued success!

Merry Christmas, Happy Holidays and Happy Racing!

Pat Vasquez, President

ZOOMERS GIVING BACK TO THE COMMUNITY

North Port High School Track Team was the recipient of $500.00 from Zoomers.

Venice High School Track Team were the recipents of $500 from Zoomers.

ZOOMERS GIVING BACK TO THE COMMUNITY

Imagine School in North Port were the recipients of $250 from Zoomers.

Zoomers isn't just a running and triathlon club, we are about giving back to the community. We continuously strive to help out local clubs and organizations, just as the community supports our efforts in fundraising. The Allstate Micha Smith Trick or Trot 5k is our main fundraising event of the year and without the support of the community, these donations wouldn't be possible.

Thank you to everyone who participated in the race, gave donations, joined in on the raffles and volunteer throughout the year for our fundraising efforts.

We appreciate all of you.

2019 Adult Race Series!!!

~~1/13/2019—Ironhead Brothers 10k~~

~~2/24/2019—Boca Grande 5k~~

~~3/2/2019—Sharks Tooth 10k~~

~~3/30/2019—Chick-fil-a 10k~~

~~4/27/2019—Gator Wilderness 5k~~

~~5/11/2019—Sandbar Half Marathon and 5k~~

~~5/27/2019—Memorial Day Veterans 10k & 5k~~

~~7/4/2019—Firecracker 5k~~

~~9/7/2019—Remember the Fallen 5k/10k~~

~~9/27/2019—Boca Lupo 5k~~

~~10/19/2019—Trick or Trot 5k~~

~~11/28/219—Turkey Trot 5k~~

12/21/2019—Frosty 5k

To opt into the Adult Race Series, go to the link below:

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

** You must be a member of Zoomers in good standing in order to be eligible for the Race Series. Opting into the Race Series is a requirement.

2020 Board Members

President: Chris Fleeman

Vice President: Steve Holmes

Secretary: Karin Jacobs

Treasurer: Sherry LaBree

Race Coordinator: Vacant

Membership Director: Bill Mullis

Web Page Director: John Libonati

2020 Committee Members are:

Newsletter Editor: Vacant

Newsletter Contributor: Denise Stanfield Costa

Trick or Trot Race Director: Vacant

Discount Coordinator: Jodie Hawkins

Race Series Committee Chair: Kevin Jones

Race Series Committee Members: Dave Pierce & Melinda Hooper

Kids Race Series Coordinator: Bobby Wrenn

Special Events Coordinator: Stacey Holmes

Congratulations to all! We know you will do great in taking the club to the next level. Your outgoing board and committee members are always here to help!

ZOOMERS SPOTLIGHT: Ron Elkins

By: Denise Costa

Ronald (Ron) Elkins is our December Zoomers Spotlight. He is happily married to Tina Elkins. He has two children (Lee and Julie, who is a runner) and a stepson, Zach. He also has 4 granddaughters, 2 row (high school and college) and 2 are cheerleaders in high school.

Ron retired 18 months ago from an electronics company. His work took him around the world from the USA to Japan, China, India, Germany, England, Ireland, Canada and to two islands in the Caribbean, Barbados and St. Kitts (living @ 8 years in the Caribbean). The last 9 years in Florida has allowed him to run more frequently and passionately.

Ron and Tina joined Zoomers in 2011 and started to run more races. Prior to that they ran some races in Barbados and in St. Kitts. Ron feels being involved with a club brings out the runner (slow or fast) in you, and Zoomers fostered that. For many years, he helped Bob and Ed set-up and take down equipment for timing Zoomers races.

Ron states the last five years have given him the most challenges, physically and mentally. Running (distances) may be the most difficult sport when trying to improve times.
He would love to attempt a Tri Sprint in the future.

His most favorite race is the Save the Daylight ultra-marathoner race. It satisfied his list for a Marathon, 50K and his longest distance ever ran at 36.8 miles. (Yes, he states he could have run further, but he stopped with over an hour to go in the 12-hour run). The training for this race required a lot of 20+ miles on weekends, hot days, and sore knees. But it all was worth it.

Ron ran over 10 half-marathon races and enjoys that distance. He really likes distance running and trail running. With running trails, it is the trails least traveled. His next race is the Mt. Dora Half Marathon on 12/22, not expecting to beat his 2hrs 22minute PR time due to hills.

One thing about Zoomers Ron states, is the encouragement you get from members. They offer great advice, want you to succeed, and help you to reach your goal. Probably the best part is to see them at the finish line.

COACHES CORNER

9 Ways to Get Rid of Muscle Soreness After a Hard Run

Running fast workouts and nailing long runs is a key part of the training process.
During the run we are feeling strong, pushing through that pain, and when we finish, we are greeted with one of the best feelings in the world; the runner's high.
We go to bed that night with a smile on our faces, proud that we had a great run or race, and excited for what we can achieve in the future.
But then you get out of bed the next day.
Ouch.
Every step hurts,
We wonder if we can run if my legs are sore?
Surely, this cannot be good for my body to run again (if you even want to run again that is).
Will running with sore muscles help or make me feel worse?

1. Hydrate as soon after your run as possible with Gatorade or electrolyte drink
2. Stretch major muscle groups and anything that is sore or tight. Roll out any nagging injuries or problem areas.
3. Eat a small meal that contains a 4 to 1 ratio of carbohydrates to protein
4. Take an ice bath
5. Eat a decent sized, healthy meal
6. Nap, put your feet up, or get a massage
7. Take an Epsom salt bath
8. Roll out on the stick and stretch well
9. Get plenty of sleep

For full article, go to: https://runnersconnect.net/recovery-from-running-hard-workouts/

Alex's Pool Heating & Air Conditioning, LLC

BACK IN MOTION
SPORT & SPINE PHYSICAL THERAPY
FIXING THE CAUSE, NOT THE SYMPTOM

October 2019 Membership Report

STUDENT	INDIVIDUAL	HOUSEHOLD	BUSINESS	TOTAL
18	159	390	128	695

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Amber Bistarkey

David Culver

Elizabeth Rogers

John Landry

Joseph Schubiger

Kasandra Rogers

Matthew Rogers

Maya Howard

Mike Shep

Neal Gomez

Rachael Daly

Randy Kelley

Banana Oatmeal Pancakes

Healthy Banana Oatmeal Pancakes made with only 7 ingredients - oats, almond milk, banana, eggs, egg whites, baking powder, sa
touch of real maple syrup. Sugar-free, oil-free, gluten-free, and dairy-free pancakes.

Ingredients

- 1/2 cup Almond Milk unsweetened
- 2 Eggs
- 1 Egg White
- 1 Banana
- 2 Tablespoons 100% Real Maple Syrup
- 1 1/2 cups Rolled Oats (I use Gluten-Free)
- 2 teaspoons Baking Powder
- 1/4 - 1/2 teaspoon Salt
- 1 teaspoon Vanilla optional

TOPPINGS IDEAS:

- Fresh Berries
- Real Maple Syrup
- Chocolate Chips
- Fresh Banana Slices
- Sliced Almonds

Instructions:

1. In a blender, pour in SILK almond mild, eggs, egg white, banana, maple syrup, vanilla (optional), rolled oats, baking powder and salt.
2. Blend until smooth.
3. Heat skillet over medium heat. One warmed, spray with a non-stick cooking spray or place coconut oil or butter in skillet. Pour pancake batter into skillet in round circles.
4. Cook for 2-3 minutes on one side. Turn over and cook for another 1-2 minutes.
5. Drizzle with real maple syrup and toppings of your choice.

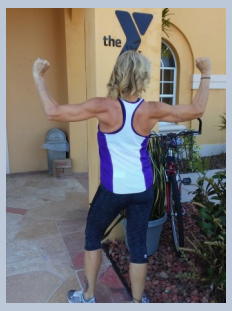
RECIPE CORNER

Zoomers ASCIS TANKS! MEN'S AND WOMEN'S $25.00

Contact Lori Vasquez at Zooomersmembership@gmail.com

Zoomers Tri Kit (a few left) $132 can be purchased separately - top $71.00, shorts $61.00.

Zoomers Singlets Women and Men sizes available $20



Zoomers Visor $15

SWIM CAP $10.00

Transition/Running Towel $15.00

NATURE'S SUNSHINE®
with Tina and Jill
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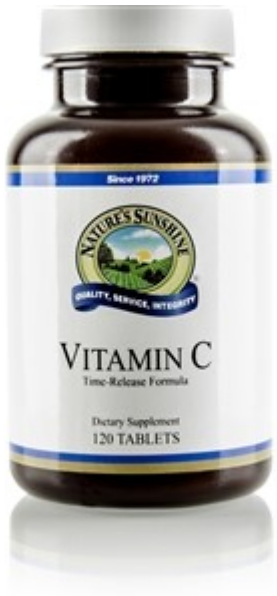
Www.naturessunshine.com



BENEFITS:

- Supports the immune system.
- Protects against free radical damage.
- Aids in collagen production.

PROVIDES 1,000 MG VITAMIN C PER TIME-RELEASE TABLET.

HOW IT WORKS:

Vitamin C performs many functions involving the immune system and tissue development. It is involved in iron absorption and in the syntheses of enzymes, hormones and proteins. The adrenal glands need large amounts of this nutrient in order to support immunity and help produce energy. Vitamin C is easily washed from the body and needs to be replaced constantly. Without vitamin C, the body cannot make collagen, the substance that holds the body's cells together and maintains skin integrity. This product allows more efficient use of vitamin C by slowly releasing it into the body. Each tablet is designed with a sustained release profile to slowly deliver the vitamin C over an extended period of time.

INGREDIENTS:

1,000 mg Vitamin C per tablet, lemon bioflavonoid extract, hesperidin, rutin, acerola fruit extract and rose hips extract.

Tina: 386-503-6551

tinamelkins@gmail.com
Sponsor # 60608295

Jill: 816-518-6087

jillbillinger@sbcglobal.com
Sponsor # 188907

ZOOMERS
Southwest Florida Running and Triathlon Club
Zoomersrun.com

ZOOMERS SOUTHWEST FLORIDA RUNNING AND TRIATHLON CLUB

November 30, 2019 TREASURER REPORT

BEGINING BALANCE	35,484.74
Revenue	3441.55
EXPENDITURES	4134.70
NET REVENUE	**(693.15)**
ENDING BALANCE	**34791.59**

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FOR RUNNERS / BY RUNNERS

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ZOOMERS FUN FREE GROUP TRAINING

ZOOMERS TUESDAY

Hosted by: Steve and Stacey Holmes

Rotonda Park, 100 Rotonda Blvd. Rotonda, FL Meet in the parking lot @ 6:00pm for an approx. 2.1 Mile loop. All walkers, runners and levels welcome

ZOOMERS WEDNESDAY BIKE/RUN/EAT BRICK

Hosted by: Lisa and John Briggs—2787 Sycamore St. Ste 106, North Port

Meet in the parking lot of Imagine High School by the Front Office . 6pm Walkers will start. Any distance, levels or pace welcome

ZOOMERS WEDNESDAY NIGHT PUB RUN IN VENICE!!

Hosted by Ron and Tina Elkins

Meet every Wednesday at Off Trail Bike and Brew (430 East Venice Ave.) in Venice @ 6pm for various routes/distances. All walkers, runners and levels welcome. Bring a headlamp this time of year! Please join "Zoomers Happy Hump Day Fun Run" on Facebook to stay up to date on future runs and events.

ZOOMERS THURSDAY ENGLEWOOD FUN RUN

Hosted by: Sally and John Libonati

Meet at Englewood Beach parking lot off of North Beach Rd @ 6:00pm for various distances. All walkers, runners and levels are welcome. Zoomers provides some refreshments on the 3rd Thursday of the month. Please join "Zoomers - Englewood Fun Run & Walk" on Facebook to stay up to date on future runs.

ZOOMERS THURSDAY TRIATHLON TRAINING

Hosted by: Rusty Starcher

Meet at South County Regional Park, 670 Cooper St, Punta Gorda, FL, in the pool parking lot @ 5:15pm. Bike 10-15 miles, run and/or swim after. Must have a pool membership to swim or you will be required to pay a $3.00 pool entry fee. There is no requirement to do all 3 events to participate and all paces are wel-

DECEMBER BIRTHDAYS

12/2	Martha	Barnes
12/2	Andrea	Bloom
12/3	Carolyn	Kneller
12/5	Matthew	Angerer
12/5	Anton	Kapitonau
12/5	Chloe	Lear
12/5	Drew	Rickard
12/5	Bettye (BJ)	Smith
12/6	Alvin	Atallian
12/6	Mary	Lewis
12/6	Lucy	Linet
12/7	Angelina	Manuel
12/8	Alyson	Johnson
12/9	Greg	CLULOW
12/9	Wesley	Culpepper
12/10	Katie	Heck
12/10	Heather	Lukacek
12/10	Karin	Millier
12/10	Krista	Randall
12/11	Lennon	Heck
12/11	Logan	Heck
12/11	Jake	Reich
12/11	Micayla	Sorah
12/12	Bob	Geyer
12/13	Joshua	Costa
12/13	Lance	Duff
12/13	Zuzana	Lukackova
12/14	Rebecca	Afflerbach
12/14	Jaime	Eyster
12/14	David	Ivankovic

Real Bikes
VENICE ENGLEWOOD
RealBikes.com

RUNNING
WAREHOUSE
OFFICIAL PARTNER

Team Doogie

12/15	Aidan	Flavin
12/15	susan	records
12/17	Alisha	Dutkiewicz
12/19	NATALIE	GARCIA
12/19	Matthew	LaBree
12/20	Jessica	Jacobs
12/20	John	Landry
12/20	Miranda	Walton
12/21	Sarah	Libertore
12/21	Sarah	Libertore
12/22	Emi	Hussey
12/22	Valerie	starling
12/23	Gail	Bedford
12/23	Stacy	Davis
12/23	Jennifer	Dines
12/23	Alex	Rafidi
12/24	Yale	Houghton
12/26	John G	Haynes
12/27	Kristin	Beernink
12/29	Scott	Geezil
12/29	Linda	Harju
12/29	Kimberly	Hussey
12/29	Beth	Nelson
12/30	Savannah	Holmes
12/30	Holly	Selders
12/30	Lindy	Tritschler
12/31	Rich	Cormier
12/31	Whitney	Dlugosinski

SOUTHERN
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129 Carmalita Street, Punta Gorda, FL 33950
941-639-5245

Zoomer's L K Who?

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

INTERESTED IN VOLUNTEERING? Contact Chris Fleeman at zoomersrc@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 January 1, 2020

Southwest Florida Running and Triathlon Club
PO Box 380276, Murdock, FL 33938
Zoomersrun.com

Circle Amount	Single	Family	Student
1 yr	$20	$25	$5
2 yr	$35	$45	$10
3 yr	$50	$65	$15
Annual Business Membership: $150.00			

MEMBERSHIP APPLICATION/RENEWAL

NAME (up to 5 per household or business membership)	DOB	EMAIL	USAT #

BUSINESS NAME (if sponsor):

Address/Phone of Primary Member or Business:

Street/PO Box	City	State	Zip Code
Home #	Cell #	Work #	

Waiver: I know that running, swimming, biking and volunteering to work on and participate in club races are potentially hazardous activities. I should not enter and participate in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official or run leader relative to my ability to safely complete the event. I assume all risks associated with running, swimming, biking and volunteering to work in club races, activities including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership or participation, I, for myself and anyone entitled to act on my behalf, waive and release Zoomers SW Florida Running & Triathlon Club and its officers and agents, all sponsors, their representatives and successors, including the Road Runners Club of America, its officers, directors agents and employees, from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose

_____Date:_____

(Signature of Primary Member or Parent/Legal Guardian (if member is under 18 yrs old)

Yes or No (circle one) I am Interested in Volunteering (only a requirement if participating in races series)

Please make check payable to Zoomers SW FL Running & Tri Club & mail to address above.
Please find us on Facebook @ Zoomers Southwest Florida Running & Triathlon Club
Sign Up Online @ https://runsignup.com/Club/FL/Murdock/ZoomersSouthwestFloridaRunningTriathlonClub

Referred By: _____

7th Annual Memorial 5K

Sunday
January 5, 2020

TO REGISTER OR DONATE: WWW.ANDREWMONROE.COM

SIESTA KEY PUBLIC BEACH, SARASOTA, FLORIDA

All funds raised will benefit: Community Foundation scholarship in Andrew's name,
Riverview High School senior Soccer AND Track player Scholarships & FC Sarasota Scholarship

PLEASE BRING A CAN OF FOOD ON RACE DAY FOR MAYORS FEED THE HUNGRY

1 MILE FUN WALK & CHIP TIMED 5K RUN More info call: 941-320-9837

Andrew was killed in a tragic automobile accident March 13, 2011 over spring break.
His LOVE for Soccer has prompted us to initiate a scholarship fund in his memory.

09/16/91 – 03/13/11

FEES: RUNNING CLUBS - $30
NO RUN CLUB - $35 - DEADLINE DEC 19, 2019

PRE-REGISTERED CHILDREN - 6 -12yrs old - $15, 15-19yrs old $25

ALL REGISTRATIONS AFTER DEC 19 - $40

SHIRTS GUARANTEED TO PRE-REGISTERED ONLY BY DEC 19

EVENT SCHEDULE
6:30am – 8am - REGISTRATION
8:15am - 5K CHIP TIMED RUN
8:20am - 1 MILE FUN WALK
9:30am - AWARDS (5K RUN)

Charge Card: ☐ Amex ☐ Visa ☐ MasterCard with fee

Exp. Date (MM/YYYY)_____ CVV Code:_____ Zip Code: _____

Card Number: _____

Name on Card: _____

Signature: _____

Make checks payable to: Andrew Monroe Memorial Scholarship Fund
3835 Myrtle St, Sarasota, FL 34235

FILL OUT THE FORM BELOW ENTIRELY. PLEASE PRINT CLEARLY

Entry Form: RUN / WALK (circle one please)

Last Name:_____ First Name: _____

Address: _____ City: _____ State: ____ Zip: _____

Phone: _____ Email: _____

Age race day: _____ Date of Birth: _____

Please circle one: ☐ Male ☐ Female

Shirt size: XS S M L XL XXL NO SHIRT

In consideration of the acceptance of this entry, I release from their negligence the Andrew Monroe Memorial Scholarship Fund Corp Board Members and all individuals connected with this event, from any injury or illness I may sustain during my participation in this event or which in any way is associated with this event. I attest that I am physically fit and have trained sufficiently for the completion of this event. I attest that I am informed of the dangers of running in hot humid weather.

_____ _____
Signature Athlete or parent/guardian Date

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FLEET FEET Sports SARASOTA
DURTI Race Timing

From the Editors Desk

Keep running, stay healthy, encourage others and always smile!

Look for Zoomers on www.strava.com/clubs/zoomersrtc download the free mobile app used to track athletic activity such as running, biking & swimming via GPS

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

Sponsors are welcome to submit a page about their company.

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

We hope you have enjoyed this edition of The Finish Line. We are sorry to see it end. If you or anyone you know would like to be the Newsletter Editor, please contact the club president.

~Tina Elkins~