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**

Congratulations Darielle Costa!
2017 Zoomers Scholarship Recipient

Darielle is the winner of our $1,000 scholarship for 2017. She has been a Zoomers since 2008, participating in and volunteering at many races and events. She was instrumental in the successful 2016 Zoomers Youth Summer Fun Run Series. She is also a proud member of her youth group and takes great pride in tutoring and mentoring students of all grades. She attended North Port High School and was a four year varsity member of the track and cross county teams earning notable achievements at district, region and state level competitions. Darielle's accomplishments go much further than her running career. She was awarded the Top Scholar award twice for having the highest GPA of her track and cross country teams. Her outstanding academics earned her Valedictorian of her 2017 graduating class. Darielle will be attending the University of Florida in the fall studying biochemistry. Zoomers is so proud of this amazing young woman.

We wish her the best in all her endeavors.

ZOOMERS
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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Zoomerspresident@gmail.com

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Pat Vasquez
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ZoomersTreasurer@gmail.com

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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 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

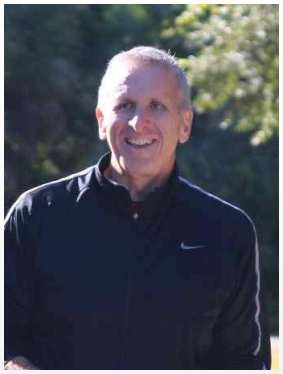
Heather Butcher
Multi Sport Coaching
941-416-4492
hbtrisport@aol.com

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

US Masters Swimming Level II Coaches

Danielle Chance, danielle.chance13@yahoo.com

Shelley Vakil, Shelleyv5@comcast.net



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

President's Message
by Ed Gillen

Not too long ago, we had limited choices when it came to shopping. Your local store was it, or, you had to travel to another town to find what you wanted. Another option was ordering items from the 'big store' catalogs and the items were mailed to your home. Today, the internet allows us to shop with our finger tips and items are delivered right to our door almost instantly. Is it a good thing? Not always, but typically competition is good for the consumer.

We have a lot of local businesses that support Zoomers. To be fair to them, our club does not accept duplicate types of businesses as sponsors. As President of Zoomers, a member of the Charlotte County Chamber of Commerce, I hope and encourage you to support these local businesses. Does that mean as a club member you must choose them? Absolutely not! We recognize that you have choices and you have to do what's best for you and family. We know that there are lots of factors like cost, selection, service, convenience, etc. that shape your decisions in who to patronize.

Zoomers has to make decisions too. Choose a shirt/print company from California or from Punta Gorda? Pick a timing company from another part of Florida or from North Port? Buy groceries from a small store or big box chain store? Do we always go local in our decisions? Not always. The Zoomers board has a fiduciary duty to do what's in the best interest of our club and members. The factors you consider, we consider too in helping us make our decisions.

We know that you have choices in races and events and which clubs you belong too. We hope that we check off some of your boxes that shape your decision in joining and renewing with Zoomers. Thank you for being a member and see you at the finish line.

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

Jayne Burns

Jessica Isley

Joe Moffa

Judie Moffa

Karys Nelson

Kathleen Thornton

Kayla Nelson

Larry Kaydas

Leighton Riesgo

Lorenzo Daetz

Marilyn Byrd

Marlene Kaydas

Michele Mician

Miles Isley

Nicholas Cominotti

Pailey Riesgo

Scott Kist

Timothy Curlee

TriFit Sports
Trifitsports.com

pelican pools
service and repair, inc.
Larry & Marlene Kaydas
larry@pelpools.com
941-697-0236

*Scheduled Maintenance
*Filter and Pump Repair
*Salt Generating System
*Foreclosure Clean-up

Preferred Rate for Zoomer Members

Call or email today for a free estimate

9490 Modesto Circle, Port Charlotte, FL 33981
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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

RACE & MULTI-SPORT DISCOUNTS FOR

ZOOMERS MEMBERS

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

RACES

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

MULTI-SPORT RACES

6/25/17 – Siesta Key Women's Tri/DU, Sarasota, FL - $10.00 discount

***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

Art of Acupuncture
Venice
www.VeniceFLacupuncture.com

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

North Port Parks & Recreation,
Zoomers and Active Suncoast Foundation present

YOUTH FUN RUN SERIES

Morgan Family Community Center
June 8, 15, 22, & 29
6:30 p.m.

Youth age 19 and under are invited to join this free 4-week running series to promote healthy and active lifestyles. Whether a first timer or a regular runner hoping to reach a personal best, this series is a great way to prep for the Firecracker 5K Run scheduled for July 4, 2017.

Each week kids will run a well-marked, one-mile course. Parents or responsible adult must be on site for the event. Spectators can volunteer along route or cheer the kids. Registration can be done online at Zoomersrun.com or the day of the event at the Morgan Family Community Center starting at 6 p.m. This series is offered free of charge due to a generous donation by Active Suncoast Foundation. Be one of the first 50 kids to pre-register and receive a kid's T-shirt; pre-registration required to be eligible for shirt.

Additional information available at www.zoomersrun.com or
email zoomersyouth@gmail.com.

North Port Parks & Recreation is a Division of the General Services Department
For information on Parks & Recreation events, activities and services, visit www.cityofnorthport.com

Upcoming Races!!!

June

June 17, 2017—Summer Sizzler 5k (Cape Coral)

July 4, 2017—Firecracker 5k

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

For more information on local races and links, go to

http://zoomersrun.com/races/

www.zoomersrun.com

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

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Fax: 941-347-7584
medinadental@gmail.com
6230 Scott Street, Unit 212 • Punta Gorda, FL 33950

Southwest Florida Running and Triathlon Club
Zoomersrun.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)))))

****Doo Rag is now called the Englewood YMCA 5K****

For links to race registrations go to:

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

Training can be tough in the summer. Take caution when running in the heat.

Hot Weather Running Tips

from Road Runners Club of America

Zoomers, a Road Runners Club of America club, wants to remind our members that running in the heat of summer can be dangerous if proper precautions and preparations are not followed.
Avoid dehydration! You can lose between 6 and 12 oz. of fluid for every 20 minutes of running. Therefore it is important to pre-hydrate (10–15 oz. of fluid 10 to 15 minutes prior to running) and drink fluids every 20–30 minutes along your running route. To determine if you are hydrating properly, weigh yourself before and after running. You should have drunk one pint of fluid for every pound you're missing. Indications that you are running while dehydrated are a persistent elevated pulse after finishing your run and dark yellow urine. Keep in mind that thirst is not an adequate indicator of dehydration.

Avoid running outside if the heat is above 98.6 degrees and the humidity is above 70-80%. While running, the body temperature is regulated by the process of sweat evaporating off of the skin. If the humidity in the air is so high that it prevents the process of evaporation of sweat from the skin, you can quickly overheat and literally cook your insides from an elevated body temperature.

When running, if you become dizzy, nauseated, have the chills, or cease to sweat…. STOP RUNNING, find shade, and drink water or a fluid replacement drink (e.g. Gatorade Endurance). If you do not feel better, get help. Heatstroke occurs when the body fails to regulate its own temperature, and the body temperature continues to rise. Symptoms of heatstroke include mental changes (such as confusion, delirium, or unconsciousness) and skin that is red, hot, and dry, even under the armpits. Heatstroke is a life-threatening medical emergency, requiring emergency medical treatment.

Run in the shade whenever possible and avoid direct sunlight and blacktop. When you are going to be exposed to the intense summer rays of the sun, apply at least 15 spf sunscreen and wear protective eyewear that filters out UVA and UVB rays. Consider wearing a visor that will shade your eyes and skin but will allow heat to transfer off the top of your head.

If you have heart or respiratory problems or you are on any medications, consult your doctor about running in the heat. In some cases it may be in your best interests to run indoors. If you have a history of heatstroke/illness, run with extreme caution.

Do wear light colored breathable clothing. **Do not** wear long sleeves or long pants or sweat suits. Purposefully running in sweat suits hot days to lose water weight is dangerous!

Plan your route so you can refill water bottles or find drinking fountains. City parks, local merchants, and restaurants are all good points to incorporate on your route during hot weather running. Be sure to tell someone where you are running how long you think you will gone, and carry identification.

Stay hydrated, cool, and safe this summer!

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
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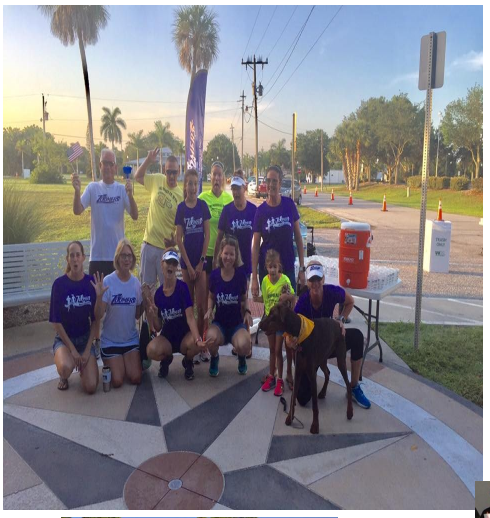
Running Friends: Racing, training and supporting



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Fax: (941) 258-9078
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CharlotteOptical@yahoo.com ~ www.CharlotteOpticalinc.com

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:

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?

JUNE Birthdays!!

Donna	Stueve	1-Jun
Tom	Ridenour	1-Jun
Albert	Nelson	2-Jun
Ken	Cormier	3-Jun
Nick	Hussey	5-Jun
Alice	Loveall	6-Jun
Joan	Morgan	6-Jun
Emily	Schwalm	7-Jun
Joy	Burroughs	7-Jun
Kyle	Rousseau	8-Jun
Michelle	Bunch	9-Jun
Chitwin	San Tun	10-Jun
Julie	Wenzel	11-Jun
Tracy	Hussey	11-Jun
Danielle	Chance	13-Jun
Alexis	Smith	17-Jun
Kasey	Snyder	21-Jun
Quentin	Gordon	22-Jun
Peter	Ameglio	23-Jun
Debera	Swinford	24-Jun
Gaba	Karen	24-Jun
Matt	Clarke	25-Jun
Chris	Wagner	26-Jun
Grace	Gowans	27-Jun
Jessica	Isley	27-Jun
Kimberly	Lathbury	27-Jun
Brian	Rowe	28-Jun
Christina	Coogan	28-Jun
Amy	Allen	29-Jun
Haley	Allen	29-Jun
Chase	Fisher	30-Jun
Gary	Vasbinder	30-Jun

Lucy Linet
Travel Consultant
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NORTH PORT

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

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

Alex's Pool Heating & Air Conditioning, LLC

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

	Female	Male
Overall		
Masters		
Grand Masters		
Senior Grandmasters		
Veterans		
15-19	Dariella Costa	
20-24	Katelyn O'Brien	
25-29		
30-34	Heidi Federici	
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	Lucia Schatteleyn	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/

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 July.

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 June 20th for the July 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.